



BY JACKIE SHERRELL

# COOKING FOR YOU

— *friendly recipes* —

FOR MY FAMILY & FRIENDS  
WITH LOVE

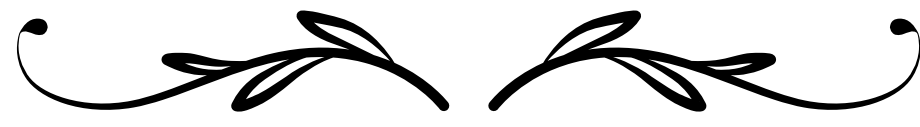




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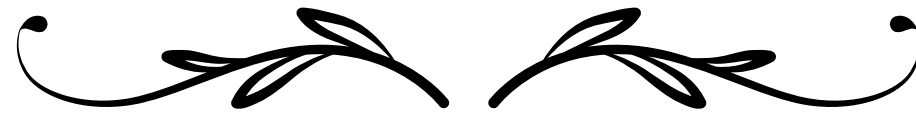
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# BBQ PINEAPPLE CHICKEN



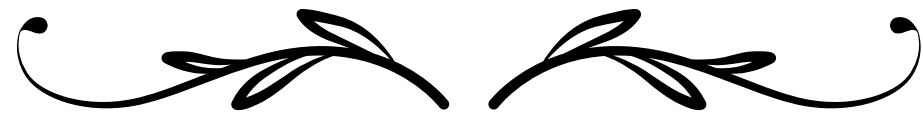
## Ingredients:

- 2 boneless & skinless chicken breasts
- 1 can chunk pineapple
- ¼ cup BBQ sauce
- ¼ cup Honey
- Salt & Pepper



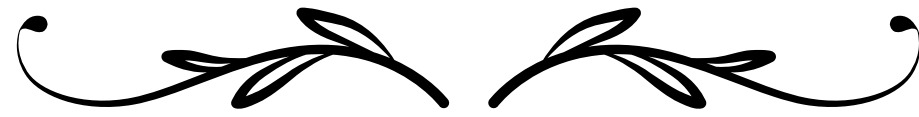
1. Preheat oven to 225 F
2. Strain juice from canned pineapple to use as marinade for chicken breast
3. Marinade chicken breast in juice for 24 hours.
4. Grease a baking pan with oil of your choice
5. Place chicken in a baking dish and add pineapple chunks, BBQ sauce, and honey to the chicken
6. Season chicken with salt and paper
7. Bake for 20-30 minutes.

# COLESLAW PORKCHOPS



## Ingredients:

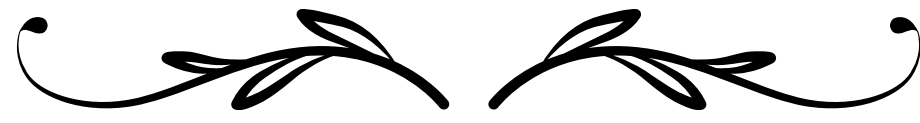
- 4 bone-in rib-cut pork porkchops
- 1 tub of store-bought coleslaw
- Salt & Pepper



1. Season pork chops with 1 teaspoon salt and 1/2 teaspoon pepper. Heat oil in a large pan over medium-high. Add pork chops to skillet; cook, turning occasionally, until browned and an instant-read thermometer reads 135°F, 5 to 6 minutes per side. Set aside.
2. Butterfly cut porkchops and put on a plate
3. Top porkchops with two spoonfuls of coleslaw and serve

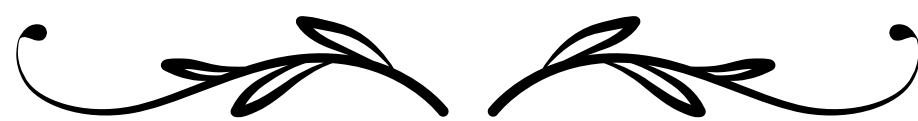


# STUPID BURGER



## Ingredients:

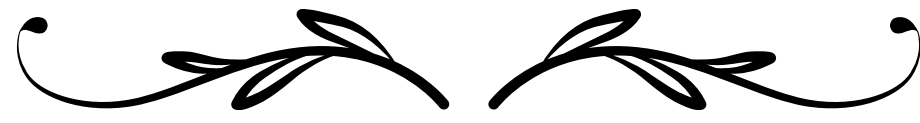
- Ground hamburger
- 1/2 cup breadcrumbs
- Tsp Garlic Powder
- Tsp Onion Powder
- 1 egg
- Buns
- Jalapeno Potato Chips
- Beer Cheese
- Lettuce
- Tomato
- Onion
- Salt and pepper



1. Prep toppings by thinly slicing onion, tomato, and separating lettuce leaves
2. Combine sausage, hamburger, breadcrumbs, garlic powder, and onion powder into a bowl. Season with salt and pepper. Mix by hand until the meat mixture is smooth, but stop once the mixture looks even. Shape mixture into patties.
3. Brown or grill hamburger patties to your liking until an instant-read thermometer reads 145°F, 3 to 5 minutes. Set aside
4. When assembling patties on the bun, add Jalapeno Potato Chips, Beer Cheese, Lettuce, Tomato, Onion and any condiments

