



FAMILY MEALS MADE SIMPLE

# 10 EASY DINNERS

*fuss-free comfort food your family will love*

BY NORA RUSEV FROM SAVORY NOTHINGS



# **HI FRIEND! I'M NORA AND I SHARE EASY FAMILY RECIPES ON MY BLOG "SAVORY NOTHINGS"**

I have two young kids and a baby, so it's fair to say dinnertime gets a tiny bit stressful around here.

It is my mission to help busy families sit down to a homecooked meal together - without breaking the bank or spending all day in the kitchen.

This eBook is a Thank You for being a loyal eMail subscriber, and it is filled with 10 of my favorite go-to family dinners from my site.

I make these all the time for my family, and there's something for everyone - for the crock potters, the instant pot lovers, for the Sunday dinner makers and the Friday quick fix needers.

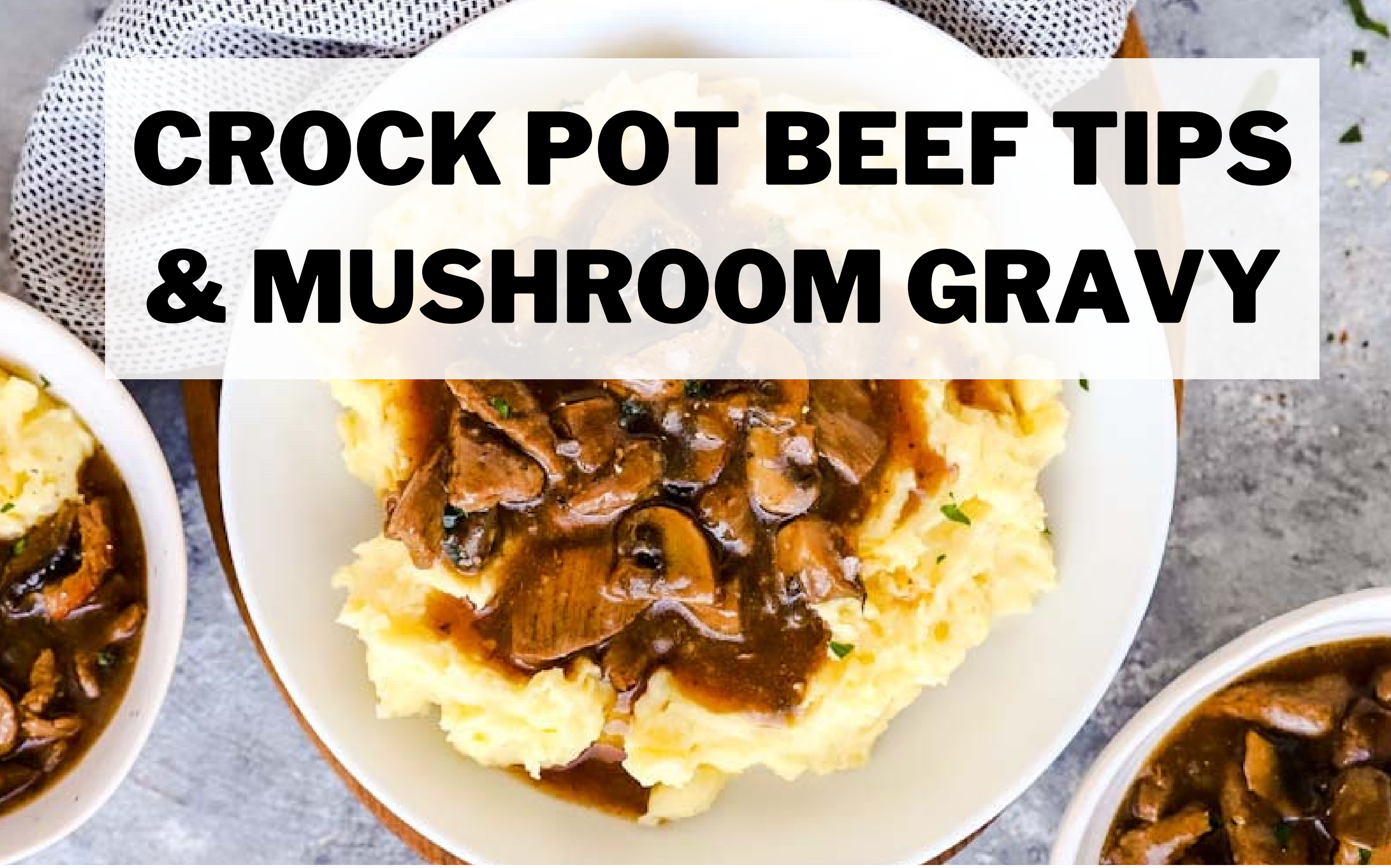
I hope you'll love and cherish these recipes just as much as we do!

