

Printable Recipes (Cook Days Only)

Sausage & Peppers over Egg Noodles

Ingredients:

- 1 lb sweet Italian turkey sausage
- 2 bell peppers (red/green), sliced
- 1 yellow onion, sliced
- 4 garlic cloves, minced
- 1 tbsp tomato paste
- 1 (15oz) can diced tomatoes
- 1/2 tsp dried oregano
- Olive oil
- 1 cup broth (instead of wine)
- Egg noodles

Directions:

Brown sausage and set aside. Sauté onions and peppers until soft. Add garlic, tomato paste, and oregano. Pour in broth and tomatoes. Simmer with sausage. Serve over cooked egg noodles. This is a hit I play with every time. Try it on rice, or spanish or mexican rice for an extra kick

Baked Chicken + Roasted Veggies

Ingredients:

- 2-4 chicken breasts
- 3-4 potatoes, cubed
- 2 carrots, sliced
- Olive oil, salt, pepper
- Seasoning of choice (paprika, garlic powder, etc.)

Directions:

Toss veggies with oil and seasonings. Place on sheet pan with seasoned chicken. Bake at 400°F for 30-40 minutes. Marinate the meat or this will be super boring, I LOVE the caribbean jerk, and don't be afraid to use the KC Masterpiece one that calls itself steak marinade, its amazing on chicken! I'm also going to throw in a knorr side when I eat this

Coke Pulled Pork

Ingredients:

- 1 pork roast (2–3 lbs)
- 1 can Coke
- 1 cup BBQ sauce
- Salt, pepper, onion powder

Directions:

Put everything in the crockpot. Cook on low 8 hours. Shred pork and stir into sauce.

Meatballs in Marinara

Ingredients:

- 1 bag frozen meatballs
- 1 jar marinara sauce
- Pasta or mashed potatoes

Directions:

Simmer meatballs in marinara sauce 25–30 mins. I usually bake them first according to the directions on the package, then into the sauce, I'm always worried about them being cooked through. Serve over cooked pasta or mashed potatoes or in some sub rolls..

Chicken Stir-Fry + Rice

Ingredients:

- 2 chicken breasts, sliced
- 1 bag frozen stir-fry veggies
- Soy sauce, broth
- Oil for cooking
- Cooked rice

Directions:

Sauté chicken in oil. Add veggies and sauce ingredients. Stir-fry until done. Serve over rice. Use marinated left overs from baked chicken night.

Pasta Bake or Lazy Lasagna

Ingredients:

- Cooked pasta
- 1 lb ground beef or turkey
- 1 jar pasta sauce
- 1-2 cups shredded cheese

Directions:

Brown meat. Mix with sauce and pasta. Pour into baking dish, top with cheese, bake at 375°F for 20-25 mins

Maple Glazed Chicken + Buttered Noodles

Ingredients:

- 2-4 chicken breasts or thighs
- 1/4 cup maple syrup
- 1-2 tbsp BBQ sauce
- 1-2 garlic cloves or garlic powder
- 8 oz egg noodles
- Butter, salt

Directions:

Mix syrup, garlic, and BBQ sauce. Pour over chicken, bake at 375°F until cooked. Boil noodles, toss with butter. When I made this last week it was runny, a better plan is to take the sauce on the stove and reduce it a bit before putting it on the chicken and into the oven.