

QUICK AND EASY RECIPES

VEGETABLE PENNE ALFREDO

INGREDIENTS

1 1/2 TBSP BUTTER
1/4 CUP CHOPPED ONION
2 TSP GARLIC FINELY CHOPPED
1 1/2 TBSP ALL PURPOSE FLOUR
2 CUPS FULL CREAM MILK
2 TSP COMPLETE SEASONING
4 CUPS COOKED PENNE PASTA
2 CUPS MIXED VEGETABLES
1/2 CUP GRATED CHEESE
2 TBSP PARSLEY CHOPPED
1 TSP RED PEPPER FLAKES

INSTRUCTIONS

1. IN A SAUCEPAN OVER MEDIUM HEAT MELT BUTTER, SAUTÉ ONIONS AND GARLIC WITH BUTTER FOR APPROXIMATELY 20 SECONDS. STIR IN FLOUR TO MAKE A PASTE.
2. USING A WHISK CAREFULLY INCORPORATE FULL CREAM MILK. WHEN MIXTURE BEGINS TO THICKEN LOWER HEAT. SEASON SAUCE WITH COMPLETE SEASONING.
3. ADD PENNE PASTA AND MIXED VEGETABLES TO SAUCE COOK FOR FIVE (5) MINUTES, REMOVE FROM HEAT. TOSS IN THE GRATED CHEESE.
4. GARNISH CHOPPED PARSLEY.



EGGPLANT AND PASTA

INGREDIENTS

- 1 EGGPLANT DICED INTO CUBES(LARGE)
- 2 TABLESPOONS OLIVE OIL
- 1/2 CUP ONION (FINELY DICED)
- 1 1/2 TABLESPOON GARLIC (FINELY MINCED)
- 1 CAN DICED TOMATOES (BLENDED)
- 1/2 CUP PARSLEY (FINELY CHOPPED)
- 1 TABLESPOON THYME (FINELY CHOPPED)
- 1/2 CUP WATER
- COMPLETE SEASONING TO TASTE
- 1 TABLESPOON TOMATO PASTE
- 1 TEASPOON RED PEPPER FLAKES
- 1 PK SPAGHETTI (COOKED ACCORDING TO PACKAGE INSTRUCTIONS)
- 1/2 CUP GRATED CHEESE

INSTRUCTIONS

1. ROAST THE LARGE EGGPLANT ON AN OPEN FLAME UNTIL FLESH INSIDE IS SOFT. REMOVE FROM HEAT AND PLACE ON A CUTTING BOARD.
2. SLICE DOWN THE MIDDLE AND SCOOP OUT THE FLESH WITH A SPOON AND PLACE INTO A BOWL. SET ASIDE.
3. IN A LARGE SAUCE PAN HEAT OIL, ONION AND GARLIC UNTIL ONIONS ARE TRANSLUCENT.
4. ADD ROASTED EGGPLANT TO THE PAN AND ALLOW TO COOK FOR 2 MINUTES.
5. ADD PARSLEY, THYME, WATER, COMPLETE SEASONING TO TASTE AND TOMATO PASTE, ALLOW TO SIMMER FOR 2 MINUTES STIRRING OCCASIONALLY.
6. FINALLY ADD DICED TOMATOES, OTHER DICED EGGPLANT AND RED PEPPER FLAKES. COOK UNTIL TENDER.
7. TOSS SPAGHETTI IN SAUCE TO COAT COMPLETELY. SPRINKLE WITH GRATED CHEESE BEFORE SERVING.



STEW CHICKEN

INGREDIENTS

2 POUNDS CHICKEN PARTS CLEANED AND SEASONED
COMPLETE SEASONING TO TASTE
1/4 CUP GREEN SEASONING
2 TABLESPOONS OIL
2 TABLESPOONS BROWN SUGAR
1 CUP WATER

INSTRUCTIONS

1. ADD BROWN SUGAR AND OIL AND STIR. LET THE MIXTURE TURN BROWN
2. ADD CHICKEN AND STIR UNTIL THE CHICKEN IS PROPERLY COATED WITH CARAMELIZED SUGAR. LEAVE TO COOK FOR 5 MINUTES.
3. ADD WATER AND COMPLETE SEASONING TO TASTE
*ADD KETCHUP AND OR COCONUT MILK OPTIONAL
4. STIR TO INCORPORATE. LEAVE TO SIMMER FOR 30 MINUTES OR UNTIL CHICKEN IS COOKED.



