

Mole Pork and Green Olive Quesadillas

Yield: 6 Servings

Ingredients

2 tablespoons Olive oil	1/3 Cup Chicken broth
1 Cup Chopped onion	2 Tablespoons Semisweet chocolate; Chips
3 Cloves Garlic; Minced	2 Cups Pulled pork master recipe
2 teaspoons Chili powder	6 8 inch Flour tortillas
1/2 Teaspoon Ground cumin	1-1/2 Cups Shredded monterey jack cheese; 6 oz.
1/4 teaspoon Ground cinnamon	2/3 Cups Pimiento-stuffed olives; Sices
1/4 Teaspoon Dried oregano; Crushed	1/2 Cup Thinly sliced red onion; 1 medium
2 Teaspoons All purpose flour	

Preparation

In a large skillet heat oil over medium heat. Cook chopped onion and garlic in hot oil for about four minutes or until tender. Stir in chili powder, cumin, cinnamon, and oregano. Cook and stir about one minute more. Stir in flour. Add chicken broth and stir. Cook until thickened and bubbly, stirring constantly. Add chocolate and stir until melted. Stir in shredded pork and heat through.

Coat one side of each tortilla with cooking spray. Place tortillas, sprayed side down, on a cutting board or waxed paper. Sprinkle 1/4 cup Monterey Jack cheese over half of each tortilla. Top evenly with pork mixture, green olives, and red onion slices. Fold tortillas in half, pressing gently.

Heat a large non-stick skillet over medium heat. Cook quesadillas, two at a time, in hot skillet for 4 to 6 minutes or until light brown, turning once. Remove quesadillas from skillet; place on a baking sheet. Keep warm in a 300° oven. Repeat with remaining quesadillas. To serve, cut each quesadilla into three wedges.

Cuisine: Mexican

Main Ingredient: Shredded pork



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Pulled Pork Master Recipe

Great for sandwiches.

Yield: 0 Servings

Ingredients

3 1/2 pounds boneless pork shoulder	2 tablespoons cider vinegar
1 cup sweet onion; chopped	1 tablespoon worcestershire sauce
6 cloves garlic; minced	1 tablespoon chili powder
1 12 ounce chili sauce	1/2 teaspoon salt
2 tablespoons brown sugar	1/2 teaspoon black pepper

Preparation

Trim fat from pork. Place pork, onion and garlic in slow cooker. In a med bowl, combine chili sauce, brown sugar, cider vinegar. Worcestershire sauce, chili powder, salt and pepper. Pour over pork in cooker.

Cover and cook on low heat setting for 10-11 hours or on high for 5-6 hours. Remove pork from cooker and reserving juices. Using two forks, shred pork, discarding any fat. Skim fat from juices. Add enough juices to the pork to moisten. Place 2 cup portions of pork in airtight containers and refrigerate for up to 3 days or freeze for up to 3 months. Makes 6 cups.

Per Serving (excluding unknown items): 266 Calories; 2g Fat (5.5% calories from fat); 7g Protein; 64g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 1389mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Vegetable; 1/2 Fat; 2 1/2 Other Carbohydrates.

Cuisine: American

Main Ingredient: Pork



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Roasted Tomatillo Chicken and Rice Bowls

Author: [Pinch of Yum](#) Total Time: 1 hour 15 minutes Yield: 4 1x



INGREDIENTS

For the Roasted Tomatillo Sauce:

- 20 tomatillos
- 3 poblanos
- 2 jalapeños
- 2 shallots
- olive oil
- 5 cloves garlic
- 1 1/2 cups chicken broth
- 1/2 teaspoon salt
- 1 bunch cilantro
- 1/2 cup half and half
- 1/2 cup water

For the Chicken and Rice Bowls

- 1 1/4 lbs. boneless skinless chicken breasts
- 1 cup white rice
- 10 corn tortillas
- oil for frying
- salt to taste
- additional cilantro, sour cream, and limes for topping

