

Italian Broccoli Beef pasta

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This Italian Broccoli Beef pasta is a simple recipe that comes together in about thirty minutes and versatile too. It can work with different combinations of ingredients

For instance if you don't like beef you can use chicken and if you hate broccoli you can use spinach . You can also use white wine, chicken or vegetable broth for a another depth of flavor, customize the ingredients to fit your life style and taste.

My favorite has always been the combination of broccoli beef. Tender strips of thinly sliced sirloin sauteed in a simply garlicky, olive oil sauce then tossed with crisp tender broccoli makes this a recipe your going to love.

Delicious on it's own with a simply salad or toss in some pasta or rice for a complete meal everyone will love.

Tips When Making Italian Broccoli Beef pasta

When sauteing the beef for this Italian Broccoli beef the pan and oil need to be smoking hot, you need to hear the sizzle.

If your using pasta save some of the pasta water is a flavor and thickening agent, because of it's starch content You can use white wine, chicken or vegetable broth for a another depth of flavor, always options my recipes to fit your life style and taste

The idea is to have fun experimenting with different ingredients until you come up with something that taste good to you. Everyone has different taste buds, that is why i don't give you measurements for salt and pepper. I personal don't like a lot of salt and I am of the mind set that you can always add more but it's difficult to correct over salting. It can be done in soups and other foods that have a liquid base.

Here's how you correct over salting, add a potato cut in half to the pot. The potato absorbs some of the salt but doesn't correct it completely. So when it comes to salt less is always better.

Unless your talking about basil and garlic, then there is no set amount that's something you measure with your heart...Happy cooking!!!!!!

If you make this please leave me a comment and don't forget to tag me on Instagram I love seeing your creations and hearing your experience , It's my favorite part!!!!

Ingredients

- 1/2 lb papparadella
- 1/2 lb sirloin strips
- 1/2 lb broccoli florets
- 1 chopped onion
- 3 Tablespoons chopped garlic
- 1 15 oz. can tomato sauce
- 1 15 oz. can chopped tomatoes
- 1 cup reserved pasta water
- 2 Tablespoons each Italian parsley, basil and thyme
- 1/2 cup parmesan
- Salt and pepper to taste

Instructions

1. Cook Pasta according to package directions reserving 1 cup of the water before draining
 2. In a large saute pan with 2 tablespoons each of butter and olive oil on medium high heat saute the onion and garlic until tender and just beginning to brown
 3. Salt and pepper the steak add to the saute pan and cook until golden brown
 4. Add both cans of the tomatoes, and reserved pasta water
 5. Simmer covered 20 minutes
 6. Add the broccoli and herbs simmer 10 minutes longer
 7. Toss the Papparadella with the broccoli beef sauce
 8. Sprinkle with the grated Parmesan and ENJOY!!!!
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Crispy fried Buffalo Chicken strips

Crispy fried Buffalo chicken Strips

These homemade pepperoncini juice marinated crispy fried Buffalo chicken strips are a take on the famous bone in Buffalo chicken wings that originated at the Anchor bar in Buffalo. The anchor bar is also where I met my husband . They are melt in your mouth tender and guaranteed to become a family favorite.

The first place we had was a hole in the wall submarine sandwich and chicken wing shop, that was literally held together with duct tape. But the food was good and the lines long. We sold chicken wings by the dozen all the way up to buckets of wings in a spicy, medium or mild buffalo sauce.

What I use to made these crispy fried Buffalo chicken strips

I use skinless boneless chicken breast and slice them into strips when I make these crispy fried Buffalo chicken strips. You can use chicken tenders. Then I let them marinate in pepperoncini juice. You can use pickle juice if that's what you have on hand. Then I dip the chicken first in the egg then in the bread crumb mixture. There is no need to flour the chicken, this is an unnecessary step.

I use canola oil for frying, you can use vegetable or peanut oil or combinations of these oils . Fill your pan with about 2 to 3 inches of oil for deep frying. For the hot sauce I have always used Frank's Hot Sauce.

