



VM GS SALES &
ACCOUNT MANAGEMENT

QUARANTINE COMFORT FOOD

COOKBOOK



MOROCCAN CHICKEN SAUSAGE TAGINE

With Dried Apricots and Chickpeas over Couscous

INSTRUCTIONS

Cook Couscous. Heat a drizzle of **oil** in a small pot over medium-high heat. Add half the **shallot** and half the **garlic**. Cook, stirring until just softened, 1-3 minutes. Stir in 3/4 cup **water**, half the **stock concentrate** and a pinch of **salt**. Bring to a boil, then add couscous. Cover, remove from heat and set aside.

Cook Sausage. Heat a drizzle of **oil** in a large pan over medium-high heat. Add **sausage** and half the **Turkish Spice**. Cook, breaking up meat into pieces until cooked through, 5-7 minutes. Remove from pan and set aside.

Cook Veggies. Heat a drizzle of **oil** in a same pan over medium-high heat. Add **carrots**. Cook, stirring until softened and beginning to brown, about 5 minutes. Add a large pinch of **salt** and remaining **shallot**, **garlic**, and **Turkish Spice**. Cook, stirring until fragrant, a bout 2 minutes. Meanwhile, in a small bowl, combine 1/3 cup **water** and remaining **stock concentrate**.

Simmer Tagine and Make Crema. Pour stock mixture into pan with veggies. Stir in **sausage**, **chickpeas**, and **tomato**. Bring to a gentle simmer, then cover pan with lid or tin foil. Cook until liquid is slightly reduced, 2-3 minutes. Meanwhile, in a second small bowl, combine **sour cream**, **hot sauce** (to taste) and a pinch of **salt**. Add water, 1 TSP at a time, until mixture reaches a drizzling consistency.

Finish and Serve. Fluff couscous with a fork, then stir in 1 TBSP **butter**, half the **cilantro** and a squeeze of **lemon juice** (to taste) Season with **salt** and **pepper**. Divide between plates and top with tagine. Drizzle with **crema**, then garnish with **apricots**, **cilantro** and **nuts** (if desired). Service with **lemon wedges** on the side.

Prep Time: **10 Min**
Cook Time: **35 Min**
Serves: **2 people**

INGREDIENTS

- 1 Shallot
- 2 Cloves Garlic
- 2 Carrots
- 1 Roma Tomato
- 1 oz Dried Apricots
- ¼ oz Cilantro
- 13.4 oz Chickpeas
- 1 Lemon
- 2 Chicken Stock Concentrates
- ½ Cup Couscous
- 9 oz Italian Chicken Sausage Mix
- 1 Tbsp Turkish Spice Blend
- 2 Tbsp Sour Cream
- 1 Tbsp Hot Sauce
- Toasted Pistachios or Almonds for Garnish (Optional)
- 1 Tbsp Butter
- 4 Tsp Vegetable Oil
- Salt and Pepper

PREP

Wash and dry all produce. Halve, peel and mince shallot. Mince or grate garlic. Peel carrots, then thinly slice on a diagonal. Dice tomato. Roughly chop apricots. Finely chop cilantro. Drain and rinse chickpeas. Quarter lemon.

OLD BAY SHRIMP BOIL

Total Time: **45 Min**
Serves: **8 people**

INGREDIENTS

- ½ Cup Old Bay Seasoning
- 2 Tbsp Salt
- 4 Quarts Water
- 1 (12 ounce) Can Beer
- 8 Medium Red Potatoes, Cut in Quarters
- 2 Large Vidalia Onions, Cut in Wedges
- 2 Lbs Smoked Sausage, Cut in 2 Inch Lengths
- 8 Ears Frozen Corn on the Cob, Thawed (I use Birdseye Little Ears)
- 4 Lbs Large Shrimp, in Shells

PREP

Rinse shrimp in cold water. Wash and dry all produce. Quarter potatoes. Cut smoked sausage into 2-inch long pieces. Halve onion, then cut wedges. Halve lemon.

INSTRUCTIONS

In an 8-quart stock pot, bring **Old Bay seasoning, salt, water** and **beer** to a boil.

Add **potatoes** and **onions**; cook over high heat for 8 minutes.

Add **smoked sausage**; continue to cook on high for 5 minutes.

Add **corn** to pot; continue to boil for 7 minutes.

Add **shrimp** in shells, cook for 4 minutes.

Drain cooking liquid; pour contents of pot into several large bowl or shallow pails.

Sprinkle with additional **Old Bay**.



