



Maebells
Most Popular Recipes

Breakfast

Perfect Gluten Free Buttermilk Biscuits

Peanut Butter Banana Protein Muffins

Datmeal Banana Nut Waffles

Drinks

Mango Moscato Smoothie

Vanilla Bean Frappuccino

Main Dishes

Poor Girls Spicy Pork Chops

Grilled Zucchini Hummus Wrap

Easy Cheesy Chili Mac

Eggplant Mozzarella Stacks

Broccoli Cheddar Rice

Andouille Sausage Jerk Shrimp and Cheddar Grits

Spicy Kung Pao Chicken

Sweet Corn Chowder

Perfect Gluten Free Buttermilk Biscuits

INGREDIENTS

- 2 cups Gluten Free Bisquick
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 stick butter
- 2 large eggs, beaten
- 2/3 cup buttermilk

INSTRUCTIONS

1. Preheat oven to 400
2. Combine flour, baking powder and salt until blended.
3. Using a fork, pastry blender, or stand mixer cut the butter into the flour mixture until the butter is incorporated well. The mixture will be course and crumbly.
4. Add in the beaten eggs and slowly add in buttermilk as you stir.
5. When dough is completely blended it should be soft and slightly fluffy.
6. Flip dough onto floured work surface. Use a biscuit cutter or the top of a mason jar to cut out biscuits. Place biscuits in a greased cast iron skillet or other oven proof dish. Just be sure to place biscuits close together.
7. Bake 15 minutes until fluffy and golden brown.



Peanut Butter Banana Protein Muffins

INGREDIENTS

- 2 large brown bananas
- 1 cup creamy peanut butter
- 2 eggs
- ¼ cup honey
- 4 tablespoons protein powder
- 1 tablespoon vanilla extract
- 1 teaspoons baking powder
- ½ teaspoon salt
- ½ cup mini chocolate chips



INSTRUCTIONS

1. Preheat oven to 400
2. Place all ingredients except the chocolate chips in a blender. Blend mixture approximately 30-45 seconds or until completely smooth.
3. Using a spatula or spoon lightly stir in the chocolate chips
4. Spray a standard muffin tin with cooking spray and scoop batter into muffin tin (I use an ice cream scoop)
5. Bake 12-14 minutes or until muffins have set.

Datmeal Banana Nut Waffles

INSTRUCTIONS

- 2 brown bananas, mashed
- 1 cup AP flour or Bisquick (I used GF Bisquick)
- ½ cup old fashioned oats
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ teaspoon cinnamon
- 1 teaspoon vanilla extract
- ¼ cup sour cream
- 1 egg
- ½ cup milk
- ⅓ cup pecans



INSTRUCTIONS

1. In a large mixing bowl combine the flour, oats, baking powder, salt, and cinnamon. Stir mixture until well incorporated.
2. Add in mashed bananas, vanilla extract, sour cream, beaten egg, and milk. Stir until everything is combined well.
3. Lightly stir in pecans.
4. Heat waffle maker according to manufacturer's instructions. When it is ready, place a heaping spoonful of batter in the center of the plate, close lid until waffles are golden brown and steam has stopped coming from your waffle maker. (about 2 minutes with mine)
5. Great served warm or cold.
6. Makes approximately 16 small waffles, or 8-10 large waffles

Mango Moscato Smoothie

INGREDIENTS

- $\frac{3}{4}$ cup chopped frozen mango
- $\frac{1}{2}$ cup moscato wine

INSTRUCTIONS

1. Place all ingredients in the blender and blend for 20 seconds or until smooth.
2. Enjoy!



Vanilla Bean Frappuccino

INGREDIENTS

- 2 cups milk
- 2 cups ice
- $1\frac{1}{2}$ cup frozen fat free cool whip
- 1 vanilla bean split lengthwise and inside scooped out
- 1 teaspoon vanilla extract
- 2 tablespoons honey

INSTRUCTIONS

1. Place all ingredients in a bender and blend for one minute or until ice is totally crushed.
2. This makes 2 large cups or 4 small cups



