



*Sandy's*  
*Bridal Shower Recipes*  
*August 23, 2015*

*Thank you*  
*to everyone*  
*who contributed*  
*recipes!*

# RECIPE "The Usual" (my favorite cocktail!)

from Melissa Hall

serves 1

cooking time none!

~~preparation~~

2 ounce gin

2 ounce grapefruit juice (1/2 grapefruit squeezed)

1/2 ounce St. Germain

1 small squeeze of lime juice

Shake ingredients over ice, then strain into cocktail glass. Garnish with lime. Also refreshing served over ice in a tall glass, topped with club soda.

Recipe: Chicken + white Bean Chili

From The Kitchen Of: Melissa Hall Serves: 4

2 TBSP Butter

2 TBSP Olive Oil

2 large Cubanelle Peppers

1 Green Pepper, chopped

1 Onion, chopped

1/3 cup flour

4 cups chicken broth

1.5 cups half and half

Meat from 1 Rotisserie chicken

2 cans white beans, drained

1 TBSP Tony Chachere's

1 TBSP Cumin + Salt to taste

Toppings:

Shredded Cheese

Green onions

1. Heat butter and olive oil in large dutch oven on medium. Add onions and peppers and sauté until tender. About 15 minutes.

2. Add flour and stir about 5 minutes (do not brown).

3. Slowly whisk in chicken broth and half and half. Simmer gently until thickened, about 10 minutes.

4. Add white beans, shredded chicken, and seasonings. Simmer gently on low for 1 hour.

5. Serve w/ shredded cheese and green onions.



## Recipe Sweet Potato Fries

From Melissa Hall Serves 2

Cooking time 25 min. Preheat oven to 425°

2 Sweet potatoes, cut into large matchsticks (peeling optional)

2 TBSP Olive Oil

1 tsp salt

1/2 tsp cumin

1/2 tsp chili powder

1/2 tsp paprika

1/2 tsp cayenne

} or if you're in a hurry,  
substitute Tony Gachere's  
for Spice mixture



1. Preheat oven to  $425^{\circ}$
2. Toss sweet potatoes and olive oil in large bowl.
3. Combine salt, cumin, chili powder, paprika and cayenne in a small bowl.
4. Add spice mixture to potatoes and toss to coat.
5. Arrange in a single layer on baking sheet lined with foil.
6. Bake in oven on lowest rack until undersides are browned, 12-15 minutes. Turn potatoes w/ spatula and cook 10 more minutes.



## Recipe Gumbo you can make in Wisconsin!

From Melissa Hall Serves 6

Cooking time 3 hrs. ~~Next Next~~

- 12-16 oz. andouille or Kielbasa, sliced into  $\frac{1}{4}$  <sup>inch</sup> half moons
- $\frac{1}{2}$  cup flour - vegetable oil
- 1 large onion, chopped - 1 tsp Tony Chachere's
- 1 bell pepper, chopped - meat from one store-bought
- 2 ribs celery, chopped rotisserie chicken
- 4 cloves garlic, chopped -  $\frac{1}{2}$  cup chopped green onions
- 3 quarts chicken stock -  $\frac{1}{2}$  cup minced parsley
- 1 tsp salt + 1 tsp black pepper - hot cooked rice
- $\frac{1}{4}$  tsp Tabasco - filé powder
- $\frac{1}{4}$  tsp Thyme

- Place sausage and 1 Tbsp oil in a large dutch oven and brown on high heat. Remove cooked sausage to paper-lined towel. Pour the remaining fat into a measuring cup and add enough vegetable oil to make  $\frac{1}{2}$  cup. Pour the fat and oil mixture back into the dutch oven and reduce to low heat. Add the flour and stir constantly over medium heat  $\approx 30$  minutes until dark brown.
- Add onions, pepper, celery, and garlic to the roux and continue stirring until the onions are translucent.
- Heat chicken stock separately and bring to a boil. Slowly add stock to onion/roux mixture, whisking to incorporate. Add seasoning, ~~salt~~ salt, pepper, Tabasco + thyme. Boil, then simmer for 1 hour. Add reserved sausage and chicken meat and simmer for 1 more hour. Add parsley + gr. onions. Serve w/ rice + filé.



# Recipe Chocolate Chip Cookies w/ sea salt

from Melissa Hall

makes 2 dozen very large cookies  
serves

cooking time 45 min. preheat oven to 350°  
plus 24 hrs. for chilling

- 2 cups minus 2 TBSP cake flour
- 1<sup>2</sup>/<sub>3</sub> cups bread flour
- 1<sup>1</sup>/<sub>4</sub> tsp baking soda
- 1<sup>1</sup>/<sub>2</sub> tsp baking powder
- 1<sup>1</sup>/<sub>2</sub> tsp coarse salt - 1<sup>1</sup>/<sub>4</sub> cups light brown sugar
- 2<sup>1</sup>/<sub>2</sub> sticks unsalted butter (1<sup>1</sup>/<sub>4</sub> cups) (room temperature)
- 1 cup plus 2 TBSP sugar
- 2 large eggs
- 2 tsp vanilla extract
- 1<sup>1</sup>/<sub>4</sub> lbs. bittersweet chocolate chips
- Sea salt



1. Sift flours, baking soda, baking powder and salt into a bowl. Set aside.
2. Using a mixer fitted w/ a paddle attachment, cream butter, sugar and brown sugar until very light, about 5 minutes. Add eggs, one at a time, mixing well after each addition. Stir in the vanilla. Reduce speed to low, add dry ingredients and mix until just combined, 5-10 seconds. Drop chocolate pieces in and incorporate. Press plastic wrap against dough and refrigerate for 24-36 hours.
3. When ready to bake, preheat oven to 350°. Line a baking sheet w/ parchment paper. Set aside.
4. Scoop 2 oz. mounds of dough (the size of a golf ball) onto baking sheet. Sprinkle lightly w/ sea salt and bake until golden brown but still soft 18-20 min. Transfer to wire rack for 10 min. Eat Warm!

## Recipe Best Banana Nut Raisin Bread

from Whitney serves 1 or more

cooking time 1 hour preheat oven to 350°

1/2 c. butter, softened

1 tsp. baking powder

1 c. sugar

1 tsp. baking soda

2 eggs

1/2 tsp. salt

2 c. mashed ripe bananas

1/2 c. chopped pecans

2 c. all-purpose flour

1/2 c. raisins

Cream butter. Gradually add sugar, beating well. Add eggs, one at a time, beating well after each addition. Add bananas, and mix until smooth.

over →



Combine flour, baking powder, baking soda, and salt; add to creamed mixture, stirring just enough to moisten. Stir in chopped pecans and raisins.

Pour batter into greased and floured 9x5x3 inch loaf pan. Bake at 350° for 1 hour to 1 hour 10 minutes. Cool in pan 10 minutes. Remove to wire rack to complete cooling.

Options: Nuts can be omitted, amount of raisins, increased, or add chocolate chips instead! :))



## Recipe Tart Apple and Celery Root Salad

From Whitney Serves 4

Cooking time 30 min Preheat oven to —

3/4 c. quinoa 2 tsp. poppy seeds

3 tbsp white wine vinegar 1 red chile (thinly sliced)

2 tbsp sugar 1 c. cilantro leaves (coarsely chopped)

1 medium red onion (thinly sliced) Salt

1/4 c. canola oil

1/2 large celery root

1/4 c. lemon juice

2 or 3 granny smith apples over →



Bring saucepan of water to a boil. Add quinoa and simmer for 9 min. Drain. Refresh under cold water, and set aside to cool.

Place vinegar, sugar, and 1 tsp. salt in bowl and whisk to combine. Add onion and rub liquids into it. Add oil, stir, and set aside for 30 minutes. to marinate.

Peel celery root, cut into thin strips and place in bowl with lemon juice. Quarter apples and remove core. Cut apples into thin strips. Add to celery root mixture and mix well. Add onion, quinoa, poppy seeds, chile, and cilantro. Mix well and taste to see if salt needed.

## Recipe Squash with Chili Yogurt and Cilantro Sauce

From Whitney (Yotam Ottolenghi) Serves 6

Cooking time 35 min. Preheat oven to 425°

1 large butternut squash	1 3/4 oz cilantro (use a lot - this sauce is good!)
1 tsp. ground cinnamon	1 small clove garlic, crushed
6 tbsp olive oil	2 1/2 tbsp. hulled pumpkin seeds
Kosher salt	1 c. regular or low-fat Greek yogurt
Freshly ground black pepper	1 1/2 tsp. Sriracha (or other hot sauce)

Position racks in upper and lower thirds of oven. Cut squash in half lengthwise. Discard seeds, then cut flesh into wedges 3/4 in wide and about 3 in. long. Place in large bowl with cinnamon, 2 tbsp oil, 3/4 tsp salt, and pepper. OVER →

Mix well so squash is evenly coated. Place squash on baking sheet and roast 35-40 min until soft.

For cilantro sauce, combine cilantro, garlic, 4 tbsp. oil and generous pinch of salt in food processor - puree to form smooth sauce.

Heat oven to 350° and put pumpkin seeds on baking sheet. Roast 6-8 minutes.

To serve, swirl together yogurt and Sriracha. Lay squash wedges on platter and drizzle the yogurt sauce and then cilantro sauce. Scatter pumpkin seeds on top. I know it all sounds so weird, but put it all together and it is AMAZING!



Recipe: Wacky Cake (easiest cake ever!)

From The Kitchen Of: Whitney

Serves: 10 servings

1 1/2 c. flour

2 tsp. vanilla extract

3 tbsp. cocoa powder

1 tsp white vinegar

1/2 tsp. salt

6 tbsp. vegetable oil

1 c. sugar

1 c. cold water

1 tsp. baking soda

Preheat oven to 350°. Place the dry ingredients in a bowl.

