

If I Can Make Them, Anyone Can:

Meatloaf and Boneless Wing Recipes to Benefit the Culinarily Challenged

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Is cooking for everyone? No, absolutely not, but eating is for everyone. I cannot think of one person who has never eaten in their life. Not all of us who struggle with cooking have the means to go out and get Chipotle, Chick-Fil-A, and Panera every day. So, we attempt to cook, and “attempt” is certainly the best word for it. If you are anything like me, a person who has set a stove on fire while boiling water, then you understand the total Hell that can break loose in a kitchen when the cook has no idea what they are doing. But there is no reason to fret, because I am here to help with some cooking tips that I have learned over the last few years of living alone. These have helped save me from living in drive-thrus.

The first recipe is a lean yet savory homemade meatloaf with a tangy sauce that you will crave after trying. The great thing about this meal is that the meatloaf even has a second simple recipe for leftovers, so you will not have to waste!

The second, a little spicier, but equally as mouthwatering, are my favorite boneless wings. They are perfectly golden and crisp on the outside while still being juicy on the inside. The best part is the boneless wings will not even require a deep fryer, because we all know that shit could get messy. We are obviously not professionals here.

Meatloaf:

The meatloaf is a very simple recipe, however that being said, there are multiple things you will need to acquire in order to get that delicious flavor you want. The great part is that none of the ingredients required for the meatloaf are going to hurt your wallet. So, this recipe is pretty college student friendly in that aspect. To begin with, you will most likely have to go to the grocery store, I know it sucks, because this is new, but that is where they keep the food that is not at Chick-Fil-A. I will give you a tip; make a list before you go shopping, otherwise you might end up walking in circles picking out junk food like me.

Ingredients Needed for Meatloaf:

Prep time: 15 minutes

Cook time: 55 minutes

1. 90% lean ground beef (one pound)
2. Plain breadcrumbs (come in a can in the baking aisle)
3. Large eggs (only one, so borrow it from a neighbor if any of them like you)
4. Salt
5. Pepper
6. Garlic powder
7. ½ Cup 2% milk
8. One yellow onion
9. Parsley flakes
10. Worcestershire sauce
11. Ketchup

Ingredients Needed for Meatloaf Sauce:

1. Ketchup
2. Red wine vinegar
3. Packed light brown sugar (any brown sugar works, but this one is found in the baking aisle).

Materials needed:

1. Loaf-shaped baking dish
2. Large mixing bowl
3. 2 Small mixing bowls (one with a lid)
4. Basting brush (optional)
5. Small mixing spoon
6. Powder free food prep gloves (optional)
7. Liquid and dry measuring cups

Once you lug all of the goodies from your grocery adventure home, you may already be ready to get online and order ahead at Chipotle, but do not give up yet, because the hardest part of this recipe is getting all the crap it calls for. Now that you have all of said crap you can begin.

Steps to Prep and Cooking the Meatloaf:

Step 1: Preheat the oven to 350 degrees.

Step 2: Chop the onion and measure out ½ cup of chopped onions. Set them to the side.

Step 3: Get the large mixing bowl

Step 4: Mix all of the following ingredients in the large bowl. Mix with your hands. Wear gloves

Mix These ingredients In the

Large Bowl:

- 1lb 90% lean ground beef
- 1 Cup plain breadcrumbs
- ½ Cup diced yellow onions
- ½ Cup 2% milk
- 1 large egg
- 2 Tbsp. Ketchup
- 1 Tbsp. Worcestershire sauce
- 1 tsp. parsley flakes
- ¾ tsp. salt
- ½ tsp. garlic salt
- ¼ tsp. black pepper

if you would like.



What the ingredients should look like just before mixing

Step 5: Make sure to mix everything into the meat very well. If you feel as if you mixed too much, mix a little more, because you do not want clumps of breadcrumbs, that will make the loaf fall apart.

Step 6: Get the loaf pan.

Step 7: Put the mixed meat into the loaf pan. Squish the meat down very well to remove air bubbles. Remember to make sure the meat is evenly spread out in the pan, so the loaf cooks evenly.

Step 8: Set your prepped meatloaf to the side and grab the little mixing bowl because it is time to get saucy.

Mix sauce ingredients in the small bowl with small mixing spoon:

¼ Cup of ketchup

2 Tbsp. packed light brown sugar

1 Tbsp. red wine vinegar

Step 9: Double check that there are no sugar clumps in the sauce after mixing.

Step 10: Pour the sauce over your prepped meatloaf. I like to use a small basting brush just to get the sauce in an even layer. The sauce is not required, but I recommend using it because it helps keep the loaf from drying out.

