

Families with Grace





# ABO John

**Stacey A. Shannon** is a freelance journalist and blogger at Families with Grace. She is passionate about sharing practical and spiritual tips for families to create homes filled with grace, love and faith.

Food is my love language. Well, food and words of affirmation. I love food, and I enjoy making food for friends and family. But I've not always been great in the kitchen.

My husband and I got married when I was 20 years old, and I only knew how to do a bit of baking, make hamburgers and cook pot roast. My husband doesn't like hamburgers or pot roast. We ate a lot of hot dogs in those early days. Once I even messed up Hamburger Helper so badly we went to McDonald's.

I have come a LONG way in the past couple of decades. Now I enjoy both cooking and baking. I love to try new recipes and share a recipe or something food related each Tuesday on the blog for what I call Tasty Tuesday.

This cookbook is filled with some of my most popular recipes as well as some bonuses to help you stay organized and meal plan for your family.

You can find even more recipes and meal planning resources on the blog.

Find Families with Grace online!

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### Over Baked OAT & HONEY GRANOLA

Better than what you can buy at the store!

PREP TIME TOTAL TIME

5 min 20 min 25 min

### **INGREDIENTS**

- 2 cups oats (quick-cooking or old-fashioned; I prefer quick-cooking because they're smaller)
- 1/3 cup honey
- 1/3 cup vegetable oil
- pinch of salt
- 1 teaspoon vanilla extract
- 2 tablespoons brown sugar
- 1 teaspoon water

### **DIRECTIONS**

- 1. Preheat oven to 350-degrees.
- 2. Combine all the ingredients in a bowl and mix them together. The mixture will be sort of clumpy and wet without being soaking.
- 3. Line a baking sheet with parchment paper or non-stick aluminum foil.
- 4. Spread the granola mixture out in a thin layer all over the pan.
- 5. Bake it in the oven for 10 minutes, then stir it around and press it back into the same thin layer as before.
- 6. Bake for 10 to 12 more minutes until it's a lovely golden brown with crispy edges. Once cooled, break into whatever size pieces you want and store in an airtight container or zip-top bag.

#### **NOTES**

This granola is great for breakfast, snacks and dessert!







### 2-Ingredient MEATBALL POCKETS

A super simple, warm appetizer

PREP TIME TOTAL TIME

15 10 25 min

### **INGREDIENTS**

- 1 can of crescent rolls
- 16 Frozen homestyle meatballs (or other flavor of your choice)
- · Marinara or pizza sauce, if desired

### **DIRECTIONS**

- 1. Preheat the oven according to the directions on the crescent rolls.
- 2. Thaw the frozen meatballs in the microwave on the thaw setting or at 50% power.
- 3. Open the can of crescent rolls and unroll the dough. Gently pull it apart at the perforations to form eight triangles.
- 4. Use a sharp knife to cut each triangle in half.
- 5. Put a meatball in the center of each triangle of crescent roll dough and pinch the dough all around the meatball.
- 6. Place the meatball pockets 2 inches apart on a baking sheet that is lined with parchment paper or ungreased.
- 7. Bake in the oven for 9 to 12 minutes until the crescent roll dough is golden brown.
- 8. Serve warm with marinara or pizza sauce if desired. Refrigerate any leftovers.

### NOTES

This is a great appetizer, game-time snack or even main dish!







## PB Honey Mut CEREAL CLUSTERS

All you need is a microwave for these tasty treats!



### **INGREDIENTS**

- 1/4-cup honey
- 1/2-cup peanut butter
- 2 cups honey nut Os cereal

### **DIRECTIONS**

- 1. Put the honey and peanut butter in a microwave-safe mixing bowl.
- 2. Heat on high for 30 seconds. Shake around or stir a bit. Heat for another 30 seconds.
- 3. Stir well and then add the cereal and stir gently to coat.
- 4. Put small clusters out on parchment paper. Let them cool about 30 minutes and then enjoy. Store them in an airtight container or zip-top bag.

#### **NOTES**

This is a great recipe to make with kids because it's simple and only requires use of the microwave.







### Super Simple **BLT PIZZA**

Enjoy as an appetizer, main dish or snack!

