

DIPS, DRESSINGS & SAUCES (click the link in the chart to jump to a recipe)

These are the collected recipes of Lori Diman Considine from family, friends and Pinterest trends.

Use the links below to jump to each recipe and if you want this document in Word format, just send me a message, I'm happy to share.



BBQ SAUCE	DIP PIZZA	DRESSING MIDORI	QUESO SALSA VERDE
BBQ SAUCE JAM UP	DIP RANCH KICKER	DRESSING MUSTARD VINEGARETTE	SAUCE ALFREDO
CRANBERRY BLISS DIP			
BUTTER PAPA JOHNS	DIP SEVEN LAYER MEXICAN	DRESSING RANCH	SAUCE BERYLS COCKTAIL
DIP AVOCADO JALAPENO	DIP SHRIMP	DRESSING RANCH TWO	SAUCE CHICFILA
DIP BETTYS SHRIMP MOLD	DIP SPINACH	DRESSING SWEET SPICY MANGO	SAUCE COCKTAI LJAM UP
DIP BUFFALO CHICKEN	DIP STREET CORN	DRESSING THOUSAND ISLAND	SAUCE COMEBACK
DIP COWBOY CORN	DIP TEXAS TRASH	KETCHUP	SAUCE FRIES
DIP HAWAIIAN BREAD	DRESSING BASIC	MAYONAISE	SAUCE GRINGOS AMAZON
DIP HISSY FIT	DRESSING BLUE CHEESE	MAYONAISE TWO	SAUCE MOMS TARTAR
DIP HOT BEEF BETTY	DRESSING CHILIS HONEY LIME	MUSTARD	SAUCE PONCHETRAIN
DIP HOT CRAB	DRESSING HONEY MUSTARD	PEANUT BUTTER	SAUCE ROYAL
DIP JALAPENO CILANTRO	DRESSING JAM DIJOB	QUESO FUNDITO	
DIP PEANUT BUTTER		QUESO NO VELVEETA	
DIP PEANUTTY		QUESO NO VELVEETA TWO	
DIP PICO			



Best Homemade Alfredo Sauce (Super Easy and Better than Olive Garden)

- ½ Cup Butter
- 1 ½ Cups Heavy Whipping Cream
- 2 Teaspoons Garlic Minced (use a little juice too)
- ½ Teaspoon Italian Seasoning
- ½ Teaspoon Salt (dont overdo it, the parmesan is already salty)
- ¼ Teaspoon Pepper
- 2 Cups Freshly Grated Parmesan Cheese

Add the butter and cream to a large skillet. Simmer over low heat for 2 minutes. Whisk in the garlic, Italian seasoning, salt, and pepper for one minute. Whisk in the parmesan cheese until melted. Serve immediately.

How to Make Alfredo Sauce:

The first step to making Alfredo is to warm your butter and cream in a large saucepan over low heat. You will let it simmer (but not boil) for about 2 minutes. Next, you will whisk in your garlic and seasonings. Whisking constantly for about one minute just to let the garlic cook. Lastly, you will add your parmesan cheese and stir just until the cheese has melted and your sauce is smooth. Note that it is best to use freshly grated parmesan cheese right off of the block so that your sauce isn't grainy. I do not recommend using the "shaker" style container

grated cheese for this recipe.

The Parmesan will thicken this sauce up. If it isn't quite thick enough, allow the sauce to stand for 2-3 minutes before serving.

Nutrition
 Calories: 535kcal | Carbohydrates: 10g
 Time: 5 minutes Total Time: 10 minutes Servings: 2 Cups

Homemade "Velveeta" Cheese



Homemade Velveeta Except with REAL CHEESE

Ingredients

- 1 cup boiling water
- 1 pkt unflavored gelatin 1/4 oz.
- 6 tbsp dried milk powder
- 16 oz. cheddar cheese shredded

Instructions

1 cup boiling water, 1 pkt unflavored gelatin, 6 tbsp dried milk powder
 Add boiling water, gelatin and powdered milk to the blender (or food processor) and puree until mixed.
 16 oz. cheddar cheese
 Add shredded cheese a few handfuls at a time and continue to blend until smooth. Open and scrape down the sides with a spatula a few times.
 Pour/scoop mixture into a small loaf pan or other mold lined with plastic wrap. Cover tightly and refrigerate for 12 hours.

Let's face it, you simply cannot make creamy, cheesy dips for football season without Velveeta! And no matter how hard I've tried, I CANNOT make macaroni and cheese in the slow cooker without cubes of yellow "cheese-product." ..but Velveeta is not real food so what do we do?

The process for this could not be easier. This recipe for homemade Velveeta cheese takes fewer than 5 minutes to put together. Then you have to patient and wait for 12 hours, so plan ahead!

The good news is that this will last up to 2 weeks in the refrigerator if you keep it tightly wrapped. I have noticed that it starts to lose it's ability to melt down into creamy perfection the longer it's been in the refrigerator, so I would use it sooner rather than later.



Chick-Fil-A Sauce

- 1 Tablespoon Lemon Juice
- 1/2 Cup Mayonaise
- 2 Tablespoons Mustard
- 1/4 Cup BBQ Sauce
- 1/4 Cup Honey

Mix well. Be Happy.