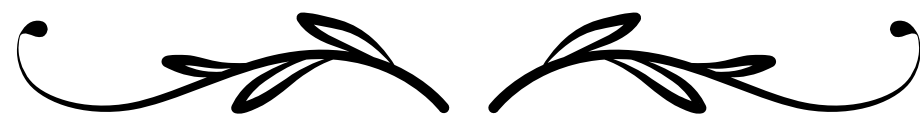


# CHORIZO BURGER



## Ingredients:

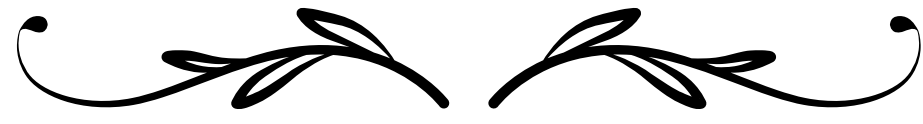
- Ground Sausage
- Ground Hamburger
- 1/2 cup bread crumbs
- 1 egg
- Tsp Garlic powder
- Tsp Onion powder
- Buns
- Beer Cheese
- Lettuce
- Tomato
- Onion
- Salt and pepper



1. Prep toppings by thinly slicing onion, tomato, and separating lettuce leaves
2. Combine sausage, hamburger, breadcrumbs, garlic powder, and onion powder into a bowl. Season with salt and pepper. Mix by hand until the meat mixture is smooth, but stop once the mixture looks even
3. Shape the meat combination into hamburger patty shapes
4. Brown or grill hamburger patties to your liking until an instant-read thermometer reads 145°F, 3 to 5 minutes. Set aside
5. When assembling patties on the bun, add Beer Cheese, Lettuce, Tomato, Onion and any condiments.

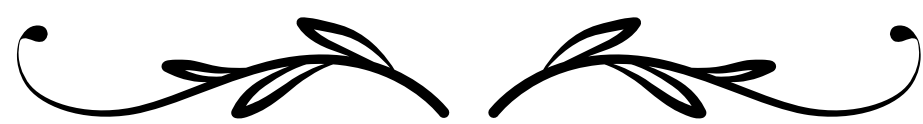


# CREOLE SPAGHETTI



## Ingredients:

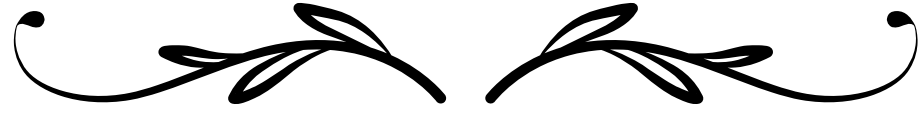
- Bacon
- Hotlinks
- 1 Clove Garlic, minced
- 1 Onion, chopped
- 1 Red Bell Pepper, chopped
- 1/2 cup Sliced Olives
- Prego Marina
- Angel Hair Pasta
- Grated Cheddar or Mozzarella
- Italian Seasoning
- Salt and pepper



1. Set a pot of water to boil and cook angel pasta through.
2. While water boils: In a deep skillet, sauté onion in the olive oil until translucent. Add the garlic, red pepper, bacon, and hotlinks. Cook until meat is lightly browned.
3. Add marinara sauce to the skillet and bring to a light simmer. Take off the heat.
4. Once pasta is cooked, plate the pasta.
5. Spoon desired amount of sauce onto the pasta and top with shredded cheese.

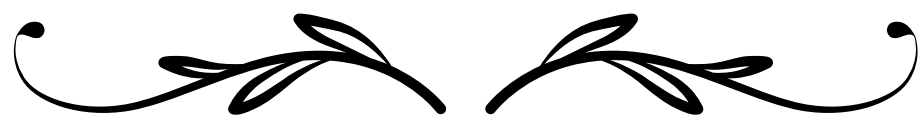


# FOUR BEAN CHILI



## Ingredients:

- 15 oz can Pinto Beans
- 15 oz can Black Beans
- 15 oz can Kidney Beans
- 15 oz can White Beans
- 1 Kielbasa Sausage
- 4 Jalapeno Peppers
- 1/2 lb Stew Meat (Beef)
- 1/2 lb Ground Beef
- 1 Tbsp Chili Powder
- 1 Tbsp Brown Sugar
- 1 Tbsp Worcester
- Salt & Pepper to taste



1. In a deep skillet on medium high heat, brown stew meat and ground beef.
2. Once meat is browned, strain oil and fat. Set aside.
3. Combine all other ingredients into a large crockpot. Hand mix until combined.
4. Cook mixture on medium heat for two hours. Plate and serve!

