

## Albondigas Soup (Mexican Meatball Soup)



-You can vary the vegetables depending on what you have on hand. Spring peas in pods instead of shucked peas, for example. You can also add chopped fresh zucchini or corn.

-Ground turkey can be substituted for the ground beef.

-Use spearmint or Mexican yerba buena for the mint in this soup (not peppermint).

- 2 Tbsp. olive oil
- 1 large onion, chopped
- 1 large garlic clove, minced
- 2 quarts of chicken stock or beef stock
- 1 quart of water
- 1/2 cup of tomato sauce
- 1/2 lb. of green beans, strings and ends removed, cut into 1 inch pieces
- 2 large carrots, peeled and sliced
- 1/3 cup of raw white rice
- 1 pound ground beef
- 1/4 cup (loosely packed) chopped fresh spearmint leaves
- 1/4 cup (loosely packed) chopped parsley
- 1 raw egg
- 1 1/2 tsp. salt
- 1/4 tsp. black pepper
- A dash of cayenne (optional)
- 1 1/2 cup of frozen or fresh peas
- 1 tsp. of dried oregano, crumbled, or 1 Tbsp. fresh chopped oregano
- Salt and pepper
- 1/2 cup chopped fresh cilantro

### METHOD

**1 Make soup base with onion, garlic, broth, tomato sauce, carrots and green beans:** Heat oil in large heavy-bottomed pot (5-qt) over medium heat. Add onion and cook until tender, about 5 min. Add garlic and cook a minute more. Add stock, water, and tomato sauce. Bring to boil and reduce heat to simmer. Add carrots and string beans.

**2 Prepare the meatballs:** Mix rice into meat, adding mint leaves and parsley, salt and pepper. Mix in raw egg. Form mixture into 1-inch meatballs.

**3 Add meatballs to soup, let simmer, add peas:** Gently add meatballs to the simmering soup, one at a time. Cover and let simmer for 1/2 hour. Add the peas towards the end of the 1/2 hour. Add a few pinches of oregano and sprinkle with salt and pepper, and a dash of cayenne, to taste. Garnish with chopped fresh cilantro. Serves 6-8.

[https://www.simplyrecipes.com/recipes/albondigas\\_soup/](https://www.simplyrecipes.com/recipes/albondigas_soup/)

## Sweet-and-Salty Scotcheroos

- 1/2 cup sugar
- 1/2 cup light-color corn syrup
- 1/2 cup creamy peanut butter (not all-natural)
- 1 9 1/4 - ounce bag corn chips, such as Fritos
- 1/2 cup semisweet chocolate chips
- 1/2 cup butterscotch-flavored chips



### Directions

1. In a 3-quart saucepan, combine sugar and corn syrup. Cook over medium heat, stirring constantly, until sugar dissolves and mixture comes to a boil. Remove from heat. Stir in peanut butter until mixture is smooth and thoroughly combined.
2. Before opening chips, lightly crush chips in the bag with your hands. Add corn chips to peanut butter mixture and stir until well-coated, continuing to break up corn chips as you stir. Transfer mixture to a well-greased 8x8x2-inch baking pan. Spread evenly. Top with a piece of wax paper and press to make a firm, even layer. Set aside.
3. Combine chocolate and butterscotch chips in a small microwave-safe bowl. Microwave for 30 seconds; stir. Repeat. Continue cooking in 10-second intervals until mixture is melted and smooth. Pour over corn chip mixture in pan and spread evenly. Let stand until firm. Cut into 4x1-inch bars. (Trust us, you don't need a bigger bar; the corn chips make these richer than a traditional scotcheroo.)  
<http://www.midwestliving.com/recipe/sweet-and-salty-scotcheroos/>

## Chicken Pot Pie Soup



Broth gives this comforting soup plenty of meaty flavor, but you can stir in chopped cooked chicken for a heartier version. Recipe comes from La Soupe, a nonprofit cafe that helps feed hungry families in Cincinnati.

