

WEEK 2:

THE QUARANTINE LIFE

Let's Stop COVID-19

Stay 
Home
Stay Safe

WEEK 2: QUARANTINE RECIPES!

Hello Laker Family!
The Auxiliary Services staff will provide you with some tasty recipes you could enjoy! Let us know how they come out! :)

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JUUE'S RECIPE:

Mississippi Pot Roast

This Mississippi Pot Roast is the most delicious pot roast you will EVER eat! Made with just five simple ingredients and slow cooked in the crockpot, you are going to fall in love with this!

Ingredients:

- 1 (3-4 pounds) chuck roast
- 1 packet ranch dressing mix
- 1 packet au jus gravy mix
- 1/4 cup butter
- 4-5 pepperoncini peppers

Instructions:

1. Place roast in the slow cooker and sprinkle the top with the ranch dressing mix and the au jus mix.
2. Place peppers on top of the mixes, and add the butter.
3. Cook over low heat for 8 hours. Serve with noodles, rice or mashed potatoes. Enjoy!

Note:

Do not add any water or broth to this! It will make enough liquid as it cooks.



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Spicy Teriyaki Salmon & Shrimp

Ingredients

- 2 lbs Salmon
 - ½ lb of Shrimp
 - ½ Cup of Soy Sauce
 - ¼ Cup of Cooking Oil of choice or Butter
 - 1 tbsp of Red Pepper flakes
 - 1 tsp of Black Pepper
 - 1 tsp of Garlic Powder
 - 3 tbsp of Brown Sugar (Or to your desired sweetness)
 - 1 tbsp of Cayenne Pepper (Use Jerk Paste for more flavorful **kick**)
 - ½ tsp of ginger
 - 2 Sticks of Green Onion sticks (Chopped)
 - 1 tbsp of chopped Garlic
- Optional:
- Salt & Pepper to season shrimp and salmon to your taste
 - 1 tbsp of water (to cut saltiness of soy sauce)
 - ¼ cup of Mushrooms (2-3 Mushrooms)
 - 1 tsp of Parsley for garnishing



You won't regret making this recipe! It's delicious!



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Instructions:

1. Place pan or skillet on low-medium heat. Pour oil or butter in and allow to heat up.
2. Place chopped garlic into hot pan. Stir garlic in oil. Allow to turn light brown. Add mushrooms (if using) and green onions. Continue stirring.
3. Add salmon into pan. (Pan should still be on low-medium heat)
4. Mix all seasonings and brown sugar with soy sauce. Pour mixture into pan and increase heat to medium.
5. Add salmon to pan and cover. Allow to cook for 4-5 minutes on both sides.
6. Finally, add shrimp into pan and toss into sauce until shrimp turn bright pink. (Usually takes 3-5 minutes)
7. Garnish with parsley if desired



In keeping with the idea of reconnecting **with family**, our go-to treat for this quarantine is "Ye Olde" Rice Krispy Treat! The Easter **spin to this recipe, though, is to use Fruity Pebbles cereal instead (sorry, Snap, Crackle and Pop)** and your favorite Easter cookie cutter! I only have a dinosaur cookie cutter so ours will be the Easter Dinosaur.

Let's do this:

Ingredients: **A** half-stick of butter (no tub margarine), 10oz package of marshmallows (or 4 cups), 6 cups of Fruity Pebbles cereal

Instructions:

1. In a large saucepan or pot, melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add Fruity Pebbles cereal. Stir until well coated.
3. Using a buttered spatula evenly press mixture onto wax paper coated with cooking spray. Cool. Using your cookie cutter, cut out shapes and place on a plate. Eat the excess mixture and serve the rest on the same day that you make it. Enjoy!

Microwave directions: Do it the stove way, you don't have anywhere to be!

To freeze leftovers: If you have any leftovers to freeze, you probably did this wrong.

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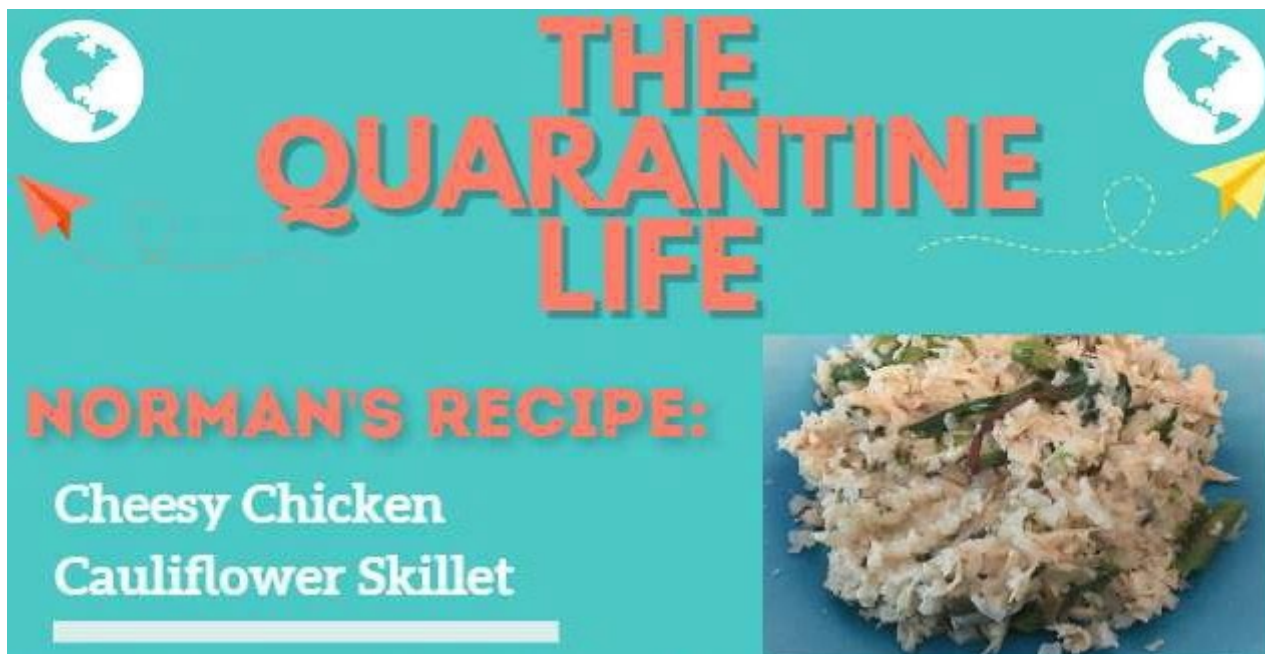
AN OLDIE BUT ALWAYS A GOODIE! :)



