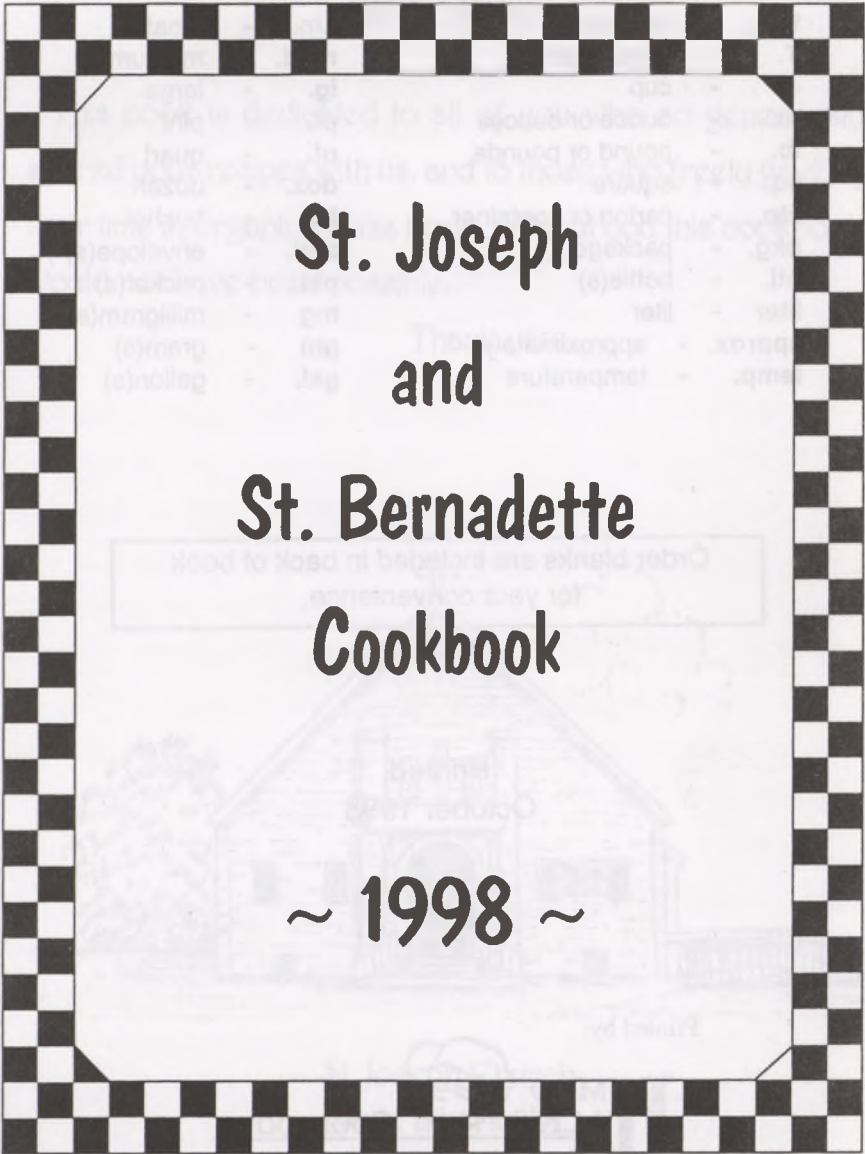


St. Joseph  
and  
St. Bernadette  
Cookbook

~ 1998 ~

A decorative border with a black and white checkerboard pattern surrounds the central text. The border is composed of small squares, with the corners of the inner text area cut off at a 45-degree angle.

**St. Joseph  
and  
St. Bernadette  
Cookbook**

A faint, light-colored illustration of a house with a gabled roof and a chimney, positioned behind the year text.

**~ 1998 ~**


# Our Standard Abbreviations

<b>tsp.</b>	-	teaspoon	<b>sm.</b>	-	small
<b>T.</b>	-	tablespoon	<b>med.</b>	-	medium
<b>c.</b>	-	cup	<b>lg.</b>	-	large
<b>oz.</b>	-	ounce or ounces	<b>pt.</b>	-	pint
<b>lb.</b>	-	pound or pounds	<b>qt.</b>	-	quart
<b>sq.</b>	-	square	<b>doz.</b>	-	dozen
<b>ctn.</b>	-	carton or container	<b>bu.</b>	-	bushel
<b>pkg.</b>	-	package(s)	<b>env.</b>	-	envelope(s)
<b>btl.</b>	-	bottle(s)	<b>pkt.</b>	-	packet(s)
<b>liter</b>	-	liter	<b>mg</b>	-	milligram(s)
<b>approx.</b>	-	approximately	<b>gm</b>	-	gram(s)
<b>temp.</b>	-	temperature	<b>gal.</b>	-	gallon(s)

Order blanks are included in back of book  
for your convenience.

Printed  
October 1998

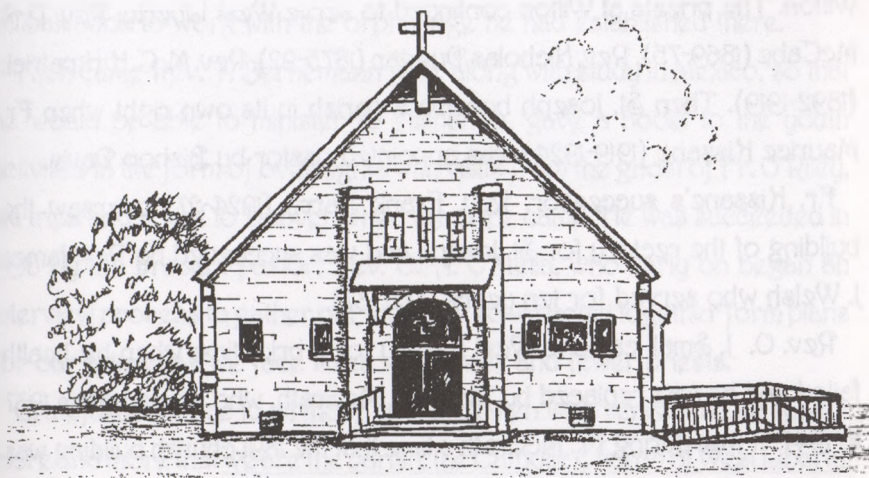
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## Dedication

This book is dedicated to all of you who so generously shared your recipes with us, and to those who freely gave of their time in organizing this book. Without you this cookbook would not have been possible.

Thank you



St. Joseph Church  
West Liberty, IA

## St. Joseph Church History

The early history of St. Joseph finds a few Catholic settlers in and around West Liberty from 1858 to 1860 who were attended at intervals by missionary priests from Dubuque during the episcopate of Bishop Loras. Davenport did not become a diocese till 1881, so at that time all of Iowa was the Diocese of Dubuque.

In 1860 (while the Civil War was beginning) Fr. Emonds of Iowa City advised a few locals to build a church. The first church was erected in 1862 and continued to serve the Catholic community till 1891 when a larger structure was built. From 1863 to 1865 Rev. P. Shannahan served West Liberty, Wilton, Tipton, Irish Valley, Nolan Settlement and Nichols Station.

With Rev. J. J. Quigley (1865-69) a priest residence was established in Wilton. The priests at Wilton continued to serve West Liberty: Rev. P. A. McCabe (1869-75), Rev. Nicholas Duggan (1875-92), Rev. M. C. Kirkpatrick (1892-1919). Then St. Joseph became a parish in its own right when Fr. Maurice Kissanz (1919-1924) was appointed pastor by Bishop Davis.

Fr. Kissanz's successor, Rev. Frank Barry (1924-27) oversaw the building of the rectory for St. Joseph and was succeeded by Rev. James J. Welsh who served for ten years (1927-37).

Rev. O. J. Small came to West Liberty for a brief time when his health failed and he was replaced by Rev. R. J. McGrath, who served from 1937 to 1947. It was during Fr. McGrath's time that the 1891 church building was destroyed by fire on Feb. 23, 1946. The building and its contents were a complete loss, since the blaze was so fierce, it did not allow the firemen near enough to quell it. The church had just been cleared of debt, and the estimate of the loss at that time was about \$25,000. Church services were

held at the Strand Theater, the high school, or neighboring churches. Then a Quonset hut was put up on the property till a new church could be built.

Msgr. B. J. Barnes became pastor in 1947 and oversaw the building of the present St. Joseph Church building. It was dedicated on September 17, 1950, and Msgr. Barnes continued to serve the community till 1961.

