



55 Quick & Easy Recipes

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Hello!

I'm so happy you downloaded this cookbook! I hope you enjoy making the recipes as much as I enjoyed creating them. Cooking, eating, and feeding others are my absolute favorite things to do and I am honored to share these recipes with people who share the same interests.

This book is divided into different sections so recipes in certain categories can be easily found. I am a big time penny pincher and just like you, I'm pretty busy. Therefore, all of the recipes in this book contain ingredients that are inexpensive, easy-to-find, and simple to make.

From my family to yours!

Hannah



P.S. For more recipes, cooking tips, and other shenanigans, please visit my website:

www.abedikitchen.com

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Abbreviations

oz = ounce

fl oz = fluid ounce

tsp = teaspoon

tbsp = tablespoon

ml = milliliter

c = cup

pt = pint

qt = quart

gal = gallon

L = liter

Conversions

$1/2$ fl oz = 3 tsp = 1 tbsp = 15 ml

1 fl oz = 2 tbsp = $1/8$ c = 30 ml

2 fl oz = 4 tbsp = $3/4$ c = 60 ml

4 fl oz = 8 tbsp = $1/2$ c = 118 ml

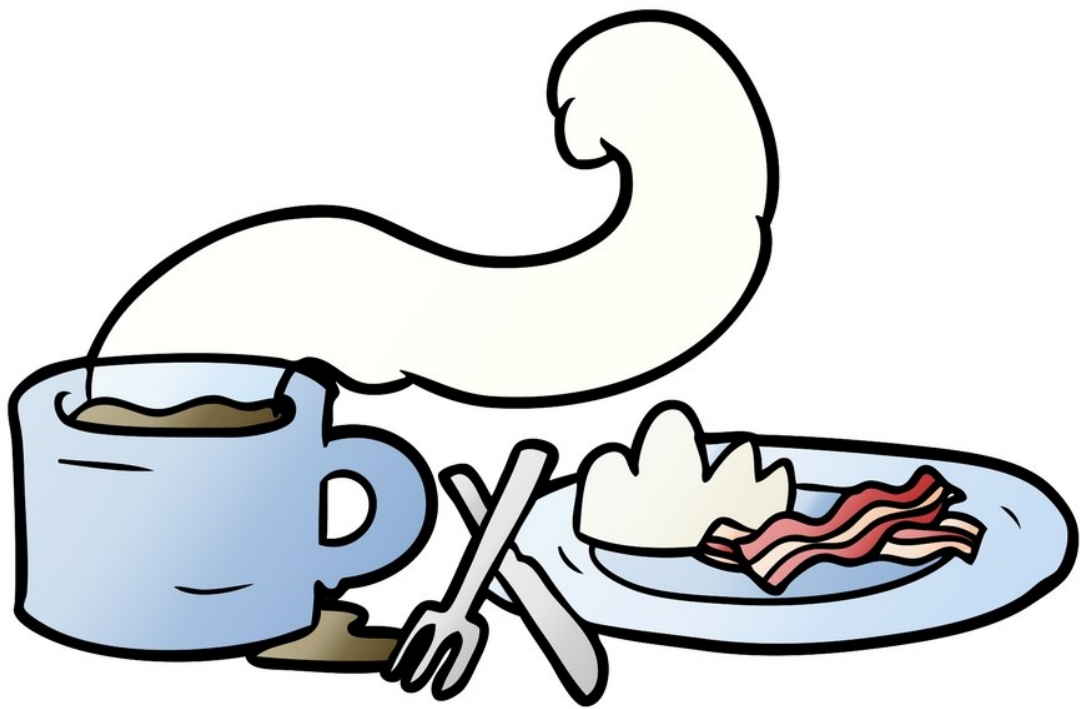
8 fl oz = 16 tbsp = 1 c = 236 ml

16 fl oz = 1 pt = $1/2$ qt = 2 c = 473 ml

128 fl oz = 8 pt = 4 qt = 1 gal = 3.78 L

Breakfast Recipes

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Blueberry Breakfast Cake

Serves: 8-10

What you need:

- 1/2 cup butter, softened
- 1 cup sugar
- 1 egg
- 1 tsp vanilla extract
- 2 cups flour
- 2 tsp baking powder
- 1 tsp salt
- 2 cups blueberries
- 1/2 cup buttermilk
- 1 tbsp sugar

What to do:

1. Preheat your oven to 350 degrees F.
2. Cream butter and sugar in a large mixing bowl until they are combined and light and fluffy.
3. Add the egg and vanilla extract and mix until combined.
4. In a small bowl, toss blueberries with 1/4 cup of flour.
5. In a separate bowl, whisk together the remaining flour, the baking powder and the salt.
6. Add the flour mixture and the butter milk to the butter/egg mixture and mix well.
7. Fold in the blueberries.
8. Grease a 9x9 baking dish with non-stick spray and pour the batter into the dish.
9. Sprinkle the batter with 1 tbsp of sugar.
10. Bake for 35-45 minutes or until a toothpick inserted comes out clean.
11. Let cool for 10-15 minutes before serving.

Cheddar Eggs and Potatoes

Serves: 4

What you need:

- 3 tbsp butter
- 1 1/2 lbs red potatoes, chopped
- 1/4 cup parsley, minced
- 2 garlic cloves, minced
- 3/4 tsp salt
- 1/8 tsp pepper
- 8 eggs
- 1/2 cup sharp cheddar cheese, shredded

What to do:

1. Preheat your oven to 400 degrees F.
2. Heat butter over medium high heat in a cast iron skillet or any other oven safe skillet.
3. Add the potatoes to the skillet and cook until golden brown and tender, stirring frequently.
4. Stir in the parsley, garlic, salt, and pepper.
5. With a spoon, make 4 pits in the potato mixture.
6. Break two eggs into each pit.
7. Place the skillet in the oven and bake for 9-11 minutes or until egg whites are set and the yolks begin to thicken.
8. Sprinkle the cheese on the top.
9. Bake for another 2 minutes or until cheese is melted.

Buttermilk Pancakes

Serves: 6-8

What you need:

- 1 1/4 cups self-rising flour
- 2 1/2 tsp sugar
- 1 1/2 cups buttermilk
- 1 stick butter
- 1 egg, beaten
- Syrup

What to do:

1. Grease a skillet with butter and heat over medium heat.
2. In a large bowl, mix the butter, sugar, and egg.
3. Add the buttermilk to the mixture.
4. Add the flour to the mixture.
5. Pour batter into the skillet 1/3 cup at a time.
6. Cook on the first side until bubbles begin to appear on the side you can see.
7. Flip the pancake and cook for an additional 30 seconds-1 minute.
8. Serve with syrup.

Breakfast Casserole

Serves: 8-10

What you need:

- 1/2 lb bacon, cooked and chopped
- 1/3 white onion, diced
- 1 red pepper, diced
- Olive oil
- 6 eggs, beaten
- 1/2 cup milk
- Salt, to taste
- 1/2 tsp pepper
- 2 cups frozen hash browns, thawed
- 2 cups shredded cheddar cheese

What to do:

1. Preheat your oven to 350 degrees F.
2. Grease a 13x9 baking dish with non-stick spray.
3. Heat a large skillet with olive oil over medium heat.
4. Add the onion and red peppers to the skillet and cook for 6 minutes.
5. In a large bowl, whisk together the eggs, milk, salt and pepper, pepper/onion mixture, hash browns and 1 ½ cups cheese.
6. Pour the mixture into the casserole dish and bake for 30 minutes.
7. Sprinkle the rest of the cheese on top and bake for another 10 minutes.
8. Remove from oven and let cool slightly before serving.

Smoothie Recipes

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Green Machine

Serves: 1

What you need:

- 1 cup ice
- 1/2 cup apple juice
- 1 cup cubed honey dew melon
- 2 cups spinach leaves
- 1/2 cup Greek yogurt

What to do:

1. Add all ingredients to a blender and blend until smooth.
2. Enjoy.

Banana Chocolate Smoothie

Serves: 1

What you need:

- 1 banana
- 2 tbsp chocolate syrup
- 1 cup Greek yogurt
- 1 tbsp flax seed
- 1/2 cup milk

What to do:

1. Add all ingredients to a blender and blend until smooth.
2. Enjoy.

Strawberry and Vanilla Smoothie

Serves: 1

What you need:

- 1 cup frozen strawberries
- 1/2 cup milk
- 1 cup vanilla greek yogurt
- 1 tsp sugar
- 1 tsp vanilla extract

What to do:

1. Add all ingredients to a blender and blend until smooth.
2. Enjoy.

Tropical Smoothie

Serves: 1

What you need:

- 2 cups water
- 1 cup crushed pineapple
- 1 banana
- 1 cup spinach

What to do:

1. Add all ingredients to a blender and blend until smooth.
2. Enjoy.

Blueberry Banana

Serves: 1

What you need:

