

The PCLinuxOS magazine



PCLinuxOS Recipe Corner Special Edition, Volume 3

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From The Assistant Editor's Desk

It's been over a year since we published a recipe special edition, but we're happy to bring you Special Edition number three. This edition encompasses recipes published in 2020, 2021 and 2022. As usual, this compilation will only be published as a PDF, since all the recipes have been published in the monthly magazine. It contains 77 recipes, submitted by our friends YouCanToo and ramchu. Thanks to them both for their wonderful contributions!

As with any recipe(s), you can follow them explicitly, or you can make your own additions or substitutions as you see fit. Don't have one particular type of pasta, for instance? Feel free to substitute another type of pasta. In essence, you can use these recipes as a "framework" to make the recipes your own.

I hope you enjoy them. I have loved the ones I've tried!

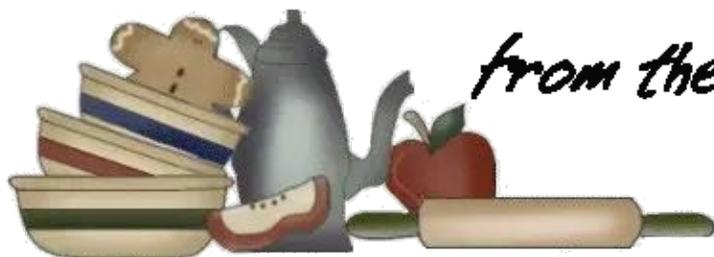
Also, as parnote would say, until the next special edition, I bid you peace, happiness, serenity, prosperity, and continued good health!

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PCLinuxOS Recipe Corner



*from the kitchen of
youcantoo*

Impossibly Easy Bacon Pie

INGREDIENTS:

12 slices bacon, crisply cooked, crumbled
1 cup shredded Swiss cheese (4 oz)
1/3 cup chopped onion
3/4 cup Original Bisquick™
*See our Homemade Bisquick Recipe
1 1/2 cups milk
3 eggs
1/8 teaspoon pepper

DIRECTIONS:

Heat oven to 400 degrees F. Grease 9-inch glass pie plate. Sprinkle bacon, cheese and onion into pie plate.

In medium bowl, beat remaining ingredients until blended; pour into pie plate.

Bake 35 to 40 minutes or until knife inserted in center comes out clean. Let stand 5 minutes before serving.

TIP:

Chop 3 green onions to use, instead of the chopped yellow onion.



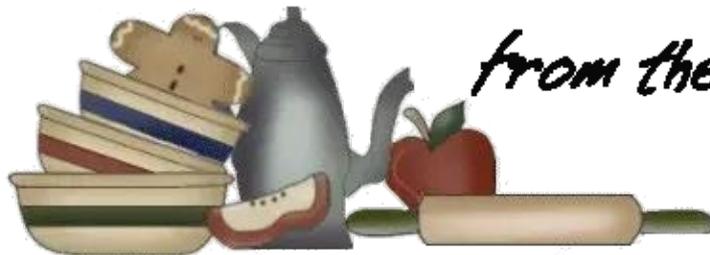
Impossibly Easy Bacon Pie can be covered and refrigerated up to 24 hours before baking. You may need to bake a bit longer than the recipe directs since you'll be starting with a cold pie. Watch carefully for doneness.

* See our Homemade Bisquick Recipe at <https://pclosmag.com/Misc-Downloads/HomemadeBisquick.pdf>



**The PCLinuxOS
Magazine
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PCLinuxOS Recipe Corner Bonus



*from the kitchen of
youcantoo*

Ground Beef Stew over Garlic Mashed Potatoes

INGREDIENTS:

1/2 lb lean (at least 80%) ground beef
1/4 cup chopped onion
1 cup frozen mixed vegetables
1 can (14.5 oz) diced tomatoes, drained
1 jar (12 oz) beef gravy
1/4 teaspoon dried marjoram leaves
1/4 teaspoon pepper
1 1/3 cups water
2 tablespoons butter or margarine
1/2 teaspoon garlic salt
1/3 cup milk
1 cup mashed potatoes (dry)
1 tablespoon chopped fresh parsley

DIRECTIONS:

In 12-inch nonstick skillet, cook beef and onion over medium-high heat, stirring frequently, until beef is thoroughly cooked; drain.

Stir in mixed vegetables, tomatoes, gravy, marjoram and pepper. Heat to boiling. Reduce

heat to low; simmer uncovered 8 to 10 minutes, stirring occasionally, until vegetables are tender.

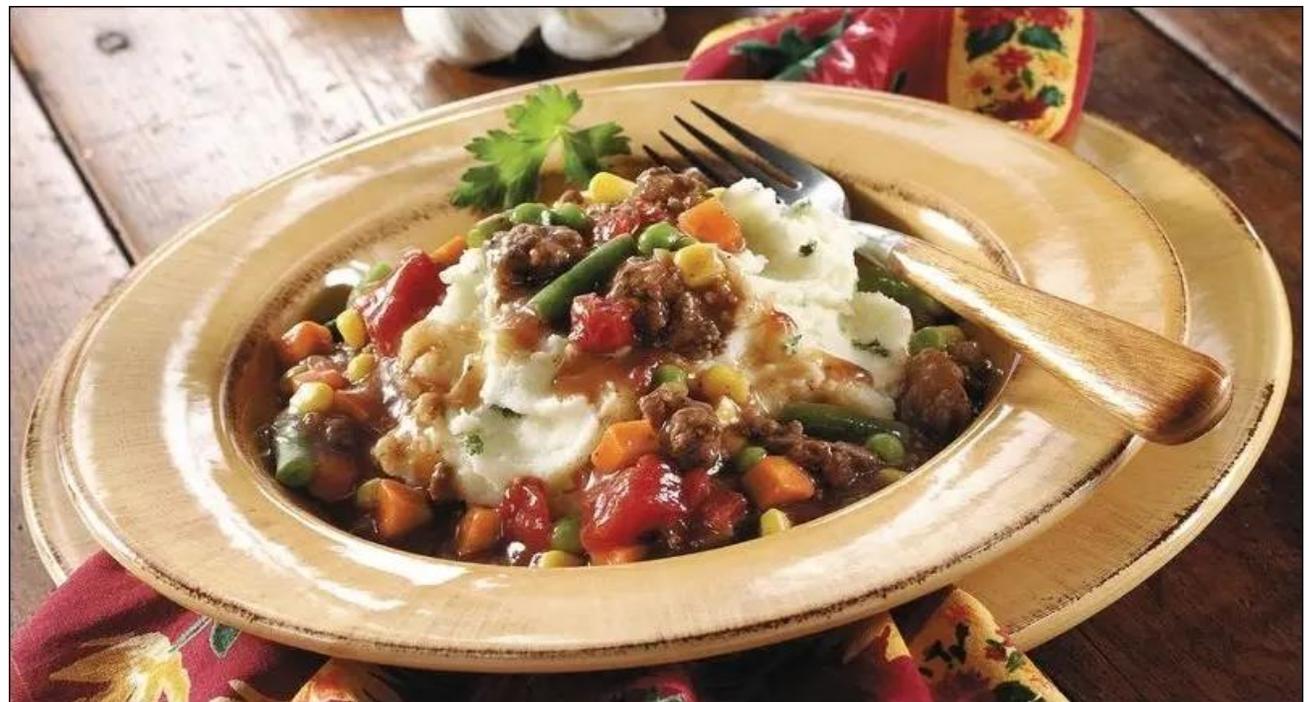
In 2-quart saucepan, heat water, butter and garlic salt to boiling. Remove from heat. Stir in milk,

dry potatoes and parsley just until moistened. Let stand about 30 seconds or until liquid is absorbed. Fluff potatoes with fork. Serve beef mixture over potatoes.

TIPS:

Oregano can be used in place of the marjoram; both are mint-family herbs from the Mediterranean mountains.

In place of the potatoes, try this thick, rich stew over biscuits, rice or pasta



PCLinuxOS Recipe Corner



Southwest Lasagna

INGREDIENTS:

- 9 uncooked lasagna noodles
- 1 lb extra-lean (at least 90%) ground beef
- 1 package (1 oz) Taco Seasoning Mix
- 3/4 cup water
- 1 container (15 oz) ricotta cheese
- 1 can (4.5 oz) chopped green chilies
- 2 eggs
- 1 jar (26 to 28 oz) tomato pasta sauce
- 1 can (15 oz) black beans, drained, rinsed
- 1 box (9 oz) frozen corn, thawed
- 2 teaspoons ground cumin
- 3 cups shredded Monterey Jack cheese (12 oz)

DIRECTIONS:

Place cookie sheet or foil in oven on rack below middle oven rack; heat oven to 375 degrees F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.

Cook lasagna noodles as directed on package; drain. Rinse with cold water to cool; drain well.

Meanwhile, in 10-inch skillet, cook ground beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain. Stir in taco seasoning mix and water. Reduce heat; simmer 5 minutes or until thickened. In a small bowl, mix ricotta cheese, chilies and eggs.

Stir pasta sauce, beans, corn and cumin into beef mixture. Cook about 5 minutes, stirring occasionally, until thoroughly heated.

To assemble lasagna, arrange 3 cooked noodles in the bottom of a baking dish. Spoon and spread 1/3 of ricotta mixture over noodles; top with 1/3 each of beef mixture and cheese. Repeat layers 2 more times, reserving the last 1/3 of cheese.

Place a baking dish on the middle oven rack; bake 25 minutes. Sprinkle with reserved cheese; bake 15 to 25 minutes longer or until lasagna is bubbly and cheese is melted. Let stand 10 minutes before serving. Cut into squares.



PCLinuxOS Recipe Corner Bonus



Chicken Tortilla Casserole

INGREDIENTS:

- 1 1/2 pounds boneless skinless chicken breasts*
- cooked and shredded
- 2 teaspoons extra-virgin olive oil
- 1 large onion chopped
- 1 green bell pepper cored and chopped
- 1 red bell pepper cored and chopped
- 1 jalapeno cored and diced
- 2 cloves garlic
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 can tomato sauce (28 ounces)
- 1 1/2 cups chicken stock
- 3 tablespoons Tabasco Jalapeno Sauce
plus additional for serving
- 18 (6-inch) corn tortillas
- 2 cups freshly grated Monterey Jack cheese
(8 ounces)

DIRECTIONS:

Preheat the oven to 375 degrees F. Coat a 9x13-inch casserole dish with baking spray. If needed, cook and shred chicken according to these easy steps. Heat the olive oil in a large, deep skillet over medium high, then add the onion, green bell pepper, red bell pepper, and jalapeno. Saute until the veggies are tender, about 10 minutes. Add the garlic, cumin, oregano, salt, and pepper and cook until fragrant, about 30 seconds. Add the tomato sauce, chicken stock, and Tabasco Jalapeno sauce, then stir to combine. Let the sauce simmer for 12 minutes.

Assemble the casserole: Spread a thin layer of the sauce on the bottom of the prepared baking dish. Arrange 6 tortillas on top so that they cover the sauce, overlapping as needed. Top with 1/3 of the chicken, 1/2 cup of the cheese, then 1/3 of the remaining sauce. Repeat the process twice more, sprinkling the last 1/2 cup of the cheese over the top.

Cover the pan with foil, then bake for 35 minutes. Remove the foil, return the pan to the oven, then bake for 10 additional minutes, until the casserole is hot and bubbly and the cheese is melted. Let rest 5 minutes. Serve hot with desired toppings.

TIPS: Optional for serving: salsa, sliced avocados, lime juice, plain Greek yogurt (or sour cream), chopped fresh cilantro.



PCLinuxOS Recipe Corner



Chicken Gloria Casserole Low Carbohydrate 11 g

INGREDIENTS:

3 skinless boneless chicken breasts,
trimmed and cut in half lengthwise
1/3 cup all-purpose flour
3 tablespoons vegetable oil
2 tablespoons butter
1 container (8 oz) sliced fresh mushrooms
1/2 cup cream sherry wine
1 can (18 oz) creamy mushroom soup
6 slices Muenster cheese
3 tablespoons chopped fresh parsley
Salt and Pepper to taste

DIRECTIONS:

Heat oven to 350 degrees F.

Sprinkle both sides of the chicken with salt and pepper. Spoon flour into a shallow dish or pie plate. Coat both sides of chicken with flour; shake off excess.

In a 12-inch skillet, heat oil over medium heat. Brown chicken on both sides. (You don't need to cook the chicken completely because it will finish cooking in the oven.) Transfer chicken to a 13x9-inch (3-quart) glass baking dish.

Place butter in the same skillet; let melt over medium-high heat. Add mushrooms; sprinkle with salt and pepper. Cook and stir mushrooms until golden brown. Stir in sherry; cook and stir for an additional 1 to 2 minutes. Stir in soup; mix well. Cook until thoroughly heated.

Pour mushroom sauce over chicken; top each piece of chicken with one slice cheese. Fold cheese in half if it is too wide for a chicken piece.

Cover dish with foil; bake for 30 minutes. After 30 minutes, turn the oven to broil setting. Remove foil from dish; broil 1 to 2 minutes to brown the cheese. Remove from the oven; set aside to cool slightly.

Top with parsley.

TIPS:

This dish goes well with rice or noodles because there is usually extra sauce in the baking pan.

The recipe can easily be doubled to feed a crowd.



PCLinuxOS Recipe Corner Bonus



Bacon Pound Cake

INGREDIENTS:

1/2 pound bacon
3 large eggs, room temperature
3 tablespoons half & half (whole milk will also work),
room temperature
1.5 teaspoons vanilla extract
1.5 cups sifted cake flour (AP flour will work)
1 teaspoon baking powder
1/2 teaspoon kosher salt
3/4 cup granulated white sugar
9 tablespoons (1 stick + 1 tablespoon) unsalted
butter, room temperature
about 1/4 cup rendered bacon fat, room
temperature

DIRECTIONS:

Leave the eggs, milk, butter, and bacon fat out on the counter overnight.

Place the bacon in the freezer so it's easier to cut. (about 10 minutes)

Preheat the oven to 350 degrees F. Position the oven rack in the center. Grease a loaf pan with melted butter or cooking spray. Line the bottom of the pan with parchment paper and grease the paper. Cut the butter into pieces.



Remove bacon from the freezer, use a sharp knife to cut the frozen bacon into 1/4-inch strips. Turn the strips horizontal and cut into 1/4-inch squares.

Place bacon bits in a pan and bring to medium-high heat. Fry and stir until the pieces are crisp. As the fat renders, pour it in a glass jar (the bits won't crisp if they're in a pool of fat).

Remove bacon with a slotted spoon and drain on paper towels. Reserve 1/4 cup of bacon bits for garnish.

In a medium bowl, whisk together eggs, milk, and vanilla extract, sit aside.

In the bowl of a stand mixer with the paddle attachment, add the sifted flour, baking powder, salt, and sugar. Mix on low speed until blended.

Add the butter, bacon fat, and half the wet mixture. Mix on low speed until just combined. Scrape down the sides then mix on medium speed for 1 minute to aerate the batter. Scrape down the sides of the bowl again and add half the remaining wet mixture. Mix on low speed, repeat with the remaining wet mixture and bacon bits. Scrape batter into prepared loaf pan and smooth top with the back of a spoon.

Bake for 50-60 minutes or until cake is golden brown and an inserted toothpick comes out clean.

Check halfway through baking. If the cake is browning too fast, cover with a piece of aluminum foil to prevent burning. If there's a crack on the top, relax, it's normal!

Remove the cake from the oven and place on a wire rack. Cool for 10 minutes then remove the cake from the pan and cool completely on a greased wire rack. Slice with a serrated knife and serve with preferred topping, plus reserved bacon bits.

Cover leftover cake with plastic wrap and store at room temperature for 3 days.

Store in the fridge for one week and the freezer for 2 months.

TIPS: Variations

~*~ CREAM CHEESE VARIATION ~*~

Omit the milk. In Step 6, add 4 ounces cream cheese in with the butter, bacon fat, and half wet mixture.

~*~ CHOCOLATE CHIP VARIATION ~*~

In Step 6, add 1/4 cup bitter-sweet chocolate chips in with the bacon bits.

~*~ LEFTOVERS VARIATION ~*~

Bacon French Toast: In a shallow dish, whisk together 1 large egg and 1/4 cup milk until well blended. Place 1 tablespoon butter in a skillet and melt over medium-low heat. Place a slice of pound cake in the egg mixture, turning to coat both sides. Use a spatula to carefully transfer the cake slice to the skillet. Repeat with one more

slice. Cook the pound cake until browned on both sides, adding more butter as needed. Serve with fresh fruit or jam.



Screenshot Showcase



Posted by mutse, on June 28, 2020, running Mate.



PCLinuxOS Recipe Corner



Beef & Salsa Skillet

Ingredients:

1 lb lean (at least 80%) ground beef
1 jar (16 oz) Thick 'n Chunky salsa (2 cups)
1 can (15 oz) dark red kidney beans, undrained
1 can (7 oz) whole kernel corn, undrained
1 can (8 oz) tomato sauce
2 teaspoons chili powder
1 1/2 cups Original Bisquick™ mix **
1/2 cup milk
1/2 cup shredded Colby-Monterey Jack cheese
(2 oz), if desired

** See our homemade Bisquick recipe [here](https://pclosmag.com/Misc-Downloads/HomemadeBisquick.pdf).
<https://pclosmag.com/Misc-Downloads/HomemadeBisquick.pdf>

Directions:

1. In 12-inch skillet, cook beef over medium heat, stirring occasionally, until brown; drain. Stir in salsa, beans, corn, tomato sauce and

1 teaspoon of the chili powder. Heat to boiling; reduce heat to low.

2. In a medium bowl, stir Bisquick mix, remaining 1 teaspoon chili powder and the milk until soft dough forms. Drop dough by 6 spoonfuls onto simmering beef mixture.

3. Cover; cook about 20 minutes or until dumplings are light and fluffy inside. Sprinkle with cheese. Cover; cook about 2 minutes or until cheese is melted.

Tips:

Make an equally delicious and quick meal by substituting ground turkey breast for the ground beef.

Complete this easy meal with a salad of sliced oranges, sliced avocado and red onion rings drizzled with your favorite vinaigrette dressing.



PCLinuxOS Recipe Corner Bonus



Homemade Apple Pie From Scratch

This Apple Pie recipe includes both regular and Gluten Free crust instructions. I have a family member that has Celiac Disease and must eat Gluten Free.

Apple Filling Ingredients

½ cup sugar
½ cup brown sugar packed
3 tablespoons all-purpose flour
or (Gluten Free All-purpose baking flour –
Bob's Red Mills 1 to 1 Baking Flour
recommended)
1 teaspoon ground cinnamon
¼ teaspoon ground ginger
¼ teaspoon ground nutmeg
6 to 7 cups peeled thinly sliced tart apples
1 tablespoon lemon juice

Pie Crust Ingredients (Regular)

2 cups all-purpose flour
¼ teaspoon salt

2/3 cup cold butter cut into chunks
4 to 5 tablespoon cold water
1 teaspoon sugar

Pie Crust Ingredients (Gluten Free)

2 cups Gluten Free all-purpose baking flour
(Bob's Red Mills 1 to 1 Baking flour
recommended)
1 teaspoon sugar
¼ teaspoon salt
2/3 cup cold butter cut into chunks
4 to 6 tablespoons cold milk

Directions

1. Preheat oven to 375°F (190.5°C)
2. Combine pie filling ingredients in a large bowl and toss to coat, cover and set aside for later.

3. Prepare the pie crust by combining flour, salt and sugar in a medium size bowl.

4. Cut in cold butter with a pastry blender or fork until mixture resembles coarse meal.

5. Add water or milk 1 tablespoon at a time until mixture can be formed into a soft firm dough ball.

6. Divide dough into two equal portions, form into balls (wrap 1 in plastic wrap and refrigerate) lightly flour the work surface and roll the remaining dough ball into an approximate 12 inch circle, fold into quarters or wrap onto rolling pin and gently place into 9 inch oven safe pie pan and trim edges.

- 6a. For Gluten Free Crust Roll out dough between two sheets of wax paper, remove top



wax paper, invert into pie pan then remove remaining wax paper.

