

Beefy Shell Pasta Dish

Beefy Shell pasta dish

This beefy shell pasta dish is delicious and healthy full of good for you vegetables. A little secret shsssss don't tell my family, I add chopped spinach to a lot of my recipes.

It's a good way to get our picky eaters to eat some greens and a good place to put them is in this pasta dish recipe.

It's a cozy family meal that comes together quick, is easy and doesn't need a lot of ingredients.

It can be on your table in 30 minutes, not only is it quick and easy it's real good, and that's not even the best part, the best part ONE PAN COOKING!!!

It's a great recipe for those busy night, when commitments are long and time is short, or fancy enough for special meals with friends.

Customize This Beefy shell pasta Dish

This beefy shell pasta dish recipe is easy to customize to fit your lifestyle and taste.

The recipe calls for 2 cups of spinach if your family likes spinach, by all means add more, I do. I used ground beef, you can go a healthier route and use chicken, or ground turkey if that s what you prefer.

It doesn't matter how much spinach you use, what shaped pasta or what meat you use, this recipe is sure to become a family favorite in your home as it has in mine!!!!

One thing that does matter in this beefy shell pasta dish recipe, or any one pan meal is to be sure to use the right size pan to hold all the ingredients. I've linked my favorite.

I hope you try this easy comforting recipe and please leave me a comment when you do. I love hearing from you it's my favorite part!!!

Ingredients

- 1/2 Lbs. shell pasta
- 1 Lbs. lean ground beef
- 2 cups spinach chopped
- 1 chopped onion
- 2 peeled and chopped carrots
- 2 chopped celery stalks
- 1 chopped bell pepper
- 1 tablespoon chopped garlic
- 1 14.5 oz. can chopped tomatoes
- 1 14.5 oz. can tomato sauce
- 1 cup chicken stock
- 1 cup grated parmesan
- 2 Tbs. paprika
- 1 Tbs. each chopped Italian parsley, basil, and thyme
- 2 Tbs. each olive oil and butter

• **Instruction**

- 1. Heat oil and butter to medium heat add onion and garlic saute until tender and just beginning to brown
- Add the carrots, bell pepper and celery saute just a few minutes to blend flavors
- Add ground beef cook until brown salt and pepper to taste
- Add tomatoes and chicken stock
- Simmer covered 15 minutes
- Add pasta simmer 15 minutes longer
- Add the parmesan cheese, spinach and herbs last 5 minutes

- Salt and pepper to taste
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Crispy Italian Flavored Tacos

Crispy Italian Flavored Tacos

This crispy Italian style taco recipe combines two of my favorite flavors Italian and Mexican.

A taco recipe can be made with a variety of fillings and seasonings, including beef, pork, chicken or fish, just to name a few.

Some people want the traditional Mexican ground beef kind, and me I like to experiment with different combinations of fillings and taco shells.

I would like to say these tacos came about from a brain storm, but the truth is, my intention was to make a Philly sandwich using ground sirloin on sourdough bread until I realized I didn't have the bread but I did have corn taco shells, a recipe is created just like that sometimes.

How I Made these Crispy Italian flavored Tacos

This crispy Italian flavored Taco recipe started like this.

First I sautéed the peppers, onions and garlic, then I added the ground sirloin, you can use any ground meat you like. Be sure not to over cook the meat, since it will be cooked twice.

Then I filled corn taco shells with the Italian flavored mixture, covered them with mozzarella cheese baked them in my toaster/air fryer until crispy and the cheese melted and golden brown.

Just like that a new recipe was created and let me just say put a few aside for yourself before serving them, these Italian inspired tacos tend to disappear quickly.

Ingredients

- 8 corn taco shells
- 1 Lb. ground sirloin
- 2 Tbs. olive oil
- 1 Tbs. butter
- 1 green and 1 red bell pepper sliced
- 1 sliced yellow onion
- 1 Tbs. minced garlic
- 1 cup shredded mozzarella
- 1 cup prepared marinara

Instructions

1. In a large saute pan over bring the olive oil and butter to medium high
2. Add the onions, bell peppers and garlic saute until tender and just beginning to brown
3. Add the ground sirloin saute until brown salt and pepper
4. Add the marinara and mix well
5. Divide beef mixture among the taco shells in a oven proof casserole dish
6. Bake in a 375 degree oven for 15 minutes add the cheese last 5 minutes
7. ENJOY!!!

