WPL Cookbook Club

Comfort Foods

Thank you to everyone who shared their favorite dessert recipes this month!
Below are the recipes we discussed. Enjoy!

Next Club Date:

February 18, 12 PM

Savory Chocolate Recipes

Amy S.'s Improvised Chicken Cacciatore

This recipe is cobbled together from several online recipes listed below. It was made on the range, not an Instant Pot.

Taste of Home:
https://www.tasteofhome.com/recipes/chicken-cacciatore/
https://www.tasteofhome.com/recipes/chicken-cacciatore/print/

The Mediterranean Dish:
https://www.themediterraneandish.com/chicken-cacciatore-recipe/
https://www.themediterraneandish.com/wprm_print/37070

Food.com:
https://www.food.com/recipe/chicken-cacciatore-pressure-cooker-265711

Cafe Delites:
https://cafedelites.com/chicken-cacciatore/
https://cafedelites.com/wprm_print/40527

The Pioneer Woman:
https://www.thepioneerwoman.com/food-cooking/recipes/a32477787/instant-pot-chicken-cacciatore-recipe/

Pinch of Yum:
https://pinchofyum.com/instant-pot-chicken-cacciatore
https://pinchofyum.com/instant-pot-chicken-cacciatore/print/57872

Final Recipe on Next Page!

Amy S.'s Improvised Chicken Cacciatore, Cont'd.

8 boneless, skinless chicken thighs
2 Tbl. olive oil
2 Tbl. butter
1/4-1/2 cup flour with salt and pepper for dredging
1 red pepper, sliced (I'd prefer it diced)
1 green pepper, sliced (I'd prefer it diced; would use a yellow next time)
2-3 ribs celery, sliced
1 large carrot sliced; can use baby carrots
I medium onion diced; I had a red one
5 cloves garlic minced
8 oz. fresh mushrooms, sliced
2 Tbl. tomato paste
28 oz. can crushed tomatoes
150 ml red wine
5 sprigs fresh thyme; I added them whole
1 tsp dried oregano
1 ½ Tbl. freeze dried basil (what I had)
1 ½ Tbl. freeze dried parsley (what I had)
large pinch red pepper flakes
19 Kalamata olives, rinsed and halved (how many I had)
4 oz. jar capers, rinsed
(Can use olives and/or capers. I used both. The brininess added a nice touch.)

Dredge the chicken in the flour with salt and pepper. Heat oil and butter in a Dutch oven. Brown the chicken on both sides. Do in batches if pan is too crowded. Remove to a plate. Add the peppers, celery, and onion until softened but not browned, about 5 minutes. Add the garlic until incorporated, but do not burn. Add the tomato paste and incorporate it into the other ingredients. Add the crushed tomatoes and wine. Add the thyme, basil, and parsley. Add the olives and/or capers if using. Return chicken and any juices to the pot. Bring to a boil. Reduce to a simmer and cook for 30-45, covered, or until the chicken is cooked through.

Serve with noodles or pasta. (I used Ronzoni wide noodles.)

Amy S.’s Orange Cumin Beef Stew

From HonestCooking.com

Orange Cumin Beef Stew

Author: Nicole Criss
Recipe Type: Main
Prep Time: 25 mins Cook Time: 1 hour 45 mins Total Time: 2 hours 10 mins
Serves: 6

The orange and cumin turn stew into a wonderful experience. A great dish to serve on a chilly Fall evening with friends.

Ingredients

- 3 pounds (1 kilo 300 grams) chuck for stew, cut in 1 inch cubes
- canola oil
- ¼ cup (59 ml) orange juice
- grated rind of 1 orange
- ½ cup (118 ml) beef broth
- 1 6-ounce (170 grams) can tomato paste
- ¼ cup (59 ml) red wine vinegar
- 2 tablespoons light brown sugar
- 4½ teaspoons ground cumin
- 1 tablespoon oregano
- 3 cloves garlic, minced
- 1½ teaspoons allspice
- 8 ounces pearl onions
- 1 pound (450 grams) small mushrooms
- butter for sautéing
- salt and pepper to taste

