

# Old-Fashioned Goulash

Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min | Serves: 6

## Ingredients

- 2 lb ground beef or turkey
- 3 tsp minced garlic
- 1 large yellow onion, diced
- 2 1/2 cups water
- 1/2 cup beef broth
- 1/3 cup olive oil
- 2 (15-ounce) cans tomato sauce
- 2 (15-ounce) cans diced tomatoes
- 1 tbsp Italian seasoning
- 1 tsp ground celery seed
- 3 bay leaves
- 1 tbsp seasoned salt
- 1/2 tbsp black pepper
- 2 cup elbow macaroni, uncooked
- 1 cup shredded mozzarella

## Instructions

1. In a large pan, sauté your ground meat in skillet over medium-high heat until HALF cooked, remove from heat.
2. Add garlic, onions, olive oil & until meat is fully cooked.
3. Add water and broth, tomato sauce, diced tomatoes, Italian seasoning, bay leaves, and seasoned salt, pepper and adobo seasoning. Mix well.
4. Lower heat and cover - allow to cook for about 20 minutes, stirring occasionally. Add in the uncooked elbow macaroni to the skillet, stir well until everything is combined
5. Cover once again and allow to simmer for about 30 minutes
6. Once cooked, remove the bay leaves
7. Add mozzarella right before serving

Author: <https://myincrediblerecipes.com/old-fashioned-goulash/>

# Chicken Enchiladas

Prep Time: 25 min | Cook Time: 1 hr | Total Time: 1 hr 25 min | Serves: 8

## Ingredients

- 2 tbsp butter
- 2 tbsp flour
- 1 1/2 cups chicken broth
- 8 oz cream cheese, cubed and softened
- 2 cups chicken, chopped and cooked
- 8 12-inch flour tortillas
- 8 oz shredded Mexican cheese blend

## Instructions

1. Heat oven to 350°F. Spray 13x9 glass baking dish with cooking spray.
2. In medium-sized skillet, melt butter over medium heat. Stir in flour with whisk until blended. Cook about 2 minutes, stirring frequently. Stir in broth; heat to simmering over high heat. Simmer 1 to 2 minutes or until thickened. Remove from heat.
3. Beat in cream cheese with whisk until sauce is smooth and free of lumps. Spread 1/2 cup of the sauce evenly in bottom of baking dish.
4. Place 1/4 cup chicken in line down center of each tortilla; top each with 2 tbsp of the cheese. Wrap tortillas tightly around filling. Place seam side down in baking dish.
5. Pour remaining sauce over filled tortillas. Sprinkle remaining 1 cup cheese evenly over top.
6. Bake 30-35 min or until cheese is melted and center of tortillas is hot (at least 165°F in center).

Author: <https://www.pillsbury.com/recipes/creamy-chicken-enchiladas/af826522-e1f8-4e4b-97df-6073efbfcde>

# Muffin Tin Meatloaf

Prep Time: 25 min | Cook Time: 25 min | Total Time: 55 min | Serves: 8

## Ingredients

- 1 1/2 lb ground beef
- 1 cup Panko breadcrumbs (alternatively, use oatmeal or matzah)
- 1/2 onion
- 1 tbsp BBQ sauce
- 1 tbsp dijon mustard
- 1 tsp chili powder
- 1 tsp garlic powder
- Salt and pepper to taste
- 1 egg, beaten

## Instructions

1. Preheat oven to 350F.
2. Dump all the ingredients in a large bowl and mix them together (I prefer to use my hands, but a large spoon can also be used).
3. Using a regular or ice cream spoon, scoop the meat mixture into muffin tins, pressing down each one to fill the tin.
4. Bake them for 20-25 minutes
5. Serve with your choice of side dishes and toppings (I recommend mashed potatoes!)

Author: Kaitlyn Elliott

# Broccoli, Chicken 'n Rice Casserole

Prep Time: 5 min | Cook Time: 1 hr 10 min | Total Time: 1 hr 15 min | Serves: 8

## Ingredients

- 2 lb skinless boneless chicken breasts
- 1 tbsp olive oil
- 2 10 oz bags frozen cauliflower rice
- 1 16 oz bag frozen broccoli cuts
- 2 large eggs, whisked
- 3 cups shredded mozzarella cheese
- 2 tsp coarse sea salt
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tbsp butter, melted
- 1 cup shredded cheddar cheese

## Instructions

1. Preheat oven to 400°F. Spray a large 3-quart baking dish with non-stick cooking spray or olive oil. Set aside.
2. Slice chicken breasts in half horizontally to make them thinner, lightly coat them in olive oil and place on a baking sheet. Liberally season with salt and pepper and bake for 20 minutes.
3. While the chicken is baking, heat the bags of frozen cauliflower rice and broccoli according to package instructions. Discard any excess water or moisture.
4. Remove chicken from oven and let cool for 5 minutes. Carefully chop baked chicken into bite-sized pieces.
5. In a large bowl, add cooked cauliflower rice, broccoli, chicken, eggs, mozzarella cheese, salt, garlic powder, onion powder and butter. Toss together until fully combined.
6. Transfer casserole mixture to the prepared baking dish and top with the remaining Italian blend cheese.
7. Bake for 50 minutes, until the cheese on top has fully melted and started to brown slightly. Let cool for 10 minutes before serving.