Talk soon,



*Nora*

# CROCK POT BEEF TIPS & MUSHROOM GRAVY



## Ingredients

### FOR THE MEAT

- 2 tablespoons oil
- 2 tablespoons flour
- 1.5 pounds beef tips an inexpensive cut like beef stewing meat or chuck roast is perfect
- salt & pepper

### FOR THE GRAVY

- 1 yellow onion choopped
- 2 cloves garlic sliced
- 1 pound mushrooms sliced
- 1/2 teaspoon ground paprika
- 1/2 teaspoon dried parsley
- 1/4 teaspoon dried thyme
- 1/3 cup red wine OR beef stock
- 3 cups beef stock
- 2 tablespoons Worcestershire sauce
- 1-2 teaspoons salt or less depending on what kind of stock you're using
- Black pepper to taste

### TO THICKEN

- 1 tablespoon tablespoon cornstarch + cool water or up to 4 tablespoons plus cool water, as needed

## Instructions

1. **1: Brown beef:** Add oil to large skillet over medium-high heat, then add beef (work in 2 batches if necessary; do not overcrowd the pan). Season beef with salt and pepper and sprinkle with flour; then cook until browned on all sides. Remove to a 5-6 quart slow cooker.
2. **2. Cook mushrooms:** Add onion, garlic and mushrooms to the hot skillet over medium heat. Cook until softened, about 4-5 minutes. Season with ground paprika, parsley and thyme; then add wine (or extra broth), beef broth and Worcestershire sauce, scraping any browned bits off the bottom of the pan. Bring to a boil, then take off the heat and season with salt and pepper to taste.
3. **3. Slow Cook:** Carefully transfer mushroom and beef broth mix to meat in the slow cooker. Stir well, then cover with a lid and cook on LOW for 8 hours or on HIGH for 4 hours.
4. **4. Thicken:** Once cooking time is up, open the slow cooker and stir. Stir in a cornstarch slurry, then cook with the lid OPEN for 5-10 minutes or until thickened. Serve immediately.



# CROCK POT BEEF STEW

## Ingredients

### For the meat

- 2 tablespoons oil
- 1.5 pounds beef stewing meat in chunks
- 1-2 teaspoons salt or less, depending on what kind of stock you're using
- Black pepper to taste
- 2 tablespoons flour

### For the gravy

- 2 large yellow onions cut into wedges
- 2 cloves garlic sliced
- 2 teaspoons Italian seasoning
- 4 tablespoons tomato paste
- 1/4 cup red wine OR use more stock
- 2 cups beef stock
- 2 tablespoons Worcestershire sauce
- 1 tablespoon maple syrup

### For the vegetables

- 3 large waxy potatoes peeled and cut into chunks
- 4 large carrots peeled, ends trimmed and cut into chunks
- 4 large celery sticks trimmed and thickly sliced
- 1/2 pound brown mushrooms cleaned and quartered
- 1/2 cup frozen peas no need to defrost