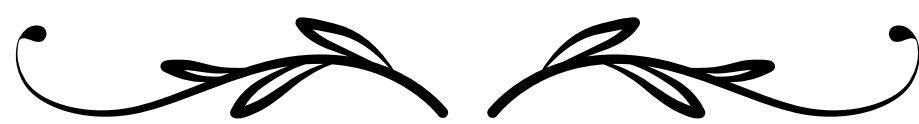


# STEAK NACHOS



## Ingredients:

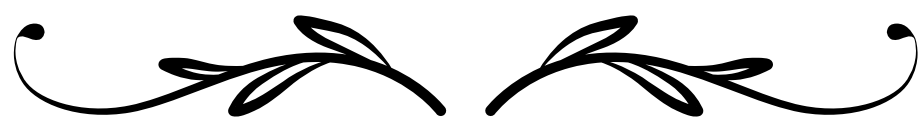
- Jalapeño chips
- 1 can of black olives, sliced
- 1 can of refried beans
- Bell pepper
- Onion
- Grated cheese
- Salsa



1. Cook steak strips to your liking, or around 125-130°F. The steak will continue cooking in the oven later.
2. While steak is cooking, preheat oven to 325°F
3. Then, spread a layer of jalapeño chips evenly onto a cookie sheet.
4. Add the cooked steak, olives, refried beans, bell pepper, onion and grated cheese.
5. Place in the oven for 10 minutes.
6. Serve with sour cream and salsa

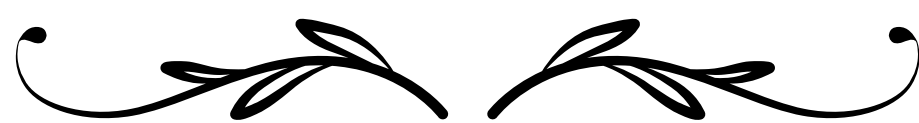


# DRUNKEN SWEET POTATOES



## Ingredients:

- 6 large sweet potatoes, peeled and cut into thirds
- 10 large marshmallows
- 1 cube of soft butter
- 1 Tbsp honey
- 1 Tsp vanilla



1. Place sweet potatoes in a large saucepan with enough water to cover. Bring to a boil and cook until tender, about 15 minutes. Remove from heat, drain, and mash.
2. In a bowl, hand mix butter, honey and vanilla. Pour mixture evenly over potatoes and mix altogether.
3. In a greased 9x13 in pan, pour sweet potato mixture and spread evenly across pan.
4. Sprinkle top with marshmallows.
5. Bake at 350 degrees for 30 minutes or until potatoes are tender and marshmallows are golden brown. Serve!



# CRAB BOIL



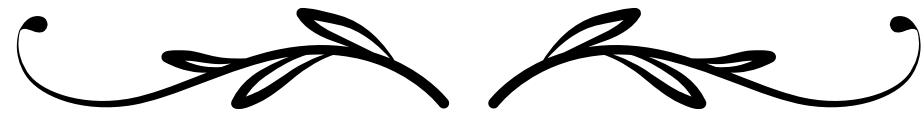
## Ingredients:

- 1.5 lbs Crab legs
- 1 lb uncooked Tailless Shrimp
- 1 lb Chicken Breast, chopped
- 8oz Sausage, chopped
- 3 ears Corn on the cob, cut in half
- 1.5 lbs Red Potatoes, chopped
- O'Bay or Louisiana Crab Boil seasoning



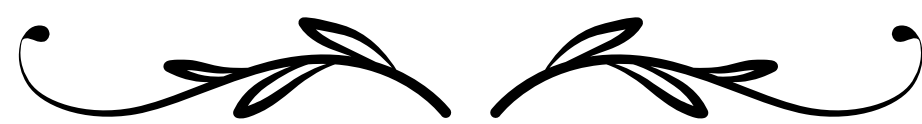
1. Add corn, red potatoes and seasoning to a crock pot with 4 cups of water to a crock pot. Heat on low for 4 hours.
  2. Turn crockpot on high, add shrimp, sausage, and chicken. Cook for 30 to 40 min or until shrimp are pink & chicken is white.
  3. Place crab legs in crockpot and cook for about 5 minutes or until crab legs are warm.
- Serve!

# JAMBALAYA



## Ingredients:

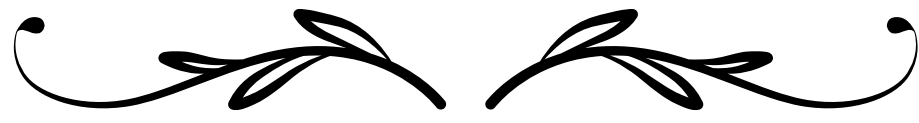
- Hot links
- Shrimp
- Tomato paste
- 2 tbsp Worcestershire
- Cajun Seasoning
- Onion, diced
- Bell Pepper, diced
- 3 Garlic Cloves, minced
- 2 1/2 cups Chicken Broth
- 1 1/4 cups uncooked Rice



1. In a dutch oven over medium heat, sauté hotlinks and shrimp in oil until brown and season with Cajun seasoning. Remove with slotted spoon, and set aside.
  2. In same pot, sauté onion, pepper, and garlic together until tender
  3. Stir in tomato paste, Worcestershire sauce, and salt/pepper. Mix in cooked meats.
  4. Stir in rice and chicken broth. Bring to a boil and reduce heat to a simmer. Simmer for 25 to 30 minutes until rice is cooked.
- Serve!

