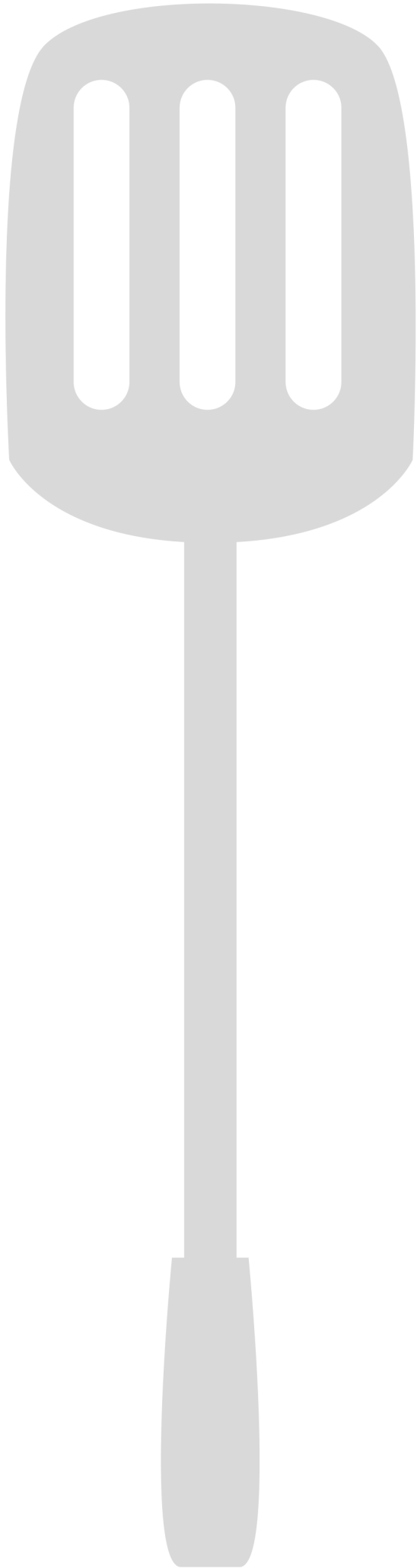


A VERY MEDIOCRE  
COOKBOOK



# Cheap & Easy Meals

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FOR YOUR TIRED, BROKE,  
ADULT SELF

by Sam Absher (your mom, duh)

## A Few Tips

When dad and I got married, I'd never had to be an adult before. I had lived with some roommates once, but only for a few months. So I went straight from living with Mimi and Papaw to being married to dad and trying to make our little income-based apartment into something resembling a home. I'd never really cleaned a bathroom and even though I cooked a lot at Mimi's, I'd never had to plan ahead or go grocery shopping or shop on a budget. Then dad and I split so we were even more broke and I had to figure that out. But I learned a lot along the way, made lots of mistakes and came out on the other side of it pretty ok!

*Here are a few things I picked up that might help:*

- Everything is figureoutable. Can't figure it out? Likely someone on YouTube has. I learned 100% of my home repair skills there and it has saved me thousands.
- On the weekend, take 30 minutes and pick 3 meals you'll make for dinner the following week. You can plan the whole week if you'd like, but it can be overwhelming at first, so 3-4 days is fine to start.
- Be okay going to two different stores to shop. For example, I go to Aldi or Lidl for things like meat, milk, oatmeal, and produce. Then I'll go to Trader Joe's for my Cuban Black Beans and frozen stuff like french fries.
- On Tuesdays, The Fresh Market has chicken breast and ground meat for 2.99/lb
- If you're going to do the pork barbecue, try to wait until Boston Butts are on sale. They'll be around \$0.99/lb. It happens about once a month.
- Do the dishes before bed. Seriously, it takes about 15 minutes and you'll feel so much better in the morning
- If Emily makes dinner, tell her "Thank you for making dinner". Little stuff like that is super important.
- In fact, say "Thank You" a lot. Also, tell her you're proud of her. It's nice to hear.
- Don't forget that Emily isn't me. She isn't there to clean up after you. As a general rule, anything you'd need to do if you lived by yourself is the bare minimum. But you're a super cool kid and you've been doing your own laundry and whatnot for years, so I'm sure you'll be fine.
- Plan date nights! Chicks love that shit.
- Hanging up curtains in your apartments does a lot to make it feel more like a home.
- If you're going to spend money on anything, good pillows and sheets are life changing.
- Set your coffee pot up at night before bed. That way all you have to do is turn the machine on in the morning.
- When the temperature changes outside, check the air pressure in your tires. If they get low, they'll get damaged. Tires are expensive.
- Get your oil changed! Seriously, it'll eff up your whole life if you don't.
- Mom worries, so call and let her know you're alive now and then 😊

