

# Thick Cut skillet Steaks

## Thick Cut Skillet Steaks

Sometimes it's amazing of a few ingredients can produce such a delicious outcome like these Thick Cut Skillet Steaks.

Of course the ingredients have to be good, my older bother, an amazing chef told me when we where starting out in the restaurant

business " you put garbage in you'll get garbage out" I never forgot that statement. So here you have it, two 1 pound prime rib steaks that I cut from the rib lion, sprinkled with salt and pepper and topped with a simple pan sauce.

If your looking for a way to cook steak with the ultimate crust use a cast iron skillet, since it retains heat for perfectly seared steaks!!!!

## Tips for these Thick Cut Skillet Steaks

The first step to a great sear is to be sure the skillet is hot enough, you need to hear the sizzle. Second, repeatedly flipping the steaks before searing toughens the meat, it's best to sear completely on one side before searing the other side.

One more thing, you can customize this Thick Cut Skillet Steaks recipe instead of using the more expense prime rib cut of meat you can use a more moderately priced cut of steak, like boneless strip steak.

On a side note to measure the thickness of the steaks for even

cooking use two fingers for thick and one for medium as a guide line. Also these two Prime Rib steaks were 1 lb. each 2 steaks should be enough for 3 to 4 people.

DO NOT PUT IMAGES IN THIS TEXT BLOCK!

## Ingredients

- 2 1 lb. prime rib steaks
- 2 Tbls. each butter and olive oil
- Salt and pepper to taste
- 1/2 cup beef broth or red wine
- 2 Tbls. each chopped garlic and yellow onion
- 2 Tbls. each chopped Italian parsley, thyme and oregano

## Instructions

1. Turn oven to 425 degrees
2. Salt and pepper steaks let sit at room temperature for 15 minutes
3. Meanwhile in a large oven proof skillet bring the butter and olive oil to medium high
4. Add the garlic and yellow onion saute until tender and just beginning to brown
5. Push the onion and garlic to one side of pan
6. Turn the heat to high add the steaks sear the steaks 2 to 3 minutes per side only flipping the steaks once
7. Add The beef broth or red wine and herbs scraping up all the brown bits at the bottom of the pan
8. Transfer the pan to the preheated oven cook for 7 to 9 minutes for medium rare adjusting oven times to your preference.
9. Remove from oven and turn oven off
10. Transfer steaks to cutting board tent with aluminum foil
11. Meanwhile add 1/3 stick of butter to the skillet return

to stovetop and simmer for five minutes  
12. Pour Pan sauce over steaks.... Enjoy

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## **Baked Unstuffed Shells**

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Hi Guys,

It's that week between Christmas and New year when I don't know what day it is, or what time zone am in. This time of year *I need comfort food.*

*And the comfort comes in the form of this Baked Unstuffed Shells recipe. Jumbo shells, ground beef, and cheese in my real easy marinara sauce is baked to a golden, cheesy deliciousness family and friends will crave.*

*Baked pasta dishes are one of the most comforting meals this time of year and this recipe is one of my favorites!!*

## **Why This Baked Unstuffed Shells recipe is one of my favorites**

I love this Baked Unstuffed Shells recipe, because first and most importantly it's easy. You don't have to stuff the shells, some stuff themselves when you mix it altogether.

Another reason I like this recipe, it comes together pretty quickly if you have a prep plan in place

Third this Baked Unstuffed Shell recipe can be made ahead of time, kept in the refrigerator and baked the day you plan to serve it. In fact you can make this recipe and freeze it for ready made meals, on busy weeknights.

When you think of this recipe, think pasta casserole and who doesn't love a pasta casserole that can go from freezer to oven to table?

Serve and bake it in a beautiful white casserole dish that goes from oven to table and will look pretty on your table.

If you Make this Baked Unstuffed Shells recipe please leave me a comment and please don't forget to tag me on Instagram.

I love hearing from you it's my favorite part!!!

## Ingredients

- 1 lb. large shells
- 1 lb. lean ground beef
- 4 cups my real easy marinara sauce
- 1 cup water
- 1 chopped onion
- 2 Tablespoons chopped garlic
- 2 cups shredded mozzarella
- 1 cup grated parmesan
- 1/4 cup each chopped Italian parsley and basil
- Salt and pepper to taste

## Instructions

1. Pre heat oven to 375 degrees
2. In a large saute pan saute the onion and garlic until tender and just beginning to brown
3. Add the ground beef salt and pepper now saute until brown drain fat

4. Add my real easy marinara sauce and water
  5. Add the pasta shells simmer for 10 minutes
  6. Add the cheeses and herbs
  7. Transfer to an oven proof casserole dish
  8. Top with additional mozzarella and parmesan
  9. Bake covered for 20 minutes uncover and bake 10 more minutes or until golden brown and bubbly. ENJOY!!!!
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## **Meaty Unstuffed Pasta Shells**

## **Meaty Unstuffed Pasta Shells**

Hi Friends, I know it's the most wonderful time of the year for most people, but It can also be the most busy and stressful time of the year too.

