

The Husband Project

The Ultimate Guide to Man Food

or

How to Drive Your Husband Wild with Passion
by Impersonating Betty Crocker

Compiled by:

Kathi Lipp

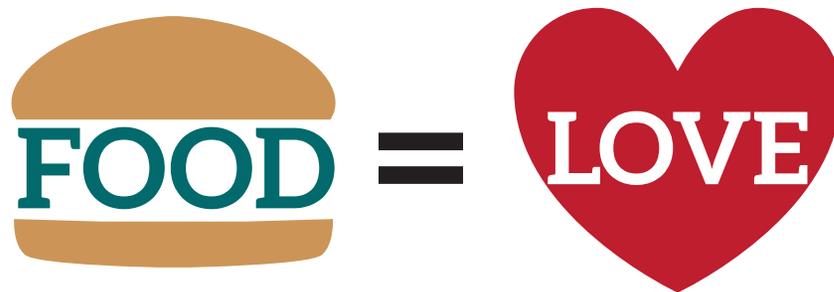


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When I wrote my first book *The Husband Project: 21 Days of Lovin' Your Man, On Purpose and with a Plan*, I wanted to make sure that we emphasized that every man was different when it came to how he wanted his wife to show love to him. Some men felt loved when their wives bragged on them in front of family members. Many of the guys wanted “hand’s on” attention to truly feel loved, while a few of the guys said just give me a few minutes to myself at the end of a long day and all will be good. Every guy had a different way of saying they felt connected and honored by his wife. And then there was the food...

Every single woman I talked to said that there was at least one recipe that when she made it, brought a huge smile to her husband’s face. Whether it was a batch of cookies with his name on it, or something smothered waiting in the crock pot at the end of a long day, it became pretty obvious that as far as men were concerned it was pretty simple



So, as a service to marriages everywhere, I collected up those man=pleasing favorites into this collection. This is in no way and exhaustive list—in fact, I would love for you to send me your man’s favorite. If I use it, you will get a free copy of our next edition of *The Ultimate Guide to Man Food*.

Kathi



The Husband Project

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Table of Contents

SAVORY

Bacon Burger Turnovers
Crunchy Cranberry Chicken Pot Pies
Chaliquilies
Cheddar Dip with Smoked Sausages
Greek Inspired Stuffed Mushrooms
Mighty Meaty Chili
One Pot Dinner
Smothered Steak for Two
Slow Cooker Salsa Tri-Tip
Easy Slow Cooker Stew
Taco Soup

SWEET

Cinnamon Rolls - for the Busy Mom
Chocolate Zucchini Bread
Jalapeño Corn Bread
Peanut Butter Pie
Pumpkin Cake Roll



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BACON BURGER TURNOVERS

Janice Young

- 1 ½ lb. lean ground beef
- ¾ C finely chopped onion
- 1 T butter
- 6 strips of bacon diced
- 2 T flour
- 1 ½ t salt
- 1 ¼ t pepper
- 1 C cream of mushroom soup
- 1 C sour cream
- Saute' onion in butter over medium heat
- Add beef, flour, bacon and seasoning
- Pour off fat
- Blend soup into mixture, cover and simmer 20 minutes
- Stir in sour cream and simmer 5 more minutes, let cool
- Mix pastry, roll out ¼ " thick, cut round pastries
- Mound ¼ c meat mixture onto pastry round
- Fold over pastry round and seal with a fork
- Cut slits in top and brush with butter or egg white/water wash
- Bake on cookie sheet

425° BAKING TIME : 15- 20 min

* May be frozen

CRUNCHY CRANBERRY CHICKEN POT PIE

- 3 T butter
- ½ C chopped water chestnuts or celery
- ½ C chopped green bell pepper
- ¼ C chopped onion
- 1/3 C slivered almonds
- 4 T flour, divided
- 1 T McCormick Chicken Rotisserie Seasoning
- Salt & pepper to taste
- 3 C chopped, cooked chicken
- 1 C dried cranberries
- 2 T sugar
- Preheat oven
- Sauté celery, onion, bell pepper and almonds in butter until onions are tender.
- Sprinkle 3 tablespoons flour over mixture, cook and stir for 2-3 minutes.
- Add broth and McCormick Chicken Rotisserie Seasoning, salt & pepper to taste
- cook, stirring constantly until thickened.
- Add chopped chicken and turn into pie plate.
- Combine cranberries and sugar with tablespoon of water and pulse blend 3-4 times.
- Top pie plate with one pie crust. Pierce with a fork a for steam.
- Pour cranberry mixture on top of first layer of pie crust.
- Top with second pie crust and seal edges.
- Cut slits in top of pie crust. Brush with beaten egg white/water wash.