Enjoy your crispy golden fried Buffalo chicken strips!!! If you are craving more crispy things try my crispy pan fried chicken cutlets

Ingredients

- 2 skinless boneless chicken breast
- 1 cup pepperoncini juice
- 2 eggs
- 2 cups bread crumbs
- 1 cup grated parmesan cheese
- 4 cups olive oil canola oil for frying
- 1 stick of butter
- 1 cup franks hot sauce
- 2 tsp. each garlic + onion + and paprika powder

- Chopped Italian parsley
- Ranch dressing for dipping

Instructions

1. Start by cleaning your chicken pat dry. Salt and pepper to taste. Cut into strips of equal size. Then marinate in the pepperoncini juice for at least one hour.
 2. Add the bread crumbs, parmesan and Italian parsley to one bowl mix to combine and the eggs to another wisk to blend
 3. Remove the chicken from the marinate and pat dry. Dip first in the egg then in the bread crumb mixture. repeat the process with all the chicken pieces.
 4. Bring the oil yo medium high heat, Fry the chicken fingers until golden brown. About five minutes. being sure not to over crowd the pan, Repeat the frying for all the chicken. Drain on paper towels.
 5. Meanwhile make the hot sauce. In a small saucepan melt the butter. Add the hot sauce, garlic, onion and paprika, simmer on low for 5 minutes
 6. Toss the chicken in the hot sauce top with more hot sauce and Italian parsley. ENJOY!!!
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Roasted Butternut squash orzo

Roasted butternut squash orzo

This creamy roasted butternut squash orzo is healthy and delicious. The rich, nutty sauce gets warm fall flavors by roasting the butternut squash with sage and garlic. Roasting

the squash brings out its natural sweetness and adds another depth of flavor. And when you mix it with stock, cream and parmesan cheese, it becomes an irresistible rich and savory sauce . This simple recipe is not only delicious it is also affordable!!! Just a handful of ingredients you probably already have on hand.

Roasted butternut squash orzo Variations

Protein: This is a vegetarian recipe if you want to add protein you can saute some Italian sausage spicy or mild along with the garlic. If you want a healthier protein try chicken apple or turkey sage sausage.

Vegetables: you can replace the spinach with Swiss chard or kale and add other vegetables like diced zucchini or mushrooms.

Gluten free: I am using orzo a small shaped rice looking pasta. You can use any shape pasta you like or gluten free.

I recommend roasting the butternut squash in advance. This will reduce your actual cooking time. You could prepare the whole sauce recipe the day before. Than bring it to the stove top and add the orzo when your ready to serve. You can keep the cooked pasta sauce in your fridge for up to 4 days.

Ingredients

- 4 cups peeled and cubed butternut squash
- 4 garlic cloves
- 4 to 5 sage leaves
- 4 Tbsp/ olive oil
- 1 cup heavy cream
- 2 cups vegetable or chicken stock

- 3 cups orzo
- 3 cups chopped spinach
- 1 cup grated parmesan
- 1 cup gorgonzola

Instructions

1. Preheat your oven to 375- degrees. Start by peeling and cutting the butternut squash into medium size dice. Place the squash on a cookie sheet, add the garlic and sage leaves, salt and pepper to taste, drizzle with the olive oil and roast for 15 to 20 minutes or until soft.
2. Then add the squash to a pan over medium high heat on the stove top. Add the cream , stock and orzo. Simmer until the orzo is cooked el dent about 10 minutes. Add the spinach and grated parmesan cheese and simmer just a few minutes until the spinach is wilted.
3. Plate top with the gorgonzola and Italian parsley .
ENJOY!!!

Meat stuffed Honeynut squash

Meat stuffed honeynut squash

This meat stuffed Honeynut squash is filled with lean ground beef, rice and cheese. You will love how easy it is to make this dish and love the sweet natural flavor of honeynut squash.

Ok, I know your thinking " what actually is a honeynut squash? Although it looks like a miniature butternut squash it is not.

The honeynut squash is it's own variety. It is a cross between the buttercup and butternut squash. The small size makes it perfect for stuffing. They started showing up at Trader Joe's a few years ago at this time of year. In fact it was the first place I found them at the grocery store instead of just the farmers markets.