PRE-WORKOUT MORNING OATMEAL

INSTRUCTIONS

Mix **oats** and **milks** in a large bowl. Microwave on high 3 minutes, stopping to stir once during cooking.

Mix all **fruit** in a mini food processor until smooth. Stir into oatmeal.

Garnish with sliced almonds, fruit, or topping of your choice (optional).

Eat 1 hour before workout.



Total Time: **5 Min**
Serves: **1 Person**

INGREDIENTS

- ½ Cup Quaker Old Fashioned Oats
- ½ Cup 1% Milk
- ½ Cup Unsweetened Vanilla Almond Milk
- Sliced Almonds or Fruit for Garnish (Optional)

Fruit Mix

- 1 Tbsp Gogi Berries
- 2 Dried Prunes
- ½ Cup Blueberries
- ¼ Cup Raspberries
- 2 Slices Banana

BBQ PULLED PORK

Cook Time: **11 Hours**

INGREDIENTS

- Pork Shoulder (Amount Desired)
- Pineapple Juice
- Favorite Pork Rub
- Cowboy All Natural Hardwood Briquets for Smoker (Can Also Use Charcoal or Wood)
- BBQ Sauce (Optional)

PREP

Place pineapple juice in a spray bottle.

INSTRUCTIONS

Light smoker with **Cowboy All Natural Hardwood Briquets**, charcoal or wood.

While cooking temp is getting up to 225 degrees, drink a beer.

After beer, rub pork with favorite **pork rub** (I like Weber KC BBQ Rub).

Place **pork shoulder(s)** on smoker @ 225 degrees and leave it alone. Drink another beer or two.

Check firebox every few hours to maintain 225 degrees between beers.

When checking the fire and peaking at the pork, because you will, spray the **pineapple juice** on the pork to keep the moisture on it. Do this as much or little as you please.

After 8 hours, pull pork off smoker and wrap with either butcher paper or aluminum foil and put back on smoker for another 2 hours or so. (Internal temp around 190 degrees)

Pull pork out of smoker and let rest for 1 hour or so.

Pull out the bone and either slice or pull.

After pulled, you can sprinkle with more **rub** to taste.



BOILED SUSHI

INSTRUCTIONS

Add **imitation crab**, **sour cream** and **mayonnaise** to a large bowl. Stir thoroughly to combine.

Spread **cooked rice** evenly on the bottom of a rectangular glass baking dish. Generously top rice with **Furikake seasoning**.

Evenly spread **crab mixture** over the rice.

Place glass dish in oven and broil for 8-12 minutes, or until browned to your liking.

Remove from oven and cut into squares.

Serve with **Korean nori** on the side.

Total Time: **20 Min**
Serves: **6 People**

INGREDIENTS

- 3 Cups Cooked Rice
- 16 oz Imitation Crab
- 1 Cup Mayonnaise
- 1 Cup Sour Cream
- Furikake Seasoning
- Korean Nori

PREP

Preheat oven to broil setting.



ITALIAN-STYLE CHICKEN & ZUCCHINI

With Pesto Pepper Rice

INSTRUCTIONS

Cook the Rice.

Fill a medium pot 3/4 of the way up with water; add a big pinch of **salt**. Cover and heat to boiling on high. Once boiling, add the **rice** and cook, uncovered, 17 to 19 minutes or until tender.

Cook the Chicken.

Meanwhile, season on both sides of **chicken** with **salt, pepper** and enough of the **Italian seasoning** to coat (you may have extra).

In a medium pan, heat 1 Tsp olive oil on medium-high heat until hot. Add the **seasoned chicken**. Cook 6-7 minutes per side, or until browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a cutting board and cover with foil to keep warm.

Cook the Zucchini.

In the pan of reserved fond, heat 1 Tsp of **olive oil** on medium-high heat until hot. Add the sliced zucchini in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 1 to 2 minutes or until softened. Turn off the heat and stir in the **juice of 2 lemon wedges**. Season with **salt** and **pepper** to taste.

Finish the Rice & Serve.

Add **pesto** and **chopped peppers** to the pot of cooked rice; stir to combine. Taste, then season with **salt** and **pepper** if needed. Slice the cooked **chicken** crosswise and serve with the finished rice and cooked zucchini. Garnish with the **cheese** and serve with lemon wedges on the side.