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CHICKEN TENDERS

INGREDIENTS

- 2 POUNDS CHICKEN BREAST FILLET (TENDERS/ CUT INTO TENDERS SEASONED)
- COMPLETE SEASONING TO TASTE
- 1 EGG (BEATEN WITH 2 TABLESPOONS OF WATER)
- 2 CUPS CRACKERS (FINELY CRUSHED)
- 2 TABLESPOONS BUTTER (MELTED)

INSTRUCTIONS

1. PLACE EGG MIXTURE IN A MEDIUM BOWL. SET ASIDE.
2. IN A SHALLOW DISH COMBINE CRACKER CRUMBS AND COMPLETE SEASONING TO TASTE. SET ASIDE
3. DIP EACH PIECE OF CHICKEN INTO EGG MIXTURE AND THEN THE CRACKER CRUMB MIXTURE. ARRANGE COATED CHICKEN ON A GREASED BAKING SHEET AND DRIZZLE WITH MELTED BUTTER. BAKE AT 375°F (190°C) FOR 15 TO 20 MINUTES UNTIL COOKED AND GOLDEN BROWN.



BAKED CHICKEN

INGREDIENTS

3 POUNDS CHICKEN PARTS (CLEANED AND WASHED)
COMPLETE SEASONING TO TASTE
1/3 CUP GREEN SEASONING
1/2 TABLESPOON GARLIC (MINCED)

INSTRUCTIONS

1. IN A LARGE BOWL, SEASON CHICKEN PARTS WITH COMPLETE SEASONING TO TASTE, GREEN SEASONING AND GARLIC. LEAVE TO MARINATE IN REFRIGERATOR FOR 20 MINUTES.
2. PLACE MARINATED CHICKEN IN A GREASED BAKING DISH AND BAKE IN PREHEATED OVEN AT 350°F (180°C) FOR 40 MINUTES OR UNTIL COOKED THROUGH AND GOLDEN BROWN.
3. SERVE HOT WITH SIDES OF CHOICE



CORN MEAL PORRIDGE

INGREDIENTS

1 1/2 CUP WATER
1/4 TEASPOON SALT
4 TABLESPOONS CORNMEAL (MIXED IN 1/4 CUP WATER)
1 TEASPOON VANILLA EXTRACT
1/2 TEASPOON NUTMEG POWDER
1 CUP MILK
1/3 CUPS SWEETENED CONDENSED FILLED MILK (CHECK
HEALTH AND WELLNESS FOR HOMEMADE CONDENSED
MILK)

INSTRUCTIONS

1. IN A MEDIUM POT ADD WATER AND SALT AND BRING TO A BOIL.
2. ADD CORNMEAL TO POT STIRRING CONTINUOUSLY TO PREVENT CLUMPING
3. ADD VANILLA EXTRACT AND NUTMEG , CONTINUE STIRRING
4. STIR IN SWEETENED CONDENSED MILK AND ADJUST SWEETNESS AS DESIRED.
5. REMOVE FROM HEAT AND SERVE HOT



PEANUT PORRIDGE

INGREDIENTS

4 CUPS WATER
2 TEASPOONS CINNAMON POWDER
1 TEASPOON NUTMEG POWDER
1 TABLESPOON VANILLA EXTRACT
1 CUP PEANUT RAW
3/4 CUP CONDENSED MILK
1 TEASPOON SALT

INSTRUCTIONS

1. IN LARGE SAUCEPAN COMBINE 3 CUPS WATER, CINNAMON, NUTMEG AND VANILLA EXTRACT . BRING TO A BOIL.
2. IN A BLENDER PUREE PEANUTS AND REMAINING WATER, PUREE UNTIL SMOOTH. USING A WIRE WHISK OR WOODEN SPOON COMBINE PEANUT PUREE WITH WATER MIXTURE. ALLOW TO SIMMER OVER MEDIUM HEAT FOR 15 MINUTES OR UNTIL MIXTURE BECOMES THICK.
3. ADD CONDENSED MILK TO THE PORRIDGE AND COOK FOR 5 MINUTES. ADD SALT TO TASTE. REMOVE FROM HEAT AND SERVE HOT.



GREEN FIG PORRIDGE

INGREDIENTS

4 CUPS WATER
2 TEASPOONS CINNAMON POWDER
1 TEASPOON NUTMEG POWDER
1 TABLESPOON VANILLA EXTRACT
1 CUP PEANUT RAW
3/4 CUP CONDENSED MILK
1 TEASPOON SALT

INSTRUCTIONS

1. POUR WATER INTO A MEDIUM POT, ADD THE SALT AND CINNAMON AND ALLOW BOILING FOR FIVE MINUTES THEN POUR BLENDED BANANAS INTO THE POT.
2. STIR CONTINUOUSLY (TO AVOID LUMPS) UNTIL THICKEN. ALLOW COOKING FOR ANOTHER FIVE MINUTES.
3. ADD NUTMEG, VANILLA EXTRACT AND SWEETEN WITH SWEETENED CONDENSED MILK.



