



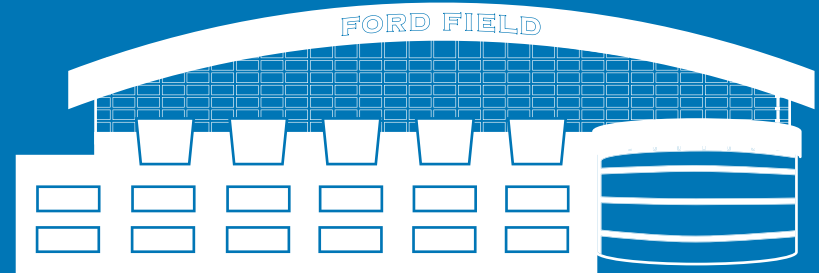
DETROIT LIONS
COOKBOOK



PRESENTED BY **aetna**



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The Detroit Lions and Aetna are partners in empowering people to live healthier lives. Each individual's health is their own, unique journey. Aetna Chairman and Chief Executive Officer Mark Bertolini, a native Detroiter, often speaks about the future of health care being personal and local. This means that most of our overall health comes from our genetic make-up and our lifestyle. Diet is one such lifestyle choice. By partnering to create this healthy cookbook, the Lions and Aetna hope to introduce delicious and nutritious recipes into your family and community. We hope you enjoy cooking the dishes and share the fun with those close to you. Let us join you on your journey to better health by giving these recipes a try and making healthy eating a staple in your household.



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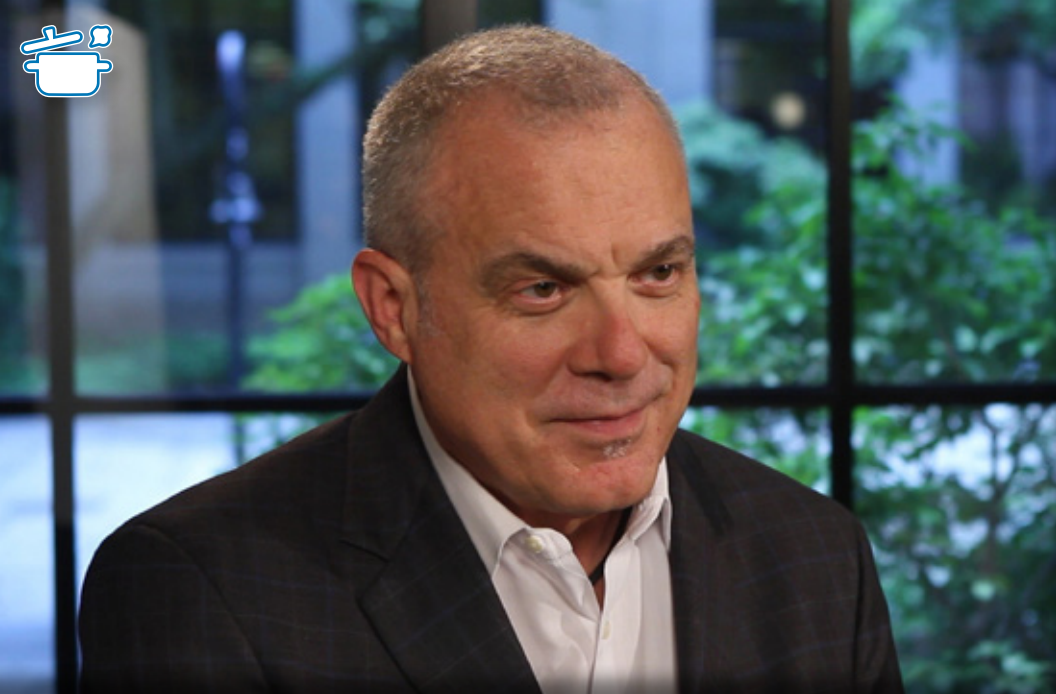
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AETNA'S RATATOUILLE

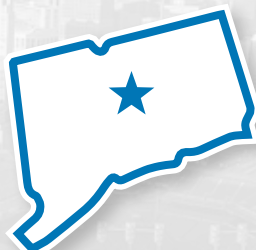
MARK BERTOLINI / CEO OF AETNA



45 MINUTES



DIFFICULTY



HARTFORD, CT

5



INGREDIENTS

1-2 tbsp	olive oil
1 large	spanish onion, diced
3 cloves	garlic
1 bunch	fresh basil
28 oz can	whole tomatoes or 2 cups fresh plum tomatoes
1 medium	zucchini, cubed
1 medium	yellow squash, cubed
1 large	eggplant, cubed
1-2 pinches	crushed red pepper flakes
	salt and pepper to taste



