



Winter 2020

Cooking with **consumers** credit union

By our members | for our members

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Chicken and Rice Burrito Bowls

- Add the oil to the Instant Pot, turn on sauté setting, and heat until shimmering. Add the onion and garlic and cook, stirring occasionally, until softened, about 4 minutes. Stir in
- 1 the chili powder and cumin and cook until fragrant, about 30 seconds. Add 1/4 cup of the chicken broth and cook, gently scraping the bottom of the pot with a wooden spoon to loosen any stuck-on bits, and simmer for 1 minute.

- Season the chicken all over with the salt and pepper. Add the chicken, beans, corn, salsa, and stir to combine. Sprinkle the rice over the top. Pour the remaining 3/4 cup broth over the rice, but do not stir. Using the manual setting, set
- 2 the pressure to HIGH for 10 minutes. Close and lock the lid. It should take the pressure cooker about 10 to 12 minutes to come to pressure and begin the 10 minute countdown. When the cooking time is complete, do a quick release of the pressure.
- 3 Gently stir everything together. Divide between bowls and top with the cheese and cilantro.

INGREDIENTS

- 1 1/2 tbs Vegetable oil
- 1 Medium yellow onion
| diced
- 2 Cloves garlic |
minced
- 1 tbs Chili powder
- 1 1/2 tsp Ground cumin
- 1 c Chicken broth
- 1 1/2 lbs Boneless, skinless
chicken thighs
- 1 pinch Kosher salt
- 1 pinch Ground black pepper
- 1 15oz can Black beans |
drained and rinsed
- 1 c Frozen corn kernels
- 1 16 oz jar Salsa
- 1 c Long grain white rice
- 1/2 c Shredded cheddar
cheese
- 1/4 c Chopped cilantro

Recipe submission | Sandy C.

Foster, Kelli. "Recipe: Instant Pot Weeknight Chicken and Rice Burrito Bowls." *kitchn*, *kitchn*, 21 Jan. 2020, www.thekitchn.com/recipe-instant-pot-weeknight-chicken-and-rice-burrito-bowls

One Pan Farro and Tomatoes

1 Place water and farro in a medium saucepan to presoak (I find just 5 to 10 minutes sufficient) while you prepare the other ingredients. Adding each ingredient to the pot as you finish preparing it, cut onion in half again, and very thinly slice it into quarter-moons. Thinly slice garlic cloves as well. Halve or quarter tomatoes. Add salt, pepper flakes (to taste) and 1 tablespoon olive oil to pan, and set a timer for 30 minutes. Bring uncovered pan (no lid necessary) up to a boil, then reduce to a gentle simmer, stirring occasionally. When the timer rings, the farro should be perfectly cooked (tender but with a meaty chew), seasoned and the cooking water should be almost completely absorbed. If needed, though I've never found it necessary, cook it for 5 additional minutes, until farro is more tender.

2 Transfer to a wide serving bowl. If there's enough leftover cooking liquid to be bothersome, simply use a slotted spoon to leave the amount you wish to behind. Drizzle farro lightly with additional olive oil, scatter with basil and parmesan. Eat immediately.

INGREDIENTS

2 c Water
1 c Semi-pearled farro
1/2 Large onion
2 cloves Garlic
9 oz Grape or cherry tomatoes
1 1/4 tsp Red pepper flakes
1 tbs Olive oil
Pinch Basil leaves
Pinch Grated Parmesan

Recipe submission | Carol B.

"One Pan Farro with Tomatoes." Smitten Kitchen, Wordpress, 15 July 2013, smitten-kitchen.com/2013/07/one-pan-farro-with-tomatoes.





Slow Cooker Queso Chicken Tacos

1 Lightly spray slow-cooker with non-stick cooking spray.

2 Place chicken in single layer and sprinkle chicken evenly with taco seasoning. In a medium size bowl add Rotel, green chiles and chicken broth and mix well. Pour evenly over chicken.

3 Cook on low for *6 to 8 hours, or on high for *4 to 6 hours. Cooking times may vary depending on your slow cooker, adjust accordingly.

4 When ready, drain excess liquids leaving just a smidgen behind (I use a soup ladle), then shred chicken using two forks. Last, spoon queso on top and gently mix with chicken, coating chicken evenly. Cover and cook on low for 20 minutes or until heated through. Serve with tortillas (hard or soft shell) and your favorite taco toppings. Enjoy!

