

# Ordinary Dishes To Gourmet Meals Without Breaking The Budget Recipes

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## Chipotle Adobo Chicken Soup

1 large sweet onion, diced  
1 Tbsp cooking oil  
4 garlic cloves, minced  
4 cups reduced-sodium chicken broth  
2 cans (15 oz size) pinto beans, rinsed and drained  
2 cans (14 oz size) fire-roasted diced tomatoes, undrained  
3 cups frozen corn  
2 chipotle peppers in adobo sauce, removed from sauce, seeded and minced  
2 tsp adobo sauce from chipotle pepper jar  
1 tsp ground cumin  
1/4 tsp black pepper  
2 cups cubed cooked chicken  
1/4 cup minced fresh cilantro  
sour cream for garnish

In a Dutch oven on medium-low heat, saute onion in oil until onions become transparent. Stir in garlic and cook for just 1/2 minute. Now add the next 8 ingredients. Slowly bring mixture to a boil and reduce heat. Simmer slowly, uncovered, for about 15 to 20 minutes. Stir in your cut up chicken and let heat through. Remove from heat. Sprinkle with cilantro. Serve in big bowls topped with a dollop of sour cream. This recipe serves about 8 people.

## Chipotle Pepper Grilled Ribs

6 lbs. beef short ribs  
1/2 tsp salt  
2 Tbsp chipotle pepper sauce, plus  
1/4 cup chipotle pepper sauce  
1 cup ketchup  
1/2 cup Dijon mustard

Preheat oven to 350 degrees.

Place ribs, meaty-side up, in large roasting pan. Sprinkle with salt. Brush with 2 tablespoons of chipotle sauce. Bake 30 minutes in preheated oven.

Meanwhile, combine 1/4 cup chipotle pepper sauce, ketchup, and Dijon mustard. Separate into two containers, reserving 1/2 cup of sauce mixture for serving with hot ribs.

After ribs have baked for 30 minutes, remove from oven and brush with sauce, then slide back in oven and continue baking for 1 hour. Open oven and baste with more sauce occasionally, and flip ribs several times.

If grilling, preheat grill to high and put ribs on grilling pan. Place ribs on hot grill with meat side up. Grill 5 minutes, turn, grill 5 more minutes, brushing with sauce before flipping both times.

If you are not grilling, set ribs under broiler on high (or on grill pan on top of stove) and cook 5 minutes, turn, grill 5 more minutes, brushing with sauce before flipping both times.

Heat reserved sauce in separate pan and serve as a dipping sauce with the ribs.

## Cheesy Chipotle Scrambled Egg Skillet

1 (14 oz) can petite diced tomatoes  
1 small avocado, diced  
5 Tbsp chipotle pepper sauce, divided  
1 large garlic clove, finely chopped  
2 Tbsp chopped green onion  
2 Tbsp chopped fresh cilantro  
8 large eggs  
1/4 cup water  
1/2 tsp salt  
1 1/2 Tbsp butter (or half cooking oil and half butter)  
1/2 cup shredded Monterey Jack or Cheddar cheese

In a glass or plastic bowl, mix together the tomatoes, avocado, 3 tablespoons of the chipotle sauce, garlic, green onion, and cilantro in a small bowl and set aside.

In a separate bowl, whisk together eggs, remaining 2 tablespoons chipotle sauce, water, and salt. Heat butter/oil in a large heavy skillet over medium heat. Add egg mixture and cook, stirring only as egg sets up. When eggs are almost set, add cheese and let melt, flipping a few times. When eggs are completely set, spoon tomato mixture over and immediately slide off onto plates to serve.

## Brewed Chipotle Salsa Beef Sandwiches - Crock Pot

1 large sweet onion, halved and thinly sliced  
1 (3 lb) beef sirloin tip roast, cut in half  
1 jar (16 oz) chipotle salsa  
1/2 cup beer  
1 envelope beef onion soup mix  
8 to 10 kaiser or other hard rolls

Put the onion in your crockpot and put roast.

In separate bowl, put the salsa, beer, and onion soup mix, and stir together, then immediately pour over beef in crockpot.

Cover and cook on LOW for 7 to 8 hours or until meat is very tender.

