



The ArsTechnica Cookbook of "Bachelor Chow"
Bachelor Chow, now with flavor!
Version 1.5
Compiled by flyingember

Ars Openforum members are fans of almost every type of food that exists. This cookbook is a compilation of many recipes volunteered by different members. There is something for most tastes. There are over 180 recipes.

All recipes are from the member listed, any questions about them should be posted to the specific member. If you wish to have a recipe removed or added to the cookbook simply ask or post on the boards.

All attempts were done to keep the authors title, however when one was not available, coming up with a suitable title was attempted.

After the recipes are extras pulled from different threads. I won't tell what, just go look to see what there is.

To keep with the bachelor theme, all recipes are kept in the style of the writer, thus the chaotic look to the cookbook

Doubles may be present; none have been tested for quality. There is no specific order to the recipes in their section, they're in the order they are.

The table of contents is below, cookbook starts on the next page. The source list of forum threads is at the very end of this document. Feedback is appreciated.

Enjoy!

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Breakfasts

Good French Toast for one geek

1 egg
1/2 cup milk
Bread
1/4 teaspoon salt
1/4 tsp cinnamon
1/2 tsp vanilla
Beat egg slightly-add milk-salt-cinnamon,
and vanilla.
Dip bread in mixture coating (Both Sides)
Fry in oiled skillet till golden brown.

By iSpy

Breakfast Sandwich

Bagel (I prefer fresh cinnamon raisin)
2 eggs
4-6 slices of bacon
2 slices of cheese

Fry bacon in a large skillet. Split your bagel
while you wait.
Set aside bacon and half of the bacon
grease.
Scramble eggs in remaining grease.
Set aside eggs, return remaining grease to
skillet.
Fry bagel halves in the remaining grease.
Stack bagel
half/cheese/eggs/cheese/bacon/bagel half.
Yummy! If you do have a truly large skillet
(or use a griddle), you can scramble the eggs
and fry the bagel at the same time.

By Tom the Melaniophile

Teh omelette

Three eggs (or four)
Sharp, aged cheddar and/or jack (or any
cheese you want)
Crushed pepper
Salt
Butter

Heat up a frying pan and melt some butter
on the bottom. Crack the eggs and let them

cook a bit. Get them all scrambled and start
dumping cheese in. Add salt and pepper
gradually while adding the cheese. Put on a
plate and eat with toast and coffee.

By Thallium

One Minute Microwave Scrambled Eggs

Scramble one egg in microwave safe bowl. A
bowl about 4 inches wide at the base is best.
Place in microwave on high for 1 minute. Out
come one fluffly scrambled egg.

By traaf

Rice Breakfast

When I was broke in Taiwan I use to eat this
for breakfast:

1 Bowl cooked rice
Add hand full of raisens
Add Hersheys syrup
Hmm Hmm Good!

By Conqueror Worm

Egg and Cheese on toast kicks ass.

- 1) Put bread in Toaster Oven.
- 2) Set frying pan to #3. Crack egg on pan
(after adding a wee bit of butter).
- 3) Run to Toaster oven and turn on.
- 4) Get out cheddar cheese and slice 2-3
pieces off.
- 5) Get out ketchup (if you're into kinky
egg/ketchup combos)
- 6) Flip egg when toaster oven goes Ding!,
then put cheese on the egg. Add pepper.
When cheese looks like it's melted all over,
put it on the toast to make an egg sandwich.
Voila. Isn't it snazzy? Total cooking time is
about 5 mins.

By Archetype

Chili Eggs

4 - Whole Eggs
2 - tspn red rooster (or louisina if you prefer)
hot sauce
1 - pinch of salt
1 - pinch of chili pepper
1 - pinch of ground mustard seed

now take all that and scramble it... Damn
thats good, (5 min meal too) or if ya like try
it with some bacon and add more red rooster
on after it is done.

By Dark Rain

EZ French toast

2-3 Eggs
milk (some, don't know exact measurement)
cinnamon
bread

mix eggs, milk, & pinch of cinnamon in
dish...Should be yellowish color. Briefly dip
both sides of bread in batter, then put on
heated frying pan (griddle). Cook till "done"
(sorry, no better explanation for this, just do
it till it looks like french toast). Eat
(preferrably w/ butter & syrup)

by El Guapo

STi Sev's SHITLESSLY Healthy, yet delicious omelette

Teh omelette
Five Eggs
Chopped Up Tomatoes
Crushed pepper
A little Salt
A little Olive or Macadamenian Nut Oil

By STI Sev

OrangeJulius's Bowl

Post brand cereal (Shredded Wheat or
Cranberry Almond Crunch)
- your choice of fruit topping (pineapple
works well)
- drowned in milk

By orangejulius

Toastie

Ease: ok, if you don't burn toast. Believe me,
it's possible.

Washing up factor: one plate and knife. Does
it get any better? heh

Cost: cheap

Speed: minutes.

Ingredients

2 slices of bread (more, depending on how
many sarnies you want to make)

1 banana

butter

Toast the bread.

Spread lightly with butter.

Slice the banana. Place on toast.

Sandwich together.

Scoff.

By carodin

Mojo Jojo's Fried Egg Sandwich...OF DOOM!!!

1 bagel

2 eggs

Seasoning for eggs. 21 Seasoning Salute
works really well.

Lettuce

Cheese (any kind that melts well, havarti is
really good)

Tomato

Mayo

Mustard

Other sandwich stuff, Avocado, etc.

Crack egg into pan, break yolk, but don't
scramble. While one side is cooking, sprinkle
seasonings (dill, salt, pepper, marjoram,
rosemary, basically any green herb works,
and in combinations.) on the raw egg side.

When the egg is cooked about halfway
through, flip it. Turn the heat down low, and
toss some slices of cheese on the eggs to
melt.

Toast the bread right about as you flip the
egg. This ensures the toast is still hot, when
the egg is done. Mayo and mustard the
bread.

Put the egg on the bread, and toss on sandwich stuff, like lettuce, tomato, avocado, onion, whatever floats your submarine. (get it? sandwich pun...sorry)
Eat. Mmmm...Egg sandwich of DOOM!!

By Mojo-jojo

Egg's n' Taters

Main ingredient: Your own judgement on the amounts of things used.

Potatoes O'brien

X-Large eggs

Copious amounts of your fav seasoning(s)

Vege oil

Cheese.

Pour oil in medium pan at medium heat.

Pour potatoes into pan quickly, to avoid splattering.

Allow potatoes to cook for at least 10 minutes, with turning/mixing of potatoes about every 2-3 minutes.

Scramble eggs, adding the seasonings of choice until evenly mixed.

Pour eggs into potatoes and continue to cook until eggs are to the desired consistency.

Add cheese and mix more.

By Red_Choas1

Drinks

Home Made Hot Cocoa Mix

8qt pkg (About 10 Cups) Nonfat dry milk powder

1- 16oz (About 4 3/4 Cups) Sifted powdered sugar

- 1 3/4 cups unsweetened cocoa powder

1- 6oz jar (About 1 3/4 Cups) powdered non dairy creamer

- 1 1/2 cups instant malted milk powder

Mix all together well.

Store in airtight container-Makes 16 Cups

For 48 Servings

Per Cup 1/3 cup per mug with 3/4 cup

Boiling Water

by iSpy

Strawberry & Banana Shake

1 cup milk

1 banana sliced up pretty thin

1 cup strawberries (frozen or fresh)

1 teaspoon vanilla

sugar, to taste

4-5 ice cubes

Put all ingredients in a blender (put the ice and strawberries in first). Blend for about 20-30 seconds on high.

By Edge|

Intense Wound

1 large cup (like the free plastic one from Taco Bell)

1 spoon

4oz of Sprite

8oz of Orange Juice

1 pint of Vanilla Ice Cream

Take the cup and pour in Sprite and orange juice. Scoop ice cream in to cup. Mix concoction with spoon. Eat.

By itoleck

Old Irish Staple

1 nitrous tap

1 pony keg <angelic music>Guinness </angelic music>

1-4 glasses

your set for a few days. if your not experienced in the ways of the Perfect Pour, seek wisdom from your local pub/dive.

in harsh situations, you can get by on the Extra Stout bottles. WARNING: if you can see light through your beer, you have mistakenly purchased urine.....

by MarkH

banana shake

A banana

Milk

Peel banana, cut into inch lengths, and then freeze. Put the frozen chunks into the blender, then put enough milk in to cover them. Mix. Yum.

By KGZotU

Milkshake 2

1 tub of vanilla ice cream (only weakly flavoured)
double cream
some fruit

Put fruit, and some of the cream (for suction) into blender. Blend. Add lots ice cream (and more fruit if necessary).
For those who drink, just put in Bailey's, chocolate ice cream and bananas.
Mmmmm....

By sk

Entrées

Popcorn Chicken

6-7 lb chicken,
1 cup melted butter,
1 cup stuffing,
1 cup uncooked popcorn.
Salt and pepper chicken to taste

Preheat oven to 350 degrees.
Brush chicken well with melted butter, salt and pepper.
Fill cavity with stuffing and popcorn.
Place in baking pan in oven.
Listen for popping sounds; when chicken's ass blows out the oven door and flies across the room, chicken is done.

By PerryEyes

Ramen Noodles and Hamburger

1lb Ground beef/hamburger (I prefer the lean stuff)
2 or 3 Packages of Ramen Noodles (doesn't matter what flavor)
3/4 Cup Soy Sauce
1 Cup Lemon Juice

1 Cup Brown Sugar
1/4 Ginger
A sprinkle or two (to taste) of Garlic Powder
A sprinkle of Black Pepper
1 Tablespoon Cornstarch

Start cooking the hamburger in a large frying pan. While it's cooking, start a pot of water boiling for the Ramen noodles.

In a small sauce pan, mix the Soy Sauce, Lemon Juice, Brown Sugar, Ginger, Garlic powder, and Black pepper. Stir well and put on medium heat.

When the water in the pot is boiling, add the noodles. Cook well (at least 5 minutes).
When finished strain out the water. When the hamburger is cooked, dump the noodles in the frying pan with the hamburger and turn to medium-low.

Put the cornstarch into a small bowl and mix with 2-3 Tablespoons of water. Turn the heat on the sauce up until it is *almost* boiling over. When it reaches that point, mix in the cornstarch with the sauce. Stir rapidly as it bubbles for about 10-15 seconds, then pour into noodle-hamburger mix.

By JoS Metadi

Bachelor Spaghetti

.5lb ground beef or turkey
* 1 jar of Spaghetti sauce (I prefer the "3 cheese" stuff)
* 1 jar of mild Salsa
* Spaghetti spices -- oregano, parsley, rosemary, thyme, ground pepper, garlic powder

Brown the meat, while it's browning spice the meat with above spices to taste. Drain meat. Add jar of spaghetti sauce and as much of the salsa as you prefer -- this will provide the chopped veggies. If it's a little too watery, add some canned Parmesan cheese to the pot of sauce. Start cooking pasta (I prefer vermicelli), by the time the pasta is done the sauce will be hot and bubbly. Serve.

By medboy

Southwestern Steak

Grab a large sealable plastic bag.
Mix together cayenne (a lot!), fresh cracked pepper, salt, garlic powder and whatever other spice tickles your fancy.

Poke whatever cut of beef you can get from your butcher (I always go with Black Angus aged steak) with a fork in one inch intervals. Rub the bastard with your seasonings, and throw it in the bag. Grab some olive oil, steak sauce, Worcestershire sauce, Cholula hot sauce (if you can't find this stuff in a grocery store near you, move) and whatever other liquid you've got sitting around the fridge. If you're anything like me, you've got little food but a lot of stuff to put on the food you bring home. Let it sit for an hour while downing a few cold beers and watching the ball game then stumble out to the barbecue. Heat it up to hot, and throw your steak on the grill. Cook each side for about 5 minutes and let it sit for another couple of minutes afterward. If you cut into it right away, expect a dry steak floating in a pool of liquid.

To tell if it is done:

Don't cut into a steak to tell if it is done! This is the sign of a grilling novice and will get you nothing but constant teasing by any real man in eyeshot. Poke your steak with your finger. If it feels like the tip of your nose, the bitch is rare. If it feels like your chin, it's medium, and if it feels like your forehead, it's a hockey puck (I mean well).

By Semi On

Bachelor Huevos rancheros

- (2) Frozen bean and cheese burritos
- (2) Eggs
- (1) Jar of salsa

- Fry the eggs
- Nuke the burritos
- Cut up the burritos and dump the eggs on top
- Dump salsa over that to taste

By spagthorpe

Olive Oil Spaghetti

500 grams (18 ounces) of spaghetti
some salt
4 cloves of garlic (watch out you don't wanna pick up women after eating this)
1 red pepper
1 can of anchovies (48 grams/1.7 ounces)
some fresh parsley
0.15 liters / 5 fl. ounces of Olive oil (that may seem like a lot, but it really isn't)

Cook the spaghetti with a little salt until it's done.

Chop up the garlic, pepper, anchovies and parsley.

Heat up the olive oil, throw the garlic in there for just a minute to heat it up, then throw in the rest to just heat it up, throw in the spaghetti, mix the whole thing up and enjoy.

If you wanna make it fancy cuz you need to impress someone you can get a little piece of parmesan cheese that you can shave over it.

By 8 Track

Nuclear Cheesy Duck Tape

- 2 pkg Mac 'n' Cheese
- 1 lb hamburger
- 1 bottle tobacco sauce

Fry meat. boil mac
mix. add entire bottle of sauce.

By Oblomov

DoctorGonzo's Fried Shrimp

- 1 Bag of Fresh Shrimp
- Bisquick (You don't need all of it)
- Milk
- 1 Egg

Take a few cups of Bisquick and mix in a egg. Add the milk and stir until it is very thick and sticky.

Dump in all the shrimp. Mix the contents of the bowl with your bare hands and then take

a handful and drop it into a deep fryer (be very careful you do not splash hot oil on yourself) placing the coated shrimp on the bare cooking basket will result in 3 hours of cleanup later, if you let them fall to the bottom of the basket through the oil, one quick rise of the basket is all you will need later on.

Cook until golden brown.
Serve with a tall, ice-cold glass of Dr. Pepper.

By DoctorGonzo

Low Fat Tuna Sandwich mix

- *1 can tuna
- *chunky salsa
- *a bowl to mix them in

Prep is less than 3 minutes, depending if you have an electric can opener or an arthritis-inducing manual one (those things have to do something bad to you).

Open tuna, drain. Empty into bowl, and make sure you get it spread out. Put some salsa in there (according to taste), and mix. Be sure to break up the tuna into small chunks. The salsa will give you a variety in flavor and the mixture itself will have a bunch of textures too (tomato, onions, peppers, tuna, etc).

By Chikahiro

Pesto Chicken

- Pesto chicken (pasta optional)
- *pesto mix
 - *whatever the pesto needs
 - *chicken

Boil the chicken until cooked. While the chicken is boiling, prepare the pesto sauce as directed (also during this time, do pasta if you want...spaghetti or vermacelli are nice). Once the chicken is cook, just take the meat off the bone (fork works well for this), shredding as best you can (ditto). Mix everything together, making sure the pesto is evenly distributed, and serve.

Two notes: I guess you could do this stand alone as its listed, but the pasta just makes it a much fuller meal. Also, McCormik's(?) pesto asks for water and a little oil, but I like to add a little bit of margerine to it (oy!

By Chikahiro

White Trash Shepherd's Pie

- 1 pound ground beef
- 1 onion, diced

Combine in a large skillet and brown until done. Drain grease. Make a pack of instant gravy (follow directions on pack) and combine the gravy and a can of Veg-all with the beef and onions and stir till it's mixed up. Put in a square cake pan or casserole dish or something and top with 4-6 servings of instant mashed potatoes (again, follow directions on box).
Bake at 350 for 20 min.
Optional: Top with shredded cheese before baking.

By Jadawin

Frito Pie

- 1 Bag of Fritos.
- Some chopped Onions, only you know how much you want.
- 1 Can of Chili, I prefer Wolf Brand.
- Some Shredded Cheese, only you know how much you want.

