

almonds

- Cherry-Orange Breakfast Quinoa, 37
- Green Beans with Toasted Almonds, 273
- Israeli Couscous Salad, 271
- Maple-Almond-Raisin Breakfast Risotto, 42
- Very Berry Steel Cut Oats, 33

apples

- Apple-Cinnamon Oatmeal, 35
- Strawberry Applesauce, 274

asparagus

- Creamy Chicken Pesto Pasta, 163
- Pasta Primavera, 184

avocados

- Bacon-Avocado Sliders, 73
- Chicken Quesadillas with Avocado Salsa, 58–59
- Israeli Couscous Salad, 271
- Posole (Pork and Hominy Stew), 94
- Quick Turkey Chili, 87
- Southwestern Chicken Taco Bowls, 171
- White Chicken Chili, 83

bacon

- Bacon-Avocado Sliders, 73
- Barbecue Bacon Meat Loaf, 208
- Bean with Bacon Soup, 102
- Beef Bourguignon, 214–215
- Bone-In Beef Short Ribs, 209
- Caramelized Onion Mashed Potatoes, 252
- Chicken Marsala, 230
- Chunky Potato Cheese Soup, 99
- Coq au Vin, 232–233
- Dirty Rice, 254
- Grown-Up Mac and Cheese, 268
- Hash Brown Breakfast Casserole, 40
- Ham Fried Rice, 256
- Lighter Zuppa Toscana, 86
- Monterey Chicken Pasta, 183
- Rhode Island Clam Chowder, 100
- Smoky Baked Beans, 267
- Spaghetti Squash Matrichana, 201

beans, 13-bean mix, for 13-Bean Soup, 104

beans, black

- Beef and Bean Burritos, 71
- Brown Rice Fiesta Bake, 238
- Pumpkin, Chorizo, and Black Bean Soup, 116
- Shredded Beef Burritos, 72
- Southwestern Chicken Taco Bowls, 171
- Spicy Chicken Soup, 84
- Sue's Hearty Taco Soup, 118

beans, garbanzo, for Thai Chicken Rice Bowl, 158

beans, Great Northern

- Bean with Bacon Soup, 102
- Pasta Fagioli, 92
- Sausage, Kale, and White Bean Soup, 106

beans, kidney

- Cabbage Patch Stew, 101
- Chili con Carne, 89
- Minestrone Soup, 93
- Pasta Fagioli, 92
- Quick Turkey Chili, 87
- Red Beans and Rice, 229

beans, navy

- Minestrone Soup, 93
- Smoky Baked Beans, 267

beans, pinto

- Refried Beans, 265
- Sue's Hearty Taco Soup, 118

beans, red

- Jazzy New Orleans-Style Red Beans, Rice, and Sausage, 144
- Red Beans and Rice, 229

beans, white

- Minestrone Soup, 93
- Sausage, Kale, and White Bean Soup, 106
- White Chicken Chili, 83

beef brisket

- Barbecue Beef Brisket Tacos, 55
- Corned Beef and Cabbage, 210
- Fork-Tender Beef Brisket, 207

beef chuck roast

- Beef and Broccoli, 174
- Chili con Carne, 89
- Hearty Beef and Barley Soup, 91
- Home-Style Vegetable Beef Soup, 121
- Old-Fashioned Pot Roast with Gravy and Vegetables, 218–219
- Shredded Beef Burritos, 72

beef flank steak

- Carne Asada Tacos, 52
- Mongolian Beef, 175

beef, ground

- Bacon-Avocado Sliders, 73
- Barbecue Bacon Meat Loaf, 208
- Beef and Bean Burritos, 71
- Cabbage Patch Stew, 101
- Cheeseburger Macaroni Casserole, 188
- Cheeseburger Soup, 110
- Game Day Potatoes, 191
- Ground Beef Tacos, 54
- Italian Wedding Soup, 109