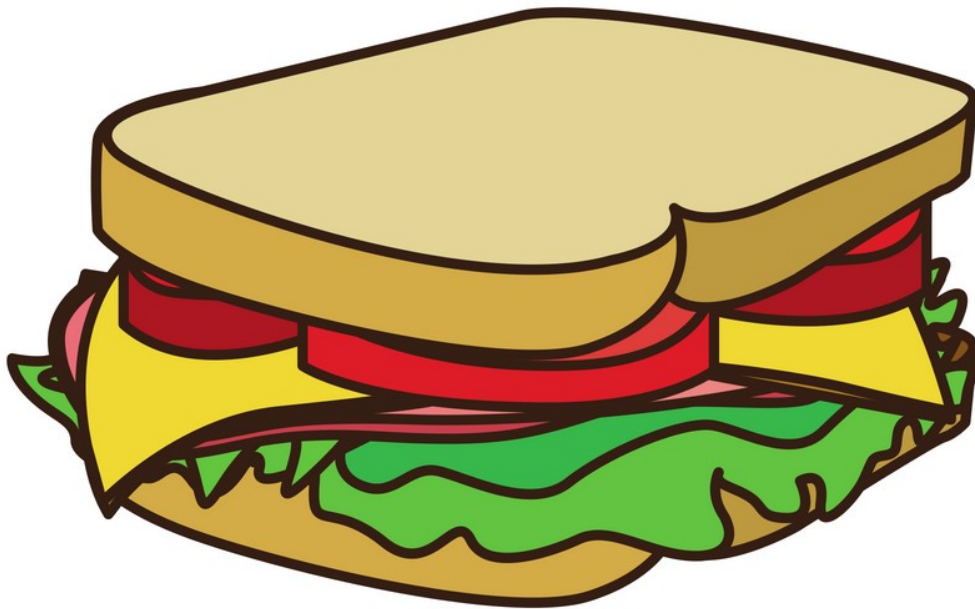
- 2 cups water
- 1 cup blueberries
- 1 banana
- 1 1/2 cup spinach

What to do:

1. Add all ingredients to a blender and blend until smooth.
2. Enjoy.

Sandwiches

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Monte Cristo

Serves: 2

What you need:

- 2 eggs
- Salt and pepper, to taste
- 2 slices white bread (a good solid kind)
- 2 tbsp mustard
- 2 tbsp mayonnaise
- 1/2 lb thick sliced baked ham
- 1/2 oz shredded cheddar cheese
- 2 tbsp butter

What to do:

1. Beat eggs in a shallow dish and stir in salt and pepper.
2. Assemble sandwiches. Spread mustard and mayonnaise on bread and place ham and cheese between the two slices.
3. Melt butter in a skillet over medium heat.
4. Dip and coat each sandwich into the egg and place in the heated skillet.
5. Cook on each side for 2-3 minutes or until browned and cheese is melted.

California Club

Serves: 4

What you need:

- 1 lb sliced turkey
- 8 strips bacon, cooked and cut in half
- 2 tbsp mayonnaise
- 2 tsp brown mustard
- 4 slices Swiss cheese
- Lettuce
- 4 tomato slices
- 12 slices sourdough bread

What to do:

1. Assemble the sandwiches. Layer like this: slice of bread, mayonnaise, slice of turkey, slice of bread, mayonnaise, 2 slices bacon, slice of turkey, slice of tomato, lettuce, brown mustard, and mayonnaise.

Jalapeno Popper Grilled Cheese

Serves: 3

What you need:

- 6 jalapeno peppers
- 4 oz cream cheese, softened
- 4 green onions, chopped
- Black pepper, to taste
- 6 slices of Colby Jack cheese
- 6 slices sourdough bread
- Butter

What to do:

2. Roast the jalapenos on a pre-heated grill or burner of a gas stove top. Char all sides.
3. Place the roasted jalapenos in a zip lock bag to steam for 10 minutes.
4. Remove jalapenos from bag and gently peel off the skin. Wear gloves!
5. Cut off the top of each pepper and slice down the middle of each pepper and remove the seeds and ribs.
6. In a small bowl, mix together the cream cheese, green onions, and black pepper.
7. Butter one side of each slice of bread.
8. Spread the cream cheese mixture on the unbuttered side of the bread.
9. Place jalapenos and Colby Jack cheese on the cream cheese then top with the other slice of bread, buttered side up.
10. Place sandwiches in a heated, sprayed skillet over medium heat and cook on each side for 2-3 minutes.

Salad Recipes

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Caesar Salad

Serves: 4

What you need:

- 1 cup mayonnaise
- 2 tsp minced garlic
- 2 tsp Worcestershire sauce
- 1 tsp pepper
- 1/2 tsp anchovy paste
- 2 tbsp olive oil
- 4 tbsp lemon juice
- 3 tbsp shredded parmesan cheese
- Romaine lettuce
- Parmesan cheese for salad topping
- Croutons

What to do:

1. Blend all the ingredients except the last three together until smooth.
2. Refrigerate until chilled.
3. Toss with romaine lettuce.
4. Top with croutons and parmesan cheese.

Strawberry Bacon Salad

Serves: 4-6

What you need:

- 1/2 head romaine lettuce
- 4 cups spinach
- 1/2 cups almond slivers, toasted
- 8-10 slices bacon, cooked and crumbled
- 2 cups sliced strawberries
- Poppy seed dressing

What to do:

1. Wash, dry, and tear up romaine lettuce and place in a large bowl.
2. Mix in almonds and bacon crumbles.
3. Add strawberries right before serving.
4. Serve with poppy seed dressing.

Chicken Chopped Salad

Serves: 4

What you need:

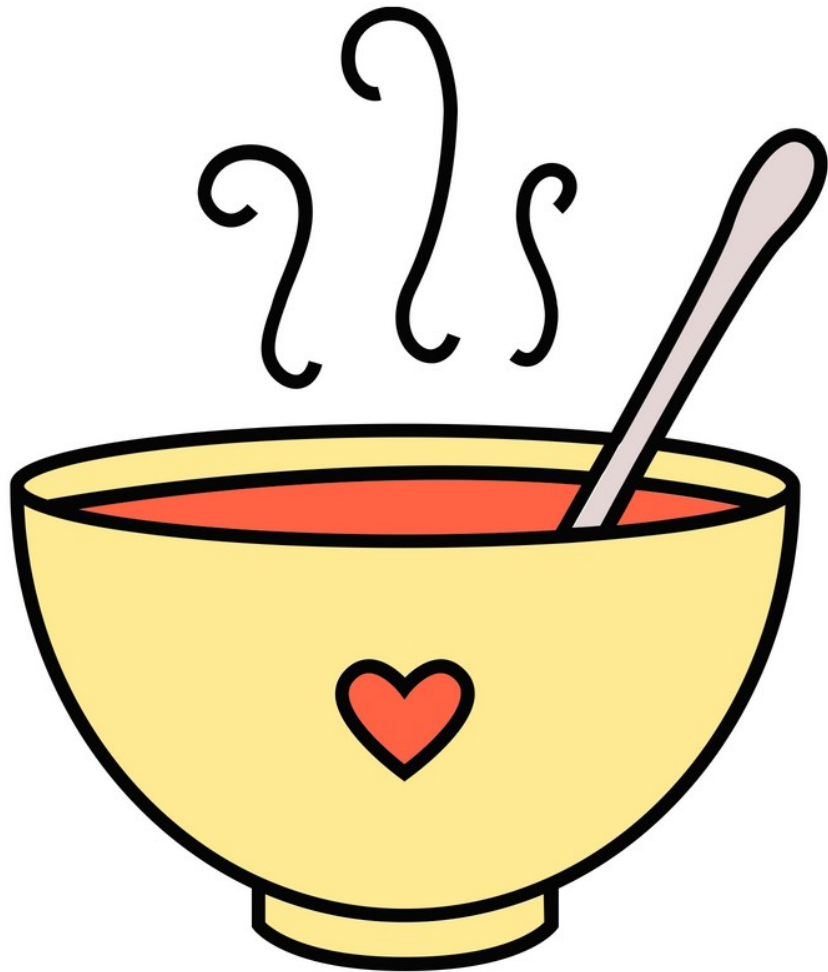
- 2 boneless, skinless chicken breasts; cooked and shredded
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp garlic powder
- 2 roma tomatoes, diced
- 6 cups romaine lettuce, chopped
- 1/2 red onion, diced
- 1/2 cup crumbled feta
- 1 cup wonton strips
- 1 cup honey mustard dressing

What to do:

1. In a large salad serving bowl, toss together lettuce, onion, feta, chicken, and tomatoes.
2. Top with wonton strips.
3. Serve with honey mustard.