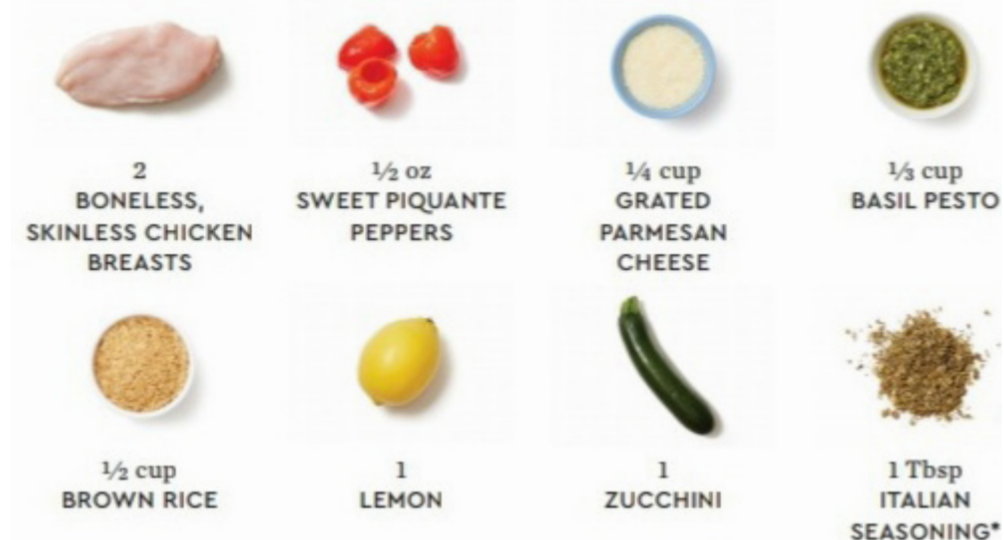
Total Time: **25-30 Min**
Serves: **2 People**

INGREDIENTS

- 2 Boneless, Skinless Chicken Breasts
- ½ oz Sweet Piquante Peppers
- ¼ Cup Grated Parmesan Cheese
- ⅓ Cup Basil Pesto
- ½ Cup Brown Rice
- 1 Lemon
- 1 Zucchini
- 1 Tbsp Italian Seasoning
- Olive Oil
- Salt and Pepper

PREP

Wash and dry all produce. Thinly slice the zucchini into rounds. Roughly chop the peppers. Quarter and deseed the lemon. Wash chicken and pat dry with paper towels.



PAELLA

Prep Time: **10 Min**
Cook Time: **26 Min**
Serves: **2 People**

INGREDIENTS

- ½ lb Spanish Chorizo Links, Sliced
- ½ lb Boneless Skinless Chicken Breasts
- 1 TBS Olive Oil
- 1 Garlic Clove, Minced
- 1 Cup Uncooked Short Grain Rice
- 1 Cup Chopped Onion
- 1½ Cups Chicken Broth
- 1 Can (14-1/2 oz) Stewed Tomatoes, Undrained
- ½ Tsp Paprika
- ¼ Tsp Ground Cayenne Pepper
- ¼ Tsp Salt
- 10 Strands Saffron, Crushed or ⅛ Tsp Ground Saffron
- ½ lb Uncooked Medium Shrimp, Peeled and Deveined
- ½ Cup Sweet Red Pepper Strips
- ½ Cup Green Pepper Strips
- ½ Cup Frozen Peas
- Minced Fresh Parsley and Lemon Wedges (Optional)
- Vegetable Oil

PREP

Wash and dry all produce. Slice red and green peppers into strips. Mince garlic and parsley. Chop Onion. Cut lemon into wedges.

INSTRUCTIONS

In a large saucepan or skillet over medium-high heat, cook **sausage** and **chicken** in oil for 5 minutes or until sausage is lightly browned and chicken is no longer pink, stirring frequently. Add garlic; cook 1 minute longer. Drain if necessary.

Stir in **rice** and **onion**. Cook until onion is tender and rice is lightly browned, stirring frequently. Add the **broth, tomatoes, paprika, cayenne, salt** and **saffron**. Bring to a boil. Reduce heat to low; cover and cook for 10 minutes.

Stir in **shrimp, peppers** and **peas**. Cover and cook 10 minutes longer or until rice is tender, shrimp turn pink and liquid is absorbed. Top with fresh **parsley** and **lemon wedges**, if desired.



CAJUN RED BEANS & RICE

INSTRUCTIONS

In a medium pot, soak **beans** overnight in enough water to cover.

Drain and rinse.

Heat oil in deep pot over low heat.

Add **flour, onions**, and **garlic**.

Stir frequently and cook until light brown.

Add **smoked sausage** and beans.

Add enough water to cover the beans.

Season with **Tony Chacheres Original Creole Seasoning**.

Cook slowly until beans are tender (about 1 hour) stirring often.

Serve over **steamed rice** and garnish with **green onions**.