- Korean Beef Rice Bowl, 203
- Pasta Fagioli, 92
- Ready-When-You-Are Spaghetti with Ragù, 125
- Salisbury Steak with Mushroom Gravy, 211
- Shepherd's Pie, 212–213
- Stuffed Cabbage Rolls, 216–217
- Stuffed Green Pepper Casserole, 178
- Sue's Hearty Taco Soup, 118
- Sweet-and-Spicy Sloppy Joes, 70
- Tamale Pie, 176
- beef round steak, for Beef Stroganoff, 206
- beef short ribs, for Bone-In Beef Short Ribs, 209
- beef sirloin steak
 - Asian Beef, Snow Peas, and Mushrooms, 189
 - Pepper-Crusted Steak with Parmesan-Garlic Butter, 221
 - Steak and Cheddar Sandwiches, 76
- beef, stew beef, for Beef Bourguignon, 214–215
- beef top round roast, for Easy French Dip Sandwiches, 67
- beef top round steak, for Round Steak in Mushroom Gravy, 220
- beef top sirloin steaks, for Pepper-Crusted Steak with Parmesan-Garlic Butter, 221
- bell peppers, green
 - Better-than-Take-Out Sweet-and-Sour Chicken, 140
 - Chicken Cacciatore, 231
 - Louisiana Gumbo, 81
 - Red Beans and Rice, 229
 - Stuffed Green Pepper Casserole, 178
- bell peppers, red
 - Better-than-Take-Out Sweet-and-Sour Chicken, 140
 - Thai Chicken Rice Bowl, 158
- bell peppers, yellow, for Ratatouille Soup, 117
- blue cheese
 - Buffalo Chicken Tender Sandwiches with Blue Cheese Sauce, 60
 - Short-Order Buffalo Wings with Blue Cheese Dip, 136
- bread
 - Buttermilk Corn Bread, 261
 - Cinnamon-Zucchini Bread with Cinnamon Icing, 298
 - Cranberry-Orange Bread Pudding, 294–295
- broccoli
 - Beef and Broccoli, 174
 - Broccoli Cheese Soup, 96
 - Creamy Chicken and Broccoli over Rice, 168
 - Pork Teriyaki Rice Bowls, 146
- brownies, as Fudgy Brownies, 293
- burritos
 - Beef and Bean Burritos, 71
 - Shredded Beef Burritos, 72
- cabbage
 - Asian Chicken Noodle Soup, 113

- Cabbage Patch Stew, 101
- Corned Beef and Cabbage, 210
- Stuffed Cabbage Rolls, 216–217
- cake
 - Carrot Cake Steel Cut Oats, 34
 - Weeknight Chocolate Cake, 147
- cannellini beans
 - Minestrone Soup, 93
 - White Chicken Chili, 83
- cashews, for Cashew Chicken, 193
- Cheddar cheese
 - Broccoli Cheese Soup, 96
 - Brown Rice Fiesta Bake, 238
 - Cheeseburger Soup, 110
 - Chicken Tetrazzini, 164–165
 - Chunky Potato Cheese Soup, 99
 - Creamy Chicken and Broccoli over Rice, 168
 - Crustless Ham and Cheese Quiche, 38
 - Game Day Potatoes, 191
 - Grand-Slam Ballpark Chili Dogs, 137
 - Hash Brown Breakfast Casserole, 40
 - Mexican Breakfast Casserole, 41
 - Quick-Cooking Chicken and Pierogi Dumplings, 143
 - Shepherd’s Pie, 212–213
 - Steak and Cheddar Sandwiches, 76
 - Tamale Pie, 176
 - Twice-Baked Potatoes, 250
- Cheddar Jack cheese, for Caramelized Onion Mashed Potatoes, 252
- cheesecake
 - Mini Chocolate Chip Cheesecakes, 290
 - Peanut Butter Cup Cheesecake, 284–285
 - Strawberry Cheesecake with Oreo Cookie Crust, 286–287
 - Triple Chocolate Cheesecake, 288–289
 - Vanilla Lover’s Cheesecake, 282–283
- cherries, for Cherry-Orange Breakfast Quinoa, 37
- chicken breasts
 - Better-than-Take-Out Sweet-and-Sour Chicken, 140
 - Bruschetta Chicken, 172
 - Cashew Chicken, 193
 - Cheesy Baked Chicken Taquitos, 57
 - Cheesy Salsa-Lime Chicken, 129
 - Chicken and Gnocchi Soup, 82
 - Chicken Cacciatore, 231
 - Chicken Cordon Bleu “Bake,” 155
 - Chicken Enchilada Pasta, 156
 - Chicken Fettuccine Alfredo, 195
 - Chicken Lo Mein, 192
 - Chicken Quesadillas with Avocado Salsa, 58–59
 - Chicken Salad Sandwiches, 61