Italian Pork Medallions Picatta

Italian pork medallions Picatta

This Italian pork medallion Picatta is the Italian version of German schnitzel.

Thin slices of pork are breaded, then perfectly fried to a golden deliciousness, and covered with a lemony, caper traditional Italian picatta sauce.

This Italian pork medallion picatta recipe may sound intimidating, it's not!! All you need is a prep plan and a large saute pan to make this restaurant quality meal everyone will love!!

3 Tips for success in this Italian Pork medallion picatta recipe

Tip number 1. when you make this Italian pork medallion picatta, pound the medallions the same thickness to insure even cooking.

Number 2. I find if you refrigerate the pork medallions after breading for at least 1 hour the breading sticks to the meat better.

And tip number 3. be sure the pan and oil are hot before

dropping the meat. Nothing kills a crispy crust more than frying in oil that's the wrong temperature.

Last let me know how this Italian Flavored pork medallion picatta recipe works out for you.

Please leave me a comment I love hearing from you!!!

Ingredients

- 2 lbs. boneless pork chops
- 2 cups Italian seasoned bread crumbs
- 1 cup grated parmesan cheese
- 2 eggs slightly beaten
- 1/2 cup capers
- 1/3 cup freshly squeezed lemon juice
- 1 cup chicken stock or white wine
- 2 Tbs. each butter and extra virgin olive oil
- 2 Tbs. chopped Italian parsley
- salt and pepper to taste

Instructions

1. Pound the pork chops thin then salt and pepper
2. Mix the breadcrumbs. parmesan and Italian parsley together
3. Dip the chops first in the egg then in the bread crumb mixture
4. Bring the butter and olive oil to medium heat
5. Fry the chops about 3 to 5 minutes per side or until golden brown and cooked through. Then remove and set aside
6. To the same saute pan add the garlic saute until tender and just beginning to brown
7. Deglaze the pan with the chicken stock or white wine scraping up all the brown bits at the bottom
8. Add the lemon juice simmer until sauce thickens about 10

minutes

9. Add the capers simmer a few minutes longer
 10. Pour picatta sauce over pork medallions...Enjoy!!!
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Garden Pesto Bruschetta Pizza

Garden Pesto Bruschetta Pizza

This garden Pesto bruschetta Pizza is easy and quick when you use some store- bought ingredients.

I love pizza just about as much as I love pasta, and for almost the same reasons.

Just like pasta pizza is versatile and if you use some store bought ingredients it's easy and quick Too!! With pizza It's all about the topping. Although topping combinations are endless I like to top my pizzas with simple in season ingredients.

This pesto bruschetta pizza uses few ingredients, but don't let that fool you into thinking it's flavorless, it's not, in fact it's so full of flavor, it should come with a warning sign!!! Addicting!!!

3 Tips for Delicious results When Making this Garden Pesto Bruschetta Pizza

First tip when making any pizza is the crust has to be good. In this Garden Pesto Bruschetta Pizza recipe I used a good

quality pizza crust imported from Italy. You can use your favorite store bought crust or you can make your own if you want to go that route.

Second, after the crust, the main ingredient in this bruschetta pizza recipe is tomatoes. And although using garden tomatoes produces the best taste, you can find tasty tomatoes every where when they are in season.

And third, to prevent a soggy crust I like to precook it, for 5 to 10 minutes before topping it, to prevent a soggy crust.

One more thing please leave me a comment if you make this easy Pesto Bruschetta Pizza. I love hearing from you, it's my favorite part!!!

