



10 EASY TO MAKE
RECIPES
Maria's Condo

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Fajita Parchment-Baked Chicken

Ready to transport your taste buds to a world of delightful Mexican flavors? Try this Fajita Parchment-Baked Chicken. It's perfect for a weekday dinner, featuring the rich, spicy flavors of taco seasoning, salsa, and colorful peppers baked together for a succulent result.

Preparation:

Ingredients

- parchment paper, or aluminium foil, 12x18 inches (30.5 x 46 cm)
- 1 chicken breast
- ½ red pepper, sliced
- ½ yellow pepper
- ¼ red onion, sliced
- 3 tablespoons salsa
- 1 teaspoon taco seasoning
- 1 tablespoon mexican cheese blend
- 1 tablespoon olive oil
- salt, to taste
- pepper, to taste

Preparation:

- Preheat your oven to 400°F (200°C).
- Take a sheet of parchment paper and fold it in half, then unfold it to lay it flat.
- Thinly slice the peppers and onion, and place them on one side of the parchment paper.
- Drizzle some oil over the sliced peppers and onion, and sprinkle salt and pepper evenly.
- Lay the chicken on top of the peppers and onion.
- Season the chicken with taco seasoning, salt, and pepper, and spoon salsa over it.
- Sprinkle some cheese on top of the chicken.
- Fold the other half of the parchment paper over the chicken, and seal the edges by folding them over each other.
- Place the parchment packet on a baking sheet.
- Bake in the preheated oven for 25-30 minutes, or until the internal temperature of the chicken reaches 165°F (75°C).
- Once cooked, carefully open the parchment packet.
- Serve and enjoy!

Cooker Pot Roast

Bid adieu to hours of toiling over the stove! Our slow cooker pot roast recipe will transform your perception of weeknight dinners. Picture a chuck roast, slow-cooked to perfection with flavorful vegetables. It's not only savory but also very comforting - a warm, welcome hug on a busy weekday night.

Ingredients

- 3 lb chuck roast(1.5 kg)
- salt, to taste
- pepper, to taste
- 1 oz dried onion soup mix(30 g)
- 1 onion, diced
- 3 gold potatoes, diced
- 3 large carrots, chopped
- ½ cup water(120 mL)

Preparation:

- Place the chuck roast in a 7-quart (6 ½ liters) slow cooker and season it with salt and pepper.
- Sprinkle the onion soup mix over the chuck roast.
- Add the vegetables to the slow cooker, arranging them around the roast.
- Pour water over the roast and vegetables.
- Cover the slow cooker with its lid.
- Cook on low heat for 8 hours or on high heat for 4-5 hours, until the meat is tender and easily shreds.
- Once cooked, carefully remove the lid and check the doneness of the roast. It should be fork-tender.
- Serve the chuck roast with the vegetables and juices from the slow cooker.
- Enjoy your delicious meal!

Veggie Garlic Noodles

Inject a dose of healthy greens into your weeknight dinner with this Veggie Garlic Noodles recipe. This dish is a celebration of all things veggie, bringing you the nourishing benefits of carrots and snap peas, all tossed up with a dash of tangy soy sauce and sweet brown sugar. It's a healthy, quick dinner option that is sure to impress.

Ingredients

- 2 tablespoons vegetable oil(30 mL)
- 5 cloves garlic, minced
- 4 green onions, sliced, divided
- 2 carrots, cut into matchsticks
- 1 cup snap peas(100 g)
- 2 tablespoons brown sugar
- 3 tablespoons soy sauce
- 9 oz dried rice noodles(250 g), cooked

Preparation:

- Heat vegetable oil in a large skillet over medium heat.
- Add garlic and 3 green onions to the skillet and cook for 2-3 minutes until fragrant and tender.
- Add carrots and snap peas to the skillet, and stir in brown sugar and soy sauce.
- Add the noodles to the skillet and toss for a couple of minutes, ensuring the noodles are well-coated and the vegetables are tender.
- Season with salt and pepper to taste.
- Serve immediately, and garnish with the remaining green onion.
- Enjoy your delicious meal

Chicken & Biscuit Bake!

Want a meal that combines the comforting warmth of a home-baked dish with the convenience of a weeknight dinner? Then Chicken & Biscuit Bake is your answer! This heartwarming recipe combines shredded rotisserie chicken, frozen mixed vegetables, and biscuit dough, all beautifully baked together for a satisfying, fuss-free feast.

Ingredients

- 6 tablespoons butter
- 1 onion, chopped
- ½ cup flour(60 g)
- 3 cups chicken broth(720 mL)
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 cup heavy cream(240 mL)
- 2 ½ cups frozen mixed vegetable(455 g)
- 1 rotisserie chicken, shredded
- 2 tubes biscuit dough, 8 biscuits each

Preparation:

- Preheat your oven to 350°F (180°C).
- In a large pot over medium-high heat, melt the butter.
- Add the onion and sauté until softened, approximately 1 minute.
- Whisk in the flour, stirring constantly to prevent browning, for about 1 minute.
- Gradually whisk in the chicken broth, salt, and pepper, ensuring there are no lumps.
- Whisk in the heavy cream and bring the mixture to a light simmer until the sauce has slightly thickened. Taste and adjust seasoning with additional salt and pepper if needed.
- Stir in the mixed vegetables and shredded chicken until fully incorporated.
- Transfer the mixture to a 9x13-inch (23x33 cm) baking dish.
- Evenly place 12 pieces of biscuit dough on top of the mixture (you may have extra biscuits that can be baked separately).
- Bake in the preheated oven for 20 minutes, or until the biscuits turn golden brown and the gravy mixture is bubbling.
- Allow the dish to cool slightly before serving.
- Enjoy your delicious meal!