- Chicken Tetrizzini, 164–165
- Chicken Tikka Masala and Rice, 142
- Creamy Chicken and Broccoli over Rice, 168
- Creamy Chicken and Wild Rice Soup, 80
- Creamy Chicken Pesto Pasta, 163
- Easy Peasy Chicken Potpie, 150
- Honey-Sesame Chicken, 160
- Kung Pao Chicken, 194
- Lemon Chicken Scaloppini, 196
- Lemon-Rosemary Chicken, 170
- Louisiana Gumbo, 81
- Marinara Chicken with Melted Mozzarella, 169
- Monterey Chicken Pasta, 183
- Quick-Cooking Chicken and Pierogi Dumplings, 143
- San Francisco Treat Chicken, 128
- Shredded Barbecue Chicken Sandwiches, 64
- Shredded Chicken Taco Filling, 49
- Southwestern Chicken Taco Bowls, 171
- Spicy-Cheesy Chicken Spaghetti, 197
- Spicy Chicken Soup, 84
- Spicy Orange Chicken, 161
- Thai Chicken Rice Bowl, 158
- Tuscan Garlic Chicken Fettuccine, 198
- chicken, diced
 - Butternut Squash Soup with Chicken and Orzo, 85
 - Chicken Noodle Soup with Homemade Chicken Stock, 114–115
 - White Chicken Chili, 83
- chicken, ground
 - Asian Chicken Lettuce Wraps, 46
 - Lighter Zuppa Toscana, 86
- chicken legs
 - Barbecue Chicken Legs, 131
 - Chicken Noodle Soup with Homemade Chicken Stock, 114–115
- chicken livers, for Dirty Rice, 254
- chicken sausage, for Lighter Zuppa Toscana, 86
- chicken tenders
 - Asian Chicken Noodle Soup, 113
 - Buffalo Chicken Tender Sandwiches with Blue Cheese Sauce, 60
 - Tropical Teriyaki Chicken Wraps, 62–63
- chicken thighs
 - Braised Chicken and Mushrooms with Creamy Polenta, 152–153
 - Braised Paprika Chicken, 167
 - Chicken Marsala, 230
 - Coq au Vin, 232–233
 - Country-Style French Chicken Stew, 105
 - Indian Butter Chicken, 162
 - Thai Chicken Thighs, 157
- chicken, whole
 - Lemon Thyme-“Roasted” Chicken, 234

Shortcut Homemade Chicken Noodle Soup, 132–133

chicken wings

- Chicken Noodle Soup with Homemade Chicken Stock, 114–115
- Short-Order Buffalo Wings with Blue Cheese Dip, 136

chickpeas, for Thai Chicken Rice Bowl, 158

chili

- Chili con Carne, 89
- Grand-Slam Ballpark Chili Dogs, 137
- Quick Turkey Chili, 87
- White Chicken Chili, 83

chocolate

- Chocolate Pots de Crème, 292
- Fudgy Brownies, 293
- Mini Chocolate Chip Cheesecakes, 290
- Peanut Butter Cup Cheesecake, 284–285
- Triple Chocolate Cheesecake, 288–289
- Weeknight Chocolate Cake, 147

clams

- Linguine and Clam Sauce, 181
- Rhode Island Clam Chowder, 100

coconut, for Coconut, Mango, and Brown Rice Pudding, 297

cod, for Fish en Papillote, 241

Colby Jack cheese

- Cheeseburger Macaroni Casserole, 188
- Cheesy Baked Chicken Taquitos, 57

couscous, for Israeli Couscous Salad, 271

cranberries

- Cranberry-Orange Bread Pudding, 294–295
- Israeli Couscous Salad, 271
- Very Berry Steel Cut Oats, 33

cream cheese

- Cheesy Baked Chicken Taquitos, 57
- Chunky Potato Cheese Soup, 99
- Creamy Chicken and Broccoli over Rice, 168
- Creamy Chicken and Wild Rice Soup, 80
- Creamy Chicken Pesto Pasta, 163
- Creamy Sausage Tortellini, 179
- Mini Chocolate Chip Cheesecakes, 290
- Peanut Butter Cup Cheesecake, 284–285
- Spicy-Cheesy Chicken Spaghetti, 197
- Strawberry Cheesecake with Oreo Cookie Crust, 286–287
- Triple Chocolate Cheesecake, 288–289
- Vanilla Lover's Cheesecake, 282–283

custard, for Crème Brûlée, 291

egg noodles

- Beef Stroganoff, 206
- Braised Paprika Chicken, 167
- Chicken Noodle Soup with Homemade Chicken Stock, 114–115

