

Mama B's Amazon Goddess Kebab

From the land of Lycia where the Amazon Women hail from, this kebab will skewer your heart

Ingredients:

1.1 lb. lamb, ground	1 onion, finely chopped
1 Tbs. garlic, minced	1 Tbs. parsley, chopped
1 large chili pepper, finely chopped	Squeeze of lemon juice
1 Tbsp Mama B's Amazon Goddess blend	

Directions:

- In a large mixing bowl, combine all of the ingredients.
- Split it into 4 parts and roll them into balls. Place the balls onto skewers and cook them on a hot grill until they're browned.

Mama B's Viking Warrior Fish Balls

In the depths of Scandinavia, the warriors roll out their fish balls from their daily fishing trips.

Ingredients:

1 Leek - white only	¼ Cup Light Cream
1 Pound of Cod	2 Tbs. Potato Flour
2 ½ cups of Milk	Parsley for garnish
1 Tbsp Mama B's Viking blend	

Directions:

- Blend leek and cod in a food processor, till the formation of a paste.
- Stir in cream, potato flour and Mama B's Viking blend. Beat until smooth
- Roll balls in even sizes. Heat milk and bring to almost boiling point.
- Lower heat and add fish balls, one at a time. Transfer to platter and serve with milk liquid.

Mama B's Woman Revenge Healthy Soup

When a woman wants to take revenge, she always cooks with vegetables. Oh, woe is the man!

Ingredients:

4 Tbsp Olive Oil	1 Medium Onion	2 Medium Carrots	1 Can diced Tomatoes (28oz)
2 Medium ribs Celery	¼ Cup tomato Paste	4 Garlic Cloves, minced	4 Cups Vegetable broth
2 Cups Water	1 Cup small shell pasta	1 Can cooked beans (15 oz.)	Parmesan for garnish
2 Cups of chopped seasonal vegetables (Whatever you want, It is your revenge)			1 Tbsp Mama B's Woman blend

Directions:

- In a crock pot, insert all the ingredients, except the pasta.
- Let everything boil for 3 hours, until all vegetables are nice and tender.
- Insert pasta and let it cooked until paste is done (usually 25-30 minutes)
- Serve with parmesan garnish and a nice thick piece of bread

Mama B's Man Revenge Potato Wedges

When a man wants to take revenge, he always puts cheese and bacon on everything. Oh, woe is the woman!

Ingredients:

4-6 Potato	¼ Cup Olive Oil	1 Cup Sour Cream	½ Cup Ranch Dressing
¼ Cup Milk	½ Cup Mozzarella	1 Cup Cheddar Cheese	½ Cup Real Bacon
¼ Cup Green Onions	1 Tbsp Mama B's Man blend		

Directions:

- Pre-heat oven at 400F. Cut the potatoes into length wide wedges, about ¼ - ½ inch thick
- Drizzle potatoes with olive oil and toss. Add the Mama B blend and toss some more until coated.
- Put in oven on a baking sheet and cook for 40 mins. Or until fork tender
- In a separate bowl, mix the sour cream, ranch dressing and milk. Spread mixer on a separate platter.
- Place potatoes on the prepared platter and sprinkle the cheeses and bacon on top.
- Place back in oven and cook until the cheeses melt. Serve with napkins, it will be messy! Yum.

Mama B's The Reconciler - Pizza

In all Battles of the Sexes, you will always find a common ground; The Pizza.

Ingredients:

1 Prepared pizza dough	2-3 Tomatoes	1 Tbsp Mama B's Pizza Blend				
Toppings – Suggested. Pick and choose or add your own.						
Pepperoni	Mushroom	Green Peppers	Bacon	Onions	Mozzarella	Cheddar Cheese
Asparagus	Tomato Slices	Pineapples	Prosciutto	Feta Cheese	Anchovy	Ground Beef

Directions:

- Sauce: Cut the tomatoes in cubes ¼ inch thick. On medium-high heat, put tomatoes and Mama B's Pizza Blend and bring to a boil. Reduce heat and simmer until thicken.
- Pre-heat oven at 550F. While oven is heating up, roll of the pizza dough. Swirl on the pizza sauce.
- Add all or any toppings to your pizza. Make it your own. Finish it up with cheese.
- Put your pizza masterpiece in the oven for 15 minutes, until edges are crispy.

Since the dawn of time, man and woman has always swayed the balance of power between one another.

From the Amazon Goddesses to the Viking Warriors and to the modern man and woman, the battle rages on.

Let us see now who is the best cook!





Women Revenge Soup



Viking Fish Balls



Amazon Goddess Kebab





Men Revenge Oven Wedges

The Reconciler - Pizza



Mama B's Edition Battle of the Sexes

Amazon Goddess Kebab
Woman Revenge Soup

Viking Fish Balls
Man Revenge Potato Wedges

The Reconciler - Pizza

