

75 RECIPES & ENTERTAINING IDEAS

SOUTHERN *Lady*

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QUICK & EASY ONE-DISH MEALS

Chicken Pot Pie

Makes 10 to 12 servings

- 4 pounds bone-in, skin-on chicken breast halves
- 10 tablespoons butter, divided
- 6 small red potatoes, cut into 1/2-inch pieces
- 3 large carrots, cut into 1/2-inch pieces
- 1 cup pearl onions
- 1 cup fresh or frozen corn kernels
- 1/2 cup chopped red bell pepper
- 1 teaspoon minced garlic
- 2 1/4 teaspoons salt, divided
- 1 teaspoon ground black pepper, divided
- 1 cup frozen green peas
- 3/4 cup all-purpose flour
- 3 cups chicken broth
- 1 cup heavy whipping cream
- 1 (15-ounce) box refrigerated pie crusts
- 1 large egg, lightly beaten

1. In a Dutch oven, combine chicken with enough water to cover. Bring to a boil over high heat; reduce heat, and simmer, uncovered, for 45 minutes, or until chicken is tender. Cool chicken slightly; remove and discard skin and bones. Chop chicken into bite-size pieces; set aside.

2. In a Dutch oven, melt 4 tablespoons butter over medium heat. Add potatoes, carrots, and pearl onions; cook for 5 minutes, stirring frequently. Add corn, bell pepper, garlic, 1 teaspoon salt, and 1/2 teaspoon pepper. Cook, stirring frequently, for 10 minutes, or until potatoes are tender. Add reserved chicken and green peas to vegetable mixture, stirring to combine. Remove from heat and set aside.

3. Preheat oven to 350°.

4. In a large saucepan, melt remaining 6 tablespoons butter over

medium heat. Add flour; cook for 2 minutes, whisking constantly. Gradually add chicken broth, whisking until smooth. Add cream, remaining 1 1/4 teaspoons salt and 1/2 teaspoon pepper, whisking to combine well. Pour chicken broth mixture over chicken mixture, stirring to combine well. Spoon chicken mixture into an ungreased 3 1/2-quart casserole dish.

5. Unroll and stack pie crusts on a lightly floured surface. Roll into a 14-inch circle, or to fit casserole dish. Trim excess dough 1/2 inch beyond edge of casserole dish. Place prepared crust on top of chicken mixture. Fold edges under, and crimp. Brush with egg. With a small knife, make an X-shaped slit in top of crust to allow steam to escape during baking. Bake for 30 to 35 minutes, or until browned and bubbly.

Chicken Noodle Soup

Makes 10 to 12 servings

- 1 (4- to 5-pound) whole chicken, cut into pieces
- 5 quarts water
- 6 sprigs fresh parsley
- 6 bay leaves
- 3 large carrots, cut into 2-inch pieces
- 3 stalks celery, cut into 2-inch pieces
- 4 cloves garlic
- 1 large onion, cut into 2-inch pieces
- 2 tablespoons butter
- 2 cups diced carrot
- 2 cups diced celery
- 1 cup diced onion
- 2 tablespoons salt
- 1 teaspoon ground black pepper
- 8 ounces dried egg noodles

1. In a large Dutch oven or stockpot, combine chicken, water, parsley sprigs, bay leaves, carrots, celery, garlic, and onion. Bring to a boil over high heat; reduce heat, and simmer, uncovered, for 1 hour, or until chicken is tender. Cool chicken slightly; remove and discard skin and bones. Chop chicken into bite-size pieces; set aside. Strain broth, discarding solids; set aside.

2. In a Dutch oven, melt butter over medium heat. Add diced carrot, diced celery, and diced onion. Cook for 8 minutes, stirring frequently, until vegetables are tender. Add reserved broth, salt, and pepper. Bring to a boil over medium-high heat. Add noodles; cook for 10 minutes, or until noodles are tender. Add chicken; cook for 2 minutes, or until heated through.

