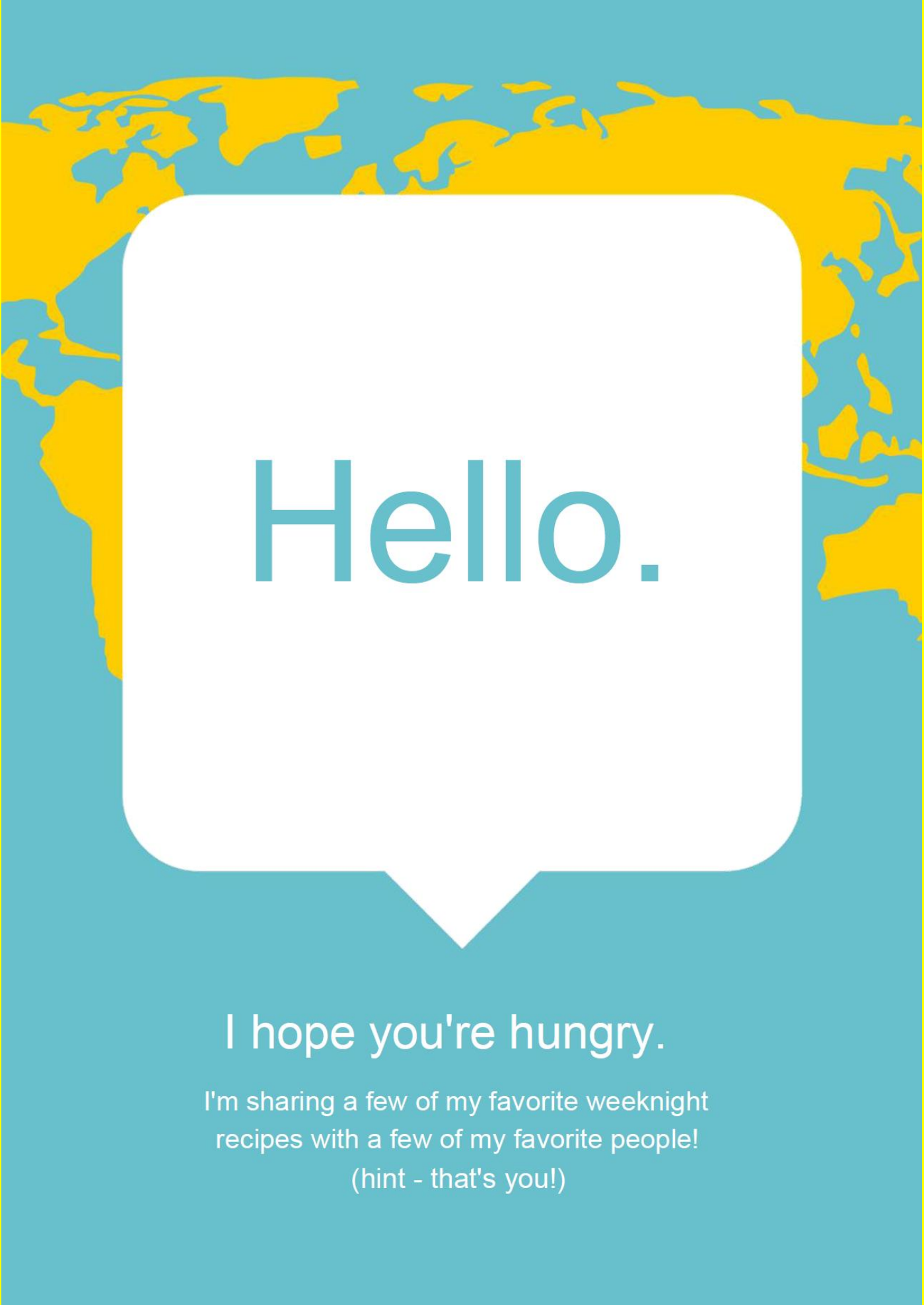


Dinner Delights

OLIVIA WHITE



Olivia White



Hello.

I hope you're hungry.

I'm sharing a few of my favorite weeknight
recipes with a few of my favorite people!
(hint - that's you!)



