

FROM

US

TO

YOU



Happy  
Made  
with  
LOVE

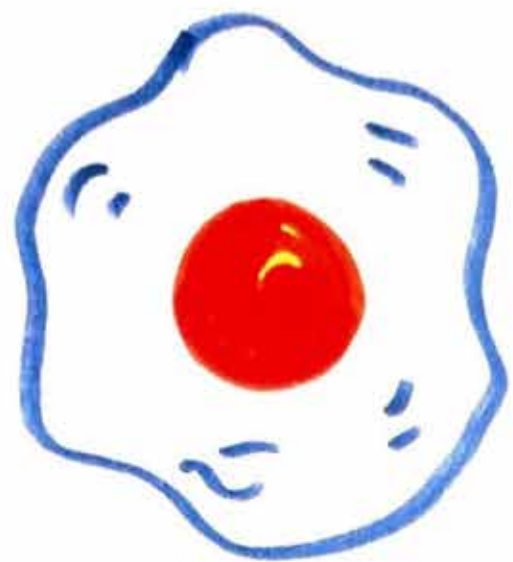
Love

Love

Recipes  
from the  
HEART

A Family Cookbook





# BREAKFAST



## Old Fashioned Pancakes

1 1/2 cups - all purpose flour

3 1/2 teaspoons baking powder

1 teaspoon salt

1 tablespoon white sugar

1 1/4 cup milk

1 egg

3 tablespoons butter, melted

Directions:

sift flour, baking powder, salt + sugar. Make a well in center and pour in milk, egg + melted butter; mix until smooth

Heat lightly oiled griddle. Pour the batter onto griddle. approximately 1/4 cup for each. Brown on both sides.



# Chocolate Chip ♥ Pancakes ♥

## Ingredients:

- ☐ 1 egg
- ☐ 1 banana
- ☐ 3/4 cup of whole oats
- ☐ Chocolate chips (as many as desired)

## Directions:

- ☐ 1 Put the banana in a bowl and mash with a fork
- ☐ 2 Add the egg into that same bowl and mix well
- ☐ 3 Add the whole oats
- ☐ 4 Add the chocolate chips
- ☐ 5 Mix well

☐ 6 Heat a skillet over medium heat (use a non stick pan or use non-stick spray on the pan)

☐ 7 Pour 1/4 cup of the mixture into the skillet, cook one side for 90 seconds, then flip and cook on the other side for 60 seconds

☐ 8 Enjoy! You can add berries or honey if desired!

I really hope you enjoy this recipe! ♥ ♥

They are super yummy! ♥ ♥

## Banana Pancakes

- 1 cup all-purpose flour
- 1 tablespoon white sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 egg, beaten
- 1 cup milk
- 2 tablespoons vegetable oil
- 2 ripe bananas, mashed



### Directions

Prep: 5 min    Cook: 10 min    Ready: 15 min

Combine flour, white sugar, baking powder and salt. In a separate bowl, mix together egg, milk, vegetable oil and bananas.

2. Stir <sup>flour</sup> ~~batter~~ mixture into banana mixture; batter will be slightly lumpy.

3. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Cook until pancakes are golden brown on both sides; serve hot.

## 3 ingredient pancakes

- 1 Egg
- 1 banana
- 1/8 teaspoon baking powder

Mix!

Cook like you would  
a normal pancake

ENJOY!

(Add vanilla  
or cinnamon  
if you would  
like)

# HOW TO MAKE: EGGS!!

(Scrambled)



- 1) Break eggs (x2) in to Bowl & whisk.
- 2) Butter pan and set stove to med.
- 3) Cook eggs while stirring.

## Breakfast Sandwich

---

- ① Get bread
- ② Scramble eggs
- ③ Make bacon
- ④ Prepare some hash browns
- ⑤ Put it all together with a slice of cheese on top
- ⑥ And you're all ready to eat!!

# AVOCADO TOAST

NUTRITIOUS  
DELICIOUS

1 Avocado, peeled + sliced

2 tbs. chopped cilantro

1/2 lime juice 

1/2 tsp. red pepper flakes

2 slices of bread

- optional

 1/2 tsp truffel oil



# LUNCH

\$

# DINNER





# Fish TACOS

## Ingredients:

- 3 tbsp. extra virgin olive oil
- Juice of 1 lime
- 2 tsp. chili powder
- ½ tsp. ground cumin
- ½ tsp. cayenne pepper
- 1½ lb flaky white fish
- ½ tbsp. vegetable oil
- Salt
- Freshly ground black pepper
- 8 corn tortillas

- 1 avocado, diced
- Lime wedges, for serving (optional)
- Sour cream, for serving (optional)

## Directions:

1. In a bowl, mix together olive oil, lime juice, chili powder, cumin, and cayenne
2. Add fish, tossing ~~around~~ until evenly coated. Let marinate 15 minutes
3. In a large, nonstick skillet over medium heat, heat vegetable oil. Remove fish from marinade. Season with salt and pepper (both sides). Add fish flesh side down. Cook until opaque and cooked through (3-5 mins per side). Let rest 5 mins. Flake with fork.
4. Serve fish on tortillas. Add toppings (slaw, avocado, lime, salsa, pico de gallo or anything else!)

enjoy!