QUESO—without Velveeta

(because Velveeta is NOT real cheese..or even real food!)

- 2 Tbsp oil (vegetable/canola)
- 1/2 medium onion, diced (about 1/2-3/4 cup)
- 2 medium jalapeños, diced (remove some or all seeds for less heat)
- 8 oz yellow American cheese, sliced from the deli, then cut into cubes
- 8 oz Monterey Jack cheese, shredded (use Pepper Jack cheese for a spicier queso)
- 1 to 1 1/2 cups half & half (depending on desired consistency)
- 1 to 2 tomatoes, seeded and diced (depending on how chunky you want the queso to be)
- 1/3 cup fresh cilantro, chopped
- Optional: chili powder + cayenne pepper, to taste (for more heat)

1. In a medium sized skillet over medium-high heat, add the oil, onion, and peppers. Sauté for 5-10 minutes or until onions are translucent.
2. Reduce heat to low. Add both cheeses. Gradually add the half & half. Stir until smooth, adding half & half until the desired consistency is reached.
3. Add the diced tomatoes and cilantro. Stir and season to taste with chili powder and cayenne, if needed. Serve the hot dip right away with your choice of tortilla chips.



7 Layer Mexican Dip

- 1 (16-oz.) can refried beans or bean dip
- 2 1/2 c. guacamole
- 1 (16-oz.) jar chunky tomato salsa
- 2 1/2 c. sour cream
- 2 tbsp. taco seasoning
- Juice of 1/2 lime
- 1 c. shredded Monterey jack
- 1/2 c. shredded cheddar
- 2 c. shredded lettuce
- 1/2 c. cubed tomatoes

Spread refried beans in an even layer in the bottom of your serving dish. If making from scratch, prepare guacamole and spread in an even layer on top of the bean layer. Top with a layer of salsa. In a medium bowl, stir together sour cream, taco seasoning, and lime juice. Spread in an even layer on top of the salsa.

Sprinkle Monterey jack and cheddar in an even layer over the sour cream. Top with shredded lettuce, tomatoes, and black olives.



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BASIC SALAD DRESSING

- 1 cup salad oil
- cup wine vinegar or lemon juice
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon sugar
- Dash onion salt or garlic salt

1. Put all ingredients into container. Cover.
 2. Press button 11 for 15 seconds.
- ~ Yield: 1 cup

BLUE CHEESE: Add cup crumbled blue cheese to container before blending.

FRENCH: Add 6 peppercorns and 1/2 teaspoon dry mustard before blending.

CELERY-PARSLEY: Add 1 teaspoon celery seed and 2 sprigs parsley before blending.

ITALIAN STYLE: Add 1/2 teaspoon oregano, teaspoon basil, pinch rosemary and dash more of garlic salt. And for a really outstanding flavor add 1/4 cup grated Parmesan cheese. Then blend together.

CREAMY FRENCH: Add 3 tablespoons mayonnaise and 1¹/₂ teaspoons catsup before blending.

FRUIT FLAVOR: Add 1 quarter orange, peeled, and 1 wedge peeled lemon before blending.

ONION FLAVOR: Add 1/2 package dry onion soup mix before blending.

LORENZO: Add 3 tablespoons chili sauce, 2 green onion tops, cut-up pimento (1 small can) and several sprigs watercress. Blend.



Knorr Spinach Dip Recipe

This Knorr Spinach Dip Recipe is the classic version you know and love! Cold and creamy, it's so easy to make and tastes even better than you remember.

- 1 (16 ounce) container sour cream
- 1 cup mayonnaise
- 1 (8 ounce) can sliced water chestnuts drained and chopped
- 3 green onions thinly sliced
- 1 (1.4 ounce) packet Knorr Vegetable Recipe Mix
- 1 (10 ounce) package frozen chopped spinach cooked and squeezed dry
- Bread chunks and fresh vegetables for serving

In a large bowl, combine sour cream, mayonnaise, water chestnuts, scallions, and Knorr mix. Stir to combine.

Stir in spinach, using a spoon or spatula to break up and distribute any clumps of spinach. Cover and chill at least 2 hours or overnight. Serve with bread and fresh vegetables.

To substitute fresh spinach for the frozen, use a pound of fresh spinach leaves. Steam in a large dry skillet with 1/4 cup water and toss until wilted. Squeeze dry in a clean kitchen towel and proceed with the recipe.



"Hissy Fit Dip" with the crazy moniker is a HUGE party hit

- 1 lb Jimmy Dean sausage
- 2 tbsp Chives, fresh,
- 1 tsp Onion powder,
- 1/2 tsp Sage, dried ground
- 1 tsp Worcestershire sauce
- 8 oz Cream cheese, 4 oz Muenster cheese, grated,
- 16 oz Sour cream,
- 8 oz Velveeta (or cheddar)



Cowboy Corn Dip

- (8 ounces) cream cheese, softened
- 1 red bell pepper, finely diced
- 1 jalapeno, finely diced (optional)
- 1 small can black beans
- 2 cans (15 ounce) corn, drained
- 1 package ranch seasoning mix
- 1/2 cup green onions
- 1/2 cup Mayonnaise
- 1/2 cup sour cream
- 1/2 teaspoon Black pepper
- 1/2 teaspoon salt
- 1 teaspoon garlic powder
- 1 package sharp cheddar cheese

In a medium sized bowl and cream cheese, bell pepper, jalapeño, corn, and ranch package. Mix together until incorporated.
Serve immediately with your favorite chips or store for up to 24 hours.