Remove beef to platter and shred by pulling apart with two forks; then return shredded beef to crockpot. Stir and allow to reheat. Serve on hearty rolls. Makes 8 to 10 sandwiches.

## Sunny Tomato Cilantro Pasta

1 pkg (16 oz) angel hair pasta  
1/4 cup olive oil  
4 garlic cloves, crushed  
3 ounces sun-dried tomatoes, softened and chopped  
1 pkg (8 oz) tomato basil feta cheese, crumbled  
1 cup grated Parmesan cheese  
1 bunch fresh cilantro, chopped  
salt and pepper to taste

Cook pasta in large saucepan according to package directions; drain and put back in saucepan. Immediately stir in the remaining ingredients and heat over low heat until just heated through. Serve with extra sprinkle of Parmesan cheese on top if desired.

## Mexican Bean and Chicken Cilantro Skillet

8 skinless, boneless chicken breast halves  
1/2 cup all-purpose flour  
1/4 cup olive oil  
1 medium onion, diced  
1 red bell pepper, diced  
4 garlic cloves garlic, minced  
2 cups chicken broth  
1 pkg (10 oz) yellow rice  
1 can (28 oz) stewed tomatoes  
1 can (15 oz) pinto beans, drained and rinsed  
1 can (15 oz) black beans, drained and rinsed  
1 can (15 oz) whole kernel corn, drained  
1 can (4 oz) diced green chile peppers, drained  
3/4 cup chopped fresh cilantro  
1 tsp salt  
1/2 tsp pepper  
1/4 tsp ground cayenne pepper

Put flour and chicken in shallow pan and coat thoroughly. In large heavy skillet, heat the olive oil over medium heat. When pan is hot, put chicken in the skillet and cook on both sides until browned; set aside. In same skillet over medium heat, add onion and bell pepper, cook 4 or 5 minutes or until just tender. Add in the chicken broth and stir, then mix in the remaining ingredients and bring to a boil. Reduce heat to low and return chicken to skillet. Cover skillet and simmer for 30 to 35 minutes or until rice and chicken are cooked.



## Thai Cilantro Pasta with Shrimp

3 large garlic cloves, crushed  
2 Tbsp minced fresh ginger  
1 bunch fresh cilantro, stems trimmed off  
1/4 cup dry-roasted peanuts  
1/2 tsp red pepper flakes  
1/2 cup peanut oil  
8 ounces bow tie pasta  
12 ounces cleaned shrimp, cooked  
4 whole green onions, chopped  
3 Tbsp fresh lime juice

Prepare the pesto in a food processor or blender. Put garlic, ginger, cilantro, peanuts, and red pepper flakes in processor and start it running. Drizzle in oil as processor runs. Stop the processor and taste; season with salt as desired. You can prepare this ahead of time and refrigerate it until ready to use.

To make meal, cook pasta in large pot according to directions on package. Just before you drain pasta, add the cooked shrimp to pot, then immediately drain pasta and shrimp mixture through colander. Put the drained pasta and shrimp back in pot and stir in pesto sauce, green onions, and lime juice. Toss gently and serve immediately. This recipe makes a small batch, you can easily double it.

## Island Fruit and Cilantro Shrimp Tacos

1/2 pineapple, cleaned and chopped  
1 mango, cleaned and chopped  
1/2 red bell pepper, cleaned and chopped  
1/2 red onion, chopped  
3 Tbsp cilantro leaves, chopped  
3 Tbsp olive oil  
1 Tbsp minced ginger root  
1 jalapeno, chopped  
2 limes, juiced  
1 lb cooked medium size shrimp  
salt and black pepper

Put all ingredients in large bowl and toss gently to combine. Season with salt and pepper to taste. Serve either in taco shells or in tortilla wraps. This salsa is equally delicious with fish, chicken, or pork, and is a nice change from the typical taco. Add spicy mayonnaise if desired. This is an excellent way to surprise your family on 'taco night.'

## Mango Monday Meat Loaf

1 lb lean ground beef  
1 cup chopped mango  
1 cup bread crumbs  
1 egg, beat with a fork  
1 chopped onion  
salt and pepper to taste

In a large bowl, put all ingredients and combine with your hands. Don't over work it. When combined, form into a loaf and put in loaf pan. Bake in preheated oven at 325 degrees for 55 to 60 minutes. No more boring Monday Meat Loaf days!

