

COOKING IN COLLEGE

# SSL Recipe Book



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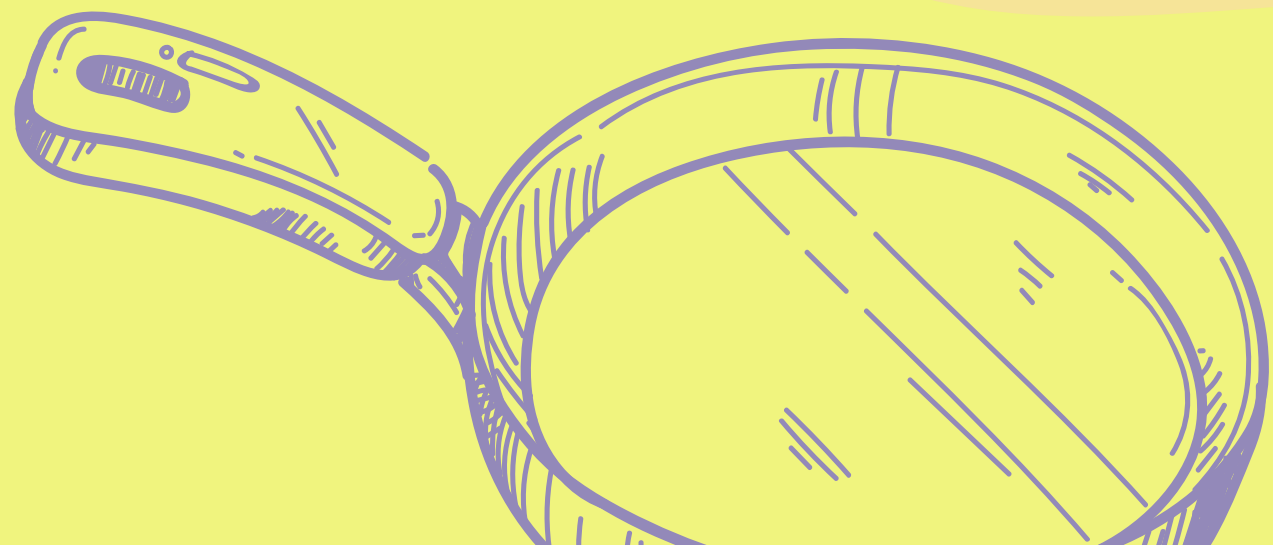
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stove top Meals



# Pasta with Peas

Stove Top



## INGREDIENTS:

- Pasta (any will work well)
- Peas (fresh or frozen)
- Pesto, optional
- Parmesan
- Basil
- Ground black pepper

## STEPS:

1. Cook the pasta according to packet instructions.
2. For the final 2 minutes of cooking time, add the peas.
3. Reserve  $\frac{1}{2}$  cup of the cooking water, then drain the pasta with peas.
4. Return to the pot with the cooking water and the pesto (if using). Toss to coat.
5. Serve topped with parmesan, torn basil leaves and freshly ground black pepper.



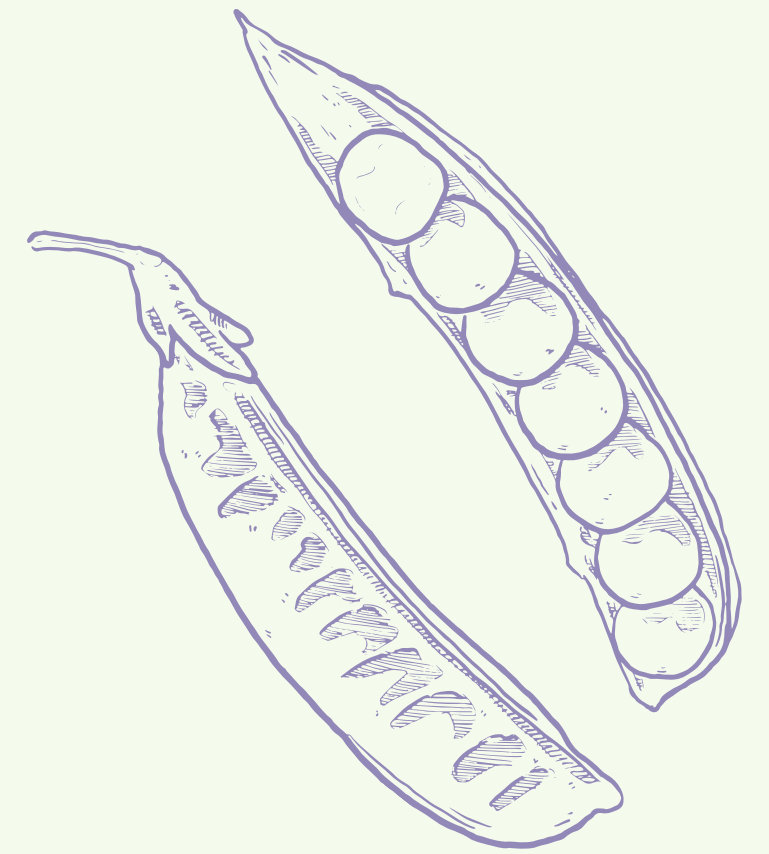
## INGREDIENTS:

- 1 package gnocchi
- 1 can cream of chicken soup
- chopped vegetables, optional



# Creamy Gnocchi

Store Top



## STEPS:

1. Bring medium-large pot of water to a boil.
2. Add gnocchi and allow to cook for 2 to 3 minutes, until gnocchi begins to float to the top of the pot.
3. Set aside a cup of cooking water for later use.
4. Drain gnocchis and rinse under cold water.
5. Add gnocchi back to pot.
6. Add entire can of cream of chicken soup and cooking water to pot. Heat the mixture all the way through on medium heat.
7. Add chopped veggies, if desired.

# Veggie Omelet

Store Top

## INGREDIENTS:

- 1 tsp Extra virgin olive oil or non-stick spray
- 1 oz shredded cheese
- 2 eggs
- Add-ons:
  - bell pepper
  - fresh spinach
  - onion
  - broccoli
  - mushrooms



## STEPS:

1. Chop veggies into bite size pieces.
2. Heat olive oil in small frying pan.
3. Add chopped veggies and saute until soft. (approx 3 to 4 minutes).
4. Whip egg in small bowl and pour over veggie mix.
5. Cook until medium set (3 minutes) and flip over.
6. Continue to cook until desired firmness.
7. Add cheese if desired. Fold in half and enjoy.





## STEPS:

1. Add all ingredients to a large pot.
2. Bring to a boil, then simmer on low-medium heat for 1 hour or until vegetables are tender.
3. Add spinach before serving. It will wilt in the hot soup.
4. Sprinkle with parmesan cheese, if desired.

# Lentil Veggie Soup

Stove Top

## INGREDIENTS:

- 6 cups vegetable broth
- 1 cup diced tomatoes
- 8 oz mushrooms, sliced
- 1 cup carrots, sliced
- 1 cup celery, sliced
- 1 cup onion, sliced
- 1 cup chickpeas, rinsed and drained
- 1/2 cup lentils
- 3 cups fresh spinach, chopped
- Shredded parmesan cheese, optional



# Boiled Eggs

Stove Top

## INGREDIENTS:

- Large eggs

## STEPS:

1. Place eggs in a medium pot and fill with cold water to 1 inch above the eggs.
2. Bring to a boil, then cover the pot and turn the heat off. Let the eggs cook, covered, for 9 to 12 minutes.
3. Transfer the eggs to a bowl of ice water and chill for 14 minutes. This makes the eggs easier to peel.
4. Peel and enjoy!





## STEPS:

- In a large bowl, combine mayonnaise, lemon juice, onion, salt and pepper.
- Stir in hard boiled eggs and celery.
- Cover and refrigerate until serving.

# Egg Salad

No Cook

## INGREDIENTS:

- 1/4 cup mayonnaise
- 2 teaspoons lemon juice
- 1 teaspoon dried minced onion
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 6 hard-boiled large eggs chopped
- 1/2 cup finely chopped celery



## STEPS:

1. Place lettuce on a platter or in a large serving bowl.
2. Arrange remaining ingredients in rows or sections as desired.
3. Serve with dressing of choice.



# Cobb Salad

No Cook

## INGREDIENTS:

- 6 cups torn iceberg lettuce
- 2 medium tomatoes, chopped
- 1 medium ripe avocado, peeled and chopped
- 3/4 cup diced ham (cooked or deli meat)
- 2 hard-boiled large eggs, chopped
- 3/4 cup diced turkey (cooked or deli meat)
- 1-1/4 cups sliced fresh mushrooms
- 1/2 cup crumbled blue cheese
- Salad dressing of choice



