



Miami Merger Recipe Book

Volume 2: Main Dishes

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Recipe Disclaimer

As much as we would have loved to have made and enjoyed every one of these recipes, we didn't have the time or the staff to do so. Although we didn't test any of them, we tried to copy the ingredients and the directions as precisely as possible and share them with you in a uniform, easy-to-follow format. Still, anyone who has spent time in the kitchen knows that recipes can surprise you, even ones you've whipped together for years. To put it more formally and copy a statement we saw online, "We do not provide any assurances nor accept any responsibility or liability with regard to their originality, efficacy, quality, or safety." Having said that, we hope you enjoy trying them and that, despite our disclaimer, they all taste delicious.



Breakfast



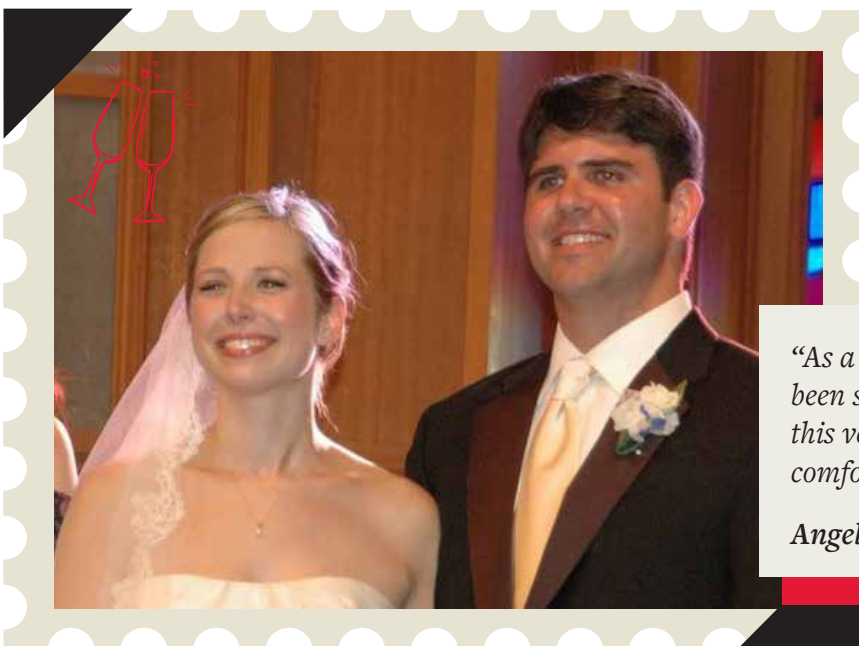
Doyle Rules Cornbread Pancakes

Ingredients

- 1½ cup all-purpose flour
- 1½ cup cornmeal
- ¼ cup of sugar
- 1 tbsp. of baking powder
- 1 tsp. of baking soda
- 1 tsp. of salt
- 2½ cup buttermilk
- ½ cup milk
- 4 large eggs
- 6 tbsp. melted butter

Instructions

1. Sift flour, cornmeal, sugar, baking powder, salt and baking soda.
2. Separate eggs into separate bowls and melt the butter – hold on to ingredients.
3. In a separate bowl mix milk, buttermilk and egg yolks. Pour wet mixture into dry and mix gently just until everything gets touched by the milk mixture.
4. Beat egg whites in a separate bowl into soft peaks.
5. Pour melted butter into batter mixture and fold in. When complete, fold in egg whites softly.
6. Do not over mix. Let sit for a good 15-20 minutes to let the goodness marinate.
7. When ready, on a griddle at about 325 degrees, grease with some butter and cook the pancakes. Watch the pancakes closely – flip them when bubbles are showing throughout the pancake.
8. Butter them up, add syrup and enjoy!



“As a pancake aficionado we have always been searching for the perfect pancake and this version with cornmeal is about as close to comfort food perfection as we have made!”

Angela Doyle '02 and David Doyle '02


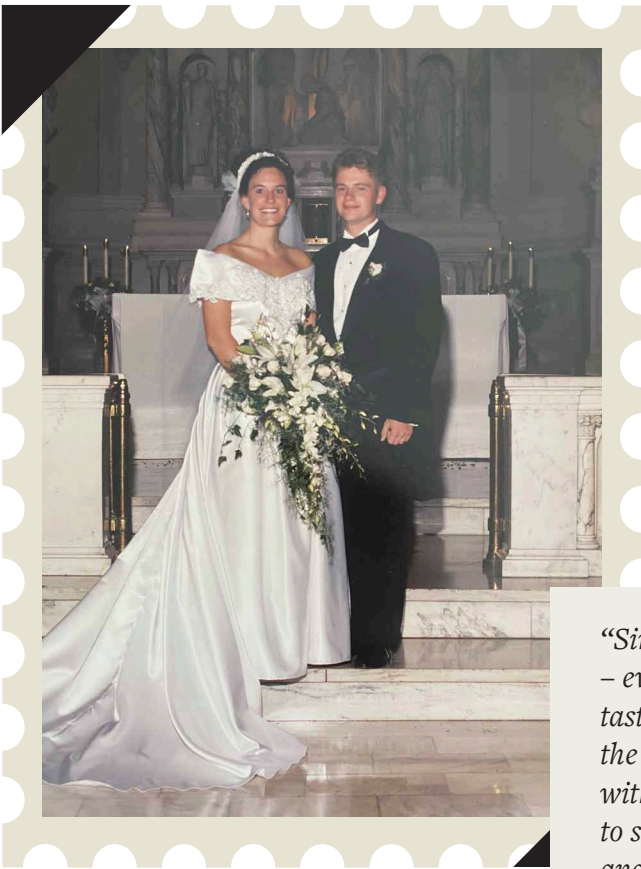
German Pancakes

Ingredients

- ½ cup milk (can sub almond milk)
- ½ cup flour
- 2 eggs
- 3 tbsp. butter

Instructions

1. Preheat oven to 450 degrees.
2. Melt butter in pie pan.
3. Beat together milk and flour.
4. Add eggs and continue beating.
5. Pour mixture into pie pan containing melted butter.
6. Bake 16-20 minutes or until browned.
7. Serve with powdered sugar, fruit and or maple syrup.



“Simple recipe that is quick and easy to make – even for inexperienced college cooks! But it tastes great and impressive. Look right out of the oven have made it a recipe that has stayed with us over all these years. Our favorite way to serve it is topped with sliced strawberries and powdered sugar making it perfect for a Miami-themed red and white breakfast!”

Katherine Pursell '95 and Bryson Pursell '94

Pete's Pancakes

Ingredients

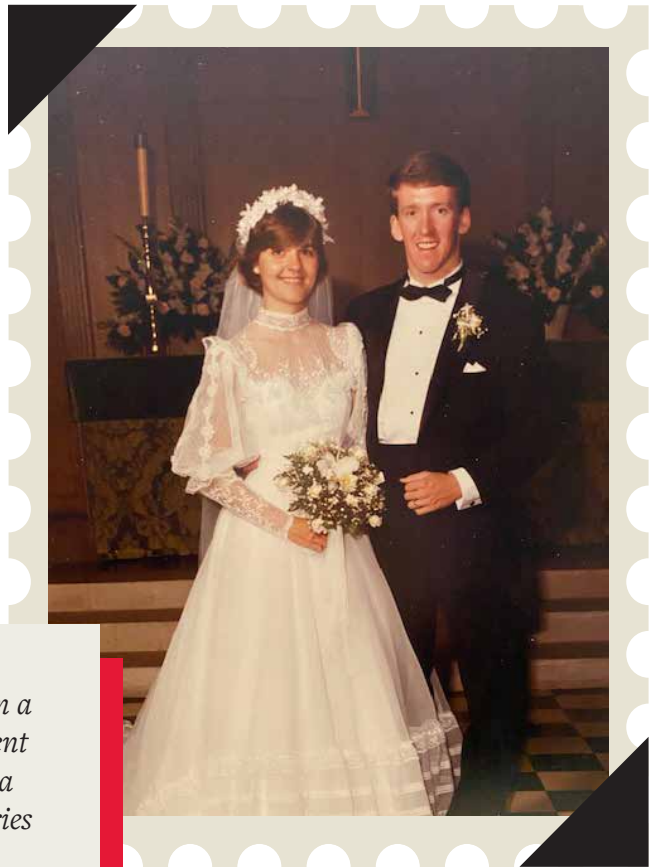
- 1 egg
- 1 tsp. sugar
- 1 cup buttermilk
- ½ tsp. salt
- 2 tbsp. oil
- ½ tsp. soda
- ⅞ cup flour
- ¾ tsp. baking powder

Instructions

1. Beat 1 egg, 1 cup buttermilk and 2 tablespoons oil.
2. Combine flour, sugar, salt, soda and baking powder.
3. Combine wet and dry ingredients.
4. Cook on greased griddle or skillet.
5. Eat.
6. Clean up.

Optional Ingredients

Fresh blueberries are delicious in the batter! Heat the syrup too. We usually double – or even triple – the recipe. They freeze really well if there are leftovers.



“This is a favorite, simple but delicious, family recipe that Steve’s dad, Pete Mullin ’52 got from a cowboy at a Colorado dude ranch where he spent a summer (at least that was Pete’s story). It is a favorite with our children and everyone who tries it. Enjoy!”

Kristin Jaeger Mullin ’83 and Stephen Mullin ’83

Baked Oatmeal

Ingredients

- 3 cups rolled oats (we use organic sprouted rolled oats)
- ½ cup brown sugar
- 2 tsp. ground cinnamon
- 2 tsp. baking powder
- 1 tsp. salt
- 1 cup milk (I've used skim, almond, oat – all good)
- 2 eggs
- ½ cup melted butter
- 2 tsp. vanilla extract
- ½ cup no-sugar-added applesauce
- berries (fresh, dried or frozen), or nuts, chips, etc. (We use frozen blueberries in our favorite version.)

Instructions

1. Preheat oven to 350 degrees F.
2. In a large bowl, mix together oats, brown sugar, cinnamon, baking powder, and salt.
3. Beat in milk, eggs, melted butter, applesauce and vanilla extract.
4. Stir in fruit of choice with large spoon. Sprinkle extra berries and/or cinnamon on top.
5. Spread into a 9x13-inch baking dish.
6. Bake in preheated oven for 40 minutes.
7. Serve hot or reheated – if desired with milk, syrup, butter or other favorite topping



“Curtis, our kids, friends and family, love these baked oats. I’m sure other Miamians have made similar recipes-this one is our current favorite, now that I’ve tweaked it a few times.”

Julie M. Brooks '85 and Curtis Brooks '84

Baked Oatmeal

Ingredients

- 1/3 cup canola oil
- 1/2 cup brown sugar
- 1 beaten egg
- 2 cups quick oats
- 1 1/2 tsp. baking powder
- 1/2 tsp. salt
- 3/4 cup milk
- 1/3 cup raisins
- 1 1/2 tsp. cinnamon



Instructions

1. Mix oil, brown sugar and egg in a mixing bowl.
2. Add all other ingredients and stir well.
3. Pour into a greased 9-by-5 loaf pan
4. Bake at 350 degrees for 25-30 min or until browned.
5. Serve in a bowl with extra milk poured over (optional)

“We eat this special breakfast on Christmas morning. It is also a wonderful recipe to make for guests as you can mix the dry ingredients ahead of time and simply mix in the egg/milk and pop in the oven in the morning.”

Kourtney Dillon '96 and Chris Dillon '96

Overnight Breakfast Rolls

Ingredients

- 1 cup pecan pieces
- 1 24-ounce bag frozen dinner rolls
- 3/4 cup sugar
- 2 tbsp. cinnamon
- 1 small package regular vanilla pudding – powder; do not make (do not use instant pudding)
- 1/2 cup melted butter



Instructions

1. Liberally grease Bundt pan.
2. Place pecans in bottom of pan.
3. Layer frozen rolls in pan and cover with mixture of sugar and cinnamon.
4. Cover with pudding mix.
5. Top with melted butter.
6. Cover with a dish towel and let stand overnight
7. Bake at 350 degrees for 25 minutes.

“We started making this for Christmas morning when our girls were little and it’s still a tradition. Very yummy!”

Lori Bauer '97 and Kurt Bauer '96

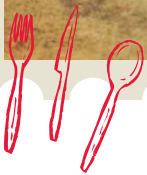
Sausage Cheese Muffins

Ingredients

- 1 lb. ground turkey or pork sausage
- 3 cups all-purpose baking mix
- 1½ cups shredded cheddar cheese
- 1 can (10¾ ounces) condensed cheese soup
- ¾ cup water

Instructions

1. Cook sausage in large skillet, stirring until crumbles and is no longer pink.
2. Drain and cool.
3. Combine sausage with baking mix and shredded cheese in a large bowl. Make a well in center.
4. Stir soup with the water and add to the mixture. Stir until just moist.
5. Spoon into lightly greased muffin pans filling to the top of cups.
6. Bake at 375 for 25 minutes, lightly browned.



“This is THE recipe to have on hand for a quick breakfast on the go (warm up a muffin in the microwave), for weekend guests, to send to new moms or friends recovering from surgery. They work for lunch too - my daughter packs them in her thermos for school. I have been making these for years and everyone asks for the recipe. The muffins freeze well too.”

Kimberly Scott '94 and James Paul Scott '94

Louisiana Egg Bake

Ingredients

- 1 lb. Tennessee pride ground sausage
– browned and drained
- 6 eggs beaten with wire whisk
- 1 cup milk
- 8 ounces small curd cottage cheese
- 6 tbsp. melted butter or margarine
- 3 ounces cubed cream cheese
- 1 tsp. baking powder
- ½ cup of flour
- ⅛ tsp. salt
- 8-10 ounces grated Monterey
Jack cheese
- 4 ounces grated cheddar cheese
- 1 small jar/can Chi-Chi brand diced
green chiles (can substitute diced
jalapeños for hotter casserole)

Instructions

1. Mix all ingredients together in a large mixing bowl.
2. Put into a 9-by-13 oblong baking dish.
3. Refrigerate overnight.
4. Bake uncovered for 40 minutes or until knife in the center comes out clean.



*“Love this for brunch – Valentine’s weekend
and/or other holidays with family.”*

Lorraine Horine ’86 and Joe Horine MA ’90

Red Pepper Breakfast Strata

Ingredients

- 5 tbsp. butter, room temp
- 1½ medium-size red bell pepper, thinly sliced
- ¼ cup chopped green onions (optional for me)
- 8 slices white bread
- 1 cup grated sharp cheddar cheese
- 4 cups milk
- 6 large eggs, beaten
- ½ tsp. dry mustard
- ½ tsp. salt
- ½ red pepper

Instructions

1. Preheat oven to 350 degrees.
2. For red pepper strata: Melt 2 tbsp. butter in a large skillet over medium-high heat.
3. Add bell pepper to skillet and sauté until just tender, about 4 minutes.
4. Mix in green onions, sauté 1 minute longer. Remove from heat.
5. Spread rest of butter thinly on bread. Cut bread into ½-inch pieces.
6. Layer half of the bread in a 9x13 inch glass baking dish, butter side down. Cover with half of cheese, then half of bell pepper mixture.
7. Repeat layer with bread, cheese and bell pepper mixture.
8. Beat milk, eggs, mustard, salt and pepper in a medium bowl to blend. Pour over strata.
9. Bake strata until lightly browned on top and set in center, about 45 minutes.
10. Let stand 10 minutes and serve.
11. Can make night before and bake in the morning.



Melissa Tullis '88 and Gene Tullis '86

Bourbon Cinnamon French Toast

Ingredients

- 4 eggs
- 1 cup 2% milk
- 1 ounce bourbon
- 2 tsp. ground cinnamon
- ½ tsp. ground cloves
- ½ tsp. ground nutmeg
- ½ tsp. ground ginger
- A sliced loaf of good cinnamon chip/swirl bread (ie. Pepperidge Farm)

Instructions

1. Beat all ingredients together until well mixed.
2. Dunk the bread slices in the egg mixture and place on a skillet/griddle at medium heat.
3. Cook slices on both sides until desired texture and golden brown.
4. Serve with a sprinkling of powdered sugar, maple syrup and sliced strawberries for garnish



“The secret to this recipe is using a good quality bread. It’s been a favorite on vacations, holidays and lazy weekend mornings.”

Amy Stevenson '90 and Mike Stevenson '89

Aunt Mary's Egg and Sausage Casserole

Ingredients

- 1 lb. breakfast sausage
- 6 eggs
- 2 cups milk
- 1 tbsp. dry mustard
- 1 tsp. salt
- 6 slices white bread
- 1 cup shredded cheddar cheese

Optional Ingredients

- ½ cup mushrooms (chopped)
- 1 green onion (chopped)
- ½ tbsp. rosemary
- ½ tbsp. thyme
- ½ tbsp. basil

Instructions

1. Brown sausage, drain and cool.
2. Beat 6 eggs in large bowl.
3. Add milk, dry mustard and salt.
4. Remove crust from bread slices and cut into cubes. Add to bread mixture.
5. Add cheese and sausage and any optional ingredients desired.
6. Spray 9-by-13 dish with cooking spray.
7. Pour in egg mixture; cover and refrigerate overnight (can be made up to three days in advance).
8. Bake uncovered at 325 for 45 minutes.



“This recipe came from the Oxford Presbyterian Church Women’s Society cookbook that my mother gave me in 1991. We have had this casserole every Christmas morning for many years and now my daughter is making it for her family every Christmas.”

Beth VanHuss ’83 and Mike VanHuss ’84

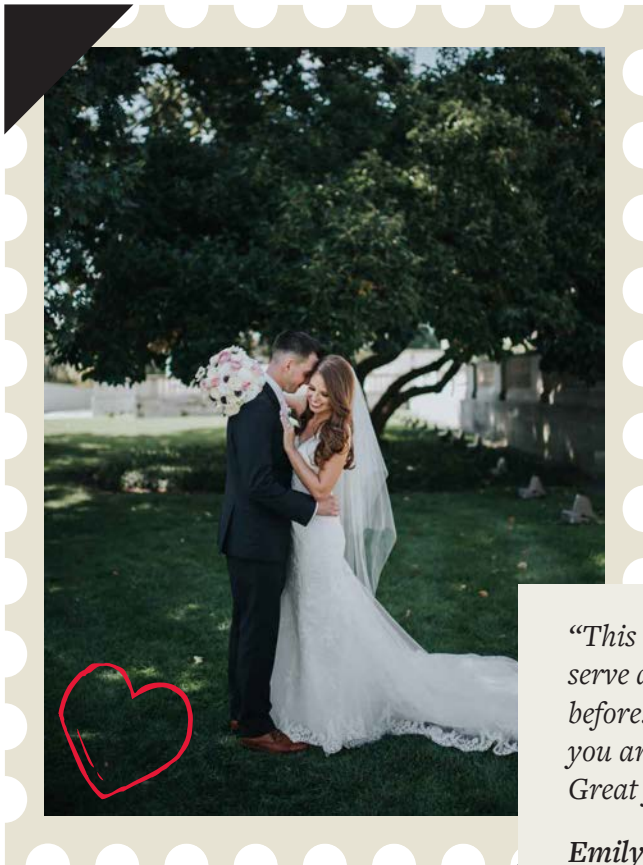
Breakfast Casserole

Ingredients

- 2 lbs. breakfast sausage, cooked and well drained
- 6 slices bread, cubed
- 12 eggs, beaten
- 3 cups milk
- 2 cups shredded cheddar cheese
- dash of salt and pepper, if preferred

Instructions

1. Place bread cubes in 9-by-13 baking dish.
2. Cover bread cubes with shredded cheese.
3. Combine eggs and milk, beat well.
4. Pour over bread and cheese. Cover with sausage.
5. Cover with aluminum foil and place in refrigerator until next day.
6. Bake for one hour at 350 degrees; cut into squares and serve hot.



“This is a great breakfast or brunch recipe to serve a crowd that can be prepared the night before. Pop it in the oven in the morning and you are done! Pairs well with a mimosa too. Great for holidays or special occasions.”

Emily Carey '13 and Ethan Carey '12

Beef



Filet Mignon with Gorgonzola Sauce

Ingredients

- 3 tbsp. olive oil, divided
- ½ lb. fresh shiitake mushrooms, stemmed, sliced
- 3 garlic cloves, minced
- 1½ cups whipping cream
- 1 cup crumbled gorgonzola cheese (about 4 ounces)
- 2 tsp. minced canned chipotle chiles* (from canned chipotles in adobo)
- 4 6-ounce filet mignon steaks

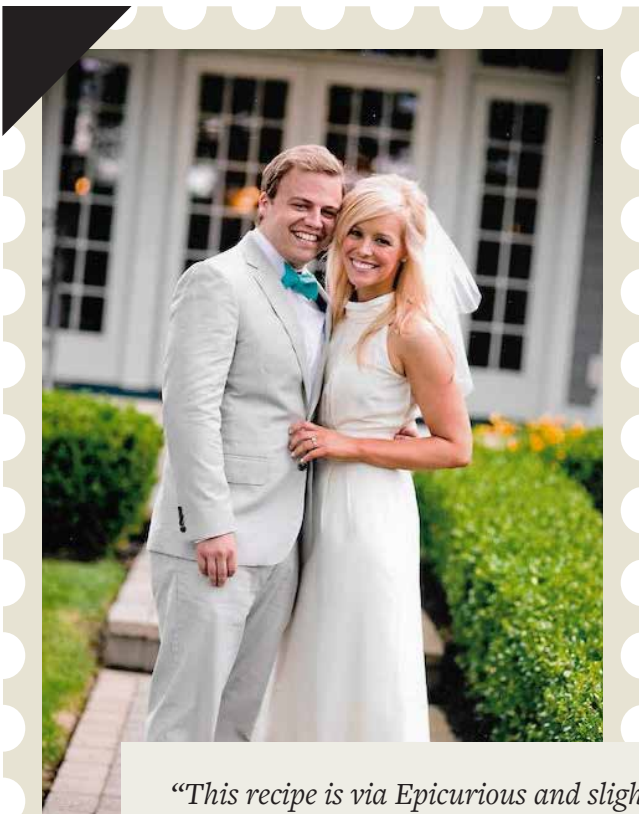
Instructions

Step 1 (Do Ahead Sauce)

1. Heat 2 tbsp. olive oil in heavy large skillet over medium heat.
2. Add shiitake mushrooms and sauté until soft, about 4 minutes.
3. Add garlic and stir 1 minute. Add whipping cream and bring to boil. Reduce heat to medium and simmer sauce until thickened, about 4 minutes. Stir in gorgonzola cheese and chipotles. Season sauce to taste with salt and pepper.
4. Do Ahead Sauce can be made 2 hours ahead. Let stand at room temperature.

Step 2

1. Bring filets to room temperature.
2. Sprinkle steaks with salt and freshly ground black pepper.
3. Heat remaining tablespoon of olive oil in another heavy large skillet.
4. Cook steaks in skillet until brown on both sides and cooked to desired doneness, about 5 minutes per side for medium-rare.
5. Filets can also easily be prepared to your preference via grill.
6. Rewarm sauce. Transfer one steak to each of four plates. Pour sauce over steaks and serve.



“This recipe is via Epicurious and slightly amended. We first enjoyed it on Valentine’s Day 2014, and it’s been in our rotation for special occasions ever since! Valentine’s Day is a special day for us, as Ben proposed on Feb. 14, 2009, under the Upham Arch.”

*Allison Dolder McDonald ’06 and
Ben McDonald ’06*



Teriyaki Steak Pad Thai

Ingredients

- ½ cup cilantro
- 16 ounces cooked Asian noodles
- 4 green onions
- 2 ounces honey roasted peanuts
- 2 limes
- 6 ounces matchstick carrots
- 6 tsp. sambal
- 20 ounces steak strips
- 2 tsp. sugar
- 4 ounces teriyaki sauce/glaze
- pinch of pepper
- pinch of onion powder
- pinch of garlic powder

Instructions

Prepare the ingredients

1. Cut lime in half. Cut one half into wedges and juice the other.
2. Coarsely chop peanuts.
3. Stem and mince cilantro.
4. Trim and thinly slice green onions on an angle, keeping white and green portions separate.
5. Separate steak strips into a single layer and pat dry. Season all over with a pinch of pepper, onion powder, and garlic powder.

Cook the noodles

6. Once water in medium pot is boiling, add noodles and cook 4 minutes.
7. Noodles should be undercooked and firm; they will finish cooking in a later step.
8. Reserve ¾ cup noodle cooking water.
9. Strain noodles in a wire-mesh strainer and rinse under cold water to stop the cooking process.
10. Return noodles to pot and toss with 1 tsp. olive oil.
11. Set aside.

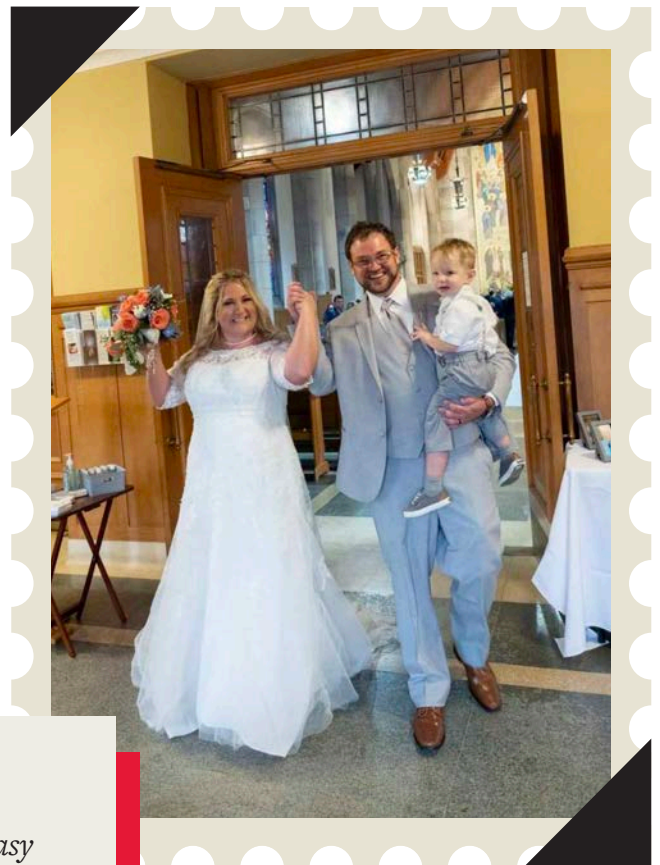
Cook the steak strips

12. Place a large non-stick pan over high heat.
13. Add 4 tsp. olive oil, steak strips, and a pinch of pepper to hot pan. Stir occasionally until steak starts to brown, 1-2 minutes.
14. Add sugar and stir occasionally until combined, 1-2 minutes.

Continued on next page

Start the pad Thai

15. Add carrots and white portions of green onions to hot pan.
16. Stir occasionally until carrots begin to soften, 1-2 minutes.
17. Add noodles, ½ cup reserved noodle cooking water, teriyaki glaze, and 4 tsp. lime juice.
18. Stir occasionally until noodles are just tender and steak strips reach a minimum internal temperature of 145 degrees, 2-3 minutes.
19. Stir sambal to taste into hot pan. If sensitive to spice, add a little of sambal first. Taste, then add more, if desired. If too thick, stir in remaining noodle cooking water, 2 tbsp. at a time, until desired consistency is reached.
20. Remove from burner.
21. Rest, 3 minutes. Garnish with peanuts, cilantro, and green portions of green onions. Squeeze lime wedges over to taste. Bon appétit!



“We have always loved trying new foods throughout college, dating and now our marriage. This recipe tastes great and is easy to make together. Pair it with a nice red wine and it’s a perfect date night in!”

Amber Lindsey ’12 and Jacob Lindsey ’10

Beef Bourguignon

Ingredients

- ¼ lb. bacon cut into ½ inch pieces
- 2 lbs. beef chuck in 1-2 inch cubes
- salt and pepper
- flour
- 1 lb. pearl onions peeled
- 1 lb. quartered mushrooms
- 3 cloves minced garlic
- 1 tbsp. tomato paste
- ⅓ cup brandy
- 1 tsp. parsley
- 3 bay leaves
- ½ tsp. thyme
- ½ bottle burgundy
- 1 cup beef stock
- 2 carrots peeled and ¼ inch slices

Instructions

1. Heat heavy pot with lid over medium heat. Add bacon. Cook until crispy. Set aside.
2. Season beef with salt and pepper. Toss in flour to coat.
3. Heat pan with bacon fat over medium heat. Add a splash of oil if needed. Sear beef in batches until caramelized on each side. Remove and set aside.
4. Stir in onions and mushrooms. Caramelize 6-7 minutes. Add garlic and tomato paste, cook another minute.
5. Deglaze pan with brandy. Reduce by half.
6. Put herbs in a cheese cloth bundle. Add to pan with mushrooms, onions, beef, wine and stock. Boil and reduce to simmer. Cover and let cook about 2 hours.
7. Add carrots ½ hour before done.
8. When done add bacon, salt and pepper to taste and serve.



“Paul and I made this recipe on a date night at a cooking class.”

Ann Motter '05 and Paul Motter '05

Pineapple Meatloaf

Ingredients

- 1½ lb. lean ground beef
- 1 cup soft bread crumbs
- ⅓ cup ketchup
- ⅓ cup minced onion
- 1 egg beaten
- ¼ tsp. pepper
- ¼ cup ketchup
- ⅓ cup drained, crushed pineapple

Instructions

1. Take the first seven ingredients and form into a loaf.
2. Place in baking pan size 8-by-4 and place in 350-degree oven.
3. Bake for 40 minutes.
4. Mix the pineapple with the ¼ cup ketchup.
5. Spoon over loaf and bake 30 minutes more.



“Any tropical fruit puts a new twist on a recipe – especially pineapple!”

Diana Siegel '92 and Brendan Siegel '94

Burger Bowl

Ingredients

- 1 lb. ground short rib (makes three burgers)
- 1 large sweet potato, diced
- 1 red onion, sliced in small strips
- 8 ounces baby bella mushrooms, sliced
- 2-3 cups beef broth
- 1 avocado, sliced
- 1 tbsp. extra virgin olive oil
- Salt and pepper

Instructions

1. Mix sweet potatoes with 1 tbsp. oil, salt and pepper and roast on 400 degrees for 20-25 minutes.
2. While potatoes are cooking, sauté onion and mushrooms until soft in skillet with oil (and 1 tbsp. butter optional) and salt and pepper.
3. Optional: add a tsp. of balsamic at end to help caramelize.
4. While potatoes are cooking, cook burgers on grill or pan fry to your desired temperature.
5. Heat broth on stove or in microwave.
6. Put potatoes at bottom of bowl, top with burger, vegetables, then broth and avocado!



Kim Martin '95 and Kalonji Martin '95

Cajun Meatloaf

Ingredients

Seasoning mix

- 2 whole bay leaves
- 1 tbsp. salt
- 1 tbsp. Tabasco pepper
- 1 tbsp. black pepper
- 1 tbsp. white pepper
- ½ tbsp. ground cumin
- ½ tbsp. ground nutmeg

Other ingredients

- 4 tbsp. butter
- ¾ cup finely chopped onion
- ½ cup finely chopped celery
- ½ cup finely chopped green and red bell peppers
- ¼ cup finely chopped green onion
- 2 tsp. minced garlic
- 1 tbsp. Tabasco sauce
- 1 tbsp. Worcestershire sauce
- ½ cup evaporated milk
- ½ cup catsup
- 1½ lb. beef
- ¾ lb. pork
- 2 eggs, lightly beaten
- 1 cup very fine bread crumbs

Instructions

1. Combine the seasoning mix ingredients in a small bowl and set aside.
2. Melt the butter in a 1-quart saucepan over medium heat.
3. Add onions, celery, bell peppers, green onions, garlic, Tabasco, Worcestershire sauce and seasoning mix. Sauté until mixture starts sticking excessively, about 6 minutes, stirring occasionally and scraping the pan bottom well.
4. Stir in the milk and catsup. Continue cooking for about 2 minutes, stirring occasionally.
5. Remove from heat and allow mixture to cool to room temperature.

Continued on next page

6. Place the ground beef and pork in an ungreased 13-by-9-inch baking pan. Add the eggs, the cooked vegetable mixture and the bread crumbs, remove the bay leaves.
7. Mix by hand until thoroughly combined. In the center of the pan, shape the mixture into a loaf that is about 1-1/2 inches high, 6 inches wide and 12 inches long.
8. Bake uncovered at 350 degrees for 25 minutes, then raise heat to 400 degrees and continue cooking until done, about 35 minutes longer.
9. Serve immediately as is or with Very Hot Cajun Sauce for Beef.
10. This is best using both ground pork and ground beef, as the pork gives more flavor diversity. However, you can make it with ground beef only.

"I learned early on that Bill loved meatloaf. My problem is that I couldn't stand meatloaf! But, on our first Valentine's Day date, I made him meatloaf. The meatloaf tradition has continued for his birthday and Valentine's Day. Shhhh ... don't tell him, I actually like this one!"

Cari Richer Ross '89 and Bill Ross '87



Company Meatloaf

Ingredients

- 1 beaten egg
- 1 cup rolled oats
- 1½ lbs. ground beef
- ¼ cup chopped onions
- 2 tsp. salt
- ¼ tsp. pepper
- 1 tbsp. Worcestershire sauce
- 1 cup milk
- ½ tsp. ground sage

Topping

- 2 tbsp. brown sugar
- ¼ cup ketchup
- ¼ tsp. ground nutmeg
- 1 tsp. dry yellow mustard

Instructions

1. Mix all the ingredient together and pack into a greased loaf pan.
2. Spread topping mixture over the meat loaf.
3. Bake at 350 degrees for one hour.



“This is from a cookbook we received as a wedding gift – appropriate for a Miami Merger!”

Beth Myers '74 and Chas Myers '73

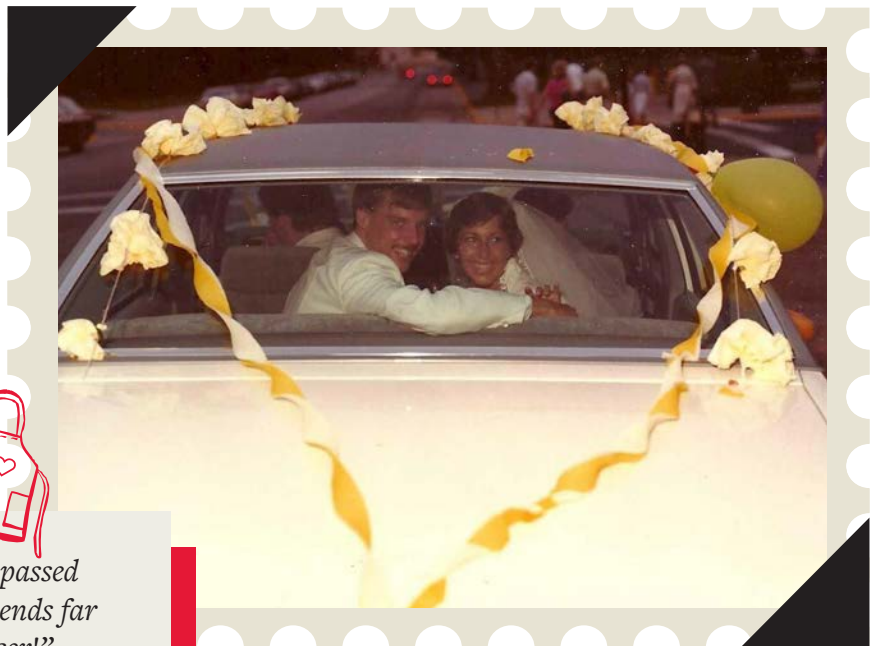
Marinated Flank Steak

Ingredients

- ¼ cup canola oil
- ½ cup soy sauce
- 2 tbsp. honey
- 2 tbsp. vinegar
- green onion chopped
- clove garlic chopped
- 1½ tbsp. ginger
- 1 flank steak

Instructions

1. Score each side of the flank steak in a diamond pattern.
2. Mix all ingredients together and marinate the flank steak overnight, turning a couple of times. You can use a covered 9-by-13 pan or a resealable plastic bag.
3. Grill to your desired doneness. Enjoy!



“This is a family recipe that has been passed down through the generations and friends far and wide. It is definitely a crowd pleaser!”

Cindy Strock '80 and Blaine Strock '80

Creamy Beef Risotto

Ingredients

- olive oil
- 1 cup uncooked arborio rice
- salt, pepper, garlic powder, parsley and basil to taste
- 1 quart chicken stock
- parmesan cheese to taste
- 2 cups browned ground beef
- 1 can cream of mushroom soup
- 1 lb. fresh mushrooms, sliced and lightly sautéed in olive oil
- 1 medium chopped onion

Instructions

1. Cover a non-stick frying pan with olive oil. Sauteé the onion until it is clear.
2. Add rice to onion and olive oil. Stir to coat in oil.
3. Slowly add chicken stock. Allow the chicken stock, rice and onion to gently simmer.
4. As chicken stock is absorbed, add more until all chicken stock has been added to the rice. Stir constantly.
5. Once all chicken stock is absorbed, stir in the ground beef and fresh mushrooms.
6. Add can of cream of mushroom soup, parmesan cheese to taste, then heat through.
7. Serve immediately.



“My husband and I celebrated our 45th wedding anniversary traveling throughout Italy. He loved the Risotto dishes we enjoyed in Northern Italy. When we came home, I experimented to create the Creamy Beef Risotto recipe here. It’s become one of our favorite and is published in our family’s Italian cookbook titled “Simply Italian!” It features the Italian-only recipes of our family and friends!”

Constance Naylor ’70 and Verdayne Naylor ’74

Mississippi Pot Roast

Ingredients

- 5 lb. chuck roast
- 1 pkg. dry ranch dressing
- 1 pkg. dry au jus
- 1 16 ounce jar banana peppers with juice
- 1 stick butter

Instructions

1. Put roast in crockpot, and cover with dry ingredients.
2. Pour banana peppers over, slice butter over the top.
3. Cook eight hours on low setting.
4. Before serving, shred.
5. Serve over egg noodles or mashed potatoes.



Kim Habeeb '87 and Darrick Habeeb '83



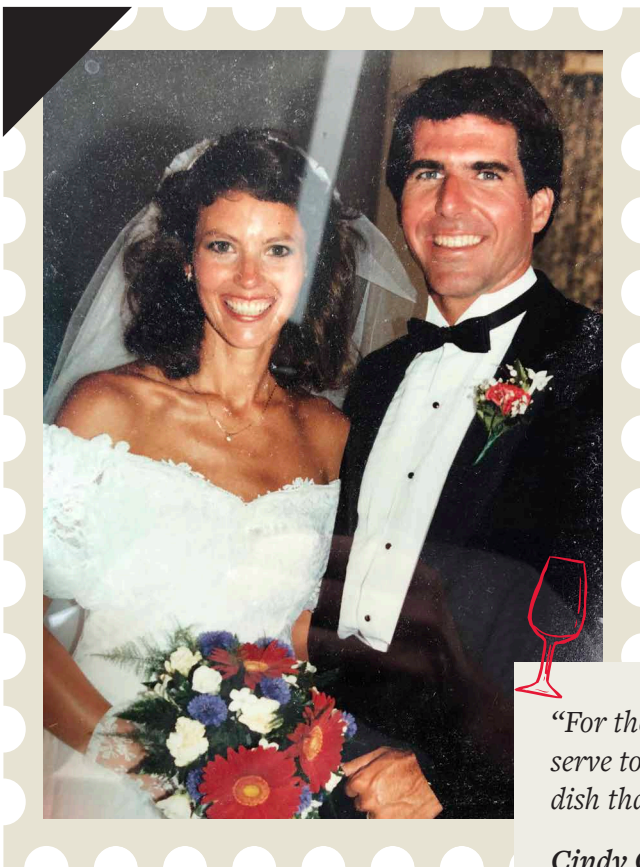
Valentine Steak for Two (or four – or six)

Ingredients

- 2 each 8-10 ounce filet/beef tenderloin, 1¼- 1½-inch thick
- cup of Greek olives pitted
- cup of roasted red peppers
- fresh oregano
- 2 cups chicken broth (high quality)
- 4 tbsp. butter
- olive oil
- salt and pepper

Instructions

1. Set meat out for at least 60 minutes prior to cooking to get to room temp. Add a lite salt and pepper.
2. Add 2 tbsp. of olive oil to skillet.
3. Preheat on medium heat, a cast iron skillet is preferable. Skillet until oil is lightly smoking.
4. Add the filets carefully.
5. Cook for 3 minutes per side (use instant read thermometer) for rare, and longer to desired doneness.
6. Remove filets from the skillet put on a plate and tent with tin foil.
7. Scrape skillet, add olives, red peppers and cook for 2 minutes.
8. Add 2 cups chicken broth and turn up and cook until it thickens, 4 minutes or so.
9. Add 2 tbsp. butter, let melt, add back the filets and cover meat with the sauce. Add oregano.
10. Ready to plate. Sprinkle with a few leaves of oregano.
11. Great with mashed potatoes, a steamed or roasted green bean, asparagus – or even zucchini.



“For the past 35 years of our Merger, a favorite to serve to our dinner guests. A unique, high flavor dish that gets great reviews (by meat eaters!).”

Cindy Geer '80 and Fritz Geer '79

Mexican Stuffed Shells

Ingredients

- 2 lbs. ground beef
- 2 packages (or 2 ounces) taco seasoning
- 8 ounces cream cheese
- 12 ounce box of jumbo pasta shells
- 16 ounce jar of salsa
- 16 ounce jar of taco sauce
- 8 ounces sharp cheddar cheese
- 8 ounces Monterey Jack cheese
- 2 9-by-13-inch pans (disposable works best)
- plastic wrap
- aluminum foil

Instructions

1. Brown the ground beef.
2. Once fully cooked, stir in the taco seasoning and cream cheese. Stir until the cheese is fully melted. Set aside to cool.
3. While the ground beef is cooking, cook the pasta shells according to the package directions. Once cooked, set the shells out on wax paper to cool. Make sure they aren't touching so they don't stick together.
4. Pour salsa into the bottom of your two pans.
5. Stuff shells with 1-2 tablespoons of the meat mixture.
6. Place shells in the pans, open side up.
7. Evenly cover the shells with the taco sauce and cheeses.
8. Cover each pan with a layer of aluminum foil, then wrap with plastic wrap, then finish with another layer of aluminum foil.
9. Write the following steps on your foil, then place in your freezer.

Baking steps

10. Preheat oven to 350 degrees.
11. Remove the top layer of foil and all the plastic wrap.
12. Bake covered for 45 minutes.
13. Remove foil and bake an additional 10-15 minutes.
14. Serve with your favorite taco toppings!



“This recipe is perfect to make ahead and freeze for later. It can stay in your freezer for three months. Then, just preheat your oven and bake.”

Jordan O’Neil ’12 and Chris O’Neil ’12

Beef Wellington for 4

Ingredients

Beef

- 1 center-cut beef tenderloin roast, 1½ lbs. trimmed weight, 6 to 7 inches long and 4 to 4½ inches in diameter
- 1½ tsp. kosher salt
- 1½ tsp. Dijon mustard
- ½ tsp. pepper

Pastry

- 1⅔ cups (9 ⅛ ounces) bread flour
- 11 tbsp. unsalted butter, cut into ½-inch cubes and chilled
- ½ tsp. table salt
- ¼ cup ice water

Duxelles

- 4 shallots, chopped
- 2 garlic cloves, peeled
- 1 lb. cremini mushrooms, trimmed and quartered
- 4 tbsp. unsalted butter
- ⅛ tsp. pepper
- pinch table salt
- 1½ tsp. Madeira
- 1 tsp. minced fresh thyme

Assembly

- 8 slices prosciutto
- 1 large egg plus 1 large yolk



Instructions

Before you begin

We strongly recommend using a probe thermometer for this recipe. Center-cut beef tenderloin roasts are sometimes sold as Châteaubriand. Request a Châteaubriand from the thicker end of the tenderloin; some butchers refer to this as the “cannon cut.” Dry sherry can be substituted for the Madeira. Use packaged prosciutto rather than freshly sliced deli prosciutto, as the slices will be easier to handle. Although the timing for many of the components is flexible, we recommend making the wellington over a three-day period: Prepare the components on the first day, assemble it on the second day (remember to reserve your leftover egg wash so that you can give the pastry a final coat before roasting it), and bake and serve it on the third day. The sauce can be made as the roast is resting; alternatively, make it up to three days ahead and warm it right before serving.

For the beef

Sprinkle all sides of beef evenly with salt. Wrap in plastic wrap and refrigerate for at least 12 hours or up to three days.

For the pastry

Using stand mixer fitted with paddle, mix flour, butter, and salt on medium-low speed until mixture is crumbly and pieces of butter are no larger than peas, 4 to 5 minutes. With mixer running, add ice water in steady stream. Increase speed to medium and continue to mix until smooth dough comes together around paddle, 1 to 3 minutes longer. Transfer dough to lightly floured counter.

Continued on next page

Remove one-quarter (about 4 ounces) of dough; shape into 3-inch square. Shape remaining dough into 6-inch square. Wrap both pieces in plastic and refrigerate for at least eight hours or up to two days.

For the duxelles

Process shallots and garlic in food processor until very finely chopped, about 30 seconds, scraping down sides of bowl as needed. Transfer to small bowl. Pulse mushrooms until mushrooms resemble couscous, about 10 pulses, scraping down sides of bowl halfway through processing (do not over process).