Ingredients

- 1 store bought pizza crust
- 1/2 cup my walnut pesto sauce or your favorite pesto
- 3 to 4 tomatoes of your choice thinly sliced
- 8 oz. fresh mozzarella balls
- 2 Tbls. chopped garlic
- 1/2 bunch chopped basil
- 2 Tbls. extra virgin olive oil
- 1 cup grated parmesan cheese
- Salt and pepper to taste

Instructions

1. Spread the prepared pizza crust with the pesto
2. Line with the tomatoes overlapping
3. Randomly place the mozzarella balls
4. drizzle with the olive oil
5. Top the grated cheese and basil salt and pepper to taste

6. Bake in a preheated 400 degree oven for 15 to 20 minutes or until the cheese is melted and the crust is golden brown

Broken Lasagna Beef Stroganoff

Broken Lasagna Beef Stroganoff

This broken lasagna beef stroganoff is satisfying comfort food. It is easy to make and can be on your table in 30 minutes.

Broken lasagna noodles, melt in your mouth beef sirloin steak strips, in a yogurt, cremini mushroom sauce full of delicious flavors everyone will love.

This beef stroganoff is easy enough for busy weeknight family meals and fancy enough for Saturday date night or dinner with friends.

How This beef Stroganoff recipe was inspired

I can't tell you how many times dinner presents itself in pasta being the inspiration.

This broken lasagna beef Stroganoff recipe was inspired by me peeking into my pasta pantry and fridge to see what's inside.....

In the pasta pantry I found a half full box of lasagna noodles, in the fridge sirloin tip steak and cremini mushrooms, I was planning on using for a different recipe. What I have on hand usually determines what shows up in a recipe.

So if you don't have a half box of curly lasagna noodles use traditional egg noodles or what you find in your pantry. I normally use plain Greek yogurt when a recipe calls for sour cream, you can use whatever fits your lifestyle and taste or have on hand.

I don't like waste or having to run to the store for a certain shape pasta or specific cuts of similar beef. This stroganoff recipe is truly easy to make, using ingredients many of use have on hand.

For the beef in this recipe I used top sirloin tips or you can use beef tenderloin. The mushrooms are variable too, if you don't have cremini use white button mushrooms.

The important thing about cooking is to remember, quality ingredients produces delicious results.

Please leave me a comment if you make this Broken Lasagna Beef stroganoff. I love hearing from you, it's my favorite part!!!!

Ingredients

- 1/2 Lb. broken lasagna noodles
- 1 Lb. Sirloin steak tips
- 1/4 cup flour
- 8 oz. sliced cremini mushrooms
- 1 cup plain Greek yogurt
- 1/2 chopped yellow onion
- 2 Tbs. chopped garlic
- 2 Tbs. chopped Italian parsley
- Salt and pepper to taste

- 2 Tbs. each olive oil and butter
- 2 cups beef broth
- 1 Tbsp. Worcestershire sauce
- 1 can reserved pasta water

Instructions

1. Randomly break the lasagna noodles cook according to package directions reserving 1 cup
2. Salt and pepper the sirloin tips and dust lightly with the flour
3. In a Dutch oven bring the oil and butter to medium high heat
4. Add the steak saute until brown push to one side
5. Add the onion and garlic saute until tender and just beginning to brown
6. Add the celery mushrooms saute until golden about 5 minutes
7. Add the beef broth, reserved pasta water and Worcestershire sauce scraping up the brown bits
8. Simmer covered 25 minutes add the yogurt the last 10 minutes
9. Toss pasta with sauce heat through sprinkle with Italian parsley.....ENJOY!

Beef Ragu Pasta Recipe, The best Meat Sauce

Beef Ragu Pasta recipe, The Best meat Sauce

This is why this beef ragu pasta recipe is my favorite, it combines two of my favorite ingredients beef and pasta, and one of my favorite ways to cook it, in a tomato ragu meat sauce full of Italian flavors.

El dente cooked fettucine shaped pasta, tossed in fork tender sirloin beef tips braised and slow cooked in a rich tomato based ragu is a perfect meat sauce when your craving a pasta dish everyone will love.

