

### **Beef and Mushroom Gravy**

1 Can Campbell's Consommé Soup	2 Cups Sweet Vermouth
2 Tbs Flour or Cornstarch*	2 Cups Sliced Mushrooms
2 Cloves Chopped Garlic	2 Tbs Butter
½ Cup Olive Oil	1 Tbs Corn Starch/water

Saute Mushrooms in olive oil/butter until tender  
Deglaze pan with 8 oz Vermouth (bring to boil)  
Add 1 Can consommé soup. Bring to simmer.  
Thicken with cornstarch/water slurry. Remove from heat when thickened.

Serve with beef or potatoes.

## Chicken Marsala

1 Lb. Sliced Boneless Chicken Breast Pieces  
2 Cups Sliced Crimini Mushrooms  
1 Cup Flour or Cornstarch\*

4 Tbs Olive Oil  
4 Tbs Butter  
1 Cup Marsala Wine  
1 Cup Chicken Stock  
Salt, Pepper, Garlic Powder  
2 Coves Garlic Crushed  
2 Cups Pasta (Choice) Linguini/ Fettuccini is usually used.

\*Note: Use cornstarch for gluten free reicipe

1. Season Flour/Cornstarch with salt, pepper, and garlic powder.
2. Dredge Chicken pieces in seasoned flour mix.
3. Lightly Brown chicken in skillet with butter/oil mix. When browned, remove from skillet, set aside. Save the oil mix.
4. Saute mushrooms and garlic in oil mix until tender.
5. Deglaze pan with Marsala Wine, add chicken stock. Bring to simmer. Thicken with flour/cornstarch and water mix.

## Chicken Parmesan

1 Lb. Sliced Boneless Chicken Breast Pieces  
1 Cup Olive Oil  
Garlic Powder  
Eggs Beaten, ¼ Cup Milk added

1 30 oz Bottle of Pasta Sauce\*  
1 Cups Italian Bread Crumbs  
2 Cups Shredded Mozz. Cheese  
¼ Cup Shredded Parm Cheese

### \* I use Ragu Chunky Garden Combination

Pasta of Choice Linguini/ Fettuccini/ Ziti, Penne

1. Pre-heat oven to 350 degrees
2. Combine Mozz. & Parm. Cheeses and set aside
3. Dredge chicken in beaten egg/milk mixture, coat with breadcrumbs
4. In medium skillet, fry chicken in olive oil until brown, set aside
5. In 9 x 12 Baking pan, add some pasta sauce, then add cooked chicken
6. Coat with pasta sauce, sprinkle cheese mix over chicken, lightly season with Garlic Powder.
7. Bake at 350 degrees 15-20 minutes
8. Serve with Pasta

## Eggplant Parmesan

1 Large Eggplant, peeled & Sliced  
2 Cups Italian Bread Crumbs  
1 Cup Tbs Olive Oil  
Garlic Powder  
Eggs Beaten, ¼ Cup Milk added

1 30 oz Bottle of Pasta Sauce\*  
Garlic Powder  
4 Cups Shredded Mozz. Cheese  
1/2 Cup Shredded Parm Cheese

### \* I use Ragu Chunky Garden Combination

Pasta of Choice Linguini/ Fettuccini/ Ziti, Penne

- 1 Pre-heat oven to 350 degrees
- 2 Combine Mozz. & Parm. Cheeses and set aside
- 3 Dredge eggplant in beaten egg/milk mixture, coat with breadcrumbs
- 4 In medium skillet, eggplant in olive oil until brown and tender. set aside
- 5 In 9 x 12 Baking pan, add some pasta sauce, then add cooked eggplant
- 6 Coat with pasta sauce, sprinkle cheese mix over eggplant.
- 7 Layer and repeat. On final layer, lightly sprinkle garlic powder
- 8 Bake at 350 degrees 15-20 minutes
- 9 Serve with Pasta

## Beef Rib Roast

(1) 5-7 Lb Beef Rib Roast w/Bones\*  
1 Stick Butter  
2 TBS Kosher Salt  
2 TBS Herbs of Provence

1 Stick Butter softened room temp.  
4 Cloves of Garlic, Crushed  
1 TBS Cracked Black Pepper  
Latex Gloves

\*For ease of carving, have roast boned and tied by the butcher (optional)

- 1 Prepare roast and bring to room temp before roasting
- 2 Pre-heat oven to 450 Degrees
- 3 Prepare Roast: Combine Butter and Crushed Garlic to make Garlic Butter  
Wearing gloves, coat entire roast in garlic butter  
Liberally sprinkle salt and pepper over roast.  
Sprinkle Herbs of Provence (optional) over roast
4. Place roast in roasting pan bone-side down, place in 450 oven for 5 minutes/lb
5. Lower heat to 350, cook to internal temp of 125 Degrees (rare) 130 Degrees (Medium Rare). Let rest before carving.

