

# **Arrabiata Lobster Sauce Spaghetti**

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Happy New Year my friends wishing you a new year with new blessings!!! My first post of 2021 starts with this decant Arrabiata

Lobster Sauce Spaghetti recipe. Arrabiata means angry in Italian, well there's nothing to be angry about with this recipe.

In fact this recipe is going to make you and your family real happy. Succulent lobster meat, in a spicy tomato sauce full of Italian flavors tossed with one of my family's favorite pasta shape spaghetti!!!!

Lobster can be pricy, using it in a sauce makes it more affordable, and that makes this recipe you will want to make often.

## **Tips when making Arrabiata Lobster Sauce Spaghetti**

Tip number one when making this Arrabiata Lobster Sauce Spaghetti recipe since the sauce is mostly tomatoes the tomatoes you use is important.

I found the tomato products from San Marzano the best, not only in this recipe but in all my tomato based sauces.

Secondly, I used four previously frozen Maine Lobster tails

unshelled them and cut them into even pieces for even cooking.

And third if you want an alternative to frozen Maine Lobster Tails you can use canned Maine Lobster. One more thing you can adjust the level of heat, if you like less or more spice adjust the hot pepper flakes.

And lastly if you make this delicious Arrabiata Lobster Sauce Spaghetti recipe, please leave me a comment. I love hearing from you it's my favorite part

## Ingredients

- 1 lb. spaghetti
- 1 lb. lobster meat
- 2 cups chopped spinach
- 2 14.5 chopped tomatoes
- 1 14.5 tomato sauce
- 1 cup reserved pasta water
- 1 chopped yellow onion
- 3 Tbs. chopped garlic
- 2 Tbs. each olive oil and butter
- 3 Tbs. hot pepper flakes
- 2 bay leaves
- 1/2 bunch each chopped Italian parsley and basil
- Salt and pepper to taste

## Instructions

1. Cook spaghetti according to package directions reserving 1 cup of the water before draining
2. Meanwhile in a large deep saute pan bring the oil and butter to medium heat
3. Add the onion and garlic saute until tender and just beginning to brown
4. Add the red pepper flakes saute until fragrant
5. Add the tomatoes, water and bay leaves salt and pepper

now

6. Simmer covered for 45 minutes
  7. Add the lobster, chopped spinach and herbs simmer until lobster is cooked through about 5 to 7 minutes
  8. Toss Spaghetti into the sauce adjust seasonings sprinkle with additional Italian parsley and basil
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## **Baked Unstuffed Shells**

## **Baked Unstuffed Shells**

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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# Easy Roasted Lobster

## Easy Roasted Lobster

You won't believe how easy this Easy Roasted Lobster recipe is. Few ingredients and few steps will leave you wanting to make it more often.

Sure lobster is a decant meal and can be pricey, but if you want to impress family and friends this is the meal to make this holiday season.

If you want to stretch the lobster further you can serve it along with a side of freshly butter pasta for a unforgettable meal everyone will love !!!!!

# What Kind of Lobster to use In this Easy roasted Lobster Recipe

I used frozen Maine lobsters for this Easy Roasted lobster recipe. There are two main groups of lobsters clawed lobsters and spiny or rock lobster.

The difference between the two??? Maine lobsters are found not only in Maine, but also else where on the cold North Atlantic coast, as well as the Canada coast.

Red lobster buys live Maine lobsters tails, which is how they are almost always sold.

Rock lobsters are found in warmer waters and they don't have large edible claws like the Maine Lobster, but only tiny claws, which don't have any edible meat.

This is why rock lobsters only come in tails.

Red lobster buys Rock lobster tails frozen which is how they are usually purchased. That's what I used in this Easy Roasted Lobster recipe.

This is a restaurant quality recipe that is easy and delicious, if you make it please leave me a comment, and please don't forget to tag me on Instagram with your creations. I love hearing from you!!!!

