



*Circle of Friends
Cookbook*

Volume 2

One-Pot Dinners



Pizza Potato Puff Casserole

1 lb. ground beef
1/4 c. onion, chopped
10-3/4 oz. can cream of
mushroom soup
8-oz. can pizza sauce
12 to 15 slices pepperoni

1/2 c. green pepper, chopped
1 c. shredded mozzarella
cheese
16-oz. pkg. frozen potato
puffs

Brown beef and onion in a skillet over medium-high heat; drain. Stir in soup. Spoon beef mixture into an 8"x8" baking pan that has been lightly sprayed with non-stick vegetable spray. Spoon pizza sauce evenly over beef mixture; arrange pepperoni and green pepper over sauce. Sprinkle with cheese; arrange potato puffs over top. Cover with aluminum foil; bake at 375 degrees for 30 minutes. Uncover; bake an additional 15 to 20 minutes, until heated through. Serves 4.



Chili Ranch Casserole

1 red pepper, chopped
1 green pepper, chopped
1 yellow pepper, chopped
1/2 c. onion, chopped
2 T. olive oil

1 lb. ground beef, browned
8-oz. can tomato sauce
1 t. chili powder
1 c. instant rice, cooked
15-oz. can ranch-style beans

In a skillet over medium heat, sauté peppers and onion in olive oil until tender; drain. Add beef, tomato sauce, chili powder and rice; simmer for 30 minutes. Stir in beans; simmer 5 more minutes, or until warmed through. Makes 4 servings.



Megan's Crazy Spicy Chili

- 1 lb. ground beef
- 1 onion, chopped
- 1/2 lb. spicy ground pork sausage
- 1/2 lb. andouille pork link sausage, sliced
- 2 15-oz. cans red kidney beans
- 2 14-oz. cans diced tomatoes
- 2 8-oz. cans tomato sauce
- 1 c. corn
- 1-1/2 c. water
- 1-1/4 oz. pkg. chili seasoning mix
- Garnish: sour cream, shredded Cheddar cheese, corn chips

In a large soup pot over medium-high heat, brown beef and onion; drain and set aside in a bowl. In the same pot, brown sausages together; drain. Add beef mixture, undrained beans, undrained tomatoes and remaining ingredients except garnish. Reduce heat to low and simmer for about one hour, stirring occasionally. Serve in bowls topped with sour cream, cheese and corn chips. Serves 6 to 8.

Beef Chow Fun

1/2 c. sherry or beef broth
4 t. black bean-garlic sauce
1 T. soy sauce
2 t. light brown sugar,
packed
2 t. cornstarch
4 t. oil, divided
1 t. fresh ginger, peeled
and minced

12-oz. pkg. frozen stir-fry
vegetables
1/2 c. water, divided
8-oz. pkg. wide rice noodles,
cooked
8-oz. beef sirloin steak,
thinly sliced

In a bowl, combine sherry or broth, sauces, brown sugar and cornstarch; set aside. Heat 2 teaspoons oil in a skillet over medium heat. Cook ginger for 30 seconds. Add vegetables and 1/4 cup water; cover and cook, stirring occasionally, until vegetables are tender, about 3 minutes. Combine vegetables and cooked noodles in a bowl; set aside. Heat remaining oil in the same skillet over medium-high heat. Add steak; cook and stir until browned. Stir in sauce mixture; cook until thickened. Return noodle mixture to pan with remaining water. Cook and stir until evenly coated and warmed through. Serves 4.



Beef Brisket in a Bag

3 to 4-lb. beef brisket
pepper and paprika to taste
1 T. all-purpose flour
8-oz. can pineapple juice
3 T. soy sauce

1-1/2 oz. pkg. onion
soup mix
6 to 8 redskin potatoes,
quartered
1/2 lb. baby carrots

Rub brisket with pepper and paprika. Shake flour in a large oven bag and place roast in bag, fat-side up. Place bag in a 13"x9" baking pan. Combine pineapple juice, soy sauce and soup mix; pour mixture over brisket. Close bag with nylon tie provided; cut six 1/2-inch slits in the top of bag. Bake at 325 degrees for 3 hours. Remove from oven; place brisket on a cutting board and pour remaining bag contents into the baking pan. Slice brisket against the grain; arrange slices in juices in pan. Arrange vegetables around brisket slices. Baste with juices; cover pan with aluminum foil and return to oven for one additional hour, basting occasionally. Makes 6 to 8 servings.