# Pizza Quesadillas

Store Top

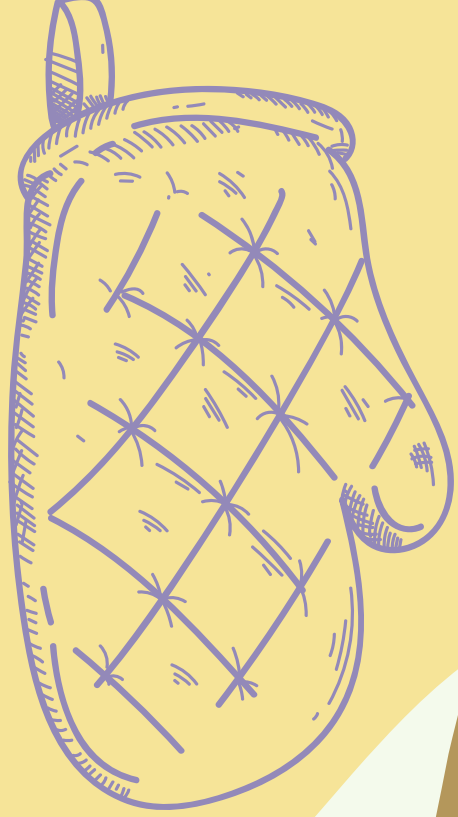


## INGREDIENTS:

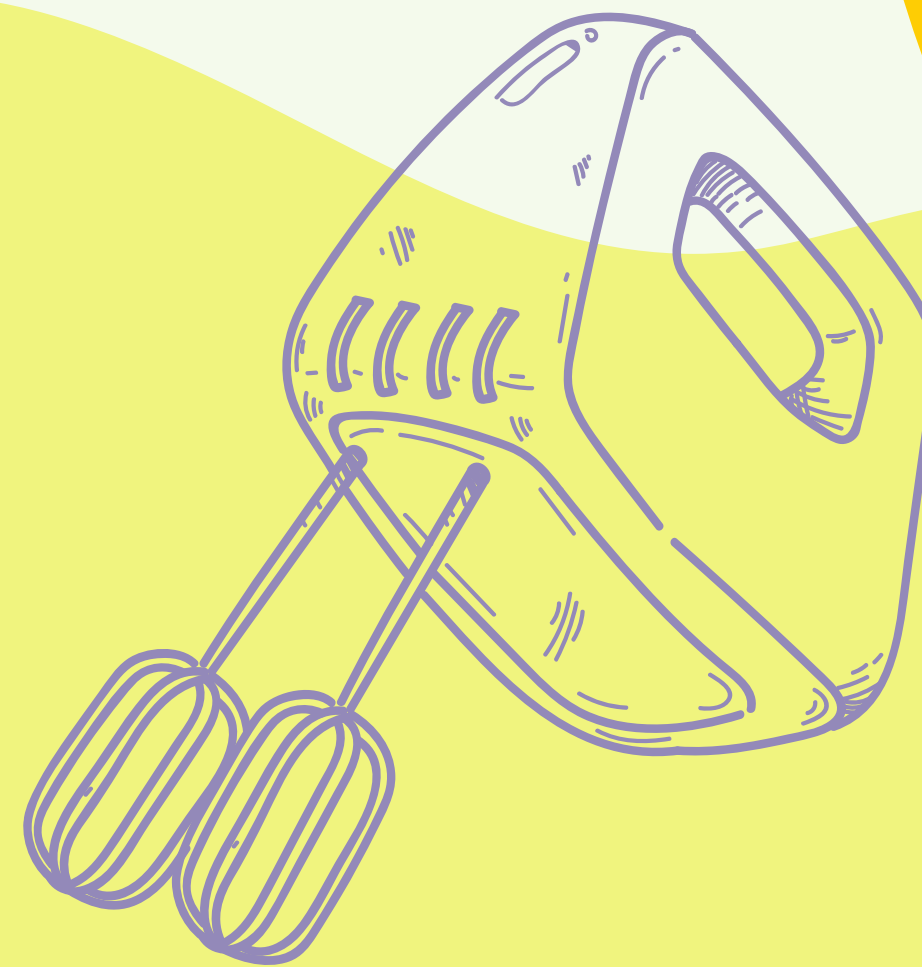
- 2 Corn Tortillas
- 1/4 cup shredded mozzarella
- 4 slices pepperoni
- Italian seasoning
- 1/2 cup tomato sauce of choice
- Cooking spray

## STEPS:

1. Heat pan on medium heat. Once heated, spray with cooking spray and lay a tortilla on top of the pan.
2. Sprinkle cheese, seasoning, and pepperonis on top of the tortilla. Place a lid on top of the pan so the cheese melts, 1-2 mins.
3. Once the cheese is melted, remove the lid and place second tortilla on top. Flip quesadilla and toast the other side for 1-2 minutes so both sides are toasted.
4. Dip in favorite pizza or pasta sauce.



# Oven Meals



## INGREDIENTS:

- 1-2/3 cups frozen mixed vegetables, thawed
- 1-1/2 cups cubed cooked chicken
- 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted
- 1/4 teaspoon dried thyme
- 1 cup biscuit/baking mix
- 1/2 cup 2% milk
- 1 large egg



# Chicken Biscuit Potpie

Oven

## STEPS:

1. Preheat oven to 400°.
2. In a large bowl, combine the vegetables, chicken, soup and thyme.
3. Pour into an ungreased deep-dish 9-in. pie plate.
4. Combine the biscuit mix, milk and egg; spoon over chicken mixture.
5. Bake until topping is golden brown and a toothpick inserted in the center comes out clean, 25-30 minutes.



## STEPS:

1. Toss potatoes with butter and salt; arrange on the bottom and up the sides of a greased 13x9-in. baking dish. Bake, uncovered, at 400° for 25-30 minutes or until potatoes are almost tender.
2. Meanwhile, in a large skillet, cook beef over medium heat until no longer pink; drain. Sprinkle beef and corn over potatoes. Combine the soup, milk, garlic powder, pepper, onion and 1/2 cup cheese; pour over beef mixture.
3. Bake, uncovered, at 400° for 20 minutes or until vegetables are tender. Sprinkle with remaining cheese. Bake 2-3 minutes longer or until cheese is melted. Sprinkle with parsley if desired.

