

RECIPE  **LION**

42

**Quick & Easy
Recipes**



Discover Your Inner Chef



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Letter from the Editors

Dear Reader,

After a long day, spending hours in front of the stove may not be your idea of a good time. Cooking at home is nonetheless valuable to saving money and to staying healthy. For many, cooking is a gesture of love when shared with family and friends. Quick and easy recipes like the 42 in this collection provide as much convenience as fast food while being more nutritious and better tasting.

The editors of RecipeLion.com have compiled 42 quick and easy recipes from 14 of our most popular categories, including quick and easy chicken recipes, quick and easy banana bread recipes and quick and easy soup recipes. You will find great quick and easy recipes for breakfast, lunch and dinner, and even some easy treats for the kids. Some of these recipes use a crock-pot, which wonderfully slow-cooks your supper while you are attending to other responsibilities.

Use this collection as the ultimate resource for quick and easy cooking.

For even more quick and easy recipes, cooking tips and ideas, visit us at www.RecipeLion.com.

Our eBooks, like all our recipes, are absolutely FREE to members of our cooking and recipe community. Please feel free to share with family and friends and ask them to check out our website at www.RecipeLion.com.

Sincerely,

The Editors of RecipeLion

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Quick and Easy Soup Recipes

Quick Potato Soup

Description

Use leftover mashed potatoes to create a delicious soup for lunch the next day. You likely have all the ingredients in your pantry already.

Ingredients

- 1 chicken bouillon cube
- 1 cup mashed potatoes
- $\frac{1}{4}$ teaspoon celery salt
- $1 \frac{2}{3}$ cup evaporated milk
- 1 cup boiling water
- $\frac{1}{4}$ teaspoon onion salt
- 1 tablespoon butter



Instructions

1. Combine ingredients as listed.
2. Heat thoroughly and serve hot.

Makes 4 cups. Variation: Chill soup and garnish with chives for vichyssoise.

Quick Lemon Rice Soup

Description

This healthy soup with kale, rice and a splash of lemon juice is great for vegetarians. Whip together this quick soup in about 15 minutes with leftover rice.

Serves: 8

Cooking Time: 15 min

Ingredients

- 1 onion or 3 scallions, chopped
- 3 cup fresh kale, chopped
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{8}$ teaspoon black pepper
- $\frac{1}{8}$ teaspoon tumeric
- $\frac{1}{3}$ cup vegetable broth
- 3 cup pre-cooked rice
- 8 cup water or vegetable broth
- $\frac{1}{4}$ cup lemon juice
- 1 cup nutritional yeast
- 1 tablespoon tamari or soy sauce



Instructions

1. In a large pot, saute onion, kale, and seasonings in $\frac{1}{3}$ cup vegetable broth over medium heat for 5 minutes.
2. Add remaining ingredients and simmer for 10 minutes longer. Serve warm.

Crock-Pot Corn Chowder

Description

Corn chowder is a great late summer, early fall soup when corn is at its peak season. This recipe uses canned corn, but try going for the stuff straight off the cob for a fresh variation. This recipe would also be great with the addition of a protein like crab meat or chicken.

Serves: 9

Ingredients

- 3 bacon slices, diced
- 1/2 cup onion, minced
- 1/2 cup celery, minced
- 2 cup water
- 3 teaspoon chicken boullion
- 2 cup potatoes, minced
- 2 cup milk or soy/rice milk
- 2 cup liquid non-dairy creamer, mocha flavour, cream, milk or soy/rice milk
- 3 cans corn, cream style
- 2 tablespoon margarine



Instructions

1. Fry diced bacon until crisp, remove from pan. Add minced onion and celery to bacon grease and saute until limp.
2. Combine above in crock-pot with water, bouillon, potatoes, margarine and corn.
3. Cover and cook on low 7 to 9 hours.
4. Add milk and cream, cook 30 minutes more or until heated through.

Note: You can use chicken stock to replace water and bouillon cubes. Mocha mix makes this soup extremely rich tasting, and the Mocha mix does not curdle with high heat like regular milk or cream. This can also be made on the stovetop. Instead of placing in crock-pot, simmer on the stove until potatoes are tender. Add the milk, cream, or liquid non-dairy creamer and heat through. Serve immediately.

Quick and Easy Chicken Recipes

Quick & Easy Tarragon Chicken

Description

The earthy flavor of aromatic tarragon is the basis for this quick and easy chicken recipe. Serve over basmati rice to take full advantage of the sauce.

Ingredients

- 2 tablespoon butter
- 1 tablespoon vegetable oil
- 4 chicken breast halves, 3/4 inch thick
- 3/4 cup dry white wine or vermouth
- 2 teaspoon Dijon mustard
- 1 tablespoon chopped fresh tarragon (or 1 tsp dried)
- 1/2 teaspoon salt
- freshly ground pepper
- 3/4 cup heavy cream



Instructions

1. In a large frying pan, melt butter in oil over medium-high heat.
2. Add chicken breasts and cook, turning once, until lightly browned, about 4 minutes a side. Remove and set aside.
3. Add wine to the pan. Bring to a boil, scraping up brown bits from bottom of pan with a wooden spoon. Stir in mustard, tarragon, salt and pepper to taste. Whisk in cream and boil until mixture thickens slightly; about 3 minutes.
4. Return chicken to pan; turn in sauce to coat, and simmer 5 to 10 minutes, until chicken is tender.
5. Remove chicken to a serving platter; spoon sauce over all.

Quick and Easy Chicken Casserole

Description

If you know someone looking for a chicken casserole recipe, then be a nice person and give them this easy chicken casserole recipe. Easy chicken recipes rarely taste so good. This easy boneless chicken casserole recipe is designed to please.

Ingredients

- 1 ¹/₂ pound chicken breast, boneless and skinless
- 1 pound velveeta cheese
- 1 can Rotel tomatoes, diced
- 1 can cream of mushroom soup
- 1 can cream of celery soup
- 10 ounce large elbow macaroni



Instructions

1. Boil chicken breast in large pan. Remove chicken from pot, reserving broth.
2. Boil noodles in broth.
3. While noodles are cooking, combine remaining ingredients in second pan and bring to a slow boil. Add cooked noodles and shredded chicken.
4. For a finishing touch, pour mixture into a baking dish, add shredded cheddar cheese and parsley, and bake at 350 degrees F for 5-10 minutes.