**PREP** TIME

COOK TIME

SERVINGS

### **INGREDIENTS**

- 2 cans crescent rolls
- 1/2 cup mayonnaise
- 1/4 cup honey mustard
- 3/4 cup shredded cheddar cheese
- 1-1/2 cups shredded lettuce
- 6 to 8 slices of bacon, cooked and crumbled
- Diced tomato

- 1. Preheat the oven according to the temperature directions on the crescent roll packages.
- 2. Line a cookie sheet with parchment paper.
- 3. Open the crescent rolls and spread them out onto the cookie sheet. Use your fingers or rolling pin to press the seams together and make one large sheet of crescent roll dough.
- 4. Bake the crescent roll dough in the oven according to the directions on the packages or until light golden brown.
- 5. When the crescent crust is finished baking, remove it from the oven and let it cool on the pan for 3 to 5 minutes. After that, gently pull it on the parchment paper over to a flat cutting board.
- 6. Spread the mayonnaise and honey mustard evenly over the crust. (Use more or less to your own taste.)
- 7. Top with the shredded lettuce, shredded cheese, crumbled bacon and diced tomato.
- 8. Use a pizza cutter to cut into slices and serve.

Main







### Sow Cooper POTATO SOUP

This soup is so easy and feeds a crowd!

PREP COOK TIME

10 5 hours

SERVINGS

JO

bowls

### **INGREDIENTS**

- 1 (30 oz.) bag frozen hash-brown potatoes (I use the squared, southern style)
- 2 (14 oz.) cans chicken broth (regular or lowsodium)
- 1 (10.75 oz.) can cream of potato soup
- 1/4 tsp. ground black pepper
- 1/4 tsp. onion powder, if desired
- 1 (8 oz.) block cream cheese (very softened)
- · Chopped scallions (green onion), if desired

### **DIRECTIONS**

- 1. In a slow cooker, combine potatoes, broth, soup and pepper. (Honestly, I don't usually measure the pepper. I just do a few turns on the pepper grinder and call it good.) Add a dash of onion powder, if desired.
- 2. Cover, and cook on low for 4 hours.
- 3. Stir in cream cheese, cook another 45 minutes to 1 hour, stirring occasionally, until combined.
- 4. Top each bowl with shredded cheese and bacon bits (or crispy bacon). Add some chopped scallions, if desired. Enjoy!

#### **NOTES**

If your slow cooker is large enough, you can double this recipe to feed even more people! (It easily fits in my 6-quart slow cooker.)









This soup is so easy and feeds a crowd!

### **INGREDIENTS**

- Sub buns
- Non-stick cooking spray
- Pizza sauce (jarred or your own; I use jarred)
- Italian blend or mozzarella shredded cheese
- Pepperoni, shaved ham, hamburger, onions, green peppers, mushrooms — whatever you like on pizza

- 1. Preheat the oven to 450-degrees.
- 2. Split the sub buns in half and place them on a cookie sheet. (I line mine with Reynold's non-stick aluminum foil to make clean up easier because I always spill cheese onto the pan.)
- 3. Spray the top of the sub buns generously with non-stick cooking spray.
- 4. Stick the buns into the preheated oven for about five minutes. The bread should just be starting to be lightly golden around the edges and feel lightly toasted to the touch.
- 5. Cover with pizza sauce, cheese and desired toppings.
- 6. Put the subs back in the hot oven for 8 to 10 minutes until the cheese is melted. (Sometimes for the last minute or two, I turn the broiler on low to get them good and toasting on top, but the recipe works just fine without using the broiler as well.)
- 7. Serve as an open-face or closed sandwich.







### Ore Pan

### STUFFED PEPPERS SKILLET

With Mexican flavors, this one-pan dish will be a hit!

PREP COOK SERVINGS
TIME 20
min people

### **INGREDIENTS**

- 1 bell pepper any color
- 1-1/2 tablespoons olive or vegetable oil
- 1/2 to 1 pound ground pork, turkey or beef (Tofu also works!)
- · 1 tablespoon taco seasoning
- · 3 cups spinach
- 1 cup frozen corn
- 1/2 cup fire-roasted tomatoes
- 1 box Mexican or Spanish rice

