

"Just Like the Real Thing" Low Carb Keto Lasagna

2 large eggs
 4 oz cream cheese, softened
 1/4 cup Parmesan cheese, grated
 1 1/4 cup mozzarella cheese, shredded
 1/4 tsp Italian seasoning
 1/4 tsp garlic powder
 1/4 tsp onion powder
 1 lb ground beef
 1 1/2 cups Three Cheese Marinara Sauce, divided (get the recipe here)
 3/4 cup mozzarella cheese, shredded
 6 tbsp whole milk ricotta cheese
 1 tbsp minced onion flakes (I use this brand)
 1 tsp dried oregano
 1 tsp garlic powder
 1 tsp dried basil
 1 tsp Italian seasoning

Best Ever Instant Pot Beef Stew

1 1/2 Pounds Beef Stew Meat
 1 Tablespoon Olive Oil
 1 Teaspoon Salt
 1 Teaspoon Pepper
 1 Teaspoon Italian Seasoning
 2 Tablespoons Worcestershire Sauce
 3 Cloves Garlic, Minced
 1 Large Onion, Chopped
 1 16 Ounce Bag Baby Carrots, Cut Into Slices
 1 Pound Potatoes, Cubed
 2 1/2 Cups Beef Broth
 1 10 Ounce Can Tomato Sauce
 2 Tablespoons Cornstarch
 2 Tablespoons Water

Chicken & Rice Casserole

2 cups cooked rice
 2 cups (8 ounces) shredded Monterey Jack cheese
 1 1/2 cups cooked, chopped chicken breast meat
 1 can (12 fluid ounces) Nestlé Carnation Evaporated Milk
 1/2 cup finely chopped red onion
 2 large eggs, lightly beaten
 1/4 cup finely chopped cilantro
 2 tablespoons butter or margarine, melted
 1 tablespoon diced jalapeños
 Salt

Chicken Lazone

1/2 tsp salt
 1-1/2 tsp chili powder
 1-1/2 tsp onion powder
 2 tsp garlic powder
 1/4 tsp cayenne pepper
 2 lb chicken tenders
 1/4 cup butter, divided
 2 cups heavy cream

Chili-Pasta Skillet

1 pound lean ground beef
 3/4 cup chopped onion
 1 15 ounce can red kidney beans, black beans, or red beans, rinsed and drained
 1 14 1/2 ounce can diced tomatoes, undrained
 1 8 ounce can tomato sauce
 1/2 cup dried elbow macaroni (2 ounces)
 1 4 ounce can diced green chile peppers, drained
 2 - 3 teaspoons chili powder
 1/2 teaspoon garlic salt
 1/2 cup shredded Monterey Jack or cheddar cheese (2 ounces)

Creamy Garlic Chicken Breasts

2-3 large boneless and skinless chicken breasts halved horizontally to make 4
 4 tablespoons flour (all purpose or plain)
 4 tablespoons finely grated fresh Parmesan cheese
 2 teaspoon salt

- 1 teaspoon garlic powder
- 1/2 teaspoon Black cracked pepper
- 5 tablespoons olive oil
- 2 tablespoons butter
- 1 small onion finely chopped
- 1 whole head of garlic peeled and divided into 10-12 cloves
- 1 1/4 cup chicken broth (stock)
- 1 1/4 cup half and half or heavy cream (or evaporated milk)
- 1/2 cup finely grated fresh Parmesan cheese
- 2 tablespoons fresh parsley, to serve

Pressure Cooker Mom's Classic Pot Roast with Savory Onion Gravy

- 3-4lb chuck roast *See notes for 3 pound roast
- 1 large yellow onion, chopped small, about 1 1/2 - 2 cups
- 4 whole carrots, cut into 3" sections
- 1 Tbl minced garlic, fresh
- 3 cups beef stock
- 2 Tbl Worcestershire sauce
- 2 tsp kosher salt
- 1 tsp black pepper
- 1 Tbl parsley, dried
- 1 tsp thyme, dried
- 1 Tbl olive oil
- 2 Tbl corn starch
- 2 Tbl water

Spinach Stuffed Chicken Breasts

- 3 chicken breasts
- 8 oz chopped frozen spinach, cooked according to package directions and squeezed dry.
- 3 oz feta, crumbled (about 1/2 cup)
- 4 oz cream cheese
- 1 clove garlic, diced
- 1/4 teaspoon salt, divided
- 1/8 teaspoon pepper
- 1 tablespoon olive oil

Undone Stuffed Pepper Casserole

- 1 lb. lean ground beef
- 2 green peppers, coarsely chopped
- 3 cloves garlic, minced
- 2 cups cooked long-grain white rice
- 1 jar (24 oz.) Traditional Pasta Sauce
- 1-1/2 cups Shredded Italian Five Cheese