Melt butter in 12-inch nonstick skillet over medium-low heat. Add shallot mixture and cook, stirring frequently, until softened, 3 to 5 minutes. Stir in mushrooms, pepper, and salt and cook, stirring occasionally, until liquid given off by mushrooms has evaporated and mushrooms begin to sizzle, 25-30 minutes. Add Madeira to mushroom mixture and cook, stirring constantly, until evaporated, about 1 minute. Off heat, stir in thyme. (If making duxelles ahead, let cool completely and refrigerate in airtight container for up to three days.)

To assemble

Overlap two pieces of plastic on counter to form 20-by-20-inch square (it's OK if up to 2 inches of plastic hangs off edge of counter). Shingle prosciutto in center of plastic in two slightly overlapping rows to form 14-by-9-inch rectangle, with shorter side parallel to edge of counter. Transfer

duxelles to prosciutto and use offset spatula to spread in even layer, leaving 1-inch border of prosciutto on all sides (if duxelles is cold, microwave for 1 minute to soften before spreading).

Unwrap beef and pat dry with paper towels. Brush all sides of beef with mustard and sprinkle with pepper. Arrange roast parallel to edge of counter, about one-third of way up duxelles. Using both hands, lift bottom edge of plastic to begin wrapping roast. Continue to roll roast, leaving plastic behind, until roast is completely wrapped in prosciutto. Tuck overhanging slices of prosciutto over each end of roast. Tightly roll roast in plastic and twist plastic tightly at each end to seal. Continue to twist ends of plastic and roll roast on counter until formed into snug cylinder. Refrigerate for at least 30 minutes or up to two days before cooking.

Line two rimmed baking sheets with parchment paper. Roll out larger piece of dough on generously floured counter into 14-by-12-inch rectangle. Drape dough over rolling pin, transfer to prepared sheet, and refrigerate. Roll smaller piece of dough into 12-by-5-inch rectangle. Transfer to second prepared sheet and refrigerate.

Whisk together egg and yolk. Lay large pastry sheet directly on counter with short sides parallel to edge of counter. Brush entire surface with egg wash; set aside remaining egg wash. Unwrap beef and place on pastry, arranging it parallel to edge of counter and 2 inches from pastry edge closest to you. Wrap edge of pastry closest to you over beef. Holding

Continued on next page

edge in place, slowly roll roast away from you, keeping pastry snug to meat, until roast is covered. Allow pastry to overlap by 1 inch and trim away excess. Roll roast so seam is on top. Gently press and pinch overlapping dough to seal. Roll roast so seam is on bottom.

To seal ends of roast, tuck sides of pastry tightly against meat as though you are wrapping a present, then fold top of pastry down, pressing snugly. Using rolling pin, roll excess dough at end of roast against counter to make it thinner and longer. Trim rolled end to 2-inch length and tuck under roast. Repeat process on another end of roast. Transfer roast, seam side down, to lightly greased rimmed baking sheet and refrigerate for at least 15 minutes or up to overnight (if refrigerating longer than one hour, wrap in plastic).

Transfer smaller rectangle of dough, still on parchment, to counter, with short side parallel to edge of counter. Using ruler and sharp knife or pizza cutter, cut dough lengthwise into 1/4-inch-wide strips (you'll need 10 to 12 strips, depending on length of roast). Brush top, sides, and ends of roast with some of reserved egg wash; set aside remaining egg wash. Lay strips of dough diagonally across top of roast, leaving 1/4 inch between strips. Gently press strips to adhere to roast and trim excess at each end to 1/4 inch. Using bench scraper, tuck ends of strips under roast. Refrigerate roast for at least 10 minutes. (Roast can be loosely covered with plastic and refrigerated for up to 24 hours.) Adjust oven rack to lower-middle position and heat oven to 450 degrees. Brush diagonal strips with reserved egg wash. Place thermometer probe through one end of roast so tip of probe is positioned at center of roast.

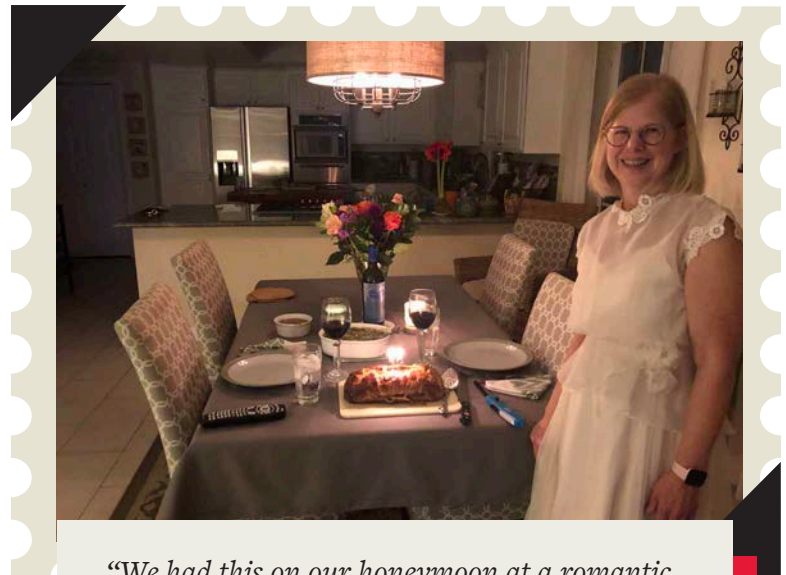
Roast until center of beef registers 85 degrees and crust is well browned and crisp, 40-45

minutes. Transfer sheet to wire rack, leaving probe in place to monitor temperature. Let rest, uncovered, until internal temperature reaches 130 degrees, 40-45 minutes.

Make the sauce using madeira recipe

To serve

Slide large metal spatula under roast to loosen from sheet. Use both hands to transfer roast to carving board. Using serrated knife, cut roast into 1-inch-thick slices (to keep pastry intact, score through decorative strips before cutting each slice) and serve, passing sauce separately.



"We had this on our honeymoon at a romantic French restaurant in St. Thomas. For our 40th anniversary, I made it (worked on it for days!) and wore my wedding dress to our dinner at home!"

Jane Sussman '80 and Scott Sussman '80



Individual Beef Wellingtons

Ingredients

- 6 1½-inch-thick 6 ounce center cut filet mignons
- 2 tbsp. vegetable oil
- 8 large mushrooms
- 2 tbsp. butter
- 2 tbsp. finely chopped shallot
- 2 tbsp. minced garlic
- salt and freshly ground pepper
- 2 large eggs
- 2 puff pastry sheets thawed
- ½ cup gorgonzola (about 5 ounces)

Instructions

1. Preheat oven to 425 degrees.
2. Pat filet mignons dry and season with salt and pepper.
3. Sear on both sides in sauté pan with heated oil. Chill filets covered until cold about one hour.
4. Thinly slice mushrooms and in a heavy skillet cook in butter with shallot, garlic, salt and pepper to taste over medium heat, stirring until mushrooms are lightly browned.
5. Transfer mushroom mixture to a bowl to cool completely. In a small bowl lightly beat eggs to make an egg wash.
6. On a lightly floured surface roll out puff pastry sheets into two 14-inch squares. Trim edges to form two 13-inch squares and cut each square into four 6½-inch squares.
7. Put 1 tbsp. gorgonzola in center of 1 square and top with 1/8 of the mushroom mixture. Top mushroom mixture with a filet mignon, pressing it down gently and wrap two opposite corners of puff pastry over filet overlapping them. Seal seam with egg wash. Wrap remaining two corners of pastry over filet and seal in same manner. Seal any gaps with egg wash and press pastry around filet to enclose completely.
8. Arrange beef Wellington, seam side down in a non-stick baking pan. Make five more beef wellingtons in same manner. Chill remaining egg wash for brushing on pastry just before baking. Chill beef wellingtons, loosely covered, at least one hour.
9. Brush top and sides of each beef wellington with some remaining egg wash and bake 20-30 minutes or until pastry is golden and the meat temperature is 117 degrees.



“Great recipe we learned at a Dorothy Lane School of Cooking class!”

Julie Buzzard '88 and Scott Buzzard '89



Sweetheart Steaks

Ingredients

- 2-4 individual beef tenderloin steaks (1½-2-inches thick)
- 3 tbsp. Catalina salad dressing
- 3 tbsp. honey
- 3 tbsp. apricot preserves
- 3 tbsp. grape jelly
- 1-2 tbsp. minced chives (fresh)
- 2 tbsp. balsamic vinegar
- 2 tbsp. olive oil
- 2 tbsp. ketchup
- 1 tbsp. low salt soy sauce
- 3 garlic cloves, minced
- 1 tsp. wet stone-ground mustard
- 1 tsp. Worcestershire sauce
- ¼-½ tsp. crushed red pepper flakes
- ¼ tsp. coarse ground pepper

Instructions

1. In a small saucepan, bring all sauce ingredients to a boil over medium heat, stirring occasionally with a whisk. Turn down heat and keep sauce warm until ready to broil tenderloins.
2. Set aside at least ¼ cup of the sauce to pour over tenderloin steaks after they are broiled.
3. Preheat broiler. Place steaks on broiler pan and spray both top and bottom side of pan with cooking spray.
4. Coat both sides of tenderloin with sauce using spoon or brush.
5. Broil 4-6 inches from heating element (second shelf down from top in most ovens). Broil 12 minutes on first side. Turn, coat with additional sauce for 1 ½-inch steaks, and broil 9-12 additional minutes on second side (9 minutes – 140 degrees; 12 minutes = 160 degrees (160-degree temperature will be no pink whatsoever, but not overdone)).
6. For a 2-inch-thick steak, broil 11 minutes on first side and 10 minutes on second side for a steak that will be medium-rare/medium. Broil longer if additional doneness is desired. Serve with reserved sauce poured on top.



Karen Maguiness '80 and David Maguiness '81

Beef Burgundy

Ingredients

- 1-1½ lbs. sirloin cut up or stew meat
- 1 dry Lipton soup mix
- 1 can cream of mushroom soup
- ½ cup red wine
- fresh mushrooms



Lara Fast Stickford '89 and Eric Stickford '89

Instructions

1. Add all items except for mushrooms into a crock pot.
2. Cook on low for 8 hours.
3. During the last hour, add sliced fresh mushrooms.
4. Serve over noodles or rice.

Poor Man's Beef Stroganoff

Ingredients

- 1 lb. ground beef
- ½ cup sour cream
- 1 can cream of mushroom soup
- ⅓ cup milk
- 1 tbsp. Worcestershire sauce
- ½ cup mushrooms, chopped (or less)
- 6-8 ounces wide egg noodles



“I started making this recipe many years ago, when steak just seemed too rich for our budget – four small children and one salary at the time. So, I tried this version and it has become a family favorite! A great comfort meal.”

Lynn Repak '95 and Paul Repak '94

Instructions

1. Cook noodles according to package directions (I often double the recipe and use the whole bag of noodles for my family of six).
2. Brown ground beef and drain fat.
3. Mix together soup, milk, sour cream and Worcestershire sauce.
4. Add mushrooms and stir sauce with cooked noodles.
5. Serve with your favorite bread and vegetable, and voila, a meal in 15 minutes!

TX Skyline Chili

Ingredients

- 1 qt. water
- 2 medium onions, finely chopped
- 2 8 ounce cans of tomato sauce
- ½ tsp. ground allspice
- 1½ tsp. red pepper
- 2½ tbsp. chili powder (feel free to make this a little spicier ... we keep it mild for the kiddos)
- 1 tsp. cumin
- 1 ounce unsweetened chocolate
- 2 lbs. lean ground beef
- 4 chopped garlic cloves
- 2 tbsp. vinegar
- 2 whole bay leaves
- 5 whole cloves
- 2 tsp. Worcestershire sauce
- 1½ tsp. salt
- 1 tsp. cinnamon

Instructions

1. Add ground beef to water in a 4-quart pot. Stir until the beef separates into a fine texture.
2. Cover and boil slowly for 30 minutes.
3. Add all other ingredients to the pot & bring to a boil.
4. Reduce heat and simmer uncovered for about three hours. You can cover the pot the last hour if your chili looks and smells like a beautiful pot of Skyline chili. Don't forget how to serve it!

3-way: spaghetti

- sauce, cheddar cheese

4-way: spaghetti

- sauce, cheddar cheese and onions

5-way: spaghetti

- sauce, cheddar cheese, onions, and beans



“Mike and I moved to Dallas, Texas, after graduating from Miami. There are no Skyline Chili restaurants down south, so I was determined to recreate this MU favorite in our own kitchen. When I made it for the first time, Mike walked into the kitchen and said, ‘Mmm! It smells like Skyline!’ This recipe is legit. So if you’re looking for something that reminds you of late nights on High Street, this is your recipe! Love and Honor from the Hemmes!”

Liz Hauser Hemme '03 and Mike Hemme '04


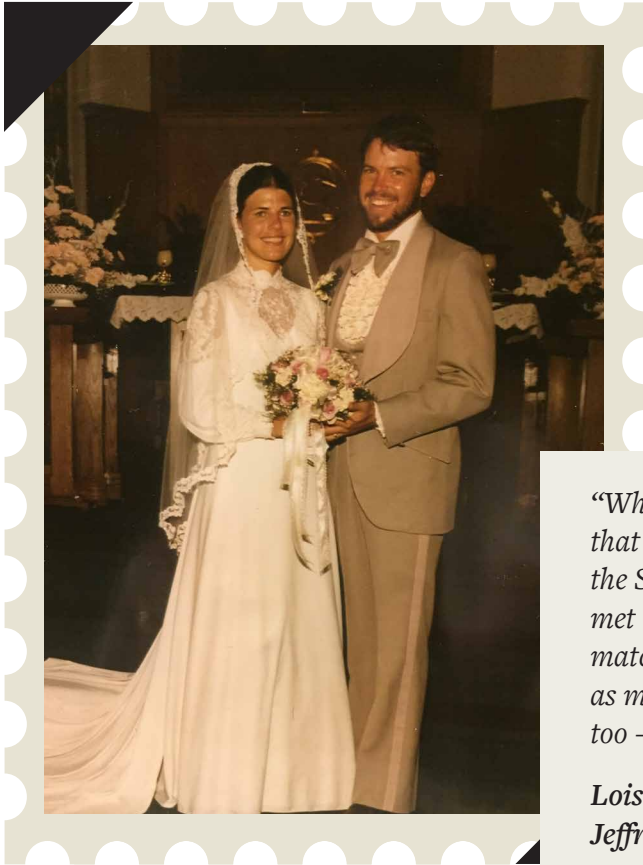
Taco Salad

Ingredients

- large head of lettuce, torn in bite size pieces
- medium onion chopped
- large tomato diced
- large bag of mild or sharp shredded cheddar cheese (personal choice)
- large can of red kidney beans-rinsed and drained
- dressing – mix large bottle of creamy Italian dressing and large bottle of taco sauce
- large bag of nacho cheese Doritos – crushed

Instructions

1. In a large bowl, layer half of the chopped lettuce, half of the onion, half of the diced tomatoes and half of the kidney beans.
2. Top with a third of the dressing and a third of the cheese.
3. Layer the remaining ingredients in layers. Spread the rest of the dressing over the top of the salad, then layer the crushed Doritos on top of the dressing, followed by the shredded cheese.
4. You may garnish the salad with black olives, dollops of sour cream and jalapeño peppers as desired.
5. Refrigerate and then cheer on your favorite team.



“What a year to share the ‘Taco Salad’ recipe that my husband and I prepare each year for the Super Bowl, as our Cincinnati Bengals met the Los Angeles Rams in the Super Bowl matchup of 2022! We hope you enjoy this dish as much as we do. It tastes good the next day, too – if there is anything left.”

**Lois Ann Lundergan Dennis ’76 and
Jeffrey Daniel Dennis ’82**

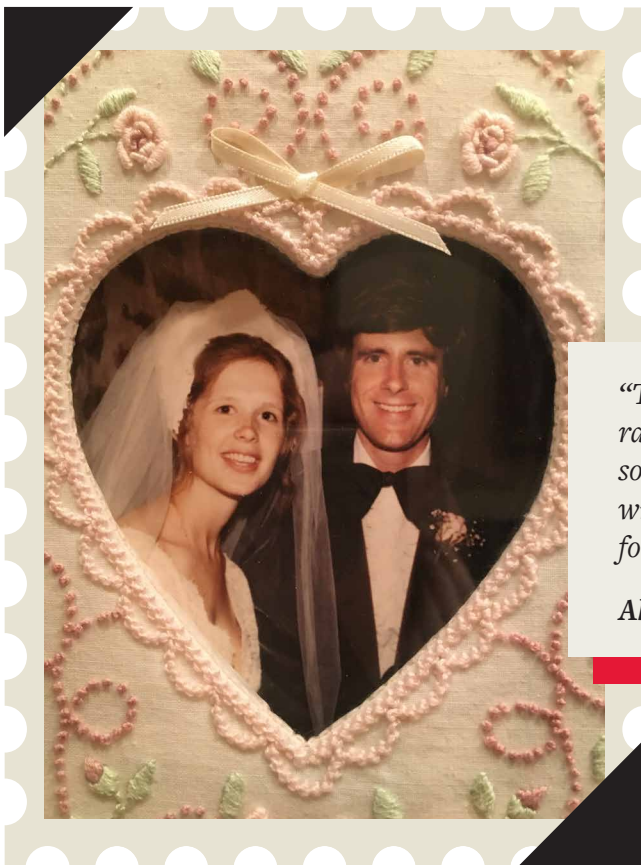
Beef Gourmet

Ingredients

- 2 lb. stew beef
- 1 quart Imagine brand Creamy Portobello Mushroom soup or 2 cans cream of mushroom soup
- ½ cup dry red or sherry wine
- ½-1 lb. sliced mushrooms
- 1 large onion, chopped
- 3 cloves garlic, minced
- avocado oil
- pepper to taste
- salt to taste
- egg noodles
- Optional: arrowroot, cornstarch or instant mashed potatoes to thicken

Instructions

1. Season with pepper and a little salt if desired and brown stew beef in large skillet or pot.
2. Remove from pot and set aside.
3. Sauté mushrooms and onions in same pot.
4. Add garlic and continue to sauté briefly.
5. Add wine and deglaze pan. Add mushroom soup and bring to a boil. Simmer uncovered for 5 minutes to let alcohol dissipate.
6. Transfer meat, veggies and sauce to a crock pot and cook on low for 6-8 hours or until meat is fork tender.
7. Adjust seasonings and thicken if desired.
8. Serve over egg noodles.



“This can be made more simply by layering raw stew beef, condensed cream of mushroom soup and wine in a baking dish, covering with foil and baking at 325 degrees until fork tender.”

Aho Smith '74 and David Smith '75



Glazed Flank Steak

Ingredients

- 1 flank steak, any size
- 4 tbsp. salad oil
- ¼-½ cup fresh chopped parsley
- 3-4 crushed cloves garlic
- 1 - 1½ tbsp. salt
- 4 tbsp. lemon juice
- ¼ - ½ tbsp. pepper

Instructions

1. Combine all ingredients (except flank steak).
2. Pound flank steak and remove whatever fat you can.
3. Place half of the combined ingredients on steak; broil or grill 5 minutes.
4. Turn steak and put the remainder of the marinade on top; broil or grill 4 minutes. Slicing the meat thin and on the bias makes all the difference; it is very tender that way.
5. Serve with sautéed onions. Season with salt and pepper.



“Our family and many of our dinner guests have enjoyed this recipe for over 50 years! It’s our go-to.”

Mary Rogers ’65 and Tom Rogers ’64

Cheeseburger Macaroni

Ingredients

- 1 lb. ground beef
- 1 tbsp. oil
- 1 small onion, finely chopped
- 3 tbsp. tomato paste
- 1 ½ tsp. sweet paprika
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. salt
- 1 tsp. sugar
- ½ tsp. chili powder
- ½ tsp. black pepper
- 2 tbsp. all-purpose flour
- 2 cups whole milk
- 1 ¾ cups beef broth
- 2 cups elbow macaroni
- 2 cups shredded cheddar cheese
- Optional: chopped fresh parsley

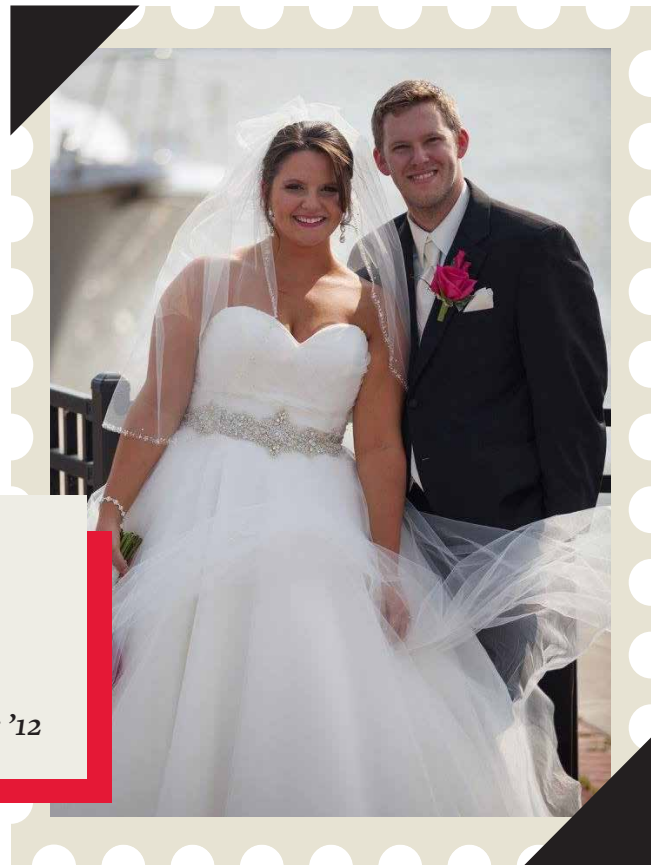
Instructions

1. Brown beef on medium-high heat.
2. Add onion and cook until softened, about 5 minutes.
3. Stir in tomato paste, seasonings and flour.
4. Stir in macaroni and bring to a boil then reduce to medium-low. Cover and simmer for 10-12 minutes or until macaroni is cooked.
5. Stir in cheddar cheese until melted.
6. Serve garnished with some chopped fresh parsley, if desired.



“This recipe is special to us as it is the traditional first meal we make each time we bring our newborn babies home from the hospital.”

Meghan Loomis '13 and Alexander Loomis '12



Meatball Subs

Ingredients

- 1 lb. lean ground beef
- ½ cup Italian bread crumbs
- ¼ cup fresh grated Parmesan
- 2 garlic cloves minced
- ½ small yellow onion
- 2 tbsp. marinara
- 1 tbsp. Italian seasoning
- 1 tbsp. oregano
- 1 tbsp. parsley
- ½ tsp. kosher salt
- ¼ tsp. black pepper
- 1 large egg
- 1 loaf of fresh French bread

Instructions

1. Preheat oven 375 degrees. Prepare a baking sheet by lining with parchment paper.
2. Combine all ingredients in a large mixing bowl. Mix well but do not overmix or you will have tough meatballs.
3. Using a 2-tbsp. scoop, portion out meat and place on baking sheet. Roll into balls and place back on the sheet.
4. Bake for 20-22 minutes or until the meatballs are browned and cooked through.
5. Remove and transfer to plate, but keep the oven on.
6. Slice the French bread and half into thirds.
7. Place the French bread pizzas Bayside up in assemble by layering sauce meatballs and fresh Parmesan cheese.
8. Place back in the oven and cook for an additional 5-10 minutes until golden brown.
9. Enjoy!



Montanna Kehr '16 and Nick Kehr '15



Gladys' Sloppy Joes

Ingredients

- 1 lb. ground beef, brown in 1 tbsp. butter
- ½ medium onion, finely chopped
- ¼ green pepper, chopped
- 1 tbsp. salt
- 2 tbsp. sugar
- 1 tbsp. dry mustard
- 2 tbsp. vinegar
- ¼ cup catsup
- 8 ounces tomato sauce

Instructions

1. Brown ground beef in butter. Combine and add remaining ingredients and simmer for 20 minutes.



“My favorite Sloppy Joe from my Mom, who blessed me in so many ways.”

***Nancy Shula '70 M.Ed. '76 and
William Shula Ed.D. '86***

Best Ever Meatloaf

Ingredients

- 1 lb. ground beef
- ½ medium chopped onion
- 1 egg
- 1 cup Italian bread crumbs
- ½ cup milk
- ½ tsp. salt
- 1 tsp. pepper
- ketchup for topping

Instructions

1. Combine ingredients in a mixing bowl, then shape like a loaf.
2. Drizzle ketchup on top.
3. Bake in the oven at 350 degrees for 1 hour or until fully cooked.



“This recipe can also be used to make meatballs! Just combine ingredients and roll into desired size meatballs and cook in a drizzle of olive oil!”

Rachel Miller '09 and Max Miller '09, M.A. '11

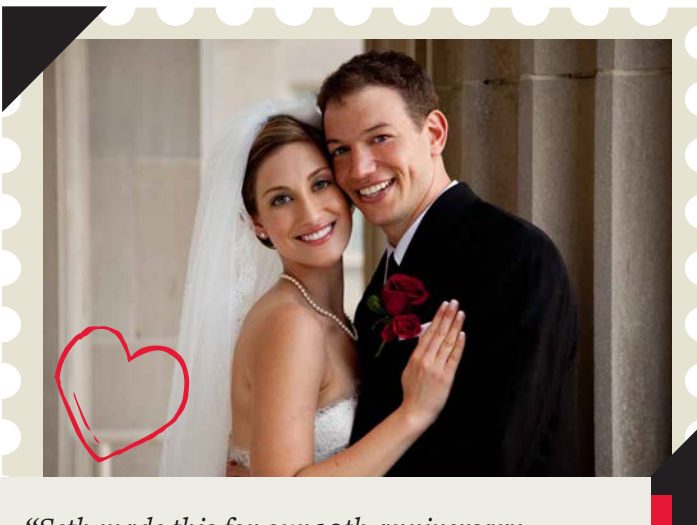
Beef Wellington for two

Ingredients

- 2 12-ounce beef tenderloins
- 8 ounces mushrooms
- 1 sheet of puff pastry (rolled and cut into two 7-by-7 squares)
- ½ tsp. salt
- ½ tsp. black pepper
- oil for searing
- 1 egg for egg wash
- mustard to taste
- extra salt and pepper to taste

Instructions

1. Preheat oven to 400 degrees.
2. Using a food processor, blend mushrooms, salt, and pepper into a paste (45 seconds).
3. Transfer and spread in a medium-sized frying pan.
4. Cook over medium-low heat for 8 minutes, stirring often, until the water is cooked off and you have more of a paste consistency.
5. Remove from heat to use later.
6. Season the outside of the beef with salt and pepper.
7. Heat 2 tbsp. of oil over high heat until it starts to smoke.
8. Sear each side of the beef around 50 seconds per side.
9. Remove the beef to a clean plate.
10. Baste the beef in mustard to taste.
11. Get your puff pastry. Add a quarter of the mushroom mixture. Spread to cover. Place beef on top. Add another quarter of the mixture. Repeat with second puff pastry piece.
12. Fold the puff pastry over the beef to close.
13. Place upside-down on a baking tray covered in parchment paper.
14. Make an egg wash with one egg and 1 tbsp. water.
15. Brush the outside of the pastry with the wash. Optional: Can score the top of the pastries.
16. Bake for 20 minutes until fully cooked and golden brown.
17. Let cool for 10-15 minutes.
18. Enjoy!



“Seth made this for our 10th anniversary during COVID-19 in 2021.”

Samarah Chodosh Preisler '05 and Seth Preisler '04


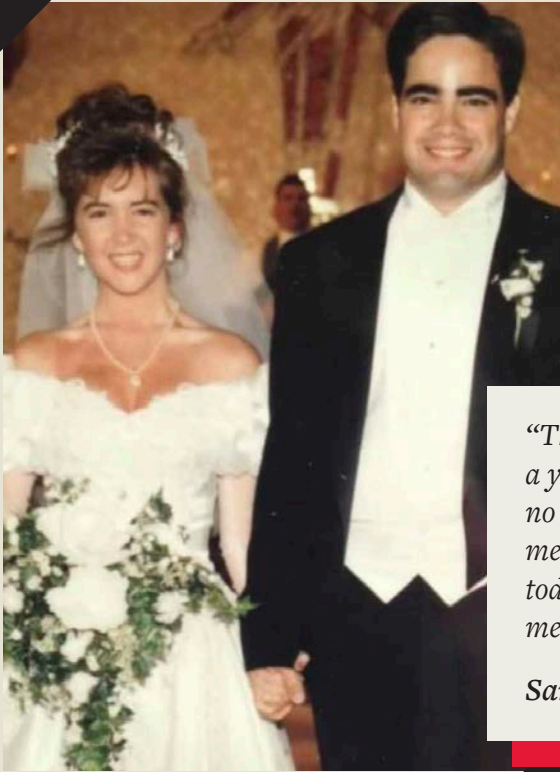
Easy Meatloaf

Ingredients

- 1 lb. ground beef
- 1¼-1½ cups dry stuffing mix, any variety
- ½ cup water
- 1 egg, beaten
- ¼ cup barbecue sauce, divided

Instructions

1. Mix together ground beef, dry stuffing mix, water and egg.
2. Shape meat mixture into loaf and place in greased loaf pan.
3. Top with remaining 1/8 cup of barbecue sauce.
4. Bake at 375 degrees for 40 minutes or until center is no longer pink.



“The first meal that I REALLY messed up as a young newlywed was meatloaf. There was no getting help from the internet in 1994 ... the meatloaf was NOT edible! We still laugh about that today. So here is a meatloaf recipe that is hard to mess up! Enjoy!”

Sarah Thompson '93 and William Thompson '90

Ta Ta Kapusta

Ingredients

- 1 lb. hamburger/pork ground
- ½ cup rice uncooked
- 1 head of cabbage
- 2 large cans chopped (diced) tomatoes
- 1-2 cans sauerkraut
- 1 cup chopped onion
- 2-3 slices chopped bacon
- 1-2 cups sour cream
- Salt and pepper

Instructions

1. Boil cabbage long enough to soften and separate leaves.
2. Mix ground meat, salt, pepper and rice.
3. Fill and roll cabbage leaves with meat and rice mixture.
4. Sauté bacon and onion, add to chopped tomatoes in a large pot, layer alternately, cabbage rolls, sauerkraut and tomato mixture.
5. Cover and cook at low temp for 2-3 hours – check to make sure there is enough liquid to prevent burning.

Optional: Remove, refrigerate, and reheat next day.

6. Remove cabbage rolls to serving bowl and add sour cream to remainder sauce in pot.
7. Pour over rolls.
8. Serve with additional sour cream and rye bread.



“Wagener family recipe.”

Susan Lange Wagener '66 and Thomas Wagener '65

Meatball Parmesan

Ingredients

Meatballs

- 1 lb. ground beef/turkey
- 1 tbsp. salt
- 1 tbsp. pepper
- ¼ tbsp. oregano
- 1 egg
- ¼ cup water
- 1⅓ cup Italian bread crumbs
- ¼ cup Parmesan cheese

Sauce

- 1 tbsp. olive oil
- 1 small onion, chopped
- 1 can roasted tomatoes
- 1 15 ounce jar pasta sauce of your choice
- 1 18 ounce package of spaghetti
- Mozzarella cheese, sliced

Instructions

1. In large skillet, sauté onion in olive oil, till soft. Add tomatoes and pasta sauce, bring to boil, then reduce heat to simmer.
2. Combine meatball ingredients in medium bowl and mix well. Form into 24 balls and drop into hot sauce in skillet.
3. Simmer for 20 minutes, stirring occasionally.
4. Meanwhile, cook and drain pasta. Arrange pasta in a baking dish.
5. Spoon meatballs and sauce over pasta and top with slices of mozzarella.
6. Place in oven, uncovered, at 325 degrees for 20 minutes.



“Chris and I made this together on our first date, while attending Miami University. However, the measurement for the oregano was missing. Since neither of us had much cooking experience at the time, we opted for ¼ cup of oregano! Needless to say, the recipe was awful and we ended up having to order from SDS. “We have learned a few things in the 27 years since then, but we love to tell this story. And we continue to make this every year on our anniversary, (with the correct quantities of ingredients!) in celebration of our Miami days.”

Tara Haynes '94 and Christopher Haynes '95

Slow Cooker Beef with Gravy

Ingredients

- 1 can of cream of mushroom soup
- 1 packet of Lipton onion soup mix
- 1½ cup water
- 4-pack of round steak frozen pack
- 3 sliced carrots



“This is a for sure a throwback recipe from a simpler time or we didn’t have a lot of money and it was easy to make but it still reminds us of simpler times right after graduation from Miami as we were just starting out and we still make it to this day!”

Debbie Olszowka Thyen '94 and Eric Thyen '93

Instructions

1. Mix the Lipton soup mix, the can of cream of mushroom soup, and the water in a bowl and then pour into the slow cooker.
2. Add the pack of ground steaks then add the peeled and diced carrots cook on high for 6 to 8 hours.

Mom’s Easy Pot Roast

Ingredients

- 2¾ pounds of pot roast
- 1 10-ounce can of cream of mushroom soup
- ½ (1 ounce) pkg dry onion soup mix
- ½ cup, plus 2 tbsp. water

Instructions

1. In a slow cooker, mix cream of mushroom soup, dry onion mix, and water.
2. Place the pot roast in the slow cooker and coat with the soup mixture.
3. Cook on high for 3-4 hours, or on low for 8-9 hours.

“This is an easy recipe from my mother that is a family favorite, and it will make your house smell wonderful as you cook it too! If you love tender beef, this one is for you!”

Tina Stewart Owen '84 and Jed Owen '84



Baked Spaghetti

Ingredients

- 1 lb. ground beef
- 1 lb. spaghetti
- 2 cans of tomato soup
- 1 can of cream of mushroom soup
- shredded cheese



Instructions

1. Make spaghetti as you usually do it.
2. Brown ground beef.
3. Combine ingredients and half of your shredded cheese (up to you how much – we use a total of 8 ounces, but like it very cheesy).
4. Place in a casserole dish and top with remaining cheese. Bake at 350 degrees for 30 minutes.

Spinach Stuffed Shells

Ingredients

- 12 ounces jumbo macaroni shells
- 10-ounce pkg. frozen creamed spinach
- 15-ounce container of ricotta cheese
- 8-ounce pkg. shredded mozzarella cheese
- 1 tsp. salt
- ¼ tsp. pepper
- ½ lb. ground beef
- approx. 48-ounce jar spaghetti sauce



Instructions

1. Prepare macaroni as labeled and drain.
2. Prepare spinach as directed on label.
3. Pour into a large bowl and cool slightly.
4. Stir in ricotta and mozzarella cheese, salt and pepper.
5. Stuff shells with cheese/spinach mixture and arrange in casserole dish.
6. Cook ground beef.
7. Stir in sauce.
8. Spoon mixture over shells.
9. Bake at 350 degrees for 30 minutes, until bubbly.

Campus Lasagna

Ingredients

- 1½ lb. lean ground beef
- 2 lbs. shredded mozzarella cheese
- 16 ounces ricotta cheese
- 16 ounces cottage cheese
- 2 jars Ragu chunky tomato, garlic, and onion sauce
- 8 ounces white button mushrooms
- 6-8 ounces sliced pepperoni
- Italian herb mix
- dried parsley
- 1 egg
- Parmesan cheese
- olive oil
- 1 large pkg. of lasagna noodles
- salt and pepper to taste

Instructions

1. Cook your meat in a skillet until no longer pink. Drain off any extra grease.
2. Add 2 jars of Ragu sauce to the skillet along with mushrooms.
3. Reduce heat to low/simmer and stir occasionally.
4. Boil your water.
5. Mix your ricotta and cottage cheese mixture in a large bowl. Use 1-1/2 cup of each ricotta and cottage cheese, 1 tbsp. dried parsley, 2 tsp. Italian herb mixture, 1/2 cup Parmesan cheese and 1 egg. Combine until well mixed and set aside until needed.
6. When water has boiled, add 1 tbsp. olive oil and 2 tbsp. salt to water and follow noodle package instructions. If using no-boil noodles, omit the salt. When done, drain your noodles and rinse with cold water to keep your noodles from sticking.
7. Assemble your lasagna in a 9-by-11-by-2 pan. Mine is Pyrex. Coat bottom and sides of pan with cooking spray.
8. Layer sauce to cover bottom of pan.
9. Add a layer of noodles on top of sauce.
10. Add another layer of sauce on top of noodles.
11. Add a layer of your ricotta/cottage cheese mixture.
12. Add a layer of pepperoni.
13. Sprinkle with mozzarella cheese.

Continued on next page

14. Repeat until Lasagna is assembled with final top layer of Ragu and a sprinkle of Italian herbs and optionally Parmesan cheese.
15. Cover with aluminum foil, tented slightly so it doesn't touch the noodles or sauce. Bake at 375 degrees for about 45 minutes, until bubbling hot and cheese is melted. You can uncover for last 10 minutes if you like more of a crusty top or edges. Take out of oven and let cool for at least 15 minutes before serving.
16. Serve with garlic bread and a fresh salad. Add a nice bottle of red wine and your meal is complete.



“When my wife and I were dating in Oxford, I found this dish to be the gateway to her soul.”

Becky Herrick '81 and Chris Herrick '81

Grandma's Lasagna

Ingredients

- ½ pkg. noodles – cooked
- 1½ lb. of ground beef
- ½ cup Parmesan cheese
- 1 lb. sliced mozzarella
- 1 large container of cottage cheese
- 12 ounces of tomato paste
- 1½ cup water
- 1½ tsp. salt
- ½ tsp. pepper
- ¾ cup onion
- 1 tsp. minced garlic

Instructions

1. Brown and drain meat then stir in water, tomato paste, onion, garlic, salt, and pepper.
2. Bring it to a boil and then simmer for 30-40 minutes while stirring occasionally.
3. Layer noodles, meat, mozzarella cheese, cottage cheese, noodles, meat cottage cheese, mozzarella cheese, and finally Parmesan cheese on top.
4. Bake at 350 degrees for 30-40 minutes. Cover with foil if top is browning too much.



Haley Ann McCarthy '16 and Justin Trick '15

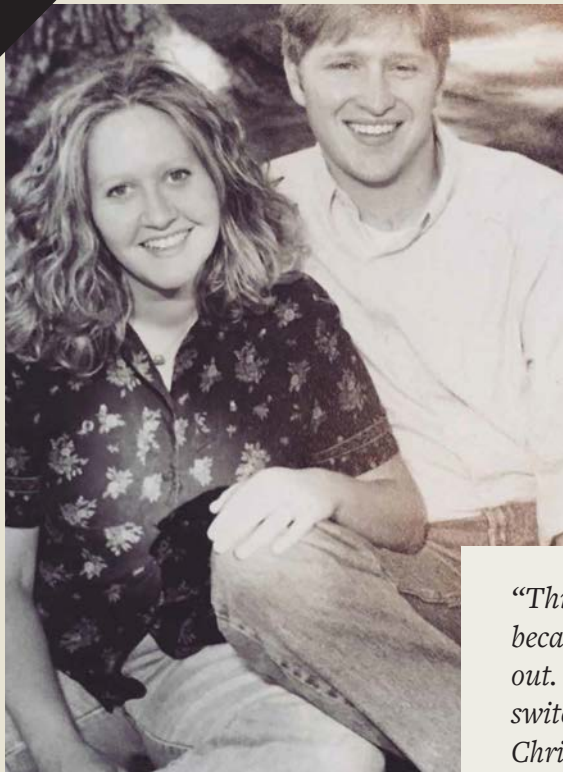
Family Favorite Lasagna

Ingredients

- 1 box lasagna noodles
- 1 lb. Italian sausage
- 2 cans Hunt's spaghetti sauce
- 1 large container of ricotta cheese
- 1 egg
- 1 tbsp. dried parsley or basil (not totally necessary)
- salt and pepper to taste
- ½ cup Parmesan cheese
- 3 cups shredded mozzarella cheese

Instructions

1. Preheat oven to 350 degrees.
2. Cook pasta according to package directions.
3. Brown sausage, crumbling into small pieces. Once browned, drain off fat and add spaghetti sauce until heated through.
4. In a separate bowl, beat egg and add ricotta cheese, parsley or basil, salt and pepper, and Parmesan cheese.
5. In a 9-by-13-inch dish, add a small amount of sauce to the bottom of the pan. Add a layer of lasagna noodles (usually three overlap well).
6. Next, spread half of the ricotta mixture over the noodles, top with 1 cup of shredded mozzarella, then ⅓ cup of the remaining sauce. Repeat layers again.
7. Top with another layer of lasagna noodles and then the remaining spaghetti sauce, then top with remaining mozzarella cheese. Cover with foil and bake an hour until heated through. You may have to remove the foil the last 15 minutes to ensure it's completely heated through.



“This was our first anniversary dinner – because we were too broke for a fancy night out. It’s since become a family favorite that switched from our anniversary to our family Christmas dinner. The kids request it every year.”

Lori Murray '97 and Scott Murray '97




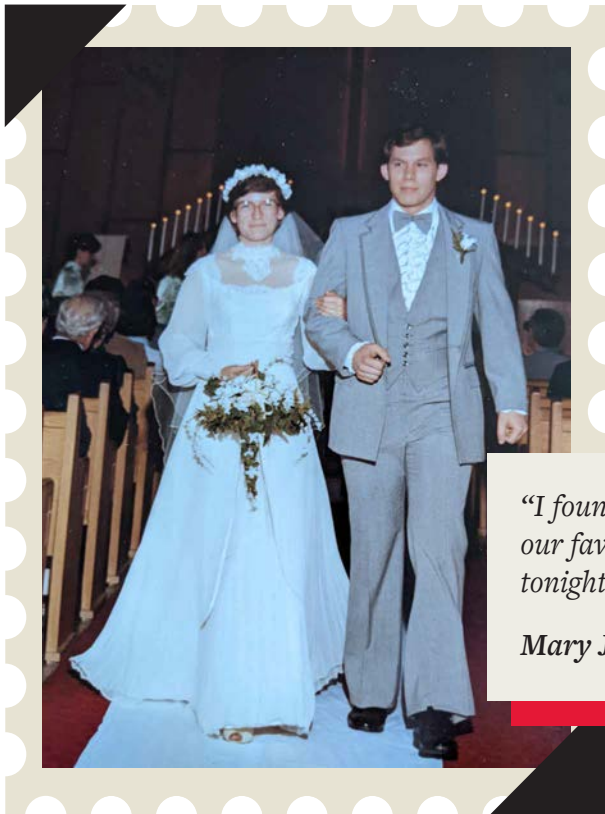
Traditional Lasagna

Ingredients

- 1 lb. ground beef
- 1 lb. pork sausage
- 2 cans (15 ounces each) tomato sauce
- 1 can (12 ounces) tomato paste
- 2 garlic cloves, minced
- 2 tbsp. sugar
- 1 tbsp. Italian seasoning
- ½ tbsp. salt
- ½ tbsp. pepper
- 3 large eggs
- 3 tbsp. minced fresh parsley
- 24 ounces small-curd cottage cheese
- 8 ounces ricotta cheese
- ½ cup Parmesan cheese
- 9 lasagna noodles, cooked and drained
- 6 slices provolone cheese
- 3 cups mozzarella cheese, shredded

Instructions

1. In a large skillet, cook the ground beef and sausage until no longer pink and drain the grease.
2. Add the next seven ingredients. Bring to a boil. Reduce heat. Simmer covered for 1 hour stirring occasionally.
3. In a large bowl, lightly beat the eggs. Add parsley; stir in cottage cheese, ricotta and Parmesan cheese.
4. Preheat oven to 375 degrees. Spread 1 cup meat sauce in a 13-by-9-by-3 baking pan. Layer 3 cooked noodles, provolone cheese slices, 2 cups cottage cheese mixture, 1 cup mozzarella, 3 noodles, 2 cups meat sauce, remaining cottage cheese mixture, and 1 cup mozzarella.
5. Top with remaining noodles, meat sauce, and mozzarella.
6. Cover with foil and bake 50 minutes.
7. Uncover and bake until heated through, about 20 additional minutes.
8. Let stand 15 minutes before cutting.



“I found this in Taste of Home and it’s one of our favorite meals. I have it in the oven for tonight’s supper.”

Mary Jo Langguth ’81 and Wayne Langguth ’80

Cincinnati Chili

Ingredients

- 1½ lb. ground beef and turkey
- 1 medium onion, finely chopped
- 2 stalks minced celery
- ½ minced red pepper
- 2 cloves garlic minced
- ½ cup barbecue sauce
- ¼ cup wine (anything open)
- ¼ cup water
- 16 ounces tomato sauce
- 3 ounces tomato paste
- ½ ounce non-sweet chocolate, grated or powder
- 1 tbsp. chili powder
- 1 tbsp. sugar
- 1 tsp. cinnamon
- 1 tsp. ground pepper
- ¼ tsp. cumin
- ¼ tsp. allspice
- ¼ tsp. turmeric
- ¼ tsp. ground cloves
- ¼ tsp. ground coriander
- ¼ tsp. ground cardamom
- ¼ to ½ tsp. cayenne
- ½ tsp. salt
- 1 lb. cheddar cheese grated
- 1 16-ounce can of Kidney beans
- ½ lb. spaghetti

Instructions

1. Brown meat, onion, celery pepper and garlic. Drain off the fat. Set Aside.
2. Add barbecue sauce, 16 ounces tomato sauce, 3 ounces tomato paste, wine and water. Bring all to slow boil.
3. Add chocolate, spices and sauce and stir.
4. Stir in drained meat mixture.
5. Cover and reduce to simmer for 60 minutes. Then rest for 30 minutes.
6. Grate cheddar cheese.
7. Rinse, heat then drain beans.
8. Cook spaghetti until tender.
9. Finally, layer spaghetti, chili, beans, onions and cheese.



