

# **6 Amazing Comfort Food Recipes**

## ***Lasagna***

### **INGREDIENTS**

1 pound lean ground beef  
1 pound pork sausage  
1 medium onion  
3 cloves garlic, minced  
1/4 cup chopped spring onions  
28 tomato sauce  
3 ounces (half a 6-oz can) tomato paste  
14-ounce can crushed tomatoes  
1/4 cup chopped fresh parsley  
1/4 cup chopped fresh Basil  
1Tbs Italian seasoning  
1/3 cup red wine  
1 cup beef broth  
2 Tbsp brown sugar  
Salt and pepper to taste  
9 lasagna noodles  
15 ounces Ricotta cheese  
2 eggs  
1 1/2 lb (24 ounces) Mozzarella cheese  
1/4 lb (4 ounces) Parmesan cheese

## ***Chicken Pot Pie***

### **INGREDIENTS**

1 chicken base cube  
2 cups Chicken, cooked  
1/4 cup Carrot  
1/4 green beans  
1/2 cup corn kernel  
1/4 cup Onion  
1/2 cup Peas, frozen  
1/2 tsp FreshThyme and fresh parsley  
1 Egg white  
2 tbsp Flour  
Salt and pepper to taste

Pie crust  
4 tbsp Butter  
1/2 cup Heavy cream  
2 cups Milk

## ***Mashed Potatoes***

### **INGREDIENTS**

3 to 3 1/2 lbs Russet Potatoes or Gold Potatoes  
Salt and pepper to taste  
2 Sticks (1 cup) Butter  
3/4 cup to 1 cup Hot Milk (Add milk until desired consistency)

# ***Shepherd's Pie***

## **INGREDIENTS**

2 lb Ground beef  
1 tbsp Chives  
1 tsp Garlic  
4 to 5 medium potatoes  
1 medium Yellow onion  
2 Beef bouillon cubes  
2 tbs Tomato paste  
2tbsp Worcestershire sauce  
Salt and Pepper to taste  
2 tbsp Butter  
1 cup Cheddar cheese  
1 cup Milk  
1/4 cup Parmesan cheese  
1 medium red bell pepper, green and yellow bel pepper  
1/2 cup chopped carrots  
1/2 cup sweet peas  
1/2 cup corn

# ***Beef Stew***

## **INGREDIENTS**

2 LBS Chuck Roast  
Salt and Pepper to taste  
Olive oil, about 2 Tbs  
3 stalks celery  
2 cups cut up carrots  
1 red bell pepper  
2 medium potatoes  
2 Tbs butter  
1 large onion  
4 cloves garlic  
1/4 cup flour  
1/2 cup red wine  
2 1/2 cups beef broth  
6 TBS tomato paste  
2 tsp dried thyme  
2 tsp dried oregano  
2 tsp dried rosemary  
2 bayleaves  
14 Oz can sweet peas

# ***Macaroni & Cheese***

## **INGREDIENTS**

1lb (16oz) elbow macaroni  
salt and pepper to taste

1/2 cup (1 stick) Butter  
1 teaspoon each oregano, garlic and onion powder  
8 oz Velveta cheese  
8oz cheddar cheese ( plus 1/2 cup more for sprinkling)  
8 oz parmesan cheese (shredded or grated)  
8 oz Monterey jack cheese  
2 eggs 1 and 1/2 cup whole milk  
1 teaspoon paprika for sprinkling