Make 3 small holes in the mixture. Pour vanilla in one hole, the vinegar in another and vegetable oil in another (biggest hole).

Pour water over the top and mix. Pour into lightly greased 8x8 in pan. Bake 30-35 min. So delicious! Make any.ing flavor!



## Recipe Individual Lava Cakes (Famly but easy!)

From Whitney

Serves 6

Cooking time 15 min Preheat oven to 400°

Center:  $\frac{1}{2}$  bar (2 oz.) 60% Cacao Bittersweet chocolate  
Baking Bar

$\frac{1}{4}$  c. heavy cream

Cake: 1 bar (4 oz) 60% Cacao Bittersweet chocolate Baking Bar

8 tbsp. (1 stick) unsalted butter

2 whole eggs

2 egg yolks

$\frac{1}{4}$  c. cake flour (I use regular!)

$\frac{1}{3}$  c. sugar

$\frac{1}{2}$  tsp. vanilla extract

Raspberries and whipped cream  
for garnish.

To make centers, melt chocolate and cream in double boiler.

(I melt in microwave!) Whisk gently to blend. Refrigerate about  
2 hours or until firm. Fold into 6 balls; refrigerate until needed.

To make cake, spray 6 4oz. ramekins. Melt chocolate and butter in  
double boiler (microwave easier!) whisk gently to blend. With an  
electric mixer, whisk eggs, yolks, sugar, and vanilla on high speed  
about 5 min or until thick and light. Fold melted chocolate mixture  
and flour into egg mixture until just combined. Spoon cake batter into  
ramekins. Place a chocolate ball in the middle of each ramekin.

Bake 15 min or until cake is firm to touch. Let sit for 5 min. Run a  
small, sharp knife around the inside of each ramekin, place plate on top,  
invert, and remove ramekin. Garnish with raspberries and  
whipped cream.



Recipe: Rosemary Pork Tenderloin

From The Kitchen of: Keyleigh Cleary Serves: 6

1/3 C. dijon mustard

2 TBSP black pepper

1 TBSP freshly chopped rosemary + 4 whole sprigs

5 lg. cloves of garlic - 2 minced, 3 smashed

~2 lbs total pork tenderloin (large or 2 small loins)

4 slices of bacon

(Preheat oven to 375°)

In a small bowl, mix dijon, pepper, <sup>chopped</sup> rosemary, & minced garlic. Add mixture to a gallon size Ziploc bag & add tenderloins to bag to marinate (at least 1 hour)



• Place rosemary sprigs & mashed garlic in center of a roasting pan. Remove tenderloin from bag & wrap w/ slices of bacon. (You may want to wrap tenderloin w/ kitchen twine to secure bacon.)

• Place tenderloin on top of rosemary & garlic & bake for 25-30 min, or until meat thermometer reads 160° (145°-150° for medium doneness - which I prefer :))

• Let sit 10 min on cutting board before cutting.

(Serve w/ bacon & blue cheese green beans!)

## Recipe Bacon & blue cheese green beans

From Kayleigh Cleary Serves 4-6

Cooking time ~20 min Preheat oven to N/A

1 lb green beans, trimmed

3 slices of bacon

2-4 oz blue cheese (chopped/crumbled)

1 c. <sup>coarsely</sup> chopped pecans

Black pepper (to taste)

- Bring large pot of salted water to a boil. Add green beans & cook for 2 min. Remove & immediately place beans in an ice water bath. →

- In a large saute' pan, cook bacon until crisp & then remove to paper towels.

- Add green beans to bacon drippings & cook 2-3 min. Add blue cheese & toss until it just starts to melt. ✦

- Break or chop bacon into bite-size pieces & add to pan. Finish by stirring in pecans & remove from heat. Serve immediately

(Serve w/ rosemary pork tenderloin!)



# RECIPE My mom's meatloaf

from Kayleigh Cleary

serves 4

cooking time 1 1/2 hrs

preheat oven to 350°

1-1 1/2 lbs hamburger

1/2-1c crushed saltines

1/2-3/4c milk

1 egg

1 small onion, minced

1 TBSP Worcestershire sauce

1 tsp mustard

Salt/Pepper to taste

(I add a squeeze of ketchup & BBQ sauce too!)

• Bake in 8x4in loaf pan, remove tinfoil cover for the last half hr & add ketchup on top.

if I'm feeling healthy  
I substitute beef for turkey  
& add shredded veggies  
like zucchini, carrots,  
& mushrooms - you  
can barely taste 'em!

## Recipe "Michigan Chicken"

from Kayleigh Cleary serves 2-8  
cooking time 20 min/lb preheat oven to 325°

1 package chicken thighs/legs (any size, depending  
on how many people)  
1 packet Lipton onion soup mix.  
1/2 c. russian salad dressing  
1/2 c. apricot jam

- Mix soup mix, dressing, & jam & cover over chicken in a 9x13 pan. Bake for 20 minutes per pound of chicken.
- I like to serve this w/ steamed asparagus & red potatoes. ü

By the way, I call this "Michigan Chicken" b/c I had it on a marching band trip to Ann Arbor, MI. Our "host mom" made it, & she emailed me the recipe. It's super quick & easy & remains one of my favorite dinners. ü Enjoy!



## Recipe Danish Sugar Cookies

From Kayleigh Cleary Serves A bunch!

Cooking time 8min Preheat oven to 350°

2 c. Sugar

1 c. shortening

1 c. Sour cream

2 egg yolks + 1 whole egg

1 1/2 tsp baking Soda

1 tsp salt

1 tsp vanilla

4 1/2 - 5 c. flour + extra for rolling out.



- Refrigerate dough 1-2 hrs before rolling out.  
(I usually freeze half - it's a lot of dough)
- Roll out, cut out, & Bake. (I roll out to about 1/8 - 5/16 inch thickness. You may need to bake longer than 8 min for thicker cookies - I like mine thinner & crispy just around the edges.)

### Frosting:

1-2 TBSP butter

1/2 tsp vanilla

2 c. powdered sugar  
(food coloring)



## Recipe Chicken and Sweet Potato Stew

From Marianne Serves 4

Cooking time 45 mins Preheat oven to \_\_\_\_\_

Ingredients: 4 medium bone-in chicken thighs (1.5 lbs), no skin  
1 tsp cumin  
1/4 tsp cinnamon  
1 tbs olive oil  
3 medium sweet potatoes, peeled in 1/2 inch chunks  
1 medium onion, sliced  
2 garlic cloves  
1/4 cup cilantro  
1 can (28oz) whole tomatoes in juice  
3 tbs peanut butter  
1/2 tsp salt  
1/4 tsp crushed red pepper

Directions: Rub chicken with cumin and cinnamon.

Heat oil over medium in large pan. Add sweet potatoes and onion. Cook for 12-15 minutes. Take out of pan. Increase heat to medium-high and add chicken; cook for 5 minutes until brown. Drain the tomatoes, but keep juice and set aside. Coarsely chop tomatoes and put them in blender/processor with juice, peanut butter, salt, pepper, garlic and cilantro until smooth. Add everything to pan and bring to boil. Reduce heat to simmer for 20 minutes or until chicken is cooked through.

Enjoy! 😊

## Recipe Southern Pralines

From Marianne

Serves 20

Cooking time 20 mins Preheat oven to       

Ingredients: 1 1/2 cups toasted pecan  
                  1 1/2 cups white sugar halves

Need: parchment paper 3/8 cup butter

candy thermometer 3/4 cup brown sugar

flat surface 1/2 cup of evaporated milk

1 tsp. vanilla extract /flavoring

Directions: In large saucepan over medium heat, add pecans, sugar, butter, brown sugar, milk and vanilla.

Heat, constantly stirring to avoid burning, to between

234-240°F. Remove from heat and let sit for 5 minutes. Scoop spoonfuls onto flat parchment paper and let cool - it will harden!

So delicious ☺





# RECIPE Tortellini Salad with Figs, Walnuts, Prosciutto

from Manana (via the Kitchen) serves 4-6

cooking time 20 mins preheat oven to         

Ingredients: 1 (10-ounce) container fresh cheese

1/2 cup walnuts (roast, if <sup>desired</sup> tortellini)

1/2 cup dried Mission figs, stems removed

4 slices prosciutto

5 oz. salad greens

2-4 ~~tbls~~ tbs Balsamic vinaigrette

Directions: Bring pot of water to boil over high heat. Add some salt and cook tortellini until they float (6-8 mins)

Trim stems from figs and roughly chop. Tear

prosciutto into long ribbons. Combine all of the above on top of greens and add dressing

## Recipe Sausage Balls

From Marianne (and Brandon!) Serves 24 balls

Cooking time 45 mins Preheat oven to 350

Ingredients: 1 lb Jimmy Dean "hot" sausage  
2+ cups of sharp cheddar cheese (shredded)  
3-4 cups Buisquik

Directions: Pour all ingredients in bowl and mix, knead with hands until, as Brandon says, "They become one glorious substance." (No powder visible)

Roll into around golf ball-sized balls and put ~~a~~<sup>1/2</sup> inch apart and put pan in oven for 15-30 minutes, depending on size.



Will begin to brown when done.

Perfect for breakfast, freezing, holidays or Game of Thrones parties!





**RECIPE: Sour Cream Rhubarb**  
 From the kitchen of: *Sindy* ..... *Coffee Cate*



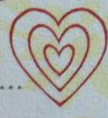
- 1/2 c. butter, softened
- 1 1/2 c. sugar
- 2 eggs
- 1 c. sour cream
- 1 tsp. vanilla
- 2 c. all-purpose flour
- 1 tsp. baking soda
- 1/8 tsp. salt
- 2 c. rhubarb



- Topping: 1/2 c. brown sugar (packed),  
 1 T flour, 1 tsp. cinnamon,  
 1 T butter, softened. and serve with love!



Preheat oven to 350°.



