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Old Fashion Comfort Food Casserole Recipes

In today's society with all the worries about jobs, finances, etc most families are trying to cut back on spending everywhere they can. One of the areas where many families are cutting back is on eating out and the food budget. Casseroles to the rescue. Casseroles are inexpensive to make, feed several, and they are comfort foods. Here is a variety of old-fashion casserole recipes for you to choose from. Try our Beef and Rice Hot Dish, Turkey Noodle Casserole, or Tamale Pie. Surely one will be a big hit with your family.

BEEF AND RICE HOT DISH

1 lb hamburger meat

1 med onion, chopped

1/2 cup chopped green pepper

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1/2 tsp salt

pinch pepper

1 1/2 cups uncooked instant rice

1 can (14 1/2 oz) stewed tomatoes

1 can (8 oz) tomato sauce

1 1/2 cups hot water

1 tsp prepared mustard

In a large skillet, brown hamburger meat and drain. Add onion, green pepper, salt and pepper to skillet and cook over medium heat until vegetables are tender. Add remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 10 minutes. Serves 4.

TURKEY NOODLE CASSEROLE

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2 cups cooked, drained noodles

1 tbsp margarine, melted

5 tbsp grated Parmesan

4 to 5 slices cooked turkey

1 cup milk

1 cup shredded Cheddar cheese

Mix noodles, margarine, and half of the Parmesan cheese. Pour into a greased baking dish. Top mixture with turkey slices. In saucepan, heat milk and Cheddar cheese until cheese melts. Pour over turkey and top with remaining Parmesan. Bake at 350 degrees for 40 minutes.

TAMALE PIE

2 lb hamburger meat

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2 medium onions, chopped

1 tbsp chili powder

1 bell pepper, chopped

1 cup vegetable oil

2 tsp red pepper

1 1/2 tsp salt

1 can whole kernel corn

1 can diced tomatoes

2 cups corn meal

1 cup milk

3 eggs

In a large skillet, brown hamburger meat in oil with onions,

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chili powder, bell pepper, red pepper and salt. Do not drain. When meat is brown, add corn and tomatoes. In a large bowl, mix corn meal, milk, and eggs. Add skillet mixture and mix well. Bake in a greased 9 x 13-inch baking pan for 30 minutes or until done at 375 degrees.

Enjoy!

Grandma Linda shares her vintage recipe collection on her blog at <http://grandmasvintagerecipe.blogspot.com>

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Cooking Recipes – How to Make Mexican Style Chili and Baked Meat Manicotti

People who really love to cook will always look for new recipes for them to try out. When it comes to spicy food, the Mexican Style Chili surpasses any other spicy food as this is

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definitely palatable. Like this spicy recipe, the Baked Meat Manicotti is truly delectable. So have your Rachael Ray cookware set on a table and enjoy doing these recipes yourself.

Mexican Style Chili Ingredients:

14-ounce dry kidney beans 398ml
One-fourth pound salt pork, diced 115 grams
Three cloves garlic, minced 3 cloves
Two large onions, chopped 2 large
1 pound lean beef, diced 450 grams
1 pound lean pork, diced (shoulder is good) 450 grams
14-ounce can tomato sauce 398ml can
3 tablespoon chili powder 45ml
2 teaspoon salt 10ml
One-fourth teaspoon pepper 1ml
One-half teaspoon dried leaf oregano 2ml
Pinch cumin tomato juice pinch

Procedure:

At first, you need to wash and look over the beans. Then have them soaked in six cups (1.5ml) cold water overnight (or you can simply follow the package directions). Afterward, you

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drain its water.

Next, you need to cook the salted pork in a large skillet or Dutch oven until it becomes very crispy. Then add up the garlic and the onions, and then cook and stir it until it becomes limp. After that, you have to add the beef and the pork bits, and then cook them gently until it becomes lightly browned. Keep on stirring it. Subsequently, you have to stir in all the remaining ingredients except the tomato juice. Then cover it tightly and simmer it for one and a half or until the meat and the beans becomes very tender. Then you add up the tomato juice a bit at a time if the pan appears to be dry. Remember that chili should be moist but not wet when cooking is finished. Often, you need to taste it and adjust the seasoning if necessary.

