



# 30 MINUTE DINNER COOKBOOK

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# 10 EASY 30 MINUTE DINNER RECIPES

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*Taco Bell Inspired!*

# **BEEFY CHEESY MELTS**

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# BEEFY CHEESY MELTS

## Instructions:

1. In large pan, brown ground beef. Drain oil then return to pan.
2. Add water and taco seasoning. Mash meat to fine crumbles.
3. Bring mixture to a gentle boil and simmer 5-10 minutes until saucy. Remove from heat.
4. Wrap tortillas in damp paper towel and microwave 15-20 seconds to soften.
5. Fill each tortilla with meat, cheese and pico de gallo. Tuck in the ends and roll like a burrito.
6. Wrap each meximelt with a damp paper towel and microwave for 15 seconds. (This melts the cheese and gives the tortilla that slightly steamed quality)
7. Serve hot.

Want the detailed step-by-step photos, swaps, substitutions, cooking tips, and FAQs? [\*\*CLICK HERE\*\*](#) for the full FREE recipe on WonkyWonderful.

## Ingredients:

- 1 Lb Lean Ground Beef
- (1 ounce) Packet Taco Seasoning
- 1/2 Cup Water
- 6 Large Flour Tortillas
- 16 ounces Shredded Mexican Cheese Blend
- 1/2 Cup Pico de Gallo Salsa



**Prepare Time**  
5 Minutes



**Cook Time**  
15 Minutes



*So Easy!*

# BAKED FRENCH DIPS

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# BAKED FRENCH DIPS

## Instructions:

1. Preheat oven to 350°F
2. Mix butter and dried onions. Spread half the butter mixture on the inside of the rolls. Set aside remaining butter mixture.
3. Layer cheese, meat and more cheese inside rolls. Transfer rolls to baking dish..
4. Microwave remaining butter mixture for 10-15 seconds to melt. Brush butter mixture over rolls.
5. Cover baking dish with foil. Bake for 15-20 minutes or until hot and melty.
6. Prepare au jus according to package instructions.
7. Serve sandwiches hot with au jus.

Want the detailed step-by-step photos, swaps, substitutions, cooking tips, and FAQs? **[CLICK HERE](#)** for the full FREE recipe on WonkyWonderful.

## Ingredients:

- 6 Hoagie Rolls
- 1/2 Cup Butter - softened
- 2 Tablespoons Dried Minced Onions
- 12 Slices Havarti Cheese
- 1 Lb Sliced Deli Roast Beef (rare is best)
- 0.6oz Packet Dried Au Jus



**Prepare Time**  
5 Minutes



**Cook Time**  
20 Minutes



*Comfort Food Dinner!*

# **PORK & MUSHROOMS**

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# PORK & MUSHROOMS

## Instructions:

1. Wash and pat dry pork tenderloin. Cut into 6 medallions, 1 inch thick per piece. Season with salt and pepper on each side.
2. Heat a large non- stick skillet over medium-high heat with oil. Sear medallions until brown on each side and cook through. Less than 1 minute. Remove and set aside on a plate.
3. Leave the pan juices in the skillet and cook the mushrooms until soft on medium heat.
4. Add butter, garlic, Italian seasonings and Worcestershire sauce. Stir all together and return pork to the skillet. Cook until warm through.
5. Serve immediately with mashed potatoes, pasta or rice.

Want the detailed step-by-step photos, swaps, substitutions, cooking tips, and FAQs? [\*\*CLICK HERE\*\*](#) for the full FREE recipe on WonkyWonderful.

## Ingredients:

- 1 ½ lb pork tenderloin roast
- Salt/Pepper
- 2 tablespoons olive oil
- 8 brown mushrooms, sliced
- 2 tablespoons butter
- 3 garlic cloves, minced
- 1 teaspoon Italian seasonings
- 2 tablespoons Worcestershire sauce



**Prepare Time**  
5 Minutes



**Cook Time**  
10 Minutes



*One Pot Meal!*

# **CABBAGE ROLL CASSEROLE**

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# CABBAGE ROLL CASSEROLE

## Instructions:

1. Saute oil, beef, onion and orange pepper over medium/high in large pan with high sides or a dutch oven. Cook until beef is browned and onions are translucent.
2. Add garlic and saute 1 more minute.
3. Stir in tomatoes, spices, salt and pepper. Top with cabbage. Cover and cook 15-20 minutes or until cabbage is tender. \*add 1/4 cup water if the cabbage doesn't seem to be releasing enough liquid.
4. Top with cheese, cover until melted then serve.