Grease a 13x9 inch pan.

Beat butter and sugar in a bowl until smooth. Beat in eggs, one at a time. Stir in sour cream and vanilla. In another bowl, mix flour, baking soda and salt. Fold into first creamy mixture. Stir in rhubarb.



Mix topping ingredients in a small bowl until crumbly. Sprinkle over top.

*Handy Tips & Tricks*

Bake 30-40 minutes. Serve warm.  
 Refrigerate leftovers.





Recipe: Hearty Beef and Vegetable Soup

From The Kitchen Of: Cindy

Serves: 4

2 T vegetable oil

1 pound boneless beef chuck, cut into 1-inch cubes

1 C coarsely chopped onions

3 T flour

1 13-to-14-ounce can beef broth

1 16-ounce can, whole tomatoes, unbrained

1/2 tsp celery salt

1 1/4 C uncooked ziti or elbow macaroni

1 C frozen corn 1 C frozen peas

Parmesan cheese

Heat oil over high heat in 5-gal pot. Add meat and brown on all sides, about 5 minutes. Reduce heat to medium, add onions, and cook 5-7 minutes, stirring several times, until soft. Stir in flour, whisk in beef broth, stir in tomatoes (breaking up with a spoon), celery salt, and 3 cups water. Bring to a boil, lower heat, cover, and simmer 45 minutes. Add ziti, corn, and peas. Increase heat to medium, cover, and boil 20 minutes, stirring occasionally to keep pasta from sticking. Serve in bowls; sprinkle with parmesan cheese.



# Recipe: Sweet Potatoes with Maple-Horseradish Butter

from: Cindy

serves: 4

2 pounds sweet potatoes (about 3 medium), peeled  
and cut into 1-inch chunks

$\frac{1}{4}$  c maple syrup

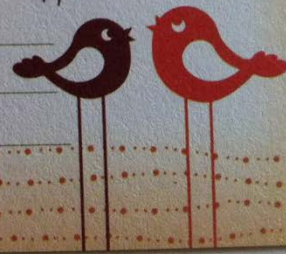
$\frac{1}{4}$  c low-sodium chicken broth

2 T unsalted butter

Salt & ground pepper

$\frac{1}{2}$  c loosely packed flat-leaf parsley, chopped

1 T prepared horseradish



Preheat oven to 400°. Put sweet potato chunks in a  
3-quart casserole dish in an even layer.

Bring maple syrup to a gentle boil in a saucepan over  
medium-high heat. Boil for 1 minute, then add broth. Bring to  
a boil again and cook 1 minute more. Turn off heat and  
whisk in butter. Pour mixture over potatoes and sprinkle with  
 $\frac{1}{2}$  tsp salt and  $\frac{1}{4}$  pepper.

Cover dish with foil and roast potatoes until tender, about 30  
minutes. Remove foil and roast until sauce is reduced to a  
glaze, 10-15 minutes. Add parsley and horseradish. Stir to coat  
potatoes.

Serve hot.





Recipe: Curried Chicken

from: Cindy

serves: 4

4 skinless, boned chicken breasts

$\frac{1}{3}$  c flour

4 slices bacon

$\frac{1}{4}$  c honey

2 T mustard

$\frac{1}{2}$  tsp salt

$\frac{1}{2}$  tsp curry powder



Rinse chicken and pat dry. Coat with flour.

In skillet, cook bacon until crisp. Drain on paper towels; crumble and set aside.

Reserve drippings.

Add chicken to skillet and slowly brown on all sides about 10 minutes. Transfer to baking dish. Bake uncovered in  $350^{\circ}$  oven for 30

minutes. Combine honey, mustard, salt and curry powder; drizzle over chicken. Bake 15 more minutes. Top with bacon. Serve with rice.



## Recipe for Brown Bread

### Ingredients

1 egg

$\frac{3}{4}$  c sugar

1 tsp salt

2 c buttermilk

2 tsp baking soda

$\frac{1}{2}$  c graham flour

$\frac{1}{2}$  c white flour

Mix in order listed. Pour into

greased loaf pan. Bake one hour  
at  $350^{\circ}$ .

(Sandy, this was my paternal  
grandmother's recipe. I've  
made it for years. It's  
yummy. Spread with  
peanut butter or cream cheese.)

Cindy



Recipe mini Ham Loaves  
from Darlene Mueller serves Several  
cooking time 60 min preheat oven to 375°

2 1/2 lb ground Ham - 1 lb ground beef

2 lb ground lean Pork.

2 cup finely crushed graham crackers

3 eggs slightly beaten

3 tbsp chopped onion

make into 3" mini loaves, bake  
for 30 min, drain grease and  
pour sauce over all and bake  
30° more. Can be put in smaller  
baking pans for freezer, and

Reheat. are great to make ahead for when  
mom & Dad comes.

Sauce

2 Cans tomato soup

2 cups brown sugar

2 tsp dry mustard

3/4 cup vinegar

mix and spread over ham loaves.



## Recipe Ground Cherry Pie

From Darlene Mueller Serves 6 to 8

Cooking time 30 to 40 Preheat oven to 375°

### Pastry for 2 Crust Pie

4 cups Ground Cherries

3 Tbsp Water

1 cup Sugar

3 heaping Tbsp Tapioca

1 Tsp fresh lemon juice

1 Tbsp butter

Line a 9" pie plate with bottom Pastry. In a 3qt sauce

pan, bring cherries and water to boil; reduce heat. Cook for 5 min. Remove from heat. Stir in sugar, tapioca and lemon juice. Pour filling in Pastry lined plate. Dot with butter. Cut slits in top pastry. Place over filling. Seal and flute edges.

Bake until filling is bubbly and crust is golden brown.

recipe Farm Beef Roast

From Darlene Mueller

Serves \_\_\_\_\_

Cooking time \_\_\_\_\_

Preheat oven to \_\_\_\_\_

Slow Cooker

Take 2 lb Beef Roast any kind.  
Brown in cooker. Mix 1 jar beef  
gravy around roast. Sprinkle  
on top 1 good tbsap Balsamic  
vinegar and 1 envelope Lipton  
onion soup. Cook until tender.  
Refrigerate over nite. Slice  
Roast return to gravy. Thicken  
if need be. Rewarm serve over  
Mashed potatoes - rice or noodles.



Recipe Super Simple Spaghetti Sauce

From Darlene Mueller Serves \_\_\_\_\_

Cooking time 30 min Preheat oven to \_\_\_\_\_

2 cans tomato soup 10oz each  
1 package spaghetti sauce mix  
1 small onion diced - (I add green pepper  
and chunk 1 fresh tomato - if on hand)  
1 lb Ground Beef Browned - Drain  
add onion, soup mix & 2 cups  
water. Blend until smooth. Simmer  
30 mins. Good substitute when  
you can't cook all day. Can add  
a dash of Brown sugar.

## Recipe Old Time Farm Chicken

From Darlene Mueller Serves 6 to 8

Cooking time 1:15 ? Preheat oven to 375°

Grease 9x13 deep pan. Spread 2 cups instant rice on bottom. Lay whole chicken or just thighs & breasts over rice. Bring 2 cans cream of chicken & 2 cans milk to boil. Pour over chicken and sprinkle with 1 envelope onion soup. Cover and seal with aluminum foil. Bake until



tender. Serve with most any vegetable or salad. Makes a full meal good enough for company. Use 1/2 recipe for thighs & breasts.

### Good Chicken

1 Dryer Cutup

1 cup flour - 1/2 cup milk

1 package onion soup mix - 1/2 cup Sour Cream  
mix last 4 ing. together and  
coat chicken pieces. Bake at 350°  
1 hr.



recipe Oyster Cracker Snack

From Aunt Mary

Serves \_\_\_\_\_

Cooking time \_\_\_\_\_

Preheat oven to \_\_\_\_\_

In large microwavable bowl

2 pkg oyster crackers

set aside

In small bowl, combine

$\frac{1}{2}$  c. oil any veggie oil

1 pkg Hidden Valley Ranch dressing dry

$\frac{1}{4}$  teas. garlic powder

$\frac{1}{2}$  teas. dill weed

$\frac{1}{2}$  teas. lemon pepper

Mixing well

Pour seasoning mixture over  
crackers. stir gently, blending well.

Microwave on high for 1 min  
gently stir again

Microwave on high 1 more min.

Dry on paper towels.

Store in airtight container,  
Freezes very well too!

Recipe Chicken Dip

From Aunt Mary

Serves \_\_\_\_\_

Cooking time \_\_\_\_\_ Preheat oven to \_\_\_\_\_

2 pkg softened cream cheese (16 oz)

1 pkg dry ranch dressing (Hidden Valley)

1 large (12.5 oz) <sup>can</sup> chicken drained

3/4 c. shredded mild cheese

1/4 - 1/2 c. milk to thin out

Cream softened cream cheese  
until smooth.

add dry ranch dressing

Fold in drained chicken  
and shredded cheese

add milk as needed



# Recipe Taco Soup

from Aunt Mary serves

cooking time preheat oven to

Brown 1 lb ground beef & drain or  
use 3 chicken breasts.

Add the following & cook in  
crockpot. Or pot on stove (30 min)

1 can diced tomatoes - do not drain

1 can black beans - do not drain

1 pkg frozen corn - or mixed Veggies

1 envelope Hidden Valley Ranch dressing

1 envelope taco seasoning

3 cups water



I like to use tomato sauce  
instead with 2 cup water  
makes a thicker soup.

Serve with sour cream  
& Fritos or Tostitos

Enjoy!

RECIPE Candy Bar Apple Salad

from Aunt Mary

serves 12

cooking time \_\_\_\_\_

preheat oven to \_\_\_\_\_

1 1/2 c. cold milk

1 pkg instant vanilla pudding

8 oz cool whip

4 chopped apples - 6 cups

4 Snicker candy bars 2.07 each  
cut into 1/2 in pieces

over

Whisk milk + pudding mix.  
for 2 min.