(Note: I like to make my chili in a large buffet-size electric skillet. When I use it, I have found out that I need to add up quite a bit of liquid during cooking-up to a full nineteen-ounce can tomato juice.)

Baked Meat Manicotti Ingredients

One tablespoon olive oil 15ml

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One large onion, chopped 1 large

Two cloves garlic, minced 2 cloves

Twenty eight-ounce can tomatoes 796-ml can

Five one-half-ounce can tomato paste 156-ml can

One envelop spaghetti sauce mix 1envelop

One-half cup water 125ml

Eight manicotti shells (see note) 8

One-half lb spinach (approx.) 250grams

1tablespoon olive oil 15ml

Three-fourth lb ground beef 350ml

One-fourth finely chopped green pepper 60ml

Four ounce mozzarella cheese, cut in very small cubes 115grams

One egg, lightly beaten 1

One-fourth cup grated parmesan cheese 60ml

Procedure:

At the outset, you have to heat one tablespoon (15ml) olive oil in a medium Rachael Ray saucepan. Then, you add the onion and the garlic and cook them gently within five minutes. Keep on stirring it. Next, you add the tomatoes, the tomato paste, the spaghetti sauce, and then mix them with water. Keep in mind that you have to break up any large pieces of tomato.

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Bring it to a boil, and then you turn down the heat, cover and simmer it within twenty minutes.

Subsequently, you have to cook the manicotti shells in boiling salted water for about seven minutes. Then you need to drain it. Afterward, you have to remove the stems from the spinach and wash the leaves, and then add enough water to make two cups. Next, you heat the one tablespoon (15ml) oil in skillet. Consequently, you add the ground beef and the green pepper and fry them until the meat becomes lightly browned. Stir it constantly. After that, you remove it from the heat. Then drain this of any excess fat and then have it cooled. Later, you toss the meat, the chopped spinach, the cheese cubes and the egg together and mix them with a fork.

Afterward, you have to heat the oven to 375 degrees Fahrenheit (190 degrees Celsius). Then have a 12-x 8-x2-inch (30.5-x 20.5-x 5-cm) glass baking dish ready. Then, you put about three-fourth tomato mixture in the baking dish. Next, you should lay the stuffed manicotti in the sauce and pour the remaining sauce all over it. Sprinkle over it with parmesan cheese (500ml when packed). Finally, cook in the water the spinach clinging to each leaves just until it wilts. Then, you drain and chopped this finely with kitchen shears. Bake this

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for another 30 minutes or until it becomes hot.

Enjoy cooking the recipes shown above with the best rachael ray pots and rachael ray pans.

How To Cook Pulled Pork Properly

If you love smoky, sweet or spicy shredded barbecued pork, then you must love Pulled Pork also. In this article, you will get to know that what constitutes the best barbecue as well as what techniques you should use to have a great result vary in each region and even each cooking style.

There are nearly as many opinions about this type of cooking as there are people creating and consuming it. Here is one tried and true method used to get a raved review for your prowess with combining meat, smoke, spices and sauce.

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Create a dry rub. This simply means combining powdered spices into a mix that can be generously spread onto the entire surface of the meat. Use ingredients that improve the flavor of the meat without overpowering it.

Typically dry rubs include garlic powder, onion powder, cayenne pepper, black pepper, paprika, and salt. Unusual things like curry or nutmeg should be avoided unless your target audience is known to be fans of these and their unique flavors.

Smoke the meat slowly and properly. Smoke a good piece of pork roast for up to 24 hours at a low heat. Usually it is cooked at about 175 degrees. This prevents dryness and lack of flavor.

Smoke the meat with the fat side up to allow the juices to flow into the pork. In addition this prevents flammable liquid from dripping onto your heat source and causing flare ups that

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burn the meat.

Pick a flavorful wood like hickory, apple, or cherry. These enhance the taste of the finished product. The smoke from these woods or a combination of them fills the pores of the meat and changes it to a light red color that boosts the flavor.