INSTRUCTIONS

1. **For the sauce:** Preheat the oven to 425 degrees. Peel the paper off of the tomatillos, shallots, and garlic cloves. Place the tomatillos, poblanos, jalapeños, and shallots on a baking sheet and drizzle with olive oil. Place the garlic on a piece of foil, drizzle with oil, and wrap into a little packet. Place on the baking sheet. Roast everything for 40 minutes, stirring halfway through to prevent burning. Pulse all the roasted ingredients in a food processor with the broth, salt, and cilantro.
2. **For the chicken and rice:** Cook the rice according to package directions. Meanwhile, heat a little bit of oil in a large skillet and add the chicken. Sprinkle with salt and pepper; flip once when chicken is lightly browned on the outside. Add the tomatillo sauce to the chicken and let it gently simmer over very low heat for 15-20 minutes to finish cooking. Remove the chicken, shred with two forks, and return to pan. Stir in the half and half and extra water if necessary. (I've also added sour cream which is delicious!)
3. **For the Tortilla Strips:** In a heavy skillet, heat oil over medium low heat (oil should be about one inch deep). Cut the tortillas into small strips. Test the oil with by letting a drop of water fall in the pan – if it sizzles, the oil is ready. Add the tortilla strips in batches, flipping or stirring occasionally to prevent burning. When the tortilla strips are crispy and golden, remove and set on a paper towel lined plate. Sprinkle with salt. Repeat until all tortillas are done.
4. Assemble the bowls with rice, chicken, tortilla strips, cilantro, sour cream, and lime juice. Yum!

Find it online: <https://pinchofyum.com/roasted-tomatillo-chicken-and-rice-bowls>

Chef John's Tuna Noodle Casserole

I consider this the king of comfort food casseroles. What I love about this recipe, other than that it is simple and easy, is that it doesn't require the traditional can of cream of mushroom soup — but it still has the same amount of creamy, decadent goodness that every casserole should. Serve this with a green salad on the side.

By **John Mitzewich** |  Tested by **Allrecipes Test Kitchen**

Prep Time: 15 mins

Cook Time: 55 mins

Additional Time: 10 mins

Total Time: 1 hr 20 mins

Servings: 8

Yield: 1 9x13-inch casserole

Ingredients

3 tablespoons unsalted butter

½ cup finely diced yellow onion

1 ½ teaspoons kosher salt, divided

3 tablespoons all-purpose flour

4 cups cold milk

1 cup shredded white Cheddar cheese

1 (12 ounce) package dry egg noodles

2 (5.5 ounce) cans tuna packed in olive oil, drained and crumbled, or to taste

¾ cup frozen peas, thawed and drained

1 pinch cayenne pepper

¼ teaspoon freshly ground black pepper

¼ teaspoon Worcestershire sauce

½ cup plain bread crumbs

½ cup grated Parmigiano-Reggiano cheese

2 tablespoons olive oil

Directions

Step 1

Preheat the oven to 375 degrees F (190 degrees C). Lightly butter a 9x13-inch casserole dish.

Step 2

Melt 3 tablespoons butter in a medium saucepan over medium heat. Saute onion with 1/2 teaspoon kosher salt until it starts to soften up and turn translucent, 3 to 4 minutes. Add the flour, and cook, stirring, for 3 minutes, reducing heat if needed.

Step 3

Pour in cold milk and whisk for 1 minute. Raise heat to medium-high and cook, stirring often, until the sauce thickens and comes to a simmer. Remove from heat, whisk in Cheddar cheese, and reserve until needed.

Step 4

Fill a large pot with water and remaining salt and bring to a rapid boil. Cook egg noodles for 5 minutes. Drain well and add to a large mixing bowl. Stir in the reserved sauce, followed by tuna, peas, cayenne, black pepper, and Worcestershire sauce. Mix with a spatula until evenly combined.

Step 5

Pour the mixture into the prepared dish. Mix bread crumbs, Parmigiano-Reggiano cheese, and olive oil together in a small bowl until combined and resembling wet sand. Sprinkle evenly over the casserole.

