

Young Man Life Skills Course

Week 8

Cooking and food

Meals

I am not going to do a separate lunch/dinner because most people can make a dinner and serve leftovers for lunch the next day. This week is going to train you how to make a few simple meals that you can put together and make taste delicious.

You can choose any of the following recipes to make for a meal.

Tacos

1 -1 pound package of ground beef, ground chuck, ground round, or ground sirloin. The more expensive the less fat and better taste. Typically you can use ground chuck.

1 package of taco seasoning

1- package taco shells—hard or soft shell

toppings—shredded lettuce, shredded cheese, salsa, sour cream. To make shredded lettuce, take your head of lettuce and slice it very thin strips.

Cook the hamburger in a skillet over medium heat. Use a fork and push the meat around to separate it and make sure that it is cooked thoroughly. Once it is no longer pink, sprinkle on the taco seasoning and add the amount of water called for on a package. Stir and let simmer for about 5 minutes over low heat.

To assemble, put meat on taco shell and top with toppings. Serve.

Pizza meatball subs

1 lb frozen precooked lean meatballs

1-15 oz can pizza sauce or spaghetti sauce if you don't have pizza sauce

1-4 oz can sliced mushrooms

provolone or mozzarella cheese shredded or sliced

4-sub rolls or hot dog buns

Dump the meatballs, sauce, and mushrooms into a large saucepan. Stir to coat the meatballs with the sauce. Cook over medium-low heat until the meatballs are heated through. It will be about 20

minutes. Stir it frequently. For each sub, place 3-4 meatballs with sauce on and top with cheese. You can serve as is or place it under your broiler in the oven to crisp the bun. To do this, place it on a cookie sheet, put in the oven, and turn on your broiler. Watch your subs as it will cook quickly and burn if you are not careful.

Sloppy joes and oven fries

1 lb ground beef, cooked as described in taco recipe

2 cans of sloppy joes

1 package hamburger buns

Mix over low heat --hamburger and cans of sloppy joe. When heated put on buns and serve.

OVEN FRIES

You will need:

potatoes 1-2 per person

olive oil

salt, pepper

Wash and scrub potatoes. Slice into wedges. Place in bowl and coat with 1 Tablespoon of oil. Sprinkle on spices. Place on cookie sheet and bake at 400 degrees for about 20 minutes or until crispy.

You will need to know how to cook pasta for this next meal.

How to cook pasta

Fill a large pot 2/3 the way with hot water. If you use cold, it takes your stove that much more energy to heat it. Make sure that you don't under fill the pot, this will make your pasta sticky.

Turn the stove to high and heat water to a full boil stage. Keep a lid on the pot to conserve energy and to boil quicker. Some cooks add 1 T olive oil to prevent sticking of noodles and others add 1 teaspoon of salt to bring out the flavor. Neither are required.

After the water is boiling, add your box of pasta and stir. Make sure to scrap the bottom so that the pasta does not stick.

After water returns to a full boil, set the timer to the recommended cooking time from your box of pasta. You can turn down the stove just a little to prevent it from boiling over. Do not cover the pasta as the water will boil over. You can stir it during this cooking time.

When it nears time, use a slotted spoon and remove one noodle from the water. Be careful as this is hot!! Take a bite to taste doneness. If it is chewy, let it boil for a few more minutes.

When done, turn stove off and have your colander in the sink to drain. Pour the pot out away from you to prevent being burned by steam and dump noodles into colander. Use extra caution, because this is extremely hot and WILL burn you.

Shake out the extra water from the colander, and then return noodles to the pot. Do not put back on hot burner, or it will burn your noodles to the pan.

Do not rinse your noodles unless you are making a cold salad dish.

Immediately serve or cover with sauce. If the noodles are left to sit, they will get sticky. You can prevent this by lightly tossing in olive oil.

Mostaccioli or Goulash or Spaghetti

1 -16 oz package penne noodles, cooked according to directions or 1-16 oz package elbow macaroni, cooked according to directions or 1-16 oz package spaghetti noodles cooked according to directions.