Instructions

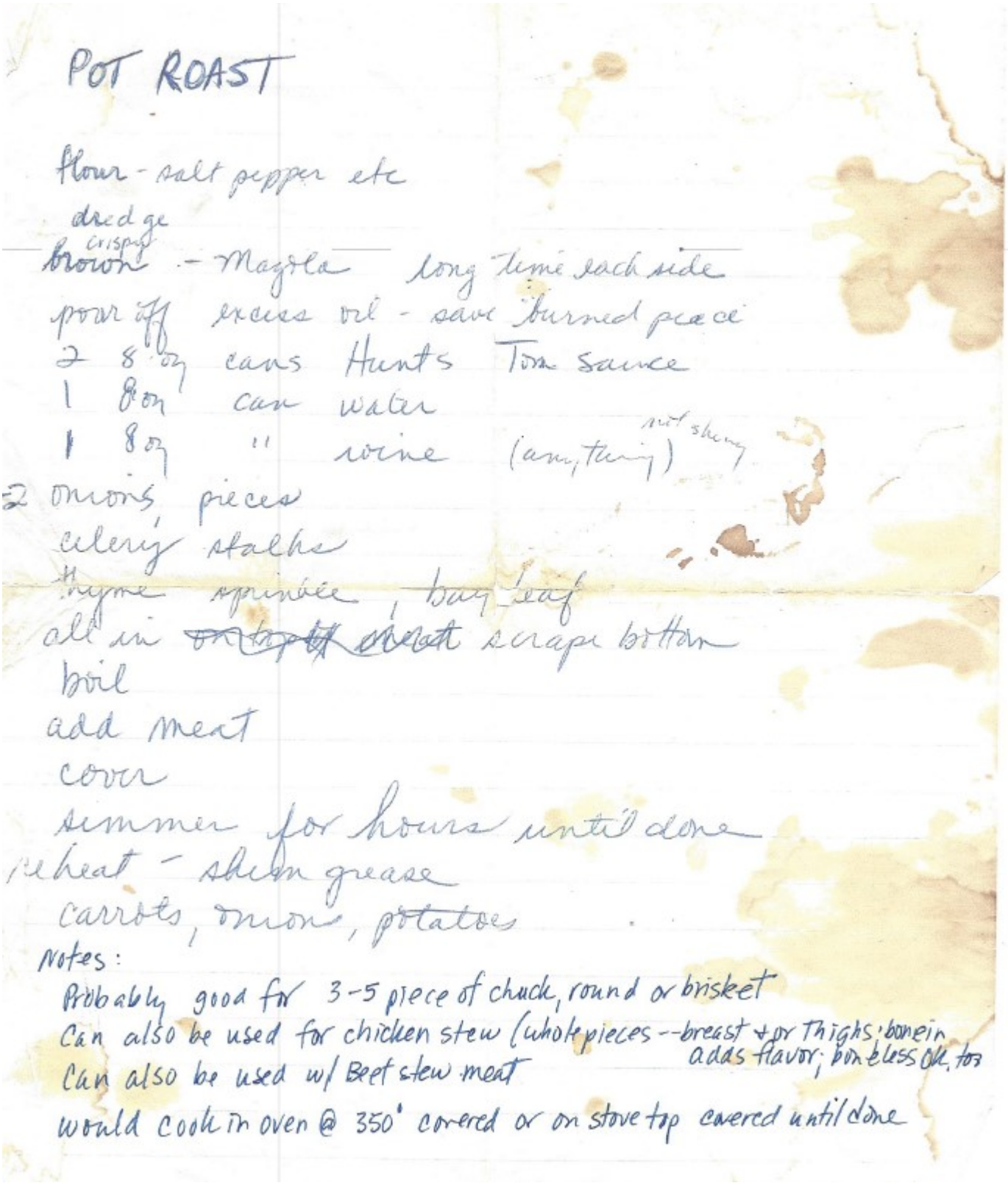
1. Saute the beef in medium hot oil a few pieces at a time to brown each side.
2. Transfer all the beef to a pot and add all the other ingredients except the onions, mushrooms, butter, salt and pepper.
3. Simmer for about 1½ hours over medium to low heat, covered or until the beef is tender.
4. Saute the onions and mushrooms briefly in a bit of butter, then add them to the stew.
5. Simmer again briefly.
6. Add salt and pepper to taste, then serve.

Notes

If you can find fresh pearl onions, boil them skin on for 4 minutes, then cut off the stem at root end and the skins will slip right off. Then you can sauté them for several minutes in butter before adding to the stew. Otherwise it's OK to use frozen. If the sauce is too thin, add a bit of cornstarch dissolved in water.