350° BAKING TIME : 30-35 min in preheated oven

Serves 6

* May be frozen



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CHALIQUILIES

Brian Richerson

This is a very "deconstructed" recipe, but what can you expect? It's submitted by my little brother...

- tortilla chips
- eggs
- butter
- additional ingredients to taste
- Take your old (but not too old) tortilla chips, soak them for about 5 minutes in egg batter (however many eggs you want).
- Now cook eggs and tortilla chips in a pan with butter, as if you were scrambling eggs.
- Add whatever you'd like, onion, chilies, chorizo, beef, etc.
- Once egg has cooked, tortillas will be a bit soft and almost soggy.
- Serve with salsa, guacamole, sour cream, cilantro, lime, cheese
- Excellent, easy breakfast, and gets rid of that last 1/4 bag of chips..

CHEDDAR DIP WITH SMOKED SAUSAGES

- 2 T unsalted butter
- ½ C finely chopped sweet onion
- ½ C smoked sausage, cut into ½ inch pieces
- 2 T Dijon or whole-grain mustard
- 8-ounce package cream cheese
- 4 cups shredded sharp white cheddar cheese
- 6 drops hot pepper sauce
- Lightly coat a 1-quart baking dish with cooking spray.
- In a medium saucepan over medium-high heat, melt the butter.
- Add the onion and sauté for 2 minutes, or until the onion begins to soften.
- Add the sausage and cook until cooked through, about 8 to 10 minutes. Drain away and discard any fat.
- Add the mustard and cream cheese, then stir until melted.
- Remove the pan from the heat and stir in the cheddar cheese, a handful at a time, until blended
- Stir in the hot sauce, then transfer to the prepared baking dish.
- Let cool, then cover and refrigerate for up to 3 days.

When ready to serve, preheat oven to 350 degrees. While the oven heats, let the dip sit at room temperature for about 30 minutes. Bake the dip for 20 to 25 minutes, or until bubbling. Serve warm.

350° BAKING TIME : 20-25 min in preheated oven

Serves 6-8



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GREEK INSPIRED STUFFED MUSHROOMS

Ashley Eagar

- 1 lb. medium mushrooms, stems removed and cleaned
- 5 T melted butter
- ¼ C lemon juice
- 8 oz crumbled, herbed feta cheese
- ½ C Philadelphia Cream Cheese, room temperature
- ½ C shredded parmesan cheese
- ½ C minced green onions
- ¼ C minced parsley
- 1 egg
- ½ C crumbled Club Multi Grain Crackers
- 1 t garlic salt
- Preheat oven to 350
- Combine melted butter and lemon juice.
- Brush onto caps inside and out.
- Combine remaining ingredients.
- Mound onto mushroom caps.
- Place on lightly greased cookie sheet and bake 10-12 minutes, broil a few seconds to brown.

350° BAKING TIME : 10 - 12 min in preheated oven

Serves 6-10

MIGHTY MEATY CHILI

Ashley Eagar

This is a very "deconstructed" recipe, but what can you expect? It's submitted by my little brother...

- 1 lb lean ground beef or ground turkey
 - 1 large can crushed tomato
 - 1 large can tomato sauce
 - 4 T chili powder
 - 2 T vinegar
 - 2 T Texas Pete's hot sauce (optional)
 - 1 large can pale kidney beans
 - 1 onion diced
 - 1 green bell pepper diced
 - In a stock pot brown the ground beef and drain.
 - Add remaining ingredients and simmer for 1 -2 hours.
- Or place all together in a crock pot set on low for 4-6 hours.

This is a chunky, soupy chili that is full of vegetables. For a meatier texture, replace the cans of tomatoes with 2 smaller cans of tomato paste. Blend tomato paste, vegetables, beans, and some of the meat with a stick blender or in a blender or to make a denser chili without visible veggies.

For Sneaky Veggie Version, add

- 1 C chopped celery
- 2 C chopped mushroom caps

CROCK POT TIME : 4 - 6 hours or Stove top time is 1-2 hours



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ONE POT DINNER

Doreen Hanna

Doreen says: This has been a favorite for 38 years at our house. I think my husband, and almost every man who has ever been at my house when I've fixed this for dinner, has raved about it. I do believe it's the bacon (don't all men like bacon? I know I can lure my man out of bed if I start cooking bacon) and liquid smoke that make it a winner! It is so easy as well - yeah.