# Instant Pot Banana Bread Steel Cut Oatmeal

Servings: 1

Prep time: 1 min

Cook time: 15 min

## INGREDIENTS

¼ Cup Steel Cut Oats (don't @ me. Steel cut oats usually have more fiber so they keep you full longer. Oh, not the 'quick cook' kind. You'll end up with pure mushy awfulness. Unless mushy awfulness is your thing...

I'm not here to judge.


½ Cup Water

½ Cup Milk (regular, almond, whatever you've got. No milk in the house? That's fine, just replace it with water)

1 Tablespoon chocolate chips (optional, but def do it if you can)

1 Banana

Cinnamon (no need to measure, just a sprinkle will do)



BTW, you can sub in pretty much any frozen fruit here. Throw in a cup of frozen blueberries or cherries or whatever floats your boat. Either way, you're getting a fruit serving and making the oatmeal experience less terrible overall

## DIRECTIONS

1. Put your oats, water, and milk (or water and water) in the instant pot. Peel the banana and break it up into chunks and toss it in. Add a sprinkle of cinnamon. Or don't, it's your breakfast.
2. Put the lid on, make sure the steam valve is set to 'sealing'. Select 'Manual' and set the time for 10 minutes
3. Go take your shower or drink your coffee (since you're so grown and all)
4. When the time is up, don't open it yet! Let it sit until the little timer display says 'Loo:05'. That just means it's been sitting for 5 minutes. If you open it before that, it'll be watery. You can also leave it longer than 5 minutes. Last week I made some and then got stuck on a call with Gordon and it sat for 25 minutes. It was still good as hell.
5. Remove the lid, stir it around to mush up the bananas and mix them in.
6. Throw in your chocolate chips. I use a Tablespoon or less, but we both know you're going to add more. That's fine. Do your thing.
7. Enjoy! The bananas make it sweet, so you don't need to add sugar. Seriously, don't add sugar, you'll be setting yourself up for a major energy crash and/or headache later.

*\*\*Note: you can easily double this recipe so that Emily can have some when she gets up. Or you can eat half and pack the 2nd half in a thermos thing for your break and leave poor Emily to fend for herself... you monster.\*\**

After you've gotten your oatmeal out, rinse out the Instant Pot or you'll have to scrub out dried oatmeal and that's massively inconvenient.

# Instant Pot Banana Bread Regular Oatmeal

Servings: 1

Prep time: 1 min

Cook time: 4 min

## INGREDIENTS

½ Cup Old Fashioned Oats (not the 'quick cook' kind. You'll end up with pure mushy awfulness.)

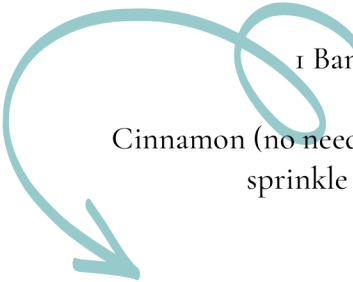
1 Cup Water

¼ Cup Milk (regular, almond, whatever you've got. No milk in the house? That's fine, just replace it with water)

1 Tablespoon chocolate chips (optional, but def do it if you can)

1 Banana

Cinnamon (no need to measure, just a sprinkle will do)



BTW, you can sub in pretty much any frozen fruit here. Throw in a cup of frozen blueberries or cherries or whatever floats your boat. Either way, you're getting a fruit serving and making the oatmeal experience less terrible overall

## DIRECTIONS

*OMG fine, if you really still hate steel cut oats, do it this way*

1. Put your oats, water, and milk (or water and water) in the instant pot. Peel the banana and break it up into chunks and toss it in. Add a sprinkle of cinnamon. Or don't, it's your breakfast.
2. Put the lid on, make sure the steam valve is set to 'sealing'. Select 'Manual' and set the time for 4 minutes
3. As soon as the time is up, release the steam valve. Remove the lid. It's going to be all bubbly and crazy but just give it a second and it'll calm down.
4. Stir it around to mush up the bananas and mix them in.
5. Throw in your chocolate chips. I use a Tablespoon or less, but we both know you're going to add more. That's fine. Do your thing.

