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Annette Sym Recipes

Annette Sym's story is truly an inspirational weight loss story. She lost her weight by adopting a healthy lifestyle – and by losing weight I don't mean 10 or 20 pounds – She lost around 70 pounds. She replaced her unhealthy eating habits with exercise and low fat foods. She hates dieting and so did not want to miss out on eating her favorite foods to lose weight. Instead she came up with low fat recipes for almost everything – low fat versions for butter chicken, curries, burgers, cheese cakes and even for chocolate cakes. Annette has a sweet tooth and she loves cakes and she still eats them regularly them – thanks to her low fat recipes.

Her healthy eating was the secret behind her dress size – from size 24 to size 12. The amazing thing in this true story is the fact that she lost seventy pounds and managed to keep it off for nearly 2 decades. Had she opted for pills or diets or any other such fads there is no way she could have managed to keep it off for such a long time.

After losing her weight, Annette decided to put together all her recipes into a cookbook and sell the book – She self published her book as she could not find a publisher to back

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it. Her book is called 'Symply Too Good To Be True'. All her recipes have the nutritional information as well (Calories, saturated fat, fat etc etc).

The book was an instant success – people loved the book, because all her recipes tasted good but had hardly any effect on their waist lines. She recently published the American version of this cookbook and this too is a huge success.

I recently bought a copy of the book and now my cooking styles have changed dramatically – Same taste (actually better) but much less fat. Here is an example – I love Thai food – lot of coconut milk in Thai recipes – 40-odd grams of fat a cup – but with Annette Sym's Recipe, it is only 4 grams.

Sandy Naidu is a work at home mother. Sandy's website, DotComMothers, features interviews with women business owners. She recently interviewed Annette Sym of Symply Too Good – Annette Sym Recipes. This business mom is the queen of low fat cookbooks. Read her story at Annette Syms Recipes.

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Soup Recipes Guide

Soup is a comfort food that can be found all over the world. Soup can cheer you up when you're feeling under the weather, or help you fight the chill on a brisk day. Soup helps us to keep from overeating, but we are careful not to take too much soup. Soups are an excellent way to use leftover grains and beans. Soup is deliciously simple to prepare, quite a cheap meal idea, very nutritious and easy to digest. Soup makes a wonderful meal, and once you make a pot or two, you'll discover it isn't really that hard to make. Soups can serve as a main dish when they are hearty and filled with meats and vegetables. Soup can be transferred to a large bowl and kept covered in cling wrap in the refrigerator for up to 4 days, or frozen for future use. Soup helps you include lots of vegetables in your family's diet.

Soup recipes are always popular but they seem to become even more so when the weather starts to cool down. Soup recipes are versatile enough for any situation, on any day. Soup recipes are actually among the most forgiving of all when it comes to

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measurements, substitutions, etc. Soup recipes can be made for an appetizer, a lunch or dinner. Soup recipes are not necessarily used just for the winter time, or when you are sick. Soup recipes are warming, good for you and simple to make.

Soup recipes are usually stock or broth-based, like chicken noodle soup, or they can be creamy, like creamy mushroom soup. Chicken noodle soup is warming and pleasing and many of us have fond memories of the homemade chicken noodle soup we enjoyed as children.

Chicken soup can be enjoyed as an appetizer, as a meal in itself or as a comforting drink at any time of the day or night. Chicken soup comes in many varieties, including Asian, Mexican, Japanese, and Thai style soups and there are plenty of international stew recipes also. Chicken soup recipes are low in fat, even more so if you skim the fat from the top of the soup before serving. Chicken soup is cheap and easy to prepare, nutritious and easily digestible, making it a very good food for convalescing people. Chicken soup has been prescribed to cure colds, by draining nasal passages and

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through the blend of nutrients and vitamins that slow the growth of certain white cells. Cooking a bone in a chicken soup recipe can increase the amount of calcium in the soup recipe too.