Taco Soup

This Taco Soup is like a warm, spicy hug in a bowl. It's brimming with hearty ground beef, beans, corn, and tomatoes - all swimming in a robust, flavorful broth. Don't forget the cheese and other garnishes that add a dash of color and a burst of flavor in every spoonful.

Ingredients

- 1 lb lean ground beef(454 g)
- 1 small onion, chopped
- 15 oz canned kidney bean(425 g), 1 can
- 15 oz canned black bean(425 g), 1 can
- 15 oz canned corn kernels(425 g), 1 can
- 15 oz canned diced tomato(425 g), 1 can
- 8 oz tomato sauce(225 g), 1 can
- 2 tablespoons taco seasoning
- 1 shredded cheddar cheese, to serve
- 1 sour cream, to serve
- 1 pico de gallo, to serve
- 1 avocado, sliced, to serve
- 1 tortilla chip, to serve
- 1 lime wedge, to serve
- 1 chopped cilantro, to serve

Preparation:

- In a large pot, add the ground beef and onion. Stir and cook until the beef is fully cooked.
- Drain any excess liquid from the pot.
- Add the kidney beans, black beans, corn, tomatoes, tomato sauce, and taco seasoning to the pot. Stir until well combined.
- Cook the mixture over medium heat for 10 minutes, allowing the flavors to meld together.
- Serve the dish with cheddar cheese, sour cream, pico de gallo, avocado, corn chips, lime wedges, and cilantro.
- Enjoy your flavorful meal!

Lemon Garlic Shrimp Pasta

Seafood lovers, rejoice! The Lemon Garlic Shrimp Pasta is here to whisk you away on a culinary adventure. It's a delightful medley of linguine tossed with succulent shrimp, fresh spinach, and a zesty lemon-garlic sauce that's light yet packed with flavor. Who knew weeknight dinners could feel so gourmet?

Ingredients

- 8 oz linguine(225 g)
- 2 tablespoons olive oil
- 8 tablespoons unsalted butter, 1 stick
- 4 cloves garlic, minced
- 1 teaspoon red pepper flakes
- 1 ¼ lb large shrimp(570 g)
- salt, to taste
- pepper, to taste
- 1 teaspoon dried oregano
- 4 cups baby spinach(160 g)
- ¼ cup parmesan cheese(25 g), grated
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon lemon juice

Preparation:

- In a large pot, bring water to a boil and add the pasta. Cook the pasta, stirring frequently, until it is al dente.
- Drain the cooked pasta and set it aside.
- In the same pot, heat olive oil and 2 tablespoons of butter. Add garlic and crushed red pepper, and cook until fragrant.
- Add shrimp, salt, and pepper to taste. Stir until the shrimp start to turn pink but are not fully cooked.
- Toss in oregano and spinach, and cook until the spinach is wilted.
- Return the cooked pasta to the pot. Add the remaining butter, Parmesan cheese, and parsley. Stir until the ingredients are well mixed and the butter is melted.
- Once the shrimp are fully cooked, add lemon juice and give it a final mix.
- Serve the dish while it's hot.
- Enjoy your delicious meal!

Chicken & Veggie Stir-Fry

Redefine your weeknight meals with this colorful and nutritious Chicken & Veggie Stir-Fry. This recipe is all about wholesome ingredients coming together in a symphony of flavors. From the succulent chicken to the crunchy vegetables, every bite is a healthy surprise.

Ingredients

for 6 servings

- 1 lb chicken breast(455 g), cubed
- salt, to taste
- pepper, to taste
- 1 lb broccoli florets(455 g)
- 8 oz mushroom(225 g), sliced
- 3 tablespoons oil, for frying

SAUCE

- 3 cloves garlic, minced
- 1 tablespoon ginger, minced
- 2 teaspoons sesame oil
- $\frac{1}{3}$ cup reduced sodium soy sauce(80 mL)
- 1 tablespoon brown sugar
- 1 cup chicken broth(240 mL)
- $\frac{1}{4}$ cup flour(30 g)

Preparation:

- In a large pan over medium-high heat, add 1 tablespoon of oil. Once the oil is hot, add the chicken, season it with salt and pepper, and sauté until it is cooked through and browned. Remove the cooked chicken from the pan and set it aside.
- In the same pan, heat another tablespoon of oil and add the mushrooms. Once the mushrooms start to soften, add the broccoli florets and stir-fry until the broccoli is tender. Remove the cooked mushrooms and broccoli from the pan and set them aside.
- Add another tablespoon of oil to the pan and sauté the garlic and ginger until fragrant. Add the remaining sauce ingredients and stir until the sauce is smooth.
- Return the cooked chicken and vegetables to the pan with the sauce. Stir everything together until heated through.
- Serve the dish with hot rice or noodles.
- Enjoy your delicious meal!