3 Tips When making this beef ragu pasta recipe

Here's the first tip when you make this beef ragu pasta recipe, you can cook the pasta ahead of time. Since this meat sauce takes longer to cook than the pasta, cook the pasta run it under cold water to stop the cooking process, then toss in the beef ragu just to heat through.

Second tip I used sirloin steak tips, already cut in about 1 inch cubes. If you can't find sirloin steak use any beef stewing meat and cut into medium chunks. I used my cast iron Dutch oven to make this meat sauce it sears the meat perfectly and ideal for slow cooked meat sauces.

And the 3 tip is use good products. My bother, a great chef taught me early on the quality of the dish depends on the quality of the ingredients. Since this beef ragu gets its flavor from the meat and tomatoes use the best you can afford.

Ingredients

- 1 Lb. Fettucine
- 1 Lb. Sirloin steak tips
- 1/4 cup flour
- 2 peeled and chopped carrots
- 1/2 cup chopped celery
- 1/2 chopped yellow onion
- 2 Tbs. chopped garlic
- 2 Tbs. each chopped Italian parsley and basil
- Salt and pepper to taste
- 2 Tbs. each olive oil and butter
- 1 15 Oz. can crushed tomatoes
- 1 15 Oz. can tomato sauce
- 1 can reserved pasta water

Instructions

1. Cook Pasta according to package directions reserving 1 cup
2. Salt and pepper the sirloin tips and dust lightly with the flour
3. In a Dutch oven bring the oil and butter to medium high heat
4. Add the steak saute until brown push to one side
5. Add the onion and garlic saute until tender and just beginning to brown
6. Add the celery and carrots saute 5 minutes
7. Add the reserved pasta water scraping up the brown bits
8. Simmer covered 45 minutes add the Italian Parsley, basil and half the parmesan last 5 minutes
9. Toss pasta with sauce heat through sprinkle serve family style sprinkled with additional parmesan

Creamy Cavatappi Philly Pasta

Creamy Cavatappi Philly Pasta

This Creamy Cavatappi Philly Pasta is showcasing one of my favorite flavors the Philly Cheese Steak, and one of my favorite pasta Cavatappi shaped pasta.

Corkscrew shaped pasta tossed in a creamy, cheesy sauce of tender sirloin steak, flavorful bell peppers, and mild tasty spinach will have family and friends craving seconds.

Our first eatery was a busy hole in the wall submarine sandwich shop, in a California town that had no idea what a submarine sandwich was, the Philly cheese steak submarine was the top seller. This Creamy Cavatappi Philly Paste recipe was inspired by that sandwich.

Some Ingredients I used To make This Creamy Cavatappi Philly Paste

I used Cavatappi in this Creamy Cavatappi Philly Paste , it's one of my favorite pasta shape, If that weren't enough there's more.

Cavatappi is a short pasta tube that looks similar to small corkscrews. It's slender, spiral shape makes it great for serving with sauces, the prefect shape to hold this chunky pasta sauce full of Italian flavors.

The bell peppers I used where what I had on hand 1 red and 2 yellow, you can use what you have or what you your taste

preference is.

Also in this easy pasta recipe I used my Real Easy Marinara sauce, something I always have on hand, if you don't use your favorite store bought.

One other must have in any Italian kitchen and what I use to saute, is a good olive oil.

It doesn't have to be extra virgin olive oil save that for salads, for sautéing a good quality and less pricy olive oil is good for cooking, unless the main sauce ingredient is olive oil then it's worth the higher cost of using extra virgin olive oil.

One more important thing to use not only in this Creamy Cavatappi Philly Pasta recipe but in everything you saute is the right size saute pan. The right size pan can make all the difference to a meal that's so-so to real recipe success.

One more thing I use is your input to decide on recipes. So please leave me a comment on your experiences with my recipes and please don't forget to tag me on Instagram with your creations. I love hearing for you!!!!

