

Garlic Sausage and Spinach Pasta

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- 1 lb pasta (any kind)
 - 1 lb ground sausage
 - 1 tbsp minced garlic
 - 1.5 cups heavy whipping cream
 - 1/4 cup butter
 - 5 ounces spinach
 - 1 cup grated parmesan
1. Cook the pasta in a large pot of salted boiling water according the package directions; drain and set aside.
 2. In a large pan, cook and chop the sausage over medium heat (add the minced garlic to the pan when the sausage is close to being done).
 3. Use a paper towel to blot out the excess grease from the pan.
 4. Turn the heat to low and stir in the butter and heavy whipping cream. Simmer for 3-4 minutes or until the butter is thoroughly melted.
 5. Stir in the spinach and cook for an additional 3 minutes or until the spinach starts to wilt.

6. Add the parmesan to the pan and stir until it's well incorporated. Stir in the cooked pasta and enjoy immediately.

Main Course

pasta, quick dinner, sausage

Chicken Cordon Bleu Soup

Chicken Cordon Bleu Soup



Creamy, cozy and very filling!

- $\frac{1}{4}$ cup unsalted butter
- 1 small yellow onion diced
- 2 carrots diced
- 2 ribs celery diced
- 1 tablespoon minced garlic
- 1 teaspoon paprika
- 1 teaspoon salt more or less to taste
- $\frac{1}{2}$ teaspoon pepper
- 32 oz chicken broth
- 1 pint heavy cream
- 2 tablespoons dijon mustard

- 4 cup cooked and cubed chicken about 1 pound (leftovers work well too)
- 1 8 oz package cubed ham leftover holiday ham works great, too!
- 1 8 oz block cream cheese cubed and softened to room temperature
- Swiss cheese shredded for serving

1. Melt butter in a large stockpot over medium heat.
2. Once melted, add onion, carrots, celery, garlic, paprika, salt and pepper.
3. Cook, stirring regularly, until the carrots have softened, about 10 minutes.
4. Add in the chicken broth, cream, dijon mustard, chicken, ham, and cream cheese, then cook, stirring regularly, until the soup is hot and the cream cheese has melted.
5. Taste and re-season, if necessary, then spoon into bowls and serve with shredded Swiss cheese

Main Course, Soup
soup

Jalapeno Popper Chicken Soup

Jalapeno Popper Chicken Soup



Very mild. If you want more tang, keep in the seeds and ribs

- 4 slices raw bacon chopped
 - 1/2 sweet or white onion diced
 - 2 ribs celery diced
 - 1/2 green bell pepper diced
 - 1/2 red bell pepper diced
 - 4 jalapeno peppers seeded and chopped
 - 1/4 cup all-purpose flour
 - 3 cloves garlic minced
 - 3 cups low-sodium chicken broth
 - 1 cup half-and-half
 - 2 cups shredded cooked or rotisserie chicken breast (leftovers are great)
 - 4 ounces cream cheese (cut into chunks and softened to room temp)
 - 2 cups shredded sharp cheddar cheese
1. In a 4 or 5 quart Dutch oven or soup pot, cook bacon over medium heat until crisp. About 8 to 10 minutes. Transfer the bacon to a plate lined with paper towels. Drain the bacon grease, leaving about 3 tablespoons in the pot.
 2. Add onions, celery, bell peppers and jalapenos. Saute about 5 minutes or until peppers are just tender, stirring occasionally.
 3. Sprinkle the flour over the veggies, along with the garlic and stir. Things will become a little thick and pasty. That's okay.

4. Increase heat to medium-high. Add the broth one cup at a time, incorporating each addition completely into the veggie mixture until the soup is smooth. Then add the half-and-half. Let the soup come up to a gentle boil and cook for five minutes.
5. Place cream cheese in a medium heat-proof bowl. Slowly pour in about 1/2 cup of the hot broth mixture, whisking until smooth and creamy.
6. Add the cream cheese mixture and the cheddar cheese into soup until melted.
7. Stir in the cooked chicken and the bacon, reserving about 1/4 cup of the bacon for topping the soup. Remove from heat.
8. Ladle into soup bowls and garnish with toppings of your choice, such as sliced jalapenos, crushed croutons, and more cheese.

Main Course, Soup
soup

Cream Puffs

Cream Puffs



An easy, impressive dessert with 2 options for filling!