Chicken and Rice with Gravy

Description

This chicken recipe is quick and easy and the whole family will love it. All you need are some dry seasonings, chicken, rice and a can of soup. You can make this recipe often and it won't cost more than a few dollars per serving.

Ingredients

- 3 chicken pieces
- 2 lemon juice
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon paprika
- $\frac{1}{4}$ teaspoon pepper
- 1 cup flour
- 3 oil
- $\frac{1}{4}$ teaspoon rosemary
- $2\frac{1}{2}$ water
- 1 cup long grain rice, uncooked
- 1 (10 1/2 oz) can cream of mushroom soup
- 1 cup sour cream



Instructions

1. Sprinkle chicken with lemon juice. Set aside for 15 minutes.
2. Combine flour, salt, pepper and paprika. Coat chicken with flour mixture. Heat cooker; add oil and brown chicken. Sprinkle with rosemary. Add water and rice. Cover and bring to pressure. Cook for 15 minutes.
3. Place rice and chicken on a platter to serve. Add soup and stir until smooth. Gradually stir in sour cream, mixing thoroughly. Pour gravy over chicken and rice.

Quick and Easy Meatloaf Recipes

Barbecue Meatloaf

Description

Make this tasty meatloaf with ground beef or turkey. You can even mix it up and use pork and veal if you like. This recipe is quick and easy and will create a moist, tender meatloaf that is perfect for dinner... and sandwiches the next day.

Serves: 6

Ingredients

- 1 minced onion
- 1 ¹/₂ tablespoon butter
- 1 ¹/₂ pound ground beef
- ¹/₂ cup fresh bread crumbs
- 1 whole egg
- ¹/₂ cup tomato sauce
- 1 ¹/₂ teaspoon salt
- ¹/₄ teaspoon pepper



Instructions

1. Saute onion in butter until soft. Combine with other ingredients and mix well. Form into a loaf and place into a 10"x14" baking pan.
2. Pour ¹/₂ cup barbecue sauce overloaf and bake for 1 hour at 350 degrees F, basting periodically with remaining sauce.

Notes

Barbecue Sauce

1.5 cups tomato sauce
 1/2 cup water
 2 tablespoons vinegar
 3 tablespoons brown sugar
 2 tablespoons prepared mustard
 2 teaspoons Worcestershire sauce

Combine ingredients in saucepan and heat until well blended.

Ground Turkey Meatloaf

Description

Turkey is a healthy alternative to ground beef and this meatloaf is the quickest and easiest I've seen. Whip together this turkey meatloaf in no time.

Ingredients

- 1 pound ground turkey
- 6 tablespoon bread crumbs
- 8 ounce tomato sauce
- 2 tablespoon dried onion flakes
- 1 tablespoon prepared mustard
- $\frac{1}{2}$ teaspoon chili powder

Instructions

1. Preheat oven to 350 F.
2. In large bowl mix all of the ingredients. Pat into a loaf pan and bake for about 1 hour or until done. You can also use the microwave, but pat the meat mixture into a bundt type pan first.
3. Use a temperature probe and cook until the loaf is at 190 degrees. About half way through, rotate the meat and move the probe over to the undercooked part of the meatloaf.

Classic Meatloaf

Description

Oats provide a healthy source of stability in this quick and easy meatloaf recipe. This recipe works for either ground beef or turkey.

Serves: 6

Ingredients

- 1 1/2 pound lean ground beef or turkey
- 3/4 cup oats (quick or old fashioned, uncooked)
- 3/4 cup finely chopped onion
- 1/2 cup catsup
- 1 egg, lightly beaten
- 1 tablespoon Worcestershire sauce or soy sauce
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper



Instructions

1. Heat oven to 350F. Combine all ingredients in large bowl; mix lightly but thoroughly.
2. Shape meatloaf mixture into 10x6-inch loaf on rack of broiler pan.
3. Bake 50 to 55 minutes or until meatloaf is to medium doneness (160F for beef, 170F for turkey), until not pink in center and juices show no pink color.
4. Let stand 5 minutes before slicing. Cover and refrigerate leftovers promptly and use within 2 days, or wrap airtight and freeze up to 3 months.

Quick and Easy Beef Recipes

Asian Beef Noodles

Description

Try this quick and easy Asian-inspired dish tonight for dinner. It's easy to make and a definite crowd pleaser. A great substitute for takeout Asian food.

Serves: 4

Ingredients

- 1 pound beef round tip steak, cut 1/8 to 1/4 inch thick
- 1 jalapeno pepper, finely chopped
- 1 tablespoon vegetable oil
- 1 package (3 ounces) beef flavor instant ramen noodles
- 1/4 cup prepared steak sauce
- 1 medium carrot, shredded
- 2 tablespoon fresh cilantro or parsley, chopped
- 1/4 cup peanuts, chopped



Instructions

1. Stack beef steaks: cut lengthwise in half and then crosswise into 1-inch wide strips.
2. In medium bowl, combine beef, jalapeno pepper and oil; toss to coat.
3. Break noodles into 3 or 4 pieces; reserve seasoning packet. Cook noodles according to package directions; drain.
4. Meanwhile heat large nonstick skillet over medium-high heat until hot. Add beef (1/2 at a time) and stir-fry 1 minute or until outside surface is no longer pink. (Do not overcook.) Remove from skillet; keep warm.
5. In same skillet, combine noodles, steak sauce, carrot, cilantro and reserved seasoning packet. Cook over medium heat until heated through, stirring occasionally. Return beef to skillet, mix lightly. Sprinkle with peanuts.

Beef and Mushrooms

Description

The classic combination of beef and mushrooms makes for an easy crockpot meal. Cook overnight or during the day for a filling meal.

Serves: 6

Ingredients

- 2 pound boneless beef, cut in 3/4 inch cubes
- 3 tablespoon cooking oil
- 3 medium carrots, chopped
- 1/2 cup chopped onion
- 3 ounce mushrooms, drained
- 1 teaspoon salt
- 18 ounce tomato juice
- 2 tablespoon prepared mushrooms



Instructions

1. In a large skillet, brown beef quickly in hot oil.
2. Place carrots, onion and drained mushrooms in crock pot. Add browned meat; sprinkle with salt.
3. Combine tomato juice and mustard. pour over meat and vegetables in cooker.
4. Cover and cook on low heat for 8 to 10 hours. Stir the soup well before serving. Ladle into soup bowls.