# Meat & Potato Casserole

Oven

## INGREDIENTS:

- 4 cups thinly sliced peeled potatoes
- 2 tablespoons butter, melted
- 1/2 teaspoon salt
- 1 pound ground beef
- 1 package (10 ounces) frozen corn
- 1 can (10-3/4 ounces) condensed cream of celery soup, undiluted
- 1/3 cup whole milk
- 1/4 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1 tablespoon chopped onion
- 1 cup shredded cheddar cheese, divided
- Minced fresh parsley, optional



## INGREDIENTS:

- A loaf of sourdough bread
- Mozzarella Cheese (shredded or cubed)
- $\frac{2}{3}$  cup of melted butter
- Garlic salt (or any other preferred seasoning)
- Optional:
  - your favorite pizza topping (ex: pepperoni)



# Pull Apart Pizza Bread

Oven

## STEPS:

1. Preheat oven to 350°F
2. Begin cutting the sourdough loaf diagonally, making sure to not cut all the way through the bottom of the loaf. (Stop about an inch above the base of the loaf.)
3. Next, cut diagonally through the rows in the opposite direction to create diamond shaped wedges. Again, making sure to stop before cutting through the bottom.
4. Place on a baking sheet lined with tin foil.
5. Mix melted butter and seasoning to taste. Then, drizzle half of the butter mixture around each wedge.
6. Fill the spaces between each diamond shaped wedge with cheese and your chosen topping.
7. Drizzle the remaining butter onto the bread
8. Cover the loaf with foil and bake for about 15 minutes to ensure the cheese has melted.
9. Uncover and bake for about 10 more minutes, so the bread becomes crunchy.



# Hot Dog Casserole

Oven

## INGREDIENTS:

- 3 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 to 1-1/2 teaspoons salt
- 1/4 to 1/2 teaspoon pepper
- 1-1/2 cups 2% milk
- 5 medium red potatoes, thinly sliced
- 1 package (1 pound) hot dogs, halved lengthwise and cut into 1/2-inch slices
- 1 medium onion, chopped
- 1/3 cup shredded cheddar cheese
- Chopped green onions, optional



## STEPS:

1. Preheat oven to 350°. In a small saucepan, melt butter. Stir in the flour, salt and pepper until smooth. Gradually add milk. Bring to a boil; cook and stir until thickened and bubbly, about 2 minutes.
2. In a greased 2-1/2-qt. baking dish, layer with a third of the potatoes, half the hot dogs and half the onion. Repeat layers. Top with remaining potatoes. Pour white sauce over all.
3. Bake, covered, for 1 hour. Uncover; sprinkle with cheese. Bake until potatoes are tender, 10-15 minutes longer. If desired, garnish with green onions.





# Vegetarian Enchiladas



Oven

## INGREDIENTS:

- Flour tortillas
- 1 packet Knorr spanish rice
- 1 can refried beans
- 1 can corn
- 1 can Rotel or salsa
- 1 can green enchilada sauce
- Shredded cheese

## STEPS:

1. Add 1 packet of spanish rice and 2 cups of water to pot.
2. Bring to a boil, then cover and simmer for 15 minutes.
3. After rice is done cooking, stir in one cup of corn and 1 can of Rotel. Allow to heat through until corn is no longer frozen.
4. Add hefty serving of rice and refried beans to tortilla and fold.
5. Line parchment paper on inside of baking tray. Place enchiladas on tray, and top with green enchilada sauce and shredded cheese.
6. Bake at 400 degrees for 20 minutes.

# Crock pot Meals



## STEPS:

1. Put the chicken in your slow cooker.
2. Cover with taco seasoning.
3. Cover with a jar of salsa.
4. Cook on low for 6-8 hours.
5. Shred your chicken and serve.



# Chicken Tacos

## Crock Pot

## INGREDIENTS:

- 2 large chicken breasts
- 1 packet taco seasoning
- 1 oz. salsa
- Tortillas, optional

