

# FOOD FUN

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4 - H W Y O M I N G

## KITCHEN TIP: BAKE BACON!



Instead of frying, bake your bacon! Lay strips on a foil-lined baking sheet and bake at 350°F for 15-20 minutes. Prepared this way, the pan cleans easily, and there are no splatters on your stove-top.

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## FAMILY ACTIVITY: BE PLAYFUL!

1. Put together a puzzle.
2. Play Jenga.
3. Go for a walk.
4. Play Scrabble and build your vocabulary.
5. Play a card game: Crazy 8's, Go Fish, Slap Jack, UNO, or another family favorite.



# Sautéed Green Beans

**TOTAL TIME: 10 minutes** (Prep: 5 minutes, Cook: 5 minutes)

**YIELD:** 4 Servings

This sautéed green bean recipe is a quick and easy way to cook fresh green beans, and it's ready in just 10 minutes. It can easily be jazzed up with some onions, fresh garlic, or mushrooms — let your imagination run wild! This recipe also works well with fresh asparagus.



## INGREDIENTS

- \_ 1 ½ tablespoons olive oil
- \_ ¾ pound fresh green beans, trimmed
- \_ ½ teaspoon onion salt
- \_ ½ teaspoon garlic salt
- \_ ½ teaspoon garlic powder
- \_ freshly ground pepper to taste

## DIRECTIONS

- 1.** Gather all ingredients.
- 2.** Heat olive oil in a skillet over medium heat.
- 3.** Add green beans, onion salt, garlic salt, garlic powder, and black pepper to skillet.
- 4.** Cook and stir until desired tenderness is reached, 5 to 10 minutes.
- 5.** Serve hot and enjoy!

## NUTRITION FACTS

Calories: 74 | Total Fat: 5g | Saturated Fat: 1g | Sodium: 459mg  
Total Carbohydrate: 7g | Dietary Fiber: 3g | Total Sugars: 1g  
Protein: 2g | Vitamin C: 14mg | Calcium: 34mg | Iron: 1mg  
Potassium: 187mg



# Easy Beef Stroganoff

**TOTAL TIME: 25 minutes** (Prep: 5 minutes, Cook: 20 minutes)

**YIELD:** 8 Servings

The sauce in this stroganoff recipe is loaded with mushrooms, onions, and ground beef. It's easy to make and reheats well. This recipe is a favorite in our house!



## INGREDIENTS

- \_ 4 tablespoons butter, divided
- \_ 6 ounces fresh mushrooms, sliced
- \_ 1 medium onion, chopped
- \_ 1 (12 ounce) package egg noodles
- \_ 2 pounds lean ground beef
- \_ ¼ cup all-purpose flour
- \_ 2 cups beef broth
- \_ 1 cup sour cream
- \_ salt and black pepper to taste

## DIRECTIONS

- 1.** Gather all ingredients.
- 2.** Melt 2 tablespoons butter in a large skillet over medium heat. Add mushrooms and onion; cook and stir until soft, about 5 minutes. Transfer to a bowl; do not clean the skillet.
- 3.** Fill a large pot with lightly salted water and bring to a rapid boil. Cook egg noodles at a boil until tender yet firm to the bite, 7 to 9 minutes. Drain.
- 4.** While the noodles are cooking, melt remaining 2 tablespoons butter in the skillet over medium heat. Add ground beef and sauté until browned and crumbly, 7 to 9 minutes.
- 5.** Mix in flour and cook for 1 minute.
- 6.** Stir in broth and cook until slightly thickened, 2 to 4 minutes.
- 7.** Add mushroom mixture, then stir in sour cream, salt, and pepper. Cook, stirring occasionally until sauce is hot, 2 to 3 minutes; do not boil.