Prep Time: **15 Min**
Cook Time: **60 Min**
Serves: **6 People**

INGREDIENTS

- 3 Cup Dried Red Bean
- 1 Tbsp Oil
- 1 Tbsp Flour
- 2 Cup Chopped Onions
- 1 Tbsp Chopped Onions
- 1 Pound Andouille Smoke Sausage
- 2 Tbsp Tony Chacheres Original Creole Seasoning
- 4 Cup Green Onions

PREP

Wash green onions and slice.



FETTUCCHINE ALFREDO WITH SWEET ITALIAN SAUSAGE

Total Time: **20 Min**
Serves: **2 People**

INGREDIENTS

- Fettuccini Pasta, Cooked
- ½ Cup Salted Butter
- 1-Pint Heavy Whipping Cream 2 Cups
- 4 Ounces Cream Cheese
- ½ Teaspoon Minced Garlic
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Italian Seasoning
- ¼ Teaspoon Salt
- ¼ Teaspoon Pepper
- 1 Cup Grated Parmesan Cheese
- Sweet Italian Sausage, Cooked

INSTRUCTIONS

Cook **fettuccine** according to package.

Cook **Italian sausage** in medium pan over medium-high heat until cooked through. Slice and set aside.

In a medium saucepan add **butter, heavy whipping cream,** and **cream cheese.** Cook over medium heat and whisk until melted.

Add the minced **garlic, garlic powder, Italian seasoning, salt** and **pepper.** Continue to whisk until smooth. Add the grated **Parmesan cheese.**

Bring to a simmer and continue to cook for about 3-5 minutes or until it starts to thicken. Toss it with **fettuccine,** add **sweet Italian sausage** and top with **fresh herbs.** Add **garlic bread** for the perfect plate!



MARYLAND CRAB SOUP

INSTRUCTIONS

Step 1

Place whole **tomatoes, water, lima beans, corn, sliced carrots, chopped onion, Old Bay seasoning,** and **beef broth,** in a 4 quart pot. Heat to simmer, cover, and cook for 5 minutes.

Step 2

Stir **crabmeat** into tomato and vegetable mixture. Cover and simmer 10-15 minutes longer. Serve hot.

Prep Time: **10 Min**
Cook Time: **25 Min**
Serves: **4 People**

INGREDIENTS

- 2 (14.5 oz) Cans Stewed Tomatoes
- 3 Cups Water
- 1 Cup Fresh Lima Beans
- 1 Cup Frozen Corn Kernels
- 1 Cup Sliced Carrots
- 2 Tbsp Chopped Onion
- 2 Tbsp Old Bay Seasoning™
- 2 Cups Beef Broth
- 2 Lbs Blue Crab Crabmeat

My Modifications To The Recipe

- I Use Crushed Tomatoes Instead of Stewed (28 oz Can)
- I Use Birdseye Frozen Veggies, Which has Green Beans, Corn and Peas (2 Small Bags)
- 2 Cups Of Cubed Potatoes
- 2 Cups Chopped Savoy Cabbage
- 2 Cans of Beef Broth
- ¼ Cup Brown Sugar
- 1 Tbsp Worcestershire Sauce
- 3 Tbsp of Old Bay Seasoning

PREP

Wash produce. Slice carrots, chop onion, cube potatoes and chop cabbage, if desired.



QUICK & EASY PIZZA CRUST

Prep Time: **10 Min**
Cook Time: **20 Min**
Yields: **12-Inch Pizza Crust**

INGREDIENTS

- 1 (.25 ounce) Package Active Dry Yeast
- 1 Tsp White Sugar
- 1 Cup Warm Water (110 Degrees F)
- 2 ½ Cups Bread Flour
- 2 Tablespoons Olive Oil
- 1 Tsp Salt

PREP

Preheat oven to 450 degrees F.

INSTRUCTIONS

Step 1

In a medium bowl, dissolve **yeast** and **sugar** in warm water. Let stand until creamy, about 10 minutes.

Step 2

Stir in **flour**, **salt** and **oil**. Beat until smooth. Let rest for 5 minutes.

Step 3

Turn dough out onto a lightly floured surface and pat or roll into a round. Transfer crust to a lightly greased pizza pan or baker's peel dusted with cornmeal. Spread with desired toppings and bake in preheated oven for 15 to 20 minutes, or until golden brown. Let baked pizza cool for 5 minutes before serving.



ELK MEATLOAF

INSTRUCTIONS

Heat the **olive oil** in a medium saute pan. Add the **onions**, **thyme**, **salt**, and **pepper** and cook over medium-low heat, stirring occasionally, for 8 to 10 minutes, until the **onions** are translucent but not brown. Off the heat, add the **Worcestershire sauce**, **chicken bone broth** and **tomato paste**. Allow to cool slightly.