# Chicken Noodle Soup



## ingredients:

2 1/2 pounds bone-in chicken thighs

1/4 teaspoon pepper

1/2 teaspoon salt

1 tablespoon canola oil

1 large onion, chopped

1 garlic clove, minced

10 cups chicken broth

4 celery ribs, chopped

4 carrots, chopped

2 bay leaves

1 teaspoon minced thyme

3 cups uncooked noodles (8 oz)

1 tablespoon lemon juice

1 tablespoon fresh parsley

## Directions:

① pat chicken dry w/ paper towels; Sprinkle 1/2 tsp. pepper & salt. In a pot, heat oil over med. heat and add chicken in batches, skin side down. Cook until dark gold. Remove chicken & save 2 tbsps. of pan drippings.

② add onion to drippings, cook until tender (4-5 mins). Add garlic, cook +1 min more. Add broth, stirring. Bring to a boil and add chicken, celery, carrots, bay leaves, and thyme. Reduce heat... Simmer, covered, until chicken is tender (25-30 min).

③ move chicken to a plate, remove soup from heat. Add noodles, let stand, covered, until noodles soften (20-22 min).

④ remove chicken (meat) from bones. Shred into bite-sized pieces. Return meat to pot & stir in parsley and lemon juice. Add remaining 3/4 teaspoons pepper (and + salt if needed). Remove bay leaves.

ENJOY!



# Avocado Chickpea Salad with Chili Lime dressing (ingredients for 4 serving)

## Ingredients:

### Dressing-

- olive oil (2 tbs)
- lime juice (1/4 cup)
- cumin (2 tsp)
- chili powder (2 tsp)
- salt (1 tsp)
- pepper (1 tsp)
- chopped cilantro (1/4 cup)

### Salad-

- chickpeas, rinsed (2 cans)
- chopped in quarters cucumber (1)
- cherry tomatoes, halved (20)
- chopped onion (1)
- diced avocado (1)
- shredded carrot (1/3 cup) (optional)

## Preparation

1. For the dressing, combine dressing ingredients in small bowl. Whisk together until mixed thoroughly.



2. In a large bowl, combine chickpeas, cucumbers, tomatoes, onion, avocado, carrots, and dressing. Toss together until evenly combined.
3. Serve and Enjoy!

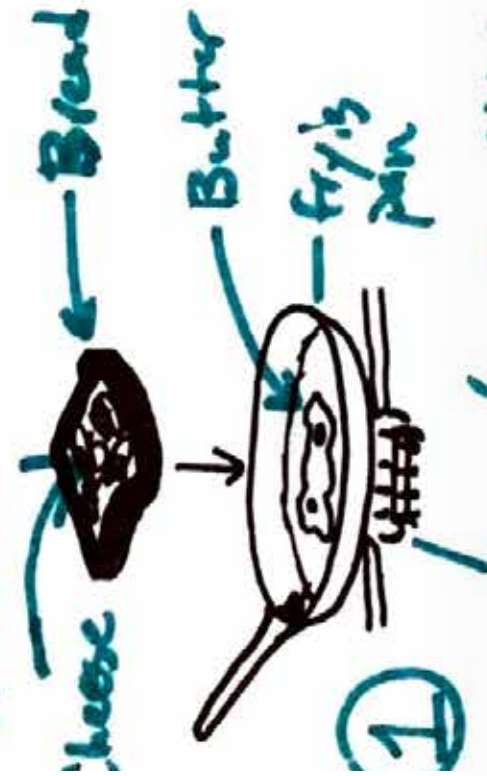
# Grilled Cheese

## Ingredients:

- Bread
- Cheese
- Butter

Ketchup, Mustard, hot sauce (optional)

## Method:



Stove (Wait until bottom is crisp)

②



(Once its crisp, add bread to the top and flip over, wait for the 2nd side to be crisp and enjoy)

## Materials:

- Stove
- Frying pan

# Best EVER Grilled Cheese

## Ingredients

- Bread
- Shredded monterey Cheese
- butter
- mayonnaise
- tomato soup (optional)

## Directions

- 1) place two sliced breads on a plate
- 2) Spread mayonnaise over each
- 3) Heat skillet on medium and add butter
- 4) When it melts, place one slice of bread, mayonnaise side down, in skillet
- 5) top with cheese
- 6) top with second slice of bread, mayonnaise side up
- 7) when underside is golden, flip!
- 8) press down on sandwich to evenly melt cheese! Gentle!

Enjoy!

YUMMY

# Baked Potato

## 1. Ingredients

- ↳ Potatoes
- ↳ Olive oil
- ↳ Salt
- ↳ Toppings (sour cream, bacon, chives)



2. Preheat oven to 450°F.

3. Wash potatoes.

4. Rub potatoes with oil and salt.

5. Pierce potatoes 3 times each with a fork.

6. Wrap potatoes in foil.

7. Cook potatoes in oven for 1 hour.

8. Remove potatoes from oven, take foil off, add toppings, and enjoy!

# NACHOS

Preheat oven 350°

Place tortilla chips on baking sheet.

