

Quick & Easy

M E A L S

The Carefree Kitchen



WRITTEN BY: JILL BAIRD



Table of Contents

- 4 Lasagna Soup
- 5 Green Chile Chicken Taquitos
- 6 Crockpot Ranch Chicken
- 7 BBQ Chicken Salad
- 8 Basil Chicken Stir Fry
- 9 Slow Cooker Pot Roast
- 10 American Goulash
- 12 Teriyaki Beef and Broccoli
- 13 Alfredo Sauce
- 14 Buffalo Chicken French Bread Pizza
- **Bonus Recipes**
- 15 Nutella No-Bake Cookies
- 16 Dreamsicle Cookies
- 17 Old Fashioned Pineapple Cake



Lasagna Soup

A RECIPE BY JILL BAIRD

ingredients

- 2 tablespoons Olive Oil
 - 1 Large Onion
 - 2 Tablespoons Garlic, Minced
 - 1 pound hot sausage or ground beef or a mixture of the two
 - 1 Tablespoon Italian Seasoning
 - 1 28 oz can Crushed Tomatoes
 - 6 cups Chicken Broth
 - ½-1 tsp salt or as desired
 - ½ cup Parmesan Cheese Shredded
 - ½ tsp black pepper if desired
 - ½ cup Heavy Cream
- ~ Soup Toppings ~
- ½ cup Ricotta cheese to dollop on top of each serving
 - ½ cup Parmesan cheese to sprinkle on each serving
 - Fresh Basil—optional for garnish
 - ½ cup Mozzarella Cheese to add on top if desired

directions

- Dice onion and add with olive oil to a large pot on medium heat. Cook until the onion is lightly golden brown. Add the minced garlic and cook for 1 more minute.
- Add the ground sausage and/or ground beef. Using a wooden spoon to break the meat up into small pieces. Cook until the meat is cooked throughout.
- Add Italian seasonings, salt, pepper, crushed tomatoes, and chicken broth. Bring to a boil. Add pasta and boil for 10 minutes or until the noodles are done "al dente."
- Add heavy cream and parmesan cheese. Stir and heat until cheese is melted. Ladle into bowls and add a Tablespoon of ricotta cheese & a Tablespoon of Parmesan cheese. Garnish with fresh basil if desired.



Green Chile Taquitos

A RECIPE BY JILL BAIRD

ingredients

- 8 ounces Cream Cheese room temperature
- ½ cup Ranch Dressing
- 3 cups Shredded Chicken (rotisserie chicken works great)
- 1 cup Cheddar Cheese shredded
- 1 4-ounce can Green Chilis
- 24 small Flour Tortillas
- 2 Tablespoons Butter melted(cups)

Toppings for Taquitos

- sour cream
- salsa
- ranch dressing
- salsa
- diced tomatoes
- cilantro

directions

- Preheat oven to 400 degrees F.
- In a medium-sized mixing bowl, combine cream cheese, ranch dressing, shredded chicken, cheddar cheese, & green chilies. Mix well.
- For each taquito, lay a tortilla flat on the counter and spoon about ⅓ cup of chicken filling.
- Roll up the taquito tightly around the chicken mixture and place on a parchment-lined baking sheet seam side down.
- Assemble all the taquitos & brush with melted butter using a pastry brush.
- Bake for 10 minutes on each side.
- Serve immediately with your favorite toppings, such as sour cream, salsa, ranch dressing, fresh cilantro and diced tomatoes. Enjoy!



Chicken Ranch Sandwich

A RECIPE BY JILL BAIRD

ingredients

- 3-4 large Chicken Breasts (You can also use frozen chicken for this recipe)
- 2 Tablespoons Ranch Seasoning (or 1 packet of Hidden Valley Ranch Seasoning)
- 3 Tablespoons Butter

Toppings for Chicken Ranch Sandwich

- Pretzel Bun
- Bacon
- Cheddar Cheese
- Pepper jack Cheese
- Sliced Avocado
- Sliced Tomato
- Drizzle of Ranch Dressing

directions

- Place the chicken breasts in the bottom of a crockpot/ slow cooker.
- Sprinkle the ranch dressing on the chicken breasts.
- Cut butter into several chunks and place on the chicken breasts.
- Cover and cook the crockpot/slow cooker and on high for 4-5 hours or until you can easily shred the chicken with 2 forks.
- Serve on a mini slider, pretzel bun, in a tortilla shell, or on a sandwich with a slice of bacon and avocado. Enjoy!



