

LOLO'S DINNERS:
**Never Difficult,
Always Delicious**



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Introduction

It is so hard when someone asks me when I started cooking, because the answer is that I don't really have any memory of not being in the kitchen cooking. My Grandmas cook, my mom cooks, my dad cooks, it has always been part of my life. Totally normal for a 4th grader to make her parents a 4 course meal, right? Bananas Foster and all.

As I got older, my love for cooking became even stronger. I love to cook fancy things to challenge myself in the kitchen, but I always come back to delicious recipes that are never difficult. My daily life needs quick, simple meals that taste good. I never want hours in the kitchen with 5 different pans or bowls to clean before bedtime. I want simple.

I am sharing my favorite recipes with you so you can create these amazing but easy meals in your home too. Dinner time can be exhausting but my hope is you find new recipes that will become part of your family's traditions too!

Laura



SKILLET TOMATO CHICKEN

Ingredients

- 2 Tablespoons olive oil
- 6 Chicken thighs
- 1 teaspoon kosher salt
- 1/2 teaspoon pepper
- 1 medium onion, sliced
- 1 cup chicken stock
- 1/2 cup white wine
- 1 (14.5 ounce) can crushed tomatoes in thick puree
- 1 teaspoon dried thyme
- 1/2 Tablespoon dried rosemary
- 1 Tablespoon lemon pepper
- Buttered Rice or Noodles

1. In a large skillet, heat the olive oil over medium high heat.
2. Pat chicken dry with a paper towel and then season with salt and pepper. Brown the chicken, about 4 minutes on each side. Transfer to a plate and set aside.
3. Pour off all but about 1 Tablespoon of oil from the pan.
4. Add onion to the pan and saute until soft, about 3 minutes. Add the stock and wine, stir and scrape the brown bits off the bottom of the pan.
5. Turn heat to high and reduce sauce by half, about 3 minutes. Pour in the crushed tomatoes and add the dried herbs and lemon pepper. Add the chicken thighs back into the pan. Cover and cook on medium-low heat for 40 minutes.
6. Remove chicken from liquid and serve over buttered rice or noodles. Spoon sauce over top and garnish with parsley if desired.



VEGETABLE TORTELLINI SOUP

Ingredients

- 8 cups low sodium vegetable or chicken broth
- 1 pound bag frozen peas and carrots
- 1 package (10 ounces) fresh cheese tortellini
- 1/2 cup heavy cream
- pinch of kosher salt and ground pepper
- shaved parmesan and croutons (toppings)

1. In a medium size pot over medium high heat, bring the broth to a boil.
2. Add frozen vegetables and return to a boil. Add the tortellini and cook until soft, about 5 minutes. Add the heavy cream, salt and pepper and cook for another 3 minutes.
3. Serve and top with shredded parmesan and croutons.



SHRIMP FRIED STIR FRY

Ingredients

- 1 Tablespoon of vegetable oil
 - 1 small onion, diced
 - 1 pound raw shrimp
 - 3 eggs
 - 2-3 drops of soy sauce
 - 2-3 drops of sesame oil
 - 1 red pepper, chopped
 - 1 small onion, sliced
 - 1 package mushrooms, sliced
 - 3 cups rice
 - 3 Tablespoons soy sauce
- **Any veggies can be used for this**

1. In a wok or large skillet on medium high heat, add 1 Tablespoon vegetable oil.
2. Once hot, add diced onions and cook until soft. About 3 minutes. Remove onions from the pan and set aside.
3. In the same pan, add a drizzle more of oil and add the shrimp and cook until pink, about 2 minutes per side. Remove shrimp and set aside.
4. In a small bowl, whisk 3 eggs and drops of soy sauce and sesame oil. Pour into the hot pan. Continuously stir and break egg apart into pieces. Once cooked, remove and set aside.
5. Add the red peppers, mushrooms and sliced onions to the hot pan. Cook until soft, about 3-4 minutes.
6. Add the diced onions, shrimp and eggs back into the pan. Stir everything together.
7. Add cooked rice to the pan, plus 3 Tablespoons of soy sauce and mix everything together. Serve and top with more soy sauce if desired.