Soup Recipes

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Potato Soup

Serves: 4

What you need:

- 1/3 cup all-purpose flour
- 3 cups milk
- 2 large potatoes; baked, peeled, and somewhat mashed
- 1/2 cup shredded cheddar cheese
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/2 cup sour cream
- 1/2 cup green onion, chopped
- Bacon, cooked and crumbled
- 2 tbsp shredded cheddar cheese

What to do:

1. In a large saucepan over medium heat, whisk together flour and milk until smooth. Bring it to a boil and still until thickened.
2. Stir in the potatoes, 1/2 cup cheese, salt and pepper.
3. Cook over medium heat for a couple minutes, until cheese is melted.
4. Remove the saucepan from the heat and stir in the sour cream and half of the onions.
5. Cover and cook for 15 minutes over medium low heat.
6. Garnish with remaining cheese, onion, and bacon and serve.

Broccoli Cheese Soup

Serves: 6-8

What you need:

- 2 bunches broccoli, cut into small florets
- 1 small onion, diced
- 2 medium carrots, chopped
- 1/4 cup butter, melted
- 1/4 cup flour
- 2 cups half and half
- 2 cups chicken stock
- 8 oz shredded cheddar cheese
- 1/4 tsp nutmeg
- Salt and pepper, to taste

What to do:

1. In a small saucepan over medium heat, sauté onion in 1 tbsp of butter until translucent.
2. In a large pot over medium heat, melt the rest of the butter then add the flour. Whisk constantly for 5 minutes.
3. Slowly add in half and half as you continue to whisk.
4. Stir in the chicken stock and let simmer for 20 minutes.
5. Add the broccoli florets, carrots, and sautéed onions. Let cook for another 25 minutes over low heat.
6. Stir in cheese until it is melted.
7. Add nutmeg, salt, and pepper.
8. Serve and enjoy!

Chicken Taco Soup

Serves: 4-6

What you need:

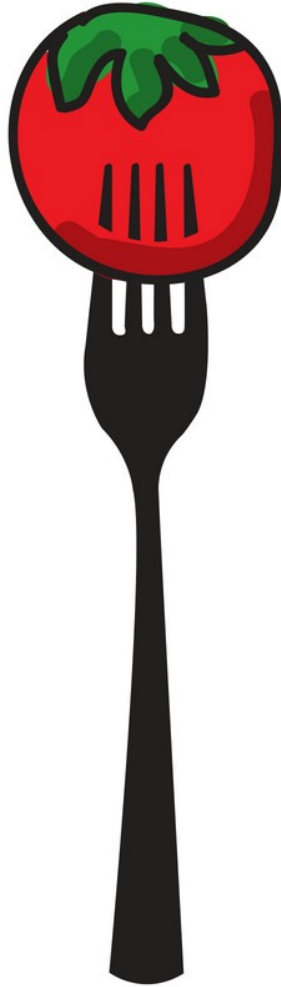
- 1 15-oz can black beans, drained and rinsed
- 1 15-oz can pinto beans, drained and rinsed
- 1 15 oz-can dark red kidney beans, drained and rinsed
- 1 15-oz rotel tomatoes
- 2 boneless, skinless chicken breasts; cooked and shredded
- 1 10-oz can cream of chicken soup
- 1 10-oz can enchilada sauce
- 1 14-oz can chicken broth
- 1 packet taco seasoning

What to do:

1. Add all ingredients to a large pot over medium high heat and bring to a boil.
2. Reduce heat to low and let simmer for 30 minutes.
3. Serve with green onions, shredded cheese, sour cream, and corn chips.

Vegetable Snacks

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Avocado Cream Cheese Roll-Up

Serves: 2-4

What you need:

- 8 oz cream cheese, softened
- 1 avocado; cut in half, pitted, chopped
- 1/4 cup chopped green onion
- 6 slices bacon, cooked and crumbled
- 1/2 cup tomatoes, diced
- 1/4 cup cilantro, chopped
- 1/2 tsp cumin
- 2 tsp lime juice
- 2 large tortillas

What to do:

1. Combine cream cheese, avocado, green onion, bacon, cilantro, cumin, and lime juice in a large bowl and mix together very well.
2. Spread mixture over two large tortillas and roll up.
3. Cut each roll into 1 inch rounds.
4. Refrigerate to chill then serve.

Roasted Chickpeas

Serves: 4

What you need:

- 1 15-oz can garbanzo beans, drained and rinsed
- 1 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp ground red pepper
- 1/4 tsp ground black pepper
- 1/4 tsp chili powder
- 1/4 tsp garlic powder

What to do:

1. Preheat your oven to 400 degrees F.
2. Dry garbanzo beans as much as you possibly can with a paper towel.
3. Add the beans to a large bowl.
4. Add olive oil and all of the seasonings to a small bowl and mix it all together very well.
5. Pour the oil and seasoning mixture over the beans and stir until all the beans are well coated.
6. Spread the beans onto a baking sheet and bake for 30 minutes. Stir occasionally.
7. Remove from the oven and serve.

Cucumber Zingers

Serves: 2

What you need:

- 1 cucumber, sliced
- 2 tbsp apple cider vinegar
- 1 tsp sea salt
- 1/2 tsp pepper

What to do:

1. Place the cucumber slices into a bowl.
2. Pour the vinegar over the slices and stir around.
3. Season with salt and pepper.
4. Refrigerate until chilled and serve.

Fruit Snack Recipes

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Fruit Dip

Serves: 6-8

What you need:

- 8 oz cream cheese, softened
- 7 oz jar marshmallow crème
- 1 tsp vanilla extract
- 2 tbsp juice from maraschino cherry jar

What to do:

1. Use a mixer to combine the cream cheese, marshmallow crème, and vanilla together.
2. Add in the cherry juice and mix some more.
3. Serve with fruits of choice.

Grape Salad

Serves: 8-10

What you need:

- 2 lbs seedless green grapes
- 2 lbs seedless red grapes
- 8 oz cream cheese, softened
- 1 cup sour cream
- 3 tbsp sugar
- 2 tsp vanilla extract
- 3 tbsp brown sugar
- 3 tbsp chopped pecans

What to do:

1. Beat together the cream cheese and sour cream in a large mixing bowl until completely smooth.
2. Add sugar and vanilla to bowl and continue to mix.
3. Add all the grapes and toss to coat them well.
4. Refrigerate until chilled.
5. Top with brown sugar and pecans before serving.

Fruit Salsa and Cinnamon Chips

Serves: 6-8

What you need:

- 10 10-inch flour tortillas
- Cooking spray
- 1/3 cup sugar
- 1 tsp cinnamon
- 2 apples
- 1 lemon
- 2 kiwis
- 1 lb strawberries
- 1/2 lb raspberries
- 1 tbsp brown sugar
- 3 tbsp fruit preserves

What to do:

1. Preheat your oven to 350 degrees F.
2. Combine the cinnamon and sugar in a bowl and set aside.
3. Spray both sides of each tortilla and sprinkle each side with cinnamon sugar.
4. Stack 3 tortillas at a time and use a pizza cutter to cut them into 12 wedges.
5. Place the wedges on a baking sheet and bake for 8-11 minutes or until crispy.
6. Zest the lemon and set aside.
7. Peel and chop the apple finely.
8. Squeeze 2 tsp of lemon juice over the chopped apples.
9. Finely chop strawberries and kiwis.
10. Gently combine apples, strawberries, kiwis, and raspberries.
11. Chill for 15 minutes then serve with cinnamon chips.

Rainbow Fruit Kabobs

Serves: 8-10

What you need:

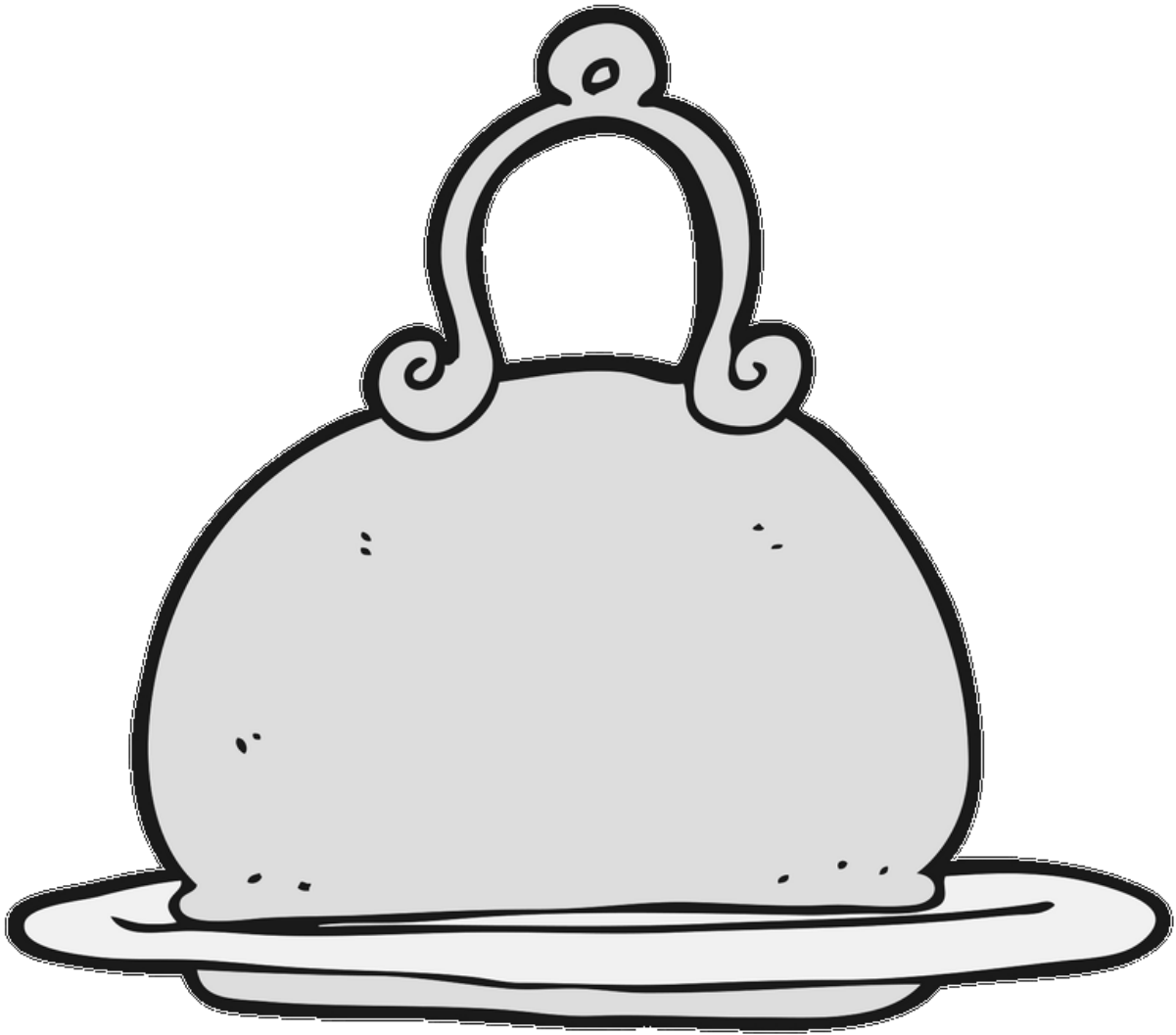
- 1 lb red grapes
- 1 pint blueberries
- 1 lb green grapes
- 1 20 oz can pineapple chunks
- 1 cantaloupe
- 1 pint strawberries
- 4 tbsp melted chocolate

What to do:

1. Cut cantaloupe into cubes.
2. Stem and half the strawberries.
3. Place fruit on a skewer in the following order: Strawberry, cantaloupe, pineapple, green grape, 2-3 blueberries, red grape.
4. Repeat on different skewers until all fruit is used.
5. Drizzle melted chocolate over kabobs.

Appetizers

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Cheddar Bacon Pinwheels

Serves: 10-12

What you need:

- 8 oz cream cheese, softened
- 1/2 cup shredded cheddar cheese
- 5 slices bacon, cooked and crumbled
- 1/4 tsp parsley flakes
- 1/4 tsp dill weed
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- Salt and pepper, to taste
- 3 10-inch flour tortillas

What to do:

1. Add all ingredients except for the tortillas to a large bowl and mix together with a mixer until creamy.
2. Spread the mixture evenly on each tortilla.
3. Tightly roll up tortillas and wrap in plastic wrap.
4. Refrigerate for an hour or two.
5. Before serving, remove plastic wrap and cut rolls into slices.

Taco Cups

Serves: 10-12

What you need:

- 1 lb ground beef, browned and drained
- 1 1.25-oz package of taco seasoning mix
- 36 wonton wrappers
- 1 16-oz can refried beans
- 36 tortilla chips
- 2 cups shredded cheddar cheese
- Sour cream
- Diced tomatoes
- Cilantro
- Onion

What to do:

1. Preheat your oven to 375 degrees F.
2. Spray 18 muffin cups with cooking spray.
3. Add taco seasoning mix to browned ground beef and set aside.
4. Place one wonton wrapper in the bottom of each muffin cup.
5. Layer 1 tbsp of refried beans on top of each wonton wrapper.
6. Crush 1 tortilla chip on top of the beans in each cup.
7. Top with 1 tbsp taco seasoning and 1 tbsp shredded cheese.
8. Repeat the layers again in each cup.
9. Bake for 20 minutes or until golden brown.
10. Remove the cups from the tin and top with sour cream, diced tomatoes, cilantro, and onion.
11. Serve.

Spinach Dip

Serves: 8

What you need:

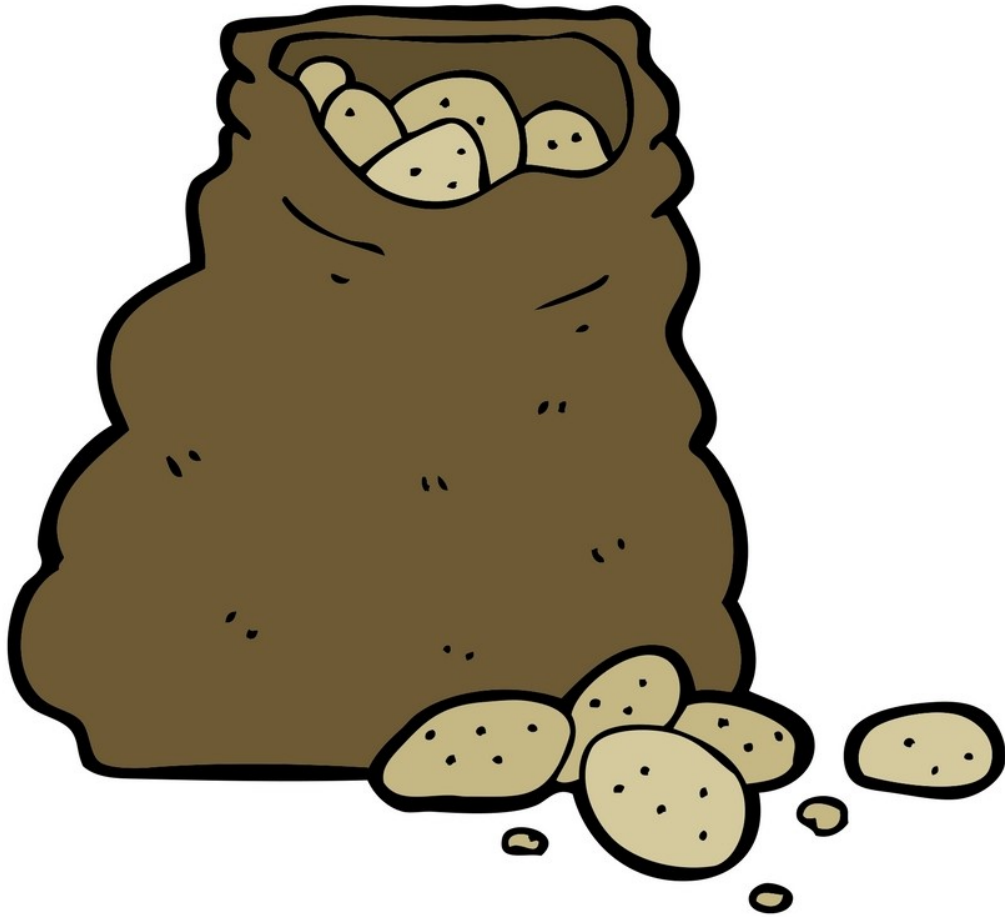
- 16 oz frozen chopped spinach, thawed
- 1 18-oz package onion soup mix
- 1 cup grated carrots
- 2 cups plain Greek yogurt
- 1/2 cup mayonnaise
- 1/4 tsp ground pepper
- Sourdough or French bread for dipping

What to do:

1. Drain all the liquid from the spinach.
2. Combine all the ingredients in a large bowl and stir it all together really well.
3. Refrigerate for a couple of hours.
4. Serve with sourdough or French bread.

Potato Side Dishes

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Potato Salad

Serves: 6-8

What you need:

- 4 large potatoes; washed, boiled until tender, cooled and diced
- 3 large eggs; boiled, cooled, shelled, and diced
- 1/2 cup mayonnaise
- Small handful of green onions, chopped
- Small handful of cilantro, chopped
- Salt and pepper, to taste

What to do:

1. Place all ingredients into a large bowl.
2. Somewhat mash it all together with a potato masher.
3. Cover and refrigerate for an hour or until chilled.

Twice Baked Potatoes

Serves: 10-12

What you need:

- 6 baking potatoes
- 2 cups cheddar cheese
- 2 cups sour cream
- 6 slices bacon; cooked and chopped
- Salt and pepper to taste

What to do:

1. Pierce each potato with a fork several times.
2. Bake potatoes at 400 degrees F for an hour or until tender.
3. Let the potatoes cool for 15 minutes.
4. Cut the potatoes in half and spoon potato out of the skin into a medium bowl. Set the skins aside.
5. Add the sour cream, chopped bacon, salt and pepper, and half of the cheddar cheese to the bowl with the potatoes. Mix it all together well.
6. Spoon the mixture back into the potato skins.
7. Sprinkle the potatoes with the rest of the cheddar cheese.
8. Bake at 400 degrees F for 20 minutes.