Choux Pastry (Puffs)

- 1 cup water
- 1/2 cup butter
- 1 cup sifted flour
- 4 eggs
- powdered sugar, for garnish

Pastry Cream

- 1/2 cup sugar
- 6 Tbsp flour
- 1/2 tsp salt
- 2 cups milk
- 2 eggs
- 2 tsp vanilla

Sweetened Cream Filling

- 2 cups whipping cream
- 5 Tbsp powdered sugar
- 1 tsp vanilla

1. Heat water and butter to boiling.
2. Stir in flour, all at once.
3. Lower heat and stir until mixture leaves side of pan. Then cook for a few more minutes. Remove from heat
4. Beat the mixture with an electric mixer to help it cool down a bit. Then add eggs, one at a time, beating until the eggs are well incorporated.
5. You can now make the puffs in one of two ways – you can put the mixture in a piping bag and pipe your puffs or you can drop the dough by spoonfuls onto a greased or

parchment lined baking sheet. Puffs should be about 1.5 inches in diameter and about a 1/2 inch high. If you have "peaks" on the top of your dough, wet your finger and smooth them over. Bake at 400 for 35 minutes or until almost dry.

6. Let cool completely.

Pastry Cream

1. Beat 2 eggs in a bowl. Set aside.
2. In a pan, mix sugar, salt, flour. Stir in milk.
3. Cool over low, stirring until it boils. Boil 1 minute. Stir constantly
4. Remove from heat.
5. Add 1/4 of the flour mixture to the bowl containing the eggs. Stir
6. Return the egg mixture to pan and stir well. Bring to boiling point. Remove from heat. Let cool. Stir in vanilla.
7. Once completely cool/cold, transfer to pastry bag fitted with a medium star tip

Sweetened Cream Filling

1. In a bowl, beat heavy cream, powdered sugar and vanilla until stiff peaks form.
2. Transfer to pastry bag fitted with a medium star tip

Assembly

1. Once your puffs are cool, you can fill them one of two

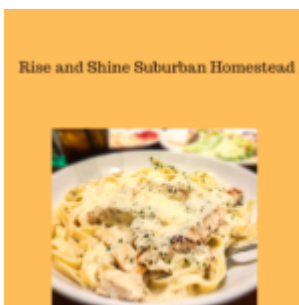
ways.

2. 1. Cut the top off of the puff and pipe filling into the hollow puff, replace lid
3. 2. Put piping tip into side of puff and squeeze until you fill resistance and the puff is completely filled
4. Dust heavily with powdered sugar right before serving.
5. The cream puffs stay nice in the fridge for 24 hours.

Dessert
Desserts

Chicken Alfredo

Chicken Alfredo



- 4 tablespoon olive oil divided
- 1 1/2 pounds chicken breast diced
- 4 cloves garlic minced
- 1 quart low sodium chicken broth

- 2 cups heavy cream
- 1 pound penne pasta
- 4 cups parmesan cheese freshly shredded with microplane
- Salt and pepper
- parsley

1. Start by cutting chicken breasts into 1 inch pieces. Season with 1/2 a teaspoon of kosher salt and a few turns of pepper.
2. Brown chicken in 2 tablespoons of olive oil over medium high heat, depending on how big your pan is you may need to brown in two batches to prevent over crowding.
3. It does not need to be cooked through at this point, it will continue cooking as it simmers.
4. Once chicken is browned, add two more tablespoons of olive oil and minced garlic and saute for about one minute.
5. Add chicken broth, heavy cream, 1 teaspoon kosher salt, and 1/2 teaspoon freshly ground black pepper, and uncooked pasta to pan and stir. **If using fresh pasta, do not add to cream mixture. Cook separately and add to cream mixture just before serving**
6. Once mixture starts to bubble, cover and reduce to a simmer.
7. Simmer for 15-20 minutes or until pasta is tender.
8. Remove from heat and stir in shredded parmesan cheese.
9. Season with additional salt and pepper as needed and sprinkle with fresh parsley.
10. **T reduce calories, you can use half and half in place of the heavy cream.

** You can also add in any veggies you like – chopped broccoli is delicious!

Main Course
Chicken, pasta

Fresh Milled Flour Pancakes

Fresh Milled Flour Pancakes



Recipe from Wholemade Homestead

- 2 eggs
 - 2 cups freshly milled soft white wheat flour
 - 1 2/3 cup milk
 - 4 tablespoons butter (melted, plus more for cooking (or coconut oil for cooking))
 - 2 tablespoons baking powder
 - 1 teaspoon salt
 - 1 teaspoon vanilla extract
1. In a large bowl combine the eggs, melted butter, milk and vanilla. Add the flour, baking powder and salt. Whisk gently until just smooth. Do not over mix.
 2. Heat a griddle or cast iron skillet over medium-low heat. Grease the heated pan with butter (or coconut oil). Using a 1/4 cup measure, drop batter into hot griddle or pan. Cook until puffed and you can see small

bubbles on the surface of the pancake. Flip and cook the other side until golden brown.