Susan's Jalapeno Cilantro Ranch Dip (Chuy's Copy Cat Recipe) (SOOO GOOD)

- 1/3 cup pickled jalapeno's, diced.
- Jalapeno juice to taste
- 1 package of buttermilk ranch mix
- 1/2 cup of buttermilk
- 1 cup mayonnaise
- 1/2 bunch of cilantro

Put it all in the blender on high..enjoy right away or refrigerate for later.



MEXICAN STREET CORN DIP—SO GOOD

- 2 can fire roasted corn
- 1 can Rotel or Dan Good Salsa
- 2 cups shredded cheese
- ½ cup Cotija Cheese
- 6 green onions diced
- 1 cup mayo
- 1 cup sour cream

Mix it, eat it.

Also good served slightly warm.



Outback Steakhouse Mustard Vinaigrette House Dressing

- ¼ cup mayonnaise
- ¼ cup olive oil
- 3 tablespoons of honey
- 3 tablespoons white wine vinegar
- 2 tablespoons grey poupon mustard
- ½ teaspoon parsley flakes



Ranch Dressing from Scratch

- 1 egg
- 1 cup "light" olive oil
- 1 tablespoon lemon juice
- 2 tablespoons red wine vinegar
- 1 teaspoon salt
- 1 teaspoon pepper
- ¾ teaspoon onion powder
- ¾ teaspoon garlic powder
- ½ cup full fat canned coconut milk, stirred
- 1 handful fresh herb of choice or 3 tablespoons dried parsley

Blend with an immersion blender in a wide mouth mason jar for approximately one minute! Don't start incorporating herbs until the last 15 seconds or it will turn your ranch green. Store in the fridge up to one week, if you still have any left!

- 3 tablespoons dried parsley may be used in place of fresh herbs, really any dried herbs you like will work.
- If using fresh, we grab a large handful. Our favorites are cilantro, parsley and dill.



- Start with the immersion blender at the bottom of your jar working your way up to the top, don't start moving your blender upwards until you see it thickening up.
- We get this question all the time, what do I do if my ranch is too thin? Well there may be a couple reasons why. First did you use full fat "canned" coconut milk? This plays a big factor in how much it thickens up. If you want a dip like consistency use only the solid cream, but for those that like a runnier dressing use more liquid. Sometimes just being in the fridge a few hours will thicken it right up.
- Make sure you're using an immersion blender for guaranteed success, a regular blender will make it tricky to emulsify it all correctly.
- Use a small container, we like using a mason jar or salad dressing container.
- HERE IS THE TRICK TO SAVING YOUR DUMP RANCH....if your ranch never thickens it probably didn't emulsify properly, just add another egg! Yep, that's all it takes to quickly save all those ingredients.



Buffalo Chicken Dip

- 1 pkg cream cheese softened
- 2 cans swanson premium chunk chicken
- ½ cup buffalo sauce
- ½ cup blue cheese dressing
- ½ cup blue cheese crumbles

Vegetables, crackers or chips for dipping.

Bake at 350 degrees for 20 minutes until bubbling, stir and serve hot.

Option: Save the blue cheese and let it be a cool layer on top of the rest of the ingredients.



Shrimp Dip

- 1 Can Campbells Cream of Shrimp Soup
- 1 eight oz. pkg. Cream Cheese
- 1 teaspoon lemon juice
- Dash paprika
- Dash garlic powder

Pour in covered bowl cook 7.5 min on high in Microwave, add softened cream cheese and other ingredients and serve with chips, vegetables or crackers.

Optional: Add fresh boiled shrimp or crab meat or crawfish meat.

Optional: Add canned biscuits cut into small sizes and bake till biscuits are done.



Aunt Betty McAviney's Shrimp Mold

½ can tomato soup
1 pkg Knox gelatin (unflavored)
Heat soup with 1 tablespoon of water and the gelatin.

Blend with Mixer:
1 eight oz pkg of cream cheese
¼ cup celery
¼ cup green onion
1 cup mayonnaise

Add soup while still warm

Boil 1.5 quarts of shrimp and add to the mixture.
Optional: Add a dash of tobacco and Parsley.



SUPER FAST PICO RECIPE:

1 can Fire Roasted Diced Tomatoes
One Clove Garlic
1 Medium Jalapeno
Juice from ½ Lime
Half a Bunch of Cilantro

Also good with diced mango or peaches.



Mom's Tartar Sauce

½ onion
6-8 olives
6-8 capers
Pickle relish to taste
2 cups mayonnaise.
Mix well, chill overnight to blend flavors, Mix and serve



Aunt Betty's Hot Beef Dip

2 tablespoons butter
½ cup chopped pecans
Dash salt
8 oz pkg cream cheese
2 tablespoons milk
2.5 oz jar dried beef, minced
8 oz sour cream
2 tablespoons onion, minced
½ teaspoon garlic salt
½ teaspoon pepper

Sautee pecans in butter, add salt. Remove from heat and set aside.