## Ingredients

- 4 5 oz. lobster tails
- 1/4 cup melted butter
- 1 Tablespoon finely chopped garlic
- 2 Tablespoons chopped Italian parsley
- 2 Tablespoons lemon juice

# Instructions

1. Defrost Lobster tails if frozen cut in half and pat dry
  2. Melt butter mix in the rest of ingredients
  3. Brush the lobster tails with the melted butter reserving the left over for dipping
  4. Roast the lobster 7 to 10 minutes
  5. Serve With lemon wedges and melted butter sprinkle with additional Italian parsley
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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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**Bechamel                      Sauce                      Chicken**  
**Lasagna**

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**Lasagna**

This Bechamel Sauce Chicken Lasagna layered with roasted chicken breast and oozing with cheese is perfect, if your in line to bring a dish to a holiday potluck or you need to feed a crowd, this is the dish to make!!!!!!

Keeping it comforting, and just a touch healthier using lean chicken breast and low fat milk for the sauce, if your gluten free you can use gluten free flour to make the roux, and gluten free lasagna noodles.

In this recipe lasagna sheets are layered with creamy Bechamel sauce, chicken, spinach and cheese, that all comes together to create beautiful layers, in this crowd pleasing lasagna.

All you need is a casserole dish, 45 minutes, a prep plan and you can feed as many people as you need to a delicious restaurant quality meal your whole family will love **Things to know about Bechamel Sauce Chicken Lasagna**

First Bechamel sauce , is one of the classic French white mother sauces. a velvety, buttery, creamy white sauce perfect for this Bechamel Sauce Chicken lasagna.

The sauce is not difficult to make, but you do need to pay attention, for success don't leave the stove unattended. The sauce burns quickly. Stir continuously while sauce is simmering.

If the sauce is too thick add more milk, if too thin coat 1 pad of butter with flour and drop it in sauce while simmering. Remember to dip the lasagna noodles in the hot bechamel sauce before layering.

There never seems to be any left overs, but if there are you can freeze it for a ready made meal perfect for holiday entertaining, or you need a hurry-up dinner for unexpected guest.

All you need is a casserole dish, 45 minutes, a prep plan and

you can feed as many people as you need to, and the white color looks pretty on almost any table and goes from oven to table to freezer, to dishwasher, 13 x 9 covered white casserole.

The extra bonus with casserole meals, your guest can serve themselves, set out this festive dinner napkins to set a holiday mood. add a simple salad for a dinner everyone will love

If you make this Bechamel Sauce Chicken Lasagna, be sure to leave me a comment and please don't forget to tag me on Instagram with your creations.

Above all I love hearing from you guys, and do my best to respond.

## Ingredients

- 2 chicken breast
- 1 box store bought no-cook lasagna sheets
- 1 stick of butter
- 2 tablespoons olive oil
- 1/2 cup flour
- 1 quart milk
- 2 cups grated parmesan
- 2 cups shredded mozzarella
- 1 cup chopped spinach 1 cup chicken stock
- 2 tablespoons chopped Italian parsley
- 1 teaspoon nutmeg
- Salt and pepper to taste

### • **Instruction**

- Heat oven to 400 degrees
- Coat chicken with olive oil salt and pepper to taste
- Roast chicken breast 15 minutes cool and shred
- Melt butter in medium stock pot
- Stir in flour whisking continuously

- Slowly whisk in milk, chicken stock, salt, pepper and nutmeg
  - Simmer on low heat 10 minutes stir to prevent browning
  - line 9 x 12 inch casserole dish with bechamel sauce
  - Dip the lasagna noodles in hot sauce
  - Start layering the lasagna noodles beginning with the bechamel sauce
  - Top with 1/3 the amount of chicken, spinach, cheeses and bechamel sauce
  - Repeat for three layers ending with lasagna noodles, bechamel and cheeses
  - Bake in a 400 degree oven 45 minutes to 1 hour or until golden and bubbly
  - Let rest 15 minutes before cutting
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## **Chickpea Zucchini Soup**

## **Chickpea Zucchini Soup**

This Chickpea Zucchini soup is so easy it will easily become one of your favorite soup recipes. If your craving the comfort a bowl of soup gives, but still need easy and quick give this recipe a try.

All good for you ingredients, chickpeas, zucchini and spinach in a tomato broth. It's one of those vegetarian soups that always has my family going for a second helping and me feeling good about it, because it's so healthy. When I make it I make it in this stock pot it holds enough for next day reheats or this recipe freezer friendly for a quick ready made lunch.