In a large bowl, combine the ground **elk**, **onion mixture**, **bread crumbs**, and **eggs**, and mix lightly with a fork. Don't mash or the meat loaf will be dense. Shape the mixture into a rectangular loaf on a sheet pan covered with parchment paper. Spread the ketchup evenly on top.

Bake for 1 to 1 1/4 hours, until the internal temperature is 160 degrees F and the meat loaf is cooked through. (A pan of hot water in the oven, under the meat loaf, will keep the top from cracking.) Serve hot.



Prep Time: **15 Min**
Cook Time: **1-1/2 Hours**
Serves: **4 People**

INGREDIENTS

- 1 Tbsp Good Olive Oil
- 3 Cups Chopped Yellow Onions (3 Onions)
- 1 Tsp Chopped Fresh Thyme Leaves
- 2 Tsp Kosher Salt
- 1 Tsp Freshly Ground Black Pepper
- 3 Tbsp Worcestershire Sauce
- ½ Cup Canned Chicken Bone Broth
- 1 Tbsp Tomato Paste
- 2 ½ Pounds Ground Elk
- ½ Cup Plain Dry Bread Crumbs (Recommended: Progresso)
- 2 Extra-Large Eggs, Beaten
- ½ Cup Ketchup (Recommended: Heinz)

PREP

Preheat oven to 325 degrees F. Wash produce. Chop onion and thyme. Crack and beat eggs.

DOOR DASH DELIVERY

Prep Time: **0 Min**
Total Time: **Varies**

INGREDIENTS

- 1 Smart Phone
- 1 Credit Card

PREP

Open the app on your phone.
Browse food. Pick something good.
Place order.

INSTRUCTIONS

Step 1

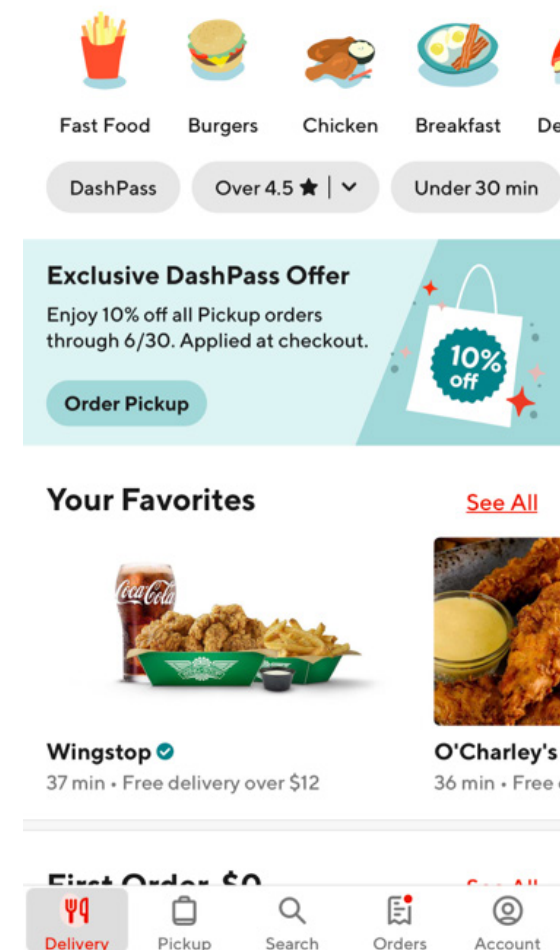
Browse food and pick something good.

Step 2

Place order.

Step 3

Wait for the doorbell to ring. Enjoy.



AVOCADO CAJUN SHRIMP SALAD

INSTRUCTIONS

Season 1 pound **shrimp** with 1 teaspoon **Cajun spice**. Add two pressed **garlic cloves** and a pinch of **salt**. Stir to combine.

Heat a large pan over medium-high heat until hot. Add two tablespoons **butter**; melt. Add **shrimp** in a single layer and saute for two minutes per side, or until cooked through. Set Aside.

Chop the **Romain lettuce** and place in a large bowl. Add tomatoes, **onion**, **cucumber**, **avocado** and **corn** and cooked shrimp to salad bowl.

In a small bowl, whisk together **lemon juice**, **cilantro**, **olive oil**, 1 teaspoon **sea salt** and a pinch of black **pepper**. Drizzle over salad. Toss and serve.