*\*\*Note: you can easily double this recipe so that Emily can have some when she gets up. Or you can eat half and pack the 2nd half in a thermos thing for your break and leave poor Emily to fend for herself... you monster.\*\**

After you've gotten your oatmeal out, rinse out the Instant Pot or you'll have to scrub out dried oatmeal and that's massively inconvenient.

# Bacon-Gouda Omelette Cups

Servings: Like 6 maybe?

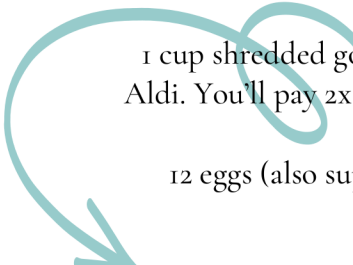
Cook time: 25ish min

## INGREDIENTS

6 slices thicc cut bacon (*yep... I spelled it like that. I'm not a regular mom. I'm a cool mom*)

1 cup shredded gouda (super cheap at Aldi. You'll pay 2x more at other places)

12 eggs (also super cheap at Aldi)



Don't like gouda? Cool. Use whatever cheese you like. Pepper jack would be good AF in this. I just use gouda because it makes me feel fancy.

## DIRECTIONS

1. Preheat oven to 375F
2. Cook bacon\*. Let cool and then crumble or kind of chop it up a bit.
3. Divide bacon and shredded cheese between 12 muffin cups. Oh, and if you're using a metal muffin tin, you're going to want to spray some non-stick spray in those cups. Or use a brush or towel to get some of the bacon grease and spread it in the muffin cups. But the best option is to buy a silicone muffin tray.
4. Whisk the 12 eggs in a big bowl and then pour that over the bacon and cheese in the muffin cups. You can use a smallish measuring cup to scoop it out.
5. Bake for 25 minutes
6. After they've cooled, take them out of the pan and put them in a container or on a plate. Cover them (lid, foil, plastic wrap, whatever you have is fine) and stick them in the fridge. Grab two muffins and a banana or apple for a quick breakfast. You can eat them cold, in fact I prefer it because they stay together a bit better. Maybe do two bananas if you're hungry because physical labor requires carbs.

\*I just realized you may not know how to cook bacon. Okay..two ways to tackle this. Oven or stove top. I like the oven because less greasy crap splattering everywhere. And once grease has gotten everywhere it's a giant pain in the ass. You'll never get it all and it collects dirt and gets super gross. But you know, whatever, do what you want.

- Put your strips of bacon on a sheet pan that has a rim on it. Do not use a rimless sheet pan! If you have one of those little racks that goes on top of the pan, perfect! If not, it's fine. It'll work.
- Put the bacon into the oven while the oven is still cold
- Set oven to 400 degrees. Set a timer for 15 minutes.

When time is up, check your bacon. Does it look done? Take it out. Does it look kind of white and raw? Give it 5 more minutes. Is it burnt to a crisp? Nothing we can do, just eat it your burnt bacon and try again next time.

Very carefully remove the sheet pan from the oven. There's going to be a lot of grease and it will definitely spill if you're not careful. If it spills on you, it will burn you and you'll have to go to urgent care and it's a whole thing. So, be careful.

# That TikTok Breakfast Sandwich *But better...*

Servings: 1

Cook time: IDK, like 5 min?

*This is basically the bastard son of a Monte Cristo sandwich. It's also a really good dinner served with steak fries.*

## INGREDIENTS

3 eggs

2 slices of bread

1 slice of cheese

A few pieces of lunch meat. I like ham (*said with the voice of the 'I Like Turtles' kid*)

Maybe some bacon. The thing above where I told you how to make bacon? You can totally do a whole pack of bacon on Sunday, pat the grease off of them with a towel, wrap them up and stick them in the fridge

Strawberry or raspberry jam (optional, but it's the 'better' part)