Step 6

Bake in the center of the preheated oven until browned and bubbly, about 30 minutes. Let sit for 10 minutes before cutting and serving.

Chef's Notes

You can use melted butter instead of olive oil for the topping if preferred.

Cook egg noodles for 1 minute less than their individual package instructions call for.

If you have them around, crushed up potato chips might be the best topping for this instead of bread crumbs.

Editor's Note:

Please note the differences in ingredient amounts and the use of potato chips instead of bread crumbs when using the Allrecipes magazine version of this recipe.

Nutrition Facts

Per serving: 511 calories; total fat 23g; saturated fat 10g; cholesterol 86mg; sodium 809mg; total carbohydrate 46g; dietary fiber 3g; total sugars 8g; protein 30g; vitamin c 4mg; calcium 362mg; iron 3mg ; potassium 446mg

Sausage Egg Roll in Bowl

This sausage egg roll in a bowl has all the egg roll ingredients without the fried wrapper.

Submitted by **Cara** |  Tested by **Allrecipes Test Kitchen**

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Servings: 6

Ingredients

- 1 pound ground pork sausage
- 6 cups coleslaw mix
- 2 carrots, peeled and grated
- ¼ cup chopped green onions
- 4 cloves garlic, minced
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon sesame oil
- 2 tablespoons shelled sunflower seeds (Optional)
- 1 tablespoon grated ginger root

Directions

Step 1

Heat a large skillet over medium-high heat. Cook and stir pork sausage in the hot skillet until browned and crumbly, 5 to 7 minutes.

Step 2

Add coleslaw mix, carrots, green onions, garlic, soy sauce, and sesame oil. Cook and stir until vegetables are tender, 7 to 10 minutes. Stir in sunflower seeds and ginger.

Recipe Tip

You can substitute shredded cabbage for the coleslaw mix.

Editor's Note:

Please note the difference in serving size and the use of peanuts instead of sunflower seeds when using the magazine version of this recipe.

Nutrition Facts

Per serving: 310 calories; total fat 22g; saturated fat 6g; cholesterol 50mg; sodium 792mg; total carbohydrate 14g; dietary fiber 2g; total sugars 1g; protein 13g; vitamin c 32mg; calcium 69mg; iron 2mg ; potassium 427mg

Fish Tacos with Sweet Pickle Sauce

Cooking time: 20 minutes

Serves: 4

Ingredients

Fish

- Cooking spray
- 4 (5-oz) tilapia fillets
- 1 tsp chili powder
- ½ tsp kosher salt, divided
- ½ tsp freshly ground black pepper, divided
- ¼ tsp ground red pepper
- ½ tsp ground cumin

Sauce

- ⅓ cup canola mayonnaise
- 2 Tbsp sweet pickle relish

Tacos

- 8 (6-in) corn tortillas
 - 1 avocado, cut into 8 wedges
 - 1 cup tomato wedges, cut into 16 wedges
 - ½ cup fresh cilantro leaves
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Directions

1. **Prepare fish:** Heat a grill pan over medium-high heat. Coat pan with cooking spray. Sprinkle fish evenly with chili powder, ¼ tsp salt, ¼ tsp black pepper, red pepper, and cumin. Add fish to pan; cook 3 minutes on each side or until fish flakes easily with a fork. Cut each fillet into slices.
2. **Make sauce:** Combine mayonnaise, pickle relish, and remaining ¼ tsp salt, ¼ tsp black pepper. Stir until smooth.

3. **Assemble tacos:** Heat tortillas according to package directions. Divide fish, avocado, tomato, and cilantro evenly among tortillas. Drizzle with sauce.
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Nutrition (per serving):

- Calories: 327
- Fat: 17g
- Sat Fat: 3g
- Mono Fat: 7g
- Poly Fat: 5g
- Protein: 22g
- Carbs: 24g
- Fiber: 5g
- Cholesterol: 57mg
- Iron: 1mg
- Sodium: 550mg
- Calcium: 57mg