Serve this Chickpea Zucchini Soup with a salad and some crusty

bread for a delicious midweek light dinner or as a starter for Saturday night dinner with friends

## **Add ins For Chickpea Zucchini Soup**

This vegetarian Chickpea Zucchini Soup is delicious on it's own. But if you want a heartier soup you can saute some ground beef along with the onions and garlic.

Another ingredient you can add in is 1 15 oz. drained can of white beans for even more nutritional value. And one more delicious 1 cup chopped kale along with the spinach.

This is one of my favorite soups for so many reasons easy to make, delicious uses few ingredients, and the best part it can be on your table in less than 30 minutes!!!

If you make this recipe please leave me a comment. And Please don't forget to tag me on Instagram with your creations. I love hearing from you!!

## **Ingredients**

- 2 cans 15 Oz. drained and rinsed chickpeas
- 1 large zucchini cut in large dice
- 1/2 cup frozen corn
- 1/2 cup frozen peas
- 2 cups chopped spinach
- 1 chopped yellow onion
- 1 tablespoon chopped garlic
- 1/2 bunch Italian parsley
- 2 Tablespoons each butter and olive oil
- 3 cups water or vegetable stock
- 1 cup tomato sauce
- 1 cup small shaped pasta
- 1 cup grated parmesan cheese
- Salt and pepper to taste

# Instructions

1. In a large stock pot bring butter and olive oil to medium heat
  2. Chop the parsley, garlic and onion together saute until tender and just beginning to brown
  3. Add the zucchini and chickpeas mix with onion mixture salt and pepper now
  4. Add the water or vegetable stock, and tomato sauce simmer covered for 15 minutes
  5. Add the pasta, spinach, corn and peas simmer 5 minutes longer
  6. Adjust seasoning Serve in soup bowls top generously with parmesan cheese
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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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# **Cheesy Mini Calzones with beef**

## **Cheesy Mini Calzones with beef**

Whether you're looking for an holiday starter or complete meal this Cheesy Mini Calzones with beef recipe can be both. Store bought pizza dough filled with juicy ground beef, full of Italian flavors will leave family and friends wanting more. It's pizzeria style food from your own kitchen.

Sure homemade is better but at this time of year there's no shame in semi homemade. And your family and friends would know the difference, unless you tell them!!!

You can also use store bought marinara sauce, but if you want to make your own here is the link to my Real Easy Marinara Sauce

## **Things to know about this Cheesy Mini Calzones with beef recipe**

Although it's hard to believe you can't make these Cheesy Mini Calzones with beef, heavenly pillows of deliciousness any better, you can. Serve them along side marinara sauce and pesto for a flavor boost that takes this recipe over the top.

You can also make this recipe better by making it ahead of time and then reheating in the oven for a few minutes, my toaster oven/ air fryer is perfect for small reheats like this.

I've said it before and I'll keep saying it my toaster oven/ air fryer is my most used small kitchen appliance.

At this time of year it's good to keep food simple, good and if it can be made ahead of time, that's a triple win!!! Another better idea double the recipe it and freeze it, you can do that with this recipe.

If you make this recipe please leave me a comment and don't forget to tag me on Instagram. I love hearing from you, and hope you are well. Blessings!!!

# Ingredients

- 1 Lb. prepared pizza dough
- 1 cup prepared marinara
- 1/2 lb. ground beef
- 1/2 chopped onion
- 2 Tablespoons chopped garlic
- 2 cups chopped spinach
- 1 cup each grated parmesan and shredded mozzarella
- 1 tablespoon chopped Italian parsley
- Salt and pepper to taste

# Instructions

1. Knead pizza dough to form a smooth ball let rest covered for 30 minutes
2. Preheat oven to 400 degrees
3. Meal while in a medium skillet saute the onions and garlic in 1 tablespoon of olive oil until tender and just beginning to brown
4. Add the ground and saute until golden brown
5. Add half the marinara, spinach, herbs, and cheeses simmer for 5 minutes longer
6. Form the dough into 8 balls, with a rolling pin on a lightly floured surface, roll the dough into 8 flat disks
7. Fill each disk with filling
8. Form into half moons pinching ends together to seal
9. Brush tops with mixture of 1 tablespoon olive oil and 1 tablespoon melted butter, sprinkle with additional grated cheese
10. Bake in preheated oven for 10 minutes at 400, lower the temperature to 350 and bake 10 minutes longer

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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!!!!