After Msgr. Barnes, the parish was served by: Rev. J. J. Fath (1961-68), Rev. E. J. O'Hair (1968-76), Rev. Charles Mann (1976-80), and Rev. John Morrissey (1980-87). In 1987 Rev. L. M. Colonnese became pastor. Since he was fluent in Spanish, he was able to include in the parish the hispanic population formerly served from Guadalupe Mission in Muscatine. Now the Hispanics were represented on the council and began to be more involved in parish life. Fr. Colonnese served till 1992 when he returned to El Salvador to work with the orphanage he had established there.

Then came Rev. T. Bernemann who, along with study in Mexico, so that he would be able to minister to Hispanics, gave a boost to the youth activities in the form of overnights with visits from the ghost of Fr. O'Riley, ski trips and a visit to Denver when the pope came. He was succeeded in 1996 by the present pastor, Rev. E. A. O'Melia, who early on began an interview process to gather our thoughts so we could together form plans for our future, as we face times with fewer and fewer priests.

Grateful as we are to all those ordained men who served us, we realize more and more that we are the parish, the Catholic Church of West Liberty. Our prayer, then, is that we will find ever more creative and effective ways to be that Catholic people of God and do church in the new circumstances that meet us. We trust God will be with us and with you.



St. Bernadette Church  
West Branch, Ia

## St. Bernadette's History

St. Bernadette's parish has come a long way since its beginning as a suggestion made by a West Branch Catholic Women's Study Club in 1955. It was a busy four years for Msgr. Conway, Fr. Robert Welch and 48 families of the West Branch area, who with the approval and encouragement of Bishop Ralph Hayes, worked toward the establishment of our present parish. On February 26, 1956, Holy Mass began to be celebrated in the West Branch Municipal Hall.

A fund raising campaign was undertaken. Ray and Gladys VerDeppo donated the property on which the church now stands. Donations came to the fund from many sources, well wishers from the other West Branch Churches and people from outside the parish.

Construction on the Church began August, 1959. Wayne Paulson of West Branch was the architect, and Clarence Crew, also of West Branch was the builder. The total cost was over \$70,000. The Stations of the Cross and the Altar Crucifix were designed and executed by Fr. Catich of our diocese who was acknowledged worldwide as an artist of great talent. The first Mass in the Church took place August 14, 1960; the formal dedication and Mass offered by Bishop Ralph Hayes and the entire congregation, on October 30, 1960.

In 1974 the parish celebrated a Mass of Thanksgiving and the burning of the mortgage. The church bell from St. Mary's at Morse was installed at the entrance to St. Bernadette's during the summer of 1983.

The present parish is a vital, active congregation of 165 families who worshipped in close community with St. Bridget's Church in Nolan Settlement until its closing in 1996. Since that time Fr. Ed O'Melia has served both St. Joseph and St. Bernadette parishes.

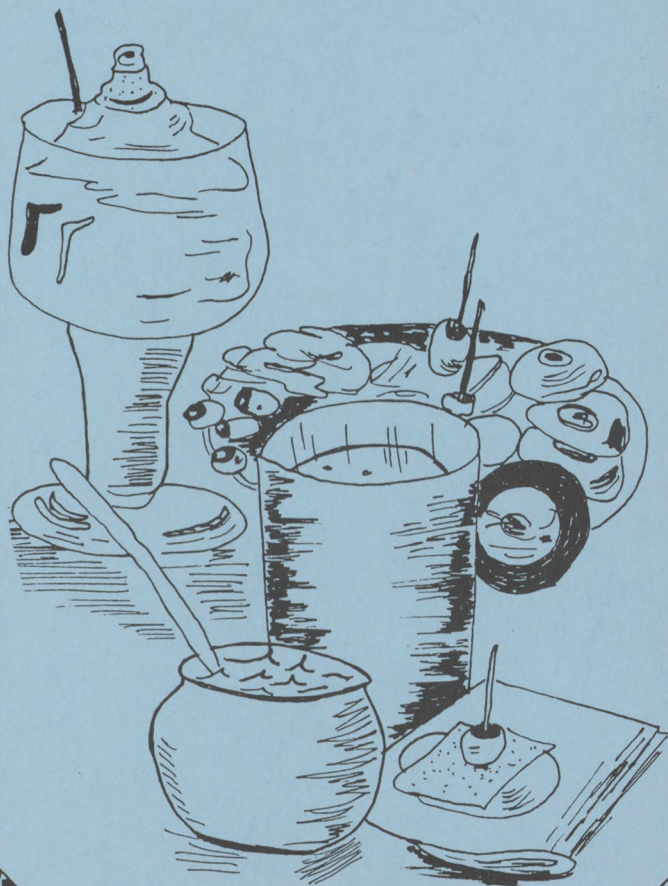


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# Appetizers & Beverages



# Appetizers & Beverages

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# Appetizers & Beverages

## California Fresh Vegetable Dip

1 pt. sour cream  
1 1/2 c. mayonnaise  
3 T. fresh onion  
2 tsp. parsley flakes

Barb Ciha

2 tsp. dill weed  
2 tsp. Beau Monde seasoning  
(Spice Islands)

Combine and serve with fresh vegetables.

## Caramel Apple Dip

8 oz. cream cheese  
3/4 c. brown sugar

Jodi Simon

1/4 c. white sugar  
1 tsp. vanilla

Sliced apples

Soften cream cheese. Mix all ingredients with mixer or blender. Dip slices of apple in and enjoy!

## Caramel Chex Mix

1 lb. margarine  
4 c. brown sugar  
1 c. white Karo syrup  
1 tsp. salt

Laura Hermanson

2 tsp. vanilla  
2 boxes Chex cereal  
2 c. raisins  
2 c. nuts

Boil caramel mixture for 5 minutes. Add vanilla. Pour over cereal, raisins and nuts. Bake in 200° oven for 1 hour; stir every 15 minutes.

## Caramel Rice Chex

1 (12 oz.) box Rice Chex  
1/2 c. oleo  
1 c. packed brown sugar

Josie Garcia

1/2 c. white Karo syrup  
1/2 tsp. salt

In microwave, put all ingredients in bowl except Rice Chex, cooking on HIGH 8 minutes, stirring every 2 minutes. Remove and add 1 teaspoon baking soda and 1 teaspoon vanilla. Put Rice Chex in paper sack. Pour mixture over Chex; stir. Cook 1 1/2 minutes; stir. Cook 1 1/2 minutes; stir. Then cook 1 minute. Spread to cool on cookie sheet.

## Cheese and Spinach Pies

Leta Mae Christensen

<b>CHEESE MIXTURE:</b>	<b>1 1/2 c. Feta cheese, crumbled</b>
<b>1 lb. frozen filo dough, defrosted according to pkg. directions</b>	<b>(1/2 lb.)</b>
<b>3 T. butter, melted</b>	<b>1 lg. egg, lightly beaten</b>
<b>1 c. cottage cheese</b>	<b>1 tsp. thyme</b>
	<b>1/4 tsp. nutmeg, grated</b>
	<b>1/2 tsp. freshly-grated black pepper</b>

Take 1 sheet of filo dough and lay it on a cutting board and spread it lightly with melted butter. Continue until you have 3 sheets of dough stacked together. Cut the pastry into 4 or 5 strips. Place 1 to 2 tablespoons of the cheese mixture near the bottom of the pastry strip and bring the bottom corner up to form a triangle. Continue rolling up the pastry (as if one were folding the U.S. flag) until the end is reached. Repeat this process with the filo dough and the filling until the ingredients are gone and it is all completed.

Brush the pastries with a little melted butter and place on a baking sheet. Bake in 375° oven for 15 to 20 minutes until golden brown. Smaller ones will cook slightly faster. Remove to a cooling rack. Store lightly covered with foil or waxed paper, but try to avoid plastic as it will cause the pastry to get soggy. They can be gently reheated before serving, if desired. Also, they can be made up ahead, kept in the refrigerator unbaked, and cooked just before serving.

**Variation:** Add some cooked spinach to some of the reserved cheese mixture. About 1 pound freshly-cooked or 10 ounces frozen spinach added to 1/2 cup of the cheese mixture along with another egg will work nicely. The measurements don't have to be exact.

**Note:** Filo dough is available in most supermarkets in the frozen section. It is a very thin delicate pastry which when lightly brushed with butter and folded in layers is a lightly crispy pastry suitable for both sweet and savory items. To keep it from drying out once it is removed from its package, cover it with a slightly damp tea towel. This will keep it soft and pliable.

