

THE FRESH COOKY PRESENTS

TOP 10  
*Recipes*



recipes by kathleen pope



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## The Fresh Cooky: Top 10 Recipes

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Published in the United States of America.

For more information, contact :

kathleen@thefreshcookyy.com

<https://www.thefreshcookyy.com>

Book design by SimplySunni.com

# What's on the *Menu*

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# Hiya FRIEND!

Dear Friends,

Welcome to my Top 10 Recipes recipe book! I am glad you are here.

It has been a dream of mine for quite a while, to publish cookbooks. So, I hope you love this one.

This book is a compilation of my most popular recipes featured on The Fresh Cooky blog.

After you try each one, I would sincerely appreciate it if you would go to the recipe on my site and leave a review. It is such a blessing to hear from my readers!

Thanks for purchasing this book; I hope you enjoy it!

Be sure to check out the selection of my new recipes featured in the back and see my instructions for printing as well as the BONUS feature I have included.

Happy Fresh Cooking!

LOVE,  
Kathleen



# *Cheesesteak Sandwiches*



# Cheesesteak Sandwiches

This is the Best Cheesesteak Sandwich recipe-- flavor-packed with shaved beef and caramelized onions topped with that stringy good dripping cheese piled high on a buttery toasted French roll.

No wonder it is my top recipe. Better yet, it is made in one pan and is done in just 30 minutes!

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Servings:** 6

## Equipment :

- [STAUB Everyday Pan w/ Lid, 3.5-Qt](#)
- [Wusthof Santoku knife 5 inch](#)

## Ingredients :

---

### Sauteed Onions

- 4 tablespoons butter
- 1 medium-large onion cut into thin slices

### Cheesesteak Sandwiches

- 1-2 tablespoons butter
- 2 teaspoons olive oil or avocado oil
- 2-3 pounds shaved beef steak see notes for other options
- 1/2 cup [Worcestershire sauce Lea & Perrin's is gluten-free]
- 1 tsp [Seasoning Salt such as Lawry's], to taste
- 1-2 tablespoons Hot Sauce optional
- 6-8 slices of provolone white cheddar, or pepper jack cheese, or go all Philly and use Cheese Whiz
- 6 sub sandwich rolls Use Hoagie rolls, Italian or French rolls
- 2 tablespoons butter
- bell peppers or mushrooms, optional additions



“

*Amazing!!! My hubs only complaint was not enough cheese. So- if you make it, pile on the cheese!*

*-Denise*

”

## *How to:*

---

1. Heat large pan to medium heat, melt butter, and toss in sliced onions, stirring around until soft and caramel colored about 6-7 minutes. Remove from pan, and set aside.
2. If steak is not already sliced or shaved, slice as thinly as possible (see tip) and season with seasoning salt, not too much, just a light all-over sprinkle.
3. Using the same skillet, increase the heat to medium-high, add butter and oil, then add steak in as much of one layer as possible, if too crowded, do it in a couple of batches. Cook for 1-2 minutes, then flip and cook the other side, for 1-2 minutes, won't take long.
4. Once the beef is browned (I slightly undercooked, as it will keep cooking), pour in Worcestershire sauce and if desired, a few shakes of hot sauce - we like Cholula. Stir around for a minute, then return onions to the pan and stir into beef, including all of those delicious juices.
5. Place desired cheese slices on top of the beef, and cover for a minute until super melty, gooey, and irresistible.
6. Meanwhile, heat a griddle or another large skillet to medium-high heat, spread a thin layer of butter on the cut side of the sub rolls, place butter side down on the griddle, and toast until brown and delish.
7. Serve cheesesteak on top of rolls and enjoy piping hot and cheesy!

## **Fresh Tip :**

Best way to get shaved steak? Buy it from Trader Joe's or your butcher, they can get it extra thin. Or try freezing the meat until slightly firm, slicing it thinly with a sharp knife.



# Key Lime Pie





# Key Lime Pie

**Prep Time : 20 minutes**

**Cook Time : 28 minutes**

**Servings : 8 servings**

BEST Key Lime Pie is citrusy, sweet-tart, creamy – with the perfect sweet-to-pucker ratio. This sweet-tart Key Lime Pie is light and easy with a crisp, buttery graham cracker crust.

Look no further...you found it! This traditional key lime pie recipe is easy, so simple to make and the most popular year-round dessert on my blog!

## Ingredients :

### Graham Cracker Crust

- 2 cups graham cracker crumbs
- 1/4 cup sugar
- 6 Tablespoons butter

### Key Lime Pie Filling

- 2 - 14 oz cans of sweetened condensed milk
- 1/2 cup sour cream
- 2-3 Key Limes zested
- 3/4 cup Key Lime juice
- 2 egg yolks large

### Whipping Cream

- 8 oz Heavy whipping cream
- 2-3 teaspoons vanilla extract
- 2-4 tablespoons powdered sugar

“

*I gave it a shot, and boy was he thrilled and said it was the best he ever had, and he lives in Key West, so congratulations and thanks for posting this is a marvelous recipe.- Ps He is one of the fussiest critics I know nice job! - Claudia*

”

## Fresh Tip :

### Mini Key Lime Pie Tarts-

Looking for an individual serving-sized easy Key Lime Pie dessert? Make these pies in mini tart pans or in a muffin tin. - If using a muffin tin, line the tin with muffin cups or a square of parchment paper for easy removal.

# How to:

---

## **GRAHAM CRACKER CRUST**

1. Preheat the oven to 350°F. Melt butter and finely crush graham crackers. Add in sugar, pour in the butter, and stir with a fork--or pulse a couple of times until mixed. Reserve 1/4 cup crumb mixture for topping, if desired.
  2. Pour crust mixture into 9" deep dish pie dish and using hands, press into bottom and up sides, evenly. Bake for 6-8 minutes until just golden, not browned. Remove from oven and cool completely on wire rack.
- \*If needed, cool for 10 minutes on a rack, then transfer to the freezer for 20-30 minutes to cool completely.