Beef with Green Peppers

Description

This quick and easy stir-fry dish is on the mild side for those that do not like spicy flavors. This beef and vegetable combination works very well.

Ingredients

- 1/2 pound round steak, sliced thinly
- 1 tablespoon soy sauce
- 1 tablespoon red wine
- salt to taste
- 2 green peppers, coarsely sliced
- 1 large Spanish onion sliced and separated
- 2 tablespoon oil
- 1 tablespoon corn starch, dissolved in 1/3 cup water
- 4 tablespoon water



Instructions

1. Carefully slice beef into thin bite size pieces, across the grain. Marinate beef in soya sauce, wine and salt. Prepare and shred green peppers.
2. Place oil in wok and heat to smoking point. Quickly stir fry beef in it, no more than 3 minutes. Remove beef to a platter and reserve.
3. Add green peppers and onions to wok, also 4 tablespoons water. Stir fry green peppers and onions about 3 minutes, uncovered, in wok.
4. Add beef back into wok, stir up corn starch solution and pour into wok. Mix everything up. Gravy should be on the thin side. Place in platter.

NOTE: If desired, 2 cloves of garlic could be minced and stir-fried along with beef to give dish a zestier taste.

Quick and Easy Ground Beef Recipes

Campbell's Minestrone Hamburger Soup

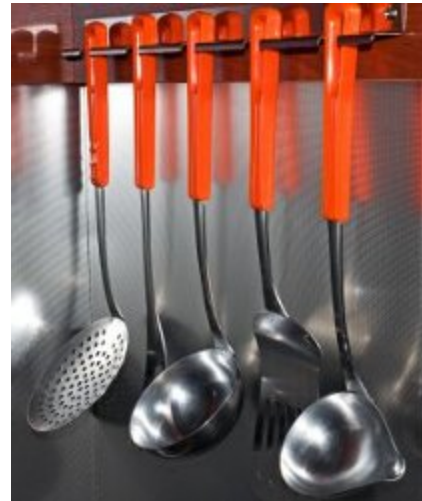
Description

There are lots of Campbell's soup recipes around, but not that many that make good use of their minestrone. This is one of the easiest, quickest Campbell's soup recipes I've found, and it's really good!

Serves: 4

Ingredients

- 1 1/2 pound good hamburger
- 1/2 medium onion, diced
- 1 10-ounce can original Ro-tel (diced)
- 1 15-ounce can original Veg-All
- 1 10-ounce can Campbell's Minestrone soup
- 1 15-ounce can ranch style (original) Texas beans



Instructions

1. In a skillet, fry hamburger and drain off grease.
2. In large soup or saucepan, combine all canned goods and diced onion.
3. Rinse cans with about 1/4 cup water each and add to pot.
4. Add hamburger and season to your taste.

Notes

- For a little kick use a spicier Ro-tel or a good splash of Tabasco.
- Should feed about 4 with a lot of crackers or a fresh plate of tortillas.

Quick Spaghetti Beef Soup

Description

Make a family-favorite soup with ground beef and spaghetti. This hearty soup will satisfy any appetite.

Preparation Time: 30 min

Ingredients

- 1 pound ground beef
- 16 ounce pkg frozen mixed vegetables
- 4 cup tomato juice
- 4 cup water
- 2 tablespoon instant beef bouillon granules
- 2 tablespoon Worcestershire sauce
- 1 teaspoon dried basil
- 1 teaspoon dried thyme leaves
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon onion salt
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{2}$ pound spaghetti, broken into thirds
- Grated Parmesan cheese

Instructions

1. In a large soup pot, brown beef over medium-high heat; drain.
2. Stir in mixed vegetables, tomato juice, water, beef bouillon, Worcestershire sauce, basil, thyme, salt, onion salt, black pepper, and garlic powder. Bring to a boil.
3. Reduce heat to low and simmer 30 minutes.
4. Meanwhile, in a large pot of boiling salted water, cook spaghetti according to package directions; drain.
5. Add to the soup mixture and heat through. Serve soup sprinkled with Parmesan cheese.

Texas Beef Skillet

Description

Enjoy a classic Texan combination of beef and beans with a kick of chili powder. This is a quick and easy ground beef dinner made in the skillet.

Serves: 6

Ingredients

- 1 pound ground beef
- $\frac{3}{4}$ cup chopped onion
- 1 $\frac{1}{2}$ teaspoon chili powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon garlic salt
- 16 ounce can tomatoes, cut up
- 15 $\frac{1}{2}$ ounce can red kidney beans
- $\frac{3}{4}$ cup quick-cooking rice
- $\frac{3}{4}$ cup water
- 3 tablespoon chopped green pepper
- $\frac{3}{4}$ cup shredded sharp American cheese (3-oz)



Instructions

1. In skillet, cook ground beef and onion till beef is brown and onion is tender; drain off fat.
2. Sprinkle meat mixture with chili powder, salt and garlic salt. Stir in undrained tomatoes, undrained beans, uncooked rice, water and green pepper.
3. Cover and simmer, stirring occasionally, for 20 minutes.
4. Top with cheese. Cover and heat till cheese melts, about 3 minutes longer. Sprinkle with crushed corn chips, if desired.

Quick and Easy Pork Recipes

Easy Stuffed Pork Chops

Description

Need a free easy pork chop recipe for dinner tonight? Look no further, because this is one of the best pork chop recipes you have tried. An easy and simple pork chop recipe, it is delicious and full of flavor.

Serves: 4

Cooking Time: 45 min

Ingredients

- 4 loin pork chops, cut 1-1/4
- Salt & pepper to taste
- 2 tablespoon corn oil, divided
- 1 small onion, chopped (about 1/2 cup)
- 1 cup croutons
- 1/4 cup raisins (optional)
- 1 1/2 cup chicken broth, divided
- 2 tablespoon corn starch



Instructions

1. Cut a deep picket in meaty side of each chop. Sprinkle with salt and pepper. Set aside.
2. In large skillet heat 1 Tbsp oil. Add onion and cook 3 minutes. Remove from heat.
3. Stir in croutons and raisins. Spoon crouton mixture into pork chops; close pocket with wooden pick.
4. Add remaining 1 Tbsp oil to skillet; heat over medium-high heat. Add chops and brown about 3 min. on each side.
5. Add 1 cup chicken broth and bring to boil. Reduce heat, cover and simmer 25 min., turning once.
6. In small bowl stir remaining 1/2 cup chicken broth and corn starch. Add to skillet. Stirring constantly, bring to boil and boil 1 minute.