- 1. Dice your bell pepper; set it aside.
- 2. Check the directions on your rice box and start the rice, so it has time to cook.
- 3. Put a drizzle (about 1/2 tablespoon) of vegetable oil in a medium skillet over medium-high heat. Add your protein; crumble and cook through.
- 4. Add taco seasoning and let it simmer for 2 to 3 minutes.
- 5. While the protein cooks, puree that fire roasted tomatoes if preferred.
- 6. Put the bell pepper, spinach, corn and fire-roasted tomatoes into the pan with the protein. If you prefer to keep them separate, then move the protein to another container and use the skillet the meat cooked in to add the veggies. Put 1 tablespoon of oil into the skillet and then add the veggies.
- 7. Cook the vegetables for 5 minutes on medium heat; reduce heat to simmer for 3 to 5 more minutes until the vegetables are tender. (If you are cooking the veggies separately and they seem dry, add up to 3 tablespoons of water, one at a time, until they are moist.)
- 8. Serve with the rice.







### Over baked

### HAM AND PINEAPPLE SLIDERS

Easily feed a crowd with these delicious sliders

PREP TIME COOK TIME

20 min

SERVINGS

people

### **INGREDIENTS**

- 1 pound ham
- 12 Hawaiian rolls
- 18.25 oz. canned pineapple drained
- 8 oz. mild cheddar cheese slices
- 6 tablespoons mayonnaise (or Miracle Whip)
- · 6 teaspoons honey mustard
- · 3 tablespoons butter melted
- 1/4 teaspoon garlic powder
- 1/2 teaspoon onion powder (dried minced onion also works)

### **DIRECTIONS**

- 1. Preheat the oven to 350-degrees. Spray a 9×13 baking dish with non-stick cooking spray.
- 2. Cut the Hawaiian rolls in half through the middle to turn them into slider buns. Put the bottom half of the rolls into the baking dish; set aside the tops for now.
- 3. Dollop the mayonnaise and honey mustard onto the buns in the baking dish. Smear the mayo and honey mustard evenly over the buns.
- 4. Layer the cheese, ham and pineapple on top of the prepared bottoms.
- 5. Put the top of the rolls on.
- 6. Melt the butter and then add in the garlic powder and onion salt. Mix it well and then brush the butter mixture over the top of the sliders.
- 7. Bake the sliders for 20 minutes until the tops are browned and the cheese is melted.

### NOTES

I often double this recipe and use 24 rolls to serve more people!







## Over Baked QUESADILLAS

Easily customize these quesadillas for your family!

PREP COOK TOTAL TIME

15 12 27/min min

### **INGREDIENTS**

- Flour or wheat tortilla shells (soft taco or burrito size, depending on how big you want your quesadillas to be), 2 per quesadilla
- Spray margarine (can also use melted margarine or butter or, in a pinch, non-stick cooking spray)
- Shredded Mexican blend cheese
- Shredded Italian blend cheese
- Quesadilla fillings, such as bacon, chicken, ground beef, steak, onions, peppers, tomatoes, etc.

- 1. Preheat the oven to 400-degrees.
- Prepare baking sheets with non-stick cooking spray or line them with parchment paper or silicone baking mats.
- 3. Get out one tortilla shells per quesadilla. Cover on side of it with the margarine or butter.
- 4. Please the shells buttered side down onto your prepared baking sheet(s).
- 5. Put your filling ingredients onto the top of the shells. Top them with cheese.
- 6. Then add whatever ingredients your family prefers.
- 7. Place another tortilla on top. Lightly cover it with margarine or butter, just as you did the bottom shells.
- 8. Place into your preheated oven for 6 minutes.
- 9. Pull out the quesadillas and carefully flip them over.
- 10. Bake for 6 more minutes or until the edges are a nice golden brown.
- 11. Use a pizza cutter or sharp knife to slice and serve hot. We usually serve ours with sour cream because we love it!







### Over Baked PECAN CHICKEN

Easily customize these quesadillas for your family!

