

Sinfully Delicious Recipes™ 10 Mouth Watering Treats

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Introduction

Thank you for downloading these delicious recipes.

These recipes are a tasty sample of some of the favorite recipes in my family.

These recipes have been passed around and shared with family and friends for generations

I hope you enjoy the recipes.

Karen

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Karen Walker

<http://www.activateabundance.com>

<http://www.sinfullydeliciousrecipes.com/>

Sinfully Delicious Recipes™ 10 Mouth Watering Treats

Savory Steak Sauce

Ingredients:

2 Tbsp. mustard Powder
1/2 cup onion
1 - 2 cloves of garlic
2/3 cup Vegetable oil
2/3 cup Soy Sauce (Use Tamari, it's much more potent)
Half and Half Cream
1 - 2 Tbsp. of flour

Directions:

Mix the mustard powder with a smidge of water (until it is of a cream consistency). Put it aside for 10 minutes.

Cut up onion into chunks, and peel garlic. Chop in blender until finely minced.

Add oil and soy sauce and mustard powder. Blend until smooth.

Add cream and blend in.

Put the sauce into a medium sized saucepan over medium high heat. Stirring constantly until the sauce starts to come to a gentle boil.

In a small bowl, mix the flour with about 1/2 cup of water, stirring until smooth.

Pour the flour mixture into the sauce and keep stirring until the sauce thickens (should coat the spoon, but not clump).

Take sauce off of the heat, and let cool. The sauce should be cold when you serve it.

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Easy Chicken Parmesan

Ingredients:

1 Tbsp. Olive Oil
6 skinless, boneless, chicken breast halves
1 ½ cups Italian Pasta Sauce
¼ cup grated Parmesan cheese
1 ½ cups shredded Mozzarella cheese

Directions:

Heat oil in 12 inch skillet over medium-high heat. Add chicken and cook for 10 minutes or until well browned.

Stir sauce and 3 Tbsp. Parmesan cheese into skillet. Cover and cook over medium heat for 10 minutes or until chicken is cooked through.

Sprinkle Mozzarella cheese and remaining Parmesan cheese over chicken. Let stand for 5 minutes or until cheese melts.

Dig in and enjoy.

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Perfect Chocolate Fudge

Ingredients:

1 (7 ounce) jar marshmallow crème
1 ½ cups white sugar
2/3 cup evaporated milk
¼ cup butter
¼ teaspoon salt
2 cups milk chocolate chips
1 cup semisweet chocolate chips
½ cup chopped nuts
1 teaspoon vanilla extract

Directions

Line an 8X8 inch pan with aluminum foil. Set aside.

In a large saucepan over medium heat, combine marshmallow crème, white sugar, evaporated milk, butter and salt. Bring to a full boil and cook for five minutes, stirring constantly.

Remove from heat and add the semisweet and milk chocolate chips. Stir until chocolate is melted and mixture is smooth. Add nuts and vanilla.

Pour into prepared pan. Cool in the refrigerator for 2 hours or until firm.

Makes approximately 48 pieces.

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Whipped Coffee

Ingredients:

Chocolate or caramel syrup
Hot coffee
Coffee cream (or half and half)
Whipped cream

Directions:

Fill bottom 1/3 of cup with chocolate syrup.

Add ½ cup coffee.

Add 1/3 cup cream.

Top with whipped cream.

Sprinkle with shredded chocolate if desired.

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Blueberry Cheesecake

Ingredients:

Batter:

Cooking Spray

1 ½ cups all-purpose flour

2 envelopes rapid rising yeast

¼ cup sugar

¼ tsp. Salt

2/3 cup milk (very warm 120 - 130 F)

¼ cup butter or margarine, melted

1 egg

Blueberry sauce:

1 ½ cups blueberries, fresh or frozen

1/3 cup sugar

1 tbsp. cornstarch

2 tbsp. cold water

½ tsp. almond extract

Cheesecake:

1 package (8 oz) cream cheese, softened

½ cup sugar

1 tbsp. cornstarch

½ tsp. pure vanilla extract

1 egg

Directions:

Mix batter ingredients together and pour into a pre-sprayed 8x8-inch baking dish. Allow mixture to rest while preparing blueberry sauce and cheesecake.

Combine blueberry sauce ingredients in a saucepan and bring to a boil. Boil for 1 to 2 minutes until sauce is thickened.