## **KEY LIME FILLING**

1. Preheat the oven to 350°F. Wash, dry, and zest limes; set zest aside. Squeeze 3/4 cup of lime juice (about 24 key limes, or 6 Persian limes).
2. Pour lime juice, sweetened condensed milk, sour cream, egg yolks (if using), and zest into the bowl of a stand mixer and mix on low until combined, then increase to medium-high for 2-3 minutes. **DO NOT SKIP THE LONGER WHIPPING.** Whip until batter is thickened.
3. Pour Key Lime filling into the **COOLED** graham cracker crust. Bake at 350 for 15-20 minutes until the center is set, but still jiggles slightly. **DO NOT ALLOW TO BROWN.** Remove from oven to cooling rack and cool for 30 minutes. Place in fridge for at least 3 hours — if you remove it sooner it will still taste good; it will just not be quite as set if you had let it sit longer in the fridge.

## **WHIPPED CREAM AND GARNISH**

1. While your pie is cooling, make whipped cream. Pour cold whipping cream into a cool bowl and whip until stiff peaks form. Add vanilla and powdered sugar, mixing on low until combined, then increase to speed to medium-high and whip until thick, almost to a light butter stage.
2. Scoop out and into a piping bag with a star tip. Whipped cream in bag may be kept in the fridge until ready to garnish pie. Garnish with whipping cream stars, a little lime zest, graham cracker crumbs, and a slice of lime. Keep refrigerated until ready to serve, and chill all leftovers.



# Shortbread





# Shortbread

The secret of shortbread's buttery crumb lies in its simplicity. This traditional shortbread recipe is a simple blend of 4 basic ingredients; butter, sugar, and flour resulting in a taste far more than the sum of its parts. This recipe is a classic Scottish Shortbread recipe, and our family's favorite! They are even Ted Lasso worthy!

**Prep Time : 15 minutes**

**Cook Time : 35 minutes**

**Servings : 30**

## Ingredients :

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- 2 sticks ½ pound unsalted butter, softened (you may use salted butter, but omit the salt)
- ½ cup sugar I use all-natural pure cane sugar. White or bakers sugar may be substituted
- 1 tsp vanilla
- 2 cups all-purpose flour
- ¼ cup cornstarch I use non-GMO cornstarch
- ⅛ tsp salt
- all-natural or sanding sugar for sprinkling is optional

## Fresh Tips :

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1. Use all-natural cane sugar for a bit of delicious caramel flavor.
2. REAL butter makes this shortbread! You need the fat content to hold the recipe together just right, in fact, European butter is the best!
3. The dough will be somewhat crumbly when you take it from the mixer, get in there with your hands and gently knead the dough until it begins to come together.

“

*Oh my! I doubled and made a batch last night. Followed recipe to a "T". Easy to cut and held their shape but still had that tremendous crumbly taste. I will try as cut-outs next. Traditional, Delicious, and OH so easy!*  
 - Kathleen G.

”



## How to:

1. Beat butter at medium speed with an electric mixer until creamy; gradually add sugar, beating well for about 2-3 minutes. Stir in vanilla.
2. Combine flour, cornstarch, and salt, whisking to mix; gradually add to butter mixture, beating at low speed after each addition. (Mixture will be stiff and may be crumbly)
3. Turn dough onto a lightly floured surface; knead lightly 8-10 times.
4. Press dough into an un-greased 11x7 or 9x9 pan (if doubling, use a 15x10 in a jellyroll pan, parchment lined if desired for easier removal).
5. Prick dough at 1-inch intervals with a fork, and score (cut) into 2 ½ x 1-inch bars. Cover and chill for at least 2 hours. Make sure to chill; this will firm the butterfat back up and allow for that delectable light, crisp crumb you get with Scottish Shortbread. If desired, sprinkle with all-natural sugar or sanding sugar before baking.
6. Bake at 325F degrees for 35 minutes, until set and lightly browned. Cool in pan on a wire rack for 5 minutes; cut the shortbread into bars using previously scored lines. Cool completely before removing it from the pan. Store in an airtight container at room temperature for up to 1 week, or freeze for up to 6 months.

\*\*This recipe easily doubles!

## Fresh Tip:

Make them in a pan, roll, and cut into shapes for the perfect holiday treat, these versatile cookies are the start of something delightful for you to create!

# Cinnamon Rolls



# Cinnamon Rolls

These ooey-goey cinnamon rolls are so very simple, before you know it (with a little patience), you'll have a sweet, soft bread with buttery, cinnamon, gooey centers topped with an amazing, fluffy Cinnabon frosting; a clone of a Cinnabon!

## Ingredients :

---

### DOUGH

- 1 cup whole milk is best
- 1/3 cup butter at room temperature (don't substitute)
- 1/2 cup all-natural cane sugar or white sugar
- 1/2 teaspoon salt
- 4-4 1/4 cups bread flour plus extra for rolling
- 1 package active dry yeast or 2 1/4 teaspoons of jar yeast
- 2 eggs at room temperature

### FILLING

- 1 cup brown sugar packed (or combo of white and brown)
- 3 tablespoons ground cinnamon
- 1/2 cup butter softened (don't substitute)

### FROSTING

- 1 stick 1/2 cup butter, softened
- 1 8 oz package cream cheese regular or Neufchâtel is fine (room temperature)
- 2-3 cups powdered sugar
- 1 teaspoon vanilla
- pinch of salt
- 1-2 teaspoons of milk or cream if needed optional



**Prep Time: 15 minutes**

**Cook Time: 15 minutes**

**Servings: 12 servings**

## Equipment :

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- [USA Pan Bakeware Rectangular Cake Pan, 9 x 13 inch, Nonstick](#)
- [OXO Offset Icing Spatula](#)
- [Parchment Paper Baking Sheets 12x16](#)



“

*This recipe is a spot on match to the original Cinnabon! We made them this morning and my whole family loved them!*

*- Taylor*

”