“In 1977, my first roommate at Miami, a girl from Cincinnati, introduced me to my first 3-way at Skyline Chili. Growing up in an Italian household back east, I knew spaghetti but never tasted anything like Cincinnati chili. I was hooked! We have kicked up the heat a bit from those early Miami days and added some onions. Cincinnati chili has continued to be regular meal at our home and a favorite of my three sons. Now if I could only figure out how to make Graeter’s ice cream and put it on a toasted roll, I would be in food heaven.”

Debbie Chamulak Lynn ’80 and David Lynn ’81

Casserole



Chicken Broccoli Casserole

Ingredients

- ¼ cup unsalted butter
- 1 medium onion, diced
- ½ cup carrots, diced
- ½ tsp. salt
- ½ tsp. black pepper
- ¼ cup flour
- 2 large boneless chicken breasts (about 1¼ pounds)
- 3 cups chicken stock
- 1½ cups cream or half and half
- 1 large head of broccoli, divided into florets
- 1 tbsp. unsalted butter, melted
- ½ cup sharp cheddar cheese
- ⅔ cup breadcrumbs



“This is an updated version of the very first dish I ever cooked for my husband, Rob. We started dating in the fall of 1986. We had a class together around dinner time on Thursdays. I had planned the whole thing so I could casually ask him back to my apartment for dinner. But of course, I made it seem like it was a spur-of-the-moment thing. This casserole and some Pillsbury biscuits – it was true love.”

Ann Walling '87 and Rob Walling '87

Instructions

1. Preheat the oven to 350 degrees.
2. Melt the butter in a medium sauté pan over medium heat. Add the carrots, onions, salt, and pepper and cook until the onions are translucent and the carrots are softened slightly, about 5-7 minutes. Add the flour and stir until the flour is absorbed. Continue to cook for 2-3 minutes. Remove the pan from the heat and set it aside.
3. Place the chicken stock and the chicken into a saucepan over medium heat. Bring slowly to a boil and simmer for approximately 20 minutes until the chicken is cooked through. Remove cooked chicken breasts from cooking liquid and set aside. Continue to simmer the chicken stock and add the broccoli florets. Cook the broccoli until just fork-tender, about 5 minutes. Remove the broccoli from the cooking liquid and set it aside.
4. Bring the cooking liquid to a boil over medium heat. Add the onion and carrot mixture to the cooking liquid, then add the cream and cook for 2-3 minutes until a thick sauce begins to form. Remove the pan from the heat.
5. Chop the cooked chicken into bite-size pieces. Stir the chicken and broccoli into the sauce, check the seasoning of the sauce and add more salt or pepper if necessary. Pour the mixture into an ovenproof casserole dish.
6. Mix together the butter, breadcrumbs, and cheese. Spread the breadcrumb mixture over the chicken and sauce. Place the casserole in the oven and bake for 20-25 minutes, until the sauce is bubbling around the edges and the breadcrumbs are beginning to brown.
7. Remove from the oven and allow the casserole to cool for about 5 minutes. Serve hot.

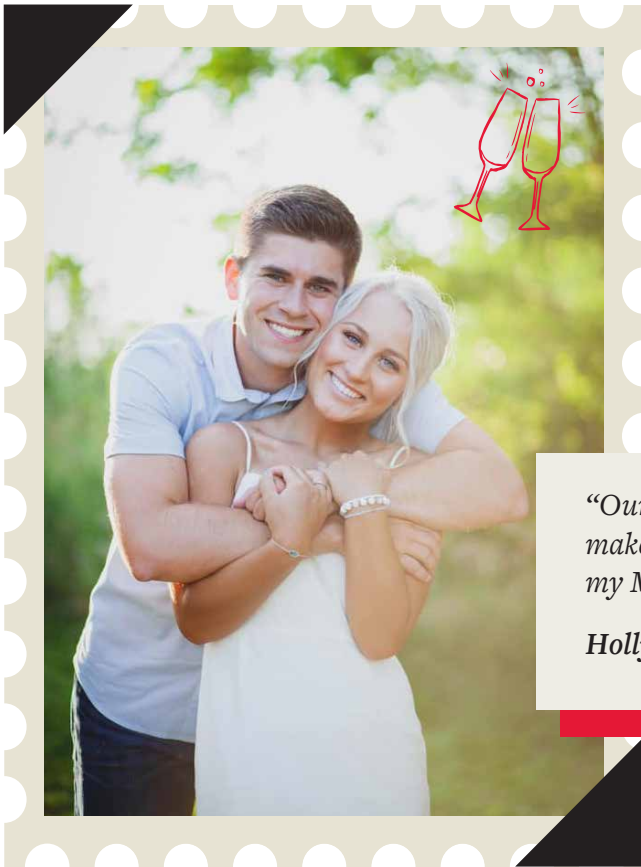
Chicken Casserole

Ingredients

- 1 whole chicken
- 1 can chicken soup
- 1 can mushroom soup
- $\frac{2}{3}$ cup milk
- 1 cup broth
- 1 egg
- 1 package Pepperidge Farm dressing
- 1 stick butter, melted no mix

Instructions

1. Boil one whole chicken (may be cooked in pressure cooker) until tender. Drain from broth and save one cup broth. Remove chicken from bone.
2. Mix in a separate bowl for soup mixture 1 can chicken soup, 1 can mushroom soup, and $\frac{2}{3}$ cup milk.
3. Mix in separate bowl for dressing mixture 1 pkg. Pepperidge Farm dressing, 1 stick butter, melted no mix, 1 cup broth, and 1 egg.
4. Put chicken in a casserole dish and pour soup mixture over chicken. Put dressing mixture on top and bake at 375 degrees for 30 minutes.



“Our favorite homemade meal together! It makes it even more special that it was one of my Mamaw’s recipes!”

Holly Lawson '22 and Braxton Lawwill '20

Marzetti

Ingredients

- 1 lb. ground beef
- 1 onion
- 1 box extra wide noodles

Sauce

- 2 large cans tomato sauce
- 1½ tsp. chili powder
- 1 tbsp. parsley
- garlic salt
- salt
- pepper
- 2 tbsp. of sugar

Casserole

- ½ noodles
- ½ meat sauce
- thick slice of Colby cheese across layer
- repeat

Instructions

1. Brown 1 lb. ground beef with onion.
2. Cook extra wide noodles.

Sauce

3. Combine cans of tomato sauce, chili powder, parsley, garlic salt, salt, pepper and sugar.

Casserole

4. Combine ½ noodles, ½ meat sauce, thick slice of Colby cheese across layer and repeat.
5. Bake at 350 degrees 45 minutes until cheese melted through and bubbles.
6. Enjoy!



Jan McKee Borchers '76 and Roger Borchers '75

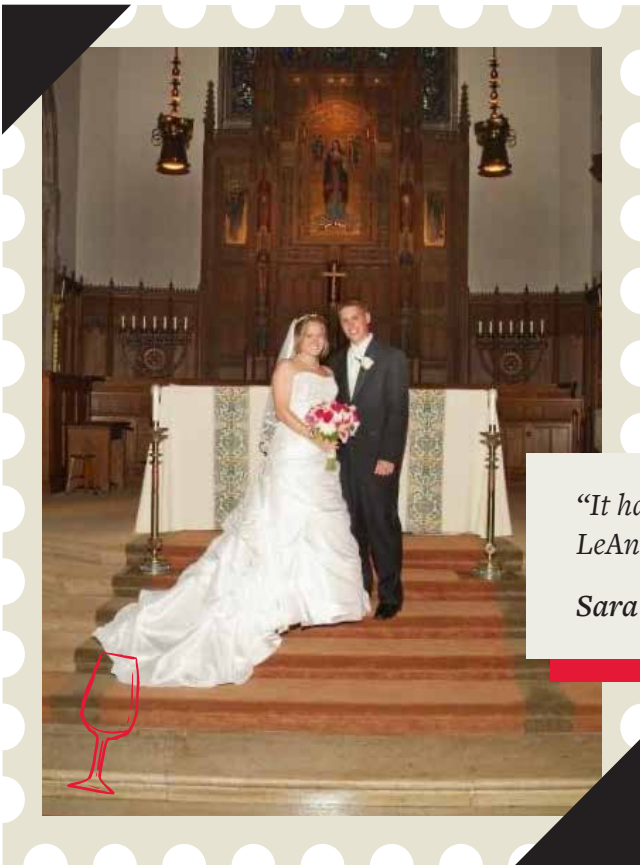
Cheesy Chicken Cracker Bake

Ingredients

- 8 halves boneless, skinless chicken breasts
- 8 slices Swiss cheese
- 1 can cream of chicken soup
- ¼ cup water
- 1 sleeve of Ritz crackers (smashed)
- 1 stick margarine, melted

Instructions

1. Put chicken in a single layer baking dish.
2. Put 1 slice of cheese on each piece of chicken.
3. Mix soup and water and pour over the chicken.
4. Sprinkle the smashed crackers over the top.
5. Pour melted margarine over all this.
6. Bake at 350 degrees for 55 minutes.



“It has become a family favorite. Credit to LeAnn Schlatter for this recipe.”

Sara Linder '05 and Joe Linder '07

Dorito Taco Casserole

Ingredients

- 1 bag of nacho cheese Doritos
- 1 lb. of ground beef
- 1 packet of taco seasoning
- 1 cup of cheese
- shredded lettuce
- 1 tomato, diced
- optional: sour cream



Instructions

1. Preheat oven to 350 degrees.
2. Brown ground beef. Simmer with taco seasoning.
3. In a 9-by-13 casserole dish, use half a bag of Doritos and crunch them up in bottom of pan.
4. Put half of ground beef mixture on top of Doritos and sprinkle half a cup of shredded cheese on top of ground beef.
5. Repeat layer of Doritos, ground beef, and remaining cheese.
6. Bake until hot and bubbly, usually about 15 minutes.
7. Add toppings and serve.

Pierogi Casserole

Ingredients

- 1 lb. lasagna noodles
- 16 ounces American cheese, shredded (Velveeta recommended)
- 12 ounces cheddar cheese, shredded
- 1 medium onion
- 1½ sticks butter
- mashed potatoes (largest recipe on box if using instant)

Instructions

1. Fully cook lasagna noodles.
2. Fry butter and onions.
3. Combine mashed potatoes, butter, and onions.
4. Line bottom of 9-by-13 pan with noodles.
5. Add layer of mashed potatoes.
6. Top with cheese, then noodles.
7. A few layers may be made to desired size (similar to lasagna).
8. Cook for 30-45 minutes at 350 degrees or until hot.
9. Let stand 10 minutes before serving and enjoy!



“My husband loves when I put cooked bacon as a layer in this dish!”

Mandy Knowles '08 and Brian Knowles '07

Spaghetti Casserole

Ingredients

- 1 lb. ground beef
- 1 medium onion, chopped
- 2 14-ounce cans diced tomatoes
- 2 tbsp. salt
- 2 tbsp. dry mustard
- 2 tbsp. chili powder
- 1 tbsp. ground pepper
- 1 lb. spaghetti
- 2 cup shredded cheddar cheese

Instructions

1. Preheat the oven to 350 degrees.
2. Cook the ground beef and onion together. Drain the grease.
3. Add in all other ingredients.
4. Bring to a simmer.
5. Cook spaghetti according to package directions. Drain the water.
6. Add spaghetti to the sauce.
7. Pour into a 9-by-13-inch pan (no need to grease the pan).
8. Top with cheddar cheese.
9. Bake for 10 minutes to melt the cheese.
10. Serve with bread and a salad.



Megan Reed '95 and Chad Reed '99



Other



Roasted Lamb Chops

Ingredients

- 2 racks of lamb – each approximately 1¾ lb.
- 2 cloves of garlic
- 1 tbsp. kosher coarse sea salt
- 2 tsp. ground pepper
- 2 tbsp. olive oil
- 1 tbsp. chopped fresh rosemary – plus fresh sprigs

Instructions

1. Preheat oven to 475 degrees.
2. Prepare a roasting pan, large enough to hold two racks of lamb, in the oven – warm the pan.
3. On a cutting board or dish, rub the lamb and the bones with the garlic. Rub all over with salt and pepper.
4. Warm 1 tbsp. of the oil in a pan on the stove.
5. When the oil is hot, place the racks fat side down in the pan to sear for 1-2 minutes.
6. Using tongs, turn the lamb and sear both ends for about 1 minute on each end. Then sear the bone side for 1-2 minutes.
7. Transfer the racks back to the cutting board and sprinkle all over with the chopped rosemary.
8. Place the racks back onto the roasting pan and cover the exposed bones with aluminum foil to keep them from charring and place the racks bone side down in the warmed roasting pan.
9. Roast until an instant read thermometer inserted into the thickest part of the meat registers 140 degrees for medium or approximately 15-20 minutes. Transfer the lamb to a cutting board let it rest for 7-10 minutes and then immediately serve with rosemary sprigs.



“We find this is an elegant dinner for our special occasions.”

*Christina Brockman '88 and
Daryl Brockman '88*

Baked Spaghetti Lasagna

Ingredients

- 1 16-ounce package spaghetti
- 1 lb. ground beef or pork sausage
- 1 onion, chopped
- 1 32-ounce jar meatless spaghetti sauce
- 3 large eggs
- ½ cup Parmesan cheese
- 5 tbsp. butter, melted
- 2 cups small curd cottage cheese
- 4 cups shredded mozzarella cheese

Instructions

1. Preheat oven to 350 degrees and lightly grease a 9-by-13-inch baking pan.
2. Bring a large pot of lightly salted water to a boil. Cook spaghetti in boiling water, stirring occasionally until cooked through but firm to the bite, about 12 minutes, and drain.
3. Heat a large skillet over medium heat. Cook and stir beef/sausage and onion until meat is browned and onions are soft and translucent, about 7 minutes. Drain. Stir in spaghetti sauce.
4. Whisk eggs, Parmesan cheese, and butter in a large bowl. Mix spaghetti into egg mixture and toss to coat. Place half the spaghetti mixture into baking dish. Top with half the cottage cheese, mozzarella, and meat sauce. Repeat layers. Cover with aluminum foil.
5. Bake in a preheated oven for 40 minutes. Remove foil and continue to bake until the cheese is melted and lightly browned, 20-25 minutes more.



“You may want to put a baking sheet under the 9x13 pan to catch drips.”

Kerry Marsh '96 and Chris Marsh '95

Mac 'n Cheese with Breadcrumbs

Ingredients

Topping

- 4 tbsp. unsalted butter, divided
- 2 tbsp. olive oil
- 2 tsp. chopped garlic
- 2 cups panko breadcrumbs
- ½ cup Parmesan cheese, freshly grated
- ½ tsp. salt

Topping

- 6 tbsp. butter
- 6 tbsp. flour
- 1¼ cup heavy cream
- 3½ cup 2% milk
- 2 tsp. kosher salt
- ½ tsp. pepper, can use white pepper
- 1½ tsp. mustard powder
- 1 tsp. Worcestershire sauce
- 2½ cups sharp yellow cheddar, grated
- 2½ cups white extra sharp cheddar, grated, (I use Cabot)
- 1 cup Merlot or Balsamic cheese, grated, Bella Vitano from Costco
- 1 lb. cavatappi, fusilli or rotini pasta, or your favorite pasta with curves

Instructions

1. Preheat oven to 400 degrees.
2. Butter a 9-by-13 baking or casserole dish and set aside.
3. Bring a large pot of water to boil. Heavily salt water and cook pasta according to package directions but reduce the cooking time by about 25%.
4. Drain pasta in a colander and set aside.

Topping

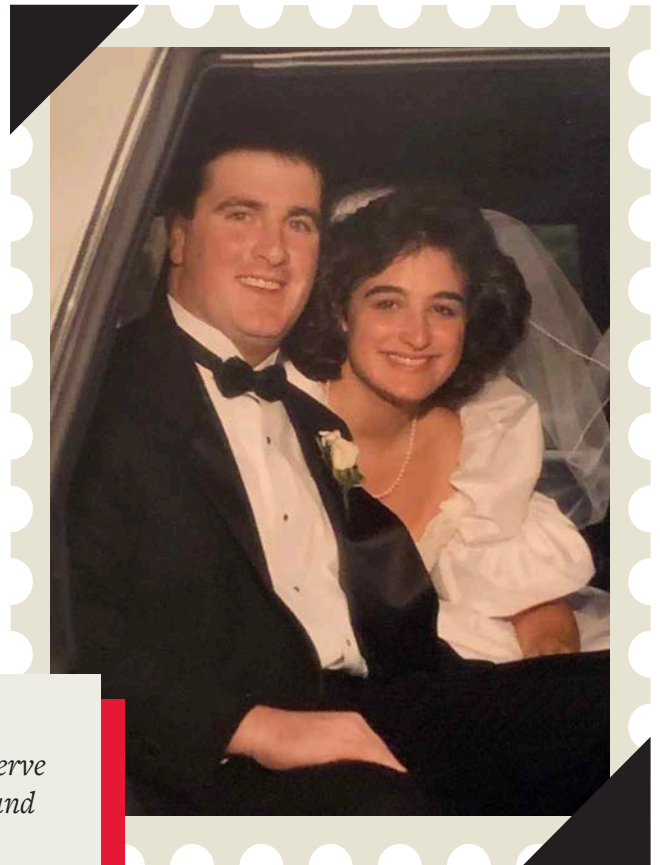
5. Melt 2 tbsp. of butter in medium skillet on medium and add olive oil. Heat until the foam subsides from the butter.
6. Add the minced garlic and panko or breadcrumbs. Toss gently to coat the crumbs.
7. Continue to stir crumbs in pan to make sure they don't burn and cook until golden brown about 3 minutes. Remove pan from heat.
8. Add Parmesan cheese and salt off heat and stir to incorporate. Set aside.

Béchamel

9. In a large skillet, melt butter over medium heat. As it is melting, add the flour and stir continually to form a thick paste or roux. Cook for 2 minutes or so to cook out the flour taste.
10. Slowly add milk and cream while whisking slowly to avoid clumping from the roux.

Continued on next page

11. Continue stirring and cooking until the sauce reaches a low boil. Reduce the heat and simmer, stirring occasionally so the sauce keeps moving and doesn't burn. Cook for approximately 5 minutes until the sauce has thickened and coats the back of a spoon.
12. Turn off the heat. Add the cheese in handfuls stirring after each addition, making sure it has melted before adding more.
13. Stir in mustard powder, salt, pepper and Worcestershire sauce.
14. Add pasta to sauce pan and stir to evenly coat the pasta with the sauce. It's ok if the sauce is on the thinner side. It should be the consistency of a smooth gravy. It'll thicken while it bakes.
15. Pour the pasta into a 9-by-13 pan. Top with crumb mixture, but resist the urge to overdo it. Place the pan on a baking sheet.
16. Bake for approximately 20-25 minutes until bubbly. Remove immediately and serve.



“This mac ‘n cheese recipe has an amazing crunchy top and a cheesy, creamy bite. We serve it at almost every family holiday gathering and makes a great graduation party recipe!”

Lori Calabro Murphy '86 and Jim Murphy '86

Cheesy Baked Mac and Cheese

Ingredients

- 2 cups elbow macaroni, cooked and drained
- 2 tsp. salt
- ½ tsp. black pepper
- 1 cup American cheese
- 1 cup mild cheddar cheese
- 2 cups Monterey Jack cheese
- 4 cups sharp cheddar cheese
- 1 can evaporated milk
- 2 cups half and half
- 3 eggs

Instructions

1. Preheat oven to 350 degrees. Cook pasta and set aside.
2. In a large bowl, beat eggs until frothy. Add half and half, evaporated milk, and mix well.
3. Stir in salt and pepper.
4. Reserve 1 cup cheddar and ½ cup Monterey Jack. Add the rest of the cheese to the milk and egg mixture.
5. Stir in pasta. Spray a 9-x-13 dish and pour the macaroni into the pan.
6. Sprinkle the reserved cheese over the top. Bake at 350 degrees for 40 minutes.



“Our son, a senior at Miami, loves homemade mac and cheese. As a family, we’ve tried many recipes to get the perfect mac and cheese, and this is the one we settled on. Our daughter, who was recently accepted to Miami, loves it, too. Enjoy!”

Michelle Struble Bailey '96 and David Bailey '96

Boar Ragu with Pasta

Ingredients

- 1 lb. of wild boar meat (you can also use pork)
- 14 ounces of pappardelle pasta for Marinade
- 1 onion peeled and cut in half
- 1 carrot cut into large pieces
- 1 celery stalk cut into large pieces
- 2 cloves of garlic peeled
- 1 sprig rosemary
- 5 cups of great red wine
- ground black pepper

For the sauce:

- 1 lb. tomato (tomatoes San Marzano are best)
- 1 onion peeled and finely chopped
- 1 carrot and finely chopped
- 1 celery stalk finely chopped
- 2 garlic cloves peeled
- 3-4 tbsp. extra virgin olive oil
- 1 glass red wine to add later and while you're at it, have a glass right now
- salt for pasta to taste
- black pepper to taste

Instructions

1. Wash the boar meat, cut it into chunks and put it in a large bowl.
2. Add the onion (peeled and cut in half), the carrot, and the celery in large pieces, the 2 peeled cloves of garlic, the rosemary and some black pepper. Cover with red wine and mix.
3. Cover the container with plastic wrap or a lid and allow to stand in the fridge for 12-24 hours (the longer the better).
4. Once the necessary time has passed, drain the meat and eliminate the vegetables and herbs (if any). You can cut the meat into smaller pieces if preferred.
5. To make the Ragu, heat the extra virgin olive oil in a large frying pan or skillet and fry the garlic, carrot, celery and onion slightly.
6. Add the boar meat and brown it on all sides.
7. Add the red wine and let the alcohol evaporate. Lower the flame and cook for about 10 minutes. Add the tomato pulp/peeled tomatoes and a pinch of salt and pepper, and cook with the heat reduced to a minimum for about 1½-2 hours (depending on the size of the pieces of wild boar).
8. Stir occasionally and add some beef stock or water if the sauce seems dry. While the Ragu is cooking put a pot of water on to boil for the pasta. Add salt once it starts to boil and bring to the boil again. When you are ready to serve, cook the pasta al dente according to the instructions on the packet.
9. Once ready, save a cup of the cooking water and drain the pasta.
10. Add the pasta to the Ragu and mix together carefully. You don't want to break the pasta ribbons. Serve immediately. Add grated Parmesan cheese, if desired, and enjoy!

Rebecca Gaier '97 and Scott Gaier '97



Spaghetti Carbonara

Ingredients

- ½ lb. side meat or thick cut bacon cut into ¼-inch pieces
- ½ lb. diced ham
- 3 eggs
- ½ cup grated Parmesan cheese
- ½ cup ricotta cheese
- ½ cup whole milk
- 1 lb. cooked spaghetti

Instructions

1. Fry the side meat/bacon until almost crisp. (A large wok is a good thing to use.)
2. Add the diced ham and fry until both are browned. Do not drain. (I know, it isn't healthy)
3. Combine the eggs, cheeses, and milk in a bowl.
4. Add the cooked spaghetti to the meats and toss, coating the spaghetti with the oil. Add the egg mixture and turn/stir until the eggs are cooked.
5. Peas and/or mushrooms can be added to this recipe before adding the spaghetti to the meats.



“I cooked this out at Mr. (Richard) Delp’s place (out by the entrance to Hueston Woods) the first time I ever cooked for Linda when we first started dating. I served Orvieto Classico with it, a wine we learned about in Geography of Wines with Mr. (John) Dome.”

Linda Swan ’82 and Tom Swan ’82

Beef/Lamb/Chicken Sauté (or Deer)

Ingredients

- 2 lbs. meat of your choice
- 2 or 3 medium-sized onions
- 1 green or red bell pepper (or Shishido or cubanelle peppers)
- 4 garlic cloves (diced or minced)
- 4 or 5 medium tomatoes
- 1 tbsp. oregano, some paprika, little bit of cumin, black pepper and salt.



Mary Sasmaz '98 and Cumhur Sasmaz '96

Instructions

1. Cut up meat to about ½-inch cubes. Sometimes, it is easier to cut up when slightly frozen.
2. Put meat in a skillet and cover it on low heat until meat releases its juices. You can drip a few drips of oil, if meat is very lean, about 5-7 minutes.
3. Dice onions into small tiny pieces and add to skillet after meat releases its juices. Keep covered on low heat and stir.
4. After onion releases its juices, add in garlic and cut up bell pepper (tiny pieces), stir, and, keep covered on low heat. Cook on low heat for 5 minutes.
5. Peel the tomatoes. (Kind of annoying, but they have to be peeled). Then, cut tomatoes up small and add to skillet with their tomato juices.
6. Stir and cover. Add oregano, paprika, cumin, black pepper and salt to your liking. Stir. Keep cooking, covered, for about 10-15 min on low heat.
7. Then test it, and enjoy.

Cincy Chili of Course!

Ingredients

- 4 cups water
- 2 8-ounce cans tomato sauce
- 5 ounce can tomato paste
- 2 cups chopped onion
- 1 cup chopped celery
- 2 tbsp. chili powder
- 2 tbsp. lemon juice
- 1 tbsp. sugar
- 2 bay leaves
- 4 cloves garlic minced
- 2 tbsp. ground cinnamon
- 1 tbsp. salt
- 1 tbsp. pepper
- 1 tbsp. ground cumin
- ½ tbsp. ground all spice
- ¼ tbsp. ground cloves
- 1 lb. ground beef
- 1 lb. ground pork
- 1 lb. thin spaghetti
- 3-way with cheese
- 4-way with onions
- 5-way with kidney beans
- plus, oyster crackers

Instructions

1. Make the chili and smell the goodness.
2. Pour over noodles and add the toppings you like with a little hot sauce.



“I ate Skyline and Gold Star chili so much in Ohio that I had to bring it west to Colorado!”

Beth Neff '90 and Mitch Neff '90

Chicken and Dried Beef with Bacon

Ingredients

- 1 jar dried beef (Hormel)
- 1½ lbs. boneless and skinless chicken breasts
- ½ lb. partially cooked bacon
- 1 can cream of mushroom soup
- 1 cup sour cream

Instructions

1. Heat oven to 350 degrees.
2. Line baking dish with dried beef. Place chicken on top – sliced in chunks or strips. Cover with strips of partially cooked bacon.
3. Bake uncovered 45 minutes.
4. Drain off grease.
5. Combine soup and sour cream and pour over chicken. Cover and bake for another 45 minutes.



Robin Thomas '85 and Christopher Thomas '84

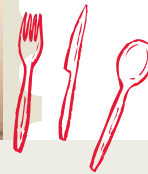
Sauerkraut Balls

Ingredients

- ½ lb. ham
- ½ lb. ground pork
- ½ lb. corned beef
- 1 medium onion
- 3 sprigs parsley
- 2 cups milk
- 1 tsp. dry mustard
- 1 tsp. salt
- 2 cups all-purpose flour
- 2 lbs. sauerkraut
- 14-ounce can breadcrumbs
- frying oil

Instructions

1. Put meats, onion, and parsley through meat chopper or food processor.
2. Fry in large pan until brown.
3. Add milk, mustard, salt, and flour.
4. Cook until fluffy then cool.
5. When cool, add sauerkraut.
6. Put entire mixture through meat chopper or food processor.
7. Mix thoroughly.
8. Roll into balls about the size of a walnut.
9. Roll in flour, dip in egg mixed with a little water and roll in breadcrumbs.
10. Deep fry in hot oil.
11. Serve hot.



“This is my husband’s family’s New Year’s tradition that we have carried on. It takes at least half a day, but we argue over leftovers for a week, now more plentiful that our two girls are in college.”

Stacey Beck '93 and Colby Beck '93

Midwest Paella

Ingredients

- 1 lb. bulk Italian sausage
- 1 lb. ground chicken
- 1 large onion cut into half
- 3 peppers (red/yellow/orange, or your choice) cut into half
- optional: 1 cup frozen peas
- 1 14-ounce can diced tomatoes
- 1 cup rice
- 1 cup water
- 1 tsp. salt
- 1 pinch red pepper

Instructions

1. In a Dutch oven or stock pot, cook sausage over medium high heat until not pink, breaking it up with a spatula.
2. Lightly salt chicken and add to pot. Cook 3-4 minutes more until chicken loses its raw color.
3. Add all other ingredients except the peas.
4. Stir, bring to boil, reduce heat to medium-low and cover.
5. Cook 25 minutes, stirring every 5 minutes or so. Adjust heat as needed.
6. Add peas (if desired) and cook 3-5 minutes more.
7. When rice is tender, dish is ready.



“Given to Mary Helen at her bridal shower by a family friend, and has been a great go-to meal for us over the years.”

Mary Helen Arthur MTSC '98 and Ted Arthur '92

Sardinian Mixed Grill

Ingredients

- ½ cup olive oil
- 2 garlic cloves, minced
- 1 tsp. sage
- ½ tsp. thyme
- 2 tbsp. lemon juice
- salt and pepper
- 2 boneless chicken breasts, cut into pieces
- 8 large shrimp
- ½ lb. sausage, cut 1 inch thick

Instructions

1. Mix olive oil, garlic, sage, thyme and lemon juice plus 1 tsp. salt and ½ tsp. of pepper.
2. Add shrimp and chicken and marinate 15 minutes.
3. Put sausage in skillet, add enough water to come halfway up sides of pieces.
4. Bring to a boil, simmer 5 minutes and drain.
5. Skewer meats and shrimp.
6. Grill about 10 minutes, basting with marinade.

“We like to skewer the shrimp separately, so as not to overcook it.”

Terri Glauser '80 and Rod Glauser '82



Ramen Recipe from Half Baked Harvest

Ingredients

- 2 tbsp. butter
- 4 cloves garlic, finely chopped
- 1 tbsp. fresh chopped ginger
- 2-3 tsp. chili oil, plus more for serving
- 6 cups low sodium chicken or vegetable broth
- ½ cup coconut milk
- ¼ cup low sodium soy sauce
- 3 cups chopped baby bok choy or spinach
- ¼ cup white miso paste
- 3 squares ramen noodles
- 3-4 eggs
- green onions, for serving

Instructions

1. Melt together the butter, garlic and ginger in a large pot over medium heat. Cook, until fragrant, about 2 minutes.
2. Add the chili oil and cook another minute.
3. Pour in the broth, milk, and soy sauce, stir in the bok choy and miso, and bring everything to a boil.
4. Add the ramen, and let cook until just soft, about 1-2 minutes.
5. Crack the egg(s) into small bowl (I wouldn't cook more than two eggs at a time.)
6. Pour the egg over the noodles, but do not stir.
7. Cook 30 seconds, then cover the pot and remove from the heat.
8. Let the eggs poach 2-3 minutes, until the yolk is your desired consistency.
9. Ladle the soup and noodles into bowls, and top with an egg.
10. Spoon over some chili oil and top with green onions.
11. Serve immediately.

Chili garlic sesame oil

12. Heat a large skillet over medium heat. Add ½ cup peanut or sesame oil and 1 head finely chopped garlic.
13. Cook, stirring often until the garlic is fragrant and becoming golden/toasted, 8-10 minutes.
14. Stir in the 3-5 tbsp. chili flakes (or more) and 3 tbsp. sesame seeds. Cook 30 seconds to 1 minute more.
15. Remove from the heat and very carefully transfer the oil to a heat proof bowl or glass jar.



“Who doesn't love a good Ramen recipe! A heartwarming and delicious dish that the whole family will enjoy!”

Katie Hall '02 and Brian Hall '02



Pork



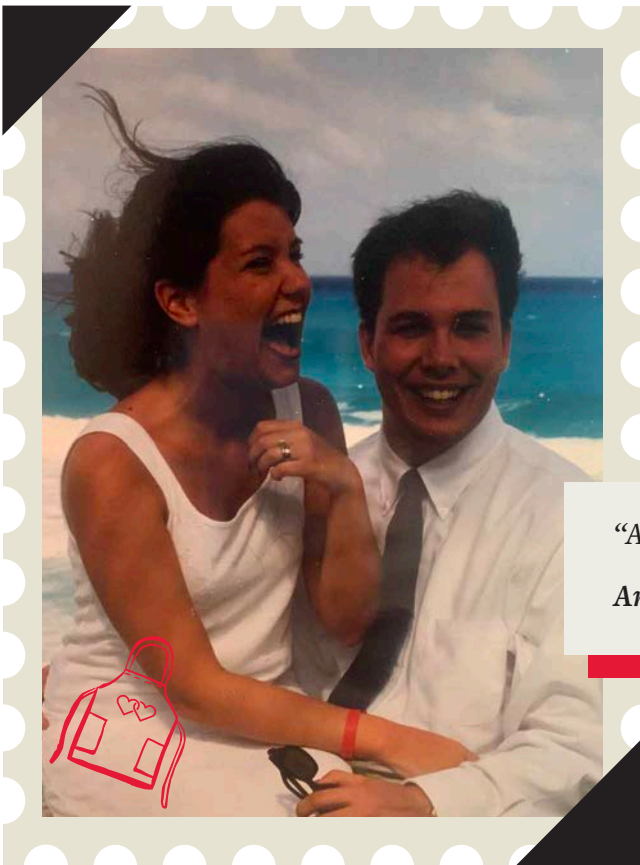
Italian Sausage Tortellini

Ingredients

- 1 tbsp. olive oil
- 1 cup diced onion
- ½-1 lb. mild or sweet Italian sausage
- 2 cloves of minced garlic
- ¾ cup chicken broth
- 14½-ounce can of petite diced tomatoes
- ½ cup fat free half and half
- 24-ounce jar of spaghetti sauce (I use Prego traditional)
- 15-ounce package of refrigerated cheese tortellini
- 1 tsp. salt
- ½ tsp. pepper
- 1 cup of baby spinach, chopped

Instructions

1. Heat oil in a large, deep skillet on medium heat. When oil is hot, add onions.
2. Cut ½ to 1 pound of sausage (I prefer a full pound, but my people prefer less) into small pieces (½-inch squares) and add to pan.
3. Increase heat to medium-high and stir until sausage is browned, breaking into smaller pieces as desired.
4. Reduce heat to low and then add garlic and stir until fragrant (about 30 seconds).
5. Add broth, tomatoes, half and half, spaghetti sauce and tortellini to the skillet.
6. Stir to combine, increase heat and bring to a boil.
7. Cover and reduce heat to a simmer for 15 minutes or until tortellini are tender, stirring occasionally.
8. Add salt, pepper and spinach and stir until spinach is wilted.
9. Remove from heat and serve.
10. Top with parmesan cheese if desired.



“Adapted from www.kevindandamanda.com.”

Amy Ireton Konrad '96 and Craig Konrad '96

Bacon Feta Pasta

Ingredients

- 12 ounces spaghetti, cooked and drained
- 8 slices bacon
- 1 onion, diced
- 2 tsp. minced garlic
- 29 ounces diced tomatoes with garlic/olive oil
- 6 ounces crumbled feta
- 1½ tsp. Italian seasoning
- 1 tsp. basil

Instructions

1. Sauté bacon with onion and garlic until bacon is cooked, approximately 10 minutes.
2. Drain and add tomatoes, feta and seasonings and simmer 4-5 minutes until heated through.
3. Stir in cooked pasta and serve.



“I had some random ingredients I wanted to use up and this recipe was the result. Now, it’s one of our favorite quick meals.”

Julie Paul '93 and Brad Paul '88

Italian Pasta Skillet

Ingredients

- 1 lb. Italian turkey sausage
- 1 can 14½-ounces Hunts diced tomatoes with
- basil, garlic and oregano, undrained
- 1 can 8-ounces Hunt’s tomato sauce – no salt added
- 1¼ cups hot water
- 8 ounces dry multigrain farfalle pasta
- 1 pkg. 6-8-ounces baby spinach leaves
- ½ cup shredded mozzarella cheese

Instructions

1. Spray large skillet with cooking spray. Heat over medium heat.
2. Add sausage and cook until crumbly and no longer pink. Drain.
3. Stir in undrained tomatoes, tomato sauce, water and pasta. Bring to a boil.
4. Reduce heat. Cover and simmer 15 minutes or until pasta is tender, stirring occasionally.
5. Add spinach. Cook and stir until spinach wilts.
6. Sprinkle with cheese and enjoy!



Kathy Greiner '82 and John Greiner '80

Farfalle Football Feast

Ingredients

- 12 ounces sweet or hot sausage
- ½ cup boiling water
- 1 box (16 ounces) Farfalle pasta
- 6 tbsp. olive oil
- ½ cup coarsely chopped onion
- 2 tbsp. coarsely chopped Italian parsley
- 1 garlic clove, finely chopped
- Freshly ground black pepper
- ¼ tsp. crushed red pepper flakes
- 6 sun-dried tomatoes sliced into ¼ inch strips

Instructions

1. Remove casings from sausage, brown in non-stick skillet, and transfer to plate.
2. Add oil and onions to skillet. Cook until golden brown, about 5 minutes.
3. Add sausage, garlic, crushed red pepper, and ground black pepper.
4. Place tomatoes in bowl and cover with ½ cup boiling water.
5. Prepare farfalle pasta as directed, and drain.
6. Add rehydrated tomatoes to sausage mixture and mix in cooked pasta.
7. Garnish with parsley.



“I add more onions, garlic and sun-dried tomatoes to make a generous and rich dish.”

Nancy Clark '79 and Dwight Clark '79



Zucchini Spaghetti

Ingredients

- 1½ lb. mild Italian sausage, cut in small pieces
- 1½ lb. sliced zucchini
- 1 jar 4-ounces pimiento, drained and chopped
- 4 ounces fresh mushrooms, cleaned and sliced
- ½ cup butter
- ¼ lb. onions, chopped
- 1 cup sherry
- 1 lb. spaghetti
- 3 chicken bouillon cubes
- paprika

Instructions

1. Brown sausage and mushrooms in butter in Dutch oven. Add sherry, bouillon cubes, zucchini, pimiento, and onions.
2. Cook covered until zucchini and sausage are done (about 30 minutes).
3. Cook spaghetti in a separate pot, draining and rinsing it before serving.
4. Cover with zucchini sauce. Sprinkle with a little paprika for added color.

“This is a great, quick, and colorful summer company meal. The combination of the Italian sausage and sherry with the seasonings and vegetables gives an entirely different taste than a tomato-based spaghetti recipe! People always ask for the recipe! Gail Zimmerman gave us this old family recipe. We met Gail and her husband met while in graduate school at Miami almost 50 years ago. We have been making Zucchini Spaghetti ever since. Now this is an old family recipe for our family, too. Whenever we have it, we think of our time with the Zimmermans back in Oxford!”

**Peggy Kovacic '72 and
David Kovacic '72, M.S. '75**



Sausage Pasta

Ingredients

- ¾ lb. fresh mushrooms
- 2 medium-sized onions
- 1 lb. hot Italian sausage (5 links)
- salt
- 6 tbsp. butter
- 2 tbsp. vegetable oil
- 1 cup heavy cream
- freshly ground black pepper
- 1 lb. fettuccine
- ½ cup freshly grated Parmesan cheese



“We prefer it with spicy Italian sausage but will sometimes swap for sweet if kids are eating it.”

*Tiffany Ringenbach '09 and
Thomas Ringenbach '08*

Instructions

1. Wash and slice mushrooms and mince onions. Remove sausage meat from casing and chop it into slices.
2. Put salted water on to boil in large pot.
3. In skillet, melt 2 tbsp. of butter with oil. Add sausage meat and onions, and sauté over medium heat, stirring often and breaking up pieces of sausage, about 5 minutes, until onions are translucent and sausage has lost its raw red color.
4. Turn heat to medium-high. Add mushrooms and continue sautéing, stirring often, another 5 minutes.
5. Meanwhile, melt the remaining 4 tbsp. of butter in ½ cup of cream. When cream is just at simmer, turn off heat and set aside until ready to use.
6. After mushrooms have sautéed in sauce 5 minutes, lower heat, add ¼ tsp. salt, 6 or 8 generous grinds of pepper, and remaining ½ cup of cream.
7. Cook gently, uncovered, until liquid thickens somewhat – about 5 minutes. Set aside, covered, until ready to use.
8. Cook pasta in boiling salted water until just al dente.
9. Drain and turn into warm serving bowl. Toss with butter-cream mixture, then sauce, then cheese. Add additional cheese and pepper as wanted.

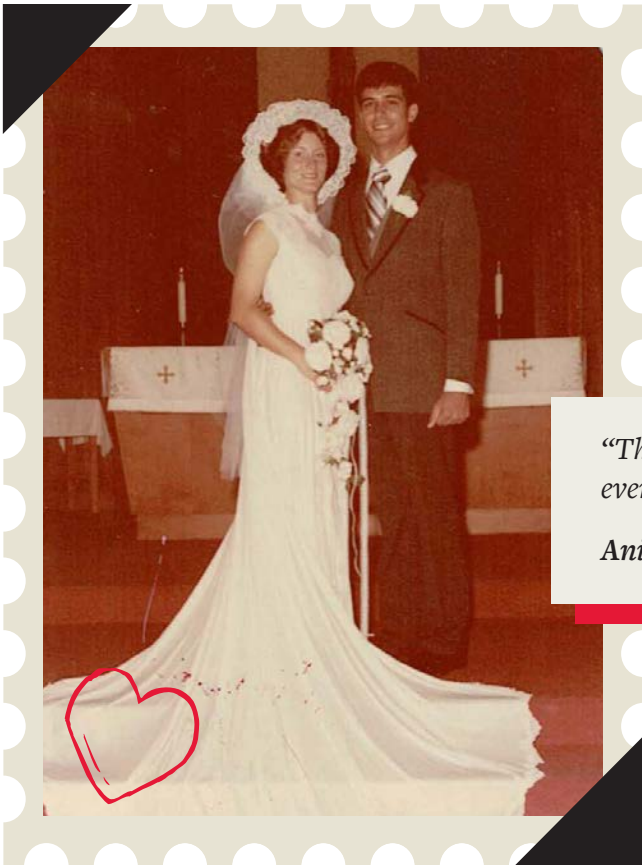
Deutschland Chops

Ingredients

- 4-6 pork chops
- 32 ounces sauerkraut
- $\frac{3}{4}$ cup Spatlese or Auslese wine
- $\frac{1}{4}$ cup brown sugar
- 1 tbsp. caraway seeds
- $\frac{1}{2}$ tsp. cinnamon
- black pepper, minced onion, minced garlic – as desired

Instructions

1. Brown pork chops in frying pan (sprinkle black pepper, minced onion, minced garlic as desired).
2. Mix other ingredients together in a bowl.
3. Place thin layer of mixed ingredients on bottom of crock pot.
4. Alternate layers of chops and other ingredients in crock pot, reserving a layer of mixed ingredients for top layer.
5. Cook contents of crock pot on low until chops are tender (cooking time varies depending on thickness of chops).



“This is our New Year’s Day main dish every year.”

Anita Springer ’81 and Tim Springer ’81

Pork Tenderloin with Fennel and Dutch Jenever Sauce

Ingredients

- 1.2 lb. pork tenderloin
- 1 orange, zested
- 1 tsp. fennel seeds
- 1 tsp. dried thyme
- 1 tbsp. butter
- 1 fennel bulb/anise
- ¼ cup jenever or gin
- 3-4 juniper berries or rosemary
- ½ cup chicken/vegetable stock
- ½ cup cream
- few twigs fresh thyme, for garnish (or use fennel fronts from fennel bulb)



Colleen Reynolds '17 and Spencer Reynolds '17

Instructions

1. Marinate the meat: Zest 1 orange. Crush the fennel seeds. Use half the zest and mix it with the fennel seeds, thyme, salt and pepper and mix with 1 tbsp olive oil. Rub onto 1 pork tenderloin. Let marinate from an hour, outside the fridge, loosely covered.
2. Brown the meat: Heat 1 tbsp. butter with 2 tbsp. of oil until hot, and brown the meat on all sides. Remove from the pan.
3. Add the fennel: Half the fennel bulb, remove the core and thinly slice the halves. Save the fronts (leafy tops) for garnish. Add to the pan and sauté for a few minutes. Add the meat back to the pan, and continue to cook until the core reaches 140 degrees. Then remove from the pan, keeping the meat loosely covered.
4. Bean version: Sauté the fennel, add the beans and ingredients from the marinade. Let simmer for a while.
5. Make the sauce: Deglaze the pan with the jenever (gin), and add crushed juniper berries (or rosemary). Let reduce until thickened. Add ½ cup of chicken stock and let reduce again until half of the liquid is left. Add the cream and reduce again until the sauce is thickened.
6. Season with salt, pepper, remaining orange zest, and maybe some orange juice or extra jenever? Or a drop of lemon juice (especially for a vegan version).
7. Serve the meat sliced diagonally, against the grain. Stir the meat juices into the sauce and bring it back to a boil quickly. Then serve over the meat.
8. Garnish with fennel fronts or fresh thyme.