GARLIC PARMESAN SALMON

Ingredients

- 4 Salmon fillets
- 2/3 cup breadcrumbs
- 2/3 cup grated parmesan cheese
- 1/4 cup chopped parsley
- 4 teaspoons minced garlic
- 5 Tablespoons butter, melted
- salt and pepper to taste
- Lemon wedges

1. Preheat oven to 400 degrees. Line a baking sheet with foil.
2. Place the salmon skin side down on the foil. Set aside.
3. In a small bowl, mix together the breadcrumbs, parmesan, parsley, garlic and melted butter. Add a pinch of salt and pepper.
4. Mix together. until the butter is coated over the breadcrumbs. Use your hands if needed, it's easier.
5. Pour the mixture over the salmon and press down so the tops of the salmon are totally covered.
6. Bake uncovered for 12-15 minutes until the top gets golden brown.
7. Squeeze a bit of lemon juice over the top then serve with rice, veggies, over a salad. So many options!



BEEF STROGANOFF

Ingredients

- 1.5 pounds round steak, cut into thin strips
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon garlic powder
- Flour
- 2 Tablespoons olive oil
- 2 Tablespoons butter
- 1 medium onion, sliced
- 1 package fresh mushrooms, sliced
- 1 can (1.75 ounce) beef broth
- 1 can (10.75 ounce) cream of mushroom soup
- 1/2 cup sour cream
- 1 package egg noodles, cooked



1. Season the steak strips with the salt, pepper and garlic powder then sprinkle with a light dusting of flour.
2. In a large skillet, melt the butter together with olive oil. Brown the steak strips and brown on both sides. Remove the steak from the pan and set aside.
3. Add the onion slices and mushrooms to the pan, saute for a few minutes until soft. Sprinkle with 1 teaspoon of flour over the top.
4. Put the steak back in the pan with the onion and mushrooms. Add the mushroom soup and beef broth and mix all together.
5. Cover and cook over low heat for about 30 minutes. Add salt and pepper as needed.
6. Stir in the sour cream at the end. Serve over the cooked egg noodles.

WILD RICE SOUP

Ingredients

- 1 medium onion, chopped
- 9 pieces of bacon, cut into large pieces
- 1 box Uncle Ben's Wild Rice, cook according to box directions
- 4 cups half and half
- 2 cans cream of potato soup
- 2 cups cubed Velveeta

1. In a large pot, cook the onion and bacon pieces on medium-high heat until bacon is cooked and onion is soft.
2. Once cooked, add cooked rice, half and half, potato soup and velveeta to the pot.
3. Move heat to low heat and continue to stir occasionally until soup becomes thicker.
4. Once thickened, serve warm.



CROCK POT FRENCH DIP SANDWICHES

Ingredients

- 2 cans (21 ounces total) french onion soup
- 1 cup beef broth
- 3-4 pounds beef chuck roast
- Hoagie Rolls
- Provolone Cheese

1. Place the roast in the crock pot. Pour french onion soup and beef broth over the roast.
2. Cover and cook on low for 8 hours. (or high for 4 hours)
3. Once done, remove 3 cups of the juice and pour into a small saucepan. On medium heat, bring to a boil then reduce to a simmer and let it cook until it's about half the amount. About 10 minutes.
4. Move meat to a large bowl and shred with two forks.
5. Place rolls onto a sheet pan or baking dish. Spoon the meat to each roll and then top with the provolone cheese.
6. Cover with foil and place in the oven at 350 degrees for about 5 minutes until the cheese is melted.
7. Serve right away with the sauce for dipping. (the best part!)



SHEET PAN RANCH PORK CHOPS

Ingredients

- 4 bone in pork chops, about 1 inch thick
 - 10-12 Baby red potatoes, cut in half
 - large handful of green beans, trimmed
 - 2 Tablespoons olive oil
 - 1 (1 ounce) package powder Ranch Dressing mix
 - 2 teaspoons garlic, minced
 - kosher salt and pepper
 - 2 Tablespoons chopped parsley, optional
1. Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.
 2. Place pork chops, potatoes and green beans in a single layer on the baking sheet. Drizzle with olive oil and sprinkle the ranch seasoning and garlic. Then season with a pinch of salt and pepper.
 3. Bake in the oven for about 20 minutes, until the pork is cooked all the way through. Then turn oven to broil and broil for another 3 minutes until the top gets slightly caramelized.
 4. Serve right away and garnish with parsley.