BBQ Chicken Salad

A RECIPE BY JILL BAIRD

ingredients

- 3 large Chicken Breasts,
- 1/2 cup BBQ Sauce
- 1 Cup Corn frozen or fresh
- ½ tsp Garlic minced
- 2 Tablespoons Butter
- 1 tsp Lime Juice
- 2 Cups Pepper Jack Cheese shredded
- 1 Cup Bacon Bits
- 1 Can Black Beans
- 1 Small Can Black Olives sliced
- 1 Large Tomato diced
- 1 Large Bell Pepper sliced
- 1 Large Avocado sliced
- 1 Bag Tortilla Strips
- 2 Heads Romaine Lettuce torn or chopped

BBQ Ranch Dressing

- 1 cup Ranch Dressing
- 1/2 cup BBQ Sauce

directions

- Grill or bake your chicken. Toss in BBQ sauce until coated.
- In a small saucepan, melt the butter over medium high heat, then add the minced garlic and cook until translucent. Add corn and stir together until warm. add lime juice and set aside.
- Wash and cut your veggies,
- Add romaine lettuce in a large serving platter
- Arrange veggies, bacon bits, cheese, beans, olives and tortilla strips over the top.
- Drizzle with BBQ Ranch Dressing, and enjoy!

BBQ Ranch Dressing

- Mix together the Ranch Dressing and Barbecue Sauce, adjusting with a little more or less of either to your own taste.



Thai Basil Stir-Fry

A RECIPE BY JILL BAIRD

ingredients

- 1.5-2 lbs Chicken
- 2 Tablespoons Avocado Oil
- 1 med Red Onion
- 1 med Red Pepper
- 2 Tablespoons Garlic Minced
- ½ cup Soy Sauce
- ¼ cup Brown Sugar
- 15-20 large Basil Leaves or about a cup of chopped basil leaves
- 2 cups Rice to serve with stir fry)

To Thicken Sauce

2 T cold water

1 T Cornstarch

directions

- Make rice according to instructions
- Chop up the chicken into bite-sized chunks, cut up onions and peppers. Coarsely chop the basil leaves.
- Heat the oil in a heavy skillet, med heat
- Add the avocado oil and chicken.
- Stir for 2-3 minutes or until the chicken is almost done. (it should be golden on the outside)
- Stir in the onions, peppers, and garlic.
- Cook until fragrant, about 1 more minute.
- Pour in the soy sauce and brown sugar. Continue to cook 1-2 more minutes. Add 2 T water and 1 T cornstarch, stir and add to stir fry to thicken.
- Stir in the Thai basil leaves and cook until the chicken is completely cooked through, the basil is wilted, and the liquid has mostly evaporated.
- Serve warm with rice.

A close-up photograph of a white plate filled with a hearty meal. On the left is a mound of creamy, mashed potatoes. To the right of the potatoes are several large, tender chunks of beef pot roast. Interspersed with the meat are several whole, cooked carrots. A silver fork is placed on the right side of the plate. The background is a soft-focus wooden surface.

Pot Roast

A RECIPE BY JILL BAIRD

ingredients

- 4-5 lb Beef Roast chuck, sirloin or rump roast
- 4 medium Carrots cut into 2" chunks
- 1 large Onion white or yellow, cut into 2" chunks (1 ½ cups)
- 1 0.7-oz pkg Italian Dressing Mix such as Good Seasons brand
- 1 can Cream of Mushroom Soup
- 6 cloves Garlic minced

directions

- Place the beef roast in the bottom of a large slow cooker.
- Add carrots, onion, Italian Dressing Mix, cream of mushroom soup and minced garlic.
- Cover with the lid and cook on low for 6-8 hours, or until the meat can easily be shred.
- Transfer the roast onto a plate or dish and use two forks to shred the beef.
- Serve with the cooked carrots and onions, homemade gravy and your favorite side dishes. Enjoy!