Mix cream cheese and milk. Add remaining ingredients and mix well. Pour into buttered casserole dish.
Pour butter and pecans on top.
Cover and Bake at 350 degrees for 20 minutes. Serve Warm with crackers, chips or veggies.



Mother Earth's Ranch Dressing

Iceberg Lettuce: A whole head of lettuce chopped in small pieces.
Garlic: A must have in any herby dressing.
Shallot: It is milder than red onion and gives a great aroma to the dressing.
Lemons: Lemon juice adds freshness and a hint of tang to the dressing.
Olive oil: A high quality, aromatic olive oil is perfect to use in this recipe.
Spinach: When it comes to greens and herbs in this dressing, the more the better. Spinach packs vitamins and iron into this dressing.
Dill: This is an aromatic powerhouse.
Chives: This is another mild onion that adds great flavor.
Green Onion: This one adds a little more of a punchy onion flavor.
Cashews: They are creaminess to the dressing and bind all the ingredients together.

TIPS TO MAKE THIS DRESSING

This dressing is incredibly easy to make. There is basically no prep and the most time consuming thing is cutting the lettuce.
Using a food processor is your best bet. You can also use a blender to make it. If you don't have a power blender, try soaking the cashews for about 30 mins in hot water so they blend easily.

STORAGE

This dressing keeps well in the fridge for up to 4 days. As the days pass by the lemon juice oxidizes and could make the dressing bitter. To store it, use a glass jar with a lid such as a Mason Jar.
If you make the Iceberg salad with the dressing, consume immediately as the dressing will make the lettuce soggy.



Gringo's Mexican Kitchen Mock Amazon Sauce

1 bunch of cilantro
2 cloves of garlic
2 jalapenos (can take seeds out)
2 T Cider Vinegar
2 T Water
1 cup Mayo

Throw it all (except the mayo) in the blender or food processor and shred it all to a pulp, then add to mayo. It's so yummy as an enchilada sauce. Recently, I tried using sour cream instead of mayo and I thought it was even better!



Avocado Jalapeno Dip from Tik Tok

- cream cheese
- sour cream
- sliced jalapeno peppers
- chunks of avocado
- fresh cilantro
- seasonings: garlic powder and salt and black pepper to taste
- fresh lime juice
- tortilla chips for serving

How to make Avocado Jalapeno Dip.

Add cream cheese, sour cream, jalapeno peppers, avocados, fresh cilantro leaves, garlic powder, lime juice, salt, and pepper to a food processor. Blend on high for 10 seconds.

Scrape the avocado mixture down the sides of the bowl and process for another 10 seconds until you have a smooth sauce dip with a consistency you enjoy.

Serve creamy avocado dip immediately with homemade tortilla chips and fresh sliced raw vegetables.



Peanutty Dip

- 2 oz (1/4 of 8 oz pkg) Philly Cream Cheese
- 1 tablespoon peanut butter
- 1 tablespoon honey
- 1 tablespoon milk

MIX WELL.

Serve with apple and pear slices or Ritz Crackers.



Beryl's Cocktail Sauce

(she actually gave me this recipe as if it were her best kept cajun secret)

- 1.5 cups ketchup
- ¼ cup mayo
- 3 tablespoons horseradish
- 2 Tablespoons Worcestershire
- Tobasco to taste
- Lemon to taste

Mix well and chill overnight so the flavors can blend.



Fry Sauce (I have an actual addiction to this stuff)

- 1/4 cup mayonnaise
- 2 tablespoons ketchup
- 1 teaspoon vinegar (I add a little more cuz I love the vinegary taste)
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon season salt



Queso Funditto

1/2 pound Hot Breakfast Sausage (such As Jimmy Dean Or J.C. Potter) Or Chorizo
1 whole Medium Onion, Finely Diced
2 whole SMALL Bell Peppers (any Color Combination), Seeded And Finely Diced
1 pound Monterey Jack, Grated (OR Mozzarella, Or Other Stringy Melting Cheese), Grated
Sprinkle Of Chili Powder
3 whole Roma Tomatoes, Diced
1/4 cup Cilantro, Chopped
Tortilla Chips For Serving

Preheat oven to 400 degrees.

In a large skillet, cook and crumble the sausage until brown. Remove from skillet and drain on a paper towel. Pour off any excess fat. Add onions and bell peppers to the skillet and cook over medium-high heat until the veggies are soft and golden brown, about 7-8 minutes. Remove from heat and set aside.

To build the skillet, place 1/3 of the cheese in a medium-sized ovenproof skillet. Add half the sausage. Add another third of the cheese, then as much of the veggie mixture as you'd like (you may have a little left over.) Add almost all of the remaining cheese, the rest of the sausage, then whatever cheese you have left. Sprinkle the top very lightly with chili powder.

NOTE: Depending on the size of your skillet or baking dish, you may have some ingredients left over. Just build so that the ingredients roughly reach the top of the skillet; they'll shrink quite a bit once the cheese melts!