INSTRUCTIONS

1. In a large cast iron skillet or pot, heat up oil
2. Add onion cook 2-3 minutes
3. Add garlic cook another 2-3 minutes
4. Add tomatoes cook additional 5 minutes on low temperature breaking tomatoes up
5. Add eggplant, zucchini and squash - cook for at least 20 minutes or until softened
6. Add chopped bunch of basil to pot and season with salt, pepper and hot pepper flakes

This recipe can be served as a main dish or as a side dish. Other ways our family has used this ratatouille dish are: over burrata cheese with bread, on-top of grilled chicken breast or pork chops.



GOULASH BY LANGS

LAURA AND T.J. LANG / #76



1.5 HOURS



DIFFICULTY



ROYAL OAK, MI

7



INGREDIENTS

1 bag	egg noodles
1 lb	ground beef
1 can	cream of mushroom soup
1 can	diced tomatoes (do not drain)
8oz	shredded sharp cheddar cheese
1 small can	French's fried onions
3/4 tsp	salt



INSTRUCTIONS

1. Preheat oven to 350 degrees
2. Grease a large casserole dish
3. Brown meat and drain excess fat
4. In a large bowl, add cooked meat and noodles with all remaining ingredients
5. Mix well
6. Cover and bake for 60-75 minutes



MARVIN & JAZMYN'S CHICKEN SALAD

JAZMYN AND MARVIN JONES / #11



30 MINUTES



DIFFICULTY



FONTANA, CA

9



INGREDIENTS

1 1/2 cups	rotisserie chicken
1/2 cup	celery, chopped
1/2 cup	green onions, thinly sliced
1/4 tsp	black pepper
1/2 cup	mayonnaise
2 tbsp	sweet relish
2 tsp	mustard
2	hard-boiled eggs, chopped



INSTRUCTIONS

1. In a medium sized mixing bowl combine chicken, celery and green onions
2. Add and stir in the black pepper
3. Mix together the mayonnaise, relish and mustard
4. Add the mix to the bowl and stir
5. Mix in the hard-boiled eggs
6. Cover and allow to chill until it is ready to serve

Great to eat this as a sandwich or on top of a cracker!



PRATER'S KICKIN' CHICKEN SPAGHETTI

KATI AND MATT PRATER / #5



45 MINUTES



DIFFICULTY



MAYFIELD HTS., OH

11



INGREDIENTS

3 tbsp	butter	10-12 oz	spaghetti
1/4	onion, diced	2-3 cans	white chicken
1/4	green pepper, diced	1/4 tsp	pepper
1 tsp	paprika	4 oz	chopped olives
2 QT	water	1 sm jar	pimentos
8 tsp	chicken bouillon	2 cups	Velveeta cheese



INSTRUCTIONS

1. Sauté onion, green pepper and paprika in butter
2. Bring water to boil in a empty pot
3. Add chicken bouillon and spaghetti
4. Cook for 15-20 minutes. DO NOT DRAIN
5. Add sautéed onions and green pepper
6. Add remaining ingredients and serve with Hawaiian rolls and cranberry sauce



SLAY-ED ENCHILADAS

JENNIFER AND DARIUS SLAY / #23



1 HOUR



DIFFICULTY



BRUNSWICK, GA

13



INGREDIENTS

1 bag	corn tortillas
1 can	green enchilada sauce
1 can	red enchilada sauce
2 lbs	ground beef
1 package	fajita seasoning
1 can	Rotel (mild)
1/2	onion, diced
2 bags	shredded cheese



INSTRUCTIONS

1. Brown ground beef, drain the grease and add fajita seasoning
2. In a separate pan, cook onions until golden brown
3. Add onions and Rotel to ground beef
4. In a separate pan, add about an inch of oil and wait until it is bubbling hot. With heat on medium, add a corn tortilla one by one. Take out tortilla as soon as it starts to bubble (about 5 seconds, tortillas should not be hard). Place tortillas on paper towel to drain as you pull them out of the oil.
5. Fill tortillas with meat mixture (about 2 spoonfuls), roll them up and place them in a baking pan.
6. Once you have all of them rolled and in the pan, cover them with shredded cheese, cover evenly with both enchilada sauces and bake for 15 minutes to melt the cheese!



THE WILSON SAVORY POT ROAST

SAMONE AND TAVON WILSON / #32



4.5-6.5 HOURS



DIFFICULTY



WASHINGTON, D.C.