Author: <https://www.isabeleats.com/broccoli-cauliflower-rice-chicken-casserole/>

# Baked Meatballs Parmesan

Prep Time: 20 min | Cook Time: 40 min | Total Time: 1 hr | Serves: 8

## Ingredients

- 1 lb ground beef
- 1 lb ground turkey
- 3 tbsp butter, softened
- 1 cup parmesan cheese grated, divided
- 1/4 cup heavy cream
- 1 egg
- 1 tbsp onion powder
- 2 tbsp minced garlic
- 1 tbsp Italian seasoning, or 2 tsp oregano, 1 tsp basil
- 1/2 tsp ground black pepper
- 1/2 tsp salt
- 2 cups marinara sauce
- 1 cup mozzarella cheese shredded

## Instructions

1. Combine the beef, turkey, butter, 3/4 cup parmesan, heavy cream, egg, onion, garlic, Italian seasoning, salt and pepper, and mix or work with your hands until completely incorporated.
2. Form Meatballs into 24 balls and place side by side in a 9×13 casserole dish.
3. Cover the meatballs with marinara sauce, then evenly spread the mozzarella and remaining parmesan cheese over the top. Bake uncovered at 350°F for 35-45 minutes or until the meatballs are cooked through (160°F internal temp.)
4. Remove the casserole dish from oven and let set for 5 minutes. Then serve hot. Enjoy!

Author: <https://easyfamilyrecipes.com/baked-meatballs-parmesan/>

# Chocolate Chip Brownie Tarts

Prep Time: 20 min | Cook Time: 10 min | Total Time: 30 min | Serves: 24 tarts

## Ingredients

### Cookie Crust

- 6 tbsp Unsalted Butter, melted
- 1/2 cup Light Brown Sugar, packed
- 2 tbsp White Sugar
- 1 large Egg
- 1/2 tsp Pure Vanilla Extract
- 1 1/2 cup (187 g) All-Purpose Flour
- Pinch of Kosher Salt
- 1/2 cup + 1 tbsp Mini Chocolate Chips

### Brownie Filling

- 6 Tbsp Unsalted Butter
- 1/4 cup White Sugar
- 3 Tbsp Unsweetened Cocoa Powder (not Dutch process)
- 1 Large Egg
- 1 Tbsp All-Purpose Flour
- Flaked Sea Salt, for topping (optional; but I like Maldon Sea Salt Flakes)

## Instructions

1. Preheat oven to 325 F. Grease a mini muffin tin (you'll need one that has 24 spaces or will need to bake these in batches; see note if using a regular muffin tin).
2. Prepare Crust: In a medium mixing bowl, beat together butter (just the portion for the cookie crust) and both sugars until smooth. (Note: you can do this by hand or using a mixer.) Add egg and vanilla and stir to combine. Add flour and salt and mix well. Stir in mini chocolate chips.
3. Put the chocolate chip cookie dough in the refrigerator to chill while making the brownie filling (chilling the dough briefly will make it easier to work with).
4. Prepare Brownie Filling: In a small saucepan, heat butter (portion for the filling) just until melted. Remove from heat and

whisk in sugar and cocoa powder until smooth. Whisk in egg and 1 Tbsp flour. Set mixture aside until cool enough to touch (this should take about 10 minutes; you can transfer the batter to a mixing bowl and put it in the refrigerator if you want to cool it more quickly.)

5. Assemble Tarts: Divide the cookie dough evenly between the spaces of a muffin tin. (Just drop the dough into the spaces to start, and rearrange as needed until each space contains about the same amount.) Roll each ball of dough into an even round. Use your fingers to press the dough out into the sides of the muffin tin, creating a thin tart shell. (Note: if the dough sticks, dip your fingertips in water first.)
6. Divide brownie batter evenly between tart shells.
7. Bake until the brownie filling is puffed and just barely set in the middle, 9 to 11 minutes.
8. If you'd like, add a tiny pinch of flaked sea salt (like Maldon) to the top of each tart as soon as they come out of the oven. (This is optional, but I always love the balance and texture that comes from a tiny pinch of salt on sweet baked goods.)
9. Let tarts cool in the muffin pan.
10. Store in a sealed container at room temperature for up to 3 days.

Author: <https://inquiringchef.com/chocolate-chip-brownie-tarts/>