Ingredients

- 1 Lb. Cavatappi pasta
- 1/2 Lb. thinly sliced sirloin steak
- 3 diced small bell peppers
- 2 cups chopped spinach
- 2 Tbs. each olive oil and butter
- 1 chopped yellow onion
- 3 Tbs. chopped garlic
- 1 cup shredded mozzarella
- 1 cup grated parmesan
- 1 cup heavy cream
- 1 cup marinara

- 2 cups reserved pasta water
- 2 Tbs. each chopped Italian parsley and basil
- Salt and pepper to taste

Instructions

1. Cook pasta according to package directions reserving 2 cups of the water
2. Meanwhile in a large saute pan bring the butter and oil to moderate heat
3. Add the onions and garlic saute until tender and just beginning to brown
4. Add the bell peppers saute until tender
5. Add the steak salt and pepper now saute until steak is slightly browned
6. Deglaze the pan with the pasta water scraping up the brown bits
7. Add the marinara and cream simmer covered for 20 minutes
8. Add the spinach, herbs, mozzarella and parmesan cheese simmer 5 minutes longer or until cheese is melted and spinach is wilted
9. Toss in the drained pasta adjust seasonings and enjoy

Healthy Chicken Goulash

Healthy Chicken Goulash

This Healthy Chicken Goulash is made healthy by using ground chicken in place of the traditional beef, and adding good for you vegetables. A little secret shsssss don't tell my family,

I add chopped spinach to a lot of my recipes.

It's a good way to get our picky eaters to eat some greens and a good place to put them is in this goulash.

It's a cozy family meal that comes together quick, is easy and doesn't need a lot of ingredients.

It can be on your table in 30 minutes, not only is it quick and easy it's real good, and that's not even the best part, the best part ONE PAN COOKING!!!

It's a great recipe for those busy night, when commitments are long and time is short, or fancy enough for special meals with friends.

Customize This Healthy Chicken Goulash

This Healthy Chicken Goulash recipe is easy to customize to fit your lifestyle and taste.

The recipe calls for 2 cups of spinach if your family likes spinach, by all means add more, I do. I used ground chicken you can go the traditional route and use ground beef, or ground turkey if that s what you prefer.

It doesn't matter how much spinach you use, what shaped pasta or what meat you use, this recipe is sure to become a family favorite in your home as it has in mine!!!!

One thing that does matter in this Healthy Chicken Goulash recipe and in any one pan meals is to be sure to use the right size pan to hold all the ingredients. I've linked my favorite.

I hope you try this easy comforting recipe and please leave me a comment when you do. I love hearing from you it's my favorite part!!!

Ingredients

- 1/2 Lbs. shell pasta
- 1/2 Lbs. ground chicken
- 2 cups spinach chopped
- 1 chopped onion
- 2 peeled and chopped carrots
- 2 chopped celery stalks
- 1 chopped bell pepper
- 1 tablespoon chopped garlic
- 1 14.5 oz. can chopped tomatoes
- 1 14.5 oz. can tomato sauce
- 1 cup chicken stock
- 1 cup grated parmesan
- 2 Tbs. paprika
- 1 Tbs. each chopped Italian parsley, basil, and thyme
- 2 Tbs. each olive oil and butter

• **Instruction**

- 1. Heat oil and butter to medium heat add onion and garlic saute until tender and just beginning to brown
 - Add the carrots, bell pepper and celery saute just a few minutes to blend flavors
 - Add ground chicken cook until brown sprinkle with the paprika, salt and pepper to taste
 - Add tomatoes and chicken stock
 - Simmer covered 15 minutes
 - Add pasta simmer 15 minutes longer
 - Add the parmesan cheese, spinach and herbs last 5 minutes
 - Salt and pepper to taste.
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Sausage Cabbage Gnocchi

Sausage Cabbage Gnocchi

This Sausage cabbage gnocchi recipe is so easy when you use store bought potato gnocchi. Gnocchi, who doesn't like them? Anyone ?

These little dumpling of comfort and joy are a favorite in my house, pair them with a delicious sauce of healthier chicken sausage and cabbage in a light tomato sauce and you have a meal everyone will love and you'll feel good about serving it.