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This cauliflower rice recipe is a recent discovery that I really enjoy. It's a great base for experimenting by adding extra different veggies or leaving the meat out for a vegetarian dish. The base recipe is below, but I'm adding spinach (I used spinach from a salad kit because it's the only spinach left at the store!) and chopped asparagus for some extra green.

Ingredient5"

- 1 ½ cups sliced mushrooms
- 1 12oz. bag frozen riced cauliflower
- 2 tbsp. olive oil
- ½ cup chicken broth
- 8 oz. reduced fat shredded mozzarella
- Salt and pepper to taste
- 2 cloves garlic, minced (I used chopped garlic in a jar)
- ½ tsp. dried oregano (I used Italian herb mix and dried parsley)
- 1 12oz. can shredded chicken, drained (or rotisserie chicken)
- Chopped scallions (optional)



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Instructions:

1. In a skillet, saute mushrooms, cauliflower, and garlic in olive oil for 3 to 4 minutes. This is where I added asparagus.
2. Add broth and bring to a boil
3. Add chicken. reduce heat. and simmer for 4 to 5 minutes, until vegetables are tender and chicken is heated through. I added some spinach after 3-4 minutes and allowed it to wilt.
4. Stir in mozzarella, herbs, salt. and pepper. Top with scallions (optional).

Makes 4 servings.

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SHIE HA IE'S RECIPE:

"Berry-Berry Good" Salad

Hey Guys!

Looking for a nutritional lunch that doesn't disappoint in the flavor department?

Try my take on a Berry Salad!

Ingredients:

- Bag of mixed leafy greens
- ½ lb cherry tomatoes
- ½ red onion
- 6 strawberries cut into fours
- ¼ cup of sunflower seeds
- Handful of cranberries as a garnish
- Raspberry Walnut Vinaigrette

Instructions:

Mix leafy greens, tomatoes, onion and strawberries together in a bowl. Top with sunflower seeds, cranberries, and vinaigrette.

Optional add in's: Chicken, blueberries, eggs, cheese, raspberries, or walnuts.

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Slow Cooker Mac & Ch

Slow cooker mac and cheese recipe is an easy slow cooker recipe that makes homemade mac and cheese a breeze!

Ingredients:

- 4 quart slow cooker
- 2 12 oz cans evaporated milk
- 2 cups whole milk
- 1 lb (2 cups) uncooked macaroni elbows
- 3 1/2 cups shredded cheese (I used sharp cheddar and Monterrey jack)
- 1/2 teaspoon paprika (optional)
- 1 teaspoon mustard (optional) Salt to taste



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Instructions:

1. Reserve 1/2 cup of cheese and set aside. Put the rest of the ingredients in the slow cooker and stir to combine. Cook on LOW for 2 hours.
2. At the 2 hour mark, start checking the pasta every 20 minutes or so to make sure the dish doesn't overcook. The liquid absorbs right at the end of the cooking time.
3. Depending on your slow cooker, the pasta may take another hour or two to cook. But just keep an eye on it.
4. When it looks like all the liquids are just absorbed, sprinkle the remaining 1/2 cup of cheese on top and cook until mac and cheese is done.



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ROSA E IPE: Chicken Tinga Tostadas

Tinga (teen-gah) is a very popular dish in Mexico. It's super easy to make and you'll be blown away at how good it is! I've included pictures of some of the brands I use

for this dish. I hope you all enjoy it as much as I do! :)

Ingredients:

- 1 Large onion sliced
- 2 chicken breasts cooked and shredded
- 4-5 fresh tomatoes
- 2 cloves of garlic
- 1 tbsp of chicken bouillon
- Salt and Pepper to taste
- Canned chipotle peppers in adobo sauce (I use San Marcos or La Costena brands)
- Chopped Lettuce
- Mexican Style Cream (I use Ole Mexican Style Crema)
- Mexican Queso Fresco (I use Verole Mexican Cheese)
- Tostadas (Fried Tortillas) (I use the Guerrero brand)



Instructions:

1. Saute the onions until they are transparent.
2. Add the shredded chicken and cook for a few minutes.
3. Blend the garlic, tomatoes, chicken bouillon, and chipotle in a blender. Sometimes add a bit of the cream to the blend as well. You can also add a bit of water so it can blend better. IMPORTANT: The more chipotle peppers you add, the spicier it will taste.
4. Add the blend to the chicken mixture.
5. Cook for 20 additional minutes or until the liquid has evaporated almost completely.
6. Put the chicken mixture on a tostada and top with lettuce, cream, and cheese.