- Round Steak in Mushroom Gravy, 220
- Shortcut Homemade Chicken Noodle Soup, 132–133
- eggplant
 - Eggplant Lasagna Rolls, 237
 - Ratatouille Soup, 117
- eggs
 - Egg Salad Sandwiches, 69
 - Parmesan, Spinach, and Tomato Egg Muffins, 43
- electric pressure cookers
 - advantages of, 11
 - brands of, 12–13
 - buttons, 14
 - equipment, 19–21
 - initial walk-through, 14–15
 - parts of, 13
 - pointers, 21–25
 - pressure release, 16–17
 - recipe conversion, 25–27
 - sautéing and, 18–19
 - terminology, 16–19
 - testing, 14–15
 - troubleshooting, 27–29
- endive, for Italian Wedding Soup, 109

- gnocchi, for Chicken and Gnocchi Soup, 82
- green beans
 - Green Beans with Toasted Almonds, 273
 - Minestrone Soup, 93
- Gruyère cheese, for Grown-Up Mac and Cheese, 268

- ham
 - Chicken Cordon Bleu “Bake,” 155
 - Crustless Ham and Cheese Quiche, 38
 - Cuban Sandwiches, 74
 - Ham and Split Pea Soup, 120
 - Ham Fried Rice, 256
 - heating, 228
 - 13-Bean Soup, 104
- hominy, for Posole (Pork and Hominy Stew), 94
- hot dogs, for Grand-Slam Ballpark Chili Dogs, 137

- jalapeño peppers
 - Carnitas Street Tacos, 50–51
 - Dirty Rice, 254
 - Indian Butter Chicken, 162
 - Tropical Teriyaki Chicken Wraps, 62–63

- kale, for Sausage, Kale, and White Bean Soup, 106

lamb, ground, for Shepherd's Pie, 212–213

lasagna

- Eggplant Lasagna Rolls, 237
- Three-Cheese Lasagna, 240

lentils, red, for Creamy Red Lentil Soup, 103

macaroni

- Blue Box Mac and Cheese, 138
- Cheeseburger Macaroni Casserole, 188
- Grown-Up Mac and Cheese, 268

mango, for Coconut, Mango, and Brown Rice Pudding, 297

meatballs

- Anytime Spaghetti and Meatballs, 126
- Italian Wedding Soup, 109
- Presto Italian Meatball Sandwiches, 139

meat loaf, for Barbecue Bacon Meat Loaf, 208

Mexican cheese

- Chicken Enchilada Pasta, 156
- Spicy-Cheesy Chicken Spaghetti, 197
- Sweet Pork Tostadas, 48

Monterey Jack cheese

- Beef and Bean Burritos, 71
- Cheesy Potatoes au Gratin, 246
- Chicken Quesadillas with Avocado Salsa, 58–59
- Monterey Chicken Pasta, 183
- Refried Beans, 265

mozzarella cheese

- “Baked” Cheese Ravioli, 124
- Cheesy Salsa-Lime Chicken, 129
- Eggplant Lasagna Rolls, 237
- Marinara Chicken with Melted Mozzarella, 169
- Pepperoni Pizza Pasta, 185
- Presto Italian Meatball Sandwiches, 139
- Stuffed Green Pepper Casserole, 178
- Three-Cheese Lasagna, 240

muffins, as Parmesan, Spinach, and Tomato Egg Muffins, 43

mushrooms

- Asian Beef, Snow Peas, and Mushrooms, 189
- Asian Chicken Noodle Soup, 113
- Beef Bourguignon, 214–215
- Beef Stroganoff, 206
- Braised Chicken and Mushrooms with Creamy Polenta, 152–153
- Chicken Cacciatore, 231
- Chicken Marsala, 230
- Coq au Vin, 232–233
- Creamy Golden Mushroom Soup, 119
- Easy Moo Shu Pork, 77
- Easy Pork Chops in Mushroom Gravy, 145
- Fork-Tender Pork Chops in Homemade Mushroom Gravy, 226