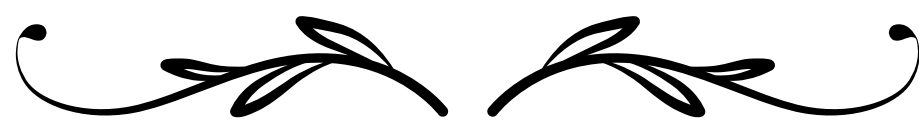


# JAMAICAN OX TAILS



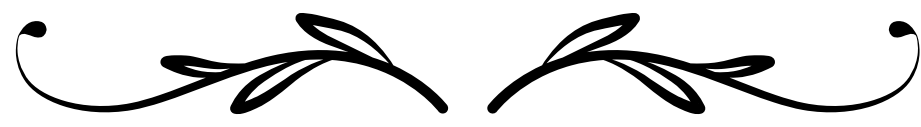
## Ingredients:

- 2.5 lbs of Oxtails
- Tbsp Vinegar
- 1/4 cup Brown Sugar
- 3 Cloves Garlic, minced
- Tbsp All Purpose Seasoning
- 1 Onion, chopped
- Bundle of Celery, chopped
- 2 whole Carrots, chopped
- 2 cups baby Potatoes, chopped
- 1 tsp Browning



1. Wash the oxtail in water with vinegar. Drain away all the water, getting the meat as dry as possible.
2. Season the oxtail with salt, garlic, browning, and all purpose seasoning. Mix the ingredients until the oxtail is completely coated with seasoning.
3. Add the cooking oil and the brown sugar to a pressure cooker pot on high heat. Make the oil hot and the sugar melt, then add the oxtail. Sear the meat so that all sides are brown.
4. Add 2 ½ cups of water and potatoes to the pressure cooker, close with the pressure cooker lid and cook at high pressure for 30-35 minutes.

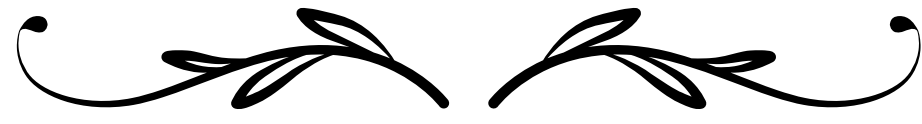
# JAMAICAN OX TAILS



5. Allow the pressure cooker to cool off, then carefully remove the lid. Check that the meat is soft and falling off of the bone.
6. Put to continue cooking on medium-high heat. Add the onion, celery, and carrots. Cover the pot with a normal pot cover and let it cook for another 30 minutes.
7. Serve over cooked white rice!

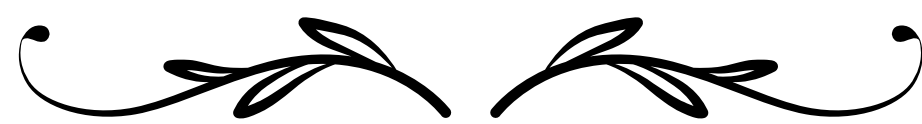


# SUCCOTASH



## Ingredients:

- 1/2 lb of Sausage
- 1/2 pound of Tailless Shrimp
- 15 oz Lima beans
- 15 oz stewed tomatoes
- 3 tbsp soft Butter
- 1 cup Sweet Onion, chopped
- 1 Garlic Clove, minced
- 3 cups Corn Kernels
- Creole Seasoning
- Rice



1. Cook Lima beans as directed on can until they are soft and tender. Drain and set aside.
2. Cook rice as directed on package, set aside when finished cooking.
3. Meanwhile, in a skillet, cook shrimp and sausage in a pan until cooked through. Drain fat and set aside.
4. In the same skillet, add oil and saute all veggies until soft and tender. Salt and pepper to taste.
5. Combine veggies, meat, and lima beans together in the same skillet. Add the butter and Creole seasoning, stir until melted.
6. Serve over rice!

# BRISKET



## Ingredients:

- 3 - 4 lb Beef Brisket
- 1 tbsp Brown sugar
- 2 tsp Paprika
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1/2 tsp Cumin
- 3/4 tsp mustard powder
- Salt & pepper to taste



1. Combine all spices in a bowl together and thoroughly mix.
2. Rub brisket meat with the spice mixture. If time permits, let marinate in the fridge for 30 minutes.
3. Using a charcoal grill, cook meat until a dark char is achieved.
4. Place meat in a smoker on low for 3 hours to cook all the way through.
5. Serve and enjoy!