## How to:

### MAKING THE CINNAMON ROLLS

1. Remove butter, eggs, and cream cheese from the fridge, and allow to come to room temp for the recipe.
2. Combine milk, butter, sugar, and salt in a small saucepan on low, bring to about 120°. Careful; it can go from warm to hot fast. Butter may not be completely melted, but that's okay.
3. While milk is warming, place 2 cups of bread flour and yeast into the bowl of the mixer and gently mix to combine.
4. Slowly pour in milk, butter, and sugar mixture into the flour and yeast mixture, mixing on low.
5. Add room temperature eggs and balance of flour.
6. Replace paddle attachment with J hook for kneading; knead for 5-10 minutes on a low setting until dough is smooth and elastic. Or, turn the dough onto a floured surface and knead for the same amount of time.
7. Prepare your resting bowl. Put a teaspoon of vegetable oil into a medium bowl, and using a paper towel, spread it all over the bowl.
8. Plop your dough into a bowl and turn "greasing" top and bottom, seal with plastic wrap, and set in a warm place for 15 minutes to rest. Meanwhile, mix together packed brown sugar and cinnamon well in a small bowl and set aside. *-continued instructions of the next page.*

### OVERNIGHT INSTRUCTIONS

Follow the Copycat Cinnamon Rolls recipe up to the second rise after slicing rolls. Place a piece of plastic wrap over the pan tightly, and place in the fridge overnight until morning. When ready to bake. Remove from the oven for 30 minutes, allowing it to come to room temp and double in size. Bake as directed.

# continued...

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1. Once the dough has rested, turn onto a floured surface and roll out into an 18×21 inch rectangle roughly. Spread with ½ cup softened butter. Spread brown sugar and cinnamon mixture evenly, spreading to within ½ inch of the edges.
2. Roll from the long side tightly and pinch edges to seal, using a little water on seams if needed. Cut into 10-12 evenly sized rolls and place in greased or parchment-lined 9×13 pan. Cover with a clean, damp tea towel (or plastic wrap) and allow to rise in a warm place for about 45 minutes, until almost double.
3. Preheat the oven to 400°, 375 if using a dark or glass pan. Bake rolls for about 12-15 minutes until slightly golden. While baking or during rising time, make the frosting.

## **FROSTING**

1. Place butter and cream cheese in a mixing bowl, and blend until smooth.
2. Slowly add powdered sugar, beating on low until incorporated, add vanilla and salt, and blend until smooth. If needed, add a teaspoon of milk or cream if too thick. The amount of powdered sugar depends on taste.
3. Smother warm rolls with frosting and allow to sit for a few minutes before serving.



## **Fresh Tips :**

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- Forget to take your eggs out? Place in a bowl of warm (not hot) water for 5-7 minutes)
- Forgot to take your butter out? Try putting it in the microwave for 8-10 seconds to soften.
- Need a warm place for the dough to rise? Preheat your oven to the lowest temp and turn it off before placing rolls in to rise, or if you have a proofing setting on your oven use that. Be sure to remove your rolls prior to preheating your oven.

# *Honey Bran Muffins*





# Mimi's Bran Muffins

## Ingredients :

---

### Glaze

- 3 tablespoons of all-natural cane sugar  
regular sugar is fine
- 3 tablespoons brown sugar
- 3 tablespoons butter melted
- 2 tablespoons honey
- 2 teaspoons of water
- pinch of salt

### Muffins

- 1/3 cup brown sugar packed
- 1/4 cup honey
- 2 tablespoons molasses unsulphured
- 1/4 cup vegetable oil I like avocado or  
grapeseed oils
- 1 egg
- 1/4 cup of water
- 2 tablespoons heavy cream or half & half
- 1 1/2 teaspoons orange zest optional for a  
little extra to sprinkle on top
- 1 cup all-purpose flour
- 1 cup wheat bran
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon sea salt

**Prep Time : 15 minutes**

**Cook Time : 20 minutes**

**Servings : 12 servings**

Ever had a Mimi's Honey Bran Muffin? I haven't been to Mimi's in a while - but I remember those bran muffins, and this recipe is a beautiful copycat version! A honey bran muffin recipe that is soft, a little chewy, packed with amazing flavor and gooeyness, and oh, you might say that they are on the healthy-ish side!

“

*These are perfect! Crusty exterior, creamy interior, with a bit of chew. No need to look further for a Mimi Bran Muffin.  
Nailed it! - Diane*

”



## *How to:*

---

Preheat your oven to 350° and spray a muffin tin with spray oil.

### **Glaze**

In a small bowl, whisk your glaze ingredients together and set them aside. If using all-natural cane sugar, whisk for a bit to break down the larger granules.

### **MUFFINS**

1. In a separate bowl, add dry ingredients; flour, wheat bran, sea salt, baking powder, and baking soda, and whisk to combine; set aside. In a bowl of a stand mixer or a large mixing bowl with a hand mixer, mix brown sugar, honey, molasses, and oil and mix on medium speed until smooth.
2. Add egg, water, cream (or half & half), and orange zest and mix until incorporated, scraping sides of bowl occasionally. Slowly add your dry ingredients with a mixer on low speed until mixed.
3. Stir glaze, and using a small cookie scoop or tablespoon, scoop about 2/3 of a tablespoon of glaze into the bottom of each muffin cup, spreading it around and up the sides. This will ensure that the distribution of the glaze is even and gets all over that muffin!
4. Using a medium or large cookie scoop, scoop muffin batter into muffin cups, about 2/3 full; careful not to overflow them, they do overflow a bit, but you don't want them overflowing onto the bottom of your oven. Bake for 20 minutes until the toothpick comes out clean.
5. As soon as they are done, line a cooling rack with a piece of parchment paper and carefully flip the muffin tin over, allowing those beautiful bran muffins to escape. Eat immediately (especially yummy with a pat of butter) or cool and reheat (also with a pat of butter and maybe a drizzle of honey!)

**\*\* Please enjoy bran responsibly! ——— I crack myself up!!**

## **Fresh Tips :**

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Dust with powdered sugar, add a scoop of ice cream and top with a drizzle of caramel for a beautiful dessert.