OVEN BAKED CHICKEN

Ingredients

- 6 Tablespoons butter
- 3/4 cup Bisquik mix
- 1 1/2 teaspoon paprika
- 1 1/4 teaspoon kosher salt
- 1/4 teaspoon pepper
- 3 pounds chicken drumsticks or thighs (skin on or off per preference)



1. Preheat oven to 400 degrees.
2. Melt butter in the microwave and then pour onto a 9x13 baking sheet.
3. In a large bowl, mix together the Bisquik, paprika, salt and pepper. Dip and coat each chicken thigh or drumstick into the Bisquik mix. Then place the chicken on the pan of melted butter.
4. Brush chicken with the melted butter from the pan. Bake for about 30 minutes. Flip chicken, brush with more melted butter and bake another 15 minutes.
5. Remove from the oven, let cool slightly and serve with your favorite side.

MEXI SWEET POTATOES

Ingredients

- 2-3 large sweet potatoes
- 1/2 cup black beans, drained
- 1 teaspoons olive oil
- 2 teaspoons chili powder
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1/2 cup shredded cheddar cheese
- 2 Tablespoons sour cream
- 1 Tablespoons lime juice
- 1/4 cup diced avocado
- 1/4 cup diced tomato

1. Preheat oven to 400 degrees. Poke the sweet potatoes all over with a knife or fork. Line a baking sheet with foil and place sweet potatoes on the sheet. Bake for about 1 hour or until tender when poked with a fork.
2. Next, combine the black beans, oil, chili powder, salt, pepper and cheddar cheese.
3. Once the potato is baked, cut down the middle and cool a bit. Then fill with the bean and cheese mixture. Place back in the oven and cook again for about 10 minutes until the cheese is all melted.
4. Next mix the sour cream and lime juice. Drizzle over the potato and top with avocado and tomatoes.



OVEN BAKED MEATBALL SUBS

Ingredients

- 6 hoagie rolls
- 1 package meatballs, frozen or premade
- 1 cup marinara sauce
- 1 cup shredded parmesan cheese
- 1 cup shredded mozzarella cheese
- 1 Tablespoon dry oregano

1. Preheat oven to 350 degrees. Spray a baking dish with nonstick spray. Line the baking dish with the hoagie buns. Opening to the top.
2. Drizzle a spoonful of marinara sauce on the inside of each hoagie bun. Then sprinkle shredded parmesan over the sauce.
3. Place the meatballs inside of the hoagie bun on top of the sauce. *If using frozen, just thaw before placing in the sandwich
4. Spoon more marinara sauce over the meatballs to cover.
5. Sprinkle with the shredded mozzarella cheese. Then sprinkle oregano over the top of all the sandwiches.
6. Bake for about 10 minutes or until the cheese is bubbly and melty.



LITTLE KING SALAD

Ingredients

- 1/4 lb ham
- 1/4 lb turkey
- 2 tomatoes, chopped
- 1/2 cup shredded mozzarella cheese
- 3/4 head of lettuce
- 1 package pepperoni, roughly torn
- 8-10 slices salami, chopped
- 1/2 onion, chopped (optional)
- 2-3 poppy seed rolls, torn in pieces

Dressing

- 3/4 cup olive oil
- 1/4 cup tarragon vinegar
- 1/2 teaspoon dried oregano
- 1/8 teaspoon pepper
- 1 teaspoon salt
- 1/4 teaspoon garlic powder



1. Tear apart the rolls into walnut sized pieces. In a large bowl, combine bread pieces, chopped tomatoes, lettuce, onion, cheeses and meats. Toss all together.
2. **Dressing:** In a medium bowl, whisk all the dressing ingredients together. Pour over top salad.
3. Toss everything together and serve.

BUFFALO CHICKEN SALAD

Ingredients

- 2 cups shredded chicken (I use Rotisserie)
- 1/4 cup Hot Sauce
- 1/2 Tablespoon dry ranch powder seasoning
- 1 large package Baby Spring Salad Mix
- 1 carrot, grated
- 1 can sweet corn
- 1 cucumber, sliced
- 1/4 cup Blue Cheese Crumbles
- 12 cherry tomatoes, quartered
- Ranch Dressing

1. In a medium bowl, mix the chicken, hot sauce and dry ranch powder. Mix until chicken is all coated.
2. In a large bowl, combine all the salad ingredients and toss.
3. Add chicken to top and drizzle with ranch dressing.