Poor Girl's Spicy Pork Chops and Rice

INGREDIENTS

- 4 pork chops
- 2 teaspoons of Old Bay, divided
- 1 tablespoon olive oil
- 1 bell pepper, chopped
- 1 onion, chopped
- 1 can tomatoes with green chiles
- 1 can black eyed peas
- 1 cup white rice (no substitutions)
- 2 cups chicken broth
- 1 tablespoon of worcestershire sauce



INSTRUCTIONS

1. Grab a large, deep skillet that has a lid. I am ghetto and used a cast iron skillet and the lid to my crock pot.
2. Turn skillet to medium high heat, heat olive oil
3. Sprinkle the Old Bay on each side of the pork chops, reserving one teaspoon of seasoning for later.
4. Pan Sear the chops, about 2-3 minutes on each side. You aren't looking for doneness here, just a good color. When both sides are golden remove from skillet and set aside.
5. Add in chopped onion, bell pepper and let cook for about one minute.
6. Pour the can of tomatoes and green chiles, and black eyed peas. Don't drain them, just pour the whole thing in there. Add in the broth, rice, worcestershire sauce, and last teaspoon of Old Bay. Top with pork chops.
7. Bring mixture to a simmer. Place lid on skillet and turn down to low. Let simmer about 25 minutes until all liquid is absorbed.

Grilled Zucchini Hummus Wrap

INGREDIENTS

- 1 zucchini, ends removed and sliced
- salt and pepper to taste
- 1 tablespoon olive oil
- 1 tomato, sliced or handful of cherry tomatoes
- ⅛ cup sliced red onion
- 1 cup kale, tough stems removed
- 2 slices white cheddar or chipotle gouda cheese
- 2 large Udi's gluten free tortillas
- 4 tablespoons hummus



INSTRUCTIONS

1. Heat a skillet or grill to medium heat.
2. Remove the ends from the zucchini and slice length wise into strips. Toss sliced zucchini in olive oil and sprinkle with salt and pepper.
3. Place sliced zucchini directly on grill and let cook for 3 minutes, turn and cook for 2 more minutes.
4. Set zucchini aside.
5. Place the tortillas on grill for approximately one minute, or just until grill marks are visible and tortillas are pliable.
6. Remove tortillas from grill and assemble wraps, 2 tablespoons of hummus, one slice of cheese, zucchini slices, ½ cup kale, onion and tomato slices.
7. Wrap tightly and enjoy immediately.

Easy Cheesy Chili Mac

INGREDIENTS

- 1 pound ground beef
- ½ of a green bell pepper, chopped
- 3 tablespoons chili powder
- 1 teaspoon of onion powder
- ½ teaspoon of cumin
- ½ teaspoon of garlic salt
- 1 can red beans, drained and rinsed
- 1 can tomatoes with green chilies
- 1 can of stewed or crushed tomatoes
- 1 can of tomato sauce (15 ounce)
- 1 cup water
- 2 cups uncooked pasta
- 1 cup shredded cheddar cheese



INSTRUCTIONS

1. Heat a dutch oven or large 12 inch pot over medium heat. Brown ground beef, crumble as you go, and drain off as much grease as you can. Add in spices, bell pepper, and the can of drained and rinsed red beans.
2. Add in the tomatoes with green chilies, stewed tomatoes, tomato sauce and water and bring mixture to a simmer.
3. Pour in the two cups of uncooked pasta.
4. Cover and let mixture simmer for 12 minutes*, stirring occasionally.
5. Stir in ¾ cup of cheese, sprinkle the last ¼ cup over the top, replace the lid for another moment until cheese melts.
6. Garnish with your favorite chili fixins!