Recipe by Honest Cooking at https://honestcooking.com/orange-cumin-beef-stew/

Amy S.'s Grandma's Pot Roast



POT ROAST

flour - salt pepper etc
dredge
brown crispy - Mazola long time each side
pour off excess oil - save burned pieces
2 8 oz cans Hunts Tom sauce
1 8 oz can water
1 8 oz " wine (any, fruity) not sherry
2 onions, pieces
celery stalks
thyme sprinkle, bay leaf
all in ~~on top of~~ crock scrape bottom
boil
add meat
cover
simmer for hours until done
reheat - skim grease
carrots, onions, potatoes

Notes:
Probably good for 3-5 piece of chuck, round or brisket
Can also be used for chicken stew (whole pieces -- breast & or Thighs; bone in adds flavor; boneless OK, too
Can also be used w/ Beef stew meat
would cook in oven @ 350° covered or on stove top covered until done

Amy S.’s The Ivy’s Shepherd’s Pie

From The Tatler.com

Ingredients (serves 4)

2 tbsp olive oil
300g lean beef mince (ground beef), preferably from the rib
300g lean lamb mince (ground lamb)
3 shallots, peeled
150g button mushrooms
1 large carrot, peeled
3 sprigs of thyme, leaves picked
1 tbsp of tomato puree (paste)
150ml red wine
200g canned chopped tomatoes
1 tbsp plain (all-purpose) flour
3 tbsp Worcestershire sauce
350ml veal stock – (you can buy veal stock from good supermarkets; if you can’t find it, use beef or chicken stock)
3 sprigs of oregano, leaves picked and chopped
Sea salt and freshly ground black pepper

For the mashed potato

800g (1 3/4 lb) floury (mealy) potatoes, such as King Edward or Maris Piper
100g (7 tbsp) unsalted butter
2-3 tbsp double (heavy) cream

You will also need:
A large pie dish, or 4 individual ones
Method
Heat a frying pan with 1 tbsp of the oil until smoking hot, add the meat and cook for about five minutes, stirring frequently until the meat has browned. Pour off the excess liquid, put the meat in a dish and set aside until the rest of the ingredients are ready.

Finely chop the shallots, mushrooms and carrot, and tip into the pan with another tbsp of oil. Gently sweat the vegetables with the thyme for about eight minutes until tender but not coloured. Return the meat to the pan, add the tomato puree (paste) and cook for about five minutes before adding the red wine and chopped tomatoes. Cook for a further 10 minutes, then add the flour and mix thoroughly. Add the Worcestershire sauce and stock (broth). Bring to the boil, then reduce the heat and simmer for 45 minutes until the meat is tender and the sauce is thickened.

Add the chopped oregano, season with salt and pepper and add more Worcestershire sauce if required, then spoon into an ovenproof dish (or four individual little dishes). Set aside.

Peel and cut the potatoes into evenly sized pieces. Cook in a pan of boiled salted water for about 20 minutes until tender. Drain and return to the pan over a gentle heat to remove any excess moisture. Using a masher or a potato ricer, thoroughly mash the potatoes, then mix them with the butter and cream, and season to taste.

Preheat the oven to 180C/350F.

Top the mince with the mashed potato (you can pipe this if you have the time), put the dish on a baking sheet and into the oven. Cook for about 30 minutes until the potatoes are a nice golden colour and the filling is piping-hot.

Amy S.’s Killer Turkey Burgers

From Anne Burrell. Amy turned this recipe into a meatloaf.

Extra-virgin olive oil, for coating the pan
1 onion, cut into 1/4-inch dice
Kosher salt
2 cloves garlic, smashed and finely chopped
1 1/2 pounds ground turkey
One 8-ounce can water chestnuts, coarsely chopped (not too fine--they add GREAT texture)
1/4 cup soy sauce, plus more if needed
1/2 bunch of fresh cilantro, leaves finely chopped
1-inch piece of fresh ginger, peeled and grated
2 tablespoons sambal oelek or Asian chili paste, optional (but recommended)

Toppings:
1/2 cup mayonnaise
2 teaspoons sambal oelek
4 burger buns (I like the seeded ones)
4 slices American of Cheddar cheese (American melts better)
4 slices beefsteak tomatoes
4 slices red onion
4 leaves butter lettuce

