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Drinks

Hot Chocolate

By: Ryan (Student)
Serving Size: 5
Cook Time: 15 minutes

PREPARATION STEPS

1. Combine 2 parts whole milk with 1-part heavy cream and 1-part evaporated milk into a saucepan. Whisk until steaming.
2. Add the cocoa powder and the dark chocolate and whisk together until melted.
3. Add the sugar and whisk until mixed.
4. Add the salt and cinnamon then whisk until mixed combined.
5. Serve with a cookie straw if available.

ADDITIONAL COMMENTS

I used this recipe to help connect myself with club members at a midnight launch of a game last November, it was a huge hit.

INGREDIENTS

Whole milk | Heavy cream | Evaporated milk | 1.5 cups of Ghirardelli cocoa powder | 1.5 cups Ghirardelli dark cooking chocolate | 1.5 cups of sugar | Pinch of salt | Dash of cinnamon | Starbucks cookie straw (optional)
Rachel’s Famous Sweet Tea

By: Rachel (Student)

Serving Size: Depends on the person
Cook Time: 5 minutes

INGREDIENTS

- Family sized tea bag (if not available, use four regular sized tea bags)
- 1.5 cups of sugar
- Small pot water

PREPARATION STEPS

1. Fill a small pot halfway with water and begin boiling the water on the stove.
2. After water is boiling, you need to put the tea bag(s) into the pot of boiling water.
3. While the tea is cooking, you will need to prepare your pitcher with 1.5 cups of sugar and wait for the tea to look a darkish brown color before pouring into the pitcher.
4. Next you will pour the tea into the pitcher and stir it until the sugar is dissolved completely.
5. **DO NOT** put water into the pitcher until the sugar is dissolved. Once sugar is dissolved, you can now put water into the pitcher while continuing to stir tea at the same time.
6. Congrats, now you can enjoy a nice glass.

ADDITIONAL COMMENTS

DON’T SPILL THE TEA!
Breakfast
### Breakfast

**Savory Ramen**

By: Swapan (Student)

Serving Size: 3

Cook Time: 30 minutes

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**INGREDIENTS**

- 2 packs of ramen
- 1 small onion
- 3 small tomatoes
- 2 serrano peppers
- 4 eggs
- 1 bag frozen veggies (preferably Asian stir fry ones)
- Vegetable oil
- 1 clove of garlic

**PREPARATION STEPS**

2. Chop onion and cook it in oil until translucent.
3. Add chopped serrano and chopped garlic.
4. Add tomato and cook it down.
5. As the tomato is cooking down, add two bags of ramen to the boiling water. Cook it al dente. Add the spice packets from the ramen to the water.
6. Add the frozen bag of veggies to the wok.
7. Transfer the ramen to the wok and add your eggs.
8. Mix and cook until water is evaporated, and noodles are slightly dried.
Breakfast

Chocolate Chia Overnight Oats

By: Sarah (Student)

Serving Size: 1

Cook Time: 10 mins prep + overnight

*Vegetarian, Vegan & Lactose free

INGREDIENTS

3/4 cup rolled oats | 1 tablespoon chia seeds | 1/4 cup almond milk (or other plant based milk) | 1/2 cup water | 1/2 tablespoon unsweetened cocoa powder | 1/4 teaspoon ground cinnamon | 1 tablespoon maple syrup | Fresh fruit | Mason jar or other sealable container

PREPARATION STEPS

1. Add milk, water, chia seeds, cocoa powder, cinnamon, and maple syrup to jar.
2. Stir or cover and shake until well mixed.
3. Add oats.
4. Mix well.
5. Cover and refrigerate overnight.
6. Top with your favorite fresh fruit and enjoy!

ADDITIONAL COMMENTS

Ingredients and measurements can be adjusted to taste or based on what you have on hand. Great as a quick breakfast before heading to class!
Lunch
Lunch

Cajun Shrimp

By: Marithza (Student)

Serving Size: 2
Cook Time: 30 minutes

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INGREDIENTS

- 2 teaspoons smoked paprika
- 1 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon cayenne pepper
- 2 tablespoons olive oil
- 2 lbs. shrimp

PREPARATION STEPS

1. Heat olive oil in a large pan over medium-low heat.
2. Add all the spices and stir them continuously for 30 seconds. This will just give it a little toast.
3. Then add your shrimp and cook over medium-high until you’re happy with the way it looks or taste test with one shrimp.