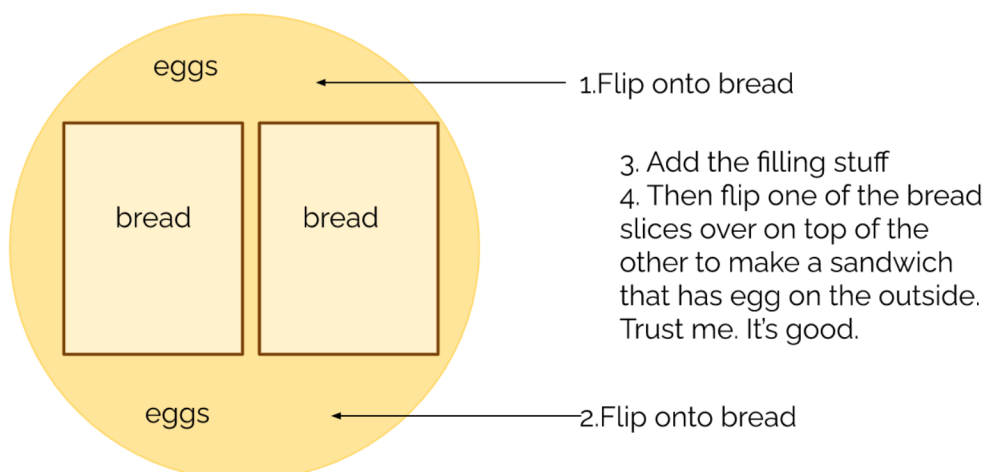
Some non-stick cooking spray

## DIRECTIONS

1. Scramble your eggs in a bowl or glass or whatever you have
2. Put your sauté pan over medium high-ish heat. Like not right between medium and high, but like  $\frac{1}{4}$  of the way.
3. Ok, you gotta move a fast here. Have your bread ready. Pour your eggs in the pan, then grab your bread slices and lay them in the eggs. Then flip the bread over. Just use your hands. Basically, trying to make sure the bread is covered in egg. I know, it sounds icky. It's gonna be amazing, trust me. Make sure your bread slices are lined up next to each other.
4. Now we wait. You have to watch it though or the eggs will burn and your apartment will stink like burnt eggs. Blech.
5. Once the eggs are kind of set (sort of dry on the edges) Use your fish flipper spatula and flip the whole thing over. Then, fold the eggs on top of the bread (*see really bad diagram below. This is why I'm an analyst, not a creative*). Put your cheese and meats on the bread as well as a spoonful of jam (again, I know it sounds icky but it's gonna be SO GOOD).
6. Now flip one piece of bread on top of the other so it's a sandwich. Did part of the egg fall out? It's fine.
7. Let that sit for a minute so the cheese melts. Then flip the whole thing over (like a grilled cheese) and let it cook for about a minute.
8. Remove from the pan. Let it cool for a minute and either eat it then or wrap it up for later.

**\*\*That jam was good as hell, wasn't it??\*\***

Kind of a sort of diagram for your sandwich



# Instant Pot Chili-Lime Salmon

Servings: 2

Prep time: 5 min

Cook time: 15ish min

*Yeah, salmon can be a bit pricy. But, if you go to Harris Teeter, they usually have a value pack. Cut it into servings and freeze them, but wrap them up separately so they don't all freeze together into a giant fish block that you'll just end up never defrosting because it's just too much to deal with.*

## INGREDIENTS

### For the Salmon

2 Salmon Fillets

1 Cup Water

Salt & Pepper

### For the Chili-Lime Sauce

3 Cloves of Garlic, minced (or 1 teaspoon garlic powder)

1 Tablespoon Sriracha

Juice of 1 Lime

1 Teaspoon Honey (or brown sugar, white sugar, maple syrup... whatever you've got)

*I usually try to do a salad or something with this. Just grab some mixed greens, maybe some berries, some chopped nuts, whatever you're feeling like or whatever you've got on hand. Top it off with some of that Ken's Steakhouse Raspberry Walnut dressing.*

*And yeah, some snobby mofos will say that bottled dressing is trashy or some such bullshit. Eff them. This stuff is good as hell and it helps you get a vegetable in your body.*

*Maybe grab some instant rice to have with this, too.*

*Life is too damn short to wait for water to boil.*

## DIRECTIONS

1. Make your sauce: Mix all of the ingredients in a small bowl or cup and set it to the side. I usually use a coffee mug
2. Make your salmon:
  - Sprinkle salt and pepper on the salmon.
  - Put 1 Cup of water in the Instant Pot
  - Place steam trivet inside the Instant Pot and put salmon on the trivet
  - Lock the instant pot lid on top, make sure the steam knob is in the 'sealing' position
  - Select 'Steam' and set the time at 4 minutes for fresh salmon, 8 minutes for frozen
  - As soon as the time is up, carefully move the steam knob to 'Venting' (I do it with a spatula or something so the steam won't get me because it's kind of scary). Take the lid off and use tongs to move the salmon to plates

Stir your sauce one more time and pour it over the salmon. Eat!