Place the meat into a crock pot. Chopping the smoked pork and submerging it in the barbecue sauce you have chosen to continue the slow cooking process is the preferred method for finishing Pulled Pork. This method will keep the meat juicy.

Ovens heat from outside the container the meat is in by surrounding it with a huge volume of dry air. Humidity escapes from the cooking pork into the oven and evaporates. Removing excess liquid to get the appropriate thickness is much easier than trying to re-hydrate overcooked or burnt meat.

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If you want to get a meal that is your signature dish, then you must make your own barbecue sauce. This adds another level of complexity to the process of finishing the transition from roast to meal.

With patience, high quality pork, several spices, a combination of flavorful wood, and your preferred barbecue sauce a party favorite or delicious family meal is in your near future.

Article Source: http://ezineseeker.com/?expert=Paul_Weiss

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Eat Nutritional and Tasty Chicken Salad recipes

If you are feeling hungry at this point of time then the very first dish that will come in your thoughts might be something made of chicken. I am definite if you are a meat-eater and prefer chicken in that case this write up would certainly please your palate. This is because of the fact that chicken is incredibly nutritional as well as succulent meat. And I anticipate that you are fully agreed with me.

One detail that the majority of you must not be knowledgeable that chicken by itself is not proficient to supply sufficient nourishment. However if you will get a chicken salad recipe you will completely alter the thought. This is because chicken salad preparations yield you a very nourishing dish to include in your dining.

In chicken salad recipes there are 3 major ingredients: the luscious chicken, the nutritional vegetables and the flavorings. The flavorings are generally condiments, cooking oil or salad oil and Add-ons are generally incorporates salad oil, vinegar and seasonings.

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Various choices are available for creating marvelous chicken salad dishes. Few chicken salad dishes are presented with curry. Some go with the typical salt and pepper. Oil included in these dishes is preferably the olive oil, but any other less fatty cooking oil or salad oil may also be used. The vinegar mustn't be included in large amounts for chicken salad preparations. You can also substitute vinegar with lemon juice that is to a large extent nourishing.

The veggies incorporated in chicken salad recipes diverge relating to the preparations. Few of the widely used veggies that go well in chicken salad recipes are cucumber, lettuce, carrot, onion and corn. It doesn't count what type of veggies you are including in your salad recipe if they are providing an adequate amount of nourishment. And if veggies are not of your flavor then even you may possibly relish them with chicken flavor. If you have a youngster who does not want to eat well no matter what simply go forward and grab a chicken salad dish.

As far as nutritive importance of chicken salad dishes is concerned, there is no question in it. Chicken is a popular resource of protein and all veggies used in it are able to yield an authentic combination of vitamins and minerals.

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There is virtually no additional preparation that combines delectable with healthy ingredients superior than these chicken salad preparations.

For further details on Chicken Salad recipes please go to [Chicken Salad Recipes](#). You may also have a peek at some great dinner recipes by visiting [Dinner Recipes](#).

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Soul Food Recipes Websites Offering Healthy Heart Cooking Tips

Soul food recipes are growing healthier, to the delight of health experts and medical professionals. The popular southern cuisine have been a tradition of tasty eating for people for many decades. But the high calorie, fat and sodium have been a concern for health professionals. Traditional recipes have called for high amounts of fat, butter, salt and cream.

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This has always worked to make food rich and tasty – but unhealthy. The ingredients have proven to contribute toward obesity, high blood pressure, diabetes and other health ailments. But new website offers visitors creative ways to cook healthy soul food recipes while keeping the robust flavors and taste people have come to love.

The experts do this by using natural herbs, spices and flavors to make the dishes interesting and entertaining. In addition, lighter cooking techniques is also demonstrated with free state-of-the art videos visitors can watch on demand. The website is updated each day, so visitors can get the latest healthy cooking tips.

More websites also offers entertaining video recipes and demonstrations by experts – of the top soul food recipes. The recipes are voted by readers and experts based on page views for the day. That means visitors get minute by minute updates on the most popular recipes.