Let stand 2 min.

Fold in cool whip

Fold in apples + bars



## Recipe Black Bean and Corn Salsa

from Barbara Olivier

serves \_\_\_\_\_

cooking time \_\_\_\_\_

preheat oven to \_\_\_\_\_

- 1 15oz can black beans, rinsed and drained
- 1 11oz can whole kernel corn, drained
- 1 t minced fresh jalapeno pepper
- 1 avocado, chopped
- 2 medium tomatoes, chopped
- 1 red pepper, chopped
- $\frac{1}{3}$  c chopped fresh cilantro
- $\frac{1}{4}$  c diced red onion
- $\frac{1}{4}$  c fresh lime juice
- 1 t salt



Combine everything except avocados. Cover and chill at least 2 hours. Add avocado just before serving with chips.

## recipe Minestrone

From Ina Garten (via Barbara Olivier) Serves 6-8

Cooking time \_\_\_\_\_ Preheat oven to \_\_\_\_\_

Olive oil  
4 oz pancetta  $\frac{1}{2}$ " diced  
 $1\frac{1}{2}$  c chopped yellow onions  
2 c  $\frac{1}{2}$ " diced carrots  
2 c  $\frac{1}{2}$ " diced celery  
 $2\frac{1}{2}$  c  $\frac{1}{2}$ " diced butternut squash (peeled)  
 $1\frac{1}{2}$  T minced garlic  
2 T chopped fresh thyme  
26 oz canned or boxed tomatoes  
6-8 c chicken stock

1 bay leaf  
Kosher salt & fresh ground black pepper  
1 15oz can cannellini beans  
drained and rinsed  
2 c cooked small pasta  
8-10 oz fresh baby spinach  
 $\frac{1}{2}$  c dry white wine  
2 T pesto  
Freshly grated Parmesan

Heat 2 T olive oil over medium heat in large, heavy pot. Add pancetta and cook 6-8 minutes until lightly browned. Add onions, carrots, celery, squash, garlic, and thyme and cook 8-10 minutes stirring occasionally, until vegetables begin to soften. Add tomatoes, 6 c chicken stock, bay leaf, 1 T pesto and  $1\frac{1}{2}$  t pepper. Bring to a boil, lower heat, and simmer uncovered 30 minutes. Discard bay leaf. Add beans and cooked pasta and heat through. If soup is too thick add more chicken stock. (It's supposed to be like a stew.) Add spinach and toss like a salad with 2 big spoons until spinach is wilted. Stir in wine and pesto. Sprinkle with Parmesan and drizzle with olive oil.



## Recipe Linguine with Chicken and Mushrooms

From Barbara Olivier Serves 6

Cooking time \_\_\_\_\_ Preheat oven to \_\_\_\_\_

1 lb linguine

3/4 c extra-virgin olive oil

3 cloves fresh garlic, minced

1 lb fresh sliced mushrooms

1 lb boneless, skinless chicken breasts cut in  
1" strips

Salt

Italian red pepper flakes

1/2 c minced fresh Italian parsley

Cook and drain linguine.

In heavy pot, heat olive oil on medium  
high heat. Add garlic and mushrooms  
and saute 5 minutes. Add chicken and  
cook about 15 minutes (or until meat is  
thoroughly cooked) stirring constantly.  
Add salt and pepper to taste. Turn  
off heat. Add linguine and mix well.  
Toss in 1/2 of parsley. Pour onto a  
platter and sprinkle with remaining  
parsley.

## Recipe Cranberry and Apple Crisp

From Barbara Olivier

Serves \_\_\_\_\_

Cooking time 1 Hour Preheat oven to 350°

4 c peeled cooking apples (ex Rome Beauty)

2 c fresh cranberries

1 1/2 t fresh lemon juice

1 c white sugar

1 1/3 c raw quick oats

1 c chopped pecans

1/3 c packed brown sugar

1/2 c butter, melted

Combine apples, cranberries, lemon juice and

white sugar and toss to coat fruit well.

Put in 13" x 9" shallow baking dish.

Combine oats, pecans, brown sugar and butter until mixture is crumbly. Sprinkle over fruit. Bake @ 350° 1 hour. Allow to stand 5 minutes. Serve over vanilla ice cream.



## recipe Pumpkin Bread

From Nancy / Mom

Serves 2 loaves

Cooking time 1 hr. 10 mins Preheat oven to 350°

Dry	Wet
1 1/2 cups Chopped pecans	1 1/2 cups cooked
1 teaspoon Nutmeg	pureed pumpkin
1 teaspoon ginger	(or canned)
1/2 teaspoons salt	1 cup vegetable oil
1 teaspoon cinnamon	3 cups sugar
1 teaspoon ground cloves	1/4 cup molasses
2 teaspoons baking soda	1/2 cup water
3/4 cups All purpose flour	4 eggs

In the Cuisinart, combine the 1st 8 ingredients.

In a large bowl, combine last 6 ingredients and mix with a hand mixer until well blended.

Add flour mixture to pumpkin mixture and mix with a spoon until well blended.

Pour into 2 9x5x3 well-greased & floured loaf pans. Bake at 350° for 1 hr. 10 mins. Use a cake tester in the center of each loaf. It should come out clean and the edges of loaf should be pulling away from sides of pan.

VARIATIONS: Applesauce or pureed sweet potatoes

# Recipe Sweet Potato Casserole

from Nancy / mom serves 6

cooking time 35 mins preheat oven to 350

## Potatoes

3 cups cooked mashed potatoes  
(3 large - bake 45-50 mins or  
microwave)

1 cup sugar

1/2 teaspoon salt

2 eggs beaten

1/3 cup melted butter

1/2 cup milk

1 teaspoon vanilla

## Topping

1 cup dark brown  
sugar

1 cup pecan piece

1/3 cup melted butter

1/3 cup all purpose flour



In a large mixing bowl, mix all ingredients, EXCEPT the topping ingredients ~~into~~ and pour into a 2 quart greased casserole dish.

Mix all topping ingredients and sprinkle on top of sweet potatoes

Bake for 30 to 35 mins in a preheated 350° oven or until bubbling center.



Recipe BBQ Pork loin

From Nancy / mom

Serves lots?

Cooking time \_\_\_\_\_ Preheat oven to N/A

Marinate a pork loin in:

Garlic

Fresh ginger

White wine

Soy sauce & teriyaki sauce

Brown sugar

Green onions

add lib on the amounts



## Recipe JB's Gumbo

From John/Dad

Serves 8 or 12

Cooking time 2+ hrs Preheat oven to none

### Step 1 - Chicken Stock

3 qts. water or organic chicken broth

4 lbs. of chicken (prefer thighs or drumsticks)

2 cups of "trinity" (onions, garlic, celery, bell pepper)

3 bay leaves

Tony's Seasoning to taste

In a large stock pot, add the liquids above.  
Bring to Boil. Add chicken and "trinity"  
along with seasonings. Cook for 1.5 hours.



Remove chicken, strain into another container to  
preserve the stock. De-bone chicken

### Step 2 - Okra

"Sweat" the okra in small amount of olive oil,  
mixing constantly, to remove the slime film

### Step 3 - Andouille Sausage

1.5 lbs of andouille sausage

Slice thinly, Cook slightly

### Step 4 - Roux

Note: Always Add hot liquid to a Roux, never cold.

Try not to mix cold "trinity" ingredients, as well

2/3 cup all purpose flour ~~cup~~

1 cup salad oil



# Longaberger®

Recipe For: Q.B's Combo Continued  
From: \_\_\_\_\_

Ingredients: \_\_\_\_\_



4 gloves garlic      1/2 c bell pepper  
1/2 cup onions      1/2 c celery  
1/2 cup shallots

For 8 servings: 2/3 c flour & 3/4 c salad oil

For 12 servings: 1 cup flour & 1 1/2 c salad oil

- Mix the flour & oil in a sauce pan or Dutch oven BEFORE turning on the heat. Mix thoroughly. After it is well mixed, turn on heat to medium
- Stir constantly. Roux gets darker (goal: color is chocolate brown)
- When the roux hits target color, turn off heat
- Continue to stir while adding "chunky" ingredients previously sauteed. Keep stirring.
- If you get black specs in the roux, start over!!! (over)

- Begin adding to the rest of ingredients, starting with warmed stock liquid

## Combo

1 1/2 lbs andouille sausage  
1 1/2 lbs opra  
1/2 c chopped shallots

1 green pepper  
1/2 c chopped parsley  
Rice

- To the roux, add chicken stock, mix thoroughly
  - To the stock, add the opra, which has been sweated
  - Add sausage
  - Add chicken
  - Season to taste
  - Cook for 1.5 hrs, add parsley and shallots in last 15 mins
  - Serve with rice that is cooked with chicken broth vs water
- Good luck!!!



## Recipe Q's Bar-B-Que Ribs

From John / Dad

Serves \_\_\_\_\_

Cooking time 5 hrs

Preheat oven to Pit - 225°

- Use St. Louis ribs. These are the trimmed down portion of the spare rib
- Rub
- Squeezable Parkay margarine (blue bottle)
- 1 cup brown sugar
- honey, warmed
- Tiger Sauce (or Thai sweet chili and Worcestershire)
- Apple juice, spritz and water spritz

(over)

Remove the rib membrane

1.5 hours before cooking, apply Rub; Rub light amount of Apple juice so it sticks

Fire temp needs to be 225°

2-2-1 method: Cook with smoke for 2 hours, indirect heat; Cook for 2 hours wrapped in foil.