7. Add filling to pan containing bottom crust.

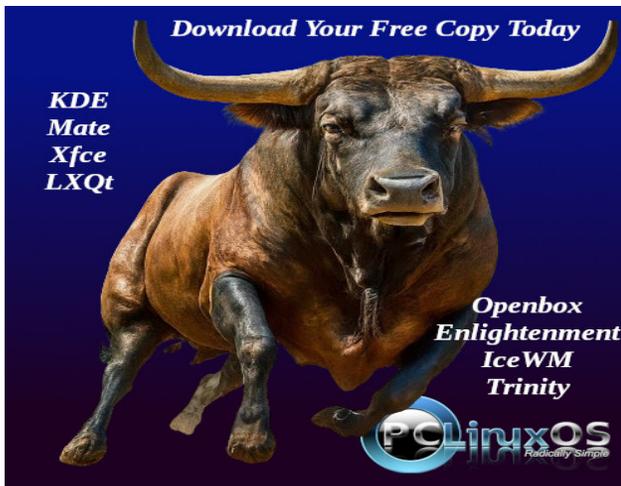
8. Roll out remaining dough ball to form top crust or cut into strips and form a lattice. Press together at outer edge around the entire pie, brush with melted butter, sprinkle with sugar. If doing a solid top crust, slit the crust in several places for steam to escape.

9. Cover outer edge with foil and bake for 25 minutes, remove foil and continue baking for 20 minutes or until crust is lightly browned and filling bubbles.

10. Remove from oven and cool 30 to 45 minutes before serving.

Times: Prep 25 min. - Bake: 45 min.

Yield: 8 servings



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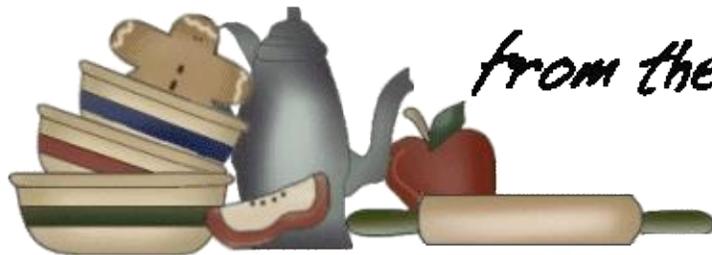
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PCLinuxOS Recipe Corner



*from the kitchen of
youcantoo*

Lemon Pepper Chicken

Low Carbohydrate 3g

INGREDIENTS:

3 tablespoons butter
8 bone-in skin-on chicken thighs (2 1/2 to 3 lb total)
1 teaspoon lemon pepper
1/2 teaspoon salt
2 teaspoons finely chopped garlic
1 cup chicken broth (from 32-oz carton)
2 teaspoons grated lemon peel and 2 tablespoons lemon juice (from 1 large lemon)
2 tablespoons cold water
2 tablespoons cornstarch

DIRECTIONS:

Spray 3 1/2- to 4-quart slow cooker with cooking spray.

In a 12-inch nonstick skillet, heat 1 tablespoon of the butter over medium-high heat. Season chicken with 1/2 teaspoon of the lemon pepper

and the salt. Place half of the chicken thighs skin-side down in a skillet; cook 4 to 5 minutes or until skin is golden brown and chicken releases easily from the surface. Turn chicken over; cook for 2 minutes. Repeat for remaining chicken.

Layer chicken thighs, skin-side up, inside slow cooker; sprinkle with garlic. In a 2-cup measuring cup, mix chicken broth, lemon peel, lemon juice and remaining 1/2 teaspoon lemon pepper; pour over chicken thighs. Cover and cook on Low heat setting 3 to 3 1/2 hours or until chicken is tender (at least 165 degrees F).

Remove chicken to a serving platter; cover and keep warm. In a small bowl, mix water and cornstarch; beat with whisk into cooking juices in a slow cooker.

Cover and cook on High heat setting 20 to 30 minutes or until slightly thickened and bubbly around edges. Stir in remaining 2 tablespoons butter.

TIPS:

If desired, garnish with fresh slices of lemon or chopped Italian (flat-leaf) parsley.

Add a green vegetable and rice or noodles for a complete meal.



PCLinuxOS Recipe Corner Bonus



Mashed Potato Mac & Cheese Bake

Two great comfort foods in one....

INGREDIENTS:

2-3 cups leftover mashed potatoes
2 cups grated cheddar cheese
1 cup grated Parmesan cheese
1 tablespoon unsalted butter
8 oz elbow or shell noodles
1 cup cooked and crumbled bacon
¼ cup chopped chives or green onion, garnish
*Milk or half-and-half, as needed

DIRECTIONS:

Preheat the oven to 350F degrees and bring a pot of salted water to boil.
Cook noodles until just al dente, then drain and stir in 1 tablespoon of butter to prevent noodles from sticking together.

Cook bacon, drain on a paper towel and chop into smaller pieces.

Reheat mashed potatoes in a microwave safe dish. Transfer to a large bowl for mixing. Note: If potatoes are dry, add a little milk or half and half for a smoother texture.

Fold in Parmesan cheese, bacon, and 1 cup cheddar cheese and stir to combine.

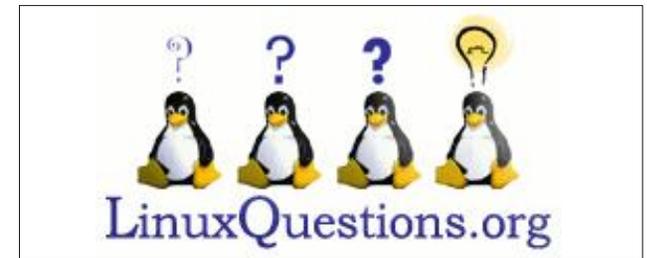
Gently fold in noodles until just incorporated then pour mixture into a greased 9 x 9 baking dish and top with remaining cheddar cheese.

Bake for 10-15 minutes or until cheesy topping is bubbling and golden brown. Remove from the oven and garnish with chopped chives or green onions sprinkled over the top.

TIP:

Add 1 cup chopped of your favorite seafood or meat.

For that smokey flavor add 1/2-1 teaspoon liquid smoke to mixture



PCLinuxOS Recipe Corner



*from the kitchen of
youcantoo*

Grilled Skinny Fish With Strawberry-Poblano Relish

Low Carbohydrate 5g

INGREDIENTS:

Fish 4-(4 oz to 5 oz) fresh or frozen sea bass
or halibut steaks, cut 1 inch thick

1/4 teaspoon salt

1/4 teaspoon cayenne pepper

Relish

1 small lime

1 cup chopped fresh strawberries or frozen
organic

strawberries, thawed and chopped.

1/4 cup finely chopped seeded fresh poblano
chile

pepper (1/2 of a small)

2 tablespoons snipped fresh cilantro

1/2 teaspoon cumin seeds, toasted*

1/8 teaspoon salt

DIRECTIONS:

Thaw fish, if frozen. Rinse fish; pat dry with
paper towels. Finely shred lime peel. Peel,
section, and chop lime; set aside. In a small

bowl, combine lime peel, the 1/4 teaspoon salt,
and the cayenne pepper. Sprinkle mixture evenly
over both sides of each fish steak; rub in with
your fingers.

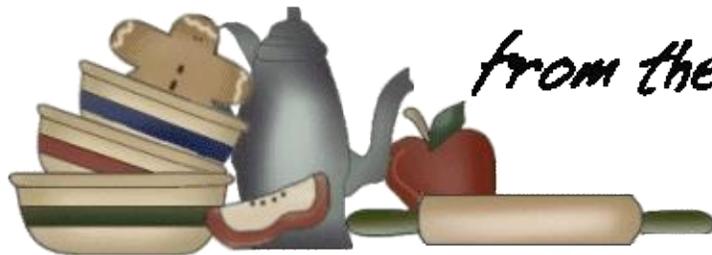
Arrange medium-hot coals around a drip pan.
Test for medium heat above pan. Place fish on the

greased grill rack over a drip pan. Cover and
grill for 7 to 9 minutes per 1/2-inch thickness or
until fish flakes easily when tested with a fork,
gently turning once halfway through grilling
time.

Meanwhile, in a medium bowl, combine
chopped lime, strawberries, chile pepper,
cilantro, cumin seeds, and the 1/8 teaspoon salt.
Serve with the grilled fish.



PCLinuxOS Recipe Corner Bonus



*from the kitchen of
youcantoo*

Quick & Easy Beef Bourguignon For Two

INGREDIENTS:

3/4 lb boneless beef sirloin steak,
cut into 1 1/2-inch cubes
1/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoons olive oil
1 cup sliced mushrooms
1 slice bacon, chopped
1 small onion, sliced
1 tablespoon tomato paste
1 clove garlic, finely chopped
1/2 teaspoon chopped fresh thyme leaves
1 tablespoon all-purpose flour
1 cup beef broth
1/2 cup dry red wine
1 tablespoon chopped fresh parsley leaves

DIRECTIONS:

1. Season beef cubes with salt and pepper. In a 10-inch nonstick skillet, heat 1 tablespoon of the oil over medium-high heat. Add beef, and cook

2 to 3 minutes, turning frequently, until browned on outsides, but still rare in the middle. Remove from skillet; keep warm.

2. Heat remaining 1 tablespoon oil in the skillet over medium-high heat. Add mushrooms; cook and stir 3 to 4 minutes or until tender and browned. Remove from skillet; keep warm.

3. Reduce heat to medium; add bacon and onion. Cook and stir for 3 to 4 minutes or until onions are softened and beginning to brown. Add tomato paste, garlic and thyme. Cook and stir for 1 minute. Add flour; cook and stir for 1 minute.

4. Add cooked mushrooms, broth and wine; heat to boiling. Reduce heat to low; simmer 4 to 5

minutes, stirring occasionally, until sauce is slightly thickened. Return beef to skillet; cook 2 to 3 minutes, stirring occasionally, until beef is medium-rare to medium (145F to 160F). Garnish with parsley.

TIPS:

White button mushrooms work well in this recipe, but if you'd like a bigger mushroom flavor, you can use Cremini mushrooms.



PCLinuxOS Recipe Corner



Black & Bleu Steak Skillet For Two

INGREDIENTS:

3 tablespoons olive oil
1 boneless beef strip steak (about 12 oz), trimmed
1 teaspoon Montreal steak grill seasoning
1 medium shallot, thinly sliced
3 tablespoons balsamic vinegar
1 tablespoon red wine vinegar
1 teaspoon honey
4 cups baby arugula
1/2 cup crumbled blue cheese

DIRECTIONS:

1. In a 10-inch skillet, heat 1 tablespoon of the oil over medium heat. Season steak with grill seasoning. Add to the skillet; cook 9 to 11 minutes, turning once, until the meat thermometer inserted in the center reads 135F (medium-rare) or to desired doneness. Remove to a cutting board, and let stand for 5 minutes. Cut steak into 1/4-inch slices.

2. Meanwhile, add shallot to the same skillet; cook over medium heat 1 minute, stirring constantly. Reduce heat to low; add balsamic vinegar, red wine vinegar, remaining 2 tablespoons olive oil and the honey; stir constantly 1 to 2 minutes or until shallots are coated and vinegar mixture is blended. Remove from heat.

3. Place arugula on a serving plate; top with steak slices, shallots and blue cheese.

TIPS:

Pair this steak skillet with a side of potatoes and red wine for a cozy dinner for two.

Montreal steak grill seasoning is readily available in the spice aisle of your grocery store. If you just want to use salt and pepper, substitute 1/4 teaspoon of salt and 1/4 teaspoon of ground pepper for the seasoning blend.

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The **PCLinuxOS** magazine



PCLinuxOS Recipe Corner Bonus



Cheesy Bacon Ranch Potatoes

INGREDIENTS:

- 1 1/2 lb small (two-bite) Yukon gold potatoes, halved
- 4 teaspoons oil
- 2 tablespoons ranch dip mix (from 1-oz package)
- 1 jalapeño chile, seeded, finely chopped
- 4 slices cooked bacon, coarsely chopped
- 1 cup shredded Cheddar cheese (4 oz)

INSTRUCTIONS:

1. Heat gas or charcoal grill. Cut 2 (18x12-inch) sheets of heavy-duty foil. Spray with cooking spray.
2. Add cut potatoes to a medium bowl. Drizzle with oil; sprinkle with ranch dip mix. Add jalapeño chile; stir until evenly coated. Place an equal amount of mixture on the center of each sheet of foil. Evenly sprinkle with bacon.

3. Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
4. Place packs on the grill over medium heat. Cover grill; cook for 12 minutes. Rotate packs

1/2 turn; cook 12 to 14 minutes longer or until potatoes are tender. Remove packs from the grill, cut large X across top of each pack. Carefully fold back foil, and sprinkle potatoes with cheese. If desired, garnish with sliced jalapeño chile.

TIPS:

Regular Yukon gold potatoes can be substituted for the small potatoes in this recipe. Cut them into 3/4-inch chunks.

To make in the oven, place packs on a cookie sheet. Bake at 375F 40 to 45 minutes or until potatoes are tender.



PCLinuxOS Recipe Corner



*from the kitchen of
youcantoo*

Hamburger Gravy

14 g. carbohydrate

INGREDIENTS:

- 1 lb. lean ground beef
- 1/2 cup chopped onion
- 3 tablespoons all purpose or unbleached flour
- 1 tablespoon beef-flavor instant bouillon
- 2 tablespoons steak sauce
- 2 cups milk

DIRECTIONS:

In a large skillet, cook ground beef and onion over medium-high heat until beef is thoroughly cooked, stirring frequently.

Stir in flour, bouillon and steak sauce. Gradually stir in milk. Cook and stir 4 to 6 minutes or until mixture boils and thickens, stirring frequently.

If desired, serve over biscuits, mashed potatoes or cooked rice.



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PCLinuxOS Recipe Corner Bonus



FRITO PIE aka Walking Taco

INGREDIENTS:

- 1 large bag of Fritos
- 1 can of chili (your favorite)
- 2 cups shredded cheddar
- 1 onion

DIRECTIONS:

- Heat the chili in a pan.
- Shred the cheese.
- Dice the onion.
- Open the bag of Fritos.

Take a bowl, put as many fritos in the bottom as you'd like, then pour some hot chili on top, and sprinkle on some onions and cheese.

TIPS:

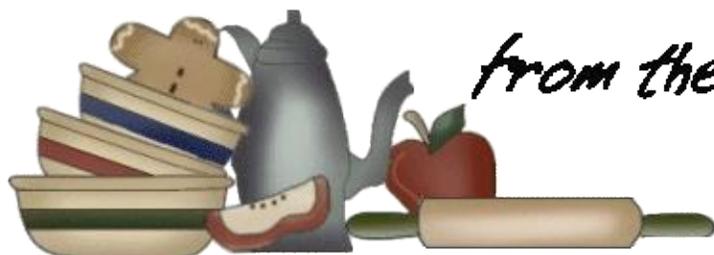
Add sour cream, jalapeños, chives, bacon, olives, whatever you want.



**The PCLinuxOS
Magazine
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PCLinuxOS Recipe Corner



*from the kitchen of
youcantoo*

Garlic Roasted Red Potatoes

Serves 2

INGREDIENTS:

3/4 pound small red potatoes - about 6
1 tablespoon olive oil
2 teaspoons crushed or minced garlic -
approximately 2 medium cloves
1 teaspoon kosher salt

DIRECTIONS:

- Start by preheating an oven. I use 400F (204C) convection but combine in the oven with other dishes and adjust the cooking time accordingly.

- Scrub your potatoes and cut into quarters if using small red potatoes. If using bigger potatoes, keep the size about 1 inch or less.

- In a mixing bowl, combine the potatoes, 1 tablespoon olive oil, 2 teaspoons of crushed or minced garlic (2 medium cloves of fresh), and 1 teaspoon kosher salt.



- Spread evenly over a non-stick baking pan. Keep them separated so they can brown well. If you don't have a non-stick tray then an oiled tray. I like to place the cut sides up.

- Bake for about 30 minutes until nicely browned.

TIPS:

For those on a reduced sodium intake you can substitute the salt for your favorite salt substitute.

Red skin potatoes are highly suggested. You can choose any potato you want, like Yukon Golds, but russets would be a poor choice.

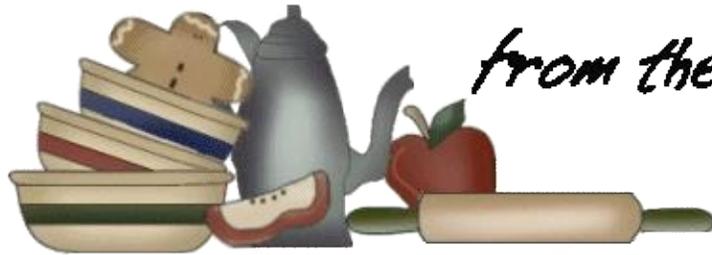
For a bit of variety add some fresh or dried Rosemary or Thyme. Try adding some quartered red onions to the mix before roasting.

NUTRITION:

Calories : 154 Carbohydrates : 28g
Fiber : 3g Sodium : 631mg Fat : 4g



PCLinuxOS Recipe Corner Bonus



*from the kitchen of
youcantoo*

Skillet Lasagna

Serves 6

INGREDIENTS:

- 1 lb extra-lean (at least 93%) ground beef
- 1 small onion, chopped (1/3 cup)
- 2 cloves garlic, finely chopped
- 1 jar (25.5 oz) organic Italian herb pasta sauce
- 1 1/2 cups water
- 1 tablespoon ketchup
- 3 cups (6 oz) uncooked mini-lasagna noodles (mafalda)
- 1/2 cup chopped green bell pepper
- 1 teaspoon dried basil leaves
- 1 cup shredded reduced-fat Italian cheese blend (4 oz)

DIRECTIONS:

1. In a 12-inch nonstick skillet, cook ground beef, onion and garlic over medium-high heat for 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain.

2. Stir in remaining ingredients except cheese. Heat to boiling. Reduce heat to low; simmer uncovered 10 to 12 minutes, stirring occasionally. Sprinkle with cheese.

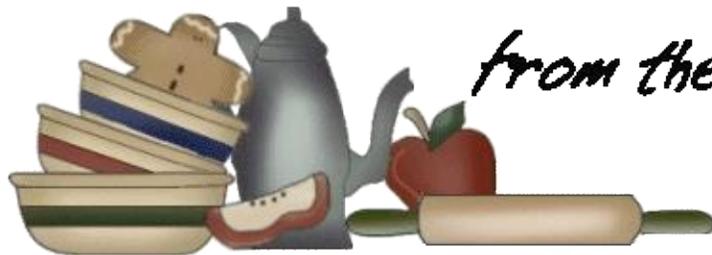


NUTRITION:

Calories : 310 Carbohydrates : 43g Fiber : 7g
Sodium : 740mg Fat : 13g



PCLinuxOS Recipe Corner



*from the kitchen of
youcantoo*

One-Pot Cheesy Lasagna Soup

INGREDIENTS:

- 1 lb lean (at least 80%) ground beef
- 1 medium onion, sliced
- 2 large green bell peppers, cut into 1-inch pieces
- 2 cloves garlic, finely chopped
- 2 cups water
- 2 cans (14.5 oz each) organic diced tomatoes with Italian herbs, undrained
- 1 can (6 oz) organic tomato paste
- 2 cups uncooked mini lasagna (mafalda) noodles (4 oz)
- 1 tablespoon packed brown sugar
- 1 1/2 teaspoons Italian seasoning, crumbled
- 1/4 teaspoon pepper
- 1 1/2 cups Italian-style croutons
- 1 1/2 cups shredded part-skim mozzarella cheese (6 oz)

DIRECTIONS:

1. In Dutch oven, cook beef, onion, bell peppers and garlic over medium heat for 8 to 10

minutes, stirring occasionally, until beef is brown and onion is tender; drain.

2. Stir in water, diced tomatoes and tomato paste.

Stir in pasta, brown sugar, Italian seasoning and pepper. Heat to boiling. Reduce heat; cover and simmer about 10 minutes, stirring occasionally, until pasta is tender.

3. Set oven control to broil. Pour hot soup into 6 ovenproof soup bowls or casseroles. Top each with 1/4 cup croutons. Sprinkle it with cheese. Broil soup with tops 3 to 4 inches from heat 1 to 2 minutes or until cheese is melted.

TIPS:

Store your soup, covered and refrigerated, for up to 3 days. This soup is great when made ahead and reheated; the flavor improves with age.