Pepperoni Pizza Pasta, 185
Round Steak in Mushroom Gravy, 220
Salisbury Steak with Mushroom Gravy, 211

oats

Apple-Cinnamon Oatmeal, 35
Carrot Cake Steel Cut Oats, 34
Oatmeal for One, 36
Very Berry Steel Cut Oats, 33

orange marmalade

Pot Stickers with Spicy Orange Dipping Sauce, 135
Spicy Orange Chicken, 161

orzo, for Butternut Squash Soup with Chicken and Orzo, 85

Parmesan cheese

Anytime Spaghetti and Meatballs, 126
“Baked” Cheese Ravioli, 124
Barbecue Bacon Meat Loaf, 208
Braised Chicken and Mushrooms with Creamy Polenta, 152–153
Bruschetta Chicken, 172
Chicken Cacciatore, 231
Chicken Cordon Bleu “Bake,” 155
Chicken Fettuccine Alfredo, 195
Chicken Tetrazzini, 164–165
Classic Risotto, 264
Creamy Chicken Pesto Pasta, 163
Crustless Ham and Cheese Quiche, 38
Eggplant Lasagna Rolls, 237
Garden Fresh Tomato, Basil, and Parmesan Soup, 98
Italian Sausage and Spinach Risotto, 186
Italian Wedding Soup, 109
Lighter Zuppa Toscana, 86
Linguine and Clam Sauce, 181
Minestrone Soup, 93
Parmesan, Spinach, and Tomato Egg Muffins, 43
Pasta Primavera, 184
Penne and Quick Homemade Marinara Sauce, 200
Pepper-Crusted Steak with Parmesan-Garlic Butter, 221
Pepperoni Pizza Pasta, 185
Ready-When-You-Are Spaghetti with Ragù, 125
Sausage, Kale, and White Bean Soup, 106
Three-Cheese Lasagna, 240
Tuscan Garlic Chicken Fettuccine, 198
pasta, acini de pepe, for Italian Wedding Soup, 109
pasta, angel hair, for Lemon Chicken Scaloppini, 196
pasta, bow tie
Bow Tie Pasta with Sausage, 182
Pasta Primavera, 184
pasta, ditalini, for Pasta Fagioli, 92

- pasta, fettuccine
 - Chicken Fettuccine Alfredo, 195
 - Tuscan Garlic Chicken Fettuccine, 198
- pasta, fusilli, for Monterey Chicken Pasta, 183
- pasta, lasagna, for Three-Cheese Lasagna, 240
- pasta, linguine, for Linguine and Clam Sauce, 181
- pasta, penne, for Penne and Quick Homemade Marinara Sauce, 200
- pasta, ravioli, “Baked” Cheese Ravioli, 124
- pasta, rotini
 - Chicken Enchilada Pasta, 156
 - Chicken Tetrazzini, 164–165
 - Creamy Chicken Pesto Pasta, 163
- pasta, shell
 - Minestrone Soup, 93
 - Pepperoni Pizza Pasta, 185
- pasta, spaghetti
 - Anytime Spaghetti and Meatballs, 126
 - Chicken Lo Mein, 192
 - Lemon Chicken Scaloppini, 196
 - Ready-When-You-Are Spaghetti with Ragù, 125
- pasta, tortellini, for Creamy Sausage Tortellini, 179
- peanuts
 - Easy Moo Shu Pork, 77
 - Kung Pao Chicken, 194
 - Peanut Butter Cup Cheesecake, 284–285
 - Thai Chicken Thighs, 157
- pecans
 - Chicken Salad Sandwiches, 61
 - Cinnamon–Zucchini Bread with Cinnamon Icing, 298
 - Just Right Pumpkin Pie, 279
- pepperoni, for Pepperoni Pizza Pasta, 185
- pies
 - Easy Peasy Chicken Potpie, 150
 - Just Right Pumpkin Pie, 279
 - Key Lime Pie, 278
 - Mini Creamy Lemon Pies, 281
 - Shepherd’s Pie, 212–213
 - Tamale Pie, 176
- pierogies, for Quick-Cooking Chicken and Pierogi Dumplings, 143
- pineapple
 - Better-than-Take-Out Sweet-and-Sour Chicken, 140
 - Country-Style Sweet-and-Sour Pork Ribs, 224
 - Tropical Teriyaki Chicken Wraps, 62–63
- pine nuts, for Sun-Dried Tomato and Spinach Rice Pilaf, 263
- polenta, as Braised Chicken and Mushrooms with Creamy Polenta, 152–153
- pork baby back ribs, as Melt-in-Your-Mouth Baby Back Ribs, 223
- pork chops
 - Easy Moo Shu Pork, 77
 - Easy Pork Chops in Mushroom Gravy, 145
 - Fork-Tender Pork Chops in Homemade Mushroom Gravy, 226