7-Minute Balsamic Pork Stir Fry

Description

Quick and easy pork recipes do not get any easier. With seven minutes of cooking time, a delicious and savory recipe is done. Dinner does not have to be a chore. Cook up a delicious meal in no time with this super quick simple pork recipe.

Cooking Time: 7 min

Ingredients

- 2 teaspoon olive oil
- 2 cloves garlic, crushed
- 18 ounce pork fillet, trimmed and cut into 1/4 inch thick slices
- 1 red pepper, chopped
- 1 green pepper, chopped
- 1/2 cup orange juice
- 1/4 cup balsamic vinegar
- 1 bunch rocket or watercress leaves



Instructions

1. Heat oil in a wok over a high heat. Add garlic and stir-fry for 1 minute or until golden.
2. Add pork and stir-fry for 3 minutes or until brown.
3. Add peppers, orange juice and vinegar. Stirfry for 3 minutes or until pork is cooked.
4. Divide rocket or watercress between serving plates, then top with pork mixture. Serve immediately.

Pork Cacciatore

Description

Amongst delicious pork loin recipes, this one ranks near the top. An easy Italian recipe, this simple pork recipe will delight all.

Cooking Time: 25 min

Ingredients

- 1 pound pork loin or shoulder, cut into 1 inch pieces, trimmed
- 1 tablespoon vegetable oil
- 3 cloves garlic, minced
- 8 sliced mushrooms
- 1 teaspoon Italian seasoning
- 2 cup low fat prepared pasta sauce
- $\frac{1}{4}$ cup dry red wine or cooking wine
- $\frac{1}{4}$ cup Parmesan cheese



Instructions

1. Heat oil in a large non-stick skillet over medium high heat. Cook pork pieces until no longer pink on outside, about 3 to 4 minutes.
2. Add garlic, Italian seasoning and mushrooms. Cook 5 minutes longer.
3. Stir in pasta sauce and wine. Simmer for 10 to 15 minutes until pork is tender and sauce thickens slightly. Serve sprinkled with Parmesan cheese.

Quick and Easy Shrimp Recipes

Quick and Easy Shrimp Pasta

Description

This easy shrimp pasta dish needs nothing more than tomatoes, fresh basil and a hearty amount of garlic. Make yourself a pasta dish in the time it takes to cook the pasta.

Serves: 3

Ingredients

- 1 package fresh fettuccine
- 1 can stewed tomatoes
- $\frac{1}{3}$ cup olive oil
- 1 pound shrimp, 41-50 count works well.
- 3 cloves fresh garlic
- fresh basil
- fresh grated Parmesan or Romano cheese



Instructions

1. Precook the fettuccine to just before the al-dente stage and ice it to stop the cooking process. You might even cook it the day before. If you do, rinse under cold water to separate strands before adding it to the mix.
2. Put the olive oil in a large non-stick skillet, add the garlic (minced in a press, chopped - your choice) and sauté for a couple minutes to soften it and to extract flavor to the oil.
3. Add the can of stewed tomatoes and heat the mix to simmer stage. Add the shelled/thawed shrimp (works best if you've let the shrimp warm up, or have rinsed them under tepid running water just before using it) and just before it's cooked, add the fettuccine and all of the coarsely chopped fresh basil.
4. Toss the entire mix until the shrimp is cooked and the fettuccine is hot. Serve with fresh-grated Parmesan or Romano, and garlic bread.

Dilled Shrimp

Description

Fresh, fragrant dill combines well with garlic shrimp in this quick and easy shrimp recipe. Start the rice well before cooking the shrimp, or use quick couscous.

Serves: 4

Ingredients

- 1/3 cup butter
- 3 cloves garlic, minced
- 1 pound large shrimp, shelled and deveined
- 1/3 cup fresh dill, minced
- 2 tablespoon lemon juice or white wine



Instructions

1. In heavy skillet melt the butter, add the garlic and stir until softened.
2. Add the shrimp and stir until the skin turns pink.
3. Quickly add the dill and lemon juice (or wine) and stir until blended.
4. Serve over rice or by itself with a salad and crusty bread.

Shrimp Fried Rice

Description

Forget take-out and make yourself a quick and easy meal with leftover rice and quick-cooking shrimp. You can add any chopped vegetables you have on hand or in the freezer.

Ingredients

- 4 cup cold boiled rice
- 2 eggs
- 1/2 cup shrimp (or other meat; or combination)
- 1/4 cup scallions, chopped
- 2 tablespoon soy sauce
- 1/2 teaspoon sugar
- 1/4 teaspoon msg (optional)
- 4 tablespoon peanut oil
- 1/2 cup peas (optional)
- 1/2 cup chopped carrots (optional)



Instructions

1. Beat eggs and scramble them (no milk) in 1 Tbsp oil. Set aside.
2. In wok or heavy frying pan over a high flame, heat 3 Tbsp oil. Add scallions and saute.
3. Add rice and stir quickly so that rice will not stick to the pan and will be well coated with oil.
4. Add 2 Tbsp soy sauce, 1/2 tsp sugar and 1/4 tsp msg. Mix well. Now add shrimp and eggs, mixing and breaking eggs into little pieces in the rice.
5. If you are adding peas and carrots, do so now. Serve hot. [NOTE: rice MUST be cold or it will stick together.]

Quick and Easy Pasta Recipes

Quick Pasta Primavera

Description

Italian pasta recipes are the perfect recipes to make when you want a delicious dinner fast. Of all the simple pasta recipes, this one is one of the best. Easy pasta recipes with lots of flavor are ideal for any occasion.

Ingredients

- 16 ounce bag frozen Italian-style vegetables
- 2 tablespoon cornstarch
- 1 1/2 cup vegetable broth
- 16 ounce spaghetti, cooked & drained
- 1 cup Parmesan cheese, grated
-



Instructions

1. Steam or microwave the vegetables until just tender. Cover and set aside.
2. In a saucepan over medium heat, combine cornstarch with 1/4 cup of the broth. Stir until cornstarch dissolves. Add remaining broth and bring to a boil. Reduce heat, stirring constantly until thickened.
3. In a large serving bowl, toss vegetables, sauce, pasta, and Parmesan cheese. Mix thoroughly and serve immediately.