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## Ingredients:

- 3 Tablespoons Oil
- 1 Lb Ground Beef
- 1 Sweet Onion, (chopped)
- 1 Orange Bell Pepper, (seeded, chopped)
- 3 Garlic Cloves, (chopped)
- 14 oz Can Fire Roasted Diced Tomatoes
- 1/2 teaspoon Smoked Paprika
- 1/2 teaspoon Dried Oregano
- 1/2 teaspoon Garlic Powder
- 1/2 teaspoon Onion Powder
- Salt/Pepper, (to taste)
- 1 Small Head Green Cabbage, (cored, chopped)
- 2 Cups Shredded Cheddar/Jack Cheese



**Prepare Time**  
5 Minutes



**Cook Time**  
25 Minutes



*Fresh, Light, Flavorful!*

# **BLT SALMON SALAD**

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# BLT SALMON SALAD

## Ingredients:

### DRESSING:

- ½ cup buttermilk
- ½ cup mayonnaise
- Juice from ½ a lemon
- A handful of fresh parsley and chives (or 2 tablespoons chopped)
- 2 garlic cloves, peeled
- 1 packet Hidden Valley Original Ranch Salad Dressing & Seasoning Mix - 1 oz
- Salt/Pepper - to taste

### SALMON:

- 1 lb salmon fillets skin on or off (about 4 fillets)
- ½ teaspoon Kosher salt
- ½ teaspoon black pepper
- 6 slices bacon
- 1 tablespoon reserved bacon fat

### SALAD:

- 6 cups spring mix greens
- 1 cup cherry tomatoes, halved
- 1 cup chopped cucumbers
- 1 avocado, sliced



**Prepare Time**  
10 Minutes



**Cook Time**  
20 Minutes

# BLT SALMON SALAD

## Instructions:

### DRESSING:

1. In a food processor or blender, blend together the buttermilk, mayonnaise, lemon juice, fresh herbs, garlic, dry ranch dressing mix until smooth. Season to taste with salt and pepper. Set aside in the refrigerator until ready to serve.

### SALMON:

2. Pat the salmon dry with a paper towel. Season the salmon with salt and pepper. Set aside.
3. Heat a large skillet over medium-high heat. Add the bacon slices and cook until crisp. Remove from the skillet and drain on a paper-towel-lined plate. Reserve 1 tablespoon of bacon fat in the skillet.
4. Place the salmon skin side down in the skillet with the reserved bacon fat and cook for 4 to 5 minutes on each side, adjusting for preference and thickness.
5. Remove the salmon to a plate and assemble the salad.

### SALAD:

6. Layer the greens with bacon, tomatoes, cucumbers, and sliced avocado. Top with salmon.
7. Drizzle the herb ranch dressing over the top of the salad and salmon. Serve.

Want the detailed step-by-step photos, swaps, substitutions, cooking tips, and FAQs? [\*\*CLICK HERE\*\*](#) for the full FREE recipe on WonkyWonderful.



*Homemade Hamburger Helper!*

# **TACO CASSEROLE**

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# TACO CASSEROLE

## Ingredients:

- 1 onion, finely diced
- 1 pound ground beef
- 2 tablespoons tomato paste
- 3 cloves garlic, minced
- 1 packet taco season
- 1 can Rotel tomatoes
- 2 cups beef broth
- 1 cup milk
- 8 ounces of shell pasta
- 4 ounces Velveeta cheese, diced
- 1 cup cheddar cheese
- 1 cup Monterey Jack cheese