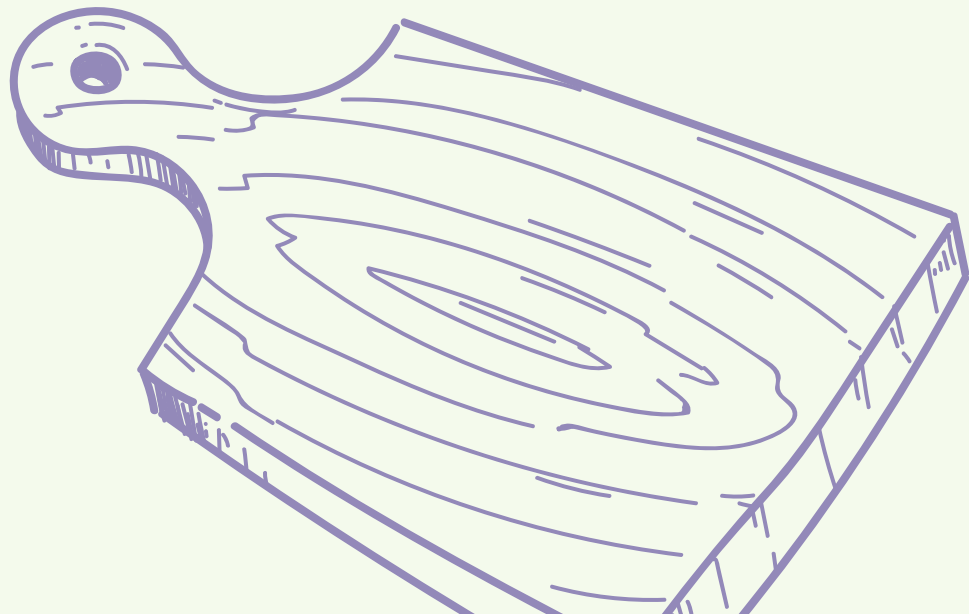


# BBQ Pulled Chicken

Crock Pot

## INGREDIENTS:

- 4 boneless, skinless chicken breasts
- Bottle of BBQ sauce
- ½ cup Italian dressing
- ¼ cup brown sugar



## STEPS:

1. Add Chicken breast, BBQ sauce, Italian Dressing, and Brown Sugar to slow cooker.
2. Cook on Low for 6-8 hours.
3. Shred chicken
4. Serve on buns, over rice or a salad.

# Beef & Broccoli

Crock Pot



## INGREDIENTS:

- 1 pound of stew meat
- 1 bag of frozen broccoli
- 1 packet of brown gravy mix  
(dissolve into hot water )
- Rice, optional

## STEPS:

1. Cook on Low for 8 hours.
2. At the end, add in a bag of frozen broccoli for 1 hour on High.
3. Serve over rice.



## STEPS:

1. Add chicken base to 5 quart or larger crock pot.
2. Add potatoes, onion and garlic.
3. Cover and cook on high for 5 -6 hours, until potatoes are soft.
4. Mash potatoes until all potatoes are fine pieces.
5. Add 1 cup milk and 12 oz shredded cheddar cheese. Stir well. (if you want soup any thicker, slowly add instant mashed potatoes).
6. Serve in bowls topped with sour cream (such as ranch dip, real bacon bits and more cheese.

# Loaded Baked Potato Soup

## Crock Pot

## INGREDIENTS:

- 4 quarts chicken or vegetable stock
- small onion – chopped fine
- 2 cloves garlic
- 8 – 10 medium potatoes (peeled and cut in 1/2 inch chunks)
- 1 cup milk
- 12 oz shredded cheese (you can skip the cheese and just add it as a topping)



# Chicken & Stuffing

Crock Pot



## INGREDIENTS:

- 1 lb. boneless, skinless chicken breasts
- 2 cans chicken broth
- 2 boxes Stove-Top stuffing
- 2 cans condensed cream of chicken soup

## STEPS:

1. Add all ingredients to slow cooker. Combine broth and soup together before pouring over chicken and stuffing mix for best results.
2. Cook on Low for 7-8 hours.



# Microwave Meals





## INGREDIENTS:

- 2 eggs
- 1 tbsp of flour
- 1 tbsp of milk
- Salt and pepper
- Optional add ons:
  - Shredded cheese
  - Chopped bell peppers
  - Chopped onions
  - Jalapenos
  - Sausage, ham, chicken, etc.

# Omelet in a Mug

## Microwave

## STEPS:

1. Crack eggs into a microwave safe mug or bowl and beat the eggs with a fork.
2. Stir in flour, milk, and any extra add ons
3. Season with salt and pepper
4. Cook in the microwave for 1.5 to 2 minutes  
(time will depend on the wattage of each microwave)



## INGREDIENTS:

- ¼ cup butter (Room temp.)
- ¼ cup honey
- ¼ cup brown sugar
- ¼ cup peanut butter
- 2 cups quick-cooking oats
- 1 cup crispy rice cereal
- ½ teaspoon vanilla
- Optional: 2–3 tablespoons of topping
  - Including chocolate chips, nuts, raisins, or any other flavoring you prefer



# DIY Granola Bar

## Microwave

## STEPS:

1. In a large bowl mix oats and crispy rice
2. In a microwave safe container stir together honey, butter and brown sugar. Then, place the heatproof bowl in the microwave for 2-3 minutes, so that the mixture will be at a boil for one minute. (Timing will differ depending on high or low power microwaves.)
3. After cooking, mix peanut butter and vanilla into the wet ingredients. Stir until the consistency is smooth.
4. Next, combine the wet and dry ingredients into the large bowl. Mix until all ingredients are the same consistency.
5. Pour the entire mix into a pan (suggested size around 8 x 8 inches) and let it sit until hardened. Typically, it should sit 2 hours at room temperature or 30 minutes in a fridge.
6. Once cooled, cut into smaller bars.