## Instructions

1. **Brown the meat:** Heat the oil in a large and deep skillet over medium-high heat. Add the beef cubes, season with salt and pepper and stir. Sprinkle the flour over the meat and stir well. Cook until the beef is browned on all sides (do not stir too much, or the beef will not brown properly). Remove to a 5-6 quart slow cooker.
2. **Start the gravy:** Put the skillet back over medium high heat. If needed, add a little more oil. Cook the onions and garlic until starting to soften. Stir in the Italian seasoning and tomato paste and cook, stirring constantly, until the herbs are fragrant, about 1 minute. Pour the red wine into the pan, scratching the browned bits off the bottom. Cook until thickened, about 1 minute. Stir in the stock, Worcestershire sauce and maple syrup. Bring to a boil (this will help the stew start cooking faster once it is in the crock), then switch off the heat.
3. **Transfer to the slow cooker:** On top of the meat, place the potatoes, carrots, celery and mushrooms. Very carefully (!) pour the hot liquid from the skillet into the crockpot, making sure the liquid runs down all the way to the bottom and underneath the meat (stir a little if needed).
4. **Cook:** Cook the stew on LOW for 8 hours or on HIGH for 4 hours. 10 minutes before cooking time is over, stir in the peas. Check for seasoning and adjust if needed. Either finish cooking with the lid open (if you want a thicker stew) OR closed if you want it soupier.

# INSTANT POT STROGANOFF

## Ingredients

- 2 tablespoons butter
- 1.5 - 2 pounds beef chuck roast cut into strips
- Salt & pepper to taste
- 1 onion diced
- 2 cloves garlic minced
- 1/4 teaspoon dried thyme
- 1/2 pound mushrooms sliced
- 3 tablespoons all-purpose flour
- 3 cups beef broth
- 1 tablespoon Worcestershire sauce
- 1 12-oz package wide egg noodles
- 1 8-oz pot sour cream

## Instructions

1. **Brown beef:** Season beef generously with salt and pepper. Set Instant Pot to sauté and melt butter in inner pot. Working in 3 batches, brown beef. Remove beef to a plate and set aside.
2. **Start gravy:** Add onion, garlic, mushrooms and thyme to inner pot and cook until starting to soften, about 2-3 minutes. Stir in flour for one minute, then stir in beef broth and Worcester sauce, scraping any browned bits off the bottom of the pot. Stir meat back in.
3. **Pressure cook:** Close lid, set valve to „sealing“ and cook on „manual“ or „pressure cook“ setting for 12 minutes. Once time is up, let stand for 5 minutes, then quick release pressure.
4. **Cook noodles:** Open pressure cooker and stir in dry egg noodles. Close lid and set valve to „sealing“. Cook on „manual“ or „pressure cook“ mode for 3 more minutes. Quick-release pressure according to manufacturer’s directions.
5. **Finish dish:** Open lid. Stir in sour cream, check for seasoning and serve immediately.



# ONE POT RIGATONI BOLOGNESE

## Ingredients

- 1 tablespoon olive oil
- 1 lb ground beef
- 1 medium yellow onion finely chopped
- 1 carrot finely chopped
- 1 celery stalk finely chopped
- 1/4 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1/4 cup tomato paste
- 3 - 4 cups water can use broth if you prefer
- 1 can (28-oz) diced tomatoes
- 1 box (16-oz) rigatoni pasta uncooked
- Grated parmesan to serve

## Instructions

1. **Brown the beef:** Heat oil in a medium-large Dutch oven. Brown the beef.
2. **Cook the vegetables:** Add the finely chopped vegetables to the pot with the beef and cook over medium heat, stirring often, until softened (about 2-3 minutes).
3. **Season and deglaze:** Add the garlic powder, Italian seasoning and tomato paste to the pan. Stir until mixed in well. Pour in 3 cups water or broth, scratching the browned bits off the bottom of the pan.
4. **Cook the pasta:** Add the diced tomatoes and uncooked pasta to the skillet, making sure to stir everything in until the pasta is covered with liquid. Bring to a boil, then reduce the heat to a simmer and cook until the pasta is done, about 10-15 minutes. Add up to one more cup of water during cooking, as needed. Serve with grated parmesan.