INGREDIENTS

2 lbs Boneless skinless chicken breasts

1 pck Taco seasoning

10 oz can Rotel with lime juice

4 oz can Mild diced green chiles

1/2 c Chicken broth

3/4 c Salsa con queso

Taco shells | hard or soft

Lettuce, tomato, cheese, onions, jalapeños, sour cream, etc.

Recipe submission | Amanda T.

Neumann, Mary. "SLOW COOKER QUESO CHICKEN TACOS." *Sweet Little Blue Bird*, AN ELITE CAFEMEDIA FOOD PUBLISHER, sweetlittlebluebird.com/slow-cooker-queso-chicken-tacos/.

Cheeseburger Cups

- 1 In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in the ketchup, brown sugar, mustard and Worcestershire sauce. Remove from the heat; set aside.

- 2 Press each biscuit onto the bottom and up the sides of a greased muffin cup. Spoon beef mixture into cups; top with cheese cubes. Bake at 400° for 14-16 minutes or until golden brown.

Freeze option: Freeze cooled pastries in a freezer container, separating layers with waxed paper. To use, thaw pastries in the refrigerator for 8 hours. Reheat on a baking sheet in a preheated 375° oven until heated through.

INGREDIENTS

- 1 lb Ground beef
- 1/2 c Ketchup
- 2 tbs Brown sugar
- 1 tbs Mustard
- 1 1/2 tsp Worcestershire sauce
- 1 tube Refridgerated biscuits
- 1/2 c Cubed Velveeta

Recipe submission | Candie C.

Millhouse, Jerri. "Cheeseburger Cups Recipe." Taste of Home, Trusted Media Brands, www.tasteofhome.com/recipes/cheeseburger-cups/.





Funeral Potatoes

- 1 Preheat oven to 350 F degrees. Grease a 9x13 or 3 quart baking dish and set aside.
- 2 In a large mixing bowl, add 1/2 cup melted butter, sour cream, cream of chicken soup, salt, pepper, onion powder, garlic powder and smoked paprika. Stir well.
- 3 Add in thawed hash brown potatoes and the cheddar cheese and stir well to combine.
- 4 Transfer to prepared baking dish, and sprinkle with mozzarella cheese.
- 5 In a small mixing bowl, combine 1/4 cup melted butter and cornflakes, stirring well. Spread evenly over the top of the casserole.
- 6 Bake uncovered, 45-50 minutes, until hot and bubbly and cornflakes are golden brown.

INGREDIENTS

- 1/2 c Unsalted butter
- 2 c Sour cream
- 10 oz can Cream of chicken soup
- 1 tsp Kosher salt
- 1/2 tsp Black pepper
- 1/2 tsp Onion powder
- 1/2 tsp Garlic powder
- 1/4 tsp Smoked paprika
- 32 oz Frozen, diced hash brown potatoes
- 1 1/2 c Shredded cheddar cheese
- 1/2 c Shredded mozzarella cheese
- 3 c Corn flake cereal

Recipe submission | Tracy H.

"FUNERAL POTATOES (CHEESY POTATO CASSEROLE)." *The Chunky Chef*, AN ELITE CAFEMEDIA FOOD PUBLISHER, 12 June 2019, www.thechunkychef.com/funeral-potatoes.

Crustless Spinach Quiche

- 1 In a large skillet, saute onion and mushrooms in oil until tender. Add spinach and ham; cook and stir until the excess moisture is evaporated. Cool slightly. Beat eggs; add cheese and mix well. Stir in spinach mixture and pepper; blend well. Spread evenly into a greased 9-in. pie plate or quiche dish. Bake at 350° for 40-45 minutes or until a knife inserted in center comes out clean.

INGREDIENTS

- 1 c Chopped onion
- 1 c Sliced mushrooms
- 1 tbs Vegetable oil
- 10 oz pck Frozen chopped spinach | thawed and drained
- 2/3 c Chopped cooked ham
- 5 Large eggs
- 3 c Shredded Muenster cheese or Monterey Jack cheese
- 1/8 tsp Pepper

Recipe submission | Robin W

Calverley, Melinda. "Crustless Spinach Quiche." Taste of Home, Trusted Media Brands, www.tasteofhome.com/recipes/crustless-spinach-quiche.





Perfect Pot Roast

- 1 Preheat the oven to 275 degrees F.
- 2 Generously salt and pepper the chuck roast.