PRFP TIME

COOK TIME



### **INGREDIENTS**

- 4 chicken breasts (about 5 ounces each)
- · 2/3 cup chopped pecans
- 2 tablespoons butter
- 1/2 cup Panko (I used Panko seasoned)
- 1 teaspoon Montreal steak seasoning or salt and pepper
- · 4 teaspoons honey mustard salad dressing (or mix 4 tablespoons mayonnaise, 4 teaspoons honey and 4 teaspoons Dijon or yellow mustard together)

- 1. Preheat your oven to 450-degrees (F) with the rack placed in the center.
- 2. If you are using pecan pieces, skip to the next step. Otherwise, use a knife, your fingers or a food processor to break your pecans into pieces.
- 3. Melt the 2 tablespoons of butter in the microwave.
- 4. Stir the pecans, Panko and some salt and pepper into the butter. Set it aside.
- 5. Use your hand or a meat mallet to pound your chicken to the approximately same thickness.
- 6. Pat the chicken dry with paper towels then place each chicken breast on a baking sheet liberally sprayed with non-stick cooking spray or lined with either parchment paper or non-stick aluminum foil.
- 7. Season the top of the chicken with the Montreal steak seasoning by spreading the 1 teaspoon among the four chicken breasts.
- 8. Spread about 1 teaspoon of honey mustard on top of each chicken breast.
- 9. Mound the pecan mixture on top of each chicken breast and press down gently so the mixture sticks.
- 10. Place the chicken in the preheated oven and bake for 15 to 20 minutes until the crust is browned and the inside center of the chicken is at least 165-degrees (F).







## Neekright TACO SOUP

This soup is a great way to get in taco flavors!

PREP TIME

15
min

COOK TIME

SERVINGS

### **INGREDIENTS**

- 1 pound ground beef
- 115 oz. can tomato sauce
- 115 oz. can black beans drained
- 115 oz. can whole kernel corn drained
- 110-oz. can red enchilada sauce
- 1/2 envelope (0.5 oz.) chili seasoning mix
- 1/2 cup shredded cheddar cheese for topping
- 1/2 cup sour cream for topping

### **DIRECTIONS**

- 1. Cook the ground beef in a large skillet or a pot. Crumble and chop it well. When it is browned, drain the excess fat and return to the same skillet or pot.
- 2. Add in the tomato sauce, black beans (unless you are serving them on the side), corn, enchilada sauce and chili seasoning mix.
- 3. Bring the taco soup to a boil, then reduce the heat and simmer for 10 minutes.
- 4. Serve in bowls topped with shredded cheese and sour cream. (This pairs well with corn chips or tortilla chips for dipping and scooping!)

#### NOTES

You can serve this over the top of corn chips, but we like them on the side better for easy dipping and no sogginess!

Sweets







### 4-Ingredient WHIPPED PUDDING PIE

A light, no-bake dessert you can whip up in minutes!

PREP TIME

CHILL TIME 6)(0

SFRVINGS



### **INGREDIENTS**

- 1 box instant pudding (any flavor and sugar-free works perfectly fine!)
- 2 cups milk
- 1 graham cracker pie crust
- 1 (8-oz.) tub of whipped topping (sugar-free works perfectly fine!

### **DIRECTIONS**

- 1. Whisk the pudding with the milk, according to the directions on the package.
- 2. Pour half of the pudding mix into the prepared pie crust.
- 3. Fold half of the whipped topping into the remaining pudding mix. Pour that mixture over top of the pudding mix in the crust.
- 4. Refrigerate for an hour.
- 5. Top with the remaining whipped topping and serve.
- 6. Refrigerate any leftovers.

#### NOTES

This is my most popular recipe that can truly be customized to any flavor you like. Try cookies and cream pudding with crushed cookies on top!







## Soft and Creamy PEANUT BUTTER COOKIES

These soft cookies use ingredients you have on hand!



### **INGREDIENTS**

- 1/2 cup butter or margarine, mostly melted (softened if you like your cookies thicker and fluffier)
- 1/2 cup sugar
- 1/2 cup packed brown sugar
- 1/2 cup peanut butter
- legg
- 1/2 teaspoon vanilla extract
- 1-1/4 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- Additional sugar

- 1. Preheat the oven to 325-degrees.
- 2. In a mixing bowl, cream the butter and sugars together.
- 3. Add the peanut butter, egg and vanilla; beat until smooth.
- 4. In a separate bowl, combine the flour, baking soda and baking powder. Add gradually to the creamed mixture and mix well.
- 5. Chill the dough for at least 1 hour in the refrigerator. (You can skip this step if you are short on time, just know that it will make the dough stickier to work with.)
- 6. Shape the chilled dough into 1-inch balls and place them 2-inches apart on an un-greased baking sheet.
- 7. Flatten each ball by crisscrossing it with the tines of a fork dipper in sugar.
- 8. Bake at 325-degrees for 10-12 minutes until slightly golden.
- 9. Remove and cool on the baking sheet for 1-2 minutes (until the "poofiness" is gone) before placing the cookies on a cooling rack to finish cooling completely. (The cooling rack helps these peanut butter cookies maintain a bit of a crunch on the outside.)
- 10. Store flat in a sealed container.