# Air Fryer Chili-Lime Salmon

Servings: 2

Prep time: 5 min

Cook time: 9 min

*I like this one better than the instant pot. It's just faster and tastes a bit better to me. I have it nearly every day for lunch,*

## INGREDIENTS

- 2 Salmon Fillets (defrosted)
- Juice of 1 lemon
- Salt & Pepper
- 1 Tablespoon of Tajin
- 1 Teaspoon Honey (or brown sugar, white sugar, maple syrup... whatever you've got)

*I usually try to do a salad or something with this. Just grab some mixed greens, maybe some berries, some chopped nuts, whatever you're feeling like or whatever you've got on hand. Top it off with some of that Ken's Steakhouse Raspberry Walnut dressing.*

*And yeah, some snobby mofo's will say that bottled dressing is trashy or some such bullshit. Eff them. This stuff is good as hell and it helps you get a vegetable in your body.*

*Maybe grab some instant rice to have with this, too.*

*Life is too damn short to wait for water to boil.*

## DIRECTIONS

1. Make your sauce: Mix all of the everything but the salmon in a small bowl or cup and set it to the side. I usually use a coffee mug
2. Put your salmon on a plate and dump the sauce on top. Then kind of flip them around in the sauce so they get warm cozy blanket of the stuff all over them.
3. Line your air fryer with foil or parchment paper.
4. Put your salmon on top of the foil/paper then dump the sauce on top.
5. Set air fryer to 400 and cook for 9 minutes.
6. Check your salmon. Like it a little undercooked? Cool, you're done. Want it more cooked? Ok, but it's gonna be dry af... just cook it for like 2-3 more minutes.



# Instant Pot Rice

Servings: 2

Prep time: 2 min

Cook time: 15ish min

*Yeah, you can make it in the same amount of time on the stove. But you have to like watch it and people with our brains just aren't great at that and then it gets burned and you have to clean the pot and it's a whole damn thing.*

## INGREDIENTS

- 1 Cup Rice
- 1 Cup Water
- 2 Teaspoons Salt
- 1 Teaspoon Vinegar (use whatever kind you have. Or you can skip it. It basically helps it be more fluffy.)

## DIRECTIONS

1. RINSE YOUR RICE. Look, I know, it's a pain, it's a whole extra step but it helps. However, if you've got *The Big Sad* and are just trying to get food in your body, you can totes skip this. It's your food, don't let anyone judge you.
2. Put the rice, water, salt and vinegar (if you're using it) and mix it all around.
3. Put the lid on the Instant Pot, set the knob to 'sealing'.
4. You can either select the 'Rice' button or just set the cook time for 10 minutes.
5. When the time is up, move the steam knob to 'Venting' (be careful! It comes out fast and is scary AF). After all the steam is out, take the lid off
6. Fluff rice with a fork and serve

# Instant Pot Honey-Butter Carrots

Servings: 2

Prep time: 5 min

Cook time: 10ish min

*Dude, you gotta eat a veggie now and then...*

## INGREDIENTS

- 5-6 Carrots
- ½ Cup Water
- 1 Tablespoon Butter
- 1 Tablespoon Honey
- Parsley (optional)

## DIRECTIONS

1. Peel your carrots and cut them into chunks. If you wanna make it fancy and grown up looking, cut them 'on the bias' (that just means cut them kind of diagonally). Make the chunks like 1-1.5 inches big (like from the tip of your pinkie to the middle knuckle. But just eyeball it! For the love of god don't use your pinkie to measure while you're cutting the carrots. I doubt I need to explain why)
2. Toss those into the instant pot along with the ½ cup of water. Lock the lid on, make sure the steam valve is on 'sealing'. Select 'Manual' and set the time to 3 minutes.
3. When the time is up, release the steam valve (for the love of god, be careful, steam burns stuck) and remove the lid.
4. Put your butter, honey, and some salt and pepper on the carrots. Stir it around until the butter is melted and all the carrots have honey on them.
5. Sprinkle some parsley on top if you're feeling adult-ish. But it's totally cool to skip it.