# London Broil



# Crock Pot London Broil

There's nothing like a rich, hearty steak dish on these cold winter days. Crockpot London Broil is a slow-cooked beef dish smothered in a rich red wine gravy, served with creamy carrots and potatoes. Capture the warmth of the season with this slow cooker London Broil recipe that is absolutely overflowing with savory goodness.



## Ingredients :

---

- 2 ½- 5 lbs London Broil Beef cut or other lean beef roasts
- 1 ½ - 3 tablespoons oil I like using Olive, Avocado, or Grapeseed oil
- 1 onion quartered
- 3-5 cloves garlic minced
- ½ teaspoon dried thyme
- ½ teaspoon basil
- ½ teaspoon oregano
- 2 bay leaves optional
- Shakes of red pepper flakes optional
- 2 tablespoons Worcestershire sauce
- 1 cup red wine or replace with beef broth
- 1 cup beef broth
- 1 can cream of mushroom soup preferably all-natural, I used Trader Joe's
- 2 tablespoons butter diced
- 10 mini potatoes cut in half
- 1 ½ cups carrots use mini carrots or cut carrots into 2" inch chunks
- Kosher Salt and Pepper to taste
- 1 ½ tablespoon cornstarch optional, for thickening the gravy
- 2 tablespoons water



“

*Oh my gosh, I didn't know that a meal could be this delicious and easy! I felt like a gourmet chef setting this out on my table! Your tips really helped! Thank you! - Julie*

”

**Prep Time : 15 minutes**

**Cook Time : 8 hours**

**Servings : 6-8 servings**

## *How to:*

1. Remove beef from packaging and pat dry with paper towels, season with salt and pepper.
2. In a large cast iron pan over high heat, heat the oil, and sear the beef on all sides, about 1-2 minutes per side. (Make sure that pan is hot so you get a good crusty sear, you don't want to steam the meat).
3. Transfer the meat to a crockpot. Add onion, garlic, thyme, basil, oregano, bay leaves, and optional red pepper flakes.
4. In a 4-cup bowl, mix together Worcestershire sauce, beef broth, and mushroom soup and mix to combine. Pour over the beef. Dot the top of the London broil with butter pieces.
5. Cover and cook on LOW for 8-10 hours or 5-6 hours on HIGH. If you are adding carrots and potatoes, add when you have 2-3 hours left of cooking.
6. Remove meat and allow to rest for 5-10 minutes, then slice against the grain, and serve with gravy and veggies.
7. To thicken the gravy, make the optional cornstarch slurry. Mix together cornstarch and water in a small bowl, and then slowly stir into slow cooker juices just until desired thickness.
8. Taste and adjust seasonings, especially if using an all-natural cream of mushroom soup.

### OPTIONAL CONVENTIONAL OVEN METHOD

- Follow the same process, browning the meat in a dutch oven, and remove the meat. Deglaze pan with 1 cup of wine or beef broth, then return meat to dutch oven. Add the rest of the ingredients as per instructions for the crockpot.
- Cover, place in 250-275 F degree oven, and slow roast for 5-6 hours, remember to add your carrots and potatoes if desired, 2-3 hours before serving.



# Corn Casserole



# Corn Casserole Recipe

Easy corn casserole without Jiffy mix is so simple; using everyday, all-natural ingredients, it will become your favorite side dish too. This corn pudding recipe, simply put – is the best corn side dish. Plus easily adapt to be gluten-free.

**Prep Time:** 15 minutes

**Cook Time:** 50 minutes

**Servings:** 12

## Equipment :

- [Pyrex Glass Measuring Cup Set](#)
- [2 Quart Glass Batter Bowl With Lid](#)
- [Dansk Kobenstyle White Large Baker](#)



## Ingredients :

- 1/4 cup sugar | I use all-natural cane sugar may omit if desired
- 3 tablespoons flour | replace with GF all-purpose flour for gluten-free
- 2 teaspoons baking powder
- 1 1/2 teaspoons kosher salt
- 8 cups whole kernel corn | I used organic frozen corn fresh or drained canned corn may be used too
- 6 eggs large
- 2 cups whipping cream or heavy cream | not fat-free, real cream
- 1/2 cup butter | REAL butter for this dish pretty please unsalted or salted

“

*My family loved this recipe! It was a creative way to use the corn and the abundance of eggs we have this spring for a delicious side dish! Thank you for sharing!*

*-Jessie*

”

## *How to:*

---

1. Combine dry ingredients (sugar, flour, baking powder, and salt) with a fork or whisk in a small bowl, and set aside.
2. In a large mixing bowl, whisk eggs, whipping cream, and melted butter. Gradually add the sugar mixture, whisking until thick and smooth.
3. Stir in corn and pour into a 9×13 greased casserole dish.
4. Bake at 350F degrees for about 45-70 minutes until pudding is set and deep golden brown around the edges and very slightly jiggly in the center. (see notes for tips on baking)
5. If baking in individual ramekins, place ramekins on a baking sheet and bake at 350F degrees for about 30 minutes. The pudding is done when the edges are golden brown and inserting a knife into the center of the pudding comes out clean.
6. Allow pudding to rest for about 5 minutes before serving.

## **Fresh Tips :**

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- **BAKE LONGER-** The consistency of this recipe is more like bread pudding than cornbread, keep that in mind when baking. Every oven bakes slightly differently, mine took about 45 minutes to bake, some people take as long as 75 minutes to bake, and remove it from the oven when it is barely jiggly in the center. Some pans are slightly larger or smaller than others too, all of these factors will impact baking time.
- **GLUTEN FREE-** This dish is easily converted to be gluten-free, simply substitute regular all-purpose flour with gluten-free all-purpose flour.

# Mongolian Beef





# Mongolian Beef

When you need a fast dinner, don't do "take-out", this Mongolian Beef made with shaved steak is sure to hit the spot, and healthier too. It has the right combination of sweet and spicy with fresh ginger and red pepper flakes. You're going to love the Mongolian sauce!