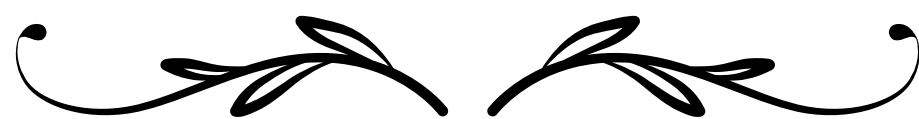


# BAKED MAC & CHEESE



## Ingredients:

- Macaroni noodles
- 1 Cube Butter
- 1 cup Milk
- Bacon Bits
- 1/2 cup of Flour
- 1/2 cup Half & Half
- 3 cups shredded Sharp Cheddar
- Salt & Pepper to taste



1. Preheat oven to 325 degrees F and grease a 3 qt baking dish (9x13"). Set aside.
2. Cook pasta per directions on the box.
3. Melt butter in a large saucepan over MED heat. Sprinkle in flour and whisk to combine. Mixture will look like very wet sand. Cook for approximately 1 minute, whisking often. Slowly pour in about 2 cups or so of the half and half, while whisking constantly, until smooth. Slowly pour in the remaining half and half and the whole milk, while whisking constantly, until combined and smooth.

# BAKED MAC & CHEESE CONT.

4. Continue to heat over MED heat, whisking very often, until thickened to a very thick consistency. It should almost be the consistency of a semi thinned out condensed soup.

5. Remove from the heat and stir in 1 1/2 cups of the cheeses, stirring to melt and combine. Stir in another 1 1/2 cups of cheese, and stir until completely melted and smooth.

6. In a large mixing bowl, combine drained pasta with cheese sauce and bacon bits, stirring to combine fully. Pour pasta mixture into the prepared baking dish.

7. Bake for 15 minutes, until cheesy is bubbly and lightly golden brown.

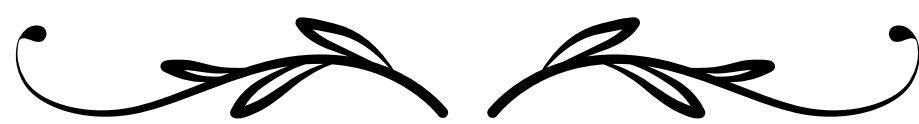


# CRAB CAKES



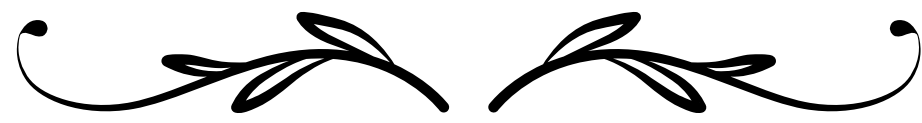
## Ingredients:

- 1 lb Crab meat
- 3/4 cup Italian Breadcrumbs
- 1/3 cup Mayonnaise
- 2 tbsp Mustard
- 1 large egg
- 2 tsp Worcestershire Sauce
- Canola Oil
- Creole Seasoning
- Salt & Pepper



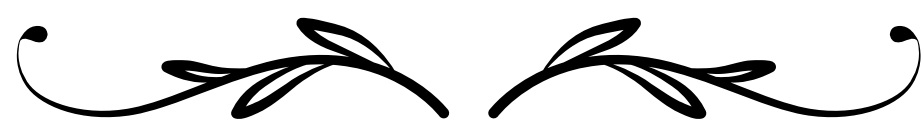
1. In a small bowl, whisk egg, mayonnaise, mustard, and Worcestershire sauce. Season with salt and pepper.
2. In a medium bowl, mix crabmeat, Italian breadcrumbs, and creole seasoning. Fold in egg mixture and then form into patties.
3. Mix all ingredients in a bowl, then form into patties
4. In a large skillet over medium heat, coat pan with oil and heat until shimmering.  
Cook crab cakes, turning once, until golden and crispy, 3 to 5 minutes per side.
5. Serve and enjoy!

# PORK RIND CHICKEN



## Ingredients:

- 1 lb Chicken wings or thighs
- 1 bag Pork Rinds, crushed
- 1 1/2 cups Breadcrumbs
- 2 Eggs
- Canola Oil
- Salt & Pepper



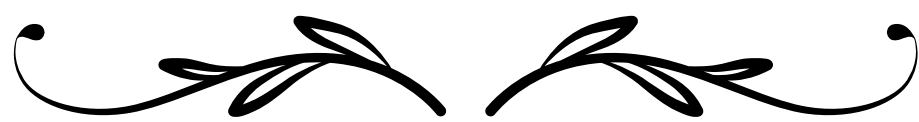
1. In a medium bowl, mix together crushed pork rinds and breadcrumbs until thoroughly combined.
2. In a separate bowl, whisk together two eggs.
3. Pat chicken dry with a paper towel. Dip chicken in eggs until covered, then roll and coat chicken in breadcrumb mixture.
4. Set your burner on medium and heat a pan of oil heat for around 5 to 10 minutes. Put a meat thermometer in the center of the oil to check the temperature. The oil should be between 350 degrees and 400.
5. Fry chicken in oil for 8 to 10 minutes or until chicken reaches an internal temperature of 165 degrees. Serve!