CROCKPOT CHICKEN AND NOODLES

Ingredients

- 4-6 Chicken Breasts or Thighs
- 1 bag egg noodles
- 2 (10 ounce) cans cream of chicken soup
- 14 oz box or can chicken broth
- 1 bag frozen peas and carrots
- salt and pepper to taste

1. Place the chicken, (frozen or thawed) in the crockpot. Pour the two cans of cream of chicken over top. Cook on low for 8-10 hours or on high for 4-6 hours.
2. Once the chicken is done, use two forks to shred the chicken in the crockpot.
3. Boil a pot of water and cook the egg noodles according to directions. Drain and set aside.
4. Add the can of chicken broth to the crockpot chicken mixture and mix until combined.
5. Add the peas and carrots and then add the noodles and mix together to combine. Add salt and pepper to taste.
6. Serve warm and enjoy!



SAUSAGE AND ZUCCHINI STOVETOP CASSEROLE

Ingredients

- 1 lb pork sausage
- 1 Tablespoon vegetable or canola oil
- 3 medium zucchini, thinly sliced
- 1 medium onion, chopped
- 1 can (14.5 ounce) stewed tomatoes, slightly cut up
- 1 package (8.8 ounces) Ready to Serve brown rice
- 1 teaspoon mustard
- 1/2 teaspoon garlic salt
- 1/4 teaspoon pepper
- 1 cup shredded cheddar cheese

1. In a large skillet, cook the sausage over medium heat until cooked through and no longer pink. Break into crumbles, drain and then remove sausage and set aside.
2. In that same pan, add oil and heat on medium. Add zucchini and onion, cook and stir for about 5-7 minutes. Add back sausage and then add tomatoes, rice, mustard, garlic salt and pepper. Bring to a boil, reduce heat. Cover and simmer for about 5 minutes.
3. Remove from heat, sprinkle with shredded cheese and let stand until cheese gets nice and melty.



INSTANT POT TOMATO ZITI

Ingredients

- 1 1/2 cup chicken broth
- 1 cup heavy cream
- 1 teaspoon minced garlic
- a pinch of salt and pepper
- 8 ounces ziti pasta, dry
- 1 cup tomato pasta sauce
- 1 cup parmesan, shredded
- 1/2 cup mozzarella cheese, shredded

1. In the Instant Pot, add the broth, heavy cream, garlic, salt, pepper and noodles. Don't Stir!
2. Set the Instant Pot to Manual for 6 minutes. Then do a natural release for 6 minutes, then do the quick release
3. Take off lid and then add the pasta sauce and stir.
4. Add both cheeses and stir again. The cheese will thicken the sauce.
5. Serve! Add more parmesan on top if desired. Easy dish to add a protein to as well.



BROWN BUTTER BUTTERNUT SQUASH RAVIOLI

Ingredients

- Package of Butternut Squash Ravioli (18 ounce package) frozen or fresh
- 3/4 cup chopped pecans or walnuts
- 3 Tablespoons Butter
- 1/4 cup brown sugar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground nutmeg
- pinch of cayenne pepper (optional)
- 1/4 cup heavy cream
- Shredded parmesan cheese to top



1. Boil and cook the ravioli according to the package directions.
2. In a large skillet over medium low heat with no oil, cook the pecans until lightly browned. Stir occasionally. Watch carefully as not to burn.
3. Add butter to the pecans to melt. Then stir in brown sugar, salt, nutmeg and cayenne.
4. Once combined, remove from heat and add heavy cream.
5. Drain the ravioli and add to the skillet. Toss to coat and sprinkle parmesan cheese over top and serve!