# Cuban Black Beans with Cilantro-Lime Rice

Servings: 2-3

Prep time: 5 min

Cook time: 10ish min

## INGREDIENTS

2 Cans Cuban Black Beans (from Trader Joe's)

1 Cup Rice

1 Cup Water

2 Limes

1 bunch cilantro

## DIRECTIONS

1. Make 'Instant Pot Rice'
2. While rice is cooking, open cans and pour into a sauce pan (don't drain the beans, put all of the stuff from the can into the pot). Put pot on medium heat and stir occasionally until the beans are heated up
3. Roughly chop the cilantro
4. Once the rice is done cooking, remove the Instant Pot lid and fluff with a fork
5. With the rice still in the Instant Pot, add cilantro and juice of one of the limes to the rice. Mix it all together.
6. Cut the second lime into quarters
7. Serve in bowls. Put rice in first, then top with the black beans. Squeeze a lime wedge over the top.

Hot sauce is super good on this, but if you're feeling fancy you can make Sriracha Crema!

- Get some sour cream, some sriracha and a lime.
- Put about a half cup of sour cream in a bowl. Squirt about a tablespoon or so of Sriracha in there.
- Cut your lime into 4 pieces and squeeze the juice of two of them into the sour cream.
- Mix it all together. Then just throw a spoonful on top of whatever you're eating.

Remember, it isn't just sour cream and sriracha, it's Sriracha Crema, because you're a fancy adult now.

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# Instant Pot Chicken Alfredo

Servings: 2

Prep time: 5 min

Cook time: 20ish min

*You're gonna effing love this one!*

## INGREDIENTS

2 lbs Chicken (boneless and skinless,  
Thighs are usually cheaper)

1 box of Ziti or Penne pasta (short tube  
looking ones)

1 jar of Alfredo sauce (*because we both know  
you're not gonna make the sauce from scratch.  
That's cool though, you gotta start somewhere*)

Garlic powder

Parsley (if you're feeling fancy... totally  
optional)

1 Cup Grated Parmesan Cheese (*look, I  
know the pre-shredded stuff in the green jar is  
cheap and easy to use. But it tastes like  
absolute garbage and it doesn't melt very well.  
Get the fresh stuff if you can. If not, fine,  
whatever, use the pre-shredded garbage cheese*).

## DIRECTIONS

1. Cut your chicken into chunks, about an inch big
2. Put two tablespoons of either olive oil or butter into the Instant Pot. Select the 'Saute' function. Once it's hot (it'll say 'Hot' on the timer thing), toss your chicken in there. Stir it around until it starts to get brown. That should take about 3 minutes, but don't set a timer, just use your eyeballs. Once that's done, hit 'Cancel'.
3. Put half the box of pasta on top of the chicken. Just kind of eyeball it.
4. Open your jar of sauce and dump it on top of the pasta. Then, fill the jar about halfway with water, put the lid on, shake it like it changed your Netflix password and won't tell you the new one. Open and dump that on top of the other stuff in the pot. DO NOT STIR ALL THE THINGS TOGETHER. But, if you already did, whatever, it's fine. Your pasta might just be a bit overcooked. Defs not the end of the world.
5. Lock the lid in place, set the steam knob to 'Sealing'. Select 'Manual' and set the time for 8 minutes. When it's done, release the pressure, take off the lid and stir it all around. Consider adding a handful of spinach or something because we know you're not eating enough vegetables.
6. Add the parmesan cheese (or garbage cheese) and stir.
7. Serve with the fancy parsley sprinkled on top. Oh! Totally forgot... while the stuff is cooking, roughly chop the parsley. Don't just put whole parsley on your pasta. Or do, whatever, it's your dinner.

