

## -- Spencer's Weekly Recipes --

### Italian Chicken Soup



- 1 box Ditalini Pasta
- 1 tbsp. Olive Oil
- 1 whole Cut Up Fryer Chicken
- 8 c. Low Sodium Chicken Broth
- 1 whole Medium Onion, Diced
- 2 whole Green Bell Peppers, Diced
- 2 stalks Celery, Diced
- 2 whole Fresh Jalapenos, Diced
- 1 tbsp. Olive Oil
- 28 oz. Can Whole Tomatoes
- 2 c. Heavy Cream
- 1/3 c. Extra Virgin Olive Oil
- 4 tbsp. Minced Fresh Oregano
- Salt And Freshly Ground Pepper, To Taste
- Parmesan Cheese Shavings, For Serving

#### Directions

1. Cook pasta according to pkg. directions, be sure not to overcook it. Drain and rinse in cold water to cool. Toss in 1 tbsp. olive oil and set aside.
2. Place chicken in a large pot or Dutch oven and cover in chicken stock. Bring to a boil, then simmer chicken, covered, for 30 min. Turn off heat and leave covered for 30 min. Remove chicken from pot and shred meat. Discard bones and set meat aside.
3. Dice canned tomatoes and return them to their juice. Set aside.
4. Heat a small skillet over medium high heat. Add olive oil and oregano and turn off heat, stirring over the next minute to keep oregano from burning. Set this aside.
5. Either pour off chicken broth into a separate container or use a new pot to sauté onion, green pepper, celery, and jalapenos in 1 tbsp. olive oil over medium heat until tender and golden brown, about 10 min. Add chicken broth, shredded chicken, and tomatoes with their juice. Bring to a boil, then reduce to a simmer. Add cooked pasta, cream, and all the oregano and olive oil from the small skillet. Stir to combine. Turn off heat.
6. Serve with Parmesan sprinkled on the top! Crusty Italian bread is good, too.  
<https://www.thepioneerwoman.com/food-cooking/recipes/a10331/italian-chicken-soup/>

### Slow Cooker Pot Roast

- 2-3 lb. Beef Roast
- 1 tbsp. Olive Oil
- 1 tbsp. Salt
- 2 tsp. Pepper
- 1 tsp. Thyme
- 1 tsp. Tarragon
- 2 tsp. minced Garlic
- 1 lb. Carrots
- 2 lb. Potatoes
- 1 large Onion
- 32 oz. Beef Stock
- 3 tsp. Cornstarch



#### DIRECTIONS

- Peel and cut carrots into 1-3" pieces.
- Peel and cut onions into 1-3" pieces.
- Wash and cut potatoes into 1-3" pieces.
- Mix together salt, pepper, thyme and tarragon.
- Rub roast with olive oil and cover with about 2/3 of spice mix.
- Heat skillet over medium high heat and brown on all sides.
- Transfer roast to slow cooker.
- Lightly coat vegetables in olive oil and season with remaining spice mix.
- Transfer vegetables to slow cooker.
- Add some stock to skillet and stir to deglaze.
- Pour liquid into slow cooker.
- Add remaining stock to slow cooker.
- Cook on high for 5 hours or low for 10 hours until vegetables are tender and meat pulls apart easily.
- Transfer meat and vegetables to serving dish.
- Pour liquid in sauce pan and heat.
- Mix cornstarch with an equal amount of water and stir until well blended.
- Add cornstarch mix to sauce and heat, stirring frequently, until sauce thickens.
- Pour sauce over meat and vegetables.

<http://cincyshopper.com/slow-cooker-pot-roast/>

### Olive Garden Copycat Pasta e Fagioli Instant Pot



- 1 lb. Italian Ground Pork Sausage. Use mild or spicy. You can use 1:1 ground beef : Sausage.
- 15 oz. can Great Northern Beans
- 15 oz. can Kidney Beans
- 14 oz. can Diced tomatoes with basil, oregano & garlic and juices
- 8 oz. can tomato sauce
- 2 tbsp. Tomato Paste diluted in about 4 tbsp. water
- 1 cup onion roughly chopped. Use yellow or white onion.
- 1.5 tbsp. garlic \*\*minced
- 3/4 cup carrot roughly cubed
- 3/4 cup celery roughly chopped. About 2 sticks.
- 1 cup Ditalini Pasta-you can use small elbow or shell pasta. Use 3/4 cups in that case.
- 3 tbsp. Olive Oil
- Salt (to taste)

#### Seasonings

- 1 tsp paprika
- 1/4 tsp oregano
- 1/2 tsp Italian seasoning
- 1.5 tsp Black Pepper Powder
- 1/2 tsp red pepper flakes - skip if heat intolerant. 1 tsp. Worcestershire sauce

#### Liquid

- 6 cups chicken stock. Use 7-7.5 cups for thinner soup.