An interesting addition to many websites is the addition of a soul food seasoning dictionary, where the reader can see what seasoning goes with what foods. This is an important aspect of cooking southern food. Why? Because robust flavors is the

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hallmark of southern cooking.

The biggest mistake people make when seasoning is either too much, or too little. The seasoning dictionary helps cooks to accurately apply herbs, seasonings and spices ... mistake free. The best way to prepare and enjoy soul food cooking now is the healthy way. This website helps visitors cook with flair, fun and health in mind.

See The Top 20 Soul Food Recipes Voted by Our Readers This Week Based On Taste and Ease of Preparation, Go to ... Free Soul Food Recipes

Everyday Turkey Recipes

Although everyone has their favourite Christmas turkey recipe, there's much more to turkey than the traditional Christmas feast. It's versatile and great value, making it ideal for everyday meals. Here are a few ideas for when you're running low on inspiration.

Turkey joints with chilli and raita

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This is really simple, but delicious and quick to make perfect to throw together after a hard day's work. In a bowl, mix together the juice and zest of 1 lime, 1-2 long red chillies depending on heat, 2 minced cloves of garlic and a good dash of olive oil. Season with salt and pepper, and add turkey drumsticks or thighs that have been slit two or three times to open up the skin. Leave to marinade for around 10-15 minutes, and then grill on a medium heat for around 10 minutes each side, or until the juices have run clear when cut with a knife.

While the joints are cooking, make the raita by grating cucumber and mixing in 300ml plain Greek yoghurt, a good pinch of salt and a few chopped mint and coriander leaves. If it's too thick, a little milk can be stirred in to loosen it up. Serve the turkey and raita with warmed pitta bread and a simple tomato salad.

Turkey and mushroom tart

An even quicker recipe that makes an ideal standby meal. First, dice 3-4 large field mushrooms and fry gently with 25g of butter, 2 minced garlic cloves and plenty of salt and pepper until soft, but not totally cooked. Add a small handful

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of chopped parsley and 150g leftover roast turkey, mix well and remove from the heat. Next, roll a sheet of ready-made puff pastry into a rectangle, scoring a line an inch or two around the edge. Pile the mixture into the middle and cook at 220C for around 20 minutes. Serve immediately.

Braised turkey with garlic, paprika and tomatoes

This is great if you like mild spice, but adding a few pinches of dried chilli flakes can also perk things up a little. To make the rub, combine 3tsp paprika, 1tsp salt, 4 chopped garlic cloves and 4tbsp olive oil. Mix well and smear over a mix of skinned turkey drumsticks or thighs.

Lay the turkey in a baking tray, and half 3-4 medium size tomatoes. Rub them with any remaining marinade and lay cut side up among the turkey pieces. Pour in a glass of white wine and a little chicken stock and roast covered at 160C for an hour. Serve with the pan juices, some new potatoes and steamed French beans.

For more information, or to see some more of our delicious, quick and easy turkey recipes, visit the Bernard Matthews website.

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Daeji Bulgogi ? Korean Bbq Grilled Pork

The meat is marinated with a mixture of soy sauce, sesame oil, garlic, sugar, ginger roots, rice wine and kochujang which is the base sauce for this dish. It is marinated for 30-60 minutes to bring out the depth and intensity of flavors.

Daeji bulgogi tastes better if grilled, though it is often cooked using a stove-top pan. The dish is commonly served side dishes that include lettuce, spinach and other tender leafy vegetable, which are used to wrap around a slice of the cooked pork.

The Daeji bulgogi “wraps” are often served with a touch of ssamjang (a mixed soybean & chili pepper paste), and is then eaten in all of it’s delicious glory!

You may add gochujang which is a fermented bean paste with chilies to provide additional heat to the Daeji bulgogi and the dish is usually served with rice and side dishes such as kimchi.

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Daeji Bulgogi Ingredients

1 pound pork thinly sliced
1/2 cup gochujang (reduce quantity or remove altogether to control heat)
5 minced garlic cloves
1 minced inch ginger
1 finely chopped small onion
1 Korean pear – grated
1 Fuji apple – grated
1/2 cup soy sauce
1 tablespoon sesame oil
1 tablespoon sugar
2 finely chopped green onions
1/4 teaspoon freshly ground black pepper

To make the Daeji Bulgogi

One of the great things about preparing and cooking the Daeji Bulgogi is that it takes so little time to do.

