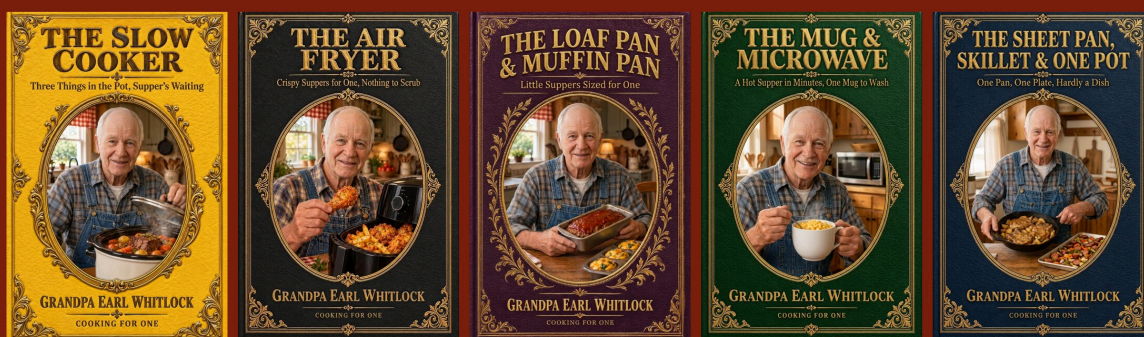


FREE

Earl's Five Free Suppers

The five easiest suppers to cook your first week



One from each cookbook in the Cook-for-One Kitchen

GRANDPA EARL WHITLOCK

COOKING FOR ONE

EARL WHITLOCK · COOKING FOR ONE

Earl's Five Free Suppers

Five of the easiest suppers in the Cook-for-One Kitchen, one from each of five cookbooks.

LARGE PRINT EDITION

First edition, 2026. Grandpa Earl Whitlock is an AI character from the YouTube channel Earl Whitlock (@EarlWhitlock1949), brought to life with modern AI tools. The recipes are real and written to be cooked in your own kitchen.

Please read. This book is general cooking information. Follow the instruction booklet for your own slow cooker, air fryer, oven or microwave, because sizes and heat levels vary. Use a food thermometer to check that food has reached a safe internal temperature. If you have food allergies, a special diet or a medical condition, follow your doctor's advice and check every label. Cooking times are guides, not guarantees.

Food safety guidance in this book follows the U.S. Department of Agriculture (USDA) Food Safety and Inspection Service and FoodSafety.gov safe minimum internal temperatures.

Copyright. © 2026 Earl Whitlock · Porchlight Press. All rights reserved. For your personal use and your family's. Please don't resell or republish it.

Limitation of liability. We work hard to make every recipe and guide clear and accurate, but we can't control how food is bought, stored, handled, cooked or served, or how appliances perform. This is general cooking information, not medical, nutrition or professional advice. You are responsible for following safe food handling, your appliance's instructions and your own dietary needs. To the extent the law allows, the publisher is not responsible for any loss, injury or harm that comes from using this material. Nothing here limits liability that can't be limited by law, or your rights under the consumer law where you live. Full terms: grandpaearlcooks.netlify.app/terms

Publisher: Earl Whitlock · Porchlight Press · christian@ytahaugi.com

A NOTE BEFORE YOU START

Start with these five.

These are five of the easiest suppers in the whole collection, one from each of five cookbooks. Cook one this week.

If you like them, the full Cook-for-One Kitchen has 550 more, for every pan you own.

Earl



Every page works the same way

The three things	What you buy. Big print, so you can read it at the store.
Also	The free stuff: salt, pepper, oil, water, and what you serve it on.
How to	The steps, in the order you do them.
Time	Heat and minutes. Machines vary, so check a little early the first time.
It's done when	How to tell, including the safe temperature to check with a thermometer.
Makes · Keeps	How many suppers, how long it keeps in the refrigerator, and whether it freezes.
Earl's tip	The one mistake people make with this recipe, and how to skip it.

READ THIS ONCE

Before you start

Each recipe says which appliance it uses.

- 1. **Read the method at the top of each recipe.** Oven, air fryer, microwave or stove.
- 2. **Preheat the oven** when a recipe uses it.
- 3. **Microwave times are for about 1,000 watts.** Add time in short bursts.
- 4. **Use a thermometer** on meat and egg dishes.
- 5. **Leftovers within two hours,** into the refrigerator.

Safe temperatures

FOOD	SAFE WHEN IT REACHES
Chicken and turkey, whole or pieces, and ground turkey or chicken	165°F
Ground beef, ground pork, raw sausage, meatloaf	160°F
Beef and pork roasts, chops and steaks	145°F, then rest 3 minutes
Fish and shellfish	145°F, or flesh is opaque and flakes
Egg dishes and casseroles with egg	160°F
Fully cooked ham, warmed up	140°F
Leftovers and anything reheated, including precooked meatballs, hot dogs for older adults	165°F

Source: FoodSafety.gov, Safe Minimum Internal Temperatures. Leftovers go in the refrigerator within 2 hours and keep 3 to 4 days (USDA).