So I am sharing this easy, stress free one pot Meaty Unstuffed Pasta Shell Recipe. Essentially this is a take on stuffed pasta shells without the fuss of stuffing each shell individually.

This recipe is cooked in one pot on top of the stove and the best part, it uses few ingredients, you probably have on hand. Lean ground beef and healthy ground turkey seasoned with Italian flavors and covered with a tomato sauce make this recipe delicious and will make you happy serving it.

That's all you need one stock pot and 30 minutes to have this Italian inspired meal on your table.

# Customize This Meaty Unstuffed Pasta Shells recipe

Just like most of my recipes this Meaty Unstuffed Pasta shells recipe can be customized to fit your lifestyle and taste. For instance if

you want to eliminate the ground beef just double the amount of ground turkey. And if you don't like ground turkey just double the ground beef.

Another thing, if you don't like jumbo pasta shells you can use smaller pasta shapes, adding then 5 minutes before finishing the cooking process.

In this recipe *I used canned tomatoes, you can use my real easy marinara sauce instead if you have it on hand. ( I always do) You can also vary the cheeses and the amount according to your taste preference.*

*Just keep it easy and delicious and if you make this Meaty Unstuffed Pasta Shell recipe please leave me a comment and please don't forget to tag me on Instagram with your creations. I love hearing from you. It's my favorite Part!!!!*

## Ingredients

- 1/2 lb. large shells
- 1/2 lb. lean ground beef
- 1/2 lb. ground turkey
- 2 cups chopped spinach
- 1 chopped onion
- 2 Tablespoons chopped garlic
- 1 15 oz. crushed tomatoes
- 1 15 oz. tomato sauce
- 1 cup water

- 1 tablespoon each chopped Italian parsley, thyme, oregano, and basil
- 1 cup grated parmesan
- 1 cup shredded mozzarella
- Salt and pepper to taste

## Instructions

1. In a medium stock pot bring oil and butter to medium high
  2. Saute onion and garlic until tender and just beginning to brown
  3. Add the ground beef and ground turkey saute until browned
  4. Salt and pepper to taste now and add the herbs now
  5. Add the tomatoes and water simmer 10 minutes
  6. Add the pasta simmer covered for 15 minutes
  7. Add the cheese and spinach the last 5 minutes
  8. Serve topped with additional parmesan and Italian parsley
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## **Creamy Chicken Broccoli and spinach pasta**

## **Creamy Chicken Broccoli and spinach pasta**

Looking for a quick and easy pasta dinner? This Creamy Chicken Broccoli and Spinach Pasta is your answer!

Ready in under 30 minutes, it's the perfect weeknight meal when you're short on time but craving something comforting and full of Italian flavor. Tender chicken, crisp-tender broccoli, fresh spinach, and a touch of tomato come together in a light garlic cream sauce that tastes like it came from your favorite Italian restaurant. This easy pasta recipe is sure to become a go-to family favorite!

## **Things to know about this Creamy Chicken Broccoli and spinach Fettuccini**

One: when your cooking the chicken for this Creamy Chicken Broccoli Fettuccini don't overcook it, and be sure the saute pan is big enough to brown the chicken . Okay I know that was two. Next, always under cook the pasta just a bit this allows for the reheat. And finally always save some pasta water, this step is easily missed. And let me tell you, the pasta water with all it's starch is a magical ingredient that thickens the sauce and adds more flavor. I always save more than I need just in case.

Get in the habit of always saving some of the pasta water if your boiling pasta!!

Oh one more thing be sure to deglaze the saute pan. That's another important step, there's a lot of flavor in the bottom of the saute pan be sure to scrape all those brown bits up using a large spoon

If you make this recipe please leave me a comment and please don't forget to tag me on Instagram. Hearing from you is my favorite part!!!