Combine all of the ingredients together in a mixing bowl, stirring thoroughly then transfer the marinade to a large zip-lock bag and then thinly slice the pork as you like it, making

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sure that the slices are not too thick as this will increase the cooking and marination time.

Place the slices of pork into the bag together with the marinade and shake vigorously for a few seconds to make sure that the pork slices are completely coated in the spice mixture.

Leave the zip-lock bag in the refrigerator overnight if possible, though 2-3 hours will still yield good results if you are pressed for time.

When you are ready to eat, take the pork slices from the bag, removing any excess marinade, and grill lightly on a medium-hot charcoal grill for a minute or two until cooked through, avoiding overcooking the meat as this will toughen the pork.

When cooked, serve the pork slices into small to medium sized lettuce leaves with steamed rice or vermicelli noodles and crunchy vegetable sides.

The leftover marinade may be used to baste the pork while it is being cooked on the BBQ grill, use sparingly, coating each side and turning until done and then the pork slices should be allowed to rest for around 10 minutes prior to serving for the

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tastiest results.

Barbecue Party is a leading resource that provides a regularly updated BBQ news feed, a BBQ store that stocks BBQ smokers and grills from dozens of popular manufacturers, BBQ gas, competition schedules, product reviews, helpful guides, hundreds of delicious BBQ recipes, restaurant reviews and much more.

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Thanksgiving With Kids

I have some Do-It-Yourself tips to make this Thanksgiving even more blessed. Frugal, creative and green are this seasons theme, even if you are creatively challenged. These ideas are budget friendly, so anyone can do them. I hope these ideas spark some inspiration to make at least one of these crafty creations for your Thanksgiving this year.

Get The Kids Involved with these Frugal Decorations:

(Free step-by-step instructions with photos are available at

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Crafters 4 Kids):

Thanksgiving Projects:

1. Indian Corn Decoration – Children will have so much fun making this project! Tear strips of tissue paper and then clump them into small balls. Attach the tissue paper to yellow cardstock with craft glue. Add raffia at the bottom of the corn for the final touch and easy hanging.

2. Thanksgiving Terra Cotta Pot Decoration – This fun table decoration can also be used as a candy dish. Make a turkey's face by covering a wooden spoon with craft foam. Next attach a foam strip around the edge of a terra cotta pot, insert feathers along the inside of the foam, and glue on the turkey's face. This craft also makes a great hostess gift.

3. Thanksgiving Turkey Fan Decoration – This easy craft is made by folding paper into a fan shape, attaching a clothes pin at the bottom to hold the fan upright, lastly covering a wooden spoon in craft foam for the turkey's head.

4. Thanksgiving Turkey Card – Send family members a Thanksgiving Invite. Children can make the invite easily by covering wooden spoons with craft foam into the shape of a

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turkey.

5. Turkey Placecard Setting – This very easy placecard is made using recycled cork, feathers, and pipe cleaners to form a turkey. The guest's name can then be placed onto the turkey.

Other Frugal Home Decor Projects for Thanksgiving Include:

Turkey Handprint: Grab some brown construction paper and help your children trace their hand prints on it. Cut their handprints out and let them draw a face for the turkey on the thumb. They can creatively color the feathers and add some glitter glue for a festive spark.

Glam Leaves: Get some foam sheets that have adhesive backs and cut several leaf shapes out. Add some rhinestones and glitter to the sticky side (nice and clean no glue necessary!) and hang them up with a ribbon.

Family Thanksgiving Activities:

1. **Thankful Tree.** Draw a tree full of branches on construction paper and cut it out. Draw and cut out about 10 to 20 construction paper leaves. Have each family member write something that they are thankful for on each leaf. Create your Thankful tree by placing the leaves on the tree. When they see

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it on paper, your family will feel so thankful for the blessings that they have.