**Prepare Time**  
5 Minutes



**Cook Time**  
20 Minutes

# TACO CASSEROLE

## Instructions:

1. In a large skillet or Dutch oven, cook the ground beef and chopped onion together over medium heat. Break the meat with a spatula until the ground beef is browned and cooked. Drain any excess grease from the pan.
2. Add garlic and tomato paste to the pan and cook through for about one minute until the garlic is fragrant and the tomato paste is combined with the meat mixture.
3. Add the pasta, tomatoes, broth, milk and taco seasoning to the pot. Bring to a low boil then cover pot with lid. Cook everything together until the pasta is cooked through (Refer to the cooking instructions provided on the pasta box and prepare it accordingly based on the recommended cooking time). Make sure the pasta is submerged in the liquid. Stir occasionally to ensure the pasta does not stick to the bottom of the pot.
4. After cooking for the allotted time on the box of pasta, check the pasta. Cook for an additional minute or two if needed or until pasta is tender.
5. Once the pasta is tender, turn the heat off. Slowly add the cheese to the pot and stir until melted.
6. Serve immediately. Garnish with parsley or cilantro, additional cheese, jalapenos, or sour cream.

Want the detailed step-by-step photos, swaps, substitutions, cooking tips, and FAQs? [\*\*CLICK HERE\*\*](#) for the full FREE recipe on WonkyWonderful.



*Quick & Easy!*

# **BUFFALO CHICKEN WRAPS**

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# BUFFALO CHICKEN WRAPS

## Instructions:

1. In a large mixing bowl, combine chicken, cream cheese, buffalo sauce, shredded cheese and green onions.
2. Microwave in 30-second intervals, stirring in between, until mixture is melty and combined.
3. Set your tortillas on a flat work surface.
4. Spoon buffalo chicken mixture in the center of your tortillas.
5. Sprinkle blue cheese on top.
6. To fold your wrap - fold the sides in and roll to secure. Place seam-side down.
7. Place a large skillet over low heat.
8. Spray the bottom of each wrap with cooking oil then transfer to heated skillet.
9. Cook for about 4 minutes or until bottoms are golden brown.
10. Spray the tops of wraps with cooking oil then flip. Continue cooking until the tops are golden brown.
11. Remove from heat and serve.

Want the detailed step-by-step photos, swaps, substitutions, cooking tips, and FAQs? [\*\*CLICK HERE\*\*](#) for the full FREE recipe on WonkyWonderful.

## Ingredients:

- 3 cups cooked, shredded rotisserie chicken
- 3 oz cream cheese
- 1/4 cup buffalo sauce
- 1/2 cup shredded Colby Jack cheese
- 1/4 cup chopped green onions
- 1/4 cup blue cheese
- 6 medium tortillas



**Prepare Time**  
5 Minutes



**Cook Time**  
8 Minutes



*Homemade take-Out!*

# TERIYAKI SALMON BOWLS

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# TERIYAKI SALMON BOWLS

## Ingredients:

### Sushi Rice:

- 1 cup short grain sushi rice
- 1 cup water
- 2 tablespoons rice wine vinegar
- 1 teaspoon granulated sugar
- 1 teaspoon kosher salt

### Salmon:

- 2 salmon filets, cut into 1" pieces
- ½ cup teriyaki sauce, divided
- 1 tablespoon olive oil

### Spicy Mayo:

- ¼ cup mayonnaise
- 2 teaspoons sriracha

### Additional Ingredients:

- Avocado, sliced or diced
- Carrot, chopped or in ribbons
- Edamame
- Sliced Green Onion
- Sesame Seeds
- Sliced Cucumber
- Pickled Ginger



**Prepare Time**  
10 Minutes



**Cook Time**  
20 Minutes

# TERIYAKI SALMON BOWLS

## Instructions:

### Sushi Rice:

1. Place the sushi rice in a fine mesh sieve and rinse it in cool water until the water runs clear- about 1 minute.If you have a rice cooker, this is the time to use it! Place the rinsed rice and water in the rice cooker and cook according to the manufacturer's instructions.
- 2.If you don't have a rice cooker, place the rice and water in a small saucepan and bring the two to a gentle boil. Reduce the heat to low and cover the pan. Cook for 12-13 minutes or until all of the water has been absorbed and the rice is just tender.
- 3.Once the rice is cooked, remove it to a large flat bowl (or plate) and drizzle over the rice wine vinegar. Sprinkle over the sugar and salt and then carefully begin folding the rice over itself. The goal is to distribute the season evenly in the rice and cool it down quickly.
4. Continue folding the rice until it is completely cool to the touch. Make sure not to compact it too much or it will become mushy. Once cooled, set aside until ready to use.