NUTRITION FACTS:

Calories: 203 Carbs: 27g
Sodium: 700mg Fiber: 2g



PCLinuxOS Recipe Corner Bonus



Artichoke and Sun-Dried Tomato Pasta

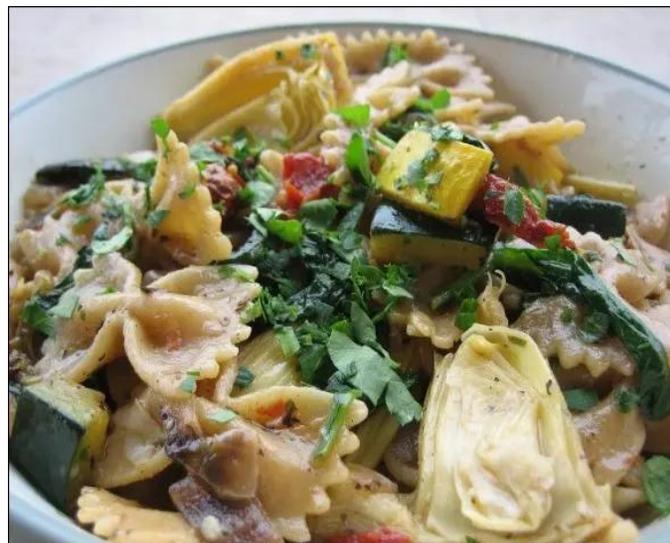
Sometimes the simplest of foods are so nourishing and tasty, it's hard to believe they're made with just a few ingredients. This pasta recipe with sun-dried tomatoes, artichoke hearts, and fresh chopped basil combines to become far greater than the sum of its parts and is an absolutely fantastic vegetarian and vegan pasta dish.

What could be easier? Artichokes and sun-dried tomatoes can be popped out of a can and tossed on a plate of pasta to take a dish from ordinary and everyday to gourmet. To make this dish even more impressive, add the tiniest of a balsamic vinegar drizzle at the end, use roasted red peppers instead of fresh, and swap freshly made pasta for the dried boxed kind.

INGREDIENTS:

1 (12-ounce) box Bow Tie pasta or any other pasta, such as Rotini, Fusilli or Rotelle

2 tablespoons good quality olive oil
3 cloves garlic (minced)
1/2 red pepper (diced)
1 jar oil-packed sun-dried tomatoes (drained; or about 3/4 cup dry, re-hydrated and drained)
1 cup artichoke hearts (drained well and coarsely chopped)
1/3 cup black olives (sliced)
1/3 cup basil (chopped fresh)



DIRECTIONS:

Cook the pasta according to instructions on package and drain.

Sauté the minced garlic in olive oil for 1 to 2 minutes. Add the red peppers and allow to heat for another 1 to 2 minutes.

Add the sun-dried tomatoes, artichoke hearts, olives, and basil and allow to cook until heated through, stirring frequently, for about 2 to 3 more minutes.

Do not overcook, as you'll lose the good fresh flavor from the basil.

Toss with the cooked pasta and serve. Enjoy!

TIPS:

Drain ingredients well to avoid a watery pasta dish. Place the oil-packed sun-dried tomatoes on a paper towel and gently press the artichoke hearts into a colander with a wooden spoon to remove the liquid.

Top off your pasta with a pinch of sea salt and fresh ground pepper. Or, sprinkle on some Parmesan cheese (for those who eat dairy) or nutritional yeast (for vegans).

Total: 20 mins Prep: 10 mins Cook: 10 mins
Yield: 6 servings

PCLinuxOS Recipe Corner



Skinny Beef Enchilada Pie

INGREDIENTS:

1 lb extra-lean (at least 93%) ground beef
1 medium onion, chopped (1/2 cup)
1 can (10 oz) red enchilada sauce
1/2 cup frozen corn, thawed, drained
1 can (4.5 oz) chopped green chiles, drained
1 teaspoon ground cumin
1 teaspoon chili powder
5 flour tortillas for burritos (from 11 oz package)
1 cup shredded reduced-fat Mexican cheese blend (4 oz)
Fat-free sour cream, if desired

DIRECTIONS:

Heat oven to 350F (176C). In a 12-inch nonstick skillet, cook beef and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Reserve 1/4 cup enchilada sauce; set aside. Add remaining

enchilada sauce, corn and chiles to beef mixture. Stir in cumin and chili powder. Reduce heat to medium-low; simmer uncovered 5 minutes.

Spray 9-inch round (2-quart) glass baking dish with cooking spray. Place 1 tortilla in a casserole; top with about 3/4 cup of the beef mixture and 3 tablespoons of the cheese. Repeat layers 3 times. Top with remaining tortilla, the reserved enchilada sauce and the remaining cheese.

Bake, uncovered, 30 to 40 minutes or until hot and cheese is melted. Cool 5 minutes. Serve with sour cream.

TIPS:

Ground turkey can be used instead of the ground beef, if you prefer.

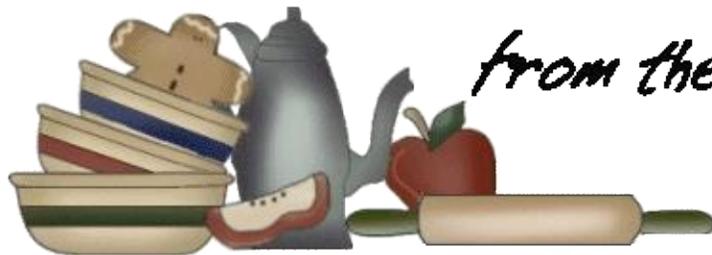
Any variety of reduced-fat cheese can be substituted for the Mexican blend.

NUTRITION FACTS:

Calories: 215
Carbs: 17g
Sodium: 317mg
Fiber: 2.5g



PCLinuxOS Recipe Corner Bonus



*from the kitchen of
youcantoo*

Lasagna Roll-Ups

INGREDIENTS:

- 6 uncooked plain lasagna noodles (6 ounces)
- 6 uncooked whole wheat lasagna noodles (6 ounces)
- 1 pound lean ground beef
- 1 large onion, chopped (1 cup)
- 1 jar (14 ounces) tomato pasta sauce (any variety)
- 1 can (8 ounces) mushroom pieces and stems, undrained
- 1 container (15 ounces) ricotta cheese
- 1 package (10 ounces) frozen chopped spinach, thawed and squeezed to drain
- 1 cup shredded mozzarella cheese (4 ounces)
- 1/4 cup grated Parmesan cheese
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 garlic cloves, finely chopped
- Additional grated Parmesan cheese, if desired

DIRECTIONS:

1. Heat oven to 350F (176C). Cook and drain noodles as directed on package.
2. Cook beef and onion in a 10-inch skillet over medium-high heat about 6 minutes, stirring occasionally, until beef is brown; drain. Stir in pasta sauce and mushrooms. Heat to boiling, stirring constantly. Pour into an ungreased rectangular baking dish, 11x7x1 1/2 inches.
3. Mix ricotta cheese, spinach, mozzarella cheese, 1/4 cup Parmesan cheese, the salt, pepper and garlic. Spread 3 tablespoons of the cheese mixture over each noodle. Roll up each noodle; cut roll crosswise in half. Place cut sides down in beef mixture.
4. Cover and bake about 30 minutes or until hot. Serve with additional Parmesan cheese.

TIPS:

Improvise! Use plain lasagna noodles for the whole wheat noodles.

Garnish the lasagna rolls with chopped fresh parsley.

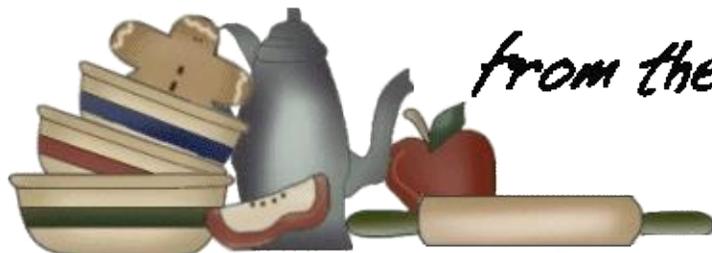
Thawed frozen spinach has the miraculous capacity to hold water even when you drain it in a colander. Squeezing the spinach, as you would ring out a washcloth, is the best way to rid it of the excess water that may make recipes too watery. If you don't want to use your bare hands to squeeze it, try using several layers of sturdy, high-quality paper towels.

NUTRITION FACTS:

Calories: 415 Carbs: 55g
Sodium: 1,192mg Fiber: 5g



PCLinuxOS Recipe Corner



*from the kitchen of
youcantoo*

Chicken, Bacon and Caramelized Onion Pasta Bake for Two

INGREDIENTS:

3 tablespoons butter
1 small onion, thinly sliced
1 cup uncooked Penne pasta
2 tablespoons all-purpose flour
1 1/2 cups whole milk
1/4 teaspoon salt
1/4 teaspoon pepper
1 cup shredded Gruyère cheese (4 oz)
1/4 cup grated Parmesan cheese
1 cup shredded cooked chicken
3 slices cooked bacon, crumbled
2/3 cup plain panko crispy bread crumbs
1 tablespoon butter, melted

DIRECTIONS:

1. Heat oven to 425F. (218C) In a 7-inch cast-iron skillet, heat 1 tablespoon of the butter over medium heat. Add onion; cook 8 to 10 minutes, stirring occasionally, until onions are browned. Remove from heat.

2. Meanwhile, cook pasta as directed on the package to al dente; drain.

3. In a 2-quart saucepan, heat 2 tablespoons butter over medium heat. Add flour; cook and stir for 1 minute. Beat in milk, salt and pepper with whisk; heat to boiling. Reduce heat to medium-low; cook and stir 1 to 2 minutes or until thickened. Remove from heat; beat in Gruyère and Parmesan cheeses. Add cooked

pasta, chicken, bacon and browned onions; gently stir to combine. Transfer to the same 7-inch cast-iron skillet.

4. In a small bowl, mix bread crumbs and 1 tablespoon melted butter. Sprinkle over the top of the pasta mixture. Bake for 14 to 17 minutes or until bubbly and golden brown.

TIPS:

Swiss cheese can be substituted for Gruyère in this recipe.

The pasta mixture can also be baked in an 8x4-inch loaf pan 18 to 22 minutes.

To lower calories substitute whole milk with 2% milk.

Lower the sodium by substituting the salt with your favorite salt substitute.

Reduce carbs, calories and sodium while increasing fiber by substituting the Penne pasta with whole wheat Penne pasta

NUTRITION FACTS:

Calories: 510 Carbs: 38g
Sodium: 1,009mg Fiber: 4.6g



PCLinuxOS Recipe Corner Bonus



Savory Spinach & Mushroom Strudel

This savory strudel utilizes pre-packaged puff pastry to make your time spent in the kitchen so much easier. Many pre-packaged puff pastries - - found in your grocer's freezer section - - are actually vegan by default. Check the labels on brands such as Pepperidge Farms and similar names and then get cooking!

INGREDIENTS:

5 onions (Cippolini or any small, sweet onion, thinly sliced)
1/2 cup mushroom broth
10 ounces mushrooms (any variety, sliced)
3 cups spinach (fresh, chopped)
1 (359-gram) silken tofu (extra-firm, drained)
5 tablespoons vegan cream cheese
1 teaspoon olive oil
2 teaspoons tahini
Salt (to taste)
Pepper (to taste)
1 package puff pastry

DIRECTIONS:

Preheat the oven to 375F. (190C)

1. In a large frying pan over medium high heat, sauté the onions in the mushroom broth until the onions are golden brown and tender, about 10 minutes. Stir often so that the onions do not burn.
2. Add the mushrooms and - - keeping over medium-high heat - - cook until almost all of the liquid is gone. Lightly salt and pepper to taste. Gradually add the spinach, and allow it to cook for about 45 seconds, or until the leaves are wilted and brilliant green. Cover and set aside.
3. In a medium sized bowl, using a fork, smash the silken tofu until it resembles cottage cheese. Cream the tofu with the vegan cream cheese, olive oil, tahini, 1 teaspoon salt, and pepper.

4. Fold the spinach and mushroom mixture into the tofu mixture and blend well until well incorporated and evenly distributed. On a large clean and lightly floured surface, roll out one sheet of puff pastry so that it is just slightly bigger than the dimensions it came packaged in. Keep the dough square as you roll it out.

5. Using half of the spinach and mushroom mixture, spread the mixture on only half of the pastry square leaving a 2-inch border on each side. Roll up, starting with the filled side, making sure to keep taut while doing so. Pinch edges and fold down to seal. Repeat each step with the other pastry and then place both filled pastries onto a large metal baking sheet.



6. Using a very sharp knife and coming in from the side, score the top of the pastries with 5 slits each.

7. Bake at 375F (190C) for 35 to 40 minutes, or until the pastry is golden brown and crispy. Remove from the oven and allow to cool about 10 minutes before slicing and serving. To retain crispiness, it is best served shortly after baking.

RECIPE VARIATIONS:

Party version! Cut the rolled out puff pastry into 3 x 3 inch squares. Press each square snugly into the bottoms of muffin tins and then fill the cups 1/2 with mushroom filling. Bake for 30 minutes, or until puff pastry is fluffy and the topping is golden. Serve warm.

Total: 100 mins Prep: 40 mins
Cook: 60 mins Yield: 2 strudels (2 servings)

Four magazine covers are displayed in a row. Each cover features a penguin character and various graphic design elements. The covers are titled "The PCLinuxOS magazine Graphics Special Edition" and include volume and date information: Vol. 1 (2007-2008), Vol. 2 (2009-2010), Vol. 3 (2010-2012), and Vol. 4 (2011-2013).

PCLinuxOS Magazine Graphics Special Edition, Volumes 1 - 4
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Screenshot Showcase



Posted by present_arms, on February 2, 2020, running openbox.

PCLinuxOS Recipe Corner



*from the kitchen of
youcantoo*

Slow-Cooker Butter Chicken

INGREDIENTS:

- 3 tablespoons butter
- 1 tablespoon vegetable oil
- 3 lb boneless skinless chicken thighs,
cut into 2-inch pieces
- 1 medium yellow onion, diced
- 5 cloves garlic, finely chopped
- 3 tablespoons gingerroot,
peeled & finely chopped
- 2 tablespoons garam masala
- 1/4 cup canned organic tomato paste
- 3/4 teaspoon salt
- 1/2 cup chicken broth
(from 32-oz carton)
- 1/2 cup heavy whipping cream
- 1/4 cup cilantro leaves, stems removed

DIRECTIONS:

Spray 4-quart slow cooker with cooking spray.

In a 10-inch skillet, heat butter and oil over medium-high heat. Add half of the chicken and cook, turning once, until browned, about 5 minutes. Using a slotted spoon, transfer to a slow cooker. Repeat with the remaining half of the chicken. Reduce heat to medium; add onions to skillet, and cook until softened, about 4

minutes. Add garlic and ginger-root; cook and stir for 2 minutes. Add garam masala; cook for 30 seconds. Add tomato paste and salt; cook and stir for 2 minutes. Add chicken broth, and scrape the bottom of the skillet with a wooden spoon. Transfer to a slow cooker. Cover and cook on Low heat setting 5 to 6 hours. At the last 30 minutes of cooking, stir in whipping cream.

Transfer to serving dish, and garnish with cilantro leaves.

TIPS:

Garam masala is a blend of spices often used in Indian cooking. The blend typically contains black pepper, cloves, cinnamon, cardamom, bay leaves and nutmeg.

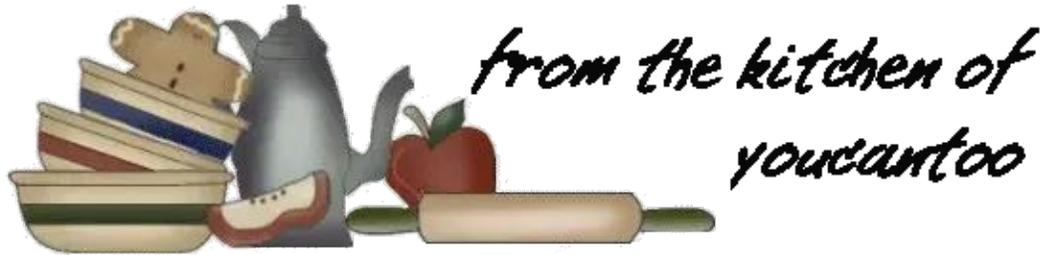
Brown Basmati rice makes a lovely accompaniment to this dish.

NUTRITION FACTS:

Calories: 480 Carbs: 9g
Sodium: 481mg Fiber: 4g



PCLinuxOS Recipe Corner Bonus



Ginger Pork (Shogayaki)

INGREDIENTS:

½ lb. thinly-sliced pork loin. (ask your butcher to thinly slice it for you, about as thin as a slice of thick bacon.)
¼ onion
1 clove garlic
1 inch ginger (about 1 tsp.)
Salt
Freshly ground black pepper
1 Tbsp. oil
1 scallion, finely chopped

SEASONINGS:

2 Tbsp. soy sauce
2 Tbsp. mirin
2 Tbsp. sake
1 tsp. Sugar (optional)



DIRECTIONS:

In a small bowl, grate onion, garlic and ginger.

Add the seasonings. We like our ginger pork to be a little bit sweeter, so we add 1 tsp. sugar (this is optional).

Season the meat with salt and pepper.

In a large non-stick frying pan, heat oil on medium-high heat. Put the meat in a single layer (cook in batches). Flip the meat when the bottom side is golden brown. If the meat is very thin like mine, cooking time is very short.

Make sure you don't overcook the pork or else it gets tough (but also be careful not to undercook).

When the meat is cooked through, add the seasonings and chopped scallion. Serve immediately.

TIPS:

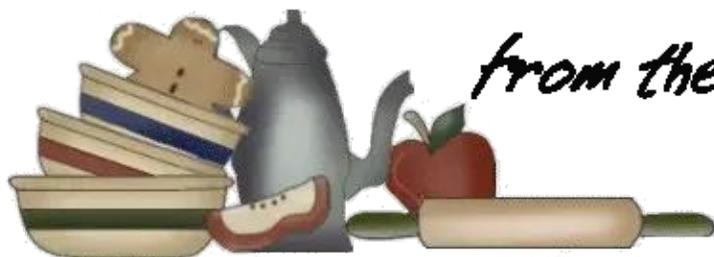
To reduce sodium substitute the salt with your favorite salt substitute and use Low Sodium Soy Sauce instead of regular Soy Sauce.

NUTRITION FACTS:

Calories: 503 Carbs: 9.7g
Sodium: 638mg Fiber: 1g



PCLinuxOS Recipe Corner



*from the kitchen of
youcantoo*

Korean Style BBQ Beef Bulgogi

INGREDIENTS:

1 1/2 pounds boneless rib eye steak
1/4 cup reduced sodium soy sauce
2 TBSP brown sugar
3 cloves garlic minced or crushed
1 TBSP fresh ground ginger
2 tbsp sesame oil
1/4 cup apple or pear juice
2-3 green onions - thinly sliced

Or just buy a bottle of premade Bulgogi sauce at your local Walmart or Trader Joe's store.

Whatever you do DO NOT confuse Bulgogi with Gaegogi (Dog Meat)

DIRECTIONS:

Wrap steak in plastic wrap, and place in the freezer for 30 minutes. Unwrap and slice across the grain into 1/4-inch thick slices. (or have your butcher slice it for you)

In a medium bowl, combine apple or pear juice, soy sauce, brown sugar, sesame oil, garlic, and ginger. In a gallon size Ziploc bag, combine soy sauce mixture and steak; marinate for at least 2 hours to overnight, turning the bag occasionally.

Heat 1 tablespoon vegetable oil in a cast iron grill pan over medium-high heat.* Working in batches, add steak to the grill pan in a single layer and cook, flipping once, until charred and cooked through, about 2-3 minutes per side. Repeat with remaining 1 tablespoon vegetable oil and steak.

Serve immediately, garnished with green onions and sesame seeds, if desired.

TIPS:

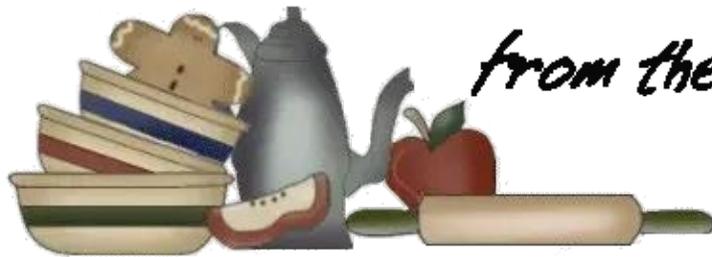
Replace the beef with chicken or pork

Carbs: 15g
Fiber: 2.6g

Calories: 489
Sodium: 571mg



PCLinuxOS Recipe Corner Bonus



*from the kitchen of
youcantoo*

Low Carb Patty Melt

INGREDIENTS:

- 1 Tbsp. olive oil or butter
- 1 medium onion, sliced
- 1 lb. ground beef, grass fed if available
- 2 tsp. Worcestershire sauce
- salt and pepper
- 3 Tbsp. queso melting cheese
- 8 slices thin-sliced bread

Comeback Sauce

- 2 Tbsp. mayonnaise
- 2 Tbsp. ketchup
- 1/2 Tbsp. dill pickle relish
- dash Worcestershire sauce

DIRECTIONS:

To prepare Comeback Sauce:
Mix all ingredients well. Use this as a sandwich spread with patty melts.

