

# Homemade Cheeze-Its With Sourdough Discard

## Homemade Cheeze Its (With OPTIONAL Sourdough Discard)



So yummy!

- 8 ounces sharp cheddar cheese (shredded (225g))
- 1 cup all-purpose flour (120g)
- 6 Tablespoons room-temperature butter (85g)
- 1/3 cup unfed sourdough starter (discard (100g) (OPTIONAL))
- 1/2 teaspoon paprika
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon kosher salt
- 1-2 Tbsp cold water

1. Preheat the oven to 350 degrees F.
2. Line 2 baking sheets with parchment paper.
3. In a food processor, combine the cheese, flour, paprika, onion powder, garlic powder, and salt.
4. Pulse until the cheese mixes into the flour.
5. Add the butter and starter if using and pulse until the

mix clumps together to form pea-size balls. Add the water, 1 tablespoon at a time, until the dough comes together and forms a ball.

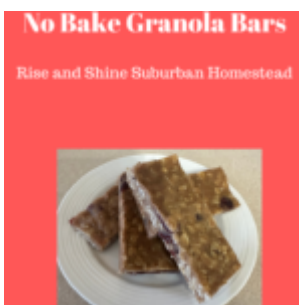
6. Turn the dough out onto a floured surface and form into a ball. Divide the dough in half. Working with one section of dough at a time. Roll the dough as thin as you can, about a 1/8-inch thick. Cut into 1/2-inch to 1 inch squares. Repeat with the remaining dough.
7. Carefully transfer the cut outs to the prepared baking sheet, spacing them a 1/2 inch apart. Poke a hole in the middle of each square. Sprinkle with flaky sea salt, if desired.
8. Bake 15-16 minutes, until golden. Let cool completely, then store in an airtight container for up to 1 week.

Snacks  
snacks

---

## No Bake Granola Bars

## No Bake Granola Bars



These bars, as written, are sweet! So, you can cut some of the

white chips or the maple syrup!

- 2 cups organic oats
- 1.5 to 2 cups add ins – dried fruit, chocolate chips, shredded coconut, nuts, seeds, etc
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg
- 1 cup nut butter (peanut, almond, sunbutter)
- 3/4 cup pure maple syrup (not table syrup)
- 1/3 cup coconut oil
- 1 tsp vanilla

1. Mix together oats, add-ins, and spices in a large bowl and set aside
2. In a saucepan, mix together nut butter, pure maple syrup, coconut oil and vanilla.
3. Cook over low heat until melted and warm
4. Pour nut butter mixture over oats and stir well.
5. Pat into a 9×13 pan lined with parchment paper.
6. Put in refrigerator and let chill until totally cool. Cut into desired size pieces. Store in fridge

Snacks  
snacks

---

## Queso Cheese

# Queso Cheese



Tastes just like Moe's!

- $\frac{1}{2}$  lb White American Cheese (Deli Slices)
- $\frac{1}{2}$  lb Pepper Jack Cheese \*\*you can omit this and use ALL American cheese (Deli Slices)
- 12 oz Evaporated Milk
- 4 oz can Chopped Green Chilies, drained

1. In a saucepan on low to medium heat add the evaporated milk. Stir frequently until warm.
2. Add the cheese in little by little. Allowing it to fully melt between each addition.
3. Keep mixing until smooth.
4. Add in chopped chillies
5. Pour into a serving dish or a mini crockpot to keep warm.
6. Garnish with chopped jalapeños or cilantro. Serve with tortilla chips, corn chips or fresh cut vegetables.

Appetizer

Appetizer

---

# Cornbread

## Cornbread



Serves 9

- 1 cup all-purpose flour
- $\frac{3}{4}$  cup cornmeal
- $\frac{1}{2}$  cup granulated white sugar
- 1 tablespoon baking powder
- $\frac{3}{4}$  cup milk
- 2 eggs
- $\frac{1}{4}$  cup avocado oil
- $\frac{1}{2}$  tsp salt

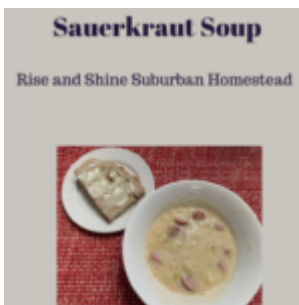
1. Preheat oven to 400 degrees.
2. In a mixing bowl, whisk together flour, cornmeal, sugar, baking powder, and salt
3. Add milk, eggs and vegetable oil to the dry ingredients and mix to fully combine.
4. Lightly butter an 8"x8" baking dish. Pour batter into the dish evenly.
5. Transfer dish to the oven and bake for 22-25 minutes until golden and a knife runs through the bread and comes out clean.
6. Remove bread from oven and allow to cool before serving. Serve with a slice of butter and honey.