Contents

Earl's Five Free Suppers		7	03	Chili Mac	10
01	Onion Soup Pot Roast	8	04	Mug Meatloaf	11
02	Crackly Chicken Thighs	9	05	Sheet Pan Sausage and Vegetables	12

CHAPTER 1

Earl's Five Free Suppers

01 Onion Soup Pot Roast

02 Crackly Chicken Thighs

03 Chili Mac

04 Mug Meatloaf

05 Sheet Pan Sausage and
Vegetables

Onion Soup Pot Roast

TIME Low 8–9 hours	MAKES 4–5 suppers	KEEPS fridge 3–4 days · freezes 2–3 months
------------------------------	-----------------------------	--

THE THREE THINGS

1. 1 beef chuck roast, 2 to 3 lb
2. 1 envelope dry onion soup mix
3. 1 bag (1½ lb) baby potatoes

Also: 1 cup water

How to

1. Put the potatoes in the bottom of the pot.
2. Set the roast on top.
3. Sprinkle the soup mix over the roast and pour the water around the sides, not over the top.
4. Lid on.

IT'S DONE WHEN

A fork slides in and the meat pulls apart.

EARL'S TIP

Buy chuck, not round. Lean beef goes dry and stringy after eight hours. Save the juice in a jar for Beef Tips and Gravy.

☐ Tried it Notes: _____

Crackly Chicken Thighs

TIME

380°F · 20–25 min, no flipping

MAKES

1–2 suppers

KEEPS

fridge 3–4 days · freezes 2–3 months

THE THREE THINGS

1. 2 bone-in, skin-on chicken thighs
2. 1 tsp paprika
3. 1 tsp garlic powder

Also: 1 tsp oil, salt and pepper

How to

1. Pat the skin very dry with a paper towel.
2. Rub with the oil, paprika, garlic powder, salt and pepper.
3. Lay skin side up in the basket.

IT'S DONE WHEN

165°F in the thickest part, not touching the bone, and the skin is crackly.

EARL'S TIP

Dry skin is crisp skin. Wet skin steams. Take thirty seconds with the paper towel.

☐ Tried it Notes: _____

Chili Mac

TIME 375°F · 40 min covered, stir once halfway; cheese on, 5 min uncovered	MAKES 2 suppers	KEEPS fridge 3–4 days
--	---------------------------	---------------------------------

THE THREE THINGS

- 1 can (15 oz) chili
- 1 cup dry elbow macaroni
- 1 handful shredded cheddar

Also: $\frac{2}{3}$ can of water

How to

1. Pour the chili into the lined pan.
2. Fill the empty can two-thirds with water and add it.
3. Stir in the dry macaroni.
4. Cover tight.

IT'S DONE WHEN

The noodles are tender and it's bubbling.

EARL'S TIP

The noodles cook right in the chili. No pot, no colander.

☐ Tried it Notes: _____

Mug Meatloaf

TIME High · 3–4 min, then stand 2 min	MAKES 1 supper	KEEPS Best eaten fresh
---	--------------------------	----------------------------------

THE THREE THINGS

1. ¼ lb ground beef
2. 2 tbsp crushed saltine crackers
3. 2 tbsp ketchup

Also: 1 tbsp milk, salt and pepper; a big microwave-safe mug

How to

1. Mix the beef, crackers, milk, salt, pepper and half the ketchup in the mug and press down.
2. Spread the rest of the ketchup on top.
3. Cover with a paper towel.

IT'S DONE WHEN

160°F in the middle. Pour off any fat.

EARL'S TIP

Microwaves vary. Start with 3 minutes and add 30 seconds at a time.

☐ Tried it Notes: _____

Sheet Pan Sausage and Vegetables

TIME 425°F · 15 min, then 15–18 min	MAKES 2 suppers	KEEPS Best eaten fresh
---	---------------------------	----------------------------------

THE THREE THINGS

1. 1 link smoked sausage, in coins
2. 2 cups frozen mixed vegetables
3. 1 cup baby potatoes, halved

Also: 2 tbsp oil, Italian seasoning; foil on the pan

How to

1. Toss the potatoes in oil and roast 15 minutes.
2. Add sausage and frozen vegetables with the rest of the oil and seasoning.

IT'S DONE WHEN

Potatoes tender and sausage browned.

EARL'S TIP

Line the pan with foil and throw the mess away.

☐ Tried it Notes: _____

FIND IT FAST

Index, A to Z

Chili Mac	10	Onion Soup Pot Roast	8
Crackly Chicken Thighs	9	Sheet Pan Sausage and Vegetables	12
Mug Meatloaf	11		

ONE MORE THING

Keep going

New suppers every week on YouTube: search **Earl Whitlock** or **@EarlWhitlock1949**. Tell Earl in the comments which one you made first, and what year you were born. The supper folks ask for most is the one he builds the next video around.

The whole Cook-for-One Kitchen

This book is one of six cookbooks in the collection: The Slow Cooker, The Air Fryer, The Loaf Pan & Muffin Pan, The Mug & Microwave, The Sheet Pan, Skillet & One Pot, and The Toaster Oven & Foil Packet. Plus two bonus books, Desserts for One and Holidays for One, and the guides and cheat sheets. Start with the book that matches what's on your counter.

30-day money-back guarantee

Cook one thing. If it isn't what you hoped, email christian@ytahaugi.com within 30 days of purchase and every dollar comes back. You keep the books.

General cooking information. Follow your appliance's instructions and check temperatures with a food thermometer. Choose recipes and ingredients that suit your dietary needs.