



Rain, Rain, come to stay?



Baked Million Dollar Spaghetti



- 1 pound spaghetti, cooked two minutes shy of directions and drained
- 1 pound ground beef
- 1 medium onion, chopped
- 2 cloves of garlic, minced
- Kosher salt and pepper to taste (I used ½ tsp. Kosher salt and ½ tsp. black pepper)
- 6 cups Quick and Easy Marinara Sauce (next column)
- 8 ounces cream cheese, softened
- 3 cups shredded mozzarella cheese
- parsley, chopped (optional garnish)

Instructions

1. Preheat the oven to 350 degrees.
2. In a large skillet add the beef, onions, garlic, salt and pepper into the pan and cook on high.
3. Once browned, turn off the heat, drain the liquid left in the pan and mix in one cup of marinara sauce.
4. Add the cooked spaghetti to the remaining 5 cups of the marinara sauce and toss to combine.
5. Mix the cream cheese and 2 cups of mozzarella cheese in a bowl.
6. Add half the pasta/sauce to the bottom of a 9x13 pan.
7. Add the cream cheese mixture and top with the remaining pasta/sauce mixture.
8. Add the meat sauce mixture on top of the pasta and top with remaining mozzarella cheese.
9. Cover and bake for 30 minutes.
10. Uncover and bake for an additional 10 min. until cheese is melted and bubbly.

<http://dinnerthendessert.com/baked-million-dollar-spaghetti/>

Quick and Easy Marinara Sauce

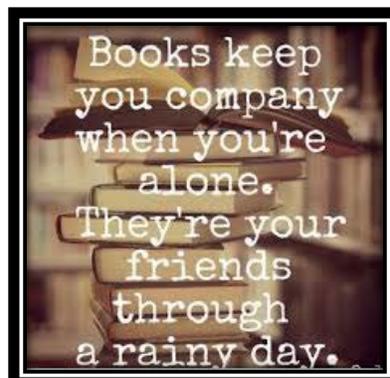
- ¼ cup olive oil
- ½ cup diced onion
- 3 cloves garlic, minced
- 28 ounces crushed tomatoes
- 6 ounces tomato paste
- 4 tablespoons chopped fresh parsley
- 2 teaspoons dried oregano (I sometimes use fresh)
- 2 teaspoons dried basil
- 1 teaspoon Kosher salt
- 1 teaspoon sugar
- ¼ teaspoon crushed red pepper
- ½ cup chicken stock (chicken broth, water or white wine are ok too)



Instructions

1. Add the olive oil and onion to the pan and sauté on medium low until very lightly browned.
2. Add the garlic and let cook for 15 seconds or so until you can smell the garlic.
3. Add rest of the ingredients and simmer, covered, on low for 30 min.

<http://dinnerthendessert.com/easy-marinara-sauce/>



Ham and Potato Corn Chowder

A lighter, creamy and tasty ham and potato corn chowder that is pure comfort in a bowl!



- 3 tablespoons oil or butter
- 1 onion, diced
- 2 carrots, diced
- 2 stalks celery, diced
- 2 cloves garlic, chopped
- 1 teaspoon thyme, chopped
- ¼ cup flour (or rice flour for gluten free)
- 2 cups ham broth or chicken broth
- 2 cups milk
- 1 1/2 pounds potatoes, diced small and optionally peeled
- 8 ounces ham, diced
- 1 cup corn
- salt and pepper to taste
- bacon and cheddar cheese - optional

directions

- Heat the oil in a large sauce pan over medium-high heat, add onions, carrots and celery and cook until tender, about 8-10 minutes.
- Mix in the garlic, thyme and flour and cook until the flour is lightly browned, about 2-3 minutes.
- Slowly stir in the broth, deglazing the pan as you go, add the milk and potatoes, bring to a boil, reduce the heat and simmer until the potatoes are tender, about 10-12 minutes.
- Add the ham and corn, cook until heated and season with salt and pepper. Serves 6.

<http://www.closetcooking.com/2015/04/ham-and-potato-corn-chowder.html>

5 Random Rain Fun Facts

The least rainy place on earth isn't in the desert

It may be covered with ice, but Antarctica gets only 6.5 inches of rain or snow per year, making it the continent with the lowest annual rainfall by far. On the other



end of the spectrum, Lloro, Colombia, absorbs 534 inches of rainfall per year. North

America is relatively dry by comparison, collecting 256 inches of rain annually.

Rain doesn't always make the ground wet

In dry, hot places, rain sometimes evaporates before it hits the ground. Environmentalist Edward Abbey describes "phantom rain" this way: "You see curtains of rain dangling in the sky while the living things wither below for want of water. Torture by tantalizing, hope without fulfillment. Then the clouds dissipate into nothingness."