Heat the olive oil in large pot or Dutch oven over medium-high heat. Add the halved onions to the pot, browning them on both sides. Remove the onions to a plate.
- 3

Throw the carrots into the same very hot pot and toss them around a bit until slightly browned, about a minute or so. Reserve the carrots with the onions.
- 4

If needed, add a bit more olive oil to the very hot pot. Place the meat in the pot and sear it for about a minute on all sides until it is nice and brown all over. Remove the roast to a plate.
- 5

With the burner still on high, use either red wine or beef broth (about 1 cup) to deglaze the pot, scraping the bottom with a whisk. Place the roast back into the pot and add enough beef stock to cover the meat halfway.
- 6

Add in the onions and the carrots, along with the fresh herbs.
- 7

Put the lid on, then roast for 3 hours for a 3-pound roast. For a 4 to 5-pound roast, plan on 4 hours. The roast is ready when it's fall-apart tender.
- 8

INGREDIENTS

- 3-5 lb Chuck roast
- 3 tbs Olive oil
- 2 Onions | peeled and halved
- 6-8 Whole carrots | cut into 2 inch pieces
- 1 c Red wine
- 3 c Beef broth
- 3 sprigs Rosemary
- 3 sprigs Thyme

Recipe submission | John W.

Drummond, Ree. "Perfect Pot Roast." FoodNetwork, Discovery, INC., www.foodnetwork.com/recipes/ree-drummond/perfect-pot-roast-recipe.

Slow Cooker Lasagna

- 1 In a large skillet over medium heat brown the ground beef, Italian sausage and onion.
- 2 Add salt, pepper, Italian seasoning, parsley, garlic powder, Worcestershire sauce, tomato paste, tomato sauce, sugar, and water. Stir and simmer 15-20 minutes. (You could make the sauce in advance!)
- 3 Spread a fourth of the meat sauce into the bottom of your slow cooker. Arrange a third of the noodles over the sauce (break the noodles to fit, if necessary).
- 4 Combine the mozzarella, cottage cheese and parmesan cheese; spoon a third of the mixture over noodles. Repeat layers twice.
- 5 Top with remaining meat sauce and sprinkle with extra mozzarella cheese, if desired.
- 6 Cover and cook on low for about 4-5 hours or until noodles are tender.

INGREDIENTS

- 1/2 lb Ground beef
- 1/2 lb Italian sausage
- 1 1/2 tsp Salt
- 1/2 tsp Ground pepper
- 1 Large onion | chopped
- 1 tsp Italian seasoning
- 2 tbs Dried parsley
- 2 tsp Garlic powder
- 2 tbs Worcestershire sauce
- 6 oz Tomato paste
- 29 oz Tomato sauce
- 2 tbs White sugar
- 1 1/4 c Water
- 8 oz Lasagna noodles | uncooked
- 4 c Shredded mozzarella cheese
- 1 1/2 c Cottage cheese
- 1/2 c Parmesan

Recipe submission | Angela H.

Allen, Lauren. "Slow Cooker Lasagna." Tastes Better From Scratch, AN ELITE CAFE-MEDIA FOOD PUBLISHER, 7 Mar. 2018, tastesbetterfromscratch.com/slow-cooker-lasagna/.





Instant Pot Olive Garden Zuppa Toscana Italian Soup

- 1 Chop bacon into 1/2 inch pieces.
- 2 Place trivet and basket inside pressure cooker cooking pot. Turn crisp lid to 400 degrees and cook bacon until crisp.
- 3 Add onions to the cooking pot and sauté in the left behind bacon grease, for about 3 minutes.
- 4 Add sausage, breaking up into pieces and sauté until browned, about 2 minutes.
- 5 Add garlic to cooking pot and give it a good mix through.
- 6 Turn off Instant Pot or Pressure Cooker.
- 7 Add chicken broth, heavy cream and unpeeled, potato slices.
- 8 Lock on lid and close pressure valve. Cook at high pressure (most machines default to high) for 5 minutes.
- 9 Wash and dry kale. Roll kale up tightly from one end to the other. Using a very sharp knife, cut the kale vertically from end to end about 1/4" in between each slice. When you unroll the kale, it will be in ribbons.
- 10 When beep sounds, wait 10 minutes and then release the rest of the pressure.
- 11 Add kale chiffonade to the cooking pot and stir until wilted.

INGREDIENTS

- 4 slices Bacon
- 1 Medium Onion
- 1 lb Hot Italian Sausage
- 4 cloves Garlic
- 6 1/4 c Chicken broth
- 1 c Heavy cream
- 3 Russet potatoes
- 2 c Fresh kale

Recipe submission | Tiffany I.