Directions: For the turkey burgers: Coat a large saute pan with olive oil and toss in the onion. Season with salt and bring the pan to medium heat. Cook the onion until soft and very aromatic, 7 to 8 minutes. Add the garlic and cook for another 1 to 2 minutes. Turn off the heat and let cool. In a large mixing bowl, combine the turkey, water chestnuts, soy sauce, cilantro, ginger, sambal if using and the cooked onions and garlic. (NOTE: Save the onion pan to cook the burgers in later!) Add 1/4 to 1/2 cup water to the mix--this will keep the burgers really moist! Use your hands to squish the mixture until everything is really well combined. Make, cook and eat a little tester patty to be sure the turkey is really delicious. If the seasoning isn't just right, add a little more soy or a sprinkey-dink of salt. When you're confident the burger mix is perfectly seasoned, form it into 4 equal patties. With a paper towel, wipe out the saute pan you used to cook the onion, coat the pan with fresh olive oil and bring it to medium-high heat. Add the burgers, being sure not to crowd the pan--if you need to work in batches, knock yourself out. Cook the burgers for 5 to 6 minutes on each side. The burgers should be browned and cooked through when done. (If working in batches, keep the first batch warm in the oven at 200 degrees F while cooking the second batch.) For the toppings: Mix together the mayo and sambal oelek in a small bowl. Toast the burger buns and top with the burgers. Garnish as desired with the cheese, tomato, red onion, lettuce and spicy mayo.

Karen B.’s Buttermilk Pancakes

Ingredients

- 4 Tbsps Butter
- 2 Cups Flour
- 2 tsps Baking powder
- 1 tsp Baking Soda
- 1 tsp Salt
- 3 Tbsps Sugar
- 2 Cups Buttermilk
- 2 Large eggs
- 1 tsp Vanilla Extract

Directions

1. Melt butter and set aside to cool.
2. Mix together flour, baking powder, baking powder, salt and sugar in a large bowl.
3. In a large measuring cup, whisk together buttermilk, eggs and vanilla.
4. Pour wet ingredients into dry ingredients and lightly whisk to combine. Lumps are fine. Do not over mix.
5. Heat a large nonstick skillet over medium high heat. Melt some butter in skillet.
6. Spoon about 1/3 cup batter for each pancake. Cook for about 4 minutes on first side, until bub-

Susan F.'s Beef in Red Wine

Susan likes hearty soups and stews as comfort food!

(This recipe is meant to be cooked in a terra cotta clay cooker. To convert to using a Dutch oven, decrease temp by 100 degrees and decrease cooking time by 30 minutes.)

This savory beef stew is thick with vegetables and creates a wonderful aroma. It's my all-time favorite beef stew recipe. Accompany with buttered noodles and a green salad.

2 med onions, thinly sliced, separated into rings

4 med carrots, peeled and cut into ¼" slices

1 cup julienne-cut ham strips (I use smoked pork loin chops, but Canadian bacon works well

3 pounds lean beef chuck, cut into 1" cubes

3 cloves garlic, minced

1 tsp dried thyme

½ tsp dried rosemary

½ tsp dried marjoram

1 bay leaf

1 Tbl salt

¼ tsp pepper

¼ cup brandy

1 ½ cups dry red wine

1 16-oz can tomatoes, coarsely chopped, liquid reserved

- Combine all ingredients except tomatoes in large bowl. Refrigerate covered 2-3 hours.
- Soak top and bottom of 3 ¼ qt clay cooker in water about 15 minutes, drain.
- Transfer beef mixture to cooker. Add tomatoes with liquid and stir gently.
- Place covered cooker in cold over. Set oven at 425 degrees. (If using a Dutch oven, preheat oven to 325 degrees, then place covered in oven.) Bake, stirring once or twice, until beef and carrots are tender, 2 ½-3 hours.

Susan F.'s Spicy Beef & Lentil Soup

2 Tbl Olive oil
1.5 # boneless beef chuck, cut into 1" cubes
S & P
3 large celery stalks, medium dice
2 large carrots, medium dice
1 large onion, medium dice
6 cloves garlic, chopped
1.5 tsp. chopped fresh rosemary
1.5 tsp. dried oregano
2.5 quarts beef broth
1 14oz can diced tomatoes
1 14oz can diced tomatoes w/chilis
2 cups lentils, rinsed
1/3 cup chopped fresh Italian parsley

Heat oil in heavy large pot over medium-high heat. Sprinkle the beef with s & p and brown in the pot in two batches. Transfer beef to a bowl, using a slotted spoon.