Contents

Slow Cooker Smoky Brown Sugar Chicken	Page 4
Sloppy Joe Tater Tot Casserole	Page 5
Chili Cheese Enchiladas	Page 6
Chicken Parm Meatball Casserole	Page 7
Bubble Up Enchilada Bake	Page 8
Pesto Chicken Panini	Page 9
Chili Mac	Page 10
Chicken Enchilada Skillet	Page 11
Sour Cream Rice Bake	Page 12
Oven Fried Chicken Strips	Page 13

SMOKY BROWN SUGAR CHICKEN



ingredients

1 1/2 pounds boneless,
skinless chicken breasts
3/4 cup brown sugar
4 cloves garlic, finely diced
1 tsp. liquid smoke
1 tsp. smoked sea salt
1 tsp. ground black pepper
1/2 tsp. red pepper flakes

instructions

Add all of the ingredients to a slow cooker. Cook on low for 6-8 hours or on high for 4 hours. Drain liquid and shred meat with a fork.
Serve over rice with steamed veggies.

SLOPPY JOE TATER TOT CASSEROLE



ingredients

- 1 pound ground beef
- 1 red bell pepper, diced
- 1/2 sweet onion, diced
- 1 can corn, drained
- 1 can sloppy joe sauce
- 2 ounces cream cheese
- 8 ounces grated cheddar
- 16 ounces tater tots
- chives, for sprinkling on top as desired

instructions

Preheat oven to 450 degrees.

In a large skillet, brown the ground beef with the peppers and onions until the meat is cooked through. Drain the fat and return to the heat. Stir in the corn, sloppy joe sauce, and cream cheese. Cook over low heat until the cream cheese is melted.

Pour the sloppy joe mixture into a 9x13 baking dish. Top with half of the grated cheese.

Arrange the tater tots in a single layer over the top of the cheese. Sprinkle the top with the remaining cheese.

Bake for 20 minutes. Remove from the oven and sprinkle with chopped chives if desired. Serve immediately.

CHILI CHEESE ENCHILADAS



ingredients

1 cup prepared chili, canned
or
leftovers
2 ounces cream cheese
1/4 cup enchilada sauce
10 corn tortillas
2 cups grated cheddar
cheese,
divided
jalapenos, for topping

instructions

Preheat the oven to 350 degrees. Pour the enchilada sauce into the bottom of an 8x8 baking dish.
Heat the chili and cream cheese together and stir to combine. When the chili is hot and the cream cheese is melted, remove from the heat.
Heat the tortillas on the stove top or in the microwave until soft and pliable. Place the tortillas on a clean surface and place 1 1/2 cups of cheese down the center of each tortilla. Roll up and place seam side down in the baking dish.
Top with the chili, sprinkle on the remaining cheese, and jalapenos. Bake for 20 minutes or until the cheese is melted.

CHICKEN PARM MEATBALL CASSEROLE



ingredients

For the meatballs:

1 pound lean ground chicken

1 cup panko bread crumbs

1 egg

1/2 cup grated Parmesan

1/4 cup milk

For the casserole:

1 pound campanelle pasta

1 jar (24 ounces) marinara
sauce

2 cups grated mozzarella
cheese

1 teaspoon Italian seasoning

instructions

Bring a large pot of water to a boil and add the pasta. Cook for 1 minute less than package directions state.

Preheat oven to 450 degrees.

While the pasta is cooking, prepare the meatballs. Add all of the ingredients to a large bowl and use your hands to mix them together well. Form into small balls, about 1 inch in diameter and place on a parchment lined baking sheet. Bake for 10 minutes. reduce the oven temperature to 350 degrees.

Add the pasta sauce to a large bowl and stir in the cooked pasta and meatballs. Stir gently to coat everything in sauce.

Spread half of the pasta and meatballs into a 9x13 baking dish. Top with half of the mozzarella cheese. Repeat layers. Sprinkle with Italian seasoning.

Bake for 20 minutes or until the cheese is melted.

BUBBLE UP ENCHILADA BAKE

ingredients

1 package Pillsbury Grands!
biscuit dough
10 ounces enchilada sauce
1 pound ground beef
1 packet taco seasoning
4 ounce can diced green
chiles
1 cup grated cheddar
1 cup grated pepper jack or
monterey jack
cilantro, for garnish
avocado or guacamole, for

instructions

Preheat oven to 350 degrees.
Open the biscuits and slice each biscuit into 8 small pieces.
Add to a medium bowl and pour the enchilada sauce over the
top. Stir to coat.
Brown the ground beef in a large skillet. Drain the grease and
stir in the taco seasoning and 2 tablespoons of water. Stir in
the green chiles.
Pour the biscuits and enchilada sauce into a 9x13 baking dish.
Top with the ground beef. Sprinkle the cheese and cilantro
over the top. Bake for 30 minutes or until the biscuits are
cooked through and the cheese is fully melted.
Serve with sliced avocado or guacamole.

