

Recipes

3 Ingredient recipes

BBQ Chicken Tenders

Boneless skinless chicken

1 Cup bread crumbs

1- Cup BBQ sauce

Cut chicken into strips, dip in BBQ sauce, dip in bread crumbs and brush on more sauce. Heat in oven 375 for 20 minutes. 10 minutes each side

Peanut Butter Cookies

1- Cup peanut butter

¾ - Cup sugar

1- egg

Mix ingredients all together. Form into balls. With fork press into ball to make a crisscross shape. Place on non-stick pan 8-10 minutes at 350.

Spaghetti

2- Cups canned tomatoes

5-Tablespoons butter

1- Medium onion chopped

Salt to taste. Simmer 45 minutes. Stir time to time smashed any large chunks of tomatoes. Serve over noodles.

Nacho Cheese dip

2- 8oz cream cheese

2 – cans Hormel chili with/without beans

1- 8 oz bag Cheddar cheese

Layer cream cheese on bottom of 8x8 baking dish, cover evenly with chili then top with cheese. Place in microwave or oven till bubbly.

Crescent Dogs

8 – Hot dogs

4 – Slices cheese

1- Can crescent rolls

Slice hot dogs with ½ inch to end, insert cheese, separate dough into triangles, wrap hot dog into triangle. Place on ungreased baking sheet for 12 to 15 minutes.

4 Ingredient recipes

Home Style Potato Soup

1 can (14 ½ ounces) Chicken broth

3 medium potatoes cut into pieces

1 ½ cups milk

2 medium green onions sliced thin

Heat chicken broth and potatoes into pan over high heat until boil- reduce heat and cover/ simmer about 15 min or until potatoes are tender

remove from heat, but do not drain- break the potatoes into smaller pieces with a fork (mixture should be lumpy)

stir the milk add salt (1/4 teaspoon) /pepper (1/8 teaspoon) to taste and green onions to mixture, heat until hot

Pasta with Lemon Basil Sauce

8 ounces pasta (of your choice)

¼ cup basil

¼ Cup lemon juice

3 Tablespoons Olive oil or vegetable oil

Cook and drain pasta , return to saucepan

Add basil, lemon, and olive oil, toss until pasta is coated

Crunchy Over-Fried Chicken

- 3 pounds chicken of our choice
- ¼ Cup Margarine / butter
- 2 teaspoons paprika
- 5 Cups cornflake cereal

Heat oven to 375 melt butter in large rectangular pan. Place cornflakes, paprika, 1 teaspoon salt, ¼ teaspoon pepper in zip lock baggie and crush with hands. Dip chicken into melted butter then coat evenly on both sides with cornflake mixture. Bake uncovered for 45-60 min or until no longer pink inside

Honey Glazed Carrots

- 1 pound carrots
- 2 Tablespoons honey
- 1 Tablespoon margarine / butter

Place carrots in 1 inch of water and bring to boil, reduce heat to low cover, simmer for 10-15 min (until tender)
Add honey and butter stir until melted and carrots are glazed

Roasted Veggies

- Handful of your favorite veggies (carrots, broccoli, peppers, onions, cauliflower, asparagus, etc..)
- Handful of potatoes
- Olive oil

Seasonings of your choice (salt, pepper, rosemary, thyme, basil- as little or as much as you want)

Mix everything together, bake in pan at 425 for about 40 minutes or until veggies are as tender as you would like

For more simple recipes:

Google simple 3-4 ingredient dinners

Betty Crocker 4 ingredient dinners

Taste of Home 4 ingredient easy dinners

Café deLites- 3 ingredient pancakes