Whip cheesecake ingredients in a mixing bowl with an electric mixer until smooth.

Top batter with dollops of cheesecake mixture and blueberry sauce. Swirl mixture using a knife.

Place in a COLD oven; set temperature to 350 F. Bake for 30 minutes until cheesecake is set.

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Kid Fun Fruit Kabobs

Ingredients:

1 apple
1 banana
1/3 cup green seedless grapes
1/3 cup red seedless grapes
2/3 cup pineapple chunks
1 cup nonfat yogurt
1/4 cup dried coconut, shredded

Directions:

Prepare the fruit by washing the grapes, washing the apples and cutting them into small squares, peeling the bananas and cutting them into chunks, and cutting the pineapple into chunks. Put the fruit onto a large plate.

Spread coconut onto another large plate.

Slide pieces of fruit onto the skewer and design your own kabob by putting as much or as little of whatever fruit you want! Do this until the stick is almost covered from end to end.

Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut.

Repeat these steps with another skewer.

Servers 4

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Coffee Roast Beef

Ingredients:

2 Tbsp. Butter
4 Lbs. Chuck Roast
1 Tbsp. Butter
salt to taste
1 onion, chopped
6 cups coffee, brewed
2 cups mushrooms, canned
3 Tbsp. Cornstarch

Directions:

Melt 2 tablespoons of butter in a large saucepan over medium high heat.

Add the roast and sear on all sides until well browned; set aside.

In the same saucepan, melt the remaining butter, add the salt and onions and sauté for 5 minutes.

Return the meat to the saucepan and pour in the coffee and the mushrooms.

Bring to a boil, reduce heat to low and simmer for 5 hours, turning meat over halfway through cooking time.

To make gravy:

Remove a cup of the coffee mixture from the saucepan, combine with the cornstarch, stirring until smooth, and return to the simmering pan.

Mix well, remove from heat and serve.

Serves 6

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Butter Nut Balls

Ingredients:

1 cup butter
¼ cup sugar
2 cups flour
1 Tbsp. Vanilla
1 ½ cups pecans, mashed
Confectioner's sugar

Directions:

Preheat oven to 300 F.

Cream butter

Add the rest of the ingredients except confectioner's sugar. Mix well.

Roll into balls

Place on un-greased cookie sheet

Bake for 35 minutes

Roll in confectioners sugar immediately. Cool on waxed paper

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Vegetable Stew

Ingredients:

2 Tbsp. Extra virgin olive oil
3 garlic cloves, minced
1 Lb. mushrooms, halved
1 medium zucchini, quartered lengthwise and cut into 1 inch pieces
1 medium onion, chopped
salt and pepper
1 (15 ounce) can chickpeas, drained
1 ½ tsp. Ground cumin
1 (28 ounce) can diced tomatoes
2 Tbsp. Fresh rosemary, finely chopped

Directions:

In a medium pot over moderate heat, sauté the garlic and mushrooms in the olive oil for 2-3 minutes.

Add the zucchini and onion, season with salt and pepper, and sauté for another 5 minutes.

Add the chickpeas, cumin, tomatoes, and rosemary.

Bring the stew to a boil, reduce heat to low, and simmer for 10 minutes.

Re-season with salt and pepper if desired.

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Sweet and Sour Carrots

Ingredients:

1 lb. carrots, sliced
1 green pepper, chopped
1 (8 oz) can pineapple chunks
2 Tbsp. cornstarch
2 Tbsp. vinegar
2 tsp. soy sauce

Directions:

Cook carrots, covered, in small amount of water until tender - 15 minutes.

Add green pepper, cover and cook 3 minutes more. Drain.

Drain pineapple, reserving 1/3 cup liquid.

In saucepan, combine sugar and cornstarch. Stir in pineapple liquid, vinegar and soy sauce. Cook and stir until bubbly.

Stir in vegetables and pineapple. Heat through.

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Easy Menu Planning

Dinnertime doesn't have to be stressful. It doesn't have to take hours to prepare a meal, nor does it have to cost tons of money to make a quality meal.

It is possible to get dinner on the table – quick and easy – and enjoy more quality time with your family.

Save time and money – claim your free menu planning resource pack now from <http://www.sinfullydeliciousrecipes.com/menuplanning>

You will also have access to experts and additional resources for making your menu planning and meals perfect.

This is meal planning made simple.

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