Loaded Baked Potato Casserole

Serves: 4

What you need:

- 2 cups mashed potatoes, fresh or instant
- 2 oz real bacon bits
- 4 oz cream cheese, softened
- 6 oz shredded cheddar cheese
- Sour cream
- Chives

What to do:

1. Preheat your oven to 375 degrees F.
2. In a large bowl, mix cream cheese and mashed potatoes with a mixer.
3. Stir the bacon bits into the potatoes.
4. Spread mashed potato mixture into a square baking dish.
5. Sprinkle cheddar cheese onto the potatoes.
6. Bake for 20 minutes.
7. Remove from the oven and serve with sour cream and chives.

Vegetable Side Dishes

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Parmesan Garlic Asparagus

Serves: 3-5

What you need:

- 3 tbsp butter
- 2 tbsp garlic, minced
- 1 bunch asparagus, ends removed
- 1 tsp salt
- 4 tbsp parmesan cheese, grated

What to do:

1. Heat butter over medium heat in a large skillet.
2. Sauté the garlic in the butter for 2 minutes.
3. Add the asparagus to the skillet and toss around to coat it well with butter and garlic.
4. Sprinkle salt on the asparagus.
5. Cover the skillet and let it cook for 10 minutes. Flip and stir the asparagus every couple of minutes.
6. Remove from heat and transfer to a serving dish.
7. Sprinkle parmesan cheese on top and serve.

Brussels Sprout Gratin

Serves: 4-6

What you need:

- 1 1/2 lbs Brussels sprouts
- 3 tbsp butter
- 2 tbsp flour
- 1 1/4 cup milk
- Salt and pepper, to taste
- Freshly grated nutmeg
- 1 cup parmesan cheese, grated
- ½ cup panko bread crumbs

What to do:

1. Bring a large pot of water to a boil and add in the Brussels sprouts to cook for 5-7 minutes.
2. Drain the sprouts then place them in a bowl of ice water to stop the cooking process.
3. Drain them again then dry them.
4. Cut the sprouts into quarters.
5. Preheat your oven to 350 degrees F.
6. Melt 2 tbsp of butter in a skillet over medium heat and whisk in flour.
7. Cook flour for a couple of minutes, stirring constantly.
8. Slowly add in milk, stirring constantly. Cook until thickened.
9. Add salt, pepper, and nutmeg.
10. Add parmesan cheese and stir until it is melted.
11. Place the sprouts in a square baking dish and pour the sauce on top of them evenly.
12. Sprinkle the panko crumbs on top of the sprouts and sauce.
13. Cut butter into small pieces and place over the panko crumbs.
14. Bake for 20 minutes then turn on broiler for 1-2 minutes to brown the panko crumbs.
15. Remove from the oven and serve.

Cheesy Basil Veggies

Serves: 6-8

What you need:

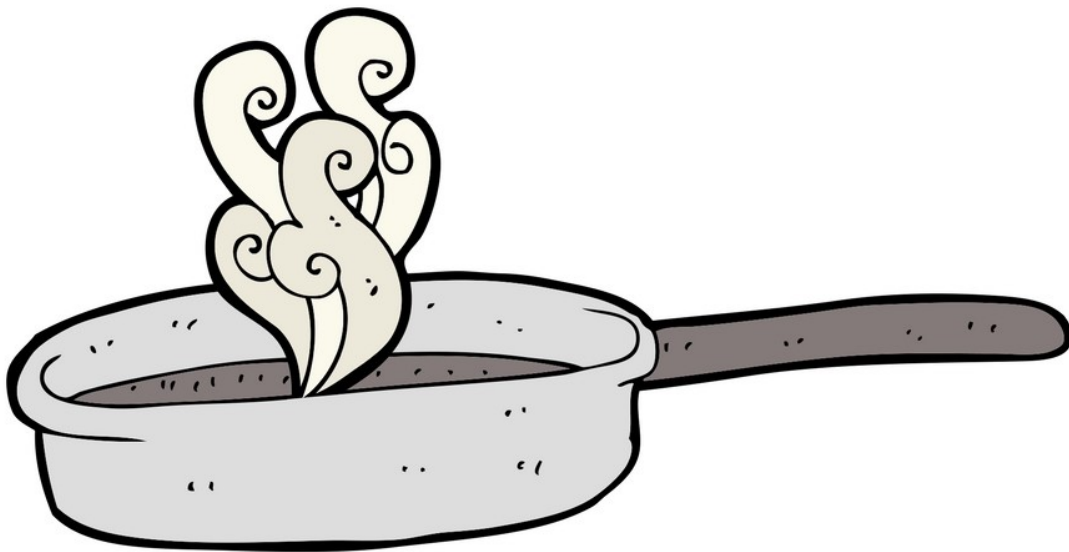
- 2 medium carrots; peeled and sliced
- 2 small zucchini, sliced
- 2 small yellow squash, sliced
- 1/4 cup fresh basil, chopped
- 1 tsp garlic, minced
- 1 cup shredded mozzarella cheese, divided
- 3/4 cup shredded parmesan cheese, divided
- 1/4 cup olive oil
- Salt and pepper, to taste

What to do:

1. Preheat your oven to 350 degrees F.
2. Add all the vegetables to a large bowl with $\frac{3}{4}$ cup mozzarella, $\frac{1}{2}$ cup parmesan, basil, garlic, salt and pepper.
3. Pour olive oil over vegetables and stir everything together to mix and coat everything well.
4. Pour mixture into a square baking dish.
5. Top with the remaining cheese.
6. Bake for 20-30 minutes or until the vegetables are tender.
7. Remove from the oven and serve.

Other Side Dishes

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Corn Bread

Serves: 6-8

What you need:

- 2/3 cup butter
- 2/3 cup sugar
- 3 eggs
- 1 2/3 cups milk
- 2 1/3 cups all-purpose flour
- 1 cup corn meal
- 2 tsp baking powder
- 1 tsp salt
- 1 tbsp butter

What to do:

1. Preheat your oven to 400 degrees F.
2. Cream together the butter and the sugar in a large bowl.
3. In a small bowl, combine the eggs and the milk.
4. In another bowl, mix together the flour, corn meal, baking powder and salt.
5. Pour everything into the bowl with the butter and sugar and mix until combined.
6. Pour batter into a greased 13x9 pan.
7. Bake for 25 minutes.
8. Remove from the oven and spread butter on top.

Lemon-Garlic Rice

Serves: 2

What you need:

- 1/2 cup vegetable stock
- 1/2 cup water
- 1/2 cup long-grain rice
- 1 clove garlic, minced
- 1 sprig parsley, chopped
- Juice from 1/4 of a lemon

What to do:

1. In a medium saucepan bring the vegetable stock and water to a boil over high heat.
2. Stir in rice and reduce heat to low.
3. Cover the pan and let it simmer to 20 minutes.
4. Remove the saucepan from the heat and let stand for 5 minutes.
5. Add garlic, parsley, and lemon juice to the rice.
6. Fluff the rice with a fork before serving.

Baked Macaroni and Cheese

Serves: 6-8

What you need:

- 1 1/2 cups macaroni
- 3 tbsp butter
- 3 tbsp all-purpose flour
- 2 cups milk
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 cups of shredded cheddar cheese

What to do:

1. Preheat your oven to 350 degrees F.
2. Bring a pot of water to a boil and add salt.
3. Add the pasta to the boiling water and boil for however long the package directs.
4. Melt butter in a large skillet over medium heat.
5. Add flour to skillet and whisk to remove and lumps.
6. Add salt and pepper to the skillet.
7. Stir the cheese into the skillet and stir until everything is smooth and cheese is melted.
8. When pasta is ready, drain it and add it to the skillet.
9. Stir everything together really well.
10. Pour mixture into a square baking dish.
11. Bake for 45 minutes.
12. Remove from oven and serve.

Casseroles

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Taco Casserole

Serves: 4-6

What you need:

- 2 cups of shredded fiesta blend cheese
- 1 lb ground beef, cooked and drained
- 4 oz cream cheese, softened
- 1/2 tsp cumin
- 1/2 tsp pepper
- 2 tsp chili powder
- 12 oz of taco sauce
- 2 cups shell pasta, cooked

What to do:

1. Preheat your oven to 350 degrees F.
2. In a large mixing bowl, combine all ingredients, except for ½ cup of the cheese.
3. Pour the mixture into a medium sized baking dish.
4. Bake for 20 minutes.
5. Add the rest of the cheese to the top of the casserole and bake for another 3-5 minutes.
6. Remove from the oven and serve.