Pasta with Spinach Sauce

Description

This is one of the best Italian pasta recipes because it is light, healthy, delicious and cooks up in minutes. This recipe is ideal if you are cooking pasta for a crowd. Simple pasta recipes make for the tastiest pasta recipes, as this recipe shows.

Ingredients

- 1 clove garlic
- $\frac{1}{2}$ teaspoon crushed red pepper
- 15 calamata olives, pitted and chopped
- 5 tablespoon extra virgin olive oil
- 1 pound pasta
- 1 pound spinach, washed with tough stems removed and roughly chopped
- Salt
- Freshly ground pepper



Instructions

1. Bring a large pot of water to a boil, and salt it. Meanwhile, mince the garlic as finely as possible and combine it in the bottom of a warm bowl with the red pepper flakes, olives and olive oil.
2. Place the pasta in the pot, and cook until it is nearly done. Test it for doneness by tasting.
3. Plunge the spinach into the water, and cook until it wilts, less than a minute. Drain quickly, allowing some water to cling to the pasta, and toss pasta and spinach in the bowl with salt and pepper and serve.

Notes:

The greens are cooked with the pasta in this dish. Allow at least a gallon of water to a pound of pasta, because you need a large pot to accommodate the greens and because, if there is too little water, the addition of the greens will slow the cooking too rapidly. Add tender greens like spinach when the pasta is about done. The added cooking time will be only 30 seconds or so. Add tough greens, like kale or collards - or vegetables like broccoli florets - a minute or two before the pasta seems finished, so that the greens have enough time to become tender.

Variations: Toss the pasta with freshly grated Parmesan or pecorino Romano cheese to taste. In addition to or instead of the olives, use chopped sun-dried tomatoes in oil (about a quarter cup), drained capers (about 2 tablespoons), or toasted bread crumbs (about a half cup). Use other greens, as long as they will cook quickly. Try chopped leaves of kale, collards, Swiss chard, turnip or mustard greens, or bite-size florets of broccoli.

Vegetarian TexMex Macaroni

Description

For a quick, easy pasta recipe with some zing, try this TexMex recipe. Your taste buds will thank you!

Serves: 6

Cooking Time: 30 min

Ingredients

- 1 1/2 pound macaroni
- 1 can crushed tomatoes
- 1 can baked beans in tomato sauce
- 1/4 cup your favorite barbecue sauce
- 2 tablespoon ketchup
- 1 tablespoon taco seasoning
- sprinkling of crushed chili peppers



Instructions

1. Cook macaroni according to package directions; drain.
2. Add tomatoes, baked beans, barbecue sauce, ketchup, taco seasoning, and crushed chili peppers.
3. Stir and simmer for 15 minutes.

Quick and Easy Recipes for Kids

Rice Krispies Treats

Description

Who doesn't remember making Rice Krispies treats as a kid? If you have kids of your own, they're the perfect dessert to make together. With 3 simple ingredients, they're fast, easy, and require no baking!

Ingredients

- 1/4 cup butter
- 4 cup miniature marshmallows
- 6 cup Rice Krispies



Instructions

1. Melt butter in a saucepan.
2. Add marshmallows and stir until melted; remove from heat.
3. Stir in cereal and blend until well mixed.
4. Press into a buttered 13x9-inch pan.
5. Cut into squares when cool.

Notes

Variations: Add nuts or chocolate chips to the cereal before mixing in marshmallows. Substitute 6 cups of granola for the Rice Krispies.

Homestyle Sloppy Joes

Description

This classic sloppy joe recipe uses ground beef and tomato sauce. The simple combination of ingredients you already have in your pantry will make this a quick weeknight meal for the whole family.

Ingredients

- 2 pound ground beef
- 1 onion, chopped
- 1 green bell pepper, chopped
- 2 15-oz cans tomato sauce or more
- 2 tablespoon brown sugar
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 8 hamburger buns, split



Instructions

1. In a large skillet, cook ground beef, onion, and bell pepper over medium-high heat until beef is brown and vegetables are tender, stirring occasionally; drain.
2. Stir in tomato sauce, brown sugar, garlic powder, salt, and black pepper. Bring to a boil. Reduce heat to low and simmer 8 to 10 minutes, stirring occasionally.
3. Spoon onto buns and serve.

Amazing Jello Fruit Roll-Ups

Description

Jello Fruit Roll-Ups aren't just for kids! These are an all-natural healthy snack that you can enjoy too. Even if you don't have a dehydrator you can create this fruity treat.

Ingredients

- 4 fresh fruit, any kind except bananas
- 1 envelope unflavored Knox Gelatin
- 2 tsp. Fruit Fresh for subtle-flavored fruit like apples, melons,
- kiwifruit or berries or 2 tsp. lemon juice for stronger flavored
- fruit such as peaches, pineapple, or citrus
- sugar to taste



Instructions

Without a dehydrator:

1. Prepare a cookie sheet that has sides on it. Line it with cling wrap that you have sprayed with a light coat of cooking spray. One without sides will work, but can be very messy. Clean your fruit of all stems, pits, and bad spots. Peeling is optional, depending on the fruit (you would want to peel citrus, or pineapple, for example, unless you have a blender).
2. Puree fruit until it is smooth. There will be lots of pulp, and that is what gives your fruit leather its texture. Heat the puree over a low temp until it just barely bubbles.
3. Add your lemon juice or fruit fresh and then your gelatin. Add only enough sugar to taste (I usually don't add any, but to each their own.)
4. Quickly pour out on the cookie sheet and spread if needed. Let sit in oven overnight. Do not bake. Check in the morning, you are looking for drying at the edges. It will take several days (like three or four).
5. Keep checking for mould, and if the center puddles up too much (gets thicker, so it can't dry well) then spread some of the middle out toward the edges. When finished, this should be dry to the touch in all places, and should want to lift from the pan (on the wrap) in one flexible piece. The wrap should peel away from the fruit leather easily.
6. Cut into strips or squares or whatever you like. I find that a pair of kitchen shears does this very nicely. Will store well, wrapped in cling wrap and put into a container with a tight fitting lid.

Quick and Easy Vegetarian Recipes

Almond, Quinoa and Shiitake Stir Fry

Description

Quinoa, a South American seed that cooks up exactly like rice, is a hearty and super healthy ingredient. Cooking quinoa is very easy, and quinoa recipes are tasty and full of protein. Learn how to cook quinoa and how to prepare quinoa with this recipe.

