



**Spicy Spuds**  
and other stuff

# RECIPE E-BOOK

2nd Edition

# CREAMY CHOCOLATE PUDDING



## Ingredients

- 1 ¼ cups of sugar
- 2/3 cup of cocoa powder
- 2 ½ cups of milk
- ¼ cup of corn starch
- 1 teaspoon of vanilla
- 2 Tablespoons of Spicy Spuds and Other Stuff Dessert Spice
- 1/8 teaspoon of salt

## Instructions

In a medium saucepan combine all the dry ingredients. Add the milk and turn on medium heat. Stir until ingredients are well blended and the mixture comes to a boil. Boil for one minute. Remove from heat and add the vanilla. Divide equally between 4 dessert cups. Refrigerate or serve warm with whipped cream. Enjoy!

## Nutrition Facts

servings per container  
**Serving size** (227g)

**Amount per serving**  
**Calories** **310**

% Daily Value\*

<b>Total Fat</b> 4.5g	6%
<b>Saturated Fat</b> 2g	10%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 80mg	3%
<b>Total Carbohydrate</b> 73g	27%
<b>Dietary Fiber</b> 6g	21%
<b>Total Sugars</b> 57g	
<b>Includes 50g Added Sugars</b>	100%

<b>Protein</b> 8g	
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 217mg	15%
<b>Iron</b> 6mg	35%
<b>Potassium</b> 443mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# FLUFFY POTATO PANCAKES

## Ingredients

- 2 ½ pounds of Yukon Gold potatoes
- 1 cup of flour
- ½ teaspoon of salt
- ½ stick of butter
- 3 Tablespoons of Spicy Spuds and Other Stuff Tangy Garlic Onion
- ½ cup of heavy cream
- Pam cooking Spray

## Instructions

Wash potatoes very well. Cut into quarters. Place potatoes in large sauce pan. Cover with water and bring to a boil. Reduce heat and cook until tender about 20-25 minutes. Drain water and add salt, spices, butter and cream. Use potato masher or mixer to blend ingredients and mash the potatoes. Form the potatoes into 8 patties. Put flour into a small bowl. Dredge the potato patties in the flour on both sides. Spray cooking spray on a frying pan. Turn on the heat and add 4 of the potato patties. Fry until golden on one side. Turn patties over and fry on the other side. Remove from heat and add the other patties. Repeat cooking process. Serve hot and with sour cream if desired. Makes 8 servings. Enjoy!

Nutrition Facts	
servings per container	
Serving size	(183g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 240mg	10%
Total Carbohydrate 40g	15%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 119mg	10%
Iron 2mg	10%
Potassium 41mg	0%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



# WHITE FISH WITH CREAMY LEMON SAUCE

## Ingredients

- 1 ½ pounds of any raw white fish
- 1 cup of chicken stock
- 1 or 2 Tablespoons of lemon juice (depending on desired taste)
- ½ cup of heavy cream
- 1 ½ Tablespoons of corn starch
- 1 Tablespoon of Spicy Spuds and Other Stuff Tangy Garlic Onion
- 1 Tablespoon of Olive Oil
- 2 Tablespoons of fresh chives

## Instructions

Preheat oven to 350F. Cut fish into 4 pieces. Place cleaned fish in a 13X9 glass baking dish. Brush olive oil over fish. Bake for 25 minutes or until tender. While fish is baking put cornstarch in a medium sauce pan. Add chicken stock, lemon juice, Tangy Garlic Onion and cook over medium heat until thickened. Remove from heat. Add the cream. Pour evenly over baked fish. Sprinkle fresh chives over fish. Serves four. Enjoy!

Nutrition Facts	
servings per container	
Serving size	(256g)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 190mg	8%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 21mcg	110%
Calcium 60mg	4%
Iron 1mg	6%
Potassium 605mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	





# CHIPOTLE QUINOA SALAD

## Ingredients

- 2 cups of cooked quinoa
- 1-15 ounce can of no salt black beans, drained and rinsed
- ½ cup of nonfat plain Greek Yogurt
- Juice of 1 fresh lime
- 1-15 ounce can of no salt corn, drained and rinsed
- 1 T Honey
- 1 pint of grape tomatoes rinsed and cut in half
- 2 T Mayonnaise
- 1 large avocado peeled and cut in chunks
- 2 T Olive Oil
- ¼ cup of fresh cilantro loosely chopped
- ¼ cup of pepitas, roasted
- ½ cup of nonfat plain Greek Yogurt
- 2 T Spicy Spuds and Other Stuff Chipotle Spice
- 2 T Spicy Spuds and Other Stuff Tangy Garlic Onion
- 1 teaspoon of sea salt (optional)