# TERIYAKI SALMON BOWLS

## Instructions:

### Teriyaki Salmon:

1. Preheat the oven to 400°F and line a small baking sheet with parchment paper or foil.
2. Add ¼ cup teriyaki sauce and 1 tablespoon olive oil to a medium bowl and whisk to combine. Add the salmon cubes and carefully stir to coat the salmon in teriyaki sauce.
3. Place the salmon on the pan and bake for 12 minutes.
4. (Optional) Place the remaining ¼ cup of teriyaki sauce in a small saucepan set over medium heat. Add 1 teaspoon of cornstarch and whisk to combine. Cook 2-3 minutes or until the sauce has thickened to a glaze. This is optional but it will help the sauce stick to the salmon and better caramelize under the broiler.
5. Brush the remaining ¼ cup of teriyaki sauce (or the teriyaki glaze) over the salmon and place it under the broiler for 2-3 minutes, or until it is caramelized on top.

### Spicy Mayo:

6. Combine the mayonnaise and sriracha in a small bowl. Add 1-2 tablespoons of water for a pourable mayo, if desired. Set aside until ready to use.

### Assembly:

7. Divide the rice between your serving dishes and top with teriyaki salmon and your desired vegetables. Drizzle with spicy mayo and enjoy.

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*Pasta Dinner Upgrade!*

# **CREAMY CHICKEN PASTA**

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# CREAMY CHICKEN PASTA

## Instructions:

- 1.Heat olive oil in a large saucepan over a medium-high heat. Add the chicken breast and cook, stirring, until the chicken is no longer pink inside. Transfer to a bowl and set aside.
- 2.Add garlic to the saucepan and cook, stirring, for 1 minutes or until fragrant. Add chicken broth and pasta to the saucepan. Bring to a simmer, stir, then cover with a lid and simmer until the pasta is cooked al dente, stirring every few minutes.
- 3.Add baby spinach leaves, cream, parmesan, sun dried tomatoes and pesto, along with the cooked chicken. Cook, stirring often, until the cream has heated through and the spinach has wilted. Transfer to serving bowls and sprinkle with extra parmesan.

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## Ingredients:

- 1 tablespoon olive oil
- 1 pound chicken breast, sliced or diced
- 2 cloves garlic, finely chopped or minced
- 4 cups chicken broth
- 16 ounces short dried pasta
- 2 cups packed baby spinach leaves
- 1 cup heavy cream
- 1/4 cup grated parmesan cheese
- 1/4 cup sliced sun dried tomatoes
- 3 tablespoons pesto
- Extra grated parmesan for serving, optional



**Prepare Time**  
10 Minutes



**Cook Time**  
15 Minutes



*A Bite Of Vacation!*

# **BAKED FISH TACOS**

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# FISH TACOS

## Ingredients:

### Fish:

- 4 Cod Fillets
- 1-2 Tablespoons Oil
- ½ teaspoon Onion Powder
- ½ teaspoon Garlic Powder
- ½ teaspoon Chili Powder
- ½ teaspoon Cumin
- ¼ teaspoon Cayenne
- ½ teaspoon Smoked Paprika
- 1 teaspoon Salt

### Slaw:

- 1 Small Head Red Cabbage – cored & shredded
- 1 Mango – peeled, seeded & sliced thinly
- 1 Jalapeno – seeds removed, finely chopped
- Handful Cilantro – chopped

### Dressing:

- 2 Tablespoons Oil
- Juice of 1 Small Lime
- Generous Pinch Salt/Pepper
- Pinch Sugar