### **BROCCOLI CASSEROLE**

(Single Batch) Serves 6 – 8

#### **CASSEROLE**

- |  |                             |
|--|-----------------------------|
| 3 - 10oz Pkg Frozen Chopped Broccoli       | 2 -Eggs, Beaten             |
| 1 Can Campbell's Cream of Mushroom Soup    | 1 Tbs Onion - Grated        |
| ½ - Cup Extra Sharp Cheddar Cheese, Grated | ½ Cup Miracle Whip Dressing |

#### **TOPPING**

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| 1 - Sleeve Ritz Crackers, Crushed | 1 Stick Margarine or Butter Melted |
|-----------------------------------|------------------------------------|

#### **COOKING - Stovetop & Oven @ 350 Degrees**

- 1) Bring 2 to 3 Cups Water to boil in a large saucepan. Add chopped Broccoli, Cook until tender. Drain well
- 2) While Broccoli is cooking, in a 9" +/- Casserole dish Combine Eggs, Soup, Miracle Whip, Onion, and Cheddar cheese to a homogenous mixture
- 3) Remove Ritz Crackers from sleeve and crush (by hand or with rolling pin), Combine with melted Margarine to make a thick paste. – Set Aside
- 4) When Broccoli is cooked and drained, add to Casserole dish and combine with sauce & cheese until uniform.
- 5) Sprinkle Topping Mix evenly over casserole
- 6) Bake at 350 Degrees 15 – 30 Minutes until topping is browned. Serve Hot

### **Goulash**

Serves 6 +

- |                          |                               |
|--------------------------|-------------------------------|
| 1 to 1 ½ Lbs Ground Beef | 2 Cans Campbell's Tomato Soup |
| 1 Small onion, chopped   | Garlic Powder                 |
| 2 Cups Pasta of Choice   | 1 Tbs Olive Oil               |

- 1) In a large pot, bring water to boil. Cook pasta until tender. Drain.
  - 2) In large skillet, sauté chopped onion w/ 1 Tbs olive oil, until wilted.
  - 3) Add ground beef, cook until browned, drain fat from skillet.
  - 4) Add 2 cans of tomato soup to cooked beef.
  - 5) Cook on low heat approx 10 minutes.
  - 6) Add cooked pasta to meat sauce. Mix until blended uniformly.
  - 7) Transfer to Serving Bowl
- Ready to serve hot. – Can be made early – Cover and reheat in oven before serving.

### **SAUSAGE & PEPPERS**

(Single Batch) Serves 6

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| 1 - Pkg Fresh Sweet Italian Sausage | 1 - Large Onion Sliced              |
| 2 – Bell Peppers Sliced             | 2 - Tbs Olive Oil                   |
| 2 - Cloves of Garlic, chopped       | ½ - Cup – Ragu marinara (*Optional) |

#### **COOKING**

- 1) In a large skillet, add olive oil, sauté whole links of sausage until browned and mostly cooked (If desired, let sausage cool, then slice into smaller pieces, otherwise serve whole)
- 2) After sausage is cooked, in same pan, sauté onions and peppers until tender
- 3) Combine Sausage with Peppers Onions & Ragu\*.
- 4) Serve with Pasta

### **ROAST GARLIC MASHED POTATOES**

6 Servings

- |                             |                  |
|-----------------------------|------------------|
| 4 – 6 Medium Size Potatoes  | ½ Cup Milk       |
| ½ Stick Butter or Margarine | 1 Cup Sour Cream |
| 1 Head Garlic               | 1 Tbs Olive Oil  |
| Salt                        | Pepper           |

Roast 1 head of Garlic – Slice head of garlic in half, cutting through all the cloves. Place on sheet of Aluminum Foil, cut side up. Salt & Pepper, Drizzle Olive Oil over cut garlic. Fold up sides of foil, place in oven at 350 for 1 hour. Remove from oven, Ease out the garlic cloves from their peels. Set aside

- 1) Fill large sauce pot ½ with water
- 2) Peel potatoes, cut into quarters, place in sauce pot, bring to boil, cook until tender
- 3) Drain potatoes (water good for gravy) Mash by hand
- 4) Add salt, pepper, butter, roasted garlic. Mix. Add Sour Cream & Milk until creamy  
Serve Hot.