Bread  
Bread

---

# Potato, Kielbasa and Sauerkraut Soup

## Potato, Kielbasa and Sauerkraut Soup



So quick, easy and absolutely delicious

- 4 tablespoons butter
- 1 medium onion (finely diced)
- 1/4 cup flour
- 2 cups chicken broth
- 2 1/2 cups milk
- 1 – 14 ounce Polska Kielbasa (halved and sliced)
- 2 1/2 cups cooked diced potatoes
- 14 oz can sauerkraut
- 1/2 teaspoon dried parsley
- 1 cup shredded cheddar cheese

- black pepper

1. In a large saucepan, melt butter over medium heat.
2. Add onions and saute for about five minutes, until tender.
3. Add flour, stirring until completely combined. Cook for one minute, then add the chicken broth and milk.
4. Turn heat to medium high, then cook stirring often until broth begins to thicken.
5. Reduce heat to medium then add kielbasa, diced potatoes, sauerkraut and parsley. Simmer for five minutes, then add shredded cheddar.
6. Stir to combine and remove from heat. Serve sprinkled with black pepper.

Soup  
soup

---

# Lemon Orange Cake

## Lemon Orange Cake



A Taste of Home classic!

## Cake

- 1 cup butter (softened)
- 1/4 cup shortening
- 2 cups sugar
- 5 large eggs
- 3 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup buttermilk
- 1 teaspoon vanilla extract
- 1/2 teaspoon lemon extract

## Frosting

- 1/2 cup butter (softened)
- 3 tablespoons orange juice
- 3 tablespoons lemon juice
- 1 to 2 tablespoons grated orange zest
- 1 to 2 tablespoons grated lemon zest
- 1 teaspoon lemon extract
- 5-1/2 to 6 cups confectioners' sugar

## Cake

1. In a bowl, cream butter, shortening and sugar until light and fluffy.
2. Add eggs, one at a time, beating well after each addition.
3. Combine the flour, baking powder, baking soda and salt; add to creamed mixture alternately with buttermilk, beginning and ending with dry ingredients. Beat well after each addition.
4. Stir in extracts.
5. Pour into three greased and floured 9-in. round baking pans.
6. Bake at 350° for 25-30 minutes or until a toothpick



inserted in the center comes out clean.

7. Cool for 10 minutes before removing from pans to wire racks to cool completely.

## Frosting

1. In a bowl, cream butter until light and fluffy.
2. Add the orange juice, lemon juice, zest and extract; beat until well blended.
3. Gradually add confectioners' sugar, beating until frosting reaches desired spreading consistency.
4. Spread frosting between layers and over top and sides of cake.

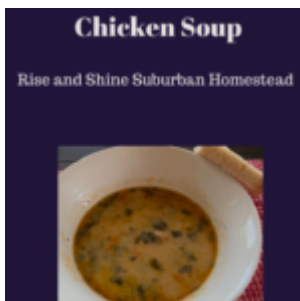
Desserts

Cake

---

# Marry Me Chicken Soup

## Marry Me Chicken Soup



- 2 tablespoons butter
- 1 cup onion (finely chopped)
- 7 garlic cloves (finely minced)

- 3 ounces sun dried tomatoes (chopped)
- 3/4 cup dry white wine
- 4 cups cooked (shredded chicken)
- 1 teaspoon italian seasoning
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon garlic salt
- 1/2 teaspoon paprika
- 32 ounces chicken broth
- 1/2 cup heavy cream
- 1/2 cup grated parmesan cheese
- 2 cups finely chopped fresh spinach

1. Melt the butter in a Dutch oven or large pot over medium low heat. When the butter is sizzling add the chopped onion. Cook the onion over medium low heat for 10 minutes, stirring occasionally. By cooking the onion slowly you allow the natural sugar in the onion to begin to caramelize, which results in a richer, deeper flavor.
2. When the onions are translucent and have begun to brown very slightly add the garlic and sun dried tomatoes. Stir the mixture occasionally and saute an additional 3-4 minutes.
3. Increase the heat to medium and pour in the dry white wine. Use a spatula to scrape up any bits stuck to the bottom of the pan. If you prefer not to use the wine you can substitute chicken stock.
4. Next, add the cooked, shredded chicken, spices and broth. Increase the temperature to medium-high heat and bring to soup to a simmer, uncovered for 10 minutes.
5. Remove the soup from heat and pour in the heavy cream, grated parmesan cheese and the chopped spinach.
6. Stir the soup until the spinach wilts.