Chicken Alfredo Penne

Looking for a hearty pasta dish that delivers on flavor and convenience? Meet our Chicken Alfredo Penne - a creamy, savory delight that will win hearts at the dinner table. Each forkful promises tender chicken, al dente penne, and a velvety alfredo sauce that ties it all together.

Ingredients

- 1 ½ lb chicken breast(680 g), cubed
- 2 tablespoons butter
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ½ teaspoon salt
- ½ teaspoon pepper
- 16 oz penne pasta(455 g), cooked
- ¼ cup fresh parsley(10 g)
- ¼ cup shredded parmesan cheese(25 g)

SAUCE

- 2 tablespoons butter
- 4 cloves garlic, minced
- 3 tablespoons flour
- 2 cups milk(480 mL)
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ½ cup shredded parmesan cheese(55 g)
- ½ teaspoon salt
- ½ teaspoon pepper

Preparation:

- In a pan over medium-high heat, melt butter. Add the chicken breast to the pan.
- Season the chicken with salt, pepper, oregano, and basil. Cook for 8-10 minutes or until the chicken is fully cooked. Remove from heat and set the chicken aside.
- In the same pan over medium heat, melt butter and add the garlic. Cook until the garlic begins to soften.
- Gradually add half of the flour to the garlic and butter, stirring until incorporated. Then add the rest of the flour and continue stirring.
- Pour in the milk a little bit at a time, stirring well in between, until the milk is fully incorporated and the sauce begins to thicken.
- Season the sauce with salt, pepper, oregano, and basil, and stir well to incorporate the flavors.
- Add parmesan cheese to the sauce and stir until melted.
- Pour the sauce over the cooked penne pasta, add the cooked chicken, and mix well.
- Add parsley and extra parmesan, and mix well.
- Enjoy

Butter Chicken

Spice up your weeknight dinner routine with our Butter Chicken recipe. This dish promises an explosion of flavors, with tender chicken chunks soaked in a rich, spiced tomato-based sauce. Don't forget to serve it over some fluffy rice and enjoy a restaurant-style meal in the comfort of your own home.

Ingredients

- 2 lb boneless, skinless chicken breast (910 g), cubed
- salt, to taste
- pepper, to taste
- 2 teaspoons chili powder, divided
- ½ teaspoon turmeric
- 6 tablespoons butter, divided
- 1 ½ cups yellow onion(225 g), diced
- 3 teaspoons garam masala
- 1 teaspoon cumin
- 1 teaspoon cayenne pepper
- 1 tablespoon ginger, grated
- 3 cloves garlic, minced
- 1 cinnamon, 3 inch (8 cm) stick
- 14 oz tomato sauce(395 g)
- 1 cup water(240 mL)
- 1 cup heavy cream(240 mL)
- rice, for serving
- fresh cilantro, chopped for garnish

Preparation:

- In a large bowl, season the chicken breast with salt, pepper, 1 teaspoon of chili powder, and 1 teaspoon of turmeric. Allow it to marinate for 15 minutes.
- Melt 2 tablespoons of butter in a large pot over medium heat. Brown the chicken in the pot, then remove it and set it aside.
- Melt another 2 tablespoons of butter in the same pot, then add the onion, garam masala, remaining teaspoon of chili powder, cumin, ginger, garlic, cayenne, cinnamon, salt, and pepper. Cook until the mixture becomes fragrant.
- Add the tomato sauce to the pot and bring it to a simmer.
- Pour in the water and cream, and return the mixture to a simmer.
- Return the chicken to the pot, cover it, and let it simmer for another 10-15 minutes.
- Stir in the last 2 tablespoons of butter and season with additional salt and pepper to taste.
- Serve the chicken over rice and garnish with cilantro.
- Enjoy your flavorful meal!

Bacon And Egg Ramen

Want a quick yet satisfying dinner solution? Try our Bacon and Egg Ramen. This is no ordinary ramen - we've elevated it with crispy bacon and a beautifully fried egg, all sprinkled with scallions for a touch of freshness. It's a comforting meal that can be whipped up in no time.

Ingredients

- 1 package instant ramen, prepared
- 1 egg, fried
- 3 slices bacon, cooked and chopped
- 1 tablespoon scallions, thinly sliced
- kosher salt, to taste
- black pepper, to taste

Preparation:

- In a pot, bring 2 cups (480 ml) of water to a boil.
- Add the ramen seasoning packet and a tablespoon of butter to the boiling water. Stir until the butter melts.
- Add the ramen noodle cube to the pot and cook until the noodles become tender, approximately 2 minutes.
- Pour the cooked ramen into a bowl.
- Top the prepared ramen with a fried egg, bacon, and scallions.
- Season with salt and pepper to taste.
- Enjoy your delicious ramen!