Ingredients

- 1/2 pound fresh shiitake mushrooms, stems removed and sliced
- 2 tablespoon oil
- 1 tablespoon minced garlic
- 1 whole jalapeno pepper, seeds removed and chopped
- 1/3 cup slivered almonds
- 2 cup cooked quinoa
- 2 tablespoon soy sauce
- 1 tablespoon fresh lemon juice
- 1 tablespoon finely minced ginger
- 3 tablespoon minced green onion



Instructions

1. Heat a wok until hot. Add oil and cook garlic and jalapeno pepper until golden.
2. Add shiitake and cook for 2 minutes over high heat. Remove shiitake to a plate using a slotted spoon, leaving the wok over the heat.
3. Add almonds to wok with remaining oil. Cook until lightly toasted, return shiitake, and add quinoa. Stir fry over high heat until quinoa is heated, about 1 minute.
4. Add soy sauce and stir vigorously for 30 seconds, then add lemon juice and toss quickly. Sprinkle with very finely minced ginger and green onion mixture.

Sweet Potato Stew with Orange Juice and Black Beans

Description

While the main season for sweet potatoes is October to January, you can get them here and there year-round. Grab yourself a bunch and make this wonderful stew any time! It's loaded with beta carotene and tastes great!

Serves: 4

Preparation Time: 10 min

Cooking Time: 20 min

Ingredients

- 1 medium yellow onion, chopped (about 1 cup)
- 1 tablespoon chili powder
- 1 cup orange juice
- 1 tablespoon honey
- salt to taste
- 2 large sweet potatoes, (about 2 pounds) peeled and cut into 1-inch chunks
- 2 teaspoon butter, softened
- 2 teaspoon flour
- 1 15-ounce can black beans, drained and rinsed
- ¹/₄ cup almond slivers (optional), toasted



Instructions

1. Put onions, chili powder, orange juice, water, honey, salt and sweet potatoes in a large, microwave-safe bowl.
2. Cover and microwave on high power, stirring once, about 20 minutes or until potatoes are done but still hold their shape.
3. Add beans.
4. Blend butter and flour and add to the mixture.
5. Microwave on high power 5 minutes or until beans are heated through and stew has thickened slightly.
6. Sprinkle with almonds, if desired.

Vegan Taco Filling

Description

Tacos are easy and super tasty, but usually filled with ground meat and cheese. This fast easy vegan recipe is a great way to get that delicious taco taste without the animal products. Frugal vegan recipes rarely taste this good.

Ingredients

- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 cup textured vegetable protein, sprinkled with soy sauce then reconstituted with boiling water
- $\frac{1}{2}$ teaspoon chili powder
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{8}$ teaspoon red pepper



Instructions

1. Saute the onion until transparent, then add the garlic. Saute briefly, then add the textured vegetable protein and the spices. Saute until dry.
2. To make the tacos, add some or all of the following to the filling base, assembling individual tacos at the table. Makes a terrific meal to serve to guests with a salad and some refried beans, or rice, or grains, or any mixture.

Quick and Easy Dessert Recipes

Choco Coco No Bake Cookies

Description

Craving chocolatey cookies but don't want to turn on the oven? Try these yummy Choco Coco cookies - no need to bake!

Yields: 32

Preparation Time: 15 min

Ingredients

- 3 cup rolled oats
- 1/2 cup walnuts, chopped fine
- 7 tablespoon unsweetened cocoa powder
- 1/2 cup flaked coconut
- 2 cup sugar
- 1/2 cup vegetable shortening
- 1/2 cup evaporated milk



Instructions

1. Line 2 baking sheets with waxed paper.
2. In a large bowl, combine the oats, walnuts, cocoa powder and coconut.
3. In a saucepan, combine the sugar, vegetable shortening and milk and bring to a boil, stirring until smooth.
4. Pour over the dry mixture and blend thoroughly.
5. Drop the dough by spoonfuls 1.5" apart onto the prepared pans.
6. Let cool and set for 1 hour.

Notes

Light brown sugar may be substituted for the white sugar if you prefer.

Upside-Down Grape Pie

Description

Not many very easy dessert recipes with grapes exist, but this quick easy dessert recipe is one of the tastiest recipes using Bisquick. Free easy dessert recipes should always taste this good.

Serves: 8

Cooking Time: 40 min

Ingredients

- 2 tablespoon butter
- 3 tablespoon brown sugar, packed
- 1 ¹/₂ cup red seedless grapes
- 1 ¹/₃ cup Bisquick baking mix
- ¹/₄ cup sugar
- ¹/₃ cup milk
- 2 tablespoon vegetable oil
- ¹/₂ teaspoon almond extract
- 1 egg



Instructions

1. Preheat oven to 350 degrees F.
2. Halve grapes. Melt butter in 8 x 8-inch pan. Sprinkle brown sugar over melted butter. Arrange grape halves on brown sugar mixture.
3. Mix remaining ingredients; beat well 30 seconds. Pour over grapes.
4. Bake 35 to 40 minutes or until done. Immediately invert onto heatproof serving plate.
5. Let pan remain a few minutes before removing. Serve warm with sweetened whipped cream, if desired.

Quick and Chewy Crescent Bars

Description

For an ooey, gooey, flaky, creamy dessert try these crescent roll bars made with pecan coconut frosting! It'll be a challenge to eat ONLY one of these rich and delicious bars.

Cooking Time: 15 min

Ingredients

- 1 can Pillsbury crescent rolls
- 1 can condensed sweetened milk, 15 oz
- 1 box coconut pecan frosting mix
- $\frac{1}{2}$ cup softened margarine



Instructions

1. Preheat oven to 400F.
2. Place rolls in ungreased 15 x 10 jelly roll pan, roll or press to fill bottom of pan and press to close all perforations in dough.
3. Pour 1 can of the condensed milk over dough.
4. Sprinkle coconut pecan frosting mix over milk and dribble softened margarine over top.
5. Bake for 12 to 15 minutes. Cool and cut in bars.

Quick and Easy Banana Bread Recipes

Quick and Easy Banana Bread

Description

Banana bread is one of the easiest and tastiest dishes around. This particular banana bread recipe is one of the best quick and easy banana bread recipes around. Bake a delicious banana loaf in minutes with this quick easy recipe.