## Italian Pine Nut Pesto with Linguine

2 garlic cloves  
2 cups fresh basil  
3 Tbsp pine nuts  
1/2 tsp salt  
1/2 cup olive oil  
1 Tbsp chopped Italian parsley  
1 lb. linguine  
4 Tbsp grated Pecorino Romano cheese

Put the garlic, basil, pine nuts, and salt in food processor and start running, then drizzle in all the olive oil as the machine is running. Let this process until smooth for about 3 minutes. Set the pesto aside.

Cook the linguine in large pot according to directions on package. Drain, reserving the water. Return the pasta to the pot and add the pesto and toss. Add a tablespoon or so of reserved water to pasta if it seems dry, then toss in the cheese. Serve hot.

## Basil and Pine Nut Orzo

1 pkg (8 oz) Orzo  
1 Tbsp extra virgin olive oil  
3 Tbsp pine nuts  
1 Tbsp dried basil  
salt and pepper to taste

In a large pot, cook orzo until just tender, about 2 to 3 minutes, and drain. As orzo is cooking, put oil in large heavy skillet and heat to medium; add pine nuts and stir until lightly toasted, about 4 or 5 minutes. Stir in the basil, then add orzo and toss. Taste and season with salt and pepper if desired. Serve warm.

## Quick Spinach and Pine Nut Skillet

3 pounds spinach, rinsed  
2 tsp olive oil  
2 Tbsp toasted pine nuts  
1 tsp minced garlic  
salt and black pepper

Put large heavy skillet on medium-high heat and add oil. When oil is hot, add spinach and cook until it just starts to wilt. Add the pine nuts and garlic, toss with the spinach and continue cooking for about 2 minutes or until garlic gets fragrant. Serve while hot. You don't want the spinach to cook so much that it loses all its form - just until it wilts.

## Roasted Sage Acorn Squash with Pine Nuts

2 Tbsp unsalted butter  
2 Tbsp brown sugar  
10 fresh sage leaves  
2 medium acorn squash, sliced into 1 inch wedges  
2 Tbsp toasted pine nuts  
salt and black pepper to taste

Preheat oven to 375 degrees.

In large saucepan, melt butter over medium low heat, then stir in the brown sugar and sage leaves. Cook until brown sugar melts completely, then remove from burner.

Add acorn squash and toasted pine nuts to saucepan and toss until squash is nicely coated with butter/sugar/sage mixture.

Dump the mixture onto a large baking sheet and arrange evenly in one layer. Salt and pepper.

Bake in preheated oven for 20 to 25 minutes or until squash is fork tender. Serve immediately while still warm.

## 5 Star Pine Nut Fish Skillet

1 1/2 pounds firm white fish  
Salt and freshly ground black pepper  
4 Tbsp olive oil  
1 large sweet onion, diced fine  
1 tsp sweet paprika  
1 garlic clove, minced  
1/4 cup bread crumbs  
1 can (14 oz) diced tomatoes  
1 cup fish stock, chicken stock, or dry white wine  
1 cup pine nuts, toasted  
1/4 cup chopped fresh flat-leaf parsley

In a large heavy skillet over medium heat, add 2 tablespoons of olive oil and bring up to a sizzling temperature. Salt and pepper the fish and add to the hot skillet; cooking on both sides until lightly browned. Remove fish from skillet.

In same skillet, add the remaining 2 tablespoons of olive oil and onion, cooking onion until just softened. Add the paprika, garlic, bread crumbs, tomatoes, and stock and cook, stirring occasionally, until sauce thickens slightly, about 5 or 6 minutes. Add browned fish on top of sauce, then ladle some of the sauce over the fish and top with pine nuts. Cover skillet and cook over low heat until fish flakes apart and becomes opaque. Garnish with parsley and serve hot.