Prep Time: **20 Min**
Cook Time: **15 Min**
Serves: **4 People**

INGREDIENTS

- 1 lb Shrimp
- 2 Garlic Cloves, Pressed
- Salt (To Taste)
- 2 Tbsp Butter
- 1 Medium Head Romain Lettuce
- 3 Roma Tomatoes
- 1/2 Red Onion
- 1 Cucumber
- 2 Avocados
- 2 Cooked Ears of Corn

Dressing

- 3 TBSP Fresh Lemon Juice
- ½ Cup Cilantro, Chopped
- 3 Tbsp Extra Virgin Olive Oil
- Sea Salt and Pepper

PREP

Rinse shrimp in cold water. Wash and dry produce. Thinly slice half onion. Halve and slice cucumber. Peel, pit and slice avocados. Slice Roma tomatoes. Remove husk and silk from corn on the cob, boil and let cool. Cut corn off of the cob. Juice 1-2 lemon(s). Chop Cilantro.

BANANA & PEANUT BUTTER

Total Time: **1 Min**
Serves: **1 Person**

INGREDIENTS

- 1 Banana
- 1 Jar Peanut Butter

PREP

Pull one banana off a bunch.
Open peanut butter jar. Get a spoon.

PRO TIP

This is best served with the coldest milk possible in a glass.

NOTE

With a little practice, almost anyone can do this. Probably not David Mast, but certainly most people.

INSTRUCTIONS

Open **peanut butter**. Without a doubt, the first scoop is the best.

Peel part of the **banana**, approximately halfway down, leaving enough peel to hold on to the banana.

Dip spoon in to peanut butter and grab a half spoon of peanut butter.

Place peanut butter on the end of the banana, leaving enough peanut butter on the spoon in an attempt to avoid touching the spoon to the actual banana.

Eat one bite.

Repeat steps 3-5 until banana is gone.

At this time, and only at this time, may you grab as much peanut butter as possible on your spoon and eat it straight from the spoon. At no time after this may you dip that tainted spoon back in to the peanut butter. Be sure to get a big spoonful as this is a one shot deal.



CHORIZO NACHOS

INSTRUCTIONS

In a skillet over medium heat, add **chorizo** and **"ground beef"** breaking it up into pieces as it cooks, about 8-10 minutes.

Layout tortilla **chips** onto a baking style pan. Sprinkle **cheese** over chips. Add half the can of whole **black beans**. Add half **roasted corn**. Add half of the cooked **chorizo/"ground beef"**. Add another layer of chips and repeat, layering ingredients.

Bake in oven long enough for cheese to melt and remove (5-10 minutes).

Remove from oven and top with **avocado**, **sour cream**, **sliced jalapeño** and **salsa**, if desire.

Open a Pacifico beer and enjoy!



Prep Time: **10 Min**
Cook Time: **20 Min**
Serves: **2 People**

INGREDIENTS

- 6 oz Soy Chorizo
- 6 oz Plant Based "Ground Beef"
- 1 Cup Black Beans (Whole)
- 1 Cup Roasted Corn
- ½ Cup Of Shredded Cheese
- 2 Large Avocados
- Sour Cream
- Tortilla Chips
- 1-2 Jalapeño Peppers, Sliced
- Your Favorite Salsa (Optional)

PREP

Preheat oven to 350 degrees F.
Wash produce. Roast corn. Slice the jalapeño(s). Shred cheese, if needed.
Open and drain black beans.

BLT LETTUCE WRAPS

Total Time: **15 Min**
Serves: **1 Person**

INGREDIENTS

- 4 Slices Of Bacon, Cooked Until Crisp
- 2 Slices Of Lettuce (Romaine, Butter Or Iceberg)
- 4 Small Tomato Slices
- 1 Tablespoon Mayonnaise
- Salt and Pepper to Taste
- Add avocado slices hardboiled eggs, pickles, bell pepper strips, pepperoni or jalapenos, too!

Homemade Mayo

- 1 large egg at room temperature
- 1 tablespoon Dijon mustard
- 1 tablespoon apple cider vinegar
- ¼ teaspoon kosher salt, or more to taste
- 1 cup (240 ml) avocado oil
- 1 teaspoon fresh lemon juice, optional

PREP

Wash and dry all produce. Slice tomatoes and any additional desired toppings. Make mayo, if using homemade mayo.

INSTRUCTIONS

Cook bacon in a skillet until crispy.

Place **lettuce** flat on a plate. Spread **mayo** on each piece of lettuce. Add **bacon, tomato** and any additional topping desired.

Pick up, fold and eat.