Variations for these meat stuffed honeynut squash

I though a hearty savory filling would go well with the the sweet honey flavor of honeynut squash. If your not a fan of ground beef or you just want to change it up spicy or mild Italian sausage works in this recipe.

Another variation: the rice can be replaced with orzo and if you want to go the vegetarian route leave the meat out and add vegetables that fit your taste. This meat stuffed honeynut squash recipe is a perfect make ahead recipe and it's freezer friendly.

If you make this recipe please leave me a comment. I love hearing from you It's my favorite part!!!

Ingredients

- 3 honey nut squash
- 2 cups cooked rice
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1/2 cup chopped onion
- 1/2 lb. lean ground beef
- 2 cups marinara sauce divided
- 1 1/2 cups grated parmesan
- 1/2 cup chopped Italian parsley

Instructions

1. Start by washing the the squash and drying. Cut the squash in half remove the seeds. Drizzle with olive oil, Italian herbs salt and pepper to taste. Then roast in a preheated 375-degree oven for 20 minutes.
 2. Mean while make the filling by sautéing the garlic and onion in 4 Tbsp. of olive oil until soft and just beginning to brown. Then add the ground beef and brown. salt and pepper to taste. add 1 cup of marinara sauce and 1/2 cup of chicken stock simmer 10 minutes take it off the fire. Then mix in 1 cup of the parmesan cheese, Italian parsley and the cooked rice.
 3. Fill the prebaked squash half with the stuffing. top each one with the remaining marinara and grated parmesan and bake for 15 minutes or until the cheese is bubbly and beginning to brown. Top with more freshly chopped Italian parsley. ENJOY!!!
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Baked pasta al forno

Baked pasta al forno

Baked pasta al forno is a classic and hearty baked Italian pasta dish. It is made by layering penne pasta with a hearty Bolognese meat sauce, creamy bechamel sauce and a mixture of cheese then baked to perfection. It's Italian baked comfort food. Pasta baked al forno is the quicker version of lasagna. Basically the same ingredients in a different variation.

Why You will love this baked pasta al forno recipe

This pasta bake is easy to prepare if you have a prep plan in place. For instance the sauces can be made ahead of time even the day before. Then assembled and baked the day you are going to serve.

Or you can assemble the pasta al forno one day refrigerate it and bake it next. Or you can freeze it assembled baked or unbaked for a ready made quick meal. These lasagna casserole pans are freezer to oven to table friendly.

You will love this pasta bake al forno recipe when you want to feed a crowd. The combination of pasta mixed with meat sauce and melted cheese is universally appealing. making it a crowd pleaser at gatherings.

Ingredients

- 1 lb. al dente cooked penne pasta
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1/2 cup chopped onion
- 1 Lb. lean ground beef
- 1 cup red wine
- 4 cups tomato sauce
- 2 cups water
- 1 pint cherry tomatoes
- a few basil leaves
- 1 stick of butter
- 1/3 cup flour
- 3 cups milk
- pinch of nutmeg
- 4 cups shredded mozzarella
- 2 cups grated parmesan cheese

Instructions

1. Start by making the meat sauce in a stock pot saute the onion and garlic until soft and fragrant. Add the ground beef and cook until brown. salt and pepper to tastes
2. Deglaze the pan with the red wine waiting until it evaporates before adding the tomato sauce, cherry tomatoes and water. Add the basil leaves. Simmer covered for 2 hours.
3. For the bechamel sauce melt the butter in a medium size saucepan over medium heat add the flour stirring continuously cook for one minute. Then slowly add the milk stirring continuously add the nutmeg salt and pepper to taste. Cook until sauce thickens, about 15 minutes.
4. Toss the el dente cooked penne pasta in the bechamel sauce then add 1/2 of the meat sauce. Add in 1/2 of the mozzarella and 1/2 the amount of grated parmesan.
5. Line a oven poof 9 X 12 lasagna pan first with some of the meat sauce add the pasta mixture. Top with the remaining meat sauce, mozzarella and grated parmesan.
6. Bake covered in a preheated 375-degree oven for 45 minutes. remove the cover and bake 15 minutes longer, or until the cheese is melted and beginning to brown. Let cool slightly before serving. ENJOY!!!