- pork country-style ribs, as Country-Style Sweet-and-Sour Pork Ribs, 224
- pork, ground
 - Dirty Rice, 254
 - Italian Wedding Soup, 109
- pork loin
 - Easy Moo Shu Pork, 77
 - Pork Loin Roast, 225
- pork shoulder
 - Carnitas Street Tacos, 50–51
 - Chile Verde, 243
 - Cuban Sandwiches, 74
 - Greek Tacos, 53
 - Posole (Pork and Hominy Stew), 94
 - Sweet Pork Tostadas, 48
 - Three-Ingredient Pulled Pork, 66
- pork tenderloin
 - Pork Teriyaki Rice Bowls, 146
 - Sweet Teriyaki Pork Tenderloin, 202
- potatoes, red
 - Corned Beef and Cabbage, 210
 - Country-Style French Chicken Stew, 105
 - Garlic and Parsley Red Potatoes, 251
 - Old-Fashioned Pot Roast with Gravy and Vegetables, 218–219
 - Rhode Island Clam Chowder, 100
- potatoes, russet
 - All-American Beef Stew, 90
 - Bone-In Beef Short Ribs, 209
 - Caramelized Onion Mashed Potatoes, 252
 - Cheeseburger Soup, 110
 - Cheesy Potatoes au Gratin, 246
 - Chicken and Gnocchi Soup, 82
 - Chicken Cordon Bleu “Bake,” 155
 - Chunky Potato Cheese Soup, 99
 - Creamy Mashed Potatoes, 248
 - Easy Peasy Chicken Potpie, 150
 - Game Day Potatoes, 191
 - Hash Brown Breakfast Casserole, 40
 - Home-Style Vegetable Beef Soup, 121
 - Lighter Zuppa Toscana, 86
 - Loaded “Baked” Potatoes, 249
 - No-Slice Au Gratin Potatoes, 134
 - Old-Fashioned Potato Salad, 247
 - Peppered Boneless Turkey Breast and “Baked” Potatoes, 236
 - Quick-Cooking Chicken and Pierogi Dumplings, 143
 - Shepherd’s Pie, 212–213
 - Twice-Baked Potatoes, 250
- potatoes, sweet, as Parslied Sweet Potatoes, 253
- pot roast, as Old-Fashioned Pot Roast with Gravy and Vegetables, 218–219
- pot stickers, as Pot Stickers with Spicy Orange Dipping Sauce, 135