Apple-Stuffed Pork Chops

6 thick pork chops	2 T. raisins
salt and pepper to taste	2 T. butter, melted
1-1/2 c. toasted bread crumbs	2 T. orange juice
1/2 c. apple, cored and chopped	1/4 t. salt
1/2 c. shredded sharp Cheddar cheese	1/8 t. cinnamon

Cut a pocket into the side of each pork chop; sprinkle pockets with salt and pepper. Set aside. Toss bread crumbs, apple, cheese and raisins together; set aside. Combine butter, orange juice, salt and cinnamon; stir into apple mixture. Stuff pockets with crumb mixture; place pork chops in an ungreased 13"x9" baking pan. Bake, uncovered, at 350 degrees for 15 minutes; cover. Bake for an additional 15 minutes, or until pork chops are cooked through. Makes 6 servings.

Country Ham & Potato Pie

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| 2 potatoes, peeled and sliced | 1/4 t. pepper |
| 2 c. cooked ham, cubed | 1/8 t. nutmeg |
| 1 onion, sliced | 1 c. milk |
| 2 c. shredded Cheddar cheese | 1 T. margarine, diced |
| 3 T. all-purpose flour | 9-inch pie crust |
| 1 t. garlic salt | 1/2 c. whipping cream |

Layer potatoes, ham and onion in a lightly greased 9" round baking pan; set aside. Mix together cheese, flour, garlic salt, pepper and nutmeg; sprinkle over ham mixture. Pour milk over the top; dot with margarine. Place pie crust on top; cut 4 slits in the center. Bake at 350 degrees for one hour; remove from oven. Pour cream into slits of crust; let stand for 10 minutes. Cut into wedges to serve. Makes 4 to 6 servings.

Dad's Cajun Dinner

1 onion, diced
1 t. garlic, minced
2 T. butter
2 green peppers, diced
5 stalks celery, diced
3 T. Cajun seasoning
14-oz. pkg. Kielbasa
sausage, sliced

15-oz. can kidney beans,
drained and rinsed
14-oz. can diced tomatoes
12-oz. can tomato juice
hot pepper sauce to taste
3 c. cooked rice

In a skillet over medium heat, sauté onion and garlic in butter until onion is crisp-tender. Add green peppers, celery and seasoning; continue to cook until all vegetables are tender. Add sausage; sauté an additional 3 to 4 minutes. Add beans, undrained tomatoes and tomato juice; cook until heated through. Sprinkle with hot sauce to taste. Serve over rice. Makes 6 servings.



Smoky Cabbage

1 onion, chopped
1 to 2 T. butter
1 head cabbage, cored and
coarsely chopped

6 smoked frankfurters or
sausages, sliced
2 to 3 potatoes, peeled,
cubed and cooked

In a large skillet over medium heat, cook onion in butter until translucent. Add cabbage; cook and stir until it turns bright green and crisp-tender. Add frankfurters or sausages and potatoes. Stir until heated through and edges of cabbage begin to turn golden. Serves 4.



Tuscan Soup

- 1 lb. ground pork sausage
- 3/4 c. onion, diced
- 1 slice bacon, diced
- 1-1/4 t. garlic, minced
- 2 T. chicken bouillon granules
- 4 c. water
- 2 potatoes, halved lengthwise and cut into 1/4-inch strips
- 2 c. kale, thinly sliced
- 3/4 c. whipping cream

Brown sausage in a large soup pot over medium heat; drain and remove from pot. Add onion and bacon to pot; cook over medium heat until onion is almost translucent. Add garlic; cook for one minute. Add bouillon, water and potatoes; simmer for 15 minutes, or until potatoes are tender. Stir in kale, sausage and whipping cream; heat through over low heat without boiling. Serves 6 to 8.