Spicy Pasta Alla Norcina

Spicy pasta alla norcina

Spicy pasta alla norcina is an Italian pasta dish made with sausage in a creamy cheese sauce. There are different variations, some have mushrooms or different cured meats. The recipe is easy to make and takes about as much time to make as it takes the pasta to cook. The sauce starts out by sautéing the onion and garlic then browning the sausage then adding the wine, cream, pasta water, and a pinch of nutmeg and simmering until thick about 10 minutes. Then once off the fire the pecorino is added. The results are a creamy luscious velvety sauce everyone loves.

Things to know About this spicy pasta all norcina recipe

The first thing to know about this pasta recipe is that it uses just a few ingredients and is easy to make. Perfect for a quick week night family meal. But it's also fancy enough for Saturday dinner with friends.

Second some variations of this Pasta norcina uses mushrooms. If you are going to add mushrooms slice cremini can be added when the sausage is beginning to brown. About the sausage I am using spicy Italian sausage and adding fennel seeds. It is hard to find the traditional sausage used in this dish, which had fennel. Also I like to use spicy Italian sausage. If you are not a fan of heat you can use mild. Or if you like extra spice add 1 to 2 Tbsp. of hot chili flakes along with the sausage. If you like easy pasta dishes that come together quick and use few ingredients try my creamy vegetarian broccoli pasta shells or my zucchini ricotta penne pasta

Ingredients

- 1/2 Lb. rigatoni
- 1 Lb. bulk Italian spicy sausage
- 4 Tbsp.. olive oil
- 2 Tbsp. minced garlic
- 1/2 cup chopped onion
- 1 cup white wine
- 1 cup heavy cream
- 2 cups pasta water
- pinch of nutmeg
- 1 cup grated pecorino Romano
- Salt and pepper to taste

Instructions

1. In a large pot of boiling salted water cook your pasta el dente while making the sauce. saving 2 cups of the water before draining
2. In a large 12 inch saute pan over medium high heat in the olive oil saute the onion and garlic until soft and translucent.
3. Add the sausage and brown breaking it up while cooking
4. Turn the heat up and deglaze the pan with the white wine. Waiting until it evaporates. Then add the cream and pasta water. Lower the heat and simmer until sauce thicken, about 10 minutes
5. Remove the saute pan from the heat. Then stir in the pecorino cheese. Toss the el dente cooked pasta in the sauce, Top with more grated cheese and chopped Italian parsley. ENJOY!!!!

Title with Recipe Name in it

Text introducing the recipe and what it's all about

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Here's a subheading about your recipe

Talk more about your recipe here. Make sure you're not repeating anything you said in the first section.

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Ingredients

- Use Tbsp.
- Or c.
- Or tsp.
- And so forth

Instructions

1. First step
2. Second
3. And so on

Homemade Restaurant Mushroom Risotto

Homemade Restaurant Mushroom

risotto

It's no surprise most Italian restaurants have risotto on their menu, it seems too complicated for the home cook.

Well Am here to tell you this Homemade Restaurant Mushroom risotto isn't complicated at all.

Risotto is a northern Italian rice dish cooked with broth until it reaches a creamy consistency.

The broth can be derived from meat, fish or vegetables, I used chicken broth, if you are vegetarian you can use vegetable stock.

This is one of those recipes you make a enough of, for next day reheats or freeze for a quick ready made meal.

Plus, risotto is easy and versatile enough to have on your family weeknight meal plan. This restaurant quality recipe is also prefect for Holiday dinner with friends, to show off what a great home chef you are.

Serve it up in some pretty restaurant style white plates, cloth napkins and your favorite drink and you just make yourself a restaurant style meal without leaving home.

Tips for Success when making homemade restaurant mushroom risotto

For this Homemade restaurant mushroom risotto the best rice to use is a short grain Italian rice the most common is arborio rice. It's important to use a short grain rice, it has a higher starch content to produce the creamiest risotto.

Another tip for success when making any risotto recipe is

toasting the rice in the olive oil and butter before adding the liquid, it adds a bit of crunch.