Step 11: Once it is all sauced up, pop that baby into your preheated oven and set a timer for 55 minutes.

Step 12: Let the finished meatloaf sit for 10 minutes after removing it from the oven. Cutting into the loaf too soon could make it fall apart.

Side Dishes for the Meatloaf (Optional):

While checking your masterpiece a few times while it cooks is advised, I also use cook time to make some side dishes. A great compliment to meatloaf is peas, corn, and mashed potatoes because they are all inexpensive and easy to cook. You can easily pour these sides from a can or a bag into a bowl and stick them in the microwave. They should not be overwhelming to whip up. The leftovers can even be used to throw together a Sheppard's Pie for the next night's dinner or meal prep for the next day's lunch.

Boneless Wings:

The second recipe I am excited to share is a recipe that I kind of created by accident, and

Ingredients for the Boneless Wings:

1. Boneless skinless chicken breasts (1 per person)
2. White flour (about $\frac{3}{4}$ Cup per breast)
3. Eggs (about one per breast)
4. Salt (amount up to you)
5. Pepper (amount up to you)
6. Garlic powder (amount up to you)
7. Any other seasoning that you may like can be used as well.
8. 16 to 32-ounce bottle of vegetable oil, depending on how much you chicken you use.

it is for boneless wings. If you enjoy the boneless wings from Hooters, then you will love these because they are very similar. You just get more for your money! The recipe and prep for the boneless wings is not as detailed as for the meatloaf. There is more room for error, but also more room to make them how you like.

Materials for the Boneless Wings:

1. Two small or medium bowls
2. Tongs (metal)
3. Paper Towels
4. 12 inch or larger pan or skillet (must be more than 1 inch deep)
5. Cutting knife
6. Meat thermometer (optional)
7. Tenderizer hammer (optional)

Prepping the Boneless Wings:

Step 1: Do not be nasty. Rinse the chicken when you take it out of the package.

Step 2: Once the chicken is rinsed, use your knife to cut the breast into nugget sized chunks. If you desire, tenderize the meat with your tenderizing hammer before chopping it up.

Step 3: Put the 1 cup of flour in one of the bowls

Step 4: Crack one egg into the other bowl and beat it.

Step 5: This is when you add the salt, pepper, garlic powder, or any other seasoning you prefer, to the flour. Be sure to mix the flour well so there is even flavor in the mix.

Cooking the Boneless Wings:

Step 6: Turn the stove eye on medium to warm up.

Step 7: Get the pan or skillet. I like to use stainless steel rather than a non-stick.

Step 8: Pour the vegetable oil up to about an inch in the pan, and I cannot stress this enough, PUT THE OIL IN THE PAN WHILE THE PAN IS STILL COOL.

Step 9: Let the pan and the oil get hot while you finish prepping the chicken.

Step 10: Take the chicken chunks that you prepped before and toss the chunks into the beaten egg. Make sure to coat each chunk well.

Step 11: Throw the chicken into your seasoned flour and make sure each chunk is again, coated very well.

Step 12: Place the chunks one by one gently into the oil that is heated to medium.

Step 13: Fry the chicken chunks in the inch of oil for about 4 minutes on each side until golden brown. Use tongs to rotate the chunks.

Step 14: Once your chicken is golden brown, remove a large piece and check that the middle is no longer pink. You can also use a meat thermometer if you prefer. Chicken should be 165 degrees Fahrenheit in the middle to safely eat.

Step 15: If the chicken is thoroughly cooked, you can now place the chunks on a plate. Layer the plate with paper towels to absorb extra oil. Let it cool for about five minutes.

Step 16: Now pick out whatever sauce you love. I use Franks Red Hot Buffalo. The easiest way I have found to toss the chicken is in a plastic food container with a top. Add however much sauce you like, place the lid on, and shake them up like that shake weight you are embarrassed to admit you own.

Side Dishes for the Boneless Wings:

These boneless wings are great with celery, carrots, or even some fries or tots baked in the oven (out of a bag obviously we are not going to get too crazy). Some rather fancy folks might even like to branch out and use the chicken chunks in a salad.

Hopefully, after reading this some people might be able to cook a couple things and leave their spot in the drive-thru for someone else. Whether you love some wings, or crave some savory red meat, both of these recipes should help you find your way into the food coma you are seeking. Maybe these simple recipes can be someone's way to find a fire and tear free way of cooking. Most importantly, make sure to cook for at least one other person, that way they have the clean-up. Happy eating!