And when I say fast dinner, I mean fast, like 20 minutes fast. Get your rice cooking and bam – dinner!

## Ingredients :

**Prep Time : 8 minutes**

**Cook Time : 12 minutes**

**Servings : 20 minutes**

### Mongolian Sauce

- 2 tablespoons vegetable oil\* I use avocado oil + extra if needed
- 2 teaspoons finely minced garlic I used Trader Joe's minced garlic
- 1 tablespoon freshly grated ginger
- ½ cup soy sauce scant
- ¼ cup dark brown sugar packed
- 1 pound shaved beef I love Trader Joe's shaved steak
- 2 tablespoons cornstarch non-GMO
- 3-6 scallions trimmed and thinly sliced

### Serving Suggestions :

- Red pepper flakes
- Sesame seeds
- Steamed broccoli, roasted veggies, riced cauliflower
- Cooked brown or white rice for serving
- Or try Udon Soba or Rice Noodles

“

*This was better than any Chinese restaurant I have even eaten at!! The flavor was pure perfection and it turns out awesome each time I make it!*

*-Michaela*

”

# How to:

---

1. Toss shaved steak in a mixing bowl, coating evenly with corn starch, and set aside while the oil is heating.
2. In a small saucepan, heat a few teaspoons of oil, add garlic and ginger, and saute for 30 seconds. Add soy sauce and brown sugar, and bring to a simmer, stirring constantly over medium heat until sugar is dissolved and sauce is reduced slightly. About 4 minutes, and then set aside.
3. In a large skillet over medium-high heat, saute the shaved beef in batches, not crowding the pan. The shaved steak will cook quickly; flip the pieces as they brown; it should only take about 2 minutes. Remove the finished steak to a plate or paper towel-lined tray, and repeat with all of the meat, adding oil if necessary.
4. If any extra oil is in the pan, pour it off or use paper towels to remove it. Return skillet to medium-high heat, return all of the beef to the pan, pour the Mongolian sauce over and toss to coat. Add green onions, stirring constantly for about 3 minutes until meat is reheated and sauce is thickened and glazes the meat.
5. Serve over rice with some steamed broccoli, sprinkle with red pepper flakes, and sesame seeds if desired.

## Fresh Tips:

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- Replace up to 2 teaspoons of vegetable oil with toasted sesame oil.
- Tip to get your meat extra thin, freeze for 20-30 minutes, then slice.
- Make sure the oil returns to a nice high temperature each time before adding more beef. I like to remove mine just as it's getting a little crispy on the edges but still pink in the middle; it will finish cooking later.



# *Chile Relleno Casserole*



# Chile Relleno Casserole

Easy Chile Relleno Casserole is a delicious vegetarian dish made with whole roasted Hatch green chiles, stuffed with Monterey Jack cheese, topped with an egg and milk batter, then baked into fluffy perfection. Easily adapted to be gluten-free.



**Prep Time : 20 minutes**

**Cook Time : 1hour 30 minutes**

**Servings : 4-6**

## Equipment :

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- [Wusthof Santoku knife 5"](#)
- [11-Inch Better Balloon Whisk](#)
- [Staub Ceramic 2-pc Rectangular Baking Dish Set](#)

## Ingredients :

---

- 2-3 cans 4 oz each whole roasted green chiles (or one large 27 oz can) I like Hatch Green Chiles, rinsed and seeds cleaned out (or 2-3 small cans of chopped green chiles)
- ½ lb Monterey Jack Cheese sliced into sticks (or try other cheese, pepper jack, cheddar, cotija)
- 2 eggs large
- ½ cup flour substitute with a good 1-1 all-purpose gluten-free flour
- 1 teaspoon salt
- 2 cups milk I used whole milk
- Extra cheese grated for sprinkling on top and enjoy!



“

*I made this dish and my husband and I Loved it . We had some leftovers the next day and it was just as wonderful as the day before. Would definitely make it again. - Angie*

”



## How to:

Preheat the oven to 350° F and grease a 9×9 inch baking dish (or 8×11).

1. Rinse chiles in cold water, scraping out seeds and the inside veins (leave seeds in if you desire a hotter dish). Cutting cheese into narrow sticks, place 1-2 sticks inside each chile and then place in greased baking dish.
2. Beat eggs in a bowl, gradually adding flour, salt, and milk, whisking until smooth. Pour over chiles and sprinkle with grated cheese.
3. Bake 1 - 1 ½ hours or until browned and firm. Serve immediately!

## Fresh Tips :

- If you are unable to find whole roasted chiles, you can modify and use 2-3 (4 oz) cans of diced green chiles instead. Just placed them in the dish with diced chunks of cheese or shredded cheese. Turns out great.
- This recipe easily doubles or triples, in fact, I can never find 4 oz whole chiles, and only find 27 oz, I typically double the recipe using all chiles between the two pans.

Whether you are looking for a breakfast, brunch, lunch, or dinner recipe, this Easy Chile Relleno recipe fills the bill! I love recipes like this-- Chile Relleno tastes great leftover and reheated, and it takes *less than 20 minutes* to put together. Plan ahead; this recipe for baked Chile Rellenos does take a while to bake-- but it is oh so worth it!

# *Hammy Sammies*



# Ham Sandwich Sliders

How do you use leftover ham? I am not a leftover fan, but I love these Ham and Cheese Sliders or, as we like to call them, **Hammy Sammies**, made with ham, cheese, Hawaiian King's Rolls and a to-die-for brown sugar, Dijon, Worcestershire butter sauce!

Did you know that these sandwiches are also commonly called Funeral Sandwiches? They are sandwiches common in the South, taken to funerals.