Not all raindrops are made of water

On Venus, and other moons and planets, rain is made of sulfuric acid or methane. Even stranger: on a planet 5,000 light years away, scientists found raindrops made of iron rather than water.



There's a scientifically proven way to get less wet in the rain

Run! As Henry Reich, the brains behind the YouTube Channel Minute Physics explains, the faster you get out of the rain, the drier you'll be, regardless of the additional raindrops you run into.

The shape and color of clouds can help you predict rain

Generally speaking, if you see a cumulonimbus cloud—a tall, puffy cloud that looks flat at the top—or a nimbostratus cloud, a flat low-level gray cloud—you can be fairly certain that rain



is in the 24-hour forecast.

<http://www.rd.com/culture/rain-facts/>

Salisbury Steak With Mushrooms

- 1 lb. ground beef
- 1 large egg, lightly beaten
- 1/4 onion, finely chopped (1/3 cup)
- 7 saltine crackers, finely crushed (about 1/4 cup)
- 1 tsp. minced fresh sage
- Kosher salt and freshly ground pepper
- 3 tbsp. unsalted butter
- 8 oz. sliced mixed mushrooms
- 2 tsp. Worcestershire sauce
- 3 tbsp. all-purpose flour
- 1 to 2 tbsp. chopped fresh parsley
- Buttered egg noodles, for serving (optional)



Directions

- Gently mix the beef, egg, onion, cracker crumbs, sage, 1/2 tsp. salt and a few grinds of pepper in a large bowl using your hands. Divide into 4 equal portions and shape into oval patties, about 1/2 inch thick.
- Heat 1 tbsp. butter in a large skillet over medium-high heat. Brown the patties, about 4 min. per side. Transfer to a plate.
- Add 1 tbsp. butter to the skillet and cook the mushrooms until slightly browned, about 2 min. Stir in the Worcestershire sauce, and salt and pepper to taste, scraping up any browned bits. Sprinkle in the flour and stir, then stir in 2 1/2 cups hot water and simmer until the sauce begins to thicken, about 2 min. Add the remaining 1 tbsp. butter, swirling to combine.
- Return patties and any juices from the plate to the skillet. Simmer until sauce thickens and patties are cooked through, about 2 min. Sprinkle with parsley and season with salt & pepper. Serve with noodles, if desired.

<http://www.foodnetwork.com/recipes/food-network-kitchens/salisbury-steak-with-mushrooms-recipe.html>



Four-Cheese Pasta With Peas and Ham

- Kosher salt
- 12 oz. penne
- 1 cup frozen peas
- 2 large eggs, plus 1 egg white
- 1 cup evaporated milk
- 4 tbsp. unsalted butter
- 3 oz. sharp cheddar cheese, grated (1 scant cup)
- 3 oz. part-skim mozzarella cheese, grated (about 1 cup)
- 3 oz. fontina cheese, grated (1 cup)
- 3 oz. deli ham, in 1 piece, diced
- 1 oz. parmesan cheese, grated (about 1/2 cup)

Directions

- Bring a large pot of salted water to a boil. Add the pasta and cook until very al dente, about 8 min, adding the peas in the last 2 min of cooking.
- Meanwhile, whisk the eggs, egg white, evaporated milk and 1/2 tsp. salt in a bowl.
- Drain pasta and peas; wipe the pot dry and return the pasta and peas to the pot. Add butter and stir to coat.



Add the cheddar, mozzarella, fontina, and egg mixture. Place the pot over medium-low heat and cook, stirring constantly, until

thickened, 8 to 10 mins, adding the ham halfway through cooking (don't let the mixture boil or the eggs will scramble). Remove pot from heat and stir in the parmesan.

<http://www.foodnetwork.com/recipes/food-network-kitchens/four-cheese-pasta-with-peas-and-ham-recipe.html>

Chocolate Chip Cookie Dough Dip

- 1/2 cup (1 stick) unsalted butter
 - 1 (8-oz.) pkg. cream cheese
 - 1/3 cup sugar
 - 1/4 cup packed light brown sugar
 - 2 1/2 tsp. vanilla extract
 - 1/2 tsp. salt
 - 1 1/2 cups semisweet chocolate chips
- Pretzels or fruit, for dipping



Directions

- In the bowl of a stand mixer fitted with the paddle attachment, cream together the butter, cream cheese and sugars until combined, about 2 minutes.
- Add the vanilla and salt and continue mixing then add the chocolate chips and blend just until combined.
- Serve the dip with pretzels or fruit for dipping.
- <http://www.justataste.com/chocolate-chip-cookie-dough-dip-recipe/>