Chicken Noodle Soup:

Ingredients:

2 cans chicken broth

2 cans water

1/4 tsp. poultry seasoning

1/2 tsp. crushed dried thyme leaves

1 medium onion, finely chopped

1 large carrot, peeled and sliced 1/4 inch thick

1 stalk celery, sliced 1/4 inch thick

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3 cups cooked diced chicken

2 cups wide egg noodles

1/4 cup finely chopped fresh parsley

ground black pepper

Directions:

1. In a large stockpot combine the broth, water, poultry seasoning, thyme, celery, carrot, and onion.
2. Over medium heat, heat to boiling, stirring occasionally then reduce the heat to low. Add the cooked chicken.
3. Cover and cook 15-20 minutes or until vegetables are tender, stirring occasionally.
4. Add the noodles, cook until just tender (about 5 minutes). Stir in the parsley and pepper to taste and serve.

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Delmondo Sorell studied about health, diet and fitness for many years.

He wrote several articles about Dinner Recipes, and

Nutrition

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Lets Make Some Tasty Chicken Salad Recipes

Chicken Salad is bursting with flavors if made with the right recipe. You can eat chicken salad by itself or you can pair it with sides likes lettuce, avocado; it can also be used for sandwiches. Besides chicken, chicken salad can comprise of a variety of other ingredients like bacon, sliced apples, nuts, chopped peaches, seedless grapes, fruits, raisins, pineapples, hard boiled eggs, cucumber, peppers, English Peas, olives and a whole lot more. The flavors can also be adjusted by using different spices like cumin and curry.

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Ingredients

4 cups diced poached chicken

1 stalk celery, cut into 1/4 inch dice

4 scallions, trimmed and thinly sliced or 1/4 cup sweet onion cut into 1/4 inch dice

1 1/2 teaspoons finely chopped parsley

1 cup prepared or homemade parsley

1 cup prepared or homemade mayonnaise

2 teaspoons strained freshly squeezed lemon juice

1 teaspoon kosher salt

Freshly ground black pepper

Directions

1. In a mixing bowl, mix together the chicken, celery, scallions and herbs. Set aside.

2. In a small bowl, whisk together the mayonnaise, lemon juice, mustard, salt and pepper to taste. Add to the chicken and mix carefully until combined. Place in the fridge until ready to serve.

3. Serve on a bed of lettuce with sliced tomatoes, in half an avocado or in a chicken club sandwich prepared with artisanal bread, crunchy smoked bacon, vine-ripened tomatoes and lettuce.



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Poached Chicken for Salad

10 sprigs parsley

2 sprigs fresh thyme

1 small onion, cut into two halves

1 small carrot, cut into two halves

1 stalk celery, halved

3 pounds chicken breasts halves, on the bone and fat trimmed

5 to 6 cups chicken broth, homemade or low sodium canned

Directions

1. Put parsley, thyme, onion, carrot, celery, and chicken breasts in a medium saucepan. Cover with the broth, and bring just to a boil. Lower the heat to very low and cover. Poach the chicken for 20 minutes or until firm when touched remove the pan from the heat, uncover, cool the chicken in the liquid for 30 minutes.

2. Move the chicken to a cutting board and keep back the liquid. Bone and skin the chicken and slice the meat into 1 inch cubes. Discard the bones and skin.

3. Strain the broth and store, covered, in the refrigerator for 3 days or freeze until later use. Skim off any fat from the surface of the broth before using.

This recipe yields 4 cups diced chicken or 4 to 6 servings.



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Please visit this link for more information on Chicken Salad Recipe and this link for information on many more Chicken Salad Recipes.

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Best Chicken Salad Recipes for Your Penchant

At times an unpretentious dish may be the most excellent style towards a hearty meal. Chicken salad is such a dish that imparts an appetizing taste and even bestow strength. Chicken salad recipes can both be uncomplicated or extravagant, based on the event and the likings. As it is clear, the major food item in chicken salad is chicken. Essentially, the chicken breast is used in chicken salad recipes as breast meat is succulent and tender. Spare or canned chicken portions are widely incorporated to compose a delightful salad. Other food may vary with the preparations.

Few of the most regularly used ingredients in chicken salad recipes are boiled eggs, pecans, cheese, cream, mayonnaise,

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celery, tomato, green leafy veggies, onion, dry fruits and seasonings. These ingredients can either be used by itself in different chicken salad dishes or can be used in combos.