Cooking Time: 1 hr 20 min

Ingredients

- 2 ripe bananas, mashed
- 2 large eggs
- 1/2 cup vegetable oil
- 5 tablespoon buttermilk or 5 rounded tablespoon sour cream
- 1 1/2 teaspoon vanilla
- 1 3/4 cup flour, unsifted
- 1 cup sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt (optional)
- 1 cup walnuts or pecans, chopped (optional)



Instructions

1. Preheat oven to 325 degrees F. Lightly grease a loaf pan.
2. In a large bowl mash bananas and then add the eggs, oil, buttermilk or sour cream and vanilla. Add remaining ingredients and mix well.
3. Pour into prepared pan and bake for 1 hour and 15 -20 minutes or until golden brown and toothpick inserted in center comes out clean.
4. Cool in pan for about 5 minutes; remove from pan to wire rack and cool completely.

Notes

For some reason this recipe does NOT come out the same if it is doubled. But it is quick and very easy, so I often line up two or three bowls and mash, measure, mix and bake. I never use a mixer for this recipe, just a bowl and wooden spoon. This bread also freezes well.

Banana Sticky Buns

Description

Quick easy dessert recipes rarely get as tasty as this recipe. Homemade Bisquick recipes like this one are full of flavor. Give this recipe, one of the best free easy dessert recipes around, a try.

Serves: 12

Cooking Time: 10 min

Ingredients

- $\frac{3}{4}$ cup brown sugar, packed
- 10 tablespoon soft butter or margarine
- 36 pecan halves
- 2 cup Bisquick baking mix
- $\frac{2}{3}$ cup ripe banana, mashed



Instructions

1. Heat oven to 450 degrees F.
2. Place 2 teaspoons brown sugar, 2 teaspoons butter and 3 pecan halves in each of 12 medium muffin cups. Place in oven to melt sugar and butter.
3. Stir baking mix and banana to a soft dough. Gently smooth into a ball on floured cloth-covered board. Knead 5 times. Roll into rectangle, 15 x 19 inches, spread with 2 tablespoons butter and sprinkle with $\frac{1}{2}$ cup brown sugar.
4. Roll up beginning at long side. Pinch edge of dough into roll to seal. Cut roll into twelve 1- $\frac{1}{4}$ inch slices. Place slices cut side down in muffin cups.
5. Bake 10 minutes. Immediately invert pan onto serving tray or baking sheet; let pan remain a minute so butterscotch drizzles down over buns. Serve warm.

Easy Banana Nut Bread

Description

This banana bread recipe is super easy to make thanks to quick bread mix. In only a few easy steps, you can have one of the most delicious banana bread recipes imaginable. Salvage brown bananas with this quick easy recipe.

Cooking Time: 55 min

Ingredients

- 8 ounce cream cheese, softened
- 1 cup sugar
- 2 eggs
- 1 cup banana, mashed
- 2 cup quick bread mix
- 1/2 cup pecans, chopped



Instructions

1. Cream the cheese until light and fluffy, gradually add sugar, beating well.
2. Add eggs, one at a time, beating well after each addition. Add banana, mix well.
3. Stir in Quick Bread Mix and pecans. Spoon batter into a greased 9 by 5 x 3 inch loaf pan.
4. Bake at 350 degrees F. for 55 minutes or until a wooden pick inserted in center comes out clean. Cool completely in pan.

Quick and Easy Mexican Recipes

Mexican Pork Chops and Beans

Description

Learn how to make pork and beans with this easy pork chop recipe. This baked pork chop recipe with kidney beans is delicious and the best oven baked pork chop recipe you will try.

Serves: 4

Cooking Time: 45 min

Ingredients

- 1 Reynold's Oven cooking bag, large size
- 2 tablespoon flour
- 1 cup thick and chunky salsa
- 2 tablespoon lime juice
- $\frac{3}{4}$ teaspoon chili powder
- $\frac{1}{2}$ teaspoon garlic powder
- 4 pork chops, 1/2 inch thick, fat trimmed
- 1 can (16 oz.) light red kidney beans, drained
- 2 medium green, yellow, orange, or red sweet peppers, cut into cubes



Instructions

1. Preheat oven to 350 degrees F.
2. Shake flour in cooking bag; place in 13x9x2-inch baking pan.
3. Add salsa, lime juice, chili powder and garlic powder to bag. Squeeze bag to blend ingredients.
4. Place pork chops in bag. Spoon beans and peppers around pork chops.
5. Close bag with nylon tie; cut 6 half-inch slits in top.
6. Bake until pork chops are tender, 35 to 40 minutes. Let stand in bag 5 minutes.

Quick Chicken Mole

Description

Mole, made with unsweetened cocoa powder and other spices, is a classic of quick and easy Mexican dishes. This is one of the best quick easy meals out there. Chocolate and chicken makes for a classic flavor combination.

Serves: 4

Ingredients

- 2 teaspoon unsweetened cocoa powder
- 1 ¹/₂ teaspoon chili powder
- ¹/₂ teaspoon ground cumin
- ¹/₂ teaspoon dried oregano, crushed
- 8 ounce tomato sauce
- ¹/₄ cup onion, finely chopped
- 3 cloves garlic, minced
- 4 skinless boneless chicken breast halves, 1 pound total
- 4 ¹/₂ ounce green chili peppers, diced and drained
- 2 cup hot cooked rice
- Flour tortillas, optional
- Chopped tomato, optional
- Shredded lettuce, optional
- Toasted sliced almonds, optional



Instructions

1. Combine cocoa powder, chili powder, cumin, oregano, and ¹/₄ teaspoon salt in a 1-1/2-quart microwave-safe casserole. Stir in tomato sauce, onion, and garlic.
2. Microwave, covered, on 100 percent power (high) for 2 to 3 minutes or till mixture is bubbly around the edges, stirring once.
3. Rinse chicken; pat dry. Cut into bite-size strips. Stir chicken and chili peppers into tomato sauce mixture.
4. Cover; cook on high for 8 to 10 minutes or till chicken is tender and no longer pink, stirring evenly 3 minutes.
5. Serve with hot cooked rice and warm tortillas, if desired. Garnish with tomato, lettuce, and toasted almonds, if desired.

Impossible Beef Enchilada Pie

Description

Impossible Bisquick Pies are very possible to do in a snap. With a few short steps, Bisquick recipes like this one are done and ready to eat. Homemade Bisquick recipes are perfect for any meal.