## Instructions

On a large platter arrange the black beans on one quarter of the platter. Arrange the corn on another quarter. Arrange the quinoa on another quarter of the platter. Arrange the tomatoes on another quarter of the platter. Place the chunks of avocado and cilantro in between the beans, tomatoes, corn and quinoa. Place the roasted pepitas in the middle of the platter. In a small bowl combine the yogurt, honey, olive oil, lime juice, mayonnaise, Chipotle Spice, Tangy Garlic Onion and salt. Pour dressing over the salad. Serve immediately. Makes 4 servings. Enjoy!

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(517g)</b>
Amount per serving	
<b>Calories</b>	<b>670</b>
% Daily Value*	
Total Fat 33g	42%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 680mg	30%
Total Carbohydrate 87g	32%
Dietary Fiber 16g	57%
Total Sugars 18g	
Includes 7g Added Sugars	14%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 136mg	10%
Iron 3mg	15%
Potassium 719mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



# SMOKY BBQ OVEN FRIES

## Ingredients

- 2 lbs. Yukon Gold Potatoes
- 1 T Spicy Spuds and Other Stuff Smoky BBQ or to taste
- 3 T corn starch
- ¾ cup of water
- 2 T oil
- Cooking Spray
- ½ teaspoon sea salt

## Instructions

Wash the potatoes. Cut in half and slice into ½ inch wedges. Spray a large sheet with the cooking spray. Sprinkle the sheet pan with oil. Spread evenly. Place water and corn starch in a small pan. Stir until heated and thickened. Place raw potatoes in a large bowl. Coat all the potatoes evenly with the corn starch mixture. Place coated potatoes on the baking sheet. Cover with foil. Place in a 425F oven for 12 minutes. Remove foil and continue baking for another 15-18 minutes or until potatoes are browned on the outside and tender on the inside. Sprinkle potatoes with Smoky BBQ and salt. Makes 5 servings. Serve hot. Enjoy!

Nutrition Facts	
servings per container	
Serving size	(234g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 39g	14%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 136mg	10%
Iron 2mg	10%
Potassium 11mg	0%
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# TOMATO MUSHROOM RISOTTO

## Ingredients

- 1 cup of arborio rice
- 1 cup of grape tomatoes
- 3.5 ounces of any fresh mushrooms
- ½ cup of Parmesan Cheese
- 2.5 cups of vegetable broth
- 1 T butter
- 1 T olive oil
- 1 T toasted pine nuts
- 1 T of Spicy Spuds Tangy Garlic Onion

## Instructions

Sauté the rice in the olive oil for 2-3 minutes or until the rice is translucent. Add the Tangy Garlic Onion. Add the broth a little at a time until each addition is absorbed. After adding the last portion of broth add the toasted pine nuts, mushrooms, tomatoes, butter and Parmesan cheese. The desired consistency should be creamy. Serve immediately. Enjoy! Makes 4 servings.

Nutrition Facts	
servings per container	
Serving size	(247g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 560mg	24%
Total Carbohydrate 40g	15%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 201mg	15%
Iron 0mg	0%
Potassium 140mg	2%
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# CHILI CON CARNE

## Ingredients

- 1 lb. grass fed beef
- 1 large onion peeled and chopped
- 1 15 Oz. can of no salt kidney beans drained and rinsed
- 45 ounces of no salt canned crushed tomatoes
- 2 T cooking oil
- 3 T Spicy Spuds and Other Stuff Smoky BBQ
- 2 T Spicy Spuds and Other Stuff Tangy Garlic Onion
- 1 ½ teaspoons of sea salt

## Instructions

Sauté the chopped onion in the cooking oil for 5 minutes. Add the ground beef. Cook until browned. Drain all the fat from the pan. Add the tomatoes, spices and salt. Cook for 20-25 minutes. Add kidney beans. Heat for 5 more minutes. Serve hot. Makes 10 servings. Enjoy!