provolone cheese, for Easy French Dip Sandwiches, 67

pudding

Coconut, Mango, and Brown Rice Pudding, 297

Cranberry-Orange Bread Pudding, 294–295

Dangerously Delicious Rice Pudding, 296

pumpkin purée

Just Right Pumpkin Pie, 279

Pumpkin, Chorizo, and Black Bean Soup, 116

quesadillas, as Chicken Quesadillas with Avocado Salsa, 58–59

queso fresco

Carne Asada Tacos, 52

Carnitas Street Tacos, 50–51

Mexican Breakfast Casserole, 41

quiche

Crustless Ham and Cheese Quiche, 38

Parmesan, Spinach, and Tomato Egg Muffins, 43

quinoa, for Cherry-Orange Breakfast Quinoa, 37

raisins

Carrot Cake Steel Cut Oats, 34

Dangerously Delicious Rice Pudding, 296

Maple-Almond-Raisin Breakfast Risotto, 42

ramen noodles, for Asian Chicken Noodle Soup, 113

ribs

Bone-In Beef Short Ribs, 209

Country-Style Sweet-and-Sour Pork Ribs, 224

Melt-in-Your-Mouth Baby Back Ribs, 223

rice

Asian Chicken Lettuce Wraps, 46

Beef and Bean Burritos, 71

Beef and Broccoli, 174

Better-than-Take-Out Sweet-and-Sour Chicken, 140

Brown Rice, 260

Brown Rice Fiesta Bake, 238

Cashew Chicken, 193

Chicken Tikka Masala and Rice, 142

Cilantro-Lime Rice, 255

Classic Mexican Rice, 259

Classic Risotto, 264

Coconut, Mango, and Brown Rice Pudding, 297

Creamy Chicken and Broccoli over Rice, 168

Creamy Chicken and Wild Rice Soup, 80

Dangerously Delicious Rice Pudding, 296

Dirty Rice, 254

Ham Fried Rice, 256

Honey-Sesame Chicken, 160

Indian Butter Chicken, 162

Italian Sausage and Spinach Risotto, 186

Jazzy New Orleans-Style Red Beans, Rice, and Sausage, 144
Korean Beef Rice Bowl, 203
Kung Pao Chicken, 194
Long-Grain White Rice, 258
Maple-Almond-Raisin Breakfast Risotto, 42
Mongolian Beef, 175
Pork Teriyaki Rice Bowls, 146
Red Beans and Rice, 229
San Francisco Treat Chicken, 128
Shredded Beef Burritos, 72
Southwestern Chicken Taco Bowls, 171
Stuffed Cabbage Rolls, 216–217
Stuffed Green Pepper Casserole, 178
Sun-Dried Tomato and Spinach Rice Pilaf, 263
Sweet Teriyaki Pork Tenderloin, 202
Thai Chicken Rice Bowl, 158

ricotta cheese

Eggplant Lasagna Rolls, 237
Three-Cheese Lasagna, 240

risotto

Classic Risotto, 264
Italian Sausage and Spinach Risotto, 186
Maple-Almond-Raisin Breakfast Risotto, 42

salads

Chicken Salad Sandwiches, 61
Egg Salad Sandwiches, 69
Israeli Couscous Salad, 271
Old-Fashioned Potato Salad, 247

salsa

Beef and Bean Burritos, 71
Cheesy Baked Chicken Taquitos, 57
Cheesy Salsa-Lime Chicken, 129
Chicken Quesadillas with Avocado Salsa, 58–59
Chile Verde, 243
Shredded Beef Burritos, 72
Spicy Chicken Soup, 84
Sweet Pork Tostadas, 48
Tropical Teriyaki Chicken Wraps, 62–63
White Chicken Chili, 83

sandwiches

Bacon-Avocado Sliders, 73
Buffalo Chicken Tender Sandwiches with Blue Cheese Sauce, 60
Chicken Salad Sandwiches, 61
Cuban Sandwiches, 74
Easy French Dip Sandwiches, 67
Egg Salad Sandwiches, 69
Presto Italian Meatball Sandwiches, 139
Shredded Barbecue Chicken Sandwiches, 64