# 2-ingredient, no-bake BUTTERSCOTCH HAYSTACKS

One of the easiest recipes you'll ever make!

PREP COOL TIME

10 min 15 min

### **INGREDIENTS**

- 111-ounce bag of butterscotch chips
- 3 to 3-1/2 cups of chow mein noodles

### **DIRECTIONS**

- 1. Pour the butterscotch chips into a microwaveable bowl.
- 2. Heat the chips in 30-second increments in the microwave, stirring after each 30 seconds.
- 3. Once the chips are melted and smooth, pour the chow mein noodles into the melted butterscotch about 1 cup at a time. Gently stir to cover the noodles in butterscotch.
- 4. Place parchment paper or wax paper on the counter. Dole out the mixture one heaping tablespoon at a time to form the haystacks.
- 5. Let them cool and harden. Enjoy!

#### **NOTES**

These make a great addition to your holiday baking gifts to friends and family!







# Super Fasy MINT CHOCOLATE CHIP MOUSSE

A minty fresh mousse that comes together in minutes!



### **INGREDIENTS**

- 1 jar marshmallow creme (7 oz.)
- 1 container heavy whipping cream (16 oz.)
- 1/4 cup milk
- 1/2 teaspoon mint or peppermint extract
- 3/4 cup mini semi-sweet chocolate chips
- Green food coloring, optional

### **DIRECTIONS**

- 1. Pour the heavy whipping cream into a mixing bowl. Using a mixer with the whisk attachment(s), beat the whipping cream until soft peaks form.
- 2.In a separate bowl, combine the marshmallow cream, milk, mint extract and food coloring (if desired). Stir until combined.
- 3. Fold the whipping cream into the marshmallow cream mixture.
- 4. Gently stir in the chocolate chips.
- 5. Store covered in the refrigerator until serving. For a firmer consistency, store in the freezer. Keep all leftovers in the refrigerator or freezer.

#### **NOTES**

Your friends and family will be impressed with this mousse. You don't have to tell them how easy it is to make!







### Flowr Joriyla BAKED SOPAPILLAS

A great ending to taco night!

PREP COOK TIME SERVINGS

5 min min people

### **INGREDIENTS**

- 4 flour tortillas taco size
- 3 tablespoons butter melted
- 4 tablespoons cinnamon sugar (or mix 1/2 cup sugar with 2 tablespoons ground cinnamon)
- Optional toppings: whipped cream, cherries, chocolate sauce, honey and/or vanilla ice cream

### **DIRECTIONS**

- 1. Preheat the oven to 400-degrees.
- 2. Place 4 tortillas on a baking sheet(s) lined with non-stick aluminum foil or parchment paper. (Or at least sprayed with non-stick cooking spray.)
- 3. Brush each tortilla with butter.
- 4. Sprinkle the tortillas with the cinnamon sugar, about 1 tablespoon per tortilla. If needed, use your clean fingers or a spoon to make sure the cinnamon sugar is spread over the tortilla.
- 5. Put the tortillas in the oven for 8 minutes until golden brown and crispy.
- 6. Serve topped with whipped cream, cherries, chocolate sauce, vanilla ice cream and/or honey, if desired. Enjoy!

#### **NOTES**

My daughter came up with this recipe when she was 12. It's super easy and delicious. Let your kids have fun with the toppings!







## TOFFEE COOKIES

These cookies will become your most requested ones!

PRFP TIME

COOK TIME

SFRVINGS

### **INGREDIENTS**

- 2-1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 (1 stick) cup butter or margarine, mostly melted
- 3/4 cup granulated sugar
- 3/4 cup packed light brown sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 12 oz. Heath Bits O' Brickle toffee bits (1-1/2 bags)

- 1. Heat oven to 350-degrees and lightly grease cookie sheet or line with parchment paper.
- 2. Stir together flour, baking soda and salt.
- 3. In a large bowl, beat butter or margarine, granulated sugar, brown sugar and vanilla until well blended.
- 4. Add eggs and beat well.
- 5. Gradually add flour mixture, beating until well blended.
- 6. Stir in toffee chips.
- 7. Drop by rounded teaspoon onto prepared cookie sheet.
- 8. Bake 9 11 minutes until lightly browned. Cool for 1 to 2 minutes on the cookie sheet then remove to a wire rack to cool completely.







