



100
MIN/600 CAL

SAUCY BEEF SANDWICHES

Before heading to work in the morning, I'll get the going in the slow cooker. Then it's already to serve—usually with hard rolls and potato salad or another quick-and-easy side. When my son moved to another state recently, I cut up beef heart in smaller portions, repackaged it and sent something for a two-person-size cooker as his housewarming present.

—Lynn Wilcox, Portland, ME

MEAT: 1 POUND • **COOK:** 8 HOURS

MAKES: 10 SANDWICHES

- 1 1/2 cups dried minced onion
- 2 tsp. salt
- 2 tsp. garlic powder
- 2 tsp. dried oregano
- 1 tsp. dried rosemary, crushed
- 1 tsp. celery seeds

- 1 tsp. dried marjoram
- 1 tsp. celery seed
- 1/2 tsp. cayenne pepper
- 1 boneless beef chuck roast
(2 to 4 lbs.), halved
- 10 sandwich rolls, split

Combine seasonings, rub over roast. Place in a 5-qt. slow cooker. Cover and cook on low until meat is tender, 8-9 hours. Shred with a fork. Serve on rolls.

Feeding: 404 cal., 17g fat (17g sat. fat), 48mg chol., 480mg sod., 31g carb., 17g sugars, 1g fiber, 21g pro.



★ ★ ★

SPICY MONTANA CHILI

The thick and chunky chili has some kick but is also briny with shredded cheddar and then served with a side of cornbread.

—Gemma Evans, Cape May, NJ

MEAT: 2 LBS. • **COOK:** 1 HOUR

MAKES: 4 SERVINGS (ABOUT 2 1/2 CUPS)

- 2 lbs. ground beef
- 1 large sweet onion, chopped
- 1 medium sweet red pepper, finely chopped
- 1 medium sweet yellow pepper, finely chopped
- 2 cans (14.5 oz. each) chili beans, undrained

- 2 cans (14.5 oz. each) stewed tomatoes, drained
- 1/2 cup tomato juice
- 2 jalapeño peppers, seeded and minced
- 2 garlic cloves, minced
- 2 tsp. ground cumin
- 2 tsp. chili powder
- 1 tsp. salt
- 1 tsp. cayenne pepper
- Shredded cheddar cheese, optional

1. In a large skillet, cook the beef, onion and peppers over medium heat until the meat is no longer pink, 5-7 minutes, draining the beef, then:

2. Transfer to a 4- or 5-qt. slow cooker. Stir in the beans, tomatoes, tomato juice, jalapeños, garlic, cumin, chili powder, salt and cayenne. Cover and cook on low 5-6 hours or until heated through. If desired, top with shredded cheddar cheese.

Note: Wear disposable gloves when cutting hot peppers. The oils can burn skin. Avoid touching your face. **Feeding:** 348 cal., 17g fat (10g sat. fat), 100mg chol., 480mg sod., 34g carb., 14g sugars, 1g fiber, 21g pro.

The How To Cookbook

Mary-Lane Kamberg



The How To Cookbook:

The How-to-cook Book Jackie Gannaway,1991-05 *The How-to Cookbook* Sue John,1982 Suggested recipes introduce basic cooking techniques and terms *The How-To-Cook Book* Norma MacMillan,1996 **The How-To Cookbook for Men** Benjamin Kelly,2021-08-10 The culinary manual every man needs Stem the bell pepper Salt to taste Slice meat against the grain Even so called beginner cookbooks for men are filled with culinary jargon and directions that can be confusing for new chefs This standout among cookbooks for men offers a novice focused approach teaching guys the absolute basics that every cook needs to know with delicious results sure to impress friends parents and dates Discover everything you could want from this top choice in cookbooks for men There are breakdowns of the different types of cookware tips for buying fresh ingredients explanations for terms and techniques commonly found in recipes and 100 recipes sure to get new chefs up to speed Go beyond other cookbooks for men with Easy educational recipes Each recipe comes complete with comprehensive step by step directions that ll help even the newest home cooks succeed Handy hacks Get tips and tricks covering everything from meal prepping and planning a dinner party to beverage pairing plus how to avoid losing a finger or setting your kitchen on fire Flavorful variations Find out how to take these recipes to the next level with recipe modifications designed for cooks who are ready to experiment Prepare for a future filled with culinary success thanks to this cookbook *How-to Cookbook for College* Christina Hitchcock,2021-09-21 Whip up dorm friendly recipes with this easy college cookbook Discover culinary independence instead of relying on the dining hall and takeout for all your meals With the How to Cookbook for College you ll learn crucial kitchen skills and discover methods for preparing quick and healthy meals from the comfort of your dorm or college apartment Turn any space into the perfect setup for properly storing perishables preparing ingredients and cooking meals Inside this cookbook for college students you ll find Cooking techniques Develop lifelong kitchen skills you ll use beyond your college years like knife handling searing and sauteing Quick recipes Create meals and snacks that are easy enough to make between classes no matter how busy your schedule gets Budget tips Get practical shopping guides designed for a thrifty student budget that means no expensive ingredients and no need for fancy equipment Ditch the instant ramen for something more exciting delicious and nutritious with this easy cookbook **How to Cook Everything: The Basics** Mark Bittman,2013-03-07 The next best thing to having Mark Bittman in the kitchen with you Mark Bittman s highly acclaimed bestselling book How to Cook Everything is an indispensable guide for any modern cook With How to Cook Everything The Basics he reveals how truly easy it is to learn fundamental techniques and recipes From dicing vegetables and roasting meat to cooking building block meals that include salads soups poultry meats fish sides and desserts Bittman explains what every home cook particularly novices should know 1 000 beautiful and instructive photographs throughout the book reveal key preparation details that make every dish inviting and accessible With clear and straightforward directions Bittman s practical tips and variation ideas and visual cues that accompany each of the 185