Selkowitz, Jill. "Instant Pot Olive Garden Zuppa Toscana (Italian Soup)." *This Old Gal*, MEDIAVINE FOOD, thisoldgal.com/instant-pot-olive-garden-zuppa-toscana.

Crock Pot Chicken Chili

- 1 Place all ingredients minus the chicken breasts into your slow cooker. Mix until combined. Then, place chicken breasts on top and cover.
- 2 Turn crockpot to high and cook for 3-4 hours or low for 6-8 hours, stirring periodically.
- 3 Then, remove the chicken from the crockpot and shred using two forks. Place shredded chicken back in the crockpot and mix until combined.
- 4 Serve with all of your favorite toppings such as shredded cheese, Greek yogurt, and avocado.

INGREDIENTS

- 16 oz Chicken breasts
- 12 oz Salsa
- 15 oz can Black beans
- 15 oz can White northern beans
- 15 oz can Diced tomatoes
- 4 oz can Green chilies
- 1 tbs Minced garlic
- 3 tbs Chili powder
- 1/2 tbs Cumin powder
- 1 tsp Smoked paprika
- 2 tsp Apple cider vinegar
- 1 c Chicken broth

Recipe submission | Krysta B.

Funke, Lee. "Crockpot Chicken Chili." Fit Foodie Finds, AN ELITE CAFEMEDIA FOOD PUBLISHER, 14 Jan. 2020, fitfoodiefinds.com/crockpot-chicken-chili.





Garlic Butter Smoked Prime Rib

- 1 Preheat your smoker to 225 degrees F for indirect cooking using a hardwood like oak or hickory for smoking.
- 2 While the grill is warming up, prepare your roast. Trim any excess fat from the top of the roast down to 1/4 inch thick. Season on all sides with an even sprinkling of salt and pepper.
- 3 In a small bowl combine the softened butter, garlic, herbs, salt, and pepper. Slather the entire roast with the butter mixture.
- 4 Place the roast on a flat rack elevated above a baking sheet, place on the smoker and close the lid. Smoke until the internal temperature of the roast reaches 120 degrees F for Rare or 128 degrees F for Medium. For a rare, bone-in roast, plan on 35 minutes per pound of prime rib.
- 5 Remove the roast to a cutting board and allow to rest for 20 minutes. Strain the butter and drippings from the baking sheet into a separate bowl and set aside.
- 6 While the roast is resting, increase the temperature of your grill to 400 degrees F.
- 7 Once the grill is up to temperature, return the roast to the grill and sear until you reach your desired internal temperature. Pull the roast off at 130 degrees F for rare, 135 for medium rare, 140 for medium. This process should go quickly, so keep an eye on your temperature.
- 8 Remove your roast to the cutting board and let the meat rest for at least 15 minutes before slicing and serving.

INGREDIENTS

1 8 lb	Bone in prime rib roast
	Coarse salt and pepper
16 oz	Softened butter
8 cloves	Garlic minced
2 sprigs	Rosemary
2 sprigs	Thyme
2 tsp	Salt
2 tsp	Pepper

Recipe submission | Rebecca D.

Bulloch, Susie. "Garlic Butter Smoked Prime Rib." Hey Grill Hey, 21 Oct. 2018, heygrillhey.com/garlic-butter-smoked-prime-rib.

Warm Buffalo Chicken Dip

- 1 Let your cream cheese sit out for a bit before starting your dip so it can soften.
- 2 Cook your chicken breasts (I pour a little olive oil on a baking sheet with sides on it, sprinkle salt and pepper on both sides of the chicken, and then bake in 350° oven for about 45 minutes or until fully cooked).
- 3 While the chicken is cooking, you can prepare the rest of your dip. In a bowl, mix together your cream cheese, ranch dressing, hot sauce, and shredded cheddar cheese. (I used a hand mixer once I got it started, to help really break up and mix in the cream cheese).
- 4 Once the chicken is cooked, completely shred the chicken using two forks.
- 5 Add your shredded chicken to your dip and mix well.

INGREDIENTS

- 2 Chicken breasts
- 1 8 oz Block of cream cheese
- 1/2 c Ranch dressing
- 1/2 c Hot sauce
- 1/2 c Shredded cheddar cheese
- Chips or crackers for dipping

Recipe submission | Taylor W.

Haggerty, BA. "Warm Buffalo Chicken Dip." Food Marriage, 22 Dec. 2012, foodmarriage.com/game-day-recipe-warm-buffalo-chicken-dip.