# ZUCCHINI FRIES



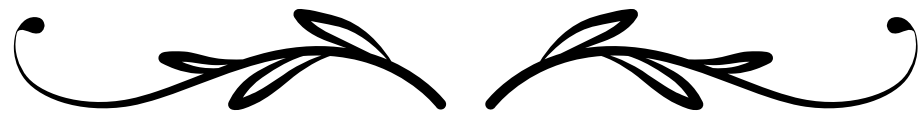
## Ingredients:

- 3 medium Zucchini, cut into sticks
- 1/2 cup Panko Crumbs
- 1/3 cup Flour
- 1/4 tsp Onion Powder
- 2 large eggs
- Cooking spray
- Salt & Pepper



1. Preheat oven to 425 degrees. Coat a large baking sheet with cooking spray. Pat Zucchini sticks dry with a paper towel.
2. In a bowl, combine panko, flour, onion powder, salt, and pepper. In a separate bowl, briskly whisk eggs.
3. Coat Zucchini sticks with egg mixture. Then shake off excess egg and coat Zucchini in breadcrumb mixture. Place onto baking sheet evenly.
4. Lightly coat the zucchini with the cooking spray. Bake for 10 minutes, then remove from the oven and spray with oil again. Return to the oven, rotating the pan 180 degrees, then continue baking for 10 minutes, until the crumbles are crisp and golden. Serve!

# GUMBO



## Ingredients:

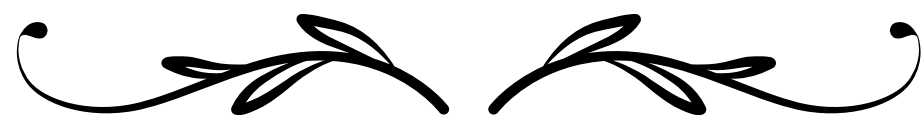
- 2 cups Cooked Shrimp
- 1/2 lb Crab Meat
- Meat from 1 Rotisserie Chicken
- 12 oz Sausage Andouille, sliced
- 12 oz Tomato Paste
- 1 cup Flour
- 2/3 cup Canola or Vegetable Oil
- 1 bunch Celery, diced
- 1 Green Bell Pepper, diced
- 1 Onion, diced
- 2-3 Garlic Cloves
- 2 Tbsp Creole Spice
- 6-8 cups Chicken Broth
- Cooked White Rice



1. In a large, heavy stock pot combine flour and oil. Cook on medium-low heat, stirring constantly for 30-45 minutes. This part takes patience--when it's finished it should be as dark as chocolate and have a soft, "cookie dough" like consistency. Be careful not to let it burn! Feel free to add a little more flour or oil as needed to reach this consistency.
2. In a separate skillet on medium-high heat place the sausages in a pan. Brown them well on one side (2-3 minutes) and then brown on the other side. Plate and set aside.



# GUMBO CONT.



3. Add ½ cup of the chicken broth to the hot skillet that had the sausage to deglaze the pan. Pour the broth and drippings into your large soup pot.

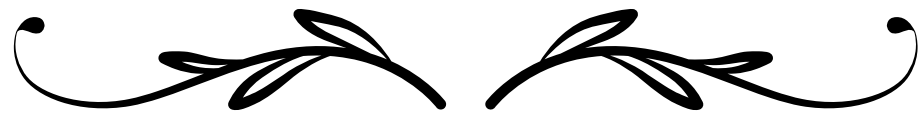
4. Add remaining 5 ½ cups of chicken broth. Add veggies, garlic, and spices to the roux pot.

5. Bring to a boil over medium heat and boil for 5-7 minutes, or until the vegetables are slightly tender.

6. Add chicken, sausage, shrimp, crab, and tomato paste. Season to taste.

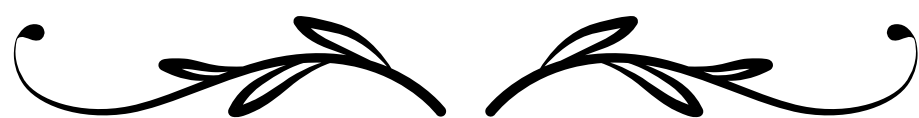
7. Serve over cooked white rice.

# COLLARD GREENS



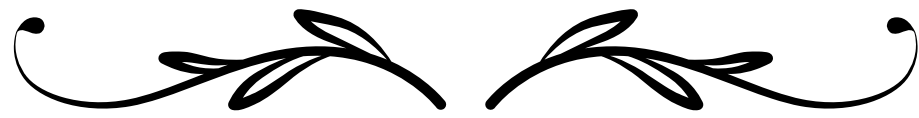
## Ingredients:

- 1/2 cup distilled white vinegar
- 3 tbsp salt
- 2 bunches fresh Collard Greens
- 1 Red Onion, Diced
- Italian Link Sausages
- Creole Seasoning
- 1/2 Cabbage
- 1 cup Chicken Broth
- Salt and Pepper to taste



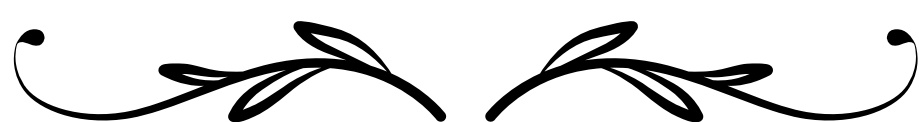
1. Fill a large bowl with cold water and add the vinegar and salt. Remove collard greens from the stems and soak leaves in mixture for 15 to 20 minutes.
2. Drain the water and refill with plain water and allow the greens to soak again if needed. Repeat as many times as needed until the water is free from any dirt or grit. After the final soak, drain the water.
3. Tear greens into bite-sized pieces.
4. Combine washed greens, garlic, cabbage, onion, and sausage in a pressure cooker.
5. Set pressure to high and cook for 20 minutes. When time is up, release pressure, remove lid, and serve!