Eggplant Mozzarella Stacks

INGREDIENTS

- 1 egg plant, sliced
- 1 egg, beaten
- ¼ cup milk
- ½ cup flour (I used gluten free AP flour)
- 1 teaspoon Italian seasoning
- 1 teaspoon garlic salt
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon red pepper flakes
- ½ ball of mozzarella, sliced
- ½-1 cup marinara



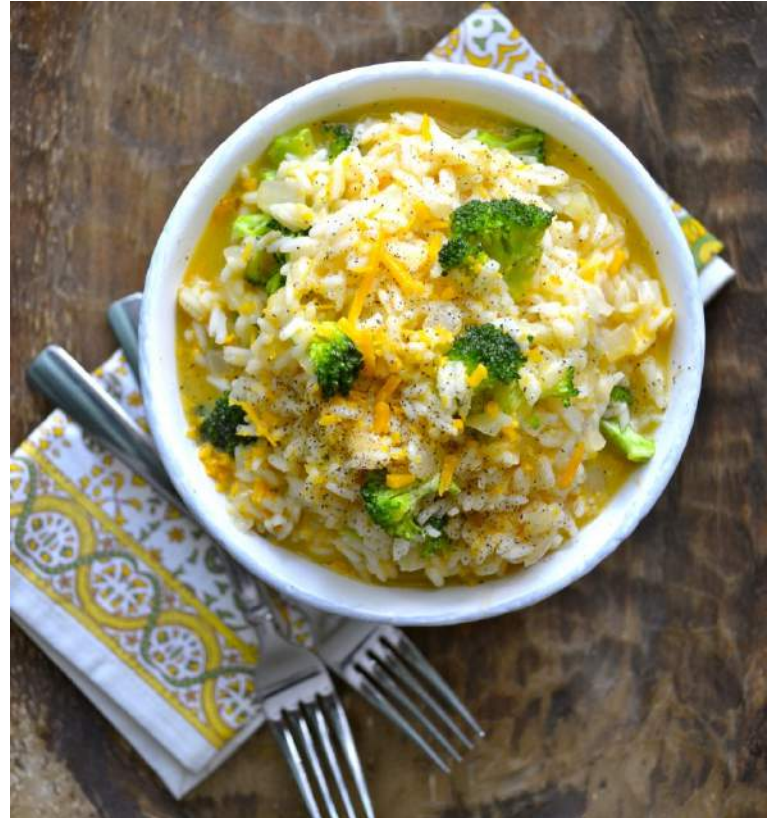
INSTRUCTIONS

1. Slice eggplant and use a biscuit cutter to remove circles from eggplant.
2. In a shallow bowl combine flour and all seasonings, in a second bowl combine the milk and beaten egg.
3. Dip eggplant into flour, then egg, then repeat so the eggplant is double breaded.
4. Heat oil in a large skillet over medium heat. Place cook eggplant 2-3 minutes on each side or until golden brown. Remove eggplant from skillet.
5. Assemble stacks alternating eggplant, cheese and drizzle with marinara sauce and basil. Serve with additional marinara sauce for dipping.

Creamy Broccoli Cheddar Rice

INGREDIENTS

- 1 tablespoon olive oil
- 1 small onion, diced
- 1 teaspoon minced garlic
- 2 cups chicken broth
- 1 cup jasmine rice
- $\frac{1}{3}$ cup water
- 2 tablespoons butter
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- $1\frac{1}{2}$ cup chopped broccoli
- 1 cup shredded cheddar cheese



INSTRUCTIONS

1. Heat olive oil in a medium size sauce pan over medium heat, add chopped onion and minced garlic and saute 2 minutes, stirring occasionally.
2. In the same sauce pan add the chicken broth and bring to a boil. Add the jasmine rice, cover and reduce temp to low, stirring occasionally. After the rice has simmered on low for 12 minutes remove cover and stir well. Add in two tablespoons butter, $\frac{1}{3}$ cup water, salt and pepper, cover and let simmer for 3 more minutes.
3. After three minutes stir in broccoli. Continue to let the rice cook on low for 4-5 minutes or until your broccoli is the desired tenderness.
4. Stir in cheese and serve.