3 Tips when making Sausage Cabbage Gnocchi

First be sure to use good quality gnocchi, since that's the main ingredient in this Sausage Cabbage Gnocchi Recipe. Second, I used chicken Italian sausage for a healthier alternative, but you can use any flavor sausage you like, be sure to remove the casings before cooking.

And third be sure the saute pan is big enough to hold all the ingredients and the sauce is simmering and hot before adding the gnocchi, and keep the pan covered.

This Sausage Cabbage Gnocchi recipe is easy, delicious and it can be on your table in less than 30 minutes.

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

Ingredients

- 1 Lb. store bought potato
- 1/2 Lb. shredded red and green cabbage
- 1 lb. chicken Italian sausage
- 1 chopped red onion
- 2 Tbs. chopped garlic
- 2 cups prepared marinara sauce
- 1 cup water
- 1 cup grated parmesan cheese
- 1/4 cup chopped Italian parsley
- 2 Tbs. butter
- Salt and pepper to taste

Instructions

1. In a large saute pan bring the butter to medium heat
2. Add the onion and garlic saute until tender and just beginning to brown
3. Remove casings from sausage add to the saute pan saute until golden breaking up the pieces with a spoon
4. Add the cabbage saute until limp salt and pepper the cabbage
5. Add the prepared marinara and water bring to a simmer add the gnocchi
6. Simmer on low covered for 10 minutes add the Italian parsley and parmesan cheese the last 5 minutes
7. Sprinkle with parmesan ENJOY!!!

Two Bean Steak Chili

Two Bean Steak Chili

It's chili season, and I'm excited to share my best Two Bean Steak Chili Recipe with you. Tender melt in your mouth slow cooked steak, white and red kidney beans in a rich tomato sauce make this chili my favorite chili recipe.

I go easy on the beans in this chili recipe, but you can add more or less or omit them altogether.

My family doesn't like too spicy food so I go easy on the chili powder too, you can adjust the heat in this recipe use less or more depending on what you like.

I like to use chuck steak which has a lot of beefy flavor. But any cut of beef that's marked "stewing beef" works well in this recipe. You want a tough cut of meat that softens and becomes tender and tasty after a long cook time.

You'll want to keep this recipe on your meal rotation to make at least once a week, during the colder weather months.

Toppings For This Two Bean Steak Chili

Normally, it's all about the toppings in chili recipes. But this Two Bean Steak Chili recipe is so rich that you won't need a lot of go-to chili toppings.

The topping I liked the best on this steak chili are avocados and sharp cheddar cheese. I found that adding more toppings distract from the rich flavor of the chili, instead of adding to it. I am not saying to not test different toppings for yourself, I'm saying that's what I found.

Here's some to try red onions, nacho chips, cilantro or sliced

jalapenos, just remember not to over powder the rich beefy flavor with too many toppings!!!

This Two Bean Steak Chili is the ultimate comfort food, A chili so good you won't have any leftovers, but if you do this recipe is so freezer friendly if stored in the right freezer containers.

Here's a tip you should purposely double this chili recipe, for delicious ready made meals on busy weeknights.

Ingredients

- 1 Lb. Chuck Steak
- 2 chopped yellow onions
- 3 Tbls. chopped garlic
- 1 cup chopped celery
- 1 chopped and seeded pepper jalapeno pepper
- 1 14.5 can each diced tomatoes and tomato sauce
- 1 14.5 can each red and white kidney beans undrained
- 2 cups beef broth
- 3 Tbs. chili powder
- 2 Tbs. each cumin, oregano, smoky paprika and coriander
- 2 bay leaves
- 3 Tbls. olive oil
- Salt and pepper to taste

Instructions

1. Cut the steak into equal size pieces and salt and pepper
2. In a medium size stock pot bring the oil to medium high heat
3. Add the steak and sear completely
4. Add the onions, garlic and jalapeno pepper saute until tender and just beginning to brown
5. Add all the spices now
6. Add the tomatoes and beef broth lower the heat, simmer

covered for 2 hours

7. Add the beans adjust seasonings and simmer an additional 30 minutes
8. Top with your favorite chili toppings ...ENJOY!!!