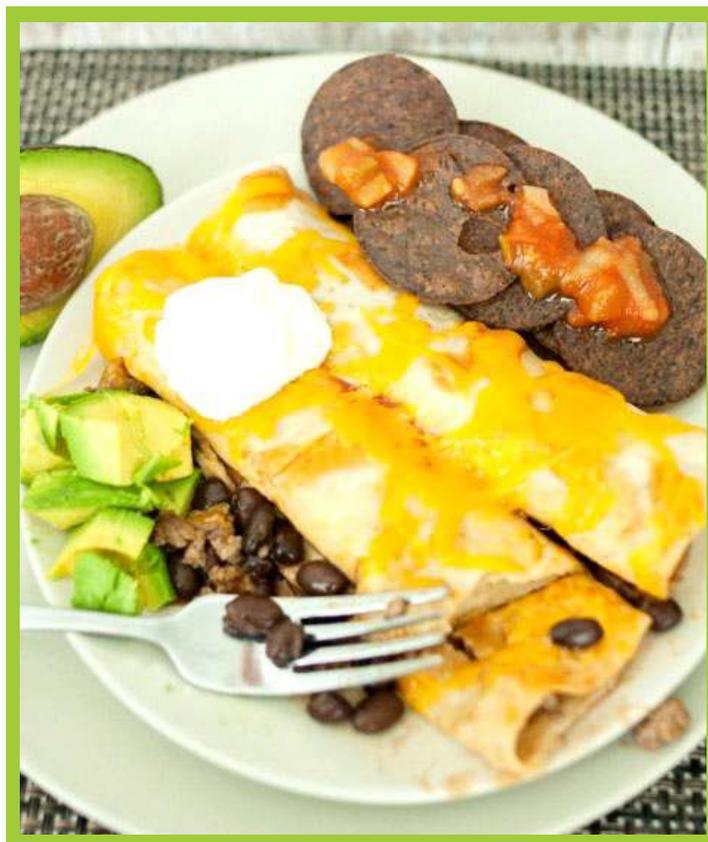
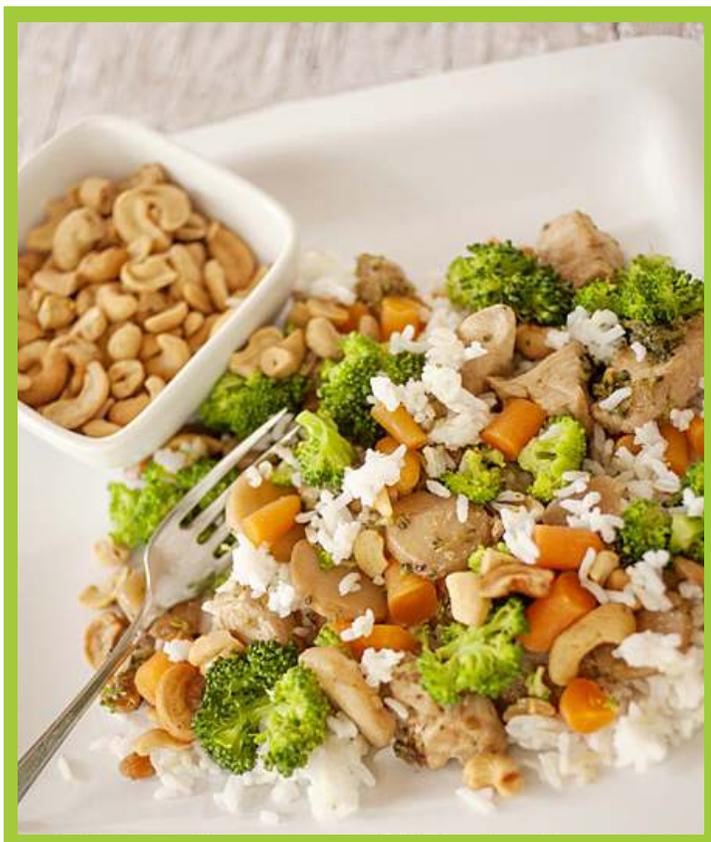


# OUR 10 FAVORITE FAMILY RECIPES

My kids CHEER (and yours will too) when they see what's for dinner!