Steak and Cheddar Sandwiches, 76

Sweet-and-Spicy Sloppy Joes, 70

Three-Ingredient Pulled Pork, 66

sausage

Bow Tie Pasta with Sausage, 182

Creamy Sausage Tortellini, 179

Italian Sausage and Spinach Risotto, 186

Jazzy New Orleans-Style Red Beans, Rice, and Sausage, 144

Lighter Zuppa Toscana, 86

Louisiana Gumbo, 81

Mexican Breakfast Casserole, 41

Pumpkin, Chorizo, and Black Bean Soup, 116

Ready-When-You-Are Spaghetti with Ragù, 125

Red Beans and Rice, 229

Sausage, Kale, and White Bean Soup, 106

Three-Cheese Lasagna, 240

sliders, as Bacon-Avocado Sliders, 73

spinach

Chicken and Gnocchi Soup, 82

Creamy Red Lentil Soup, 103

Creamy Sausage Tortellini, 179

Italian Sausage and Spinach Risotto, 186

Italian Wedding Soup, 109

Lighter Zuppa Toscana, 86

Minestrone Soup, 93

Parmesan, Spinach, and Tomato Egg Muffins, 43

Stuffed Green Pepper Casserole, 178

Sun-Dried Tomato and Spinach Rice Pilaf, 263

Tuscan Garlic Chicken Fettuccine, 198

squash

Butternut Squash Soup with Chicken and Orzo, 85

Spaghetti Squash Matrichana, 201

strawberries

Strawberry Applesauce, 274

Strawberry Cheesecake with Oreo Cookie Crust, 286–287

sweet potatoes, as Parslied Sweet Potatoes, 253

Swiss cheese

Chicken Cordon Bleu “Bake,” 155

Creamy Swiss Onion Soup, 95

Cuban Sandwiches, 74

tacos

Barbecue Beef Brisket Tacos, 55

Carne Asada Tacos, 52

Carnitas Street Tacos, 50–51

Cheesy Baked Chicken Taquitos, 57

Greek Tacos, 53

Ground Beef Tacos, 54

Shredded Chicken Taco Filling, 49

Southwestern Chicken Taco Bowls, 171
Sue's Hearty Taco Soup, 118
tikka masala, as Chicken Tikka Masala and Rice, 142
tomatoes, crushed
All-American Beef Stew, 90
Bow Tie Pasta with Sausage, 182
Chili con Carne, 89
Marinara Chicken with Melted Mozzarella, 169
Minestrone Soup, 93
Pasta Fagioli, 92
Penne and Quick Homemade Marinara Sauce, 200
Ratatouille Soup, 117
Sweet-and-Spicy Sloppy Joes, 70
13-Bean Soup, 104
tomatoes, diced
Bean with Bacon Soup, 102
Braised Paprika Chicken, 167
Brown Rice Fiesta Bake, 238
Butternut Squash Soup with Chicken and Orzo, 85
Cabbage Patch Stew, 101
Chicken Cacciatore, 231
Chicken Enchilada Pasta, 156
Chicken Quesadillas with Avocado Salsa, 58–59
Creamy Golden Mushroom Soup, 119
Creamy Red Lentil Soup, 103
Creamy Sausage Tortellini, 179
Greek Tacos, 53
Hearty Beef and Barley Soup, 91
Home-Style Vegetable Beef Soup, 121
Indian Butter Chicken, 162
Italian Sausage and Spinach Risotto, 186
Louisiana Gumbo, 81
Minestrone Soup, 93
Parmesan, Spinach, and Tomato Egg Muffins, 43
Pepperoni Pizza Pasta, 185
Pumpkin, Chorizo, and Black Bean Soup, 116
Quick Turkey Chili, 87
Shredded Chicken Taco Filling, 49
Southwestern Chicken Taco Bowls, 171
Spaghetti Squash Matrichana, 201
Spicy-Cheesy Chicken Spaghetti, 197
Spicy Chicken Soup, 84
Stuffed Cabbage Rolls, 216–217
Stuffed Green Pepper Casserole, 178
Sue's Hearty Taco Soup, 118
Tamale Pie, 176
Three-Cheese Lasagna, 240
tomatoes, fire-roasted
Bean with Bacon Soup, 102

- Creamy Red Lentil Soup, 103
- tomatoes, grape
 - Bruschetta Chicken, 172
 - Creamy Chicken Pesto Pasta, 163
- tomatoes, quartered
 - Bruschetta Chicken, 172
 - Creamy Chicken Pesto Pasta, 163
 - Garden Fresh Tomato, Basil, and Parmesan Soup, 98
- tomatoes, sun-dried
 - Sun-Dried Tomato and Spinach Rice Pilaf, 263
 - Tuscan Garlic Chicken Fettuccine, 198
- tomato juice, for Home-Style Vegetable Beef Soup, 121
- tomato paste
 - Beef Stroganoff, 206
 - Bone-In Beef Short Ribs, 209
 - Coq au Vin, 232–233
 - Creamy Golden Mushroom Soup, 119
 - Garden Fresh Tomato, Basil, and Parmesan Soup, 98
 - Hearty Beef and Barley Soup, 91
 - Old-Fashioned Pot Roast with Gravy and Vegetables, 218–219
 - Shepherd’s Pie, 212–213
 - Sweet Pork Tostadas, 48
- tomato sauce
 - Cheesy Salsa-Lime Chicken, 129
 - Classic Mexican Rice, 259
 - Pepperoni Pizza Pasta, 185
 - Stuffed Green Pepper Casserole, 178
 - Sue’s Hearty Taco Soup, 118
 - Three-Cheese Lasagna, 240
- tostadas, as Sweet Pork Tostadas, 48
- turkey breast
 - Peppered Boneless Turkey Breast and “Baked” Potatoes, 236
 - Turkey Breast with Turkey Gravy, 235
- turkey, ground, for Quick Turkey Chili, 87

- white chocolate
 - Triple Chocolate Cheesecake, 288–289
 - Vanilla Lover’s Cheesecake, 282–283
- wraps
 - Asian Chicken Lettuce Wraps, 46
 - Tropical Teriyaki Chicken Wraps, 62–63

- yogurt
 - Greek Tacos, 53
 - Indian Butter Chicken, 162
 - Mini Creamy Lemon Pies, 281

- zucchini
 - Cinnamon–Zucchini Bread with Cinnamon Icing, 298

Minestrone Soup, 93

Pork Teriyaki Rice Bowls, 146

Ratatouille Soup, 117