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Live Longer And Healthier With Vegetarian Recipes

Vegetables are believed to be the healthiest foods that a person can eat. And especially with the tendency of meat and other meat-products tending to be processed artificially these days, the health risks posed are rising at an alarming rate. More people are therefore drastically changing their dietary habits by switching from the normal meat and junk based foods to meals with strictly vegetarian recipes.

While there are literally hundreds of vegetarian recipes prepared by peoples from all over the world, below is an easy to make, yet very delicious, one that has its roots in the Middle East, Lebanon to be precise.

Kidney Bean Stew

Makes 5 large servings.

The ingredients:

1. 4 to 6 cloves of garlic (for a better taste): crushed

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2. 1 large yellow onion : chopped
3. 1 large green pepper: chopped
4. 2 cups of sliced mushrooms
5. 1/2 cup of vegan cooking wine
6. 16 oz can of dark red kidney beans
7. 2 large potatoes: sliced and diced
8. 20 oz can of whole tomatoes
9. A cup of Spanish olives
10. Assorted spices as required: salt, pepper and oregano, or any other spices, for decoration
11. 3 cups of cooked brown rice

Preparation

First sauté the garlic, onions, peppers, and mushrooms in the vegan wine until the onions start to become clear.

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Add the tomatoes and kidney beans. You do not need to drain them ...throw it all in there

Next add the potatoes and if you love the taste of olives throw in the Spanish olives, and if you don't it will still be fine without it. Let it all simmer on low heat for about an hour while you make sure that you stir often and taste as you add the spices and oregano.

Finally serve the kidney bean stew over rice with some whole wheat pitas for dunking.

If there is any, add leftover rice to the stew and refrigerate it, the taste is even better the next day.

S&W Beans

What makes vegetarian recipes tasty, like anything that is a collection of elements, is the quality of the individual ingredients. And in the recipe above the main ingredient is the kidney bean. Therefore, it is imperative that the beans be of the best quality: fresh and organic. And for over 100 years, a San Francisco company has been producing and serving only the best in not only kidney but a dozen more varieties of beans. This company is S&W Beans.

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If you need to buy beans for the ingredients of your vegetarian recipes then make sure you go to the best in the business: S&W Beans. Visit us at: <http://www.swbeans.com/>

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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

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1 lb hamburger meat

1 med onion, chopped

1/2 cup chopped green pepper

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;

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bring to a boil. Reduce heat; cover and simmer for 10 minutes.
Serves 4.

TURKEY NOODLE CASSEROLE

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.

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TAMALE PIE

2 lb hamburger meat

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

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3 eggs

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

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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 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

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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 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

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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

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:

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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. 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

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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 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.

Eat Nutritional and Tasty Chicken Salad recipes

If you are feeling hungry at this point of time then the very first dishe 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.

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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.

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

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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.

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](#).

Related [Chicken Recipes Articles](#)

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Make Your Heart Happy With Vegetarian Recipes

If you are a vegetarian, most likely you are already familiar with the advantages of following a vegan diet. Sometimes vegetarians are looked upon as animal rights extremists, and this may be the case with some, but there are many health benefits that come with being a vegan, which result in prevention of some of the major diseases among people in North America. If you are considering becoming a vegetarian for personal reasons or being advised to change your lifestyle by a doctor, here are some advantages of following the diet:

Reduced Saturated Fat. Dairy and meat contain high amounts of saturated fat so you will be greatly improving your cardiovascular health by limiting this.

Antioxidants. They will help protect the body and it is a good way in helping to fight some forms of cancer.

Better Quality Protein. Yes, meat holds tons of protein but many Americans get too much protein in the form of red meat, which is not a healthy way of meeting your protein needs.

Beans, nuts and soy are all great ways to get the right amount

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of protein in your diet.

Lower Cholesterol. When you eliminate any product that comes from an animal you are automatically lowering your cholesterol.

Lower Blood Pressure. Eating a vegan diet rich in whole grains will lower your blood pressure.

