

Five Recipes I Wonder How I Lived Without

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Roasted Red Pepper and Ham Sandwich

Ingredients:

Sourdough bread

Grated parmesan cheese

Provolone cheese

Roasted red pepper, packed in oil, sliced and drained

Deli ham

Butter the outside of two slices of sourdough bread and sprinkle a little parmesan cheese on the butter

Place provolone cheese, ham, and red peppers between slices of sourdough

Heat a skillet over medium heat and brown the sandwich on both sides until golden and cheese is melted

Recipe Source: Kroger Deli Thin Smoked Ham package

Roasted Chicken Penne

1 whole roasted chicken, store bought, with meat removed and chopped

2 Tbsp olive oil

¼ tsp red pepper flakes

1 small onion, very thinly sliced

15 oz can artichoke hearts, cut into quarters

1 red bell pepper, cored and thinly sliced

2 cups chicken broth

A few tablespoons fresh basil, chopped

1 lb penne, cooked al dente

1 tsp kosher salt

Feta cheese, crumbled

Have the chicken cut into small pieces and set aside. In a large skillet, heat the oil, add red pepper flakes and cook until fragrant. Add the onion, artichoke hearts, red bell pepper, and chicken pieces. Saute for 3-4 minutes, or until the onion is soft. Add broth, basil, penne, and salt. Cook until heated through, about 5 minutes. Place in serving bowl and sprinkle with feta cheese. Serve at once.

Recipe Source: Jenny Ricks

Truly Tropical Smoothie

½ cup frozen raspberries
1 cup pineapple (I used canned)
1 banana
½ cup water
2 cups ice

2 servings, 106 calories each

Recipe Source: *Health* magazine

Buttermilk Syrup

Mix in a saucepan, bring to a boil, and take off heat:

1 stick butter
1 C. sugar
½ cup buttermilk
1 tsp. vanilla
1 Tbls. corn syrup
1 tsp. baking soda

Recipe Source: Marilyn Anderson

Beef Stew

Combine:

1 ½ lbs beef cubed stew meat
1 12/ tsp salt
½ T basil leaf
¼ tsp pepper
4 stalks celery, sliced
4 carrots, sliced
1 onion, sliced
4 potatoes, cubed
1 can tomato soup
1 can water

Bake at 300 degrees for 3 hours, or 4-6 hours in the crock pot on high

Recipe Source: Erlene Bennion