# Ingredients

- 1/2 lb. fettuccini
- 2 boneless skinless chicken breast cut in medium chunks
- 1 lb. broccoli flowerets
- 2 cups diced tomatoes
- 2 cups chopped spinach
- 2 Tablespoons each butter and extra virgin olive oil
- 1/2 cup chopped onion
- 1 Tablespoon minced garlic
- 2 Tablespoons chopped Italian parsley
- 1/2 cup white wine
- 1 cup reserved pasta water
- 1 cup chicken stock
- 1 cup heavy cream
- 1 cup parmesan
- Salt and pepper to taste

# Instructions

1. Cook the pasta according to package directions adding the broccoli the last 3 minutes. And reserve two cups of the pasta water before draining
2. Salt and pepper chicken chunks
3. In a large saute pan cook over medium high heat in the olive oil and butter cook the Chicken until golden brown and cooked through about 5-7 minutes remove and set aside
4. In the same pan add the tomatoes, garlic and onion cook until the tomatoes burst and the garlic and onion are tender and just beginning to brown
5. Deglaze the pan with white wine scraping up all the brown bits at the bottom simmer a few minutes
6. Add the chicken stock, cream, and reserved pasta water simmer 10 minutes or until sauce thickens. then add in the parmesan cheese

7. Return the chicken to the pan add the chopped spinach, broccoli and drained fettuccini cook for 1-2 minutes to combine the flavors and the spinach is wilted
  8. Sprinkle with Italian parsley and additional parmesan cheese. ENJOY!!!
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## **Roasted Sausage and Peppers**

## **Roasted Sausage and Peppers**

It's the busiest time of the year. Even with a pandemic we are still cooking, baking, decorating and home schooling.

So now is the time to keep it easy, with this sheet pan Roasted Sausage and Peppers recipe. full of Italian flavors, it's one of those throw together meals you put in the toaster oven/ air fryer for hands free cooking.

This dinner for four recipe, fits perfectly in my Cuisinart Toaster oven/ air fry .Making this recipe real easy and real quick in less than 30 minutes quick. that's how quick. Italian flavored chicken sausage, mini bell peppers, onions, whole cloves of garlic drizzled with olive oil and balsamic vinegar then roasted and finally topped with cheesy goodness will have everyone wanting more.

## **How To Customize Roasted Sausage And Pepper Recipe**

In this Roasted Sausage And Peppers recipe, you don't have to use mini bell peppers, although they may or may not look

prettier, you can use a combination of colored sliced regular bell peppers. If you like spice throw a couple of these hot peppers in the mix for an extra kick.

I used Italian flavored Italian sausage for a healthier option, you don't have too. This recipe works real good with chicken breasts, cut into large chunks.

It's such an easy recipe that uses few ingredients, with even fewer steps, I was hesitate to write this post. Then in re thinking about the busyness of our lives not only at this time of year but in general, there's no better time than now to share quick, easy recipes.

If you make this recipe please leave me a comment and don't forget to tag me on Instagram with your creations. I love hearing from you it's my favorite part.

## Ingredients

- 4 links Italian style chicken sausage each cut into 4 pieces
- 1 lb. mini peppers
- 1 sliced red onion
- 1 slice yellow onions
- 6 whole cloves garlic
- 1 Tablespoon olive oil
- 2 Tablespoons balsamic vinegar
- 6 sprigs thyme
- 1 cup shredded mozzarella

## Instructions

1. Mix ever thing together except the cheese
2. Bake in a 375 degree oven for 15 minutes
3. Add the cheese and bake 5 minutes longer or until cheese melts

4. If making sandwiches toast the bread before assembly the sandwiches
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## **Braised Short Rib Fettuccine Pasta**

## **Braised Short Rib Fettuccine Pasta**

It's that time of year when I bring out my Dutch Oven for slow cooked braised recipes. You're going to love this hearty braised Short Rib Fettuccini pasta recipe. Succulent short ribs slow cooked in a wine and beef broth and served over a bed of fettuccini.

The combination of flavors is addicting and will have family and friends craving more!!! Even now days later am still craving the flavor bliss of this stick to your ribs meal!!!

## **Things to know about this braised short rib fettuccine pasta recipe**

First and foremost use good quality Short ribs since the main ingredient in this Short Rib Fettuccini recipe is the short ribs, they should be the best.

Second and just as important be sure the heat is high enough, to sear the meat before adding the wine. And last but not

least this recipe takes time to cook, so allow enough time for the three hours it takes to have the meat fork tender.

On a side note, you don't have to use Fettuccini or pasta. This recipe is delicious on it's own or over creamy polenta.

You don't have to use pancetta either, you can use bacon. I had pancetta so that's what I used. If you love slow cooked comfort food that's easy to make try my Italian chicken and sausage scarpariello

If you make this braised short rib fettuccine pasta recipe please leave me comment here, and don't forget to tag me on Instagram with your creations.

I love hearing from you, it's my favorite part!!!