PESTO CHICKEN PANINI



ingredients

8 slices sourdough bread
butter, to spread on the bread
1 to 1-1/2 cups shredded
chicken
8 thick slices fresh mozzarella
8 thick slices tomato
salt, to taste
4 tablespoon mayo
6-8 tablespoons prepared
pesto

instructions

Heat the panini grill to low.
Spread both slices of bread with the butter. Spread the mayo and pesto on the opposite side of the butter. Top with chicken, mozzarella, and tomato. Sprinkle with salt. Top the sandwich with the other piece of buttered bread.
Place on the panini grill and close the top. Grill until the cheese begins to get melty. Turn the grill up to medium to get a nice crunch on the outside of the bread. Repeat with remaining sandwiches.
Remove from the grill, slice in half, and serve hot.

CHILI MAC



ingredients

1 1/2 pounds ground beef
2 packets chili seasoning (or
your own mix)
29 ounce can tomato sauce
2 tablespoons brown sugar
1 pound macaroni
1/2 cup Heniz chili sauce
grated cheese, for topping
diced onions, for topping
sour cream, for topping

instructions

In a large pot over medium heat, brown the ground beef. Drain the fat and add the chili seasoning, tomato sauce, and brown sugar. Stir to combine and simmer over low heat for 20 minutes.

While the chili is simmering, bring a large pot of water to a boil. Add the macaroni and cook according to package directions. Drain and set return to the pan. Pour the chili into the pan with the cooked macaroni. Add the chili sauce and stir to combine. Serve with cheese, onions, and sour cream.

CHICKEN ENCHILADA SKILLET



ingredients

12 corn tortillas, cut into bite sized pieces
3 cups shredded, cooked chicken
1 10-ounce can Ro*Tel Diced Tomatoes and Green Chiles
1 10-ounce can red enchilada sauce
1 8-ounce can tomato sauce
1/2 cup grated Cheddar
1/2 cup grated Monterey Jack
1/2 avocado, sliced thin
1/4 cup chopped cilantro

instructions

Spray a large skillet with non-stick cooking spray and heat the pan over medium heat.
Add the corn tortillas and cooked chicken to the pan and cook until heated through, stirring often.
Pour the undrained Ro*Tel, enchilada sauce, and tomato sauce into the pan with 1/4 cup of each cheese. Stir to combine well. Cover and cook 5 minutes or until hot and bubbly.
Sprinkle on the remaining cheese, top with the avocado and cilantro before serving.

SOUR CREAM RICE BAKE



ingredients

1 pound ground beef
15 ounces canned tomato sauce
1 1/2 cups long grain, white rice
3 cups water (or beef broth)
1 cup cottage cheese
1/2 cup sour cream
1 cup cheddar cheese, shredded
salt and pepper, to taste

instructions

Add the rice and water to a medium sauce pan over medium heat, stirring occasionally. Bring to a boil, reduce heat to low, and cover the pan. Cook for 15-18 minutes, stirring occasionally, until the water is absorbed. Allow to sit, covered, for 5 minutes.

While the rice is cooking, brown the ground beef in a skillet until cooked through. Drain the grease and add the tomato sauce to the pan.

Add the rice to a large mixing bowl and dump in the sour cream and cottage cheese. Stir to combine. Salt and pepper, to taste.

In a 2 quart baking dish place half of the rice on the bottom of the dish. Top with half of the meat and tomato sauce mixture. Sprinkle on half of the cheese. Repeat the layers.

Bake at 350 degrees for 10 to 15 minutes or until the cheese is melted.

OVEN FRIED CHICKEN STRIPS



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ingredients

1 package (1.75 pounds)
boneless, skinless chicken
breasts
2 cups panko bread crumbs
1 cup flour
2 eggs
8 tablespoons butter
2 teaspoons salt, divided
1 teaspoon pepper, divided

instructions

Preheat oven to 400 degrees. Melt the butter and pour it on to a large rimmed baking sheet, such as a sheet pan.
Slice the chicken breasts into strips, each about 1 inch wide.
Add the Panko and half of the salt and pepper to a shallow dish, such as a pie plate. Add the eggs to a second shallow dish and beat well. Add the flour and remaining salt and pepper to a third shallow dish.
Dip the chicken strips in the flour, then egg, then Panko. Press the strips into the Panko to ensure the chicken is evenly coated.
Add the chicken strips to the pan with the melted butter.
Bake for 10 minutes and then flip each piece of chicken over.
Continue baking for 10-15 minutes or until the chicken is cooked through.

Thanks for reading!