Add celery, carrots, onion, garlic, rosemary, and oregano to the pot and saute until the onions are translucent.

Return the beef and accumulated juices to the pot. Add the broth and tomatoes (with their juice.) Bring to a boil, then lower the heat to medium-low and cover. Simmer until meat is just tender, stirring occasionally, for about one hour.

Add the lentils, cover, and continue simmering until the lentils are tender, about 40-50 minutes. Stir in the parsley and season to taste with s & p.

Note: This is a spicy soup. If you don't like spicy, substitute omit the can of tomatoes with chilis and substi-

Ingredients

Cake

- 8 tablespoons (113g) unsalted butter, softened
- 1 cup (198g) sugar
- 2 large eggs, at room temperature
- 2 cups (241g) King Arthur Unbleached All-Purpose Flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup (227g) sour cream or yogurt, at room temperature

Topping

- 1/2 cup (99g) sugar
- 2 teaspoons cinnamon
- 2 teaspoons vanilla extract
- 1/2 cup (57g) chopped walnuts or pecans, optional

Instructions

1. Preheat the oven to 350°F. Grease and flour a 9 1/2" tube pan, or a 9" x 9" pan.
2. **To make the cake:** Beat together the butter, sugar, and eggs. In a separate bowl, mix together the flour, baking powder, baking soda, and salt.
3. Add the flour mixture to the butter mixture alternately with the sour cream or yogurt, stirring after each addition.
4. **To make the topping:** Combine all of the topping ingredients, stirring until evenly crumbly.
5. Spread half the batter in the pan, and sprinkle with half the topping mixture. Repeat with the remaining batter and topping.
6. Bake the coffeecake for 30 to 40 minutes, or until a toothpick inserted into the center comes out clean, or with just a few moist crumbs sticking to it. Glass pans may take an additional 5 to 10 minutes to bake through completely.
7. Remove the cake from the oven; if you've baked it in a tube pan, wait 10 minutes, loosen the edges, and carefully turn it out of the pan. Place the cake right-side up (topping up) on a plate to serve. If you've baked the cake in a 9" x 9" pan, just serve it right from the pan.
8. Serve the cake warm or at room temperature. Wrap the completely cooled cake airtight, and store at room temperature for several days; freeze for longer storage.

Lyn's Brown Sugar Meatloaf with Ketchup Glaze

From Allrecipes

Ingredients

½ cup ketchup

½ cup packed brown sugar

1 ½ teaspoons salt

½ teaspoon chili powder

1 ½ pounds lean ground beef

1 ½ cups croutons, crushed

1 small onion, chopped

2 eggs

¼ cup milk

¼ teaspoon ground black pepper

Directions

Step 1

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5-inch loaf pan.

Step 2

Stir ketchup, brown sugar, salt, and chili powder together in a bowl until smooth. Spread a small amount of the ketchup mixture into the bottom of the prepared loaf pan.

Step 3

Mix ground beef, croutons, onion, eggs, milk, and black pepper together in a large bowl; shape into a loaf and put into prepared pan. Spread remaining ketchup mixture over the loaf.

Step 4

Bake in the preheated oven until no longer pink in the center, about 1 hour. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

Cook's Note:

You can use onion powder in place of the onion, if you prefer.

Nutrition Facts

Per Serving: 278 calories; protein 19.1g; carbohydrates 22.8g; fat 12.2g; cholesterol 102.8mg; sodium 719.9mg.

Lyn's Crockpot Lasagna

Ingredients

- 1 pound ground beef
- 1 sweet onion, minced
- 5 cloves garlic, minced, divided
- 24 ounces marinara
- 6 ounces tomato paste
- 1 teaspoon dried Italian seasoning
- 12 ounces lasagna noodles
- 15 ounces ricotta cheese
- 2 cups shredded mozzarella, divided
- 1 cup shredded Parmesan
- 1/4 cup fresh chopped parsley
- 1 teaspoon salt

Instructions

Add the ground beef, onion, and 3 cloves of garlic to a skillet over medium heat, crumbling the meat as it cooks. Drain the grease from the skillet and add the marinara, tomato paste, Italian seasoning and 1 cup of water to the beef. Stir well to combine.