SLOWER COOKER PULLED PORK

INSTRUCTIONS

Place the **onions** and **garlic** in an even layer in the slow cooker and pour in the **stock or broth**. Combine the **sugar, chili powder**, measured **salt, cumin**, and **cinnamon** in a small bowl. Pat the pork dry with paper towels. Rub the spice mixture all over the pork and place the meat on top of the onions and garlic. Cover and cook until the pork is fork tender, about 6 to 8 hours on high or 8 to 10 hours on low.

Turn off the slow cooker and remove the pork to a cutting board. Set a fine-mesh strainer over a medium heatproof bowl. Pour the onion mixture from the slow cooker through the strainer and return the solids to the slow cooker. Set the strained liquid aside.

If the pork has a bone, remove and discard it. Using 2 forks, shred the meat into bite-sized pieces, discarding any large pieces of fat. Return the shredded meat to the slow cooker, add the **barbecue sauce**, if using, and mix to combine. If you're not using barbecue sauce, use a spoon to skim and discard the fat from the surface of the strained cooking liquid, and then add 1/4 cup of the liquid at a time to the slow cooker until the pork is just moistened. Taste and season with salt as needed.



Prep Time: **20 Min**
Cook Time: **8-10 Hours**
Serves: **2 People**

INGREDIENTS

- 2 Medium Yellow Onions, Thinly Sliced
- 4 Medium Garlic Cloves, Thinly Sliced
- 1 Cup Chicken Stock or Low-Sodium Chicken Broth
- 1 TBSP Packed Dark Brown Sugar
- 1 TBSP Chili Powder
- 1 TBSP Kosher Salt, Plus More as Needed
- ½ Tsp Ground Cumin
- ¼ Tsp Ground Cinnamon
- 1 (4½ to 5-Pound) Boneless or Bone-In Pork Shoulder (Also Known as Pork Butt), Twine or Netting Removed
- 2 Cups Barbecue Sauce (Optional)

PREP

Wash and dry all produce. Slice onions and garlic.

BANANA WALNUT BREAD

Prep Time: **20 Min**
Cook Time: **1 Hour**
Yields: **1 Loaf**

INGREDIENTS

- 1 ¼ Cups Unbleached All-Purpose Flour
- 1 Tsp Baking Soda
- ½ Tsp Fine Salt
- 2 Large Eggs, At Room Temperature
- ½ Tsp Vanilla Extract
- ½ Cup Unsalted Butter, At Room Temperature, Plus More For Preparing The Pan
- 1 Cup Sugar
- 3 Very Ripe Bananas, Peeled, And Mashed With A Fork (About 1 Cup)
- ½ Cup Toasted Walnut Pieces

PREP

Mash bananas. Sift the flour, baking soda, and salt into a medium bowl, set aside. Whisk the eggs and vanilla together in a liquid measuring cup with a spout, set aside. Lightly brush a 9 by 5 by 3-inch loaf pan with butter. Preheat the oven to 350 degrees F.

INSTRUCTIONS

In a standing mixer fitted with the paddle attachment or with an electric hand-held mixer, cream the **butter** and **sugar** until light and fluffy. Gradually pour the **egg mixture** into the **butter** while mixing until incorporated. Add the **bananas** (the mixture will appear to be curdled, so don't worry), and remove the bowl from the mixer.

With a rubber spatula, mix in the flour mixture until just incorporated. Fold in the **nuts** and transfer the batter to the prepared pan.

Bake for 55 minutes or until a toothpick inserted into the center of the bread comes out clean. Cool the bread in the pan on a wire rack for 5 minutes. Turn the bread out of the pan and let cool completely on the rack. Wrap in plastic wrap. The banana bread is best if served the next day.



ACAI BOWL

INSTRUCTIONS

Add the **acai berry packet**, **liquid**, **banana**, **strawberries**, and **blueberries** to a high powered blender. Blend until smooth. Pour into a large bowl.

Top the bowl with as much (or as little) of your favorites like **granola**, fresh (thinly sliced) **fruit**, and **coconut**! I recommend drizzling on about a tablespoon of **honey** over everything.

Enjoy immediately.



Total Time: **10 Min**
1-1/2 Hours
Serves: **1 Person**

INGREDIENTS

- 1 Packet Frozen Acai Berry Packet
- ½ Cup Almond/Coconut Milk or Fruit Juice Of Choice
- 1 Small Frozen Chopped Banana
- ½ Cup Frozen Chopped Strawberries
- ½ Cup Frozen Chopped Blueberries
- Top Your Bowl: (Below Are My Recommendations; Add Your Favorite Toppings to your Desired Quantity. These Topping Suggestions are for One Acai Bowl)
- 1 Tablespoon Honey (Add this on Top or to the Mixture Beforehand)
- Handful Pumpkin Seed/Flax Granola, Or A Similar Store Bought/Homemade Granola
- Fresh Fruit: Such as Fresh Strawberries, Raspberries, Blueberries, And Banana: Fruit Sliced Thinly or Chopped
- 1-2 Tablespoons Coconut

PREP

Preheat oven to 325 degrees F. Wash produce. Chop onion and thyme. Crack and beat eggs.