Cheesy Chicken Casserole

Serves: 8-10

What you need:

- 1 can cream of chicken soup
- 1/2 cup milk
- 1 cup light sour cream
- 2 cups cook chicken, shredded
- 12 oz bag of egg noodles, cooked
- Salt, to taste
- 1/4 tsp ground black pepper
- 2 cups shredded cheddar cheese
- 15 Ritz crackers, crushed
- 2 tbsp butter, melted

What to do:

1. Preheat your oven to 400 degrees F.
2. In a large bowl, combine soup, sour cream, milk, salt, pepper, chicken, and egg noodles.
3. Spread the mixture into a medium sized casserole dish.
4. Sprinkle crushed crackers on the top of the mixture and drizzle butter over the crackers.
5. Cook for 25 minutes.
6. Add cheese on top of the casserole and cook for an additional 3-5 minutes.
7. Remove from the oven and serve.

Broccoli and Cheese Casserole

Serves: 8-10

What you need:

- 1 lb cooked broccoli in small pieces
- 2 cups shredded chicken
- 1 tbsp butter
- 2 tbsp bread crumbs
- 1 cup shredded cheddar cheese
- 1/3 cup milk
- 1 can cream of broccoli soup
- ½ tsp of pepper
- ¼ tsp of salt

What to do:

1. Preheat your oven to 425 degrees F.
2. Place broccoli in a 13x9 casserole dish.
3. Layer chicken on top of the broccoli.
4. In a large bowl, mix cream of broccoli soup, milk, salt, and pepper.
5. Place mixture from step 4 on top of the chicken.
6. Sprinkle cheese on top of the soup mixture.
7. Melt the butter and mix it and the bread crumbs together then sprinkle this mixture on top of the cheese.
8. Bake the casserole for 20-25 minutes.
9. Remove from the oven and enjoy.

Vegetarian Entrees

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Feta Spinach Wraps

Serves: 4

What you need:

- 2 avocados
- 1 tsp lime juice
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 4 8-inch tortillas
- 4 cups spinach leaves
- 1 cup sliced mushrooms
- 1/4 cup feta, crumbled
- 4 tbsp salsa

What to do:

1. Slice the avocados around the middle and remove the seeds.
2. Scoop out the avocado into a bowl and discard the skins.
3. Add lime juice, salt, and garlic powder to the avocado and mix well.
4. Spread 1/4 of the avocado mixture on each tortilla.
5. Layer 1 cup of spinach, 1/4 cup mushrooms, a sprinkle of feta, and 1 tbsp of salsa on each tortilla.
6. Roll up the tortilla, cut in half, and serve.

Black Bean and Corn Quesadillas

Serves: 8

What you need:

- 8 burrito tortillas
- 15 oz can black beans, drained and rinsed well
- 1 1/2 cups frozen corn
- 1/2 red onion, chopped
- 1 packet taco seasoning
- 2 cups shredded cheddar cheese
- Sour cream
- Salsa

What to do:

1. In a large mixing bowl, combine black beans, corn, onion, taco seasoning, and cheese until well mixed.
2. Place ½ cup of the filling onto one half of a tortilla and fold over.
3. Spray a skillet with non-stick spray and heat to medium.
4. Place quesadillas into skillet one at a time, cooking on each side 3-4 minutes.
5. Cut into triangles and serve with salsa and sour cream.

Spaghetti Squash Bake

Serves: 6-8

What you need:

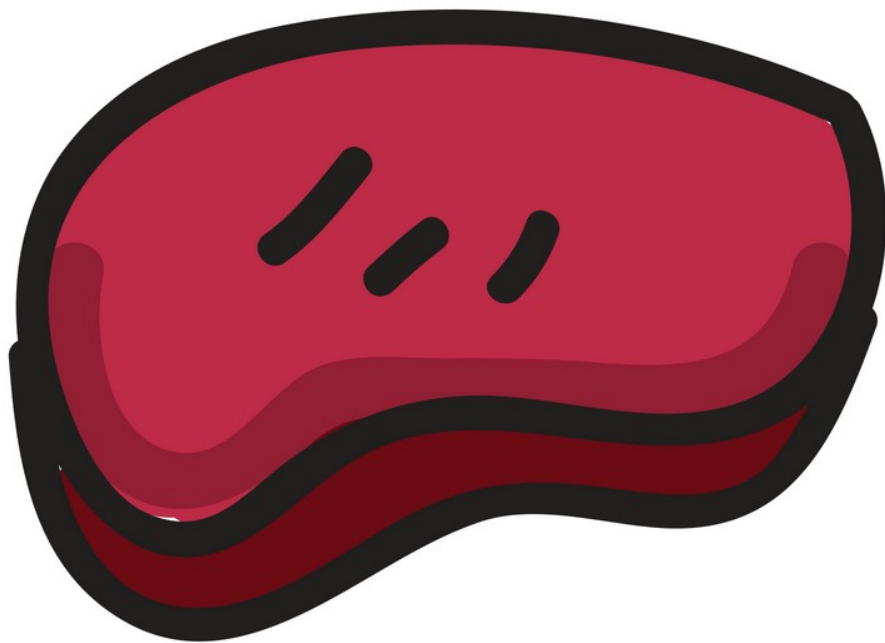
- 3 cups cooked spaghetti squash
- 3 large tomatoes, sliced
- Salt and pepper, to taste
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp dried basil
- 1/4 tsp dried parsley
- 1 cup shredded cheddar cheese

What to do:

1. Preheat your oven to 350 degrees F.
2. Spray a 13x9 baking dish with non-stick spray.
3. Mix the salt, pepper, and all the seasonings in a small bowl.
4. Spread 1 cup spaghetti squash in the bottom of the dish.
5. Top squash with a layer of tomatoes and sprinkle with seasoning mixture.
6. Add 1/3 cup of the cheese.
7. Add another layer of squash, tomatoes, and seasonings.
8. Repeat layers one more time.
9. Bake for 30 minutes uncovered.
10. Cut into squares and serve.

Beef Entrees

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Roast Beef

Serves: 6-8

What you need:

- 1 chuck roast
- 1 packet ranch dressing mix
- 1 packet au jus mix
- 5-7 whole pepperoncini peppers
- 1 stick butter

What to do:

1. Put the chuck roast in a crock pot.
2. Sprinkle ranch seasoning and au jus mix over the roast.
3. Put a stick of butter on top of the mixes.
4. Put 5-7 peppers on top of or around the roast.
5. Cook in the crock pot on low for 8 hours.

Beef Stroganoff

Serves: 6

What you need:

- 8 oz cream cheese, softened
- 2 cans cream of mushroom soup
- 4 tbsp Worcestershire sauce
- 1 cup milk
- 1 tsp garlic salt
- 1 lb beef stew meat
- 1 large onion, diced
- 1 pack of egg noodles

What to do:

1. Place chopped onion, garlic salt, and stew meat in a skillet with a little bit of oil and cook over medium heat. Cook for 5-6 minutes, until onions are translucent.
2. In a microwave safe bowl, stir together mushroom soup, milk, Worcestershire sauce, and cream cheese. Microwave for a few seconds to make mixing easier.
3. Put sauce mixture and meat mixture into your crock pot and cook on low for 4-6 hours, stirring occasionally.
4. Just before finished, cook noodles according to package directions.
5. Drain the noodles and stir them into the crockpot.
6. Cook for an additional 5-10 minutes then serve.

Baked Tacos

Serves: 4-8

What you need:

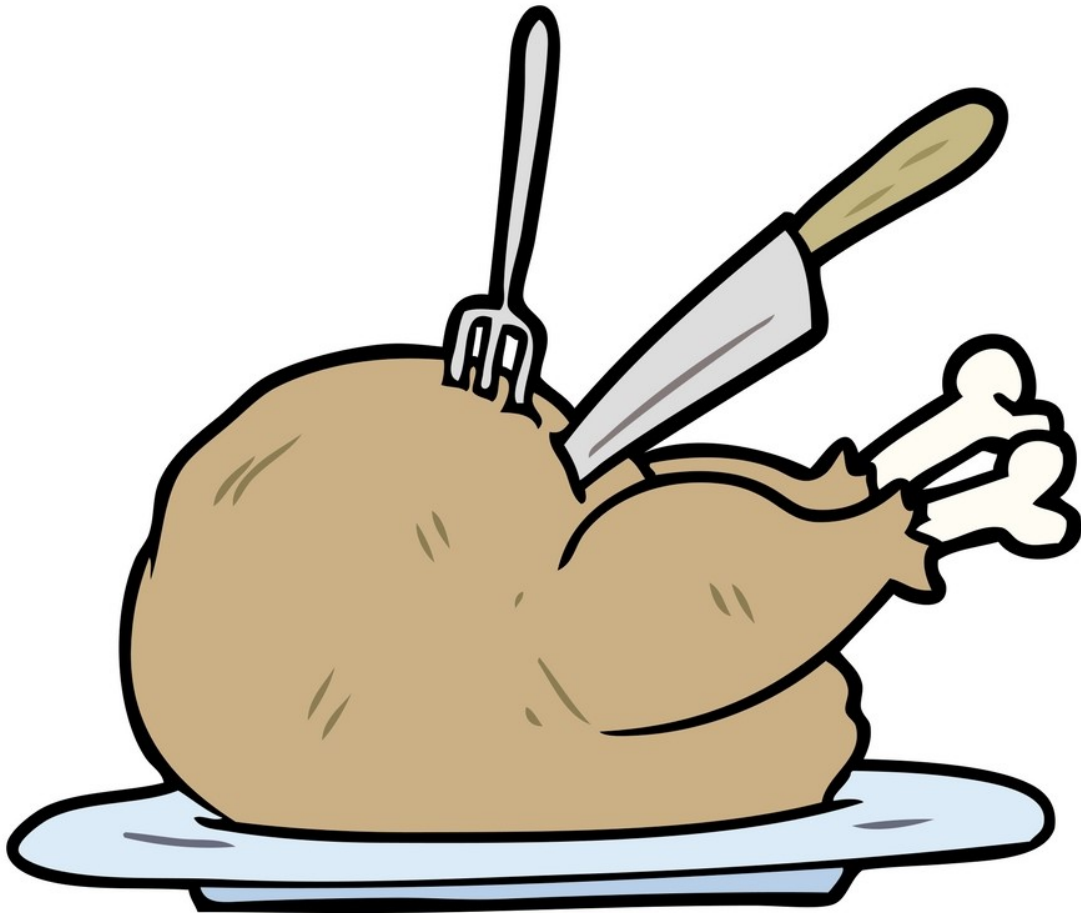
- 2 lbs ground beef
- 8 oz tomato sauce
- 1 package taco seasoning
- 1 1/2 cups shredded cheese
- 18-20 hard taco shells
- Lettuce, sour cream, salsa

