

Rice Pudding

Rice Pudding



A family classic – this is what my mom brought to every family party!

- 1/2 gallon whole milk
 - 3/4 cup rice (I like Carolina brand)
 - 3/4 cup sugar
 - 2 eggs
 - 1 tsp cornstarch
 - 1 Tbsp milk
 - 1 tsp vanilla extract
1. In a medium, heavy bottom pot, cook milk, rice and sugar over low heat, about 2 hours, stirring often.
 2. Once rice is cooked and pudding has begun to thicken, beat 1 Tbsp milk with 1 tsp cornstarch.
 3. Beat 2 eggs, Beat in cornstarch mixture.
 4. Slowly add to rice pudding mixture, stirring while adding.
 5. Let cook over low 5 minutes.

6. Let cool to room temp, add vanilla.

7. Serve warm or cold.

Dessert

Desserts, Pudding

Frosted Banana Bars

Frosted Banana Bars



a family favorite that feeds a crowd!

Cake

- 1/2 cup butter, softened
- 2 cups sugar
- 3 eggs
- 1 1/2 cups mashed bananas (about 3)
- 1 tsp vanilla
- 2 cups flour
- 1 tsp baking soda
- pinch salt

Frosting

- 1/2 cup butter, softened
- 8 oz cream cheese, softened
- 4 cups powdered sugar
- 2 tsp vanilla

Cake

1. Preheat oven to 350. Grease a jelly roll pan (15×10). Set aside
2. In a mixing bowl, cream butter and sugar
3. Beat in eggs.
4. Beat in bananas and vanilla
5. In a bowl, combine flour, baking soda and salt.
6. Add to creamed mixture. Mix well
7. Pour into prepared pan
8. Bake for 25 minutes or until cake tests done when a toothpick inserted in center comes out clean
9. Cool completely

Frosting

1. Cream butter and cream cheese until well combined
2. Gradually add sugar
3. Add vanilla, beat well
4. Spread over cooled cake.

Dessert
Cake

Sloppy Joes (Instant Pot and Stovetop)

Sloppy Joes



Ditch the can, this is so much better!

- 1 pound lean ground beef
- 4 cloves garlic (minced)
- 2/3 cup green bell pepper (chopped)
- 1/2 cup celery (chopped)
- 1/2 cup onion (chopped)
- 1/2 cup ketchup
- 2 tsp brown sugar
- 1 Tbsp tomato paste
- 2 Tbsp prepared mustard
- 1 Tbsp cider vinegar
- 2 Tbsp Worcestershire sauce
- 1/2 Tbsp chili powder
- 1/2 cup beef broth
- 1 Tbsp cornstarch
- 2 Tbsp water

STOVETOP

1. In a small bowl, mix together ketchup, brown sugar, tomato paste, mustard, vinegar, chili powder, and Worcestershire then set aside.
2. Brown ground beef, garlic, celery, peppers and onions in a large skillet.
3. Drain fat.
4. Add ketchup mixture and beef broth. Stir.
5. Cover and cook over low heat about 45 minutes or until veggies are tender.
6. Mix together cornstarch and water, add to meat mixture, cook until thick.
7. Serve on Buns

Instant Pot

1. Turn Instant Pot to saute function.
2. In a small bowl, mix together ketchup, brown sugar, tomato paste, mustard, vinegar, chili powder, and Worcestershire then set aside.
3. Add ground beef and garlic to Instant Pot. Cook until almost done. Drain fat from beef.
4. Add celery, peppers and onion to beef in the pot (pot still on saute) and cook for 2 minutes.
5. Turn IP off and add ketchup and beef broth.
6. Cook on high pressure for 7 minutes. When timer goes off, do a controlled quick release.
7. In a small bowl, mix cornstarch and 2 Tbsp water. Turn pot back on to saute and add cornstarch mixture. Cook for 1-2 minutes until sauce becomes thick.
8. Stir and serve on buns.

main dish, Sandwich

main dish, Sandwich

Key Lime Cups

Key Lime Cups



Quick, Easy and Delicious

Crust

- 2 cups graham cracker crumbs
- $\frac{1}{4}$ cup butter melted

Filling

- 8 ounces cream cheese room temperature
- 14 oz sweetened condensed milk
- 1 tsp key lime zest or lime zest
- $\frac{1}{2}$ cup key lime juice or lime juice (freshly squeezed)
- 1 cup heavy cream

Whipped Cream

- $\frac{1}{2}$ cup heavy cream
- 1 tbsp powdered sugar
- $\frac{1}{4}$ tsp vanilla extract
- lime slices for garnish

Crust

1. In a small bowl, combine graham cracker crumbs and melted butter. Mix to combine.
2. Portion the crumbs into 24 4-ounce plastic cups using a small cookie scoop or spoon. Use one of the plastic cups to press the crumbs into the bottom of the cup.