## Triple Threat Italian Red Sauce

2 Tbsp olive oil  
2 anchovy filets, finely chopped  
4 garlic cloves, minced  
1/2 cup sliced ripe olives  
2 Tbsp capers  
1/2 tsp red pepper flakes  
1/4 tsp dried oregano  
1/4 tsp salt  
1 can (28 oz) crushed tomatoes  
1 lb linguine  
1/4 cup chopped fresh Italian parsley (for garnish)

In large heavy skillet, heat olive oil over medium-low heat. Add anchovies, garlic, olives, capers, red pepper flakes, oregano, and salt. Cook, stirring constantly, over medium-low heat for 2 to 3 minutes or until you can just smell the garlic getting fragrant. Be careful not to let the garlic burn. Stir in tomatoes; lightly cover the skillet and cook 15 to 20 minutes or until sauce thickens.

Serve over cooked hot linguine and top with sprinkles of parsley.

## Simply Piquant Caper Cutlets

chicken breast cutlets (about 1 1/2 pounds)

1 Tbsp all-purpose flour

1/2 tsp onion powder

1/2 tsp garlic powder

1/2 tsp kosher or sea salt

1/4 tsp black pepper

2 Tbsp cooking oil

1/4 cup sweet white wine

1 Tbsp butter

1 Tbsp lemon juice (about 1/2 lemon)

1/2 cup chicken stock or broth

1 Tbsp small capers, drained

Mix together in a bowl the flour, onion powder, garlic powder, kosher salt, and black pepper.

Coat both sides of chicken cutlets with this seasoning mix.

Put large heavy skillet on stove over medium heat, add cooking oil and when oil sizzles add chicken cutlets one or two at a time, brown one side, then flip and brown the second side. Don't worry about getting the chicken totally cooked through, it will cook more in the sauce. As the pieces are browned, remove to platter, and add more chicken cutlets until all are browned and on platter.

In the same skillet over medium heat, pour in the wine and stir, dislodging the browned pieces from the skillet. Keep heating and stirring until liquid thickens a bit and becomes brown.

Add the butter, lemon juice, and chicken stock; continue stirring and cooking for several minutes until sauce starts to thicken up.

Return the browned chicken to the skillet, and reduce heat to low. Ladle the sauce over the chicken until it's coated nicely.

Simmer very slowly for 15 to 20 minutes or until chicken is thoroughly cooked inside.

Add capers when chicken is done and remove skillet from heat. Let sit for 2 to 3 minutes.

Serve chicken on plates with sauce drizzled over each piece.

## Puttin-On-The-Ritz Egg Salad

4 hard-boiled eggs  
2 Tbsp minced red onion  
2 Tbsp mayonnaise  
1 tsp prepared mustard  
2 Tbsp minced red bell pepper  
2 Tbsp minced pitted kalamata olives  
1 Tbsp minced parsley  
1 Tbsp capers  
Salt and pepper

Chop the hard-boiled eggs and put them in a glass bowl. Add the remaining ingredients and mix together until well blended. Serve on bread or toast as a sandwich, on cocktail rye as a finger sandwich, or on top of a bed of mixed spring greens as a salad.

You may also like to use this recipe as a basis for Deviled Eggs. Instead of chopping up the entire egg, cut the hard-boiled egg in half lengthwise and scoop out the yolks. Add the remaining ingredients to the yolks and mix well. Then put the mixture back into the hollowed out egg white, cover and chill. Sprinkle a little chopped parsley or a sprinkle of paprika on the top of each Deviled Egg to make them prettier.

## Buttery Sicilian Pine Nut and Capers Pasta

3 Tbsp butter  
1/4 cup olive oil  
3 garlic cloves, minced  
1/2 cup pine nuts  
1/4 cup black olives, sliced  
3 Tbsp capers, rinsed  
1 Tbsp fresh basil, minced  
1 tsp fresh oregano, minced  
1 tsp flat leaf parsley, minced  
salt and pepper to taste  
1 lb. pasta, any shape  
3 Tbsp grated Parmesan cheese

In a large skillet, add the butter and olive oil and heat over medium heat. Add the garlic and pine nuts, reduce the heat to low, and continue to cook until the pine nuts are just turning light golden brown. Add to the skillet the olives, capers, basil, oregano, parsley, salt, and pepper. Mix gently together until it's heated through and fragrant. Remove from heat.

Cook the pasta in a large pot according to package directions, making sure the pasta remains al dente. Drain well. Add the pasta to the skillet with the pine nut and oil mixture and stir together. Turn heat on low and heat pasta and oil just until mixture is nice and hot. Taste and add more salt and pepper if desired. Serve immediately with a sprinkle of Parmesan cheese on each serving.