Rosemary Chicken & Tomatoes

1 T. oil
2 lbs. skinless chicken
thighs
2/3 c. chicken broth
1/4 c. white wine or
chicken broth
2 cloves garlic, minced
salt and pepper to taste

6 plum tomatoes, chopped
2 green peppers, cut into
strips
1-1/2 c. sliced mushrooms
2 T. cornstarch
2 T. cold water
2 t. fresh rosemary, snipped
cooked egg noodles or rice

Heat oil in a skillet over medium heat. Sauté chicken until golden, about 5 minutes; drain. Add broth, wine or broth, garlic, salt and pepper to skillet; bring to a boil. Reduce heat; cover and simmer for about 20 minutes. Add tomatoes, green peppers and mushrooms. Simmer, covered, for 15 minutes, or until chicken is no longer pink in the center. Transfer chicken to a serving dish; cover and keep warm. In a small bowl, combine cornstarch, water and rosemary; stir into vegetable mixture. Cook and stir until thickened and bubbly; cook for an additional 2 minutes. Serve chicken over noodles or rice; spoon sauce over chicken. Serves 4 to 6.

Lemon Wine Chicken Skillet

4 boneless, skinless chicken breasts
lemon pepper to taste
1 egg
1/2 c. lemon-flavored white cooking wine, divided

1/4 c. all-purpose flour
6 T. butter, divided
2 to 3 T. capers
Garnish: chopped fresh parsley
Optional: cooked rice

Flatten chicken breasts slightly between 2 pieces of wax paper. Season chicken with lemon pepper; set aside. In a small bowl, beat egg with 2 tablespoons wine. Place flour in a separate shallow bowl. Dip chicken in egg mixture, then in flour to coat. Melt 3 tablespoons butter in a large skillet over medium heat; add chicken. Cook until golden on each side and no longer pink in the center, about 6 minutes on each side. Transfer chicken to a serving dish. Add remaining wine and butter to drippings in skillet; cook and stir until butter melts. Add capers; heat through. To serve, spoon sauce in skillet over chicken and rice, if desired; sprinkle with parsley. Serves 4.

Chicken-Pepper Pasta

- 6 T. margarine
- 1 onion, chopped
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- 1 orange pepper, chopped
- 1 t. garlic, minced
- 3 lbs. boneless, skinless chicken breasts, cut into strips
- 1 T. fresh tarragon, minced
- 3/4 t. salt
- 1/4 t. pepper
- 3/4 c. half-and-half
- 1 c. shredded mozzarella cheese
- 1/2 c. grated Parmesan cheese
- 7-oz. pkg. vermicelli pasta, cooked

Melt margarine in a skillet over medium-high heat; stir in onion, peppers and garlic. Cook and stir until peppers are crisp-tender, 2 to 3 minutes. Remove vegetables from skillet with a slotted spoon and set aside. Add chicken, tarragon, salt and pepper to skillet. Continue cooking, stirring occasionally, until chicken is golden and no longer pink in the center, about 7 to 9 minutes. Add vegetables, half-and-half and cheeses to chicken mixture. Reduce heat to medium; continue heating until cheese has melted, 3 to 5 minutes. Add pasta; toss gently to coat. Serve immediately.

Serves 4 to 6.



John's Spinach & Red Pepper Chicken

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| 6 boneless, skinless chicken breasts | 8-oz. pkg. shredded Italian cheese blend |
| 12-oz. jar roasted red peppers, drained | 8-oz. bottle Italian salad dressing |
| 10-oz. pkg. frozen chopped spinach, thawed and drained | cooked rice or pasta |

Place chicken breasts between 2 pieces of wax paper and pound to flatten. Lay chicken in a lightly greased 13"x9" baking pan. Arrange peppers on top of chicken; layer with spinach and cheese. Pour dressing over top. Cover and refrigerate for one to 8 hours. Bake, uncovered, at 350 degrees for 30 minutes, or until chicken juices run clear when pierced. Serve over cooked rice or pasta. Makes 6 servings.



Alabama Turkey Noodle Soup

- 1 T. olive oil
- 1 yellow onion, chopped
- 1 bunch green onions, chopped
- 2 c. carrots, peeled and sliced
- 2 c. celery, sliced
- 2 cloves garlic, minced
- 10-3/4 oz. can French onion soup
- 6 c. chicken broth
- 1 t. poultry seasoning
- 1 t. dried rosemary
- salt and pepper to taste
- 3 c. cooked turkey breast, diced
- 2 c. fine egg noodles, uncooked

Heat oil in a Dutch oven. Add onions, carrots, celery and garlic; cook until onion is translucent. Stir in soup, broth and seasonings; bring to a boil. Reduce heat to medium; simmer until vegetables are almost tender. Add turkey and noodles; raise heat slightly and continue to cook until noodles are tender. Makes 8 to 10 servings.