### 4-Ingredient COOKIE ICE CREAM CAKE

This decadent ice cream cake is easy and sure to become a family favorite!

PREP TIME

CHILL

SERVINGS

20 min

]O people

### **INGREDIENTS**

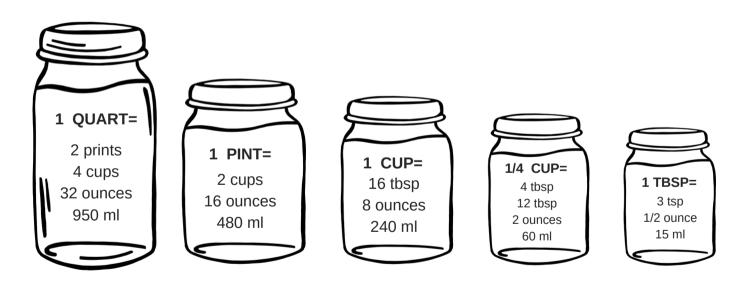
- 1 package Oreos, regular or Double Stuf
- 11.5 quart vanilla ice cream
- 111.5 12.8 oz. jar hot fudge sundae sauce
- 18 oz. container whipped topping

- 1. Thaw the whipped topping and soften the ice cream by setting it on the counter or using the microwave.
- 2. Cover the bottom of a 9×13 or 3-quart oblong baking dish with Oreo cookies.
- 3. Use the bottom of a glass to press on the cookies and break them into large chunks. Make sure the bottom of the pan is fully covered with cookie pieces.
- 4. Dollop the softened ice cream in large globs over the top of the cookies. Use a spoon or spatula to spread the ice cream out evenly.
- 5. Put the ice cream cake in the freezer for about 10 minutes to harden a bit.
- 6.In the meantime, heat the hot fudge sundae sauce. It doesn't need to be as hot as for a sundae, but it does need to be hot enough to be pourable. I suggest removing the lid and heating it in the microwave for 30 seconds.
- 7. Pour the hot fudge sauce evenly over the top of the ice cream layer. It won't cover the ice cream completely,
- 8. Return the Oreo ice cream cake to the freezer for 10-15 minutes.
- 9. Dollop the whipped topping to make the top layer.

  Spread it gently and evenly over the fudge layer.
- 10. Serve immediately or place in the freezer. Let the cake thaw 10 to 15 minutes before cutting to serve.



LIQUID MEASUREMENT CONVERSIONS				
Cups	Tablespoon	Teaspoons	Milliliters	
		1 tsp	5 ml	
1/16 cup	1 tbsp	3 tsp	15 ml	
1/8 cup	2 tbsp	6 tsp	30 ml	
1/4 cup	4 tbsp	12 tsp	60 ml	
1/3 cup	5 1/3 tbsp	16 tsp	80 ml	
1/2 cup	8 tbsp	24 tsp	120 ml	
2/3 cup	10 2/3 tbsp	32 tsp	160 ml	
3/4 cup	12 tbsp	36 tsp	180 ml	
1 cup	16 tbsp	48 tsp	240 ml	



#### **COOKING TEMPERATURE CONVERSIONS**

Celsius/Centigrade  $F=(C \times 1.8) + 32$ 

Fahrenheit  $C= (F-32) \times 0.5556$ 

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# weeky MEAL PLAN

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NOM	breakfast ideas
TUES	
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**BREAKFAST:** 

LUNCH:

**DINNER:** 

**SNACKS** 

**BREAKFAST:** 

LUNCH:

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**BREAKFAST:** 

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DINNER:

**BREAKFAST:** 

LUNCH:

**DINNER:** 

THIS WEEK:



INGREDIENTS ON HAND	INGREDIENTS TO BUY	

Week of\_ Mon. July. Dinner Dinner Thurs. Wed. Fri. Dinner Dinner Dinner Dinner Dinner