- 1 lb browned ground beef
- ¾ lb cooked bacon, cut into bits
- 1 C chopped onions sautéed in the bacon grease
- 1 can (1lb 15oz size) pork & beans
- 1 can pinto beans (or your favorite beans)
- 1 can white kidney beans
- 1 C ketchup
- ¼ C brown sugar
- 2 T liquid smoke
- 3 T white vinegar
- 1 t salt
- dash of pepper

Put all in a slow cooker and cook on low

Or, mix all together after browning the beef in a pot and cook on the stove top, on low for 1 hour.

Serve with a simple salad and some French bread and you are done!

SLOW COOKER TIME : 4 - 6 hours on low

SMOTHERED STEAK FOR TWO

Carla Deitz

Carla says: My husband likes to do the grilling part while I prepare the rest. It makes for a fun way to share the making of a meal! Add a green salad with more blue cheese, and some fresh baked bread with butter for a simple but delicious man-pleasing meal!

- 2 fillet mignon steaks (size is up to you, salt and pepper to taste)
- 4 C of sliced mushrooms (not too thin)
- 5 T butter (more if you like)
- 1 clove garlic
- Salt and pepper to taste
- Your husband's favorite brand of blue cheese, at room temperature, sliced into several chunks

Just after putting steaks on to grill, melt butter and pressed garlic in a large saucepan over medium heat. Add mushrooms to saucepan. Add salt and pepper, and let simmer over low heat, until mushrooms are tender.

When steaks are done to your liking, place a chunk of blue cheese on top of each sizzling steak. Then pour sautéed mushrooms over the blue cheese, allowing them to overflow over the sides.

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SLOW COOKER SALSA TRI-TIP

Rachelle Gardner

Rachelle says: I have been making this for so long, I have no idea where it came from.

- 1 bottle beer (can be non-alcoholic)
- 1 jar salsa (mild to hot, your choice)
- 2-3 lbs tri-tip roast
- Sandwich rolls
- Mayo
- Put the tri-tip in a crock pot and cover with beer and salsa.
- Cook for about 6-7 hours on low.
- To serve, slice it thinly or shred with a fork, put on sandwich rolls with mayo.
- Use the extra sauce in the crock pot for dipping (as "au jus").
- Easy and the whole family loves it!
- If you don't have a crock pot, you can put the meat, beer and salsa in a baking dish, cover and bake in 400 oven for about 3 hours.

SLOW COOKER TIME : 6-7 hours OVEN BAKE: 3 hours

EASY SLOW COOKER STEW

Deanne Morris

- 1½ lbs. stew meat
- 1 large onion chopped
- 3 carrots, chopped
- 2 ribs celery, chopped
- 4 medium baking potatoes, peeled and cut into cubes
- 1 can (28 ounces) whole tomatoes (undrained)
- 1 T Worcestershire sauce
- 2 T parsley flakes
- 1 t salt
- ½ t pepper
- 3 cloves garlic (finely chopped)
- 2 T quick cooking tapioca
- Quickly brown stew meat in a pot on top of the stove, seasoning to choice salt, pepper and garlic (optional).
- Transfer meat to the slow cooker. Add remaining ingredients, stirring to blend.
- Cover and cook on low for 8 hours until meat is tender.

SLOW COOKER TIME : 8 hours on low



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TACO SOUP

Paula Friedrichsen

When I asked Paula what Rotel was, here is what she said: "Rotel can be found near the canned tomatoes, and it's a 10 oz can of diced tomatoes and green chilies. Get the "original" not "spicy". Hope you like it!"

- 1 can kidney beans
- 1 can hominy
- 3 cans stewed tomatoes
- 1 can tomato sauce
- 2 cans ranch style beans (1 with jalapeños)
- 1 can mild rotel
- 1 packet taco seasoning mix
- 1 packet ranch dressing mix
- 1 onion chopped
- 1 pound ground beef
- flour tortillas

• Brown ground beef with onion and put into crock pot. Add all other ingredients, except flour tortillas. Cook all day.

• Right before serving cut flour tortillas into fourths and fry in hot oil.

Serve with Taco soup

SLOW COOKER TIME : all day

CINNAMON ROLLS - FOR THE BUSY MOM

Corinne Paul

Corinne says: To really bless his socks off, put them in the oven 50 minutes before he comes home from work. When he walks in the smell will overtake him and they will be ready for him to enjoy! And you, are the most fantastic wife in all the world!!!