What to do:

1. Preheat your oven to 400 degrees F.
2. Brown ground beef and drain off any fat.
3. Add tomato sauce and taco seasoning to the ground beef.
4. Line the taco shells in a 13x9 baking pan.
5. Spoon the mixture into each of the shells.
6. Sprinkle cheese on top of tacos.
7. Bake for 10-12 minutes.
8. Serve with lettuce, sour cream, and salsa.

Chicken Entrees

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Chicken Enchiladas

Serves: 4-6

What you need:

- 3 boneless, skinless chicken breasts; chopped
- 1 onion, diced
- 1 red bell pepper, diced
- 1 8 oz package shredded fiesta cheese
- 1 large can diced green chilies
- 1 large can red enchilada sauce
- 2 cups shredded lettuce
- 2 avocados, diced
- 2 cups cherry tomatoes, sliced
- Sour cream
- 6 soft taco flour tortillas
- Salt and pepper, to taste

What to do:

1. Preheat your oven to 350 degrees F.
2. Heat a large saucepan over medium high heat and spray with non-stick cooking spray.
3. Add chicken, bell pepper, onion, salt and pepper to the pan and cook the chicken until it is no longer pink. Stir every few minutes.
4. Spray a 13x9 baking pan with non-stick spray.
5. Fill each tortilla with chicken mixture, green chilies and shredded cheese. Reserve $\frac{1}{2}$ a cup of cheese to put on top.
6. Roll each shell and place it in the baking pan folded side down.
7. Pour enchilada sauce over the enchiladas and top with the remaining cheese.
8. Cover with tin foil and bake for 30 minutes.
9. Remove the enchiladas from the oven.
10. Serve with lettuce, avocado, tomatoes, and sour cream.

Chicken and Cheesy Rice Skillet Dinner

Serves: 4-6

What you need:

- 1/2 lb bacon; cooked and crumbled (reserve 2 tbsp grease)
- 4 tbsp butter
- 1/4 cup all-purpose flour
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 1 1/2 cups chicken broth
- 1 cup shredded cheddar cheese
- 1 tbsp hot sauce
- 2 cups cooked chicken, shredded
- 4 cups steamed white rice
- 1 cup shredded cheddar cheese

What to do:

1. Heat butter in a medium saucepan over medium heat.
2. Whisk in flour and pepper until smooth.
3. Slowly whisk in the chicken broth and whisk until thickened.
4. Reduce heat to low and stir in 1 cup of cheese.
5. Stir in hot sauce and reduce heat to a simmer.
6. Place 2 tbsp bacon grease in a cast iron skillet and heat over medium heat.
7. Stir the cook rice into the bacon grease.
8. Add chicken and cheese/chicken broth mixture and stir to combine.
9. Add 1 cup of cheese to the top.
10. Add crumbled bacon on top of the cheese.
11. Place under the broiler for 3-5 minutes or until cheese is melted.

Easy Chicken Parmesan

Serves: 4

What you need:

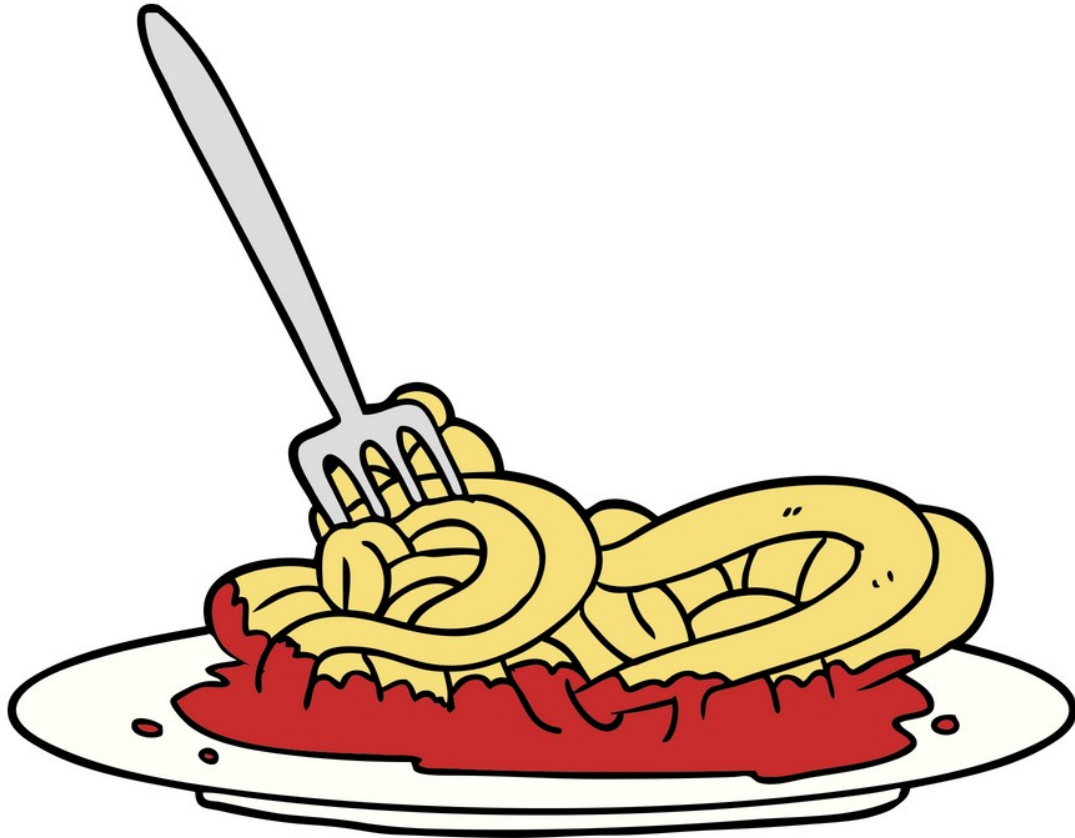
- 4 skinless boneless chicken breasts
- 1 large egg, beaten
- 1/2 cup Italian breadcrumbs
- 2 cups spaghetti sauce
- 1/2 cup shredded mozzarella cheese
- 1/4 cup chopped fresh parsley

What to do:

1. Using a meat mallet or a rolling pin, flatten chicken breasts to ¼ inch thick.
2. Dip chicken breasts in the egg and cover with breadcrumbs.
3. Heat a skillet sprayed with non-stick spray over medium-high heat.
4. Cook chicken until browned on both sides.
5. Spoon spaghetti sauce over chicken while it's still in the skillet.
6. Let the spaghetti sauce begin to boil and reduce heat to low and let simmer for 10 minutes.
7. Sprinkle cheese and parsley over the top of each piece of chicken, cover, and let simmer for 3-4 minutes or until cheese is melted.
8. Serve immediately.

Pasta Entrees

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Chicken Spaghetti

Serves: 4-6

What you need:

- 1 lb boneless, skinless chicken breasts; cooked and shredded
- 1 lb velveeta cheese
- 1 can rotel tomatoes
- 1 lb spaghetti noodles
- 2 cups chicken broth
- 1 stick butter
- 1 can cream of chicken soup
- 1 can cream of mushroom soup
- 1 medium onion, chopped
- 1 bell pepper, chopped

What to do:

1. Boil spaghetti noodles according to package directions, but substitute some of the water with 2 cups of chicken broth.
2. Drain pasta and set aside.
3. Melt butter in the same pot you boiled the chicken in and sauté the onion and bell pepper.
4. Add the rotel tomatoes, cream of chicken soup, cream of mushroom soup, shredded chicken, and spaghetti noodles to the onions and peppers and gently mix together.
5. Add cheese and mix well.
6. Add salt and pepper to taste.
7. Heat until cheese is melted. Make sure to stir often so the bottom doesn't burn.
8. Remove from heat and serve.