## Chocolate-Dipped Strawberries

Emily Jensen

<b>1 (6 oz.) pkg. chocolate chips</b>	<b>Approx. 2 doz. fresh strawberries</b>
<b>1 T. Crisco (not butter, margarine or oil)</b>	<b>with stems, rinsed &amp; patted dry</b>

Cover tray with waxed paper. In a 1-cup measuring cup, microwave chocolate chips and Crisco on HIGH for 1 to 1 1/2 minutes, or just until chips are melted and mixture is smooth when stirred. Cool slightly. Holding by top, dip 2/3 of each berry into chocolate mixture, shaking gently to remove excess. Place on prepared tray. Refrigerate until coating is firm, about 30 mixture. Store covered in refrigerator.

## Crispix Mix

Marie Jensen

**7 c. Crispix cereal**  
**3/4 c. brown sugar**

**1 c. cashews**  
**3/4 c. oleo**

Mix brown sugar and oleo. Boil 2 minutes, stirring constantly. Pour over Crispix and cashews and spread on a jellyroll pan. Bake at 350° for 6 minutes. Stir and bake 6 more minutes. Cool on brown paper.

## Delicious Dip

Priscilla Haessig

**1 c. sour cream (1/2 pt.)**  
**1 c. mayonnaise**  
**1 pkg. ranch dip\***  
**1 tsp. parsley**

**1 tsp. Lawry's salt**  
**1 tsp. dill weed**  
**1/2 tsp. Worcestershire sauce**  
**2 drops Tabasco sauce**

Mix well in bowl.

\*Onion dip may be substituted for the ranch dip.

## Deluxe Deviled Eggs

Rick Ferguson

**6 hard-boiled eggs**  
**2 tsp. prepared mustard**  
**1 1/2 tsp. Worcestershire sauce**  
**2 tsp. lemon juice**

**1/4 tsp. salt**  
**1/8 tsp. pepper**  
**1/4 c. mayonnaise**

Save egg whites. Mash yolks and mix well with rest of ingredients.

Add:

**1 (6 1/2 oz.) can flaked tuna**  
**or 1 (4 1/2 oz.) cans shrimp, chopped**  
**or 1/4 lb. crisp-cooked bacon**  
**(about 8 slices), crumbled**  
**or 1 (2 1/4 oz.) can deviled ham**  
**or 2/3 c. shredded sharp Cheddar**  
**cheese (add 2 T. to mayonnaise)**

Pile into egg white halves. Garnish with parsley or sprinkle with paprika. Yield: 12 halves.

## Fruit Dip

Arlieta M. Hamer

**1 (8 oz.) pkg. cream cheese**  
**3/4 c. brown sugar**

**1/4 c. white sugar**  
**1 tsp. vanilla flavoring (opt.)**

Mix all together and enjoy.

## Hanky Panks

Mary Heath

**1 lb. ground beef**  
**1 lb. Jimmy Dean sausage**  
**1 lb. Velveeta cheese**

**Garlic powder or garlic salt, to taste**  
**Little rye breads**

Brown beef and sausage in skillet. Add garlic to taste (depends how much you like garlic). Drain grease. Add Velveeta in chunks; melt. Spread evenly on rye breads. Broil in oven (broil setting), 3 to 5 minutes, until top browns. Serve hot. Enjoy. Yield: 1 to 2 loaves of little breads.

## Hot Chocolate Mix

Amanda Simon

**1 (8 qt.) box Carnation powdered milk**  
**1 (6 oz.) jar Coffee-mate**

**1 (1 lb.) box Hershey's instant chocolate**  
**1/2 c. powdered sugar**  
**Dash of salt**

Mix all ingredients together in a large bowl. Use 1/3 cup of mix per cup. Yield: 55 cups.

## Layered Mexican Dip

Donna Simpson

**First Layer:** 2 cans Frito Lay bean dip.

**Second Layer:** 3 medium avocados, mashed with salt and pepper and 2 teaspoons lemon juice, mixed well.

**Third Layer:** Mix together 1 cup sour cream, 1 package taco seasoning and 1/2 cup mayonnaise.

**Fourth Layer:** Top with shredded cheese, chopped tomato, sliced ripe olives and chopped onion.

## Microwave Caramel Corn

Jodi Simon

- |                                |                              |
|--------------------------------|------------------------------|
| <b>1/4 c. light corn syrup</b> | <b>1/4 tsp. baking soda</b>  |
| <b>1/2 c. brown sugar</b>      | <b>1 tsp. vanilla</b>        |
| <b>1/2 c. margarine</b>        | <b>2 1/2 qt. popped corn</b> |
| <b>1/2 tsp. salt</b>           |                              |

Combine syrup, brown sugar, margarine and salt. Cook at FULL POWER in microwave for 4 minutes, stirring twice (1 1/2, 1 1/2, 1). Add baking soda and vanilla. Place popped corn in large grocery bag (brown paper) and pour mixture over corn. Stir to coat evenly. Cook at FULL POWER for 1 1/2 minutes; shake. Cook 30 seconds; shake. Cook 30 seconds; shake. Cook 30 seconds. Pour onto waxed paper.

Quick to make and turns out crisp.

## Mushroom and Onion Quiche

Rick Ferguson

- |  |                                     |
|--|-------------------------------------|
| <b>1 (10") pie crust, prebaked</b>                       | <b>3 eggs</b>                       |
| <b>1 sm. onion, chopped</b>                              | <b>1 c. milk or cream</b>           |
| <b>1 tsp. butter or margarine</b>                        | <b>1/2 tsp. dry mustard</b>         |
| <b>1 (6 oz.) can mushrooms, sliced<br/>&amp; drained</b> | <b>2 T. dry sherry</b>              |
| <b>4 oz. Swiss cheese, grated</b>                        | <b>1/4 c. pimento slices (opt.)</b> |

Preheat oven to 375°. Prick bottom of pie crust and prebake for 10 minutes. Sauté onion in butter or margarine. Sprinkle sautéed onions, sliced mushrooms and cheese into pie crust. Mix remaining ingredients, except pimento, and pour over other ingredients in pie crust. Sprinkle top with pimento (if desired) and bake in preheated oven to 35 to 40 minutes or until an inserted knife comes out clean. Let cool for 15 minutes before slicing. Yield: 6 servings.

## Orange Julius Drink

Carolyn Reed

- |  |                         |
|--|-------------------------|
| <b>1 (6 oz.) can frozen orange juice</b> | <b>1/3 c. sugar</b>     |
| <b>1 c. water</b>                        | <b>1 tsp. vanilla</b>   |
| <b>1 c. milk</b>                         | <b>6 to 8 ice cubes</b> |

Combine all ingredients in a blender and blend. Makes 3 to 4 glasses of refreshing drink.

## Petits Choux

(Midget Puffs)

Rick Ferguson

1 c. water  
1/2 c. butter

1 c. sifted flour  
4 eggs

Heat oven to 400°. Heat water and butter to a rolling boil in a saucepan. Stir in all flour at once. Stir vigorously until mixture forms a ball (about 1 minute). Remove from heat. Beat in eggs thoroughly, one at a time. Beat until smooth and velvety. Spoon walnut-size mounds onto ungreased baking sheet. Bake 30 minutes. Yield: approximately 18.

**Appetizer:** Cut off tops. Do not remove soft dough membrane. Fill with favorite "salad"--tuna, egg, ham, chicken.

**Dessert:** Cut off tops. Remove membrane. Fill with various flavor ice creams. Replace tops. Sprinkle with confectioners' sugar, use any sauces desired.

## Reuben Dip

Deanne Tadlock

1 c. sauerkraut, cut up  
1 c. Swiss cheese, cut up  
1 c. sour cream

1 pkg. dried beef, rinsed & cut  
1/2 tsp. minced onion

Mix all ingredients. Chill. Serve on rye crackers or party rye bread.

## Sauerkraut Dip

Pat Daufeldt

8 oz. sour cream  
2 (8 oz.) pkg. cream cheese  
1 sm. can sauerkraut, drained

1 or 2 pkg. corned beef, snipped  
2 c. shredded Swiss cheese

Mix all ingredients together. Serve with crackers for appetizers.

## Shrimp Dip

Nan Janney

1 (5 oz.) can shrimp  
1 (8 oz.) pkg. cream cheese  
3 T. salad dressing  
1/2 sm. onion, chopped

1 tsp. Worcestershire sauce  
3 T. ketchup  
Dash of salt

Rinse and drain shrimp. With cream cheese at room temperature, mix together all ingredients and refrigerate before serving.