# OUR **10** FAVORITE FAMILY RECIPES

Breakfast Burritos  
Cashew Chicken Stir Fry  
Chicken Curry Broccoli  
Doritos Taco Salad  
Enchiladas  
German Pancakes  
Hawaiian Haystacks  
Hawaiian Meatballs  
Honey Curry Chicken  
Sausage Mac N' Cheese



# BREAKFAST BURRITOS

Prep: 15 min Cook: 10 mins Total: 25 mins  
Serves 6

## Ingredients:

1 lb. Ground Sausage  
12 Eggs  
6 T Milk  
12-15 Tortillas  
1 Chopped Bell Pepper  
Cheese  
Salsa  
Avacado



## Instructions

1. Brown ground sausage.
2. Crack 12 eggs plus milk into pan, or whisk in bowl ahead of time.
3. Add egg mixture to sausage in pan.
4. Add chopped peppers at the same time.
5. Cook 5 minutes until eggs are scrambled.
6. Meanwhile, warm homemade tortillas, grate cheese.
7. Serve egg mixture onto tortillas with toppings of your choice

*TIP: I buy flour tortillas uncooked and keep them in the fridge, when we have the meal, it takes 20 seconds to prep each tortilla for that fresh tortilla taste.*

Few can deny the love of a hearty breakfast burrito in the morning, but it's one of our favorite staple quick and easy dinner meals, so it's hardly ever eaten in the AM at the Duke Home. We almost always have all of the ingredients, and everyone in the family loves eggs, and it's great protein, too! You can go meatless if you'd like, but we love ground sausage in ours.

# CASHEW CHICKEN STIR FRY

Prep: 15 min Cook: 20 mins Total: 35 mins  
Serves 6

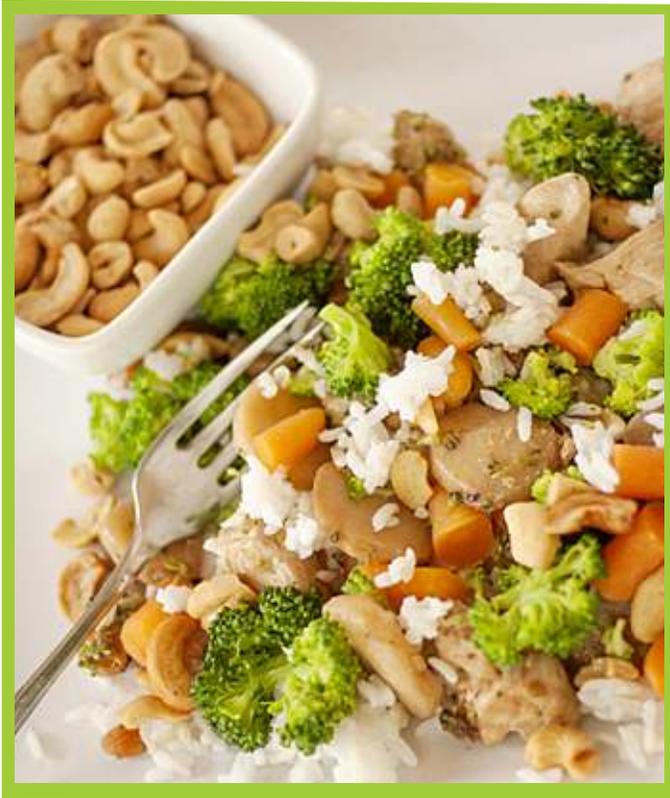
## Ingredients:

2 T Cornstarch  
2/3 cup Chicken Broth  
3 T Soy Sauce  
½ tea. Fresh or Ground Ginger  
2 T Vegetable Oil  
2-3 Skinless, Boneless Chicken Breasts, Cubed  
½ Cut Chopped Carrots  
1 cup Broccoli Spears  
1 (8 oz) Can Sliced Water Chestnuts, drained  
2/3 cup Cashews  
2 cups Cooked Rice