# HOMEMADE SHEPHERD'S PIE

## Ingredients

- 1 tablespoon oil
- 1 pound ground beef
- 1 clove garlic, chopped
- 2 onions, finely chopped
- 2 medium carrots, finely diced
- 2 stalks celery, finely diced
- 1/2 teaspoon salt
- 1/4 teaspoon ground paprika
- ground black pepper , to taste
- 2 tablespoons white flour
- 2 tablespoons tomato paste
- 1/3 cup red wine
- 1 cup beef broth
- 1 cup frozen peas
- 1 tablespoon finely chopped parsley
- 1/2 teaspoon finely chopped thyme
- 1 teaspoon finely chopped rosemary
- 4 cups mashed potatoes
- 1/2 cup shredded cheddar cheese

## Instructions

1. **Brown meat and vegetables:** Heat the oil over medium high heat in a large, deep skillet. Add the beef and cook until browned and all the meat juices have evaporated. Add the garlic, onions, carrots and celery and continue cooking until the veggies are starting to soften.
2. **Season:** Sprinkle the salt, paprika, pepper and flour over the pan. Cook for 2 minutes, stirring often. Stir in the tomato paste and cook, stirring all the time, until it smells roasted (about 1 minute).
3. **Deglaze the pan:** Pour the red wine over the meat and veggies, scratching the browned bits off the bottom. Bring to a boil and cook until most of the liquid has evaporated. Add the broth and simmer for 4-5 minutes, or until a thick gravy has formed.
4. **Finish the filling:** Stir in the peas and herbs. Check for seasoning, then spread in a 7x11 baking dish and set aside until cooled.
5. **Prep mash:** In the meantime, make your favorite mashed potatoes. You need about 4 cups of mash to top off the casserole. About 1.5 pounds of peeled potatoes should yield enough.
6. **Bake pie:** Preheat the oven to 400°F (200°C). Spread the mashed potatoes over the cold filling. (Be careful not to mix up the two.) Sprinkle with the cheese. Bake at 400°F for 20 minutes or until golden.



# BAKED SPAGHETTI CASSEROLE

## Ingredients

### For the spaghetti:

- 1 package (16oz) spaghetti, uncooked
- 1/2 tablespoon olive oil

### For the spaghetti sauce:

- 1/2 tablespoon olive oil
- 1 pound ground beef
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- Black pepper, to taste
- 1 medium onion, finely diced
- 2 medium celery stalks, finely diced
- 2 teaspoon Italian seasoning
- 2 tablespoons tomato paste
  
- 1 can (15oz) diced tomatoes

### For the cheese sauce:

- 1 package (8oz) cream cheese, softened
- 1 cup ricotta cheese
- 1/4 cup sour cream

### For topping:

- 1 package (8oz) shredded mozzarella cheese

## Instructions

1. **Prep:** Preheat oven to 350°F. Lightly grease a deep 13x9 inch pan. Cook spaghetti according to package directions; drain and put back in the pot. Drizzle with 1/2 tablespoon olive oil, cover with a lid and set aside.
2. **Make tomato sauce:** While the spaghetti are cooking, in a skillet over medium heat, season ground beef with salt pepper and garlic powder, then cook until browned in remaining 1/2 tablespoon olive oil. Add onion and celery and cook until softened. Stir in Italian seasoning and tomato paste, then stir in diced tomatoes and simmer for 5 minutes. Set aside.
3. **Make cheese sauce:** Combine all ingredients for cheese sauce until smooth. Set aside.
4. **Assemble:** Place half of the cooked spaghetti in the prepared baking dish. Top with cheese sauce and remaining spaghetti. Spread spaghetti sauce on top and sprinkle with mozzarella cheese.
5. Bake, uncovered, at 350°F for 35 ro 45 minutes, or until bubbly and cheese is melted. Makes 8 to 10 servings.



