

Bavarian Pork Tenderloin

This is one of my mom's recipes. We used to make this with a roast of pork but then realized how much easier it was with a tenderloin (much shorter cooking time too!).

You will need:

1 cup orange juice
1/3 cup water
1/4 cup firmly packed brown sugar
1 T dry mustard
1 T cornstarch (dissolve in water above)
2 t soy sauce
1 t grated orange rind
1/2 t thyme
1/4 t ground ginger
1 clove of garlic, finely minced

What to do:

- (1) Combine all ingredients in saucepan over medium-high heat.
- (2) Stir often and heat until thickens.
- (3) Cook meat according to package directions, maybe adding some salt and pepper to the meat.
- (4) Brush sauce over meat while cooking (once at beginning, once mid way through, once at the end)
- (5) Serve remaining sauce with cooked meat, rice etc.

Classy Chicken

This one comes from Best of Bridge but I got it from my friend Lori. I don't remember when I introduced this to our family but it is HANDS DOWN my daughter's favourite meal and has been for at least 2 years (and she is only 5!).

You will need:

1 big, 2 small heads of broccoli
3 boneless, skinless chicken breasts
2 t curry powder
2 t lemon juice
1 10 oz. can of cream of chicken soup (don't use mushroom, it does not taste as good)
1/2 cup mayonnaise
1/2 to 1 cup cheddar cheese
olive oil
salt
pepper

What to do:

- (1) Preheat oven to 350 F
- (2) Blanch large to medium cut broccoli florets (cook for 5 minutes once boiling)
- (3) Drain broccoli and arrange in baking dish (9 x 9 or 9 x 13, doesn't really matter)
- (4) Cut chicken breasts into bite size pieces
- (5) Cook chicken in oil in fry pan over medium heat, add salt and pepper (to taste). Don't over cook... once outside is no longer pink you can stop (will cook more in oven).
- (6) Arrange chicken over top of / around broccoli florets
- (7) In separate bowl, mix mayonnaise, can of soup, lemon juice and curry powder
- (8) Pour sauce over broccoli and chicken
- (9) Grate cheddar cheese and spread on top of sauce
- (10) Cook for 35 minutes in the oven
- (11) Serve over pasta (I usually use penne)

Tammy's Meatloaf

This is actually a recipe for meatballs from my neighbour Tammy but I turn it into a meatloaf and serve the sauce over top (vs. cooking meatballs in sauce). I cover the meatball how to at the end.

You will need for loaf/meatballs:

1 lb ground meat (turkey or chicken tastes great, but I'm sure beef would be fine too)
1 egg
1 onion, grated
1 carrot, grated
1/2 cup bread crumbs (may need more if seems to wet)
3 T sugar
1 t salt
1/2 t pepper

you will need for sauce:

1 onion, diced
3 T olive oil
1/2 cup boiling water
10 oz can of tomato soup (not prepared)
juice and pulp of 1 lemon
6 T sugar
salt and pepper

What to do (meatloaf version):

- (1) Combine all loaf ingredients and form into a log / pack into a loaf pan.
- (2) Cook in 350 F oven for 50 - 60 minutes (will cook quicker if smaller loaf... try muffin tins instead!)
- (3) Meanwhile, make sauce, starting with oil and onions in sauce pan over medium heat.
- (4) Then add remaining ingredients and bring to a boil.
- (5) Reduce heat to low and simmer for 15 minutes.
- (6) Serve sauce over meatloaf.

What to do (meatball version):

- (1) Combine all meatball ingredients and form into 1.5 to 2 inch balls
- (2) In sauce pan over medium heat brown diced onions in oil
- (3) Add meatballs and brown quickly
- (4) Add water and simmer for 10 minutes
- (5) Add rest of ingredients and simmer for 2 hours

Bacon, Asparagus, Cheese Pasta

I think this is a Martha Stewart recipe. I've been making this since university. Super cheap and fast meal for weeknights.