ADDITIONAL COMMENTS

I found this recipe online. Shrimp is a good source of protein, so I eat it quite a bit. There are many more spices you can throw together with shrimp and it will be one of the easiest and tastiest meals you might eat.
**Lunch**

**Vegan Sloppy Joes (Dorm Style)**

By: Shaureece Park (Staff)

Serving Size: 4

Cook Time: 5-10 minutes

*Vegan

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**INGREDIENTS**

One container of vegan/plant-based meat crumbles (Morning Starr Farms, Gardein, Boca, Beyond Beef all have varieties) | One can of sloppy joe or “Manwich” sauce | One package of burger buns or other bread product | Napkins

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**PREPARATION STEPS**

1. Pour vegan (plant based) meat crumbles into a microwave safe bowl.
2. Pour can of Sloppy Joe or “Manwich” sauce over meat crumbles and mix until the sauce coats the crumbles.
3. Cover bowl with paper towels or napkins (to avoid splatter).
4. Microwave according to the instructions on the meat crumbles.
5. Spoon mix mixture onto buns and eat.
Appetizers
Appetizers

Corn Salad

By: Wendy Denman (Staff)

Serving Size: Varies; Makes a lot!

Cook Time: None

*Vegetarian

INGREDIENTS

- 2 cans yellow kernel corn (drained)
- 1 green bell pepper, diced (approx. 1 cup)
- 1/2 cup red onion, diced
- 1 cup mayo
- 8 oz. block of cheddar cheese, shredded (I prefer sharp), approx. 2 cups
- Chili cheese flavored Frito-Lay corn chips

PREPARATION STEPS

1. Mix together all but the corn chips.
2. Add corn chips right before you serve and mix them in (otherwise they lose their crunch).
3. You can mix in the entire bag or leave some on the side for dipping.
4. This dish is super easy and a great appetizer or a party food. You can even use it as a topper or side dish. You can also add bits of bacon if you want to add some protein.

PREPARATION STEPS

Would be a great dish for watching a UNT sports game! Go Mean Green!
**Appetizers**

**Green Chile Cheese Dip or Spread**

By: Susan (Student)

Serving Size: 16

Cook Time: 15 minutes prep, No cooking

*Vegetarian

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**INGREDIENTS**

- 8 oz. finely shredded Cheddar, Monterrey Jack, or Cheddar-Jack Cheese
- 4.5 oz. can chopped green chiles
- ½ cup Hellman Mayonnaise or other Mexican style mayonnaise made with lime juice

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**PREPARATION STEPS**

1. Mix all ingredients and mash with wire type potato masher until thoroughly combined.
2. Keep refrigerated until ready to serve.
3. This is especially good served with cracker such as Triscuits, Wheat Thins, or Ritz.

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**ADDITIONAL COMMENTS**

My husband came up with this recipe in 2001, when he was making pimiento cheese, but found out that he was out of pimientos and wanted to substitute green chiles. We have made it for several gathering through the years.
**Best Queso Ever**

By: Kelley Pound (Staff)

Serving Size: 10

Cook Time: 12 minutes

*Vegetarian & Gluten free

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**INGREDIENTS**

- 1 16 oz. Velveeta cheese (the Velveeta Mexican is best)
- 1 10.5 oz. can of Cream of Mushroom soup (you can use Cream of Chicken soup if not making a vegetarian version)
- 1 10 oz. can Rotel
- 4 oz. can diced green chiles
- Tortilla chips

**PREPARATION STEPS**

1. Cut Velveeta into cubes and place into a large glass bowl.
2. Add can of soup and stir.
3. Drain can of Rotel and add to bowl.
4. Finally, add the diced green chiles.
5. Microwave for 4 minutes and stir. Continue to microwave at 2-minute intervals and stir until all Velveeta is melted and queso is at desired temperature.
6. Garnish with pico de gallo if desired and serve with tortilla chips.
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Rum Ham Sliders