COCONUT ROCK BUNS

INGREDIENTS

2 POUNDS UNSALTED BUTTER
1 1/2 POUNDS GRANULATED SUGAR
1 CUP CONDENSED MILK
1 TABLESPOON VANILLA EXTRACT
2 EGGS
4 1/2 POUNDS ALL-PURPOSE FLOUR
1 TABLESPOON BAKING POWDER
GRAM NUTS, COCONUT GRATED
2 TEASPOONS CINNAMON POWDER
1 TEASPOON NUTMEG POWDER
1/2 CUP RAISINS

INSTRUCTIONS

1. USING AN ELECTRONIC MIXER FITTED WITH THE PADDLE ATTACHMENT CREAM TO BUTTER AND SUGAR UNTIL LIGHT AND FLUFFY.
2. ADD CONDENSED MILK GRADUALLY AND VANILLA EXTRACT UNTIL COMBINED. GRADUALLY ADD EGGS ON LOW SPEED. COMBINE FLOUR, BAKING POWDER, COCONUT FLAKES, CINNAMON POWDER, NUTMEG POWDER AND RAISINS, ADD TO CREAMED MIXTURE UNTIL A SMOOTH SOFT DOUGH IS FORMED.
3. USING A 1 OUNCE ICE-CREAM SCOPE SPOON MIXTURE ON TO BAKING SHEET LINED WITH GREASE PROOF PAPER, BEING CAREFUL TO LEAVE ENOUGH SPACE BETWEEN EACH ROCK BUN.
4. BAKE IN A PREHEATED OVEN AT 350 DEGREE F FOR 10 TO 15 MINUTES



CHEESE PIZZA

INGREDIENTS

- 3 CUPS ALL-PURPOSE FLOUR
- 1 PACK YEAST
- 1 1/2 TEASPOON GRANULATED SUGAR
- 1 TEASPOON SALT
- 2 TEASPOONS VEGETABLE OIL
- 1 CUP WARM WATER
- 1/2 CUP TOMATO PASTE
- 1/2 CUP KETCHUP
- 10 GRAMS COMPLETE SEASONING
- 1 TEASPOON PARSLEY (FINELY MINCED)
- 3 CUPS GRATED CHEESE
- 1 CUP MINCED BEEF (OPTIONAL)

INSTRUCTIONS

1. PIZZA CRUST

SIFT FLOUR INTO A LARGE BOWL, STIR IN THE YEAST AND 1 TEASPOON SUGAR. ADD OIL AND WATER; MIX TO FORM A FIRM DOUGH.

2. TURN OUT THE DOUGH ON A FLOURED BOARD, KNEAD WELL FOR FIVE MINUTES OR UNTIL THE DOUGH IS ELASTIC AND SMOOTH.

3. PUT DOUGH BACK IN THE LARGE BOWL, COVER AND LEAVE FOR 20 MIN. OR UNTIL IT HAS DOUBLED IN SIZE. TURN THE DOUGH OUT ON A FLOURED BOARD AND KNEAD UNTIL SMOOTH.

4. NEXT, DIVIDE THE DOUGH INTO TWO AND ROLL OUT EACH HALF UNTIL IT IS LARGE ENOUGH TO LINE AN EIGHT-INCH PIZZA TRAY. OR USING A ROUND COOKIE CUTTER, CUT INTO ROUNDS FOR MINI PIZZAS.

5. TOMATO SAUCE

MAKE TOMATO SAUCE BY MIXING TOMATO PASTE, TOMATO KETCHUP, COMPLETE SEASONING, 1/2 TEASPOON SUGAR AND PARSLEY.

6. SPREAD SAUCE ON PREPARED PIZZA DOUGH AND SPRINKLE WITH GRATED CHEESE AND OTHER TOPPINGS OF YOUR CHOICE.

7. BAKE AT 400 F (200 C) FOR 15 - 20 MIN. OR UNTIL CRUST IS COOKED TO YOUR PREFERENCE.



RED BEAN SOUP

INGREDIENTS

1 1/2 POUNDS SALT BEEF
2 CUPS RED BEAN OR KIDNEY BEANS
16 CUPS COLD WATER
1 HOT PEPPER
2 SPRIGS THYME, FRESH
3 STALKS CHIVE CHOPPED
1 POUND YELLOW YAM SLICED
1 CUP COCONUT MILK POWDER -
1 CUP WHEAT FLOUR OR ALL PURPOSE FLOUR
1/4 TEASPOON SALT
1/4 CUP COLD WATER
3 PIECES GARLIC CRUSHED
1 CUP ONION CUBED