Andouille Sausage Jerk Shrimp and Cheddar Grits

INGREDIENTS

- ½ pound deveined and shelled shrimp
- 2 teaspoons McCormick Jerk seasoning
- ½ package of Johnsonville Andouille Sausage, sliced
- 2 teaspoons olive oil
- 2 cups chicken broth
- ½ cup yellow corn grits
- 2 ounces reduced fat cream cheese
- 1 cup shredded sharp cheddar cheese
- 2 green onion stalks, chopped
- salt and pepper to taste



INSTRUCTIONS

1. For the Cheddar Grits
2. In a medium to large sauce pan bring chicken broth to a boil, add grits and reduce heat to low.
3. Cover and let grits simmer for 7 minutes, stirring occasionally.
4. When grits have absorbed the liquid add cream cheese, shredded cheese and salt and pepper to taste.
5. Stir mixture well, cover and remove from heat.
6. For the Sausage and Jerk Shrimp
7. Place shrimp in a large plastic bag or mixing bowl and toss with the Jerk seasoning, making sure it is evenly coated.
8. Heat olive oil in a large pan over medium high heat. Add shrimp and cook 3 minutes on each side or until shrimp is pink and tender.
9. Remove shrimp from skillet.
10. Add sliced sausage and let cook approximately 2 minute on each side.
11. Remove sauce from skillet.
12. To assemble the shrimp and grits add a heaping serving of grits to two shallow bowls. Top with shrimp, sausage, chopped green onions, and additional salt and pepper.

Spicy Kung Pao Chicken

INGREDIENTS

- 1 pound chicken breast, cut into small pieces
- $\frac{3}{4}$ cup corn starch + 1 tablespoon
- $\frac{1}{4}$ cup canola oil
- 3 tablespoons soy sauce (La Choy is gluten free)
- 2 tablespoons sriracha (You can half this amount if you don't like spicy things. I'm looking at you, Mom!)
- 2 tablespoons rice vinegar
- 2 tablespoons sesame oil
- 1 tablespoon brown sugar
- 1 tablespoon minced garlic
- 1 tablespoon water

INSTRUCTIONS

1. Cut up your chicken breast into bite sized pieces, place in a large plastic bag with $\frac{3}{4}$ cup of corn starch, lightly shake until all of the chicken is coated well.
2. Heat a large 12 inch skillet or dutch oven over medium high heat, pour in just enough oil to cover the bottom of the pan.
3. Cook chicken in batches, take care not to over crowd your skillet. I cooked about 4 minutes on each side. Remove chicken from pan and place on a paper towel lined baking sheet in order to drain off as much oil as possible. Continue until all chicken is cooked.
4. Combine the next 6 ingredients in a small bowl or measuring up to make your sauce. Set aside.
5. Combine one tablespoon of water with one tablespoon of corn starch and mix well.
6. Drain off any oil that is in your pan and wipe clean, heat to medium, add in soy sauce mixture and corn starch mixture, add in chicken and stir until mixture is evenly coated and heated through.
7. Garnish with green onions, sesame seeds, and crushed red pepper if desired.



Sweet Corn Chowder

INGREDIENTS

- 1 small sweet onion, peeled and chopped
- 1 tablespoon olive oil
- 6 ears sweet corn, husk and silk removed and cut from the cobb
- 2 fresh jalapeños, seeded and chopped
- 2 cups chicken broth
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- ½ teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon pepper
- 4 ounces reduced fat cream cheese (room temperature so it melts well)
- ⅓ cup heavy cream
- 1½ cup shredded sharp white cheddar cheese (Cabot New York Vintage is my favorite)



INSTRUCTIONS

- 1 Heat a large sauce pan or dutch oven to medium heat.
- 2 Add olive oil and chopped onion, sauté for 3 minutes, stirring occasionally.
- 3 Add corn and chopped jalapeños, sauté for 2 more minutes.
- 4 Add broth, cumin, garlic powder, paprika, salt and pepper and stir well.
- 5 Cover and reduce heat to medium low, let simmer for 20 minutes.
- 6 Remove lid and add cream cheese and cheddar, stir well. Let simmer uncovered for an additional 10 minutes, stirring occasionally.
- 7 Garnish with cilantro and green onions if desired.

