



# Roasted Brussels Sprouts

## Ingredients

15-20 Brussels sprouts

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2-3 Tbs extra-virgin olive oil

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1 Lemon

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2-3 Garlic clove

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1/2 Tsp dried basil

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Salt & pepper to taste

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## Instructions

1. Trim the ends of the sprouts and slice in half.

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2. Add the rest of the ingredients, mix, and bake in a 350-degree oven for 30 minutes, turning halfway through.

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# Magnificent Crockpot Meatballs

## Ingredients

1 Bag frozen beef meatballs

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1 Can Campbell's Golden Mushroom soup

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4 Oz sour cream

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1 Packet onion soup mix

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1 Tbsp Worcestershire sauce

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1 Tsp liquid smoke

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## Instructions

1. Mix all ingredients in a crock and cook  
on low 4-6 hours.

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# Dr. Steve's Traditional Tomato Sauce

## Ingredients

1 Large can crushed tomatoes

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1 Tbsp olive oil (not extra virgin)

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1 Small onion, finely chopped

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1/2 tsp granulated sugar

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1 tbsp Worcestershire sauce

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1 tsp liquid smoke

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## Instructions

1. In a saucepan, sauté the onions in the oil until translucent. Add the tomatoes, cover, bring to a boil and reduce heat to a simmer.

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2. Add the sugar, recover, and allow to simmer at least 4 hours. The sauce should incorporate the onions and thicken.

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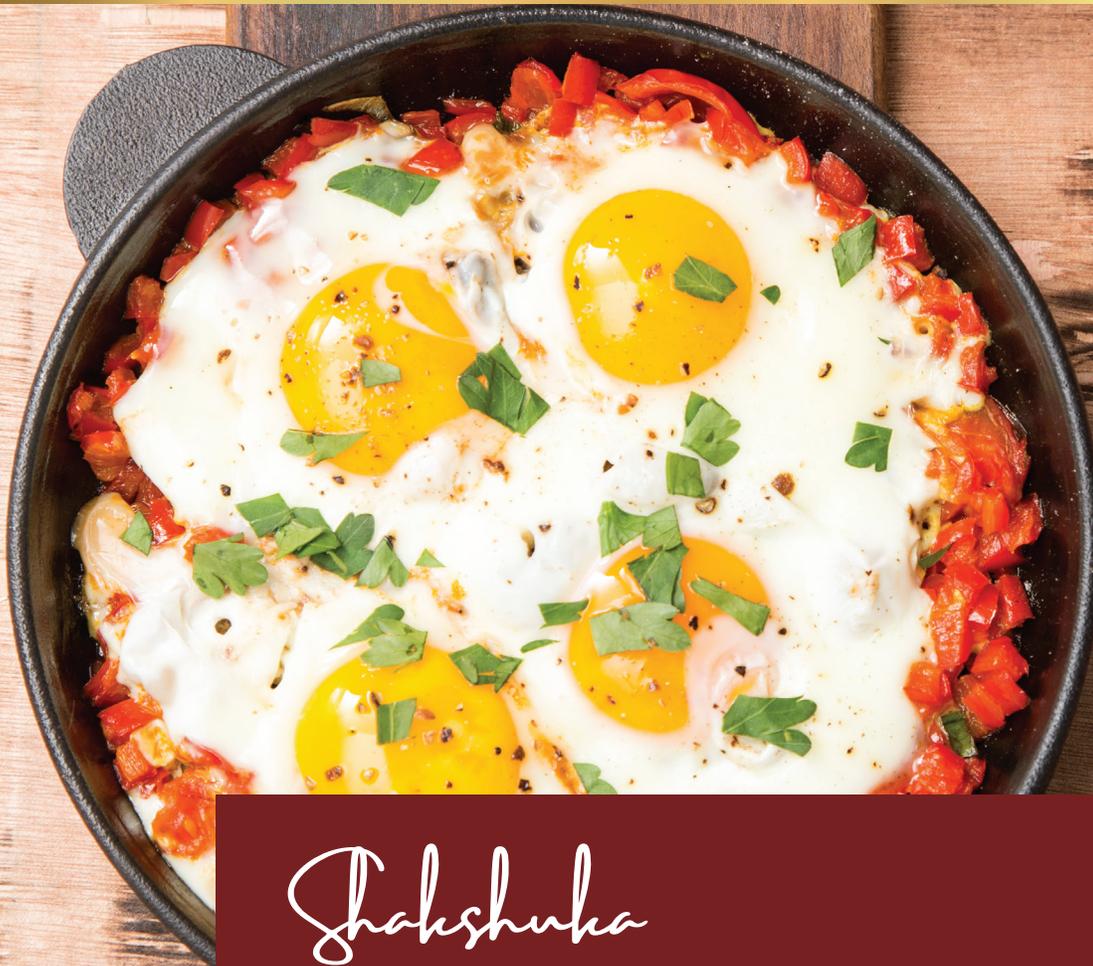
\* Note: You can add the following at the beginning with the tomatoes:

Cooked ground beef for a meat sauce

2-3 Cloves of crushed garlic

1 Tsp dried herbs such as basil, thyme or oregano

For a Mediterranean taste, add 1/2 tsp cinnamon



## Shakshuka

Shakshuka is an Israeli dish that combines a tomato sauce with eggs for a delicious change for breakfast.

### Ingredients

4 Eggs

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1 Cup basic tomato sauce

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1 Tbsp ground cumin

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1 Tbsp olive oil

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### Instructions

1. Place the tomato sauce in a bowl and mix in the cumin.
2. Heat the oil in a large frying pan on medium low.
3. When the oil is warmed, add the tomato sauce, making 4 holes for the eggs.
4. Break an egg into each hole, taking care not to break the yolks.
5. Cover, turn up heat to medium, and poach the eggs (6 minutes for soft, 9-10 minutes for hard).



## Winter Congee

Congee is a thick rice-based stew

### Ingredients

1 Cup cooked rice

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2 Cups water or beef broth

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1 Tbsp vegetable oil

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1 Tbsp miso

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1 Tsp freshly chopped ginger

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1 Small onion (chopped)

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1 Tbsp soy sauce

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1 Egg

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### Instructions

(Optional: cooked boneless chicken pulled apart into small, thready pieces)

1. In a saucepan, sauté the onions on medium heat until translucent in the oil. Add the ginger and soy sauce. Stir & cook 2 minutes.
2. Add the water and heat to boiling. Reduce the heat to medium and add the miso, stirring until it dissolves.
3. Add the rice and chicken and stir one minute. Turn the heat up to high.
4. Once the soup is boiling, turn off the heat and add the egg, stirring well. The hot water will cook the egg.
5. Salt & pepper to taste. Serve immediately.

\*Note: This is a basic recipe. Endless variations exist, limited by your imagination and taste.