Szechuan-Style Pork

Ingredients

- 1 cup rice
- 4 boneless pork chops
- 1 tbsp. sesame oil
- 1 tbsp. vegetable oil
- 2 cups green beans
- 2 scallions
- 1 tsp. grated ginger
- 3 cloves garlic
- ¼ cup soy sauce
- 2 tsp. sambal oelek
- 2 tbsp. ketchup
- ½ tbsp. dark brown sugar
- 2 tbsp. rice wine vinegar

Instructions

1. Prepare rice according to directions on package.
2. Chop green beans. Mince garlic and grate ginger. Slice scallions and save some of the green parts for garnish. Set these ingredients aside.
3. Prepare the sauce by mixing together the soy sauce, sambal, brown sugar, ketchup, and rice wine vinegar. Mix in a separate bowl and set aside.
4. Season the pork chops with salt and pepper. Heat vegetable oil in a medium pan over medium-high heat. When oil is shimmering, add pork and sear until browned and cooked through. Remove from pan to rest.
5. Add the green beans to the pan and sauté for 4-5 minutes. Add ginger, garlic, scallion whites, and light greens to the pan. Cook, stirring occasionally until slightly browned and fragrant, 2-3 minutes more.
6. Reduce heat to medium and add the sauce mixture and bring to a simmer. While the sauce is simmering, chop pork into bite-sized pieces, add them to the pan and mix to combine.
7. Serve dish over rice and garnish with scallions.



Lauren Lees '17 and Eitan Lees '15

Sausage Roll

Ingredients

- Pillsbury pizza dough
- 1 lb. sausage (brown and cool)
- 12 ounces shredded mozzarella
- ¼ cup Parmesan cheese
- 1 egg
- oregano
- salt
- pepper
- 1 tbsp. parsley

Instructions

1. Spread pizza dough on a sheet pan.
2. Mix all other ingredients and spread on dough.
3. Roll the filled dough into loaf.
4. Cover roll with egg yolk to help brown.
5. Cook 350 degrees for 35 minutes.



Ellen Bielewicz '73 and Paul Bielewicz '74

Oven-Baked Ribs

Ingredients

Ribs

- 2-2½ lbs. baby back pork ribs
- Salt and black pepper

Sweet and spicy barbecue sauce

- 1 tbsp. olive oil
- ¼ cup finely diced onion
- ½ tsp. ground cumin
- ½ cup ketchup, try our homemade ketchup recipe
- 1 tbsp. hot chili sauce (suggestion Sriracha)
- 2 tbsp. light brown sugar
- 1 tbsp. apple cider vinegar
- salt and ground pepper, to taste

Instructions

1. Remove the membrane (remember, this ensures fall off the bone ribs).
2. Generously season both sides with salt and pepper. This is also a great opportunity for adding more flavor with your favorite spice rub.
3. Cover the ribs with aluminum foil.
4. Bake the ribs at a low temperature, 275 degrees, for 2½-4 hours or until they are tender.
5. Slather the baked ribs with barbecue sauce, and then broil (or grill) the ribs for a few minutes until the sauce is caramelized.



Emily Streb '14 and Andy Streb '13

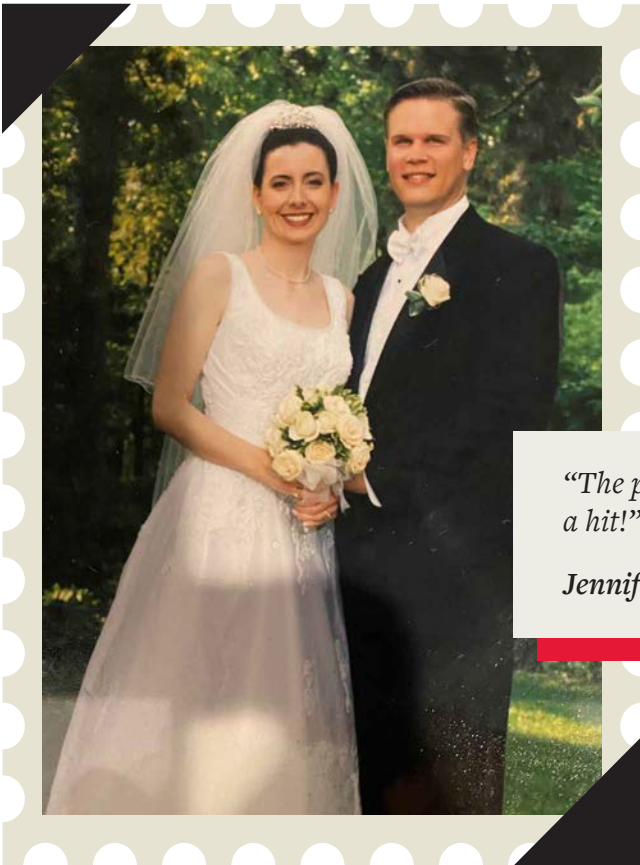
Grilled Pork Chops with Basil-Garlic Rub

Ingredients

- 4 bone-in ribeye pork chops
- 2 cloves garlic
- 1 cup fresh basil
- 2 tbsp. fresh lemon juice
- 2 tbsp. extra virgin olive oil
- 1 tsp. coarse salt
- ½ tsp. freshly ground black pepper

Instructions

1. With the food processor running, drop garlic through the processor to mince. Stop, add fresh basil, and process until chopped. Add lemon juice, oil, salt, and pepper and process to make a thin rub. Spread the basil mixture on both sides of the pork chops. Let stand 15-30 minutes.
2. Prepare a medium-hot fire in the grill. Brush the grate clean and oil the grate. Grill the pork chops, over direct heat, turning once, to medium-rare doneness, 5-6 minutes per side, or until the internal temperature reaches 145 degrees, followed by a 3-minute rest time.



“The perfect summer grilling recipe – always a hit!”

Jennifer Lieb Riley '97 and David Riley '96

Pork Schnitzel

Ingredients

- 8 thin, boneless pork chops
- Italian bread crumbs
- 4 eggs
- 2 cups flour
- salt
- canola oil
- lemon



"I serve this with mashed potatoes and green beans as side dishes. Yum!"

*Jennifer Resch Hofmann '93 and
Rich Hofmann '92*

Instructions

1. Cover pork in plastic wrap and pound on a cutting board until it is very thin.
2. Use three bowls and in one, put flour. In the second, put the eggs. In the third, put the bread crumbs.
3. Heat oil in a skillet.
4. Dip meat in flour, then eggs, then bread crumbs.
5. Fry each side for 4 minutes. Serve with a lemon wedge.

Ham Fettuccine

Ingredients

- 12 ounces fettuccine uncooked
- ¼ cup onion chopped
- 1 tsp. garlic minced
- 3 tablespoons butter
- 3 cups fully cooked ham cubed
- ½ lb. mushroom sliced fresh
- 1¼ tsp. dried oregano
- 1¼ tsp. dried basil
- 1¼ tsp. dried parsley flakes
- ½ tsp. red pepper flakes crushed
- 1 cup meatless spaghetti sauce
- ¾ cup heavy whipping cream

Instructions

1. Cook fettuccine according to package directions. Meanwhile, in a large skillet, sauté onion and garlic in butter until tender. Add the ham, mushrooms if desired, oregano, basil, parsley and pepper flakes.
2. Cook and stir for 4-5 minutes or until mushrooms are tender.
3. Stir in the spaghetti sauce. Bring to a boil; cook for 2 minutes. Remove from heat; stir in cream. Drain fettuccine; toss with ham mixture.

Mason Hood '15 and Kelsey Hood '17



Ham and Cheese Slider

Ingredients

- 12-count pack of Hawaiian sweet rolls, sliced in half
- ¾ lb. cooked deli ham, thinly sliced
- ¾ lb. Swiss cheese, thinly sliced
- ½ cup unsalted butter, melted
- 1 tbsp. Dijon mustard
- 1 tbsp. poppyseeds
- 2 tsp. dried minced onion
- 2 tsp. Worcestershire sauce
- ¼ tsp. salt
- ¼ tsp. pepper

Instructions

1. Preheat oven to 350 degrees.
2. Line a 9-by-9 or a 9-by-13 pan with aluminum foil. Spray with cooking spray and set aside.
3. Slice rolls in half so you have a slab of tops and a slab of bottoms (don't pull the rolls apart and slice individually). Place the bottom slab of rolls in prepared pan.
4. Evenly layer about half of the ham over the rolls.
5. Evenly layer of the cheese.
6. Evenly layer remaining ham.
7. Add the top slab of rolls and set aside.
8. In a medium microwave-safe bowl, add the butter and heat on high power to melt.
9. Add the mustard, poppyseeds, onion, Worcestershire sauce, salt and pepper, and whisk to combine.
10. Evenly and slowly pour the butter mixture over the rolls.
11. Cover with aluminum foil and allow rolls to stand at room temperature for 5-10 minutes.
12. Bake covered for about 20 minutes or until the cheese has melted.
13. Uncover and cook for about 3-5 minutes or until as done as desired. Slice and serve!



“This is a treat Amber and I have served and shared with friends and family for many years including at our combined bachelorette party. This is our go-to for a game night at home together, or for Super Bowl parties with the whole gang. They are addicting and there are sure to be none left by the end of the night.”

*Kylie McChesney '15 and
Amber Logemann McChesney '16*

Grill Sausage and Fennel Pizza

Ingredients

- 1 ball pizza dough (about 10 ounces)
- ½ cup tomato sauce
- 2 tbsp. olive oil
- ¼ cup thinly sliced red onion
- ¼ cup thinly sliced fennel bulb
- 6 ounces bulk sweet Italian sausage
- 4 ounces ricotta cheese
- 2 tbsp. grated Parmesan cheese

Instructions

1. Preheat the grill on high.
2. Stretch the dough into a 12-13-inch diameter round pan.
3. Sprinkle more flour on a wooden pizza paddle or on the back of a baking pan large enough to hold the dough round. Set the dough on the flour.
4. Brush the top of the dough with olive oil.
5. Slide the pizza onto the hot grill and cook until grill marks appear and the dough is set, about 2 minutes. Carefully flip the dough over. Brush the top with the olive oil, and cook until the dough is firm but not completely cooked and grill marks appear, another 3-4 minutes.
6. Slip the pizza paddle under the crust and remove from the grill. Set a large cast-iron griddle above the fire or coals on the grill to heat, or have a pizza pan in the oven and preheat to 500 degrees.
7. To build the pizza, spread the tomato sauce over the partially cooked crust, then distribute the onion and fennel over the sauce. Add the Italian sausage in chunks, then drop the ricotta in six to eight large spoonfuls around the pizza. Sprinkle with the Parmesan. Slip the pizza off the paddle onto the griddle on the grill or onto the pizza pan in the oven. Bake until bubbly and the sausage is cooked through and browned, 15-20 minutes.
8. Remove from the heat and set the pizza on a cutting board to serve.



“We celebrated our first Valentine’s Day with a heart-shaped pizza from SDS. This pizza has fancier toppings, but can still be shaped like a heart. Recipe adapted from Runners World. (Picture taken in Formal Gardens.)”

Marianne Jones ’91 and Kevin Jones ’91

Pork Chops Parmesan

Ingredients

- 4 1-inch thick pork chops
- 2 large potatoes, thinly sliced
- 1 can Campbell's French onion soup
- 1 cup Parmesan cheese
- optional: Can also add some small carrots, sliced



"This is a delicious, one-dish recipe that has been a favorite to share on several occasions. Always a hit. Enjoy!"

Michelle Hatfield '80 and David Hatfield '79

Instructions

1. Brown pork chops.
2. Add to baking dish.
3. Then add and layer other ingredients (potatoes, carrots, soup).
4. Top with cheese.
5. Bake covered for 2 hours at 350 degrees.

Roast Pork Tenderloin with Balsamic

Ingredients

- 2 lb. pork tenderloin
- 1 pkg. with 2 tenderloins
- 2 tbsp. balsamic vinegar
- 2-3 tbsp. good olive oil
- 4-5 cloves garlic, smashed
- Montreal steak seasoning
- 1 tbsp. fresh rosemary leaves, finely chopped
- 1 tbsp. fresh thyme leaves, finely chopped



"This is so quick, easy and delicious. Easily serves four. Any leftover makes a great sandwich the next day. Double or triple for a large group."

Nancy O'Neil Gallavin '68 and Peter Gallavin '67

Instructions

1. Preheat oven to 500 degrees.
2. Remove any silver skin from tenderloin with sharp knife.
3. Line rimmed cookie sheet with aluminum foil. Place tenderloin on pan.
4. Coat tenderloin with balsamic, rubbing it into meat. Coat meat with olive oil.
5. Cut slits into meat and insert pieces of garlic.
6. Combine steak seasoning, rosemary and thyme, and sprinkle tenderloin with blend.
7. Roast in hot 500 degrees for 20 minutes.

Ham Loaf

Ingredients

- 1 lb. ground ham
- 1 lb. ground lean pork
- 2 eggs
- 1 cup milk
- ½ tsp. salt
- ¼ tsp. pepper
- 1 cup cracker crumbs 28 saltines
- 3 pineapple slices
- 3 cherries

Sauce

- ¾ cup brown sugar
- 1 tsp. dry mustard
- ¼ cup vinegar
- ½ cup pineapple juice

Instructions

1. Pan 6-by-9-by-2½ close or larger. Glass is OK.
2. Cook 325 for 1 hour.
3. Mix sauce ingredients simmer.
4. Put ⅓ cup of sauce in bottom of pan, put pineapple in bottom with cherry in center.
5. Mix loaf ingredients and form into ball to place over pineapple, pack into pan. No lid.
6. When Ham loaf is done, pour juices from pan into sauce.
7. Now flip loaf onto serving plate.



“My mom’s recipe from Tennessee. With kids, they love sauce so I would double sauce recipe. Can with sliced pineapple has enough juice for almost double sauce. If pan will hold, I also used as many pineapple slices as I could. I love the pineapple. Enjoy!”

Pete McDonough '76 and Vicki McDonough '76

Your New Favorite Pork Chops

Ingredients

- 1 tbsp. vegetable oil
- 2-1½ thick bone-in pork rib chops, 8-10 ounces each, patted dry
- kosher salt, freshly ground pepper
- 1 tbsp. dried sage, or 8 fresh sprigs
- 2 garlic cloves, peeled and smashed
- 1 tbsp. unsalted butter

Instructions

1. 1-2 hours before cooking, dry brine chops by sprinkling both sides with salt and pepper. Let stand at room temperature 1-2 hours before cooking.
2. Heat oil in a large skillet, cast works great, over medium high heat. Cook pork chops until bottom side is golden brown, about 1 minute.
3. Turn and cook on other side about 1 minute before turning again. Repeat this process, turning every minute, until chops are deep golden brown and an instant read thermometer inserted into thickest part registers 135 degrees, 8-10 minutes (cooking time will depend on thickness of chops).
4. Remove pan from heat and add sage, garlic, and butter, smashing garlic into butter. Tilt skillet and spoon foaming butter and drippings over pork chops, making sure to baste the fat cap as well as the rib. Transfer pork chops to a cutting board and let rest 5 minutes, pork will come to 145 degrees as it sits.
5. Serve with any juices from the cutting board spooned over top.



“This recipe is delicious, simple, and mostly foolproof. It truly will become your new favorite pork chop!”

Sherry Pichler '81 and John Pichler '81



Sweet and Tangy Kielbasa Sausage

Ingredients

- 2 16-ounce. rings smoked kielbasa sausage
- ¼ cup Dijon mustard
- 2 cups dry white wine
- ¼ cup brandy
- ¼ cup firmly-packed brown sugar
- ¼ tsp. ground black pepper
- ½ cup chopped fresh parsley
- ¼ tsp. red pepper flakes
- 1 lb. cooked pasta
- 1 cup reserved pasta water
- optional: sauté mushrooms, red peppers

Instructions

1. Cut kielbasa in ½-inch slices. Place in a single layer in a large skillet and cook until browned, turning once.
2. Add wine to kielbasa and deglaze pan, scraping up any cooked bits with a wooden spoon. Bring to a boil and cook, uncovered, for 10-12 minutes or until wine is nearly evaporated and liquid appears glazed.
3. Combine brown sugar, mustard, brandy, black pepper, and red pepper flakes. Stir mixture into pan and cook for 1 minute.
4. Reserve one cup of pasta cooking water, reserve for sauce as needed.
5. Add cooked, drained pasta to the pan with the sausage mixture. Stir to combine, until pasta is coated with sauce. Add reserved pasta water as needed until the desired consistency.
6. Add parsley and any added sautéed vegetables, and toss to combine.



Stacey Reeder '91 and Herb Reeder '90

Chicken Sausage Orzo

Ingredients

- 2 garlic cloves
- 5 ounces spinach
- 1 lemon
- 8 ounces grape tomatoes
- 12 ounces Italian chicken sausage
- ¼ ounce parsley
- 1⅔ cup orzo pasta
- 1 tbsp. Italian seasoning
- 2 cups chicken stock concentrate
- ½ cup Mozzarella cheese
- ½ cup panko breadcrumbs
- ½ cup Parmesan cheese
- 2 tsp. olive oil
- salt
- pepper

Instructions

1. Wash and dry all produce. Preheat broiler to high. Mince garlic. Finely chop spinach until you have 1 cup very packed spinach.
2. Cut lemon in half and cut one half into wedges. Cut tomatoes in half.
3. Remove sausage from casings of 2 links (use the other as you like). Pick parsley leaves from stems and finely chop; discard stems.

Cook Sausage

4. Heat a drizzle of olive oil in a large, tall-sided pan over medium-high heat (use an ovenproof pan if you have one). Add sausage, breaking up meat into pieces. Cook until just browned, about 3 minutes.

Start Orzotto

5. Add tomatoes and garlic to pan with sausage. Cook, stirring occasionally, until tomatoes start to wilt, 2-3 minutes. Add ⅔ cup orzo and ½ tbsp. Italian seasoning (we sent more of both). Cook, stirring, until orzo is coated in juices, 1 minute. Season with salt and pepper.

Finish Orzotto

6. Add 2 cups water, stock concentrate, and a pinch of salt to same pan. Bring to a boil, then lower heat to medium. Let simmer, stirring occasionally, until orzo is almost al dente, 7-9 minutes. Stir in spinach and cook until wilted, about 3 minutes more. TIP: If mixture seems dry, add water ¼ cup at a time until loosened.

Continued on next page

Broil

7. Stir $\frac{1}{4}$ cup mozzarella (we sent more) and a squeeze of lemon into pan. Season with salt, pepper, and more lemon (to taste). (TIP: If your pan is not ovenproof, transfer mixture to a baking dish at this point.) Sprinkle panko and Parmesan over top of orzotto. Broil until panko is golden brown, 1-3 minutes.

Plate and Serve

8. Divide orzotto between plates. Sprinkle parsley over top. Serve with lemon wedges on the side for squeezing over.



“Family favorite and a staple each month in our home :).”

Ranelle Muraco '01 and Jason Muraco '01

Poultry



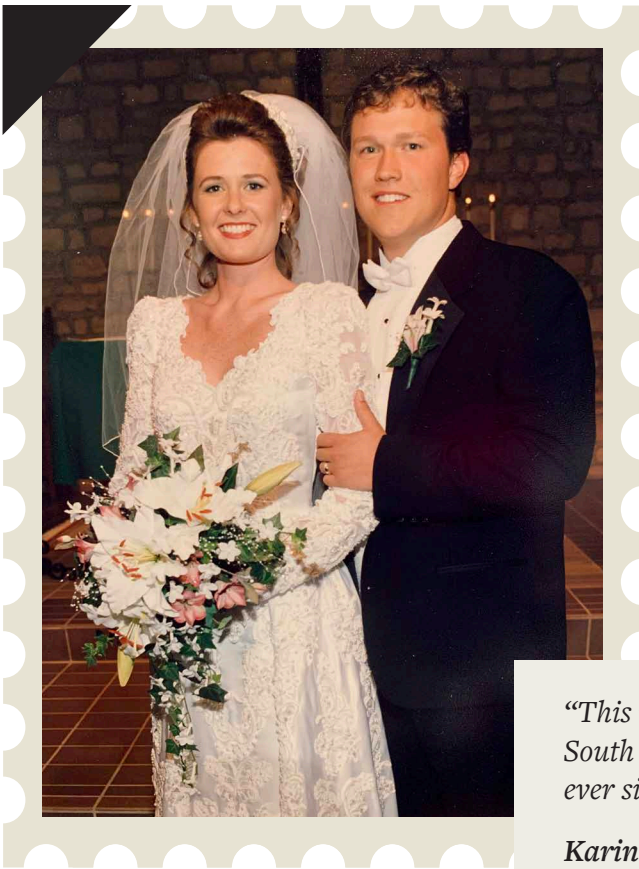
Chicken Tetrazzini

Ingredients

- 1 4½ lb. roaster chicken, cut up and rinsed clean
- 3 cups hot water
- 2 tsp. salt
- 1 tsp. onion salt
- ½ tsp. celery salt
- ½ lb. thin spaghetti
- 3 tbsp. butter
- 2 tbsp. flour
- ¼ tsp. paprika, plus more to sprinkle on top
- ¼ tsp. pepper
- 1 cup heavy cream

Instructions

1. In a deep pot, place chicken, water, salt, onion salt, and celery salt. Simmer, covered, until chicken is fork tender about 1 to 1¼ hours. As chicken cooks, add water as needed.
2. Remove the chicken onto a plate to cool and reserve the broth to strain. When cool enough to handle, remove meat from the bones in big pieces. Separate breasts into large bite size pieces.
3. Set aside 2½ cups of strained chicken broth. To the rest of the broth in the pot, add 3 quarts hot water and 2 tbsp. of salt and bring to a boil. Once boiling, slowly add spaghetti. Cook 6 minutes or until tender.
4. Drain the pasta and put pasta in a 13-by-9-inch baking dish.
5. In a saucepan, melt 3 tbsp. of butter. Remove pan from heat and stir in flour, ¼ tsp. paprika, ½ tsp. salt and ¼ tsp. pepper. Slowly stir in the 2½ cups of reserved broth. Cook sauce, stirring, until thickened. Add cream and stir till combined.
6. Add desired amount of chicken to the spaghetti and pour the sauce over all. Lightly mixed together. Sprinkle with paprika, if desired. Bake covered with loose foil at 350 degrees until heated through, about 25 minutes.



“This recipe was given to me by the cooks in South Quad in 1980. We have been making it ever since.”

Karin Neubarth Klekotka '96 and Benjamin Klekotka '96



Best Tetrizzini

Ingredients

Tetrizzini

- 4 chicken breasts, cooked and shredded
- 1 bag no yolks extra wide noodles – cooked and drained
- 1 lb. sliced mushrooms
- 2 tbsp. salt
- 4 tbsp. melted butter
- 4 tbsp. Parmesan cheese

White Sauce

- ½ cup butter
- ⅔ cup flour
- 1 pint half and half
- 1 pint whipping cream
- 1¼ cups chicken broth
- ¼ cup white wine

Instructions

1. Make the white sauce. Start with melted butter and flour to make roux, add creams and broth, stir until thickened, add the wine. Salt and pepper to taste.
2. Butter a 9-by-13 baking dish and add the noodles. Sprinkle with Parmesan cheese and distribute the 4 tbsp. butter (cut in pieces).
3. Salt and pepper to taste. Pour some sauce over (about 2 cups) then layer mushrooms, add sauce, layer chicken on top, cover with rest of sauce and ½ cup Parmesan cheese on top. Bake 350 degrees for 30-45 minutes.



“This is our special occasion go-to! Showers, Christenings, any time the family is gathering this is a crowd pleaser.”

*Nicole Willingham '86 and
Benjamin Willingham '84*

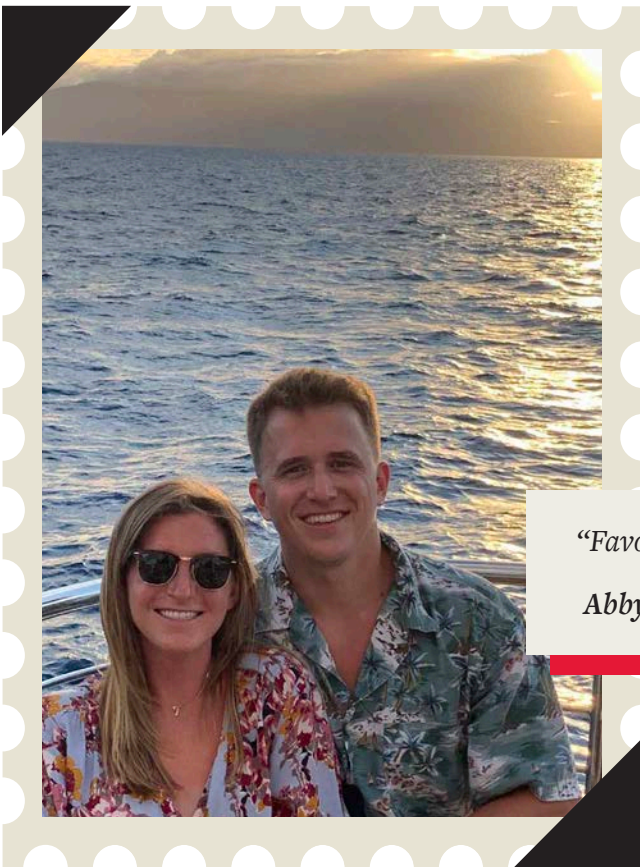
Chicken Tinga Tacos

Ingredients

- 2 tbsp. extra virgin olive oil
- 1½ lbs. boneless skinless chicken breast
- 1 medium onion, finely chopped
- Kosher salt and freshly ground pepper
- 1½ cups red enchilada sauce
- 2-4 chipotle peppers in adobo
- 1 avocado smashed
- 10 tortillas warmed up
- Salsa of choosing
- Feta cheese and cilantro as needed when served

Instructions

1. Heat olive oil in saucepan, medium heat.
2. Oil shimmers, add chicken, onion, and pinch of salt and pepper.
3. Cool, continue to stir until chicken is brown all over and onion is fragrant, 3-5 per side.
4. Stir in enchilada sauce and chipotle peppers. Cover and reduce heat to lower temp and cook for 15 minutes.
5. Remove from heat and shred chicken in saucepan with forks.
6. To serve, add avocado to tortillas. Add the chicken on top and pour on salsa, cheese, and cilantro.



“Favorite meal.”

Abby Datz '15 and James Datz '15



Turkey Lettuce Wraps

Ingredients

- Bibb lettuce
- ground turkey
- thumb-sized fresh ginger
- 1 jalapeño pepper
- 1 tbsp. garlic
- 1 shallot
- 3 tbsp. olive oil
- ½ cup soy sauce
- 1 tsp. sugar
- 2 tsp. duck sauce
- 2 tbsp. spicy Thai peanut sauce
- unsalted peanuts
- basmati rice

Instructions

1. Mince fresh ginger, shallot, garlic and jalapeño. Cook in pan with olive oil until soft. About 3-5 minutes.
2. Add ground turkey and sauté until ground turkey is fully cooked.
3. Add soy sauce, sugar and duck sauce to turkey meat. Cook until reduced about 3 minutes.
4. Add spicy Thai peanut sauce, reduce for 2 minutes or so.
5. Serve with Bibb lettuce, basmati rice and peanuts as topping.



*Aimee Cheesborough '10 and
Kent Cheesborough '09*

Salsa Verde Chicken

Ingredients

- 3 chicken breasts
- 1 tsp. dried oregano
- 1 jar of salsa verde

Serve with:

- rice – prepared
- fresh cilantro, chopped
- guacamole

Instructions

1. Place 3 chicken breasts in a greased crock pot. Sprinkle oregano over chicken and top with salsa verde.
2. Cook in the crock pot for 4 hours on low if the chicken breasts are thawed.
3. If they are frozen, cook for 4 hours on high.
4. Once the chicken is nice and tender, shred the chicken with forks.
5. Serve over rice and top with cilantro and guacamole if you like.

"This is a quick and easy family meal. Enjoy!"

Alicia Snyder '98 and Andrew Snyder '97



Chicken Muenster

Ingredients

- 1 lb. chicken breasts
- 2 eggs
- bread crumbs
- parsley
- garlic powder
- 1 can sliced mushrooms
- 2 cups chicken broth
- slices of Muenster cheese



Alicia Waldron '99 and Brian Waldron '01

Instructions

1. Pound chicken breasts thin and beat eggs.
2. Mix bread crumbs, parsley, garlic powder, salt and pepper.
3. Dip chicken breast in egg mixture and then row each breast in the bread crumb mixture.
4. Spray bottom of 13-by-9 pan with oil or butter.
5. Lay chicken breasts in pan, dump mushrooms over chicken and then place cheese on top of each breast.
6. Add chicken broth and bake at 350 degrees for 35 minutes or until chicken is done.

Crockpot Southwestern Chicken

Ingredients

- 2 15¼-ounce cans corn, drained
- 15-ounce can black beans, rinsed and drained
- 16-ounce jar chunky salsa, divided
- 6 boneless, skinless chicken breast halves
- 1 cup low-fat shredded cheddar cheese
- Optional: rice, sour cream, tortillas

Instructions

1. Combine corn, black beans, and ½ cup salsa in slow cooker.
2. Top with chicken. Pour remaining salsa over chicken.
3. Cover and cook on high 3-4 hours or low 7-8 hours.
4. Shred chicken and sprinkle entire mixture with cheese. Cover 5 minutes for cheese to melt.



“This is wonderful served over rice with a dollop of sour cream or in tortillas.”

Angela Craft '98 and Nathan Craft '97

4-Ingredient Hummus Chicken

Ingredients

- 4 boneless skinless chicken breasts
- 1 cup hummus any flavor, plus additional for dunking
- 1 tsp. smoked paprika
- ½ tsp. cumin
- fresh basil and/or parsley for garnish

If making homemade Hummus:

- 1 can 15½ ounces chickpeas, drained (reserve ¼ cup liquid from the can and add to blender)
- 1 can 15 ounces Great Northern beans, drained
- Liquid reserved from chickpeas
- 2 tbsp. lemon juice
- 2 tbsp. olive oil
- peeled garlic clove
- 1 tbsp. sesame seeds
- 1 tsp. salt

Instructions

1. Preheat your oven to 450 degrees. Spray a medium-sized baking dish with nonstick cooking spray, then place the chicken in the pan in a single layer.
2. In a small bowl, stir together the hummus, smoked paprika, and cumin. Coat the chicken with the hummus mixture, ensuring that each breast is well covered.
3. Bake for 20-30 minutes, until the chicken is cooked through (time will vary depending upon the size of the chicken. Mine were about 9 ounces each and cooked in 22 minutes).
4. Garnish with fresh basil and/or parsley as desired. Serve immediately with additional hummus for dipping.
5. I like to make homemade hummus because it's simple and tastes better. I use a Pampered Chef recipe. Add all above ingredients to blender and blend until smooth. *Recipe from Well Plated by Erin.*



“This is a simple, yummy, and pretty nutritious recipe that my family enjoys.”

Amy Diamond Cantor '92 and Michael Cantor '92

Breaded Ranch Chicken

Ingredients

- $\frac{3}{4}$ cup crushed cornflakes
- $\frac{3}{4}$ cup grated Parmesan cheese
- 1 envelope ranch salad dressing mix
- 8 boneless skinless chicken breasts
- $\frac{1}{2}$ cup butter or margarine, melted

Instructions

1. In a shallow bowl, combine cornflakes, Parmesan cheese and salad dressing mix.
2. Dip chicken in butter, then roll in mixture.
3. Place in a greased 13-by-9-by-2-inch baking dish.
4. Bake uncovered at 350 degrees for 45 minutes or until juices run clear.

“We met in the College Student Personnel graduate program and both worked for Residence Life. This was the first meal that Diana cooked for Jen and it’s always been a favorite.”

*Jennifer Conti Berry '00, M.S. '02 and
Diana Berry '02*



Honey Chipotle Chicken Street Tacos

Ingredients

- 1½ lbs. boneless and skinless chicken breasts sliced into strips
- non-stick cooking spray
- ¾ cup all-purpose flour
- ½ tsp. salt
- ½ tsp. black pepper
- ¼ tsp. cayenne pepper
- 2 eggs whisked
- ¾ cup panko bread crumbs
- ¼ cup plain bread crumbs
- ¼ cup unsalted butter melted
- ½ cup honey
- ¼ cup brown sugar
- 2 cloves of garlic pressed through a garlic press
- 3 tbsp. ketchup
- 3 chipotles in adobo sauce pureed in a food processor until smooth
- 2 tbsp. hot sauce
- 2 tbsp. apple cider vinegar
- ½ tsp. onion powder
- ½ cup water
- 1 tbsp. plus 1 tsp. cornstarch
- 1 cup cooked rice, cooked per manufacturer's instructions
- ¼ cup fresh cilantro plus extra for garnish
- 1 tbsp. fresh lime juice
- 1 tsp. lime zest
- optional: ranch dressing for drizzling
- 10-12 corn or flour tortillas, warm

Instructions

1. Preheat your oven to 450 degrees and spray a large baking sheet with a non-stick spray.
2. Set up your dredging station with three shallow bowls
3. In one bowl, whisk together the flour, salt, black pepper, and cayenne.
4. In another, add the eggs.
5. In the third bowl, combine the panko and plain bread crumbs.
6. Taking each chicken strip, dredge in the flour and then shake to get rid of any excess. Place in the egg and douse to coat. Let any excess drip off, then transfer the chicken strips to the bread crumb mixture. Evenly coat the chicken and press down so that it adheres.
7. Place the chicken strips on the prepared baking sheet and drizzle the melted butter on top. Bake at 450 degrees for 8-10 minutes on each side or until the chicken has cooked through and is crispy.

While the chicken is baking, prepare your sauce.

8. In a large, heavy-bottomed saucepan, combine the honey, brown sugar, garlic, ketchup, pureed chipotles, hot sauce, apple cider vinegar, onion powder, and a dash of salt and pepper. Bring to a boil, whisking throughout.
9. In a small bowl, whisk together the corn starch and water until the corn starch has dissolved. Add it to the saucepan, continuing to whisk until the sauce has thickened, about 3-4 minutes. Reduce the heat to low.

Continued on next page

10. Submerge each chicken strip in the sauce, and place on a plate to the side.
11. Prepare your rice by combining cooked rice, cilantro, lime juice, lime zest and a dash of salt and pepper.
12. Assemble your tacos by layering on rice, chicken, a drizzle of ranch dressing (optional) and a sprinkling of cilantro onto a warmed corn or flour tortilla."



Ashley Best '12 and Andrew Best '10



Chicken and Dumplings

Ingredients

- 2-3 lb. boneless, skinless chicken thighs or breasts
- 2 bay leaf
- 1 stick butter
- 1 very large yellow onion – chopped
- 4-5 carrots – chopped
- 4-5 stalks of celery – chopped
- 2 cloves garlic – minced
- 6 tbsp. all-purpose flour
- 1 cup heavy cream
- 4 cups chicken broth (varies)

Dumplings:

- 2 cups all-purpose flour
- 1 tbsp. baking powder
- ½ tbsp. salt
- 1⅓ cup heavy cream

Instructions

1. Put the chicken in a large pot with bay leaves and cover with water. Bring to a boil and cook until chicken is done 10-15 minutes. Cool and remove the chicken – set aside for later. Strain the broth through a wire mesh strainer and reserve the strained broth.
2. In large stock pot, melt the butter on medium heat. Add the onion, carrots, and celery and cook until tender – about 10 minutes – stirring occasionally. Add the garlic and stir until fragrant. Stir in the flour and then stir in the reserved broth. Add additional chicken broth as needed or preferred. Bring to a low simmer, add the heavy cream. Use an immersion blender to blend the entire pot into a rich, thick, creamy soup base. Add salt and pepper to taste.
3. While your broth is heating to boil in the soup pot, measure out the dry dumpling ingredients into a large mixing bowl and whisk to combine. Add the heavy cream and stir with wooden spoon until combined. Dough will be very thick and shaggy. Let the dough rest for a few minutes while you blend your soup base. Flour a large surface and drop your dumpling dough onto it. Roll out with rolling pin until about ¼-inch thick. Use a pizza cutter to cut strips about ½-inch wide across the entire dough. Then, make cross cuts with the pizza cutter so that your dough is cut into pieces roughly ½-inch wide by ¾-inch tall. Don't worry about perfection here.

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4. Once your soup base is pureed, add the cut dumplings to the lightly simmering soup base and stir. I recommend adding the dumplings a few at a time and stir between each one so they don't stick together – use a bench scraper to scoop up some pieces to add to the pot. Let the dumplings cook in the simmering soup for about 5 minutes or so. Meanwhile, shred the cooked chicken and add back to the pot and stir to heat through.
5. Remove from heat and serve.

Note: This is a very forgiving recipe – you add more veggies if desired, and if you want a richer, thicker soup base, use more butter, flour and cream. You can double this to have leftovers for the week – to send to school in a thermos for a hot lunch or as a quick weeknight meal.



“This is one of the few meals that all three of our kids love. The dumplings are based on a recipe from Ryan’s Mamaw Keene and the soup base was my invention to get more vegetables into my kids.”

Anne Keene '98 and Ryan Keene '97

Chicken with Goat Cheese and Basil

Ingredients

- 4 boneless chicken breasts with skin
- 4-6 ounce garlic-and-herb goat cheese log
- 4 large basil leaves
- olive oil
- kosher salt and pepper

Instructions

1. Preheat oven 375 degrees.
2. Place chicken on a sheet pan and loosen the skin from meat with fingers. Cut the goat cheese into slices and place 1-2 slices plus 1 basil leaf under the skin of each chicken breast. Pull the skin over the meat as much as possible.
3. Rub each piece of chicken with olive oil and sprinkle generously with salt and pepper.
4. Bake 35-40 minutes until skin lightly browned and chicken cooked through.



“This is an Ina Garten recipe that we have made for years. It is so delicious and easy to make, but is impressive enough for a special dinner or to serve company. We like to serve it with fresh sautéed French beans and Israeli couscous.”

Carolyn Grove '03 and Tim Grove '01

Chicken Enchiladas

Ingredients

- 1 can cream of chicken soup
- 1 cup medium or picante sauce
- 2 cups cooked, shredded chicken
- 6-8 tortillas
- ½ cup sour cream
- 2 tsp. chili powder
- ½ cup Monterey Jack cheese
- optional: 1 tomato, chopped, 1 green onion, chopped

Instructions

1. Preheat oven to 350 degrees. Combine soup, sour cream, salsa, and chili powder in a medium bowl.
2. Combine 1 cup of soup mixture with chicken and cheese in a large bowl.
3. Divide chicken and soup mixture among tortillas. Roll tortillas and place seam-side down in a 9-by-13 greased baking dish. Pour remaining soup mixture over the filled tortillas. Cover.
4. Bake 30 minutes, then uncover. Cook 10 minutes longer or until cheese is melted and enchiladas are hot and bubbling. Top with tomato and green onion.



“Can add ½ cup black beans to mixture if desired.”

Catherine Bradburne '16 and Mike Bradburne '16

Chicken Salad

Ingredients

- 3 chicken breasts, shredded
- ½-1 cup mayonnaise
- ½-1 cup sour cream
- 1 tsp. to 1 tbsp. yellow mustard
- ⅛ cup green onion, chopped
- ⅛ cup celery, chopped
- salt
- pepper
- garlic
- onion powder

Instructions

1. Mix first six ingredients together in a bowl.
2. Add salt, pepper, garlic powder, and onion powder to taste.
3. Let chill for at least 1 hour, but preferably overnight.
4. Enjoy on croissants or by itself!

Claire Flum '10 and Matthew Flum '12



Yogurt Baked Chicken

Ingredients

- 1¼ lb. boned and skinned chicken parts
- 1 cup plain low-fat yogurt, divided
- ¼ tbsp. garlic powder
- ½ tbsp. paprika
- ½ tbsp. dried basil
- 1 tbsp. soy sauce
- 2 tbsp. all-purpose flour
- 3 tbsp. grated Parmesan cheese

Instructions

1. Place chicken in a greased shallow baking pan. Combine ½ cup of yogurt with the garlic powder, paprika, basil, and soy sauce, and spread on chicken.
2. Bake uncovered, at 400 degrees for 30 minutes.
3. Stir flour into remaining yogurt, and spread over chicken. Sprinkle evenly with Parmesan cheese.
4. Bake 10 minutes longer, until hot and bubbly.



"We had this recipe early on in our marriage – it is easy quite tasty. Now all these years later we might substitute coconut aminos for the soy sauce and almond flour for the all-purpose flour!"

Denise Elizabeth Mellott '83 and Mark Mellott '87

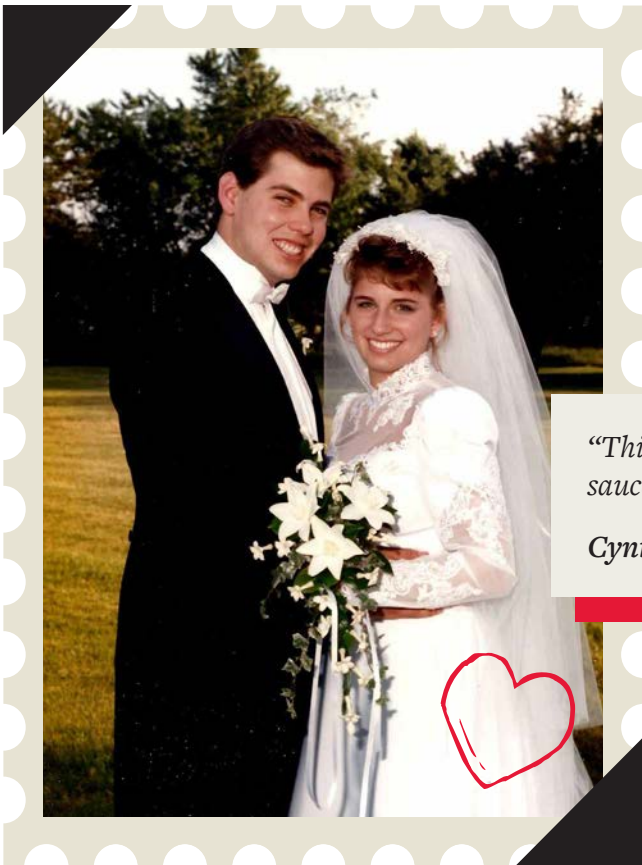
Tarragon Chicken

Ingredients

- 2 boneless, skinless chicken breasts, trimmed and pounded to an even thickness
- ¼ cup all-purpose flour
- salt and pepper
- 1 tbsp. olive oil
- 2 tbsp. butter (divided)
- 1 shallot, halved lengthwise and sliced thinly
- 2 cloves garlic, minced
- ½ cup heavy cream
- 1-2 tbsp. Dijon mustard
- 2 tbsp. chopped fresh tarragon

Instructions

1. Season the chicken on both sides with salt and pepper. Dredge in flour; shake off excess.
2. Heat oil in pan over medium heat; add 1 tbsp. butter. Brown chicken on both sides; remove to plate.
3. In skillet, melt 1 tbsp. butter. Add shallot and garlic and cook until softened, about 3 minutes. Stir in cream and return chicken to the pan. Cover and cook until chicken registers 165 degrees. Remove chicken from pan to serving platter. Stir in mustard to taste. Stir in tarragon and serve sauce over chicken.



“This is our favorite way to enjoy chicken – the sauce is great over asparagus too.”

Cynthia Schwallie '87 and Thomas Schwallie '88

Crack Chicken

Ingredients

For the Chicken

- 1 tbsp. oil
- 1 tbsp. butter
- 4 boneless skinless chicken breasts, pounded to ¼-inch thickness
- salt and pepper to taste
- ½ tsp. smoked or sweet paprika

For the Ranch Cream Cheese

- 4 ounces cream cheese, softened
- 1 tbsp. ranch seasoning mix
- 4 ounces shredded cheddar cheese, white or yellow
- 4 slices thick cut bacon, sliced

For the Garnish

- Sliced green scallions



*Deanna McCullough Nikolai '89 and
Paul Nikolai '88*

Instructions

1. Preheat oven to 400 degrees.
2. Prepare cream cheese mixture. In small bowl, combine cream cheese and 1 tbsp. ranch seasoning mixture and set aside.
3. Lightly grease 9-by-13 baking dish with cooking spray and set aside.
4. In large skillet over medium-high heat, add in diced bacon and cook until crispy.
5. Remove bacon from skillet and set aside. Do not discard bacon fat. It will be used to brown chicken breasts.
6. Return skillet to heat, and add oil and butter to remaining bacon fat.
7. Pound chicken breasts to ¼-inch thickness. Season with salt, pepper, and paprika.
8. Depending on your skillet size add 2-3 chicken breasts to the hot skillet. Do not crowd them. Cook chicken breasts for 2-3 minutes until golden brown.
9. Flip over chicken breasts continue to cook for another 2-3 minutes.
10. Remove chicken breasts from skillet. Place in prepared baking dish.
11. Top each breast with about 2 tbsp. of cream cheese mixture. Spread evenly over chicken breasts.
12. Sprinkle half of diced bacon on top cream cheese mixture.
13. Sprinkle shredded cheese over chicken breasts.
14. Bake uncovered for 15 minutes or until chicken cooked through and cheese is melted.
15. Remove from oven and garnish with remaining bacon and sliced scallions before serving.