Heat oil or butter in a large skillet then add sliced onion. Cook and stir until soft and golden brown-about 15 minutes. Remove from the skillet and keep warm.

Add worcestershire sauce to ground beef and form into 4 thin patties. Sprinkle with salt and pepper as desired. Place patties in the skillet and cook over medium heat turning as needed until fully cooked.

Place onions on top of cooked patties, then pour melted queso over all.

Toast bread slices. Spread 2 slices of toast with comeback sauce then add a patty with onions and cheese to form the sandwich.

TIP:

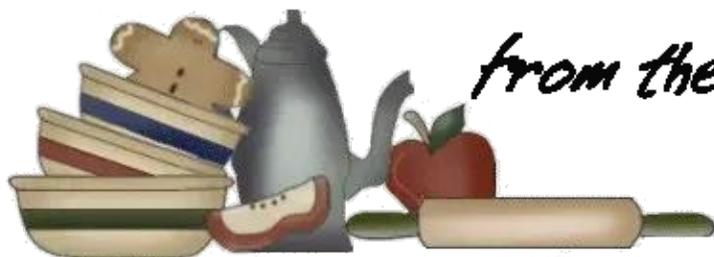
Substitute ground beef with ground turkey or ground chicken.

Nutrition:

Calories: 346 Carbohydrates: 13g
Fiber: 2g Sodium: 390mg Fat: 22g



PCLinuxOS Recipe Corner



*from the kitchen of
youcantoo*

Tortilla Casserole

INGREDIENTS:

- 1 pound lean ground beef
- 1 small onion, chopped (1/4 cup)
- 1 1/3 cups hot water
- 1 cup Thick and Chunky medium salsa
- 1/2 cup milk
- 1 package Hamburger Helper™ cheeseburger macaroni
- 6 flour tortillas, 6 inch
- 1 1/2 cups shredded Cheddar cheese (6 oz)

DIRECTIONS:

Heat oven to 350F (176C). Cook beef and onion in a 10-inch skillet over medium-high heat, stirring occasionally, until brown; drain. Stir in hot water, salsa, milk, uncooked Pasta and Sauce Mix. Heat to boiling, stirring occasionally. Reduce heat; cover and simmer about 7 minutes, stirring occasionally, until pasta is tender.

Cut tortillas in half. Spread 2 cups beef mixture in an ungreased rectangular baking dish, 11x7x1 1/2 inches, or shallow 2-quart casserole; top

with 6 tortilla halves and 3/4 cup cheese. Spread with 2 cups beef mixture; top with remaining tortilla halves.

Top with remaining beef mixture and cheese.

Bake uncovered 15 to 20 minutes or until hot and cheese is melted.

Nutrition:

Calories: 447.7	Carbs: 27.9
Fiber: 4.4g	Sodium: 919.9mg



PCLinuxOS Recipe Corner Bonus



Chocolate Pots de Crème for Two

INGREDIENTS:

1/3 cup bittersweet chocolate chips (2 oz)
2 tablespoons sugar
1/8 teaspoon salt
1/2 teaspoon vanilla
1/2 cup heavy whipping cream
Sweetened whipped cream, if desired
Chocolate curls, if desired

DIRECTIONS:

1 Place chocolate chips, sugar, salt and vanilla in a blender.

2 In a small microwavable bowl, microwave whipping cream uncovered on High, in 20-second increments, 1 to 2 minutes or until cream begins to boil. Pour hot cream into the blender; cover and blend until smooth.

3 Pour chocolate mixture into 2 small dessert bowls. Cover and refrigerate at least 2 hours until set and cold. Garnish with sweetened whipped cream and chocolate curls.

TIPS:

To make chocolate curls, let the bittersweet chocolate bar stand at room temperature for 15 minutes. Pull vegetable peeler across the edge of the bar using long strokes.

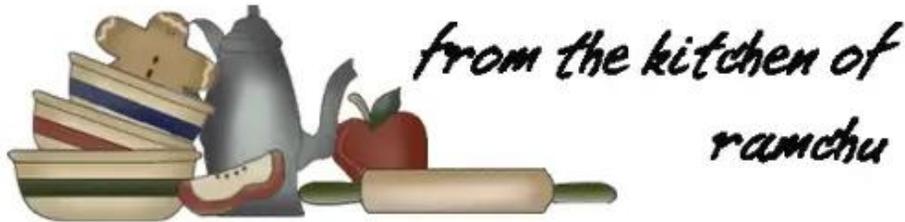
Semisweet chocolate chips can be substituted for bittersweet chocolate in this recipe.

NUTRITION:

Calories: 352 Carbs: 21
Fiber: 0g Sodium: 51mg



PCLinuxOS Recipe Corner Extra



Cauliflower Pizza Crust

You can make a great pizza crust that does not fall apart after baking, from this recipe. Hold it, slice it, roll it up, eat it - it holds its shape and it actually tastes like pizza. This cauliflower pizza crust is gluten free and definitely worth trying.

Ingredients:

- 3 - cups cauliflower (grated)
- 1 1/2 - cups parmesan cheese (shredded)
- 2 - eggs (beaten)
- 1/2 - tsp salt
- 1/2 - tsp black pepper
- 1 - tsp oregano
- 1 - tsp basil
- 1 - tsp onion powder (optional)

In a large nonstick pan, heat the cauliflower on low heat for 15 to 20 minutes, stirring constantly. The object here is not to cook the cauliflower, but to get rid of excess moisture. After the moisture is removed, move the cauliflower to a large bowl to cool.

Add the beaten egg, parmesan cheese and spices to the cauliflower and mix until everything is well coated.



On a pizza pan or large baking sheet, place a sheet of parchment paper and lightly grease (I use a nonstick cooking spray). Pour ingredients in the middle of the paper, and flatten to about 1/4 inch (6.35mm).

Bake at 400°F (205°C) for 20 to 25 minutes.

Remove from the oven and allow to cool. Add favorite toppings, and bake at 425°F (218°C) for another 20 minutes.



PCLinuxOS Recipe Corner



Chicken Parmesan Skillet Casserole

INGREDIENTS:

3 tablespoons butter
1/2 cup Panko Italian style crispy bread crumbs
1/2 cup shredded Parmesan cheese **
1 package (16 oz) boneless skinless chicken breasts, cut in 1-inch pieces, patted dry
1/4 teaspoon salt
4 cloves garlic, finely chopped
1 teaspoon Italian seasoning
1/2 teaspoon crushed red pepper flakes
1 1/2 cups Organic tomato basil pasta sauce (from 24.5-oz jar)
1 1/2 cups shredded mozzarella cheese (6 oz)
2 tablespoons thinly shredded fresh basil leaves

** Be sure to use shredded (not grated) Parmesan cheese for this recipe.

DIRECTIONS:

1. Heat oven to 400F (204C). In a 10-inch ovenproof skillet, melt 1 tablespoon of the butter over medium heat. Add bread crumbs;

cook 3 to 5 minutes, stirring frequently, until toasted. Transfer to a small bowl; stir in Parmesan cheese.

2. Wipe out the skillet. Melt remaining 2 tablespoons butter in a skillet over medium-high heat. Add chicken and salt; cook 4 to 6 minutes without moving, until chicken is browned and releases easily from the pan. Stir; cook 3 to 5 minutes longer, stirring frequently, until chicken is cooked through. Stir in garlic, Italian seasoning and pepper flakes; cook and stir for 30 seconds.



PCLinuxOS Recipe Corner Bonus



Mongolian Beef and Noodles

INGREDIENTS:

12 oz flank steak
1/3 cup soy sauce
3 tablespoons packed brown sugar
1 tablespoon grated fresh ginger root
2 teaspoons toasted sesame oil
2 cloves garlic, finely chopped
1/2 teaspoon crushed red pepper flakes
2 tablespoons vegetable oil
1 cup carrots, cut into matchsticks
3 green onions, cut into 1-inch long slices
on the diagonal
1/2 cup beef flavored broth (from 32-oz carton)
1 tablespoon cornstarch
1 tablespoon water
10 oz uncooked wide rice noodles,
cooked as directed on package
3 tablespoons thinly sliced green onions

DIRECTIONS:

1. Place flank steak in the freezer for 30 minutes. Cut against the grain into 1/8-inch slices; place in a medium bowl.
2. In a small bowl, beat soy sauce, brown sugar, ginger root, sesame oil, garlic and pepper flakes until sugar is dissolved. Add 1/4 cup of the soy sauce mixture to beef; toss to coat. Reserve remaining soy sauce mixture. Cover and refrigerate beef for 45 minutes.
3. In a 12-inch nonstick skillet, heat 1 tablespoon of the oil over medium-high heat. Add half of the marinated beef, spreading it out into a single layer; cook

1 minute on each side until browned. Transfer beef to a plate. Add another 1 tablespoon oil to the skillet; repeat cooking remaining half of beef. Transfer to plate.

4. Reduce heat to medium. Add carrots; cook and stir about 2 minutes or until they begin to soften. Add 3 green onions cut into 1-inch slices; cook another minute.

5. Add broth to reserved soy sauce mixture. Beat in cornstarch and water with whisk; add to hot skillet. Cook until the sauce is boiling and thickened. Add beef and cooked rice noodles; toss to coat with sauce, and heat through. Transfer to a serving plate; garnish with 3 tablespoons thinly sliced green onions.



TIPS:

Pre Cut matchstick carrots can be found in the produce section of most grocery stores.

Freezing the steak slightly helps make it easier to slice the steak thinly, or ask your butcher to slice it for you.

NUTRITION:

Calories: 530 Carbs: 77
Fiber: 4g Sodium:563.3mg

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Screenshot Showcase

Posted by Meemaw, on December 1, 2020, running Xfce.



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PCLinuxOS Recipe Corner



Instant Pot Hamburger Soup

INGREDIENTS:

1/2 tablespoon olive oil
1/2 medium onion chopped
2 sticks celery chopped
1 pound extra lean (95% lean) ground beef
3 cloves garlic minced
2 heaping tablespoons tomato paste
1 (28 fluid ounce) can diced tomatoes with juices
4 cups beef broth
2 large Russet potatoes diced
1 dash Italian seasoning
Salt & pepper to taste

DIRECTIONS:

1. Add the olive oil, onion, and celery to your Instant Pot. Press the sauté button and cook for 4 minutes.

2. Stir in the beef and garlic. Cook until the beef has browned, stirring occasionally (about 5 minutes). You shouldn't need to drain much fat if you're using extra lean ground beef, but feel free to drain some/most of it if desired.

3. Stir in the tomato paste, then add in the diced tomatoes, beef broth, potatoes, and Italian seasoning.

4. Close the lid, make sure the valve is on "sealing", press the "manual" button and cook on high pressure for 8 minutes.

5. Once the countdown has finished, carefully do a quick pressure release.

6. Season with salt & pepper as needed and serve immediately.

OPTIONS:

Substitute 1/4 cup Pearl Barley for potatoes for a more high fiber hardy soup. Increase cooking time to 20 minutes.

Replaced diced potatoes with 1/2 cup macaroni (elbow) and add 1/2 cup additional beef broth and reduce cooking time to 4 minutes

NUTRITION:

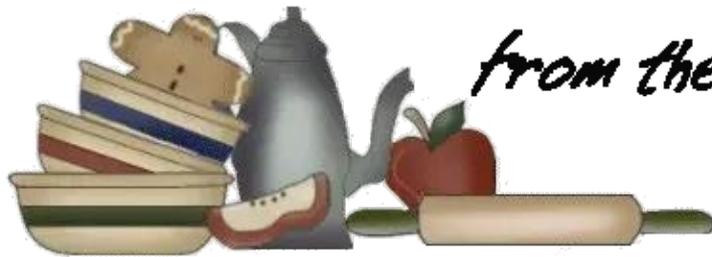
Carbs: 30g
Fiber: 3g

Calories: 253
Sodium: 854mg

To help reduce sodium use low sodium beef broth in the recipe.



PCLinuxOS Recipe Corner Bonus



*from the kitchen of
youcantoo*

Dump-and-Go Meatball Lasagna

INGREDIENTS:

8oz uncooked campanelle or rotini
or bow-tie pasta (2 3/4 cups)
24 frozen cooked Italian-style meatballs
(from 22-oz bag)
1 jar (25.5 oz) Organic tomato basil pasta sauce
2 cups water
1/2 teaspoon Italian seasoning
1 1/2 cups shredded mozzarella cheese (6 oz)
Chopped fresh basil leaves, if desired

DIRECTIONS:

1. Heat oven to 375F (190C). Spray a 13x9-inch glass baking dish with cooking spray.
2. In a large bowl, mix pasta, frozen meatballs, pasta sauce, water and Italian seasoning. Pour mixture into dish. Cover tightly with foil. Bake for 40-50 minutes. Remove the dish from the oven; stir mixture thoroughly. Sprinkle it with cheese.

3. Bake uncovered 5 to 8 minutes longer or until pasta is tender and cheese is melted. Garnish with basil leaves before serving.

TIPS:

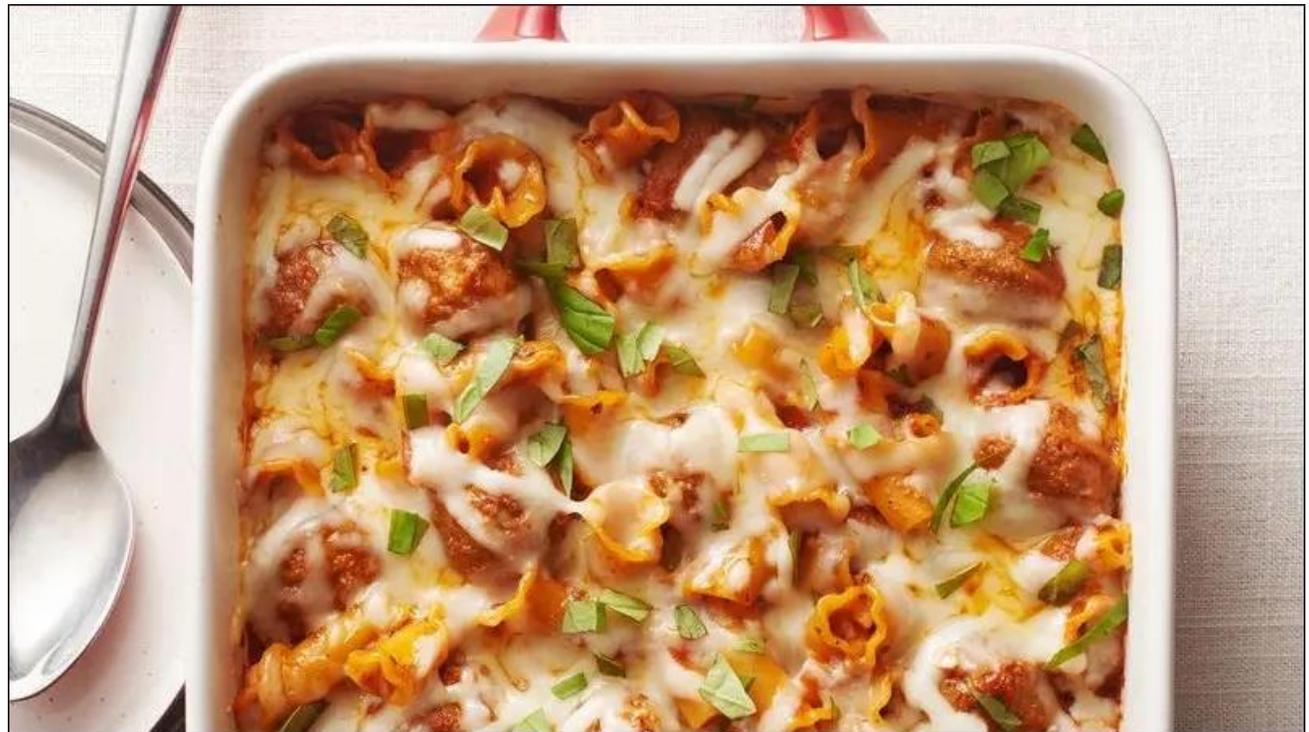
Shredded Italian cheese blend may be substituted for shredded mozzarella cheese.

Stir in 1/4 to 1/2 teaspoon crushed red pepper flakes to add a subtle spicy heat to this pasta.

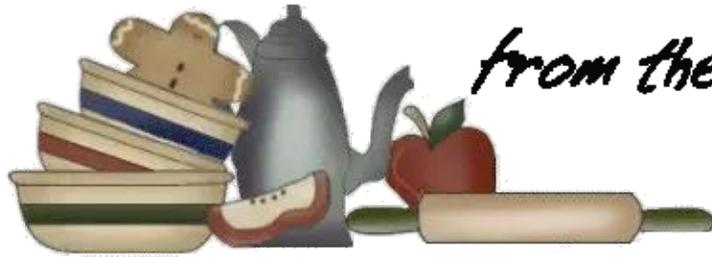
NUTRITION:

Calories: 500
Fiber: 5g

Carbs: 47
Sodium: 840mg



PCLinuxOS Recipe Corner



*from the kitchen of
youcantoo*

Breakfast Sausage Pies

INGREDIENTS:

1 pound ground pork breakfast sausage
1/2 cup chopped red onion
1/2 tsp diced garlic
2 medium sized eggs
1+ cup shredded Cheddar cheese
1 can Pillsbury Crescent Rolls

DIRECTIONS:

In a skillet, cook sausage and onion over medium-high heat for 5 to 7 minutes, stirring frequently, until sausage is no longer pink, drain. Cool for about 10 minutes. Stir in garlic, eggs, and cheese. Reserve enough cheese to sprinkle on top of pies.

Preheat the oven to 350 degrees. Unroll crescent rolls. Pinch perforated seams together. Cut dough into eight equal squares. Place each square into a greased muffin tin, and form to fit.

Once all eight squares have been put in the muffin tin, spoon one tablespoon of the sausage, onion, egg and cheese mixture into each cup. Sprinkle a bit of the shredded cheese on top of each sausage pie.

Bake for about 8-12 minutes until golden brown. Remove from the oven and let cool for about 5 minutes. Remove from the muffin tin using a fork or knife. Place on a serving plate and serve while still warm.

Serve with sour cream or salsa.



OPTIONS:

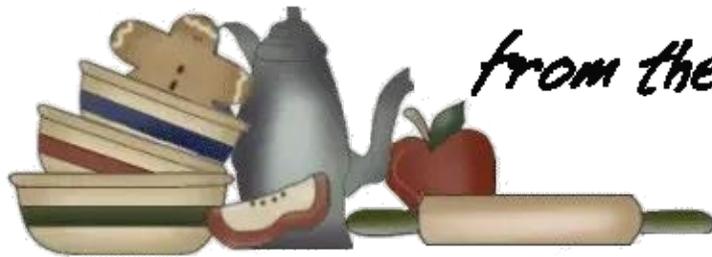
Replace sausage with Hamburger, Chicken or Turkey

NUTRITION:

Calories: 299 Carbs: 24g
Fiber: 0g Sodium: 773mg



PCLinuxOS Recipe Corner Bonus



*from the kitchen of
youcantoo*

Chicken Milanese With Fresh Tomato Sauce

INGREDIENTS:

6 1/2 teaspoons olive oil
2 cups grape tomatoes cut lengthwise in half
1 large shallot, chopped
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
1/4 cup dry red wine
1/2 cup chopped fresh basil leaves
1/2 cup Italian-style panko crispy bread crumbs
1/4 cup grated fresh parmesan cheese
4 boneless skinless chicken breasts (1 1/2 lb)
Cooking spray

DIRECTIONS:

1. In a 12-inch nonstick skillet, heat 2 teaspoons of the oil over medium-high heat. Cook tomatoes, shallots, salt and pepper in oil for 4 minutes, stirring frequently, until shallots are tender. Stir in wine; cook 30 seconds longer. Remove from heat; transfer to medium bowl. Stir in basil; cover to keep warm.