Goulash

A RECIPE BY JILL BAIRD

ingredients

- 2 lbs Cavatappi Pasta
- 2 lbs Ground Beef
- 1 medium Onion finely diced
- 3 cloves Garlic minced
- 2-15 oz cans Tomato Sauce
- 2-15 oz cans Diced Tomatoes
- 2 Tablespoons Italian Seasoning
- 2 tsp Onion Powder
- 2 tsp Garlic Salt
- 1 tsp Ground Black Pepper
- ¼ tsp Baking Soda
- 1 cup Mozzarella Cheese shredded
- ¼ cup Parmesan Cheese grated
- 2 Tablespoons Basil thinly sliced for garnish

directions

- Cook pasta according to the directions on the package.
- Meanwhile, in a large skillet over medium-high heat, add the ground beef, onion and garlic and saute, stirring occasionally.
- Cook beef until no longer pink.
- Add the diced tomatoes, tomato sauce, Italian seasonings, onion powder, garlic salt, pepper, and baking soda.
- Stir and bring the mixture to a boil. Reduce to a simmer and cook, stirring gently, for about 5 minutes.
- Add the reserved cooked pasta to the beef and tomato mixture, stirring to combine.
- Cook for another 3-5 minutes, then remove from the heat and stir in the mozzarella cheese, mixing well.
- To serve, top each bowl with Parmesan cheese and thinly sliced basil. Enjoy!



Beef and Broccoli

A RECIPE BY JILL BAIRD

ingredients

- 2 lbs Beef Sirloin steak
- 1 ½ Cups Soy Sauce
- ½ cup Green onions, thinly sliced
- ½ Cup Brown Sugar
- 2 T Avocado Oil
- 2 Tablespoons Ginger Fresh if possible, thinly sliced.
- 1 Tablespoons Garlic minced
- 1 Tablespoons Corn Starch
- 2 Tablespoons Avocado Oil
- 1 Tablespoon Garlic (minced—for veggie stir fry)
- 2 large Broccoli Heads (cut into 1" bite sized pieces) Enough for about 3 cups of cut-up broccoli
- ½ large Red Pepper (sliced into ½" strips)
- 2 cups Rice White

directions

- Thinly slice the beef.
- Add the beef to a Ziplock bag or medium-sized bowl. Add the soy sauce, thinly sliced green onions, ginger, garlic, oil, and brown sugar.
- Stir the marinade until all the pieces of beef are covered.
- Cover with plastic wrap and marinate in the fridge for 30 min-24 hours.
- In a hot saute pan, add 2 T oil and beef, saute until beef is just a little pink in the center.
- Take beef out and add veggies with a couple tablespoons of oil. Saute for a few minutes.
- Add beef back in and thicken sauce with 1 T cornstarch in 2 T cold water if desired.
- Cook for an additional 1-2 minutes or until the sauce is thick. Enjoy!



Fettuccini Alfredo

A RECIPE BY JILL BAIRD

ingredients

- 2 cups Heavy Cream
- 1 cup Chicken Broth can substitute vegetable broth
- 2 cups Parmesan Cheese grated
- 1 pinch Nutmeg
- ½ tsp Garlic Salt
- 1 lb box Fettucini Pasta

directions

- Cook pasta according to package directions. Strain, set aside.
- In a large saucepan over medium heat, combine the cream and broth and bring to a boil.
- Add nutmeg and garlic salt.
- Add parmesan cheese
- Continue to boil while stirring for 1 minute or until cheese is melted.
- Toss cooked pasta in Alfredo sauce. Add chicken, steak pieces, shrimp or veggies if desired.



Buffalo French Bread Pizza

A RECIPE BY JILL BAIRD

ingredients

- 1 loaf French Bread
- 1.5-2 cups Chicken cooked and cubed into ½" chunks
- ½ cup Alfredo Sauce any jarred Alfredo sauce will do
- ¼ cup Franks buffalo Sauce
- ¼ cup Brown Sugar
- 3 cups Mozzarella Cheese Shredded
- ¼ cup Parmesan Cheese Shredded
- Blue Cheese Crumbles (optional)
- Green onions (optional)

directions

- Preheat the oven to 400 degrees.
- In a small saucepan, combine the franks hot sauce and the brown sugar. Cook on high & boil for 1 minute. Set aside.
- Cube cooked chicken into ½" chunks.
- Cut the French bread in half length-wise.
- Spread a thin layer of Alfredo Sauce on the french bread.
- Sprinkle the French bread with Mozzarella cheese.
- Combine the chicken with enough homemade buffalo sauce to cover it.
- Spread the chicken on the pizza and top it off with the parmesan cheese.
- Bake the French Bread Pizza in a preheated 400-degree oven for 15 minutes or until the edges are golden brown.
- Top with blue cheese crumbles and sliced green onions is desired.