And lastly the broth should be hot when adding it to the rice while stirring, only add small amounts of stock, stirring until it's absorbed before adding more.

If you make this recipe be sure to leave me a comment, and please don't forget to tag me on Instagram.

Ingredients

- 2 cups Italian short grain rice
- 2 cups sliced mushrooms
- 1 Tablespoon olive oil and 2 tablespoons butter
- 1/2 chopped onion
- 2 Tablespoons chopped garlic
- 2 cups chopped spinach (optional)
- 4 cups chicken stock or vegetable stock
- 1 cup white wine
- 1 cup grated parmesan
- 2 tablespoons chopped Italian parsley
- salt and pepper to taste

▪ Instructions

1. Heat chicken or vegetable stock keep warm with the white wine
2. In a deep saute pan heat the butter and olive oil to medium heat. Add onion and garlic, saute until tender and just beginning to brown
3. Add the mushrooms saute until golden
4. Add rice cook rice until golden, salt and pepper to taste,
5. Add hot stock slowly a little at a time waiting until the stock is absorbed before adding more while stirring continuously.

6. Cook until risotto is firm to the bite about 20 minutes. Add parmesan cheese, and chopped spinach if using the last five minutes . Sprinkle with more Italian parsley and grated parmesan. ENJOY!!!
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Classic Italian chicken Cacciatore

Classic Italian chicken cacciatore

Classic Italian chicken cacciatore is an Italian chicken dish that translates to “hunter style” chicken. It’s make by simmering pieces of bone-in chicken in a rich tomato sauce with a variety of vegetables and Italian seasonings.

This chicken dish is hearty. rustic and full of warm comforting flavors. It can be served with crusty Italian bread or over Pasta, polenta or mashed potatoes. Making this one pan chicken dinner a perfect comforting family dinner.

Why I love this Classic Italian cacciatore recipe

1. Rich slow cooked flavors. Chicken cacciatore is simmered in a sauce made with tomato sauce, onions, bell peppers, garlic. herbs and mushrooms. the slow simmer allows all these flavors to combine deliciously.
2. The chicken becomes tender as it cooks in the sauce,

absorbing all the flavors, making each piece juicy and full of flavor.

3. Rustic and comforting taste. It's a one -pan dutch oven chicken meal that brings together simple, wholesome ingredients you probably already have on hand.
4. It's a versatile recipe . Chicken cacciatore can be served over pasta, polenta, mashed potatoes or on it's own with crusty Italian bread.
5. And lastly this chicken cacciatore recipe can be made ahead of time and reheated when you are ready to serve. It's also freezer friendly make extra one for now and one to freeze for a quick family night dinner.
6. If you make this recipe please leave me a comment, on how this chicken recipe works out for you. I love hearing from you it's my favorite part!!!

Ingredients

- 1 small cut up chicken
- 4 Tbsp. olive oil
- 4 Tbsp. minced garlic
- 1 cup each chopped onion + celery + carrots
- 1 red and 1 green bell pepper diced
- 2 cups sliced mushrooms
- 1 cup red wine
- 2 cups beef or chicken stock
- 2 cups marinara sauce

Instructions

1. Start by cutting your chicken in half then cut into quarters . Wash the chicken and pat dry. Salt and pepper to taste.
2. Then over medium high heat in a dutch oven saute the garlic, onions, celery and carrots until soft and translucent. Then add in the bell peppers and mushrooms

and saute until just beginning to brown.

3. Deglaze the pan with the wine waiting until it evaporates before adding the stock and marinara sauce.
4. Add the bay leaves and bring to a simmer. Return the chicken back to the pan and simmer covered until the chicken is fork tender and falling off the bone.
ENJOY!!!!
5. Second
6. And so on

Spicy lobster spaghetti

Spicy lobster spaghetti

This spicy lobster spaghetti is a delicious spicy seafood pasta dish with chunks of lobster meat in a spicy tomato sauce, Not only is this pasta recipe delicious it takes 30 minutes to make but your family and friends will think it took a lot longer.