2. In a shallow bowl, mix bread crumbs and cheese. In the same skillet, heat remaining 4 1/2 teaspoons oil over medium heat. Spray both sides of chicken with cooking spray; coat with

bread crumb mixture. Cook chicken in oil for 12 to 15 minutes, turning once, until juice of chicken in oil for 12 to 15 minutes, turning once, until juice of chicken is clear when the center of thickest part is cut (at least 165F).

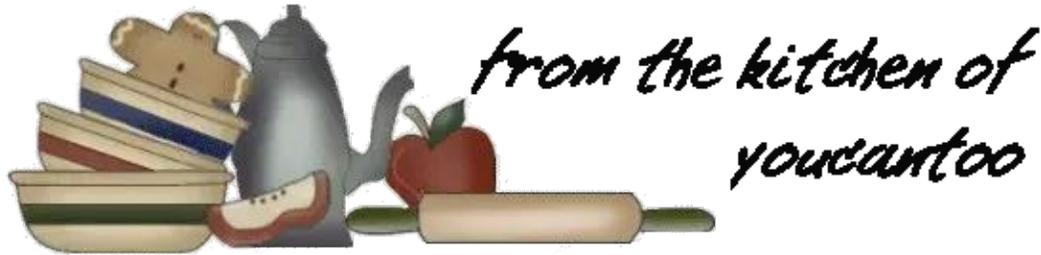
3. On each of 4 plates, place 1 chicken breast; spoon sauce evenly over chicken.

NUTRITION:

Calories: 813 Carbs: 42.2g
Fiber: 6.9g Sodium: 873.5mg



PCLinuxOS Recipe Corner



Mexican Stuffed Chicken

Servings 4

[Unit converter](#)

INGREDIENTS:

Chicken

- 1 cup shredded pepper Jack cheese (4 oz) (176 g)
- 4 oz cream cheese, softened (112 g)
- 1 can (4.5 oz) chopped green chilies (127 g)
- 1 package (1 oz) taco seasoning mix (28 g)
- 4 boneless skinless chicken breasts (6 to 8 oz each) (170 - 226 g)
- 2 tablespoons olive oil (29 ml)

Topping

- 3/4 cup shredded mozzarella cheese (3 oz) (176 g)
- 1/4 cup sliced green onions (4 medium) (26 g)
- 1/4 cup fresh cilantro leaves (4 g)

DIRECTIONS:

1. Heat oven to 400F (204C) Line large, rimmed sheet pan with foil. Place a wire rack on top of foil. Spray with cooking spray.
2. In a medium bowl, mix pepper Jack cheese, cream cheese, chiles and 1 tablespoon of the taco seasoning mix. On the thick side of each

chicken breast, cut the 3-inch-long pocket to within 1/4 inch of the opposite side of the breast. Spoon about 1/3 cup cheese mixture into the pocket in each chicken breast. Secure with toothpicks.

3. In a small bowl, mix the remaining taco seasoning mix and the olive oil. Place chicken on rack; brush with oil mixture.

4. Roast uncovered for 25 to 30 minutes or until stuffing reaches an internal temperature of 160F (71.1C) Top chicken breasts with mozzarella cheese; bake 3 to 5 minutes or until cheese is melted. Top each breast with green onions and cilantro.



NUTRITION:

Calories: 560
Carbs: 10g
Fiber: 1g
Sodium: 1190mg
Protein: 50g

PCLinuxOS Recipe Corner Bonus



Foil Packet Low Country Shrimp

Servings4

[Unit converter](#)

INGREDIENTS:

- 1 lb small red potatoes, halved (453 g)
- 4 pieces frozen corn on the cob [mini ears](#), thawed, cut in half
- 2 teaspoons oil (9.34 g)
- 2 teaspoons [Old Bay™ seasoning](#) (8.4 g)
- 1 lb (453 g) uncooked peeled deveined extra-large shrimp (16 to 20 count)
- 12 oz fully cooked [andouille](#) sausage, sliced (340.19 g)
- 1 lemon, cut into 8 wedges
- 1/4 cup chopped fresh parsley leaves (15 g)

DIRECTIONS:

1. Heat gas or charcoal grill. Cut 4 (18x12-inch) sheets of heavy-duty foil. Spray with cooking spray.

2. Place potatoes in a microwavable bowl. Microwave uncovered on High 5 to 6 minutes or until potatoes are just tender. Add corn to potatoes; drizzle with 1 teaspoon of the oil, and sprinkle with 1 teaspoon of the seasoning; mix until evenly coated. Place shrimp in a medium bowl; toss with remaining 1 teaspoon oil and remaining 1 teaspoon seasoning; mix until evenly coated.



3. Place an equal amount of sausage on the center of each sheet of foil. Dividing evenly, arrange potato and corn mixture around sausage. Divide shrimp evenly over sausage. Squeeze 1 wedge of lemon over each pack.

4. Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.

5. Place packs on the grill over medium heat. Cover grill; cook for 6 minutes. Rotate packs 1/2 turn; cook 5 to 7 minutes longer or until shrimp are pink and sausage is heated through. Remove packs from the grill, cut large X across the top of each pack. Carefully fold back foil; sprinkle with parsley, and top with remaining lemon wedges.

OPTIONS:

Two ears of fresh sweet corn can be substituted for the frozen corn in this recipe. Cut each ear into 4 pieces.

To make in the oven, place packs on a cookie sheet. Bake at 375F (162.7C) 23 to 25 minutes or until shrimp are pink and sausage is heated through.

NUTRITION:

Calories: 540 Carbs: 35g Fiber: 4g
Sodium: 1120mg Protein: 40g

PCLinuxOS Recipe Corner



Home-Style Beef & Potato Skillet

Servings 4
[Unit converter](#)

INGREDIENTS:

- 1 lb lean (at least 80%) ground beef (453.5 g)
 - 4 medium green onions, chopped (1/4 cup) (26 g)
 - 1 cup water (237 ml)
 - 1/2 teaspoon garlic salt (1.5 g)
 - 1 package (0.87 oz) onion gravy mix (28.3 g)
 - 2 cups frozen [potatoes O'Brien](#) with onions and peppers (from 24-oz bag) (256 g)
 - 1/2 cup frozen baby sweet peas (64 g)
 - 1 large tomato, chopped (1 cup) (200 g)
 - 1 1/2 cups [Original Bisquick™](#) mix ** (192 g)
 - 1/2 cup water (118 g)
- ** See our homemade Bisquick Mix [here](#).

DIRECTIONS:

1. In a 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally,

until brown; drain. Stir in 2 tablespoons of the onions, 1 cup water, the garlic salt and gravy mix (dry). Cook, stirring constantly, until mixture thickens. Stir in potatoes, peas and tomato. Heat until hot; reduce heat to medium-low.

2. In a small bowl, stir the Bisquick mix, remaining 2 tablespoons of onions and 1/2 cup water until soft dough forms. Drop dough by tablespoonfuls (see tips) onto beef mixture.

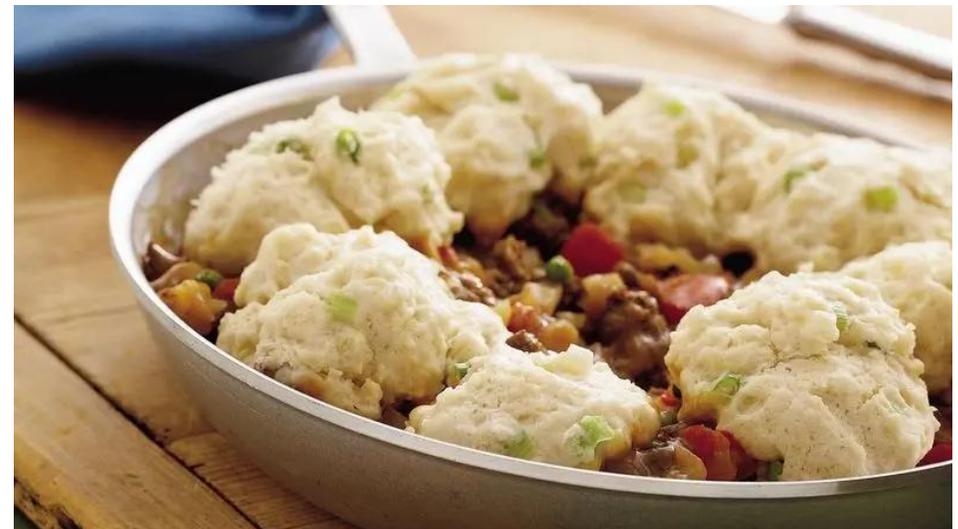
3. Cover; cook for 8 minutes. Uncover; cook 8 to 10 minutes longer or until a toothpick inserted in the center of the dumplings comes out clean.

TIPS:

When making dumplings, a great way to drop the dough is to use a small cookie-dough scoop, quickly scooping dough and dropping onto the beef mixture.

NUTRITION:

Calories: 360 Carbs: 44g Fiber: 5g
Sodium: 820mg Protein: 27g



PCLinuxOS Recipe Corner Bonus



Italian Beef Kabobs For Two

Servings4

[Unit converter](#)

INGREDIENTS:

- 1 beef bone-in sirloin or round steak, 3/4 pound, 1 inch thick (340.19 g)
- 2 garlic cloves, finely chopped
- 1/4 cup balsamic vinegar (59 ml)
- 1/4 cup water (59 ml)
- 1 tablespoon chopped fresh oregano leaves (3.04 g) or 1 teaspoon dried oregano leaves (1.01 g)
- 2 tablespoons olive or vegetable oil (30 ml)
- 1 1/2 teaspoons chopped fresh marjoram leaves (3.04 g) or 1/2 teaspoon dried marjoram leaves (1.01 g)
- 1 teaspoon sugar (4 g)

DIRECTIONS:

1. Remove fat from beef. Cut beef into 1-inch pieces.

2. Mix remaining ingredients in a medium glass or plastic bowl. Stir in beef until coated. Cover and refrigerate, stirring occasionally, at least 1 hour but no longer than 12 hours.

3. Set oven control to broil. Remove beef from marinade; reserve marinade. Thread beef on each of four 10-inch metal skewers, leaving 1/2-inch space between each piece. Brush kabobs with marinade.



4. Place kabobs on a rack in a broiler pan. Broil kabobs with tops about 3 inches from heat 6 to 8 minutes for medium-rare to medium doneness, turning and brushing with marinade after 3 minutes. Discard any remaining marinade.

TIPS:

Although you might be tempted to serve the extra marinade with the cooked kabobs, you should discard any marinade that has been in contact with raw meat. Bacteria from the raw meat could transfer to the marinade.

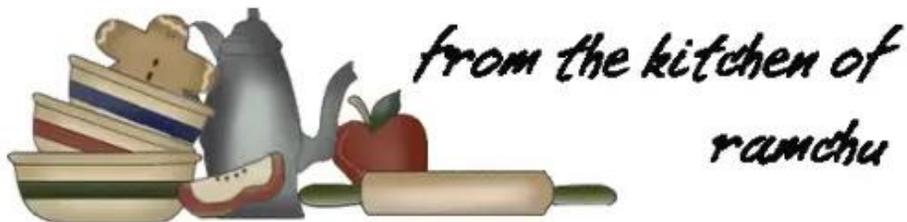
To speed up prep, omit the garlic, vinegar, water, oregano, oil, marjoram and sugar, and instead, marinate the beef in 2/3 cup purchased Italian dressing in step 2.

If using bamboo skewers, soak in water at least 30 minutes before using to prevent burning.

NUTRITION:

Calories: 144.8
Carbs: 2.2g
Fiber: 0.2g
Sodium: 504.4mg
Protein: 23 g

PCLinuxOS Recipe Corner Extra



Homemade Strawberry Pie

by Ramchu

This is an easy to make Strawberry Pie recipe, that is delicious and requires no special ingredients.



You will need:

- 1 - 9 inch pie pan (22.9cm)
- 1 - 9 inch pie crust (store bought or make your own)

- 7 - cups strawberries (1.7L)
- 1 1/4- cup sugar (250g)
- 3 - Tbsp. corn starch (44g)
- 3/4 - cup cold water (177ml)
- Whipped topping

Directions

Place the pie crust in the pie pan and bake at 400 F (204 C) for 20 minutes or until golden brown, remove from the oven and let cool.

Take 3 cups (711ml) of strawberries, place in a bowl and mash (I use an old style potato masher) add the sugar and stir, place mixture in a cooking pan/pot and cook over medium heat until sugar is dissolved.

Mix 3 Tbsp. (44g) corn starch with 3/4 cup (177ml) cold water, stir well to mix

and slowly add to strawberry mixture stirring constantly until it thickens and becomes translucent.

Gently fold the remaining 4 cups (948ml) of strawberries into the thickened strawberry mixture until they are coated.

Pour the strawberry mixture into the pre-baked pie crust and refrigerate for several hours.

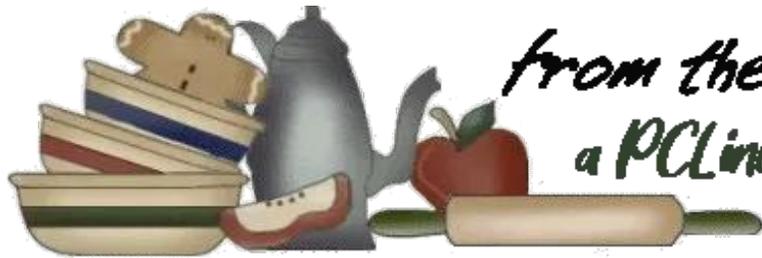
Serve topped with a large spoonful of whipped topping.



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PCLinuxOS Recipe Corner



*from the kitchen of
a PCLinuxOS Member*

Caribbean Style Curried Pork

Recipe provided by bb64

Serves 3-4

[Unit converter](#)

INGREDIENTS:

- 1/4 tsp Cinnamon
- 1/4 tsp Cumin
- 2 heaped tsp shredded dry ginger
- 1 tsp Garam Marsala**
(in the spice section of your grocery store)
- 1 rounded tsp generic Curry powder
- 1/4 tsp ground nutmeg
- 1/2 to 1 medium habanero chile
(finely chopped)
- 3-6 garlic cloves (finely chopped)
- 1 large onion
- 1-2 inches of lemon grass stalk (finely chopped)
- 1 SMALL tin/can of pineapple pieces
- 1 tin/can (400ml) (13.5oz) coconut cream.
- 500gm (1.1 lb) pork fillet
(more sliced than chopped)
- 1/50th tsp fish sauce (or to taste)
- 1 tsp brown sugar (to taste, see step 7)

TO SERVE:

- 2 cups (dry) rice (your choice, I prefer jasmine)
- 1/2 cup sultanas or mixed fruit
- 1/2 tsp or less turmeric powder (or if you are rich and famous, a few saffron threads)



DIRECTIONS:

1. Prepare all ingredients - slice pork, drain pineapple, chop the onion, chile, lemon grass, garlic etc, separately combine all the dry ingredients.
2. Quickly fry the pork and set aside. *Don't over cook, it will finish off later in the sauce.
3. Boil water and start the rice cooking, add the turmeric.
4. Fry up the pineapple and set it aside with the pork.
5. Soften the chopped onions in the same pan and add the green ingredients and fry up once.
6. Add the mixed dry ingredients and stir fry.
7. Add half the coconut cream and boil up once. Then add the rest of the coconut cream. Add fish sauce and enough brown sugar to make the sauce just sweet enough for the audience, then simmer until it is thickish.
8. Add sultanas/mixed fruit to the cooked rice to suit tastes.
9. Turn off the heat and add the pork and pineapple. Leave it on the cooling stove-top but watch it's not overcooking the pork.
10. Serve as desired, singly or in a serving dish. Garnish as desired.

NOTES:

- * Adjust to desired "heat" level by varying the amount or variety of chile.
- * Adjust the sweet/sour/salt balance by judiciously varying the fish sauce.

- * NOT suitable for refrigeration.
- * CAN be somewhat prepared beforehand but loses some of the spices fragrance etc.
- * My brother-in-law insists that this is greatly improved by adding 1 cup of dark rum towards the end of step 7 (that's 1/2 cup into the sauce and 1/2 cup into him).
- ** can substitute Garam Marsala with Chinese Five Spice

NUTRITION:

Calories: 248 Carbs: 29.6g
 Sodium: 428.7mg Fiber: 6.6g Protein: 21.8g

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Screenshot Showcase

Posted by kalwisti, on October 10, 2021, running openbox.



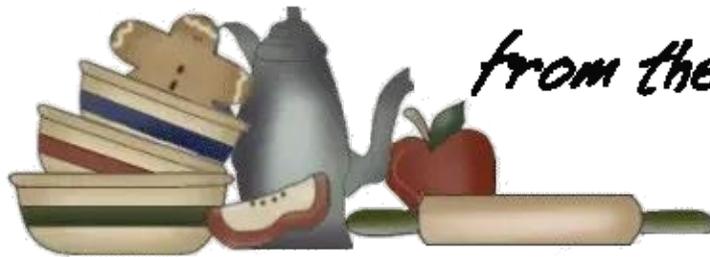
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PCLinuxOS Recipe Corner Bonus



*from the kitchen of
youcantoo*

Bacon, Ham & Cheddar Omelet Bake

Servings 4-6

[Unit converter](#)

INGREDIENTS:

- 1 tablespoon vegetable oil
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped onion
- 12 eggs
- 1 cup milk
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 cups shredded sharp Cheddar cheese (6 oz)
- 1 cup crumbled cooked bacon
- 1/2 cup diced cooked ham

DIRECTIONS:

1. Heat oven to 350F. In a 12-inch ovenproof skillet, heat oil over medium-high heat. Cook bell pepper and onion in oil 3 to 5 minutes, stirring frequently, until tender.

2. In a large bowl, beat eggs and milk with whisk; stir in salt, pepper and 1 cup of the cheese. Add bacon and ham to pepper and onion mixture in skillet, spreading evenly over bottom of skillet. Pour egg mixture into skillet; top with remaining 1/2 cup cheese.
3. Bake for 32 to 37 minutes or until just set and a knife inserted near the center comes out clean. Let stand for 10 minutes before serving.

TIPS:

Top with optional green onion and tomato.

Assemble, cover and refrigerate this bake the night before so it's ready to uncover and pop in the oven in the morning. You may need to add an additional 5 to 10 minutes to bake time.

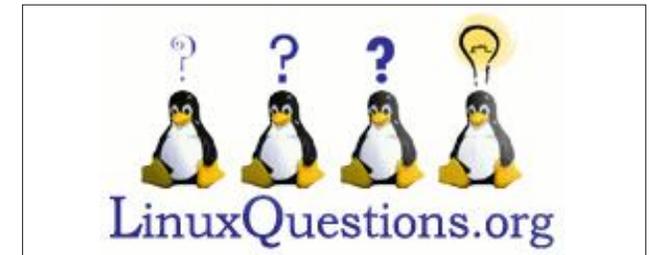
NUTRITION:

Calories: 300

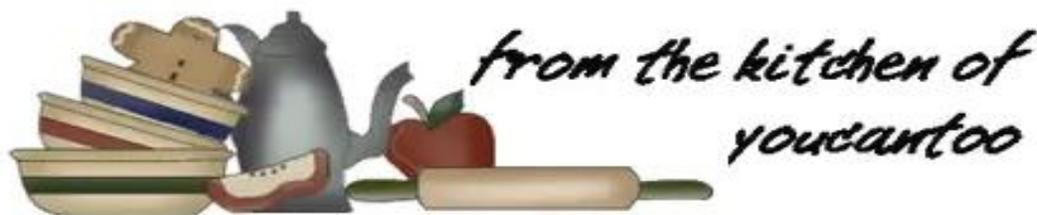
Carbs: 4g

Fiber: 0g

Sodium: 690mg



PCLinuxOS Recipe Corner



Stromboli

Serves 3-4

[Unit converter](#)

INGREDIENTS:

Stromboli Dough

- 1 3/4 - 2 1/4 cups of flour
- 1 envelope Yeast
- 1 1/2 teaspoons sugar
- 3/4 teaspoon salt
- 2/3 cup of very warm water (120° to 130° F)
- 3 tablespoons olive oil
- 1 egg, beaten (egg wash)

Toppings (all or a combo of the following)

- 1/2 cup marinara sauce
(I like garlic and onion marinara)
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried parsley
- 1/4 teaspoon dried oregano
- crushed red pepper flakes to taste*
- 3/4 cups grated mozzarella cheese

- 3/4 cups grated Parmesan cheese
- 1/4 pound cooked Italian sausage
- 9-12 slices pepperoni
- 6 slices deli honey ham
- 1/2 small green bell pepper very thinly sliced, sauteed 3 minutes
- 1/2 small onion very thinly sliced, sauteed 3 minutes
- 1 cup very thinly sliced uncooked mushrooms
- 1/4 cup sliced black olives



Garnish

- freshly grated Parmesan cheese
- Garlic salt
- extra pizza sauce for dipping (optional)

DIRECTIONS:

Stromboli Dough: Combine 1 cup flour, undissolved yeast, sugar, and salt in a large bowl. Add water and oil and mix together until well blended (you can do this by hand or with your mixer). Gradually add flour, mixing in 1/2 cup at a time, until dough forms a ball. Add additional flour, if needed to handle but the dough should be slightly sticky. Spoon dough out of bowl onto floured surface and knead until dough is smooth and elastic; about 4 minutes.