# ORANGE CHICKEN



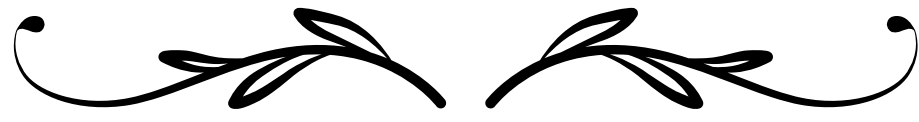
## Ingredients:

- Four boneless skinless Chicken Breasts
- Italian Breadcrumbs
- 2 Eggs
- Bottled Orange Sauce
- Italian Link Sausages
- Creole Seasoning
- 1/2 Cabbage
- 1 cup Chicken Broth
- Salt and Pepper to taste



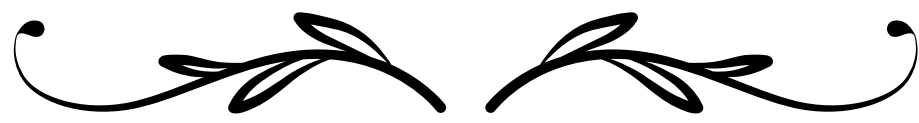
1. Preheat air fryer to 400 degrees.
2. Dry chicken breasts with a paper towel. Set aside.
3. In a bowl, whisk together two eggs. In another bowl, pour breadcrumbs in.
4. Dip chicken breast in eggs until coated. Then, coat chicken breast in bread crumbs.
5. Place chicken in air fryer. Cook chicken for 7-9 minutes shaking the basket halfway through or until chicken is just at or above 165 degrees internally.
6. Remove chicken from the air fryer and coat in orange sauce. Serve!

# PIZZA HOAGIES



## Ingredients:

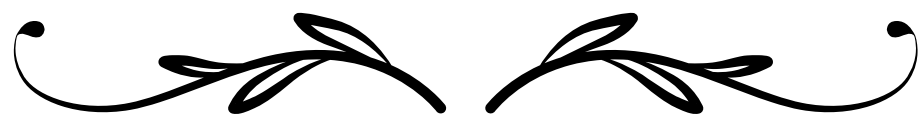
- Hoagie Rolls
- Pizza Sauce
- Pepperoni
- Canadian Bacon
- Sliced mushrooms
- Canned Black Olives
- Grated Mozzarella or Parmesan
- Salt and Pepper to taste



1. Preheat oven to 350 degrees.
2. Open Hoagie Rolls and coat with a layer of pizza sauce.
3. Layer pepperoni and Canadian bacon along Hoagie.
4. Sprinkle on mushrooms, black olives, and any other wanted toppings. Top with grated cheese of your choice.
5. Place on a baking sheet in the oven for around 10 minutes or until cheese is bubbly and melted.



# COCONUT SHRIMP



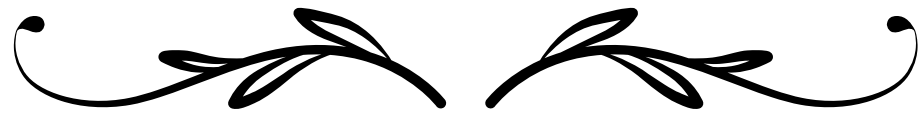
## Ingredients:

- 1/3 cup Flour
- 2 large Eggs, beaten
- 3/4 cups Panko Crumbs
- 1 cup shredded Coconut
- 1 pound raw large Shrimp
- 3-4 Tbps Vegetable Oil
- Salt and Pepper to taste



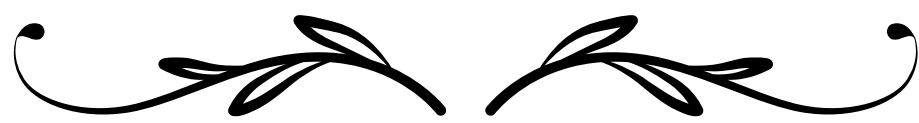
1. Start with 3 medium bowls. Combine flour, salt, and pepper in one. Beat the eggs in the second bowl. Combine Panko and coconut in the third bowl.
2. Dip the shrimp into the flour, then the eggs, and then dredge the shrimp into the coconut mixture. Set the coated shrimp aside on a plate as you coat the remaining shrimp.
3. Add enough oil to cover the bottom of a large skillet over medium heat. Fry the coconut shrimp in batches such as 7-8 shrimp at a time. Flip after 2 minutes and fry the other side for 2 minutes or until golden brown. Serve!