## NUTRITION FACTS

Calories: 602 | Total Fat: 37g | Saturated Fat: 17g  
Cholesterol: 148mg | Sodium: 633mg | Total Carbohydrate: 36g  
Dietary Fiber: 2g | Total Sugars: 2g | Protein: 29g  
Vitamin C: 2mg | Calcium: 67mg | Iron: 4mg | Potassium: 566mg





# Advanced Beef Stroganoff



**TOTAL TIME: 30 minutes** (Prep: 10 minutes, Cook: 20 minutes)  
**YIELD:** 4 Servings

This beef stroganoff recipe is comfort food at its finest. Indulge in juicy strips of steak slathered in creamy mushroom sauce. While extravagant in taste, this satisfying meal will serve your whole family in 40 minutes or less.

## INGREDIENTS

- \_ 12 ounces egg noodles (340g)
- \_ ¾ cup sour cream (180g)
- \_ 1½ tablespoons Worcestershire sauce
- \_ 1 teaspoon Dijon mustard
- \_ ¾ teaspoon salt
- \_ ½ teaspoon black pepper
- \_ 1 tablespoon olive oil
- \_ 1 pound sirloin steak thinly sliced (450g)
- \_ 2 tablespoons unsalted butter
- \_ 8 ounces mushrooms sliced (225g)
- \_ 1 medium onion sliced (212g)
- \_ 2 garlic cloves minced
- \_ 2 tablespoons all-purpose flour
- \_ 1½ cups beef broth (360mL)
- \_ Chopped fresh chives for serving

## Equipment

- \_ Large Pot
- \_ Large skillet

## DIRECTIONS

- 1.** Bring a large pot of salted water to a boil. Cook the egg noodles according to the package directions. Drain when tender.
- 2.** While the noodles are cooking, in a small mixing bowl, combine the sour cream, Worcestershire sauce, mustard, salt, and pepper. Set aside.
- 3.** Heat the oil in a large skillet over medium-high heat. Working in batches, place the beef slices in a single layer in the skillet. Sear for about 1 minute on each side. Remove from the skillet.
- 4.** Reduce the heat to medium and add the butter to the skillet swirling until melted.
- 5.** Add the mushrooms and onions. Cook, stirring frequently until the vegetables are tender and browned, 7 to 8 minutes. Add the garlic and cook for 1 minute. Add the flour and cook for 1 minute, stirring constantly.
- 6.** Slowly stir in the beef broth and bring the mixture to a boil. Reduce the heat to low, and simmer for 2 minutes or until thickened.
- 7.** Whisk 2 tablespoons of the hot beef broth mixture into the sour cream mixture. (This will temper the sour cream so it doesn't curdle.) Add the sour cream mixture to the skillet and continue stirring until the sauce is creamy and fully combined.
- 8.** Return the beef to the skillet and simmer until beef is heated through, about 1 minute. Serve immediately over the cooked egg noodles. Garnish with chives, if desired.

## NUTRITION FACTS

Calories: 698kcal | Carbohydrates: 72g | Protein: 42g | Fat: 27g | Saturated Fat: 12g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 9g | Trans Fat: 0.3g | Cholesterol: 181mg | Sodium: 968mg | Potassium: 986mg | Fiber: 4g | Sugar: 6g | Vitamin A: 504IU | Vitamin C: 5mg | Calcium: 132mg | Iron: 5mg

*Recipe source: John Kanell, Preppy Kitchen*  
[www.preppykitchen.com/beef-stroganoff/](http://www.preppykitchen.com/beef-stroganoff/)



# Advanced Beef Stroganoff



## **NOTES**

- Freeze the steak just until firm. Freezing the whole steak for 15 minutes firms the meat up, making it easier to slice thinly. A sharp knife helps too!
- Quickly sear the beef. Before putting the meat in the skillet, ensure the oil is hot and sizzling. Don't continuously flip the steak; leave it to sear on one side for 30 seconds before flipping. Even if the meat is still pink inside, don't worry because it will continue to cook later in the recipe. A quick sear works best for optimal flavor and creates juicy and tender strips of beef.
- Don't curdle the cream. An important step is to add some hot beef broth to the sour cream mixture to help temper the sauce before fully combining. Also, be sure to thoroughly heat the combined sauces without bringing them to a boil. Both steps make it less likely to curdle.
- Optional: Ground beef stroganoff recipe. If you have ground beef on hand that you'd like to substitute for an even more low-maintenance meal, use 1 pound of it in place of the steak, and use the same recipe steps, cooking and crumbling the beef until cooked through instead of just searing it. I recommend using 90% lean beef, but if the fat content is higher, just brown and strain the fat.
- Optional variations. This meal is traditionally served with egg noodles but it also tastes delicious with a variety of other foods, like a bed of warm mashed potatoes or instant pot brown rice.