WHITE GARLIC PIZZA

Ingredients

- Premade pizza crust
- 1 cup heavy cream
- 1 smashed garlic clove or 1 teaspoon minced garlic
- 2 teaspoons butter
- 2 teaspoons flour
- pinch of salt and pepper
- 2 cups mozzarella
- 1/4 cup parmesan, shredded
- 1 teaspoon dried oregano

1. Preheat oven to 400 degrees.
2. In a medium size saucepan, heat the heavy cream and garlic until simmering. Stir occasionally until slightly thickened. Takes about 10 minutes.
3. Add two teaspoons of the butter and two teaspoons of flour to the cream. Whisk until all combined. Add a pinch of salt and pepper.
4. If using a whole clove of garlic, remove at this time.
5. Rub the pizza crusts with olive oil and place on a sheet pan and heat in the oven for about 5-7 minutes. Remove and set aside.
6. Top your pizza dough with the cream sauce mozzarella cheese and parmesan cheese.
7. Place back in the oven and bake for about 5 minutes until the cheese is nice and melty.
8. Sprinkle with the dried oregano before serving.



ITALIAN SAUSAGE AND SPINACH TORTELLINI SOUP

Ingredients

- 1 tablespoon vegetable oil
- 1 pound ground Italian Sausage
- 1/2 cup diced onion about 1/2 medium sized onion
- 1 tablespoon minced garlic
- 1-28 oz can crushed tomatoes
- 1-32. oz. box of vegetable or chicken broth
- 2 tablespoons chopped basil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 9- ounce package refrigerated tortellini
- 2 cups packed fresh spinach
- Shredded/Grated parmesan for topping



1. Heat a large, heavy bottomed pot over medium-high heat. Heat vegetable oil and add diced onion. Saute until onions are soft.
2. Crumble Italian Sausage and garlic with the onion. Cook until sausage is no longer pink.
3. Stir in crushed tomatoes, vegetable (or chicken) broth, basil, salt and pepper. Bring to a boil, reduce heat to low, and cover. Let soup simmer for 20-30 minutes.
4. Add tortellini and spinach and simmer for about ten minutes, until pasta is tender. (don't add the pasta or spinach until shortly before serving or they will get mushy) Serve with shredded Parmesan.

LINGUINE

Ingredients

- 1 package linguine
- 1/4 lb bacon
- 1 cup onions, diced
- 1 cup cubed ham
- 1/2 cup frozen peas, thawed
- 1/3 cup mushrooms
- 1 stick (1/2 cup) butter, melted
- 3/4 cup chicken broth
- 2 eggs, well beaten
- 1/2 cup grated Parmesan

1. Cook linguine, drain and set aside.
2. In a pan over medium heat, cook the bacon, then remove and chop. Cook chopped onions in the bacon grease until soft. Add in chopped ham, bacon, mushrooms and peas. Cook until warm.
3. Add cooked linguine to the pan, pour in melted butter and toss all together. Add broth and heat briefly.
4. Remove from heat, add in beaten eggs and toss again. Then sprinkle parmesan over top, toss again.



CORN SHRIMP CHOWDER

Ingredients

- 1 cup chopped onions
- 1/2 cup (1 stick) butter
- 1 teaspoon chopped garlic
- 1/2 cup chopped celery
- 2 small bags frozen salad shrimp, thawed
- 2 cans cream of potato soup
- 1 can sliced potatoes, cut into pieces
- 1 can corn
- 2 cans evaporated milk

In a large pot on medium heat, melt the butter. Once melted, add the garlic, onions and celery. Cook for about 5 minutes until the onions are soft. (Tip- this soup does not do well in a crock pot, stick to a stove and pot)

Add the potato soup, corn, potatoes, evaporated milk and shrimp.

Stir until all combined. Then cover and turn heat to low. Heat for several hours.

Serve with shredded cheese on top and crackers.



PIZZA ROLLS

Ingredients

- 1 loaf pizza dough, thawed
- 1/2 cup tomato pasta sauce
- 1 cup shredded mozzarella cheese
- 1 cup pepperoni, chopped
- 1/2 lb Italian sausage, cooked and crumbled
- 1/4 cup parmesan cheese, grated



1. Preheat oven to 400 degrees. On a lightly floured surface, roll out pizza dough into a large rectangle. Brush with pasta sauce, leave about 1/2 inch on the edges.
2. Sprinkle with the mozzarella cheese, pepperoni and sausage. Roll up the dough and pinch the seam to seal dough. Cut slices of the roll into 8 different rolls.
3. Place cut side down into a greased cast iron skillet or greased 8 inch round baking dish. Sprinkle with parmesan cheese.
4. Bake for about 25 minutes or until dough starts to turn golden brown. Serve with extra warmed pasta sauce.