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[The I Don't Know How To Cook Book](#) Mary-Lane Kamberg,2014-12-05 Learn how to cook hundreds of your favorite meals with these easy delicious recipes anyone can make Do you crave homemade French Toast Eggplant Parmigiana and Pecan Pie but don't know the difference between broiling and baking This book offers a crash course in cooking basics as well as lessons on creating everything from classic entrées to decadent desserts Complete with step by step instructions a glossary of cooking terms and 60 brand new recipes you'll learn all there is to know about the kitchen as you make flavorful recipes like Baked Nutty Banana Pancakes Spinach Bacon and Egg Salad Stuffed Green Bell Peppers Shepherd's Pie Oatmeal Chocolate Chip Cookies So forget macaroni and cheese from a box frozen dinners and takeout *The I Don't Know How to Cook Book* 3rd Edition shows you how to craft great tasting homemade meals in no time

The I Don't Know How to Cook Book MaryLane Kamberg,2008-10-17 Gone are the days of macaroni and cheese from a box frozen dinners and takeout With this cookbook anyone can make a deliciously easy meal With beginner recipes separated into easy medium and hard levels this book is the perfect primer to ease the stress of fearful folks in the kitchen Completely updated with new delectable dishes and unique twists on some classics this cookbook teaches readers that they can cook one delicious meal at a time

The I Don't Know How to Cook Book Mexican Linda Rodriguez,2008-10-17 Cooking Mexican meals can be intimidating but with this cookbook readers get 300 recipes that are impossible to mess up like Pineapple Mango and Cucumber Salsa Barbequed Ribs Mexican Wedding Cake and more Whether cooks want to perfect their favorites prepare a feast for one or plan a fiesta for friends this unique cookbook will have readers shouting *vayamos* in no time

The How-To Cookbook for Teens Julie Morrison,2020-04-07 Help your teenager discover the joy of cooking and becoming self sufficient Cooking provides curious teens with a fun creative outlet while teaching them lifelong skills With simple recipes and step by step instructions this introductory cookbook for teens guides young chefs to be from the first day in the kitchen to cooking full flavorful meals for the whole family What sets this cookbook for teens apart from other cookbooks for beginners Teen friendly foods Your teen will discover 100 recipes to please their teenage palate including Nachos Sloppy Joes Easy Shrimp Scampi and Mustard and Maple Glazed Chicken Cooking fundamentals For teens just starting out this cookbook teaches all the basics like cooking techniques prepping the kitchen and tips on reading a recipe Built for trial and

error This kids cookbook encourages teen chefs to explore Each recipe includes space to write down new ingredients to try teens can experiment with flavors and textures and learn what worked and what didn't Transform your teen into a culinary whiz with this beginner cookbook written just for them

How to Cook Everything The Basics Mark Bittman, 2012-03-05

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[How to Roast Everything](#) America's Test Kitchen, 2018-02-06

With over 175 foolproof recipes covering everything from simple roast chicken and pork loin to top sirloin roast rack of lamb and lobster this authoritative volume offers a master class in the timeless art and science of roasting Roast It's at once a verb and a noun a technique and a cut of meat and a concept so familiar and seemingly simple that it has rarely been explored in a single volume In *How to Roast Everything* America's Test Kitchen expertly demonstrates the scope and versatility of roasting exploring the many ways to coax big bold flavor out of poultry meat seafood fruits and vegetables alike Why do some recipes need a roasting rack and some don't How do you take the temperature of a bone in roast Why roast fresh fruit How and why do you tie up a tenderloin These kitchen tested recipes offer all the necessary answers and insights With dozens of enticing flavor variations clever tips and masterful prep tricks spread across the information packed pages this book will quickly transform even novice home cooks into roasting experts And while this collection offers plenty of stately centerpieces like Crown Roast of Pork and Butterflied Turkey with Cranberry Molasses Glaze it also proves that roasting suits every meal With weeknight friendly options like Pan Roasted Chicken with Shallot Thyme Sauce and Oven Roasted Salmon Fillets with Tangerine and Ginger Relish and crowd pleasing one pan meals like Roasted Halibut with Red Potatoes Corn and Andouille and Pepper Crusted Pork Tenderloin Roast with Asparagus and Goat