Add TONS of Monterey

Jack shredded cheese on top!

## Add optional

- tomatoes - olives

- beans - corn

- meat - jalapenos

Serve warm with guacamole, sour cream or salsa!

YUMMY 

chop some fresh basil  
chop some garlic cloves  
chop some fresh tomatoes  
put all ingredients in a bowl  
Add some olive oil, salt, pepper

cook about 2 cups of rice  
(or use microwave rice)

Sauté chopped or ground chicken  
in olive oil, salt, pepper  
and . . . Italian Seasoning

Mix all ingredients in a big bowl.  
Serve with topping of parmesan  
Yum!

less than 30 min.!

Italian Rice Dish

# 떡볶이 tteok bokki

Korean spicy  
rice cake

## <INGREDIENTS>

- 1 cup of rice cake
- 2 tsp Korean spicy bean  
paste (고추장 gochujang)
- 2 tsp sugar
- 1 tsp soy sauce
- 3/4 cups water
- sesame seeds (optional)



## <STEPS>

1. 1 cup rice cake is about 5-6  
ounces. The quality varies quite

a bit and freshly made is the best. If your rice cake is frozen defrost in cold water for few min. and drain.

2. Add water, gochujang and sugar to a pan and bring to a boil on medium high heat. Stir it before it boils.

3. Add the rice cake to the gochujang water. Add 1 tsp soy sauce and lower the heat and simmer for 8-10 min.

and you are done!

# Olive and Bellpepper Pizza



## Ingredients:

- 1/4 ounce of yeast
- 1 cup warm water
- 2 tablespoons of canola oil
- 1 tsp salt
- ~~2~~ 2-3/4 cups all purpose flour
- tomato paste (for sauce)
- olives
- bellpepper
- ~~cheese~~
- cheese

## Directions:

- ① Put yeast, water, salt and 2 cups of flour into large bowl and mix until it turns into soft dough
- ② Knead the dough on flat surface until smooth
- ③ Place dough in a greased bowl and cover it; let it rest for 10 minutes
- ④ Roll dough into circle and place onto pizza pan; prick edges w/ fork
- ⑤ add tomato paste evenly onto dough, then add cheese, olives and bellpeppers
- ⑥ Bake at 375° for 15 minutes or until it is lightly brown and the cheese is melted.

Enjoy!!

# Pan de yuca

## 1. Ingredients: Yuca

flour, Eggs, Baking Powder, Queso Fresco, and butter

2. Two cups of yuca flour
3. One Tablespoon of Baking powder
4. 16 oz. of queso fresco, - two eggs, - one tablespoon of butter in a bowl
5. Mix wet ingredients together
6. Add the baking powder and flour to the bowl and knead with both hands, until a ball forms.
7. Turn the large ball into smaller balls and place them to bake at 375 degrees for 20 minutes. Enjoy!

# English Muffin Pizzas!!!

Prep  
10 mins

COOK  
10 mins

Ready in  
20 m

## Directions

- ① Preheat oven to 375 degrees F°
- ② Place English Muffin halves side up onto a baking sheet
- ③ Spoon some marinara sauce onto each bread
- ④ Top with cheese, pepperoni, ect...
- ⑤ Bake for 10 minutes in oven or until the cheese is melted and browned on the edges

Super fast and kid friendly! Pizza sauce, cheese and any topping is a perfect anytime meal.



~ ENJOY ~

# Spaghetti + Meatballs!

## Ingredients:

- 1 lb. spaghetti
- 1 lb. ground beef
- 1/3 c. breadcrumbs
- 1/4 c. finely chopped parsley
- 1/4 c. freshly grated Parmesan
- 1 egg
- 2 garlic cloves, minced
- 1 tsp. kosher salt
- 1/2 tsp. red pepper flakes
- 2 tbsp. olive oil, divided
- 1/2 c. onion, finely chopped
- 1 (35-oz.) can crushed tomatoes in puree
- 1 bay leaf
- fresh ground black pepper

## Directions

- 1) In a large pot of boiling salt water, cook spaghetti according to package instructions. Drain.
- 2) In a large bowl, combine beef with bread crumbs, parsley, parmesan, egg, garlic, 1 teaspoon salt, + red pepper flakes. Mix until just combined then form 16 balls.
- 3) In a large pot over medium heat add 1 ~~tbs~~ <sup>tbs</sup> oil. Add meat balls and cook, turning occasionally, until browned on all sides about 10 min. Remove meat balls and reserve on plate.
- 4) Add the remaining oil + onion and cook until onion is soft, 5 min. Add crushed tomatoes and bay leaf. Season with salt + pepper and bring to a simmer. Add the meat balls back into the pot, cover and simmer until the sauce has thickened, 8-10 min.
- 5) Serve pasta with a healthy scoop of meatball sauce. Top with Parmesan before serving!