# Spaghetti with Meat Sauce

Servings: 2

Prep time: 5 min

Cook time: 20ish min

*I made this a lot when you were little and we were still on food stamps and all that jazz*

## INGREDIENTS

1 lb ground meat (beef, turkey, chicken, whatever you like)

1 lb of long pasta (spaghetti, angel hair, linguine, whatever is on sale is fine)

1 Jar Pasta Sauce (*the red kind. Whatever is on sale is fine. When I was pregnant with Ben and dad and I were broke AF, I always got the stuff on the bottom shelf in the metal can. It's like a dollar and just as good as the fancy stuff*)

1 Onion (red or yellow or whatever... that's your business)

Some olive oil

Grated Parmesan (see 'Instant Pot Chicken Alfredo' for tips on which kind to get)

## DIRECTIONS

1. Cook the pasta according to the package directions. While you're waiting on the water to boil and all that jazz, do the other stuff so it's all ready at roughly the same time.
2. Chop up your onion into little pieces.
3. Heat oil in a saute pan over medium heat.
4. Add onion to the pan and stir it around until it's soft and kind of translucent. About three minutes.
5. Add the ground beef to the pan. Break it up and cook it until it's all done. Takes about 7-8 minutes, but it could be longer or shorter.
6. Once the meat has cooked, drain the fat out. I mean, you could skip this if you want, but your sauce will be oily and weird.
7. Add the pasta sauce to the pan with the cooked meat and stir it all together.
8. Taste the sauce and add stuff. Kind of bland? Add salt or maybe some crushed red pepper. Oh! Balsamic vinegar is a good addition too. Just play with it a bit. You'll read on the internet about people adding sugar to their sauce. Those people are WRONG. So very wrong. I will never judge you for who you are as a person, but I will abso-fucking-lutely judge you for this.
9. Drain your pasta and then serve it all together. Top with the parm and maybe some parsley if you're feeling bougie.

# Taco Bowls

Servings: 4

Prep time: 5 min

Cook time: 20ish min

## INGREDIENTS

1 lb. Ground Turkey (or you can grab the 20 oz package they have sometimes)

1 Tablespoon Olive Oil

1 Packet of Taco Seasoning (it's on the 'Mexican' or 'International' aisle at most grocery stores. Yes, it is absolutely some racist BS that 'ethnic' spices are on a separate aisle.)

Instant Pot Rice

1 Lime

Salsa

## DIRECTIONS

1. Make your instant pot rice. If you want to be a little extra, make the Cilantro-Lime version from the Cuban Black Beans and Rice recipe. You'll just need to grab an extra lime and some cilantro from the store. I just mean an additional lime, not a lime that's overly dramatic or anything.
2. Heat a tablespoon of oil in a sauté pan over medium heat. When hot, add your ground turkey. Stir it around, break it up... you know what it needs to look like.
3. Once the turkey is done, add the taco seasoning according to the directions on the package.
4. Serve the turkey with the rice and a wedge of the lime (oh yeah... cut your lime into four pieces).

\*\*This one is really good for making on a Sunday and packing it up for lunches during the week. Just microwave it for about a minute (with the lid loosely sitting on top), stir it around, microwave it for another minute\*\*

Hot sauce or Sriracha Crema (from the Cuban Rice & Beans) is good on this!

# Sheet Pan Chicken Fajitas

Servings: 4

Prep time: 10 min

Cook time: 20ish min

## INGREDIENTS

2 lbs Chicken Breast (You can use cheaper thighs here, but it'll be a little greasy. Just pat them off with some paper towels.)

1 Packet Taco Seasoning (see 'Taco Bowls' on where to find it)

2 Tablespoons Olive Oil

2 Bell Peppers (the green ones are cheap but go ahead and splurge on a red or orange one #treatyoself. Oh, and if you get the three pack, go ahead and use all three)

Taco Shells (the medium sized soft ones. They keep these in the most random places in grocery stores. Ask an employee or just call me and I can probably tell you where they are)

1 Onion (I like purple, but whatever you've got will work)

Salsa

Maybe an avocado or something, if that's your thing

## DIRECTIONS

1. Preheat oven to 400 degrees
2. Cut your chicken into strips. You don't have to be precious about it, just as long as they're roughly the same size and not too thick. Each breast should give you about 4-5 strips.
3. Cut your onion and bell peppers into strips. If you're not sure how to handle that, I promise there is a YouTube video.
4. Put all that stuff on the sheet pan in a pile. Drizzle olive oil over it. Then sprinkle the taco seasoning on it. Use your hands (Wash.Them.First) and mix it all up until the seasoning is all over the chicken and stuff (then wash your hands again because salmonella is no fun. Trust me, I gave it to myself once).
5. Put the sheet pan into your pre-heated oven. Let it bake for about 20 minutes.
6. Take it out, let it cool down a bit and serve with your taco shells.
7. If you want to be a legit grown up about it, grab a sauté pan and put it over medium heat. Take your taco shells (one at a time) and warm them up for about a minute on each side. Just watch that they don't burn.