1 -lb ground beef, cooked, according to taco recipe

1-14 oz can diced tomatoes with italian seasoning or plain if you can't find them

1 jar of spaghetti sauce—any kind that looks good.

After your pasta is cooked and drained, place in large pot, add your cooked hamburger, add the diced tomatoes, and jar of spaghetti sauce. Mix and serve. You can top with Parmesan cheese or any leftover white cheese you may have.

You can make your own garlic toast easily. Use leftover hotdog, hamburger buns, or rolls. Spread butter on one side and sprinkle with dried garlic and parmesan cheese. Bake at 400 degrees until crispy.

Serve with a bag of salad and you have a complete meal.

Pasta is made up of the same ingredients. The above recipe is called spaghetti if you use spaghetti noodles, it is called goulash if you use the elbow macaroni and it is called mostaccioli if you use the penne pasta. All taste the same, just a different shaped noodle.

As you become better in the kitchen, you can make your own jarred spaghetti sauce. You begin with tomato sauce as your base. To this tomato sauce you add spices to turn it into a finalized sauce. We add the following:

- basil
- oregano
- minced garlic

- salt
- sugar
- minced onion

You begin by adding 1 teaspoon of each. Then you taste your sauce. You decide what you need more of.....salt.....sweetness....then add another teaspoon, test it and decide. For the first few times, write down how much you add. As you make it more and more, you will come up with a perfected recipe.

Roast in the crockpot

If you own a crockpot, this can be something that you make in the morning and let it cook all day. It is an invaluable tool. Do not attempt to do this if you only have a few hours.

You will need:

- 1 can cream of mushroom soup
- 1 can condensed beef broth
- 1 enveloped onion soup mix
- 1-3 lb eye-of-round or chuck roast
- 1 teaspoon pepper
- 2-3 potatoes, scrubbed and cut into cubes
- a handful of baby carrots

Combine soup, broth, and soup mix in the crock pot and mix well. Place roast in crock pot. Put potatoes and carrots on top. Sprinkle with pepper. Cook, covered, on low for 8 hours or on medium for 6 hours.

Beef stroganoff

you will need the following:

- 1 pound lean round steak
- 1 Tablespoon butter
- 1 can cream of mushroom soup
- 1 can French onion soup
- 1 cup sour cream

Cut steak into strips. Melt butter in skillet. Add steak and cook on medium high until browned on both sides. Add soups. Bring to a simmer and simmer on low for 20 minutes, stirring occasionally.

Simmer means small bubbling.

Stir in sour cream and remove from heat. Serve over cooked pasta.

If you have leftover roast, you can use that in this recipe as well.

Chicken pot pie

You will need one prepackaged pie crust.

STEP ONE:

Heat oven to 350 degrees. Open up prepackaged pie crusts and unroll carefully. You are going to place one in a 9-inch glass pie pan and carefully mold it to the pan.

STEP TWO:

combine and mix the following in a bowl:

- 1 can cream of chicken soup
- 1 can mixed vegetables, drained
- 1 can chunk chicken breast, or 1 cup shredded chicken

STEP THREE

Spoon chicken mixture into crust-lined pan.

Carefully unroll second crust and lay over top of pie. Seal edges by pinching together. Cut slits in several places on top crust with a butter knife.

STEP FOUR:

Bake 45 to 60 minutes or until crust is golden brown.

Barbecued Beef Fajitas

1 tablespoon oil
1 pound beef sirloin steak, cut into strips
1 red pepper, cut into strips
1 green pepper, cut into strips
1 onion, halved, sliced
1/2 cup BBQ Sauce
8 small flour tortillas

Start by heating the oil in large skillet on medium-high heat. Add meat and cook for 3 minutes on each side. Add vegetables, cooking for 3-4 minutes or until the meat is done and the vegetables are crisp-tender, stirring frequently.

Stir in the barbecue sauce and cook on medium-low heat until it's heated through, stirring occasionally.

Spoon the mixture onto the tortillas and serve.