Warm your chili to boiling and turn off. While warming the chili, chop about a handful of onions and grate or chop your cheese.
Toss about 2 good-sized handfuls of Fritos in a large bowl; Cover the Fritos with boiling hot chili.
Then toss the cheese and onions on top. Stir and eat!

By Zorro

Boboli Pizza Extra

1 boboli pizza shell (frozen with sauce)
poursauce (it comes with), then add
oregano, basil.
add cheese, doesn't have to be shredded,
just sliced is fine.
add toppings

bake till cheese is melted and center is
cooked.

A healthy (er) quicky:

By NuclearBlue

Hot Chick Chunks

Make a marinade of one can of beer (Any
Brand), lemon juice, Hot sauce (Any brand,
your choice), Teryaki sauce, and Old Bay
seasoning. (For a nice kick, get some
mesquite smoke flavor and add a little)

Mix the ingredients until you find a nice
balance of flavors between the hot, sour and
tangy. If you like salt, add Soy sauce. (Not
real salt) If you like Garlic, add some. If you
like sweet, add some sugar or fruit juice.
Indeed, this recipe is ever-changing.
Get a nice lean cut of Chicken (Breast). Plunk
it in the marinade, pop it in the fridge, and
forget about it for a day or so.

(later)

It's the next day! Take the chicken out of the
marinade, and cut it into chunks. If you
want, you can reuse the marinade, as long
as you don't push the amount of times you
use it. (Don't wanna get sick...) So if you
have another chicken breast, now's the time
to plunk it in the marinade so you can have
more HOT CHICK CHUNKS tomorrow.
Take a non stick frying pan, and put it on a
burner at high heat, and melt a tablespoon of
butter in it.

As SOON as the butter begins to melt, add
the chicken.
Let the chunks sear on one side, and then
flip for the other. When you do, sprinkle
lemon juice and Greek Seasonings on the
chicken. (You can buy them at most grocery
stores)
Taste it. It should be pretty narfable! If you
like hotter food, you can always "Buffalo" the

marinated chunks by mixing them in a bowl
with hot sauce and flour right after you take
them off of the stove.

The end effect is similar to Bojangles' Buffalo
Bites, but at the same time, WAY different.
The main time lag on the meal is the
marination period, but other than that, it
cooks up FAST. For a twist, add sliced, fresh
mushrooms to the mix while you cook it.
Yummers. The mushrooms pick up the flavor
of the marinade quite well.
It may sound odd, but I have learned to like
it. It beats the heck out of Ramen Noodles!

By Ramen Pride!

Orange Chicken

Take a couple of boneless chicken breasts
and remove all the fat.
Brown the chicken on both sides in a frying
pan.

Pour about one cup of orange juice into the
frying pan with the chicken and cover the
frying pan with a cookie sheet (make sure
you allow air to move in and out of the pan
though).

Once the orange juice is gone spread BBQ
sauce (KC masterpiece, IMHO) on the
chicken. Allow it to cook for just another
minute or two on both sides.

By Veritas

4goodkarma's recipe for Enchiladas

Large Bell Pepper, 1 for each person
Half-Handfull of ground beef for each pepper.
Half-Handfull of cheese for each pepper.
Hamburger Helper mexican whatever the hell
it is.

Diced tomatoes, some garlic if you wish, we
like to add fresh Green Chile.
Steam the peppers to whatever consistency
you want. (Should be at least a little firm.)
Brown the beef.
Make hamburger helper according to box.

Mix everything except the cheese together,

dump inside cored peppers, top with cheese, bake until you think they're done. (A few minutes, anyway.)

You can also layer the mix with cheese inside the pepper. (Cheese, mix, cheese, mix, cheese ...)

By XaiaX

Italian Chicken

1 lb. Skinless/boneless chicken breasts (usually 2 or 3 to a pack)
1 jar of Italian salad dressing.

Marinate chicken in the Italian salad dressing for about 30 minutes. Bake at 350 deg. for about 20 minutes, until chicken is no longer pink in the center. MMM good...

By Capn Crunch

Velveta Chicken

1 lb of boneless chicken
2 boxes of minute rice (subst better rice if you wish)
1 package of velveta cheeze
1 lb of broccoli

Cut chicken into chunks, and cook in a frying pan with some oil, in the mean time, chop up the broccoli and steam (or nuke) it, and start the rice.

Once the rice is done, get a large sauce pan, put the rice, chicken, and broccoli in it, add the cheese and cool over low heat till the cheese melts...

By Creeping Death

Internet Spaghetti

1 - 1/2lb Minced meat
2 - An onion
3 - Crushed tomatoes
4 - Spaghetti

Fry meat and onions. Add crushed tomatoes when meat is done. Spice with salt, pepper, cayenne, chili pepper, soy sauce or any combination of those.

Boil spaghetti while meat is frying. Put in colander and then back in saucepan with some butter.

Throw in bowl and stir. The bowl is important, if you use a plate it will fall into your lap while you surf.

By CADdie

x Quick food!

Good ol' recipe that has never let me down...

1: Take one can of refried beans and spread out evenly in glass pie-making dish.

2: Add generous quantities of salsa of your preference, spread around.

3: Liberally cover with shredded cheese until no salsa shows through.

4: Garnish with olives, jalepinos, whatever...

5: Nuke for about 5 minutes in microwave.

6: Don't forget rag or hot mitts when removing from nuker and let cool for 5 minutes.

7: Dip tortilla chips in or eat right out of the platter.

Total time: approx 15 mins.

By MR2DI4

Sounds bad I know,...

1. Can of Tuna

2. Some Catlina, French, or Russian salad dressing. Add to taste.

As for it being the ultimate bachelor chow...probably not.

By wynlyndd

Poor Mans Fish Tacos

Flour Tortillas

Frozen Fish sticks

Spring Onions/Regular Onions

Mozarella/Pepperjack Cheese

Shredded Lettuce

-Tomatoes, sour cream, mayo, ketchup, are optional

Heat up the fish sticks, chop the onions,

shred the lettuce, then assemble when the

fish sticks are done, put the cheese in nuke for 20 seconds, and voila.
The soft tortilla contrasts nicely with the crunchy fishsticks, tastes yummy.

By Log

a simple and tasty dish my friend Steve and I came up with..

One can of Rosarita's Refried Beans (no lard, preferrably)
One bag of sharp shredded cheddar and/or shredded mozzarella or any cheese you like
One bag of large, unsalted tortilla chips

1. Get a big bowl.
2. Dump the beans in to the bowl and nuke for two minutes or so.
3. Dump some of the cheese in, stir a bit and nuke for another three minutes or until the beans start to get a bit burnt.
4. Add cheese to taste and maybe some spices and salsa, and stir the hell out of it. You want to have a thick, brownish-orange paste when you're done.
5. Get some Dew or Weinhardt's Root Beer, a big bowl of chips and dig in. Yum.

By Thallium

Dorito Soup, anyone?

1. Chicken Soup (broth, cubes, or Ramen w/out the noodles)
2. Sour cream
3. Salt (just a little) and pepper
4. Sweepings from the floor?
5. Crumbled Cool Ranch Doritos.

Mix items 2-4 and simmer a little while. When it is done, add crumbled Cool Ranch Doritos. I humbly suggest you stick with Cool Ranch, the other flavors don't cook well. Let the Doritos soak just a little bit, just to soften the edges a little so that you don't injure yourself trying to eat this. It actually tastes pretty good, although I wouldn't recommend trying it out on a woman you are trying to woo. (Women just don't seem to appreciate the remarkable resourcefulness that goes into inventing a dish like this. Naturally, this dish was invented based on

the only things left in my cupboard!)
'njoy! (If you can)

By JO3 Todd

Tuna-macaroni salad.

Take one cup of macaroni and boil it. While the macaroni is boiling, mix 1 can of tuna on water (be sure to drain the water), one cup of sliced celery stalks, a couple of spoons of relish (If available, the Swedish Boston Gurka Original is the best), a couple of spoons of mayonaise (amount is a matter of taste), a dash of lemon juice, and last but not least a pinch of salt, pepper, and paprika-powder to taste. DO NOT OMIT THE LEMON JUICE AT ANY COST! It's what gives it it's fresh jummy taste...

When the macaroni is boiled, drain it and rinse it under very cold water untill cooled off... Then mix in with the above and voila... Your dinner is served.

By Chrissepisje

Chicken schtuff with rice or noodles.

Slice a red, green and yellow bell pepper into strips, and finely chop a small onion and one clove of garlic. Also cut some chicken breasts into strips. Start by frying the onion and garlic in a wok. Then add the chicken and stir-fry till golden. Add the paprika and stir fry for a minute. Then add salt, peppar, Oister sauce and Thai Fish Sauce to taste (heavy on the Oister sauce with a bit of a dash of Fish sauce works for me).

Serve with boiled rice or egg-noodles. To make it cooler, roast some unsalted cashew nuts (heat a pan, put nuts in, shake periodically till nuts are golden...), chop them up and distribute them over the chicken schtuff...

By Chrissepisje

The Q Medley

This one is quick if you happen to have all the ingredients hanging around:

Thinly sliced zucchini and yellow squash (I use a carrot peeler) Make a pile of this, because it replaces whatever starchy food you normally eat (like rice or pasta) Dice a tomato and toss some basil on this if you want.

Put this in a skillet on low heat (so that the water from the veggies doesn't completely evaporate. This way you don't have to add any extra oil)

Chop up some more vegetables and add them once the tomato/squash mixture is softened. I use green and red bell peppers, onion, and celery. At this point add some black or white pepper.

Open up a can of black beans and rinse off all that weird slime it's packed in. Now add 1/2 the can to the rest of the vegetables and cook it until the beans are warmed.

This dish goes well with just about any kind of meat you want -- chicken, beef, shrimp. Or it's good all vegetarian-style.

Anyway, it's low fat, low 'bad'carb and high in just about all the good stuff. And, costs me roughly \$1.50 per serving depending on where I buy my vegetables, \$2.00 if I add a few oz. of meat.

By Q

Vodka Supreme

Dry hot chiles, crushed
Pepper Vodka
Penne Pasta
Sour Cream
Grated Parmesan Cheese
Fresh tomatoes
Extra Virgin Olive Oil
Black Pepper
Lemon
Garlic Cloves
Butter
10 minutes

Always store Vodka in the freezer until its gloopy, Put the chiles in the Vodka, put the Vodka with the chilies in the freezer

Cook the pasta in loads of boiling water with small amount of salt in an uncovered pan. Melt the butter, add the pepper, crushed garlic cloves, crushed tomatoes and sour cream. Simmer five minutes or so
Drain the pasta, put it in the pan with the sauce in it, stir the parmesian in, add vodka/chiles, olive oil, black pepper, twist of lemon juice. Serve.

The sour creme is important to dampen the chiles and vodka, go short on the parmesan and with the lemon juice, just enough for some sharpness against the cream. Lemon and tomato is a great combination, don't be tempted to ignite the vodka as the alcohol that is providing sharpness will be gone

By Dr Quincy

Easy Pizza

When there is no food in the house, I pick up the phone and dial my favorite pizza joint

By bitwiz

Tuna and Soup

Mix one can of tuna (chunk light in water is good) with one can of Cream of Mushroom soup. Make sure to drain the water from the tuna.

Mix together and heat in a pot on the stove for maybe five to ten minutes or until hot. Serve over rice.

The key here is that you need to have an actual rice cooker and some sushi rice or other good rice. No Uncle Bens or Minute Rice crap.

By Harvey

Rice

pour equal part of rice and water into a rice steamer, plug it in, and forget about it. Perfect every time. The steamer is just as easy - boil some water, place the steamer over the boiling water, put some fresh veggies (the stores sell prepacked selections

now) and take it off a few minutes later. Slop that onto a plate, over some of your rice, and dose with soy. HMMM GOOD!

By greatoz

Ramen

Haul out the Ramen

- 2) Fill pot with water, place Ramen block inside.
- 3) Boil until Ramen is cooked (when it becomes soft and slightly dark).
- 4) Turn off the heat; insert taste powder.
- 5) Stir, then let it sit for about a minute.
- 6) Get some chopsticks, and chow down

By toshiro

The easiest Pasta

Pasta and a jar of red sauce (then season to taste)

By Niord

Fishsticks

- 1 - Put fishsticks in toaster.
- 2 - Pour instant macaronis in a colander and put it under hot water tap.
- 3 - When the fishsticks are done, so are your macaronis.
- 4 - Lots of ketchup.

By CADdie

Baked Beans and Rice

1 can bush's baked beans
1 package liptons (insert flavor here) rice
make rice...
heat beans...

by Malyk

Kraft Dinner Easy Mac

If you can use a microwave, you can make this stuff. Takes absolutely no skill,

brinpower, and a minimum of movement. I don't know where it falls in the healthy category, but you can always add some beef or something

By KaiS

Teriyaki Whatever

Marinate a pork chop or boneless chicken breast in teriyaki for about 45 minutes. Sprinkle with ginger powder, white pepper and cayenne. Fry. Serve with some sort of vegetable.

By Stardog

Stew and Soup

1 can Dinty Moore Beef Stew
1 can Campbell's Cream of Chicken Soup
Nuke for 3 minutes on high
Add Tabasco to taste

By agents_4_peace

Easier than Pizza

Go to restaurant.
Order.

By hashed

Nuclear Cheesy Duck Tape

2 pkg Mac 'n' Cheese
1 lb hamburger
1 bottle tobasco sauce
fry meat. boil mac
mix. add entire bottle of sauce.
eat.

By Oblomov

Man Chili

Step 1: Buy can o' chili, heat can o' chili, add some cornbread, throw in some tabasco or habanero peppers and dig in (with some Jolt! or Mt. Dew!

Step 2: Replace sphincter with titanium O-ring!

Step 3: Repeat Step 1.

By Frickachu

90% cheese instant potatoes

1. fill bowl 1/3 of way w/ instant potatoe flake (potatoe spuds are best)
 2. fill to same level w/ water
 3. Glop of Milk
 4. Fairly large spoonful of margrine.
 5. handful of shredded mozzarella, handful of sharp cheddar.
 6. microwave for 2:45, stir, eat.
- very tasty and very quick. I tend to use quite large bowls, because then I can pull them out of the microwave w/o burning myself.

By w00zy

the lazy man's salad

those salad in a bag things

by Reid

Even one more thing.

Lean chicken breast, cut into pieces.
fry this together with, onion, courgette, brocolli, garlic, water chestnut's
then add some Thai seasoning.
Chili, cayenne, Some turkish red spice(my friend buys in turkey once a year, but its not a must)
and some of what you like.
server with rice.

By Aphasia

let's see- a good recipe.

2 nice boneless chicken breasts
2 cans of cream of mushroom soup
1 clove of garlic
1 tbsp olive oil
italian seasoning, salt, and pepper to taste.

chop garlic. add olive oil and garlic to saucepan on medium heat. add chicken - brown on both sides.
put chicken and garlic/oil mix into pan. cover with cream of mushroom soup. bake at 350 for about 15 minutes. serve with rice, potatoes, or pasta. anything starchy, really.

By fuzz

The Frozen Pizza

Remove from freezer
Remove from packaging
Place in oven, set to 400F
Drink a beer
Remove pizza
Open next beer
Eat with beer

By Revenant

Bleh, Canned Chili?

Brown and drain a mess of ground beef. (I'll go for like five pounds at once).
Sautee a mess of onions until they turn transparent.

Mix in a large pot. Add a couple cans of whole peeled tomatoes. I generally stab at the tomatoes with a knife while they're in the can to get slightly smaller chunks out of them.
Chop up some fresh garlic and add that. I recommend a lot of garlic...like ten cloves for that five pounds of meat.

Season with chili powder, cumin, paprika, a little salt, a little black pepper, and a little oregano or basil. The chili powder, cumin, and paprika are the most important spices...I'll use something like five or six or ten tablespoons of the chili powder and a good sized amount of the cumin and paprika. Really, you want to season to taste.