Note: This is when you apply the Parkay, 1/4 cup of warm honey, a handful of brown sugar and 1 Tbl of Tiger Sauce to both sides; then unwrap and cook for 1 more hour



## Recipe Saltine Toffee Cookies

From Robin Rumenapp Serves

Cooking time

Preheat oven to 400°

- 4 ounces Saltine crackers
- 1 cup butter
- 2 cups semisweet chocolate chips
- 3/4 cups nuts (any kind)
- 1 cup brown sugar

- Preheat oven to 400°
- Line cookie sheet or jelly roll pan with saltine crackers in a



single layer.

- In saucepan combine the sugar and butter. Bring to a boil & boil for 3 minutes.
- Immediately pour over saltines & spread to cover crackers completely.
- Bake 400° for 5-6 minutes.
- Remove from oven & sprinkle choc chips over the top. Let sit for 5 minutes. Spread melted chocolate. Top with Nuts.
- Cool completely & break into pieces.

Recipe Crock Pot Mushrooms

From Robin Keeminapp Serves \_\_\_\_\_

Cooking time \_\_\_\_\_ Preheat oven to \_\_\_\_\_

- 1 pound mushrooms
- 1/2 cup butter
- 1 (1oz) envelope ranch salad dressing  
mix

Put mushrooms, butter & ranch dressing mix in slow cooker.

Cook on low 3-4 hours

Variation - mushrooms can be sliced or whole  
italian mix in place of ranch



recipe Refrigerator Pickles

From Robin Kremenapp Serves \_\_\_\_\_

Cooking time \_\_\_\_\_ Preheat oven to \_\_\_\_\_

- 7 cups sliced cucumbers
- 1 cup sliced onions
- 1 cup vinegar
- 2 cups sugar
- 1 tsp celery seed
- 2 Tbsp salt

Combine last 4 ingredients & heat over low burner until sugar dissolves. Cool. Pour over cucumbers

and onions. Refrigerate.

## Recipe Easy Pleasing Meatloaf

from Robin Kremenapp serves \_\_\_\_\_

cooking time \_\_\_\_\_ preheat oven to 375°

- 2 lbs lean ground beef
- 1 pkg (box) stove top stuffing mix for chicken (or any flavor)
- 1 cup water
- 2 eggs, beaten
- 1/2 cup BBQ sauce, divided

- Place meat, stuffing mix, water, eggs and 1/4 cup BBQ sauce in bowl

- Mix til. blended.
- Shape into loaf in 9x13" baking dish
- Top with remaining BBQ sauce
- Bake 1 hour until done (160°F)



Recipe Easy Turkey Bake

From Robin Kiemerapp Serves \_\_\_\_\_

Cooking time 30 min Preheat oven to 350°

1 pkg (6oz) StoveTop stuffing mix  
4 cups chopped cooked turkey  
1 bag (14oz) frozen broccoli florets,  
thawed + drained

1 can (10<sup>3</sup>/<sub>4</sub>oz) condensed Cream of chicken  
soup (can substitute any flavor)

3/4 cup milk

1 1/2 cups shredded cheddar cheese

- Preheat oven to 350°
- Add 1 2/3 cups water to stuffing mix  
stir until moistened. Set aside.
- Mix turkey + broccoli in 9x13" baking  
dish
- Combine soup, milk and cheese.  
Pour over turkey mixture.
- Top with prepared stuffing
- Bake 30 min or until heated through

## Recipe: Tony's Steak

from: Jenny Price Smith

serves: 4-6

1/3 c. soy sauce

1 garlic clove, chopped

1 T. brown sugar

1 t. hot sauce

1 T. olive oil

Juice from 1 lime

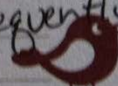
1 t. sesame oil

salt & pepper

1/2 c. chopped green onions

1 flank steak (2 lbs.)

Add everything to large Ziplock bag and seal.  
Marinate in fridge for 4 hours. Grill  
4 to 5 min. per side, flipping frequently.  
Let rest 10 min. on plate or  
board before slicing on bias against  
the grain.





Recipe for CACIO E PEPE (Serves 2) from  
Jerry Smith

Ingredients: Kosher salt, 6 oz. spaghetti,

3 T. unsalted butter (rubed + divided)

1 t. freshly cracked black pepper

3/4 c. finely grated parmesan

1/3 c. finely grated pecorino, Asiago, Romano or parmesan



→ Boil 3 quarts water, season with salt, add pasta & cook, stirring occasionally, until about 2 min. until tender.

Drain, RESERVE 3/4 c. pasta H<sub>2</sub>O. →

Meanwhile, melt 2 T. butter in <sup>large</sup> heavy skillet over medium heat. Add pepper and cook, swirling pan until toasted, about 1 minute.

Add 1/2 cup reserved pasta water to skillet and bring to a simmer. Add pasta and remaining butter. Reduce heat to low and add parmesan, stirring & tossing with tongs until melted.

Remove pan from heat, add other cheese, stirring & tossing until cheese melts, sauce coats pasta and noodles are al dente. Add more pasta water if needed. Transfer to warm bowls.

Preparation Time:

Serves:

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## Recipe: Grandma Lois' Brownies

From The Kitchen Of: Jenny Price Smith Serves: ?

\*Preheat oven to 350° and spray 9x13 pan with cooking spray. Mix the following in a large bowl:

1 1/2 c. flour

4 eggs

2 c. white sugar

1 c. butter (softened)

10 T. cocoa

2 t. vanilla

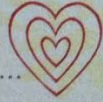
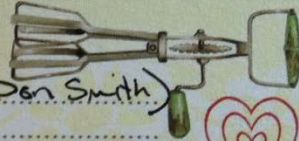
1 t. salt

Beat 3 minutes with electric mixer and spread into baking pan/dish. [Optional: sprinkle with choc. chips] Bake 30 min or until toothpick comes out clean.





RECIPE: El Dorado Margarita  
 From the kitchen of: Tex Tubb (and Don Smith)



1 1/2 ounces 100% agave tequila  
 3/4 ounces Triple Sec  
 1 1/2 ounces freshly squeezed lime juice  
 1 ounce sugar water

↳ (combine 1/2 c. sugar with 1/2 c. hot water & chill)



Mix and serve on the rocks with fresh lime.



... and serve with love!



*Handy Apron Project*



## Recipe: Corn Salad

from: Jenny Price Smith serves: 6

1 c. walnuts

4 c. fresh corn kernels (from 4 ears), raw or cooked

2 jalapeños, seeded and thinly sliced

2 T. fresh lime juice

2 T. olive oil

Kosher salt and black pepper

1/2 c. crumbled Feta cheese

1. Heat oven to 400°F, toast walnuts on baking sheet, 6-8 min, let cool.

2. Combine all in large bowl, add Feta before serving





Recipe: Grandma Knisely's Banana Nut Bread

Serves: 8-10 from: Donna Knisely (+)  
 (old recipe) (1/2 c shortening) 1 stick butter

1) Preheat oven to 400°

2) Cream butter, - 1 cup sugar - 2 eggs <sup>best</sup>  
 Gradually add sugar & - 1 cup mashed over-ripe bananas  
 continue creaming til - 2 cups flour - 1 tsp. baking  
 fluffy. Add eggs + mashed - 1/2 tsp. salt soda  
 bananas, beat until well blended. 1/2 - 1 cup chopped pecans

3) Gradually add flour, b. soda & salt.

4) Stir in nuts. 5) Turn into well greased  
 bread pan(s) - 1 lg or 2 small  
 loaf pans.

6) Put <sup>filled</sup> loaves into oven & turn back oven to 350°

Bake 350° - 1 hour - 2 small pans

350° - 1 1/2 - 2 hours - 1 big pan

Turn out to cool on wire rack immediately.

I am going to try this in the 12 serving Pampered Chef  
 Brownie pan - makes 12 individual ~~and up~~ little  
 mini-loaves. Timing <sup>for baking</sup> of them will be shorter -  
 20-25-35 min?

\*with brown butter frosting dots

FROSTING RECIPE ON BACK →

# Recipe my mom Bobbe's Scandinavian drop <sup>cookies</sup>

From Aunt Donna Knisely Serves ? 2-2 1/2 dozen

Cooking time 15 min Preheat oven to 300°

- separate eggs
- 1 cup butter (or Butter-up? sic) margarine
  - 1/2 cup brown sugar
  - 2 egg yolks
  - 2 cups flour
  - 2 egg whites, stiffly beaten
  - 1 cup finely chopped nuts use salad shouter or gander?

- ① Cream butter & sugar in mixer <sup>large bowl</sup>. Add egg yolks & mix well. Add flour in small batches, mix well.
- ② Chill dough 1 hour in refrigerator.



- ③ Shape dough into small balls, ~ 1 tsp. dough for each.
- ④ Dip each ball into the (stiffly beaten) egg whites, then roll each ball in the chopped nuts.
- \* ⑤ Make thumbprint depression in each cookie Before Baking \* (or use Pam sprayed seed tea spoon)
- ⑥ Bake on ungreased cookie sheet 300° oven for 15 minutes.

⑦ Cool for few min on cookie sheet, remove carefully w/ spatula to cooling rack. Before <sup>you</sup> remove, <sup>from cookie sheet</sup> press centers in again.

## FROSTING:

- 1/4 cup butter, melted + lightly browned
  - 1 cup powdered sugar
  - 1/2 tsp vanilla
  - ~ 1 Tbsp hot water
- ① Mix 1st 3 ingredients, add <sup>enough hot water</sup> to make it spreadable consistently.
  - ② Put frosting dot into center of cookies



# Recipe Pittsburgh ("Yinzer") Pretzel Salad

From Aunt Donna Knisely

Serves ? 12-16

Prep/Cooking time 20 min + 2 hrs Setting time Preheat oven to Keep in refrigerator til serving

- 2 1/2 cups crushed pretzels
  - 3/4 cup melted margarine
  - 3 Tbsp. sugar
- ① } mix + firmly press into 9x13 pan. Bake at 400° for 8 minutes
- ② Cool completely
- ③ - 1 8oz. softened cream cheese
  - 1 8oz. Cool Whip, softened
  - 1 cup sugar
- } mix together & spread on above cold crust. completely covering it
- ④ - 1 6oz<sup>PKG</sup> Strawberry jello
  - 2 cups boiling water
- } mix well (2 min) & add
- 20 oz. frozen sliced strawberries to it completely (this replaces cold water to make actual jello)

Mix the strawberries & jello mixture until it thickens, then pour ~~it~~ over the Cool Whip layer.