This restaurant quality lobster pasta is fancy enough for Saturday dinner with friends and easy enough for week night family meals. I love that this recipe uses few ingredients you probably already have on hand, with the exception of the lobster.

Variations for this spicy lobster

spaghetti

First, and like most of my recipes that involve pasta you can substitute the shape to fit your taste. I do have a preference I like a long pasta in this recipe, either spaghetti or bucatini .

Second, you can adjust your level of heat. If you like spice add more chili flakes or less depending on your taste. You can also use Calabrian chili peppers a type of chili pepper that are grown in the Calabria region of Southern Italian. They are a staple in Southern Italy cuisine and are known for their unique flavor and intense heat.

And lastly, I used two frozen lobster tails that I defrosted before cooking. You can use more than two or this spicy lobster spaghetti recipes works well with large shrimp too.

If you make this easy pasta recipe please leave me a comment. I love hearing from you . it's my favorite part!!

Ingredients

- 1/2 Lb. spaghetti
- 2 lobster tails
- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. butter
- 2 Tbsp. minced garlic
- 2 Tbsp. hot pepper flakes
- 4 cups chopped tomatoes
- 1 cup marinara sauce
- 1 cup white wine
- 1 cup cream
- 1/2 cup chopped Italian parsley

Instructions

1. Start by cooking your pasta *al dente*. In the meantime make your lobster sauce.
 2. Split the lobster tails open with sharp kitchen scissors. Then remove the meat and coarsely chop
 3. In a saute pan over medium high heat add the olive oil and butter, then add the lobster meat cook until opaque about 5-8 minutes, remove and in the same pan add the minced shallots and the pepper flakes. saute until the shallots are soft and the pepper flakes fragrant. Add the chopped tomatoes, marinara sauce, cream, and wine simmer until the fresh tomatoes soften and sauce thickens About 15 minutes.
 4. return the lobster to the sauce and simmer until the lobster is heated through. Toss in your *al dente* cooked spaghetti and Italian parsley. ENJOY!!!!
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Oven baked Tomatoes oreganata

Oven baked tomatoes Oreganata

This easy and delicious oven baked tomato oreganata recipe is the perfect way to use up all the rest of those summer tomatoes.

I grew up on a farm in the Tuscan country side, We always had an abundance of summer vegetables, especially beautiful tomatoes of every shape and flavor. My mother severed them in so many different ways, before canning the rest. This baked tomato oreganata was and still is one of my favorite ways to

enjoy this summer staple.

Tips about this oven baked Tomato oreganata recipe

Use ripe but firm tomatoes, like roma or plum tomatoes when you make this oven baked tomato oreganata recipe. They hold their shape better and have less water.

To prepare the the breadcrumbs use fresh breadcrumbs for the best texture. Mix them with the garlic, onion, oregano(fresh if possible) If you don't have excess to fresh oregano, (I have attached a link for a good quality dry oregano) the grated parmesan cheese and a bit of olive oil. This mixture should be crumbly and slightly moist, so it sticks to the tomatoes.

Pre baking the tomatoes eliminates some of the water from the tomatoes for a dryer tomato .

Bake at a moderate heat 375 so the tomatoes soften and the breadcrumbs turn a golden brown and crispy. If you want extra crispness, broil the tomatoes the last few minutes.

Ingredients

- 5 Lbs. Roma tomatoes
- 4 Tbsp. olive oil
- 1 cup breadcrumbs
- 1 cup grated parmesan
- 2 Tbsp. dry or fresh oregano
- 1 Tbsp. chopped Italian parsley
- 1 Tbsp. garlic powder
- 1 Tbsp. onion powder

Instructions

1. Start by washing the tomatoes and drying . Cut the tomatoes in half length wise. Sprinkle the tomatoes with the half of oregano. Salt and pepper to taste and drizzle with half the olive oil. Then roast in a preheated 375-degree oven for 15 minutes.
2. Mean while in a bowl mix the breadcrumbs, grated parmesan parsley, garlic, and onion powder
3. Top the pre roasted tomatoes with the breadcrumb mixture. And re bake for an additional 20 to 30 minutes. top with Italian parsley. ENJOY!!!