Add cayenne if you want kick. Mind you, when you use half or a third a jar of chili powder like I do, it comes out spicy without any cayenne...just not hot. Not everyone likes hot foods, but dammit, we aren't trying to make meaty tomato soup here. A can or

two of beer is good for some mellow flavor too.

The real trick to chili is to let it cook. A long time. Simmering two hours with the lid cracked is the minimum. Four hours is a slight improvement, but it doesn't get really good until the next day. No, don't leave it on the stove overnight as you'll burn it. Toss it in the fridge overnight...the flavors will still meld even at the cooler temperatures.

You will need to stir it every so often to keep it from sticking to the pan...how often depends on how hot you cook it and the quality of your pot. Thick cast iron pots are great. So are the Farberware Millennium Lobster Pots: not only are they huge but they've got a 1/4" or something thick aluminum plate in the bottom (surrounded by stainless steel), and we all know that aluminum is good for heat transfer. These pots heat so wonderfully evenly. You might be able to burn food in one of these, but I've never seen anything stick.

It probably takes about an hour to get a good batch of chili going (which some might not consider fast) but you can make enough to live off of it for a week

By Cool Modine

ShoeKroot

Lightly brown 3-4 porkchops in a big pot, throw in some small spuds, carrots and quartered onions, splash a lot of white wine in there and cover. 30 minutes later, throw in a big jar of Sauerkraut, and lay a donkey dick (sorry, keilbasa) on top. When the spuds are edible, sprinkle some bacon bits all over it, break out a fresh jar of brown mustard and have at it. You can feed four with this mess no problemo, or one person for four days. It actually improves with age.

By grunted

Irish 7 course dinner

boiled potato and a 6-pack

boil potato till burned up and dry while drinking 6-pack
get another 6-pack

by painless

Tuna Pasta

This tastes really good if you like fish (and garlic):

Chop up 5 cloves of garlic very small
saute in Olive oil (2-3 minutes)
add 1 can of chunk light tuna in water
add nice squirt of anchovie paste (trust me)
add more olive oil
simmer for ten minutes until tuna almost dissolves
add some capers
then pour over pasta
add Parmesan or Romano cheese.
Takes 15 minutes and tastes very good.

By Dr_Love

Santa Fe Chicken

Chop up a pound of boneless skinless chicken breasts into medium sized chunks. Stir fry in a skillet. Put about half a pack of taco seasoning (or a couple of teaspoons of chili powder, play with how much depending on how spicy you like stuff) and a little water over them and then cook till the water mostly evaporates. then put half a jar of salsa and a can of corn in the skillet (reduce heat) and stir up. Put in a square cake pan or casserole dish or something and top with crushed tortilla chips, sprinkle some shredded cheese on top of that, and stick in in the oven at 350 for 10 min to melt the cheese.

By Jadawin

Beef in Foil

Half a pound of good, ground beef
Sliced white or pearl onion
Slices of green, red, or yellow bell pepper
Lots of spices
Barbecue sauce

Put some salt, pepper, garlic and anything else you like in to the ground beef and then mix it around a bunch. Lay the beef on a large sheet of aluminum foil, then sprinkle the veggies around it. Add barbecue sauce on it - a lot for strong flavor, a bit for a mellow taste. Wrap everything up in the foil like a big pita, making sure that the beef and veggies are mashed together to spread flavors. Throw the packet on the fire for an hour or so, pulling it out with tongs and opening it to check if the beef is cooked. When it's done, grab a fork, rip it open and chow down.

By Thallium

Cooking with automobiles...

Ingredients:

1 lb Boneless Skinless Chicken Breasts
1 pkg frozen stir fry veggies
1 bottle Teriyaki sauce

Materials: some aluminum foil.

Put ingredients in the middle of a large sheet of foil, wrap it up with several layers, and place on the engine block of car. Exhaust manifold of '87 Celica works well and has a convenient flat area on it. Drive around for 30-45 minutes, CAREFULLY remove, unwrap and enjoy!

By Gepzo

Your best friend is the tortilla

4 eggs
garlic powder
chili powder
Thai peanut sauce
two tortillas
2 Smart Dogs (soy hotdogs, taste better than hotdogs)
Medium cheddar cheese

Scramble the 4 eggs in a hot frying pan, and add chili powder and garlic powder. Chop the Smart Dogs into chunks, cook them with the eggs. Grate the cheese over the eggs, and when the cheese is melted, turn off the heat. Heat the tortillas, and make yourself some

breakfast burritos. Be sure and add the peanut sauce on the eggs. I like to add ketchup sometimes, and occasionally stir-fried veggies.

By Coda

Oyster Poppers

Ritz Crackers
Softened Cream Cheese
Tin o' smoked oysters
Tabasco sauce

Spread Cream Cheese on Ritz Cracker. Put oyster on top of cream cheese. Add Tabasco to taste. Eat.

By 'nother

Jimbo's Braunschweiger/Limburger snax:

Rye Triscuits (Must be Rye, don't use other flavors)
Limburger cheese
Braunschweiger (liver sausage)
Onions
Put Limburger cheese on Rye Triscuit. Add a slice of Braunschweiger. Put onions on top. Eat.

By 'nother

Lime-herb chicken:

Boneless, Skinless Chicken Thighs
Lime Juice
Dried Thyme
Dried Sage
Dried Oregano
Zest of one lime
LOTS of Garlic (you can buy it pre-chopped in a jar)
Mix all of that up & put it in a big Ziploc bag. Let it sit for a few hours (probably not more than 6). Grill. Eat.

By 'nother

good chilli =)

big pot with lid
1-2 pounds beef of any sort but ground
chilli mix
3-10 scotch bonnets

cut beef into small cubes or strips or whatever depending on how lazy you are. It will eventually fall apart. follow directions on the chilli mix (use the powdered stuff not premade chilli) only if it tells you to use that god awful ground beef use those cut up beef chunks you have. place in pot, turn stove to low.

wear gloves

open scotch bonnet container
place scotch bonnet on a plate.
cut scotch bonnet into parts using a fork and knife
stir every hour or so until beef falls apart and you are hungry (takes hours)

by Leviathen

flippings pasta with salmon-aurora sauce uncle

1 can ragu "super chunky mushroom" sauce
1 small container heavy cream
1/4 pound salmon or whatever the hell fish you want to put in , i mean no one can tell the difference
some parmesan cheese
a shake of ground red pepper or peprika
1 package farfale pasta

boil some water in large pot; add pasta. while the pastas cooking cut the fish into chunks/ debone if need be. dump ragu into another pot and cook at low heat. while its heating add a few dollops of cream, the fish, red pepper, and parmesan cheese. strain the pasta and wait for the sauce to get hot. serve!!!

By flipping

"Slop"

Here is a dish that I like to call 'slop', it ends up making one (huge) serving, guaranteed to fill you up. It's best to eat it before you get a lot of exercise, such as a day of mountain

biking. It gives you enough energy to get through the day.

You take 1 box of herb and butter Farmhouse brand noodles, make it same as usual, but when you mix it together add 1 can of tuna, 1 can of mushrooms, and about a third of a cup of sour cream.

When the noodles are done, you then sprinkle on some shredded cheese (use an italian mix, or just use romano, best to just get prepackaged).

Also, make about 4 servings of mashed potatoes, then when the potatoes are done (best to make at the same time as the noodles), you mix it all together in a big bowl (I like to call it a trough), serve and enjoy!

By The Brahma Bull

Noodles

1 pack ramen
1 egg

cook ramen and drop egg in while cooking, stir until egg breaks up. Instant egg drop soup...er...kinda.

by praxis

Gazpacho

Damned carnivores! Try this, you won't miss the meat:

Get LOTS of tomatos, like 8 or 10, and a cucumber or two. Mash up the tomatos, chop the cucumbers into little bits and throw it all in a bowl. Put in about a cup of water (this is supposed to be soupy, add water to the consistency you like) and about 3 cloves of finely chopped fresh garlic. Add about 3 tsps red vinegar, 1 tsp olive oil, a pinch of salt. Crumble up that stale bread in from the cupboard- sourdough is best for this- and throw it in. Chill the mush for about an hour, add more water until it's smooth. Some people go nuts with the garlic, and some like to add ice cubes to chill the mix even further.

VERY good stuff; filling and your arteries will thank you!

By Lefty

Pad thai

Yes, you know you love it, and now you can make it in your own home. It's good, it's easy and for some reason it's a major turn on when you make it for a chica. First, buy all this:

3 eggs (I like to use egg substitute)
meat or meat substitute, cut into pieces (chicken, beef, shrimp, tofu- think of what you'd order at the thai restaurant)
3 cloves garlic, finely chopped
1 jalapeno pepper, finely chopped, seeded if you're a wuss
6 oz rice noodles
ketchup (really!)
fish sauce (can be hard to find, try any place with Chinese script in the windows)
2 limes
fresh peanuts
vinegar
green onions, chopped
chili powder
1 carrot, shredded
cilantro, coarsely chopped
red cabbage, shredded
bean sprouts
canola oil

Then do this:

Throw the noodles in a bowl and cover them with hot water. Just cover 'em, they shouldn't be floating. Set that stuff aside. In another bowl, combine 3 tablespoons ketchup with 3 tablespoons fish sauce, chopped jalapeno, one tablespoon vinegar and one or two teaspoons chili powder. Cut one lime into halves and squeeze their juice into the sauce. Mix it all up well and set it aside. Take yer frying pan, throw in about a tablespoon of canola oil and fry your meat. Tofu should be a little brown, shrimp should be pink and opaque, chicken or beef should be cooked all the way through. Take that stuff out of the pan and set it aside. Next, add a bit more canola oil, then throw in the eggs and garlic (smells great, good by itself!). Scramble them up, then add in the sauce you made before. Stir that mess for a

minute or two, then pile the wet noodles, peanuts, green onions and bean sprouts into the pan. Stir it gently so everything is covered in the sauce. When the noodles are getting soft and there's no water from the noodles left in the pan, dump the whole thing onto a plate. Garnish with shredded red cabbage, cilantro, more bean sprouts, and carrot. Cut the other lime into quarters so your sweetie can juice it to taste. Enjoy!

By Lefty

chilimac

one package of Kraft shells and cheese (the kind with the packet of cheese, not the powder)
one half can (5 oz) of chili (armour, texas pete, bunker hill, etc...)
prepare mac & cheese per directions, then add chili! YUM!

By RidgeRunner

Beef and Beef Broth

I did this once just to see if it was any good
2 pieces of fried steak such as steak-umm or Philly steaks
a lil bit of beef broth (campbells)

fry up steaks, add worchestershire and/or curry powder to taste
tear steaks up in little pieces and dump it in the hot beef broth, add onion bits and parsley to taste! YUM!!!

By RidgeRunner

Easy Fried Rice

My best advice for making your own fried rice is to use well-sauteed onions (spen a WHILE cooking them fairly dark to get the most flavor out of them -- 5 mins cooking onions won't cut it for any of these recipes, which is a key reason for the chopped onions in the simplified curry above). They may not be the first thing you think of in fried rice, but they really flavor it nicely, I think. Use sesame oil, some lawry's salt (not too much

salt), chopped broccoli (ala Dana Carvey...;), whatever other veggies you want, egg (of course). It works nicely with even leftover steamed rice, but is also ok with the Uncle Ben's Boil-in-Bag stuff.

By katokop1

rice and simultaneously be dissolving a spoonful or two of flour in a bit of olive/other oil in a small saucepan...

The quickest, simplest (though not as good as a full-blown curry dish) solution is to make the rice and simultaneously be dissolving a spoonful or two of flour in a bit of olive/other oil in a small saucepan. While that's going on, use hot water to dissolve a teaspoon of bouillon (I like chicken in this dish) in the appropriate volume of water, and add a fair amount of dry chopped onions (that's a big time saver, since cooking onions takes a LONG time to get them well done). Once the flour is well dissolved and simmering and all, add a tablespoon or so of curry powder (Spice Islands brand is good in this recipe, though it's a matter of taste) and a roughly equal amount of brown sugar (dark, that "golden" stuff sucks and is just extra-mild dark brown sugar, so in a thing like this, where the flavor is the issue, GET DARK BROWN), and simmer while mixing it, adding more oil if necessary. Add the bouillon/onion-bits to this sauce and continue to simmer (it'll thicken), consider covering it. I recommend putting the dried chopped onions in the bouillon a bit before this point so they can sit and soften nicely (for dried chopped onions...;). When the rice is done, drain it and pour it out of the bag on a plate or in a bowl, then add the sauce to taste and mix it all up. Quite good, and easily prepared in ~15mins. Filling. Not as good as full-blown curry with this same rough base recipe, but with sauteed onions, pork tenderloin, chopped apples, &c., with toppings of crumbled bacon (oh, and cook it in the grease from making the bacon, rather than olive oil...mmmm), toasted chopped coconut, good chutney, nuts, rasins (if you like -- I don't), it can become an incredible dish -- but most of the basic taste is there, without over an hour of work, when you just do what I outlined before.

By katokop1

stir fry over rice noodles

I particularly like flavoring such stir fry dishes (just broccoli, carrots, green onions, sauteed onions, pork (tenderloin)/beef/tofu/whatever, snow peas, and whatever else you like -- just brown the meat, sautee the onions part way, then throw everything in and cook it with a bit of sesame oil in a frying pan) with plum sauce. I particularly like sweet stir fry over rice noodles, as in this case. Oh, and speaking of which, there's an GREAT noddle place in London, for anyone who happens to be there, right off of Trafalgar Square -- like a 5 minute walk, or less, roughly across from a Pret A Manger, as I recall, and near a Pizza Hut. Anyway, it's called Amoy, and it APPEARED to be a chain (with roots in China, as I recall), associated with a company which also sold top-notch packaged meals akin to what they sell in the restaurant. It's a very nicely designed/decorated place (SPOTLESSLY clean -- which was actually sort of odd around grey, smoggy London, where most of the buildings are STILL soiled from the coal burning of the last century, it seems), the prices are EXCELLENT for London (like 5-9 pounds for a very substantial amount of excellent food in a seemingly very posh location/space, with great decor and all). I had an exquisite lunch of none other than pork in plum sauce over rice noodles, and it was by far the best meal I had the whole time I was there (not saying much necessarily, considering I mostly ate in pubs in the country...who kept trying to CONVINCED me they knew what oriental food really was...and I'm still trying to recover...but Amoy was really excellent

By katokop1

Mac&Cheese+Beef/Sausage product

Velveeta Shells in cheese.
Make them as you would on the box.
Eskridge beef sausage or polska keilbasa.
Cut into 1/2 inch chunks. Fry to taste.
Mix together and dig in.

By MrBigglesworth

fish curry sauce

one and a half onions finely sliced
half a brick of butter or half a cup of veg oil
3/4 tablespoon of salt
4 medium tomatoes or one tin of tinned tomatoes
one and half teaspoons of tumeric powder
half a tablespoon of chilli powder (cayenne powder)
8 cloves of garlic peeled then pulped
lump of fresh ginger rough the same amount as the garlic, bit more, peeled and pulped)
4-7 good sized green chilli (to taste 4 is warm 5 is hot 6 is dangerous 7 is questionable)
handful of fresh coriander
1 1/2 to 2 pounds of fish / prawns (whatever you fancy)

melt the butter or heat the oil, you can do a combo of butter and oil depending on how much you like your arteries, add the onion and the salt cook until the onion starts to go translucent, add the tomatoes (tinned is better as you do not have to peel or do that blanch thing), garlic, ginger, chilli and spices and cook over a medium to high heat stirring every 10 to 30 seconds adding water when it starts to stick(if you are lazy add about pint to half a pint of water, turn the heat up and start stirring when the sauce starts to thicken) the sauce is ready for the fish when you can no longer see the onion and the oil starts to separate out from the sauce, add a little more oil or butter, this stage this requires a lot of attention as the heat should be on high and be at the stage where it will burn if you take your eye off it for a second!! then add the fish and fold the mixture carefully for about 3-5 minutes turn the heat off, add the coriander stir and cover, you may wish to add a little water to thin the sauce out if you are serving with rice

do this before you turn the heat off and before you add the coriander

by waqar

couple of franks in with my mein

(If you are with the Chinese, noodles are "mein", if you are with the Japanese they're "ramen").
Once the noodles and franks are cooked, slap a fried egg on top! Yum!