## Smoked Salmon Spread

Deb Carter

- |  |   |
|--|---|
| <b>12 oz. cream cheese, softened</b>   | <b>1/8 tsp. pepper</b>                            |
| <b>1/2 c. sour cream</b>               | <b>1 (15 oz.) can salmon or 2 c. fresh salmon</b> |
| <b>1 tsp. liquid smoke</b>             | <b>2 T. chopped celery</b>                        |
| <b>1 T. lemon juice</b>                | <b>2 T. chopped green onion</b>                   |
| <b>1 1/2 tsp. Worcestershire sauce</b> |   |
| <b>1/8 tsp. salt (opt.)</b>            |   |

Have cream cheese at room temperature. Mash salmon. Blend the first 7 ingredients with a mixer. Stir in salmon, celery and onion. Refrigerate. Yield: 3 cups.

Serve with Ritz crackers or vegetables.

## Sombrero Dip

Sue Grings

- |                                    |  |
|------------------------------------|--|
| <b>1 lb. ground pork or beef</b>   | <b>1 onion, chopped</b>                  |
| <b>1/2 c. ketchup</b>              | <b>2 T. chili powder</b>                 |
| <b>1/2 can mashed kidney beans</b> | <b>Hot sauce or taco sauce, to taste</b> |

Brown ground pork and onions. Add remaining ingredients and simmer. Serve with tortilla chips.

## Spicy Black Bean and Corn Salsa

Lori Leggins

- |   |                                    |
|---|------------------------------------|
| <b>1 (15 oz.) can black beans, rinsed &amp; drained</b> | <b>1/3 c. fresh lime juice</b>     |
| <b>2 c. frozen corn</b>                                 | <b>3 T. vegetable oil</b>          |
| <b>1/2 c. chopped fresh cilantro</b>                    | <b>1 T. ground cumin</b>           |
| <b>1/4 c. chopped green onion</b>                       | <b>Salt &amp; pepper, to taste</b> |
| <b>1/4 c. chopped red onion</b>                         | <b>3/4 c. chopped tomato</b>       |

Mix all ingredients together and refrigerate overnight. Serve with tortilla chips.

## Spinach Dip

Beth Anne Kordick

- |   |   |
|---|---|
| <b>16 oz. sour cream</b>                              | <b>1 frozen pkg. chopped spinach, thawed &amp; well drained</b> |
| <b>16 oz. mayonnaise</b>                              |   |
| <b>1 env. Mrs. Grass homestyle vegetable soup mix</b> |   |

Mix all ingredients up well and refrigerate for several hours. When ready to serve, hollow out a round loaf of bread (I make one in my bread maker). Cube the bread you take out and set aside. Put the spinach dip in bread and serve with bread cubes, and carrots or other fresh vegetables.

## Strawberry Daiquiri

Bob Jensen

**6 oz. lemonade or limeade**  
**10 oz. sweetened frozen**  
**strawberries**

**4 oz. rum**  
**1/3 c. sugar (opt.)**

Fill blender with ice. Enjoy.

## Sweet Party Mix

Karen Jedlicka

**3 boxes Chex mix**  
**Raisins**  
**2 c. peanuts**  
**Coconut**  
**1 lb. margarine**

**4 c. brown sugar**  
**1 c. white Karo syrup**  
**1 tsp. salt**  
**2 tsp. vanilla**

Mix dry ingredients into large roaster pan (Chex, raisins, peanuts, coconut). Mix the next 4 ingredients (margarine, sugar, syrup and salt) in a pan. Bring to a boil and boil 5 minutes. Add 2 teaspoons vanilla. Pour over dry mix and stir well. Put in 200° oven for 1 hour. Stir every 15 minutes.

When it's done, I spread it in a single layer on cookie sheets to dry, otherwise it dries in clumps.

## Texas Caviar

Michele Alpen

**1 can black-eyed peas (drain,**  
**rinse & slightly smash)**  
**1 can hominy (drain, rinse &**  
**slightly smash)**  
**3 cloves chopped garlic**  
**2 to 3 diced tomatoes**  
**1 chopped onion**

**1 chopped green pepper**  
**1/2 c. chopped parsley (opt.)**  
**2 to 3 bunches green onions,**  
**chopped**  
**1 sm. can chopped black olives**  
**1/2 (16 oz.) btl. Kraft fat-free Italian**  
**dressing**

Mix all ingredients together. Marinate in dressing at least 2 hours. May drain off liquid before serving. Serve with chips.

The chopped onion may be left out, depending on your taste.

## Tortilla Pinwheels

Molly Kordick

- |   |                            |
|---|----------------------------|
| 8 oz. sour cream                            | 2 c. grated Cheddar cheese |
| 8 oz. cream cheese, softened                | 1/2 c. chopped onion       |
| 1 can Ro-Tel sauce, drained                 | Garlic powder, to taste    |
| 1 (4 oz.) can chopped black olives, drained | Seasoned salt, to taste    |
|   | 5 (10") flour tortillas    |

Beat cream cheese. Add the rest of the filling ingredients and mix well. Divide the filling and spread evenly over tortillas; roll up tortillas. Place in a large bag and close tightly. Refrigerate for several hours. Cut in slices 1/2- to 3/4-inch thick. A sharp bread knife works best. Discard end pieces. Lay pinwheels flat on a pretty plate. Leave room in center for a small bowl of salsa. Yield: about 50 pinwheels.

## Turtlewiches

Gerrie Kaalberg

- |  |                                    |
|--|------------------------------------|
| 1 (12 oz.) tube refrigerated buttermilk biscuits | 1 to 2 tsp. prepared mustard       |
| 1 c. fully-cooked, chopped ham                   | 1 tsp. poppy seeds                 |
| 2 T. finely-chopped onion                        | 5 slices processed American cheese |
| 2 T. butter or margarine, softened               | 2 T. sliced ripe olives            |
| 5 whole canned mushrooms                         | Additional poppy seeds             |

Put 5 biscuits into 3 1/2-inch circles on a greased baking sheet. Combine ham, onion, butter, mustard and poppy seeds. Spoon 2 tablespoons onto each circle. Fold cheese slices into quarters and place over ham mixture. Pat remaining biscuits into 4-inch circles. Place over filling (do not seal edges). Arrange olives on top. Sprinkle with more poppy seeds (lightly). Insert 1 mushroom into filling of each sandwich for the turtle's head. Bake at 375° for 15 to 20 minutes or until golden brown. Yield: 5 sandwiches.

This would be good, plus nutritional, for a small children's party.

## Vegetable Pizza

Lynn Clayton

- |                             |                           |
|-----------------------------|---------------------------|
| 2 pkg. crescent rolls       | 1 tsp. garlic powder      |
| 2 (8 oz.) pkg. cream cheese | 1 T. dill weed            |
| 2/3 c. Miracle Whip         | Assorted vegetables (cut) |
| 1 T. minced onion           | Shredded Cheddar cheese   |

Place crescent rolls on cookie sheet (sprayed with Pam) and press flat. Bake for 10 minutes at 400°. Cool. Cream together cream cheese, Miracle Whip, onion, garlic powder and dill weed. Spread over cooled crust. Top with chopped vegetables (carrots, cauliflower, broccoli, radishes, onions, etc.) and grated cheese. Refrigerate.



# Salads & Dressings

SALADS  
& DRESSINGS



# Salads & Dressings

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# Salads & Dressings

## Aegean-Style Rigatoni Salad

Rick Ferguson

- |   |  |
|---|--|
| <b>4 oz. packaged rigatoni</b>                    | <b>3 T. olive oil</b>                  |
| <b>2 c. torn fresh spinach</b>                    | <b>3 T. white wine vinegar</b>         |
| <b>2 sm. tomatoes, peeled &amp; chopped</b>       | <b>1/2 tsp. dried oregano, crushed</b> |
| <b>1/2 c. sliced, pitted ripe or Greek olives</b> | <b>1/4 tsp. onion powder</b>           |
| <b>1/2 c. crumbled Feta cheese (2 oz.)</b>        | <b>1/8 tsp. pepper</b>                 |

Cook pasta in boiling water until "al denté", about 15 minutes. Rinse with cold water; drain well. In salad bowl, combine pasta, spinach, olives, tomatoes and Feta cheese. Put rest of ingredients in shaker and shake well. Pour dressing over salad; toss well. Cover and chill several hours, stirring occasionally and just before serving. Yield: 4 servings.