Place into the oven and start watching it about 4 to 5 minutes in. You want to bake it until the cheese is totally melted, hot, and slightly bubbling...but before the cheese starts to firm up/harden. (In other words, you still want the cheese to be extra gooey.)

Remove from the oven, top with the diced tomatoes, sprinkle on the tomatoes, and serve immediately with tortilla chips!

NOTE: Be sure to have everything ready so you can serve the queso fundido pretty much right out of the oven. It's best when piping hot!



Cranberry Holiday Bliss Dip

3/4 cup fresh or frozen (and thawed) cranberries
1/4 cup Granulated Sugar
1/2 cup water
1 jalapeno, seeded and minced
1/2 tsp. salt
8 oz. Cream Cheese, room temperature
1 small bunch cilantro, chopped
1 batch Homemade Crackers for serving

Step 1: Add cranberries, sugar, water, jalapeno, and salt to a medium pot with a lid. Bring to a simmer over medium high heat.

Step 2: Remove the lid, reduce the heat to medium low and simmer for five minutes, stirring occasionally.

Step 3: Once the cranberries have burst and the mixture has thickened slightly, remove from heat. Pour the mixture into a bowl and refrigerate until cool.

Step 4: Place the cream cheese on a rimmed plate or shallow bowl. Use the back of a spoon to create a shallow well on top of the cream cheese. Pour the cranberry mixture on top and spread to let it run slightly over the edges.

Step 5: Garnish with cilantro and serve with crackers.



Papa Johns Butter

1/4 – 1/2 stick Margarine
 1/2 tablespoon Garlic Powder
 1/4 teaspoon Salt

Melt butter in the microwave (about 30 seconds).
 Put in salt and garlic powder (to taste).



Peanut Butter Dip

6 ounces nonfat vanilla Greek yogurt or sour cream
 1 tablespoon natural peanut butter
 1/2 tablespoon maple syrup
 1/8 teaspoon cinnamon

Mix all the ingredients in a bowl. Serve with sliced apples, pears, bananas, strawberries, or grapes. Store unused portion in the fridge.



Salsa Verde Queso Dip

This easy, cheesy and super creamy Salsa Verde Queso Dip made in the slow cooker is the perfect no-fuss appetizer for your next game day party!

1 Jalapeno
 1/2 cup Salsa verde
 4 oz American cheese, white
 8 oz Cream cheese
 3/4 cup Milk
 8 oz Pepperjack cheese
 4 oz Vermont white cheddar cheese



Ranch Kicker Dip

- 16 oz sour cream
- 1 Can Rotel
- 2 Tablespoons Taco Seasoning
- 2 Tablespoons Ranch Dip Seasoning
- 1.5 Cups grated Colby Jack Cheese

Mix well and enjoy with crackers, chips or over vegetables.



Comeback Sauce

- 1 Cup Mayonaise
- ¼ Cup Ketchup
- ¼ cup chili sauce
- 1 tsp Dijon mustard
- 1 tsp onion powder
- ½ tsp garlic powder
- 2 tsp whorchestershire
- 1 tsp fresh pepper
- ¼ tsp tobacco
- ¼ cup olive oil
- Juice from 1 lemon

Mix and serve...good on fries...and you know...salads. When I say good on salads what I really mean is good on salad if you are trying not to eat meat and you are craving something associated with meat like buffalo sauce or BBQ ranch.



Chili's Honey Lime Dressing... makes 10 oz.

- ½ cup grey poupon
- ½ cup honey
- 3 Tablespoons Sugar
- 2 Tablespoons Sesame Oil
- 3 Tablespoons Apple Cider Vinegar
- 1 Tablespoon Freshly Squeezed Lime Juice



Pizza Dip (because Millie served it and I loved it and the kids loved it and we all loved it and lived happily ever after)

- 4 oz cream cheese
- ¼ cup sour cream
- ¼ cup mayonnaise
- ½ cup grated mozzarella cheese
- ¼ cup parmesano reggiano grated
- 2 oz pepperoni sliced

Mix cream cheese, sour cream and mayonnaise, mozerella and parmesean and spread it across the bottom of a pie plate. Spread pizza sauce on top and sprinkle on the cheese & pepperoni. Bake in a pre-heated 350 degree oven until the sides bubble and the cheese is melted and beginning to turn brown..about 20 minutes.

Serve with breadsticks or corn chips...or just gobble it up like a pizza monster straight from the bowl.



Sweet and Spicy Mango Salad Dressing

So delicious, super easy and the anecdote for boring salads! Oh, and it's fabulous drizzled over pan-seared or grilled salmon, shrimp or chicken too!