By Fotan

its all about hot pockets.

By Alucard_X

combination of egg, beans, fish, cheese

Cook egg in microwave (either poached or scrambled)
Warm beans in microwave.
Cook frozen white fish 'block' in microwave
Mix all together and cover with sliced cheese.
... warm in microwave until cheese has melted.
MMmmm... enjoy.

By Magic Man

Very Simple Meal

Ingredients:
Fat-free refried beans (I think Rosarita makes a "chili and lime" style. Mmmmm..)
Your favorite cheese
Your favorite salsa
Fat-free tortilla chips

Dump beans, cheese, and salsa in a pan/bowl and heat/microwave until the cheese is gooey. Stir. Eat straight out of the pan with the chips. Goes well with Corona.

By setbit

Bloody Fingers

Ingredients:

1 Small Carton of Egg Substitute
Sloppy Joe Sauce
4-6 Breakfast Sausages

Heat the sausages in a pan until they are almost done. Then, pour in as much sloppy joe sauce as you want. There should be more than you would use for mere toppings though. Then when the sauce is heated, pour in around half a carton of that egg substitute and stir until it's cooked.

By Citrus538

Chum

Ingredients:

1/2 pound of Ground Beef
1 Small Carton of Egg Substitute
Sloppy Joe Sauce

Heat the beef until it's almost browned and add the sloppy joe sauce. When the sauce is heated, pour in the egg substitute and stir until the fake eggs and beef are cooked. Make sure you add sufficient sloppy joe sauce so that when it's done cooking the texture is almost soupy.

By Citrus538

Chicken Parmigiana

Boneless chicken breast
Pasta sauce or tomato sauce
Mozzerella Cheese
Lime juice

Get a frying pan. Put some lime juice in the frying pan, enough to cover the bottom. Put the chicken in the frying pan and cook until there's no pink left in the middle. Grate some mozerella cheese while it's cooking. Turn your oven to "Broil" and around 350F. (Or if you're using a microwave... well... don't turn your oven to "Broil") Put the cooked chicken in some kind of big pan (a plate will do for the microwave). I use a basting pan myself. A cookie sheet will work provided it has edges on it (the pasta sauce

can get very non-viscous). Spoon pasta sauce generously onto chicken, then sprinkle cheese over top. Stick it in the oven or microwave until the cheese melts.

By Quartz

Taco Soup

1 pound ground beef
1 can tomato
1 can kidney beans(or any such thing)
1 packet taco seasoning(the stuff you add to ground beef)
Cans are all 15oz

1. Brown beef
2. Dump in beans
3. Pour in seasoning
4. Dump in tomatoes
5. Take one of your empty cans, fill it with water, and dump it in.
6. Heat until it boils
7. Serve

I like to put crunched up corn chips into a bowl, just enough to cover the bottom, ladle the soup on top, and then spoon a bit of sour cream on top. Yum yum good. (; Make your canned tomato selection wisely. Keep in mind whether you'll want skins, or not, and feel free to slice up big chunks while they're still in the can.

By KGZotU

Fake and Easy Pad Thai

7 oz. Thai Rice Noodles
3T sugar
1T lime juice (or lemon)
3T fish sauce
1T rice vinegar
Busha browne's Walkerswood Jerk Seasoning paste
Sriracha Hot Chili Sauce (look for the rooster on the bottle as most of the label is in Vietnamese and Chinese.)
1 or 2 eggs
pick any: Chicken breast, shrimp, tofu, and /or vegetables (carrots, onions and broccoli work well)
some garlic.

1. Rub jerk paste into chicken, shrimp, or tofu. Let sit about 10+ minutes. Poke with a fork to get paste deeper in meat.
2. Boil some water. Place rice noodles in a large bowl and pour hot water over noodles until covered, set aside.
3. Scramble egg, set aside.
4. Stir-fry vegetables, meat and/or tofu in very hot pan for about 1 minute. Enjoy the sting from the jerk paste vapors.
5. Mix together sugar, lime juice, fish sauce, and vinegar. Add sauce to stir-fry.
6. Strain noodles, and add to stir-fry. Stir fry for about 4-5 minutes. Add Rooster Sauce to taste.
7. Place stir-fry in serving bowl, add scrambled egg.

By Brett

EZ Red Beans and Rice

1-1lb pack of sausage, preferably Schumake's Country Sausage or some kind of andouille/cajun sausage.
1 pack Vigo (or Zatarain's) Red Beans and Rice Mix.

Put 2-3 cups water (or whatever the RB&R mix says) in a pot and bring to boil. While waiting, slice sausage into 1/4" thick slices (no need to be exact). When water boils, throw sausage in. When water returns to boil, add RB&R mix. Stir constantly for 1 minute, cover pot, and set burner to "low". Cook for 20-30 minutes.

By Rex Fenestrarum

Eats

Bush's Baked beans
A good dose of KC Masterpiece BBQ sauce.
A shot of Jack Daniels.

Nuke it for about 5 minutes for full effect, or cook it in a sauce pan to get rid of the alcohol.

By mpierce

The Amazing Helluin Section

Lets see, where to begin...

One of my long time favorites is Stag chili over rice.

Another good one is chili, throw in some frozen mixed veggies while it's cooking. Eat straight, or in flour tortillas.

Fry pork or chicken in a pan, use cheap italian dressing to cook it in (I buy whatever's on sale, it really doesn't matter what kind you get). Serve with some frozen vegetables or over rice.

You can use italian dressing for a good marinade as well, or mix with teriyaki sauce for a great BBQ marinade.

For an easy snack, make popcorn, melt some butter, put some honey in the butter and stir until the honey's all melted. Sprinkle over popcorn, then sprinkle some cinnamon and a little sugar over it.

Or, if you don't like sweet popcorn, just use butter, then top with brewers yeast, paprika, cayenne pepper, or whatever mix of spices you like. Salt is passe!

Nachos! Layer chips and shredded cheese, heat in oven or microwave until cheese is melted. You can also put a layer of browned ground beef and/or refried beans on the bottom, or add jalapenos or olives on top (but that's getting fancy). Serve with salsa, sour cream, guacamole, whatever you've got.

Cheese quesadillas; slice thinly or grate cheese, layer between two flour or corn tortillas. Fry in pan or heat in microwave (if you use the microwave, you'll have to slice 'em up first, and rearrange them halfway, as the outsides will get done first).

Tuna melts; put some tuna fish on english muffins, slice or shred cheese over the top, put in the oven for a few minutes.

Tuna salad; mix drained tuna with chopped up lettuce. Use your favorite dressing.

Boil hot dogs or german sausages, slice lengthwise and put between toasted bread with ketchup, mayo, sweet hot mustard, whatever.

Chop up a german sausage or a couple of hot dogs and add to a can of beans. Heat and chow down.

A great pasta sauce can be made by combining browned italian sausage (ground) with storebought pasta sauce or tomato sauce. I always buy a bunch of different types of pastas for variety, spaghetti gets old pretty quick.

Sausage is also good mixed with eggs and put in tortillas for breakfast burritos.

Also for breakfast; if you've got leftover rice, put it in a bowl with a little milk, heat it in your microwave, add some more milk and sprinkle sugar on top.

Frozen burritos; heat in the microwave, then sprinkle some grated cheese on top and nuke for another 20 or 30 seconds, then add salsa.

Finally, there's always ramen, but I usually add something, frozen vegetables or sliced jalapenos or something to add texture and flavor.

One last thing I like to do; I'll buy a bunch of ground beef when it's on sale, then make patties and freeze 'em. If you make them thin, you can just drop 'em in the frying pan. I usually put two in a zip lock freezer bag, then cook them two at a time. You can experiment with flavors as well, I usually make a couple mixed with teriyaki sauce, some with thai peanut sauce, etc.

By Helluun

Another good use for chili

Add some cubed cheese and a little sour cream; heat until it's warm and the cheese is melted. Makes a bitchin' dip for corn chips.

By Helliun

Just thought of a couple more...

used to eat quite a bit of sauerkraut; it's really easy to throw a bunch in a pot with

some kielbasa. Add some of those little seeds (Caraway? I can't remember which ones, they're small and striped.). Cook for a while; the longer you cook, the more the sausage flavor spreads into the kraut.

Also with polish or german sausage, put some into a couple cans of split pea soup; again, the longer it simmers, the better it gets

By Helliun

Chicken Salad ala hmmm.

When I am on a protein kick, carbohydrate de-enhancement phase I like this interesting little chicken salad.

1 Can Swansons white meat chicken chunks.

1 half cup mayonaisse (Helmans/Best Foods).

1 teaspoon each, dill, parsley and yello mustard.

1 Tablespoon horseradish (not the sauce)

Mix and eat with Dill pickle spears and a chunk of extra sharp cheddar cheese

By Klinzai

Backfire

In school when I ate something experimental that didn't agree with me I used to take a dozen saltines crush them and put 'em in a cup. Add milk and eat with a spoon. Works for an acidy stomach but no much else.

By Claymore12

1 Tuna Sandwich

Tuna (drained)

Miracle whip (for zip!)

Bread

Mix tuna and miracle whip into a nasty paste.

Spread on bread. Eat.

By Cavalier

#2 Lo Mein

1 Package of Angel Hair Pasta (or any spaghetti)

Soy Sauce
Oil
Water

Boil noodles until cooked. Drain. Rinse. Put back in pot and add 2 tsp. oil and as much soy sauce as you want. Stir. Heat back up. Eat when it looks good

By Cavalier

Whatever you want Tortillas!

Tortillas
Picante
Mozzarella or Cheddar (shredded)
Anything else

Take the tortilla and put it on a plate, completely open (aka flat). Next, put a little picante on and spread it all around the tortilla. Be sure not to put too much, but there must be some.. Next put the mozzarella and cheddar on. After that you can put the "Anything else" on. Sandwich meat, small pieces of beef, beans, whatever you want. After that, microwave til cheese melts and then roll up into a wrap type deal..

by el_amo

Chicken on the go.

Buy a chicken breast, marinade it however you like (teriyaki is good, barbecue better), wrap it tightly in aluminum foil, and stick it next to the exhaust manifold of whatever your transportation is... If you make long drives during the day, drive for 2-3 hours and you've got lunch waiting for you under the hood whenever you're hungry.

By Tremek

All I have to say is A1 steak sauce

The single greatest condiment of all time also works great as a pasta sauce, check it: cook up some good linguine add butter and basil/garlic salt toss some freshly grated parmesan in and

melt it a little then liberally apply A1 and mix it up its pretty damn good

by mwedward

Steve's FastSandwich:

2 slices white bread
Enough colby to cover a slice of bread.
put colby between bread.
nuke for ~35 seconds depending on power of microwave.

By SteveRestless

Inside the Potato

If u have a microwave, put said spud in it, at full power, for... ooh, five minutes or whatever.

When it's cooked, take it out, cut a "lid" out from the top of the spud and hollow out the insides (leaving about 1cm thickness round the outside, so it holds together) Put the innards in a bowl with some cheese spread and whatever else you fancy (I *love* spinach, so I used to put that in it too).

Mash the insides of the potato, the cheese spread and whatever else you've got in the bowl together with a bit of salt and pepper, stuff it all back into the hollowed out potato and put the "lid" back on the top. Nuke it for a further minute or two, to re-heat it and then it's ready to eat

By Chog

Good, whiteboy curry

This serves a ton, so it can either be for a big dinner, or for you to eat for about 4days. This curry is so easy that a culture-less american whiteboy could make it (im an american cultureless white boy). go to the store, and get:

4-6 chicken THIGHS (bone in, get skinned or skinless, but you have to take off the skin. It

always amazes me that stores sell the best part of the chicken for the least amt of money)

vegies that you like (mushrooms, onions and zuchs are my faves)
a box of S&B Hot Curry Sauce (its not really hot)
its the black box:)

get a big saucepan (like a big soup one). Put in olive oil (forgot to mention that) or veggie oil if you are a communist. skin the chix (if needed) and toss them in. they should get covered in oil as you roll them around. cook em pretty hot, but watch that they dont get burned. cut up veggies, toss them in after the chix are fairly done. grab the whole pot and fill it with cold h2o until about half filled under the veggies (half the veggies should be above the h2o line). put on the top, let the whole thing warm up again, then open, get the block of curry paste, and cut into strips into the pot (suit to taste, i usually use the 3/4 to the entire thing if 4-6people are eating). Let simmer for as long as you can (All evening if possible) then enjoy over rice. the chicken will be the best you have ever tasted, guaranteed. Make sure to put the cover back on, as the steam from the h2o cooks the veggies and flavors everything.

By ChaNce

My Favorite Weird arsed recipe....

Take Continental Packet Fettucini Alfredo, make it...
Let it cool to luke warmness, whip out the cornchips and use the fettuchini (sauce and pasta) as a dip

By Oblisk

Schlupp's Soup

One can chicken broth,
equal amount of water.
As many fresh carrots as you can get your hands on, sliced 'bout four nickels thick.
(Carrots have to be fresh)
1/4 bag of frozen peas.
1 big-ass onion, any variety, cut into itty bits.

1/4 bag of frozen corn.
Salt to taste.
Put crap in a pot, bring to boil, then turn down the heat and hit the forum for a while. Guaranteed to be the freshest and cleanest tasting soup you have EVER had!

By Schluppy

Refried Spaghetti

- take last night's leftover cooked noodels.
- put in frying pan.
- add about a half stick of butter.
- stir fry it.

By Cellular Mitosis

steak in Worchestershire

Marinate steak in Worchestershire Sauce if you feel otherwise ... just leave it as is.
2) Chop up an onion and mushrooms pan fry with a little bit of butter.
3) Add the steak to the pan and add Worchestershire sauce for flavor.

By Ranma

chicken tortilla wraps

Get some boneless, skinless chicken, and fry until brownish white. Smother entire tortilla with fave sauce (i like the poppyseed peach by Brianna's) and layer with tomato, colby cheese, tomato and other veggies.
This is by far the easiest dish to prepare with minimal effort

By KiDiCaRuS

EZ Chili:

pound lean ground beef (add more if you wish)
1 jar hot salsa (I like Chi-Chi's)
2 cans green giant chili beans (or generic equivalent), drained
1 can red kidney beans, drained
1 small can (<14oz) Hunt's tomato sauce
1 can tomato paste

Seasonings: Garlic powder, Chili powder, Cayenne pepper.
Optional: Dave's Insanity Sauce, 1/2 bottle Honey Brown lager. (I always add the Dave's, I sometimes add the beer)
Brown the beef in a pan, drain.
Drain cans of beans.
Throw beans, tomato sauce and beef into crock pot.
If you are adding the honey brown, do it now. Be careful not to add too much or it will take forever to simmer off.
Turn crock pot on "high".
Add seasonings to taste.
Stir every 15 minutes for next two hours.
After two hours, turn crock pot to "low" and add tomato paste. Stir briskly until paste is dispersed evenly. This provides a thicker chili.
Add more seasonings, add Dave's. Stir.
After a couple more hours you've got damn good chili.

By Gilgamesh

Roast Beef:

1 Roast Beef. Get a nice lean one at the supermarket. Make sure it will fit in the size crock pot you have, if not, you'll have to cut it in two. No biggie.

Also needed: Several carrots, several potatoes.

Cut up potatoes, peel if preferred. place in the bottom of crock pot.
Cut up carrots into chunks about two inches long, place in with potatoes.
Place roast on top of potatoes and carrots.
Fill crock pot approximately half full with water.
Turn pot on "high". Check on it occasionally. In a few hours (depends on size of roast), you've got roast beef with potatoes and carrots like mom used to make. Depending on your crock pot, you may need to turn the heat to "low" after a couple hours for this, consult the recipe book that comes with the crock pot, usually there's a recipe for pot roast in there.