Tex Mex Chicken

Ingredients

- ½ cup barbecue sauce
- ⅓ cup lemon juice
- 1 pkg. taco seasoning

Instructions

1. Mix Ingredients, marinate chicken breast and continue to broast chicken while cooking.
2. Grill chicken or bake at 400 degrees for about 30 min.



“My husband and I got this recipe off of Channel 12 news, Grilling with Tim! It is one of our favorite dishes to cook on date nights!”

Julie Perry '89 and Frank Perry '88

Chicken Gyros

Ingredients

For Tzatziki sauce

- 1 cucumber, peeled and seeded
- 1 garlic clove, minced
- 1 cup plain Greek yogurt
- 1 tsp. white wine vinegar
- squeeze of fresh lemon
- salt and pepper to taste
- drizzle of olive oil

For chicken

- 1½ lbs. chicken breasts (boneless, skinless)
- 2 garlic cloves, minced
- 1 lemon, juiced
- 2 tsp. red wine vinegar
- 2 tbsp. olive oil
- 2 heaping tbsp. plain Greek yogurt
- 1 tbsp. dried oregano
- salt and pepper

For serving

- warmed pita bread
- 1-2 tomatoes, sliced
- cucumber, sliced thin
- red onion, sliced thin

Instructions

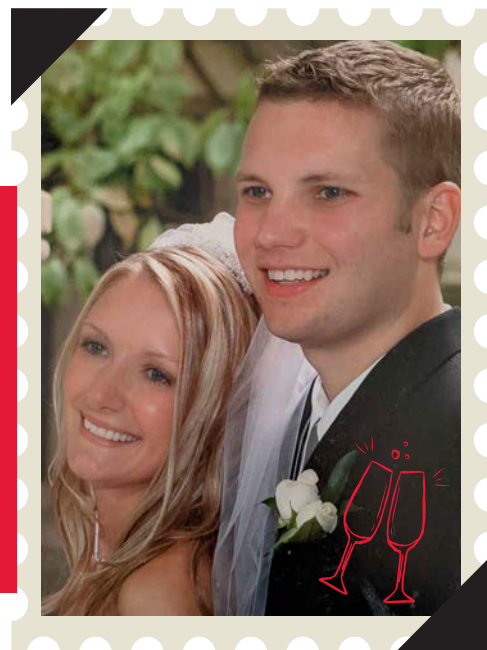
1. Shred the cucumber, place in a towel, and squeeze the juice out of it. In a bowl, add the cucumber, garlic, yogurt, white wine vinegar, squeeze of lemon, salt and pepper, and drizzle of olive oil. Mix to combine. Refrigerate for at least 30 minutes to meld the flavors.

For the chicken marinade:

2. Whisk the garlic, lemon juice, red wine vinegar, olive oil, yogurt, oregano, and salt and pepper in a large dish. Between two pieces of plastic wrap, pound chicken until uniformly thin, about $\frac{3}{4}$. Add to pan with marinade and turn to coat. Refrigerate for an hour.
3. Grill, broil, or pan sear the chicken until it reaches 165 degrees at its thickest point. Let rest for 5 minutes before slicing.
4. To assemble, top the warm pita with sliced chicken, tomatoes, cucumbers, and red onion. Top with Tzatziki sauce. We enjoy the gyros with a side of kettle chips.

“When our youngest was 7, he loved these so much that he brought the leftovers for lunch the next day, while on a school field trip to the farm. The parent helpers and teacher were jealous as they nibbled their PB and J’s! We got a good chuckle at such a little one enjoying this big sandwich with gusto. He still loves them!”

Erin Mix '02 and Jim Mix '02



Grilled Chicken Piccata

Ingredients

Chicken

- juice of 1 lemon, about 3 tbsp.
- 3 tbsp. olive oil
- 1 tbsp. minced garlic
- 1 tsp. salt
- ¼ tsp. black pepper
- ½ tsp. basil or oregano
- 2 boneless, skinless chicken breasts

Pasta

- 2 cups dried penne pasta
- 2 tbsp. butter
- juice of 2 lemons, about 6 tbsp.
- 1 tbsp. minced garlic
- ½ cup half and half or heavy cream
- 2 tsp. dried basil
- 2 tbsp. capers
- ½ cup grated Parmesan cheese

Instructions

Chicken

1. Combine first 6 ingredients and mix well. Place chicken in a resealable plastic bag and pour marinade over chicken. Marinate overnight in the refrigerator. When ready, grill until done. Allow chicken to rest for a few minutes and then slice into strips to serve over pasta.

Pasta

2. While chicken is grilling. Cook pasta according to directions (10-12 minutes). Reserve ½ cup of pasta water and drain. In same saucepan, melt butter over medium heat. Whisk in garlic and lemon juice. Pour in half and half and whisk until hot. Add some salt and pepper to taste. Add the Parmesan cheese, basil and capers, and heat until cheese is melted. Check the consistency of the sauce and add some of the reserved pasta water to loosen the sauce if necessary. Toss in pasta.
3. Serve in pasta bowls with grilled chicken on top. Sprinkle with more Parmesan, if desired.



“I chose this recipe because we had Chicken Piccata at our wedding, although it wasn’t as good as this recipe! Our family loves this meal.”

Jamie Burden Hardy ’93 and Brad Hardy ’93

Asian Turkey

Ingredients

- 1 tsp. sesame oil
- 2 garlic cloves
- 1 lb. ground turkey
- 1 tsp. ginger
- 2 tbsp. brown sugar
- ¼ cup soy sauce
- 1 tbsp. rice wine vinegar
- ½ tbsp. chili paste

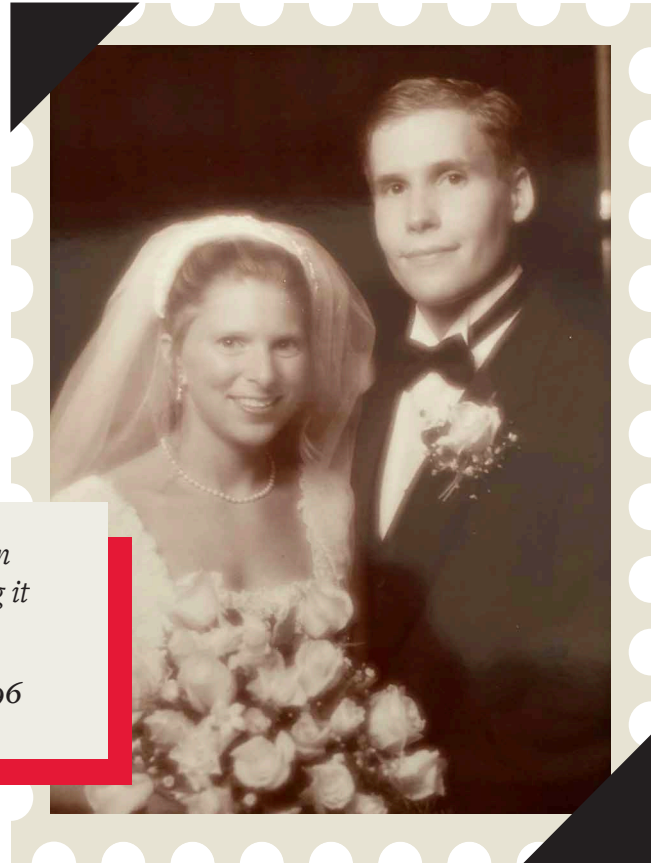
Instructions

1. Cook ground turkey and drain.
2. Add in all ingredients and simmer about 10-15 minutes.
3. Serve over rice and veggies.



“This recipe was given to me by the cooks in South Quad in 1980. We have been making it ever since.”

Kelly Kacenjar '96 and Allen Kacenjar '96



Crunch Chicken

Ingredients

- 2 fryers, cut
- 2 cup Ritz crackers, crushed
- $\frac{3}{4}$ cup Parmesan cheese, grated
- $\frac{1}{4}$ cup parsley, chopped
- 1 clove garlic, chopped
- $\frac{1}{8}$ tsp. ground pepper
- 1 cup melted butter

Instructions

1. Mix Parmesan, crackers, garlic, parsley, pepper in a bowl.
2. Dip each piece of chicken in melted butter, then cracker crumb mixture.
3. Place in baking dish. Pour remaining butter over the chicken.
4. Bake for 1 hour in a 350-degree oven.



"This recipe was given to us as part of a wedding gift in 1987. A family favorite, we have made it every time we need to offer a meal, as in new parent meals. Fill in empty spaces in the dish with cut potatoes and carrots- and it is a one dish meal. Everyone loves it!"

Kim McAninch '86 and Bob McAninch '86



Silver Palate's Chicken Marbella

Ingredients

- 1½ lb. boneless, skinless chicken thighs
- 4 cloves garlic peeled and smashed
- 1 tbsp. dried oregano
- 1 tsp. salt
- ½ tsp. pepper
- ¼ cup red wine vinegar
- ¼ cup olive oil
- ½ cup pitted prunes
- ½ cup pitted green Castelvetrano olives
- 1 tbsp. capers drained
- 2 bay leaves
- 1 tbsp. brown sugar
- ½ cup dry white wine
- ¼ cup minced Italian parsley

Instructions

1. Prick the chicken all over with a fork. In a gallon-sized Ziploc bag, combine the chicken, garlic, oregano, salt, pepper, red wine vinegar, olive oil, prunes, olives, capers and bay leaves.
2. Seal the bag and squish everything around for a minute or two to mix all the ingredients.
3. Refrigerate overnight.

To cook

4. Adjust an oven rack to the upper third of the oven.
5. Pre-heat the oven to 350 degrees.
6. Transfer the contents of the Ziploc bag into a 10-by-7 casserole dish.
7. Sprinkle the brown sugar on top of the chicken.
8. Pour the white wine around the chicken.
9. Bake the chicken for 35-45 minutes or until the chicken is cooked through. (165 degrees on a meat thermometer placed in thickest part of thigh).
10. Serve the chicken, spooning the sauce and the prunes and olives over the top and garnish with the parsley.

Notes

11. You may want to make more of the sauce, it is delicious.
12. The chicken usually browns nicely when the rack is placed on the upper third of the oven. Depending on your oven, check the chicken after about 15 minutes. If the chicken is getting too brown, place the chicken on a lower rack and continue cooking.

Continued on next page

Storage

13. After cooking, Chicken Marbella can be stored in the refrigerator for up to two days.
14. Reheating: Cover the dish with foil and reheat in a 350-degree oven.



“A delicious and easy make-ahead meal, perfect for family get-togethers and dinner parties!”

***Kelly Roberts Kaericher '88 and
Bart Kaericher '88***



Baked Sweet Hawaiian Chicken

Ingredients

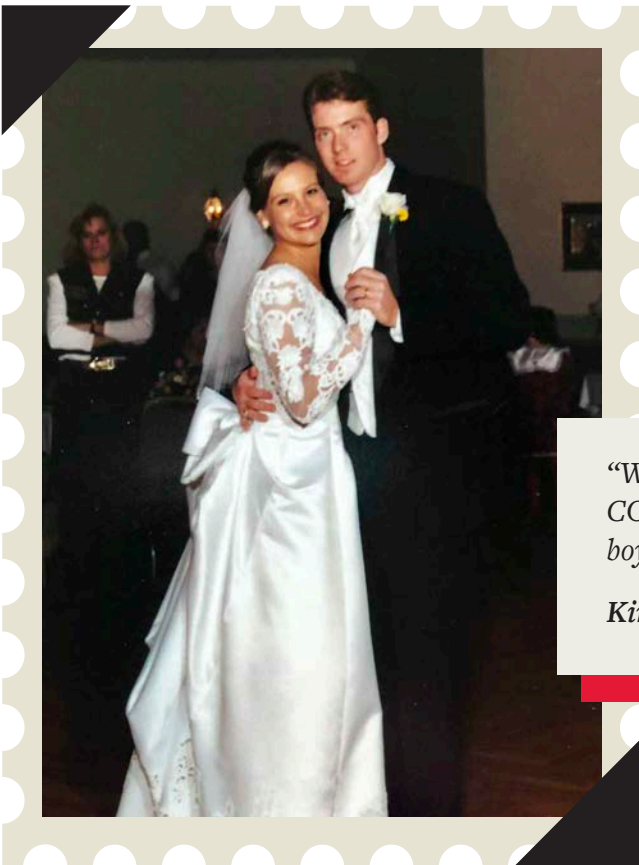
- 3-4 boneless and skinless chicken breasts
- salt and pepper to taste
- 1½ cup cornstarch
- 3 eggs beaten
- ¼ cup canola oil

Sweet Hawaiian ingredients

- 1 cup pineapple juice
- ½ cup brown sugar
- ⅓ cup soy sauce
- 1 tsp. minced garlic
- ½ tbsp. cornstarch
- 1 red pepper
- 1 -20 ounce can pineapple tidbits, drained

Instructions

1. Preheat the oven to 325 degrees. Cut chicken breasts into bite sized pieces and season with salt and pepper.
2. In separate bowls, place cornstarch and slightly beaten eggs. Dip chicken into cornstarch then coat in egg mixture (Yes, you dip the chicken first in the cornstarch. This method is amazing!)
3. Heat canola oil in a large skillet over medium-high heat and cook chicken until browned. Place the chicken in a greased 9-by-13 baking dish.
4. In a medium sized mixing bowl, whisk together pineapple juice, brown sugar, soy sauce, minced garlic, and cornstarch. Add the red pepper and pineapple tidbits.
5. Pour over chicken and bake for 1 hour. If you wish, stir the chicken every 15 minutes so that it is coated in sauce. We serve with rice!



“We discovered this recipe during the COVID-19 quarantine, spring 2020, and our boys loved it!!”

Kim Schroeder '94 and Brian Schroeder '94



Tandoori Chicken

Ingredients

- 1½ lb. boneless skinless chicken breasts, chopped into 2-inch cubes
- ½ cup plain yogurt, whisked
- 2 tbsp. melted butter
- 2 tbsp. lemon juice
- 1 lemon chopped into quarters

Spice rub mix

- 1 tsp. ground paprika
- ½ tsp. ground cayenne
- 1 tsp. dry fenugreek leaves
- 1 tsp. cure powder
- ½ tsp. garam masala
- ½ tsp. garlic powder
- ½ tsp. ginger powder
- 1 tsp. salt

Instructions

1. In a bowl, add spice rub and yogurt and mix to combine. Add in chicken pieces, and mix in with the marinade.
2. Cover with plastic wrap and refrigerate overnight or at least 4 hours.
3. Mix together butter and lemon juice.
4. Take wooden skewers (soak in water before), and skewer the marinated chicken.
5. Place chicken on grill. Flip after about 5 minutes and brush with lemon juice mixture. Then flip and cook the other side for 5 minutes as well and brush again with the lemon juice mixture.
6. Continue to grill until fully cooked.
7. Just before serving you can squeeze lemon juice on top of the chicken.



“We usually cook some basmati rice, and grill some red and orange bell peppers with onions to serve as a side!”

*Lauren Romano Glazer '12 and
Michael Glazer '12*

Pecan-Crusted Chicken

Ingredients

- 1 cup finely chopped pecans
- ½ tbsp. seasoned salt
- ¼ tbsp. seasoned pepper
- 4 6-8-ounces skinless, boneless chicken breast halves
- 4 tbsp. butter

You don't need to follow exact amounts on the ingredients.

Instructions

1. Preheat oven to 350 degrees.
2. Melt the butter in shallow bowl or pie plate.
3. In another shallow bowl or pie plate, combine pecans, seasoned salt, and seasoned pepper.
4. Dip chicken evenly in butter, then dredge in pecan mixture. Place chicken on a foil-lined baking sheet.
5. Bake at 350 degrees for 20 minutes or until done.



“The first time Lisa made this recipe, Rodd said, I could eat chicken with this recipe every time I eat chicken for the rest of my life.”

Lisa Whelpley '90 and Rodd Whelpley '89



Chicken Taco Burgers

Ingredients

- 1 lb. ground chicken breast
- 2 tbsp. taco seasoning
- 1 large jalapeño, diced
- ½ cup fresh cilantro
- 2 tbsp. olive oil
- 1 ripe avocado, peeled and pitted
- 1 lime, freshly squeezed
- 1 scallion, chopped
- lettuce leaves (for “buns”) or buns
- salt and pepper to taste

Instructions

1. In a large bowl mix together chicken breast, taco seasoning, jalapeño, and cilantro until well mixed. Form into Patties.
2. Put oil into large skillet. Cook Pattie’s until cooked through. Remove from heat and cool slightly before serving.
3. In a medium bowl, use a fork to mash together avocado, lime juice, and scallions to make guacamole. Salt and pepper to taste.
4. Serve in lettuce bun or regular bun with guacamole.



“Fun easy tasty recipe we love to make with the kids – highly requested favorite!”

Maureen Pitfield ’92 and Dave Pitfield ’93

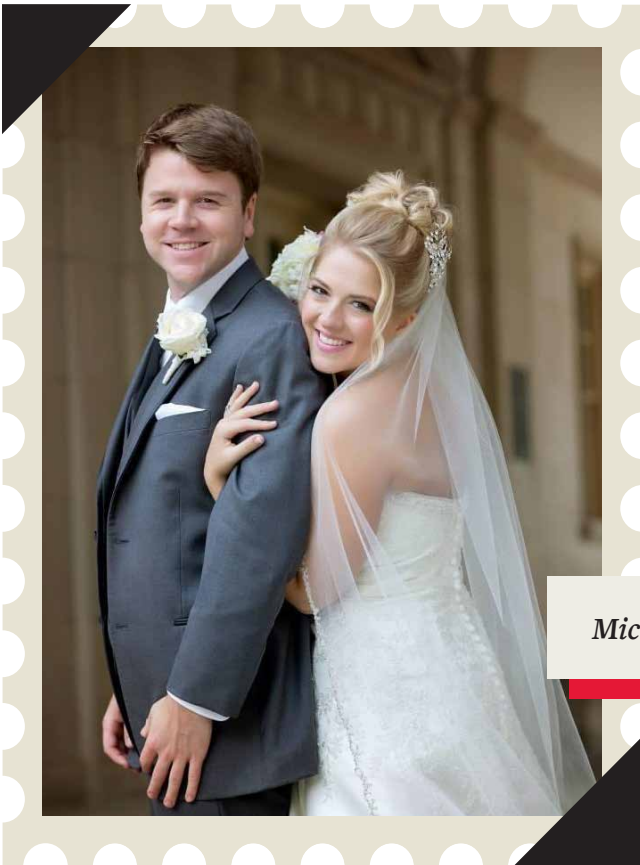
Healthy Buffalo Chicken Lettuce Wraps

Ingredients

- 2 tbsp. coconut oil
- 1 red bell pepper finely diced
- 2 celery stalks diced
- 1½ lbs. rotisserie chicken breast shredded
- ½ red onion diced
- 2 tbsp. onion powder
- 1 tbsp. garlic powder
- salt and pepper to taste
- ½ cup Frank's hot sauce (I used Noble Made's Mild Buffalo sauce)
- 2 green onions sliced

Instructions

1. Melt the coconut oil in a large sauté pan over medium heat. Add the diced pepper, onion and celery, and sauté until tender, around 5 minutes.
2. Add the chicken, onion powder, and garlic powder. Stir well and season with salt and pepper, to taste. Cook for 2-3 minutes, or until the chicken is heated through.
3. Add the hot sauce and sauté while stirring for another minute or two, until the sauce is heated through and everything is well coated. Remove from heat and stir in the sliced green onions.
4. To serve, fill bibb lettuce cups with a few tablespoons of the chicken mixture and your favorite topping.



Michele Badalamenti '12 and Mark Badalamenti '12

Chicken Makhani

Ingredients

- 4 chicken breasts, cut into pieces
- 5 cloves garlic
- 1 diced onion
- ½ tsp. black pepper
- ½ tsp. cayenne pepper
- ¼ tsp. coriander
- ¼ tsp. cardamom
- 1 tsp. salt
- 1 lime, juiced
- ¼ cup butter
- 1 can tomato sauce
- 1 pint whipping cream
- bunch of cilantro, chopped
- Basmati rice
- Serve with garlic naan

Instructions

1. Begin cooking rice.
2. Meanwhile, sauté onion and garlic in butter.
3. Add chicken and cook approximately 8 minutes, or until cooked through.
4. Add spices, lime, and tomato sauce, and simmer 5 minutes.
5. Add whipping cream and cilantro at the last minute.
6. Pour over rice and serve with garlic naan.



“This is a family favorite that we’ve been making for at least a decade. Our children have grown up on it, and it’s highly requested for celebrations in our house.”

Michelle Gallite '00 and Brandon Gallite '99

Chicken Enchiladas

Ingredients

- 1 can cream of chicken soup
- ½ cup sour cream
- 2 tbsp. margarine
- ½ cup chopped onion
- 1 tsp. chili powder
- 2 cups diced cooked chicken
- 8 flour tortillas
- 1 cup shredded Monterey Jack cheese
- 1 can chopped green chilies

Instructions

1. Preheat oven to 375 degrees.
2. In a small bowl, stir together soup and sour cream until smooth.
3. In 2-quart saucepan over medium heat, melt margarine, cook onion and chili powder until onion is tender, stirring often.
4. Stir in chicken, chilies and 2 tbsp. of soup mixture, remove from heat.
5. Place ¼ cup of chicken mixture in center of each tortilla and place seam down in 12-by-8 baking dish.
6. Spread remaining soup mixture over enchiladas. Cover with foil and bake 15 min. Sprinkle with cheese and bake uncovered 5 min or until cheese melts.
7. Enjoy!



Mindy Rohrer Burling '86 and Steve Burling '86

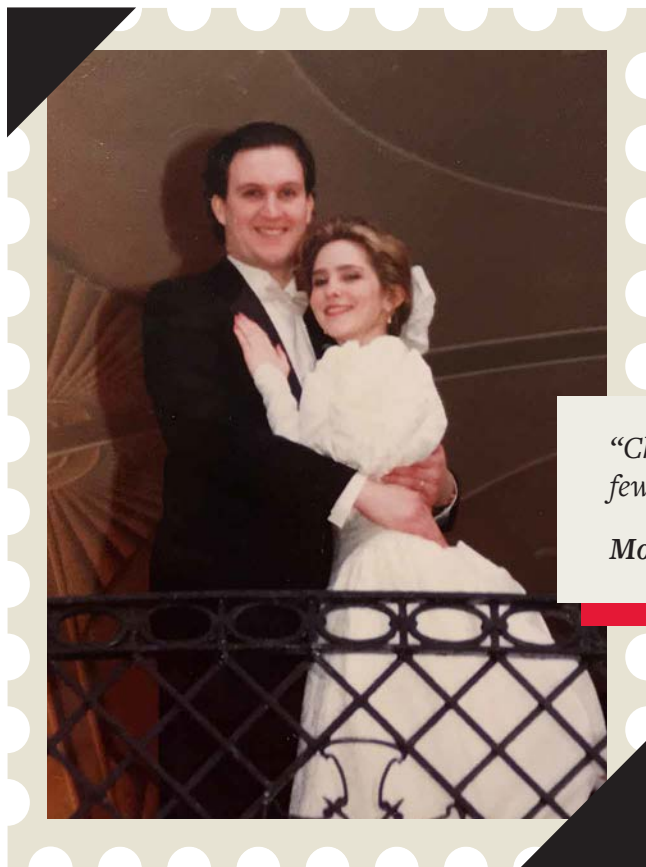
Ground Turkey Coconut Bowl

Ingredients

- ⅓-½ cup diced onions
- 1 tbsp. olive oil
- 2-3 tsp. curry powder
- ground black pepper
- salt
- 1 lb. ground turkey
- 1 cup fresh or frozen shiitake mushrooms
- 1 can of coconut milk (15 ounces)
- optional: 1 finely chopped apple

Instructions

1. Sauté onions in olive oil.
2. Add curry powder, salt, and pepper.
3. Add turkey with additional pinches of salt and cook until completely done.
4. Add mushrooms and optional chopped apple.
5. Cook another 10 minutes.
6. Add one can coconut milk.
7. Salt to taste.
8. Serve on white or brown rice or cauliflower rice with a side of sautéed broccolini or sautéed baby kale.



“Chris invented this one for a family dinner a few years ago.”

Molly Milligan '91 and Chris Milligan '91



Cranberry Chicken

Ingredients

- 1 envelope of onion soup mix
- 1 can of whole berry cranberry sauce
- 1 bottle of French or Catalina salad dressing
- 2 lbs. cut up chicken breast

Instructions

1. Mix marinade ingredients. Add chicken and marinate for 2-24 hours.
2. Bake for 45-60 minutes at 350 degrees.
3. Serve with rice and green beans.



Nicole Crabiel '01 and Ken Crabiel '01



Fresh Raspberry Chicken

Ingredients

- 6 boneless chicken breasts
- ½ cup raspberry preserves
- ½ cup frozen pineapple juice concentrate, thawed
- ½ cup soy sauce
- 2 tbsp. rice wine vinegar
- ½ tsp. garlic powder
- ¼ cup fresh raspberries, mashed
- ¼ cup fresh raspberries (garnish)



Nicole Spain '99 and John Spain '99

Instructions

1. Place chicken in a large baking pan. In a small bowl combine preserves, juice, soy sauce, vinegar, garlic powder, and mashed raspberries.
2. Pour over chicken and cover tightly with foil. Marinate for at least 2 hours (or overnight).
3. Preheat oven to 350 degrees. Bake chicken covered for 30-40 minutes. Remove from oven, transfer chicken to serving platter, pour pan juices over top and garnish with raspberries.

Chicken Fried Rice

Ingredients

- 1 tsp. peanut oil
- 2 eggs
- veggies of choice
- 2 chicken breasts
- 4½ tbsp. soy sauce
- 1½ tsp. hoisin sauce
- 1½ tsp. sesame oil
- rice



“This is one of our favorites, and we enjoy making it together.”

Pam Bachman '80 and Ron Bachman '81

Instructions

1. Add a tsp. of peanut oil to a wok and scramble 2 eggs.
2. Remove to a bowl. Stir fry your favorite veggies in the wok with a little more peanut oil and add them to the scrambled egg bowl.
3. Add a little more peanut oil to the wok and stir fry 2 chicken breasts cut up into small pieces. Return all items to the wok and add the following sauce: 4½ tbsp. soy sauce, 1½ tsp. hoisin sauce and 1½ tsp. sesame oil (mix together before adding to meat and veggies.)
4. Serve over rice.

Chicken Sausage Sheet Pan

Ingredients

- 1 package of chicken apple sausage
- 1 sweet potato
- 1 russet potato
- 1 head of broccoli OR a half to one pound of brussel sprouts

Marinade

- ¼ cup olive oil
- ¼ cup coconut aminos or lite soy sauce
- 1 tbsp. Dijon mustard
- 1 tsp. onion powder
- ½ tsp. garlic powder
- ½ tsp. paprika
- ½ tsp. salt

Garlic aioli

- ¼ cup mayo
- 1 clove minced garlic
- 2 tsp. Frank's hot sauce

Instructions

1. Preheat oven to 425.
2. Cut up sausage and veggies to quarter size.
3. Whisk marinade together and pour over all items.
4. Spread on a parchment prepared baking sheet.
5. Bake for 20 minutes.
6. Check items doneness, stir around and return to oven for about 5 minutes or until desired doneness.
7. Serve with garlic aioli to dip or drizzled on top.



“I make this weekly – so easy and so yummy. We love sharing this, and the kids love it too!”

Samantha Niemeyer '07 and Eric Niemeyer '02

Mexican Chicken Bake

Ingredients

- 2 lbs. cooked, deboned chicken
- 1 can cream of mushroom soup
- ½ cup milk
- 1 small can green chilies
- 1 cup onion, chopped
- 2 cups crushed Doritos
- 1 cup grated cheddar cheese



“This is a great recipe for a game night!”

*Sandra K. Groppenbacher '79 and
Paul Groppenbacher '86*

Instructions

1. Cube chicken.
2. Mix together: soup, milk, chilies and onion.
3. Place one cup Doritos in bottom of greased shallow casserole dish.
4. Place half of the chicken and cover it with half the soup mixture.
5. Repeat three layers again: 1 more cup crushed Doritos and the other half of chicken and soup mixture.
6. Top with grated cheddar cheese and bake at 400 degrees for 40 minutes to 1 hour.

Chicken with Sun-Dried Tomato Cream Sauce

Ingredients

- 4-6 chicken breasts
- kosher salt and freshly ground black pepper, to taste
- 3 tbsp. unsalted butter, divided
- 3 cloves garlic, minced
- ¼ tsp. red pepper flakes, or more, to taste
- 1 cup chicken broth
- ½ cup heavy cream
- ⅓ cup julienned sun-dried tomatoes in olive oil, drained
- ¼ cup freshly grated Parmesan cheese
- ¼ tsp. dried thyme
- ¼ tsp. dried oregano
- ¼ tsp. dried basil
- ¼ cup basil leaves

Instructions

1. Season chicken with salt and pepper, to taste.
2. Melt 2 tbsp. butter in a large oven-proof skillet over medium high heat. Add chicken, and sear both sides until golden brown, about 2-3 minutes per side; cook chicken thoroughly.
3. Set aside.
4. Melt remaining tbsp. butter in the skillet. Add garlic and red pepper flakes, and cook, stirring frequently, until fragrant, about 1-2 minutes.
5. Stir in chicken broth, heavy cream, sun-dried tomatoes, Parmesan, thyme, oregano and basil.
6. Bring to a boil. Reduce heat and simmer until slightly thickened, about 3-5 minutes. Return chicken to the skillet and mix.
7. Serve immediately, garnished with basil, if desired.



Sarah Close '06 and Mike Close '06

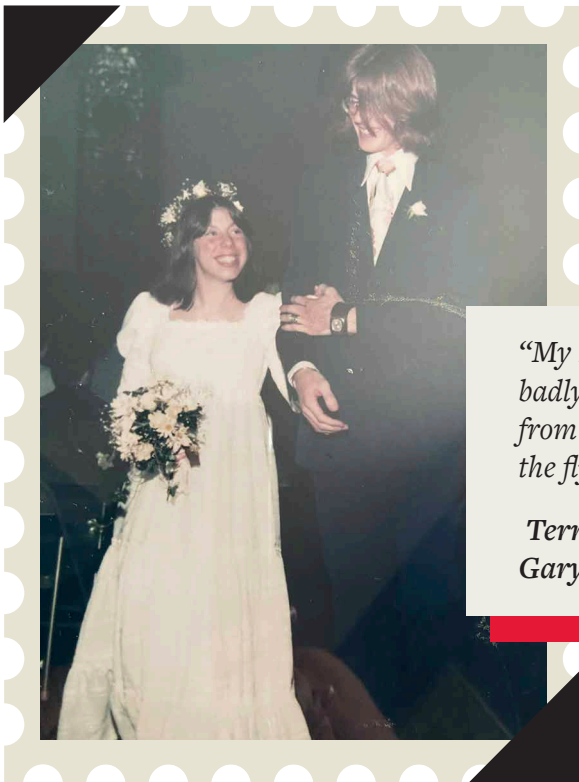
Roasted Chicken/Vegetable Merger

Ingredients

- 1 whole chicken, cut up (breasts quartered)
- 2 cups broccoli flowerets
- 2 cups cauliflower flowerets
- 1 cup portobello mushrooms
- 1 medium zucchini
- 1 large orange bell pepper
- 1 small red onion
- 4-6 garlic cloves
- 4 tbsp. olive oil
- ½-1 tbsp. red pepper flakes
- 2 cups cherry tomatoes (halved)
- 1½ cup spinach leaves
- ¾ cups kalamata olives
- ½ cup fresh basil, chopped
- Asiago or Parmesan cheese
- 1 huge deep baking pan (or 2 large pans)
- 1 very large mixing bowl.

Instructions

1. Preheat oven to 400 degrees.
2. Rinse chicken pieces, pat dry with paper towels, place on parchment paper lined large baking pan.
3. Drizzle with olive oil, sprinkle with sea salt and pepper.
4. Bake for 20 minutes until lightly brown.
5. Remove from pan.
6. While chicken is roasting, chop first five ingredients into 1½-inch chunks.
7. In large bowl, combine 4 tbsp. olive oil, minced garlic, and red pepper flakes, and toss in the vegetables until coated.
8. Add to the liquid in the bottom of the parchment lined pan and stir.
9. Place chicken parts back on top of vegetables, and bake for 30 minutes.
10. Add the spinach, tomatoes, and olives on top.
11. Bake another 15 minutes.
12. Grate cheese over all, and garnish with basil. Serve over brown rice or whole wheat pasta.



“My husband and I created this dish using a badly written recipe with a beautiful photo from a magazine, and totally reworked it on the fly together in the kitchen.”

*Terry Henry Hammond '74 and
Gary Hammond '74*



Slow Cooker Indian Butter Chicken

Ingredients

- 3 lbs. boneless chicken thighs
- 1 15-ounce can full-fat coconut milk
- 1 6-ounce can tomato paste
- 2 tbsp. maple syrup or honey
- 1 medium yellow onion, chopped
- 3 cloves garlic, minced
- 2 tbsp. chili powder
- 1 tbsp. cumin
- 1 tbsp. paprika
- 1 tbsp. turmeric
- 1 tbsp. sea salt
- optional: ½ tbsp. cayenne pepper
- 2 tbsp. arrowroot starch or cornstarch
- Garnish: Fresh basil, lime juice, crushed roasted peanuts, finely chopped red onion, or yogurt

Instructions

1. Add all ingredients except arrowroot starch/cornstarch to a slow cooker.
2. Stir to combine and turn to low heat. Cook for 8 hours.
3. In a small bowl, mix starch with 2 tbsp. water until dissolved. Add to slow cooker and stir until mixture thickens, about one minute.
4. Enjoy over baked coconut rice, or other grains, with garnish of choice.
5. Leftovers will keep tightly sealed in refrigerator for 5 days or frozen for 1 month.



“Recipe courtesy of ‘The Laura Lea Balanced Cookbook.’ This is literally the best meal that has come out of my kitchen! We have served this meal to countless house guests and get requests years after to make this again.”

Whitney Stevens Franco '07 and David Franco '05

Chicken Alfredo

Ingredients

- 1 lb. chicken tenders cooked
- 12 ounce bag of spinach
- 1 onion diced
- 1 pepper diced
- 1 can artichokes chopped
- 8 ounces mozzarella cheese grated
- 1 jar alfredo sauce
- garlic and basil



Elaine Leslie '54 and Donald E. Leslie '51

Instructions

1. Preheat oven to 350 degrees.
2. Spray bottom of 13-by-9 pan with cooking spray.
3. Line the bottom of the pan with spinach. Spread onions, peppers, artichokes and cooked chicken on top of spinach.
4. Mix garlic and basil to taste into alfredo sauce. Pour over all and top with mozzarella.
5. Cover with foil and bake for 40 minutes.

Seafood



Asian Noodles and Shrimp

Ingredients

- 12 ounces udon noodles
- 16 ounces medium shrimp, peeled and deveined
- 2 tbsp. olive oil, divided
- 8 ounces cremini mushrooms, sliced
- 1 red bell pepper, diced
- 6 ounces snap peas
- 3 tbsp. cilantro, chopped

For the Sauce

- $\frac{2}{3}$ cup reduced sodium soy sauce
- 4 garlic cloves minced
- 3 tbsp. brown sugar, packed
- 2 tbsp. sriracha, or to taste
- 2 tbsp. oyster sauce
- 1 tbsp. sesame oil

Instructions

1. In a small bowl whisk together soy sauce, garlic, brown sugar, sriracha, oyster sauce and sesame oil and set aside.
2. In large pot of boiling salted water cook noodles according to package, drain well.
3. Heat olive oil in a large nonstick skillet over medium-high heat. Add shrimp in a single layer and 3 tablespoons of soy mixture and cook until pink turning once, remove and set aside on a plate.
4. Add olive oil to pan and over medium heat cook mushrooms, bell pepper and snap peas until tender. Stir in noodles, shrimp and remaining soy mixture until well combined.
5. Garnish with chopped cilantro and serve!



“This is a family favorite that is quick to prepare and can be easily modified for what you have on hand. Sub udon noodles for spaghetti noodles or try another protein like chicken and add any veggies you have on hand. Enjoy!”

Carey Dunbar '93 and Dave Dunbar '93

Vodka Sauce Pasta and Shrimp

Ingredients

- 2 dozen (or so) cooked shrimp – shells removed
- 2 tbsp. olive oil
- 2 tbsp. unsalted butter
- 1 onion, diced small
- 6 cloves of garlic, minced
- 1 tbsp. red pepper flakes
- ½ tbsp. dried oregano
- 1 28-ounce can crushed tomatoes (I use San Marzano)
- ½ cup heavy cream
- ¼ cup vodka
- 12 ounces of your favorite pasta
- ⅔ cup freshly grated mozzarella cheese
- kosher salt and freshly cracked black pepper to taste
- grated Parmigiano-Reggiano cheese to taste

Instructions

1. Heat the oil and butter in a large skillet or pot over medium heat.
2. Once the butter has melted, add the onions and sauté about 3 minutes, until translucent.
3. Add garlic, oregano and crushed red pepper flakes and cook for another minute.
4. Add the entire can of crushed tomatoes and bring the mixture to a boil over high heat, then Reduce to a simmer for 20 minutes, stirring occasionally, until thickened.
5. Season with salt and pepper.
6. Add the cream and vodka to the sauce and blend until completely smooth, about 30 seconds. (I use an immersion blender but a regular blender can be used too.)
7. Bring back to a boil over high heat to cook off the vodka. Once boiling, reduce to a simmer. Add the shredded mozzarella.
8. Cook pasta to al dente and drain.
9. Plate the pasta and top with the sauce and shrimp.
10. Serve immediately, topped with the Parmigiano-Reggiano and salt and pepper to taste.



Mary Beth Link '81 and Don Link '81

Shrimp Scampi with Angel Hair Pasta

Ingredients

- vegetable oil
- 1 tbsp. kosher salt plus 1½ teaspoons
- ¾ lb. linguine (I use angel hair pasta)
- 3 tbsp. unsalted butter
- 2½ tbsp. good olive oil
- 1 chopped onion
- 1½ tbsp. minced garlic (4 cloves)
- 1 lb. large shrimp (about 16 shrimp), peeled and deveined
- ¼ tsp. freshly ground black pepper
- ⅓ cup chopped fresh parsley leaves
- ½ lemon, zest grated
- ¼ cup freshly squeezed lemon juice (2 lemons)
- ¼ lemon, thinly sliced in half-rounds
- ⅛ tsp. hot red pepper flakes

Instructions

1. Drizzle some oil in a large pot of boiling salted water, add 1 tbsp. of salt and the linguine, and cook for 7-10 minutes, or according to the directions on the package.
2. Meanwhile, in another large (12-inch), heavy-bottomed pan, melt the butter and olive oil over medium-low heat. Sauté chopped onion until clear. Add the garlic and sauté for 1 minute. (Be careful, the garlic burns easily.)
3. Add the shrimp, 1½ tsp. of salt, and the pepper and sauté until the shrimp have just turned pink, about 5 minutes, stirring often. Remove from the heat, add the parsley, lemon zest, lemon juice, lemon slices, and red pepper flakes. Toss to combine.
4. When the pasta is done, drain the cooked linguine and then put it back in the pot. Immediately add the shrimp and sauce, toss well, and serve.



Francie Kowal '78 and Tom Kowal '76

Marinated Salmon

Ingredients

- 2 tbsp. fresh lemon juice
- ½ cup brown sugar
- 4 tbsp. melted butter
- 3 tbsp. soy sauce
- 2 tbsp. dry white wine
- salmon

Instructions

1. Mix all ingredients and pour over salmon, and cover with foil.
2. Marinate 30 minutes to 6 hours.
3. Heat oven to 400 degrees, uncover and bake 15-20 minutes, basting every 5 minutes.



“One of our favorite special occasion dinners.”

Amy Olsen '95 and Peter Olsen '94

Baked Cod

Ingredients

- cod filets
- butter
- Cajun seasoning
- lemon

Instructions

1. Heat oven to 450 degrees.
2. Pat cod filets dry with a paper towel.
3. Melt the butter.
4. Brush both sides of the filets with the butter.
5. Slice a lemon and lay the slices in the bottom of a glass baking dish.
6. Lay the cod filets on top of the lemons.
7. Sprinkle with Cajun seasoning.
8. Bake for 10-12 minutes.



Sesame Crusted Ahi Tuna with Soy Ginger Lime Sauce

Ingredients

- 2 cups Jasmine rice cooked according to package directions
- 4 5-ounce tuna streaks
- 4 ounces white sesame seeds
- 4 ounces black sesame seeds
- 2 tbsp. grape seed oil
- juice from 2 fresh limes (about 6 tbsp.)
- 1 tbsp. fresh peeled minced ginger
- 5 tbsp. reduced sodium Kikkoman soy sauce
- 2 tbsp. local honey
- 1 tsp. sesame oil
- 2 tsp. water
- ½ tsp. crushed red pepper flakes



“Todd and I met at Miami and were married in the Sesquicentennial Chapel. Together we’ve made this recipe a time-honored tradition in our home. It was the first meal each of our three daughters; Erin ’11, Katie ’15 and Jessica ’15 would request when they traveled back home to Connecticut after each semester at Miami. Like Miami University itself, this recipe is a true family affair!”

Andrea Rhodes ’89 and Todd Rhodes ’89

Instructions

1. Start your rice first as this meal comes together quite quickly.

Soy Ginger Lime Dipping Sauce

2. Whisk together all soy ginger lime sauce ingredients together in a small bowl. Set aside until ready to serve.

Tuna

3. Mix both types of sesame seeds on a plate. After patting the tuna dry with a paper towel, press it into the seeds on the plate to completely cover each piece of tuna. (Add additional seeds if needed).
4. Heat 2 tbsp. grape seed oil in a medium sauté pan just until beginning to smoke. Cook tuna steaks for about 1 minute per side. Sear each edge of tuna for 10-15 seconds.
5. After placing a paper towel on a large plate remove tuna from pan, place on plate to gently soak up any excess oil.
6. Transfer tuna steaks one at a time to a cutting board and slice into ¼-inch thick slices.
7. Divide cooked jasmine rice into 4 shallow serving bowls or the middle of 4 dinner plates.
8. Place ¼ portion of the sliced tuna over each bed of rice. Serve with individual tiny bowls of the soy, ginger, lime sauce.
9. Pairs well with a field green salad.

Swordfish Puttanesca

Ingredients

- 1-2 tbsp. extra virgin olive oil
- 2 6-ounce swordfish steaks (any steak fish you prefer will work)
- 1½ ounces pancetta
- 1 medium garlic clove, minced
- 1 medium onion, diced
- ¼ red bell pepper, diced (use cherry pepper for additional spice, if desired)
- 1 cup diced, fire roasted tomatoes
- 2 tbsp. drained capers
- 2 tbsp. sliced kalamata olives
- ½ tbsp. fresh oregano
- ½ tbsp. fresh parsley
- ½ tbs. fresh basil
- ¼ tbsp. fresh rosemary
- 1 tbsp. balsamic vinegar
- sea salt and black pepper to taste

Instructions

1. Coat fish with olive oil, sea salt and cracked pepper to taste.
2. Sear fish in skillet with olive oil over high heat for 3-4 minutes per side depending on thickness of the steaks. Remove fish from skillet and set aside.
3. In same skillet sauté pancetta until crisp. Reduce heat to medium and drain grease, reserving enough to sauté garlic and onions with the pancetta.
4. When onions are glassy, add fire-roasted tomatoes, red pepper, kalamata olives, balsamic vinegar, capers and fresh herbs.
5. Cook an additional 3-4 minutes and return swordfish steaks to skillet. Cover and continue cooking until fish is 145 degrees. Steak will separate easily.
6. Serve onto plates, topping fish with sauce, and garnish with parsley or basil. Serve with your choice of vegetable and starch – pasta, rice, baked potato.



“Recipe modified from various sources over time. I have also used halibut and mako shark. This recipe would also be very compatible with Chicken if that is your protein of choice!”

Mary Stein '66 and Carl Stein '67



Chef Paul Prudhomme's Famous Blackened Redfish

Ingredients

- 3 sticks unsalted butter, melted
- 1 tbsp. sweet paprika
- 2½ tsp. salt
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. ground red pepper (cayenne)
- ¾ tsp. white pepper
- ¾ tsp. black pepper
- ½ tsp. dried thyme leaves
- ½ tsp. dried oregano leaves

Instructions

Warning: Intense smoke and heat; Best cooked outdoors.

1. This will cover 6 8-10 ounce fish fillets (preferably redfish or any other firm fleshed fish) that are cut about ½-inch thick.
2. Heat a large cast iron skillet over very high heat, beyond smoking stage, until you see white ash in skillet bottom (10 minutes).
3. Dip each fillet in melted butter, coating well. Sprinkle seasoning mix generously on both sides of fillet, patting in by hand.
4. Place in hot skillet. Pour 1 tsp. of melted butter on top. (Careful, butter may/will flame up.)
5. Cook over high heat until underside looks charred, about two minutes. Turn fish over and pour another teaspoon of butter on top and cook until done. Time will vary with fillet's thickness. Serve with melted butter.