Chicken salad is not just popular in only one or two cuisines but it enjoys immense acceptance in approximately all styles of cooking, though, the alterations are being done in respect to the indigenous liking. Like in cuisines of Asia and Europe, this salad is often adored with one or more dressings and sometimes even presented exclusive of any dressing. The components of chicken salad recipes in these cuisines also change and principally consist of pasta, noodles, and leafy veggies and even rice. Mention of chicken salad is imperfect without the Wakefield, Rhode Island. It is the area where chicken salad was first introduced by "Town Meats". The owner of the Town Meats, Liam Gray, tried a recipe including a little leftover chicken and mix it with variety of suaces in hand, mayonnaise and some grapes. That preparation evolved into one of the most popular delicatessen in American styles of cooking and still enjoying this position.

However, chicken salad dishes comprise chicken in any style but packed, steamed and grilled chicken salad preparations are commonly popular in the cooking world. Chicken pieces are

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either crushed or sliced before incorporating to the dish. Present it as a side dish or dish it up as a wholesome meal with any bread or soup dish, chicken salad consist of several methods of eating. Some of the largely recognized chicken salad recipes are:

Hot chicken salad – Includes baked chicken along with pimineto seasoning and celery. Hard boiled eggs are used for garnish.

Geek pasta salad – This highly popular salad is made up of luscious feta cheese and pasta. It can both be prepared tepid or cold.

Chicken and black bean salad – Cooked chicken is combined with black beans and flavored with jalapeno pepper and pounded garlic.

So, take out your salad making dish, track these chicken salad recipes and jumble simultaneously the delicious and nourishing ingredients for healthy meal.

For further information on Chicken Salad recipes please go to Chicken Salad Recipe. You can also take a look at some awesome chicken pasta recipes by clicking Chicken Pasta Recipes.

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World famous Spanish recipes

One of the most widely known, & well loved, traditional Spanish recipes is Spanish omelet. This Spanish recipe is amazingly versatile & can be served hot or icy, as a starter – as a snack or as a main work with a salad. Cut in to cake-like wedges, it is ideal for packed lunches & picnics.

Peel the potatoes & cut in to half inch/12mm cubes. Cook in boiling salted water for 5 minutes, until tender. set aside to drain. Meantime, peel & chop the onion – peel & crush the garlic – de-seed & cut the pepper in to half inch/12mm squares.

Heat the rest of the oil in the pan. Add the potatoes & cook for 8-10 minutes while stirring. Beat the eggs together & add in the cheese, season with salt & pepper. Return the onion mixture to the pan, combine with the potatoes & sprinkle with the parsley. Reduce the heat & add the egg mixture evenly over the vegetables. Cook over a low heat for 8-10 minutes, or until

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the eggs are set. Loosen the edges & turn out onto a plate.

In a huge frying pan, heat half of the oil over a medium heat. Fry the onion for 2-3 minutes. Add the garlic, peas & red pepper – fry for a further 3-4 minutes, then set aside on a plate.

You are now ready to serve six of the most famous of traditional Spanish recipes. For a meaty alternative, add some diced ham or bacon, or some chorizo sausage.

Microwave corn

First take a pair of kitchen scissors & cut the top of the husk (where the silk comes through & looks like a long beard) off, so the tip of the corn is barely showing.

Microwave corn on the cob is a great way to be going if you are short on time or if you have run out of cooking surface. This is a step-by-step tutorial to show you how easy & appetizing this method can be.

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Next they need to get some moisture in to the corn so it steams as it cooks in the microwave. If you have the time, take your ears of corn & soak them in a huge container of water for 30 minutes prior to cooking. If you don't have that kind of time, wrap the ears in a damp towel.

Cooking is an art. I love to cook.

<http://www.planyourdinner.com>

Diabetic Dessert Recipes – The Important Tips You Should Know

Being a diabetic does not mean that you have to go entirely and absolutely free of sweets in your meal plan. Occasional mildly sweet treats can be allowed at certain times provided that your blood sugar levels are maintained within your target range. Eating food that are low in sugar and carbohydrates – both usual components of most desserts, makes up part of a natural treatment for diabetes. Food intake and food choices should therefore be adjusted to ensure that only good food for diabetes are included in any diabetic low carb diet. There are

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menu planners and cookbooks in the internet that contain hundreds or even thousands of diabetic meal recipes as well as diabetic dessert recipes that are interesting, healthy, and delicious.