## Mom's Blueberry Salad

Betty Jensen

- |                                |                               |
|--------------------------------|-------------------------------|
| <b>4 boxes blueberry Jello</b> | <b>8 c. crushed pineapple</b> |
| <b>4 c. hot water</b>          | <b>8 c. whipped cream</b>     |
| <b>8 c. blueberries</b>        |                               |

Fold together and refrigerate. Feeds a large crowd.

## Bok Choy Salad

Mary L. Williams

- |  |  |
|--|--|
| <b>6 stalks bok choy, chopped</b>  | <b>13 oz. shredded lettuce</b>             |
| <b>1/8 c. slivered almonds</b>   | <b>1/8 c. sesame seeds</b>                 |
| <b>2 green onions with tops, chopped</b>   | <b>1/4 c. fresh chopped parsley (opt.)</b> |
| <b>3 chopped roma tomatoes</b>   | <b>4 sliced mushrooms</b>                  |
| <b>1 pkg. chicken-flavored Ramen noodles, crumbled (add just before you put dressing on)</b> |  |

### DRESSING:

- |                         |                                |
|-------------------------|--------------------------------|
| <b>1/4 c. olive oil</b> | <b>1/8 c. red wine vinegar</b> |
| <b>1/2 c. sugar</b>     | <b>1/8 tsp. salt</b>           |
| <b>1/8 tsp. pepper</b>  | <b>1/4 c. Accent</b>           |

Mix and pour over salad just before serving.

Very good. Sometimes I use Chinese cabbage instead of bok choy.

## Cabbage Lemon Salad

Justine Owen

6 c. shredded cabbage	1/3 c. water
2 carrots, shredded	1 c. sugar
1/2 sm. onion, diced	1/4 tsp. mustard seed
1/2 sm. green pepper, diced	1 tsp. salt
1/2 c. finely-diced celery	1 tsp. celery seed
1/4 c. oil	1 pkg. lemon Jello

Combine vegetables. Pour oil over them. Let stand while heating the dressing. Mix together vinegar, water, sugar and spices; bring to a boil. Add lemon Jello and stir until dissolved. Let cool, but not set. Pour over vegetables and oil; mix well. Chill overnight in refrigerator.

This can be frozen. Texture of cabbage will be changed, but it is delicious.

## Cauliflower and Broccoli Salad

Betty J. Elder

1/2 head cauliflower	1 c. Miracle Whip
1/2 head broccoli (peel, stem & chop)	1/4 c. sugar
1 sm. onion (opt.)	2 T. vinegar
1/4 to 1/2 c. raisins	4 oz. sunflower seeds
	12 strips bacon, crumbled

Mix the first 7 ingredients together in a large bowl. Before serving, add the last 2 ingredients.

Good when made the night before.

## Cherry Salad

Kathleen Pelzer

1 (3 oz.) pkg. cherry Jello	1 c. chopped celery
1 c. (8 oz.) boiling water	1 c. diced apples
1 (20 oz.) can cherry pie filling	1/2 c. chopped nuts

Dissolve Jello in cup of boiling water. Cool until syrupy. Add remaining ingredients and stir well. Pour into 8x12-inch dish. Refrigerate. When solid, may cover with whipped topping.

## Cherry Salad Supreme

Priscilla Haessig

- |                                   |   |
|-----------------------------------|---|
| 1 (3 oz.) pkg. raspberry gelatin  | 1 (8 3/4 oz.) can or 1 c. crushed pineapple |
| 1 (21 oz.) can cherry pie filling | 1/2 c. whipping cream                       |
| 1 (3 oz.) pkg. lemon gelatin      | 1 c. mini marshmallows                      |
| 1 (3 oz.) pkg. cream cheese       | 2 T. chopped nuts                           |
| 1/3 c. salad dressing             |   |

Dissolve raspberry gelatin in 1 cup boiling water; stir in pie filling. Turn into 9x9x2-inch baking dish. Chill until partially set. Dissolve lemon gelatin in 1 cup boiling water. Beat together cream cheese and salad dressing. Gradually add cooled lemon gelatin. Stir in undrained pineapple. Whip 1/2 cup cream (can use Cool Whip). Fold into lemon mixture with marshmallows. Spread atop cherry layer; top with chopped nuts. Chill until set. Yield: 12 servings.

## Couscous Salad

Leta Mae Christensen

- |                          |                              |
|--------------------------|------------------------------|
| 1 T. olive oil           | 3/4 tsp. garlic              |
| 1 T. butter              | 1 c. garbanzo beans, cooked  |
| 1 1/2 c. couscous        | 1 red bell pepper, chopped   |
| 1 3/4 c. water (boiling) | 1/2 c. currants              |
| 1 1/2 c. mushrooms       | 3 oz. frozen peas (blanched) |
| 1/2 tsp. thyme           | 1 sm. bunch parsley, minced  |
| <b>DRESSING:</b>         | 1 1/2 tsp. cumin             |
| 1/4 c. olive oil         | 1/8 tsp. salt                |
| 1/4 c. lemon juice       | 1/16 tsp. cayenne            |
| 1/2 tsp. grated ginger   | 1/8 tsp. cloves              |

Melt butter in oil. Add couscous. Heat over medium heat until slightly browned. Add boiling water, cover and set aside. Mix remaining ingredients. Mix dressing. Add couscous to mushroom mixture. Add dressing, mix and chill. Yield: will fill a 2-quart bowl.

## Creamy Cucumbers

Sharon Hudachek

- |                     |   |
|---------------------|---|
| 1/2 c. Miracle Whip | Dash of pepper                                |
| 1 T. vinegar        | 1 lg. cucumber, thinly sliced<br>(about 3 c.) |
| 1 T. sugar          | 1/4 c. sliced onion                           |
| 1/4 tsp. salt       |   |

Stir together Miracle Whip, vinegar, sugar, salt and pepper. Add cucumber and onions. Cover and chill until serving time.

## Doris' Last-Minute Salad

Mary Simon

**1 (20 oz.) can pineapple tidbits**  
**1/2 c. sugar**  
**2 T. cornstarch**

**1 egg**  
**4 bananas**  
**2 c. mini marshmallows**

Drain pineapple, saving the juice. Add cornstarch and sugar to juice. Stir in egg. Cook until it boils. Remove from heat and cool thoroughly. Pour over pineapple, bananas and marshmallows. Chill and serve.

## Easy Salad

Emily Jensen

**1 (3 oz.) box peach gelatin**  
**1 sm. can crushed pineapple**  
**1 (8 oz.) ctn. Cool Whip**

**1 can peaches, chopped & drained**  
**1 sm. ctn. cottage cheese**

Mix the first ingredients well. Add cottage cheese and Cool Whip. May serve immediately or refrigerate.

## Favorite Broccoli Salad

Jean Ann Feldman

**1 bunch broccoli**  
**1 head cauliflower**  
**1/2 lb. bacon, fried & crumbled**  
**1/3 c. chopped onion**  
**1 c. chopped tomatoes**  
**(yellow & red are pretty)**

**2 hard-cooked eggs, sliced**  
**1 c. mayonnaise or Miracle Whip**  
**1/3 c. sugar**  
**2 T. vinegar**

In large bowl, separate broccoli and cauliflower into flowerets. Add bacon, onions, tomatoes and egg; set aside. In another bowl, combine dressing, sugar and vinegar; mix until smooth. Just before serving, pour dressing over salad and mix.

## Festive Cranberry Salad

Peggy Brecht

**1 can sweetened condensed milk**  
**1/4 c. lemon juice**  
**1 (16 oz.) whole cranberry sauce**

**1 (20 oz.) can crushed pineapple, drained**  
**1/2 c. chopped walnuts**  
**1 (8 oz.) ctn. Cool Whip**

Combine milk and lemon juice. Stir in cranberry sauce, pineapple and nuts. Fold in whipped topping. Spread in a 9x11-inch pan. Freeze. Remove from freezer 10 minutes before serving.

## Fruit Cup

Lynn Clayton

- |   |   |
|---|---|
| <b>1 lg. can fruit cocktail (without juice)</b> | <b>1 can chunk pineapple (save juice)</b> |
| <b>1 sm. can mandarin oranges (save juice)</b>  | <b>1 sm. box instant vanilla pudding</b>  |

Prepare pudding using 2 cups fruit juice instead of milk. If you don't have enough juice from fruit, add orange, apple, etc. to make 2 cups. Pour over fruit. Refrigerate overnight. Before serving, slice 2 bananas and add to fruit mixture.