## Ingredients

- 8 pieces boneless short ribs cut in large dice
- 1 lb. fettuccine
- 1/2 cup flour
- 6 pieces pancetta diced
- 1 onion chopped
- 2 stalks chopped celery
- 3 peeled sliced carrots
- 1 cup red wine
- 2 cups beef broth
- 8 sprigs of thyme and rosemary
- 1 cup peas
- Salt and pepper to taste
- 2 Tablespoons chopped Italian parsley

## Instructions

1. Salt and pepper the meat coat with the flour
2. In a Dutch oven fry the pancetta in 2 tablespoons of olive oil until crispy

3. Add the short ribs and cook until browned
  4. Deglaze the pan with the red wine scrapping up the browned bits at the bottom of the pan
  5. Now add the beef broth, thyme and rosemary
  6. Simmer covered for 2 1/2 hours
  7. Add the carrots, peas and celery simmer 1/2 longer
  8. Mean while cook the fettuccini according to package directions
  9. Toss the fettuccini with the short rib sauce
  10. Sprinkle with Italian Parsley and ENJOY!!!!
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## **Turkey Cranberry Sandwiches**

## **Turkey Cranberry Sandwiches**

These Turkey Cranberry Sandwiches are the last of my Thanksgiving left over meals. Tender juicy slices of turkey breast topped with my best ever cranberry sauce and melted brie cheese.

It's like eating Thanksgiving dinner in a sandwich.

Don't save this sandwich just for leftover Thanksgiving Turkey, if you craving Thanksgiving in December store bough turkey works in this sandwich too.

## **What you need to make Turkey**

# Cranberry Sandwiches

Besides the ingredients in this Turkey Cranberry Sandwiches you need a flat griddle pan to grill the sandwiches to a beautiful golden brown while melting the cheese. I have two flat griddle pans one cast iron with ridges and one flat.

I used the flat one to make these sandwiches, but I think next time I will use the cast iron ridge griddle for a panni style sandwich.

## Ingredients

- 1/2 lb. leftover cooked Thanksgiving turkey breast
- 4 slices good quality multigrain bread
- 1 cup my home made cranberry sauce
- 4 Oz. thinly sliced brie
- 2 tablespoons butter

## Instructions

1. Melt butter in a flat skillet over medium heat
  2. Add the bread toast lightly on each side
  3. Layer the lightly toasted bread with the sliced turkey, brie cheese and cranberry sauce
  4. Continue cooking until cheese starts to melt
  5. Put the sandwiches you will have two, together and press down with the back of a spatula
  6. Cook just a few minutes longer on each side until a golden brown
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# **Creamy Chicken Gnocchi**

## **Creamy Chicken Gnocchi**

Don't let the looks of this Creamy Chicken Gnocchi intimidate you. It's an easy recipe when you use store bought potato gnocchi.

If you want to go the all home made route you can make my Easy Ricotta Gnocchi. But if you decide to make your own they need to be cooked in a separate pot of rapidly boiling water until they come to the surface, about 7 minutes and then tossed in the sauce. The same is true with the marinara but marinara sauce is so easy and is one of the sauces I always have on hand. I have linked the recipes for the gnocchi and the marinara. The most important thing about marinara is to use the best tomato products, since tomatoes are the main ingredient.

My absolute favorite is La San Marzano, you can't always find it in the supermarkets but here is the link to find it on Amazon.

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## **Three Tips When Making Creamy Chicken Gnocchi**

Size matters!!! when we're one pan cooking. The sauté pan has to be big enough and deep enough to hold in this case both the pasta and the sauce. Here's a link to a good all around one pan cooking pot.

Another thing that's important is to be sure the oil and

butter is hot enough to sear the chicken without burning it.

One more thing, if the sauce is too thick add a little milk if it's too thick coat a pat of butter with flour and put it in the sauce, the last few minutes.

## Ingredients

- 3 boneless, skinless chicken breast cut in cubes
- 1/2 LB. store bought or my easy ricotta gnocchi
- 3 cups prepared marinara sauce
- 1 cup heavy cream
- 2 cups chopped spinach
- 2 tablespoons each olive oil and butter
- 2 Tablespoons chopped garlic
- 1/2 small onion chopped
- 1 cup parmesan cheese
- 2 Tablespoons chopped Italian parsley

## Instructions

1. In a large sauté pan heat olive oil and butter to medium heat
  2. salt and pepper the chicken and sauté until lightly browned
  3. Add the garlic and onion sauté until tender and just beginning to brown
  4. Add the prepared marinara and cream simmer 15 minutes or until sauce thickens
  5. Add the gnocchi and spinach
  6. Simmer covered 7 to 10 minutes
  7. Sprinkle with the parmesan cheese and Italian parsley
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# Easy Bolognese Sauce


So what is Easy Bolognese sauce?