By: Ryan (Student)

Serving Size: 24 sliders
Cook Time: 2 hours

Preparation Steps

1. Score the ham.
2. Combine the brown sugar, salt, and ground pepper in a bowl. Rub the ham liberally with brown sugar mixture.
3. Pour two spoons full of rum on top of the ham.
4. Place in a 350-degree F for an hour and a half.
5. After 1 hour put one more spoonful of rum on the ham.
6. Caramelize the pineapple in a skillet with the butter. Turn the skillet up to high heat, add the half cup of rum and flambé until all of the alcohol cooks off.
7. Warm the number of rolls you wish to serve with.
8. Once the ham is ready, combine the ham and the pineapple into a cut open roll to make the slider.

Ingredients

1 large ham | 2 cups brown sugar | 1/3 cup black pepper | 1/2 cup salt | 1/2 tbsp butter | 1.2 cup pineapple rum | Hawaiian dinner rolls
Dinner

**TVP Vegan Burgers**

By: Oakley (Student)

Serving Size: 4

Cook Time: 25 minutes

*Vegetarian, Vegan, Lactose Free & Gluten Free

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**INGREDIENTS**

- 1 cup textured vegetable protein
- 1/4 cup quick cooking rolled oats (not instant)
- 3/4 cup hot water
- 1/2 tsp oregano
- 1/2 tsp parsley
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1 tbsp mustard
- 1 tbsp nutritional yeast
- 2 tbsp ketchup
- 2 tbsp soy sauce (gluten free, if needed)
- 1 tbsp creamy peanut butter
- 1/4 cup flour (gluten free, if needed)
- 1-2 tbsp oil
- Burger buns (gluten free, if needed)

*Burger toppings*

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**PREPARATION STEPS**

1. In a bowl, place the water and TVP, along with all the spices, seasonings, and nutritional yeast. Any seasonings you like will do.
2. Add in the oats, ketchup, mustard, and soy sauce then mix well. Let sit for five minutes so the TVP hydrates.
3. Add the peanut butter, or any nut butter you like, and mix well, then add the flour, and mix well. Form the mixture into burger patties.
4. Add the oil to a pan on medium heat. Cook each patty until golden brown and crispy on each side. Build your burger how you like it with any toppings you want!

**ADDITIONAL COMMENTS**

I'm not vegan, but many of my friends are. We all love these burgers, and they always get excited when I make them. These are super customizable. The flour, seasonings, nut/seed butter, and everything can be switched to any other variety. Definitely able to make these your own!
Dinner

Easy Cheesy Burger Bites

By: Alexandria (Student)

Serving Size: 24

Cook Time: 40 minutes

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INGREDIENTS

1 lb. ground beef | 4 egg whites or 2 whole eggs | 1/2 cup shredded cheddar cheese | 1/2 cup parmesan cheese | 1/2 cup breadcrumbs | 1/4 cup ketchup | 3 tbsp mustard | 5 small pickles, diced (optional)

PREPARATION STEPS

1. Preheat oven to 400 degrees and spray a muffin pan with nonstick spray.
2. Brown the ground beef (or meat of choice) in a nonstick skillet over medium-high heat.
3. While the meat cooks, mix the remaining ingredients in a large bowl.
4. After briefly cooling, add the cooked meat to the remaining ingredients, stirring until evenly mixed.
5. Spoon the mixture into the muffin tin.
6. Bake for 23-25 minutes, or until muffin tops are golden brown.