Top 10 Rainy Day Tunes

With only 9 songs listed...go figure ☺ ~Tricia

1. Brook Benton - "Rainy Night In Georgia" (1970)
2. Eurythmics - "Here Comes the Rain Again" (1984)
3. Creedence Clearwater Revival - "Who'll Stop the Rain?" (1970)
4. B.J. Thomas - "Raindrops Keep Fallin' On My Head" (1969)
5. Beatles - "Rain" (1966)
6. Ann Peebles - "I Can't Stand the Rain" (1973)
7. Rihanna featuring Jay-Z - "Umbrella" (2007)
8. Prince - "Purple Rain" (1984)
9. Lou Christie - "Rhapsody In the Rain" (1966)



<http://top40.about.com/od/top10lists/tp/friendshipsongs.htm>



Stay dry and make it a great week,

~Tricia
Spencer's Fresh Markets
Morro Bay and Santa Maria

Chocolate Crunch Brownies

- 1 cup butter, softened
- 2 cups sugar
- 4 large eggs
- 1/2 cup baking cocoa
- 1-1/2 cups all-purpose flour
- 2 teaspoons vanilla extract
- 1/2 teaspoon salt
- 1 jar (7 oz.) marshmallow crème
- 1 cup creamy peanut butter
- 2 cups (12 oz.) semisweet chocolate chips
- 3 cups crisp rice cereal



Directions

1. In a large bowl, cream butter and sugar until light and fluffy. Beat in eggs and vanilla. Combine flour, cocoa and salt; gradually add to creamed mixture until blended.
2. Spread into a greased 13-in. x 9-in. baking pan. Bake at 350° for 24-28 min. or until a toothpick inserted near the center comes out clean (do not overbake). Cool in pan on a wire rack. Spread marshmallow crème over cooled brownies.
3. In a small saucepan, melt peanut butter and chocolate chips over low heat, stirring constantly until smooth. Remove from the heat; stir in cereal. Spread over top. Refrigerate until set. Cut into bars. Yield: 3 dozen.

<http://www.tasteofhome.com/recipes/chocolate-crunch-brownies>



Cheers to a toasty warm kitchen and a full table!

“You don’t need a silver fork to eat good food.” -Paul Prudhomme

Creamy Chicken and Rice Casserole



- 3 tablespoons olive oil, divided
- 4 cups sliced mixed mushrooms (10 ounces)
- 2 shallots, minced
- Salt and pepper
- 2 tablespoons all-purpose flour
- 2 1/4 cups chicken broth
- 4 cups shredded chicken, from a small rotisserie chicken
- 2 cups cooked rice (white or brown)
- 1/2 cup frozen peas
- 1/2 cup fresh parsley, chopped
- 1/2 cup reduced-fat sour cream
- 1 cup fresh breadcrumbs

DIRECTIONS

Preheat oven to 375 °. In a large skillet, heat 1 tablespoon oil over medium. Add mushrooms and shallots and season with salt and pepper. Cook, stirring, until mushrooms are tender and browned, 10 minutes. Add remaining 2 tablespoons oil and the flour. Stir to combine and cook 1 minute.

Add chicken broth, whisking constantly, and bring to a boil. Add chicken and rice and return to a simmer. Stir in peas, parsley, and sour cream; season with salt and pepper. Transfer mixture to an 8-inch square baking dish. Top with breadcrumbs.

Bake until top is golden brown and mixture is warm throughout, 15 to 20 minutes.

<http://www.marthastewart.com/964681/creamy-chicken-and-rice-casserole>



Cheesy Monkey Bread

- 1/2 pound Monterey Jack
- 1 ounce Parmesan
- 1/4 cup (1/2 stick) cold unsalted butter
- 1 shallot, chopped
- 4 garlic cloves, finely chopped
- 1/4 cup finely chopped parsley
- 1/4 teaspoon crushed red pepper flakes
- Kosher salt; freshly ground pepper
- 1 pound cold pizza dough, cut into 1-inch pieces
- Nonstick vegetable oil spray