Ingredients

- 1 pound ground beef
- 1 cup onion; chopped
- 2 cloves garlic; chopped fine
- 2 teaspoon chili powder
- ¹/₂ teaspoon dried oregano
- ¹/₂ teaspoon salt
- ¹/₄ teaspoon pepper
- 8 ounce enchilada sauce
- ²/₃ cup tortilla chips; crush fine
- 2 cup cheddar cheese; shredded
- 1 ¹/₄ cup milk
- 3 eggs
- ³/₄ cup Bisquick



Instructions

1. Heat oven to 400 degrees F.
2. Grease 10" pie plate. Brown ground beef with onions, then drain grease. Stir in garlic, chili powder, oregano, salt, pepper and ¹/₂ cup of enchilada sauce.
3. Sprinkle crushed tortilla chips evenly in the pie plate. Top with 1-¹/₂ cup of the cheese; spread with meat mixture.
4. Beat milk, eggs and Bisquick until smooth, 15 seconds in blender on high. Pour into pie plate. Bake until knife comes out clean, 25 to 30 minutes.
5. Spread remaining sauce over top, sprinkle with remaining cheese. Bake until cheese is melted, 3-5 minutes longer. Cool 10 minutes before serving. Can top with sour cream if desired.

Quick and Easy Italian Recipes

Garlic Basil Tomato Pie

Description

Here's a quick and easy recipe that brings fresh Italian flavors to a traditional savory American pie. Try it out on the whole family!

Ingredients

- 8 ounce can crescent rolls
- 4 teaspoon olive oil
- 1/2 cup fresh basil, chopped
- 3 teaspoon garlic, minced
- 8 ounce provolone cheese, thinly sliced
- 8 Italian plum tomatoes, thinly sliced & seeded
- 1/4 cup Parmesan or Romano cheese, grated
- freshly ground pepper to taste



Instructions

1. Preheat oven to 375F. Lightly spray a 10" pie plate or tart pan with nonstick cooking spray.
2. Separate crescent roll dough into 4 rectangles. Place rectangles in spray-coated pan.
3. Press evenly over bottom and up sides of pan; firmly press edges and perforations to seal. Prick dough with a fork.
4. Bake for 15-17 minutes or until golden brown.
5. Meanwhile, in a small saucepan, combine oil, basil, and garlic. Cook over low heat just until heated, stirring occasionally. Cover to keep warm.
6. Arrange half of the provolone cheese slices over partially baked crust; top with half the tomatoes. Sprinkle with 2 tablespoons of Parmesan or Romano cheese.
7. Repeat layers with remaining provolone cheese, tomatoes, and Parmesan cheese.
8. Spoon basil mixture over pie; sprinkle with pepper.
9. Bake for 15-18 minutes or until cheese is melted and crust is deep golden brown. Let stand 5 minutes.
10. To serve, cut into wedges. Serve immediately.

Angel Hair & Chicken Pomodoro

Description

This is a quick and easy recipe for a delicious taste of Italy! Substitute dried basil for fresh depending on what you have in the cupboard.

Ingredients

- 1 pound angel hair (cappellini) pasta
- 3 chicken breasts, boneless skinless
- 4 roma tomatoes, ripe
- 2 cloves of garlic
- 2 tablespoon fresh basil (or 1 Tbsp dried)
- $\frac{1}{4}$ cup olive oil
- $\frac{3}{4}$ cup chicken broth
- 1 tablespoon chicken base



Instructions

1. Boil water for pasta.
2. Slice chicken thinly and toss with $\frac{1}{2}$ of the olive oil, the basil, and the garlic.
3. In a large frying pan, quickly cook chicken, stirring, until lightly browned.
4. Put pasta in boiling water.
5. Add remaining ingredients to chicken and remove from heat.
6. Drain pasta, toss with chicken and serve.

Stuffed Cabbage, Italian Style

Description

Easy Italian recipes are the best Italian recipes, and this simple dish is proof of that. Make delicious, inexpensive food that all will enjoy. Experience authentic Italian culture through its food with easy Italian recipes.

Serves: 8

Ingredients

- 8 cabbage leaves
- 2 tablespoon salad oil
- 1 medium onion, finely chopped
- $\frac{1}{2}$ pound mushrooms, finely chopped
- 1 cup quick-cooking white rice
- $\frac{1}{4}$ cup Parmesan cheese
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 14 ounce jar spaghetti sauce
- $\frac{1}{2}$ cup mozzarella cheese, shredded



Instructions

1. Trim rib of each cabbage leaf very thin. In 11-inch by 7-inch baking dish, cook cabbage leaves and 2 tablespoons water, covered, in microwave on High 8 to 10 minutes until tender; drain. Set aside.
2. In 2-quart casserole, cook oil and onion, covered, on High 3 minutes. Add mushrooms; cook, covered, 3 to 4 minutes until tender. Stir in uncooked rice, cheese, salt, and pepper.
3. On center of each cabbage leaf, place about $\frac{1}{3}$ cup rice mixture. Fold bottom of leaf over filling; fold sides toward center. Roll tightly, jelly-roll fashion.
4. In 11-inch by 7-inch baking dish, arrange cabbage rolls seam-side down. Pour spaghetti sauce over cabbage rolls. Cook in microwave, covered, on High 8 to 12 minutes until tender, rotating dish halfway through cooking.
5. Sprinkle rolls with mozzarella cheese; let stand, covered, 3 minutes.

42 Quick and Easy Recipes

eCookbook by www.RecipeLion.com

The editors of RecipeLion.com have compiled 42 quick and easy recipes from 14 of our most popular categories, including quick and easy chicken recipes, quick and easy banana bread recipes and quick and easy soup recipes. You will find great quick and easy recipes for breakfast, lunch and dinner, and even some easy treats for the kids. Use this as the ultimate resource for quick and easy cooking.

Included in this eBook:

- Quick and Easy Soup Recipes
 - Crock-pot Corn Chowder, pg. 9
- Quick and Easy Chicken Recipes
 - Chicken and Rice with Gravy, pg. 12
- Quick and Easy Pork Recipes
 - Easy Stuffed Pork Chops, pg. 22
- Quick and Easy Pasta Recipes
 - Vegetarian Tex-Mex Macaroni, pg. 30
- Quick and Easy Dessert Recipes
 - Coco No-Bake Cookies, pg. 37

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