## Japanese Shiitake Dashi Soup

4 dried Shiitake mushrooms  
Wakame - dried seaweed - about 6 inches  
6 cups of water  
1 package of ramen noodles  
1/2 cup of scallions, sliced  
1/2 cup of bamboo shoots  
1/2 cup of green peppers, cut in very thin strips  
1 hard cooked egg (optional)

Begin by making the shiitake mushroom and wakame (seaweed) broth.

In large pot, soak the mushrooms and wakame in 6 cups hot water for a minimum of 1 hour. Strain out the mushrooms and wakame. Cut the mushroom stems off and discard, then slice the mushroom caps and return to the water. Cut the wakame into thin strips and return to water. Put pot over medium heat and bring up to just under a boil, then turn to low and simmer for 5 to 10 minutes.

Meanwhile in separate pot, bring 2 cups water to a boil and add ramen noodles. Turn heat to low and simmer for 2 to 3 minutes or until noodles are tender.

Once the noodles are tender, strain and add them to the shiitake-wakame broth pot, then stir in the scallions, bamboo shoots, and green peppers. Simmer together over very low heat for 3 minutes.

Serve in large bowls. If desired, cut a hard cooked egg in half and set half on top of soup in each bowl.

There are a lot of variations for ramen noodle soup, but if you want something nice and earthy and special, the shiitake mushroom and wakame broth is the way to go.

## Wakame Salad

1 oz dried wakame seaweed  
1/4 cup rice vinegar  
2 Tbsp grapeseed, canola, or any flavorless oil  
1 tsp toasted sesame oil  
1 tsp sea salt  
1 Tbsp sugar  
sprinkle of red pepper flakes  
2 Tbsp toasted sesame seeds

Rinse the wakame in a colander and drain. Place in a glass bowl and cover with fresh water. Allow to soak until wakame is soft, about 5 to 10 minutes. Dry by squeezing between clean towels. Trim any tough spines, then slice into very thin strips.

Mix the dressing by whisking together the dressing ingredients in a glass serving bowl. Then, toss in the prepared wakame and mix well. Chill if desired or serve at room temperature.

## Cucumber Wakame Salad

2 small cucumbers  
1 cup wakame seaweed (softened)  
4 Tbsp rice vinegar  
2 Tbsp sugar  
1/2 tsp salt (more or less)  
1/4 tsp sesame oil  
1/2 tsp sesame seeds

If using dried seaweed (wakame) rinse and soak first in clean cold water for about 10 minutes. Then, remove and slice into very thin strips.

Slice cucumbers into round discs and put in bowl. Add a generous sprinkle of salt to the cucumbers and allow to sit for 15 minutes. Drain cucumbers in a colander or sieve.

In salad bowl, whisk together the rice vinegar and sugar, then taste and add salt, sesame oil, and sesame seeds.

Add the cucumbers and wakame to the dressing and toss together to blend. Serve immediately.

## Creamy Wasabi Dip for Shrimp Cocktail

1/2 cup mayonnaise  
1/2 cup sour cream  
1 Tbsp soy sauce  
1 tsp sugar  
2 tsp freshly squeezed lemon juice  
1 to 2 Tbsp wasabi powder

In a small bowl, stir together all the ingredients, starting with 1 tablespoon of the wasabi, then adding more if desired, tasting as you go. Cover bowl with plastic wrap and refrigerate for about 5 hours to give the flavors a chance to mellow and combine. Taste again after dip has mellowed, and add more wasabi if desired. Serve cold with cooked shrimp.



## Wasabi and Roasted Garlic Mashed Potatoes

1 medium garlic bulb  
1 tsp olive oil  
10 to 12 potatoes  
1 cup butter, softened  
4 tsp wasabi powder  
a little water to make wasabi paste  
1/2 cup milk  
salt and pepper to taste

To roast garlic, preheat oven to 400 degrees F. Remove the outer papery skin from the garlic bulb and rub the entire garlic bulb with olive oil. Set garlic bulb on baking dish and drizzle any remaining olive oil over the top. Bake in oven for 40 to 45 minutes or until the bulb is fork tender. When tender, remove from oven and set aside.