**Prep Time : 20 minutes**

**Cook Time : 20 minutes**

**Servings : 12 sandwiches**

## Equipment :

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- Whisk
- Rectangular Cake Pan, 9 x 13
- Lodge Cast Iron Melting Pot, Pre-Seasoned

## Ingredients :

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### FOR THE SLIDERS

- 1 -12 pack King's Hawaiian Rolls
- ½ lb deli ham sliced thin (or leftover ham), turkey or chicken
- ½ lb swiss cheese sliced thing (try different cheeses as well, Havarti, Cheddar, Provolone, Mozzarella)

### SAUCE

- ½ cup butter
- 1 Tablespoon Worcestershire sauce
- 1 Tablespoon mustard yellow or Dijon
- 2 Tablespoons brown sugar packed



“

*These sliders are EXCELLENT.  
We'll be making them for all  
kinds of occasions in the  
future. - Erin*

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## How to:

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### **SANDWICHES**

1. Spray 9×13" pan with non-stick spray. Using a serrated knife cut the rolls in half, keeping them in their "slab" form. Remove the "tops" of the rolls and set them aside. Gently tear the rolls into four columns.
2. Place the ham slices evenly over the bottom of the rolls, then repeat with the cheese. Replace the tops on the rolls, and set them aside to make the sauce.

### **SAUCE**

1. Melt the butter in a saucepan. Once melted, add Worcestershire sauce, mustard, and brown sugar. Whisk well, bringing to a simmer for 30 seconds until thickens slightly and bubbly.
2. Pour sauce evenly over the rolls, lifting them to allow the sauce to get under the rolls. Spray a piece of foil with non-stick spray and seal rolls tightly, refrigerating for four hours or longer.
3. Preheat the oven to 350° F.
4. Bake with foil on for 6 minutes, then remove foil and bake for an additional 9 minutes until cheese is melted and rolls are slightly crusty on top. Serve warm or at room temperature.

### **Fresh Tip :**

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My biggest tip-- is these funeral sandwiches need to "marinate" in the sauce for 4 hours, it can even hang out in the refrigerator overnight. But, if you don't have time, they will still taste amazing!

# Top New Recipes:

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I sincerely thank you for your loyalty and for trusting me to provide fresh recipes to you and your loved ones. If you have been following me for any period of time, you know I am always adding new recipes to the blog.

That said, here are some of the newest recipes that are doing very well!

*- Bon Appetit!*

1. [Copycat Crumbl Chocolate Chip Cookies](#)
2. [Air Fryer Steak Tips](#)
3. [Baked Corned Beef](#)
4. [Philly Cheesesteak Sliders](#)
5. [3 Ingredient Pie Crust](#)
6. [Orange Scones](#)
7. [Lemon Dump Cake](#)
8. [Homemade Cool Whip](#)
9. [Strawberry Refresher](#)
10. [Rhubarb Bread](#)

## Printing Instructions:

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If you would like to print the pages without printing the large first image of each recipe, simply change the setting to only print these pages:

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THE FRESH COOKY PRESENTS

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recipes by kathleen pope

# Best Cheesesteak Sandwich

SERVINGS: 6

PREP TIME: 10 MIN

COOK TIME: 15 MIN

## INGREDIENTS:

- Sauteed Onions
- 1-2 tablespoons butter
- 2 teaspoons olive oil or avocado oil
- 2-3 pounds shaved beef steak
- 1/2 cup Worcestershire sauce
- 1 tsp Seasoning Salt such to taste
- 1-2 tablespoons Hot Sauce optional
- 6-8 slices of provolone
- 6 sub sandwich rolls
- 2 tablespoons butter

## DIRECTIONS:

1. Heat pan to medium heat, melt butter, and toss in sliced onions, stirring around until soft and caramel colored. Remove from pan, and set aside.
2. Steak slice thinly and season with seasoning salt.
3. Increase the heat to medium-high, add butter and oil, then add steak. Cook for 1-2 minutes, then flip and cook the other side for 1-2 minutes, it won't take long.
4. Once the beef is browned pour in Worcestershire sauce and a few shakes of hot sauce and stir it in.
5. Place cheese slices on top of the beef, and cover until super melty, gooey, and irresistible.
6. Meanwhile, heat a griddle and spread a thin layer of butter on the sub rolls, place butter side down on the griddle, and toast until brown and delish.
7. Serve cheesesteak on top of rolls and enjoy piping hot and cheesy!



 **The Fresh Cooky**  
REAL FOOD WITH A HEALTHY TWIST

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# Best Key Lime Pie

SERVINGS: 8

PREP TIME: 20 MIN.

COOK TIME: 28 MIN.

## INGREDIENTS:

### Graham Cracker Crust

- 2 cups graham cracker crumbs
- 1/4 cup sugar
- 6 Tablespoons butter, melted

### Key Lime Pie Filling

- 2 - 14 oz cans of sweetened condensed milk
- 1/2 cup sour cream
- 2-3 Key Limes zested
- 3/4 cup Key Lime juice
- 2 egg yolks large

### Whipping Cream

- 8 oz Heavy whipping cream
- 2-3 teaspoons vanilla extract
- 3-4 tablespoons powdered sugar

 **The Fresh Cooky**  
REAL FOOD WITH A HEALTHY TWIST



## DIRECTIONS:

1. Begin with the Graham Cracker Crust. Mix all the ingredients in a bowl then pour it into a pie dish. Press the crust into the pan and up the sides. Bake 6 to 8 minutes at 350 and cool.
2. Key Lime Filling: Juice 24 Key Limes.
3. Add the rest of the ingredients for the filling into a mixing bowl and mix on low. Then increase the speed for 2 to 3 minutes to whip until thickened.

4. Pour the filling into the cooled crust and bake at 350 for 15-20 minutes until the center is slightly set but not browned.
5. Remove the pie from the oven and set on a rack to cool. Then place in the fridge for 3 hours.
5. Whipped Cream: Pour whipping cream into a bowl and whip until it forms stiff peaks. Then add vanilla and powdered sugar and whip until almost butter.
6. Scoop into a piping bag and garnish your pie with whipped cream and lime zest.

# Holiday Shortbread Recipe

SERVINGS: 30

PREP TIME: 15 MIN.

COOK TIME: 35 MIN.