\*Can be made vegan using additional beans.

Nutrition Facts	
servings per container	
Serving size	(235g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 460mg	20%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 1g Added Sugars	2%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 3mg	15%
Potassium 761mg	15%
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# HAM AND BEAN SOUP

## Ingredients

- 1 lb. of dry white beans (canned beans can be used instead if drained and rinsed)
- 9 cups of water
- 2 cups of chicken broth
- 1.25 lbs of ham (including bone)
- 1 lb carrots chopped coarsley
- 6 large celery stalks chopped coarsley
- 1 large sweet onion minced
- 2 T olive oil
- .25 ounce of fresh rosemary
- 2 T Spicy Spuds Tangy Garlic Onion
- Sea Salt to taste
- Pepper to taste

## Instructions

Soak the beans overnight in enough water to cover. Drain and rinse. Add 9 cups of water to a large pot. Add the soaked beans. Add the ham with bone. Bring to a boil then simmer. Add chicken broth, spices, and rosemary. Cook over medium heat for an hour. Remove the ham and bone. Cut ham into bite size chunks. Re-add ham to soup. Saute the onion in to olive oil. Add to the soup. Add chopped celery and carrots. Cook for another 30-45 minutes or until the beans and vegetables are tender. Serve hot. Makes about 12-15 servings. Enjoy!

## Nutrition Facts

servings per container  
Serving size (308g)

Amount per serving

**Calories 220**

% Daily Value\*

**Total Fat** 7g 9%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 20mg 7%

**Sodium** 640mg 28%

**Total Carbohydrate** 23g 8%

Dietary Fiber 6g 21%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 16g

Vitamin D 0mcg 0%

Calcium 77mg 6%

Iron 2mg 10%

Potassium 638mg 15%

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# HOT CHOCOLATE



## Ingredients

- 10 fluid ounces of any low fat milk
  - \*almond milk or any non-dairy milk can be easily substituted
- 1 T Dessert Spice

## Instructions

Place milk in a small saucepan. Add Spicy Spuds Dessert Spice. Heat over medium heat while mixing in the spice. When warm pour into a mug or cup. Add whipped cream if desired. Enjoy!

### Nutrition Facts

servings per container  
Serving size (320g)

Amount per serving  
**Calories 200**

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 150mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 24g	
Includes 9g Added Sugars	18%

Protein 11g	
Vitamin D 0mcg	0%
Calcium 380mg	30%
Iron 0mg	0%
Potassium 463mg	10%

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# BLUE CHEESE DIP

## Ingredients

- 1 cup of non-fat Greek yogurt
- 2 T 2% milk or non-dairy beverage
- 2 T mayonnaise
- 3 T blue cheese crumbled
- 1 T Spicy Spuds and Other Stuff Tangy Garlic Onion
- Dash of black pepper
- Dash of sea salt

## Instructions

Spoon the yogurt into a small bowl. Add the Tangy Garlic Onion and all the other ingredients. Mix well. Refrigerate for at least an hour and up to 24 hours. Serve cold with celery sticks and Spicy Spuds Hot Wings.

### Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(53g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
<b>% Daily Value*</b>	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 115mg	5%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein 3g</b>	
Vitamin D 0mcg	0%
Calcium 103mg	8%
Iron 0mg	0%
Potassium 127mg	2%

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# SPICY CHIPOTLE HOT WINGS

## Ingredients

- 2.5 lbs. of raw chicken wings
- 4 T Chipotle Spice
- 2 T Olive oil

## Instructions

Place half the chicken in a bowl. Add half the oil to coat the chicken. Add half the Spicy Spuds and Other Stuff Chipotle Spice to the chicken and coat well. Place on a large baking sheet. Repeat the process with the other half of the chicken. Bake in a 375F oven for 40-45 minutes or until crispy and browned. Turn the chicken pieces over after the first 20 minutes for even baking. Serve hot. Makes 6 servings. Enjoy!