Meanwhile, scrub or peel potatoes (depending on the condition of the skins), cut in quarters, and put in large pot of cold, salted water. Bring the water to a boil, then turn heat down and simmer slowly until potatoes are soft (about 15 minutes.) Drain very well, then add butter to potatoes and mash well with a potato masher.

In a small bowl, put wasabi powder and just enough water to make a thick paste.

Now take the roasted garlic and gently squeeze the soft cloves out of the bulb into the bowl with the wasabi paste. Mash paste and garlic together, then add to mashed potatoes, using potato masher to combine.

Stir in milk and keep mashing until flavors are combined and potatoes are light and fluffy.

Season with salt and pepper to taste and serve immediately.

## Golden Wasabi Potato Salad

1 lb Yukon gold potato, scrubbed with skins left on  
1 tsp sea salt  
1/4 cup wasabi mayonnaise (recipe follows)  
4 green onions, rinsed and sliced including tops  
1/4 cup roasted red pepper, chopped  
1/4 cup roasted yellow pepper, chopped  
sea salt to taste  
fresh ground pepper to taste

Cut potatoes into bite size pieces. Put in large pot of cold, salted water and bring to a boil. Immediately turn down to low and simmer slowly until potatoes are just fork tender but NOT soft. Drain well and allow to cool on a rack to evaporate any moisture. In large bowl, mix together the wasabi mayonnaise, onions, and peppers. Add the cooled potatoes and toss well. Taste and add salt and pepper. Loosely cover bowl and chill in refrigerator for about 30 minutes.

To make wasabi mayonnaise:

1/2 Tbsp wasabi powder  
1 tsp water  
3 Tbsp mayonnaise

In a bowl, mix the wasabi powder and water together until you get a paste, then let it sit for 1 minute so the flavor mellows. Add mayonnaise and stir, again letting it sit for a minute before adding the wasabi mayonnaise to the potato salad.

## Creamy Thai Chicken Curry

2 Tbsp canola oil  
3 garlic cloves, minced  
1 cup chopped onion  
1 cup chopped red and green bell peppers combination  
1 Tbsp curry powder  
4 boneless, skinless chicken breasts, cut into 1-inch pieces  
salt and pepper  
1 cup plain yogurt  
1/2 cup peanut butter, extra crunchy

In a large skillet or wok, heat oil over medium heat.

When skillet or wok is hot, add the garlic, onion, and bell peppers, stirring and cooking until vegetables just start to get tender.

Add curry powder and stir, cooking just 1 more minute.

Sprinkle the chicken pieces with salt and pepper, then add to the skillet or wok. Stir until chicken browns.

In bowl, mix together the yogurt and peanut butter. When chicken is completely cooked, add this sauce to skillet or wok and stir, cooking until everything is heated through.

Taste for seasonings and adjust.

Serve over hot cooked rice.

## Yogurt Curry Stir Fried Vegetables

2 Tbsp vegetable oil  
1 Tbsp grated ginger root  
1 medium onion, chopped  
2 carrots, thinly sliced in circles  
1 cup cauliflower florets  
1 cup sliced green beans, cut bite sized  
1 small sweet red bell pepper, thinly sliced  
1/2 cup canned chick peas, rinsed and drained  
1/2 cup raisins  
2 Tbsp curry powder (more or less to taste)  
1 Tbsp cumin seeds  
1/8 tsp black pepper  
1/2 tsp sea salt  
1 cup plain yogurt  
1 cup coarsely chopped cashews for garnish

In a large skillet or wok, heat oil over medium heat.

When skillet is hot, add the ginger and stir for 1 to 2 minutes or until fragrant.

Turn heat up to medium-high and add onion, carrots, cauliflower, green beans, sweet red bell pepper, and chick peas; stir and cook for 5 minutes or until veggies are just crisp-tender.

Add raisins, curry powder, cumin, black pepper, and salt and stir. Immediately turn heat to low, put cover on skillet, and heat for 5 minutes. Do not let vegetables get too soft - they should still have some crunch left.

Remove skillet from heat and stir in the yogurt until just blended. Serve over hot cooked rice and sprinkle cashews on top if desired.