“Brannon and I enjoyed cooking Cajun food together in his graduate student apartment on Arrowhead Drive in Oxford. For this recipe, we did NOT pay attention to the warning about cooking it outdoors. Since he didn't have a grill, we tried to make it in his tiny basement kitchen. The smoke from the fish hitting the screaming hot pan was so thick that we had to lay on the floor to breathe and wait for the fire alarms to quit blaring. When I later returned to my dorm, I could truly report that I'd had a smoking hot date!”

*Carol Gerber Andersen '86 and
Brannon Andersen '88*

Tuna Strudel

Ingredients

Crust

- 1 cup flour
- ½ tsp. salt
- ⅓ cup and 1 tbsp. Crisco shortening
- 3 or 4 tbsp. of cold water

Tuna mixture

- 1 can 12-ounces solid white tuna, drained
- 3 celery stalks, diced
- 1 tbsp. minced onion
- 1 or 2 cups of cheddar cheese

Instructions

1. Make the crust by combining the first three ingredients using a fork or a pastry blender in a bowl. Add a tablespoon of cold water at a time and mix dough until it forms a ball. Roll out the dough in a long oval.
2. Combine the drained tuna, diced celery, minced onion, and cheddar cheese in a large bowl.
3. Spread the tuna mixture on the rolled-out crust along the middle of the crust. Wrap the crust sides over the tuna mixture and fold up the ends. Cut slits in the top of the crust to vent while baking. Put strudel on baking sheet.
4. Place in the oven heated to 425 degrees and bake for 20 minutes.



“We both lived in East Quad our freshman year but if our paths crossed we never knew it. We met our sophomore year through mutual friends. East End was a place to get together on the weekends during our freshman year and served a great tuna melt sandwich. This is our variation on the East End Tuna Melt that we have enjoyed the last 45 years.”

Charlene Howell '75 and Doug Howell '75


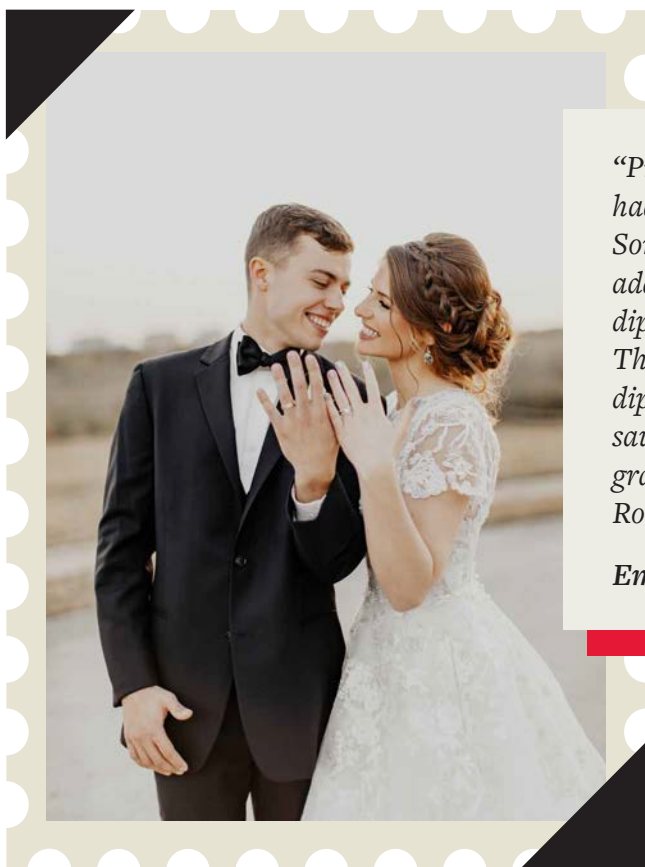
Pickapeppa Fish

Ingredients

- ½ cup pickapeppa sauce
- 8 white fish fillets
- 4 lemons
- 2 cloves minced garlic
- 1 cup melted butter
- 1 tbsp. Tabasco sauce
- fresh parsley
- salt and pepper, to taste
- good bread for dipping!

Instructions

1. Arrange raw fish in a 9-by-13 baking pan or similar, season with salt and pepper, and preheat the oven to 350 degrees.
2. Juice 3 lemons into a small saucepan and slice the fourth.
3. Heat lemon juice, garlic, butter, pickapeppa, and Tabasco on the stove before pouring mixture over the filets and garnishing with lemon slices.
4. Cook the fish uncovered for 15-20 minutes. Garnish with parsley.



“Pickapeppa sauce is gluten free and we have had good luck finding it at most Kroger’s. Sometimes we prefer to double the sauce or add extra pickapeppa so there is more for dipping bread into when it comes time to eat. There are few greater pleasures in life than dipping warm sourdough into this savory sauce. I always associate this recipe with my grandmother’s southern cooking from Baton Rouge, Louisiana.”

Emily Kulesza '19 and Lucas Kulesza '21

Shrimp Enchilada Verde

Ingredients

- 1 lb. peeled cooked shrimp (21-25 per pound; thaw if frozen), tails removed and diced
- 1 cup frozen corn, thawed
- 2 4-ounce cans chopped green chilies, not drained
- 2 cups canned green enchilada sauce or green salsa, divided
- 12 corn tortillas
- 1 15-ounce can nonfat refried beans
- 1 cup reduced-fat shredded cheese such as Mexican-style, Monterey Jack or cheddar
- ½ cup chopped fresh cilantro
- 1 lime, cut into wedges

Instructions

1. Preheat oven to 425 degrees. Coat a 9-by-13-inch glass baking dish with cooking spray.
2. Combine shrimp, corn, chilies, and ½ cup enchilada sauce (or salsa) in microwave-safe medium bowl. Cover and microwave on high until heated through, 2½ minutes.
3. Spread ¼ cup enchilada sauce or salsa in the prepared baking dish. Top with an overlapping layer of 6 tortillas. Spread refried beans evenly over the tortillas. Top the beans with the shrimp mixture, followed by the remaining 6 tortillas. Pour the remaining sauce (or salsa) over the tortillas. Cover with foil.
4. Bake the enchiladas until they begin to bubble on the sides, about 20 minutes.
5. Remove foil and sprinkle cheese on top. Continue baking until heated through and the cheese is melted, about 5 minutes more.
6. Top with cilantro and serve with lime wedges.



Erin Flanagan Siegler '89 and George Siegler '89

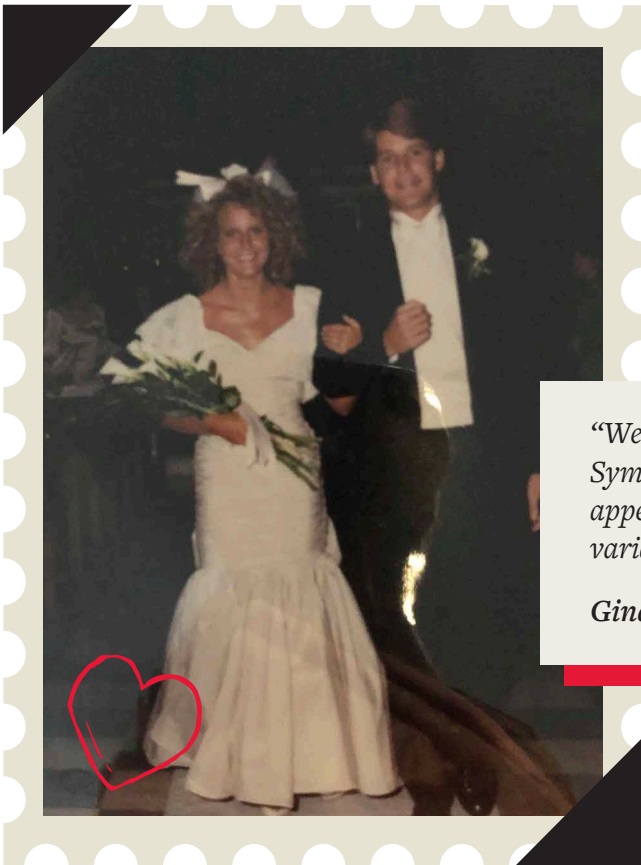
Shrimp, Feta, and Tomatoes in Foil

Ingredients

- 1½ pounds peeled and deveined shrimp
- 4 cups chopped tomatoes
- ½ cup fresh dill or Italian parsley
- ½ cup extra-virgin olive oil
- 2 cups dry white wine
- 1 cup crumbled feta cheese

Instructions

1. Preheat grill to medium-high heat. Lay out four large pieces of aluminum foil. In the center of each piece, put ¼ of the shrimp, 1 cup tomatoes, 2 tbsp. dill, and 2 tbsp. olive oil. Season each pile with salt and pepper.
2. Bring up all four corners of the foil to begin to form a pouch. Before sealing, add ½ cup wine to each packet. Tightly seal each packet. Put the packets on the grill and close the lid. Cook until the shrimp are pink and cooked through, about 4 minutes. Remove from the grill, open, and top each pouch ¼ cup of feta. Serve immediately.



“We are big fans of celebrity Chef Michael Symon’s Cleveland restaurants. This recipe appears in his ‘5 in 5’ cookbook. It is a variation of a traditional Greek dish.

Gina Stankard ’87 and Jeff Stankard ’84

Garlic Shrimp

Ingredients

- 20 fresh shrimp
- ¼ cup extra virgin olive oil
- 3 cloves minced garlic
- ½ tsp. crushed red pepper
- ¼ tsp. pepper
- 5 tbsp. butter
- ¾ cup Parmesan cheese
- ¾ cup bread crumbs
- 1 lb. short pasta like penne or farfalle

Instructions

1. Preheat oven to 300 degrees.
2. Peel shrimp and put in skillet.
3. Pour oil over shrimp.
4. Add garlic, red pepper, and pepper.
5. Cover and bake for 15 minutes.
6. Add butter, Parmesan, and breadcrumbs to shrimp.
7. Bake uncovered for 5 minutes.
8. Make pasta according to package.
9. Add shrimp mixture to pasta. Enjoy!



“Garlic Shrimp has been a mainstay in the Conti household. I remember the first time we made it together, Michael pulled out a tiny clipping of the recipe. We thought it called for too much olive oil so we improvised. That night we learned to never make that mistake again. ¼ cup of olive oil feels like a lot but when mixed with the breadcrumbs it gets soaked up perfectly.”

Jennifer Conti '12 and Michael Conti '12

Chesapeake Crab Cakes with Chipotle Aioli

Ingredients

- 1 lb. crab meat, canned or fresh, blue crab, claw, special or back fin
- ½ cup mayonnaise
- ½ cup Ritz cracker crumbs (more if mixture too wet)
- 2 large eggs
- 1 tbsp. Old Bay seasoning
- 1 cup Progresso dry bread crumbs
- celery, chopped, to taste
- 2 cups vegetable oil (to fry, should go about halfway up sides of crab cakes)

Aioli

- 1 egg yolk
- 2 tbsp. Dijon mustard
- 1 tbsp. lemon juice or vinegar
- 1 chipotle pepper (canned in adobo) or more if you love heat
- 1 cup mild olive oil

Instructions

1. Pick through crab and remove any shell pieces.
2. Mix mayo, Ritz crackers, eggs and Old Bay together.
3. Add crab and gently fold together, trying not to break up meat.
4. Form into patties.
5. Heat enough oil in saucepan to come halfway up sides of crab cakes.
6. Roll crab cakes in dry crumbs, shaking off excess.
7. Cook over medium heat until brown, turn over and brown other side.
8. Place in 350-degree oven for 5 minutes, and serve.

Aioli

9. In food processor or Vitamix, combine all ingredients except oil.
10. Blend well.
11. Slowly drizzle in oil.
12. Chill.



“Perfect for any special occasion!”

Kim Schellin '02 and Chris Schellin '02

Brown Sugar and Garlic Salt Baked Salmon

Ingredients

- Brown Sugar and Garlic Salt Baked Salmon
- 1 salmon filet, about 2 lb.
- 1 tbsp. brown sugar
- ½ tsp. garlic salt
- fresh parsley
- optional: Bonne Maman Four Fruit Preserves for the topping (available at Costco)



Lorene Tepe '91 and Bob Tepe '91

Instructions

1. Preheat oven to 425 degrees.
2. Line baking sheet with aluminum foil.
3. Place salmon onto baking sheet.
4. Sprinkle brown sugar on top of salmon then sprinkle the garlic salt onto the salmon.
5. Sprinkle on fresh parsley.
6. Bake 15 minutes.
7. Remove from the oven.
8. Serve as is or add a topping.
9. Fruit preserves give a nice sweet flavor to this dish.
10. Serve with a side salad or steamed vegetables and rice.

Tilapia Piccata

Ingredients

- 2 tilapia filets
- zest and juice of 1 lemon
- 2 tbsp. capers
- 1 cup fresh grape tomatoes or halved cherry tomatoes
- dry white wine (preferably Sauvignon Blanc)
- Old Bay seasoning



“Mike is the chef in our home and this is an original recipe he came up with.”

Marcia Booher '78 and Michael Booher '78

Instructions

1. While it is not necessary, it is preferable to remove the dark section in the middle of each filet. Using a sharp knife, make a V shape cut to remove the dark part and separate each filet into two pieces.
2. Season the fish on both sides with Old Bay seasoning and allow to sit for 5-10 minutes.
3. Heat 2-3 tbsp. olive oil in a pan on medium heat.
4. Sauté filets 3 minutes on each side.
5. Add 2 tbsp. capers and 1 cup tomatoes.
6. Cook tilapia until done, another 3-4 minutes.
7. Remove tilapia from pan and keep warm.
8. Add ½ cup wine and juice and zest of one lemon.
9. Cook 1-2 minutes to create a thin pan sauce. Pour over fish and serve.

Thai Coconut Curry Shrimp

Ingredients

- 1 tsp. oil
- 4 scallions, whites and greens separated, chopped
- 1 tbsp. Thai red curry paste
- 2 cloves garlic, minced
- 1 lb. shrimp, peeled and deveined
- 6 ounces light coconut milk
- 2 tsp. fish sauce
- ¼ cup fresh cilantro, chopped
- salt to taste

Instructions

1. In a large nonstick skillet, heat oil on medium-high.
2. Add scallion whites and red curry paste and sauté one minute.
3. Add shrimp and garlic, season with salt and cook about 2-3 minutes.
4. Add coconut milk, fish sauce and mix well. Simmer about 2-3 minutes, until shrimp is cooked through.
5. Remove from heat, mix in scallion greens and cilantro.
6. Serve over rice and enjoy!



Megan McIntyre '99 and Paul McIntyre '00



Cajun Shrimp Quinoa

Ingredients

- ¾ lb. large shrimp, peeled/deveined
- 3 Roma tomatoes, chunked
- ½ chopped onion
- 2 jalapeños, chopped
- 2 cloves of garlic, minced
- 1 tbsp. tomato paste
- 2½ tsp. Cajun seasoning
- 3 tbsp. olive oil
- 1 cup shredded fontina cheese
- 2½ cups of cooked quinoa
- cilantro, chopped
- 1 cup sour cream
- 1 tbsp. lime juice
- salt and pepper to taste

Instructions

1. Toss shrimp in 1 tsp. Cajun seasoning and set aside. Toss tomatoes with 1 tbsp. olive oil and 1 tsp. Cajun seasoning, and set aside.
2. Heat 1 tbsp. olive oil over medium heat in a cast iron skillet and cook shrimp until opaque (2-3 mins), set aside.
3. Add remaining olive oil to pan along with onion, jalapeño and garlic. Cook until tender. Combine veggies, cooked quinoa, tomato paste and tomatoes and mix well. Pour mixture back into cast iron skillet and top with seasoned shrimp. Sprinkle with shredded fontina cheese and bake at 350 degrees for 15 minutes.
4. For last 2 minutes, turn broiler on high until cheese is slightly brown and bubbly. Top with sour cream/lime juice/cilantro mixture and enjoy!



“This is a staple recipe in our house, one we have enjoyed for many years.”

Brooke Tallman '11 and Scott Tallman '11

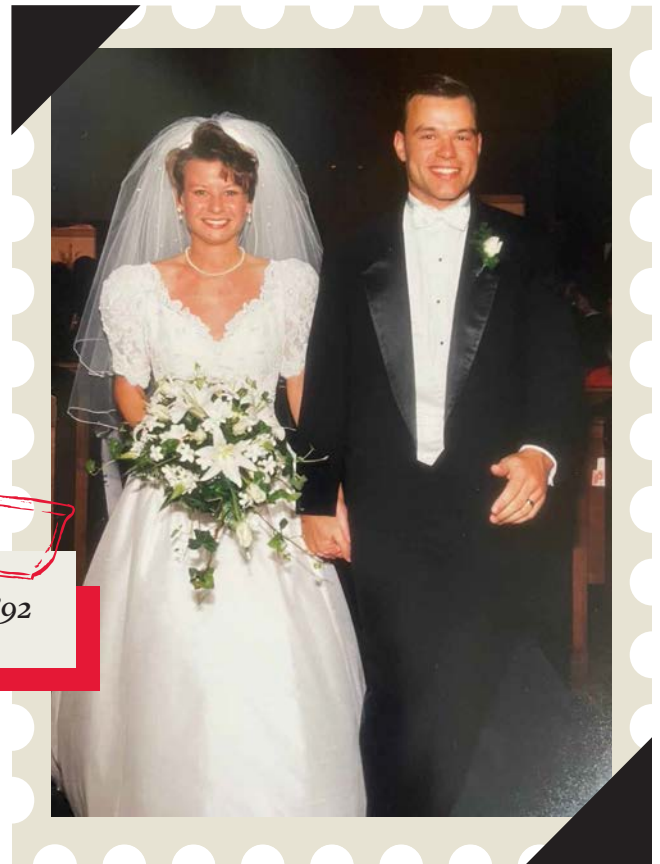
Cajun Spicy Shrimp

Ingredients

- 2 dozen large shrimp (1 lb. medium) – raw, deveined and peeled
- ½ tbsp. cayenne pepper
- ⅛-¼ tbsp. crushed red pepper flakes
- ⅛ tbsp. black pepper
- ½ tbsp. salt
- ½ tbsp. crushed thyme
- ½ tbsp. basil
- ¼ tbsp. oregano
- 1½ tbsp. minced garlic
- 1 tbsp. Worcestershire sauce
- ⅓ cup butter
- 1 cup tomato, coarsely chopped (about 1 large)
- ¼ cup warm full body beer
- 3 cups cooked spaghetti noodles (or your favorite long noodle)
- Top with mozzarella cheese

Instructions

1. Clean shrimp.
2. In small bowl, combine all dry seasonings.
3. Cook spaghetti according to package directions.
4. In large skillet, over high heat, combine butter, garlic, Worcestershire sauce and seasoning mix.
5. When butter has melted add tomato then shrimp.
6. Heat until shrimp is cooked through.
7. Add beer, cover and cook 1-2 minutes.
8. Serve shrimp mix over noodles and top with cheese, if desired.



Wendy Massarelli '92 and John Massarelli '92

Vegetarian



Vegetarian Enchiladas Casserole

Ingredients

- 1 cup uncooked quinoa rinsed
- 2 cups water
- 1 tbsp. olive oil
- 1 small onion diced
- 3 cloves garlic minced
- 1 jalapeño seeds and ribs removed, diced
- 1 red bell pepper seeds removed, diced
- 1 orange or yellow bell pepper seeds removed, diced
- 1 cup corn frozen kernels
- juice from 1 small lime
- 1 tsp. ground cumin
- 1 tbsp. chili powder
- 1/3 cup chopped cilantro
- salt and pepper to taste
- 30 ounce canned black beans, rinsed and drained
- 2 cups red enchilada sauce
- 2 cups shredded Mexican cheese
- Toppings: sliced green onions

Instructions

1. Preheat the oven to 350 degrees. Grease a 9-by-13 baking dish with cooking spray and set aside.
2. Add quinoa and water to a medium saucepan and bring to a boil over medium heat. Boil for 5 minutes. Turn the heat to low and simmer for about 15 minutes, or until water is absorbed. Remove from heat and fluff with a fork. Cover quinoa and set aside.
3. In a large skillet, heat the tablespoon of olive oil over medium-high heat. Add the onion, garlic, and jalapeño. Sauté until softened, about 5 minutes. Add in the peppers and corn. Cook for about 3-4 minutes. Add the lime juice, cumin, chili powder, and cilantro. Stir to combine. Season with salt and pepper, to taste.
4. In a large bowl, add the cooked quinoa and black beans. Add the sautéed vegetable mixture and stir to combine. Pour in the enchilada sauce and stir. Add 1/2 cup shredded cheese.
5. Pour the black bean and quinoa mixture into the prepared baking dish. Top with remaining shredded cheese. Cover the pan with foil. Bake for 20 minutes, then remove foil. Bake an additional 10 minutes, or until the cheese is melted and edges are bubbling. Remove from the oven, and let cool for 10 minutes before serving.



Rachel Zeno '15 and Zach Zeno '15

Papa's Fettuccine

Ingredients

- ¼ cup olive oil
- ½ cup margarine
- 2 chunks Gorgonzola cheese
- 1 pint heavy whipped cream
- ½ tsp. sweet basil
- ¼ tsp. garlic powder
- 16 ounces spinach noodles, cooked

Instructions

1. Heat oils. Add seasonings. Add whipped cream. Add cheese.
2. Simmer ½ hour.
3. Combine sauce and noodles just before serving.



"My dad's favorite pasta recipe."

Christina Dorsey '83 and Daniel Dorsey '83

Italian Zucchini Pie

Ingredients

- 4 cups sliced/diced zucchini
- onion powder
- ½ cup margarine
- ½ cup parsley flakes
- garlic powder
- sweet basil
- oregano
- salt
- pepper
- 2 eggs
- 8 ounces mozzarella cheese
- regular mustard
- 8 ounce Pillsbury crescent rolls

Instructions

1. In skillet melt margarine and cook zucchini and onion. Stir in other spices to taste and parsley.
2. In large bowl, blend eggs and cheese; then add vegetable mixture.
3. In a 10-inch ungreased pie dish, separate dough and press to make pie shell along bottom and sides to form a crust.
4. Spread mustard over crust. Pour in vegetable mixture.
5. Bake at 375 degrees for 30-45 minutes. Let stand for 10 minutes.



"This is a good meatless meal. Although sometimes I make sausage links to go with it."

*Amy Rosenberger Schomburg '77 and
John Schomburg '78*

Pan-Fried Tofu Burgers

Ingredients

For the marinated tofu

- 1 14-ounce package extra-firm tofu, drained
- 1½ cups pickle juice
- 1 tbsp. hot sauce
- 1 tbsp. Dijon mustard
- 1 tsp. gochugaru or red-pepper flakes
- 2 tbsp. grapeseed oil or other neutral oil

For the fried tofu

- ½ cup Dijon mustard
- 2 cups all-purpose flour
- ½ tsp. baking powder
- 1 tsp. smoked paprika
- ½ tsp. onion powder
- ½ tsp. garlic powder
- ½ tsp. ground cayenne
- 1 tsp. kosher salt, plus more as needed
- 1 tsp. black pepper
- grapeseed oil or other neutral oil, for frying

For assembly

- 6 potato buns or other soft rolls
- vegan mayonnaise and hot sauce, as needed
- thinly shredded green cabbage and dill pickles, for serving

Instructions

1. Line a baking sheet with paper towels or a clean kitchen towel. Cut the tofu crosswise into two rectangles that are each about 2½ inches wide and 4 inches long. Slice each rectangle into three ½-inch thick slabs and arrange in a single layer on the baking sheet. Cover the sliced tofu with more towels and gently press each piece to extract some of the moisture.
2. In a large bowl, combine the pickle juice, hot sauce, mustard and gochugaru.
3. Heat the grapeseed oil in a large nonstick or cast-iron skillet over high heat until shimmering. Sear the tofu to form a golden-brown crust, 4 to 5 minutes per side. Immediately drop the hot tofu into the pickle juice mixture. Refrigerate and let the tofu marinate for at least a few hours, or even overnight.
4. In a medium shallow bowl, stir the mustard with ¼ cup water until it's the consistency of heavy cream and set aside. In a large shallow bowl, whisk together the flour, baking powder, spices, salt and pepper.
5. In a Dutch oven or sturdy pot, heat 2 inches of grapeseed oil over medium heat and set a wire rack on top of a baking sheet. Remove the tofu from the brine and pat dry. Dip the tofu in the mustard mixture, turning until coated all over, then the flour mixture; dip it again in the mustard then flour until twice coated.

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When the oil temperature reaches 350 degrees, carefully place the battered tofu into the hot oil and fry, flipping as needed, until golden brown, about 5 minutes. Transfer the fried tofu to the wire rack and sprinkle with a little salt.

6. To serve, toast the buns and spread generously with mayo and dot with hot sauce, if desired. Top with fried tofu, cabbage and dill pickles, and eat immediately.
7. Feel free to adapt as you wish! We tend to add a side salad or baked French fries from the freezer isle.



“Adapted from a New York Times recipe originally created by Brooks Headley and Alexa Weibel

We are both huge foodies so it was hard to pick a recipe. I chose this one not because we eat it the most (got to have that well-rounded rotation), but because I find it so funny as people who are not vegetarian or vegan and never ate tofu until after college, that we like this meal SO much! Is filling while still being a very lean protein source. And the burger topping combos are endless!

We got married in Brooklyn, New York, on the same anniversary of when we started dating back at Miami.

Sydney Williams '18 and Casey Williams '17



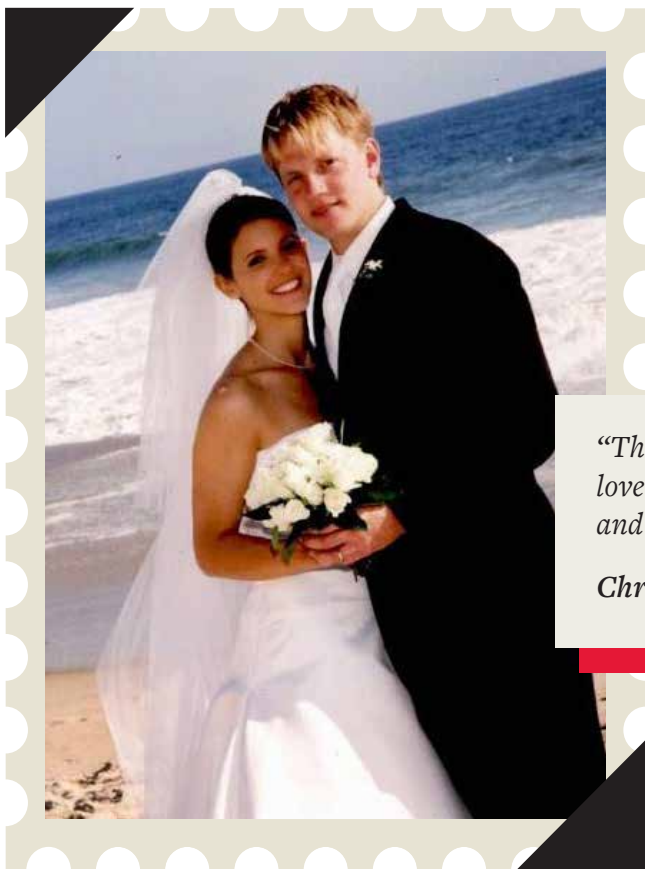
Instant Pot Baked Ziti

Ingredients

- 1½ tsp. olive oil
- 4½ garlic cloves (smashed with the side of a knife)
- 3 cups chopped baby spinach
- 3 cups water
- 1¼ tsp. kosher salt
- 15 ounces whole wheat ziti
- 3 cups marinara sauce
- ¾ cup part skim ricotta cheese
- ½ cup grated Pecorino Romano
- 1½ cups grated part skim mozzarella cheese

Instructions

1. Using the sauté button on the instant pot, when hot add the oil and garlic; stir 1 minute or until golden.
2. Add the water and salt to the pot, making sure the garlic is not stuck on the bottom.
3. Add spinach and pasta and stir.
4. Pour the marinara sauce evenly over the uncooked pasta, making sure it is covering all the pasta. Do not stir.
5. Cover and cook high pressure 7 minutes.
6. Quick release, then open the lid, stir the pasta, dollop the ricotta, top with pecorino and the mozzarella.
7. Cover the lid 3-4 minutes until the cheese melts.



“This is a Skinnytaste original recipe that we make and love in our home. Fast and easy with 3 kids (ages 13, 15 and 17) and very busy schedules!”

Christine Polomsky Dicarlo '95 and Dean Dicarlo '95

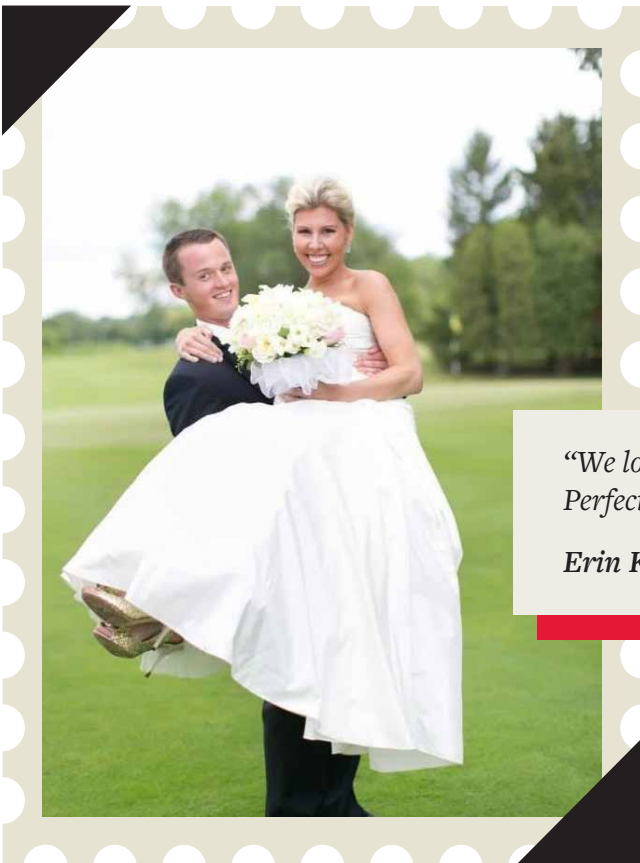
Half-Baked Harvest – Spicy Pesto Pasta Alla Vodka

Ingredients

- ¼ cup extra virgin olive oil
- 1 shallot, finely chopped
- 4 cloves garlic, finely chopped
- 1 tsp. dried oregano
- 1-2 tsp. crushed red pepper flakes
- ½ cup tomato paste
- ¼ cup vodka
- ¾ cup basil pesto, homemade or store-bought
- kosher salt and black pepper
- 1 cup heavy cream or canned coconut milk
- 1 lb. short cut pasta
- 3 tbsp. salted butter
- ½ cup grated Parmesan cheese, plus more for serving
- ¼ cup fresh basil roughly chopped

Instructions

1. Heat a large skillet over medium-low heat. When the oil shimmers, add the shallot, garlic, and oregano. Cook until the shallots begin to caramelize, about 5 minutes. Reduce the heat to low, add the tomato paste and red pepper flakes, cook 4-5 minutes, until thickened. Stir in the vodka, cook another 2 minutes. Stir in the pesto and cream. Season with salt and pepper. Keep warm over low heat.
2. Bring a large pot of salted water to a boil. Add the pasta and cook according to package directions until al dente. Just before draining, remove 1½ cups of the pasta cooking water. Drain.
3. To the vodka sauce, add the pasta, ½ cup pasta cooking water, and the butter, tossing until the butter has melted. Add the parmesan and basil. If needed, thin the sauce with additional pasta cooking water.
4. Divide the pasta among plates and top with basil and cheese. Enjoy!



“We love this Half-Baked Harvest pasta recipe. Perfect for a cozy dinner in.”

Erin Kramp '10 and John Kramp '10



Baked Ziti

Ingredients

- 1 lb. ziti (cooked)
- 6 tbsp. butter
- 1 cup heavy cream
- 8 tbsp. Parmesan cheese
- 1 lb. mozzarella cheese, shredded
- 8 tbsp. parsley
- 2 cups marinara sauce

Instructions

1. Preheat oven to 400 degrees.
2. Melt butter in saucepan over medium heat.
3. Stir in cream and 6 tbsp. Parmesan cheese.
4. Add $\frac{1}{4}$ of the mozzarella cheese and stir until melted.
5. Add warm ziti and stir to coat.
6. Stir in 6 tbsp. parsley and $1\frac{3}{4}$ cup marinara.
7. Put in a 13-by-9 baking dish and top with remaining mozzarella.
8. Bake 10 minutes. Top with remaining marinara sauce, parsley, and Parmesan cheese.



“This a Roush family favorite! Our kids love it and would eat it every night of week if we let them!”

Erin Roush '04 and Andrew Roush '04

Eggplant Lasagna

Ingredients

- olive oil
- 4 eggplants, unpeeled, sliced into ½-inch thick “coins”
- 1 cup ricotta cheese
- 2 cups mozzarella cheese
- 2 extra-large eggs
- 1 cup half-and-half
- 2 cups freshly grated Parmesan cheese
- salt
- black pepper
- ½-1 tsp. red pepper flakes, to taste
- 4 cups marinara sauce

Instructions

1. Preheat the oven to 400 degrees.
2. Cut eggplants into ½-inch coins. Place eggplant coins on a baking sheet and brush, or spray, a little olive oil, salt and pepper on the tops of the eggplant slices. Broil until browned (about 5 minutes). Turn coins over and repeat.
3. Meanwhile, in a small bowl, mix together the ricotta, egg, 1 cup of the mozzarella cheese, 1 cup of the Parmesan, ¼ tsp. salt, ¼ tsp. pepper, and red pepper flakes. Add just enough half-and-half to make the mixture spreadable but not runny.
4. Put a layer of marinara in the bottom of 2 prepared baking dishes, add a layer of eggplant slices and a layer of the cheese and egg mixture. Repeat, adding a layer of marinara, a layer of eggplant, layer of cheese, and another layer of marinara. Sprinkle the top with the remaining mozzarella and parmesan cheese.
5. Bake 400 and bake for 25 to 30 minutes or until the cheese/egg mixture sets and the top is browned. Serve warm.

Kate Smeltz '05 and Jeremy Smeltz '06



Penne Pasta with Spicy Arrabiata Sauce

Ingredients

- 3 tbsp. olive oil
- 3 garlic cloves, divided, 2 smashed, 1 finely diced
- $\frac{3}{4}$ tsp. crushed red pepper flakes
- 1 small red onion, finely diced
- 1 28-ounce can whole peeled tomatoes
- $\frac{1}{4}$ tsp. kosher salt, plus more to taste
- 1 lb. dry penne pasta
- $\frac{1}{2}$ cup packed basil leaves, plus more for garnish

Instructions

1. In a large saucepan over medium-low heat, add the olive oil, smashed garlic and crushed red pepper flakes.
2. Gently cook, stirring occasionally, until the oil is fragrant and the garlic and crushed red pepper flakes are lightly toasted, about 10 minutes.
3. Increase the heat to medium, add the finely diced red onion and garlic, and cook until softened, about 5 minutes.
4. Add the tomatoes, breaking them apart into large chunks with a flat wooden spoon, and season with the salt. Bring to a simmer and cook, covered, until loose.
5. While the sauce is cooking, bring a large pot of salted water to a boil. Add the penne to the water and cook until al dente, 7-8 minutes. Reserve $\frac{1}{4}$ cup of the pasta water. Drain the pasta and return to the pot with the reserved water.
6. Add the arrabiata sauce to the pasta and cook until slightly thickened, 2-4 minutes.
7. Stir in the basil leaves, then taste and adjust the seasoning with salt.
8. Garnish with a few basil leaves and serve.



“My wife and I learned about this recipe when we were in Rome. It is one of our favorite recipes now.”

Charlotte Smith '13 and Michael Smith '11



Kenyan Kunde Black Eyed Peas

Ingredients

- 1 cup chopped onions
- 1 cup canned tomatoes
- 1 cup dry black-eyed peas
- 2½ cups water
- 2 cups frozen Swiss chard (or any other leafy greens)
- 1 tsp. salt
- 1 tsp. pepper
- ¼-½ cup peanut butter (depending on how much you love PB)

Variations:

- Omit Swiss chard and cook just the black-eyed peas
- Substitute spinach for the Swiss chard
- Add 2-inch cubes of pumpkin or butternut squash instead of the Swiss chard
- Add chopped cilantro and chopped green onions after cooking, and stir in well.
- Add 1 tsp. curry powder.

Instructions

1. Pour all ingredients except peanut butter into the inner liner of your Instant Pot and stir well.
2. Add peanut butter on the top and ensure that everything in the pot including the peanut butter is submerged in the liquid, but do not stir the peanut butter in. You're doing this to keep it from sticking to the pot and burning.
3. Cook on high pressure for 15 minutes. Let the pot sit undisturbed for 10 minutes and then release all remaining pressure.
4. Open the pot, stir to mix and serve.

“While I always use my instant pot, I suspect the recipe could be made on top of the stove. These notes came with the recipe, and I often use the curry powder and also add the squash. This is a recipe that responds well to individual choices.”

Carol Senf '68 and James Senf '79



Heart Shaped Pizza (Inspired by SDS)

Ingredients

Dough

- 1½ cups warm water
- 1 package (2¼ teaspoons) active dry yeast
- 3½ cups bread flour
- 2 tbsp. olive oil
- 2 tsp. salt
- 1 tsp. sugar
- pink/red food coloring
- olive oil
- cornmeal (to slide the pizza onto the pizza stone)
- a Kitchen Aid mixer with mixing paddle and dough hook is recommended.
- pizza peel
- pizza stone

Toppings

- sauce
- cheese
- whatever toppings you like

Instructions

1. In a large bowl, add the warm water. Sprinkle on the yeast and let sit for 5 minutes until the yeast dissolves. Stir if necessary to help dissolve at the end of 5 minutes.
2. Add the olive oil, flour, salt, and sugar. Mix on low speed for about 1 minute.
3. Remove the mixing paddle and replace with a dough hook. Add the desired amount of food coloring at this time.
4. Knead using the mixer's dough hook on low to medium speed for about 10 minutes. The dough should be smooth and elastic in texture. If the dough is a little too wet, add a little more flour.
5. Place the dough ball in a bowl that is lightly coated with olive oil. Cover with plastic wrap and let sit in a warm place for 60-90 minutes. The dough should double in size. It may sit longer, allowing the flavor to improve.
6. Place a pizza stone on the lower rack of the oven at 450 for 30 minutes.
7. Remove the plastic from the dough and punch it down to deflate it a bit. Divide it into two balls and let them sit for 10 more minutes.
8. Have your sauce, cheese and ingredients ready to top your pizzas. On a floured surface, work the dough into 2 heart-shaped pizzas. When they are the desired shape, brush the tops lightly with olive oil. Sprinkle a pizza peel or baking pan with corn meal. Transfer the prepared dough to the peel or pan.

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9. Top with sauce, cheese, and ingredients.
10. Sprinkle some cornmeal on the heated pizza stone. Gently slide the prepared pizza from the peel/baking pan onto the stone. Bake the pizza for 10-15 minutes.
11. If only one pizza is needed, freeze $\frac{1}{2}$ the dough in an airtight container for up to two weeks!



“The first year we were dating in 1988, we discovered the heart-shaped pizza at SDS on Valentine’s Day. It became an annual tradition for us to share one every Feb. 14 while at Miami. Once we graduated, we knew this had to continue, even though we weren’t in Oxford. Long before the other chains had started the idea of making heart-shaped pizzas, we were buying crust mixes at Kroger, adding some food color, and making them at home to honor the SDS/Miami tradition that we love so much. Our three kids grew up loving and anticipating the special dinner with us. The girls are now RedHawks as well!

Angie Clouser '92 and Don Clouser '92

Unstuffed Pepper Bake

Ingredients

- ⅓ cup chopped onion
- 1½ cups yellow bell peppers or 1½ cups green bell peppers, diced
- 2 garlic cloves, minced or ½ teaspoon garlic powder
- ½ tsp. salt
- ¼ tsp. ground black pepper
- 1 14½-ounce can petite diced tomatoes, drained
- 1 ½ cups instant rice or 1½ cups brown rice
- 1 tsp. Worcestershire sauce
- 1 tsp. Italian seasoning
- 1 8-ounce package finely shredded sharp cheddar cheese, divided
- 1 15-ounce can tomato sauce

Instructions

1. Preheat oven to 375 degrees.
2. Sauté ground beef, onions, peppers and garlic for 10 minutes, or until beef is browned and vegetables are tender. Drain off excess fat and season with salt and pepper.
3. Stir in the tomatoes, rice, Worcestershire sauce and Italian seasoning. Remove from heat; stir in 1 cup of cheese.
4. Spread mixture evenly into a 13-by-9-inch baking dish and top with tomato sauce and remaining cheese.
5. Bake uncovered for 20 minutes, until heated through and cheese is melted and bubbly. Let stand 5 minutes before serving.
6. Store any leftovers in the refrigerator.



“This recipe is a favorite of my husband and I. When Sean Kuraly ’16 lived with us while he played for the Indiana Ice it was a favorite of his also. We call it the Kuraly Casserole.”

Carolyn McCutcheon ’74 and Robert McCutcheon ’74

Pear, Brie and Prosciutto Pizza

Ingredients

- 1 pear thinly sliced
- 4 tsp. balsamic vinegar, divided
- 2 individual pizza crusts
- 3 tbsp. extra virgin olive oil
- 8 ounces brie cheese, sliced
- 2 ounces prosciutto, sliced
- 2 ounces baby arugula leaves
- kosher salt
- black pepper



Clare Schueren '98 and Marty Schueren '87

Instructions

1. Preheat oven to 450 degrees.
2. Toss pears with 2 tsp. balsamic, set aside.
3. Brush pizza crusts with extra virgin olive oil.
4. Arrange brie on crust and cook 6-8 minutes.
5. Add pears to pizza and cook for 3-4 minutes.
6. Add prosciutto to pizza.
7. Use remaining vinegar and extra virgin olive oil and toss with arugula.
8. Add arugula to pizza and season with salt and pepper.

Garden Delight

Ingredients

- 2 tbsp. margarine (melted)
- 1 ½ cups uncooked brown rice
- 2 large onions
- 3 cups vegetable broth
- 3 tbsp. soy sauce
- ½ tbsp. thyme
- 1 tbsp. salt
- 3 tbsp. peanut oil
- 2 cloves garlic
- 1 bunch broccoli
- 1 head cauliflower
- 2 red peppers cut in strips
- 1 cup cashews or peanuts
- 2 cups shredded cheddar or other cheese

Instructions

1. In large 2-quart casserole, mix butter, rice, half chopped onion, broth and soy sauce. Cover and bake at 350 degrees for 20 minutes. Remove and stir in thyme and salt. Heat oil in skillet and saute' remaining onion and vegetables for 5 minutes or so.
2. Pour over rice mixture. Cover and bake for 20 minutes. Remove lid and sprinkle with nuts and cheese and bake until done, another 10-15 minutes.



"Change to meet your own likes."

Janet Lane '76 and David Lane '72

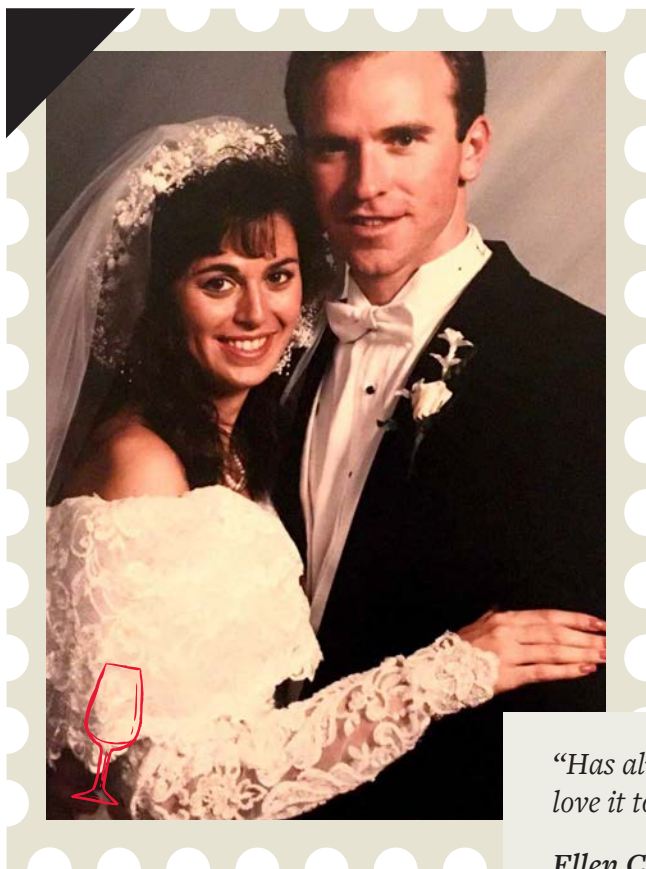
Eggplant Parmigiana

Ingredients

- 2-3 eggplants, peeled and sliced thin
- eggs
- 1 cup flour (may need to add more)
- 1 cup breadcrumbs (may need to add more)
- garlic powder
- dried basil leaves
- pepper
- 2 12-ounce jars pasta sauce (your preference)
- 2 cups shredded mozzarella cheese
- olive oil for frying
- Parmesan cheese

Instructions

1. Preheat oven to 350 degrees.
2. In a shallow bowl, mix a few eggs with a little bit of garlic powder and pepper.
3. On a plate, mix flour and breadcrumbs. Add a little pepper and basil. May have to add more flour and bread crumbs if run low as cooking eggplant.
4. Dip eggplant slices in egg mixture and then dredge in flour/bread crumb mixture.
5. Fry over medium heat on both sides in olive oil until golden brown on each side (5-10 minutes per batch). Add olive oil when needed.
6. In a large rectangular glass baking dish sprayed with Pam, place a thin layer of spaghetti sauce.
7. Place a layer of fried eggplant on top of the sauce, then spread shredded mozzarella on top of the eggplant, followed by another layer of sauce, eggplant and cheese. Repeat until have used all of the ingredients.
8. Sprinkle top with parmesan and basil.
9. Bake uncovered for 20-30 minutes, until cheese is melted and golden, and sauce is bubbling.
10. Let sit for about 5 minutes before slicing.