BAKED LOBSTER TAILS & STEAK

INSTRUCTIONS

Seafood Filling:

In medium pan, heat up 1 tablespoon of **butter** with the **garlic**.

Once garlic is golden and fragrant, add **crab meat, diced onion, diced mushroom stems, salt** and **pepper** and any other seasonings you like.

After about 5-10 minutes, all should be browned and mixed. Set aside to let cool to room temperature

Add to bowl and combine with **mayo, Parmesan cheese,** and **breadcrumbs**.

Lobster Tails:

Rinse tails, cut down the top to the tail, separate the meat from the walls of the shell. Crack open to sides to create a pocket to place the filling in.

Melt 1.5 TBS **butter** and mix with salt and pepper, and any other preferred seasoning (I used a few dashes of Memphis BBQ).

Brush the seasoned butter onto the **lobster meat** then stuff the lobster tail.

Place on a foil lined baking sheet, throw those bad boys into the oven for 15-20 minutes.

Mushroom and Onion Topping: (put on steak, chicken, pork, etc)

In pan on medium heat, melt **remaining butter** and add **garlic** to sauté until golden

Add in the sliced **mushrooms** and **onions**.

When onions become translucent, throw in the **balsamic vinegar** and squeeze in juice from half of the **lemon** and saute for another 2 minutes

Ready to top whatever meat you have prepared if desired.

Prep Time: **20 Min**
Cook Time: **30 Min**
Serves: **2 People**

INGREDIENTS

- 2 Medium Lobster Tails (6-7 Oz Each)
- Seafood Filling:
- 3-4 Oz Diced Imitation Crab Meat (Flake Or Leg Style)
- ½ Medium Diced White Onion – Slice a Little More than Half, Dice the Rest
- 3-4 Large White Mushrooms, Sliced (Save The Stems and Chop Those Up, Keep them on the Side)
- ½ C Breadcrumbs
- ½ C Grated Parmesan Cheese
- ½ C Mayonnaise
- Salt And Pepper, and any of your Favorite Seasonings
- 4 Tbs Butter
- 4 Oz Finely Minced Garlic Cloves
- 1 Lemon
- ½ C Balsamic Vinegar

PREP

Preheat oven to 375 degrees F.
Rinse lobster tail with cool water and pat dry with paper towel. Wash mushrooms. Slice the mushrooms and half of the onion. Dice the other half of the onion and mushroom stems. Mince garlic.

CHICKEN SPAGHETTI CASSEROLE

Prep Time: **15 Min**
Cook Time: **20 Min**
Serves: **2-4 People**

INGREDIENTS

- Spaghetti Noodles
- Chicken Thighs (or Other Chicken Meat Preferred)
- Cream Of Chicken Soup
- 1 Onion, Diced
- Green Peppers, Diced
- Shredded Cheddar or Colby Cheese

PREP

Rinse Chicken thighs under cool water. Wash and dry green peppers. Dice peppers and onion.

INSTRUCTIONS

Bring to large pots of water to a boil. Boil your **spaghetti** according to the package and **chicken thighs** until cooked through and tender.

Pull the chicken meat off the bone.

Start to layer your ingredients in the dish. **Spaghetti** first; then **chicken**; then **onions** and **green peppers**; drizzle some **cream of chicken soup**; finish with a layer of **cheese**. Repeat until dish is full.

Bake for 20 minutes or until cheese is golden brown.



BASIC CREPES

INSTRUCTIONS

Step 1

In a large mixing bowl, whisk together the flour and the eggs. Gradually add in the milk and water, stirring to combine. Add the salt and butter; beat until smooth.

Step 2

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly.

Step 3

Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Serve hot.

Prep Time: **10 Min**
Cook Time: **20 Min**
Yields: **8 Crepes**

INGREDIENTS

- 1 cup all-purpose flour
- 2 eggs
- ½ cup milk
- ½ cup water
- ¼ teaspoon salt
- 2 tablespoons butter, melted





The VMGS Sales and Account Management Team hopes this collection of quarantine comfort food recipes provides delicious inspiration for your next home-cooked meal

Bon appetit!

