

Great Recipes During Your Time At Home

Cooking for One | Twice Baked Potato

Ingredients:

- 1 medium Russet potato
- 1 ½ Tbsp butter, divided
- 1 Tbsp sour cream
- 2 Tbsp milk
- ¼ tsp salt
- ⅛ tsp garlic powder
- ⅛ black pepper, ground
- 1 slice bacon
- ¼ c cheddar cheese, shredded (plus 2 Tbsp for topping)



Directions

1. Preheat the oven to 400 degrees. Meanwhile, scrub the potato under cool running water, poke several holes through its skin, rub ½ Tbsp of butter over the skin and place the potato on a baking sheet. Bake for 50 minutes.
2. While the potato is baking, cook the bacon slice, then crumble.
3. Once the potato has cooled, cut a thin slice off the top, discard, and scoop out the inside, leaving the outer shell. In a separate bowl, mash the inside potato pulp with butter, salt, garlic powder, pepper, and ¼ c of cheese.
4. Spoon the mixture back into the potato shell. Top with remaining cheese and baked uncovered at 375 degrees for 20 minutes, or until the cheese has melted.

Carb Friendly Meals | Beef, Barley, and Mushroom Soup

Ingredients:

- 1 Tbsp olive oil
- ½ c onion, chopped
- 2 c mushrooms, sliced
- 2 cans low-salt beef broth (14.5 oz each)
- ½ c water
- 1 c “quick-cooking” barley
- 2 carrots, thinly sliced
- 1 tsp thyme
- 8 oz deli low-sodium roast beef, thick slices



Directions

1. Heat oil in a large soup pot over medium heat. Add onions, cook for 2 minutes, stirring constantly. Stir in mushrooms and cook for an additional 5 minutes.
2. Add beef, barley, carrots, and seasonings to the pot, mix and bring to a boil.
3. Reduce the heat and simmer uncovered for 15 minutes, or until barley and vegetables are tender.
4. Stir in roast beef and serve.