You will need:

- 6 to 8 strips of bacon
- 1 pound (bunch) of asparagus
- 2/3 cup of cubed cheddar cheese (1/2 inch cubes)
- 2 t marjoram flakes
- 1/8 t hot pepper flakes (optional)
- 1.5 to 2 cups of pasta (penne or rotini, measurement is uncooked)

What to do:

- (1) Boil water for pasta
- (2) Cook pasta as per package directions - you will want this to be ready when asparagus is done cooking
- (3) Meanwhile fry bacon in fry pan over medium heat 10-15 minutes, don't allow it to get too crispy
- (4) Remove bacon and drain on paper towel, don't drain bacon fat from pan
- (5) Break asparagus into 1.5 inch pieces, removing tough bottoms beforehand
- (6) Cook asparagus in bacon grease for about 5 minutes (don't want it mushy or super crisp) - add marjoram and hot pepper flakes while cooking
- (7) break bacon in to bite size pieces, add to asparagus in pan, cook 1 minute or less (to rewarm bacon)
- (8) drain pasta and add to fry pan with bacon and asparagus, toss to mix all together
- (9) serve plates and top with cubed cheddar

Scrambled Pasta

I pulled this from Real Simple magazine years ago. Good cheap meal and you could likely mix and match veggies or cheese depending on what you have on hand. You can serve this on it's own with some crusty bread or add some sausages to the side.

You will need:

3 T olive oil
1 lb of green beans, cut into 1 inch pieces (about 2 cups)
4 whole scallions, thinly sliced
1/4 t red pepper flakes
4 large eggs
1/2 cup of grated parmesan cheese
1/2 t kosher salt
1/3 lb of spaghetti (about 1/3 of a 900+g bag)
1/2 cup finely chopped fresh basil leaves (or 1 t dried)

What to do:

- (1) Cook pasta according to package directions
- (2) Heat oil in large fry pan over medium heat and saute beans, scallions, and red pepper flakes until vegetables are tender but not brown
- (3) Whisk eggs, cheese and salt together in a bowl
- (4) Drain pasta and add to fry pan along with egg mixture
- (5) Toss gently over medium heat until eggs are set

Turkey Chili

I got this from the free Metro newspaper a few weeks back. Its a slow cooker recipe but I don't have one so I'll give you the 2 methods, just in case. I thought this turned out delicious - interesting combo of ingredients so wasn't sure what to expect - but don't think anyone else in the family liked it :(

You will need:

2 cups diced butternut squash (I bought the pre cut pieces from the grocery store, yep I'm lazy)
2 cups of chopped apples (I used 2 Royal Gala as that's what we eat most)
4 cloves garlic, finely chopped
2 T chili powder
1 T ground cumin
1 t oregano
1/4 t salt
1/4 t pepper
1 can (10 oz) undiluted chicken broth
1 can (400 ml) of coconut milk
1 cup of canned black beans (drained and rinsed)
1 lb (500 g) of ground chicken or turkey
1 carrot, peeled and chopped
1 stalk of celery, chopped
1 onion, peeled and chopped
2 T of tomato paste

What to do (slow cooker instructions):

- (1) In a fry pan over medium heat, cook ground turkey until no longer pink
- (2) Combine all ingredients, including turkey, in slow cooker stoneware. Cook on high for 4 to 6 hours or low for 8 to 10 hours.
- (3) Open lid for last 45 minutes of cooking to thicken. Can also mash up some of the squash pieces for additional thickening.

What to do (stovetop method):

- (1) In a stock pot over medium heat, add a bit of olive oil (1 T?), garlic and onions and cook for 2-3 minutes.
- (2) Add turkey and cook until it is no longer pink, about 5 minutes.
- (3) Add remaining ingredients and bring to a boil.
- (4) reduce heat to medium-low, cover and simmer for 30 to 45 minutes.