Spaghetti and Meatballs

Serves: 6-8

What you need:

- 2 30-oz jars spaghetti sauce
- 2 lbs lean ground beef
- 2 eggs
- 3/4 cups dry breadcrumbs
- 1/4 cup parsley, chopped
- 1 garlic clove, minced
- 1 tsp salt
- 1/4 cup parmesan cheese
- 1 lb spaghetti noodles, cooked and drained

What to do:

1. Pour the sauce in a medium saucepan and heat over medium.
2. In a large bowl, mix together the ground beef, eggs, breadcrumbs, parsley, garlic, salt, and parmesan cheese.
3. Shape meat mixture into 18 meatballs.
4. Place meatballs in the sauce. Cover and cook for 35-45 minutes.
5. Serve sauce and meatballs over warm spaghetti noodles.

Lasagna

Serves: 6-8

What you need:

- 1 tbsp vegetable oil
- 4 tsp minced garlic
- 2 tbsp basil
- 1 1/2 tsp salt
- Pepper, to taste
- 6 cups tomato sauce
- 1 lb ground beef
- 1 lb ground pork
- 1 16-oz container sour cream
- 2 cups cottage cheese
- 1 cup grated parmesan cheese
- 2 cups shredded mozzarella cheese
- 1 package no boil lasagna noodles
- 1/2 cup parmesan cheese
- 1/2 cup mozzarella cheese

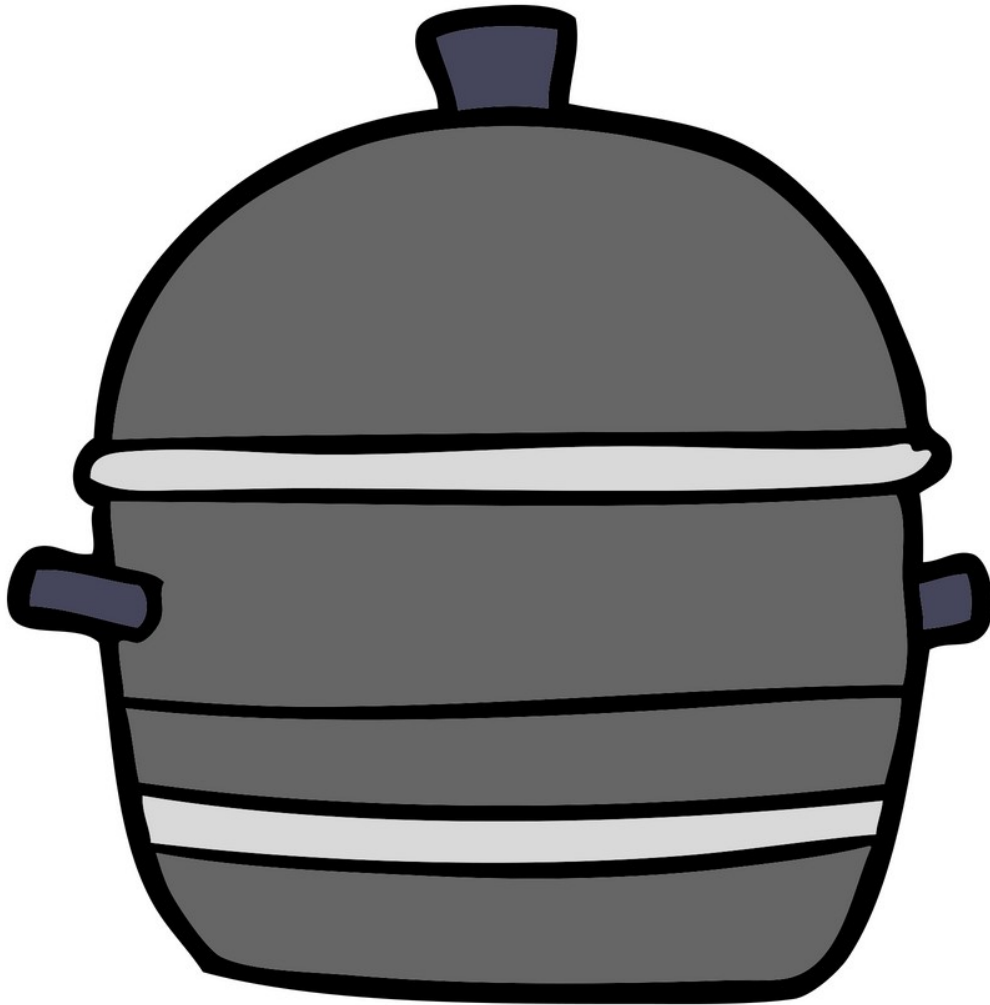
What to do:

1. Preheat your oven to 350.
2. Heat vegetable oil over medium heat in a large saucepan.
3. Add garlic and sauté for 2-3 minutes.
4. Stir in the basil, salt, pepper, and tomato sauce. Simmer for 10 minutes then turn heat to low and continue to simmer.
5. In another saucepan, brown ground beef and pork.
6. Drain the meat and add to the sauce mixture and continue to simmer.
7. In a bowl, combine parmesan cheese, cottage cheese, and sour cream.
8. In a 13x9 pan, spread 1 cup of sauce on the bottom then layer with lasagna noodles and spread another cup of sauce on top of noodles.
9. Add a layer of mozzarella cheese.
10. Add half the sour cream mixture.

11. Add another layer of noodles then another cup of sauce.
12. Add a layer of mozzarella cheese then the rest of the sour cream mixture.
13. Add one more layer of noodles and the last of the sauce.
14. Add parmesan and mozzarella to the top and bake for 25-30 minutes.

Crock Pot Recipes

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Chicken and Dumplings

Serves: 4-6

What you need:

- 3 skinless, boneless chicken breasts
- 1 medium onion, chopped
- 1 can cream of chicken soup
- 1 can cream of celery soup
- 2 cups chicken broth
- 5 canned buttermilk biscuits
- Salt and pepper, to taste

What to do:

1. Put the chicken in the crock pot and sprinkle with salt and pepper. I like to use lots of pepper in chicken and dumplings.
2. Add onions, soups, and broth to the crock pot.
3. Cover and cook on high for 3-4 hours.
4. After 3-4 hours, use a 2 forks to shred the chicken.
5. Flatten the biscuits and cut them into strips.
6. Drop the biscuit strips into the crock pot and cook for another 30 minutes on high.
7. Serve.

White Beans and Ham

Serves: 4-6

What you need:

- 1 lb dried northern beans
- 1 lb diced ham
- 2 tsp onion powder
- 6 cups water
- Salt and pepper, to taste

What to do:

1. Rinse and sort the beans.
2. Add the beans, onion powder, salt, pepper, and ham to the crock pot.
3. Add the water.
4. Cover and cook on low for 8 hours or until beans are tender.
5. Serve. I always make cornbread with this.

Smothered Beef Burritos

Serves: 5-7

What you need:

- 2 lbs stew meat
- 1 large can enchilada sauce
- 2 beef bouillon cubes
- 1 can refried beans
- 5-7 burrito size flour tortillas
- 1 cup shredded cheddar cheese

What to do:

1. Put stew meat, bouillon cubes, and enchilada sauce into a crockpot and cook on low for 6-8 hours or until meat is tender. Or cook on high for 3-4 hours.
2. Heat the beans in the microwave for 1 minute in a microwave safe bowl.
3. Heat tortillas in the microwave.
4. Place 1/2 cup of meat on each tortilla, followed by a spoonful of beans, and cheese.
5. Roll up the burrito and serve.

About the Author



Full-Time Mom, Best-Selling Author, and Food Blogger

Hello! My name is Hannah Abedikichi and I adore food. I began creating [recipe books](#) in 2014 as a hobby. I never ever dreamed it would turn into this.

The only thing I love more than food is PEOPLE. I am a mother to two beautiful babies and a wife to an amazing man, so I've got plenty of mouths to feed at home. In fact, cooking for my family is one of my greatest sources of joy. I enjoy meals that are simple, healthy, and delicious, and I've found that creating wholesome recipes helps me grow as a wife and mother.

Though I mentioned I'm a fan of healthy cooking, I'll admit that there is a time and place for everything – and often, the time and place for cake is here and now. It's all about achieving a sense of balance. Ultimately, my goal is to share simple, delicious recipes for REAL PEOPLE.

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Here's a few of my best-selling cookbooks. You and your family will love these recipes!

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[Healthy Five Ingredient Recipes: Delicious Recipes in 5 Ingredients or Less](#)

[The Ultimate Slow Cooker Recipe Book: 100 Easy Slow Cooker Recipes](#)

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