## Nutrition Facts

servings per container	
Serving size	(200g)
Amount per serving	
<b>Calories</b>	<b>540</b>
% Daily Value*	
Total Fat 37g	47%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 265mg	88%
Sodium 190mg	8%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 3g Added Sugars	6%
<b>Protein 45g</b>	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 2mg	10%
Potassium 450mg	10%

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# PASTA CARBONERA

## Ingredients

- 12 ounces of fettuccine
- 8 ounces of bacon or pancetta
- 3 large eggs, beaten
- ½ cup of parmesan cheese (grated)
- ½ cup of heavy cream
- 1 cup of peas (optional)
- 1 tablespoon of Tangy Garlic Onion
- 1 tablespoon of butter
- Black pepper to taste
- Dash of sea salt

## Instructions

Boil water in a large pot. Add the fettuccine noodles. Cook until desired doneness. Drain pasta. Fry the bacon or pancetta in a frying pan until crisp. Drain on paper towels. Melt the butter in a pot over low heat. Beat the eggs, cream, Tangy Garlic Onion together. Slowly add to the pot with the melted butter to ensure the eggs thicken but do not become scrambled. Add the peas if desired. Add the cooked drained pasta. Mix well. Add the parmesan cheese, sea salt and the black pepper to taste. Serve hot. Makes 4 servings. Enjoy!

Nutrition Facts	
servings per container	
Serving size	(276g)
Amount per serving	
Calories	830
% Daily Value*	
Total Fat 41g	53%
Saturated Fat 22g	110%
Trans Fat 0g	
Cholesterol 235mg	78%
Sodium 1230mg	53%
Total Carbohydrate 76g	28%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 1mcg	6%
Calcium 246mg	20%
Iron 4mg	20%
Potassium 198mg	4%
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# SMOKY BBQ BLACKENED FISH TACO SALAD

## Ingredients

- 5 ounces of Spring Mix Lettuce
- 3 medium tomatoes
- 1 large avocado
- 3 cups of tortilla chips
- 1 pound of cod
- ½ cup of Smoky BBQ
- ½ cup of seasoned rice vinegar
- ¼ cup of olive oil
- 2 tablespoons of Tangy Garlic Onion

## Instructions

Coat the cod in the Smoky BBQ. Sear the fish in a frying pan on each side to blacken. Then bake in a 350F oven for 5 minutes or until desired doneness. Cut up the tomatoes and the avocado into bite sized chunks. In a cruet or jar mix the rice vinegar, olive oil and Tangy Garlic Onion together. Arrange pieces of the fish, the tomatoes, avocados, lettuce and tortilla chips on a platter or in individual bowls. Serve immediately. Makes 4 servings. Enjoy!

Nutrition Facts	
servings per container	
Serving size	(393g)
Amount per serving	
Calories	640
% Daily Value*	
Total Fat 33g	42%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 1590mg	69%
Total Carbohydrate 56g	20%
Dietary Fiber 10g	36%
Total Sugars 32g	
Includes 13g Added Sugars	26%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 151mg	10%
Iron 4mg	20%
Potassium 688mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	





# BREADED TURKEY CUTLETS WITH HERBED RICE AND GRAVY

## Ingredients

- 1.5 pounds of turkey cutlets
- ¾ cup of flour
- 4 tablespoons of oil
- 2 cups of turkey or chicken broth
- 4 tablespoons of butter
- 2 tablespoons of corn starch
- 3 tablespoons of Tangy Garlic Onion
- 1 cup of rice
- 2 cups of water
- Dash of salt

## Instructions

Dredge the raw turkey cutlets in the flour. Fry them over medium heat in a frying pan until golden brown and cooked completely. Put the water, butter and 2 tablespoons of Tangy Garlic Onion in a sauce pan. Cover and bring to a boil. Add the cup of rice and dash of salt. Turn the heat to medium and cook until the rice is fluffy but not sticky. In another sauce pan melt 2 tablespoons of butter. Add the cornstarch and blend thoroughly. Add the broth and a tablespoon of Tangy Garlic Onion. Heat until mixture becomes thickened. Serve the turkey cutlets with the gravy and the herbed rice. Makes 4 servings. Serve hot. Enjoy!

