

Cooking With Rania

KDKA Pittsburgh Today Live 2/1/2012

Chicken and Sausage Chili

INGREDIENTS

- 1 Flavorseal Spicy Chili Slow Cooker Liner
- 2 skinless, boneless chicken breasts ~ cut into 1-inch dice
- 1 pound chicken sausage ~ crumbled out of casing
- ½ cup diced red pepper
- ½ cup diced green pepper
- ½ cup diced Spanish onion
- 2 cups water
- 1 cup pinto beans ~ cooked and drained
- 1 cup white beans ~ cooked and drained

- 2 tablespoons chopped cilantro
- 1 cup shredded cheddar cheese

DIRECTIONS

Unfold the liner and place into the slow cooker, gently pushing the sides so that the liner is evenly spread out. Fold unseasoned side of the bag over the slow cooker edges to hold in place.

Turn the slow cooker temperature to high and add the chicken, sausage, peppers, onion and stir.

Add the water and both beans, stir gently and cover the slow cooker. Cook for a minimum of 3 hours or until the chicken reaches 185 degrees.

Garnish each bowl of chili with cilantro and cheddar cheese. Serve with corn bread.

Yield: 6 – 8 servings

Cooking With Rania

KDKA Pittsburgh Today Live 2/1/2012

Caramelized Onion Quesadillas

INGREDIENTS

2 tablespoons unsalted butter
2 tablespoons olive oil
2 Vidalia onions - thinly sliced
2 tablespoons sugar
Salt and freshly ground black pepper to taste
6 - 6-inch flour tortillas
1 ½ cups shredded pepper jack cheese

Garnishes:

Guacamole
Salsa
Sour Cream

DIRECTIONS

In a large non-aluminum skillet heat the butter and olive oil over medium heat. Add the onions and sauté until translucent. Add the sugar to the onions and simmer over low heat until almost all of the liquid has evaporated. The onions should be slightly caramelized. Add the salt and pepper. Taste for seasoning and cool.

Heat a non-stick grill pan over medium-high heat. Place a tortilla on the pan and spoon ¼ cup of the onion mixture evenly over one half. Top evenly with ¼ cup of the cheese; fold the tortilla in half, pressing down with a spatula.

Cook the quesadilla on a non-stick grill pan until lightly browned, then turn over and cook the other side until lightly brown. Place on a cutting board, slice into wedges, and keep warm under foil. Repeat to cook the remaining quesadillas. Arrange on a large serving platter and serve immediately accompanied by the guacamole, salsa and sour cream.

Serves: 6

Cooking With Rania

KDKA Pittsburgh Today Live 2/1/2012

Margaritas

INGREDIENTS

4 ounces Tequila (or to taste)
1 ounce Cointreau (or to taste)
4 ounces sour mix
Ice cubes

Lime juice, for glass rims
Kosher salt, for glass rims
Sliced limes, for garnish

DIRECTIONS

Combine the tequila, Cointreau and sour mix in the jar of your Cuisinart blender with ice. Blend well.

Rim the glass with lime juice and kosher salt. Garnish with lime and serve.

Serves: 2