Nutella No-Bake Cookies

A RECIPE BY JILL BAIRD

ingredients

- ¼ cup Butter
- ¼ cup Milk
- 1 cup Sugar
- ½ cup Nutella any hazelnut spread will work
- 1 cup Mini Marshmallows ½ tsp Vanilla Extract
- 1 pinch Salt
- 2 cups Old-Fashioned Rolled Oats

directions

- Grease (or line with parchment paper) a large baking sheet, and set aside.
- In a non-stick pan over medium heat, add the butter, milk and sugar. Bring to a boil, and boil for about 1 minute, stirring constantly.
- Turn off heat, and add the Nutella and marshmallows to the pan.
- Stir until completely melted. (If necessary, you can turn the heat back on low to be sure everything is melted.)
- Take the mixture off the heat and add the vanilla, salt and rolled oats.
- Stir until combined.
- Drop by the spoonful onto your greased cookie sheet, and let them cool. Enjoy!



Dreamcicle Cookies

A RECIPE BY JILL BAIRD

ingredients

- 3 cups Flour all-purpose flour works great
- 1 tsp Baking Soda
- 1 tsp Salt
- 1 cup Butter Room temperature
- 1 ½ cup Sugar White Granulated
- 2 large Eggs large
- ¾ tsp Orange Extract

Orange Dreamcicle Frosting Recipe

- ½ cup Butter room temperature
- 2 Tablespoons Orange Juice
- ½ tsp Orange Extract
- 1/2 tsp Vanilla Extract
- 3 cups Powdered Sugar (plus ½ cup if needed)
- 2 Tablespoons Orange Zest

directions

- Preheat oven to 325 degrees.
- Combine flour, baking soda, and salt in a small bowl. Beat the butter, sugar, and vanilla in a large mixing bowl until creamy. Add the eggs and then beat well again. Mix in flour.
- Roll the cookie dough into 1 ½" cookie dough balls and place on large greased baking sheet.
- Bake for 8-10 minutes. Let cookies completely before frosting.

Dreamcicle Frosting

- Wash, dry and zest 2 large oranges. Squeeze orange juice. set aside
- In a large bowl, add the room temperature butter, powdered sugar and slowly add in the orange juice, vanilla extract, orange extract, and orange zest.
- Whip on high until frosting is light and fluffy.
- Frost Cookies and add sprinkles, enjoy!



Pineapple Cake

A RECIPE BY JILL BAIRD

ingredients

- 1 ½ cups Sugar
- 2 cups All-Purpose Flour
- 2 tsp Baking Soda
- ¼ tsp Salt
- 1-20 oz Can Crushed Pineapple
do not drain
- 2 large Eggs
- ½ cup Butter melted

Caramel Sauce for Pineapple Cake

- ½ cup Butter
- ¾ cup Sugar
- ¾ cup Evaporated Milk
- 1 large Egg Yolk

directions

- Preheat oven to 350 degrees.
- In a large mixing bowl, combine the sugar, flour, baking soda, and salt, eggs, pineapple and melted butter.
- Stir with a spatula until all ingredients are combined. Pour the cake batter into a greased 9 by 13" baking dish and bake for 35-40 minutes.
- Let cake cool while you make the caramel sauce.

How to Make Caramel Sauce

In a medium-sized saucepan, melt the butter, sugar, evaporated milk, and egg yolk. Whisk together, then bring to a boil for 6 minutes.

Caramel sauce should thicken to where it will coat the back of a spoon.

Remove from the heat and immediately pour the caramel sauce over the cake. Using a spoon or spatula, spread it evenly over the cake, all the way to the edges. Enjoy!