ADDITIONAL COMMENTS

One of my favorite meal-prep recipes, you can double the recipe and freeze half. A great replacement for a game day burger and a fun snack for all year round!
Tater Tot Casserole

By: Molly (Student)
Serving Size: 4
Cook Time: 1 hour

INGREDIENTS

1 lb. ground hamburger meat | 1 bag of frozen tater tots | 1 can cream of mushroom soup | 1 can of any vegetables

PREPARATION STEPS

1. Heat oven to 350 degrees. Grease (or spray PAM) on 9 X 9 square baking dish.
2. Pat raw hamburger meat on bottom of pan. If using can of vegetables - spread over hamburger meat.
3. Spread frozen tater tots on top and then spread cream of mushroom soup on top of tater tots.
4. Bake at 350 degrees for 45 minutes. Check to makes sure the meat is done. You can add all sorts of toppings.

ADDITIONAL COMMENTS

Great dish for cold weather!
Dinner

Chicken and Dumplings

By: Ryan (Student)
Serving Size: 4
Cook Time: 45 minutes

INGREDIENTS

1 lb. chicken breast | 32 oz. chicken broth | 1 can buttermilk biscuits | 1/2 cup heavy whipping cream | 2 tbsp butter | 1 chicken bouillon cube | 1 can cream of chicken soup | 2 chopped carrots | All-purpose flour

PREPARATION STEPS

1. Add chicken to instant pot with water to about half the level of the chicken, but not covering the chicken entirely. Season chicken with salt, pepper, and preferred seasonings.
2. Cook on poultry setting for 10-15 minutes until cooked through, then shred the chicken with a fork and set aside.
3. Then on SAUTE, add the butter and carrots to the pressure cooker and cook until starting to get soft. Add bouillon cube until incorporated.
4. Add in the chicken, chicken broth, and the cream of chicken soup and bring to a simmer. Meanwhile, cut up the biscuits into desired shape and size for dumplings and toss them in all-purpose flour.
5. Add in the heavy whipping cream and stir for a few minutes
6. Add in the dumpling pieces and cook for about 5 minutes stirring frequently until the dumplings are cooked through and the broth is thickened.
Dinner

Southwest Tempeh Chili

By: Greg Hardin (Faculty)

Serving Size: 8
Cook Time: 50 minutes

*Vegetarian, Vegan

INGREDIENTS

3/4 cup red onion chopped | 1/2 chopped celery | 1 tbs minced garlic | 1 can rotel | 1 seeded and minced jalapeno pepper | 12 oz. tempeh cut into 1/8 | 32 oz. vegetable stock | 1 large ancho chili soaked in water and minced | 2 tbsp tomato paste | 1 can black beans | 1 can ranchero beans | 1 can corn | 6 tbsp soy sauce | 1/2 lime squeezed | 1 tbsp chili powder | 1 tsp cumin powder | 2 dashes liquid smoke | 1 tbsp cilantro minced | Sour cream

PREPARATION STEPS

1. Place onion, celery, garlic, jalapeno, tempeh, and stock in 3 qt. pot and cook over medium heat for 20 minutes, stirring occasionally.
2. Add Rotel, tomato paste and cook for 10 minutes, stirring occasionally.
3. Add beans and corn and cook for 5 minutes, stirring occasionally.
4. Add remaining ingredients and cook for 5 minutes, stirring occasionally.
Dinner

Chicken Cordon Bleu

By: Kelsey (Student)

Serving Size: 4
Cook Time: 45 minutes

INGREDIENTS

4 skinless boneless chicken breasts | 1/4 tsp salt | 1/4 tsp ground black pepper | 6 slices swiss cheese | 4 slices cooked ham | 1/2 cup seasoned bread crumbs

PREPARATION STEPS

1. Preheat oven to 350 degrees F (175 degrees C). Coat a 7x11 inch baking dish with nonstick cooking spray.
2. Pound chicken breasts to 1/4-inch thickness.
3. Sprinkle each piece of chicken on both sides with salt and pepper. Place 1 cheese slice and 1 ham slice on top of each breast. Roll up each breast, and secure with a toothpick. Place in baking dish, and sprinkle chicken evenly with breadcrumbs.
4. Bake for 30 to 35 minutes, or until chicken is no longer pink. Remove from oven, and place 1/2 cheese slice on top of each breast. Return to oven for 3 to 5 minutes, or until cheese has melted. Remove toothpicks and serve immediately.
Quick & Easy Mac & Cheese