- Bread Dough (found in the freezer section of the grocery store)
- 1 stick Butter - melted
- 1 C unpacked brown sugar
- 1 ½ T Cinnamon
- ½ C Chopped Pecans
- ½ C Raisins

- Roll out dough on floured surface into a large rectangle. The dough should be at least 1/4 inch thick.
- Mix all toppings (remaining ingredients) together in a bowl...will be crumbly.
- Sprinkle mixture onto flattened dough.
- Roll the dough into a log.
- Cut with string into 1 inch thick rolls.
- Place them in buttered 9x13 pan.
- Let them rise for 1-hour (if time allows).

350°

BAKE TIME : 35 - 40 minutes or until golden



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CHOCOLATE ZUCCHINI BREAD

Betty Dobson

My mother-in-law, Betty says: "A friend of mine gave a loaf to me when I was teaching music at Bible School at Trinity Church one summer. That's when Dean decided he wanted to eat it with his soup most every day!"

- 2 C shredded zucchini
- 3 C all-purpose flour
- 3 C sugar (I use ½ C Splenda to cut down on the sugar. Just makes it a little less solid)
- 1/2 C baking cocoa
- 1 ½tsp baking powder
- 1 ½ tsp baking soda
- 1 t salt
- 1/4 tsp ground cinnamon
- 4 eggs

- 1 ½ C veg. oil
- 2 T melted butter or margarine
- 1 ½ t vanilla extract
- 1 ½ t almond extract

- Combine first seven ingredients in large bowl.
- Combine eggs, oil, butter, & extracts, mix well. Stir into dry ingredients just until moistened.
- Fold in zucchini.
- Pour into 3 greased & floured 8x4x2 loaf pans or 6 5x3 baby pans (This is what I use) greased & floured. Bake at 350* for 55-60 minutes or until inserted toothpick in the middle comes out clean. Cool 10 minutes on cooling rack; remove from pan to racks to cool. May freeze.

350° BAKE TIME : 55 - 60 minutes or until golden

JALAPEÑO CORN BREAD

Ashley Eagar

MIX...

- 1 ½ C Aunt Jemima corn meal mix
- 1 heaping T flour
- 1 t salt
- 1/2 t baking soda

ADD...

- 1 C buttermilk
- 1/2 C salad oil (sometimes this seems to much)
- 2 beaten eggs
- 12 oz can mexi-corn drained

STIR IN...

- 1 jalapeño pepper, chopped and seeded
 - 1 large onion, chopped
 - 1/4 bell pepper, chopped
 - Grease 9x14 baking dish
 - Pour in 1/2 of the batter
 - Sprinkle with 3/4 cup cheddar cheese (I leave this out if in muffins)
 - Cover with remaining batter
 - Top with another 3/4 cup cheddar cheese
- Bake

375° BAKE TIME : 20 - 25 minutes or until top is brown



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PEANUT BUTTER PIE

Ashley Eagar

FOR THE CRUST

- One pre-made chocolate cookie pie crust
- OR
- 1 Package of Oreos & 2 TBS butter
 - Crush Oreos and butter to make the crust in the bottom and sides of a spring form pan. Or form into the bottom of a large Pyrex baking dish for “brownie” shaped pieces

FOR THE FILLING

- 8 oz. cream cheese
- 1 cup crunchy peanut butter
- 3/4 to 1 cup sugar
- 8 oz. cool whip
- Chocolate Syrup (optional)
- Combine the first three ingredients
- Fold in the cool whip.
- Drizzle chocolate decoratively if you want, and freeze.
- Remove from freezer, precut it into slices and refreeze until serving.
- Can be served frozen or thawed.

PUMPKIN CAKE ROLL

Mimi Moesley

This is the Moseley men's favorite for holidays. My husband is grateful I only make this twice a year. I often found plates with pumpkin cake crumbs in the most unusual places convincing me someone had been hiding as they ate. Indulging more often than holidays would ultimately require a 12-step program implemented for withdrawal.

My friend's sons, Ryan and Jordan, also request this for every special occasion. Ryan's first college Thanksgiving away from the family said he thought he would miss the pumpkin cake roll most which compelled me to bake him one, freeze and overnight it to him at school.

- 3 eggs
 - 2/3 C pumpkin (canned)
 - 1 t lemon juice
 - 2 t cinnamon
 - 1 C sugar
 - 1/2 t salt
 - 3/4 C flour
 - 1 t baking powder
 - 1/2 t ginger
 - Beat eggs at high speed for 5 minutes
 - Gradually, add sugar
 - Stir in pumpkin & lemon juice
 - Fold in combined dry ingredients (minus the nuts)
 - Spread into a greased jelly roll pan (a.k.a. baking sheet with sides)
 - Top with nuts
- Bake at 375 for 15 minutes
Turn out onto a dish towel sprinkled with powdered sugar

375° BAKE TIME : 15 minutes