Eliminate your chance of getting E Coli. E Coli comes from eating contaminated red meat and you can eliminate that concern when you become a vegetarian.

There are many more health benefits that go along with veganism if you choose the correct diet. If you are not familiar with the vegetarian diet, you may have trouble coming up with healthy, tasteful vegetarian recipes. At <http://www.swbeans.com/> there are vegetarian recipes that the whole family will love. White beans with asparagus or sweet and smoky barbeque beans are just some that they list. The three bean salad with vinaigrette, which includes 3 types of S&W Beans, parsley, lettuce leaves and finely chopped red onions is a beautiful vegetarian recipe to make when you have company. The hearty meals and snacks that they offer come with easy step by step instructions. Also included is the nutritional information per serving for each of their recipes so you know exactly what you are eating. You don't need to

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spend a lot of money or time to follow a healthy vegan diet. Everything included in the recipes are easily accessible and affordable. Try a new delicious vegetarian dish today and your body will thank you!

Find nutritious and heart healthy vegetarian recipes from <http://www.swbeans.com/>

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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

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cream.

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

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seasoning goes with what foods. This is an important aspect of cooking southern food. Why? Because robust flavors is the 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

Low Sodium Recipes – 7 Cooking Tips Offer Flavorful Low Sodium Results

Low sodium recipes can certainly be challenging. Trying to get the salt and sodium out of a recipe is hard enough, and still

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have flavorful results without the food tasting like it is missing the salt is the most challenging part.

Here are seven simple low sodium cooking tips to try, for more flavorful low sodium recipes.

1. Choose good quality, fresh ingredients, to start with is a must. You are not easily able to mask any off tastes when your meats or vegetables not up to par. Using the freshest ingredients makes a big difference towards achieving good flavor. Try shopping at your local farmer's market. You will find many varieties of fruits, vegetables, even herbs, that you never see in the grocery store. Locally grown will have better flavor.

2. Browning or caramelizing your food especially meats. This tip will not only give a rich look to your food but adds amazing flavor as well. Take your time doing this part. Lower your heat. You want browned not burnt. For example, caramelized onions can take about 45 minutes, but the flavor is worth it.

3. Invest in a pepper grinder or also called a pepper mill. Freshly ground pepper instead of the regular pepper in a can,

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gives your recipes a huge flavor boost. Add freshly ground pepper while cooking and a little more at the end or even at the table.

4. Use freshly minced parsley in most low sodium recipes. Folks usually think of fresh parsley for show, just to dress up a plate and make it pretty. It does that and more. Freshly minced Italian flat leaf parsley (not curly), adds a flavor brightness and a freshness to food. When you are cooking, add some of the freshly minced parsley towards the end of your cooking time and always sprinkle more on top of the dish before you serve. You can also sprinkle freshly minced parsley over your entire plate, over vegetables, meats, sauces, soups, salads, etc., for more added flavor.

5. Using fresh lemons will help give a salty edge to many of your low sodium recipes. The regular Eureka lemons versus the sweeter Meyer lemons, work better for this tip. This tip can be tricky. You want the brightness of the lemon without turning your recipe into a lemon recipe. This works especially well for low sodium soup recipes. Ladle a small amount of soup into a bowl. Add a few drops of fresh lemon juice, stir, then taste. Try again if needed. A few more drops of lemon juice, stir, and taste. This will give you an idea of how much lemon

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juice you will need to add to the pot. Don't add too much as you can always add more but it is difficult to take a too much lemon taste away. Fresh lemon juice also works well in salad dressings and squeezed on vegetables.

6. Find a good tasting salt substitute. A salt substitute without potassium chloride, is preferable. Again most folks pick up that metallic taste in their food from the potassium chloride. You cannot really cover up this taste.

7. Use really good quality salt free or no salt seasonings. Seasonings make a big difference, probably the biggest difference, especially when cooking anything low sodium. For best results find no salt seasonings without potassium chloride, as potassium chloride can add an off metallic taste to your food. Use fresh seasonings. When seasonings start getting old, they lose their flavor, or you might get a flavor change. You want maximum flavor.

