

Delicious and Easy Dutch Oven Recipes

Roasted Pork Loin in Mushroom Sauce

Serves 4 | Prep time 10 minutes | Cooking time 50 minutes

Ingredients

- 2½ pounds pork loin
- ¼ cup butter
- Salt and pepper to taste
- 1 small onion, diced
- 1 pound mushrooms, diced
- 1 teaspoon garlic powder
- 2 cups white wine
- 1 cup of water

Directions

1. Preheat the oven to 350°F (180°C).
2. Warm the butter in the Dutch oven over medium heat.
3. Cut the pork loin into smaller pieces and season them with salt and pepper.
4. Brown the pork for 8–10 minutes on each side. Remove it from the Dutch oven.
5. Cook the onion and mushrooms in the grease for about 7 minutes.
6. Season with salt and pepper and garlic powder.
7. Return the pork loin pieces to the Dutch oven and pour in the white wine and water.
8. Bring to a boil and then place the Dutch oven in the oven and bake for about 40 minutes.
9. If the meat gets too brown, cover loosely with the lid, letting the steam slowly escape on one side.

Nutrition (per serving)

Calories 920, Fat 51.3 g, carbs 9.1 g,
Protein 81.5 g, sodium 273 mg

Sweet Potato Soup

Serves 8 | Prep. time 20 minutes | Cooking time 1 hour 30 minutes

Ingredients:

- 4 sweet potatoes, peeled and diced
- 1 onion, minced
- 2 (14-ounce) can of light coconut milk
- 2 cup vegetable broth
- 4 cloves garlic, minced
- 2 teaspoon dried basil
- Salt and pepper

Directions:

1. Place all the ingredients in the Dutch oven and stir.
2. Cover and cook for 1 hour 30 minutes, or until the sweet potatoes are tender.
3. Puree with an immersion blender until the soup is smooth.

Nutrition (per serving):

Calories 127, Fat 5 g, carbs 20 g
Protein 1 g, sodium 159 mg

One-Pot Chicken Parmesan Spaghetti

Serves 4 | Prep time 5 minutes | Cooking time 15 minutes

Ingredients

- 2 tablespoons olive oil
- 1 pound chicken breast, diced into 1-inch pieces
- Salt and pepper to taste
- 1 pound spaghetti
- 2½ cups marinara sauce
- 2 cups of water
- 1 cup grated Parmesan cheese
- 1½ teaspoons Italian seasoning

Directions

1. Add the olive oil to the Dutch oven and heat over medium heat.
2. Add the chicken pieces and season with salt and pepper.
3. Stir in the spaghetti, marinara sauce, water, and Italian seasoning.
4. Bring to a boil and reduce the heat to low.
5. Cover and cook for 10–15 minutes until all the liquid is absorbed.
6. Stir in the Parmesan.
7. Serve in bowls with a drizzle of olive oil and an extra sprinkle of Italian seasoning.

Nutrition (per serving)

Calories 747, Fat 23.2 g, carbs 84.8 g,
Protein 48.7 g, sodium 992 mg

All-Time Favorite Mac and Cheese

Serves 10 | Prep. time 5–10 minutes | Cooking time 30 minutes

Ingredients

- 3 cups of water
- 3½ cups whole milk
- 1 pound elbow macaroni
- 4 ounces Velveeta, cubed
- 2 cups sharp cheddar, shredded
- ½ teaspoon salt
- ½ teaspoon pepper

Directions

1. Add the water, milk, and pasta to the Dutch oven. Stir and heat over medium-high heat.
2. Reduce heat to medium-low and simmer, stirring occasionally, for 12–15 minutes until the mixture is thickened and the pasta is tender.
3. Mix in the Velveeta and cheese and simmer over low heat until melted.
4. Season to taste with salt and pepper.
5. Serve warm.

Nutrition (per serving)

Calories 344, Fat 14 g, carbs 39 g,
Protein 16 g, sodium 450 mg

All in One Apple Cake

Serves 8 | Prep time 10 minutes | Cooking time 40 minutes

Ingredients

- 3 apples, cored and cut into wedges
- ½ cup butter softened
- ½ cup of sugar
- 2 large eggs
- 1¼ cups self-rising flour
- ½ cup whole milk
- Powdered sugar for sprinkling

Directions

1. Grease the Dutch oven with a small piece of butter.
2. Add the butter and the sugar to a large mixing bowl and beat with a hand mixer until fluffy.
3. Stir in the eggs one at a time, mixing well after each addition.
4. Stir in the flour and mix until just combined.
5. Stir in the apple wedges and mix with a spatula.
6. Pour the cake mixture into the buttered Dutch oven and bake at 350°F (180°C) for about 40 minutes.
7. Let the cake cool slightly before serving with a sprinkle of powdered sugar.

Nutrition (per serving)

Calories 290, Fat 13.6 g, carbs 39.8 g,
Protein 4.4 g, sodium 106 mg

***These recipes and more can be found in *Easy Dutch Oven Cookbook: 101 Everyday One-Pot Meal Recipes with 8 Ingredients or Less* by Louise Davidson. To get your own copy, click on the cover or [here](#).