### Tacos:

- 8 Small Flour Tortillas
- Cilantro
- Queso Fresco or Cosita Cheese



**Prepare Time**  
5 Minutes



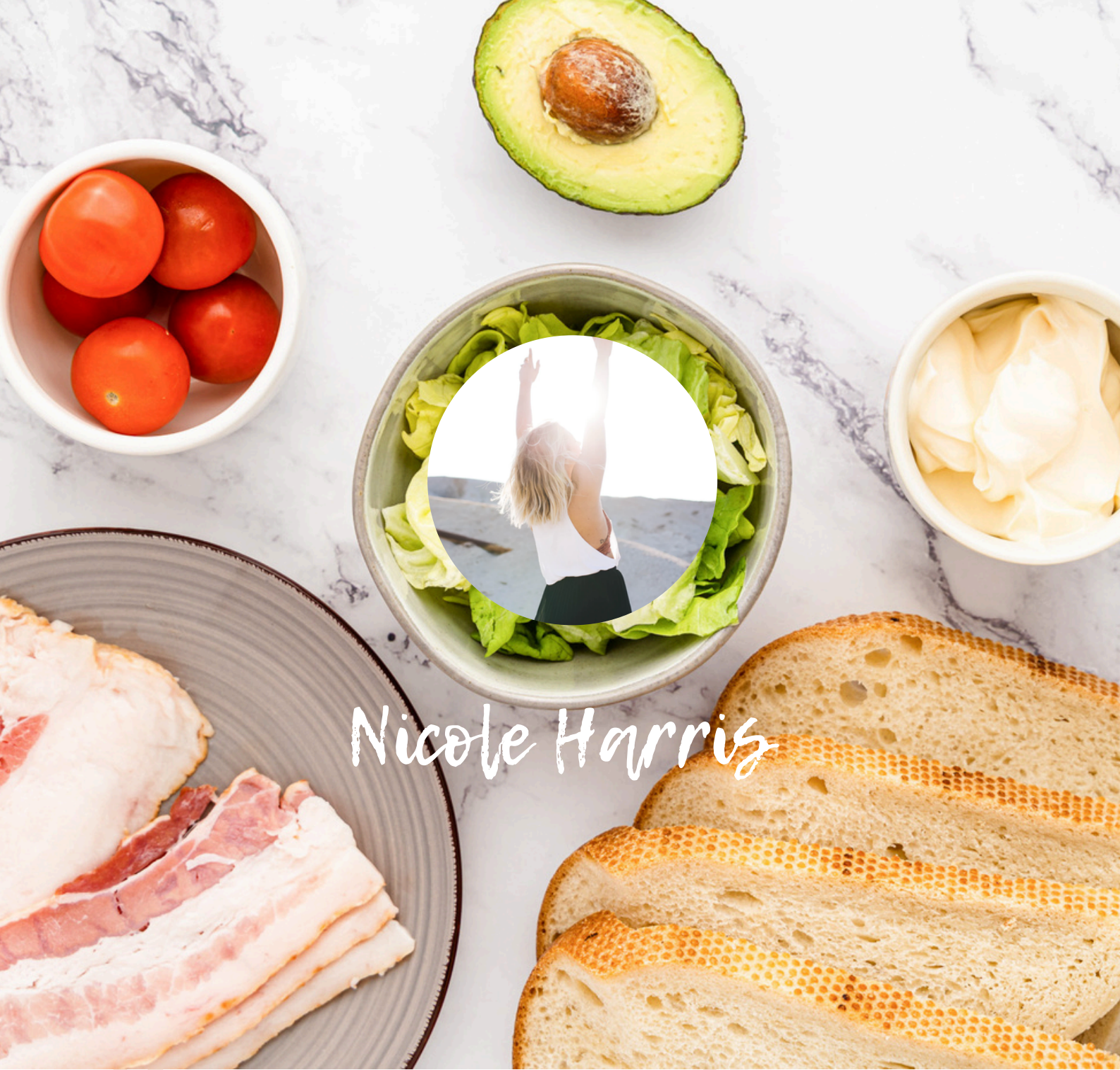
**Cook Time**  
15 Minutes

# FISH TACOS

## Instructions:

1. Combine slaw ingredients in large bowl. Mix dressing ingredients and pour over slaw. Taste and add salt to preference. Let slaw sit while preparing fish and tortillas.
2. Preheat oven to 400°F
3. Place cod on rimmed baking sheet lined with parchment or foil. Drizzle with oil. Combine spices in small bowl. Sprinkle spice mixture over fish. Bake 10-15 minutes or until fish is flaky and opaque. Time will vary depending on thickness of filets.
4. Tacos: Heat a drizzle of oil in frying pan over medium/high heat. Fry tortillas until just golden brown.
5. Fill tortillas with flaked cod and mango slaw. Top with additional cilantro and crumbled queso fresco.

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Nicole Harris

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