These are just a few tips that will help improve the flavor of your low sodium recipes.

If like these tips and would like to learn more, I encourage you to sign up for the FREE Season It Newsletter when you

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visit Benson's Gourmet Seasonings at
<http://BensonsGourmetSeasonings.com>

Get more free information including more low sodium cooking tips, salt free seasonings, and low sodium recipes. You will learn how you can use seasonings, fresh herbs, different spices, unique foods and different cooking techniques to increase flavor without adding salt. You'll find out how to achieve and enjoy more flavor than you ever thought possible.

From Debbie Benson owner of Benson's Gourmet Seasonings with over 30 years experience promoting salt free seasonings. Loving to cook and being salt free most of my life by choice, I have learned a lot of tips and tricks to create flavor without salt and sugar that seems to be in everything these days.

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Everyday Turkey Recipes

Although everyone has their favourite Christmas turkey recipe,

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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

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.

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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 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



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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.

The Three Easiest Vegetarian Crock Pot Recipes!

Vegetarian crock pot recipes are catching up at tremendous speed with the busy and health-conscious crowd. Thanks to animal rights activists, people are trying to ditch their “carnivorous” habit and switch to a pure vegetarian diet.

We know that you haven’t the time to cook – and that maybe you don’t like to either! So, here are some of the easiest healthy slow cooker recipes for you.

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Vegetable Mushroom Cheesy Soup

INGREDIENTS: 4 cups of frozen broccoli, cauliflower, and carrot – thawed and blended; a can of mushroom soup cream; half cup onion, finely chopped; 2 ounces of paprika; and one and half cup cheese – low fat.

INSTRUCTIONS:

Take cooking spray with butter flavor and grease the crock pot with it.

Put thawed vegetables, paprika, chopped onions, and cheese to the pot.

Stir the ingredients and cook for 6 hours.

Serve with rice for a fantastic meal.

Vegetarian Lentil Soup

INGREDIENTS: 2 cups of lentils; 8 cups of vegetable broth; 4

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cups of water; one diced onion; 2 chopped carrots; 2 minced garlic cloves; 3 sliced celery stalks; one can (14 oz) of tomatoes, diced; 2 tablespoons of red wine vinegar; one teaspoon of salt; half teaspoon of oregano; and $\frac{1}{4}$ teaspoon of black pepper.

INSTRUCTIONS:

Add all the ingredients in the crock pot and mix them well.
Cook for 8-10 hours on low heat.

Serve the lentil soup hot.

You can add extra vegetables while cooking to make the dish more filling or serve it with rice for a hearty meal.

Cheese Potatoes

INGREDIENTS: 8 thinly sliced potatoes; 8 ounces of Tofutti – this is a substitute for cream cheese for a purely vegetarian dish; half onion, diced; 2 garlic cloves, minced; one teaspoon

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salt and one tablespoon parsley. Also add cracked pepper for added taste.

INSTRUCTIONS:

Grease the crock pot slightly.

Take a small bowl and mix garlic, onion, salt, parsley, and pepper.

Put a layer of thinly sliced potatoes at the bottom of the pot.

Sprinkle the bowl mixture on the slices.

Top it with one-third part of the Tofutti.

Place a second layer of sliced potatoes over this.

Repeat the sprinkling and topping.

Make several layers until you have used all the slices.

You can add extra cracked pepper for making the dish spicier.

Put the lid on the pot and let it cook for 3-4 hours or till the potatoes are baked properly on high heat.



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Aren't they absolutely easy slow cooker recipes? Enjoy these vegetarian crock pot recipes!

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

Ingredients:

2 pounds of boneless skinless chicken breast

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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

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

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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

Preparation:

Add all ingredients into your blender. Mix well. Pour into a

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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>

Find More [Chicken Recipes Articles](#)

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