Preheat the oven to 425F degrees. Line a large baking sheet with parchment paper. Roll stromboli dough out into a large rectangle, about 10 by 14 inches on the parchment paper.

Stromboli: Stir parsley, basil, oregano and crushed red pepper flakes to taste (do not use red pepper if you are using Hot Italian Sausage) into 1/2 cup marinara sauce and lightly spread sauce over the dough, leaving a 2 inch plain dough border along the edges. Top sauce with half the grated cheeses, followed by meats, then vegetables followed by remaining cheese.

Brush the plain border of dough with the egg wash. Roll up the Stromboli lengthwise like a jelly roll and pinch edges to seal. Brush the entire Stromboli with egg wash and gently cut slats in the top of the dough every 1-2 inches. Sprinkle with freshly grated Parmesan and lightly sprinkle with garlic salt. Bake for 15-25 minutes** at 425F or until golden, covering with foil at the end of baking if necessary to prevent excess cheese browning.

Let cool for 5 minutes before slicing. Serve with extra marinara sauce if desired.

NOTES:

* add red pepper flakes to sauce

** Baking time can vary widely depending on the amount of toppings and content moisture of toppings/vegetables. The more toppings, the longer the baking time.

NUTRITION:

Calories: 320 Carbs: 36g
Sodium: 1310mg Fiber: 1g Protein: 15g



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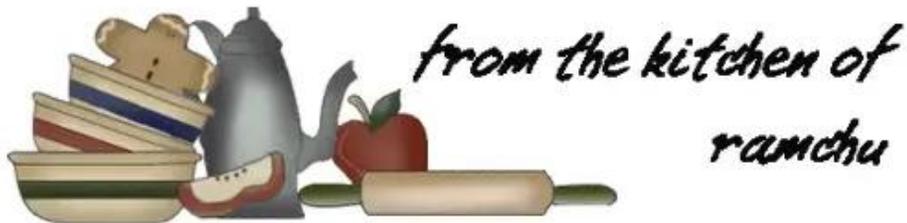
Posted by Texstar, on February 2, 2021, running KDE.



Introduction to Linux
FREE Course



PCLinuxOS Recipe Corner Extra



Brown Sugar Meatloaf

This is an easy, quick meatloaf that tastes as good as it smells.

Preparation Time: 20 minutes
Cook Time: 1 hour
Additional Time: 10 minutes
Total time: 90 minutes
Yield: 8 servings

INGREDIENTS:

Brown Sugar (packed) ...1/2 cup (118 ml)
Ketchup...1/2 cup (118 ml)
Ground Beef (lean) ...1 1/2 pounds (680 g)
Onion small (to taste) ... chopped
Saltine Cracker crumbs (finely crushed)
 3/4 cup (177 ml)
Milk...3/4 cup (177 ml)
Eggs...2
Salt...1 1/2 teaspoons (7.5 ml)
Black Pepper...1/4 teaspoon (1.25 ml)
Ginger (ground)...1/4 teaspoon (1.25 ml)

DIRECTIONS:

1. Preheat the oven to 350 degrees (175° C).
2. Lightly grease a 5X9 inch (13X23 cm) loaf pan.
3. Spread the brown sugar evenly over the bottom of the prepared loaf pan.
4. Spread the ketchup evenly over the brown sugar.
5. in a mixing bowl thoroughly mix the ground beef, onion, Saltine crackers, milk, eggs, salt, black pepper and ginger. Form into a loaf and place on top of the ketchup and brown sugar.
6. Bake for 1 hour in the preheated oven or until the juices are clear.
7. Move the cooked meatloaf into a larger pan, carefully pour off the excess fat from the

cooking pan, mix the remaining ketchup and brown sugar and pour over the top meatloaf.

Let stand for about 10 minutes, slice and serve.



PCLinuxOS Recipe Corner



Blackened Shrimp Avocado Cucumber Bites

Serves 3-4

[Unit converter](#)

INGREDIENTS:

For the shrimp and cucumber bites:

- 1 tablespoon oil
- 1 tablespoon creole seasoning
- 1 pound 16/20 shrimp, peeled and deveined
- 1 cucumber, sliced
- 1/4 cup Remoulade sauce (optional)

For the avocado sauce:

- 1 avocado, mashed
- 1 green onion, thinly sliced or chopped
- 2 tablespoons cilantro and/or parsley, chopped
- 1 tablespoon lemon juice
- salt and cayenne to taste

For the Remoulade Sauce:

- 1/4 cup mayonnaise
- 1 tablespoon creole mustard
- 1 tablespoon ketchup
- 1 teaspoon horseradish
- 1 small clove garlic
- 1 tablespoon lemon juice
- 1 teaspoon capers
- 1 green onion (chopped)
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon paprika
- hot sauce to taste

DIRECTIONS:

For the avocado sauce:

Mix everything and enjoy!

For the Remoulade Sauce:

Blend everything in a food processor until smooth.

For the shrimp and cucumber bites:

Toss the shrimp in the oil and the seasoning and cook in a preheated (medium-high heat) heavy bottomed pan/skillet until slightly blackened, about 2-3 minutes per side.



Assemble the bites with cucumber slices, topped with avocado sauce, shrimp and remoulade sauce.

NUTRITION:

Calories: 155
Carbs: 5.5 g
Fiber: 1.9 g
Sodium: 168 mg
Protein: 4 g

PCLinuxOS Recipe Corner Bonus



Mediterranean Roasted Fish Dinner

Servings 4-6

[Unit converter](#)

INGREDIENTS:

1 tablespoons olive oil
1 can (14 oz) artichoke hearts, drained, or 14 oz frozen artichoke hearts
1 pint (2 cups) cherry tomatoes
1/2 cup halved pitted olives
1 green bell pepper, cut into strips
4 cloves garlic, crushed
1 tablespoon fennel seed
1 1/2 lb cod, cut into 4 to 6 portions
2 tablespoons drained capers
4 1/2 teaspoons grated orange peel (1 medium)
1/3 to 1/2 cup fresh orange juice (1 medium)
Salt and pepper to taste

DIRECTIONS:

1. Heat oven to 450F. Drizzle a 15x10-inch pan with sides or a large shallow roasting pan with 1 tablespoon olive oil.
2. Arrange artichoke hearts, tomatoes, olives, bell pepper, garlic and fennel seed in a pan. Arrange fish over vegetables. Top with capers, orange peel, orange juice, salt and pepper.
3. Bake for 30 minutes or until vegetables are tender and fish flakes easily with a fork.
4. If desired, serve with rice, pasta or potatoes, green salad and/or crusty bread.

TIPS:

Not a fan of cod? Try using halibut or salmon portions, or even raw shrimp or scallops.

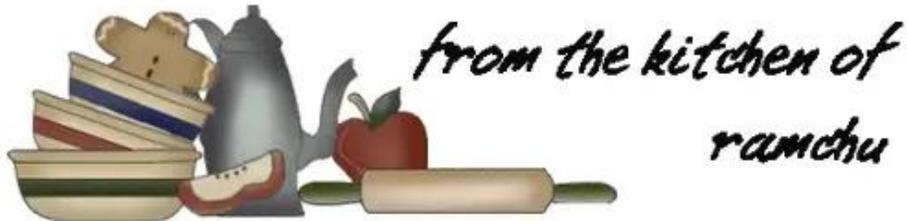
NUTRITION:

Calories: 225 Carbs: 17.1g Fiber: 2.5g
Sodium: 227.5mg Protein: 22 g

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PCLinuxOS Recipe Corner Extra



Tomato Basil Filets

Ingredients

- 2 - Tablespoons (30 ml) Fresh Lemon Juice
- 2 - Tablespoons (30 ml) Grated Lemon peel
- 2 - Teaspoons (10 ml) Olive Oil
- 4 - Tilapia Filets - about 1/2 inch (1.3 cm) thick
1lb. (454 grams)
- 3 - Tablespoons (45 ml) Basil leaves
(fresh, chopped)
- 1/2 - Teaspoon (2.5 ml) Salt
- 1/2 - Teaspoon Lemon Pepper Seasoning
- 1 - Can 14.5 oz. (411 g) Diced Tomatoes
(drained)
- 6 - Tablespoons (90 ml) Parmesan Cheese
(grated or shredded)

Directions

1. Preheat oven to 400°F (204°C)
2. Lightly grease an 11X7 inch (28X18 cm) baking dish.

3. In a shallow dish combine lemon juice, lemon peel, lemon pepper seasoning and oil.

4. Dip filets in the lemon and oil mixture, turning to coat.

5. Place coated filets in a baking dish.

6. Sprinkle filets evenly with salt, pepper, basil, and spoon on tomatoes.

7. Cover filets evenly with grated/shredded cheese.

8. Cover with foil - bake 15 to 20 minutes or until filets flake easily with a fork.



PCLinuxOS Recipe Corner



5-Ingredient Chicken Alfredo Bubble-Up Bake

Serves about 8
[Unit converter](#)

INGREDIENTS:

2 cups coarsely chopped deli rotisserie chicken
2 cups chopped fresh baby spinach
1 jar (15 oz) Alfredo pasta sauce
2 cups shredded mozzarella cheese (8 oz)
1 can (16.3 oz) Pillsbury Grands™ Southern Homestyle refrigerated Buttermilk biscuits (8 biscuits)

DIRECTIONS:

1. Heat oven to 350F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.

2. In a large bowl, mix chicken, spinach, Alfredo sauce and 1 cup of the mozzarella cheese. Separate dough into 8 biscuits; cut each into 6 pieces. Add to the bowl; gently stir.

3. Spoon mixture into baking dish; top with remaining 1 cup cheese.

4. Bake for 36 to 40 minutes or until deep golden brown and biscuits are cooked through.

TIPS:

An easy way to cut the biscuits is with kitchen scissors.

Pair up with a quick salad, and dinner is done!

NUTRITION:

Calories: 510 Carbs: 32g
Fiber: 0g Sodium: 1050mg
Protein: 23g



PCLinuxOS Recipe Corner Bonus



Tasty One-Pot Shrimp Fajita Pasta

Serves 5

[Unit converter](#)

INGREDIENTS:

12-16 oz shrimp (fresh or frozen and thawed)
8 oz medium shell pasta
1 TBSP oil for sautéing (avocado, olive, coconut plus extra as needed)
2 bell peppers
1 medium onion
3/4 tsp chili powder
/2 tsp cumin
1/2 tsp paprika
1/4 tsp garlic powder
1/4 tsp sea salt
1/8 tsp black pepper
1 cup enchilada sauce plus extra if desired

Tasty toppings

2-4 oz grated cheese (skip for dairy-free)

1 jalapeño, sliced thin
1/2 lime, cut into wedges
chopped green onion and/or cilantro to taste

Optional extras

guacamole or chopped/sliced avocado
a dollop of sour cream or Greek yogurt
pickled/marinated red onion
pico de gallo
hot sauce

DIRECTIONS:

If you plan on popping this bad boy in the oven to melt the cheese, use an oven-safe pot/pan and preheat your oven to 350F. Prefer to stir the cheese into the pasta? Skip the oven!

Clean and peel shrimp, defrosting if needed. Lately we've been buying frozen, deveined, easy-peel shrimp. All I have to do is defrost,

peel, and cook! You can also buy your shrimp already peeled if you'd like! Set shrimp aside and start on the pasta.

Cook pasta, uncovered in a large pot of boiling water per package instructions. I like mine al dente. Rinse in a colander with cold water. Drain and set aside.



While your pasta boils, slice your bell pepper and chop your onion. Bring a large high-sided pan or skillet to medium-high heat with 1 TBSP of oil. Sauté onion and peppers until edges are browned and softened. Reduce heat to medium.

Pat shrimp dry and season with chili powder, cumin, paprika, garlic powder, salt, and pepper. Mix well to coat both sides.

Move veggies to the side, add a bit more oil, as needed, and add your shrimp to the pan. Cook on each side for about 2 minutes until shrimp curl and become opaque. The cooking time will depend on the heat setting you choose and the size of your shrimp, but regardless they'll be perfectly cooked in a matter of minutes. Add your cooked, drained pasta and enchilada sauce. Gently fold everything together. If you'd like, feel free to use additional sauce! Sometimes I go light and other times I'll make it extra saucy!

Add your cheese. You can swirl it into the pasta or sprinkle on top and use an oven mitt to transfer the pot to the oven, uncovered, for a few minutes until hot and melty!

Now pile on the toppings! I added lime wedges (I love to squeeze a little lime juice into the dish before diving in) along with cilantro and fresh jalapeño's. It's also amazing with a dollop of sour cream and some salsa.

NUTRITION:

Calories: 444 Carbs: 41g Fiber: 2g
Sodium: 1431mg Protein: 22g



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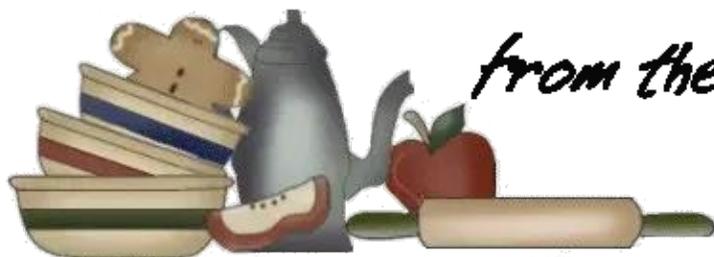


Posted by YouCanToo, on June 1, 2021, running KDE.



The PCLinuxOS Magazine
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PCLinuxOS Recipe Corner



*from the kitchen of
youcantoo*



Taco Stuffed Avocados

Serves 4

INGREDIENTS:

- 1 tablespoon avocado oil
- 8 ounces lean ground turkey
- ¼ cup chopped onion
- 1 teaspoon chili powder
- ¼ teaspoon salt
- ½ cup low-sodium black beans, rinsed
- ¼ cup salsa
- 2 ripe avocados, halved and pitted
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon lime juice
- 4 teaspoons shredded Mexican cheese blend

DIRECTIONS:

1. Heat oil in a medium skillet over medium-high heat. Add ground turkey, onion, chili powder and salt. Cook, stirring with a wooden spoon and breaking up large pieces of turkey,

until cooked through, 4 to 6 minutes. Remove from heat and stir in black beans and salsa.

2. Carve out the flesh of each avocado half with a spoon, leaving about a 1/4-inch border all around.

Transfer the scooped flesh to a small bowl. Add cilantro and lime juice; mash with a fork until chunky-smooth.

3. Fill each avocado half with about 1/2 cup of the turkey filling (they will be very full). Top each with 1 teaspoon cheese and some of the guacamole.

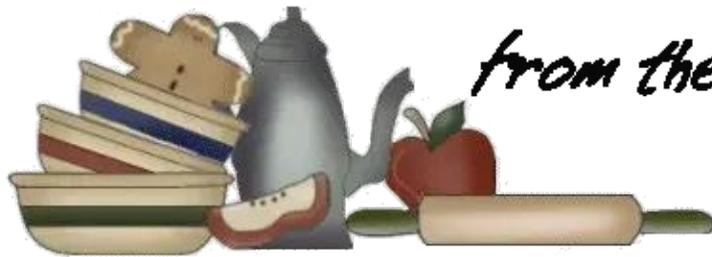
NUTRITION:

Calories: 324
Fiber: 8.9g
Protein: 15.4g

Carbs: 15.6g
Sodium: 754.8mg



PCLinuxOS Recipe Corner Bonus



*from the kitchen of
youcantoo*

Beef and Scalloped Potatoes Casserole

Serves 6

INGREDIENTS:

Beef and Potatoes

- 1 lb lean (at least 80%) ground beef
- 1 cup diced yellow onions
- 1 package (8 oz) cream cheese, cubed
- 3 1/2 cups water
- 2 boxes (4.7 oz each) scalloped potatoes

TOPPING:

- 1 cup shredded sharp Cheddar cheese (4 oz)
- 1/2 cup chopped cooked bacon (6 slices)
- 2 tablespoons thinly sliced green onions
- Sour cream, if desired

DIRECTIONS:

1. Spray 4 1/2- to 5-quart slow cooker with cooking spray.

2. In a 10-inch nonstick skillet, cook beef and onions over medium-high heat for 7 to 9 minutes, stirring occasionally, until brown; drain. Return beef mixture

to skillet, and place over low heat; stir in cream cheese. Cook for 2 to 3 minutes, stirring frequently, until cream cheese melts.

3. In a slow cooker, mix water and sauce mixes (from scalloped potato boxes), then stir in potatoes (from scalloped potato boxes). Spread beef mixture over potatoes.

4. Cover; cook on Low heat setting 2 to 2 1/2 hours or until potatoes are tender and liquid is absorbed.

5. Stir mixture. Top with Cheddar cheese; cover, and cook on Low heat setting 3 to 5 minutes longer or until cheese is melted. Top with bacon and green onions. Serve with sour cream.

Expert Tips

To test potato tenderness without releasing too much heat from the slow cooker, slightly lift the lid, and slide a bamboo skewer into the center of the mixture. Potatoes should be very tender.

To ensure even cooking of potatoes, make sure to fully cover potatoes with beef mixture.

NUTRITION:

Calories: 274 Carbs: 20.4g Fiber: 1.0g
Sodium: 588.4mg Protein: 23.5g



PCLinuxOS Recipe Corner



Easy Slow-Cooker Lasagna

Serves 8

Ingredients:

- 1 lb. lean ground beef
- 1 (26 to 28-oz.) jar tomato pasta sauce
- 1 (8-oz.) can no-salt-added tomato sauce
- 1/2 (9-oz.) pkg. (about 8) no-boil lasagna noodles
- 1 (1-lb.) jar Alfredo pasta sauce
- 12 oz. (3 cups) shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese

Directions:

Brown ground beef in a large skillet over medium-high heat until thoroughly cooked, stirring frequently. Drain.

Spray 4 to 5-quart slow cooker with nonstick cooking spray. Spread 3/4 cup of the tomato

pasta sauce in the bottom of the sprayed slow cooker. Stir remaining tomato pasta sauce and tomato sauce into ground beef (right, top).

Layer 3 lasagna noodles over sauce in a slow cooker, breaking noodles as necessary. Top with 1/3 of the Alfredo pasta sauce, spreading evenly. Sprinkle 1 cup of the mozzarella cheese. Top with 1/3 of the ground beef mixture, spreading evenly (right).

Repeat layering twice, using 2 lasagna noodles in the last layer. Sprinkle Parmesan cheese over top (right).

Cover; cook on Low setting for 3 1/2 to 4 1/2 hours. If desired, cut into wedges to serve.

Nutrition:

Calories: 388 Carbs: 43g Fiber: 4g
Sodium: 1119mg Protein: 27g



PCLinuxOS Recipe Corner Bonus



Huevos Rancheros Hash Brown Skillet

Serves 4

Crispy hash browns take center stage in this skillet breakfast topped with eggs, salsa and plenty of cheese. Who wouldn't love this tasty take on a favorite Mexican breakfast?

Ingredients:

3 tablespoons vegetable oil
1 medium onion, chopped (1 cup)
1 tablespoon chili powder
3/4 teaspoon salt
6 cups frozen shredded hash brown potatoes (from 30-oz bag)
4 eggs
1 cup Thick 'n Chunky salsa (from 16-oz jar)
1 cup shredded Cheddar cheese (4 oz)
Sour cream, sliced avocado, chopped red onion, cilantro leaves, additional Thick 'n Chunky salsa, if desired

Directions:

In a 12-inch nonstick skillet, heat 1 tablespoon of the oil over medium heat. Add onion; cook 3 to 5 minutes, stirring frequently, until softened. Add chili powder and 1/2 teaspoon of the salt; cook and stir for 1 minute.