## INGREDIENTS:

- 2 sticks unsalted butter, softened (you may use salted butter, but omit the salt)
- ½ cup sugar I use all-natural pure cane sugar. White or bakers sugar may be substituted
- 1 tsp vanilla
- 2 cups all-purpose flour
- ¼ cup cornstarch I use non-GMO cornstarch
- ⅛ tsp salt
- all-natural or sanding sugar for sprinkling is optional

## DIRECTIONS:

- Beat butter at medium speed until creamy; gradually add sugar, beating well for about 2-3 minutes. Stir in vanilla.
- Combine flour, cornstarch, and salt, whisking to mix; gradually add to butter mixture, beating at low speed after each addition.
- Turn dough onto a lightly floured surface; knead lightly 8-10 times.
- Press dough into an un-greased 11x7 or 9x9 pan.
- Prick dough at 1-inch intervals with a fork, and score into 2 ½ x 1-inch bars. Cover and chill for at least 2 hours. Make sure to chill; this will firm the butterfat back up and allow for that delectable light, crisp crumb you get with Scottish Shortbread. If desired, sprinkle with all-natural sugar or sanding sugar before baking.
- Bake at 325F degrees for 35 minutes, until set and lightly browned. Cool in pan on a wire rack for 5 minutes; cut the shortbread into bars using previously scored lines. Cool completely before removing it from the pan.



# Homemade Cinnamon Rolls

SERVINGS: 12 MIN.

PREP TIME: 15 MIN.

COOK TIME: 15 MIN.

## DOUGH INGREDIENTS:

- 1 cup whole milk
- ⅓ cup butter- room temp.
- ½ cup sugar
- ½ teaspoon salt
- 4-4 ¼ cups bread flour
- 1 pkg. active dry yeast
- 2 eggs at room temperature

## FILLING

- 1 cup brown sugar packed
- 3 tablespoons ground cinnamon
- ½ cup butter softened

## FROSTING

- 1 stick ½ cup butter, softened
- 1 8 oz package cream cheese
- 2-3 cups powdered sugar
- 1 teaspoon vanilla
- pinch of salt
- 1-2 teaspoons of milk as needed

## DIRECTIONS:

- Combine milk, butter, sugar, and salt in a small saucepan on low, bring to about 120°.
- Place 2 cups of bread flour and yeast into the bowl of the mixer and gently mix.
- Slowly pour in milk, butter, and sugar mixture into the flour and yeast mixture, mixing on low.
- Add room-temperature eggs and a balance of flour.
- Knead for 5-10 minutes on a low setting until the dough is smooth and elastic.
- Put a teaspoon of vegetable oil into a medium bowl; add dough to bowl, turn & seal with plastic wrap to rise.
- Roll dough, spread butter, and cover with cinnamon sugar mix.
- Roll, pinch edges, and cur 10-12 rolls. Allow rising again.
- Bake at 375 for 12 minutes and mix frosting ingredients. Frost hot cinnamon rolls and enjoy.





# Mimi's Honey Bran Muffins

SERVINGS: 12

PREP TIME: 15 MIN.

COOK TIME: 20 MIN.

## INGREDIENTS:

### Glaze

- 3 tablespoons of all-natural cane sugar regular sugar is fine
- 3 tablespoons brown sugar
- 3 tablespoons butter melted
- 2 tablespoons honey
- 2 teaspoons of water
- pinch of salt

## DIRECTIONS:

1. In a small bowl, whisk your glaze ingredients together and set them aside.
2. In a separate bowl, add dry ingredients; flour, wheat bran, sea salt, baking powder, and baking soda, and whisk to combine; set aside. In a large mixing bowl, mix brown sugar, honey, molasses, and oil on medium speed until smooth.
3. Add egg, water, cream, and orange zest. Mix scraping sides. Add your dry ingredients on low speed until mixed.
4. Stir glaze, and using a small cookie scoop or tablespoon, scoop about 2/3 of a tablespoon of glaze into the bottom of each muffin cup, spreading it around and up the sides. This will ensure that the distribution of the glaze is even and gets all over that muffin!
5. Scoop muffin batter into muffin cups, about 2/3 full. Bake for 20 minutes until toothpick out clean.
6. Line a cooling rack with parchment paper and flip the muffin tin over, releasing the muffins. Enjoy!

### Muffins

- 1/3 cup brown sugar packed
- 1/4 cup honey
- 2 tablespoons molasses
- 1/4 cup vegetable oil
- 1 egg
- 1/4 cup of water
- 2 tablespoons cream
- 1 1/2 teaspoons orange zest
- 1 cup all-purpose flour
- 1 cup wheat bran
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon sea salt



# London Broil in the Crock Pot

SERVINGS: 6-8

PREP TIME: 15 MIN.

COOK TIME: 8 HOURS

## INGREDIENTS:

- 2 1/2- 5 lbs London Broil Beef
- 1 1/2 - 3 tablespoons oil
- 1 onion quartered
- 3-5 cloves minced garlic
- 1/2 teaspoon dried thyme
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- 2 bay leaves optional
- Shakes of red pepper flakes
- 2 tablespoons Worcestershire

- 1 cup red wine
- 1 cup beef broth
- 1 can cream of mushroom soup
- 2 tablespoons butter diced
- 10 mini potatoes cut in half
- 1 1/2 cups carrots
- Kosher Salt and Pepper to taste
- 1 1/2 tablespoon cornstarch
- 2 tablespoons water

## DIRECTIONS:

- Remove beef from packaging and pat dry with paper towels, season with salt and pepper.
- In a large cast iron pan over high heat, heat oil, and sear the beef on all sides, about 1-2 minutes per side.
- Transfer meat to crockpot. Add onion, garlic, thyme, basil, oregano, bay leaves, and red pepper flakes.
- Mix together Worcestershire sauce, beef broth, and mushroom soup and mix to combine. Pour over the beef. Dot the top of the London broil with butter pieces.
- Cover and cook on LOW for 8-10 hours or 5-6 hours on HIGH. Add carrots and potatoes when you have 2-3 hours left of cooking.
- Remove meat and allow to rest for 5-10 minutes, then slice against the grain, and serve with gravy and veggies.
- To thicken the gravy, make the cornstarch slurry. Mix cornstarch and water, and then slowly stir into slow cooker juices just until desired thickness. Pour over roast and enjoy!