Nutrition Facts	
servings per container	
Serving size	(349g)
Amount per serving	
Calories	510
% Daily Value*	
Total Fat 26g	33%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 770mg	33%
Total Carbohydrate 64g	23%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 2mg	10%
Potassium 100mg	2%
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# CHIPOTLE RATATOUILLE WITH CREAMY POLENTA AND SHRIMP

## Ingredients

- 15 ounces of canned chopped tomatoes
- 1 sweet onion
- 1 yellow pepper
- 1 green Chile
- 2 zucchinis
- 12 ounces of raw, large peeled deveined shrimp
- 1 cup of polenta
- 4 cups of water
- 3 tablespoons of butter
- 3 tablespoons of olive oil
- 1 tablespoon of Chipotle Spice
- 3 Tablespoons of Tangy Garlic Onion
- 1 ¼ teaspoons of sea salt

## Instructions

Chop the onion, yellow pepper, green Chile, and zucchini into small pieces. Put two tablespoons of olive oil into a medium pot. Add all the vegetables and 1 tablespoon each of Chipotle Spice and Tangy Garlic Onion. Cook until vegetables are tender and blended. Put water in a sauce pan. Add 1 teaspoon of salt, 1 tablespoon of Tangy Garlic Onion and 2 tablespoons of butter. Cover pan and bring to a boil. Add the polenta and reduce the heat. Cook slowly until the polenta is creamy and thick. In a sauté pan heat 1 tablespoon of butter, olive oil, and Tangy Garlic Onion. Add the shrimp and sauté until tender. Add a ¼ teaspoon of salt. To serve, place polenta in a bowl, add ratatouille and shrimp. Serve hot. Serves 6. Enjoy!

Nutrition Facts	
servings per container	
Serving size	(540g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 1040mg	45%
Total Carbohydrate 42g	15%
Dietary Fiber 6g	21%
Total Sugars 15g	
Includes 3g Added Sugars	6%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 96mg	8%
Iron 2mg	10%
Potassium 816mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	





# BANANA CAKE WITH CHOCOLATE FROSTING

## Ingredients

- 3 large ripe bananas, mashed 1 ½ cups
- 1 cup of buttermilk or 1 cup of milk with 1 tablespoon of lemon juice added
- 2 cups of all-purpose flour
- 1 ½ teaspoons of baking soda
- ¼ teaspoon of salt
- ½ cup of oil
- 2 large eggs
- 1 tablespoon and 1 teaspoon of vanilla
- 1 ½ cups of sugar
- 3/8 of a stick of butter, softened
- 2 cups of confectioners’ sugar
- ¾ cup of cocoa powder
- 4 tablespoons of milk
- 2 tablespoons of Dessert Spice

## Instructions

Heat oven to 275F. Grease a 13x9 cake pan with oil and flour. Place mashed bananas in a bowl. Add buttermilk to bananas. In another bowl cream sugar, oil, eggs, 1 tablespoon of Dessert Spice, baking soda and vanilla. Add bananas and buttermilk to the mixture. Add the flour to the mixture. Pour batter in the cake pan and bake for 55-60 minutes or until a toothpick comes out clean. Immediately place the cake in the freezer uncovered for 45 minutes. This will make the cake very moist! To make the frosting get a mixing bowl and place the confectioner’s sugar, cocoa powder, 1 tablespoon of Dessert Spice, butter and one tablespoon of milk at a time. Keep mixing and adding milk until the desired consistency is achieved. Frost the top of the cooled cake. Makes 12 servings.

Nutrition Facts	
servings per container	
Serving size	(152g)
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 210mg	9%
Total Carbohydrate 67g	24%
Dietary Fiber 4g	14%
Total Sugars 45g	
Includes 39g Added Sugars	78%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 3mg	15%
Potassium 257mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



# RISOTTO WITH SCALLOPS

## Ingredients

- 1 cup of Arborio rice
- 6 cups of chicken broth
- 1 small yellow onion
- 1 pound of sea scallops
- 2 cloves of garlic
- ½ cup of grated parmesan cheese
- ½ cup of half and half
- 3 tablespoons of olive oil
- 1 tablespoon of Tangy Garlic Onion
- ½ teaspoon of salt
- Black pepper to taste

## Instructions

In 2 tablespoons of olive oil sear the scallops on both sides using a saute' pan. Set aside. In a medium pot saute' the onion until softened and translucent. Add the arborio rice. Cook the rice until it has been coated in the oil for about two minutes. Add the 2 cloves of garlic that have been minced. Saute' the garlic, onions and rice for about 1 or 2 minutes over medium heat being careful not to burn the garlic. Add one cup of chicken broth at a time until it becomes absorbed into the rice. Turn off the heat. Add the half and half, sea salt, black pepper, and parmesan cheese. The final product should be creamy. Divide risotto in 4 serving bowls or plates. Top with equal amounts of seared scallops. Serve hot. Enjoy!