By: Maggie (Student)
Serving Size: 2
Cook Time: 15 minutes

INGREDIENTS
8 oz. uncooked macaroni | 8 oz. shredded cheese | 4 tbsp butter (optional) | 2 tbsp milk

PREPARATION STEPS

1. Bring 2 quarts of water to a rapid boil. Add Macaroni. Reduce heat slightly, just enough to keep from boiling over.
2. Cook uncovered for 8 to 10 minutes stirring occasionally.
3. Put into bowl or back into pot, add butter. Stir until melted.
4. For creamier texture add the optional milk now and then add cheese. Mix until melted.
5. Choose a way to serve it! Options #1 (add cooked vegetables for example: peas or fresh spinach) #2 (add cooked bacon or sausage) #3 (top with fine breadcrumbs and put under broiler until lightly browned for a crunchy crust).

ADDITIONAL COMMENTS
This is a family favorite for a quick comfort meal. It can be dressed up with add-ins. Use what you like or what you have.
Dinner

Paprika Chicken

By: Beatrice (Student)

Serving Size: 4
Cook Time: 1 hour

INGREDIENTS

4 chicken leg quarters | 1 tbsp smoked paprika | 1/2 tsp salt | 1 tsp garlic powder | 1 tsp Italian seasoning | 1/2 tsp chili powder | 1/2 tbsp black pepper | 1 tbsp olive oil

PREPARATION STEPS

1. Preheat oven to 400 degrees.
2. Combine all dry ingredients.
3. Mix in olive oil to create a paste.
4. Rub the paste on chicken thighs, coating thoroughly.
5. Place on an ungreased non-stick pan and bake for 45 minutes and let it rest for 5 minutes before eating.

ADDITIONAL COMMENTS

This chicken reminds me of UNT because I started to make it once I moved to Denton. It is delicious and easy to prepare, perfect for the busy student!
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Dessert
Dessert

Lime Jell-O Salad

By: Susan E. Garrett (Student)

Serving Size: 16
Cook Time: 30 minutes

INGREDIENTS

1 large pack of lime jell-o | 1/2 cup of warm water | 1 large pack of cream cheese | 1 cup chopped pecans | 14 large marshmallows | 1 large can of crushed pineapple drained

PREPARATION STEPS

1. Dissolve jell-o, cream cheese, and marshmallows in boiling water.
2. Pour into a glass dish and chill mixture.
3. When partially congealed, add drained pineapple and chopped pecans.

ADDITIONAL COMMENTS

My mother used to make this for Thanksgiving and Christmas every year starting in 1965. It can be used as a dessert or as a side dish. It goes especially well with turkey and dressing!
S'mores Dip

By: Maria and Amanda (Students)

Serving Size: 1
Cook Time: 2 minutes

PREPARATION STEPS

1. Add a layer of chocolate chips to the bottom of your mug.
2. Microwave chocolate chips for 30-45 second intervals or until almost melted.
3. Add marshmallows.
4. Microwave for 15-30 seconds (be careful, they will get big and puffy!) and let it cool.
5. Use graham cracker as a spoon to dip into chocolate-marshmallow!

ADDITIONAL COMMENTS

This recipe was created for the UNT Residence Hall Association Instagram Live Residence Hall Cooking program series we created during COVID to engage the residence hall population in a fun way where they could learn recipes they can do in their residence halls!

INGREDIENTS

Milk chocolate chips | Marshmallows | Graham Crackers | Microwave safe mug
**Chef Steve’s Flourless Chocolate Cake**

By: Steven (Student)

Serving Size: 1 cake

Cook Time: 1 hour

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**INGREDIENTS**

36 oz. dark chocolate | 1 stick of butter, melted | 13 eggs | 1 cup of water | 1 ½ cup sugar

**PREPARATION STEPS**

1. Melt chocolate over low heat.
2. Make simple syrup by boiling water and adding sugar. Stir until dissolved.
3. Whisk butter into melted chocolate and then slowly whisk in simple syrup.
4. Whisk eggs in 1 at a time.
5. Bake at 300 degrees for 40 minutes