Easy Bolognese Sauce is a chunky sauce made with minced beef, garlic, carrots, herbs and enough tomatoes for flavor.

It's a hearty sauce when you want stick to your ribs comfort food. It's delicious, versatile and easy to make you'll want to have it on hand, for ready make meals.

I used ground turkey, you can use any ground meat and pasta, that fits your taste. The recipe calls for pappardelle pasta, but you can use this same Bolognese sauce when you want a heartier lasagna too!!!

It's not too often that you find a recipe that your whole family likes. when you do WIN- WIN.

Not only is it a family favorite it's a crowd pleasing meal on a budget add a salad, some  crusty french bread and you have dinner special enough for weekend get togethers and easy enough for weeknight family meals. Why I love Easy Bolognese Sauce

This is a great go to meat sauce when you want, easy, healthy, flavorful Italian meals, the trifecta for dinner success.

I make this hearty meat sauce in my cast iron dutch oven, sometimes, if I want carefree cooking, I start it on the stove top, and finish it off in a 375 degree oven for one hour.

You can double or triple the recipe, it keeps in your refrigerator up to 4 days, you can freeze it for ready made meals, that's what I do when I make it.

The link below will take you to a the cast iron dutch oven I use, not only for this recipe, but for recipes the require longer cooking time.

It is also the Dutch oven I use to bake my sour dough bread, the recipe for the sourdough bread is posted below. My Dutch oven <https://amzn.to/2XlrfIJ>

Happy day my dears and always cook happy!!!! **Ingredients**

1 Lbs. papperdelle

1 Lbs. ground turkey

1 chopped onion

2 carrots grated

2 Tablespoons chopped garlic

2 15 oz. cans crushed tomatoes

2 cup waters

1 cup chicken stock

1 Tbs. each chopped Italian parsley, basil, and thyme

2 Tbs. each olive oil and butter

## **Instruction**

1. Cook pasta according to package directions
2. Heat oil and butter in a deep saute pan
3. Add onion, garlic and carrots
4. Saute until tender and just beginning to brown
5. Add ground turkey brown breaking into small pieces with wooden spoon
6. Salt and pepper to taste
7. Drain fat
8. Add tomatoes, chicken stock, and herbs
9. Simmer covered 45 minutes

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# Saucy Philly Sub

## Saucy Philly Sub

Oh, the Saucy Philly Sub and my love affair with it began in our first little hole in the wall Submarine sandwich shop.

My mama who worked with me until she couldn't anymore, would start frying the onions and peppers just about lunch time. The aroma from the onions and peppers could be smelled blocks away, following it to our little hole in the wall.

It was a smart marketing tool before the social media years.

✘ In that version we used rib eye steak, provolone cheese, and green bell peppers and severed it on sub rolls.

This recipe is basically the same the difference is I used a mix of peppers from my garden and topped them with house made marinara. I've also make it using chicken breast and experiencing with different cheeses.

These recipe lends it's self to experimentation so have fun and experiment. If you put good ingredients in the finished product will be good too.**What I do When I make Saucy Philly Subs**


I don't tell you how much salt to use in any of my recipes, that's a personal taste. what might be salty to me might be bland to you. keep in mind less is more, you can add,

subtracting is a little harder.

I buy the steak at Trader Joe's, but you can ask your butcher to slice it for you, if you want a fancier sandwich use thicker sliced meat, any way you slice it, it's delicious,

comes together quick, is easy and it's one of those family pleasing meals for the picky eaters, because you're able to add, subtract, and change ingredients, to fit your

lifestyle. Another thing is I use my Cuisinart toaster /fryer oven to toast the bread instead of turning on my large wall ovens.

The toaster oven gets more use than my large ovens for small jobs like this it's perfect.....Enjoy!!!! 

## **Ingredients For Two**

- 1/2 pound shaved rib eye steak
- 1 red and one green bell pepper cut in strips
- 1 sliced onion
- 2 tablespoons chopped garlic
- 2 cups shredded mozzarella
- 1 cup prepared Marinara
- 1 12 inch Italian baguette
- Salt and pepper to taste
- olive oil
- 1 tablespoon each chopped Italian parsley, basil, oregano, and red pepper flakes

## **Instruction**

1. Heat oil until smoking hot
2. Saute peppers, onions and garlic until tender and just beginning to brown
3. Add steak brown, salt and pepper to taste
4. Add herbs
5. Turn off heat and add the cheese

6. Toast baguette
7. Fill Baguette with steak mixture
8. Pour 1/2 cup hot prepared marinara over each
9. Serve on toasted baguette and Enjoy!!!!