Filling

1. In a large mixing bowl, cream together cream cheese and sweetened condensed milk until smooth. Add key lime juice and lime zest and continue to mix until well combined.
2. Pour in heavy whipping cream and whip on medium-high speed until light and fluffy.
3. Fill a piping bag with the key lime mixture. Pipe into the cups until about 3/4 full.

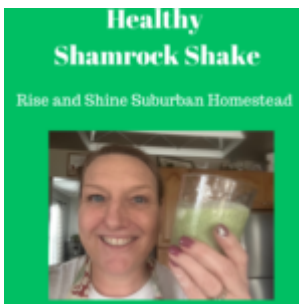
Whipped Cream

1. To make the whipped cream, combine heavy cream, powdered sugar, and vanilla extract. Whip on medium-high speed until stiff peaks form.
2. Pipe or spoon on the whipped cream on top of the key lime filling. Add a small slice of lime and sprinkle with any leftover graham cracker crumbs.
3. Seal the cups with a lid and chill. The cups can be served immediately or stored in the refrigerator for 2 to 3 days.
4. Notes
5. Key lime pie dessert cups can be made ahead of time and refrigerated for 2 to 3 days. Serve cold. The cups can be left at room temperature for about 30 minutes.

Dessert
Desserts

Healthy Shamrock Shake

Healthy Shamrock Shake



Don't let the ingredients fool you – it's delicious! Recipe from A Nourished Table LLC on IG

- 2 cups milk of choice
- 1 tsp peppermint extract
- 2 tsp vanilla extract
- 1/2 avocado
- 1/2 cup pure maple syrup (or raw honey)
- 1 cup packed raw spinach
- 4 cups ice cubes
- heavy cream, whipped and sweetened, optional

1. In a blender, combine milk, mint extract, vanilla, syrup, avocado and spinach
2. Blend until very smooth
3. Add the ice cubes and blend until the ice is crushed and it is a milkshake consistency.
4. Pour into 4 glasses. Top with sweetened whipped cream

Beverage
Beverage

Homemade Mayonnaise

Homemade Mayonnaise



So easy, so good

- Stick/Immersion Blender
- Wide Mouth Pint Jar

- 1 egg
- 1 cup olive or avocado oil
- 1/4 tsp dijon mustard
- 1 Tbsp lemon juice
- 1/2 tsp salt

1. Crack egg in a widemouth pint jar
2. Add oil, dijon mustard, lemon juice and salt

3. Put an immersion blender at the bottom of the jar and turn on. Hold it there for 30 seconds.
4. After 30 seconds, move the immersion blender up and down for 10 or so seconds.
5. All done. Store in fridge for up to 10 days.

Condiments

American, Condiments

Copycat Peanut Butter Tandykakes

Copycat Peanut Butter Tandykakes



- 4 large eggs
- 2 cups sugar
- 2 teaspoons vanilla extract
- 2 cups flour
- 1 teaspoon baking powder
- 1 cup whole milk
- 4 tablespoons unsalted butter (divided)

- 1 1/2 cups peanut butter
 - 16 ounces milk chocolate chips
1. Preheat oven to 350 degrees. Grease and flour a 10×15 baking dish.
 2. In stand mixer, combine eggs, sugar and vanilla. Beat on high speed until light.
 3. Mix together flour and baking powder and add to the stand mixer in increments on low speed.
 4. In a microwave safe bowl, heat milk and 2 tablespoons butter about 2 minutes, until it begins to bubble. Fold milk butter mixture into cake batter until combined.
 5. Pour batter into prepared baking dish. Bake in oven for 20-25 minutes, or until an inserted toothpick comes out clean.
 6. Allow cake to cool to room temperature before spreading peanut butter evenly over entire top of the cake.
 7. Refrigerate to set, about 1 hour.
 8. Add the chocolate chips and shortening to a microwave safe bowl and microwave for 30 seconds, then stir and microwave for additional 15 seconds until fully melted.
 9. Spread melted chocolate evenly over peanut butter layer. Allow chocolate to harden and set before cutting and serving. Cut into 42 – 2 inch squares