Add frozen hash brown potatoes and remaining 2 tablespoons oil to skillet; stir to combine. Spread hash brown mixture evenly in skillet. Cook for 8 to 10 minutes or until the bottom starts to brown. Using spatula, working in sections, turn hash browns over so the browned side is on top. Use a large spoon or spatula to make four indentations in the hash

brown mixture; crack 1 egg into each hole. Sprinkle eggs with remaining 1/4 teaspoon salt.

Spoon 1 cup salsa around eggs; sprinkle cheese over salsa. Reduce heat to medium-low; cover and cook for 10 to 12 minutes or until egg whites and yolks are firm, not runny and cheese is melted.

Serve with remaining ingredients.

Nutrition:

Calories: 590 Carbs: 70g Fiber: 7g
Sodium: 1220mg Protein: 18g



PCLinuxOS Recipe Corner



A Twist on the Cabbage Roll Casserole

Serves 6

Ingredients:

1 lb lean ground beef (at least 80%)
2 cups chopped yellow onions
2 tablespoons butter
1 bag (10 oz) angel hair coleslaw mix
4 cloves garlic, finely chopped
1 teaspoon salt
1 teaspoon black pepper
1 can (15 oz) tomato sauce
2 cups cooked white rice
2 eggs
1/2 cup heavy whipping cream
1/4 cup chopped fresh parsley leaves
Sour cream, if desired

Directions:

Heat oven to 350F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.

Heat a 12-inch nonstick skillet over medium-high heat. Add beef and onions; cook 8 to 10 minutes, stirring to break up chunks, until beef is brown.

Remove from skillet; drain and set aside. Wipe out the skillet.

In the same skillet, melt butter over medium-high heat. Stir in coleslaw mix, garlic, salt and pepper. Cook 1 to 2 minutes, stirring frequently, until wilted. Stir in tomato sauce; heat to simmering. Remove from heat. Stir in beef mixture and rice. In a small bowl, beat eggs and whipping cream; stir into mixture in skillet. Spoon mixture into baking dish. Cover with foil. Bake 22 to 24 minutes or until heated to 165F in the center of the casserole. Top with parsley; serve with sour cream.

Nutrition:

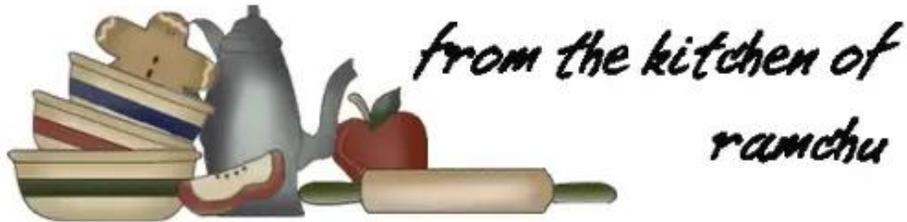
Calories: 390 Carbs: 30g Fiber: 3g
Sodium: 800mg Protein: 19g



The
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PCLinuxOS Recipe Corner Extra



Outrageous Chocolate Chip Cookies

A lightly crisp outside with a chewy center, these chocolate chip cookies are absolutely delicious, with a unique combination of chocolate chips, peanut butter and oatmeal. You won't believe how good they are.

Prep Time: 15 minutes

Cook time : 10 minutes

Yield: 3 dozen (36 cookies)

Ingredients

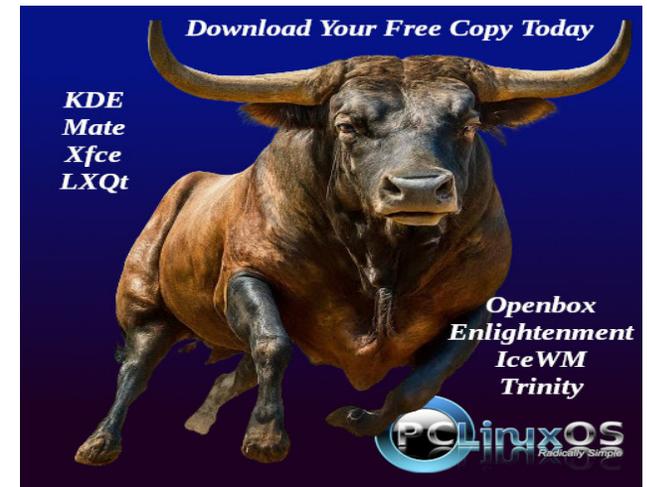
1/2 cup butter
1/2 cup white sugar
1/3 cup brown sugar (packed)
1/3 cup peanut butter
1/2 teaspoon vanilla extract
1 egg
1 cup all purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup rolled oats
1 cup semisweet chocolate chips

Directions

1. Preheat oven to 350 degrees (175 degrees C).
2. In a medium bowl cream together the butter, white sugar and brown sugar until smooth. Stir in the peanut butter, vanilla and egg until well blended.
3. Combine the flour, baking soda and salt; stir into the batter, just until moistened.
4. Mix in the oats and chocolate chips until evenly distributed. Drop by tablespoonfuls onto lightly greased baking/cookie sheets.

5. Bake for 10 to 12 minutes in the preheated oven, until the edges start to brown.

6. Cool for about 5 minutes before transferring a cooling rack to cool completely.



PCLinuxOS Recipe Corner



Ukrainian Borsch

This is a staple in many Ukrainian homes, a bowlful of sweet, sour and savory flavors.
Serves: 4-6

INGREDIENTS:

1 pound beef shank
4 cups onions, chopped
4 cups chopped celery
3 cups diced carrots
1 - 2 cups chopped cabbage
1 or 2 beets, cut into strips
1 small can tomato paste
1 tsp vinegar
1 tsp sugar
2 or 3 potatoes, diced
1 fresh tomato
1 garlic clove
2 bay leaves
Kosher salt and freshly ground black pepper
as needed

DIRECTIONS:

Boil roast in a little water until done. Remove from the pot and chop into small pieces. Save broth.

Pour several tablespoons of oil in a skillet and saute onions, celery, and carrots. Pour sauteed vegetables into reserved broth. Add beef back to the broth and put into the chopped cabbage. Turn on low heat and simmer.

In a skillet place a little broth, tomato paste, and cut up beets. Cook until beets are tender. Add vinegar and sugar.

Pour beef mixture into pot, add the chunked potatoes, and bring to a boil, boil for 10-15 minutes or until potatoes are tender.

Cut up the tomatoes into tiny pieces and add 1/2 tsp salt. Press garlic cloves and add into tomatoes, then pour into the pot. Continue simmering for 10-15 minutes. Add bay leaves and let set for up to an hour to blend flavor.

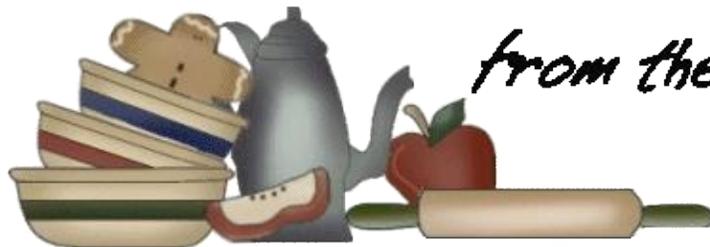
Serve with sour cream.

NUTRITION:

Calories: 479 Carbs: 28g
Sodium: 500mg Fiber: 5g
Protein: 32g



PCLinuxOS Recipe Corner Bonus



*from the kitchen of
youcantoo*

Slow-Cooker Caramel-Toffee Bread Pudding

Serves 6

Ingredients:

Bread Pudding

8 cups cubed (day old) French bread
(1-inch pieces)
4 eggs
2 cups half-and-half
3/4 cup packed brown sugar
1/4 cup butter, melted
1 teaspoon vanilla
1/2 cup toffee bits

Topping

1/2 cup caramel topping
1/4 teaspoon vanilla
Whipped topping, if desired

Generously spray 5- or 6-quart oval slow cooker with cooking spray. Place bread in a slow cooker.

In a medium bowl, beat eggs and half-and-half with whisk until well mixed. Add brown sugar, melted butter and 1 teaspoon vanilla; beat until well mixed.

Pour over bread; toss to evenly coat in custard mixture. Let stand for 10 minutes. Toss again to make sure as much of the custard mixture as possible is soaked up by bread. Press down slightly on top of bread, and sprinkle with toffee bits.

Cover top of insert with large kitchen towel folded in half. Place the lid on top of the towel. (This will prevent

condensation from dripping onto bread during cooking.) Cook on Low heat setting 2 1/2 to 3 hours or until edges are golden brown and temperature is at least 160F when instant-read thermometer is inserted near center.

Meanwhile, in a 1-cup glass measuring cup, mix caramel topping and 1/4 teaspoon vanilla. Serve with warm bread pudding. Top with whipped topping.

Nutrition:

Calories: 630 Carbs: 83g Fiber: 1g
Sodium: 530mg Protein: 12g



PCLinuxOS Recipe Corner



Slow-Cooker Lemon Pepper Chicken

Low Carbohydrate 3g

INGREDIENTS:

3 tablespoons butter
8 bone-in skin-on chicken thighs
(2 1/2 to 3 lb total)
1 teaspoon lemon pepper
1/2 teaspoon salt
2 teaspoons finely chopped garlic
1 cup chicken broth (from 32-oz carton)
2 teaspoons grated lemon peel and 2 tablespoons
lemon juice (from 1 large lemon)
2 tablespoons cold water
2 tablespoons cornstarch

DIRECTIONS:

Spray 3 1/2- to 4-quart slow cooker with cooking spray.

In a 12-inch nonstick skillet, heat 1 tablespoon of the butter over medium-high heat. Season chicken with 1/2 teaspoon of the lemon pepper and the salt. Place half of the chicken thighs skin-side down in a skillet; cook for 4 to 5 minutes or until the skin is golden brown and chicken releases easily from the surface. Turn chicken over; cook for 2 minutes. Repeat for remaining chicken.

Layer chicken thighs, skin-side up, inside slow cooker; sprinkle with garlic. In a 2-cup measuring cup, mix chicken broth, lemon peel, lemon juice and remaining 1/2 teaspoon lemon pepper; pour over chicken thighs. Cover and cook on Low heat setting 3 to

3 1/2 hours or until chicken is tender (at least 165 degrees F).

Remove chicken to a serving platter; cover and keep warm. In a small bowl, mix water and cornstarch; beat with whisk into cooking juices in slow cooker. Cover and cook on High heat setting 20 to 30 minutes or until slightly thickened and bubbly around edges. Stir in remaining 2 tablespoons butter.

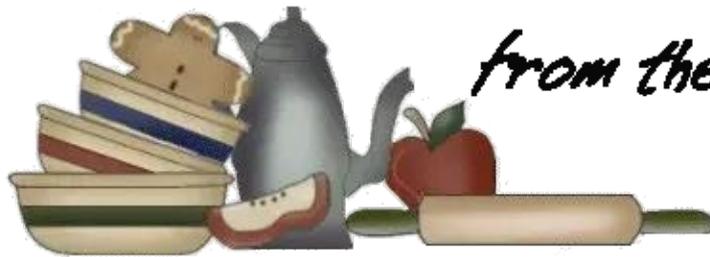
TIPS:

If desired, garnish with fresh slices of lemon or chopped Italian (flat-leaf) parsley.

Add a green vegetable and rice or noodles for a complete meal.



PCLinuxOS Recipe Corner



*from the kitchen of
youcantoo*

Quick and Easy Beef Bourguignon for Two

INGREDIENTS

3/4 lb boneless beef sirloin steak,
cut into 1 1/2-inch cubes
1/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoons olive oil
1 cup sliced mushrooms
1 slice bacon, chopped
1 small onion, sliced
1 tablespoon tomato paste
1 clove garlic, finely chopped
1/2 teaspoon chopped fresh thyme leaves
1 tablespoon all-purpose flour
1 cup beef broth
1/2 cup dry red wine
1 tablespoon chopped fresh parsley leaves

DIRECTIONS

1. Season beef cubes with salt and pepper. In a 10-inch nonstick skillet, heat 1 tablespoon of the

oil over medium-high heat. Add beef, and cook 2 to 3 minutes, turning frequently, until browned on outsides, but still rare in the middle. Remove from skillet; keep warm.

2. Heat remaining 1 tablespoon of oil in a skillet over medium-high heat. Add mushrooms; cook and stir for 3 to 4 minutes or until tender and browned. Remove from skillet; keep warm.



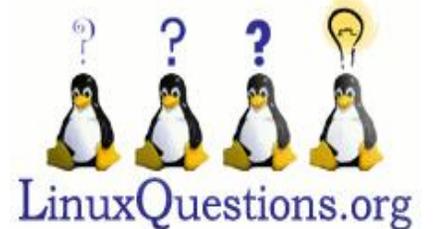
3. Reduce heat to medium; add bacon and onion.

Cook and stir for 3 to 4 minutes or until onions are softened and beginning to brown. Add tomato paste, garlic and thyme. Cook and stir for 1 minute. Add flour; cook and stir for 1 minute.

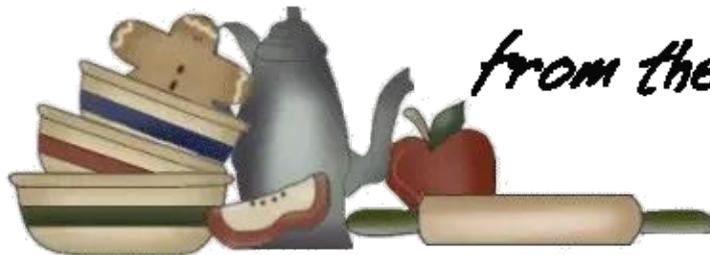
4. Add cooked mushrooms, broth and wine; heat to boiling. Reduce heat to low; simmer 4 to 5 minutes, stirring occasionally, until sauce is slightly thickened. Return beef to skillet; cook 2 to 3 minutes, stirring occasionally, until beef is medium-rare to medium (145F to 160F). Garnish with parsley.

Expert Tips

White button mushrooms work well in this recipe, but if you'd like a bigger mushroom flavor, you can use Cremini mushrooms.



PCLinuxOS Recipe Corner Bonus



*from the kitchen of
youcantoo*

Creamy Parmesan Pork Chop Skillet

Serves 4

Ingredients:

4 boneless pork chops (1 1/2 lb), trimmed of fat
1/4 teaspoon salt
1/4 teaspoon ground black pepper
4 tablespoons butter
1 cup thinly sliced sweet onions
1/4 cup all-purpose flour
1 1/2 cups chicken broth (from 32-oz carton)
1/4 cup heavy whipping cream
1/2 cup shredded Parmesan cheese (2 oz)
2 tablespoons chopped fresh Italian
(flat-leaf) parsley
1 pouch (4.7 oz) Betty Crocker™ roasted garlic
mashed potatoes, prepared as directed on pouch

<https://www.bettycrocker.com/products/betty-crocker-potatoes/flavored-mashed/roasted-garlic>

Directions:

Rub pork chops with salt and pepper. In a 12-inch nonstick skillet, melt 2 tablespoons of the butter over medium-high heat. Add pork; cook 2 to 4 minutes or until browned on the first side. Turn pork; reduce heat to medium; cook 1 to 2 minutes or until browned on the second side.



Transfer to a plate; cover with foil to keep warm. Butter will be very dark.

Add remaining 2 tablespoons butter and the onions to skillet; cook 3 to 4 minutes or until onions soften and begin to brown. Stir in flour; cook and stir for 30 to 60 seconds or until mixture thickens and begins to brown. Stir in broth and whipping cream; heat to simmer over medium-high heat. Return pork to skillet; reduce heat to low. Cover and cook for 4 to 6 minutes or until pork is no longer pink in center (at least 145F).

Remove from heat; transfer pork to plates. Stir Parmesan cheese into sauce mixture in skillet. Spoon sauce over pork; top with parsley. Serve with potatoes.

Tips:

Trim fat from pork chops before cooking. DO NOT overcook. Add sautéed fresh mushrooms to gravy. Substitute Noodles or Rice for potatoes.

Nutrition:

Calories: 750 Carbs: 38g
Fiber: 2g Sodium: 1520mg
Protein: 48g

PCLinuxOS Recipe Corner



Beef Wellingtons

Serves 2

Ingredients:

Wellingtons

2 boneless beef tenderloin steaks,
1 1/2 inches thick (6 oz each)
1/2 teaspoon salt
1/4 teaspoon pepper
1 tablespoon olive oil
2 tablespoons butter
2 tablespoons finely chopped shallot
1 clove garlic, finely chopped
1 cup finely chopped cremini mushrooms (2 oz)
2 thin slices prosciutto, finely chopped
1/2 teaspoon finely chopped fresh thyme leaves
1 sheet frozen puff pastry
(from 1-lb package), thawed
1 egg, beaten
1 tablespoon water
2 teaspoons Dijon mustard

Sauce

1 tablespoon butter
2 tablespoons finely chopped shallot
1 clove garlic, finely chopped
1 teaspoon Dijon mustard
3/4 cup beef-flavored broth (from 32-oz carton)
1/2 cup heavy whipping cream
2 tablespoons brandy
1 tablespoon chopped fresh
Italian (flat-leaf) parsley

Directions:

Season steaks with salt and pepper. In a 10-inch skillet, heat oil over high heat. Add steaks; cook 2 minutes on each side to brown. Remove steaks; refrigerate 30 minutes.

Meanwhile, melt 2 tablespoons butter in the same skillet over medium-high heat. Add 2 tablespoons shallot and 1 clove garlic; cook and stir for about 2 minutes or until softened. Add mushrooms, prosciutto and thyme; cook and stir for 3 to 4 minutes or until mushrooms have softened and any liquid has evaporated. Transfer mushroom mixture to bowl; refrigerate 10 to 15 minutes or until completely cooled.

Line a large rimmed cookie sheet with cooking parchment paper. Roll puff pastry sheet to 20x9 inches; using a sharp knife, cut out two 9-inch rounds. From scraps, cut out leaves or other shapes to use as decoration. Place pastry rounds and decorative cutouts on a cookie sheet. Place in the freezer for 5 minutes.



Heat oven to 400F. In a small bowl, beat egg and water.

Remove pastry from freezer; brush each round with 1 teaspoon mustard. Place a generous tablespoon of the mushroom mixture in the center of each pastry. Place a steak on top of mushroom mixture on each pastry round; top each steak with another generous tablespoon mushroom mixture. Brush edges of each pastry round with egg wash; fold pastry over steak so dough edges slightly overlap and steaks are completely enclosed. Place on cookie sheet, seam side down; brush top and sides with egg wash. Place decorative cutouts on top of each; brush cutouts with more egg wash. Place in the freezer for 5 minutes.

Remove from the freezer; bake for 20 to 25 minutes or until pastry is golden brown and meat thermometer inserted in thickest part of beef reads 135F for medium-rare (temperature will continue to rise to 145F while it stands). Place on rack; let stand for 10 minutes.

Meanwhile, in a 10-inch skillet, heat 1 tablespoon butter over medium heat. Add 2 tablespoons shallot and 1 clove garlic; cook and stir for 1 to 3 minutes or until softened. Stir in 1 teaspoon mustard. Remove from heat; add broth, whipping cream and brandy. Heat to boiling over medium-high heat. Reduce heat; cook for 6 to 8 minutes, stirring occasionally, until slightly thickened. Stir in parsley. Serve sauce with Wellingtons.

Nutrition:

Calories: 1450 Carbs: 65g Fiber: 5g
Sodium: 1770mg Protein: 54g



Screenshot Showcase



Posted by luikki, on February 23, 2022, running KDE.

PCLinuxOS Recipe Corner Bonus



Beef Tortilla Casserole

INGREDIENTS:

1 lb lean (at least 80%) ground beef
1/2 cup chopped onion
1 box (14.2 oz) Old El Paso™
enchilada dinner kit
1/2 cup water
1 can (4.5 oz) chopped green chiles
1 cup sour cream
1 cup shredded Cheddar cheese (4 oz)

DIRECTIONS:

Heat oven to 350°F. In a 10-inch skillet, cook beef and onion, stirring occasionally, until beef is thoroughly cooked; drain. Stir in both pouches enchilada sauce (from dinner kit), the seasoning mix (from dinner kit), water and chiles; heat until hot.

In an ungreased 11x7-inch baking dish, spread 1 cup of the beef mixture. Cut tortillas (from the

dinner kit) in half. Place 6 tortilla halves on beef; spread with 1/2 cup of the sour cream. Top with 1/2 cup of the cheese, 1 cup of the beef

mixture and remaining 6 tortilla halves. Top with remaining sour cream, remaining beef mixture and remaining cheese.