## Instructions

1. Dissolve the cornstarch in the chicken broth, and stir in the soy sauce and ginger; set aside. Heat half of the oil in a wok or large skillet over high heat. Stir in the chicken; cook and stir until the chicken is no longer pink, about 5 minutes. Remove the chicken from the wok, and set aside.
2. Pour the remaining tablespoon of oil into the wok, and stir in the carrots, broccoli, and water chestnuts. Cook and stir until the chestnuts are hot, about 5 minutes more. Stir up the sauce to redistribute the cornstarch, then pour into the wok, and bring to a boil. Add the reserved chicken, and stir until the sauce thickens, and the chicken is hot. Sprinkle with cashews to serve.
3. Serve over rice

The first time I made this was for my hubby's birthday. I was pregnant and quite nauseous. It was tasty but the memory didn't sit well so I went sometime before making it again. I was missing out! Now it's in regular rotation! I LOVE the flavor of fresh ginger if I have it, but keep the powder on hand.



# CHICKEN CURRY BROCCOLI

Prep: 20 min Cook: 45 mins Total: 1 hour 5 mins  
Serves 6

## Ingredients:

4 Cooked Chicken Breasts, Shredded  
1 Head of Broccoli, Cooked and Chopped  
½ cup Sour Cream  
1 8 oz. Can Cream of Chicken Soup  
½ cup Mayo/Miracle Whip  
2 T Curry Powder  
¼ cup Parmesan Cheese  
Salt and Pepper to Taste  
Rice



## Instructions

1. Chop the cooked chicken and broccoli until shredded. My kids love this because the broccoli is barely noticed. I used a Pampered Chef food chopper, but I'm sure there are other great devices to make it small.
2. Mix the sour cream, soup, and mayo with the curry powder, then stir all of it with the chicken and broccoli together.
3. Sprinkle the top with parmesan cheese.
4. Cook in a 9x13 dish 45 minutes, til you see the mixture bubble a little.
5. Serve over rice, season with salt and pepper to taste.

*TIP: You can substitute plain yogurt for the sour cream/mayo and make your own soup if desired.*

I hesitated sharing this initially because its technically a casserole with cream of chicken soup that some people don't like because of the unhealthy association. And its terribly difficult to photograph looking good. But its a FAVE and so good that I couldn't keep it to myself. My kids love this, and I chop the broccoli up so small, they didn't know it was there at first:

# DORITOS TACO SALAD

Prep: 15 min Cook: 30 mins Total: 45 mins  
Serves 6

## Base Ingredients:

1 lb Ground Beef, Cooked  
2 Cans Black Beans, Drained  
2 cups Frozen Corn Kernal  
1/2 Green Bell Pepper, Finely Chopped  
Approx. 1T Taco Seasoning

## Mix In:

1/2 bag (as desired) Nacho Doritos Chips, Crushed  
1/2 cup Shredded Cheese



## Instruction

1. After the beef browns, add the black beans, bell pepper, and frozen corn (I prefer frozen, but you can use canned). Cook a few minutes until warm and bell pepper softens.
2. Add taco seasoning to taste.
3. Mix in CRUSHED Doritos, serve large Doritos on the side for additional scooping.
4. Top with any toppings of your choice.

Topping Ideas: Avacado, Sour Cream, Tomato, Lettuce, More Cheese, etc.

I use this taco base for a lot of my mexican dishes. I don't like onions, and see bell peppers as a great substitute that makes both my hubby and I happy. I love the flavor of Nacho cheese Doritos, and the crunch with them mixed in, but the chips don't save well the next day, so if you plan for leftovers, leave the chips out. Can also substitute other chips if desired.

# ENCHILADAS

Prep: 10 min Cook: 20 mins Total: 30 mins  
Serves 8-10

## Ingredients:

12-18 Flour Tortillas  
1/2 lb Ground Beef  
1 can Black Beans  
1 can Enchilada Sauce  
1/2 cup Shredded Cheddar Cheese

## Garnish:

Sour Cream  
Salsa  
Avocado



## Instructions

1. Cook ground beef
2. Mix ground beef with can of black beans (add a second can to go further)
3. Mix enchilada sauce into beef mixture
4. Spread some enchilada sauce onto the bottom of a greased 9x13 dish
5. Roll tortilla's with beef mixture inside
6. After filling the pan with 12 or so tortillas, spread remaining enchilada sauce mixture on top
7. Spread shredded cheese
8. Cook at 350 for 20 minutes
9. Add your garnish

This is a meal my mom made for us when we were younger. When I introduced it to my own kids, they loved it. I added the black beans to my moms recipe, I love to use them to extend the reach of the ground beef.