# Creamy Corn Casserole

SERVINGS: 12

PREP TIME: 15 MIN.

COOK TIME: 50 MIN.

## INGREDIENTS:

- 1/4 cup sugar
- 3 tablespoons flour
- 2 teaspoons baking powder
- 1 1/2 teaspoons kosher salt
- 8 cups whole-kernel corn
- 6 eggs large
- 2 cups whipping cream
- 1/2 cup butter

## DIRECTIONS:

1. Combine dry ingredients (sugar, flour, baking powder, and salt) with a fork or whisk in a small bowl, and set aside.
2. In a large mixing bowl, whisk eggs, whipping cream, and melted butter. Gradually add the sugar mixture, whisking until thick and smooth.
3. Stir in corn and pour into a 9x13 greased casserole dish.
4. Bake at 350F degrees for about 45-70 minutes until pudding is set and deep golden brown around the edges and very slightly jiggly in the center. (see notes for tips on baking)
5. If baking in individual ramekins, place ramekins on a baking sheet and bake at 350F degrees for about 30 minutes. The pudding is done when the edges are golden brown and inserting a knife into the center of the pudding comes out clean.
6. Allow pudding to rest for about 5 minutes before serving.



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# Mongolian Beef at Home

SERVINGS: 20 MIN.

PREP TIME: 8 MIN.

COOK TIME: 12 MIN.

## INGREDIENTS:

### Mongolian Sauce

- 2 tablespoons vegetable oil
- 2 teaspoons finely minced garlic
- 1 tablespoon freshly grated ginger
- 1/2 cup soy sauce scant
- 1/4 cup dark brown sugar packed
- 1 pound shaved beef
- 2 tablespoons cornstarch non-GMO
- 3-6 scallions trimmed and thinly sliced

## DIRECTIONS:

1. Toss shaved steak in a mixing bowl, coating evenly with corn starch, and set aside while oil is heating.
2. In a small saucepan, heat a few teaspoons of oil, add garlic and ginger, and saute for 30 seconds. Add soy sauce and brown sugar, and bring to a simmer, stirring constantly over medium heat until sugar is dissolved and sauce is reduced slightly. About 4 minutes, and then set aside.
3. In a large skillet over medium-high heat, saute beef in batches, not crowding the pan. Flip the pieces as they brown; about 2 minutes. Remove the steak to a paper towel-lined tray, and repeat with all of the meat, adding oil if necessary.
4. Drain oil and return pan to medium-high heat, add all cooked beef to the pan, pour the Mongolian sauce over and toss to coat. Add green onions, stirring constantly for about 3 minutes until sauce is thickened and glazes the meat.
5. Serve over rice with some steamed broccoli, sprinkle with red pepper flakes, and sesame seeds if desired.



# Chile Relleno Casserole Recipe

SERVINGS: 4-6

PREP TIME: 20 MIN.

COOK TIME: 1.5 HOURS

## INGREDIENTS:

- 2-3 cans 4 oz each whole roasted green chiles
- ½ lb Monterey Jack Cheese sliced into sticks
- 2 eggs large
- ½ cup flour substitute with a 1-1 all-purpose gluten-free flour
- 1 teaspoon salt
- 2 cups milk I used whole milk
- Extra cheese grated for sprinkling on top

## DIRECTIONS:

Preheat the oven to 350° F and grease a 9×9 inch baking dish (or 8×11).

1. Rinse chiles in cold water, scraping out seeds and the inside veins (leave seeds in if you desire a hotter dish). Cutting cheese into narrow sticks, place 1-2 sticks inside each chile and then place in greased baking dish.
2. Beat eggs in a bowl, gradually adding flour, salt, and milk, whisking until smooth. Pour over chiles and sprinkle with grated cheese.
3. Bake 1 - 1 ½ hours or until browned and firm. Serve immediately!



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# Ham Slider Sandwiches

SERVINGS: 12 SANDWICHES

PREP TIME: 20 MIN.

COOK TIME: 20 MIN.

## INGREDIENTS:

### FOR THE SLIDERS

- 1-12 pack King's Hawaiian Rolls
- ½ lb deli ham sliced thin (or leftover ham), turkey or chicken
- ½ lb swiss cheese sliced thing (try different cheeses as well, Havarti, Cheddar, Provolone, Mozzarella)

### SAUCE

- ½ cup butter
- 1 Tablespoon Worcestershire sauce
- 1 Tablespoon mustard yellow or Dijon
- 2 Tablespoons brown sugar packed

## DIRECTIONS:

### SANDWICHES

1. Spray 9×13" pan with non-stick spray. Using a serrated knife cut the rolls in half, keeping them in their "slab" form. Remove the "tops" of the rolls and set them aside.
2. Place the ham slices evenly over the bottom of the rolls, then repeat with the cheese. Replace the tops on the rolls, and set them aside to make the sauce.

### SAUCE

1. Melt the butter in a saucepan, add Worcestershire sauce, mustard, and brown sugar. Whisk well, bringing to a simmer for 30 seconds until thickens slightly and bubbly.
2. Pour sauce evenly over the rolls, lifting them to allow the sauce to get under the rolls. Spray foil with non-stick spray and seal rolls tightly, refrigerating for four hours or longer.
3. Preheat the oven to 350° F. Bake with foil on for 6 minutes, then remove foil and bake for an additional 9 minutes until cheese is melted and rolls are slightly crusty on top. Serve warm or at room temperature.



# About the Author

Kathleen is a recipe developer, food photographer, and food writer who is passionate about encouraging families to gather at the table.

With fresh and healthier options for everyday recipes, Kathleen encourages her readers to make the recipes "their own" and share their cooking success with her.

When not in the kitchen or behind the camera, Kathleen enjoys traveling and exploring Colorado as a newly empty nester with her husband.

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kathleen@thefreshcookyy.com