Denise's Shrimp Pasta

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| 16-oz. pkg. frozen medium shrimp, thawed | 2 T. olive oil |
| 8-oz. bottle Italian salad dressing | 1 tomato, diced |
| 2 cloves garlic, pressed | 1 onion, chopped |
| 16-oz. pkg. angel hair pasta, uncooked | 1 T. fresh basil, chopped |
| | 1 t. pepper |

Place shrimp in a bowl with salad dressing and garlic. Toss to coat; let stand for about 30 minutes. Cook pasta according to package directions. Drain; place in a serving bowl and keep warm. Heat oil in a skillet over medium heat; sauté tomato and onion in oil until tender. Top pasta with shrimp mixture, tomato mixture, basil and pepper. Mix gently; serve warm. Serves 4.



Parmesan Fish Bake

1/4 c. milk

2 t. salt

1/2 c. dry bread crumbs

1/2 t. paprika

1/4 c. grated Parmesan
cheese

2 lbs. haddock fillets, thawed
if frozen

2 to 3 T. butter, melted

Optional: cooked rice

Blend together milk and salt in a shallow bowl. Combine bread crumbs, paprika and cheese in another bowl. Dip fish fillets into milk mixture; dredge in crumb mixture. Arrange in a greased 11"x17" baking pan. Drizzle butter over fish. Bake at 375 degrees for 25 to 30 minutes, depending on thickness of fish. Serve over cooked rice, if desired. Serves 6.



Greek Tilapia with Orzo

1-1/2 lbs. tilapia fillets,
thawed if frozen
zest and juice of 1 lemon
1 T. fresh oregano, snipped

salt and pepper to taste
1 pt. cherry tomatoes,
halved
8-oz. pkg. orzo pasta, cooked

Place fish fillets in a lightly greased 13"x9" baking pan. Sprinkle fish evenly with lemon zest and juice, oregano, salt and pepper. Arrange tomatoes around fish; cover with aluminum foil. Bake at 400 degrees for 16 to 18 minutes, until fish is opaque and tomatoes are tender. Serve over cooked orzo, drizzled with juices from baking pan. Serves 4.



Easy Garlic & Herb Shrimp

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| 2 lbs. cooked shrimp, peeled
and cleaned | 1 t. paprika |
| 1 c. oil | 1 t. dried basil |
| 1 t. celery salt | 1 t. dried oregano |
| | 1 t. dried, minced garlic |

Arrange shrimp in an ungreased 13"x9" baking pan. In a small bowl, combine oil, celery salt, paprika, basil, oregano and garlic. Pour mixture over shrimp. Broil 4 to 5 inches from heat source on low heat for 5 to 10 minutes, or until shrimp are bright pink and hot. Makes 6 to 8 servings.



Salmon & Potato Chowder

14-3/4 oz. can pink salmon 12-oz. can evaporated milk
3 potatoes, peeled and diced 1 T. fresh dill, chopped
1-3/4 c. water pepper to taste
1 onion, chopped Garnish: lemon wedges
4 whole peppercorns

Rinse salmon for one minute in a colander under cold water; set aside. Combine potatoes, water, onion and peppercorns in a large saucepan. Bring to a boil over medium heat; reduce heat and simmer for 20 minutes, or until potatoes are tender. Stir in milk, salmon, dill and pepper; heat through. Discard peppercorns before serving, if desired. Garnish with lemon wedges. Serves 6.



Fresh Herb Quiche

9-inch pie crust
1/2 c. shredded mozzarella
cheese
1/2 c. shredded Gruyère
cheese
1/2 c. crumbled goat cheese
or feta cheese
5 eggs, beaten

1 c. half-and-half
1 T. fresh dill
1 T. fresh parsley
1 T. fresh basil
Garnish: mixed spring
greens, Italian salad
dressing to taste

Arrange crust in a 9" quiche pan or pie plate. Sprinkle cheeses into crust; set aside. In a blender, combine remaining ingredients. Process on high speed for 2 minutes, or until smooth. Pour mixture over cheeses in crust. Bake at 400 degrees for 45 minutes, or until a knife tip inserted near the center tests clean. Cool for 5 minutes; cut into wedges. Serve slices of quiche with greens tossed with dressing. Serves 4 to 6.