When it's done, I usually take two cups of water out of the pot, drain the rest, remove the meat and veggies into a dish, pour the

two cups of broth into a pan and add a packet of beef gravy mix. The gravy's the most complex part,, but one easily left out if you're looking for a good meal you can't screw up.

By Gilgamesh

French [stick] pizza

A French Stick (or even Bread), some cheese, Salami (even some sosages would do), ketchup and a wee bit of butter/marg. A cheese grate, a knife and a grill.

First cut the french stick length ways, toast for a few minutes in the grill. Butter and sprinkle your grated cheese/salami mix over the top, grill again for two minutes (or until the cheese has melted). Add ketchup and serve.

By Qbal

Homemade Alfredo Suace

It's so damn easy it's a shame anyone uses that store-bought crap.

ingedients:

pasta

half pint heavy cream

half a stick of butter

grated parmessen or romano (better) cheese (don't buy the Kraft stuff, hit the deli section of a good grocery store and buy the real thing)

a pinch of nutmeg (be careful here, nutmeg has great power)

So after you've cooked whatever kind of pasta you're going to put this on (usually I use capellini because it cooks way faster than fetucinni (sp?) and plus I just like it better) take a frying pan (greater surface area makes it go faster) and drop the butter in over medium heat.

When it's all melted pour in half the carton of heavy cream. Let it start simmering (good cooks say don't let it come to a major boil but really there's not a huge difference if you do. If you're trying to impress someone, take your time but if you're in a hurry, let the

mother boil). Stir occasionally to keep the butter and the cream well mixed. Add the salt, pepper & nutmeg (I know nutmeg sounds really weird here but it's a French thing and it's REALLY good as long as you're careful not to OD on it). After 5- 10 minutes the sauce will start thickening up as the water evaporates out. You can tell by how it slides off a spoon. Once it's thickened, shake in a bunch of the cheese. Stir it all up for another couple minutes and it's all done. Pour it over the pasta. There are a couple ways to get fancy with it if you wanna seem like a gourmet. I just bought this olive, almond and truffle paste and adding a spoonfull of that with the S, P, & nutmeg made it amazing. Have fun and buena suerte.

By MrRefinement

burritos!

2 cans refried black beans w/ lime juice
1 green pepper
1/2-1 onion (same amount as green pepper)
1 can chopped green chiles, 2-3 jalapenos, or 1-2 habeneros, to taste
Cilantro, paprika, cayenne, chili powder, garlic powder (or 4 or 5 garlic cloves)
-dice the peppers and onion as fine as you have the patience for (inch square on a normal day, fine powder when company's coming), saute in olive oil in a non-stick frying pan (garlic too, if you have the patience to shuck the cloves)
-while browning, mix 1/8 cup chili powder, 3 tablespoons paprika, 2 tablespoons cayenne, 4-5 tablespoons cilantro (fresh or dried) in a measuring cup. Just to warn you, I'm estimating how much I usually put in...usually I just about fill up a quarter cup

measuring cup w/ spice. Play
-when peppers start to look cooked, add cans of beans. Trust me when I say get the cans w/ the lime juice...perfect flavor! As the beans soften, fold everything together and add spice. Blend till at a soft consistency.
-slop on burrito shell (I usually moisted mine and microwave about 20 seconds first to keep 'em from breaking). Grate cheese (sharp cheddar, pepper jack, coby jack, etc)

on top, add lettuce and others to level of patience (I stop at cheese).

By Haven

Tostada al la EZ

Can of Refried Beans
1 Large Chunk of Cheese
1 Package of tostada shells
Optional
Lettuce, Sour Cream, Salsa, Onion, Olives, Tofu, etc... etc...
Method 1 (The yummy way)
Open can o' beans, microwave for minute or two, shred cheese, apply beans to tostada shell, then apply cheese, and other optional items.
Method 2 (The quick way)
Open can o' beans, apply cold beans to tostada shell, add cheese, throw in microwave, and cook till cheese melts, add optional items. (This way makes the tostada limp with greese from the cheese)

By Plastix

when a lady's coming over

enough Linguine for 2
1/4 to 1/2 pound shelled, cooked shrimp
Some capers (weird little Italian pea-like thingies that come in a jar)
fresh basil
2 fresh plum tomatoes
oregano
white wine
1 clove of minced garlic
olive oil (or whatever you've got)
salt & pepper to taste

Cut the tomatoes into small chunks and set aside. Cook the linguine and drain it, then set it aside. Chop or shred the basil into smallish bits. Put 1 or 2 tablespoons of olive oil in a frying pan and heat it, then throw in the garlic and capers. Splash in some white wine (1 or 2 tbs) and the basil and heat it enough to boil off the alcohol. Add the tomatoes and shrimp, but don't let them overcook and get mushy. Just get them hot. Sprinkle some oregano in and toss everything with the pasta.

Serve with Mezzo Corona Pinot Grigio. It's cheap, good with seafood and easy to find.

By Stardog

good cheap steak

A good boneless ribeye will run you around \$5.00 a pound. Trim that sucker, grill it up (medium rare is best) and add some salt. Yum. What's even better is toasting a baguette, sopping up the steak juice and making a steak sandwich. Ooooooh goodness.

By Thallium

Spicy Beef Stew

Get a large stew pot (very important). Crockpot would work too. Lightly brown some beef cubes in olive oil. Dump beef into stew pot with the following:
2 cans sweet yellow corn
2 cans stewed tomatoes (the garlic flavored ones are good)
1 small can tomato paste
2 cans beef consomme
2 large potatoes, cut into bite size pieces
several carrots, cut any way you want
Peas if you like - I use snow peas.
Mmmmmm...snow peas.
Mrs. Dash's seasoning - several good shakes
Black pepper to taste
Some worcestershire sauce and/or beef bouillon cubes
Tabasco to taste - I use at least half a bottle
Enough water to give a full stew pot

Bring to a boil and then cover and simmer until everything is tender.
If you do it right, this will last 1 person almost a week if it's the only thing you eat all week. Plus, it only gets better after sitting in the fridge overnight and beyond.

By agents_4_peace

Spanish Mackerel Extraordinaire....

Dig 2 metre hole in your back yard, 1 metre deep
Fill with sand and basalt rocks

Build a raging bonfire, get half wasted over next 4 hours
Spread red hot ashes to perimeter
Wrap 1.5 metre Spanish mackerel in 3 layers of foil, after....
.. adding 6 sliced lemons, 2 sliced limes
.. adding copius cracked black pepper
.. some lemon grass
Place wrapped Mackerel in pit, cover with hot sand, rocks & ashes
Drink for another 20 minutes
Recover Mackerel, and consume with near freezing Vodka, Rum or Tequila

By GOD

spicy insta-chili

1 can hot dog chili
1/4 onion
garlic salt
red (cayenne) pepper
S&P
Sazon Complete Seasoning
1 packet Taco Bell Fire Sauce

merely open can, shlop in a bowl, put in microwave and nuke until hot. dice up onion (i like them raw, cook with chili if you don't) and toss into bowl, then add your preferred amount of seasoning. stir and eat.

By cobalt nacht

Kimchi Soup

Buy some kimchi, throw it into a pot (minus the liquid it's been soaking in). Add regular water, enough to make it soupy, and boil the sucker for 15-20 minutes.
Ya kin add junk like spam, sausages, minnows (take minnows out before you eat), beef, onions...well, whatever for flair.
At the same time, shove yer rice in the rice cooker.
All you need is a little setup time, wait for 15 minutes, then come back for a decent meal.

By Ilysere

Tooth Larry tasty chicken

Four boneless, skinless chicken breasts
Sesame oil
Thai peanut sauce
Virgin olive oil
Black pepper
Red pepper sauce (the hotter the better)
A dash of salt
Lots of garlic
Soy sauce

Trim the chicken so there's no fat. In a small bowl, pour in a bunch of peanut sauce. Mash about four pieces of garlic and drop it in to the sauce. Then add everything else to flavor. I personally like a strong zing to the chicken so I added a lot of hot sauce and garlic, but it's all up to you. After you finish the glaze, get one of those pastry brushes. Start grilling the chicken and as soon as the top side of the breasts are white, flip them over and start brushing the glaze on. Do this every time you flip the chicken over to get a nice strong flavor. If you cook them right, the breasts come out tender and juicy, and they taste awesome. Throw in a bowl of peas, a good bottle of beer or wine and you're set. You can even use the leftover sauce as a dip - it'll be extra strong because the heavier elements like the garlic and pepper have had time to sink to the bottom of the bowl and mix.

By Thallium

Tooth Larry survival snack

Wedge of Port Salut cheese
Some good Italian hard salami
Good crackers
Slice off a piece of cheese. Slice off a piece of salami. Put on cracker. Eat.

By Thallium

Enchiladas

Alright, these aren't verry quick but who cares, they turn out right.
Take 4 Tortillas
1/3 cup salsa (mild usually, depending on tastes)
2 oz. tomato paste
1/2 cup shredded cheese

1/2 of a cup chopped onion, prefferably green onion

use microwave on the tortillas for a min, wait until their crisp again, while you wait for that mix the salsa and tomato paste for a while, then dip a tortilla in the tomato paste/salsa. Put it on a baking pan without grease. put a tablespoon or so of shredded cheese on top and a tablespoon about of green onion. dip the second tortilla in the salsa stuff and put it on top first. put more cheese and onion on that one too. do the same with the other tortillas. then poar the salsa stuff over the stack of tortillas. and put the rest of the cheese over that.
Bake it for about 15 mins at 350 degrees. cut it up and eat it

By Splinter

Shredded Beef Super-Burritos

I know burritos have already been mentioned, but the way to go is not to use ground beef.
Get one of those huge hunks of meat from the grocery. You know, the crappy stuff that sits next to the soup bones and tripe. Cook that for a long time (a crock pot is a great way to cook it) in some Liptons onion soup mix or something along the same lines. The longer you cook it, the softer it gets. After you finish cooking it, let refrigerate overnight.
Next day, pull the grains of meat apart. It will be all shredded up and stuff.
Now, continue with your normal burrito making process using this instead of ground beef.

By Sneedes

Tuna and Corn

Quick, cheap, tastes good, and some protein too
Open 2 cans of tuna, drain the water
Open 1 can of corn, drain the water.
Mix them well in a bowl and add mayo.
Tuna:~Corn~=1:1

By mdedevov

Pasta Carbonara

Ingredients:

Pasta carbonara
4 Strips Bacon
2 Egg yolks
1/2 cup heavy cream
1/2 cup grated parm. cheese
1 clove garlic
Pasta of your choice

Dice bacon and brown in skillet; pour off most of the fat.
Add garlic while the skillet is warm, so it can brown lightly.
Remove skillet from heat and boil pasta while bacon cools.
Add cooked pasta to cooled skillet, next the cream, cheese and eggs last
Heat the mixture under low heat and stir lightly until thickened.

By flacoman

grilled cheese with an iron

1 roll of aluminum foil
2 slices of bread
2 slices of american cheese

wrap the cheese and bread in aluminum foil
Then run the iron over the whole package lightly so you don't smoosh the sandwich. Oh and remember, turn off the steam, it will make the sandwich soggy. Iron to taste.

By ender

Somewhat spicy speghetti

1 to 1.5 pounds 15% fat hamburger
One package of speghetti mix
One can Hunt's tomato sauce
One can Hunt's whole tomatoes, diced
One box of Speghetti, size 8
Chile powder
Red pepper
Tabasco Sauce
Fry the burger until nice and brown. Mix in mix, chile powder, and red pepper. Mix until

well combined. Pour a good amount of tabasco sauce onto meat. Stir. Add tomatos and tomato sauce. Stir, then set to low heat. Stir every ten minutes or so, if you do not want the speghetti imediately.
Boil speghetti in a big pot for 8 to 10 minutes. Strain pasta. Combine with sauce

By Dustball

Cheap, Simple, and Easy Quasi-Nachos

Plate

A good handful or two of your favorite tortilla chip
Graded cheddar, mozzarella, or mexican cheese
Microwave

By Dustball

Sloppy Joe Hamburger

1 (or more) hamburger patties.
Spaghetti or sloppy joe sause.
1 egg per hamburger patty.

Turn the heat on your stove very low, and let the hamburger brown. It should be low so that the hamburger cooks very slowly. When the hamburger has browned throughout, top it with the sauce. Allow it to simmer for a few minutes. Be sure to occasionally flip the hamburger so it cooks evenly.
After allowing it to simmer for a few minutes, crack the egg open and mix it in with the sauce and hamburger. When the egg is cooked, scoop it all onto a plate and enjoy!

By citrus538

Thallium's damned good chicken

Six large chicken breasts, cleaned, no skin
A small bowl
A basting brush
Lots of peanut sauce
Lots of crushed, fresh garlic
Salt
Crushed pepper
Lots of soy sauce
Lots of ginger sauce

Lots of pepper sauce and/or hot sauce
Some lemon juice

Mix all the ingredients except the chicken in the bowl. Your goal is a slightly soupy, brownish mixture that smells pungent and sweet. Garlic is the key here, as is peanut sauce. Go to the grill and start cooking the chicken. When both sides have turned semi-white, start basting the meat with the sauce. Baste lots on both sides, flipping each piece over after a wash to let the sauce burn in to the meat. Cook until the meat has attained a yellowish color (it's ok to slice off a small piece and check the inside to see if it's ready). Serve the chicken to hungry friends and chase it with Guinness or good, strong beer.

By Thallium

Noodle recipe

1. boil water, after it warms up drop two ramen noodle(any flavor you want)
 2. crack couple of eggs in a bowl
 3. heat that bowl with like 95 seconds
 4. drain the water from noodle
 5. mix cooked eggs with noodle
 6. add some green peas or mixed veggie
 7. add ketchup, soy sauce and hot sauce
- The food be ready within 10 minutes and yummy

By SunShine

Sludge

- 1 can chopped tomatoes with onions
- 1 can chopped tomatoes with chillies
- 1 can borlotti beans
- 1 can kidney beans
- 1 can sweetcorn
- 1 pinch of salt

Simple, this one - pour everything into a big pan (drain the liquid from the bean cans first, but not the others though), and bring to just under a boil for a few (~5) minutes. Add chopped chillies / onions / whatever. Eat.

By sk

Thing without a name

A load of bacon
500g of cheese
Chopped tomatoes
Packet of Nacho crisps (chips in the US?)

Fry bacon. Place in baking tray. Cover with tomatoes. Crumble crisps on top. Bake for ~10 mins. Grate cheese on top. Bake again until cheese browns. Eat.

By sk

Have No Name For This But....

Ingredients
2 cups Cheerios
Enough crunchy peanut butter to coat
1 c choc chips.

Pour 2 cups Cheerios into bowl. Add crunchy peanut butter until cereal is coated, and sticks together. Add chocolate chips and stir until mix is heterogenous. Serve with movie or episode of Buffy.

Spread mixture in pan. Put in fridge until firm (about 1 to 2 hours). Cut into sections with knife. Eat.

By MonaLisaOverdrive

SpaghettiO Western

2 15-oz can(s) SpaghettiOs
1 15-oz can(s) black beans, drained and rinsed
2 scallions, thinly sliced
1 Tbsp chili powder
Shredded low-fat Monterey Jack cheese

In a large nonstick skillet, combine all the ingredients except cheese. Cook uncovered over medium heat, stirring occasionally. After it's heated, sprinkle with the cheese, cover, and cook until cheese melts.

By Edge|

Turkey sammich

A few slices of good, smoked turkey (San Diegans must go to DZ Akin's)
A bottle of Beaver's Hot and Spicy mustard
Two slices of bread (baguettes and bagels work as well)
Two slices of jarlesberg cheese (or swiss)
Mayo
A tissue

Take bread. Put a dollop of mustard on one slice, some mayo on the other. Put cheese, then turkey. Eat. Use tissue to wipe eyes when mustard hits you with it's full effect.