# Classic Apple Crisp



**TOTAL TIME: 1 hour, 5 minutes** (Prep: 15 minutes, Cook: 45 minutes)  
**YIELD:** 8-10 Servings

This classic apple crisp combines warm gooey cinnamon apples with a buttery brown sugar oat topping. See recipe notes for make ahead & freezing instructions.

## INGREDIENTS

### Filling

- 8 medium peeled apples, cut into 1-inch chunks that are 1/4 - 1/2 inch thick (about 10 cups, or 1200g, chunks)
- 1/2 cup (100g) packed light or dark brown sugar
- 1/4 cup (31g) all-purpose flour
- 1 teaspoon pure vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt

### Topping

- 3/4 cup (94g) all-purpose flour
- 3/4 cup (150g) packed light or dark brown sugar
- 1 teaspoon ground cinnamon
- 1/2 cup (8 Tbsp; 113g) unsalted butter, cold and cubed
- 1 cup (85g) old-fashioned whole rolled oats
- **optional:** salted caramel and vanilla ice cream for serving

## NOTES

- **Make Ahead & Freezing Instructions:** Baked and cooled crisp freezes well for up to 3 months. Thaw overnight in the refrigerator, then bake (covered) in a 350°F (177°C) oven for 30 minutes or until heated through. You can prepare the crisp through step 3, then cover and refrigerate for up to 1 day before baking. You can also freeze the unbaked crisp for up to 3 months. Allow to thaw overnight in the refrigerator, then continue with step 4. Bake time will be a little longer since the crisp will be cold.
- **Special Tools:** 9×13-inch Baking Pan | Vegetable Peeler | Glass Mixing Bowl | Whisk | Pastry Cutter | Cooling Rack
- **Apples:** Visit the blog for a list of the best apples for baking. An equal mix of Granny Smith and Jazz or Pink Lady is my favorite for apple crisp.
- **Oats:** Whole oats are best, but you can use quick oats if needed. The crumble topping will just be a little more powdery. (Don't be tempted to reduce the flour, though- the topping may turn out greasy.) Use a 1:1 swap from whole oats to quick oats. For an oat-less topping, visit [www.sallysbakingaddiction.com/apple-crisp/](http://www.sallysbakingaddiction.com/apple-crisp/)
- **Nuts:** Feel free to add 1 cup of chopped pecans or walnuts to the crisp topping. Stir into the mixture when you add the oats.
- **Half Recipe:** You can easily halve this recipe by halving all of the ingredients and baking in a 9-inch square or 9-inch round baking dish/pie dish. Reduce bake time to about 30-35 minutes.

## DIRECTIONS

- 1.** Preheat oven to 350°F (177°C). Lightly grease a 9×13-inch baking pan. Any 3.5-4-quart baking dish works.
- 2.** Mix all of the filling ingredients together in a large bowl, then spread into the baking pan.
- 3.** Make the topping: Whisk the flour, brown sugar, and cinnamon together in a medium bowl. Cut in the butter using a pastry cutter or fork until the mixture becomes super crumbly. Stir in the oats. Sprinkle over filling.
- 4.** Bake for 45 minutes or until the topping is golden brown and the fruit juices are bubbling around the edges. Remove from the oven, place on a wire rack, and allow to cool for at least 5 minutes before serving. Serve warm, room temperature, or cold; plain or with salted caramel and/or vanilla ice cream.
- 5.** Cover leftovers and store in the refrigerator for up to 5 days.

Recipe source: [www.sallysbakingaddiction.com/apple-crisp/](http://www.sallysbakingaddiction.com/apple-crisp/)