2. Spray a slow cooker with non-stick spray.
3. Place ¼ of the meat sauce into the bottom of the slow cooker.
4. Layer 1/3 of the noodles over the sauce, breaking them up to cover the entire area. The noodles will overlap a bit.
5. Add the ricotta, 1 cup of mozzarella, Parmesan, parsley, salt, and reserved 2 cloves of minced garlic to a small bowl and stir to combine.
6. Spoon ? of the ricotta mixture over the noodles. Repeat layers twice, ending with meat sauce.
7. Sprinkle with the reserved cup of mozzarella cheese.
8. Cover and cook on low for 5 hours or until noodles are tender.

Lyn's Ham and Peas Pasta With Garlic Parmesan Cream Sauce

From Damn Delicious

INGREDIENTS:

8 ounces SimplyNature Organic Spaghetti
1/4 cup Countryside Creamery unsalted butter
4 cloves garlic, minced
2 tablespoons Baker's Corner all-purpose flour
1 cup Chef's Cupboard chicken broth, or more, as needed
1 teaspoon Stonemill dried thyme
1/2 teaspoon Stonemill dried basil
1/2 cup Countryside Creamery half and half
1/2 cup freshly grated Priano Parmesan
Kosher salt and freshly ground black pepper, to taste
2 cups chopped Appleton Farms Spiral Sliced Hickory Smoked Honey Ham
1 cup Season's Choice Frozen Sweet Peas
2 tablespoons chopped fresh parsley leaves

DIRECTIONS:

In a large pot of boiling salted water, cook pasta according to package instructions; drain well.
To make the garlic parmesan cream sauce, melt butter in the skillet skillet over medium heat. Add garlic, and cook, stirring frequently, until fragrant, about 1-2 minutes. Whisk in flour until lightly browned, about 1 minute.
Gradually whisk in chicken broth, thyme and basil. Cook, whisking constantly, until incorporated, about 1-2 minutes. Stir in half and half and Parmesan until slightly thickened, about 1-2 minutes. If the mixture is too thick, add more half and half as needed; season with salt and pepper, to taste.
Stir in spaghetti, ham and peas, and gently toss to combine.
Serve immediately, garnished with parsley, if desired.

Lyn’s Stuffed Hubbard Squash

This recipe was gobbled up at the Grange meeting. If you've never had Hubbard Squash it's a cross between pumpkin and acorn squash. That and butternut are my two favorite squash. Served w/side salad, garlic bread.

I had a 7.5 lb. squash.
I baked the squash at 350 degrees for 10 minutes then was able to cut it in half.
Scooped out the seeds.
Flipped over and placed flesh down in a pan w/1" of water and baked for 45 minutes.
During that time I made in 2 separate cast iron frying pans the stuffing.
Veggie: Pan fried zucchini, onions & celery.
Meat: Pan fried spicy Italian sausage (4 links) w/onions & celery.
Made 1 bag of Italian seasoned stuffing for each...Veggie used veggie base broth...and for Meat used chicken base broth.
After squash was cooked.
Took out of the oven, flipped over in pan, stuffed each.
Covered with foil and put back in the oven for 30-45 mins. 'til done.

Lyn’s Orange Vanilla Infused Water

INGREDIENTS

- 2 liters of filtered water
- 1 orange , sliced
- 1/2 teaspoon vanilla extract , or a scraped vanilla bean

Simply combine the orange slices, vanilla and water in a large pitcher, and mix well. Allow to infuse in the fridge for at least an hour, then keep chilled in the fridge for a refreshing beverage anytime you like!

Robin's Classic Bolognese Sauce

From Food.com

INGREDIENTS

- 3 tablespoons unsalted butter
- 2 tablespoons onions, minced
- 2 tablespoons carrots, minced
- 2 tablespoons celery, minced
- 1/4 lb ground chuck
- 1/4 lb ground veal
- 1/4 lb ground pork
- 1 cup whole milk
- 1 cup dry white wine
- 28 ounces whole tomatoes, chopped fine with juice reserved
- salt
- 1 lb linguine
- parmigiano-reggiano cheese

DIRECTIONS

Heat butter in large, heavy bottomed Dutch oven over medium heat; add onion, carrot and celery and saute until softened but not browned, about 6 minutes.

Add ground meats and 1/2 teaspoon salt; crumble meat with edge of wooden spoon to break apart into tiny pieces. Cook; continuing to crumble meat, just until it loses its raw color but has not browned, about 3 minutes.