3. To serve, stack the pancakes and top with butter, syrup, jelly or your favorite pancake topping. Any leftovers can be refrigerated or frozen.

Breakfast
Pancakes

Candy Corn Butter Cookies

Candy Corn Butter Cookies



A Taste of Home Recipe – Makes about 60 cookies

- 1-1/2 cups butter (softened)
- 1-1/2 cups sugar
- 1/2 teaspoon vanilla extract
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- Yellow and orange paste food coloring

1. Cream butter and sugar until light and fluffy, 5-7 minutes. Beat in vanilla. In another bowl, whisk together flour, baking soda and salt; gradually beat into creamed mixture.
2. Divide dough in half. Tint 1 portion yellow. Divide remaining dough into two-thirds and one-third portions. Color the larger portion orange; leave the smaller portion plain.
3. Shape each portion of dough into two 8-in. logs. Flatten top and push sides in at a slight angle. Place orange logs on yellow logs; push sides in at a slight angle. Top with plain logs, forming a slightly rounded top. Wrap and refrigerate until firm, about 4 hours. Do not skimp on the 4 hours chill time!! It helps to slice them cleaner and also for them not to spread in the oven!!!
4. Preheat oven to 350°. Unwrap and cut dough into 1/4-in. slices. Place 2 in. apart on ungreased baking sheets.
5. Bake until set, 10-12 minutes. Remove from pans to wire racks to cool.

Desserts
Cookies

Brownie Pudding

Brownie Pudding



an old family favorite!

- 1 cup flour
- 2 tsp baking powder
- 1/2 tsp salt
- 3/4 cup sugar
- 2 Tbsp cocoa
- 1/2 cup milk
- 1 tsp vanilla
- 2 Tbsp butter, melted
- 3/4 cup walnuts, chopped (optional)
- 3/4 cup brown sugar
- 1/4 cup cocoa
- 1 3/4 cup boiling water

1. Preheat oven to 350°
2. Grease a 8x8x2 pan
3. Sift flour, baking powder, salt, sugar and 2 Tbsp cocoa together into a medium bowl
4. Stir in vanilla and milk, whisk/stir until smooth
5. Stir in melted butter, blend well
6. Add nuts if using and spread into greased pan
7. Mix together brown sugar and 1/4 cup cocoa and sprinkle over batter.

8. Pour boiling water evenly over top.
9. Bake for 45 minutes.
10. Serve warm or room temp – delicious with ice cream or whipped cream

Dessert
brownies

Tallow Body Butter



****Disclaimer – this recipe is not meant for healing purpose. Perform your own research and tests.**

This is the only lotion I use now – my skin has never been more moisturized or softer! And it kicked Doug's eczema to the curb!

- Double Boiler

- 1/2 cup 104 grams – grass fed tallow
- 1/8 cup 28 grams – shea butter
- 1/8 cup 30 mL avocado oil

- 30-40 drops favorite essential oil (optional)

1. In a double boiler melt tallow and shea butter
2. Once it is melted, remove from heat and allow it to cool slightly
3. Once slightly cooled, add in avocado oil and essential oils, if using
4. Place in the refrigerator and allow to set up for about 45 minutes or until your finger when placed in it holds an indent.
5. At this point, you can use a hand mixer and whip the lotion for a whipped body butter.
6. Store in an airtight, glass container like a mason jar. I do not refrigerate mine.

Bath and Beauty
Lotions

Habachi Style Steak

Hibachi Style Steak Bites



Sauce

- 1 1/2 tablespoons soy sauce
- 1 1/2 tablespoons teriyaki sauce/mirin
- Pepper to taste

Meat

- 1 lb. boneless steak like sirloin/fillet (cut into bite-sized pieces)
- 1 tablespoon butter
- 1 teaspoon garlic (minced)
- 1/4 teaspoon sesame oil (optional)

1. Combine the sauce ingredients and set aside.
2. Over medium-high heat, melt the butter and toss in the garlic. Saute until fragrant, about half a minute.
3. Add in the steak bites and toss to combine.
4. Pour in the sauce and toss to coat the meat thoroughly.
5. Stir-fry for about 5 minutes until the sauce has cooked down and the beef is seared.
6. Finish with a drizzle of sesame oil (optional)

Main Course

Beef