Bake for 30 minutes. If desired, serve with additional sour cream, diced red bell pepper and chopped fresh cilantro.

NUTRITION:

Calories: 284.7 Carbs: 10.7g Fiber: 0.4g
Sodium: 524.7mg Protein: 21.4g



PCLinuxOS Recipe Corner



Pizza-Stuffed Pasta Shells

Serves 6

DIRECTIONS:

Heat oven to 375F. Spray 13x9-inch (3-quart) glass or ceramic baking dish with cooking spray. In a 10 or 12-inch nonstick skillet, cook 1 lb lean ground beef and 1 finely chopped garlic clove over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked.



Drain. Stir in half of the 4 oz quartered pepperoni slices and 1 cup of the pizza sauce. Cook for 5 minutes or until mixture is thoroughly heated. Remove from heat.

Meanwhile, cook 21 uncooked jumbo pasta shells as directed on the package. Drain. (top, right)



Stuff each cooked shell with 2 tablespoons of beef mixture; place in a single layer in a baking dish. Cover shells with remaining 2 cups pizza sauce, the 2 cups shredded mozzarella cheese and the remaining half of the pepperoni.



Bake for 25 minutes or until bubbly and cheese is melted. Let stand for 5 minutes before serving.

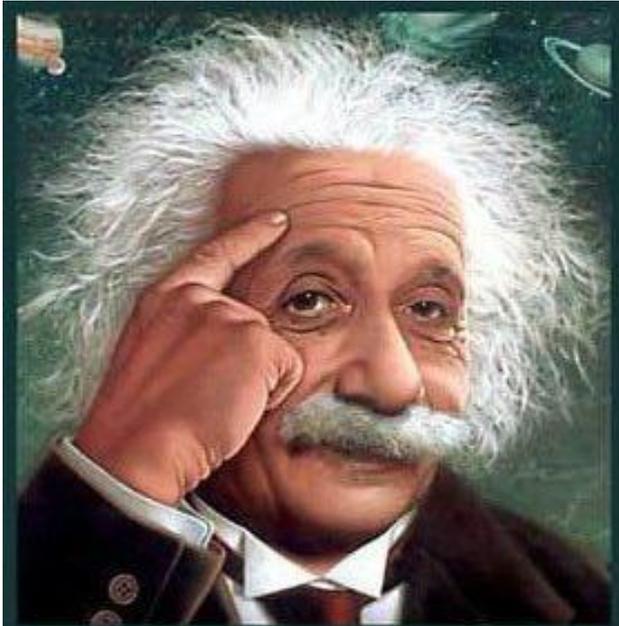


INGREDIENTS:

- 1 lb lean (at least 80%) ground beef
- 1 clove garlic, finely chopped
- 4 oz pepperoni slices, cut into quarters
- 3 cups organic pizza sauce
- 21 uncooked jumbo pasta shells
- 2 cups shredded mozzarella cheese (8 oz)

NUTRITION:

Calories: 530 Carbs: 36g Fiber: 3g
Sodium: 1130mg Protein: 32g



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Posted by francescoinblack, on June 27, 2022, running Trinity.



PCLinuxOS Recipe Corner Bonus



Microwave Meatloaf

Serves 2

INGREDIENTS:

8 oz (225g) lean ground beef
1/3 cup (43g) onion, finely minced
1 teaspoon garlic powder
1/2 teaspoon black pepper
1/2 teaspoon salt
1/2 teaspoon dried thyme or oregano
1/2 cup (20g) bread crumbs
1 tablespoon Worcestershire sauce
1 large egg
1/4 cup ketchup
2 tablespoons brown sugar

DIRECTIONS:

In a mixing bowl, combine beef, minced onion, garlic powder, black pepper, salt, thyme or oregano, bread crumbs, Worcestershire sauce

and egg and mix well. Pack the mixture into a microwave-safe baking dish, pressing to create an even surface.



In a small bowl, mix the ketchup and brown sugar. Brush the top of the meatloaf with half of the sauce, reserving the rest.

Cover with a vented lid and cook for 4-5 minutes or until the meat is fully-cooked. Brush or spread the remaining sauce on top of the meatloaf while hot.

Allow the meatloaf to rest for 5-10 minutes before serving.

NUTRITION:

Calories: 164 Carbs: 14.8g Sodium: 399mg
Fiber: 0.6g Protein: 11.7g

TIPS:

Substitute Ground Turkey for ground beef.
Top with taco Sauce instead of the ketchup mixture.



PCLinuxOS Recipe Corner



Chicken & Rice Casserole Foil Packs

Serves 4

INGREDIENTS:

- 1 can (10 1/2 oz) condensed cream of chicken soup
- 1 1/2 cups unsalted chicken broth
- 3 teaspoons Montreal chicken seasoning
- 2 cups uncooked instant white rice
- 1/2 cup shredded carrot
- 1 cup halved, seeded and sliced mini sweet peppers
- 4 boneless skinless chicken breasts (6 oz each)
- 4 slices cooked bacon, coarsely chopped
- 2 green onions, sliced

DIRECTIONS:

Heat gas or charcoal grill. Cut 4 (18x12-inch) sheets of heavy-duty foil. Spray with cooking spray.

Measure 1/2 cup of the condensed soup, and reserve. In a 4-cup glass measuring cup, mix remaining condensed soup, the chicken broth and 1 teaspoon of the seasoning; beat with whisk to blend. Add instant rice; stir and let stand for about 8 minutes or until most of the liquid is absorbed. Stir in carrots and peppers.

Season chicken with remaining 2 teaspoons seasoning; place on center of each sheet of foil. Dividing evenly, spoon rice and vegetable mixture around each chicken breast. Divide any remaining soaking liquid over the tops of breasts. Spread 2 tablespoons of reserved soup over each breast; evenly top with bacon.

Bring up 2 sides of foil so edges meet. Seal edges,

making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.

Place the packs on the grill over medium heat. Cover grill; cook for 10 minutes. Rotate packs 1/2 turn; cook 9 to 10 minutes longer or until juice of chicken is clear when center of thickest part is cut (at least 165F). Remove packs from the grill; cut large X across top of each pack. Carefully fold back foil, and garnish with green onions.

TIPS:

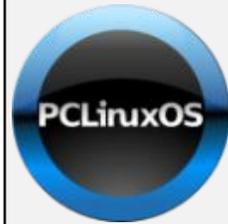
For a different flavor, substitute golden condensed mushroom soup for cream of chicken soup in this recipe.



To make in an oven, place the packs on a cookie sheet. Bake at 375F 32 to 35 minutes or until the juice of chicken is clear when the center of thickest part is cut (at least 165F).

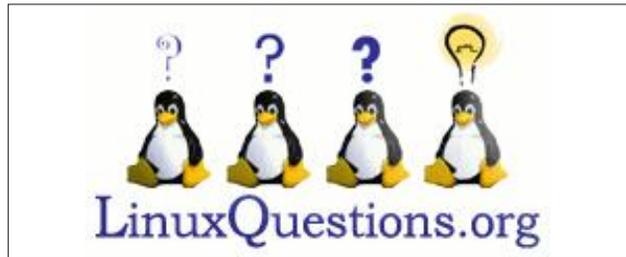
NUTRITION:

Calories: 540 Carbs: 55g Fiber: 2g
Sodium: 1000mg Protein: 47g



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Screenshot Showcase



Posted by bliss, on October 5, 2022, running KDE.



PCLinuxOS Recipe Corner Bonus



American Goulash

Serves 6

INGREDIENTS:

- 1 lb lean (at least 80%) ground beef
- 1 medium yellow onion, chopped
- 2 cloves garlic, finely chopped
- 1 1/2 cups (from 32-oz carton) beef flavored broth
- 1 can (15 oz) tomato sauce
- 1 can (14.5 oz) fire roasted diced tomatoes, undrained
- 1 tablespoon Italian seasoning
- 1 teaspoon paprika
- 1/4 teaspoon black pepper
- 1 cup uncooked elbow macaroni
- 3 oz cream cheese, cubed
- 1 cup shredded Monterey Jack cheese (4 oz)
- 1/2 cup flavored croutons, coarsely crushed

DIRECTIONS:

Heat in a 12-inch nonstick skillet over medium-high heat; add beef and onion. Cook 7 to 9 minutes, stirring frequently, until beef is brown; drain, and return to skillet. Add garlic; cook for about 1 minute or until garlic is fragrant. Stir in

broth, tomato sauce, tomatoes, Italian seasoning, paprika and pepper.

Heat to simmering, stirring occasionally. Reduce heat; cover and simmer for about 20 minutes or until slightly thickened.

Stir in macaroni; cover and cook for 16 to 18 minutes, stirring occasionally, until pasta is tender. Stir in cream cheese until completely melted, about 3 minutes. Sprinkle with shredded cheese; top with crushed croutons.

TIPS:

If you don't have Italian seasoning, substitute 1 teaspoon each of dried basil, dried oregano and dried rosemary in the recipe.

Don't have macaroni? Substitute penne or rotini pasta.

NUTRITION:

Calories: 410
Carbs: 33g
Fiber: 3g
Sodium: 805mg
Protein: 24g



PCLinuxOS Recipe Corner



Slow-Cooker Hamburger Hash

Serves: 12

INGREDIENTS:

3 pounds lean ground beef
1 can (15 ounces) tomato puree
1 can (10 3/4 ounces) condensed cream of mushroom soup
1 can (10 1/2 ounces) condensed French onion soup with beef stock
3/4 cup water
1 bag (28 ounces) frozen O'Brien potatoes with onions and peppers, thawed
4 medium carrots, diced (2 cups)
1 teaspoon salt

DIRECTIONS:

1 Cook beef in a 12-inch skillet over medium-high heat for about 10 minutes, stirring occasionally, until brown; drain.

2 Mix tomato puree and mushroom soup in a medium bowl. Stir in onion soup and water.

3 Spray 5- to 6-quart slow cooker with cooking spray. Reserve 1 cup of the potatoes. Gently mix beef, remaining potatoes, carrots, salt and soup mixture in the cooker. Sprinkle with reserved 1 cup potatoes.

4 Cover and cook on low heat setting for 8 to 9 hours or until vegetables are tender. Hash will hold on low heat setting up to 2 hours.

TIPS:

O'Brien potatoes are made of diced potatoes, chopped onions and pimientos. Sometimes

red or green bell peppers are used in place of the pimientos. For tender potatoes, make sure to thaw them before adding to the slow cooker.

This recipe is a tried-and-true kid pleaser. Take it to Cub Scouts, Girl Scouts or school events, and there's little chance you'll have leftovers.

NUTRITION:

Calories: 395 Carbs: 24g Sodium: 950mg
Fiber: 5g Protein: 26g



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PCLinuxOS Recipe Corner Bonus



Spicy Lemon Chicken Pasta with Tomatoes

Serves: 4

INGREDIENTS:

- 1 pound chicken breasts
- 2 Tbsp olive oil
- 1/2 cup diced yellow onion
- 1 Tbsp minced garlic
- 8 oz (about 2 1/2 cups) small, dry pasta
- 1 cup grape tomatoes, halved
- 2 cups chicken broth
- Juice from one large or two small lemons
- 1 cup water
- 1 tsp dried basil
- 1 tsp salt
- 1/4 tsp red pepper flakes
- 1/2 tsp pepper
- 1 cup shredded Mozzarella

DIRECTIONS:

Heat olive oil in a large skillet over medium-high heat. Add onion and stir, cooking until soft and nearly translucent. Stir in garlic and cook for 30 seconds. Add chicken and cook until just browned.

Stir in the pasta, tomatoes, chicken broth, lemon juice, water, basil, red pepper flakes, salt and pepper. Bring to a boil and continue to stir often, uncovered, for about nine minutes, or until most of the liquid has evaporated.

Remove from heat, sprinkle cheese on top, and cover for ten minutes or until cheese is melted and remaining liquid is absorbed.

NUTRITION:

Calories: 500 Carbs: 48g Sodium: 1335mg
Fiber: 3g Protein: 40g



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PCLinuxOS Recipe Corner



Cheeseburger Soup

Serves: 8

INGREDIENTS:

1/2 pound ground beef
4 tablespoons butter, divided
3/4 cup chopped onion
3/4 cup shredded carrots
3/4 cup diced celery
1 teaspoon dried basil
1 teaspoon dried parsley flakes
1-3/4 pounds (about 4 cups) cubed
peeled potatoes
3 cups chicken broth
1/4 cup all-purpose flour
2 to 4 cups shredded Velveeta
1-1/2 cups whole milk
3/4 teaspoon salt
1/4 to 1/2 teaspoon pepper
1/4 cup sour cream
Optional: Crumbled bacon bits, Onion rings,
and thinly sliced green onions

DIRECTIONS:

In a large saucepan over medium heat, cook and crumble beef until no longer pink, 6-8 minutes; drain and set aside. In the same saucepan, melt 1 tablespoon butter over medium heat. Saute onion, carrots, celery, basil and parsley until vegetables are tender, about 10 minutes. Add potatoes, ground beef and broth; bring to a boil. Reduce heat; simmer, covered, until potatoes are tender, 10-12 minutes.

Meanwhile, in a small skillet, melt remaining butter. Add flour; cook and stir until bubbly, 3-5 minutes. Add to soup; bring to a boil. Cook and stir for 2 minutes. Reduce heat to low. Stir in cheese, milk, salt and pepper; cook until cheese melts. Remove from heat; blend in sour cream. If desired, serve with onion rings and green onions.

TIPS:

Replace the ground beef with ground turkey or ground chicken.

NOTE: Let cool completely and store in the refrigerator in a tightly covered container for up to 4 days. DO NOT freeze. Soups with starches and dairy products (like cheeseburger soup) are not ideal for freezing.

NUTRITION:

per cup serving.

Calories: 450 Carbs: 33g Fiber: 3g
Sodium: 1421mg Protein: 19g



PCLinuxOS Recipe Corner Bonus



Chili Casserole with Cornbread

INGREDIENTS:

- 1 lb lean (at least 80%) ground beef
- 1 jar (16 oz) Thick and Chunky salsa
- 2 cups dark red kidney beans (from 19-oz can), drained
- 1 can (14.5 oz) diced peeled tomatoes, undrained
- 1 1/2 cups frozen corn
- 3 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 pkg (6.5 oz) cornbread & muffin mix
- 1/3 cup milk
- 1/3 cup shredded Cheddar cheese
- 1 tablespoon sliced green onion (1 medium)

DIRECTIONS:

Heat oven to 400F. In a 12-inch skillet, cook ground beef over medium-high heat, stirring occasionally, until thoroughly cooked; drain. Stir in salsa, kidney beans, tomatoes, corn, chili

powder and cumin. Cook 3 to 4 minutes, stirring occasionally, until thoroughly heated.

Meanwhile, make cornbread as directed on the pouch, using milk. Spoon cornbread batter around the outside edge of an ungreased 12x8-inch (2-quart) glass baking dish. Spoon hot beef mixture into the center. (Casserole will be full.)

Bake for 18 minutes. Sprinkle with cheese; bake 4 to 5 minutes longer or until the cheese is melted and cornbread is deep golden brown. Sprinkle it with green onion just before serving.

TIP:

Fresh fruit and a mixed-green salad are good ideas for serving with chili and cornbread.

NUTRITION:

Calories: 608	Carbs: 59g	Fiber: 10g
Sodium: 632mg	Protein: 28g	



PCLinuxOS Recipe Corner



Cheese Frenchee

Serves 1

INGREDIENTS:

2 slices thick-sliced bread (such as Texas toast)
2-3 slices American or cheddar cheese
4 teaspoons mayonnaise
1 large egg, beaten
1/2 cup milk
1/2 cup all-purpose flour
1/2 teaspoon salt
1 cup cornflakes, crushed
Canola or vegetable oil, for frying

DIRECTIONS:

Step 1: Assemble - Spread 2 teaspoons of mayonnaise on one side of each slice of bread. Then, on one piece of bread, place a slice of cheese on top of the mayonnaise. Top with the other slice of bread to make a sandwich.

Step 2: Trim - Using a sharp knife, trim the crusts off the sandwich on all sides. Then, cut in half diagonally so you have two triangle-shaped halves. Set aside. Fill a deep fryer or Dutch oven with 2-3 inches of oil and preheat to 350F.

Step 3: Mix and Prep - While the oil preheats, whisk together the egg, flour, milk and salt until a smooth batter forms. If the batter seems too heavy, add more milk, a tablespoon at a time. In a second shallow bowl, add the crushed cornflakes.

Step 4: Dip - Taking half of the sandwich, dip the triangle into the batter, evenly coating all sides.

Step 5: Coat - Next, dredge the batter-covered sandwich in the cornflakes, pressing the crumbs gently onto all sides of the sandwich.



Step 6: Fry - Carefully lower one half of the sandwich into the hot oil. Deep fry the sandwich until golden and crisp on all sides, about 3-4 minutes. Remove to a wire cooling rack over a baking sheet to cool. Repeat with the second half of the sandwich.

Step 7: - Serve warm while the cheese is still melty and gooey. Enjoy!

TIPS:

Serve with a cup of tomato soup or a side of fries.

NUTRITION:

Calories: 650 Carbs: 44g Fiber: 0g
Sodium: 1533mg Protein: 14g



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Posted by Ximru, on March 10, 2020, running Xfce.

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PCLinuxOS Recipe Corner Bonus



Quesadilla Burger

Serves 4

INGREDIENTS:

1-1/3 pounds ground beef
3/4 teaspoon salt
1/4 teaspoon pepper
1 tablespoon canola oil
4 slices pepper jack cheese
8 mini flour tortillas
2 cups shredded cheddar cheese
4 cooked bacon strips, halved
4 lettuce leaves
1/2 cup ranch salad dressing
1/2 cup pico de gallo

DIRECTIONS:

Shape ground beef into four 5-in.-wide patties. Sprinkle it with salt and pepper. In a large skillet, heat oil over medium heat. Add burgers;

cook until a thermometer reads 160F, 4-6 minutes on each side. Remove from heat; top with pepper jack cheese. Cover and let stand for 5 minutes.

Meanwhile, place tortillas on a griddle. Sprinkle 1/4 cup cheddar cheese on each tortilla. Cook over low heat until the cheese is melted, 1-2 minutes; remove from heat. Top half the tortillas with the burgers, bacon, lettuce, ranch dressing and pico de gallo; top with remaining tortillas, cheese side down.

TIPS:

Serve with a side of guacamole or cheese sauce dip.

NUTRITION:

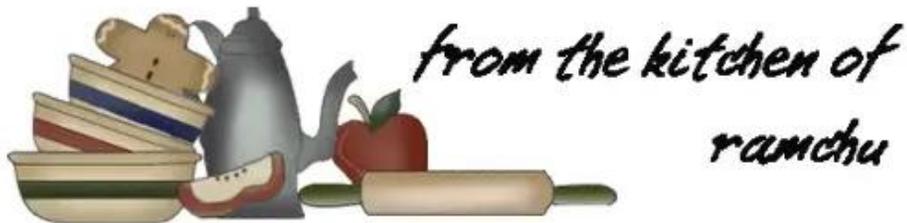
Calories: 278 Carbs: 26g Fiber: 2g
Sodium: 528mg Protein: 27g

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PCLinuxOS Recipe Corner Extra



Fantastic Zucchini And Tomatoes

This is a quick and easy dish using vegetables fresh from your garden. Almost any cheese can be used if you're not fond of Parmesan cheese.

Prep time: 10 minutes
Cook time: 15 minutes
Ready in: 25 minutes

Ingredients

2 slices bacon (or more if you prefer)
4 cups fresh Zucchini (cut into small bite size cubes)
1/2 red onion (thinly sliced)
2 tomatoes (cut into wedges)
1/4 teaspoon salt
1/8 teaspoon black pepper
1/2 teaspoon basal
1/2 teaspoon lemon pepper seasoning
1/2 cup Parmesan cheese (shredded)

Directions

Cook bacon over medium high heat in a skillet until evenly browned. Remove from skillet, retaining bacon grease.

Add zucchini, onion, basil, lemon pepper, salt and black pepper to skillet and cook until tender-crisp (about five minutes), stirring frequently.

Crumble the bacon, when it's cool enough to handle, into bite size pieces.

Move fried zucchini to a bowl and immediately add in the tomato wedges, bacon and 1/2 of the Parmesan cheese and toss until mixed.

Top with the remaining 1/2 cup Parmesan cheese and serve while still warm.