Add whole milk and bring to a simmer; continue to simmer until the milk evaporates and only clear fat remains, 10 to 15 minutes.

Add wine and bring to simmer; continue to simmer until wine evaporates, 10 to 15 minutes longer.

Add tomatoes and their juice and bring to a simmer; reduce heat to low so that sauce continues to simmer just barely with an occasional bubble or two at the surface, until liquid has evaporated, about 3 hours (if lowest burner setting is too high to allow such a low simmer for three hours, use a flame tamer or a foil ring to elevate pan.).

Adjust seasonings with extra salt to taste and serve over linguine. (Can be refrigerated in airtight container for several days or frozen for several months. Warm over low heat before serving.).

When cooking the linguine for the bolognese sauce, don't drain the pasta too meticulously. A little water left clinging to the noodles will help distribute the very thick sauce evenly into the noodles, as will adding an extra 2 tablespoons of butter along with the sauce. Top each serving with a little grated Parmaggiano Reggiano.

If doubling recipe, increase the simmering times for the milk and the wine to 30 minutes each and the simmering time once the tomatoes are added to 4 hours.

Robin’s Tom Kha Gai—Thai Coconut Soup

From 40Aprons

Ingredients

- 1 Tbsp. coconut oil
- 1/2 onion sliced
- 2 garlic cloves chopped
- 1/2 red jalapeno pepper sliced, or a couple Thai chiles, halved
- 3 quarter-inch slices slices galangal or ginger
- 1 lemongrass stalk pounded with the side of a knife and cut into 2-inch long pieces
- 2 teaspoons red Thai curry paste
- 4 cups chicken broth see Note 1 if vegan or on Whole30
- 4 cups canned coconut cream or coconut milk
- 2 medium chicken breasts cut into bite-sized pieces, see Note 2 for vegan/vegetarian or to use shrimp
- 8 oz. white mushroom caps sliced
- 1-2 Tbsp. coconut sugar if on Whole30, see Note 3
- 1 1/2 - 2 Tbsp. fish sauce plus more to taste, see Note 4 if on Whole30 or vegan
- 2-3 Tbsp. fresh lime juice
- 2-3 green onions sliced thin
- fresh cilantro chopped, for garnish

Instructions

1. In a medium pot, heat the coconut oil over medium heat. Add the onion, garlic, jalapeno or chile, galangal or ginger, lemongrass, and red curry paste and cook, stirring frequently, for 5 minutes, or until onions are softened. Add chicken broth and bring to a boil. Reduce head and simmer uncovered for 30 minutes.
2. Strain out the aromatics (the garlic, onions, lemongrass, and ginger) and discard. Add in coconut cream or milk, chicken breast (or tofu or shrimp), and mushrooms. Simmer until chicken breast pieces are just cooked through, then add fish sauce, coconut aminos, and lime juice, plus more of each to taste.
3. Cook 2 minutes, then ladle into serving bowls and top with sliced green onions and fresh cilantro.

Robin's Chocolate Zucchini Cake

From Sally's Baking Addiction

Ingredients

2 cups (250g) **all-purpose flour** (spoon & leveled)

3/4 cup (63g) unsweetened natural **cocoa powder**

2 teaspoons **baking soda**

1/2 teaspoon **baking powder**

1 teaspoon **espresso powder** (optional)

1/2 teaspoon **salt**

1 cup (240ml) canola or vegetable **oil**

1 cup (200g) **granulated sugar**

3/4 cup (150g) packed light or dark **brown sugar**

4 large **eggs**, at room temperature

Instructions

1. Preheat oven to 350°F (177°C). Grease two 9×2 inch cake pans. (Make sure they're at least 2 inches high, deep dish style.) Set aside.
2. **Make the cake:** Whisk the flour, cocoa powder, baking soda, baking powder, espresso powder (if using), and salt together in a large bowl. In another large bowl using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the oil, granulated sugar, brown sugar, eggs, sour cream, vanilla, and zucchini together until combined. Pour into dry ingredients and beat on medium speed until completely combined. Beat in the chocolate chips. Batter will be slightly thick.
3. Pour batter evenly into cake pans. Bake for around 25-32 minutes or until the cakes are baked through. To test for doneness, insert a toothpick into the center of the cake. If it comes out clean, it is done. Allow cakes to cool completely in the pans set on a wire rack. The cakes must be completely cool before frosting and assembling.
4. **Assemble and frost:** First, using a large serrated knife, slice a thin layer off the tops of the cakes to create a flat surface. Discard (or crumble over ice cream!). Place 1 cake layer on your cake stand or serving plate. Evenly cover the top with frosting. Top with 2nd layer and spread the remaining frosting all over the top and sides. Pipe any leftover frosting on top. (I used Ateco #30 tip.) Decorate with chocolate sprinkles or mini chocolate chips if desired. Slice and serve.