Keep in refrigerator - cool for at least 2 hours ↑  
↑ last step to let jello mixture set.

This one may be familiar to your Mom, Sandy.

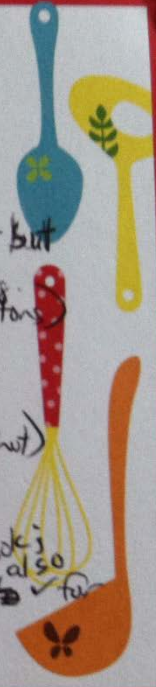
I think it is a Pennsylvania farm & picnic favorite recipe here.

# Recipe Lentil Enchilada Casserole

from Donna Knisely serves 12

cooking time 35-45 min preheat oven to 375°

- 1 lb bag of lentils (soaking overnight makes it better - but you must soak at least 1 hr) - save <sup>soaking</sup> water
  - 1 med. onion, chopped - 1 pouch onion soup (Lipton's) <sup>eg.</sup>
  - 1-2 green peppers, chopped
  - 1 can Enchilada sauce (mild for me, could be medium or hot)
  - <sup>16oz</sup> - 1 lb bag mozzarella cheese (shredded)
  - <sup>16oz</sup> - 1 lb bag cheddar cheese (shredded)
  - 1/2 bag (or >) tortilla chips
1. Pre-soak lentils, cleaning them. Strain, saving water <sup>to cook; also for</sup> stores or grit. • Keep at least 1 1/2 cups <sup>as you strain lentils</sup> (over)



2. Cook lentils in reserved lentil water, with onion, onion soup & green peppers until lentils are tender.
3. Add enchilada sauce, mix. <sup>(may add a little water if needed)</sup> (~30-40 min)

Layer in a 13x9" pan, or disposable Lasagna type pan -

- 1 - tortilla chips make several layers
- 2 - lentils & sauce mix (I usually do 6-8 times, twice)
- 3 - cheeses, mixed

\*End up with a cheese layer on top.

Bake 375° for ~35-40 min - should be bubbling. Try for doneness - use square spatula to cut + serve. (like Pampered Chef small spatula)



This was a favorite  
of mine & your cousin  
Dave's — not Uncle  
Dicks.

We made it to bring  
to the Homeless shelter & I  
always made <sup>another</sup> 1/2 of it for  
me or a church friend!

Note with lentil dish!

# recipe Cheese Ball (SURPRISE is <sup>crushed</sup> pineapple)

From Aunt Donna from a church lady friend! Serves 16-24

Prep/Cooking time 30 min Preheat oven to \_\_\_\_\_

- 2 pkgs softened cream cheese
- \* - 1 large can crushed pineapple, drained (<sup>\* use the juice to</sup> reconstituted dried
- 1 Tbsp onion finely chopped - can <sup>chopped onions</sup>  
<sub>use dried onions but ↑</sub>
- 1 Tbsp. finely chopped green pepper
- 2 cups chopped nuts - pecans, walnuts or peanuts  
<sub>↳ divided</sub>

Mix all <sup>1st 4</sup> ingredients above with only 1 cup of chopped nuts, & form into a ball or log shape. Chill until firm, then roll in remaining 1 cup nuts. Serve with crackers





- ① Preheat oven to ~~375~~ 375. Grease 2 baking sheets. (Pam spray or olive oil)  
 Cook broccoli by pkg directions, or use leftover cooked broccoli.
  - ② Medium skillet, low heat, heat oil. Add garlic, saute 2 min.  
 Add broccoli, cook ~ 3 min until moisture has evaporated.  
 Remove from heat, cool slightly.
  - ③ Medium bowl, combine above broccoli mixture, mozzarella & Parmesan cheeses, roasted peppers, oregano, salt + pepper; mix well.
  - ④ On lightly floured surface, divide thawed dough into 8 pieces; roll out each piece to be 6 inch circle. Spoon equal parts broccoli mixture into each circle. Fold dough over filling to form a half-circle. Press edges with fork to seal; prick a few holes in pocket tops.
  - ⑤ Place pockets on prepared (greased) baking sheets.  
 Bake until golden, ~ 25 min.  
 Serve immediately.
- Prep time: 20 min  
 Bake time: 25 min

I double this recipe for company

# Recipe Strassbourg Potatoes

great side dish for any beef dish

From Aunt Donna Knisely Serves 4-6

Cooking time 30 min <sup>-uncovered</sup> Preheat oven to 350°

- 1 medium minced onion ① Cook for 5 min.
- 1/4 cup butter

- ② Add/blend into above:
- 2 Tbsp flour
  - 1/2 tsp. salt - 1/2 tsp pepper
  - 1 cup sour cream
  - 3 pieces cooked, crumbled bacon

③ Pour sauce over - 6 medium cooked + diced potatoes - in casserole pan.

④ Sprinkle with bread crumbs + grated cheese (parmesan or cheddar) →





Recipe "Birthday" cake over

From Flanna

Serves \_\_\_\_\_

Cooking time 30-35 Preheat oven to 350°

1 1/2 sticks soft butter (2/3 c) 1 tsp salt

1 3/4 c sugar 1 1/4 c milk

2 eggs (1/3 - 1/2 c)

1 1/2 tsp. vanilla

3 c sifted cake flour

2 1/2 tsp. baking powder

Grease + flour 2 8" pans or 1 8x16 oblong

Cream until fluffy: butter, sugar, eggs, vanilla

Beat 5 min high speed on mixer

Sift dry ingredients. Add alternately with milk

Pour into pans, Bake 30-35 min (low speed)

Pennuche Filling.

Melt 1/2 c butter in sauce pan. Add 1 packed c  
brown sugar. Boil + stir over low heat 2 min.

Add 1/4 c milk. Bring to a boil, stirring  
constantly. Cool to lukewarm (120°)

Add 1 3/4 - 2 c sifted confectionary sugar, stirring  
until thick enough to spread on bottom  
layer. Sprinkle w/nuts (chopped) if desired.

White Frosting.

1/2 c sugar

2 T water

1/4 c light corn syrup

2-3 egg whites (1/4 c)

1 tsp vanilla

Mix in sauce pan: sugar, water syrup. Bring to  
a rolling boil, cook to 242° or a 6-8" thread

## White Frosting (cont)

Just before syrup is ready, beat egg whites until stiff enough to hold a point. Pour hot syrup very slowly into thin stream into beaten whites. Beat until it holds peaks. Blend in vanilla.

Put thin layer of frosting on top of panna cotta filling, then place top layer on cake. Frost with white frosting.



# recipe Aunt Magi Brownies

From Florence Wall

Serves ~~25~~ <sup>30</sup>

Cooking time 30 min.

Preheat oven to 350°

1 1/2 C sifted flour

1 teas. baking powder

1/4 teas. salt

4 eggs baking choc

2 C sugar

4 eggs, well beaten

1 C chopped pecans

1/2 teas. vanilla

1 C shortening  
butter

Melt butter with chocolate. Cool  
Beat sugar into eggs. Sift flour with  
baking powder + salt. Add choc mixture  
to eggs. Add sifted

Water will keep it spreadable if needed

ingredients, nuts + vanilla + mix well  
bake in greased 8x16 pan (or equivalent) in  
a moderate oven (350) about 25-30 minutes  
Cool + sprinkle w/ powdered sugar. Cut in squares

Chocolate Fudge Frosting if desired:

2 C sugar

2/3 C milk

2 eggs, chocolate or

1/2 C cocoa

1/2 teas. salt

2 T white corn syrup

1 teas. vanilla

2 T butter

Put 1st 5 ingredients into a sauce pan. Stir  
Boil to soft boil stage (234 F) Remove from fire, add  
butter + allow to cool (put on hand to test) Add vanilla +  
beat to lose gloss. Spread on cake. a little boiling

Recipe Hot Shrimp Dip as soup:  
in small cups

From \_\_\_\_\_ Serves 8-10

Cooking time \_\_\_\_\_ Preheat oven to chop

Saute  $1\frac{1}{2}$  C green onions (about 1 bunch)  
in  $1\frac{1}{2}$  sticks of butter in top of  
double boiler

Add 2 large blocks of Philadelphia cream  
cheese. Stir until melted.

Add 2 cans shrimp (flat cans 4.25 oz)

Chop up as much as possible

Season with red pepper + a dash of  
Worcestershire. Serve hot (over)

This makes an excellent soup with the  
addition of 2 C milk. Serves 12 in  
demi-tasse cups.



## RECIPE EGG NOG

from Flanna

serves 25

cooking time \_\_\_\_\_

preheat oven to \_\_\_\_\_

6 eggs (separated)

3/4 C sugar

2 pints whipping cream (4 small cartons)

2 C Bourbon

nutmeg.

2 oz Rum

In medium bowl, place egg yolks.  
In small bowl, place whites. Warm to  
room temperature.

Beat whites until stiff, adding 1/4 C  
sugar. Beat yolks, adding 1/4 C sugar, then  
Bourbon + Rum very slowly. Whip cream.

adding last 1/4 C sugar

Fold all together into serving bowl

Sprinkle with nutmeg.