# INSTANT POT MEATLOAF DINNER



## Ingredients

### For the Vegetables:

- 2 pounds potatoes cubed
- 1 pound carrots peeled and cut into sticks (OR chunks for slightly firmer carrots)
- 1 cup chicken broth
- 2 cloves garlic

### For the Meatloaf:

- 1 pound lean ground beef
- 1 medium yellow onion finely chopped
- 2 stalks celery finely chopped
- 1/4 cup breadcrumbs
- 1 large egg
- 1/2 teaspoon dried parsley
- 1/4 teaspoon ground paprika
- 1/4 teaspoon salt
- ground pepper to taste
- 1/4 cup ketchup OR your favorite meatloaf sauce

### For the Mash:

- 2-4 tablespoons sour cream
- 1 tablespoon butter
- Salt pepper and ground nutmeg (to taste)

## Instructions

1. **Add veggies to instant pot:** Place the potatoes and carrots at the bottom of the inner pot of your electric pressure cooker (it's OK if the carrots are a little on top of the potatoes, but make sure the potatoes are not on top of the carrots or they'll squish them). Pour the chicken broth on top and add the 2 cloves garlic.
2. **Make the meatloaf:** Place all ingredients for the meatloaf EXCEPT for the ketchup in a medium-large bowl. Mix well (I use a hand mixer with the dough hook attachments) and shape into a firm loaf.
3. **Cook:** Place a greased rack over the potatoes and carrots (you can also use foil with a few holes poked in). Set the meatloaf on top and brush with 2 tablespoons ketchup. Close the instant pot, set the pressure valve to "sealing", pick "pressure cook" on high for 20 minutes.
4. **Finish:** Once cooking time is up, naturally release pressure for 5 minutes (switch off the instant pot and just leave it alone). Then manually release the remaining pressure. Remove meatloaf and carrots from instant pot, brush meatloaf with the remaining ketchup. Mash the potatoes right in the instant pot with sour cream, butter, salt, pepper and nutmeg (if you like). Serve the sliced meatloaf with the mashed potatoes and carrots.





# INSTANT POT "BAKED" ZITI

## Ingredients

- 1 tablespoon oil
- 1 pound lean ground beef
- 1/2 yellow onion chopped
- 1 teaspoon garlic powder
- 2 teaspoons Italian seasoning
- 3/4 teaspoon salt
- Black pepper to taste
- 2 tablespoons tomato paste
- 2 teaspoons Balsamic vinegar
- 4 cups low sodium beef broth
- 1 14.5- oz can diced tomatoes
- 16 oz dry ziti pasta
- 1-2 cups cheese I use a mix of mozzarella and parmesan

## Instructions

1. **Brown beef:** Set instant pot to saute and add oil. Brown beef, then stir in the onion, garlic powder, thyme, salt, pepper, tomato paste and balsamic vinegar. Cook for 30 seconds, stirring constantly.
2. **Deglaze:** Pour the beef broth into the pot, scraping any bits off the bottom of the inner pot (not doing this correctly will trigger the burn warning!). Stir in the tomatoes and dry pasta.
3. **Cook:** Pressure cook for 3 minutes (for pasta that indicates more than 9 minutes of regular cooking time on the package, cook for 4 minutes), then quick release the pressure and open the pot. Stir in the cheese, cover with the lid and let sit for 3-5 minutes or until cheese has melted. Serve immediately.