# Breakfast Burritos

Microwave

## INGREDIENTS:

- 2 large eggs
- 2 flour tortillas
- 2 slices cheddar or American cheese
- Optional: salsa
- Cooking spray



## STEPS:

1. Spray a microwave-safe bowl with cooking spray.
2. Beat the eggs in the bowl, pop into the microwave and cook for about 90 seconds, until the eggs are done. (For best results, stir the eggs after every 30 seconds).
3. Cut the cooked egg patty in half. Place a piece of egg and a slice of cheese on each tortilla. Fold or roll up the tortillas to make burritos. Put into microwave for 20 seconds to melt the cheese.
4. Enjoy with salsa if desired.

## STEPS:

1. Mix the flour, baking powder, baking soda and salt together in a microwavable mug.
2. Add in the milk and oil then mix together. There might be some lumps but that is ok.
3. Spoon on the marinara sauce and spread it around the surface of the batter.
4. Sprinkle on the cheese, pepperoni, and dried herbs.
5. Microwave for 1 minute 10 - 1 minute 20 seconds, or until it rises up and the toppings are bubbling (timing might vary)

# Mug Pizza

## Microwave

## INGREDIENTS:

- 4 tablespoons all purpose flour
- 1/8 teaspoon baking powder
- 1/16 teaspoon baking soda
- 1/8 teaspoon salt
- 3 tablespoons milk
- 1 tablespoon olive oil
- 1 tablespoon marinara sauce
- 1 generous tablespoon shredded mozzarella cheese
- 5 mini pepperoni
- 1/2 teaspoon dried Italian herbs (basil or oregano will work)



# Scrambled Eggs

Microwave

## INGREDIENTS:

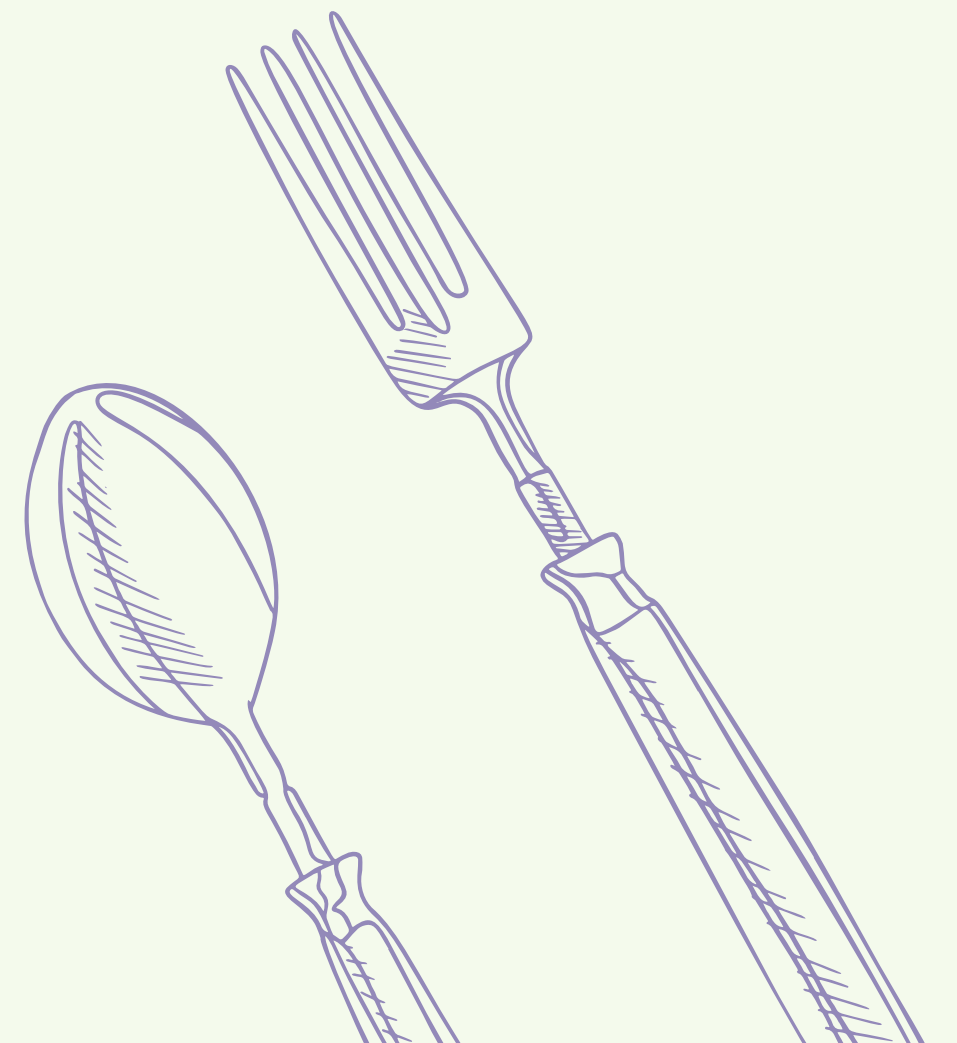
- 2 large eggs
- 2 tbsp milk

## STEPS:

1. Beat eggs, milk, salt and pepper in microwave-safe bowl until blended.
2. Microwave on HIGH 45 seconds: Stir. Microwave until eggs are almost set, 30 to 45 seconds longer. Serve immediately.



