

# **Delicious Quick and Easy One-Pot Meal Recipes!**

## **20 Minute Tortilla Soup**

*Serves 6 | Prep. time 5 minutes | Cook time 20 minutes*

### ***Ingredients***

½ pound boneless, skinless chicken breasts, cubed  
1 teaspoon salt  
1 teaspoon black pepper  
1 teaspoon cumin  
1 teaspoon chili powder  
1 tablespoon olive oil  
2 cups canned tomatoes, with liquid, chopped  
3 cups chicken broth  
2 cups fresh corn kernels  
1 cup tortilla chips, broken  
1 cup cheddar cheese, shredded

### ***Directions***

1. Season the chicken with the salt, black pepper, cumin, and chili powder.
2. Add the olive oil to a soup pot over medium heat.
3. Add the seasoned chicken to the pot and sauté until browned, approximately 5 minutes.
4. Add the tomatoes with the liquid, chicken broth, and corn kernels to the pot.
5. Increase the heat to medium-high and bring the liquid to a low boil.
6. Reduce the heat to low, cover, and simmer for 10 minutes, or until the chicken is cooked through and the corn is tender.
7. Serve garnished with shredded cheddar cheese and crushed tortilla chips.

# Spiced Meatball Stew

Serves 6 | Prep. time 5 minutes | Cook time 20 minutes

## **Ingredients**

½ pound lean ground beef  
¼ cup seasoned bread crumbs  
1 teaspoon cinnamon  
½ teaspoon allspice  
½ teaspoon nutmeg  
1 tablespoon olive oil  
½ cup red onion, diced  
4 cups fresh green beans, washed and trimmed  
2 cups stewed tomatoes  
6 cups beef broth  
1 cup quick-cooking brown rice

## **Directions**

1. In a bowl, mix the lean ground beef, seasoned bread crumbs, cinnamon, allspice, and nutmeg.
2. Lightly oil a large skillet with cooking spray.
3. Form the meat mixture into small meatballs measuring ½ to 1 inch in diameter and place them in the skillet.
4. Turn the skillet heat on medium and cook the meatballs, turning occasionally until nicely browned.
5. While the meatballs are browning, heat the olive oil in a large soup pot.
6. Add the onions and sauté for 5 minutes, or until caramelized.
7. Transfer the meatballs from the skillet into the soup pot.
8. Add in the green beans, stewed tomatoes, and beef broth.
9. Increase the heat to medium-high and bring the liquid to a boil.
10. Add the rice then reduce the heat to low, cover and simmer for 15 minutes or until the meatballs are cooked through and the rice is tender.

# Baked Creamed Chicken

*Serves 4 | Prep. time 5 minutes | Cook time 25 minutes*

## ***Ingredients***

5 ounces low-fat cream cheese  
20–40 basil leaves (more or less to taste)  
4 boneless, skinless chicken breasts  
5½ ounces prosciutto, finely sliced  
Pepper to taste

## ***Directions***

1. Preheat the oven to 375°F (190°C).
2. Arrange the prosciutto slices on a piece of aluminum foil so they overlap slightly. Spread the cream cheese over them and set aside for 15 minutes.
3. Place the basil leaves on top.
4. Wrap the prosciutto slices around the chicken breasts. Season with pepper.
5. Place them over a baking sheet.
6. Bake for 25–30 minutes until the chicken is tender.
7. Let cool slightly, slice, and serve warm.

Note You can store leftovers in an airtight container in the refrigerator for up to 3–4 days. Simply reheat in the oven and serve.

# Crunchy Crusted Salmon

*Serves 4 | Prep. time 5–10 minutes | Cook time 12–15 minutes*

## ***Ingredients***

2 slices whole-wheat bread, torn into pieces  
4 teaspoons honey  
2 teaspoons canola oil  
3 tablespoons finely chopped walnuts  
4 (4-ounce) salmon fillets  
4 teaspoons Dijon mustard  
½ teaspoon dried thyme

## ***Directions***

1. Preheat the oven to 400°F (200°C). Grease a baking sheet with some cooking spray.
2. Place the salmon over the baking sheet.
3. Combine the mustard and honey in a bowl. Brush the salmon with the honey mixture.
4. Add the bread pieces to a blender or food processor and blend to make fine crumbs.
5. Add the crumbs and walnuts to a mixing bowl. Mix well.
6. Add the thyme and canola oil; combine again.
7. Press the mixture over the salmon and bake for 12–15 minutes until the topping is evenly brown and the salmon is easy to flake.
8. Serve warm.

# Maple Vanilla Custard

Serves 6 | Prep. time 10 minutes | Cook time 10 minutes

## Ingredients

4 eggs  
4 cups milk  
1 teaspoon vanilla bean, crushed  
½ cup maple syrup  
½ teaspoon salt  
Butter

## Directions

1. Whisk eggs in a bowl, mix in vanilla, maple syrup, and salt.
2. Pour milk into cast iron pot, bring to simmer.
3. Remove milk from the stove.
4. Add a tablespoon at a time of hot milk into the egg mixture, mixing continuously in order not to cook the egg.
5. Once the egg mixture has been tempered with milk, whisk egg mixture into the pot of milk.
6. Return pot to stove, and simmer for 5 minutes.
7. Cool and serve.

\*\*\*These recipes and more can be found in *30-Minute Meals from Kitchen to Table: Quick and Easy One-Pot Meal Recipes* by Louise Davidson. If you want to get a copy of this cookbook, click on the cover below or [here](#).