# BALSAMIC GLAZED CAPRESE CHICKEN

## Ingredients

- 1 tablespoon olive oil
- 4 chicken breasts
- Salt + pepper to taste
- 1/4 cup chicken broth
- 1/2 cup balsamic vinegar
- 1 tablespoon brown sugar optional
- 1 teaspoon Dijon mustard
- 1 clove garlic minced
- 2 teaspoons Italian seasoning
- 1 pint cherry tomatoes halved
- 4-8 thin slices mozzarella cheese
- Sliced basil to serve

## Instructions

1. **Cook chicken:** Heat olive oil over medium high heat. Season chicken with salt and pepper, then cook until golden-brown and cooked through, about 6 minutes per side. Set aside on a plate and tent with foil.
2. **Make sauce:** Add chicken broth to pan, scraping any browned bits off the bottom. Stir in balsamic vinegar, brown sugar (if using), Dijon mustard, garlic and Italian seasoning. Simmer over medium heat until thickened to your preferred consistency. Check for seasoning and add more salt and pepper if you like.
3. **Cook tomatoes:** Add tomatoes to the pan and simmer for 3-4 minutes, or until softened. Do not overcook or they'll fall apart.
4. **Finish dish:** Add chicken back to the pan and simmer for 2-3 minutes or until chicken is heated through, spooning balsamic sauce over the chicken as it cooks. Remove pan from heat and top each chicken breast with one or two slices of mozzarella cheese. Close with a lid until cheese has melted, a few minutes. Serve with sliced basil.



# EASY ITALIAN MEATBALLS

## Ingredients

### For the meatballs:

- 1.5 pounds lean ground beef
- 1 small-medium onion very finely chopped
- 1 large egg
- 4 tablespoons breadcrumbs
- 2 teaspoons Italian seasoning
- 1 teaspoon dried parsley
- 1/4 teaspoon dried garlic powder or more to taste
- 1/4 - 1/2 teaspoon salt
- Black pepper to taste
- Olive oil for baking

### For the sauce:

- 1/2 tablespoon olive oil
- 1 large onion chopped
- 2 tablespoons tomato paste
- 2 teaspoons Italian seasoning
- 1/4 teaspoon dried garlic powder or more to taste
- 1/3 cup red wine optional (use broth or water)
- 1 can (14-oz) diced tomatoes
- 1 can (14-oz) tomato sauce
- Salt + black pepper to taste

## Instructions

### Make the meatballs:

1. **Mix the ingredients:** Place all ingredients EXCEPT for the oil in a large bowl. Using a handheld mixer, mix very well until everything is evenly incorporated and sticks together. If you don't have a handheld mixer, you'll have to use your hands to knead the ingredients together very well.
2. **Shape meatballs:** Preheat the oven to 410°F. Using about 2-3 teaspoons of meat mix per meatball, shape meatballs and place them on a lightly oiled baking sheet or a 9x13 inch pan.
3. **Bake meatballs:** Bake the meatballs for 10-12 minutes or until browned.

### While the meatballs are baking, make the sauce:

1. **Sauté the onion:** Heat the oil in a large, oven-safe skillet over medium heat. Add the onion and cook for 5 minutes or until starting to soften.
2. **Season and deglaze the pan:** Stir in the tomato paste, Italian seasoning and garlic powder. Cook for another minute or until it smells amazing. Pour the red wine (or broth/water) into the pan, scratching the browned bits off the bottom.
3. **Simmer the sauce:** Add both tomatoes and salt and pepper to taste. Simmer for a few minutes on medium-low heat, stirring from time to time.

### Finish the dish:

1. Stir the baked meatballs into the finished tomato sauce. Bake for another 10-15 minutes, or until bubbly and the meatballs are no longer pink in the middle. You can sprinkle on some Parmesan cheese before baking. If you want a thinner sauce, cover the skillet with a lid in the oven. For a thicker, chunkier sauce, leave the skillet uncovered.

## Notes

If you like, you can sprinkle grated parmesan over the meatballs in the sauce before baking them.





I APPRECIATE YOUR TRUST IN MY RECIPES!

**THANK  
YOU**

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