# Tiramisu

- 1 cup cold water
- 1 (14 oz) can fat free sweetened condensed milk
- 1 (1.4 oz) package sugar free vanilla instant pudding
- 1 (8 oz) block 1/3 less fat cream cheese, softened
- 1 (8 oz) tub frozen reduced calorie whipped topping (Cool Whip) <sup>or thawed</sup>
- 1 cup hot water
- 1 tea Sanka instant coffee granules
- 1/2 cup Kahlua (coffee-flavored liqueur)
- 3 Tab. unsweetened cocoa divided   
 Sprinkle over with small strainer
- Two angel food blocks. Split block into thirds lengthwise and then cut 16 "fingers."



*Kandy Wilson*



# RECIPE: Tiramisu

From the kitchen of: Rita Kriseh  
(from church potluck with Donna Kriseh in VA)

- Combine 1st 3 ingredients and stir well with a whisk. Cover surface with plastic wrap and chill 30 minutes until firm.
- Add softened cream cheese. Beat with mixer at medium speed until well-blended. Gently fold in whipped topping with a spatula.
- Combine hot water, instant coffee + Kahlua.
- Arrange 16 angel food fingers in a trifle bowl. Drizzle with 1/2 cup Kahlua mixture. Spread 1/3 of pudding mixture with 1 Tab cocoa. Repeat layers. Cover and chill at least 8 hours.



... and serve with love!

*Kandy Wilson*



## Recipe Chicken Kabobs

From Rita Kruseh Serves 6-8  
Cooking time 20-25 mins Preheat oven to Grill on skewers <sup>metal</sup> (12?)

2 lbs. chicken breasts cut in 1 inch cubes

Put in large ziplock bag and marinate no longer than 6 hrs.

3/4 cup vegetable oil (Crisco)

1/3 cup soy sauce (lite)

1/4 cup red wine vinegar

1/4 cup lemon juice

2 Tab. worcheshore sauce

2 tea. ground powdered mustard

1 tea. pepper

1 tea. dried parsley

Cut into large chunks:

2 red or green peppers

2 large vidalia onions

1 fresh pineapple

Put chicken chunks  
pepper, onion, pineapple  
on skewers. Discard  
marinade.

Light charcoal in a chimney with a sheet of newspaper underneath. When charcoal starts to turn gray (about 20 minutes) put on the bottom rack of the grill in one even layer. Have bottom vent open halfway and vent on lid open halfway. Put skewers on top rack and cover. Grill for at least 20 minutes checking and turning skewers every 5 minutes to avoid burning. When chicken is no longer pink, it's ready to eat. I pull everything off the skewers and serve in a large bowl. Any leftovers are great the next day!

Great for Memorial Day, 4th of July, Labor Day cookouts



## Recipe: Lasagna

from: Rita Knisely

serves: 12

Brown:

1 lb. lean ground hamburger

2 tsp. minced onion

1/4 tsp. garlic powder

Add:

2 small cans Contadina brand tomato sauce

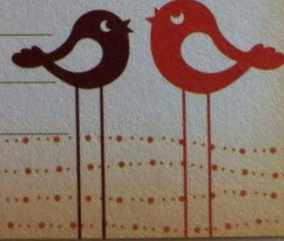
1 small can Contadina brand tomato paste

1 tsp. oregano, dried > Spice Island or McCormicks

1 tsp. basil, dried

Simmer while 9 lasagna noodles

cook in boiling water.



Mix together:

32 oz. small curd cottage cheese

1 Tab. dried parsley

1 cup Kraft brand parmesan cheese

1 egg

In a 13x9 3quart Pyrex rectangular glass pan layer:

1/2 of meat sauce, 3 noodles, half of cheese mixture,

3 noodles, rest of cheese mixture, rest of meat sauce,

3 noodles and...

4 cups shredded mozzarella cheese.

Bake at 375° uncovered for 30 minutes

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Original recipe from Sara Knisely. Also found in Beloit Daily News Cookbook submitted by Beth Brusberg, FAE teacher Beloit Turner



## recipe Christmas Slushes

From Rita Knisely Serves \_\_\_\_\_

Cooking time \_\_\_\_\_ Preheat oven to \_\_\_\_\_

### Brandy Slush

Boil and then cool:

7 cups water

2 cups sugar

Add:

12 oz. frozen lemonade concentrate

12 oz. frozen orange juice concentrate

2 cups brandy

Freeze 1 to 2 days. Scoop into glass with 7up.

### Non-Alcoholic Fruit Slush

Heat until sugar is dissolved:

1 large can pineapple juice (#5) 46 oz.

5 cups water

4 cups sugar

Add:

6 oz. lemonade frozen concentrate

12 oz. orange juice frozen concentrate

Freeze. It may take a couple of days to freeze well.  
Put a scoop into a small glass with 7up, a  
straw, and a cherry.

Serve while playing Michigan Rummy!

## Hash Brown Egg Casserole

**Recipe** THE STAY OVERNIGHT BREAKFAST

From Rita Knisely (Sandy's Favorite) Serves 8

Cooking time 50-55 min Preheat oven to 350°

\*use 1/2 of this bag

\*Ore Ida 32 oz. frozen shredded hash browns

1 cup shredded cheddar cheese

2 Tab. parmesan cheese

5 large eggs

1/2 cup plus 2 Tab. milk

1/2 cup sour cream

1/2 tsp. salt

scant 1/4 tsp pepper

1/2 tsp. dry ground mustard (spice)



Mix potatoes (thaw in microwave a few seconds if big clump) and cheeses. Put in a PAM sprayed 8x8 inch square glass casserole dish. Mix the rest of the ingredients and pour over the top. Bake uncovered 35-40 minutes.

Then top with:

1 cup crushed cornflake crumbs

1/4-1/2 cup melted butter (enough to moisten crumbs)

Return to oven for 10-15 minutes longer or until knife inserted in middle comes out clean.

Serve with bacon or sausage links, toast, fresh fruit, orange juice, and COFFEE!



## Recipe Spicy cabbage

From Casey via Kelly's Jamaican Food in Athens, GA Serves 2-3+

Cooking time \_\_\_\_\_ Preheat oven to \_\_\_\_\_

2 T oil

1 small onion - sliced thin

5 T brown sugar

4 garlic cloves

1 jalapeño - sliced thin

1/2 t ginger

1 T dijon mustard

1 t white vinegar

1 t chili powder

nutmeg, cinnamon, salt, pepper

1 cabbage - sliced in 1/2 inch wide pieces + chopped

Add these to large skillet or saucisson (one that has a cover) and briefly sauté.

Add these next.

→ Add cabbage last. Cover and simmer 5 minutes.

Stir and simmer until finished.

Goes well with spicy rice, black beans, macaroni.... any sides you'd find at a Jamaican restaurant!

## Recipe: Lentil Soup

From The Kitchen Of: Casey via Martina Voul <sup>← actual Greek</sup> Serves: 2

- |  |  |
|--|--|
| 1 c lentils                              | - Cover lentils with ample water. Bring to a |
| 2 T olive oil                            | boil then simmer 10 min.                     |
| 1 onion                                  | - Finely dice the onion, carrot, garlic and  |
| 1 carrot                                 | sauté these in olive oil.                    |
| 1-2 garlic cloves                        | - Pour out some water, add up to 4c of       |
| 4 c broth or water                       | fresh water or broth. Add veggies.           |
| 1 T tomato paste                         | - Add tomato paste, bay leaf, spices.        |
| 1 bay leaf                               | Simmer about 25 minutes or until lentils     |
| oregano, rosemary, cayenne, salt, pepper | are ready.                                   |

serve w/ salad ↘

## Greek Salad

- 2-4 roma tomatoes
- 1-2 cucumbers
- few thin slices red onion
- olives (kalamata)
- feta
- oregano
- salt, pepper
- olive oil

Chop tomatoes/cucumber (not too small)

Combine everything in a bowl, best to cover and refrigerate for a few hours before eating.

Goes well w/ bread!

See [www.artisambreadinfive.com](http://www.artisambreadinfive.com) for fairly easy homemade bread.



## RECIPE Pad Thai (Montana style)

from Casey via a crazy person's blog

serves 2-3

cooking time \_\_\_\_\_

preheat oven to \_\_\_\_\_

1/2 c chopped peanuts

- Heat ginger, jalapeño, garlic, and most of the green onions in large skillet.

4 sliced green onions

~~1/2~~ 1/4 lb thin sliced ginger

- Reduce heat to low and add coconut milk, salt, sugar, lime, peanut butter.

1/2 chopped jalapeño

- Add/toss with noodles and chicken.

1 diced garlic clove

1-2 chicken breasts, cooked & chopped

- Serve with peanuts, sprouts, and green onions, and maybe Sriracha sauce.

fettuccine noodles or other wide noodles, cooked

3/4 can coconut milk

1/2 t salt, 2 T sugar, 2 T lime juice

1/4 cup peanut butter SERVE w/ sprouts

## Recipe Chicken and lime soup

From Casey via the internet

Serves 2+ leftovers

Cooking time \_\_\_\_\_ Preheat oven to \_\_\_\_\_

2 chicken breasts • Boil the chicken in water until cooked,  
5-10 c chicken broth then set aside the chicken.

1 onion • Dice onion, celery, jalapeño, garlic.

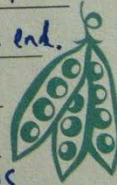
2-4 stalks celery • Shred the chicken with a fork.

1 jalapeño • Add everything except lime to pot and  
2 garlic cloves simmer until ready. Add lime at the end.

1 can diced tomatoes w/ chiles

1 t oregano, 1/2 T cumin, 1 bay leaf

2 T lime juice SERVE w/ avocado, grated cheese, tortilla chips





Recipe: Crab Salad

From The Kitchen of: Casey

Serves: 6-8

1/2 bottle of ranch dressing

8oz. of shredded cheddar cheese

1 box of noodles

1 pkg. of frozen artificial crab meat

① cook noodles

② let noodles cool.

③ defrost crab meat & shred into smaller pieces.