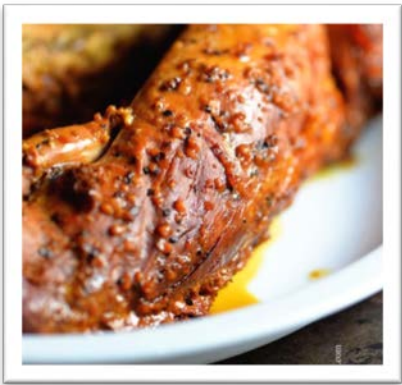
#### Garnish

- Parsley fresh flat leaf parsley chopped, use handful.
- Extra Virgin Olive Oil soup.
- Parmesan Cheese - grated. Crushed black Pepper

#### Instructions

- Set Instant Pot on SAUTE & set it on HIGH heat. Add oil. When oil becomes hot sauté meat until nicely browned. Stir frequently with a spatula. Once, meat is well browned add chopped onion & garlic and sauté for about a minute. Add chopped carrots and celery and stir. Sauté for another minute. Pour Stock. De-glaze the pot very well scraping sides & bottom of pot with a spatula. This will loosen any stuck food particles and prevent the BURN error. Next, add all the seasonings like paprika, oregano, Italian seasoning, Worcestershire sauce, red pepper flakes & salt. Give everything a good stir. Add the tomatoes, canned beans (rinsed and drained), pasta. Give everything in the pot a very good mix. CANCEL SAUTE function. Close lid of Instant Pot. Seal the Valve and PRESSURE COOK on HIGH for just 4 min. Pressure will take some time to build because it's a large quantity soup.

## Honey Soy Pork Tenderloin



¼

- ¼ cup olive oil
- 1 cup chicken stock or broth
- ¼ cup soy sauce
- ½ cup honey
- 3 tbsp. Montreal Steak Seasoning
- 2 cloves minced garlic or ½ teaspoon garlic powder
- pinch ground ginger
- pinch red pepper flakes (optional for heat)
- 1 (2½ - 3 pound) pork tenderloin

### Instructions

1. Spray slow cooker insert with nonstick cooking spray.
2. Mix together olive oil, chicken broth, soy sauce, honey, steak seasoning, garlic, ginger, and red pepper flakes in a small bowl or 2-cup measuring cup.
3. Add pork tenderloin to the slow cooker and pour olive oil mixture over pork tenderloin. Set slow cooker for 6 hours on low setting. Serves 6.

<http://addapinch.com/honey-soy-pork-tenderloin-recipe/>



## Chocolate Banana Cream Cake

### CAKE:

- ½ cup butter, softened
- 1-¼ cups sugar
- 2 eggs, separated
- 1-½ cups mashed ripe bananas (about 3 medium)
- ¼ cup sour cream
- 2 teaspoons vanilla extract
- 1-½ cups all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon salt

### FILLING/FROSTING:

- 1-½ cups cold 2% milk
- 1 pkg. (3.4oz.) instant banana cream pudding mix
- 1 can (16 oz.) chocolate frosting
- 2 medium firm bananas, sliced
- 3 tablespoons lemon juice



### Directions

1. In a large bowl, cream butter and sugar until light and fluffy. Beat in egg yolks. Beat in the bananas, sour cream and vanilla. Combine the flour, baking soda and salt; add to the creamed mixture and mix well.
2. In a small bowl, beat egg whites until stiff peaks form. Fold into batter. Transfer to two greased and floured 9-in. round baking pans. Bake at 350° for 20-25 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.
3. For filling, in a small bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Cover and refrigerate until chilled.
4. In a small bowl, beat frosting until light and fluffy. Place bananas in a small bowl; toss with lemon juice.
5. Place one cake layer on a serving plate; spread with 3 tablespoons frosting. Stir pudding; spread half over the frosting. Top with half of the bananas and the remaining cake layer. Repeat frosting, filling and banana layers. Frost sides and decorate top edge of cake with remaining frosting. Store in the refrigerator. Yield: 12 servings.  
<http://www.tasteofhome.com/recipes/chocolate-banana-cream-cake>

Once, the Pressure cooking cycle is over the Instant Pot will begin to beep. Do quick pressure release (OPR) by manually moving the valve from the SEALING to the VENTING position. Open the lid carefully.

The amazing wholesome Instant Pot Pasta e Fagioli is ready. You need to serve the soup almost immediately because the longer the pasta sits in the soup the more it gets over cooked & turns mushy. Garnish with some chopped fresh parsley, crushed black pepper, grated parmesan and drizzles of extra virgin olive oil. Dig in!

**Notes:** See website

<https://foodiesterminal.com/olive-garden-copycat-pasta-e-fagioli-instant-pot>

## Slow Cooker Honey Sesame Chicken



- 1 small onion, diced
- 2 cloves garlic, minced
- ½ cup honey
- ½ cup soy sauce
- ¼ cup ketchup
- 2 tbsp. vegetable oil
- ¼ tsp. crushed red pepper flakes
- 2 lb. boneless, skinless chicken thighs
- Kosher salt and freshly ground black pepper, to taste
- 1 green onion, thinly sliced for garnish
- Sesame seeds, for garnish

### Instructions

- In a large bowl, combine onion, garlic, honey, soy sauce, ketchup, vegetable oil and red pepper.
- Season chicken thighs with salt and pepper, to taste. Place chicken thighs into a slow cooker. Add honey mixture and gently toss to combine. Cover and cook on low heat for 3 hours and 30 minutes.
- Remove chicken thighs from the slow cooker and shred the chicken before returning to the pot with the juices. Cover and keep warm for an additional 30 minutes.
- Serve immediately, garnished with green onions and sesame seeds, if desired. Serves 6.

<http://damndelicious.net/2013/11/02/slow-cooker-crockpot-honey-sesame-chicken/>