# Caribbean Macaroni pie

## Ingredients

- 2 cups elbow macaroni (16oz/1lb)
- 2 eggs
- 2 2/3 cups evaporated milk
- 3 1/2 cups cheddar cheese, grated, reserve 1/2 cup for topping
- 1/4 tsp white pepper (optional)
- 2 tbsp brown sugar
- Salt, to taste

## Instructions

- Preheat oven to 350°
- Boil macaroni in salted water (8mins approx)
- Beat eggs in a bowl until fluffy
- Add milk, pepper, sugar, salt and stir
- Stir in 3 cups of cheese, and the cooked macaroni
- Pour in greased ~~pan~~ 9x11 baking dish and top w/ reserved 1/2 cup of cheese
- Bake until firm 35-40mins, and allow to rest



Enjoy

# PASTA AGLIO E OILIO

- 1/2 head garlic, separated and peeled
- 1/2 cup flat-leaf parsley, rinsed, chopped
- 1/2 cup olive oil
- 1 tsp. red pepper flakes
- 1/2 pound dry linguine
- 1/2 lemon
- Salt, pepper, to taste

- Heavily salt large pot of water and bring to boil, cook pasta.
- in another pan, slice garlic and add to heated oil. sprinkle in red pepper flakes. Cook until edges of garlic turn golden.
- add drained pasta w/ 1/4 cup of pasta water into them
- Add parsley and lemon. Mix together.
- season w/ salt and pepper and serve.



# EASY MAC N CHEESE

## Ingredients:

- \* 1 box macaroni
- \* 1/4 cup butter
- \* 1/4 cup flour
- \* 1/2 teaspoon salt
- \* 2 cups milk
- \* 2 cups shredded cheese

## Instructions:

Boil water  
Cook pasta for 8 minutes  
Melt butter in pan, stir  
in flour, salt, & pepper, for 5 minutes.

Add milk

Add cheese

Add pasta

YOU'RE DONE!



# Spaghetti and Meatballs

## Ingredients:

Serves 6-8

- 2 jars of spaghetti sauce (30 oz each)
- 2 lbs lean ground beef
- 2 eggs
- 3/4 cup of dried bread crumbs
- 1/4 cup chopped parsley
- 1/2 tablespoon salt
- 1/4 cup parmesan cheese
- 1 lb spaghetti

## Directions:

- 1) Cook spaghetti (follow directions on box)
- 2) place sauce in large sauce pan and simmer over medium heat
- 3) mix beef, eggs, crumbs, parsley, garlic, and parmesan in large bowl
- 4) shape meat mixture into 18 meatballs
- 5) place meatballs into simmering sauce
- 6) When sauce returns to a simmer, cover and cook for 30-35 minutes (until meatballs are cooked through)
- 7) serve sauce and meatballs over warm spaghetti
- 8) top with extra parmesan cheese, breadcrumbs, and parsley
- 9) Enjoy!

# Yummy Chicken Pasta ♡

## Ingredients

- 2 chicken breasts cut in strips
- 1/2 bell pepper cut in strips
- 2 cloves of garlic diced
- 1 cup marinara sauce
- 1/2 cup of mozzarella or Italian cheese
- 3 cups of pasta
- 1 tablespoon olive-oil

## Directions

- 1 Bring water to boil
- 2 pour pasta & salt in water (cook 10 mins)
- 3 Heat pan pour olive oil, chicken and garlic and sliced bell peppers (saute 5 minutes)
- 4 add marinara sauce allow to simmer
- 5 pour the (drained) pasta into chicken mixture, mix well
- 6 add cheese and turn Heat off  
!!! Enjoy!!!

Prep time - 5 mins  
Cook time - 15 mins

# Lasagna

\* 12 servings

## Ingredients

- 1 pound ground beef
- 3/4 pound bulk pork sausage
- 3 can (8 ounces each) tomato sauce
- 2 cans (6 ounces each) tomato pasta
- 2 garlic cloves, minced
- 2 teaspoon sugar
- 1 teaspoon Italian seasoning
- 1/2 to 1 teaspoon salt
- 3 large eggs
- 3 tablespoon minced fresh parsley
- ~~1/2 cup~~ 4% small-curd cottage cheese
- 1 carton (8 ounces) ricotta cheese
- 1/2 cup grated parmesan cheese
- 4 lasagna noodles, cooked and drained
- 6 slices provolone cheese (6 ounces)
- 3 cups shredded part-skim mozzarella cheese, divided



\* Sorry I can't draw!  
But I promise its  
Yummy!

## Directions ♡

- 1 in a large skillet over medium heat, cook and crumble beef and sausage until brown; drain. Add next seven ingredients. Bring to boil. Reduce heat; simmer, uncovered, 1 hour, stirring occasionally. Adjust seasoning with additional salt/pepper.
- 2 in a large bowl, lightly beat eggs. Add parsley; stir

in cottage cheese, ricotta and parmesan.

③ Preheat to 375°, spread 1 cup meat sauce in ungreased 13x9 in pan. Layer 3 noodles, provolone cheese, 2 cups cottage cheese mixture, 1 cup mozzarella, 3 noodles, 2 cups meat sauce, remaining cottage cheese mix and 1 cup mozzarella. Top remaining noodles, meat sauce and mozzarella (dish will be full)

④ cover and bake 50 min. Uncover bake 20 min. Let cool 15 min before cutting.