15



INGREDIENTS

2lb or 3lb	chuck roast
1 packet	Hidden Valley ranch salad dressing mix
1 packet	Zesty Italian dressing & seasoning mix
1 packet	brown gravy mix
1 packet	Lipton onion soup beefy onion mix
1	yellow onion, cut up
1 or 2	carrots, cut up
2 stalks	celery, cut up
3	medium size potatoes, cut up
1 cup	water
	cooked rice



INSTRUCTIONS

1. Place your chuck roast in the Crockpot
2. Mix both dressing packets and brown gravy packet in water, Mix well
3. Once mixed, pour over the chuck roast
4. Place cut up onions, carrots celery and potatoes on top of the chuck roast
5. Now pour the dry packet of Lipton beefy onion soup mix on top
6. Cook on high for 4 hours or on low for 6 hours
7. When done, spoon juices in the crockpot onto the chuck roast and enjoy over rice



ZIGGY'S FUFU AND LIGHT SOUP

EZEKIEL ANSAH / #94



2 + HOURS



DIFFICULTY



ACCRA, GHANA

17



INGREDIENTS

2 lbs	goat meat, cubed	3 whole	kpakpo shito (pepper)
1 tsp	fresh ginger, grated		with tops sliced off
2-3 cloves	garlic, crushed	8.5 cups	water
1-2 cubes	Maggi seasoning	1 large	tomato, whole
1/2 - 1 tsp	ground red chili pepper	1 medium	onion, peeled
		1-3	red chili peppers, seeded
1 tsp	salt		
2 small	bay leaves	1 tbsp	tomato paste
1/2 cup	onion, chopped	1 box	Fufu mix



INSTRUCTIONS

1. Put goat meat in a soup pot and season it with ginger, crushed garlic, adobo seasoning, Maggi cubes, ground red chili pepper, salt, bay leaves, chopped onion and kpakpo shito peppers
2. Add 1/2 cup of water, cover and bring to a boil. Simmer
3. In a second pot add whole tomato, peeled onion, seeded red chili peppers and 4 cups of water. Bring to a boil and simmer for 15 minutes. Remove vegetables and use a blender to blend into a smooth paste. Add back into water and add 4 more cups of water
4. Stir in tomato paste, simmer for a few minutes and add to meat
5. Let soup simmer for a couple of hours, adding water if necessary
6. Prepare Fufu mix according to box, mold into ball and serve with light soup



DOUBLE FUDGE CHOCOLATE BUNDT CAKE

ALEXANDRA AND DON MUHLBACH / #48



1 HOUR



DIFFICULTY



LUFKIN, TEXAS



INGREDIENTS

1 box	chocolate fudge cake mix
1 small box	chocolate fudge pudding mix (not instant)
1 bag	chocolate chips
8 oz	sour cream
4	eggs
1/2 cup	warm water
1/2 cup	oil
	powdered sugar for dusting



INSTRUCTIONS

1. Preheat oven to 350 degrees
2. Grease and flour a traditional bundt pan
3. Mix all ingredients together EXCEPT chocolate chips on low speed for 1 minute and then medium speed for 2 minutes
4. Blend in chocolate chips
5. Pour batter into the greased and floured bundt pan
6. Bake for 45-50 minutes. Do NOT over bake. The cake should be slightly gooey inside
7. Let cool before removing from pan
8. Dust with powdered sugar to serve



ROARY'S CUBCAKES

ROARY THE LION / TEAM MASCOT



1 HOUR



DIFFICULTY



DETROIT, MI

21



INGREDIENTS

1 1/3 cup	flour
1/4 tsp	baking soda
2 tsp	baking powder
3/4 cup	unsweetened cocoa powder
1 dash	salt
3 tbsp	softened butter
1 1/2 cup	sugar
2	eggs, beaten
1 tsp	vanilla
3/4 cup	milk



INSTRUCTIONS

1. Preheat oven to 350 degrees
2. Place your cupcake wrappers in a muffin tin
3. Mix together the flour, baking powder, baking soda, cocoa, and salt
4. In a separate bowl beat together the butter and sugar, then add the eggs (make sure to mix very well), then add the vanilla
5. Alternate adding the flour mix and milk to the sugar and be sure to mix well each time
6. Fill your cupcake wrappers in your muffin tin 2/3 full
7. Bake for 15-17 minutes or until a toothpick inserted can come out clean
8. Once cooled, add your favorite frosting! (I like mine with vanilla frosting with blue food coloring added to it!)

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