# No Cook Meals

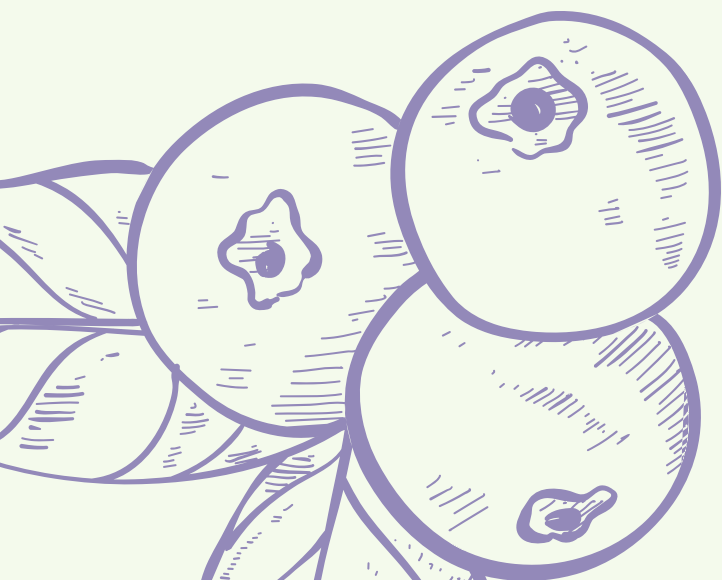


# Yogurt Parfait

No Cook

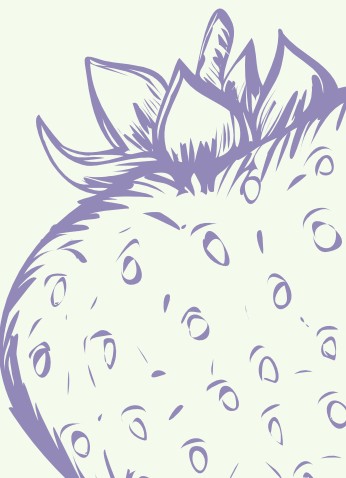
## INGREDIENTS:

- 1 cup strawberries
- 1/2 cup blackberries
- 1/2 cup blueberries
- 4 cups yogurt vanilla (or greek)
- 1 cup granola



## STEPS:

1. Dice strawberries in to smaller pieces.
2. Layer yogurt in 4 cups beginning with ½ cup yogurt, a sprinkle of granola, a few spoonfuls of chopped strawberries, as well as a few blackberries and blueberries.
3. Repeat layers one more time and refrigerate until read to serve.



## INGREDIENTS:

- Tortillas
- Sliced turkey
- 1 tomato
- 1 green pepper
- shredded lettuce
- Shredded cheese
- ranch dressing

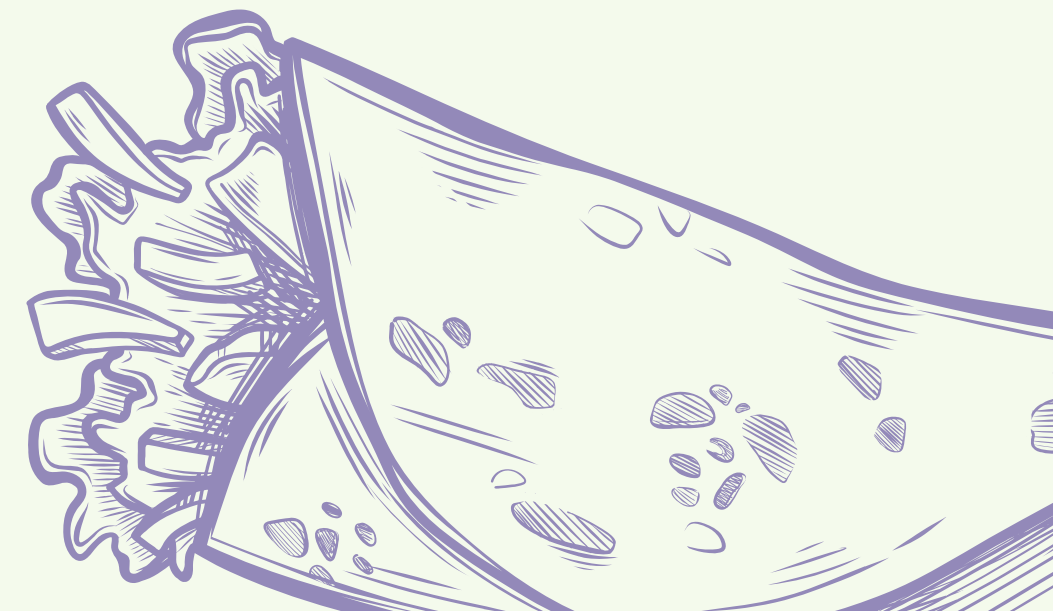


# Turkey Ranch Wrap

No Cook

## STEPS:

- Lay a few slices of turkey on a tortilla
- Cut the tomato, green pepper, and lettuce into thin slices to place on top
- Sprinkle on the shredded cheese
- Drizzle with ranch dressing
- Roll the filled tortilla tightly
- If preferred, you can chop the wrap into bite sized pieces and hold together with toothpicks