2. Take a Nature Walk. After the big Thanksgiving dinner, spend time with family and children outside, walking. Enjoy identifying the different types of trees by their leaves and be sure to take lots of pictures later on, you can turn the pictures into home made holiday cards and gifts.

3. Play a game. Gather the whole family and play an all-time favorite game. It can be a board game or an active game like Pictionary.

Building upon the idea of grace and encouraging children to be thankful for even the simple things in life are lessons that will stay with them over the course of their lives. When you do activities to teach (and remind) them about being thankful, you are giving them essential building blocks for future endeavors as well as showing them how very blessed they are right now.

About the Author:

Sandy Sandler is the founder of non-profit Crafters 4 Kids and creator of the QVC best-seller, the Bowdabra. Her frugal craft projects and activity ideas are designed to transform the

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creatively-challenged into creative pros. Sandys focus is on creative and easy projects that parents can do with their kids and that kids can even do on their own that are both frugal and green in nature. Contact Sandy at jaimevivre@mac.com

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BBQ Chicken Recipes – Best in Summer

On a hot summer day, there is no better way to enjoy great conversation with friends and family than over some a good meal. Its the barbecue season so let's try out a few fine BBQ Chicken Recipes.

Here is a spicy hot version and a great tasting sweet one for you. So, from tart and tangy to hot and spicy, just about everyone loves this bird. Next time you like some good family and friends time, just give them a call, and let them know you are firing up the grill. We are cooking up some chicken.

Baked Barbecue Chicken

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Ingredients:

2 pounds of boneless skinless chicken breast

1 tablespoon of Worcestershire sauce

3 tablespoons of brown sugar

1/6-ounce can of tomato paste

$\frac{3}{4}$ cup of water

$\frac{1}{4}$ cup of salad oil

$\frac{1}{2}$ a cup of diced onion

$\frac{1}{2}$ a teaspoon of salt

2 tablespoons of vinegar

A cup of chopped green pepper

Preparation:

In a medium saucepan, combine all ingredients. Bring to a simmer and remove from heat. Place chicken into a glass baking-dish and pour barbecue sauce over the top. Cover with foil and bake in oven at 350 degrees Fahrenheit for one hour or until chicken is no longer pink.

Remove foil during the last 15 minutes.

Honey Grilled Chicken Sandwiches

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This is a simple recipe for those on the go. Toss it in the crock-pot and by dinner it will be done allowing you to spend time with the kids and get more work done. No time standing over the stove making the sauce! This sauce is made in the blender!

Ingredients:

3 tablespoons of ketchup

$\frac{1}{2}$ a teaspoon of paprika

1 cup of honey

$\frac{1}{8}$ teaspoon of cinnamon

1 tablespoon of meat tenderizer

$\frac{1}{4}$ cup of molasses

$\frac{1}{4}$ teaspoon of salt

$\frac{1}{8}$ teaspoon of ground ginger

$\frac{1}{8}$ teaspoon of fresh ground black pepper

1 $\frac{1}{2}$ cups of brown sugar

$\frac{1}{4}$ teaspoon of minced garlic

1 tablespoon of seasoned salt

$\frac{1}{8}$ teaspoon dried oregano

$\frac{1}{4}$ cup of steak sauce 1 tablespoon prepared mustard

2 tablespoons Worcestershire sauce

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Preparation:

Add all ingredients into your blender. Mix well. Pour into a large crock-pot and turn on low. Rinse chicken and place into crock-pot with prepared barbecue sauce.

Cover and let cook on low for 6- 8 hours or until chicken is tender and falling apart. Once chicken has cooked take a fork and shred it into the barbecue sauce. This should just happen as you stir the mixture anyway.

Serve on whole-wheat buns with pickles and onions for some really satisfied guests. BBQ Chicken Recipes are usually easy to prepare, and can easily compete with the more expensive beef recipes.