## Fruit Salad

Arlieta M. Hamer

- |  |                           |
|--|---------------------------|
| <b>1 can peach pie filling</b>         | <b>Fresh strawberries</b> |
| <b>1 can fruit cocktail, drained</b>   | <b>2 bananas</b>          |
| <b>1 can mandarin oranges, drained</b> |                           |

May also add apples, nuts, grapes, pineapple (drained). Use your imagination.

## Green Jello Vegetable Salad

Kelly Morrison for Joan Morrison

- |                                    |                               |
|------------------------------------|-------------------------------|
| <b>2 (3 oz.) pkg. lime Jello</b>   | <b>2 carrots</b>              |
| <b>1 pkg. shredded coleslaw</b>    | <b>10 radishes</b>            |
| <b>1 lg. can crushed pineapple</b> | <b>1 sm. jar green olives</b> |

Make Jello according to directions. Pour into a 9x13-inch pan. Add shredded coleslaw, crushed pineapple (drained), carrots (shredded) and radishes (shredded). Mix ingredients. Slice green olives and place on top of salad. Cover and refrigerate overnight.

## Holiday Freeze

Rosemary Johnson

- |  |  |
|--|--|
| <b>1 (1 lb.) can jellied cranberry sauce</b> | <b>1/4 c. salad dressing or mayonnaise</b> |
| <b>1 T. lemon juice</b>                      | <b>1/4 c. confectioners' sugar</b>         |
| <b>1 (3 oz.) pkg. cream cheese, softened</b> | <b>1 tsp. grated orange peel</b>           |
|  | <b>1/2 c. walnuts, chopped</b>             |
|  | <b>1 c. whipping cream, whipped</b>        |

Break up cranberry sauce; cut with a fork. Stir in lemon juice. Turn into a 1-quart freezer tray. Thoroughly combine cream cheese, mayonnaise and sugar. Stir in walnuts and orange peel. Fold in whipped cream. Spread over cranberry mixture. Freeze. Yield: 6 servings.

## Hot German Potato Salad

Mary Ort

<b>3 lb. potatoes, peeled</b>	<b>2 tsp. salt</b>
<b>6 slices bacon</b>	<b>1/2 tsp. celery seed</b>
<b>3/4 c. chopped onion</b>	<b>Dash of pepper</b>
<b>2 T. flour</b>	<b>3/4 c. water</b>
<b>2 T. sugar</b>	<b>1/3 c. vinegar</b>

Cook potatoes in boiling salted water until fork-tender; drain and set aside. In large skillet, fry bacon crisp. Remove bacon; drain fat, leaving about 2 tablespoons in skillet. In drippings, cook onion until golden, stirring constantly. Stir in flour, sugar, salt, celery seed and pepper. Stir and cook until bubbly. Remove from heat. Stir in water and vinegar. Return to heat; stir and cook to boiling, stirring constantly, and boil 1 minute. Remove from heat. Crumble bacon and thinly sliced potatoes carefully into the hot mixture. Return to heat and heat through, stirring to coat potato slices.

## Lime/Pineapple Surprise

E. De Meulenaeve

Dissolve 1 large package lime Jello in 2 cups hot water in regular-size casserole dish. Add 1 large container cottage cheese. Add an 8-ounce can of pineapple chunks or pieces. Set in refrigerator.

## Macaroni and Broccoli Salad

Jean Ann Feldman

<b>1 (1 lb.) box shell macaroni</b>	<b>1 red onion</b>
<b>2 c. broccoli</b>	<b>1/2 c. sliced black olives</b>
<b>1 c. green pepper</b>	<b>1 1/2 c. cubed Cheddar cheese</b>
<b>3 tomatoes</b>	<b>8 oz. pepperoni, cut up</b>

### DRESSING:

<b>1/2 c. vinegar</b>	<b>1/2 c. Italian salad dressing</b>
<b>1/2 c. sugar</b>	<b>Salt &amp; pepper, to taste</b>

Cook macaroni as directed. Toss the next 7 ingredients together. Mix dressing ingredients and combine. Chill well before serving. Can sprinkle with Parmesan cheese just before serving.

## Macaroni Salad

Lynn Clayton

**2 (8 oz.) pkg. rotini macaroni,**  
cooked  
**2 c. mayonnaise**  
**1/4 c. white vinegar**  
**1/2 c. sugar**

**1 c. Eagle Brand sweetened**  
**condensed milk**  
**3 lg. carrots**  
**1 onion**  
**Green pepper**  
**Salt & pepper, to taste**

Mix all of the above together. Let stand in refrigerator overnight.

## Madonna Salad

Gerrie Kaalberg

**1 (3 oz.) pkg. peach Jello**  
**3/4 c. sugar**  
**1 flat can crushed pineapple**  
**(with juice)**

**1 (8 oz.) pkg. cream cheese,**  
**softened**  
**1 lg. jar peach strained baby food**  
**1 (8 oz.) ctn. Cool Whip**

Combine Jello, sugar and pineapple in a saucepan. Heat to dissolve Jello and sugar. Cool. Add cream cheese and baby food to the first mixture. Fold in the Cool Whip. Turn into a dish or Jello mold and refrigerate. If desired, garnish with maraschino cherries, or pecan or English walnut halves.

Apricot Jello and baby food can be substituted. Also, I have puréed drained, canned peaches or apricots in a blender and used them in a pinch.

## Madonna Salad

Justine Owen

**1 pkg. apricot Jello**  
**3/4 c. sugar**  
**1 (15 oz.) can crushed pineapple**  
**1 (8 oz.) pkg. cream cheese**

**1 junior-size jar apricot tapioca**  
**pudding (baby food)**  
**1 ctn. Cool Whip**

In saucepan, mix Jello, sugar and pineapple. Boil to dissolve Jello and sugar; set aside to cool. Blend cream cheese with apricot pudding. Mix with cooled Jello. Chill and fold in carton of Cool Whip.

## Orange-Tapioca Salad

Jane Campbell

- |                                       |  |
|---------------------------------------|--|
| <b>1 pkg. tapioca pudding mix</b>     | <b>2 c. hot water</b>                  |
| <b>1 (3 oz.) pkg. orange Jello</b>    | <b>1 (8 oz.) ctn. whipped topping</b>  |
| <b>1 pkg. vanilla instant pudding</b> | <b>1 can mandarin oranges, drained</b> |

Combine both puddings and Jello with hot water. Cook until thick and bubbly, stirring constantly. Let cool completely. Fold topping and oranges into pudding mixture. Chill until set.

Fat-free or sugar-free Jello and pudding can be used to reduce calories. Also may substitute fat-free whipped topping. My children enjoy a strawberry version of this recipe, using strawberry Jello and fresh or frozen strawberries instead of oranges.

## Oriental Cabbage Salad

Justine Owen

- |  |  |
|--|--|
| <b>1 (3 oz.) pkg. Ramen Oriental noodles</b> | <b>2 T. sugar</b>                          |
| <b>3 c. shredded cabbage</b>                 | <b>2 T. salad oil</b>                      |
| <b>4 green onions, sliced</b>                | <b>1/2 tsp. white ground pepper</b>        |
| <b>2 T. sesame seeds</b>                     | <b>1/4 tsp. salt</b>                       |
| <b>1/4 c. sunflower seeds</b>                | <b>1 flavor pkg. from Oriental noodles</b> |
| <b>3 T. vinegar</b>                          | <b>1/4 c. slivered almonds</b>             |

Combine noodles, cabbage, onion and seeds. Combine vinegar, sugar, oil and seasonings in a jar with lid. Shake well. Pour over cabbage mixture and toss. Chill several hours. Stir in almonds before serving. Yield: 6 to 8 servings.

## Pea Salad

Nelson Noshish

- |                                       |   |
|---------------------------------------|---|
| <b>1 can peas, drained</b>            | <b>1 (4 oz.) can mushrooms, drained</b> |
| <b>1/4 c. chopped onion</b>           | <b>1 tsp. yellow mustard</b>            |
| <b>1/2 c. shredded Cheddar cheese</b> | <b>3/4 c. chopped celery</b>            |
| <b>Salad dressing</b>                 |   |

Mix the first 6 ingredients in a bowl. Add enough salad dressing to coat.