By Thallium

Macaroni-hamburger-green pepper thing

2 boxes Kraft Macaroni and cheese
1/2 cup milk
1/2 cup butter/margarine
1 lb hamburger
1/2 medium size green pepper
2 small cans tomato sauce

Make the macaroni and cheese according to directions on box.
While noodles are cooking, brown hamburger in large saucepan/chicken frying pan. Also chop green pepper. Drain hamburger. Combine browned hamburger, completed macaroni and cheese, green pepper, and tomato sauce, and cook on medium heat until hot. Serve.

By Petruchio

Turkey chilli

1 lb lean ground turkey
1 14-oz can(s) Mexican-style diced tomatoes
1 15 1/2-oz can(s) black beans, drained and rinsed
1 14-oz can(s) whole-kernel sweet corn, drained
1 1 1/4-oz package(s) dried chili mix
1/4 c water

Brown the turkey over medium-high heat. Add everything else and cook over low heat for 10 minutes.

By Edge|

Shrimp Alfredo

1 pound uncooked, thawed, fully peeled shrimp
3 tbsp butter
1/4c white wine
4-6 cloves garlic, minced
1 pint heavy whipping cream
a lot of grated parmesean cheese
1 pound fettucine

Start water boiling for fettucine, and cook as directed.

Take a large, heavy skillet and put on at medium heat. Melt butter in pan. Add garlic, wine, and shrimp. Cook shrimp for roughly 2 minutes on each side. Add cream. Bring to simmer, let simmer for five minutes.

Add cheese. I've never actually measured the amount of cheese I use; I'd estimate it to be between 1/2 and 1 cup. It helps to use good cheese. 'Kraft' or anything that doesn't come from a refridgerator case is less than optimal. In any case, stir frequently and let the cheese melt. Cook for five to ten minutes here.

Toss shrimp/alfredo with pasta. Enjoy.

By Cool Modine

Chicken Shit

Some tasty looking chicken breasts (4)
tub of sour cream
pouch of dry onion soup mix
can of cream of mushroom soup
those little crunchy chinese noodles

Mix the cream of mushroom soup (all of a pretty big can) with an equal portion of sour cream in a bowl. Add the dry onion soup powder to this mixture and stir it up. Pour this sludge over the chicken breasts in a big glass baking pan. Bake it at about 400F for about 40 minutes (till the chicken is not pink).

Put some crunchy noodles on top.
Eat.

By Phalex

fuzz's pretty damned good chili

1.5 lb ground beef
1 can hormel chili, no beans
1 can hormel chili w/ beans
.5 cup hot sauce (i use red hot)
.25 cup worchester sauce
1 tbsp cayenne pepper
2 tbsp chili powder
2 tsp onion powder
2 tsp garlic salt
1 package shredded cheddar cheese

brown ground beef in skillet on high heat.
when about halfway done, mix in onion powder and garlic salt. finish browning.
turn heat to medium, mix in rest of ingredients (except the cheese) and heat until simmering.
turn off heat and let stand for a few minutes.
serve in big bowls with a generous handful of cheddar chesse on top. tastes great with a light beer, served ice cold (like Harp or Rolling Rock).

By fuzz

fuzz's cajun chicken goodness

2 chicken breasts (prefer boneless), cut into strips
1 pouch Lipton Cajun Style Rice
1 tbsp butter
1 tbsp cayenne pepper
2 tsp garlic powder
.25 cup hot sauce
.25 cup olive oil

put rice sauce mix (from the package), butter, and 2 cups of water in sauce pan and bring to a boil.

put olive oil and garlic powder into medium skillet, and heat to medium. when pan is not, put in chicken strips and brown on either side.

after rice is boiling, reduce heat and simmer until rice is tender.

after chicken is brown on both sides, sprinkle each side liberally with cayenne pepper and continue to cook.

after rice is tender, mix in hot sauce and simmer for a few minutes. then, remove from heat (sauce will thicken as it stands.)
serve large helping of rice with chicken strips on top.

this meal is best served with a crisp lager, like red stripe or beck's.

i've got more, but some of them are a little advanced (like seafood linguini with white wine sauce)...

one great tip- make a box of tuna helper according to the directions on the box. 2 minutes before its done, add a can of vegetables (peas and corn are great) to the mix. serve just like normal. it's a great way to sneak in vegetables in the guise of a mass cheesy overcooked pasta mess... =P

by fuzz

Dustball's Kinda Spicy Spaghetti

Ingredients:

1-1.5 pounds 15% ground beef
Hunt's Diced Tomatoes, large can
Hunt's Tomato sauce, small can
Spaghetti size 8
Chili powder
Spaghetti spice

Fry 1 to 1.5 pounds of 15% ground beef in a pan. Before it turns all brown, pour in one pack of spaghetti spice and a handful of chili powder. Fry until brown. Pour in the diced tomatoes and the tomato sauce. Stir thouroughly. Put it to low heat and stir every ten minutes.

Boil spaghetti. When finished, put in colander and drain. Serve.

By Dustball

Shalloted Asparagus

3 shallots, minced
2lbs Asparagus
Butter or olive oil

Fry Asparagus in pan with butter until halfway done, add minced shallots, and continue frying until the shallots are all browned and the asparagus is thoroughly cooked.

Mmmm good . Best asparagus you can make. Goes well with mashed potatoes (Of course with shallots on them)

By Xevion

Peppered steak

Get a decent piece of steak, any size, marinate in worstershire sauce for 2 hours in refrigerator, cover completely in cracked black pepper (after marinated) and cook until well done, add salt to taste and serve with A-1 sauce.

By Xevion

As/400's nutrient paste

2 cans of mexican black beans
one jar of salsa
one yellow onion
sour cream
sharp yellow cheese
heat beans in pot in oven at 325-350°f
coverd for 20 min
mince the onion
mix all in to pan with handle and eat at computer for 4-6 hours to stay alive.

By As/400

Easy Sloppy Joes

Brown 1lb ground beef, drain.
Add Ketchup and sugar to taste.

You'd be surprised how good meat with just ketchup and sugar can taste. Of course, you can always go the Manwich route, but I never liked it, personally.

By MalusCaelestis

Quick and Easy Pita Fun

Good pitas

Good Feta Cheese

Hummis (I like Cucumber and dill hummis)

If you have a toaster oven, toast the pitas lightly, otherwise just use your toaster. Then spread the hummis inside and add some feta cheese. Not very original, I know, but its damn tasty and a nice change of pace. I eat 2 or three of these for a meal.

By Joystickit

Tuna Mix

frozen veggies.

pasta.

few mushrooms.

tin of tuna.

black pepper, vinegar and herb choice.

Method

Cook some frozen mixed veggies: carrots, peas and sweetcorn work well.

Cook some pasta.

Slice the mushrooms

Whilst waiting for the veggies and pasta, take a tin of tuna; drain it.

Add a dash of vinegar, a squirt of fresh lemon juice (optional) and season with black pepper. Mix with a fork.

When they're cooked, drain the veggies and pasta. Add a small amount of butter to the pasta; add Italian Seasoning, (or your herb choice) another twist of black pepper and mix quickly so that the butter coats the pasta.

Add the mushrooms.

Add the veggies to the pasta and mushrooms. Mix.

Next, add the tuna and mix until everything is umm, mixed well.

Serve and eat.

By carodin

One Pan

Take one pan - oil liberally.

Add 1 tin baked beans
Add 1 tin corned beef
Mash together
Add the following spices (or some others)
good shake of ground pepper
2 teaspoons paprika
shake of ground coriander
shake of ground cumin
2 tablespoons chopped chives (dried if need be)
pinch basil
pinch oregano
teaspoon salt
heat, stirring continuously, for 5-10 mins

By BlackHex

Zen Bastard Stir Fry

1 1/2 lbs meat (beef, chicken, seafood) cut up into the size and shape you like
3/4-1 cup veggies (I like frozen peas or broccoli)
2 cups sliced mushrooms
a handful of peanuts(unsalted, or rinsed)
2 tsp copped garlic (or more!)
butter, misc spices
rice (I use the boil-bags)

Sauce:

1 tsp soy sauce
1 tbsp stir-fry sauce
1-2 tbsp yakitori sauce (or oyster or hoisin)
1 tbsp brown mustard
1 tsp sugar
3 tbsp chili sauce
dashes of cinnamon, pepper, onion and garlic powder, to taste.

Marinate the meat (or tofu maybe?) in the sauce for as long as you like (+/-2 hours)
In a black iron skillet (or wok), heat butter, sautee mushrooms w/ a splash of balsamic vinegar. Once they cook down, turn the heat up to med hi or hi, drain the meat, throw it in. Add peanuts, continue stirring and cooking. Add sauce slowly as mix cooks. (Make rice on another burner while doing above)

As sauce finishes cooking down, add veggies, let em steam for a few minutes, then stir the mix together. Serve on top of rice, or mix with rice and eat.
Vary seasonings to taste.

By CarckFraggle

Taco Salad

3/4 lb ground beef or shredded chicken
taco seasoning mix
salsa
shredded cheese (I like cheddar jack for this)
lettuce
tomatoes
tortilla chips
Ranch/blue cheese/whatever dressing

Brown the meat in a skillet, add seasoning mix, garlic powder, and onion powder. Drain fat from meat, add a few spoonfuls of salsa to meat while still hot, stir it all together. Put tortilla chips on a pan, throw 'em in a 250 deg oven for 5 minutes or so. Careful, they burn pretty quickly.
Put chips on plate, put meat over chips, chees on meat. Add shredded lettuce and chopped tomatoes. Dressing of choice over whole thing. Chow down

By CarckFraggle

Salmon Stuff

I would call it casserole but I think that's the wrong word. This is low/no-carbohydrate eating BTW, if anybody here happens to be on that kind of diet (like I am).

-1 can of salmon (get the good kind with the fish guy on the can, not the super-cheap shit)

-1/3rd of a block of Philly cream cheese

-lemon pepper seasoning

-regular pepper

-mozzarella cheese (optional)

-Jack Daniels #7-flavored mustard (optional)

-small plate and a microwave.

Take the plate and spread out the cream cheese on it to make a base layer. Then drain the salmon can almost completely; the more liquid you leave behind the runnier the end product is, so the can contents should be wet but with no excess. Put the salmon on top of the cream cheese, no mixing necessary, just knock it out of the can with a fork and spread it out a bit.

Season this liberally with lemon pepper or regular pepper. Put some mozzarella cheese on it too, this adds a bit of texture... If you want to give it a bit of a sour bite, add a little glop of the mustard.

Microwave on high for 35-40 seconds, stir it a little bit, mike it again. When it finishes, take it out and STIR IT UP. The end product looks like hell but if you like seafood it tastes great.

This is cheap eats, I've been eating it a lot lately... I discovered it by pure experimentation. I think it would probably make a good side dish for a big meal too.

By Majesty5

Asparagus Flemish Style

Asparagus
3 large eggs
Fresh parsley
1/3 stick butter
salt/pepper

Hard boil your eggs. In the meanwhile, melt the butter, and chop the parsley.

Set aside eggs.

Steam asparagus until just tender (5 mins?)

In the meanwhile, peel the eggs.

On a plate, smash up the eggs with a fork, add parsley, salt and pepper. Mix.

Put the asparagus on the plate next to the eggs, pour the butter over everything.

Grab an asparagus stalk and scoop up some eggs with your fingers, and eat it. Yum!

Traditionally served, it's about \$50 a plate in Belgium -- but the asparagus is white. Fine dining where you're encouraged to use your fingers

By Tom the Melaniophile

Potatoes O'Bartz

My variation of Potatoes O'Brien

1 spicy or mild Italian sausage
3-4 strips bacon
1 medium to large potato
3 stalks green onions
3 cloves garlic

1 teaspoon mustard (I like the hot sweet Beaver brand mustard)

Cut the bacon strips into pieces. Brown the bacon and sausage together, cutting up the sausage into bits. Drain and set aside the bacon and sausage, keeping the grease. Matchstick the potatoes (i.e. 1/8" x 1/8" x 2") and cook them until brown. Add the bacon and sausage back in, then the garlic. Cook until the bacon and sausage are warmed up, then add the green onions and mustard. You can also throw in some cheese; sharp cheddar, romano or asiago are all good.

By Paul Bartz

XconflictX's Maruchan's Ramen noodle soup: Chicken flavor

This is a good recipe if you're in a hurry. It takes only 3 minutes! AMAZING!

Saucepan
soupbase
Maruchan ramen noodles
fork or spoon

1. Boil two cups of water in a saucepan, add noodles and cook three minutes, stirring occasionally.
2. Turn off heat. Add contents of seasoning package, stir.
3. Serve immediately for best result.

By XconflictX

Rice and Beans - almost a jumbalyah without the effort.

2 cups rice
1-2 16oz cans black beans
6 oz tomato paste
2 fresh tomatoes
1/2 white onion
1/2 lb chicken, cajun spiced sausage, shrimp, crawfish, or any combination thereof
fresh jalepenos (sp?) to taste
spices (I generally use pepper, dried hot peppers, and bay spices)

Cook meat to taste.

Cook rice according to directions. It does help to undercook it a bit.
Drain most of the juice from beans (leave some for sauce and to keep it from getting too dry). Combine beans, chopped onion (as much as you like), tomato paste, chopped tomatoes, jalapenos, in med-large saucepan. Heat to a low boil, and add spices as desired. Add meat in pieces (slice chicken or sausage - shrimp etc can be left whole), and let simmer until a good sauce is obtained, then mix with cooked rice, and let set over low heat for ~10 minutes.
Makes ALOT, tastes great with cheddar on top, beer and biscuits, and very easy. I'll live on this stuff for a week at a time.

By hugin

Mac and Cheese Mix

Annie's Mac and Cheese
Catsup
Mayonaisse
Garlic Pepper
Viegar (I put vinegar on everything)
Peanut/Cashew Butter
Butter/Pastah sauce from a jar
Pepper
Hot sauce

By indeego

Salmin Pasta

1/2 lb smoked salmon
sundried tomatoes
olive oil
whole milk
1/2 - 1 stick butter (depending on how rich you want it.)
garlic
1/4 cup parmesean cheese
flour or corn starch
fettucine

Cook fettucine according to directions.
Slice sundried tomatoes into small pieces, reconstitute in 3/4 cup mixture of olive oil and warm water (1/4 cup oil, 1/2 cup water) for ~20 minutes.
Pour sundried tomatoes and oil mixture into saucepan with crushed garlic (I like LOTS of

it), heat over medium-high until most of the water has boiled off. Add smoked salmon, turn down heat, simmer on low, mixing occasionally. Add water or oil to keep from burning as necessary.

In separate saucepan, at same time, melt the butter (make sure you don't let it start burning off, just melt it). Add milk in small increments, mixing well and heating each time, until the desired amount of sauce is obtained. Then mix in parmesean in small increments until well mixed, and thicken as wanted with flour or corn starch until desired thickness is reached. Do this in small increments too, mixing well with a wisk to ensure it doesn't lump.

Then, add cream sauce mixture to salmon/tomato mixture, and let simmer for 10-15 minutes to allow flavors to mix. Pour over fettucine, serve with bread or garlic bread

By hugin

Sweet and Sour Beans

1 cup of rice
1 jar of Uncle Ben's sweet and sour sauce with extra pineapple
1 tin of beans
Put the rice in a pot, add water until the rice is just immersed in it. Boil for 20 minutes.
Put the sauce and the beans in another pot, mix em up, and heat until it's hot enough to eat.
Pour the rice through a colander, dump it on a plate and cover it in sauce and beans.
Eat.
Feeds 2 starving student bums. (oh and maybe a vegetarian)

By andyfatbastard

Spanish Rice

I big jar of Prego's Italian Spaghetti sauce, with Sausage or Meatballs.
Steamed rice.
Pour spaghetti sauce into a large frying pan. Add steamed rice to match, heat with

medium heat and stir constantly. Serve when boiling hot.