Barbara is known by those who know her as the cook with the golden pen, and for good reason. Her recipes are always adventure with a happy ending. This easy bbq chicken recipe is just one example of many to be found at <http://www.steaks-guide.com>

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Low Fat Chicken Recipes You Can Make at Home

We've all had those wonderful moments at mealtime, where you're blissfully eating away at the most delicious bite of heaven on earth... you take another bite... mmm... and another. Before you know it, you're scraping your plate clean, then licking it clean (sorry, Spot, none for you today), and a feeling arises from the pit of your stomach, and it's not from the dinner. You realize just ate something that's only going away if you park ten miles from the grocery store's front door. You can't easily work this off by "taking the stairs" at the office tomorrow. We all know that feeling, and I'm here to help you avoid it.

Now, I'm not here to tell you that you can't eat yummy food! You simply have to know how to plan what you want to eat, then turn it into something that you can devour guilt-free. There are countless ways to make a meal healthy, so let me point you in one direction to get started. We're going to explore low fat chicken recipes. I would like to share three scenarios of how to change your life, starting with changing your recipes.

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1. You are a one-dish mess sergeant. You plan to bake your family a casserole tonight because the shepherd's pie leftovers are gone and enchiladas are in the Tupperware at your hubby's office. I love casseroles, so I can totally relate to this, but, we all know that they are infamous for being on the higher calorie end of the spectrum. One of my favorite dishes is chicken enchiladas. This is a tasty that most of us have tried, and I'll tell you how to make it into one of the low fat chicken recipes. Boil your chicken. You don't need any fat to do this. When you need to add flavor to the chicken, use double amounts of green chiles! (BTW, if you've never tasted green chiles, then stop reading this right now, Google "chicken enchilada recipe", and head off to the store. It is so worth it!) Finally, when you make the sauce, use fat free sour cream and low-fat cream soup. Now this is all assuming your recipe is similar to mine, but I think you get the idea. It's okay to deviate from the script, while still having the ease of the one-dish meal.

2. You are a crockpot momma. I am not. But, I have had my share of attempts at the crockpot, and here is my most successful recipe. First, you must use skiness, boneless chicken breast or turkey breast, or this is a lost cause. When you crockpot meat, it tastes so moist and juicy because the food is

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simmering in its own fat for hours and hours and hours. We all know this can't be good for our health. Here is the trick. Get a can of soda. Cola is best because I understand it is more acidic, and it is A-OK to be diet! So grab that diet soda or two and add it to your chicken in the crockpot. And last, add a flavor, like a bottle of salsa, some Season-All, some salt and pepper... almost anything. The soda will essentially tenderize your meat, just like when you put acid (i.e. lemon juice or vinegar) in a marinade. So... give it a try... no fat necessary.

3. You are a restaurant critic.Or you'd like to think you are. We all have our favorites. I can think of my favorite ten right now, and I was tempted to visit all of them on my last trip to my hometown, but no... I held back. I wanted to be a good example to my sisters, and I taught them one of my latest discoveries. The Internet. Well, I didn't JUST discover this, but I told them what I had recently learned.

We have a favorite meal at a restaurant called Cafe Rio. They have a meal called the "Pork Barbacoa Tostada". I wanted to have it for breakfast, lunch and dinner... and snack. Needless to say, at our weekend party, I taught them how to make it. I had simply Googled a variety of words until I ran into the

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recipe for the pork. Lo and behold, this is where I had learned about the soda pop crockpot trick. We made the meat this way. The other unique taste in this meal is the dressing. I was able to find two recipes for it... one complex, and one simple. Of course, I used the simple one... why not? FYI, if you'd like to try it, you mix a bottle of ranch dressing (low cal or fat free in my modified version) with a bottle of green salsa.

We were floored when we tasted it. It was perfect, and maybe even BETTER than the restaurant's version of the salad. Alas, we were in control of our portions, calories, music selection... everything that makes the restaurant experience awesome was now perfect. So, let me just remind you that starting your journey to good health with low fat chicken recipes is a great way to go. It is simple and exciting to know you have made your own weight loss success!

Lisa Abercrombie is a mother of three boys who tries to keep her family's meals healthy every day. Her husband has jumped on the bandwagon and helps her with ideas in creating low fat chicken recipes for her site.

Low Fat Chicken Recipes

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