## Dijon Curry Roast Beef Dinner - Crockpot

4 Yukon gold potatoes, scrubbed and cubed  
2 large carrots, cut into chunks  
1 onion, cut into wedges  
1 1/2 cups beef stock  
dash black pepper  
3 Tbsp Dijon mustard  
1/2 to 1 Tbsp curry powder  
2 tsp dried thyme  
1 tsp dried oregano  
3 lbs beef roast  
1/3 cup water  
1/4 cup all-purpose flour  
salt and pepper to taste

Put the potatoes, carrots, onion, beef stock, and dash black pepper in the crock pot.

In a separate bowl, whisk together the Dijon mustard, curry, thyme, and oregano, then spread over beef roast.

Lay the seasoned beef roast on top of the vegetables in crock pot.

Cover and cook on LOW for 8 to 10 hours or until meat is tender and vegetables are cooked.

Remove the meat to a cutting board and let rest for 3 minutes, then slice thin; scoop out vegetables and lay next to meat, then cover platter with foil to keep meat and veggies warm.

Pour the juices remaining in the crock pot into a small saucepan and place on a burner over medium-high heat.

Whisk together in a bowl the water and flour, then whisk into the juices in the saucepan, bringing to a boil, then turn down to low and simmer until gravy is thickened. Taste for salt and pepper and adjust as needed.

Serve the gravy with the beef and vegetables.

## Curried Yogurt Tangy Cucumber Soup

1 medium sweet onion, chopped  
2 small cucumbers, peeled and chopped  
3/4 cup vegetable or chicken broth  
1 cup Greek yogurt  
5 or 6 drops of Tabasco sauce  
4 dashes of Worcestershire sauce  
1/8 tsp celery salt  
1/4 tsp curry powder

Add all ingredients in food processor or blender. Process until smooth, then chill for 1 hour. Serve cold with a sprinkling of chives or green onion tops for garnish.

## Caribbean Sunset Pork Chops

1 cup water  
1/2 cup lemon juice  
1/2 cup finely chopped onion  
1 Tbsp packed brown sugar  
1 Tbsp chopped green onion  
1 Tbsp canola oil  
1 tsp salt  
1 tsp ground allspice  
1 tsp ground cinnamon  
1 tsp ground black pepper  
1/2 teaspoon dried thyme  
1/4 teaspoon cayenne pepper  
8 pork chops, 1/2 inch thick

Make marinade by combining all ingredients (except pork chops) in a blender or food processor and process until mixture is smooth. Remove 1/2 cup of marinade and set aside in small bowl. Put pork chops in shallow glass dish and pour marinade over, turning pork chops to coat well. cover with plastic wrap and put in refrigerator overnight.

When ready to grill, remove pork chops and discard marinade from dish pork chops were in. Heat grill to medium heat. Arrange pork chops on grill and cook with grill lid on for 10 to 12 minutes, turning once during this time. Baste when turning with the reserved marinade.

## Jamaican Vacation Jerk Wings

1 orange, zest and juice  
1 Tbsp grated ginger root  
1 Tbsp minced garlic  
2 Tbsp Jamaican Jerk seasoning  
1/2 tsp crushed red pepper flakes  
1/2 cup soy sauce  
1/2 cup brown sugar  
3 pounds chicken wings  
2 Tbsp toasted sesame seeds

Zest the orange into a large glass bowl, then cut the orange in half and juice it into the bowl. Whisk in the ginger, garlic, jerk seasoning, red pepper flakes, and soy sauce. Add the chicken wings and toss to combine. Cover bowl with plastic food wrap and refrigerate for 1 to 2 hours, stirring a few times to make sure wings all spend time in the marinade.

Preheat your oven to 350 degrees.

Dump the wings along with the jerk marinade into a large baking pan. Bake at 350 degrees for 25 to 30 minutes.

Remove pan from oven (leave oven on) and pour marinade juices out of pan and into a pot; return wings to oven and continue cooking for 20 to 25 minutes more or until chicken wings are thoroughly cooked.

Meanwhile, add the brown sugar to the saucepan with the liquid in it and put over low heat. Stir together and simmer slowly until mixture thickens.

When chicken is cooked through, remove from oven and pour the thickened sauce over and toss to coat. Dump wings onto platter and sprinkle sesame seeds on top and serve.

(Total cooking time is about 45 to 55 minutes.)



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