## Pecan Cranberry Salad

Justine Owen

- |  |   |
|--|---|
| <b>1 (3 oz.) pkg. orange Jello</b>               | <b>1 (6 oz.) can orange juice concentrate</b> |
| <b>1 pkg. cherry Jello</b>                       | <b>1 c. chopped pecans</b>                    |
| <b>1 c. hot water</b>                            | <b>1/2 c. chopped celery</b>                  |
| <b>1 can whole cranberry sauce</b>               | <b>1/2 c. chopped raw apple</b>               |
| <b>1 (15 oz.) can crushed pineapple, drained</b> |   |

Dissolve Jellos in hot water. Add remaining ingredients. Pour into ring mold, if desired, and chill until firm.

## Pickled Pasta

Marilyn Lacina

- |   |  |
|---|--|
| <b>2 (10 oz.) pkg. rigatoni noodles</b> | <b>1 med. onion, sliced thin</b>             |
| <b>1 cucumber, peeled &amp; sliced</b>  | <b>1 1/2 c. vinegar</b>                      |
| <b>1 1/2 c. sugar</b>                   | <b>3 T. mustard (salad)</b>                  |
| <b>1 tsp. garlic powder</b>             | <b>1 tsp. Accent</b>                         |
| <b>1/2 tsp. pepper</b>                  | <b>Pimento &amp; dried parsley, to taste</b> |

Cook rigatoni in salted water with yellow food coloring, until done (not mushy). Drain. Coat with Wesson oil. Add onion and cucumber. Blend vinegar, sugar, mustard, garlic powder, Accent and pepper in blender. Add to cool noodles. Add pimento and parsley, if desired. Cover. Put in refrigerator overnight.

## Pink Champagne Salad

Kathleen Pelzer

- |   |  |
|---|--|
| <b>8 oz. cream cheese, softened</b>         | <b>1 (10 oz.) pkg. frozen strawberries</b> |
| <b>3/4 c. sugar</b>                         | <b>2 bananas, sliced &amp; diced</b>       |
| <b>1 lg. can crushed pineapple, drained</b> | <b>1 (8 oz.) ctn. Cool Whip</b>            |

Mix cream cheese and sugar. Fold in rest of ingredients. Cover and freeze in a 9x13-inch dish. Remove from freezer about 10 minutes before serving.

## Poppy Seed Coleslaw Dressing

Karen Marple

- |                              |                           |
|------------------------------|---------------------------|
| <b>3/4 c. sugar</b>          | <b>1/3 c. vinegar</b>     |
| <b>1 tsp. ground mustard</b> | <b>1 c. Wesson oil</b>    |
| <b>1 tsp. salt</b>           | <b>1 tsp. poppy seeds</b> |

With electric mixer, mix sugar, mustard, salt and vinegar. Gradually add Wesson oil. Add poppy seeds.

## Potato Salad

Betty J. Elder

- |                       |                            |
|-----------------------|----------------------------|
| <b>3 eggs</b>         | <b>1 T. mustard</b>        |
| <b>1 T. flour</b>     | <b>Celery seed or salt</b> |
| <b>3/4 c. water</b>   | <b>5 lb. red potatoes</b>  |
| <b>1 T. butter</b>    | <b>Onions</b>              |
| <b>3/4 c. sugar</b>   | <b>10 eggs, boiled</b>     |
| <b>3/4 c. vinegar</b> |                            |

Mix sugar, flour and eggs. Add vinegar and water. Cook until thickens. Add butter and mustard. Mix with an equal part Miracle Whip. Mix this mixture with potatoes, onions and eggs. Add celery seed or salt. Yield: a large bowl of potato salad.

Best when made the night before.

## Potato Salad Dressing

Gerrie Kaalberg, In memory of Nettie White

- |                     |                             |
|---------------------|-----------------------------|
| <b>2 eggs</b>       | <b>1/4 c. sugar</b>         |
| <b>1/2 c. sugar</b> | <b>1 T. flour (rounded)</b> |
| <b>1/2 c. water</b> | <b>1/2 tsp. dry mustard</b> |

Beat eggs in a saucepan, then add flour and sugar. Stir until smooth. Add the vinegar, water and dry mustard; cook until thickened, stirring constantly. Cool thoroughly and put in a jar with a lid and refrigerate until you want to use it. Recipe could be doubled if necessary.

This was my mom's recipe and it is good!

## Potluck Surprise

(Tastes like Olive Garden's)

Betty Jensen

- |                                       |  |
|---------------------------------------|--|
| <b>3/4 c. vegetable oil</b>           | <b>2 (1 lb.) bunches romaine, torn</b>       |
| <b>1/4 c. fresh lemon juice</b>       | <b>2 c. chopped tomatoes</b>                 |
| <b>2 garlic cloves, minced</b>        | <b>1 c. (4 oz.) shredded Swiss cheese</b>    |
| <b>1/2 tsp. salt &amp; pepper</b>     | <b>1/2 c. grated Parmesan cheese</b>         |
| <b>2/3 c. slivered almonds (opt.)</b> | <b>8 bacon strips, cooked &amp; crumbled</b> |
| <b>1 c. Caesar salad croutons</b>     |  |

In a jar with tight-fitting lid, combine oil, lemon juice, garlic, salt and pepper. Cover and shake well. Chill. In a bowl, toss romaine, tomatoes, Swiss cheese, almonds (if desired), Parmesan cheese and bacon. Shake dressing; pour over salad and toss. Add croutons and serve immediately. Yield: 12 servings.

## Rhubarb Salad

Kathleen Hepker

- |  |  |
|--|--|
| <b>1 (8 oz.) can or 1 c. crushed<br/>pineapple &amp; juice</b> | <b>1 (3 oz.) pkg. sugar-free raspberry<br/>Jello</b> |
| <b>1/2 c. water</b>  | <b>1/2 c. Cool Whip Lite</b>                         |
| <b>3 c. chopped rhubarb</b>                                    | <b>1/2 c. mini marshmallows</b>                      |

Combine pineapple, juice, water and dry Jello. Add rhubarb. Cook 10 minutes. Cool. Add marshmallows and fold in Cool Whip. Place in an 8x8-inch dish. Refrigerate 3 hours.

Low-calorie.

## Rosy Rhubarb Mold

Geri Owen

- |   |  |
|---|--|
| <b>4 c. chopped fresh or frozen<br/>rhubarb</b> | <b>1 1/2 c. cold water</b>                           |
| <b>1 c. water</b>                               | <b>1/4 c. lemon juice</b>                            |
| <b>2/3 c. sugar</b>                             | <b>2 (11 oz.) cans mandarin oranges,<br/>drained</b> |
| <b>1/4 tsp. salt</b>                            | <b>1 c. chopped celery</b>                           |
| <b>1 (6 oz.) pkg. strawberry gelatin</b>        |  |

In a saucepan, combine rhubarb, water, sugar and salt; bring to a boil over medium heat. Boil 1 to 2 minutes or until rhubarb is tender; remove from heat. Stir in gelatin until dissolved. Stir in cold water and lemon juice. Chill until partially set. Fold in oranges and celery. Pour into a 6-cup mold or 8-inch square dish that has been coated with nonstick cooking spray. Chill until set. Unmold onto lettuce leaves or cut into square. If desired, garnish with fruit and serve with sour cream sprinkled with nutmeg.

## Rotini Salad

Joyce H. Hollenbeck

- |   |                                     |
|---|-------------------------------------|
| <b>2 (8 oz.) pkg. curly rotini macaroni</b> | <b>1/2 c. green pepper, chopped</b> |
| <b>2 c. vinegar</b>                         | <b>1/2 c. red pimento, chopped</b>  |
| <b>1 1/2 c. sugar</b>                       | <b>1 tsp. salt</b>                  |
| <b>1 1/2 c. salad oil</b>                   | <b>1 tsp. pepper</b>                |
| <b>1 c. onions, chopped</b>                 |                                     |

Boil macaroni in salted water until done. Rinse in hot water and drain. Mix rest of ingredients in bowl and add the hot rotini. Mix well and chill.

Keeps 7 to 10 days in refrigerator.

## Seafood Pasta Salad

Angie Feldman

- |                                 |                                    |
|---------------------------------|------------------------------------|
| 1/2 c. Miracle Whip             | 1 c. broccoli flowerets, partially |
| 1/4 c. Italian dressing         | cooked                             |
| 2 T. grated Parmesan cheese     | 1/2 c. chopped green pepper        |
| 2 c. (8 oz.) corkscrew noodles, | 1/2 c. chopped tomato              |
| cooked & drained                | 1/4 c. green onion slices          |
| 1 1/2 c. chopped imitation      |                                    |
| crabmeat                        |                                    |

Combine dressings and cheese; mix well. Add remaining ingredients. Mix lightly and chill.