Hot sauce or Sriracha Crema (from the Cuban Rice & Beans) is good on this!

# Instant Pot Pork BBQ

Servings: IDK, a lot    Prep time: 5 min    Cook time: 90ish min

*Ok, this one takes a bit longer but you'll have pulled pork for DAYS. Throw it on a sandwich, in a tortilla, make quesadillas with it or just warm it up and eat it out of a bowl.*

## INGREDIENTS

4-5ish Lb. Pork Roast (it's called a Boston Butt at most stores. Don't worry, it isn't actually a pig's butt)

1 Cup Chicken Broth (but water is totally fine, too)

Salt

Bottle of your fave BBQ sauce (I like Sweet Baby Rays. It's good and it's usually cheap.

I know, we live in NC, the BBQ capital of the freaking world and people will straight up shame you for using bottled sauce or, god forbid, tomato-based KC style sauce. Eff them. It's your food and your business. And vinegar-based sauce sucks.)

## DIRECTIONS

1. Cut your pork roast into 4 chunks around the same size. Sprinkle salt all over them. Not a ton, just a sprinkle. Oh! There might be a bone in there, so be careful and kind of cut around it. It doesn't have to be perfect.
2. Put the pieces into the instant pot. Now, some people insist that you should sear the pork first for "a more complex, layered flavor". Whatever, it isn't necessary, you're going to drown it in BBQ sauce later anyway.
3. Put your pork into the pot and pour the broth (or water) in. Lock the lid, set the steam valve to 'sealing'. Select 'Manual' and set the time for 90 minutes.
4. Once the time is up, don't open it yet. Let it sit until the timer thing shows "Loo:25" (you're letting it sit for 25 minutes)
5. At this point, there's no more pressure. You can flip the valve to 'Venting' but that terrifying thing where the steam shoots out won't happen, which is nice. Remove the lid.
6. Take your pork out of the pot and put it on a cutting board or in a big baking dish. This is the pain in the butt part (ha! And it's a boston butt!) Take two forks and shred the pork. It should fall apart pretty easily, but you can just cut the parts that don't shred easily.
7. Dump the liquid out of the pot. Be careful! The pot will be hot AF. Put the pot back into the Instant Pot.
8. Press the 'Saute' button. Throw in your shredded pork and then dump the entire bottle of BBQ sauce in there. Stir it around. The heat from the 'Saute' function will warm the pork and sauce up and help dry out any left-over liquid. Takes about 3-4 minutes.
9. Hit 'Cancel' and eat your pork! This is good on a hamburger bun or by itself. It's also really good with coleslaw. Get the prepackaged stuff. It's in the produce section with the bagged salads.



# Chocolate Mug Cake

Servings: 2

Prep time: 2 min

Cook time: 1 min

*One of my favorite treats. It's technically two servings, but I've only ever shared it once. Is it as good as a fancy ass bakery cake? Hell no. But sometimes it's 1:00 AM and you want some damn cake and you want it fast. This will fill that need.*

## INGREDIENTS

4 Tablespoons All Purpose Flour

¼ Teaspoon Baking Powder

2 Tablespoons Sugar

2 Tablespoons Cocoa Powder

1 Tablespoon Oil (don't use olive oil because it'll taste weird AF.. You can also use melted butter)

¼ Milk (regular or non-dairy is fine. Some say water will work but I haven't tried it yet)

## DIRECTIONS

1. Mix all of the ingredients together in your glass measuring cup. Make sure there are no clumps of flour left in the bottom
2. Pour it into a big-ish coffee mug. If the mug is too small, it might overflow. To avoid a mess, just put a paper towel or napkin or even a small plate under the mug in the microwave.
3. Microwave for 60 seconds. Check it. If it isn't done, do another 15 seconds.
4. Let it cool off for a minute and then eat!