Main Course, Soup  
soup

---

# Texas Roadhouse Smothered Chicken

## Texas Roadhouse Smothered Chicken



Serves 4

- 2 large chicken breasts.
- 1 teaspoon seasoned salt.
- 1/2 teaspoon black pepper.
- 1 tablespoon butter (plus extra if needed.)
- 1 medium onion (sliced 1/4-inch thick.)
- 1/2 pound button mushrooms (sliced.)
- 1/4 pound Monterey Jack cheese (shredded.)
- Salt to taste.

1. Cut breasts horizontally. Pound between plastic wrap. Season with salt and pepper.
2. Melt butter over medium-low. Add onions and pinch of salt. Sauté 3-4 minutes. Add mushrooms. Cook 3-4 minutes until brown. Remove from pan.
3. Add more butter if needed. Cook chicken 6-8 minutes first side. Flip, cook 3-4 minutes more.

4. Top with vegetables. Add cheese. Let melt. Serve immediately.

Main Course  
Chicken

---

# Pork, Mushroom and Pasta Skillet

## Pork, Mushroom and Pasta Skillet



Serves 6

- 12 ounces pasta of choice (I prefer Penne)
- 1 pound pork tenderloin
- Salt & pepper to taste
- 1 tablespoon olive oil
- 3 tablespoons butter divided
- 8 ounces mushrooms sliced
- 3 cloves garlic minced
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon Italian seasoning or Herbs de Provence
- 1/2 cup white wine

- 1 1/4 cup chicken/beef broth or wine (dry white or sherry)
- 1/2 cup sour cream
- 1 Tbsp corn starch or arrowroot powder
- 1 Tbsp water

1. Trim any excess fat and the silver skin (the tough part that may cover some of the tenderloin) and cut it into 3/4" thick medallions. Season each piece with salt & pepper.
2. Add the oil and one tablespoon of the butter to a skillet over medium-high heat. Let the pan warm up for a few minutes.
3. Sear the pork for 3-4 minutes/side then transfer it to a plate.
4. Add in the remaining 2 tbsp butter and once it melts, add in the mushrooms and cook for 5-6 minutes, stirring occasionally, or until the water has been released and cooked off.
5. Stir in the garlic, Dijon mustard, Herbs de Provence OR Italian seasoning, wine and chicken broth. Let it bubble for about a minute.
6. Meanwhile, cook pasta according to package directions.
7. Add in the sour cream and mix well. Bring to a gentle boil.
8. Mix the cornstarch and water. Add to the mushroom mix and combine.
9. Add the pork back into the pan and let it cook for another 3-5 minutes or until the pork has cooked through and the sauce has reduced/thickened a bit. You may need to turn the heat down a bit so it doesn't boil furiously.
10. Drain pasta and add into mushroom sauce.
11. Season with extra salt & pepper as needed and serve immediately.

Main Course

pasta, Pork

---

# Queso Soup

## Queso Soup



- 1.5 pounds ground beef or sausage
- 1 cup onion chopped
- 1 green bell pepper chopped
- 1 tablespoon minced garlic
- 1 teaspoon EACH onion powder garlic powder cumin
- 32 ounces beef or vegetable broth
- 8 ounces cream cheese softened
- 3 4 ounce cans mild green chiles
- 2 cups shredded cheddar cheese
- 1 tablespoon cornstarch
- 1 tablespoon cold water

1. Brown the ground beef or sausage in a 4-quart Dutch oven or stock pot over medium heat. Drain off the grease.
2. Add the onion, bell pepper, and minced garlic and saute for 5-6 minutes until the onion has softened.
3. Add the spices and broth and bring to a simmer. Cover

the soup and reduce the heat to low; cook 10 minutes.

4. Remove the lid from the pot and add the softened cream cheese, green chiles, and shredded cheese. Whisk the soup vigorously until the cream cheese and cheese has softened completely.
5. If desired, add 1 tablespoon of cornstarch dissolved in 1 tablespoon of cold water to the pot and stir until the soup has thickened.
6. Serve with additional cheese, fresh tomatoes, green onions or chopped avocado.

Soup

Mexican, soup