# GERMAN PANCAKES

Prep: 10 min Cook: 20 mins Total: 30 mins  
Serves 6

## Ingredients:

9 Eggs  
1.5 cup Milk  
1/3 cup Flour  
1/2 tsp. Salt  
4 T Butter



## Instructions

1. In a bowl, combine eggs, milk, flour, and the salt/ beat until fluffy and smooth. Cut up butter and put in greased 9x13 casserole dish and melt butter as oven preheats. Pour mixture into dish and bake at 450 degrees for 20 minutes. Pancakes will puff up.
2. Serve with syrup, whipping cream, fruit, or jam.

Growing up, we had this meal for breakfast every Christmas morning. I've altered the recipe to make it more hearty and filling. I feel like if I serve it with fruit and a little protein on the side, it's completely filling as a dinner meal.

# HAWAIIAN HAYSTACKS

Prep: 20 min Cook: 20 mins Total: 40 mins  
Serves 6-10

## White sauce:

3-4 Chicken breasts, cooked and shredded  
¼ cup Butter  
¾ cup Flour  
½ tsp. Salt  
3 cup Milk  
1 can Cream of Chicken Soup (or substitute homemade)  
Onion Powder or Minced Onion

## Toppings:

1 cup Shredded Cheddar Cheese  
1 cup Coconut Slivers  
1 cup Almond Slivers  
1 cup Celery Chopped  
1 cup Chow Mein Noodles  
1 cup Pineapple Chunks (fresh or from can)  
½ cup Soy Sauce

## Served over:

1 cup Cooked Rice



## Instructions

1. Start rice. Make white sauce with butter, flour, salt, and milk.
2. Add soup and onion and cooked chicken.
3. Chop celery
4. Shred cheese
5. Serve rice, then sauce, then toppings as you please.

*I got this recipe from my husband's mom, and it's easy! I always make sure I have all the toppings on hand because the toppings are what makes it so good! The chow mein noodles are my kids favorite.*

# HAWAIIAN MEATBALLS

## *with Pineapple Coconut Sauce*

Prep: 15 min Cook: 30 mins Total: 45 mins

Serves 6

### **Meatballs combine:**

1/3 cup Evaporated Milk  
1.5 lbs Ground Hamburger  
1 T Onion Powder  
2/3 cup Cracker or Bread Crumbs  
1 tea. Salt

### **Sauce:**

1 14 oz can Coconut Milk  
1 tea. Corn Starch  
1/4 cup Brown Sugar  
Pineapples (fresh or canned)  
cut into cubes (save rind)



### **Instructions**

1. Pre heat oven to 400 degrees
2. Form meatballs by combining all ingredients in first section. (makes 15-20 depending on size)
3. Bake meatballs on a cookie sheet for 20-25 minutes (cut one open at end to make sure it's cooked through)
4. Make sauce by combining coconut milk, corn starch, and brown sugar in a skillet on the stove until thickened.
5. Place leftover fresh pineapple rinds (or 1/4 cup juice from a can) into the skillet til blended.
6. Serve over rice.

This was actually a recipe my mother-in-law gave me after I got married, and the first time I made it was a big disaster. I've since changed up the method, and tweaked the recipe. I LOVE the flavor of coconut milk with pineapple.

# HONEY CURRY CHICKEN

Prep: 15 min Cook: 50 mins Total: 65 mins  
Serves 6

## Ingredients:

1/2 cup Honey  
1/2 cup Butter  
1/4 cup (wet) Mustard  
1/2 tsp. Yellow Curry Powder  
1/2 tsp. Salt  
3 Chicken Breasts, cut up (or 7 or 8 chicken tenders)



## Instructions

1. Melt first two ingredients in a glass bowl. Add in the remaining ingredients. Stir everything together. Pour over thawed chicken (cook longer if using frozen chicken).
2. Bake at 350 degrees for 45 minutes, broil the last 5 minutes to brown the chicken to desired look.

