

One Pot Meals

- 11.14.23 -

Recipe #1: One Pot Lemon Pepper Chicken with Orzo

Servings: 4

Ingredients:

- 4 chicken thighs
- 2 tbsp lemon pepper seasoning
- 1 tbsp olive oil
- 2 cloves garlic
- 2 cups chicken broth
- 1/4 cup chopped parsley
- 1 1/2 cups orzo
- 2 oz feta, crumbled

Instructions:

1. Blot the chicken thighs dry with a paper towel, then season both sides liberally with lemon pepper seasoning (about 2 Tbsp lemon pepper total).
2. Heat a large deep skillet over medium. Once hot, add the cooking oil. Add the seasoned chicken thighs, skin side down, and let them cook undisturbed until browned (about 6-8 minutes for bone-in skin-on thighs). Flip the chicken thighs and cook until browned on the second side. The chicken will be cooked most of the way through at this point but will finish cooking when simmered with the orzo. Remove the chicken to a clean plate.
3. While the chicken is browning, roughly chop about 1/4 bunch of parsley and mince two cloves of garlic. After removing the chicken from the skillet, turn the heat down to low, add the minced garlic, and sauté the garlic in the residual fat for about a minute.
4. Add 2 cups of chicken broth to the skillet and stir to dissolve the crispy browned bits from the bottom of the pan.
5. Add the orzo and half of the chopped parsley. Stir to combine. Finally, return the chicken to the skillet, skin side up.
6. Place a lid on the skillet, turn the heat up to high, and let the broth come to a full boil. Once it reaches a boil, turn the heat down to low. Let the skillet simmer on low for about 15 minutes, or until most of the broth has been absorbed. Make

sure it's simmering the whole time. If it stops simmering, increase the heat slightly until it just starts to simmer again.

7. After about 15 minutes the orzo should be tender and most of the broth absorbed but there will still be a little sauce in the skillet.
8. Fluff the orzo around the chicken a bit with a fork, then top with the remaining parsley and the crumbled feta. Serve and enjoy!

Source: Budgetbytes.com

Recipe #2: Sausage and Tortellini Soup

Servings: 6

Ingredients:

- 1 tbsp olive oil
- ½ lb italian sausage
- 1 yellow onion
- 2 cloves garlic
- ½ lb carrots
- 1 15oz can stewed tomatoes
- ½ tsp dried basil
- ½ tsp dried oregano
- Black pepper, to taste
- 3 cups vegetable broth
- 2 cups water
- 8 oz cheese tortellini
- ¼ lb fresh spinach

Instructions:

1. Add the olive oil and sausage to a large soup pot (if your sausage is in casings, squeeze it out of the casing). Sauté the sausage over medium heat, breaking it up into pieces as you stir, until it is browned and cooked through.
2. While the sausage is cooking, dice the onion and mince the garlic. Add the onion and garlic to the pot and continue to sauté until the onions are soft and transparent.
3. While the onions are sautéing, peel and slice the carrots. Add the carrots to the pot and sauté for just a few minutes more.
4. Finally, add the stewed tomatoes (with all the juices from the can), basil, oregano, and some freshly cracked pepper. Use your spoon to break the tomatoes into smaller pieces.

5. Add the vegetable broth and water to the pot. Place a lid on top, turn the heat up to high, and bring it up to a rolling boil. Once boiling, add the tortellini, and continue to boil until the tortellini is tender (about 8 minutes).
6. Turn the heat off, add the spinach, and stir until the spinach has wilted. Taste the soup and add salt if needed.

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Recipe #3: Homemade Garlic Bread

Servings: 12

Ingredients:

- 1 loaf italian or french bread
- 4 tbsp butter, room temperature
- 2 tbsp olive oil
- 3 cloves garlic, minced
- ¼ cup fresh parsley, chopped
- Salt, to taste

Instructions:

1. Preheat the oven to 400°F. In a bowl, stir together the room temperature butter, olive oil, minced garlic, chopped parsley, and a pinch of salt until relatively smooth.
2. Cut the bread into two 12" long pieces, then cut each piece open lengthwise. Lay the bread on a baking sheet cut sides facing up. Spread the garlic butter mixture evenly over the open surfaces of the bread.*
3. Bake the bread for 10-15 minutes, or until the edges are golden brown and crispy. Cut the bread into 2-inch sections and serve hot.

Source: Budgetbytes

Recipe #4: One-Pan Roasted Vegetables

Servings: 6

Ingredients:

- 1 lb baby red potatoes, quartered
- 4 large carrots, cut into 2-inch pieces
- 3 tbsp olive oil, divided
- ½ tsp seasoned salt
- ½ tsp garlic powder

- 1/2 tsp dried oregano
- 1/2 tsp dried thyme
- ground black pepper, to taste
- 2 zucchini, sliced into 1 inch thick pieces and then each slice cut into half moons
- Salt, to taste

Instructions:

1. Preheat oven to 400 ° F.
2. Line a large baking sheet with parchment paper and set aside.
3. In a large bowl combine potatoes, carrots, zucchini, 2-1/2 tablespoons olive oil, seasoned salt, garlic powder, oregano, thyme, and black pepper; toss to combine.
4. Transfer to previously prepared baking sheet and roast for 20 minutes, stirring halfway through cooking.
5. Remove from oven. Taste for salt and adjust.
6. Serve warm.

Source: diethood.com

Recipe #5: One-Bowl Caramel Sea Salt Brownies

Servings: 10

Ingredients:

- 4 oz bittersweet chocolate, finely chopped
- 8 tbsp (1/2 cup) unsalted butter, cut into small cubes and melted
- 3/4 cup granulated sugar
- 2 large eggs
- 1 tsp vanilla extract
- 2/3 cup all-purpose flour
- 1/4 tsp fine salt
- 2 heaping tbsp caramel sauce
- 1/4 tsp flaky sea salt

Instructions:

1. Arrange a rack in the middle of the oven and heat to 350°F. Place the chocolate in a large bowl.

2. Pour the melted butter over the chocolate. Let the mixture sit for a minute, then stir to evenly combine — the chocolate should be melted and the mixture should be smooth.
3. Add the sugar and whisk to combine. Whisk in the eggs, one at a time, followed by the vanilla. Whisk vigorously for about 1 minute. Stir in the flour and salt.
4. Transfer the batter to a greased pan and spread into an even layer. Drop dollops of the caramel sauce all over the top. Using a butter knife, gently swirl the caramel sauce into the batter, running the knife lengthwise and crosswise. Sprinkle the top evenly with the flaky sea salt.
5. Bake until a tester inserted in the center comes out with just a few crumbs, 25 to 30 minutes. The edges should look firm and well-baked, the center should be moist but not gooey, and the caramel sauce should be bubbling.
6. Cool completely on a wire rack. Cut into squares and serve.

Source: thekitchn.com