Add pepper to taste. Do NOT add salt as the Prego's will have more than enough. You can add extra chopped vegetables if you like, but that means simmering the sauce with the vegetables for a bit before adding the rice.

By Agent Monkey

Shake and Bake Chicken or Pork Chops

1 package Shake and Bake style crumbs and seasonings
1 ziploc bag
1 piece chicken or 1 pork chop
Drop about a 1/4 cup shake and bake into ziploc bag, add meat.
Shake until meat covered.
Set oven to Broil.
For Chicken, broil for 15-20 minutes.
For Pork Chops, broil for 12 minutes.
Turn once in pan at half way point.

By traaf

Good Potato Soup

3 Potatos
1/4 tsp. Pepper
1 Tablespoon butter
1 1/2-2 cup Milk
1/3 Onion Chopped
1 tsp Salt
1 Tablespoon Flour
Peel potatos - Boil till done cut into small pieces melt butter with flour. Till bubbles. Add milk-stir well Add potatos,onion,salt,pepper Heat till Hot.

By iSpy

pr0k 5t3w: (Pork Stew)

uhh, a cup or so of kinda well-aged kimchee
pound o' boneless pr0k
3 tbsp of korean bean paste (miso on steroids)
various other chopped veggies, like bok choy and napa
gotta have onions ... lots of onions

1 tbsp hondashi or dashida
1 tsp red pepper flakes
a little bit of mirin ... if you feel like it
chop up the pigmeat and stick it into a pot.
add enough water to cover the pr0k, then add a little bit more. boil it until the pr0k looks mostly cooked. dump in the bean paste, and stir around until uniform. add the kimchee. let simmer for about a minute or two, then add the onions, dashida, and mirin. simmer another minute or two, then add the veggies. simmer until the veggies are done. add green onions and pepper flakes. simmer for 30 sec. if it tastes all right, you're done. if it needs more salt, dump in some more dashida and simmer for a short while.
put it into a bowl. eat with short- or medium-grain rice. drink milk with meal.

By Dinglehoser

Sides

vegetables

One can of Campbell's Cream of Mushroom soup
2 strips of bacon
about 3 or 4 cups or fresh spinach

Cook the bacon in a frying pan or skillet and remove it when it turns crispy. Put the spinach into the pan with the bacon grease and cook until it's cooked down, then crush the bacon and add it back in, along with about a quarter cup of the condensed soup. Cook for another minute or two until it's nice and smooth.

Goes really well with steak or chops. Spinach cooks down a lot, so this is only enough for two people.

By Stardog

Really tasty salad

1 head of salad lettuce (Not Romaine, not Iceberg, Salad lettuce is curlier and shorter then romaine)
1 red pepper, sliced
1 green pepper, sliced

2 small plum tomatoes, diced
some broccoli florets
1/4 lb fresh mozzarella cheese (In small cubes)
scallions
Add chicken pieces if you want to
1 small salad cucumber (Non waxy skin is better)
Some carrot matchsticks
A little bit of cracked pepper
Goes best with balsamic vinegar based dressings, but Italian is also good. Caesar is a bit too strong for this however, and ranch is just bleh.

Prepare the salad right before you eat it. Chill water to near freezing (IE use ice water) to wash the lettuce, dry off before adding to salad. Dump everything in except the cheese, toss it up (Sprinkle a little bit of icewater on it while tossing, emphasis on the little bit), add the cheese and toss it a bit more, serve it with the dressing on the side. With the chicken this salad can be eaten as a meal, and it tends to be more full of stuff other than lettuce than most salads, so it has more flavor. Balsamic based dressings are better because they compliment the flavors of the broccoli and peppers better, and don't physically weigh down on the lettuce.

By Xevion

Browned End Potatoes

take 2 or 3 yukon gold potatoes. or red or russet or sweet potatoes. cut off enough of the ends so that they will stand up. do not peel. put way too much butter in a cast iron skillet over medium high heat. roll the spuds around until coated. stand them up on the ends until the ends are nicely browned. salt and pepper heavily. take the pan of spuds off the stove and put it in a 400 degree oven.

By JubJub

Corn in Bowl

Open can of corn
Dump in bowl
Stick in microwave
Heat

By flyingember

Baked bean casserole

-1 can baked beans- whatever flavor trips your trigger
-Browned meat- however much you want of just about any animal
-1 ten count canister of Pillsbury buttermilk rolls.

Take your browned meat and baked beans, stir them together and heat however you want (pan or nuke). Put heated mixture in a round 9" casserole dish that has a lid (a non-flammable plate can make do) top mixture with biscuits, cover and place in a 350-400 degree oven until bubbly, remove lid place back in oven and bake till biscuits are browned. Don't hesitate to add sautéed onions garlic peppers or other veggies.

By Claymore12

Desserts

Cool Whip Desert

Mix one normal sized container of Cool Whip with a normal sized container of cottage cheese. Then mix in one package of lime jello until there are no powder chunks left. Then mix in a can of pineapple cubes. Refrigerate for a bit. That's good eatin'

By Ashen

Lime cheesecake

1 packet of ginger biscuits
50g butter
200g chocolate
Zest of 3 limes
500g mascarpone cheese

Mix the cheese with the lime zest. Crush the biscuits and pour them into the melted butter and chocolate. Stir. Put this in a bowl. Put the cheese/lime mix on top. Put in fridge after letting it cool. Eat.

By sk

Dump Cake

2 cans cherry pie filling
1 can crushed pineapple
1 box yellow cake mix
2 sticks margarine/butter

get rectangular cake/baking pan (I don't remember which size, 8 by something)
spread cherry pie filling on bottom of pan

drain crushed pineapple and spread on top of cherries.
spread powdered cake mix on top of pineapple
slice butter into 1/8 inch slices, lay on top of cake mix, covering the whole thing
bake in oven at 400 (I think) until cake mix has turned into golden brown crust.
Let cool, eat. Great with vanilla ice cream.
Fuckin fantabulous.

By Petruchio

Kickass Kaluah Cake

You need:
box of yellow cake mix
box of instant chocolate pudding mix
eggs
milk
kaluah
vodka
vegetable oil

Cook it in one of those round pans with the hole missing from the middle (bundt pan??). Basically, follow the directions on the box of yellow cake mix, but make these alterations. Put the box of pudding mix in with the cake mix.

Put in 1/4cup of both vodka and kaluah. Cook what it says on the yellow cake mix, should be about 45 minutes at 350F. Its done when the top isnt too squishy anymore.

Make sure to let it cool for ten minutes

before removing it from the pan, otherwise it will collapse.

Now for the best part. Put some kaluah in a little bowl, be fairly liberal with the kaluah. Mix powdered sugar into the kaluah until you have a thick creamy kaluah glaze. Then dump this all over the cake (poke some tiny holes in cake to help absorb).

By Phalex

Mojo Jojo's UBER WAFFLE DESERT

As many Eggo, or homemade waffles as you want.

Berries, or other fruit, frozen or fresh.
Vanilla Ice Cream.

Toast Waffles. Butter *just* enough.

Toss berries and/or fruit into blender to make a smooth sauce.

Plop a scoop of ice cream on hot waffles.

Pour fruit sauce over ice cream.

Garnish with mint sprig and chocolate sauce if desired.

This is a great desert to make fast for a girl. They look really fancy if you do it carefully. EAT IT FAST, before you get soggy waffles and melted chocolate.

By Mojo-jojo

Teh Yummy Honey Cake

Nonstick Cooking Spray (Pam)

3 1/2 cups Flour

1 Teaspoon Baking Soda

1 Tablespoon Baking Powder

1/2 Teaspoon Salt

4 Teaspoons Cinnamon

1/2 Teaspoon Cloves

1/2 Teaspoon Allspice

1 Cup Vegetable Oil

1 Cup Honey

1 1/2 Cups Granulated Sugar

1/2 Cup Brown Sugar

3 Eggs

1 Teaspoon Vanilla Extract

1 Cup Warm Coffee

1/2 Orange Juice

Directions:

1. Preheat oven to 350 degrees.

2. Spray a 9-10 inch Angel Food Cake pan (A very Deep pan), with nonstick cooking spray.
3. Whisk flour, Baking Powder, Baking Soda, Salt, Cinnamon, Cloves, and Allspice, in a large Bowl.
4. Stir in oil, Honey, Brown Sugar, Granulated Sugar, Eggs, Vanilla Extract, Orange Juice and Coffee. (Make sure everything is mixed in very well.)
5. Pour batter into the pan.
6. Bake for 60-75 Minutes.
7. After cake cools for about 10 Minutes, invert Cake onto baking Pan.
8. Eat teh Yummiest Honey Cake evar!!!

By ezatdz

Chocolate Chip Cookies

1/2 Pound Sugar
 1 Pound Brown Sugar
 1 Cup Butter (Normally two sticks)
 2 Eggs
 2 Teaspoons Vanilla
 2 and 1/4 Cup Flour
 1 Teaspoon Baking Powder
 1/4 Teaspoon Salt
 1 Package Chocolate Chips
 Nuts, Oatmeal, Coconut, etc if you want

Heat oven to 300 F. Mix the sugars and butter until they are a consistent color. Add in vanilla and eggs, blend. In another bowl, ziploc bag, or other container: add dry ingredients and mix quickly with whisk, spoon, or finger. Add dry ingredients. Mix slowly until dough has formed. At this point add whatever other stuff you want: chocolate, nuts, oatmeal, peanut butter, etc. Cook for anywhere between 16 and 22 minutes. 16 minutes cooking should produce very soft cookies with almost raw cookie dough in the middle, 22 minutes cooking will produce more golden brown, crispy cookies. Like any cookie recipe, experimentation will yield different results.

Advanced Cookie Experimentation Rules

There are a bunch of conditions you can change to influence how your cookies turn out. Following are few:

1) Mixing Ingredients - When mixing ingredients such as butter and eggs with anything, the amount of time spent mixing and rate of mixing can change the consistency of the end product, aka thick

dough vs spongy, cakey.

2) Cooking Time and Temp: Mentioned slightly above but bears repeating.

3) Extra Ingredients: Wet extras such as coconut make the mixture more liquidy and will usually result in thin cookies that spread out on the pan. Oatmeal and peanut butter have the opposite effect of holding the quicke together more in a single clump.

4) Sometimes adding extra spices like nutmeg and cinnamon can have positive effects on taste. Especially for sugar or oatmeal cookies.

By traaaf

Home made dessert, similar to a Wendy's Frosty

It all started, on Friday, when I found my fridge wasn't keeping my ice cream frozen. Which made me sad, because I never got a chance to have any of the ice-cream.

So I found the temp control this weekend, not too hard considering it was in plain sight, I'd just never considered looking for one. Later that night, I was making cereal, and these chunks came out of the milk. I groan, and assume its gone bad already... until I hear the milk clunking and slushing in the container... its begun to freeze!

So I put a thing of chocolate milk in there, and froze it up (not totally solid though) and poured it into a glass, and voila. Its like a frosty! Not EXACTLY like it, but close. Now, Dave Thomas is gonna haunt me

By SteveRestless

Preferred Condiments

Habanero pepper sauce
Melinda's (regular) hot sauce
taco bell fire sauce
Red Rooster hot sauce
TABASCO® brand Caribbean Style Steak Sauce
french's yellow mustard
HP Sauces - Both the Chili and Curry flavors
Sriracha Hot Sauce

Jack Daniels mustard
Boar's Head Mustard
Billy Bee Honey Mustard
Gulden's Spicy Brown Mustard
Naples Valley Mustard
Boetje's Stone Ground Mustard
Stadium Mustard
Coleman's Mustard (English version)

Mr. Yoshida's Original Gourmet sauce
McDonalds sweet and sour sauce
Klaussen Pickle Relish.
Ranch dressing.
Uncle Dougies Barbeque Sauch
Lea and Perrins Worcestershire Sauce
A1
Seasoned salt
Tomato preserves
Goya Adobo
Country Bob's

Soy Sauce (Shoyu) beside Kikkoman

"I think Kikkoman is considered to be....a Budweiser level sauce. Not a bad sauce, but there are far better alternatives." - Bad_Mojo

Yamasa
Kame
Angostura
Pearl River
San-J Tamari
Angostura
Golden Boat
Aji-No-Sillao
Kim Lan

"I go with a Vietnamese brand that is not made with wheat products." - Agent Monkey
"Kikkoman Low Sodium a better alternative to regular Kikkoman" - Happysin

Butter or Margarine?

Butter

"It tastes so much better" - minus

"Real butter is perhaps the most useful and divine concoction ever created." -agents_4_peace

Margarine

"even slightly hard butter is hard as hell to spread" -_Rand_

Other

"I will admit to using I Can't Believe It's Not Butter spread in a hurry" - Bad_Mojo

Ramen

Maruchan

Samyang Ramen

Maggi

Top

Nongshim

New Myun

Shin

Sapporo Ichiban

Shichimi

Ketchup Throwdown

I miss the glass bottles. Plastic is just not the same. -McShred

"I know the food service containers of Heinz are still glass, but they only had plastic bottles at my supermarket. I know Heinz now makes a green ketchup, but if it's green and still in a glass jar, definately time to do some cleaning." -Bad_Mojo

Heinz is the only choice in Ketchup. -Leaping Gnome

I love ketchup it is by far my favorite condiment, i can eat it on basically anything. -ezatdz

Heinz is the only sensible, human choice in ketchup. -pointystick

My parents use Hunt's, we have Heinz here in our apartment and I don't think I ever noticed a difference. -Petruchio

Fave Fast Food

In the thread Fast Food Holy Trinity, people were asked to list their top three chains. Some people also put the anti-fave, which takes away from the standings.

1st- Wendys with 16 votes

2nd- Subway with 16 votes and 1 negative

3rd- Taco Bell with 14 and 4 negatives

3rd- Quiznos with 10

At the bottom of the heap was McDonalds with 7 negatives that offset only 6 positives. White Castle was tied with 1 positive and 3 negatives.

A&W 1
Arbys 10
Badass Jacks 1
Big Easy 1
Blimpies 2 (-2)
Bojangles 1
Burger King 4
Carls Jr. 5
Chik-Fil-A 2
Chipotle 1 (-1)
Culvers 1
Dairy queen 1
D'Angelo's 0 (-1)
Del Taco 1
FatBurger 1
Fazoli's 3
Freebirds 1
H&K Chinese 1
Hardee's 2 (-1)
In-N-Out 3
Jack in the Box 8 (-1)
Jimmy John subs 1
KFC 4 (-1)
Kidd Valley 2
Kryspy Kreme 1
Krystal 1
Mccdonalds 6 (-7)
Mighty Taco 1
Ollies 1
Panda Express 1 (-2)
Panera 2
Popeyes 1
Port of Subs 1
Qdoba 1
Quiznos 10
Rally's (Checker's) 2 (-1)
Ranch 1
Schlotzky's 7
Sheetz MTO 2
Sonic 4
Strata 1
Subway 16 (-1)
Taco Bell 14 (-4)
Taco Bueno 3
Taco Cabana 5
Taco Del Mar 1
Taco Time 2
Taqueria Vallarta 1
Texadelphia 1
Togo's 4
Una Mas 1
Waffle house 1

Wawa 1
Wendy's 16
Whataburger 1
White Castle 1 (-3)
Wok & Roll 1
Zesto's 1

"There's more to eating Whities [White Castle Burgers] than just eating. It's kind of like a way for a man to proclaim to the world that "yes, I am a man of exceptional intestinal fortitude, and yes, I care little for the puny arteries that I am mercilessly clogging with this goodness pocket of grease dubiously dubbed a hamburger." - Muad'Dib

Recommended Grocery Stores

There are a ton of recommendations. Stores are mentioned from across the country. It's likely that you can expect similar service and quality at a store near you that's mentioned here.

Kroger is the bigger, corporate giant. Remke is much smaller.