HELPFUL HINT: Chicken noodle soup is perhaps the ultimate comfort food. Our version is delectable and easy to make. If you don't have egg noodles on hand, you may substitute angel hair, vermicelli, or other pasta for an equally tasty variation.



THE BALLAD OF BREADSTICKS: The first breadsticks were crispy, pencil-thin rods made in Italy around the 14th century. They have evolved to include a variety of shapes and flavors from savory to sweet. Though often used as appetizers, simple-to-serve breadsticks make a delicious companion to many dishes, especially soups, stews, and the one-dish dinners we offer here. What better way to soak up that last yummy bite? Be sure to bake plenty. Breadsticks just beg to be nibbled while waiting for the main meal to make its appearance—and any remaining sticks can be reheated in foil and served with leftovers.

Herbed Italian Breadsticks Makes 1 dozen

- 1 (1-pound) loaf frozen bread dough, thawed
- 3 tablespoons butter, softened
- 1 teaspoon garlic powder
- 1 teaspoon dried basil
- 1/2 cup shredded Italian cheese blend
- 1 tablespoon melted butter
- 1 teaspoon dried parsley

1. On a lightly floured surface, roll dough into a 12x10-inch rectangle. Evenly spread surface of dough with softened butter. Sprinkle with garlic powder, basil, and cheese.
2. Fold dough in half lengthwise to form a 12x5-inch rectangle. Pinch edges together to seal. Cut into 12 (1-inch) strips. Gently pull and twist each strip, and place

- on ungreased baking sheets. Brush tops of breadsticks with melted butter, and sprinkle with parsley. Cover, and let rise in a warm place, (85°), free from drafts, 1 hour, or until doubled in bulk.
3. Preheat oven to 375°.
4. Bake for 12 to 15 minutes or until golden brown. Remove from pans immediately.

Mama's Lasagna Makes 10 to 12 servings

- 1 pound lean ground beef
- 1 pound ground Italian sausage
- 3 tablespoons olive oil
- 1 cup chopped onion
- 1 (8-ounce) container sliced baby portabella mushrooms
- 1 tablespoon minced garlic
- 1 (28-ounce) can crushed tomatoes
- 1 (14.5-ounce) can fire-roasted diced tomatoes
- 1 (8-ounce) can tomato sauce
- 1 (6-ounce) can tomato paste
- 2 tablespoons dried oregano
- 2 tablespoons sugar
- 1 1/2 tablespoons dried basil
- 1 tablespoon fresh lemon juice
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 (16-ounce) container small-curd cottage cheese
- 1 (15-ounce) container ricotta cheese
- 2 large eggs, lightly beaten
- 8 lasagna noodles, cooked
- 3 (8-ounce) packages sliced mozzarella cheese
- 2 cups grated Parmesan cheese

1. In a large Dutch oven, combine ground beef and sausage. Cook over medium-high heat for 10 minutes, or until browned. Remove meat from pan, drain, and set aside.
2. In Dutch oven, heat olive oil over medium heat. Add onion, mushrooms, and garlic. Cook for 6 minutes, or until vegetables are tender. Add reserved meat, crushed tomatoes, diced tomatoes, tomato sauce, tomato paste, oregano, sugar, basil, lemon juice, salt, and pepper. Reduce heat to low, and simmer, covered, for 45 minutes, stirring occasionally.
3. In a medium bowl, combine cottage cheese, ricotta cheese and eggs.
4. Preheat oven to 350°.
5. Spread 2 cups sauce evenly over bottom of a 13 1/2 x 10 3/4 x 2 1/2-inch pan. Layer one-half of lasagna noodles on top of sauce. Spread one-half of remaining sauce on top of noodles. Top with one-half of cottage cheese mixture, one-half of sliced mozzarella, and one-half of Parmesan cheese. Repeat layers. Bake for 45 minutes, or until browned and bubbly. Let stand for 15 minutes before serving. Serve with Herbed Italian Breadsticks.



square meal

For neater squares, allow lasagna to cool at least 15 minutes before serving. Add a simple salad on the side, a breadstick or two, and you have a complete, mouthwatering meal.