

## Creamy Macaroni & Broccoli Soup

Makes 12 servings

### Ingredients

- 3 cups elbow macaroni noodles
- 1 bunch fresh chives
- 4 tbsp butter
- 2 tbsp Dijon mustard
- 1 cooking onion, chopped
- 3 L 35% cream
- 2 red peppers, chopped
- 2 heads broccoli, cut into pieces
- 1/2 cup corn starch
- 3 1/2 cups shredded sharp cheddar cheese
- 1/2 L water
- 2/3 cup chicken stock concentrated
- Salt & pepper
- 2 tsp garlic powder

### Directions

1. Heat a pot of water to boiling and cook pasta until about 75% cooked. Strain and set aside.
2. In a frying pan, add 4 tbsp butter and heat until sizzling. Add chopped onions, peppers, mustard and garlic powder. Once sautéed, add 3 Litres of 35% cream and half the amount of water. Add chicken stock and chopped broccoli. Let this reach a boil. Cook for about 3 minutes (until broccoli is tender).
3. Add salt and pepper to taste. In a small dish, combine corn starch and equal water, mix into a slurry.
4. While your soup is simmering, slowly stir in the slurry and watch as it thickens. You want it to have consistency but not be thick. Once your soup has thickened, slowly add cheese in and stir as it melts. Once finished, stir in your cooked pasta thoroughly.
5. Top with fresh chopped chives and Serve!

## Sweet Potato & Kale Grilled Cheese with Balsamic Glaze – BITES

Makes 12 servings

### Ingredients

- 2 French baguettes (skinny ones)
- 4 sweet potatoes
- Butter
- 3 cups shredded mozzarella cheese
- 1 onion, sliced and caramelized
- 1 bunch green kale, torn
- Olive Oil
- 3 tsp fresh rosemary
- 2 cups Balsamic Vinegar
- Salt & pepper
- 1/4 cup honey

### Directions

1. Peel sweet potato and slice into THIN rounds. Once all sliced, toss in olive oil and salt and pepper. Place on a lined baking sheet and roast in a 400 degree oven until tender — close to 20 minutes. Remove when soft.
2. Get a small pot with balsamic vinegar in it, let it begin to boil and reduce.
3. In the meantime, using a small frying pan, caramelize your thinly sliced onion in olive oil. Sauté until brown. Remove onion from pan. Using the same pan, slowly melt  $\frac{3}{4}$  cup butter on low/medium heat until it has begun to brown and becomes fragrant. This is brown butter! Set aside in a small container to cool.
4. Cut the stalks out of your kale and rip into smaller pieces.
5. Once the vinegar is reduced by about 85%, pour in honey and whisk. Remove from heat and let cool slightly.
6. Slice your baguette into 1/3 inch pieces.
7. Once the brown butter is cooled, use it to butter the baguette for the grilled cheese.
8. Grill or bake your grilled cheese with all components inside. Layer like this:
  - Buttered Bread
  - Kale
  - Balsamic Glaze
  - Sweet potato
  - Caramelized onions
  - Rosemary
  - Cheese
  - Buttered Bread
9. Serve with potato chips, fries, or your favourite side!

## Meatloaf with Mashed Potatoes and Gravy

Makes 12 servings

### Ingredients

- 3-4 lbs ground beef
- 3 eggs
- 1/4 cup Worcestershire Sauce
- 1 cup Italian bread crumbs
- 2 1/2 cups beef stock
- 1/2 cup milk
- 1 1/2 cooking onions
- Salt & pepper
- 1 cup ketchup
- 1/4 cup brown sugar
- 2 tbsp chili powder
- 3 boxes of instant mashed potatoes
- 1L milk
- Butter
- 1 lb fresh mushrooms
- 1/2 cup corn starch

### Directions

1. Preheat oven to 350 degrees.
2. In a mixing bowl, combine eggs, 1/2 cup milk, Worcestershire, 1/2 cup stock and all the bread crumbs. Let this sit for approximately 10 minutes as you continue with the following steps.
3. Chop one full onion into a small dice. Mix onion with ground beef gently. Then softly mix your meat and onions into the ingredients you have already mixed and let set and add salt and pepper. Be sure NOT TO OVER MIX! This will make your meatloaf very dense.
4. In a small bowl, mix together ketchup, brown sugar and chili powder.
5. Get a large baking sheet and cover in tin foil then spray with PAM. Separate your meat mixture into two even portions. Gently form two loaf shapes with this and set on sheet together, but with space between them.
6. Place in oven for approximately 40 minutes. Remove from oven and brush tops of loaves with ketchup/chili sauce. Be generous. Place back in the oven for approximately 15 minutes. Until fully cooked. Once cooked, rest out of the oven for at least 10 minutes before slicing.
7. While your meatloaf is cooking, make the three boxes of instant potatoes according to the package.
8. You also need to make your gravy. Thinly slice all your mushrooms and mince your remaining half onion.
9. Sauté mushrooms and onions in a pan with approx. 1 tsp butter over medium-high heat. Once tender, add 2 cups beef broth and continue to simmer for 5 or so minutes, stirring occasionally.
10. In a small bowl mix equal parts water and cornstarch. Slowly add this to gravy pan while whisking and allowing to thicken. Bring to a good gravy consistency and remove from heat.

## Praline Cakes

Makes 12 servings

### Ingredients

- 4 1/2 cups pecans
- 1 1/2 cups butter
- 1 1/2 cups brown sugar
- 3 pkgs pound cake mix
- 1 1/2 cups sour cream
- 6 eggs
- Caramel ice cream topping
- 1 1/2 cups water

### Directions

1. Preheat your oven to 350 degrees
2. Grease and flour your muffin tins. (Smear butter, then tap flour)
3. In a bowl, mix together pecans, butter and brown sugar. Stir well and press into the bottom of each greased/floured tin.
4. In a new bowl, mix together your cake mix, water, sour cream and eggs with a mixer for approximately 3 minutes. Once well blended, spoon into each tin that has the nut mixture.
5. Drizzle caramel on top of each portion of batter, not too much
6. Bake in the oven for about 15 minutes (may take a bit longer) – check to make sure a toothpick is pulled out clean. Then remove from oven and cool for 15 minutes.
7. Once cooled, gently release each cake from its tin and flip upside down. Drizzle with more caramel and serve.

- 2 lbs butter
- 3 Spanish onions
- 2 red peppers
- 1 bunch fresh chives
- 1 bunch fresh rosemary
- 3L - 35% cream
- 1 small jar Dijon mustard
- 2 heads broccoli
- 1 small bunch baby kale
- 1 small container chicken bouillon
- 1 small container beef bouillon
- 1 bag shredded sharp cheddar cheese
- 1 bag shredded mozzarella cheese
- 2 French baguettes
- 1 bottle balsamic glaze
- 4 sweet potatoes
- 4 lbs ground beef
- 1 small bottle ketchup
- 1L milk
- Dozen eggs
- 1 container fresh mushrooms
- 1 box Italian bread crumbs
- 3 boxes instant mashed potatoes
- 1 bag pecan pieces
- 3 pkgs yellow pound cake mix
- 1 container sour cream
- 1 squeeze bottle caramel (ice cream) topping