INSTRUCTIONS

1. SOAK PEAS IN WATER OVERNIGHT. SOAK THE SALT BEEF OVERNIGHT TO REMOVE THE EXCESS SALT, DISCARD THE WATER. CUT UP BEEF INTO SMALL PIECES. POUR WATER INTO POT OVER MEDIUM-HIGH HEAT, ADD MEATS ALONG WITH THE PEAS ALLOW COOKING UNTIL PEAS AND MEAT ARE TENDER (ABOUT 20 MINUTES).
2. COMBINE ALL THE INGREDIENTS FOR THE SPINNERS IN A SMALL BOWL TO FORM DOUGH. PINCH SMALL PORTIONS OF THE DOUGH AND FORM SMALL DUMPLINGS. REPEAT UNTIL ALL THE DOUGH IS USED UP.
3. ADD REMAINING INGREDIENTS INCLUDING THE SPINNERS AND BOIL UNTIL PEAS AND VEGETABLES ARE COOKED. SOUP SHOULD BE FAIRLY THICK.



LENTIL PEAS SOUP

INGREDIENTS

- 5 CUPS WATER
- 1 CUP LENTIL PEAS
- 1 ONION, DICED
- 1 TEASPOON GARLIC, MINCED
- 1/2 CUP PUMPKIN, DICED
- 1 CARROT, DICED
- 2 PIMENTO PEPPERS, FINELY CHOPPED (MINCED)
- 2 TABLESPOONS CHIVE, FINELY CHOPPED
- 2 TABLESPOONS CELERY, FINELY CHOPPED
- 1 PACK COCONUT MILK POWDER

INSTRUCTIONS

1. PLACE ALL INGREDIENTS LISTED IN PRESSURE COOKER AND PRESSURE FOR 10 MINUTES OR BOIL UNTIL PEAS ARE TENDER.
2. IF ADDING DUMPLINGS, BRING SOUP TO A SLOW BOIL AND ADD. COOK UNTIL DUMPLINGS ARE TENDER.
3. SERVE IMMEDIATELY.



PUMPKIN AND SPLIT PEAS SOUP

INGREDIENTS

1 POUND SPLIT PEAS SOAKED OVERNIGHT
1 QUART WATER
1 POUND PUMPKIN PEELED AND CUBED
3 TABLESPOONS THYME MINCED
1 POUND BEEF CUBED
3 TABLESPOONS JERK SEASONING MILD

INSTRUCTIONS

1. BEGIN BY BOILING THE SPLIT PEAS IN THE WATER FOR 30 MINUTES. ADD THE PUMPKIN, THYME AND VEGETABLE SOUP MIX, BOIL FOR AN ADDITIONAL 10 MINUTES OR UNTIL THE PUMPKIN IS FULLY COOKED.
2. REMOVE FROM THE HEAT AND ALLOW IT TO COOL SLIGHTLY BEFORE BLENDING.
3. RETURN THE BLENDED MIXTURE TO THE HEAT AND JERK SEASONING, ADJUST SEASONINGS AS NECESSARY.
4. SERVE HOT AND ENJOY.



BREADED FISH FINGERS

INGREDIENTS

1 POUND FISH FILLET (SLICED CROSSWISE, INTO $\frac{3}{4}$ -
INCH WIDE STRIPS)
COMPLETE SEASONING TO TASTE
1/4 CUP ALL-PURPOSE FLOUR
2 LARGE EGGS (BEATEN)
2 CUPS BREADCRUMBS

INSTRUCTIONS

1. IN A MIXING BOWL, COMBINE SEASONING AND FISH STRIPS.
2. IN SEPARATE BOWLS, PLACE FLOUR, EGGS AND PANKO. WORKING IN BATCHES, DREDGE FISH IN FLOUR, SHAKING OFF EXCESS. COAT WITH EGG, ALLOWING EXCESS TO DRIP BACK INTO BOWL. COAT WITH PANKO, PRESSING TO ADHERE. TRANSFER FISH TO A PLATE.
3. ON A BAKING TRAY, COAT WITH PAN SPRAY. PLACE FISH ON PAN AND BAKE FOR 10 TO 15 MINUTES, OR UNTIL GOLDEN BROWN. RECIPE MAKES APPROXIMATELY 12 FISH FINGERS. SUGGESTED SERVING SIZE IS 3 FINGERS.