# Cacio e Pepe

## Ingredients

- Salt
- 6 oz. pasta (spaghetti, bucatini)
- 3 Tbsp. unsalted butter
- 1 tsp. freshly cracked black pepper
- 3/4 cup finely grated Parmesan
- 1/3 cup finely grated Pecorino

## Steps

1. Bring water to boil. Season with salt; add pasta and cook, stirring occasionally, until about 2 minutes before tender. Drain, reserving 3/4 cup pasta cooking water.
2. Meanwhile, melt 2 tbsp butter in skillet over medium heat. Add pepper and cook, swirling pan, until toasted. (about 1 minute)



3. ADD  $\frac{1}{2}$  CUP reserved pasta water to skillet and bring to simmer. Add pasta and remaining butter. Reduce heat to low and add Grana Padano (Parmesan), stirring and tossing with tongs until melted. Remove pan from heat, add Pecorino, stirring and tossing until cheese melts and sauce coats the pasta.



# SKILLET ROSEMARY CHICKEN

★★★★★

## Ingredients:

Level: Easy  
4 servings  
Total: 40 min  
Prep: 15 min  
Cook: 25 min

•  $\frac{3}{4}$  pound small red-skinned potatoes, halved or quartered if large



• Kosher salt

• 2 sprigs fresh rosemary + 1 tablespoon leaves

• 1 clove garlic, smashed



• Pinch of red pepper flakes

• Juice of 2 lemons



• 2 tablespoons extra-virgin olive oil

• 4 on skin bone-in chicken breast (6-8 ounces each)

• 10 ounces cremini mushrooms, halved



over for directions →

## How to make chicken fingers, breaded chicken

1. Place <sup>all</sup> chicken breast (pre sliced) in buttermilk and leave to soak for at least an hour to overnight
2. place chicken in flour (cover) (season flour) salt + pepper
3. Place chicken in whisked egg
4. Then cover chicken in bread ~~crumbs~~ crumbs
5. Repeat steps 1-4 for as much chicken as you like
6. Place chicken in ~~oil~~ about 4 tbsp (tablespoons) of oil, (olive) or (canola oil)
7. Pan fry until crispy on outside and white (not pink) in the middle Not pink
8. Alsauce is a solid choice for this chicken

## EASY MONGOLIAN BEEF

- 1 pound flank steak
- $\frac{1}{4}$  cup cornstarch
- $\frac{1}{4}$  cup canola oil
- 2 teaspoons fresh ginger minced
- 1 tablespoon garlic minced
- $\frac{1}{3}$  cup soy sauce
- $\frac{1}{3}$  cup water
- $\frac{1}{2}$  cup dark brown sugar
- 4 stalks scallions, cut into 2 inches

only 30 min!!

- 1) Slice flank steak into bite-size pieces, add to ziplock bag with cornstarch
- 2) Press steak around cornstarch, make sure steak is fully coated
- 3) Add canola to large frying pan on medium heat
- 4) Add steak fully cooks on each side for 1 min
- 5) When steak is done remove
- 6) Cook ginger and garlic for 10-15 sec
- 7) Add soy sauce, water, and dark brown sugar. Cook until thick
- 8) Add green onions and steak, stir and serve

## Schnitzel

Prep  
5 mins

Cook  
15 min

Servings  
4

### Ingredients:

1.2 lb large chicken  
(2 pieces)

Salt and pepper

3/4 cup flour

2 eggs

1 1/2 cup panko breadcrumbs

oil for frying (canola or vegetable)

### directions

1. cut chicken breast in half horizontally to create 2
2. place on surface pound out thickness until desired
3. sprinkle both sides with salt & pepper
1. Place flour in one dish, breadcrumbs in another and whisk eggs into another

5. coat meat in flour dip into eggs and lastly breadcrumbs
6. heat oil in skillet
7. dip end of schnitzel in (should sizzle rightaway)
8. place 2 schnitzels in oil cook for 3 mins and then turnover and cook 3 mins on side
9. transfer to paper towel  
optional: serve with lemon

# Garlic Chicken Recipe

## Ingredients:

- 1) 3 tablespoons butter
- 2) 4 skinless, boneless, chicken breast halves
- 3) 2 teaspoons garlic powder
- 4) 1 teaspoon seasoning salt
- 5) 1 teaspoon onion powder

## Directions:

- 1) melt butter in large skillet over medium heat
- 2) Add chicken and sprinkle with garlic powder, seasoning salt, and onion powder
- 3) saute 10-15 minutes on either side or until chicken is cooked all the way through and juices run clear
- 4) serve & enjoy!