- 1/4 cup unsalted butter
- 1/2 cup chopped celery
- 1/2 cup chopped carrot
- 1/3 cup chopped white onion
- 1 tsp. minced garlic
- 1/4 cup all-purpose flour
- 1 quart chicken broth
- 1/2 cup chopped potato
- 1 tsp. chopped fresh thyme
- 1/2 tsp. poultry seasoning
- 1/2 cup half-and-half
- 1/2 cup frozen (thawed) peas
- 2 tbsp. chopped fresh parsley
- 1/4 tsp. ground black pepper
- Chopped cooked chicken, optional

### Directions

1. In a medium saucepan, melt butter over medium-low heat until foaming. Add celery, carrot and onion. Increase heat to medium and cook until vegetables are tender and translucent, about 5 mins. Add garlic; cook for 1 min. Add flour; cook, stirring constantly, until mixture is blond color, about 3 min. Whisk in broth, gradually at first, until incorporated. Add potato, thyme and poultry seasoning.
2. Increase heat to medium-high and bring mixture to a boil, stirring frequently. Reduce heat and simmer, uncovered, until vegetables are tender and soup is slightly thickened, about 30 min. Remove from heat. Stir in half-and-half, peas, parsley and pepper. Add in optional chicken.  
<http://www.midwestliving.com/recipe/chicken-pot-pie-soup/>

## Freezing (and Reheating) Cooked Rice

Don't have the 55 min. you need to prepare brown rice? Or even 20 min. for white? No problem. Simply cook it in advance and freeze it for later. (This works well with leftover rice, too.) Here's what to do.

**Pack it up.** Make a batch of rice and let it cool.) Spoon meal-size portions into freezer-safe, microwave-safe containers. Freeze for up to 3 months.

**Reheat it.** When you're ready to eat the rice, remove the container's lid, sprinkle the frozen grains with 1 to 2 tbsp. water, cover the container with a dampened paper towel, and microwave on high for 1 to 3 min. (depending on the portion size); fluff gently, then repeat. Let stand for 2 min. before fluffing and serving.

<https://www.realsimple.com/food-recipes/cooking-tips-techniques/kitchen-tips-techniques?slide=9879#9879>



If replacing a dirty dish sponge with a new one puts you in a good mood, you're officially an adult.

Word Porn

## Italian Spiral Meat Loaf

2 large eggs, lightly beaten  
1 cup pizza sauce, divided  
1 cup seasoned bread crumbs  
1 medium onion, chopped  
1 medium green pepper, chopped  
1 teaspoon dried oregano  
1 garlic clove, minced  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2 Lb. lean ground beef (90% lean)  
1 Lb. bulk Italian sausage  
1/2 Lb. sliced deli ham  
2 cups shredded part-skim mozzarella cheese, divided  
1 jar (6 oz.) sliced mushrooms, drained



- Preheat oven to 375°. In a large bowl, combine the eggs, 3/4 cup pizza sauce, bread crumbs, onion, green pepper, oregano, garlic, salt and pepper. Crumble beef and sausage over mixture and mix well.
- On a piece of parchment, pat beef mixture into a 12x10-in. rectangle. Layer the ham, 1-1/2 cups cheese and mushrooms over beef mixture to within 1 in. of edges. Roll up jelly-roll style, starting with a short side and peeling parchment away as you roll. Seal seam and ends. Place seam side down in a greased 13x9-in. baking dish; brush with remaining pizza sauce.
- Bake, uncovered, 1 hour. Sprinkle with remaining cheese. Bake until no pink remains and a thermometer reads 160°, 15-20 min. Using two large spatulas, carefully transfer meat loaf to a serving platter. Freeze option: Securely wrap and freeze cooled meat loaf in plastic wrap and foil. To use, partially thaw in refrigerator overnight. Unwrap meat loaf; reheat on a greased shallow baking pan in a preheated 350° oven until heated through and a thermometer inserted in center reads 165°. <https://www.tasteofhome.com/recipes/italian-spiral-meat-loaf/>



## Slow-Cooker Pot Roast

1 cup warm water  
1 tbsp. beef base  
1/2 Lb. sliced fresh mushrooms  
1 large onion, coarsely chopped  
3 garlic cloves, minced  
1 boneless beef chuck roast (3 Lb.)  
1/2 tsp. pepper  
1 tbsp. Worcestershire sauce  
1/4 cup butter, cubed  
1/3 cup all-purpose flour  
1/4 teaspoon salt

### Directions

1. In a 5- or 6-qt. slow cooker, whisk water and beef base; add mushrooms, onion and garlic. Sprinkle roast with pepper; transfer to slow cooker. Drizzle with Worcestershire sauce. Cook, covered, on low 6-8 hours or until meat is tender.
2. Remove roast to a serving platter; tent with foil. Strain cooking juices, reserving vegetables. Skim fat from cooking juices. In a large saucepan, melt butter over medium heat. Stir in flour and salt until smooth; gradually whisk in cooking juices. Bring to a boil, stirring constantly; cook and stir 1-2 min. or until thickened. Stir in cooked vegetables. Serve with roast.

<https://www.tasteofhome.com/recipes/slow-cooker-pot-roast/>