Cheese there is no shortage of accessible family friendly dishes to choose from **How to Cocktail** America's Test Kitchen,2019-10-08 All the kitchen secrets techniques recipes and inspiration you need to craft transcendent cocktails from essential canonical classics to imaginative all new creations from America s Test Kitchen Cocktail making is part art and part science just like cooking The first ever cocktail book from America s Test Kitchen brings our objective kitchen tested and perfected approach to the craft of making cocktails You always want your cocktail to be something special whether you re in the mood for a simple Negroni a properly muddled Caipirinha or a big batch of Margaritas or Bloody Marys with friends After rigorous recipe testing we re able to reveal not only the ideal ingredient proportions and best mixing technique for each drink but also how to make homemade tonic for your Gin and Tonic and homemade sweet vermouth and cocktail cherries for your Manhattan And you can t simply quadruple any Margarita recipe and have it turn out right for your group of guests to serve a crowd the proportions must change You can always elevate that big batch Margarita though with our Citrus Rim Salt or Sriracha Rim Salt How to Cocktail offers 150 recipes that range from classic cocktails to new America s Test Kitchen originals Our two DIY chapters offer streamlined recipes for making superior versions of cocktail cherries cocktail onions flavored syrups rim salts and sugars bitters vermouths liqueurs and more And the final chapter includes a dozen of our test cooks favorite cocktail hour snacks All along the way we solve practical challenges for the home cook including how to make an array of cocktails without having to buy lots of expensive bottles how to use a Boston shaker what kinds of ice are best and how to make them and much more **A Cookbook for Someone Who Doesn't Know How to Cook** Gary J.

Boos,2021-07-27 This book is intended for a man or woman who has little experience in using an oven or broiler has never fried an egg doesn t know when or when not to proportion a recipe rarely shops for fresh greens has never flipped vegetables in a frying pan usually does not use a claw grip when cutting does not know what Mise en place means what pots and pans to buy does not know if butter has a higher smoke point than EVOO can t explain what shortening is and doesn t know if you can eat Thanksgiving leftover turkey on December 8 Almost all cookbooks skip all those concerns and concepts This book presents those concepts and more both in print and with directions to YouTube com videos that give clarity that text can rarely provide The recipes start with the simplest and stay basic and detailed The Glossary provides not just definitions but what a cook should know about the term It concludes with a list of cookbooks and reference books to look to after completing this book and has a 80 question quiz **How to Write and Publish a Cookbook** Elena Ceciu,2020-12-30 Take a moment to think how it would be to leaf through your own book straight out of the printing press taking in that unmistakable smell of paper freshly covered in ink You stand before a pile of books that have your name on them and you are overcome by an avalanche of emotions ranging from content to fulfillment You found a good use for the hundreds of great recipes from grandmas or aunties Once you ve discovered a passion the most important thing is to allow it to manifest it can bring you success So if you love bathing your kitchen in the irresistible scents of tarts muffins curries cakes and stews and moreover

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The Monday to Friday Cookbook Michele Urvater,1995-01-01 A cookbook designed for the working person contains a system of kitchen organization to streamline the process of meal preparation as well as three hundred recipes and a variety of helpful techniques of kitchen mastery **Chef Infrastructure Automation Cookbook - Second Edition** Matthias Marschall,2015-05-29 This book is for system engineers and administrators who have a fundamental understanding of information management systems and infrastructure It helps if you ve already played around with Chef however this book covers all the important topics you will need to know If you don t want to dig through a whole book before you can get started this book is for you as it features a set of independent recipes you can try out immediately Health Related Cookbooks Tian-Chu Shih,1991 Will assist in researching cookbooks designed for those with specific diseases or disorders as well as for special diets for general health extremely comprehensive CHOICE a good addition to public libraries of any library that supports a dietary or food services program ARBA *Whole Foods Diet Cookbook* Ivy Larson,Andrew Larson,2009-06-01 FOR PEOPLE WHO ARE TIRED of counting calories carbs fats and points this book makes nutrition count instead Whole foods are nutrient rich foods These foods offer a complete balance in nutritional value while in their natural unrefined unprocessed state They are high in antioxidants phytochemicals and essential fats and oils and low in saturated fats and sugar Whole Foods Diet Cookbook includes chapters to educate the reader and offers plenty of delicious menus for every occasion It provides a three prong culinary approach to healthy living weight loss disease and illness prevention

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