prep time: 10m Cook: 10-15m servings: 4



# DESSERT



# CHOCOLATE CHIP

## COOKIE

### Ingredients

1 cup salted butter

1 cup white sugar

1 cup brown sugar

2 tsp vanilla

2 eggs

3 cups of flour

1 tsp baking soda

1/2 tsp baking powder

1 tsp of salt

2 cups of chocolate chip

### Instructions:

1. Preheat oven to 375°F

2. Mix ingredients in huge bowl

3. Roll 3 TBS of dough into balls

4. Bake in preheated oven for 8-10 minutes

5. Cool down for 2 minutes

# Chocolate Chip Cookies Recipe

### Ingredients

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter, softened
- 3/4 cup granulated sugar
- 3/4 cup brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 2 cups chocolate chips

### Directions

- 1.) Preheat oven to 375°F
- 2.) Combine flour, baking soda, and salt in small bowl.
- 3.) Beat butter, granulated sugar, brown sugar, and vanilla extract in large mixer until creamy.
- 4.) Add eggs, one at a time, beating well after each addition.
- 5.) Gradually beat in flour mixture.
- 6.) Stir/fold in chocolate chips. Drop rounded tablespoons of dough onto ungreased baking sheets.
- 7.) Bake for 9-11 minutes or until golden brown. Cool before enjoying.

enjoy!



# Chocolate Crinkles

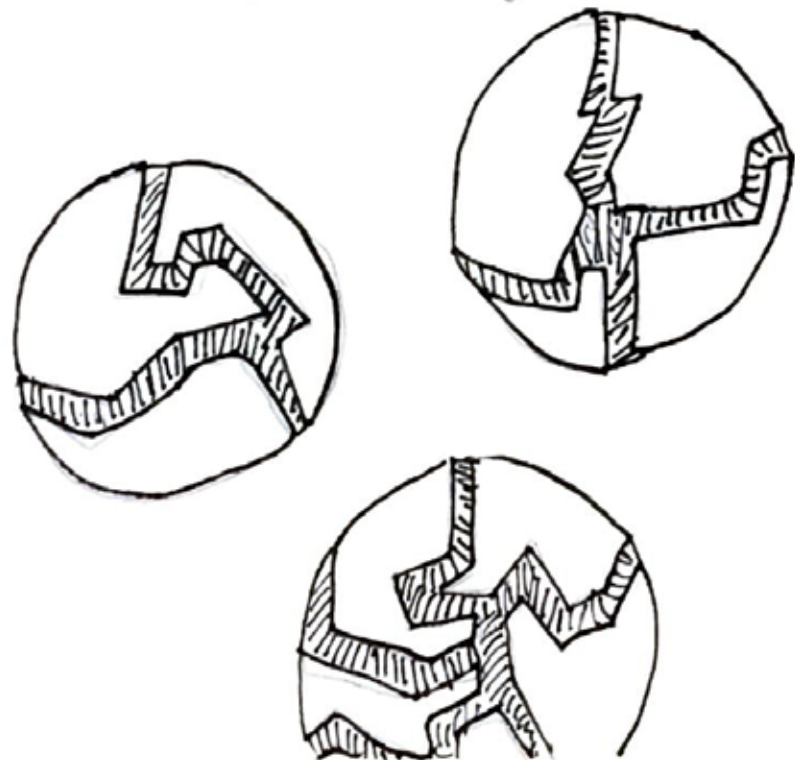
## ingredients

- 1/2 cup vegetable oil
- 4 oz unsweetened baking chocolate, melted and cooled
- 2 cups granulated sugar
- 2 teaspoons vanilla
- 4 eggs
- 2 cups all purpose flour
- 2 tsp baking powder
- 1/2 tsp salt
- 3/4 cup powdered sugar

makes 72 cookies

## instructions

1. In a large bowl, mix oil, chocolate, granulated sugar and vanilla. Stir in flour, baking powder, and salt. Cover and refrigerate at least 3 hours.
2. Heat oven to 350° F. Shape dough by rounded teaspoonfuls into balls. Roll in powdered sugar. Place about 2 inches apart on greased cookie sheet. Bake until almost no indentation remains when touched, 10-12 minutes.



# Snickerdoodles

## Ingredients:

- 1 1/2 cups white sugar
- 1/2 cup butter
- 1 tsp vanilla extract
- 2 eggs
- 2 3/4 cups all purpose flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 2 tablespoons white sugar
- 2 tsp ground cinnamon
- 1 tsp cream of tartar

## Directions:

- ① Preheat oven to 400 degrees F
  - ② Combine 1 1/2 cups white sugar, butter, vanilla and eggs; mix thoroughly
  - ③ Stir in flour, cream of tartar, baking soda, salt. Blend well
  - ④ Shape dough into 1 inch balls
  - ⑤ Combine 2 tablespoons sugar and 2 tsp ground cinnamon; roll dough 2 in apart on baking sheet (greased)
  - ⑥ Bake 8-10 minutes, then remove from baking sheet
- enjoy!

# Sugar Cookies

Ingredients: 3 cups of all purpose flour,  $\frac{3}{4}$  teaspoon baking powder,  $\frac{1}{4}$  tea sp. salt, 1 cup unsalted butter/softened, 1 cup sugar, 1 egg (beaten), 1 tablespoon milk, Powdered sugar (for rolling out dough).