Nutrition Facts	
servings per container	
Serving size	(617g)
Amount per serving	
<b>Calories</b>	<b>450</b>
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 940mg	41%
Total Carbohydrate 47g	17%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 243mg	20%
Iron 1mg	6%
Potassium 298mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	





# THAI COCONUT SOUP (TOM KHA GAI)

## Ingredients

- 3 (13.5 ounce) cans of coconut milk
- 3 cups of vegetable stock
- 2 stalks of lemon grass sliced in 1-inch pieces
- 5 kaffir lime leaves (ripped)
- 3-inch piece of ginger cut into 3 pieces
- 8 ounces of fresh mushrooms sliced thin
- 8 ounces of firm tofu pressed and cut into ½ inch cubes
- 3 Tablespoons of sugar
- 12 ounces of grape tomatoes cut in half
- Juice of two limes
- 1 Tablespoon of olive oil
- 2 Tablespoons of Tangy Garlic Onion
- 2 teaspoons of red curry paste
- ½ cup of cilantro chopped

## Instructions

Place coconut milk, vegetable broth, lime leaves, lemon grass, sugar, Tangy Garlic Onion and red curry paste in a pot. Heat the oil in a frying pan. Add the chunks of tofu. Fry until golden. Add tofu to the soup. Lightly sauté the fresh ginger in the frying pan to release the flavor. Add ginger to the soup. Add the mushrooms to the soup. Simmer for 5 minutes. Add the lime juice, cilantro, and tomatoes. Serve hot. Makes 4 servings. Chicken can be substituted for the tofu. Enjoy!

Nutrition Facts	
servings per container	
Serving size	(540g)
Amount per serving	
<b>Calories</b>	<b>300</b>
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 1040mg	45%
Total Carbohydrate 42g	15%
Dietary Fiber 6g	21%
Total Sugars 15g	
Includes 3g Added Sugars	6%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 96mg	8%
Iron 2mg	10%
Potassium 816mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



# CHIPOTLE POTATO SALAD

## Ingredients

- 6 large Yukon Gold Potatoes
- 1 large sweet onion diced
- 5 stalks of celery
- 1 ½ cups of mayonnaise
- 1 tablespoon of oil
- 2 tablespoons of Chipotle Spice
- 2 tablespoons of Tangy Garlic Onion
- Juice of two limes
- 1/8 teaspoon of sea salt

## Instructions

Sauté the diced onion in the oil in a frying pan. Set aside. Boil the potatoes in a large pot of water until tender. Drain and cool the potatoes. Cut them into bite size pieces. In a large mixing bowl add the onion, potatoes, mayonnaise, lime juice and spices. Blend thoroughly. Refrigerate until chilled. Serve cold. Makes 6 servings. Enjoy!



## Nutrition Facts

servings per container	
Serving size	(236g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 27g	35%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 460mg	20%
Total Carbohydrate 36g	13%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 1mg	6%
Potassium 687mg	15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# BEEF STEW

## Ingredients

- 1 pound of sirloin tips
- 4 medium Yukon gold potatoes (peeled)
- 4 stalks of celery, trimmed
- 8 ounces of carrots, chopped into bite size pieces
- 1 large brown onion, peeled and chopped into bite size pieces
- 26.5 ounces of chopped tomatoes
- 2 tablespoons of oil
- 2 Bay leaves
- 2 tablespoons of Tangy Garlic Onion
- 1 teaspoon of Chipotle Spice

## Instructions

Add the oil to a large pot. Add the chopped onion and the beef. Cook until the onion is softened and translucent and the beef is lightly browned on all sides. Add the tomatoes and all the spices. Cook for 20 minutes. Next, add the carrots, celery, and potatoes. Cook over medium heat until the meat and vegetables are tender for about 20-25 minutes. Water can be added to the pot if the mixture is too thick. Serve hot. Makes 6 servings. Enjoy!

Nutrition Facts	
servings per container	
Serving size	(397g)
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 940mg	41%
Total Carbohydrate 38g	14%
Dietary Fiber 7g	25%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 68mg	6%
Iron 4mg	20%
Potassium 931mg	20%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	





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