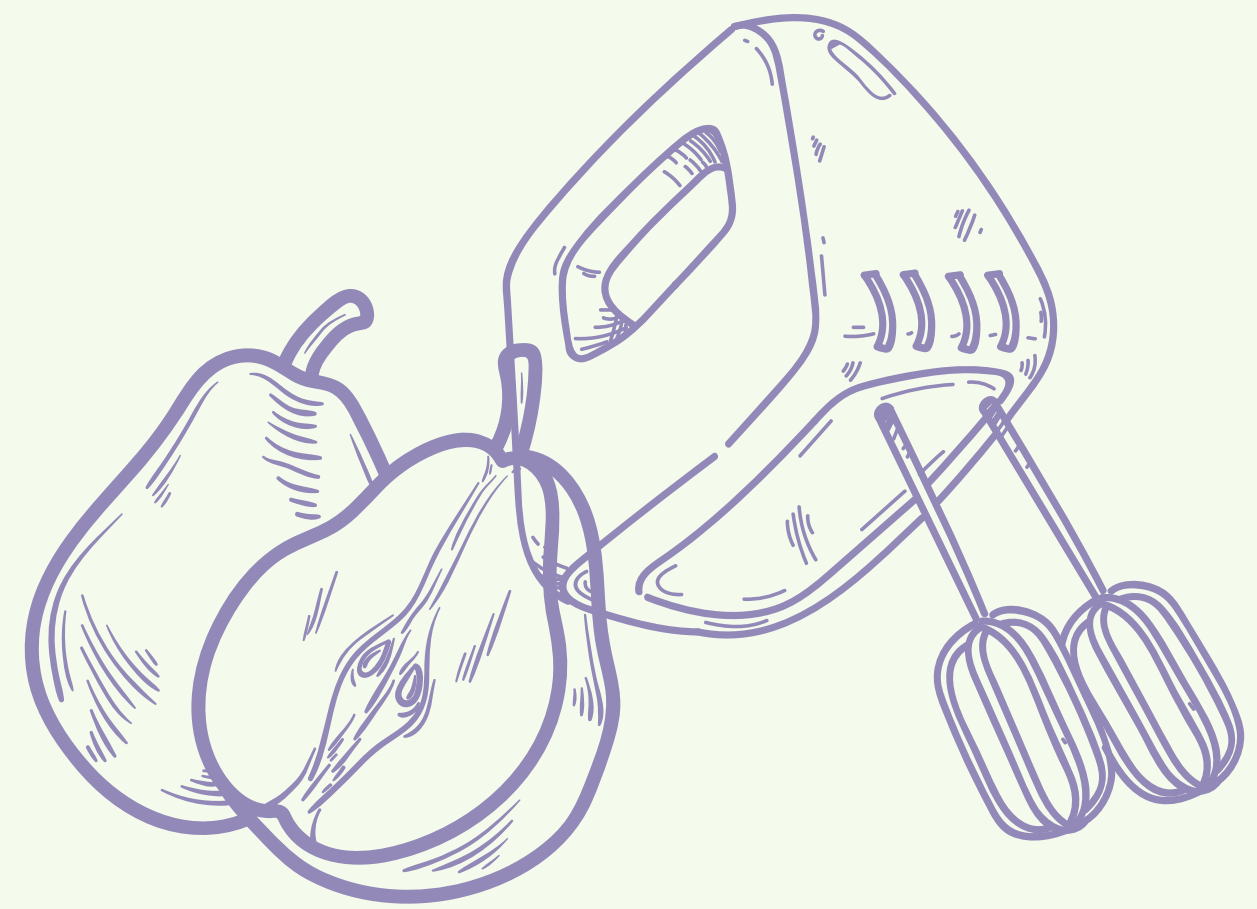


# Fruit Dip

No cook

## INGREDIENTS:

- Cream cheese
- Marshmallow fluff
- Dippable fruit, Graham Crackers, pretzals, etc.



## STEPS:

- Beat the cream cheese with a mixer or a whisk until it is smooth
- Gently fold in the marshmallow fluff
- For added flavor you can fold in other things as well, like a spoonful of peanut butter, a few drops of vanilla extract, or something else you find tasty.
- Chill for 30 mins
- Dip fruit and snacks of your choice!

## INGREDIENTS:

- ramen noodles
- A Rotisserie chicken
- A package of coleslaw mix
- 6 finely chopped green onions
- Asian Sesame Salad Dressing



# Asian-style Chicken Slow

No Cook

## STEPS:

- First, remove the skin from and shred the rotisserie chicken.
- Break one package of ramen noodles into a large bowl
- Add shredded chicken, chopped green onions, and coleslaw mix to the bowl
- Drizzle salad dressing on top
- Toss to evenly coat and mix all ingredients