## Direction:

- Flour, baking powder, salt, in one bowl, set aside
- butter, sugar in big bowl, mix until light color
- add egg and milk, beat till combined
- add flour gradually, mix until mix pulls away from bowl.
- Divide in half and refrigerate 4 2 hours
- Over to 375 degrees F
- make mixture on bake sheet
- Cooker 7 to 9 mins

Enjoy!

# Rice Krispie treats



## Ingredients:

- 3 tablespoons butter
- 1 package of marshmallows (10 oz.)
- 6 cups of rice krispie cereal



## Directions:

1. In a large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add rice krispie cereal. stir until well coated.
3. Use wax paper to evenly press mixture into 13x9x2 inch pan coated with butter. Cool. then cut into squares.

∴ enjoy ∴

# BROWNIES

## Ingredients

- 4 ounces unsweetened chocolate
- 1/2 cup of butter
- 1 1/2 cups sugar
- 1/2 teaspoon vanilla extract
- 2 eggs
- 3/4 cup unbleached flour



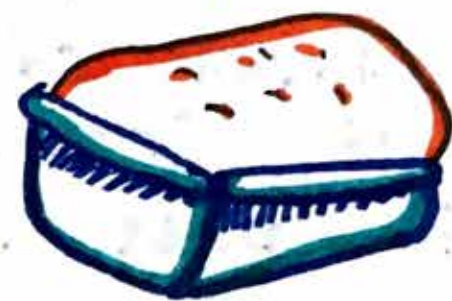
## Steps

1. Preheat oven to 350°
2. butter an 8x8 pan
3. Melt the butter and chocolate in a double boiler
4. Take the chocolate off the heat and add it to the eggs that you have beaten with the sugar
5. add the vanilla
6. gently fold in flour
7. pour batter into the pan and bake for 25 mins

# EASY Banana Bread

## recipe

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup butter
- 3/4 cup brown sugar
- 2 eggs, beaten
- 2 1/3 cups mashed bananas



## DIRECTIONS!

1. Preheat oven to 350° F. Lightly grease a 9x5 inch loaf pan.
2. In a large bowl combine flour, baking soda, and salt. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas. Stir banana mixture into flour mixture. Pour batter



in pan?

3. Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes.

Enjoy!!



welcome  
to your  
new  
home!

## Super Soft Banana bread cookie

### Ingredients:

- 1/2 cup of sugar
- 1/4 cup of brown sugar
- 1 tsp of vanilla extract
- 1/2 cup of softened butter
- 1/2 cup of greek yogurt
- 1 egg
- 2 bananas
- 2 1/2 cups of flour
- 1/2 tsp of baking powder
- 1/2 tsp of baking soda
- 1 pinch of salt
- 2 tsp of cinnamon
- 1/2 cup of choco chips

### Preparation:

1. preheat oven to 350° F
2. In a bowl, whisk together sugar, brown sugar, vanilla extract, and butter until creamy.
3. Add greek yogurt, egg, and bananas. Mash bananas and mix thoroughly.

4. ~~Gently~~ **Gently fold in** flour, baking powder, baking soda, salt and cinnamon until combined.
5. Add choco chips and stir in gently
6. Place a spoonfuls of dough 2in apart on a baking sheet with parchment paper or butter the baking sheet.
7. Bake for 15 mins
8. **ENJOY!**

## Brownies

Ingredients:

- 2 cups white sugar
  - 1 cup butter
  - 1/2 cup cocoa powder
  - 1 teaspoon vanilla extract
  - 4 eggs
  - 1 1/2 cups all-purpose flour
  - 1/2 teaspoon baking powder
  - 1/2 teaspoon salt
- 

Directions:

- 1) Preheat oven to 350°
- 2) Melt butter and mix ingredients in the given order.
- 3) Bake at 350° for 20 to 30 minutes in a 9x13 inch greased pan.

# Pumpkin Bread



## Ingredients:

- 3 cups sugar
  - 4 eggs, lightly beaten
  - 16 ounces canned pumpkin
  - 3  $\frac{1}{2}$  cups flour
  - 2 teaspoons salt
  - 2 teaspoons baking soda
  - 1 teaspoon baking powder
  - 1 teaspoon nutmeg
  - 1 teaspoon allspice
  - $\frac{1}{2}$  teaspoon cloves
- } optional
- $\frac{2}{3}$  cup water
  - 1 cup vegetable oil
- Directions on back

Preheat oven to 350°F.

Spray two 9-by-5-inch loaf pans with cooking spray. In a bowl, stir together the sugar and oil. In another bowl, combine the dry ingredients. Alternate between adding small amounts of the dry ingredients and the water into the sugar and oil. Stir until combined. Divide the batter between the two loaf pans. Bake for about 1 hour, or until a skewer comes out clean. Wait 10 minutes before removing from the pans. Enjoy!

# Churros

- 1 Cup Water
- 2 ½ tbs White Sugar
- ½ tsp Salt
- 2 tbs Vegetable Oil
- 1 Cup All-Purpose flour
- 2 Quarts Oil for frying
- ½ cup White Sugar
- 1 tsp ground Cinnamon

1. In a small saucepan over medium heat, combine water, 2 ½ tbs sugar, salt, and 2 tbs vegetable oil. Bring to a boil and remove from heat. Stir in flour until mixture forms a ball.