Zippy Clam Linguine

2 green onions, chopped
3 cloves garlic, chopped
1/4 c. olive oil, divided
1/4 c. margarine, sliced
1 pt. cherry tomatoes,
chopped
1/2 t. hot pepper sauce

1/2 t. Italian seasoning
2 6-1/2 oz. cans minced
clams, drained
16-oz. pkg. linguine pasta,
cooked and drained
Garnish: freshly grated
Parmesan cheese

In a skillet over medium heat, sauté onion and garlic in 2 tablespoons oil until tender. Add remaining oil, margarine, tomatoes, hot sauce and Italian seasoning. Reduce heat and simmer until tomatoes are cooked down; add clams. Heat through; ladle over pasta. Sprinkle with Parmesan cheese. Makes 6 servings.



Summer Risotto

- 3 cloves garlic
- 2 shallots, chopped
- 3 T. olive oil, divided
- 2 c. arborio rice, uncooked
- 4 c. vegetable broth, divided
- 1 lb. asparagus, chopped
- 3 plum tomatoes, diced
- 1-1/2 c. corn
- 2 T. fresh basil, chopped
- 3/4 c. shredded Parmesan cheese, divided
- salt and pepper to taste
- Garnish: zest of one lemon

In a skillet over medium heat, sauté garlic and shallots in one tablespoon olive oil until tender; add rice and sauté 2 minutes. Add enough broth to cover rice; cook, stirring constantly until broth is absorbed. Add remaining broth; heat until rice is al dente, 10 to 12 minutes. Add asparagus, tomatoes, corn and basil; stir in 1/2 cup Parmesan cheese and mix well. Season with salt and pepper. Serve warm in a large bowl; toss with remaining olive oil, Parmesan cheese and lemon zest. Makes 4 servings.

Spinach & Black Bean Lasagna

10-oz. frozen spinach,
thawed
2 eggs, beaten
16-oz. container ricotta
cheese
1/2 t. salt
1/4 c. fresh cilantro,
chopped
2 c. shredded Monterey
Jack cheese

2 c. shredded Pepper Jack
cheese
2 16-oz. cans black beans,
drained and rinsed
26-oz. jar spaghetti sauce
1/2 t. ground cumin
12 no-boil lasagna noodles,
uncooked

Mix spinach, eggs, ricotta cheese, salt and cilantro in a bowl; set aside. In a separate bowl, combine Monterey Jack and Pepper Jack cheeses; set aside. Mash beans with sauce and cumin in a third bowl; mix well. In a lightly greased 13"x9" baking pan, layer half each of lasagna alternately with spinach mixture, cheese mixture and bean mixture. Repeat layers. Cover with aluminum foil; bake at 350 degrees for 45 minutes, or until lasagna is tender. Serves 9 to 12.

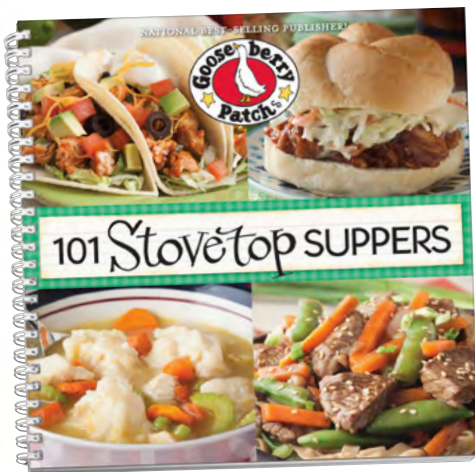
Hearty Spinach Soup

- 1 T. olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 8-oz. pkg. shiitake mushrooms, stems removed and caps thinly sliced
- 6 c. low-sodium vegetable or chicken broth
- 1/2 t. dried rosemary
- 15-oz. can garbanzo beans, drained and rinsed
- 2 c. cooked brown rice
- 2 5-oz. pkgs. baby spinach
- coarse salt and pepper to taste
- Garnish: shredded Parmesan cheese

In a Dutch oven, heat oil over medium heat. Cook onion for about 5 minutes, until tender, stirring often. Add garlic and mushrooms; cook, stirring occasionally, for about 5 minutes, until tender. Add broth and rosemary; bring to a boil. Add beans and cooked rice to broth mixture; return to a boil. Reduce to a simmer; cover and continue cooking for 5 minutes to allow flavors to blend. Stir in spinach; cook until just wilted, about one minute. Season with salt and pepper. Garnish with cheese; serve immediately. Serves 6 to 8.



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