Author: Chris Scheuer

Recipe type: Salad Dressing

Serves: about 1½ cups

Ingredients

- 1 large mango*, peeled, pitted and roughly chopped
- ¼ cup fresh lime juice, (2 medium size limes will yield approximately ¼ cup, although yield does vary as some limes are much juicier than others.)
- ¼ cup fresh orange juice**
- 2 tablespoons honey***
- ½ teaspoon cumin
- 1 clove garlic
- ½ teaspoon salt
- ⅓ cup extra virgin olive oil
- 1-2 tablespoons finely chopped Fresno chili pepper, depending on how spicy you like things.
- 2 tablespoons finely chopped cilantro
- ¼ teaspoon freshly ground black pepper

Instructions

1. Combine mango, lime juice, orange juice, honey, cumin, garlic and salt in a blender container. Puree on medium speed until smooth. Transfer to a medium size jar.
2. Add oil to the mixture in the jar in a slow, steady stream while stirring continuously with a fork or small whisk.
3. Add finely chopped chili pepper, cilantro and black pepper. Taste and add a bit more salt, if needed.
4. Store in refrigerator for up to 1 week. Shake well before using.




Notes

You might be wondering why not just put everything in the blender? I tried that and the color gets kind of murky. It's much prettier if you chop the cilantro and pepper fine and add them on their own. If you're in a huge hurry, the flavor will be the same. Just drizzle in the oil from the opening in the top of the blender cap. I like to use a small funnel for this which prevents spattering.

* 1 large mango will yield about 1¼ cups diced or chopped fruit. If you have a little more or a little less, it's fine.

** If you don't have fresh oranges, the "not from concentrate" juice at your local store is fine.

*** Measure your oil first and let the oil run over your measuring spoon as you pour it into the measuring cup. When you get ready to measure the

	<p>honey, it will release from the spoon like magic and make the job much easier.</p>
	<p>Jam Up Cocktail Sauce</p> <p>4 oz 'Mango Mango' Mango Preserves- pureed (any flavor preserves, jelly, marmalade or jam will work-fig or peach are good options) 1/2 tbsp Chesapeake Bay seasoning 1/2 tbsp Horseradish 1/2 tbsp lemon juice</p>
	<p>Jam Dijon Vinaigrette</p> <p>1/2 cup 'Mango Mango' Mango Preserves (any flavor preserves, jelly, marmalade or jam will work) 2 TBSP balsamic vinegar 1 1/2 tsp Dijon mustard 1/4 cup olive oil Shake all ingredients in a vinaigrette shaker or whisk in a bowl until well blended. Pour a few tablespoons of the vinaigrette over your favorite salad. Cover the remaining vinaigrette and refrigerate. Shake again before use. Mangolicious!</p> <p>'Jelly Jam' Vinaigrette</p> <p>Whisk together 1/2 cup of red wine vinegar, 1/4 cup olive oil and 3 ounces of 'Mango Mango' Mango Preserves. (any flavor preserves, jelly, marmalade or jam will work)</p>
	<p>Jam up Bar B Que Sauce</p> <p>Combine 6 oz of 'Mango Mango Jam' (any flavor preserves, jelly, marmalade or jam will work) and 1/2 cup of your favorite barbecue sauce. Cook and stir over medium heat until melted. Great on chicken or lil smokies sausage or shreaded pork and tasty on a burger!</p>
	<p>Hawaiian Bread Dip</p> <p>1 Hawaiian Bread with the middle cut out. 8 oz mayonnaise 1 small onion chopped fine 4 cups grated cheddar cheese</p> <p>Bake at 350 degrees for 45 minutes (with the top back on) After baked, take the top off and cut into small pieces for dipping.</p>



Thousand Island Salad Dressing

2 cups mayonnaise
1 boiled egg chopped super fine (egg optional, I make it without it)
¼ cup dill relish
1/3 cup chili sauce or ketchup
1 tablespoon minced green onion
1 tablespoon minced tomato

Combine everything in a bowl and store in airtight container in the refrigerator. For the MOST basic version of this you can get away with just the mayo, ketchup and chili sauce...but its not as good that way.



Midori Salad Dressing

¼ cup Olive Oil
¼ Cup Midori
¼ Cup Cider Vinegar
¼ teaspoon powdered mustard
Dash, Salt and Pepper
Wisk and Serve Over Tossed Greens or pasta



Honey Mustard Dressing

3 oz honey
4 cups mayonnaise
¼ cup guldens mustard (Best when you use a blend of mustard types)
(a few drops of worchestershire in it is good too.)
Some people add horseradish..but I hate that stuff)

Mix honey, mayo and mustard and chill.



Royal Sauce



1 Cup Ketchup
½ teasp dry mustard
1 tablespoon brown sugar
2 tablespoons vinegar
¼ cup oil

Mix together and cook over very low heat and serve with chicken nuggets, meatballs or fries.



Ponchatrain Sauce

2 cups boiled fresh shrimp
1 cup shrimp stock
2 pkgs cream cheese
1 bunch green onions
2 cloves garlic
½ cup fresh sliced mushrooms
½ cup white wine