“Has always been a family favorite. Our 4 kids love it too!”

Ellen Chabot '85 and Dave Chabot '85

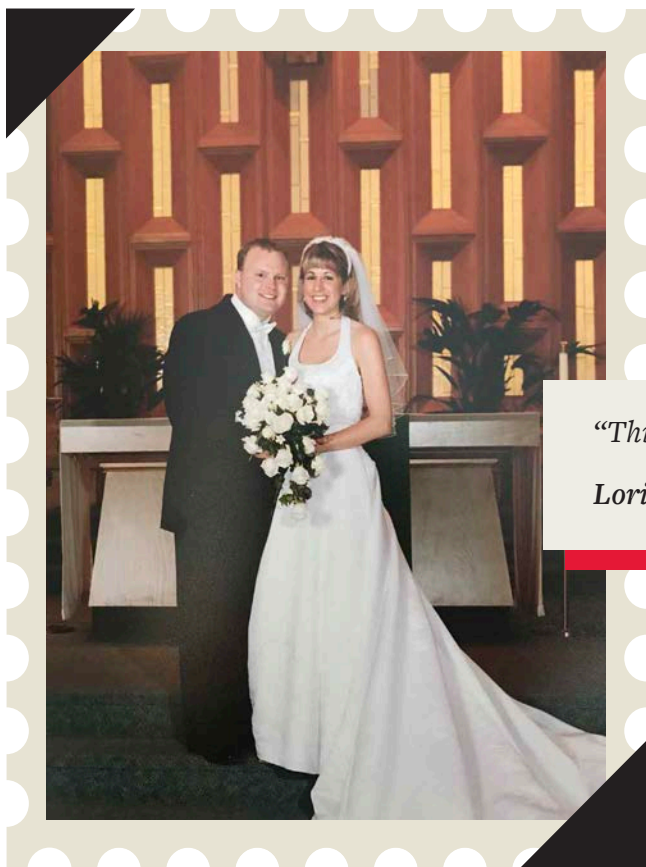
Veggie Pizza

Ingredients

- 2 cans crescent rolls
- 8 oz. cream cheese
- 1 cup Miracle Whip
- 1 packet Hidden Valley ranch dressing
- cut up veggies
- shredded cheddar cheese

Instructions

1. Flatten out crescent rolls on cookie sheet and bake according to directions.
2. Mix cream cheese, miracle whip and ranch dressing packet in a bowl. Spread on top of cooled crescent rolls.
3. Arrange cut up veggies on top. Sprinkle with cheddar cheese. Cut into squares and serve.



"This is the best appetizer!"

Lori Abner '01 and Peter Abner '99

Mushroom Bourguignon

Ingredients

- 6 tbsp. butter or extra-virgin olive oil, plus more as needed
- 2 lbs. mixed mushrooms, such as portobello, cremini, white button, shiitake or oyster, cut into 1-inch chunks (about 10 cups)
- 8 ounces peeled pearl onions (2 cups), larger ones cut in half
- kosher salt and freshly ground black pepper
- 1 large leek or 2 small leeks, white and light green parts, diced (1½ cups)
- 2 carrots, thinly sliced
- 3 garlic cloves (2 minced, 1 grated to a paste)
- 1 tbsp. tomato paste
- 2½ tbsp. all-purpose flour
- 1½ cups dry red wine
- 1½ cups beef, mushroom or vegetable broth
- 1 tbsp. tamari or soy sauce, plus more to taste
- 3 large fresh thyme branches or ½ tsp. dried thyme
- 1 bay leaf
- 3-4 ounces chanterelle or oyster mushrooms, thinly sliced (about 1 cup)
- smoked paprika
- polenta, egg noodles or mashed potatoes, as a base for serving
- chopped flat-leaf parsley, just before you serve

Instructions

1. Add 2 tbsp. butter or oil to a large Dutch oven or pot and set it over medium heat. When the fat is hot, stir in half the mushrooms and half the pearl onions. (If it doesn't all fit in the pot in one layer, you might have to do this in three batches, rather than two.)
2. Without moving them around too much, cook the mushrooms until they are brown on one side, about 3 minutes. Stir and let them brown on the other side, 2-3 minutes more.
3. Use a slotted spoon to transfer mushrooms and onions to a large bowl or plate and sprinkle with salt and pepper. Repeat with another 2 tbsp. of butter and the remaining mushrooms and pearl onions, seasoning them as you go.
4. Reduce heat to medium-low. Add another tablespoon of butter or oil to pan. Add leeks and carrot and sauté until the leeks turn lightly golden and start to soften, 5 minutes. Add the 2 minced garlic cloves and sauté for 1 minute longer. Stir in tomato paste and cook for 1 minute.
5. Stir in flour and cook, stirring, for 1 minute, then add wine, broth, 1 tablespoon tamari, thyme and bay leaf, scraping up the brown bits at bottom of pot.
6. Add reserved cooked mushrooms and pearl onions back to the pot and bring to a simmer. Partly cover the pot and simmer on low heat until carrots and

Continued on next page

onions are tender and sauce is thick, 30 to 40 minutes. Taste and add more salt and tamari if needed. Stir in the grated garlic clove.

7. Just before serving, heat a small skillet over high heat and add ½ tablespoon butter or oil. Add half of the sliced chanterelles or oyster mushrooms and let cook without moving until they are crisp and brown on one side, 1 to 2 minutes. Flip and cook on the other side. Transfer to a plate and sprinkle with salt and smoked paprika. Repeat with remaining butter and mushrooms. Serve mushroom Bourguignon over polenta, noodles or mashed potatoes, topped with fried mushrooms and parsley.



“This is an excellent substitute when you want to have a non-meat rich dish that will please everyone.”

Mary Jo McNeily '81 and Kevin McNeily '81

Sweet Potato Enchiladas

Ingredients

Filling

- 1¼ lbs. sweet potatoes (2 small-to-medium)
- 1 15-ounce can black beans, rinsed and drained, or 1½ cups cooked black beans
- 4 ounces (1 cup) grated Monterey Jack cheese
- 2 ounces (½ cup) crumbled feta cheese
- 2 small cans (4 ounces each) diced green chiles
- 1 medium jalapeño, seeded and minced
- 2 cloves garlic, pressed or minced
- 2 tbsp. lime juice
- ½ tsp. ground cumin
- ½ tsp. chili powder
- ¼ tsp. cayenne pepper (less for Gregg)
- ¼ tsp. salt, more to taste
- freshly ground black pepper
- ¼ cup chopped red onion

Remaining Ingredients

- 2 cups (16 ounces) mild salsa verde
- 15 corn tortillas
- 4 ounces (1 cup) grated Monterey Jack cheese
- 2 tbsp. sour cream
- ¼ cup chopped fresh cilantro

Instructions

1. Cook the sweet potatoes ahead of time so they can cool.
2. Preheat the oven to 400 degrees and line a large baking sheet with parchment paper for easy cleanup.
3. Slice the sweet potatoes in half lengthwise and coat the flat sides lightly with olive oil. Place the sweet potatoes flat-side down on the baking sheet. Bake until they're tender and cooked through, about 30 to 35 minutes.
4. Preheat (again) to 400 degrees.
5. Pour enough salsa verde into a 9-by-13-inch baking dish to lightly cover the bottom (about ½ cup). Have an extra small dish ready for extras. In a medium mixing bowl, combine all of the remaining filling ingredients.
6. Once the sweet potatoes are cooked through and cool enough to handle, scoop out the insides with a spoon. Discard the potato skins, and lightly mash the sweet potatoes with a fork or the back of a spoon.
7. At this point, place tortillas in foil and warm in the oven for 5-7 minutes so they don't break when you bend them. Wrap them in a clean tea towel so they stay warm.
8. Stir the mashed sweet potato into the bowl of filling, and season to taste with additional salt (I added ¼ tsp.) and pepper.

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9. Working with one tortilla at a time, spread about ½ cup filling down the center each tortilla, then wrap both sides over the filling and place it in your baking dish. Repeat for all of the tortillas.
10. If prepping the day before stop here and bake for 20 min then refrigerate. Tomorrow-top with the remaining salsa verde and cheese. Put in cold oven then pre-heat to 400 leave until the cheese is lightly golden (10-15 minutes total).
11. Top with the remaining salsa verde and cheese. Bake for 25 to 35 minutes, until sauce, is bubbling and the cheese is lightly golden.
12. Let the enchiladas cool for about 5 minutes. Whisk the sour cream and water together to make a drizzly sour cream sauce. Drizzle it back and forth over the enchiladas, then top them with cilantro. Serve.



“This is a great meal to make for a party or to have as leftovers all week. Easy to make ahead and it reheats really well. Gregg and I go back and forth on spicy to make it with extra cayenne.”

Sharon Carlson '84 and Gregg Carlson '85

Salad



Greek Cypriot Salad

Ingredients

- 1 cucumber
- 2 ripe tomatoes cut into chunks
- 2 inner celery stalks with leaves, chopped
- 1 6-ounce jar Greek olives in brine or oil, drained
- 1 small red onion, finely sliced
- 1 cup firmly packed lamb's lettuce leaves
- handful of chopped fresh cilantro
- 1 large garlic clove, chopped
- 2 tbsp. red wine vinegar
- ½ cup olive oil
- 1 cup crumbled feta cheese
- 1 tsp. dried oregano

Instructions

1. Peel away the skin of the cucumber in alternate stripes lengthwise. Halve lengthwise and then cut into slices and put in your serving bowl.
2. Add the tomatoes, celery, olives, onion, lettuce and cilantro to the bowl. Season with salt and pepper and mix well.
3. Mix the garlic and vinegar with a pinch of salt in a blender until completely smooth. Stir in the oil. Pour over the salad and gently mix, adding more salt (but keep in mind the feta may be quite salty) or pepper if necessary. Crumble the feta and oregano over the top before serving.



Andrea Line Larick '95 and Michael Larick '95

Panzanella Salad

Ingredients

- 2 tomatoes (cut into bite-size pieces)
- 1 small cucumber (peeled and sliced)
- 1 small red onion (thinly sliced)
- 1 cup fresh basil leaves (torn into small pieces)
- ½ cup olive oil
- 3 tbsp. balsamic vinegar
- salt and pepper to taste
- 6-8 slices Tuscan (country) bread (torn into bite size pieces)
- optional: add bite size chunks of fresh mozzarella or 1 can of drained and rinsed cannellini beans.

Instructions

1. In a bowl, combine tomatoes, cucumber, onion, basil (beans/cheese). Drizzle with oil and vinegar, season with salt and pepper, and toss well.
2. Place half the bread in a large bowl. Spoon half the vegetables over the bread. Layer remaining bread on top and then remaining vegetables.
3. Cover and refrigerate 1 hour. Toss and serve immediately.



Mary Jo Heller '75 and Robert Heller '75

Roasted Cauliflower Salad

Ingredients

- 1 large head of cauliflower, cut into florets
- 1 14-ounce can chickpeas, drained
- ¼ cup extra virgin olive oil
- 1 tbsp. chipotle chili powder
- 2 tsp. smoked paprika
- 2 cloves garlic, minced or grated
- ½ tsp. crushed red pepper flakes
- kosher salt and black pepper
- 6 cups mixed greens
- 2 Persian cucumbers, sliced
- ¼ cup fresh herbs, such as parsley, basil, and or dill, roughly chopped
- 2 tbsp. fresh chopped chives
- 4 ounces feta cheese, crumbled
- 1-2 avocados, sliced

Instructions

1. Preheat oven to 425 degrees.
2. On a large rimmed baking sheet, combine the cauliflower, chickpeas, olive oil, chili powder, paprika, garlic, crushed red pepper flakes, and a pinch each of salt and pepper. Toss well to evenly coat. Transfer to the oven and roast for 20 minutes, or until tender and lightly charred.
3. Meanwhile, in a large salad bowl, combine the mixed greens, cucumbers, herbs, and chives.
4. Toss the roasted cauliflower and chickpeas in with the salad. Add a little bit of dressing (we like to use a vinaigrette or olive oil) and toss to combine. Top the salad with avocado and feta cheese. Serve and enjoy! The salad keeps well for 3-4 days in the fridge. Add a dressing just before serving!



Taylor Sarkisian '15 and Ryan Sarkisian '14



Broccoli/Cauliflower Salad

Ingredients

- 1 head of broccoli
- 1 head of cauliflower
- $\frac{3}{4}$ cup bacon bits
- shredded cheddar cheese
- Marzetti's Light Slaw Dressing

Instructions

1. Chop up the broccoli and cauliflower, mix in $\frac{3}{4}$ cup of bacon bits and shredded cheddar cheese. Then about a half a jar of the light slaw dressing and chill.
2. Easy and yummy.



Wendy Moon '90 and Scott Moon '87



Sauce



Vodka Sauce

Ingredients

- 1 pack of bacon
- 1 white onion – diced
- 4 cloves garlic – diced or pressed
- 1 tbsp. crushed red pepper
- salt to taste
- 1 cup of vodka
- 1 large can of whole Roma tomatoes
- 1 large can of crushed tomatoes
- 1 lb. pasta (rigatoni works well, long noodles do not)
- fresh basil leaves (optional)
- Romano cheese for grating
- 1 pot for sauce
- 1 pot for boiling the pasta
- 1 large bowl for tossing pasta, sauce, and cheese before serving

Instructions

1. Chop the bacon and begin to sauté in a pot.
2. As soon as a layer of grease forms, add diced onion and garlic.
3. When the onion is transparent, add red pepper and salt to taste.
4. After 2 minutes, add both cans of tomatoes and the cup of vodka.
5. Stir and break up the whole tomatoes.
6. When sauce begins to simmer, add cup of cream. Let simmer.
7. Cook pasta according to directions on package, drain when finished.
8. Toss the sauce with cooked pasta and grated Romano in a large bowl.
9. Plate and serve. (Garnish with torn fresh basil leaves if trying to impress your spouse.)



“This can be cooked in under an hour on a small stove with ingredients widely available. As such it is a meal within the means and ability of even an undergraduate!”

Eva Vacca '93 and W. Alexander Vacca '95

Ultimate Pizza Sauce

Ingredients

- 2 tbsp. olive oil
- 1 tbsp. butter
- ½ cup chopped onion
- ¼ cup chopped celery
- 1 garlic clove, minced
- 8-ounce can tomato sauce
- 6-ounce can tomato paste
- 2 tbsp. grated Parmesan cheese
- 1 tsp. dried basil
- 1 tsp. dried oregano
- ½ tsp. salt
- ½ tsp. sugar
- ¼ tsp. black pepper
- 1 bay leaf
- 1 tsp. fennel seed

Instructions

1. In a large skillet, melt butter with oil. Add the onion, celery and garlic. Sauté until soft and transparent.
2. Add tomato sauce and paste and stir until smooth.
3. Add remaining ingredients and bring to a slow simmer.
4. Simmer for 30-60 minutes.
5. Remove bay leaf and spread the sauce on dough.



Melissa Latorre '09 and Mario Latorre '10

Soup



Senate Restaurant Bean Soup

Ingredients

- 1½ lbs. pea (or navy) beans
- 4 large chopped yellow onions
- 1 large clove garlic
- 6 stems parsley
- ¾ tsp. thyme
- 1½ large bay leaves
- 1 chopped carrot
- ½ lemon
- 1 lb. smoked ham hock (or shank end of a smoked ham)
- 1 tbsp. salt
- water

Instructions

1. Put pea beans in a large bowl. Add water to cover 4-5 inches. Soak overnight.
2. Drain and run them under hot water until slightly whitened.
3. Put beans in large soup pot and cover with 3 quarts cold water. Lightly brown in butter 4 large chopped yellow onions and chopped garlic clove then add to beans.
4. Add a bouquet garni, 6 stems parsley, ¾ tsp. thyme, 1½ large bay leaves, one chopped carrot and ½ lemon tied in cheesecloth.
5. Add 1 lb. ham and cover. Cook slowly about three hours or until reduced by half and beans are done. Remove bouquet garni of spices and discard.
6. Remove ham and let cool. Remove 2 cups beans with little liquid, puree and return to soup pot with 2 cups water. Cut ham into small pieces and return to soup.
7. Season with freshly ground pepper and 1 tbsp. salt (to taste).
8. Reheat carefully.



"This recipe is supposed to be the one to make the authentic bean soup served in the U.S. Senate restaurant. It tastes best with a strongly flavored ham, such as Smithfield, the recipe can be easily multiplied for a crowd, limited only by the size of your cooking pot. It freezes well."

Mike Foley '61 and Donna Foley '61

Taco Soup

Ingredients

- 1½ lbs. ground beef
- 2 pkg. taco seasoning
- 2 cans whole kernel corn
- 2 cans kidney beans and juice
- 1 15 ounce can tomato sauce
- 1 28 ounce can chopped tomatoes
- 1-2 cloves garlic, crushed
- 2 onions, chopped
- 1 can sliced black olives



“Taco soup came from our California family many years ago and has been enjoyed by many, including members of a teacher workshop at Frank Lloyd Wright’s Fallingwater.”

Lou Thompson ’75 and Charles Thompson ’75

Instructions

1. Brown ground beef, onions and garlic.
2. Add all the canned vegetables with their juice.
3. Cook for 20 minutes. I like to add 1½ cups water ... but try first.
4. Serve in bowls with these items to add on top: tortilla chips, sour cream, chopped green onions, and grated cheddar cheese.
5. Great with corn bread or garlic bread and a tossed green salad.
6. Enjoy!

Split Pea Soup with Rosemary

Ingredients

- 6 slices bacon, chopped
- 1 small onion, chopped
- 1 large carrot, chopped
- 4 cans chicken broth
- 1½ cups green split peas
- 2 bay leaves
- 1 tsp. chopped fresh rosemary



“A family favorite of our Miami grad siblings.”

Jackie Nelson ’83 and Chip Nelson ’84

Instructions

1. Place bacon in a large pot and cook over medium heat until crisp. Stir in onion and carrot, until vegetables are soft, about 8 minutes. Pour in chicken broth. Stir in split peas, bay leaves and rosemary. Bring to a boil. Reduce heat to low, and simmer to low; cover, and simmer until peas are cooked, about an hour.
2. Optional: add chopped ham halfway through cooking process.

Ham and Corn Chowder

Ingredients

- 2 tbsp. butter
- 4-6 pieces of bacon, chopped
- ½ cup white wine (I usually use Chardonnay)
- 1 onion, chopped
- 2 tsp. minced garlic
- 2 ham steaks, cubed
- 2 15-ounce. cans corn
- 6-8 red potatoes, cubed
- 8 ounces cream cheese
- 1 can cream of celery soup
- 4 cups water
- 3 chicken bouillon cubes
- 3 tbsp. herbs de Provence
- 3 bay leaves
- salt and pepper to taste

Instructions

1. Melt butter in a soup pot. Add chopped bacon and cook over med-high heat, stirring often.
2. When bacon is cooked through, add white wine to deglaze pan. Then add onion and garlic and continue to cook for a couple minutes until onion is translucent.
3. Add ham and corn and continue to cook, stirring often another 3-5 minutes.
4. Stir in potatoes, cream cheese, and celery soup until well combined. Then add water, bouillon, herbs de Provence, and bay leaves.
5. Cover and simmer on medium-low heat for about an hour, stirring occasionally. Taste and season with salt and pepper as desired.



“Follow @homemade_hotmess (on Instagram) for more recipes and adventures of cooking with our two children!”

Chelsea Walsh '12 and Michael Walsh '12



Ted's Pea Soup

Ingredients

Peas

- 1 lb. bag split peas
- ham or cooked Italian sausage
- 1 bay leaf
- water to cover

Vegetables

- 1 cup minced onion
- 3 cloves crushed garlic
- 1 cup minced celery
- 1 small, thinly-sliced potato
- 2 cups sliced carrots

Wine

- ¼ cup dry red wine
- ¼ tsp. dry mustard
- ¼ tsp. thyme
- A few drops of sesame oil

Dressing

- 3 tbsp. vinegar
- 1 cup chopped tomatoes (optional)
- ¼ cup freshly-chopped parsley

Instructions

Peas

1. Simmer, covered for 3-4 hours.
2. Remove bay leaf.

Vegetables

3. Sauté in 2 tbsp. oil.
4. Add to soup after 3-4 hours.
5. Continue simmering.

Wine

6. Add about 15 minutes before serving.

Dressing

7. Add just before serving.



“This was one of Ted Doktor’s favorite winter soup recipes. He would make large kettles of each and keep them frozen, to be eaten by visiting family during the season ... yum!”

Gail Doktor '84 and Ted Doktor '84



Chicken Tortilla Soup

Ingredients

Broth

- 8 cups water
- 1/3 cup chicken base
- 10 ounce chicken, whole breasts, bone-in raw
- 2 ounces carrots, cut in half
- 2 ounces onion, quarter cut
- 2 ounces celery, cut in half
- 1 tsp. cilantro
- 1 clove fresh garlic
- 3/4 cup dried red chili pepper
- 3/4 cup roasted Anaheim peppers
- 2 5-inch corn tortillas
- 1/4 tsp. thyme
- 2 ounces diced carrots, 3/8 inch
- 2 ounces diced onions, 3/8 inch
- 2 ouncea diced celery, 3/8 inch

Toppings

- 48 ounces roasted, pulled chicken (3 ounces per bowl)
- 2/3 cup diced tomatoes (t tsp. per bowl)
- 1/3 cup roasted corn (1 tsp. per bowl)
- 1/6 cup roasted Anaheim peppers (1/2 tsp. per bowl)
- 1 avocado (1 tsp. per bowl)
- 2 cups shredded Jack cheese (1/8 cup per bowl)
- cilantro leaves (3-4 leaves per bowl)
- 1 cup tortilla strips

Instructions

1. Mix the water and chicken base, bring to a boil.
2. Crack raw bone-in chicken in half at the breast bone, add to boiling stock.
3. Add the remaining ingredients except diced carrots, onions and celery. Boil for 40 mins.
4. Strain the stock through a china cap strainer and place liquid back in pot. Discard all the other ingredients. (Save chicken to use later.)
5. Add the remaining diced carrots, onions and celery. Boil for 10 minutes or until carrots are tender.
6. Add toppings and let cool before serving.

Toppings

7. Portion 2 cups of broth per soup bowl.
8. Add roasted pulled chicken, tomatoes, roasted corn, Anaheim peppers and avocado.
9. Top with cilantro leaves and tortilla strips.



*Christina Leslie Miller O'Hara '95 and
John O'Hara '05*



Spicy African Lentil Soup

Ingredients

- 1 can chickpeas drained and rinsed
- 1½ tsp. of curry powder
- 1 tbsp. of cumin
- 1 tsp. of ground red pepper
- 1 tbsp. of garlic powder
- 1 tbsp. of tahini
- 1 can a fire roasted tomatoes in juice
- 1 can of coconut milk
- 3 cups of water plus bouillon cubes of your choice
- 2 tbsp. of peanut butter
- 1 cup of lentils rinsed

Instructions

1. Add all ingredients to a crockpot on high for an hour, then turn it to low for the next few hours.



“Decrease red pepper for a less spicy meal. Every person has loved this soup.”

Denise Maynard '97 and Simon Maynard '97

Salmon wild rice chowder

Ingredients

- 3 slices bacon
- chopped onion to taste
- 1 cup thin sliced carrots
- 2 cups chicken broth
- 2 cups half and half
- 2 tbsp. flour
- smoked salmon as desired (Can use shrimp instead of salmon)
- ⅓ cup uncooked wild rice
- 1 can cream of potato soup undiluted
- 1 cup corn kernels
- salt and pepper to taste
- splash of sherry
- 1 tsp. of cayenne pepper or Old Bay seasoning
- chopped parsley to garnish

Instructions

1. Cook wild rice, and cook bacon in soup pan until fat is melted.
2. Remove strips and crumble, add onion to melted fat, cook until light brown, add carrots and chicken broth.
3. Simmer 10 minutes. Stir in half and half with flour and bring to a boil for a few minutes.
4. Add potato soup concentrate cooked wild rice fish corn bacon crumbles and seasonings.
5. Bring again to boil for a short time. Simmer until ready to serve.



Dr. Arthur Frock '60 and Judith Frock '62

Loaded Baked Potato Soup

Ingredients

- 1 lb. chopped bacon
- 1 onion, chopped
- 3 cloves garlic, minced
- 8-10 potatoes, peeled and cubed
- 4 cups chicken stock
- 3 tbsp. butter
- $\frac{1}{4}$ cup flour
- 1 cup heavy cream
- 1 tbsp. dried tarragon
- 6-8 ounces grated cheddar cheese
- Salt and pepper to taste



Diane Arehart '87 and Patrick Arehart '87

Instructions

1. In Dutch oven, cook the bacon over medium heat until done. Remove bacon from pan and set aside. Drain off all but $\frac{1}{4}$ cup of the bacon grease.
2. Cook onion in reserved bacon drippings until onion is translucent, about 5 minutes. Stir in garlic and continue cooking for 1-2 minutes.
3. Add cubed potatoes and toss to coat. Sauté for 3-4 minutes.
4. Return bacon to the pan and add enough chicken stock to just cover the potatoes. Cover and simmer until potatoes are tender.
5. In a separate pan, melt butter over medium heat. Whisk in flour. Cook, stirring constantly for 1-2 minutes. Whisk in the heavy cream and tarragon.
6. Bring the cream mixture to a boil and cook, stirring constantly, until thickened. Stir the cream mixture into the potato mixture and heat for a few minutes until cream is incorporated into the soup.
7. Add cheddar cheese to soup and stir until melted.
8. For thicker soup, puree about 2 cups of the soup and return to the pan. Adjust seasonings to taste.
9. Spoon soup into bowls.
10. Top with a little shredded cheddar cheese and bacon pieces.

Bacon, Lettuce and Tomato Soup

Ingredients

- 8 ounces bacon
- 3 tbsp. butter
- 1 cup chopped onion
- 1 tsp. minced garlic
- 3 tbsp. flour
- 16-ounce can whole plum tomatoes, chopped (with liquid)
- ½ cup tomato sauce
- 4 cups chicken broth
- ½ tsp. honey
- 1 tsp. kosher salt
- ¼ tsp. cayenne pepper
- 3 tbsp. shredded basil leaves
- 2 cups shredded iceberg lettuce

Instructions

1. Cook bacon in a large pot until crisp. Remove, crumble, set aside.
2. Pour the bacon fat from the pan and add butter.
3. Sauté the onion and garlic for 5 minutes.
4. Stir in flour and cook over medium heat, stirring, for 2 minutes.
5. Stir in the tomatoes, tomato sauce and broth. Season with honey, salt and pepper.
6. Bring to a boil and simmer for 15 minutes.
7. Just before serving add bacon, basil and lettuce.
8. Serve hot.



“We love this Autumn Soup. The recipe came from a cooking class from WKRC’S Cooking with Marilyn Harris – October 2015 at Cincinnati State Midwest Culinary Institute.”

Susan Wisner ’79 and Garen Wisner ’76

Chicken Tortilla Soup

Ingredients

- 2 14.5-ounce cans chicken broth
- 1 14.5-ounce can Cajun-style stewed tomatoes
- 3 tbsp. fresh lemon juice
- 3 garlic cloves, pressed
- 2 tsp. chili powder
- ½ tsp. ground cumin
- ¼ tsp. ground red pepper
- 1½ cups chopped cooked chicken
- 1 cup frozen corn kernels
- 1 15-ounce can black beans, rinsed and drained
- 2 tbsp. half-and-half
- tortilla chips
- 1 cup shredded Mexican four cheese blend
- sour cream

Instructions

1. Bring first seven ingredients to a boil.
2. Reduce heat; add chicken and next four ingredients
3. Simmer 20 minutes.
4. Serve with tortilla chips, cheese and a dollop of sour cream.



“Great when it’s cold outside and yummy left over.”

Jill Weaver '95 and Jeff Weaver '96

Chicken Tortilla Soup

Ingredients

- 32 ounces chicken broth
- 1 can condensed tomato soup
- 1 can diced tomatoes, drained
- ½ cup salsa
- 1 can corn, drained
- ½ cup carrots, chopped
- ¼ cup onion, chopped
- 2 10-12-ounce cans of chicken breast, drained
- ⅛ tsp. garlic powder
- ⅛ tsp. ground cumin
- 1 tsp. dried parsley (can substitute with fresh chopped cilantro)
- 1 tsp. chili powder
- white corn chips
- 8 ounces Monterey Jack cheese, shredded

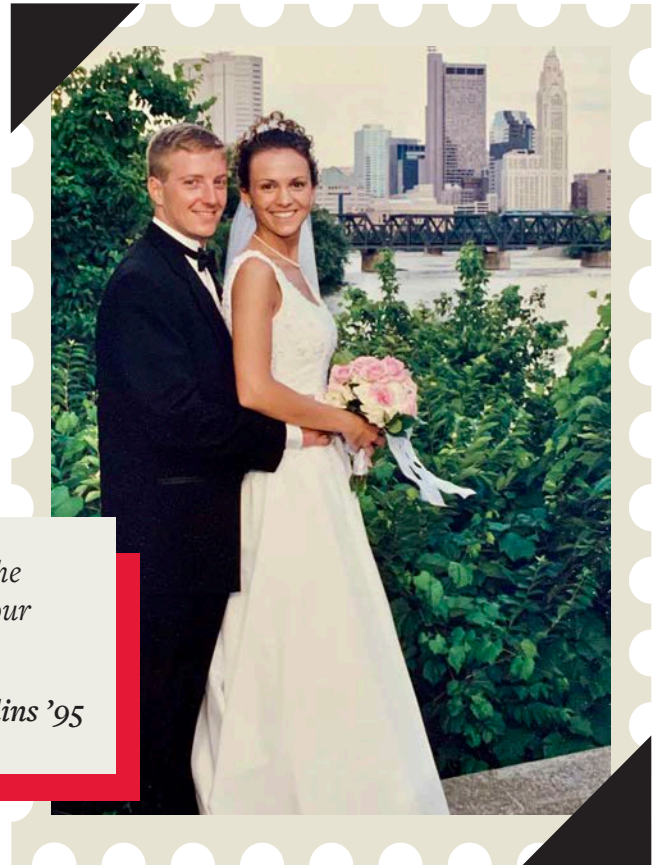
Instructions

1. Mix all ingredients except chips and cheese in crock pot.
2. Heat on low for 6-8 hours.
3. Serve in bowl topped with crumbled corn chips and a sprinkle of cheese.
4. Optional: Add Tabasco sauce for a little kick.



“An easy recipe we have made throughout the years of our marriage and a recipe both of our children love!”

Jocelyn Feltham Bollins '96 and John Bollins '95



Hearty Tortellini Soup

Ingredients

- 2 lb. ground meat (beef, Italian sausage of combo)
- 3-4 carrots, diced
- 4-5 celery stalks, diced
- 1 large yellow onion, diced
- ½ butternut squash, small diced
- 10 ounces chopped baby spinach or shredded baby kale
- 2 cans 14.5-ounce petite diced tomatoes with juice
- 1 zucchini or summer squash, diced
- 2 cans of kidney beans (red or white), rinsed
- 1 jar of tomato sauce (about 24 ounces)
- 4 cups beef broth, divided
- 16 ounces tortellini
- Freshly diced parsley and Shredded Parmesan to top!

Instructions

1. In large Dutch oven on medium heat brown meat. Scoop out into bowl leaving fat.
2. Sauté celery, onion and carrot in remaining fat. Scrape up meat bits. If needed, add a splash of olive oil. Add salt and pepper as it cooks and browns – about 10 minutes.
3. Once done scoop out into bowl with meat and add a glug of oil to pot. Sauté butternut squash until color appears and slightly tender (doesn't need to be cooked all the way). About 10 minutes.
4. Once squash is slightly caramelized, add 2 cups of broth, scraping at browned bits. Return meat and onions, celery and carrots to pot. Add diced zucchini, 2 cans of beans, 2 cans of tomatoes with juice, and tomato sauce. Stir to combine and simmer on low for about 2 hours (longer is fine! Up to 6 hours).
5. As soup simmers and liquid dissolves, add remaining 2 cups broth over time. I usually end up using all but ¼ cup.
6. About 15 minutes before serving, add kale or spinach to soup and start tortellini according to package directions.
7. To serve: ladle a scoop of tortellini into bowls and cover with soup. Top with freshly grated Parmesan cheese!



“Serves a crowd! We love to make this over the holidays because we can make it ahead and it stretches pretty far.”

*Kathryn Marsman '11 and
Christopher Marsman '12*

Chicken Tortilla Soup

Ingredients

- chicken breast (3-4)
- 1 can Rotel tomatoes with green chiles
- 1 can northern beans
- 1 can black beans
- 2 cans diced tomatoes
- 1 can corn
- 1 packet taco seasoning
- 1 packet dry Hidden Valley Ranch salad dressing

Instructions

1. Dice chicken breast and mix all ingredients including chicken in a crock pot.
2. Do not drain any juices. Cook on low for 4-6 hours.
3. Serve with tortilla chips and sour cream on top.



Kim Somerfield '91 and John Somerfield '90

Best Ever Potato Soup

Ingredients

- 3 cups cubed peeled potatoes
- 2-3 carrots, chopped
- 1 chopped onion
- 1 tbsp. dried parsley flakes
- ½ tsp. salt
- ½ tsp. pepper
- 3 celery stalks, chopped
- 1 box of chicken stock
- 3 tbsp. all-purpose flour
- 2 cups of milk
- 8 ounces cheddar cheese, cubed
- 2 green onions, thinly sliced, optional once serving bowls are filled with soup

Instructions

1. In a large saucepan heat 2-3 tbsp. of olive oil. Add vegetables, seasonings and stock and bring to a boil.
2. Reduce heat and simmer, covered, until potatoes are tender, 10-15 minutes.
3. Mix flour and milk until smooth, and stir into soup.
4. Bring to a boil, stirring constantly. Cook and stir until thickened, about 2 minutes. Stir in cheese until melted. If desired, serve with green onions.

“This makes a hearty dish for lunch or supper. It is easily prepared from common items in fridge and pantry; ready in under an hour from start to finish.”

Mary Collins Fairgrieve '75 and William Fairgrieve '74



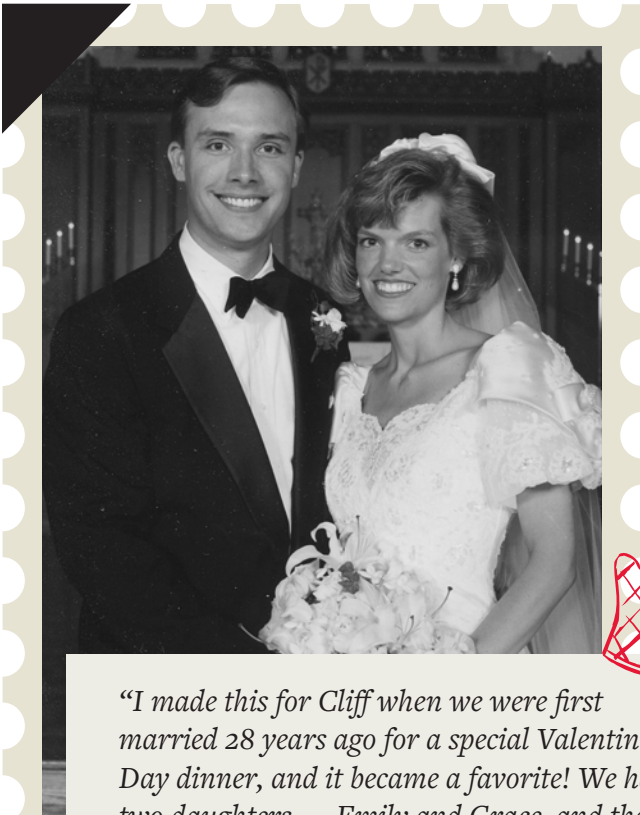
French Tomato Soup

Ingredients

- 2½ lb. tomatoes, ripe, cored, quartered
- ¼ cup butter
- ½ lb. yellow onions, sliced
- 5 garlic cloves
- ¼ cup tomato paste
- 1 bay leaf
- 1 tsp. dried thyme
- 3-4 cups heavy cream
- 1-2 tbsp. butter
- ½ tsp. ground white pepper
- salt to taste
- 1 lb. puff pastry, defrosted
- 1 egg, beaten with 1 tbsp. water

Instructions

1. Melt the ¼ cup butter in large pot over medium on low heat.
2. Add the onions, cover and cook for about 5 minutes. (Do not let onions color.)
3. Add the tomatoes, garlic, tomato paste, bay leaf and thyme. Simmer over low heat for 30-40 minutes, until tomatoes and onions are very soft.
4. Purée in a blender or food processor working in batches.
5. Return the soup to the pot and add the cream, salt, white pepper and remaining butter.
6. Bring soup back to boil.
7. Let soup cool for a couple hours or overnight in refrigerator.
8. Divide soup among six 8-ounce cups or bowls that can go in the oven.
9. Preheat the oven to 450 degrees.
10. Roll out the pastry to ¼ inch.
11. Cut 6 rounds slightly larger than your cups or bowls. Paint the dough with the egg wash and turn the circles egg-wash side down over the tops of the cups, pulling lightly on the sides to make the dough tight like a drum.
12. Lightly paint the top of the dough rounds with egg wash without pushing the dough down.
13. 12. Bake for 10-15 minutes until the dough is golden brown. Do not open the oven door in the first few minutes or the dough will fall.
14. Serve immediately with a frisée salad with poached egg, and French baguette ... and play “La Vie en Rose” on Spotify. Oui! Oui!



“I made this for Cliff when we were first married 28 years ago for a special Valentine’s Day dinner, and it became a favorite! We have two daughters — Emily and Grace, and they help me make it in big batches for a Christmas Soup & Sip Party each year.”

***Kristine Jorndt Schwandner ’89 and
Cliff Schwandner ’88***

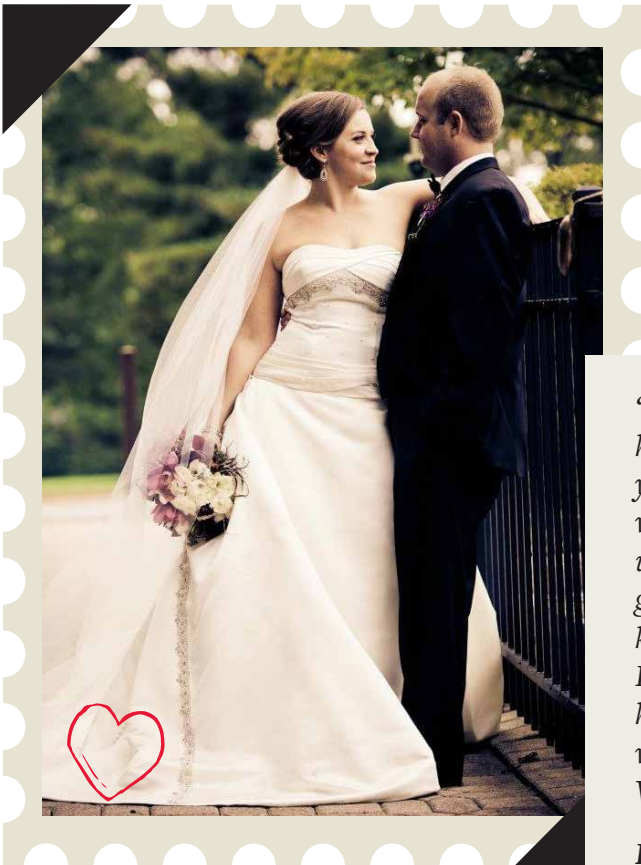
Tomato Tortellini Soup

Ingredients

- 2 cloves garlic, minced
- ¼ cup sundried tomatoes, chopped
- 2 tbsp. olive oil
- 2 cups chicken stock/broth
- 2 cans tomato soup
- 1½ cups half and half
- 1 tbsp. Italian seasoning
- 1 tsp. onion powder
- salt and pepper, to taste
- 1 package cheese tortellini
- fresh grated Parmesan

Instructions

1. Heat a large stock pot over medium heat. Add olive oil to bottom of pan until warm.
2. Add garlic and chopped sundried tomatoes and sauté until fragrant (1-2 mins).
3. Add chicken stock (or broth) and deglaze the pot, scraping up the brown bits from the bottom of pan.
4. Add both cans of tomato soup (plain old Campbell's brand is the best).
5. Stir to combine with stock/broth.
6. Slowly add half and half, stirring as you add.
7. Add Italian seasoning, onion powder, salt and pepper.
8. Stir well and bring soup to a low boil.
9. Reduce heat to low and add tortellini.
10. Cook tortellini according to package instructions.
11. Serve soup into bowls and top with freshly grated Parmesan cheese.



“This is a 20-30-minute meal that is fast, homemade, and doesn’t sacrifice any yumminess. When we first got married, Kristie would cook lots of fancy, complex meals and use all of the new kitchen/dining items we had generously received as wedding gifts. Three kids later ... much of the “fancy” has dwindled. But we still love to cook at home and this recipe has withstood the test of time, especially in cold winter months. We hope you enjoy this soup! With love, from our (busy) kitchen to yours!”

Kristie Pritchard '06 and Jon Pritchard '06

Vegetable Bean Soup

Ingredients

- 2 tbsp. olive oil
- 1 diced yellow onion (about 1½ cups)
- 3 cloves minced garlic, about 1 tbsp.
- 1½ cups diced Yukon gold or yellow potatoes
- 1½ cup diced carrot
- 2 bay leaves
- 2 tsp. dried parsley (or ¼ cup fresh)
- 1½ tsp. dried Italian seasoning blend
- 1 tsp. salt
- ½ tsp. red pepper flakes
- ¼ tsp. black pepper
- 6 cups vegetable broth
- 6 cups lacinato kale, roughly chopped
- 2 14-ounce cans white beans, drained and rinsed
- 2 tbsp. lemon juice or more to taste

Instructions

1. Heat oil in large stock pot.
2. Add onion and cook for 5-6 minutes, until softened.
3. Add garlic, carrot and potatoes – stir and continue cooking 5 minutes, until carrots are slightly softened.
4. Add all spices/seasonings, stir well, then add broth and bring to a boil.
5. Reduce heat to low and simmer for 15 minutes, until potatoes are fork tender. Add in kale, cannellini beans and lemon juice and cook until kale is wilted (about 10 minutes).
6. Taste and adjust salt and lemon as needed.



Kristy Adamski '94 and Chris Adamski '94



Slow-Cooker Chicken Tortilla Soup

Ingredients

- 2 lbs. shredded, cooked chicken (I use a rotisserie chicken)
- 2 15-ounce cans whole peeled tomatoes, mashed
- 2 10-ounce cans enchilada sauce
- 2 medium onions, chopped
- 1 green pepper, chopped
- 4 cloves garlic, minced
- 4 cups water
- 2 14.5-ounce chicken broth
- 2 tbsp. cumin
- 2 tbsp. chili powder
- 2 tbsp. salt
- ½ tbsp. black pepper
- 1 pkg. taco seasoning
- 1 bay leaf
- 1 cup corn (frozen or canned)
- Toppings: shredded cheese, tortilla chips, sour cream
- 2 tbsp. chopped cilantro

Instructions

1. Place chicken, tomatoes, enchilada sauce, onion, green pepper and garlic into a slow cooker.
2. Pour in water and chicken broth, season with taco seasoning, cumin, chili powder, salt, pepper and bay leaf.
3. Cover and cook on low setting for 6-8 hours. High for 3 to 4 hours. Serve with toppings.



“This soup makes about 15 servings. I make it often for my nieces and nephews when we are skiing together. We have three Miami Merger couples in our family: Lauren ’15 and Geoff ’14 Parker, Paul ’80 and Lisa ’80 Turgeon and soon to be married Lucas Turgeon ’17 and Hunter Taylor ’18!”