Cover any leftover cake and store at room temperature for 2-3 days or in the refrigerator for up to 5 days.

Robin's The Elvis Smoothie

From Food.com

INGREDIENTS

1	sliced banana, frozen
2 -3	tablespoons creamy natural-style peanut butter
½	cup 2% low-fat milk (to your desired thickness)
¼ - ⅓	cup sugar-free non-fat vanilla yogurt

DIRECTIONS

Place all ingredients in blender.

Blend until very smooth.

Serve immediately.

For a vegan smoothie, make with soy milk and soy yogurt.

#30 tip.) Decorate with chocolate sprinkles or mini chocolate chips if desired. Slice and serve.

Cover any leftover cake and store at room temperature for 2-3 days or in the refrigerator for up to 5 days.

Karen T's Hot and Sour Soup

Hot and Sour soup is one of my favorites, although I've never tried to make it at home. I did find that I needed to add half again as much rice vinegar and sriracha to match the taste I was looking for. I also added in carrots. When I make it again, I will add in additional veggies for a more hearty soup.

From Kikkoman

Ingredients

Yield: Makes 6-8 servings

8 cups (2 quarts) chicken broth
1/4 cup Kikkoman Soy Sauce
1/4 cup Kikkoman® Rice Vinegar
1/2 cup canned bamboo shoots, thinly sliced
8 oz mushrooms, sliced
1-inch piece fresh ginger, grated
1 tablespoon Kikkoman Sriracha Hot Chili Sauce
1 teaspoon white pepper
1 teaspoon sugar
1 square firm tofu, cubed
1/4 cup freshly chopped cilantro
1/4 cup sliced green onions

Instructions

Pour chicken broth into a 5 to 8 quart slow cooker. Stir in soy sauce, rice vinegar, bamboo shoots, mushrooms, ginger, sriracha, white pepper, sugar and tofu.

Cook on low 6 to 8 hours, or high 3-4 hours. Serve garnished with cilantro and green onions.

Karen T's Tuna Noodle Casserole

Tuna noodle casserole was not a dish served in my house growing up, so I came to it a bit late in life. This recipe has become a favorite in my household, though! There's no canned soup in this recipe!

Ingredients

Ingredient Checklist

- ½ cup butter, divided
- 1 (8 ounce) package uncooked medium egg noodles
- ½ medium onion, finely chopped
- 1 stalk celery, finely chopped
- 1 clove garlic, minced
- 8 ounces button mushrooms, sliced
- ¼ cup all-purpose flour
- 2 cups milk
- salt and pepper to taste
- 2 (5 ounce) cans tuna, drained and flaked
- 1 cup frozen peas, thawed
- 3 tablespoons bread crumbs
- 2 tablespoons butter, melted
- 1 cup shredded Cheddar cheese

Step 1
Preheat oven to 375 degrees F (190 degrees C). Butter a medium baking dish with 1 tablespoon butter.

Step 2
Bring a large pot of lightly salted water to a boil. Add egg noodles, cook for 8 to 10 minutes, until al dente, and drain.

Step 3
Melt 1 tablespoon butter in a skillet over medium-low heat. Stir in the onion, celery, and garlic, and cook 5 minutes, until tender. Increase heat to medium-high, and mix in mushrooms. Continue to cook and stir 5 minutes, or until most of the liquid has evaporated.

Step 4
Melt 4 tablespoons butter in a medium saucepan, and whisk in flour until smooth. Gradually whisk in milk, and continue cooking 5 minutes, until sauce is smooth and slightly thickened. Season with salt and pepper. Stir in tuna, peas, mushroom mixture, and cooked noodles. Transfer to the baking dish. Melt remaining 2 tablespoons butter in a small bowl, mix with bread crumbs, and sprinkle over the casserole. Top with cheese.

Step 5
Bake 25 minutes in the preheated oven, or until bubbly and lightly browned.