Pluses for Remke

1. It's very close to my house
2. They carry Boar's Head deli meats
3. The service is always good

Pluses for Kroger

1. Bigger selection
2. They make these french baguettes in the bakery that are yummy

Jungle Jim's isn't really close to me, I have to drive about 40 minutes each way, but it's worth it once a month. It's a HUGE...well, it's hard to describe, it looks pieced together. It's a regular grocery store, with a huge deli, a huge seafood dept (with live crabs, lobster, rainbow trout and crawfish most days), a liquor/cigar store, an huge international grocery store, the largest, most exotic produce section I've ever seen, a full service bakery, a sushi mart, an olive bar, a honey bar, a whole wall full of hot sauces/salsa's, live cooking demos...all run by a crazy dude named Jim who sometimes likes to inline skate through the store. It's a wonderful, wonderful place, and if you're anywhere near Cincinnati I highly recommend it.

- *Bad_Mojo (Cincinnati)*

When I'm shopping for organic, hard to find, or just plain for fun I go to Central Market....which is owned by HEB. Coolest damn grocery store I've been too.

Besides that I shop at either Tom Thumb or Winn-Dixie, depending on where I'm at. If I want to support my local small store I go to Burrus IGA.

Tom Thumb - Have choose them, some suck unbelievably bad (most do now that they are owned by Safeway), but I've found that selection wise they are the best.

Winn-Dixie- I shop here for everyday items, usually cheaper than Tom Thumb too.

doh! Forgot Costco, for when I just want to buy a shitload of everything. They have these 5lb of frozen stir fry veggies that are just yummy!

- *tkbrewer (Grapevine, TX)*

Virginia:

-Krogers is teh win!!! Clean large stores, fresh food, good prices, excellent selection.

-Food Lion is only for when you run out of milk and don't want to hoof it all the way to Kroger's. Yecch.

Pittsburgh:

Sucks to be you. There are no decent food stores in Pittsburgh. The new Giant Eagle in Homestead is almost tolerable, but still sucks compared to the goodness of Kroger. Most of them are worse than Food Lion. Double Yecch. Plus Giant Eagle is the only chain out there, so there's no impetus to improve.

Seattle:

-QFC is teh win!! They're part of the Kroger chain, so all the above goodness applies. Plus my local one has some good hot food stations, as well as a bakery and a sushi bar, plus an excellent raw meat selection. Good produce too.

-Fred Meyer has some of the organic foods that QFC doesn't carry, such as wheat and gluten free items for my fiance.

-Safeway and Albertson's also exist out here, but I haven't been to one.

Sam's Club and Costco! I go there for bulk items (tp, paper towels, soda, juice, chicken nuggets, cereal), but most other food is the local QFC. When we get another freezer, more food will be bought from Costco. My mom stocks up for like 5 months at a time at her local Sam's, and they've got some yummy stuff. Also, you can't beat these places when you're in college!

-Alegria

Richmond, VA:

1. Ukrop's - Best grocery store EVAR. Its a local chain though, 95% of the stores are in the Richmond area. They have a great selection of food items, plus a cafe area where you can get hot sandwiches, pizza, subs, fried chicken & more. Its always clean and the staff is polite and well trained.

2. Costco - Not really a grocery store, but some people do their shopping there. Good if you want high volume, but selection isn't very good.

3. Food Lion - Probably the worst of the Richmond area stores. They have a good selection, but the stores are always filthy.

4. Winn Dixie - This is my second choice after Ukrop's. Shares most of its characteristics, but lacks the cafe.

5. Kroger - No complaints, but doesn't really stand out either.

6. Super Walmart - Actually is a pretty nice store. I would expect it to be a shithole, but its usually really clean, and they have a decent selection.

Cleveland, OH:

1. Giant Eagle - My choice for this area. The store I usually go to has a good selection and even has a video store attached.

2. Topps - Meh. Its usually extremely crowded, so I tend to avoid it.

-connection|interrupted

I do 99% of my grocery shopping at Super Wal-Mart, mostly because it's less than five minutes from my house.

Their vegetable and meat sections piss me off though. They have plenty of all the basic veggies but not much beyond that. So when I need a certain type of veggie for something I'm making, they usually don't have it. And the meat section is just...well, blah...luckily I don't buy much meat.

However, the prices are damn good, much better than rip-me-in-the-ass Kroger or Albertson's.

- *Dr. Xing*

My personal favorite (2 locations):

Happy Foods!!!

Yes, it is actually called Happy Foods. It is a small grocery store (about 8 aisles) with a deli and produce section about a mile from my house. The customer service is top notch, they help Teh Wife with teh groceries when she is shopping with Teh Daughter, selection is surprisingly good (by devoting smaller amounts of shelf space to a particular product), and prices are competitive because they belong to a co-op. Best of all, the outside of the store has a giant ☺ on it.

- *I Palindrome I*

Kroger, winn-dixie, mayers.

I usually go to kroger or a few of the small international groceries around here.

- *Amishjosh (Louisville)*

Man, I can't believe that no one said Publix. I live literally a 60 second walk from Publix and I shop there all the time. The prices are a little higher than the Kroger's that is a 120 second walk from my house, but it has better selection. Publix seems kinda uppity/high class (unlike me), but I still like the store.

Bad thing is that Publix closes at 11pm, but Kroger is open 24/7.

Also, there is a farmer's market about 20-25 minutes from my house that complete rules. I try to go there when I can because they have any vegetable or meat that you can imagine at this place. When you walk in, about 60% of the customers are foreigners/minorities because this is the only place that they can get authentic ethnic food.

First time I went to this place, I spent 2 hours in there. Every time I go there, I worry that a blackhole is going to open up and swallow all of my time.

- *Jaster Mereel (Atlanta)*

Publix in Florida is Teh Win!

- *Timmuse*

Roache Brothers - Despite the terrible name its easily the best quality place around. A bit on the small side but has it all: live lobster, sushi, catering, game meats, ethnic (not just a gazillion Goya), etc.

Price Chopper - OK quality but HUGE, bigger than many department stores & open 24 hours. In my bachelor days I lived across the street from one, wound up doing my weekly shopping while drunk at 2:00am one day. No Lines!

Market Basket - Stereotypical ghetto market. Where other stores have sale papers posted on the walls they have the oh-so-clever "Shoplifters get a free ride in a police car" posters EVERYWHERE. Looks like a swap meet for food. Smells like it too.

Trader Joe's - Small & cheap but the only place to get the more exotic stuff with English labels. Despite what the ads tell you they're just a supplement to a full-service grocer.

We also have lots of ethnic grocers (Russian, Indian, etc.). When I'm in a daring mood I just go in, pick something semi-randomly, & see what I can make of it.

- *Funny Bunny (Boston)*

Trader Joes is the best market in the US.
Aquila

In Minnieapolis

Rainbow foods, Cub foods

Cub is just ghetto

Rainbow.. open 24 hours, so at 3 am or 5 am when u need some DEW u can find it for 5-6 dollors depending on if it is on sale or not.

Strangely enough I only go shopping for food when I am out of DEW.

- *Beowf*

I usually shop at Jewel because it's only 3 blocks away. I didn't know they were affiliated with Kroger. I used to shop at a tiny Dominick's before I moved. I hated that store. The real Dominick's are nice, though. I just happened to live by a half-Dominick's.

There's a place called Treasure Island that some people swear by. I only went once and it didn't strike me as being anything special. I might go if I lived closer. It's about halfway between where I used to live and where I live now. heh

My favorite name for a grocery store is Piggly Wiggly. I used to have to shop there when I lived in small town, WI. For a smaller store, it's pretty good.

- *Universe Man (Chicago)*

Whole Foods is awesome. We can do **almost** all of our shopping there (two vegetarians, one who is lactose intolerant), but for the extra stuff we either hit Straub's (small, expensive, extremely close to apartment), or Shnucks. But the one on Ladue, not the ghetto one

- *Technophile (St Louis)*

Wisconsin has a chain called Woodmans. Fucking awesome. They are each about the size of a Super Wal-Mart; their produce alone is about half the size of a BiLo or Win-Dixie. If they don't have something you want, just ask. They'll get it. That's one of the things I really miss while i'm living down here. The grocery stores suck here in TN

-*DigitalPimp1*

Pittsburgh, PA -

Giant Eagle (Shadyside/East Liberty or Squirrel Hill, previously Greentree or Bethel Park) - large local chain, good for general basics. People/employees are worse in the city ones than in the suburb ones, ime, and the city ones look dirtier. However, the city ones have better food diversity (i.e. Jewish, Middle Eastern, Indian foods, mostly dry or can). They have also started getting in organic foods and produce. However, one has better pricing/quality options in the suburbs, as you can comparison shop between Giant Eagle, Shop 'n Save, and Foodland.

Meranti's (South Oakland) - tiny little Italian grocery store...hours are rather crappy, but they have great deli meats/cheeses and breads. It's local and my roommate sorta knows the owners. I haven't tried the larger Italian supermarkets in the Bloomfield section of Liberty Ave.

Tokyo (Shadyside) - overpriced, ume, but the best place in Pgh. to shop for Japanese foods. Large, clean, great selection, and the owners are friends with my mom. You can't get Chinese/Korean/etc foods here, but you can get fresh Japanese produce like gobo and you can get bentos and ampans.

Kapoor Imports (Oakland near CMU) - nice little Indian store, clean, and they sell samosas, daily lunches (meat and vegetarian), and desserts. I always went here for food when I worked on S. Craig, and they seem to have a good general selection of Indian stuffs.

East End Food Co-op (East End) - currently one of the best places in Pgh. to get organic groceries as well as organic/vegetarian/vegan cuisine, and it's probably the most well-known, at least in the city.

La Charcuterie (Shadyside, almost next to Tokyo) - a somewhat specialized French deli sort of place. They have a large selection of great cheeses as well as some gourmet food stuffs. They have somewhat limited hours, though, but their cooked foods are always fresh.

Strip District - where people go to get everything, in general. All the fresh seafood is bought here, and there is also many different ethnic stores. There is Sam-Bok and Lotus, if you are looking for cheaper Asian foods as well as Chinese/Korean/etc stuffs, and there are several Middle Eastern stores who's names I don't remember. The Strip also services the restaurants in Pgh., so there are places to get professional cookware as well as groceries. The big stores to get seafood (fresh and cooked) are Wholey's and Berkovitz (sp might be off on the latter). Wholey's also sells produce and other general grocery stuffs, as well as exotic/different meats.

There are also many farmer's market-type thingys available to city dwellers where one can get fresh produce on the cheap (although subject to season). Also, Whole Foods might be opening in Shadyside, which gives city dwellers another option for organic foods (if the store ever opens, since it's been under construction for like a year).

Boston, MA -

I didn't shop all that much in Boston, since I usually ate out (didn't have much in cookware at the time). Stop n'Shop is the big grocery chain there, and the one in Packard's Corner in Allston is really lovely. Big, clean, diverse, and open 24hrs, or it was when I lived in Allston.

Kotobukiya (Porter's Square) - the best Japanese food store in Boston/Cambridge, imho. Large, not too over-priced, and clean. It's also in this little mall that has a bunch of Japanese food stalls and this great Japanese dessert place. The dessert place also sells this coffee I call Japanese coffee because I haven't tasted coffee like that outside of Japan. There's also a Japanese bookstore across the street.

There's a smaller Japanese food store in one of the side streets of Newbury St (Glouster, maybe?) towards the Tower Records end. It's a good place if one needs something in a pinch and doesn't want to travel to Porter's Square.

Harvest Food Co-op (Lower Allston) - I think that's the name of the place. Great place for organic/vegetarian/vegan foodstuffs, but a little expensive. I think they closed that location, though, and moved to JP or somewhere thereabouts.

- 3jAnE

I remember some time ago in Austin & San Antonio there used to be a bunch of different grocery stores, but HEB drove out all the Piggly Wigglys, Krogers, Penn Foods, and a bunch of specialty stores. They had Albertsons on the ropes, but they have made a comeback, and can still be found in most areas of S.A.

The Super Wal-Marts, Super K-Marts, and Super Targets have groceries, but there is only a smattering of those, and they can't compare to HEB's selection. Costco and Sam's Club are good if you want to stock up on stuff you use a lot, or have 10 kids to feed.

The best place to shop without doubt is HEB's Central Market. It carries everything (except one in Austin doesn't carry any sodas or beer). You can get bulk whole spices, teas, coffees, cheese wheels, Asian dish ingredients, exotic mushrooms (no, not those kind), organically grown versions of almost any vegetable or fruit, and, in San Antonio, tamales that taste like they just came out of some Mexican grandmother's kitchen. Mmmmmm, I could eat a dozen. Central

Market was also where I was first introduced to the concept of pricing your own produce with the scale/printer thingie.

- *Texas50 (Austin/San Antonio)*

San Diego:

Albertsons - same as Giant, Kroger, any of the bigger places

Ralphs - kind of funny name for a place to buy food. I think these used to be Safeways, or is owned by the same company.

Stator Brothers - great store, but a smaller chain

- *spagthorpe*

I shop Randalls, which is a Safeway owned chain near my house. HEB is big in Austin, and usually ok. Central Market is upscale, but I'm really not in to their theme or prices. Albertson's is still here, and we've got Sam's and Wal-Mart.

There's also a POS Ghetto place called City Market near my home, and a Mexican oriented place called Fiesta.

- *KD5MDK*

I'm on the southern edge of Hy Vee land at home. its apparently among the 15 largest chains in the country (either they're num 15, or the list has 15 names on it)

close to my house is a price chopper. there are apple market, sun fresh, iga, apple market, and some more in cant think of in the Kansas city area.

in Warrensburg we have the super walmart, a bilo, and a tiny piggly wiggly. the walmart is the best in town. I went in the PW and BL once each and was not impressed.

- *flyingember*

Vons

Ralphs

Albertsons

Trader Joe's (They have the best prepackaged chocolate chip cookies anywhere.)

Sav-On

RiteAide

Stater Bros. (Not very widespread anymore.)

- *Dustball*

Wegmann's, Rochester NY. There literally is nothing else

- *Citrus538*

St. Louis -> schnucks on ladue or on clayton, both decent...

whole foods on ladue

farmers market for cheep produce

Anywhere in WI

Copps or Woodmans

Ithaca- FUCKING WEGMANS!!!!!!
or Greenstar Co-op
- *Idoru*

WEGMANS!!!! I fucking love Wegmans, even though I worked at the one in Ithaca shortly, I still love it, especially the ones in Ithaca, Binghamton and Corning... oh yeah, Wegmans is a NY, PA , NJ type I believe

- *Bondgirl*

I think Whole Foods sucks.

It seems like all of the good stores that sold that kind of merchandise in Atlanta (e.g. Harry's) were recently bought out and taken over by the gargantuan Whole Foods "gourmet" grocery chain. They don't really have much of a selection compared to other groceries of that nature, and they sell a lot of high-priced stuff that someone might be fooled into thinking is organic and/or healthy, but really isn't. For being a supposedly nutrition-conscious chain, they really don't sell much in the way of low-fat or (especially) low-sodium foods.

I wish they had Fresh Market here in Atlanta, which is a much better high-end grocery store. I'd also like a Harris Teeter for all my other grocery needs.

- *Wb*

SE WI has :

Jewel (My fav, shup SS304)

Clean and New

Good selection/prices

Very convenient to home

Pick 'n Save

Some are big, clean and new, others are not so good.

prices are a little higher than others

Rainbow

These are ok, usually clean

Kohl's

Once in a while you'll find a nice one, but they are usually dirty as hell and hella expensive.

- *XeoMage*

Everything listed here are from the following forum threads:

The ArsTechnica Cookbook of 'Bachelor Chow
Return of the Ars Bachelor Chow thread
Recipes for Dummies!
Release of the ArsTechnica Bachelor Cookbook
Pardon Me, But Do You Have Any Grey Poupon?
Please leave me alone, Mr. Kikkoman
Accidental Food Invention! (sortof)
Butter or Margarine?
Fast Food Holy Trinity
grocery stores -or- I love pushing a cart to get food
Ketchup throwdown!
The best ramen