④ mix all ingredients.

Recipe Texas Carnian

From Judy Shadewald Serves \_\_\_\_\_

Cooking time \_\_\_\_\_ Preheat oven to \_\_\_\_\_

1 can Black Beans

1 can Pinto Beans

1 can Black Eyed Peas

1 can Shoe peg (or whole) corn

chop

1 green Pepper

1 red Pepper

1 jalapeno, seeded pepper

over

drain

Dressing

1/2 cup cedar vinegar

1/2 cup vegetable oil

1/2 cup sugar

mid  
well

Mix all three items, beans,  
chopped peppers and dressing.  
Refrigerate until served with  
chips



Recipe Baking Powder Biscuits

From Judy Shadewald Serves \_\_\_\_\_

Cooking time 15-20 Preheat oven to 350  
min or until golden color

2 cups flour

1/2 cup Crisco + Butter 1/2 + 1/2

2 T. Sugar

2 teas Baking Powder

1 teas salt

3/4 Cup Buttermilk

take first 3 ingredients and



cut together with a pastry blender  
or fork. Add remaining items.  
Roll on a floured surface and  
cut with a biscuit cutter. Bake  
until golden color



recipe Cranberry Walnut Pie

From Judy Shadewald Serves 8

Cooking time 40 min Preheat oven to 350 Preheat

2 cups cranberries

1/2 cup chopped walnuts

1/4 cup sugar, divided

1 cup flour

2 large eggs

1/4 teas salt

1/2 to 1 teas almond extract

spread cranberries + walnuts

on bottom of a large pie plate

sprinkle with 1/4 cup sugar

over

which flour + salt in a large  
bowl. Beat in melted butter.  
Add eggs one at a time. Add almond  
extract and beat until smooth.  
Pour batter on top of cranberry mixture  
and bake 40 min OR until top  
is puffed and begins to turn a  
golden color



Recipe: cherry cheesecake

From The Kitchen Of: Judy Shadewald Serves: 8

1 graham cracker crust

1/2 cup sugar

8oz Cream cheese @ room temp

9oz Cool whip

1 teas almond flavoring

Beat sugar, cream cheese and almond flavoring. Fold in Cool whip and put in the crust.

Top with a can of cherry Pie

a.v.e.r

filling OR any flavor Pie filling  
such as blueberry, raspberry  
or strawberry.



RECIPE Molasses Cookies from Aunt

from Judy Shadewald serves Anna

cooking time 15 min preheat oven to 350

3/4 cup lard

1 cup sugar

1/4 cup molasses

1 egg

2 cups flour

2 teas soda

1/2 teas ginger

1/2 teas cloves

1 teas cinnamon

1/2 teas salt

Cream lard, sugar, egg, spices and salt and molasses. Add flour. Mixture will be stiff. Roll into balls the size of a small walnut. Flatten with the bottom of a glass dipped in sugar. Bake



## Recipes from Pastor Dennis Pingel

### Easy and Delicious Chili

Fry one pound of hamburger with one large yellow onion chopped up. When finished frying, add one package of Durke's Original Chili Mix. Then add one large can tomato juice and one large can of stewed tomatoes (chopped up). Add one large can of Brooks Hot chili beans and stir all of this together and bring to a slow boil. Turn down temperature to LOW. Let simmer for about 30 minutes, stirring every five minutes or so to keep from sticking to pan. Enjoy!

### Easy tacos

One pound of hamburger fried with one large onion chopped up. Drain off any grease and then add one package of taco mix and. About one cup of salsa (any brand will do), and mix in one large can of refried beans. Warm tostada or taco shells in oven at 200 degrees for about 3 minutes and then turn off oven. Take out two shells, spoon on the mixture, add some shredded lettuce, diced tomatoes, onions, and taco sauce. If you want a few more, go at it! Enjoy

### Easy Stew

1 ½ pounds of stew meat cut into bite size pieces  
2 t. salt  
1 t. pepper  
2 stalks of celery sliced into 1 inch pieces  
4 carrots cut into 1 inch pieces  
2 onions cut up  
1 can tomato soup mixed together with ½ can of water  
3 potatoes peeled and cubed  
1 t. dry sweet basil

Place beef (don't brown) in 5 quart crock pot. Sprinkle with salt, sweet basil, and black pepper. Top it off with celery, carrots, and onions. Combine soup and water and pour over meat and vegetables. Cover and cook at 300 degrees for 3 hours. Add potatoes and cook 45 minutes longer.

## Kielbasa Cabbage Soup

### Ingredients

- 1 small head cabbage, coarsely chopped
- 1 medium onion, chopped
- 4 to 6 garlic cloves, minced
- 2 tablespoons olive oil
- 4 cups water
- 4 tablespoons cider vinegar
- 1 to 2 tablespoons brown sugar
- 1 pound smoked kielbasa *or* Polish sausage, halved, cut into 1/2-inch pieces
- 4 medium potatoes, peeled and cubed
- 3 large carrots, chopped
- 1 teaspoon caraway seeds
- 1/2 teaspoon pepper

### Directions

- In a Dutch oven or soup kettle, saute the cabbage, onion and garlic in oil for 5 minutes or until tender. Combine the water, vinegar and brown sugar; add to cabbage mixture. Stir in remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 60-70 minutes or until vegetables are tender



### Chimichangas

1 large can refried beans

1 pint of Salsa (you will use one half of it for chimichangas)

1 package of Taco mix

1 medium sweet onion

1 pint of lite sour cream

1 bottle of Ortega taco sauce (medium heat)

1 pound of hamburger

1 package of 10 tortilla flour shells.

1 package of shredded Mexican or cheddar cheese

Fry the hamburger with chopped up onion

When hamburger is done, add taco mix with  $\frac{3}{4}$  cup water and stir it in

Put large can refried beans in mixing bowl and add  $\frac{1}{2}$  pint of salsa

Pour the hamburger mixture over the refried beans and mix together well.

Place mixture into refrigerator for at least 2 hours to cool it down.

Place 12 inch frying pan on range with enough oil to cover the bottom.

If you use an electric range, fry chimichangas on # 7.

Scoop three good sized spoons of mixture across one end of the tortilla shell and cover it with shredded cheese and chopped up onion if you wish. Roll up the shell and carefully lay three or four chimichangas in the large pan with oil and fry them. After two minutes, turn them over with spatula and fry other side. Check on the second batch and turn them over when they begin to turn light brown. When they are golden brown they are done. If you are making several batches, you will want to microwave the batches for about 45 seconds to make sure they are hot before serving.

Place them on plate, spread sour cream over them, pour taco sauce on them and enjoy!

### **New England Boiled Dinner**

4 pounds smoked pork butt or

2 smoked pork shanks (smoked pork butt is better)

6 carrots, quartered

1 large rutabaga (cubed)

8 small onions cut in quarters<sup>9</sup> (or a bag of frozen pearl Onions)

6 potatoes, quartered

1 small head cabbage cut into 16 piece wedges

Cover meat with 4 inches cold water; bring to a boil.

Reduce heat; simmer very slowly 2 hours.

Remove meat.

Bring stock to a boil; add carrots, rutabaga, and onions; and cook another 15 minutes.

Add potatoes and cook another 15 minutes.

Add cabbage; cook 15 to 20 minutes.

Add meat cut into one inch pieces. Heat.

Serve in soup bowls.

If you invite another family over, double the quantity listed above.

(Smoked pork butt is just a smoked pork shoulder roast.)



## HEARTY BEAN CASSEROLE

1 pack of diced bacon (use bacon from store that is already cooked) or you can buy a bag of precooked bacon bits.  
1 pound ground beef  
1/2 cup chopped onion  
1 can (28 oz) baked beans  
1 can (16 oz) kidney beans, (drained)  
1 can (16 oz) chili beans  
1 can (16 oz) lima beans, (drained)  
1/2 cup catsup  
2 Tbl. brown sugar  
1 Tbl. yellow mustard  
1/2 tsp. salt

1 Tblsp white vinegar  
2 cloves minced garlic (I use minced garlic from a jar--1 tsp)

In skillet, brown chopped onion and meat in skillet, set aside. In an ungreased three quart casserole, combine baked beans, kidney beans, chili beans, and lima beans.

Mix in catsup, brown sugar, mustard, salt, vinegar and garlic. Add bacon and ground beef mixture.

Since I go to a lot of pot lucks, after I brown all the meat and cook onions everything is "cooked" and you just need to heat and blend flavors, I pour the whole works in my slow pot on low and let it cook for several hours and take it in that container and plug it in when I get to my meeting. I also use the beans I like including Hot chili beans as the rest take the "hot" out but flavor in.

If you double the recipe, you will need a 5 quart casserole or crock pot.

### Vegetable Beef Soup: (My recipe)

- 1 Tablespoons of canola or vegetable oil
  - ✓ 1 2-3lb Chuck Roast cut into small cubes fat removed
  - 2 large cans of Swansons Beef Broth
  - 12 cups of water
  - 1 jar **BETTER THAN BOUILLON** vegetable base
  - ✓ 2 large cans diced tomatoes (not gallon size)
  - 1 small jar of beef bouillon granules (1/3 jar)
  - 2 large onions diced
  - ✓ 4-5 bags frozen vegetables for soup (with okra in it)
  - ✓ 1 medium head cabbage shredded and cut into 2" long pieces
- Salt and pepper to taste (start with a tsp of each for this quantity)

Heat canola or vegetable oil in stock pot

Add beef and brown off. Add beef broth, veg. base, stewed tomatoes, 2 TBLs beef bouillon granules, 10 - 12 cups of water, and diced onions. Bring to boil. Add 4 bags of frozen vegetables for soup with okra. Bring back to boil, add shredded cabbage to soup. After boiling for 10 minutes, reduce heat and let simmer till meat, veggies, and cabbage are tender.