Studies have shown that there are ways to lower blood sugar just by altering how we eat and what we eat. There are cookbooks on the diabetic low carb diet that contain lists of food that are allowed in the diabetic diet. The meal plans for diabetics often vary from one individual to another. It is best to consult your physician and your dietitian so that they can draw up a meal plan for you. Generally, food that are low in sugar or those whose glycemic indices are low are allowed into these meal plans. Sites that help you draw out your meal plan would also have diabetic meal recipes and diabetic dessert recipes that would be easy for you to prepare and delicious enough for you to enjoy.

Dessert is one of the sweetest foods that we eat. It is not unlikely that this part of the meal will be the one that gets cut when one develops diabetes. It is a good thing that there are still ways to enjoy dessert without having to suffer the effects of having a high blood glucose level. Diabetic recipes use only those ingredients that are low in glycemic index and

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are prepared in a low fat manner. With these recipes, anyone suffering from diabetes can have his fill of a deliciously prepared meal without having to worry about his blood glucose levels shooting up. There are, however, differences by which each one who suffers from diabetes reacts to sugar in the food that they eat. This is why it is still best to consult with your physician if you wish to include certain recipes in your meal plan.

Eating a balanced and healthy diet prepared from diabetic meal recipes and diabetic dessert recipes is a good way to control the effects of diabetes. When done in conjunction with a good exercise program and a healthy lifestyle, the diabetic low carb diet will effectively help anyone suffering from diabetes live long years free of any adverse complications. Eat only those good food for diabetes and keep your life stress-free are the most common advice that diabetics get from their physicians. Medication is not the first and only solution to diabetes. In fact, there are no known cures for diabetes. Once you are diagnosed with diabetes, you are considered to be diabetic for life. You can only try and manage your diabetes by looking for ways to lower blood sugar levels in your system.

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Controlling blood sugar is an art. If you want to be an expert in it, you should know what Diabetic foods to eat & avoid. Discover 5 Simple Tips on How to Lower Blood Sugar Levels today.

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Methods to Be a Get good at In Cooking Italian Recipes

If making burgers and barbecues, sunny-side ups and omelet, try cooking Italian food and you'll find a quick porch to cooking with pressure. The techniques and process of making Italian food is considered way overly tricky even when you've got the recipes to direct you all the way through.

Recipes of Italian food may perhaps contain many words that you just won't be able to seek out in normal dictionary. The main reason of receiving tricky word in your recipe books is that Italian food are mostly made by master and knowledgeable chefs. However in spite of everything, nobody can stop you from repeating the mistakes and trying the different recipes

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that you're going to find in an Italian cook book. For those who want to learn the techniques and tricks of cooking the Italian cuisine correctly, then you could even turn into a master in preparing various different Italian recipes.

One benefit of having a recipe book is that everything is already laid out for you. A recipe books book is a principally a tutorial to cook nearly some meal ideas of your hope. All you'll want to do is cook the elements and follow the making methods towards the letter. In spite of this, this isn't that much simple as it sounds. Below mentioned are a number of policy, suggestions and guidelines that can make the Italian making method a lot quicker than before.

Purchase an effective Italian Recipe Cook Book

A lot of the steps mixed up in Italian cooking is usually very tricky to grasp in words. Thus, if you want to study the method appropriately; it's a must to read a recipe books for getting to know the small print of the entire recipe. You can spend money on those Italian recipe cook book that comes with recipe making process photos of each and every step, as this hand you a better idea.

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TV Research

Before you actually begin with making Italian recipes, you initially must give rise to make yourself comfortable with the basics by watching distinctive Italian catering exhibits on television. And with TV, you'll have an actual display of what is being done with different ingredients. Even if you are not actually there aided by the chef, you may still observe what he or she is generally doing.

Exactness is the Key Feature of great Cooking

In cooking , whether Italian cuisine or other cuisines, you must ensure that your measurements are correct and precise. The exact amount of components after all decides the entire tang of the recipe you might be making. A small dissimilarity in the elements can alter the taste. It's essential to use appropriate measuring methods to be able to add up materials in the recipe as it will guarantee that you're not adding up somewhat fewer or extra.

For added information on the many varieties of Italian recipes please look at the ifood community at Italian recipes. Those interested in pasta recipes can take a look at pasta recipes.

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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.

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The ingredients:

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

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

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

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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.

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

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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

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

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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

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

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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

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

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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, 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 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

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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 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.

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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

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

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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. 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

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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 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.

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