2. Heat oil for frying in deep fryer or deep skillet to 375 degrees F (190 degrees C). Pipe strips of dough into hot oil using a pastry or zip-lock bag with corner cut. Fry until ~~golden~~ golden, drain with paper towel.

3. Combine ½ cup sugar and cinnamon. Roll drained churros in cinnamon and sugar mixture.

Prep Cook Ready in

10 m 10 m 10 m

# WHOOPIE PIES

## Ingredients

- 1/2 of an 8-ounce package reduced-fat cream cheese (Newtchatel), softened
- 1/4 cup butter, softened
- 1/2 of a 7-ounce jar marshmallow cream
- 12 soft chocolate cookies or your favorite soft cookies

## Directions

1. For filling, in a medium mixing bowl beat cream cheese & butter with electric mixer on medium/high speed until smooth & fluffy. Fold in marshmallow cream.

2. Spread filling on bottoms of half of the cookies. Top with the remaining cookies, bottom sides down. For firmer filling, wrap & chill about 2 hours before serving.

# ENJOY!

# APPLE CRUMBLE

## Ingredients:

- 2 large apples
- 2 tablespoons Sugar (granulated)
- 3/4 cup rolled oats
- 1/2 cup of brown sugar
- 1/3 cup of all purpose flour
- 1 teaspoon Cinnamon
- 3/4 stick melted butter
- pinch of salt.

## Directions:

Preheat the oven to 375°F and butter a 10-inch pie dish.

Slice apples into 1 inch cubes and add sugar to coat.

## Directions: pt 2

Stir oats, brown sugar, flour, cinnamon and salt together. Gradually add in melted butter.

Bake the apples until tender. Let cool & add the crumble on top.





# SAUCES



# DRINKS



## Guacamole

3 avocados, halved, seeded

1 lime, juiced

1/2 teaspoon of salt

1/2 teaspoon ground cumin

1/2 teaspoon cayenne

1/2 medium onion, diced

2 Roma tomatoes, seeded and diced

1 tablespoon of chopped cilantro

1 clove garlic, minced

Mix all together for a yummy

snack! 😊

**BEST WITH CHIPS (tortilla)**

# TURKEY TOMATO SAUCE

## Directions:

- Sauté onion in olive oil with green pepper or chili
- Add a tablespoon of oregano, cook until onions are soft
- Add 1 or 2 large cans of tomatoes, salt, and pepper
- Let cook for 1 hour
- Separately, sauté a large onion in a pan, add green pepper and cook for a few minutes
- Add 1 1/2 pounds of ground turkey
- Break up turkey with a fork and add olive oil
- Cook until turkey browns (medium heat)
- Add salt and pepper, cover, and reduce heat
- Once turkey is done and well seasoned, add to sauce! (eat with pasta)

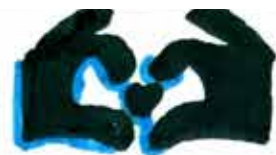
# # PICO DE GALLO

## INGREDIENTS

- 1 med tomato, Diced
- 1 onion, Diced
- 1/2 Jalapeno or Serrano, Diced/Seeded
- 2 sprigs fresh cilantro, Diced
- 1/8 teaspoon salt
- 1/8 teaspoon pepper (optional)
- 1/2 teaspoon garlic powder (optional)

## Steps

- put all ingredients in bowl
- Sprinkle salt
- Sprinkle pepper and garlic powder (optional)
- Squeeze lime





## FROZEN FRUIT SMOOTHIES



- 1 Banana
- 2 cups of frozen strawberries, raspberries or cherries
- 1 cup almond or whole milk or water.
- 1/2 cup yogurt (optional)

! BLEND!



How To:



black tea

In a pot on high heat, mix 2 cups of water with six bags of black tea.

Let tea cool to room temp.

tapioca

In a pot, mix  $\frac{1}{2}$  cup of medium black tapioca pearls with 2 cups of brown sugar, with 1 cup of hot water.

Let tapioca boil for about 20 mins.

Drain pearls through a strainer.

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## Assembly

In the strainer, add 2 cups of brown sugar and 1 cup of hot water (over a bowl) stir in the strainer to dissolve the brown sugar. Let pearls soak for 30 mins.

Assembly boba with ice, the syrup, and then you're done!

# LEMONADE

Ingredients:

1  $\frac{3}{4}$  cup white sugar

8 cups water

1  $\frac{1}{2}$  cups lemon juice



Prep  
30 min

Cook  
5 min

Ready in  
4 hr 35 min



Directions:

1. in small saucepan, combine sugar and 1 cup water. Bring to boil and stir to dissolve sugar. Allow to cool to room temperature then cover and refrigerate until chilled
2. remove seeds from lemon juice but leave pulp. In pitcher stir together chilled syrup, lemon juice and remaining 7 cups water

FROM US

TO YOU



A FAMILY COOKBOOK  
MADE WITH LOVE