Preparation

- Coarsely shred both cheeses on the large holes of a box grater. Coarsely shred butter on the large holes of box grater. Toss cheeses, butter, shallot, garlic, parsley, and red pepper in a medium bowl; season generously with salt and pepper. Transfer one-third of cheese mixture to a small bowl; set aside. Add dough pieces, a few at a time, to remaining cheese mixture in original bowl and toss gently to coat.
- Lightly coat a medium skillet with nonstick spray. Arrange dough in skillet in an even layer; pour any leftover cheese mixture in bowl over. Let sit in a warm place until beginning to puff slightly, 30–40 minutes.
- Meanwhile, preheat oven to 375°. Bake bread until top is lightly browned and cheese is melted, 18–22 minutes. Top bread with reserved cheese mixture. Continue to bake until edges of bread are golden brown and firm and cheese is melted and oozing, 10–15 minutes more. Serve hot. 4 Servings
- <http://www.bonappetit.com/recipe/cheesy-monkey-bread>

Under 30 Minutes

Sweet Potato & Black Bean Chili

Add some browned ground turkey if you don’t want the meatless version. ~T



- 1 tbsp. plus 2 tsp. extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tbsp. chili powder (adj. for your temp.)
- 4 tsp. ground cumin
- 1/2 tsp. ground chipotle chile (see Note)
- 1/4 tsp. salt
- 2 1/2 cups water
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 tsp. lime juice
- 1/2 cup chopped fresh cilantro

Preparation

--Heat oil in Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 min. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until sweet potato is tender, 10 to 12 min.

--Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 min. Remove from heat and stir in cilantro.

Make Ahead Tip: Cover and refrigerate for up to 3 days or freeze for up to 3 months.

Note: Chipotle peppers are dried, smoked jalapeño peppers. Ground chipotle chile pepper can be found in the spice section of most supermarkets or online.

<http://www.eatingwell.com/recipe/250222/sweet-potato-black-bean-chili/>

Tex-Mex-Style Beef Enchiladas



½ cup all-purpose flour
 2 tablespoons plus 1 cup vegetable oil
 1 Lb. ground beef chuck (20% fat)
 1 onion, finely chopped
 1 jalapeño, finely chopped
 1 Poblano chile, finely chopped
 3 garlic cloves, finely chopped
 1½ cups crushed tomatoes
 Kosher salt
 ½ cup chili powder
 ½ teaspoon ground cumin
 5 cups low-sodium chicken broth
 8 6-inch corn tortillas
 1 Lb. sharp cheddar cheese, shredded

Pico de Gallo

2 large tomatoes, chopped
 ¼ onion, chopped
 2 jalapeños, finely chopped
 1 garlic clove, finely grated
 ⅓ cup cilantro leaves with tender stems, finely chopped
 3 tablespoons fresh lime juice
 Kosher salt

Preparation Enchiladas

--Toast flour in a large skillet over medium-high heat, stirring frequently, until golden brown and smells like toasted nuts, about 10 min. Transfer to a plate; wipe out skillet.

--Heat 2 Tbsp. oil in same skillet over medium-high. Add ground beef and cook, stirring to break up clumps, until browned, about 10 min. Using a slotted spoon, remove beef and reserve drippings in skillet.

Cook onion, jalapeño, Poblano chile, and garlic in same skillet, stirring and scraping up any browned bits, until softened, about 10 min. Add tomatoes, season with salt, and continue cooking until most of the liquid has evaporated and tomatoes begin to stick to the skillet, about 8 min. Add chili powder and cumin and cook, stirring frequently, until very fragrant, about 1 min. Add reserved beef and toasted flour and toss until coated.

--Whisking constantly, add broth, bring to a boil, and continue to whisk until no lumps remain. Reduce heat to medium and cook until chili gravy has thickened and beef is tender, 30–35 min; season with salt. Strain

Chicken-Potpie Pasta

Salt and pepper
 ¾ lb. penne or other short tubular pasta
 1/3 lb. green beans, trimmed and cut into 1-inch pieces
 3 tbsp. unsalted butter
 1 small yellow onion, minced
 1 stalk celery, thinly sliced
 2 carrots, diced medium
 1/4 cup all-purpose flour
 2 cups chicken broth
 2 cups diced cooked chicken



DIRECTIONS

--In large pot of boiling salted water, cook pasta 3 minutes less than package instructions. Add green beans and cook 3 min., then drain.

--Meanwhile, in a large saucepan, melt butter over medium-high. Add onion, celery, and carrots and cook until onion is translucent, about 4 minutes. Add flour and cook, stirring, 1 minute. Gradually add broth, stirring constantly, then bring to a boil.

Reduce heat and simmer 5 min. Stir in chicken and season with salt and pepper. Stir pasta into chicken mixture.