	<p>Cook all together on very low fire mix and stir as it heats. Add the boiled shrimp and some crabmeat to the sauce and serve over grilled fish with rice.</p>
	<p>Blue Cheese Dressing</p> <ul style="list-style-type: none"> 1 Cup Mayonaise 4 oz blue cheese crumbles ½ cup buttermilk Fresh ground pepper 1 tablespoon finely minced onion 1 tablespoon dry white wine 1 teaspoon fresh minced garlic 1 teaspoon lemon juice <p>Combine all ingredients in a small bowl stirring with a wire whisk until blended. Cover and chill.</p>
	<p>Barbeque Sauce</p> <p>Ever wonder what makes barbeque sauce so delicious? Perhaps it's the 30 grams of sugar per 1/4 cup serving? Don't want to give up this comfort food favorite? Then try this innovative recipe!</p> <ul style="list-style-type: none"> 2 strips of thick bacon, chopped fine or 1 teaspoon of smoked paprika, or chipotle powder to taste (this gives the sauce its smoky flavor, so using either the bacon or the spices is fine!) 1 small onion (minced) 1 clove garlic (minced) 1 6oz can tomato paste 1 tsp liquid smoke 1/2 cup apple cider vinegar 1/2 cup water 1/4 cup ketchup (again, use your homemade version!) 3 tbs mustard 1 tbs Worcestershire sauce 1 pinch ground cloves 1 pinch cinnamon Hot sauce to taste (any variety is fine!) <p>If using bacon, fry in a 2-qt pan (no oil) until cooked through. Add the onion and cook over a medium heat for 3-5 minutes (or until onion browns). Add in garlic and cook for a minute, then mix in all other ingredients and simmer for about 30 minutes. Test the mixture and add other spices, more vinegar or hot sauce until you achieve the desired taste. To store, scoop into a large plastic container and keep refrigerated.</p>



Ketchup

There's no need to give up ketchup if you can opt for this sugar-free (but no less delicious) 3-minute variety.

6 ounces tomato paste
2/3 cup apple cider vinegar
1/3 cup water
2 tbsp of your preferred sugar substitute (optional)
2 tbsp onions
2 cloves garlic
1 tsp salt
1/8 tsp ground allspice
1/8 tsp ground cloves
1/8 tsp pepper

Combine ingredients in food processor and blend until the onion disappears. Spoon mixture into an airtight container and store in the refrigerator. (Not gonna lie, as much as I try to sugar detox, the truth is, I add sugar)



Homemade Mayonaise

INGREDIENTS

2 large free-range eggs (the freshest you can get)
2 teaspoons salt
2 teaspoons dry mustard (Keen's)
1/4 cup white vinegar
2 cups oil (or slightly less) (I use avocado oil)

DIRECTIONS

Put first four ingredients in a food processor or blender, and buzz them for 30-40 seconds.

With the motor still running, slowly add the oil in a thin stream (like string). When all the oil is incorporated, keep running the machine for another 10-20 seconds.

Refrigerate the mayonnaise. If your eggs are ultra fresh, the mayonnaise can keep for two to three weeks.



Mayonnaise #2

If using raw eggs in mayonnaise makes you nervous, try this recipe, which not only dramatically reduces the sugar content but also partially cooks the eggs!

2 large egg yolks
2 tbsp fresh lemon juice
2 tbsp water
1 tsp dry mustard
1 tsp salt
1 cup pure olive oil

Heat the egg yolks, lemon juice, water, and mustard in a small skillet over very low heat, stirring constantly. At the first sign of thickness, remove from heat and submerge in a large pan of cold water (you should continue stirring here to avoid creating citrus-y scrambled eggs...trust us!) Scoop mixture out

of pan and into a food processor. Blend for a few seconds and then let mixture sit uncovered for at least 5 minutes to cool. Add remaining dry ingredients, and blend on low speed. Drizzle oil slowly into the mixture until all ingredients are combined. Scoop into a large glass container and chill immediately. Mayonaisse should keep for at least one week if stored correctly.



Mustard

- 1/4 cup white or brown mustard seeds
- 1/4 cup red wine vinegar
- 1/4 cup dry red wine
- 1/2 cup dry mustard
- 2 tsp salt
- 1/4 tsp ground allspice
- 2 tbsp cold water

Place mustard seeds, wine vinegar and wine in a small bowl and let sit for 3 hours. Pour the contents of the bowl and the water into a food processor with a steel blade. Blend until seeds are broken up and then add the dry mustard, salt, allspice, and water, and process until smooth. Scoop into glass container and refrigerate 12 hours before serving.



Peanut Butter

Making your own peanut butter is amazing because:

you control the amount of salt and sweetener (if any) that goes in it, and you don't need oil, making it much healthier than regular store-bought peanut butter
 it's cheaper than most natural peanut butter brands out there
 it's extra delicious because you can make it exactly how you like it! (see the variations below)

Steps 1 & 2 – First, we dry roast some raw peanuts in the oven

Step 3 – If your peanuts have remaining skin on them (quite common when you buy them in bulk), let them cool a bit, place them in a clean towel and rub them against each other. The skin will go off easily.

Step 4 – Place the roasted peanuts (warm but cooled down a bit) in a food processor.

Steps 5, 6, 7 & 8 – Process until you reach a very smooth, almost liquid consistency (5 to 10 minutes, depending on your food processor)

The peanuts will go through different stages: sandy, wet sand (step 5), thick paste, half thick/hack smooth paste (step 6), smooth paste (step 7) and almost liquid (step 8). **IMPORTANT NOTE:** It will seem like all you are doing is making powder but then when you are about to give up it suddenly starts turning into a paste

At this point (step 8), you can incorporate some add-ins to make this peanut butter yours.