Dessert

Cake, Desserts

Black Bottom Cupcakes

Black Bottom Cupcakes



Cupcakes

- 1 1/2 cups flour, unsifted
- 1 cup sugar
- 1/4 cup unsweetened cocoa powder
- 1/2 tsp salt
- 1 tsp baking soda
- 1 cup water
- 1/3 cup oil
- 1 Tbsp vinegar
- 1 tsp vanilla

Filling

- 8 oz cream chese
- 1 unbeaten egg
- 1/3 cup sugar
- 1/8 tsp salt
- 1 cup chocolate chips (mini works best!)

1. In a bowl, combine flour, sugar, cocoa, salt and baking soda. Whisk until combined
2. Add in water, oil, vinegar and vanilla and mix well.
3. Fill cupcake pans lined with paper liners about 1/3 to 1/2 full with chocolate mixture. Set aside

4. In a medium bowl, beat softened cream cheese until smooth.
5. Add sugar and egg and salt and beat until smooth and creamy and well combined.
6. Fold in chocolate chips
7. Top each of the chocolate cupcake mixtures with 2 tsp of cream cheese mixture.
8. Bake at 350 for 30-35 minutes.

Cake, Dessert
Cake, Cupcakes

New England Clam Chowder

New England Clam Chowder



adapted from The Chunky Chef

- 6 slices bacon diced
- 1 cup yellow onion diced (about 1 medium onion)
- 1 cup celery diced (about 2 stalks)

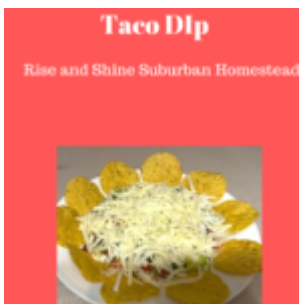
- 1/4 cup all-purpose flour
- 3 cups red potatoes diced (about 1 lb.)
- 3 cups reduced sodium chicken broth or stock
- 1/2 Tbsp dried thyme
- 1 1/2 tsp kosher salt
- 1/2 tsp black pepper
- 4 dried bay leaves
- 1 1/2 tsp Tabasco sauce or your favorite hot sauce
- 3 cans 6.5 oz each minced clams drained, juice RESERVED
- 4 cups half and half

1. Crisp the bacon
2. Heat a large pot over MED-LOW heat, then add bacon pieces and cook until crispy. Remove with a slotted spoon (or tongs) to a paper towel lined plate, reserving drippings in the pot.
3. Increase heat to MED, then add onion and celery and sauté about 3-4 minutes, until soft. Add flour and stir to coat vegetables. Cook 1 minute, stirring often.
4. Add diced potatoes, chicken broth, 3/4 cup reserved clam juice, thyme, salt, pepper, bay leaves, and tabasco sauce. Stir well, then bring to a boil.
5. Once boiling, reduce heat and cover, simmering about 15 minutes or so, until potatoes are fork tender.
6. Add canned clams, and pour in half and half stirring well to combine.
7. Cook over MED heat, stirring often, about 5 minutes, or until heated through and thickened to desired consistency.
8. Taste, then add salt and pepper if needed. Serve topped with cooked bacon,

Soup
soup

Taco Dip

Taco Dip



A family favorite for many, many years!

- 8 oz cream cheese, softened
- 8 oz sour cream
- 4-6 oz taco sauce
- 1/2 small onion, chopped
- lettuce, shredded
- 1-2 tomatoes, chopped
- 1/2 green pepper, chopped
- 6 oz sharp cheddar cheese, grated
- tortilla chips

1. In a bowl mix cream cheese and sour cream. To get it super smooth, use an electric hand mixer
2. Spread the cream cheese mixture on a serving dish or plate.
3. Top with taco sauce – spread over cheese
4. layer on: onion, lettuce, tomato, green pepper and

shredded cheddar

5. Refrigerate until ready to serve.

6. Serve with tortilla chips.

Appetizer, Dip

Appetizer, Mexican