Lisa Turgeon ’80 and Paul Turgeon ’80

Tortilla Soup

Ingredients

- 4 uncooked boneless skinless chicken breasts
- 1 15-ounce can crushed tomatoes, undrained
- 1 10-ounce can red enchilada sauce
- 1 15-ounce can black beans, drained and rinsed
- 1 medium onion chopped
- 1 4-ounce can chopped green chile peppers
- 2 cloves garlic minced
- 1 package frozen corn, about 14 ounces
- 2 14.5-ounce cans chicken broth
- 1 tsp. cumin
- 1 tsp. chili powder
- 1 tsp. salt
- ¼ tsp. pepper
- 1 bay leaf
- corn tortillas
- cooking spray



Instructions

1. Place chicken, tomatoes, enchilada sauce, black beans, onion, green chiles, corn and garlic into your crock pot.
2. Pour in chicken broth, and season with cumin, chili powder, salt, pepper, and bay leaf.
3. Cover, and cook on low setting for 6-8 hours or on high setting for 3-4 hours.
4. When fully cooked, pull chicken out and shred. Place back inside crock pot.
5. Preheat oven to 400 degrees. Lightly spray both sides of tortillas with cooking spray. Cut tortillas into strips using a pizza cutter, then spread on a baking sheet. Sprinkle some Lawry's seasoning salt or just plain salt and pepper if desired.
6. Bake in preheated oven until crisp, about 10-15 minutes. To serve soup, top with cheese, avocado, green onions or any other add-in you like and then sprinkle tortilla strips on top. Enjoy!

Corn Sausage Soup

Ingredients

- 1 lb. smoked or ground sausage
- 1 large onion, chopped
- 3 large potatoes, diced
- 2 cups water
- 2 tsp. salt
- ¼ tsp. pepper
- 1 tsp. basil
- 1 tbsp. chopped parsley
- 1 16-ounce can each whole kernel corn and creamed corn (can use frozen corn)
- 1 can evaporated milk

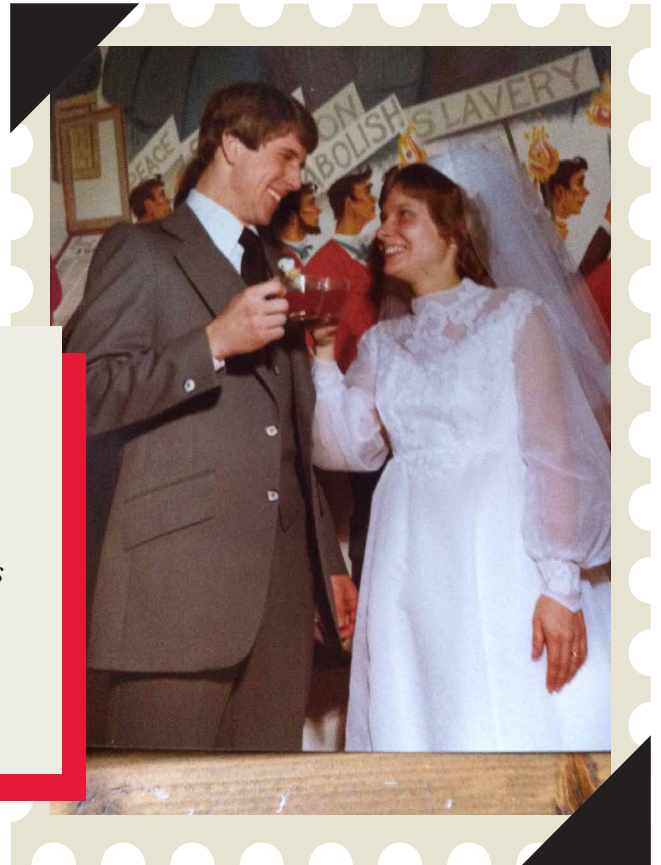
Instructions

1. Cut sausage into small chunks and brown. If using sausage, brown it, breaking up as you stir.
2. Drain leaving a small amount of drippings in pan. Sauté onion until soft. Stir in potatoes, salt, pepper, basil, parsley, and water. Cover and simmer 15 minutes. Stir in corn (w/ liquids) and evaporated milk.
3. Cover and heat just until boiling.
4. Mm! Perfect with hot cornbread baked in an iron skillet and a fresh green salad.



“We got this recipe from dear friends, Dave and Karis Freeman, when we first met soon after moving to Circleville, Ohio, in 1979. Our husbands taught school together and we raised our babies together. Still close friends 43 years later although Karis passed away several years ago. Forever Friends! (Even though Dave graduated from OU, Athens!)”

Polly J. Uher '76 and David Uher '76



Slow Cooker White Bean Chicken Soup

Ingredients

- 2 15-ounce cans cannellini beans, rinsed and drained
- 1 15-ounce can diced tomatoes with juices
- 1 32-ounce box chicken or vegetable broth
- 1½ cups carrots, diced
- 1½ cups celery, diced
- 1 cup onion, diced
- 2-4 boneless, skinless chicken breasts
- 3 cloves garlic, minced
- 2 bay leaves
- 1 sprig fresh rosemary, or 1 tsp. dried
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 1 tsp. dried basil
- ½ tsp. red pepper flakes, optional
- kosher salt and ground pepper to taste (I use 1 tsp. of salt and ½ tsp. of pepper)
- Optional: Parmesan cheese, garnish, and spinach

Instructions

1. Place chicken, carrots, celery, onion, and garlic in slow cooker.
2. Add cannellini beans (no juice) and diced tomatoes (with juice) to the pot, and then pour in the broth.
3. Season generously with the salt and pepper, then add bay leaves, rosemary, oregano, thyme, basil, and pepper flakes.
4. Stir everything together, then cover and cook on high for 3-4 hours, or on low for 6-8 hours, or until chicken is cooked through.
5. Use two forks to shred chicken and stir. if desired, and there is room, add spinach. Cover a few minutes until spinach is wilted.
6. Serve with Parmesan cheese, if desired. Enjoy!
7. Optional: Place all ingredients in a resealable, plastic gallon-sized bag and squeeze all remaining air out. Freeze for up to 6 months before cooking.



“We use our vintage 3½-quart crock pot from our 1978 wedding for this recipe. Adjustments may need to be made for larger crock pots.”

*Sandra Lynn Powless Cornell '78 and
Robert Shepard Cornell '77*



Creamy Chicken Noodle Soup

Ingredients

- 2 large 49-ounce cans of chicken broth
- 1 small 14-ounce can of chicken broth
- ¼ cup dry vermouth
- ¼ cup butter
- 1 cup whipping cream
- ½ lb. medium egg noodles
- ¾ cup flour
- 1¼ cups water
- 2 cups diced cooked chicken (rotisserie chicken)
- salt and pepper to taste
- chopped parsley

Instructions

1. Combine 1 cup broth, vermouth and butter. Bring to a boil in small pan. Boil rapidly until reduced to ¼ cup and syrupy. Stir in cream and set aside.
2. Heat remaining broth to boil. Add noodles and cook according to package directions.
3. Blend flour and water until smooth. Stir this into noodles and boil.
4. Add cream mixture and chicken. Season and serve with chopped parsley on top.



“This recipe was one my mom made when we would return home from Miami. A pre-holiday easy and cozy meal to return home to. Justin experienced this during our early dating years and for years to come as a traditional favorite. It is a go-to in our house, especially on cold, busy nights or when extra comfort is needed!”

Sarah Sperry '99 and Justin Sperry '99

Beef Barley Soup

Ingredients

- 1½ quarts beef broth
- 1½ cups water
- ¾ cup barley
- 1½ lbs. ground chuck roast or hamburger
- 1½ lbs. soup bones
- 1 cup celery, chopped
- 1 cup carrot, chopped/grated
- 1 cup yellow onion, peeled and chopped
- 4 cloves garlic, crushed
- 1 cup red wine
- 1 piece lemon peel, 1-by-½
- salt and pepper to taste

Herbs:

- ½ tbsp. basil
- ¼ tbsp. oregano
- ½ cup parsley
- 2 bay leaves
- ½ tbsp. rosemary
- 2 tomatoes, chopped (or one can of diced tomatoes with juice)
- 4 tbsp. tomato paste
- fresh grated Parmesan or Romano cheese

Instructions

1. Roast the soup bones at 350 degrees until they just brown, about 20 minutes or so. Briefly brown the beef, celery, carrots, onion, and garlic in a large stock pot on high heat. Add the stock, water, barley, red wine, lemon peel, and pepper. Bring to a boil, then turn the heat to low, cover and simmer for 2 hours. Stir often or the barley will stick and burn.
2. At the end of 2 hours add the herbs and chopped tomato and paste, and continue cooking for 1 more hour. The total cooking time is 3 hours. Leave the lid on for the entire time except when stirring. The soup can be adjusted with water or stock if necessary. Correct for salt and pepper before serving. The amount of salt will depend on the saltiness of the broth.
3. Ladle into serving bowls and add grated cheese. Accompany with a crusty loaf of bread.



“This was the first recipe I made for a group dinner party, and was one of the first recipes I made for Rebecca. The original was from the Frugal Gourmet, but I made a few modifications. It has been a favorite in our house for cold winter dinners ever since.”

Rebecca Jaworski '91 and Scot Jaworski '92

Cabbage and Meatball Soup

Ingredients

Meatballs:

- 1 garlic clove, minced
- ½ white onion, finely chopped
- ½ tsp. smoked paprika
- ½ tsp. cumin
- 1 tsp. thyme
- 2 tsp. grated Parmesan cheese
- breadcrumbs from 2 slices of bread
- 1 lb. lean ground beef
- 1 large egg
- salt and pepper to taste
- 3 tbsp. flour
- 3 tbsp. vegetable oil
- 1 tbsp. butter

Soup:

- 2 tbsp. vegetable oil
- ½ white onion, coarsely chopped
- 1 garlic clove, minced
- 1 lb. tomatoes, chopped
- 1 large cabbage, cored and chopped into bite size pieces
- salt and pepper to taste
- 2 quarts beef stock
- grated Parmesan cheese to top

Instructions

Meatballs:

1. Add all but the flour, oil, and butter to a bowl and mix well.
2. Roll meatballs into 2-inch balls.
3. Place on pan and refrigerate 30 minutes.
4. Once meatballs are chilled, heat the oil and butter in a pan over medium-high heat.
5. Coat meatballs in the flour.
6. Add meatballs to pan and cook evenly until a rich brown color.
7. Set meatballs aside.

Soup:

8. Heat oil in a large pot over medium heat.
9. Add the onion, garlic, and tomatoes.
10. Cook for about 5 minutes, stirring.
11. Slowly add the cabbage and stir together for about 3 minutes.
12. Stir in the beef stock, salt, and pepper.
13. Bring to a boil, then reduce to a simmer.
14. Cover and cook for 20 minutes.
15. Add meatballs to soup mix and simmer for an additional 20 minutes, or until cabbage is cooked to your desired softness.



“We love ‘doing all things Columbus’ with this recipe. We source most of the produce from a market downtown, get the bread and cheese from a local bakery, and get fresh grind from a butcher. Often times we can’t resist picking up breakfast or coffee while we take in the city and do our shopping for this comforting homemade dish.”

Grace Bower '19 and Steven Bower '19

Tim's Black Bean Soup

Ingredients

- 2 tbsp. olive oil
- 2 diced medium onions
- 3 cloves garlic
- 1 carrot chopped really fine
- 4 cans black beans (2 mashed up)
- 1 can diced tomatoes
- 3 tbsp. chili powder
- 2 tbsp. dried oregano
- 1 tbsp. dried basil leaves
- 1 tbsp. cumin
- 1 tsp. balsamic vinegar
- 1 tbsp. Godiva chocolate liquor (optional but recommended)

Instructions

1. Dice onions and garlic.
2. Sauté onions in olive oil until translucent, 3-4 mins.
3. Drain black beans and mash-up two of the cans.
4. Add all ingredients to a crock pot and cook for two hours on high.
5. Top with sour cream as desired.

"Make a double batch you will wish you did."

Jan Boone '75 and Tim Boone '74



Chicken Tortilla Soup

Ingredients

- 1 lb. cooked chicken, cubed,
- 1 15-ounce can crushed tomatoes
- 1 10-ounce can enchilada sauce mild or medium
- 1 medium onion
- 1 4-ounce can chili peppers
- 2 cups water or chicken broth
- 1 tsp. cumin
- 1 tsp. chili powder
- 1 tsp. salt
- pepper
- 1 bay leaf
- 1 10-ounce pkg. frozen corn, optional
- 1 tbsp. chopped cilantro
- 1 bag tortilla chips
- 1 lime
- sour cream

Instructions

1. Place cooked chicken, garlic, onion, enchilada sauce, green chilies, and tomatoes in pot. Add chicken broth. Stir in cumin, chili powder, salt, pepper, bay leaf, corn, and fresh cilantro. Cook about an hour.
2. If using crock pot, cook 6 hours on low setting or high for 3 hours.
3. Next, crush some tortilla chips in serving bowl, ladle soup over top. Serve with squeeze of lime and dollop of sour cream. Garnish with fresh cilantro.

"It is delicious and gluten free."

Vicki Chinnock '70 and Edward Chinnock '67



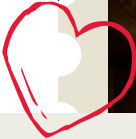
Bobby's Lighter Tastes Like Lasagna Soup

Ingredients

- 2 tsp. olive oil
- 1 lb. casings-removed Italian turkey sausage
- 1 chopped onion
- 1 chopped green bell pepper
- 3 cloves minced garlic
- 1 32-ounce container chicken broth
- 1 15-ounce can tomato sauce
- 1 14½-ounce can petite diced tomatoes
- ½ tsp. salt
- ¼ tsp. crushed red pepper
- 4 ounces broken (about 4 noodles) whole-wheat lasagna noodles
- ½ cup chopped fresh basil
- 3 tbsp. grated Parmesan cheese
- ½ cup shredded reduced-fat mozzarella cheese
- 8 ounces grissini (optional) whole-wheat breadsticks

Instructions

1. Heat the oil over medium-high heat in a large nonstick saucepot or Dutch oven.
2. Add the sausage, onion, bell pepper and garlic. Cook over medium-high heat, stirring occasionally, until the sausage is crumbled and browned, 8-10 minutes.
3. Add the broth, tomato sauce, diced tomatoes, salt and crushed red pepper. Bring to a boil. Reduce the heat and simmer, stirring occasionally, until the flavors are blended, about 20 minutes.
4. Add the noodles; bring to a boil. Reduce the heat and simmer, uncovered, stirring occasionally, until the soup thickens slightly and the noodles are tender, 10-12 minutes. Remove from the heat; stir in mozzarella, basil, and the Parmesan. Serve with the breadsticks, if using. (Whole-wheat lasagna noodles take a little longer to cook.)



“We’ve been making this delicious soup since we were newlyweds some more than 11 years ago. It’s a recipe that has stood the test of time in our household just like our love and honor for Miami!”

Whitney Poma '08 and Jonathan Poma '08



Stew



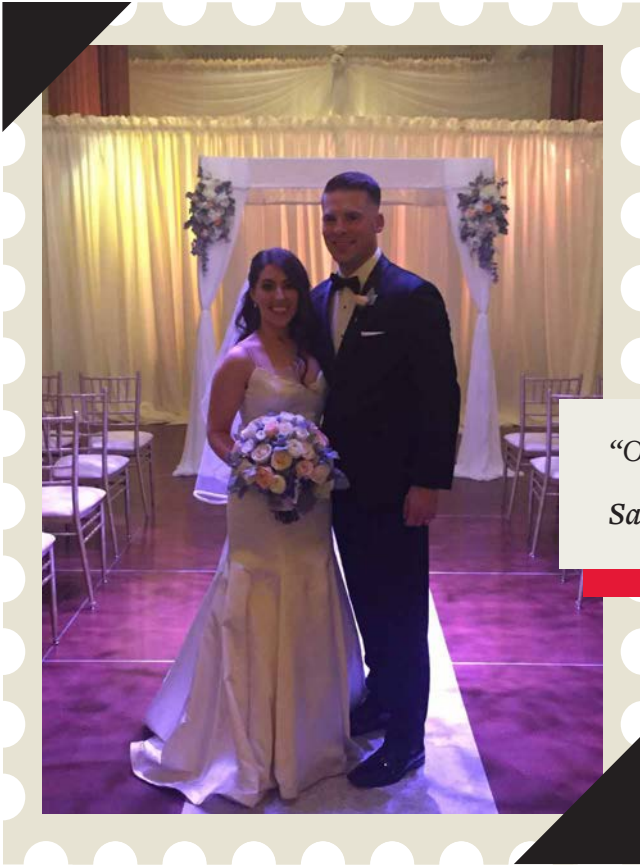
Lamb Stew

Ingredients

- 2½ lbs. boneless leg of lamb, cut into stew meat
- 3 tbsp. minced garlic
- 1 tbsp. paprika
- 1 onion, chopped
- 1½ tsp. ginger (from a jar)
- ¾ tsp. cumin
- 1½ cups chicken broth
- 1 3-ounce can diced tomatoes
- ½ cup chopped parsley
- ½ tsp. pepper

Instructions

1. Sautéed onion, garlic, and ginger in cooking spray in a ditch oven.
2. When lightly browned, stir in paprika and cumin.
3. Add the lamb and mix it all up.
4. Add the chicken broth. Cover, reduce heat to very low, and simmer 1½ hours.
5. Periodically check the stew and stir.
6. After the 1½ hours, add the tomatoes with their juice, the parsley, and pepper.
7. Continue to simmer on very low heat another 1½ hours.
8. Continue to check on the stew and stir.



“One of our favorites!”

Sarah Kling '14 and Joshua Kling '14




Mom's Beef Stew

Ingredients

- 2½ pounds stew meat
- ⅓ cup instant tapioca
- 14 ounces of frozen peas
- 3 carrots, sliced
- 5 quartered potatoes
- 1 onion, chopped
- 16 ounces of tomato sauce

Instructions

1. Preheat oven to 250 degrees F.
2. Mix tomato sauce and tapioca in a Dutch oven.
3. Combine remaining ingredients and stir.
4. Bake for 5 hours until tender, stirring occasionally.
5. Note: It is important to use frozen peas because the liquid from the melting peas helps make the gravy for the stew.



“This was one of my favorite dishes that my mother made when I was growing up. My husband and I recently had it for dinner, and it was as good as I remember.”

*Gretchen Hoffmann Stock '84 and
Freeman “Toby” Stock '83*

Cowboy Beef Stew

Ingredients

- 1½ lbs. beef stew meat, cubed
- ¼ cup flour
- salt and pepper
- 4 tbsp. olive oil
- 2 tbsp. butter
- 2 medium onions, large dice
- 2 ribs of celery, sliced
- ½ large bell pepper, large dice
- 1-3 cloves of garlic, minced and smashed
- 1 bottle dark beer
- 1 14-ounce can diced tomatoes
- 1 8-ounce can tomato sauce
- ½ cup water
- 2 beef bouillon cubes
- 1 tbsp. dried parsley/cilantro
- 1 bay leaf
- 1 tbsp. molasses
- 1 tbsp. cider vinegar
- 3 dashes hot sauce/pepper flakes
- 3 carrots, sliced
- 2 medium potatoes, peeled and cubed
- 8 ounces frozen peas

Instructions

1. Heat a Dutch oven on medium heat. Dredge beef cubs in flour, salt, and pepper. Brown in batches in oil. Remove.
2. Add butter and sauté onion, celery, and pepper until slightly browned. Add garlic. After 1 minute, return beef to pot.
3. When heated, add beer to deglaze pot, scraping browned bits off bottom. Add tomatoes, sauce, water, bouillon cubes, seasonings, molasses, vinegar, and hot sauce.
4. Cover, lower heat, and simmer 1½ hours or until meat is tender. Salt and pepper to taste.
5. Remove bay leaf. Add carrots, potatoes, and peas.
6. Cover and simmer 45 minutes or until tender.
7. Serve with biscuits or crusty bread.



“One of our favorite cold weather meals. Brings back memories of tray-ing ... I mean sledding on campus.”

Cathy Folk '82 and John Folk '82



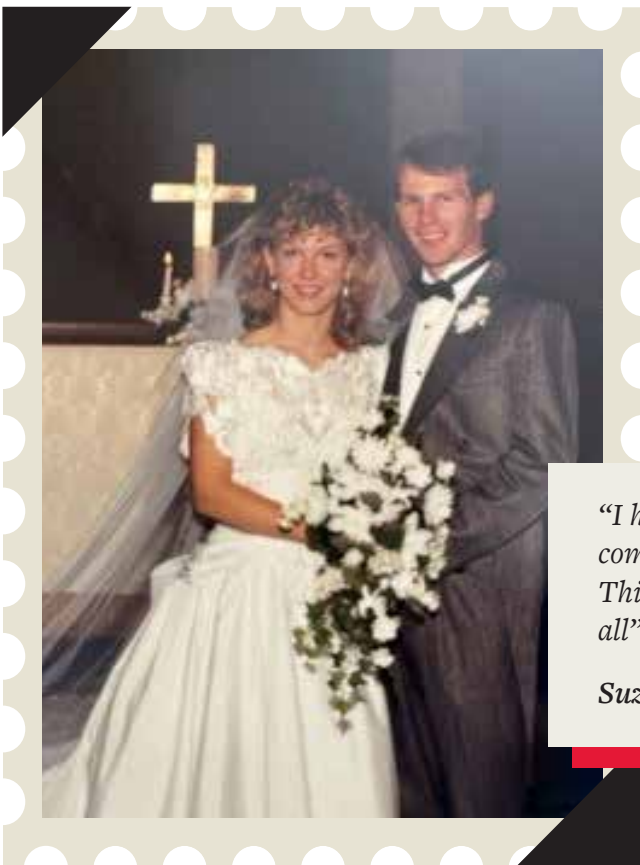
The Best Beef Stew

Ingredients

- 6 ounces of bacon, chopped into ¼ pieces
- 2-2½ lbs. stew meat
- ¼ cup flour
- 2 cups good red wine
- 1 lb. sliced mushrooms
- 4 carrots, sliced
- 1 medium onion, diced
- 4 garlic cloves, minced
- 1 tbsp. tomato paste
- 4 cups beef broth
- 2 bay leaves
- 1 tsp. thyme (fresh if possible)
- 1 pound fingerling potatoes, halved

Instructions

1. Preheat oven to 325 degrees F.
2. Sauté bacon in oven-proof pot. Remove bacon with slotted spoon.
3. Place beef in a bowl, season with ½ tsp. salt and 1 tsp. pepper. Sprinkle with flour and toss.
4. Transfer in batches to hot bacon fat and cook until browned. Add olive oil if needed. Transfer to bowl with bacon.
5. Add wine to pot, bring to boil, scraping bottom to pick up the small bits of meat. Add mushrooms and simmer 10 minutes. Add beef and bacon to pot.
6. Meanwhile, sauté onion, carrots, and garlic in oil in a skillet until soft. Add tomato paste and sauté another minute. Transfer mixture to the soup pot.
7. Add beef broth, bay leaves, thyme, 1 tsp. salt, and ½ tsp. pepper. Stir and bring to boil.
8. Add potatoes, making sure they are submerged. Transfer pot to 325°F oven for 1 hour and 45 minutes. Sprinkle with parsley before serving.



“I have many beef stew recipes. I put stars or comments next to the ones I like in my binder. This one has 2 stars, and I wrote “the best of all” next to it – so you know it’s great!”

Suzanne Carr '89 and Gregory Carr '87



Cincinnati Chili

Ingredients

- 2 lbs. hamburger
- 1 tsp. cinnamon
- ½ tsp. ground cloves
- 1 tsp. black pepper
- 1 tsp. allspice
- 2 bay leaves
- 1 tsp. garlic powder
- 1 tbsp. unsweetened chocolate powder
- 5 tbsp. chili powder
- 1 tsp. salt
- 3 tbsp. dry onion flakes or
1 chopped onion
- 1 tbsp. vinegar
- 1 12-ounce can of tomato paste

Instructions

1. Put all ingredients in large pot and cover with water. DO NOT pre-fry hamburger. Cook until hamburger is no longer raw and reaches consistency you desire.
2. For Cheese Coney – Serve on a hot dog with onions and cheese.
3. For a 3-Way – Serve over spaghetti noodles top with chili and cheese.
4. For a 4-Way – Add onions.
5. For a 5-Way – Add kidney beans.
6. Hot sauce is always served at the table to add to your coney, 3 Way, 4 Way, or 5 Way.



“If you like it spicy, make the spice measurements rounded. If you like it mild, go flat measurements. If you prefer those Gold guys, leave out the chocolate.”

Bridget Harding Beck '76 and John Beck '73



Crock-Pot Chili

Ingredients

- 1 lb. ground beef
- 2 tbsp. butter
- 2 tbsp. chopped garlic cloves
- 1 large can tomato sauce
- 1 small can chili beans
- 1 can medium or large can kidney beans
- 1 tsp. sugar
- $\frac{3}{4}$ to 1 tsp. chili powder
- $\frac{1}{4}$ tsp. cumin
- 1 tsp. salt
- 1 bay leaf (whole)
- 1 4-ounce can chopped green chilies

Instructions

1. Brown ground beef in skillet with the butter and chopped garlic.
2. Pour this mixture into your Crock-Pot and mix well with the other ingredients.
3. Cook all day on medium/autoslow in Crock-Pot.

Carol Davis '76 and Jim Davis '76



Buffalo Chicken Chili

Ingredients

- 15 ounce can white navy beans, drained and rinsed
- 14.5 ounce can fire-roasted tomatoes, drained
- 2 cups chicken broth
- $\frac{1}{4}$ - $\frac{1}{2}$ cup Buffalo wing sauce, start with $\frac{1}{4}$ cup and add more at end if needed
- 1 package ranch dressing mix
- 1 cup frozen corn kernels
- $\frac{1}{2}$ tsp. onion powder
- $\frac{1}{2}$ tsp. garlic powder
- $\frac{1}{2}$ tsp. celery salt
- $\frac{1}{2}$ tsp. dried cilantro
- $\frac{1}{4}$ tsp. salt
- 8 ounces cream cheese
- blue cheese crumbles optional

Instructions

1. Brown ground chicken until fully cooked, then place in Crock-Pot (or brown ahead of time and store in fridge until ready to assemble).
2. Add remaining ingredients except for cream cheese and blue cheese and give it all a stir to combine.
3. Add block of cream cheese on the top and cover. Cook on high for 4 hours or low for 8.
4. Stir to incorporate cream cheese and add additional wing sauce as desired.
5. Top individual bowls with blue cheese crumbles if desired.

Mary Senff '96 and Tim Senff '96



Cincinnati Chili

Ingredients

- 1 lb. ground turkey (or lean ground beef)
- 1 can Campbell's tomato soup
- 2 tsp. unsweetened cocoa
- ¼ tsp. cinnamon
- 1 can tomato paste (8 ounces)
- 1 can tomatoes sauce (10 ounces)
- Mexican seasoning: combine ⅓ cup chili powder, 1 tbsp. salt, 1½ tsp. cumin, ½ tsp. garlic powder

Instructions

1. Brown ground beef in large skillet and add Mexican seasoning.
2. Mix in unsweetened cocoa, sauce, paste, and soup can in Crock-Pot.
3. Stir all together and cook on high until sauce is thick. Add can of mixed beans for extra flavor.



“An old family recipe that’s been adapted and changed to make our own recipe.”

Christina Smith '10 and Christopher Smith '10

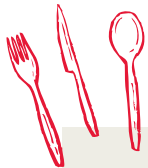
Slow Cooker Buffalo Chicken Chili

Ingredients

- 1-1½ lbs. boneless chicken breasts
- 14.5 ounce can of great northern beans, drained
- 14.5 ounce can fire roasted diced tomatoes, drained
- 14.5 ounce can chicken broth
- ¼-½ cup Buffalo wing sauce (we use Frank's)
- 1 package ranch dressing mix
- 14.5 ounce can sweet corn kernels, drained
- ½ tsp. onion powder
- ½ tsp. garlic powder
- ½ tsp. celery salt
- ½ tsp. dried cilantro
- ¼ tsp. salt
- 8 ounces cream cheese
- tortilla chips

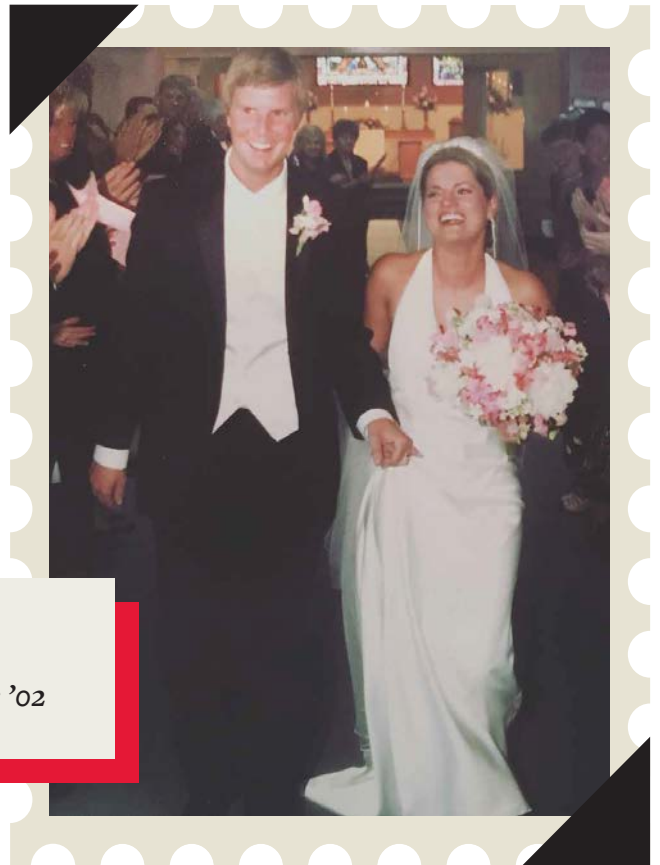
Instructions

1. Combine all ingredients except cream cheese and chips in a 5-quart slow cooker.
2. Cook on high for 4 hours or low for 8 hours.
3. Shred the chicken in slow cooker using 2 forks.
4. Add the cream cheese and stir until well mixed. Serve with desired toppings.



"It's a family favorite of ours!"

Elizabeth Burge '03 and Matthew Burge '02



Gourmet Chili

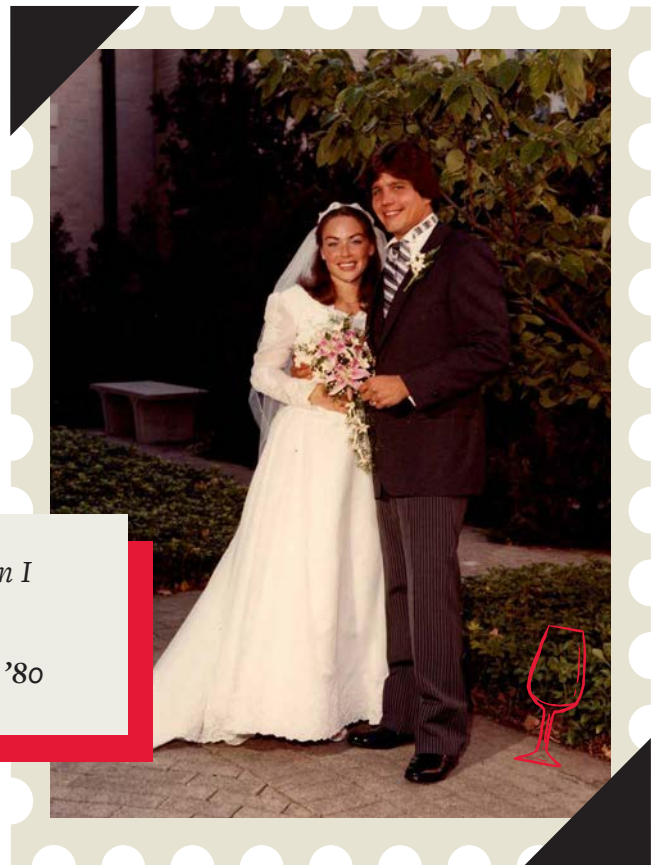
Ingredients

- 1 lb. small white beans, rinsed
- 6 cups chicken broth (1 large 49 ounce can)
- 1 tsp. chicken stock base (Knorr, McCormick)
- 2 onions, chopped
- 1 tbsp. oil
- 2 tsp. dried oregano
- 6-8 cloves garlic, minced
- 7 ounces diced green chiles (2 4.5-ounce cans)
- 3 tsp. ground cumin
- 1½-2 tsp. cayenne pepper
- 3 cups cooked and diced chicken (approx. 3 breast halves)
- 1 cup sour cream
- 3 cups shredded Monterey Jack cheese
- sour cream to serve
- chopped green onions to serve
- chopped cilantro to serve
- chopped tomato to serve

Instructions

1. Combine beans, broth, and chicken stock base in a large pot. Simmer covered for 2 hours.
2. Sauté onion and garlic in oil until golden. Stir in green chiles, cumin, oregano, and cayenne pepper.
3. Add onion mix and cooked, diced chicken to bean mixture. Simmer for another 30 minutes.
4. Add sour cream and cheese. Heat until cheese melts.
5. Serve with sour cream, green onions, cilantro, and chopped tomatoes.

Note: may be frozen before adding sour cream and cheese.



“I have shared this recipe more times than I can count. Always a hit.”

Jennifer Kay Grifo '80 and Mark Grifo '80

Bertrams' Beer Chili

Ingredients

- 2 lbs. ground turkey
- 1 white onion
- 1 habanero pepper
- 1 Anaheim pepper
- 1 poblano pepper
- 1 jalapeño pepper
- 6 cloves of garlic
- 1 large can of fire roasted crushed tomatoes. (Muir Glen)
- 1 pint of stout beer
- 1 jar of salsa
- ¼ tsp. ground cumin
- ½ tsp. oregano
- ¼ tsp. ground coriander
- 1 tbsp. ancho chili powder
- 1 tbsp. Worcestershire
- 1 bay leaf
- ¼ tsp. cayenne
- ¼ tsp. paprika
- 1 tbsp. garlic salt
- olive oil

Instructions

1. Roll whole peppers and peeled garlic in olive oil. Roast in oven or on grill until browned on all sides. Wait to cool, then remove seeds from peppers and dice peppers, garlic, and onion.
2. Heat olive oil to medium in a large pot. Add onion, garlic, and peppers to pot and cook for 8-10 minutes, stirring constantly.
3. Add turkey and cook until brown.
4. Stir in spices, crushed tomatoes, Worcestershire, and beer. Mix well, scraping bottom and sides of pot. Bring to a boil, then lower to a simmer and cook covered for 1 hour.
5. Tastes even better on day two.



“My wife and I started cooking chili together when we moved in together after college. We had so much fun that we started having a yearly Super Bowl party with a chili cook-off with our friends. Everyone loves it, and we get a good turnout every year.”

Kristyn Bertrams '06 and John Bertrams '06

Cincinnati Chili

Ingredients

- 1 large onion chopped
- 2 lbs. extra-lean ground beef
- 1 clove garlic, minced
- 1 tbsp. chili powder
- 1 tsp. ground allspice
- 1 tsp. ground cinnamon
- 1 tsp. ground cumin
- ½ tsp. red (cayenne) pepper
- ½ tsp. salt
- 1-½ tbsp. unsweetened cocoa
- 1 (15 ounce) can tomato sauce
- 1 tbsp. Worcestershire sauce
- 1 tbsp. cider vinegar
- ½ cup water
- 1 (16 ounce) package uncooked dried spaghetti pasta (n.5)
- toppings (see below)

Instructions

1. In a large frying pan over medium-high heat, sauté onion, ground beef, garlic, and chili powder until ground beef is slightly cooked. Add allspice, cinnamon, cumin, cayenne pepper, salt, unsweetened cocoa or chocolate, tomato sauce, Worcestershire sauce, cider vinegar, and water.
2. Reduce heat to low and simmer, uncovered, 1½ hours. Remove from heat.
3. Cook spaghetti according to package directions and transfer onto individual serving plates (small oval plates are traditional).
4. Ladle chili over spaghetti and serve with toppings of your choice. Serve oyster crackers on the side.

Cincinnati chili lovers order their chili by number. 2, 3, 4, or 5 Way. Let your guest create their own final product.

- 2-Way Chili – Chili served on spaghetti.
- 3-Way Chili – Additionally topped with shredded Cheddar cheese.
- 4-Way Chili – Additionally topped with chopped onions.
- 5-Way Chili – Additionally topped with kidney beans.



“Shortly after we were married, we left Cincinnati for Texas, and this became a favorite! In spite of a July wedding anniversary, and hot Texas Julys, we always celebrate with Cincinnati Chili! We still reside in Texas and continue to concoct Cincinnati Chili – and we make our order a 3-Way.”

Karen L. Martin '78 and Steve Martin '77



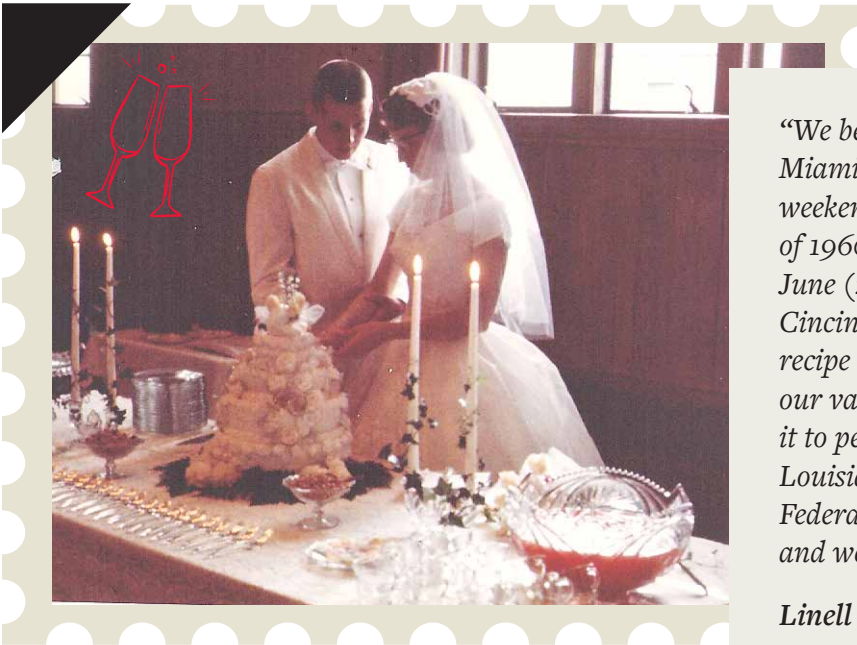
Three-way Chili/Cincinnati Chili

Ingredients

- 2 lbs. lean ground beef
- ½ tsp. cumin powder
- 1 tsp. cinnamon
- ½ tsp. black pepper
- 1½ tsp. vinegar
- 3 whole bay leaves
- 1 whole clove garlic
- 1 tbsp. garlic powder
- ¼ tsp. red pepper
- 2 tbsp. chili powder
- 1½ tsp. salt
- ½ tsp. allspice
- 2 dashes Worcestershire
- 2 large chopped onions OR 1-2 tbsp. onion powder
- 1 6-ounce can tomato paste
- 1 square unsweetened chocolate
- 1 quart beef stock OR water

Instructions

1. Sauté ground beef with chopped onion if using. If not, add onion powder with other ingredients.
2. Add remaining ingredients and bring to boil. Cover and simmer for 1½ hours or longer. To reduce liquid, remove lid and simmer to desired thickness.
3. Serve with shredded medium Cheddar cheese and oyster crackers over thin pasta. We circle the pasta, chili, and cheese with the crackers as they soak up the extra liquid.
4. 4-Way = red beans added
5. 5-Way = shredded onions added.
6. We also serve with a bottle of Tabasco Sauce to use as desired.



“We became engaged on the balcony of the Miami Chapel, graduated from Miami one weekend, and got married the next in June of 1960. We’ll have been married 62 years in June (2022). From 1964-1970, we lived in Cincinnati and learned to love 3-Way. The recipe was printed in the paper, and we’ve used our variation of it ever since. We’ve introduced it to people with whom we lived in Florida, Louisiana, and Bellevue, Vancouver, and Federal Way, Washington. Everyone loves it, and we hope you do, too.”

Linell Arbuckle '60 and Bruce Arbuckle '60

Turkey Chili

Ingredients

- 2 lbs. of ground turkey, cooked and drained
- 1 can of black beans, drained and rinsed
- 8-ounce bag of frozen sweet corn
- 1 green pepper, seeded and diced
- 1 red pepper, seeded and diced
- 1 purple onion, diced
- 5 tbsp. of brown sugar
- 2 15-ounce cans of diced petite tomatoes
- 1 packet of chili seasoning

Instructions

1. Mix all ingredients in a Crock-Pot on low for 6 to 8 hours.
2. Serve with finally grated cheese and your favorite corn muffins.



Melissa Galli '05 and Bryan Galli '05

Gumbo

Ingredients

- 2 lbs. of ground turkey, cooked
- ½ cup flour (rounded)
- ½ cup canola/veggie oil
- 1 cup green pepper (diced)
- 1 cup onion (diced)
- 1 cup celery (diced)
- 1 cup okra (sliced widthwise)
- 32 ounces of chicken stock
- andouille sausage
- 2 tbsp. garlic (minced)
- 1 tbsp. chili powder
- 1 tsp. salt
- 1 tsp. pepper
- 1 lb. chicken thighs
- 1 lb. shrimp
- 1½ cups rice (uncooked)

Instructions

1. Add oil to a large pot on medium-high heat until oil is hot. Then add flour and stir. This becomes a roux. Stir continuously until roux is chocolate brown in color.
2. Add green pepper, onion, celery, and okra, and cook for 5 minutes (until onions become soft).
3. Slowly add chicken stock while stirring. Then add sausage, garlic, chili powder, salt, and pepper.
4. Bring to a boil and reduce to a simmer for 1 hour. Taste and add salt and pepper if needed.
5. Cook chicken in pan. Once cooled, slice and set aside. Cook shrimp in new (or cleaned) pan.
6. Remove from heat. Add chicken and shrimp. Serve over rice and add your favorite hot sauce to taste.



Melissa Lekh '14 and Matt Lekh '14

Warm-Your-Heart Herby Chili

Ingredients

- 4 poblano peppers
- 2 tbsp. olive oil
- 1 lb. ground turkey
- 1 lb. ground Italian sausage
- 2 cloves garlic (minced)
- 2 tbsp. ground cumin
- 1 tbsp. coriander
- 1 can white beans
- 2 cup chicken stock
- 1 can green chilies
- salt and pepper to taste
- ½ cup fresh dill (chopped and halved)
- ½ cup fresh parsley (chopped and halved)
- 1 cup sour cream (or plain Greek yogurt)

Things we like to top it with:

- hot sauce
- minced onion
- sharp cheddar cheese
- crispy bacon
- tortilla chips or crumbled corn bread

Instructions

1. Char the peppers over a gas flame or in broiler, turning with tongs. Place in a bowl covered with plastic wrap or paper bag and let steam. Let them cool, and peel, seed, and chop.
2. Heat olive oil in large pot/Dutch oven. Add turkey, Italian sausage, and garlic – brown and crumble the meat until finely cooked. Add the cumin, salt, pepper, coriander, and stir. Add in chopped peppers and chiles, beans, stock, and half the herbs, and simmer for 10 minutes.
3. Turn off the heat, and stir in the sour cream/yogurt to combine.
4. Top with the remainder of fresh herbs and other yummy goodies!



“Our family of six loves a big bowl of chili here in Chicago and this is a fun, fresh twist! It will warm your heart, just like Miami did for us!”

Melissa Walti '01 and Scott Walti '01

New Year's Day Black-Eyed Pea Jambalaya

Ingredients

- 2 tbsp. olive oil
- 1 lb. andouille sausage, diced into small pieces
- 1 lb. chorizo sausage, casing removed and separated to ground meat
- 1 lb. smoked sausage, sliced in half lengthwise and cut into ¼-inch pieces
- 1 large yellow onion, chopped
- 1 bunch collards, vein removed and chopped
- 1 red or green bell pepper, chopped
- 1 tsp. salt
- ½ tsp. cayenne
- ½ tsp. black pepper
- 2 tbsp. minced garlic
- 4 bay leaves
- 5 sprigs fresh thyme
- 8 cups chicken stock
- 1 lb. black-eyed peas, soaked overnight
- 2 cups long grain rice
- 1 lb. medium shrimp, peeled, deveined, and chopped
- Essence to season
- ½ cup chopped green onions
- 2 tbsp. chopped flat leaf parsley

Instructions

1. In a LARGE pot over medium heat, add the olive oil. When the oil is hot, add the andouille, chorizo, and smoked sausage, and render for 10 minutes. Stir in the onions, bell pepper, salt, cayenne, black pepper, garlic, bay leaves, and thyme. Sauté for 5 minutes, or until the onions are wilted.
2. Stir in the chicken stock, collards, and the peas. Bring the liquid up to a brisk simmer, reduce heat to medium-low and cook partially covered just until the peas are nearly tender, 30 minutes. May need to add an additional cup of water.
3. Stir in the rice, bring the liquid to an intense boil, stir, cover, and cook for 15 minutes.
4. Uncover the pot, stir the rice and peas again to evenly distribute the rice, then cover the pot and reduce the heat to low.
5. Cook, undisturbed, until the rice has absorbed the liquid, about 10 minutes longer. Remove from the heat.
6. Sprinkle the shrimp with Emeril Essence to season.

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- Using a large fork, gently fluff the rice and toss the shrimp, green onions, and parsley into the rice. Return the cover and allow to steam (undisturbed) for an additional 10-15 minutes before serving.



“A great way to celebrate New Year’s Day with all the lucky Southern foods!”

Janet Baas ’80 and Jay Baas ’80