PEANUT BUTTER VARIATIONS

Crunchy Peanut Butter

Reserve $\frac{3}{4}$ cup of the roasted peanuts (before making the peanut butter). Place them in a food processor and process until they're finely chopped. Remove from the food processor and set aside.

Proceed with the rest of the recipe and make the peanut butter. When it's ready, stir in the reserved peanuts with a spoon or rubber spatula until well combined.

Salty Peanut Butter

My personal favorite! PB with a hint of saltiness is a must to me, but it's completely a personal preference.

Add $\frac{1}{2}$ teaspoon sea salt to the finished peanut butter in the food processor and pulse a few times to combine. Taste and add more to taste.

Honey Peanut Butter

Add 2 tablespoons honey to the finished peanut butter in the food processor and pulse a few times to combine. Add more to taste.

Chocolate Peanut Butter

Add $\frac{1}{4}$ cup to $\frac{1}{2}$ cup cocoa powder to the finished peanut butter in the food processor and pulse a few times to combine.

You can add some honey too for a sweeter peanut butter. Start with 1 tablespoon and add more to taste.

Besides these 4 popular variations, some people also add cinnamon (start with $\frac{1}{2}$ teaspoon) and vanilla (start with $\frac{1}{2}$ teaspoon).

HOMEMADE PEANUT BUTTER TIPS

You can use dry-roasted peanuts. I like to roast my peanuts because I can control how roasted they are (it does change the taste), how much salt I add and processing the peanuts while still warm helps release the oil. That being said, it does work with pre-roasted peanuts and it's delicious, too!

To avoid overheating your food processor, pay attention if it starts getting too warm. If it does, stop, let it cool down and resume. PB is delicious, but not worth breaking your food processor for. Homemade peanut butter will keep at least 3 months in the fridge. If it lasts that long, that is! It will smell rancid when not good to eat anymore.

If you have raw, shelled peanuts, this is what to do:

1. Preheat your oven to 350 °F (175 °C).
2. Spread the peanuts in an even layer on a rimmed baking tray.
3. Toast for 15-25 minutes, stirring them after every 8 minutes, or until golden brown.
4. Let cool for 10 minutes before pouring into the food processor bowl. It's best to process them now while still warm, as processing will be quicker and easier.

Almond Butter

3 lbs raw, unsalted almonds

Spread almonds on cookie sheets and toast in a 350 degree F. oven for about 10-15 minutes, stirring them around occasionally to ensure that they are toasting evenly. Let cool for 30-45 minutes. In a food processor, add handfuls of almonds at a time through the shoot opening and blend on high. Periodically open blender and scrape down sides to make sure that mixture is blending evenly. If you prefer a chunkier almond butter, save a handful for the end and then add in while pulsing food processor to attain desired consistency.



LOUISIANA HOT CRAB DIP--- Unbelievably Good...**SERIOUSLY.**

- 1/2 pound jumbo lump crabmeat, free of shells
- 1 (8 ounce) package cream cheese
- 1/2 cup mayonnaise
- 1/4 cup grated Parmesan
- 3 tablespoons minced green onions (white and green parts)
- 2 large garlic cloves, minced
- 2 teaspoons Worcestershire sauce
- 2 tablespoons fresh lemon juice
- 1 teaspoon hot sauce
- 1/2 teaspoon Old Bay seasoning
- Salt and pepper to taste

1. Preheat oven to 325 degrees F.

2. Combine all of the ingredients in a casserole dish and gently stir until thoroughly mixed. Adjust seasoning to taste. Bake for 35 to 40 minutes until lightly golden on top. Serve hot.

3. Serve hot, with hot sauce on the side for those who like it spicy.

Makes about 1 1/2 cups



Texas Trash Dip

Ingredients:

- 1 can (16 oz) refried beans
- 1 package (8 oz) cream cheese, softened
- 1 cup sour cream
- 1 package (1 oz) taco seasoning mix
- 1 can (4 oz) diced green chilies, undrained
- 1 cup salsa
- 2 cups shredded Mexican blend cheese
- 1 cup shredded Monterey Jack cheese
- 1 cup shredded cheddar cheese
- 2 green onions, chopped (optional)
- Fresh cilantro, chopped (optional)
- Tortilla chips, for serving

Directions:

1. Preheat your oven to 350°F (175°C). Lightly grease a 9x13-inch baking dish.
2. In a large mixing bowl, combine the refried beans, cream cheese, sour cream, taco seasoning mix, diced green chilies, and salsa. Mix until well blended.

	<ol style="list-style-type: none">3. Spread the mixture evenly into the prepared baking dish.4. Sprinkle the shredded Mexican blend cheese, Monterey Jack cheese, and cheddar cheese evenly over the top of the bean mixture.5. Bake in the preheated oven for 25-30 minutes, or until the cheese is melted and bubbly.6. Remove from the oven and let cool slightly. Sprinkle with chopped green onions and fresh cilantro, if desired.7. Serve warm with tortilla chips. <p>Prep Time: 10 minutes Cooking Time: 25-30 minutes Total Time: 35-40 minutes</p> <p>Kcal: Approximately 200 kcal per serving Servings: Makes about 8 servings</p>
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