<http://www.marthastewart.com/933519/chicken-pot-pie-pasta>

Banana Oatmeal Cookie

1 1/2 cups sifted all-purpose flour
 1/2 teaspoon baking soda
 1 teaspoon salt
 1/4 teaspoon ground nutmeg
 3/4 teaspoon ground cinnamon
 3/4 cup shortening
 1 cup white sugar
 1 egg
 1 cup mashed bananas
 1 3/4 cups quick cooking oats

Golden Yam Brownies

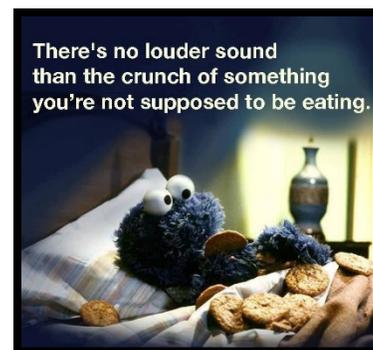


1 cup butter
 1 cup packed brown sugar
 1 cup white sugar
 4 eggs
 2 teaspoons vanilla extract
 1 1/2 cups all-purpose flour
 1 teaspoon baking powder
 1/2 teaspoon salt
 2 cups peeled and finely shredded yam
 1 cup confectioners' sugar
 2 tablespoons butter or margarine
 2 tablespoons milk

Directions

1. Preheat the oven to 350°. Grease a 9x13 inch baking dish.
2. In a large bowl, cream together the butter, brown sugar, and white sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla. Combine the flour, baking powder, and salt; stir into the batter just until blended. Fold in the shredded yam. Spread the batter evenly in the greased baking dish.
3. Bake for 30 min. in the preheated oven, until a toothpick inserted into the center, comes out clean. Mix together the confectioners' sugar, butter and milk until smooth. Spread over the brownies while they are still warm. They will absorb some of the glaze. Serve hot or warm.

<http://allrecipes.com/recipe/78528/golden-yam-brownies/?internalSource=recipe%20hub&referringId=17223&referringContentType=recipe%20hub&clickId=cardslot%2033>



through a fine-mesh sieve into a large bowl; set beef and gravy aside separately. Meanwhile, preheat oven to 425°. Heat remaining 1 cup oil in a medium skillet over medium-high until oil bubbles immediately when edge of tortilla touches the surface. Working one at a time, fry tortilla, turning once, until just starting to brown and crisp, about 10 seconds per side. Transfer tortilla to paper towels to drain. Repeat with remaining tortillas.

--Dip both sides of each tortilla in chili gravy just to coat, then transfer to a rimmed baking sheet. Spread 1 cup gravy lengthwise down the center of a 13x9" baking dish. Working one at a time, spread ¼ cup beef mixture down the center of tortilla and fold one side over filling, then continue to roll enchilada onto itself. Place seam side down in prepared baking dish as you go (enchiladas should be nestled right up against each other). Top with cheese and remaining gravy. Bake until sauce is bubbling and cheese is beginning to brown, 20–25 min. Let sit 10 min. before serving.

Pico de Gallo

Gently toss tomatoes, onion, jalapeños, garlic, cilantro, and lime juice in a small bowl; season with salt. Let sit, uncovered, to let flavors meld, about 10 min.

Serve enchiladas with Pico de Gallo.

<http://www.bonappetit.com/recipe/tex-mex-style-beef-enchiladas>

1/2 cup chopped nuts



Directions

Preheat oven to 400°. Sift together the flour, baking soda, salt, nutmeg and cinnamon.

Cream together the shortening and sugar; beat until light and fluffy. Add egg, banana, oatmeal and nuts. Mix well.

Add dry ingredients, mix well and drop by the teaspoon on ungreased cookie sheet.

Bake at 400° for 15 min. or until edges turn lightly brown. Cool on wire rack.

Store in a closed container.

<http://allrecipes.com/recipe/15892/banana-oatmeal-cookie/?internalSource=hub%20recipe&referringId=17223&referringContentType=recipe%20hub&clickId=cardslot%2012>

Stay Warm,



~Tricia

Spencer's Fresh Markets
Morro Bay and Santa Maria

COOKIES AND CREAM HOT CHOCOLATE

2 cups milk (I have also used 1 cup milk and 1 cup heavy cream)

1/2 cup hot chocolate powder

4-5 oreos

whipping cream

crushed oreos for topping



1. Warm up milk and on the stove over medium low heat. Be careful not to let it boil.

2. Add the hot chocolate powder. I have used both regular hot chocolate and candy cane hot chocolate powder. The candy cane hot chocolate powder tastes like mint cookies and cream. Both are delicious!

2. Grind the Oreos up very finely in a food processor or blender.

3. Add the Oreos to the warm milk.

4. Serve with whip cream topping and Oreos crushed on the top.

<http://therecipecritic.com/2012/12/cookies-and-cream-hot-chocolate/>