# FRIED SHORT RIBS



## Ingredients:

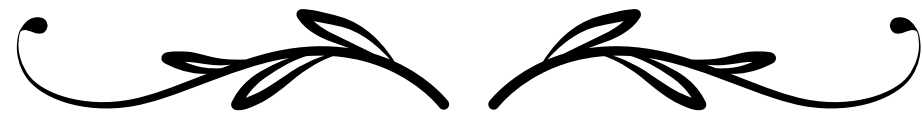
- 3 racks Baby Back Ribs
- 8 cloves Garlic, minced
- 1/4 cup minced Ginger
- 1 Tbsp Onion Powder
- 2 cups Pineapple Juice
- Salt and Pepper to taste



1. Preheat oven to 400 degrees.
2. In a bowl, mix ginger, garlic, onion powder, salt, and pepper together.
3. Pat baby back ribs dry with a paper towel.  
Use this mixture as a dry rub on the ribs.
4. Add ribs to a large roasting pan. Pour pineapple juice in the bottom and cover pan with tin foil.
5. Cook ribs for 1.5 hours until very tender.

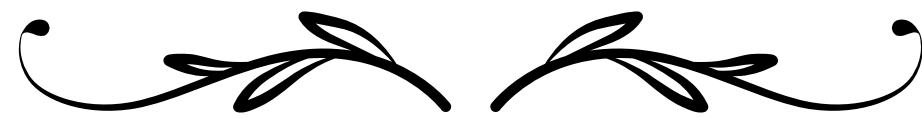
Serve!

# APPLE PIE FRENCH TOAST TOPPING



## Ingredients:

- 1 cube Butter
- 1 tsp Cinnamon
- 1 tsp Nutmeg
- 1 tsp All Spice
- 1 tbsp Brown Sugar
- 4 Apples, quartered and sliced
- French Toast
- Whipped Cream



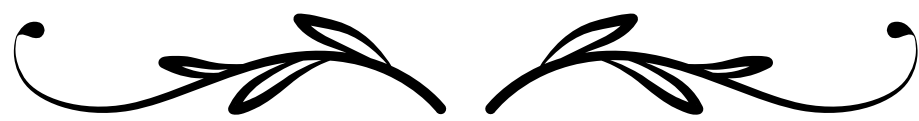
1. Prepare French Toast as normal. Set aside.
2. In a bowl, combine cinnamon, nutmeg, all spice, and brown sugar in a bowl.
3. In a pan on low heat, melt butter. Saute apple slices in butter and spice mixture until apple is tender.
4. Serve over French Toast and top with whipped cream.

# CHEESECAKE MILKSHAKE



## Ingredients:

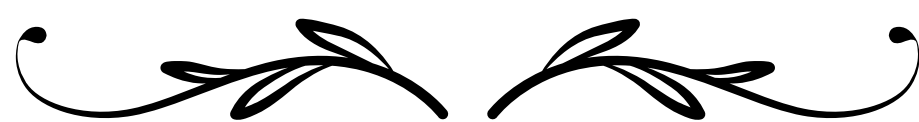
- 1 slice vanilla cheesecake
- 2 scoops Vanilla Icecream
- 2 cup Milk
- 1/2 cup Cool Whip



1. Combine all ingredients in a blender.
2. Blend until smooth, add more milk as needed. Serve!

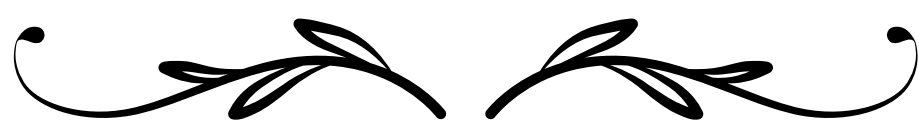


# HEALTHY SMOOTHIE



## Ingredients:

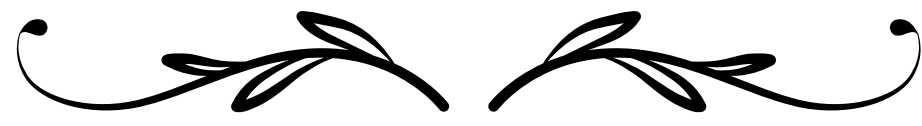
- 1/2 cup Vanilla Greek Yogurt
- Handful of Kale
- Frozen Pineapple Chunks
- 1/2 cup blueberries
- 1/2 cup Strawberries
- Milk as needed



1. Mix all ingredients in a blender and blend. Add milk as needed for preferred consistency. Serve!

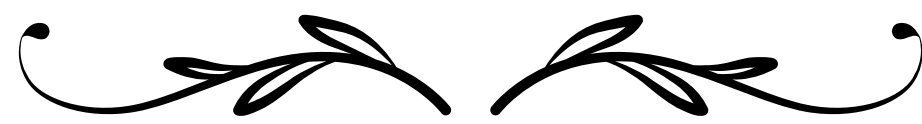


# POUND CAKE LASAGNA



## Ingredients:

- Pound Cake, bought or cooked
- Marmalade as needed
- Premade Cranberry Sauce
- Cool whip as needed



1. Slice pound cake into 1-inch sections
2. Layer sliced cake with spoonfuls of marmalade and stack on top of each other
3. Place a spoonful or two of cranberry sauce on top of cake
4. Top with as much cool whip as desired.

Serve!