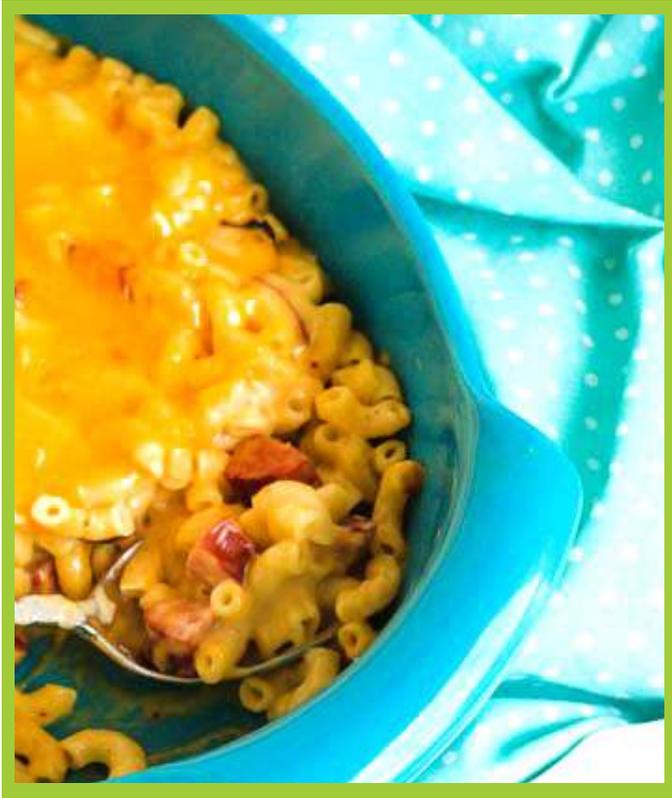
I got this recipe from my high school BFF, Natalie, and she got it from her mother in law. It's so stinkin' easy. I love anything curry, and the yellow curry is fairly light. I made it for my friend Kelsey almost 10 years ago, and she still tells me it's her favorite dish ever, and she makes it for her family regularly.

# SAUSAGE MAC N' CHEESE

Prep: 20 min Cook: 15 mins Total: 35 mins  
Serves 6

## Ingredients:

16 oz Medium Cheddar Cheese, shredded  
(sharp if you like extra strong flavor)  
24 oz Macaroni Pasta, cooked  
(2) 13 oz Link Sausage, cut into bite sized pieces  
1/4 cup Butter  
1/4 cup Flour  
1 tsp Salt  
1 pinch Pepper  
2 cups Milk



## Instructions

1. Grate all the cheese, divide into 2 equal parts. Cook the macaroni according to the directions on the package.
2. While the macaroni is cooking, make the white sauce: Melt the 1/4 cup butter in glass dish, microwave to melt. Add 1/4 cup flour, salt, and peper–mix to make a paste. Return the paste to microwave after adding 2 cups of milk. Microwave in one minute increments, stirring in between, until it starts to bubble and thicken. You can also do this on the stove top, I just prefer the speed of the microwave.
3. Once your sauce is thick, stir in 1/2 of the grated cheese.
4. Meanwhile, heat up your sausage in a frying pan. We like a little charred-ness to ours. Then place the sausage on a paper towel to eliminate some of the grease.
5. Drain the cooked pasta, add it to a 9×13 casserole dish. Add the sausage, stir in the sauce.
6. Sprinkle the rest of the grated cheese on top. Bake at 375 for 15 minutes. Everything is already cooked, you are just melding it all together.
7. Enjoy!!!

*I was introduced to this meal years ago when a dear friend, Heidi, brought our family dinner after my oldest daughter was born. This recipe is so simple! This is my kids MOST favorite meal, and they scream the loudest when they hear it's for dinner! Most of my kids request this for their birthday dinner.*