## Strawberry Spinach Salad

Donna Simpson

- |                            |                           |
|----------------------------|---------------------------|
| 1 1/2 c. spinach, chopped  | 1 c. strawberries, sliced |
| <b>DRESSING:</b>           |                           |
| 1/4 c. yogurt (strawberry) | 2 T. pecans, chopped      |
| 2 tsp. honey               | 1/4 tsp. poppy seeds      |

Pour dressing over salad before serving.

Very good light salad.

## "Cinco de Mayo"

(Summer Salad)

Tom Maher, former Altar Boy

- |                          |                                 |
|--------------------------|---------------------------------|
| 1/2 lb. shell pasta      | 2 c. romaine lettuce            |
| 1 can black olives       | 1 c. diced tomato               |
| 1 can chickpeas, drained | 1 sm. can albacore tuna, flaked |

Mix the above ingredients except for tuna. Dress with the following dressing. Mix in a vegetable chopper or small food processor.

**DRESSING:**

- |                  |                       |
|------------------|-----------------------|
| 6 T. olive oil   | Pepper                |
| 2 cloves garlic  | 1 tsp. adobo powder   |
| 2 T. lemon juice | 1 T. red wine vinegar |

Add the flaked tuna.

## Sunshine Tapioca Salad

Gerrie Kaalberg

- |   |                            |
|---|----------------------------|
| 1 (20 oz.) can pineapple with juice<br>(chunk or crushed) | 1 (10 oz.) pkg. Dream Whip |
| 1 (11 oz.) can mandarin oranges                           | 1/2 c. cold milk           |
| 1 1/2 to 2 c. orange juice                                | 1/2 tsp. vanilla           |
| 2 (3 oz.) pkg. Jello tapioca pudding<br>mix               | 2 c. mini marshmallows     |
|   | 2 bananas                  |

Drain liquid from canned fruit into 4-cup measure. Add enough orange juice to make 3 cups liquid. Stir in pudding mix and heat in saucepan until mixture boils. Continue boiling until mixture thickens. Cool. Mix Dream Whip, milk and vanilla according to directions. In a large bowl, fold pudding and whipped topping together. Fold in canned fruits and marshmallows. Chill. Before serving, slice bananas and add to pudding and fruit mixture.

Good served with ham. Also good if you do not plan to have dessert.

## Sweet Macaroni Salad

Jodi Simon

- |                               |                                |
|-------------------------------|--------------------------------|
| 20 oz. ring macaroni          | 1 can sweetened condensed milk |
| 2 green peppers, chopped fine | 1 pt. Hellmann's mayonnaise    |
| 2 lg. onions, chopped fine    | 1/2 c. vinegar                 |
| 6 carrots, shredded           | 3/4 c. sugar                   |

Cook macaroni. Cool. Add vegetables. Mix in dressing ingredients. Mix well and refrigerate overnight.

## Tomato Aspic Salad

Gerrie Kaalberg

- |                            |                                     |
|----------------------------|-------------------------------------|
| 1 (3 oz.) pkg. lemon Jello | 1/4 tsp. Worcestershire sauce       |
| 1 c. boiling water         | Dash of pepper                      |
| 1 (No. 2) can tomatoes     | 1 cucumber, chopped (opt.)          |
| 1 tsp. grated onion        | 1/4 c. green pepper, chopped (opt.) |
| 1/4 tsp. salt              | 1 stalk celery, diced (opt.)        |

Dissolve Jello in boiling water. Mash and chop tomatoes (make sure juice does not exceed 1 cup). Add all ingredients and pour into a 1-quart mold and refrigerate until set. You could use tomato juice instead of the tomatoes, if you do not like the texture of the tomatoes in a salad.

This is a good tart salad and meat accompaniment. I like to use it if I do not want a sweet salad.

## White Frozen Salad

Gerrie Kaalberg

**18 lg. marshmallows**  
**3 T. pineapple juice**  
**3 oz. cream cheese**  
**1/2 c. salad dressing**

**8 oz. Cool Whip**  
**1 med. can crushed pineapple**  
**1 c. white grapes, halved & seeded**

Drain pineapple. Melt marshmallows and pineapple juice in a double boiler. Mix softened cream cheese and the salad dressing. Add to the marshmallow mixture and fold in the Cool Whip and fruit. Pour into loaf pan and freeze. Slice before serving. Other fruits can be used, also food coloring, if desired. Red or green maraschino cherries make a pretty garnish.

## White Mountain Salad

Debi Garcia

**1 (12 oz.) ctn. Cool Whip**  
**1 (14 oz.) can Eagle Brand**  
**sweetened condensed milk,**  
**chilled**

**1 lg. can crushed pineapple,**  
**drained**  
**1/4 c. ReaLemon juice (cold)**  
**1 c. pecans**

Mix Eagle Brand, pineapple, lemon juice and nuts together. Gently fold in Cool Whip. Refrigerate.

# Soups



# Soups

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# Soups

## Beef and Cabbage Soup

Zelma Burt

<b>1 lb. ground beef or beef pieces</b>	<b>1 qt. tomatoes, chopped with juice</b>
<b>1/2 tsp. garlic salt</b>	<b>1 qt. water</b>
<b>1/4 tsp. garlic powder</b>	<b>4 beef bouillon cubes</b>
<b>1/4 tsp. pepper</b>	<b>1 bay leaf</b>
<b>2 stalks celery, chopped</b>	<b>1 lg. can red kidney beans, with juice</b>
<b>1/2 med. head cabbage, chopped</b>	

Brown beef and drain. Add all other ingredients. Bring to a boil; simmer 1 hour. Sprinkle chopped parsley on top of each serving.

## Broccoli-Cheese Soup

Karen Schemmel

<b>1 (6 oz.) bag frozen broccoli</b>	<b>2 cans cream of potato soup</b>
<b>2 c. chicken broth</b>	<b>1 c. diced Velveeta cheese</b>
<b>2 c. half &amp; half</b>	

Boil broccoli and broth 8 minutes, covered. Add half & half and potato soup. Melt cheese in soup and serve.

## Broccoli-Cheese Soup

Melody Henderson

<b>2 sm. cans chicken broth</b>	<b>1 lb. Velveeta cheese</b>
<b>1 bag frozen broccoli</b>	<b>3 T. cornstarch</b>
<b>1 T. onion flakes</b>	<b>1 c. mushrooms (opt.)</b>

Bring chicken broth and onion to a boil. Add bag of frozen broccoli, bring back to a boil and add Velveeta cheese. Lower the heat and stir often. To thicken, dilute 3 tablespoons cornstarch in a small bowl and add gradually to the soup until you have the right thickness.

## Cazuela De Vaca

(Beef Soup)

Rick Feraussa

2 lb. flank steak, cut in 1" squares	2 ears fresh corn, quartered (or frozen ears)
1 T. cooking oil or lard	1 c. fresh sliced green beans
6 c. water	1/2 c. uncooked rice
1 T. salt	1/4 c. chopped celery leaves
2 carrots, cut in 1" chunks	1/4 c. snipped parsley
2 onions, quartered	2 cloves garlic, minced
4 potatoes, pared & quartered	1/4 tsp. ground white pepper
8 oz. winter squash, pumpkin, yellow or crookneck squash, cut into 8 pieces	1/4 tsp. crushed dried chillies
	Fresh bread

In a 5-quart Dutch oven, brown meat (half at a time) in hot cooking oil or lard. Return all meat to pan. Add water and salt. Bring to a boil, reduce heat. Simmer, covered, until meat is almost tender (about 1 1/4 hours). Add carrots, onion, potato, squash, corn, beans, rice, celery leaves, parsley, garlic, white pepper and chillies. Cover and simmer until vegetables are tender (about 30 minutes).

\*Remove meat and vegetables from platter, divide broth among 8 soup plates. Add ingredients from platter. Serve with crusty, unbuttered French bread. Serves 8.

\*This soup improves so much on reheat, I just make it one day ahead and chill. Reheat and divide as above. Freezes well.

## Cheesy Pea Soup

Rick Ferguson

2 c. split peas (1 sm. pkg.)	3 (10 3/4 oz.) cans chicken broth
1/2 c. chopped onion	1 tsp. dried thyme leaves
2 T. chopped celery	1 c. sour cream
2 T. chopped parsley	1 c. grated cheese
1 T. butter or margarine	Fresh herbs

Rinse beans; soak in warm water for 1 to 2 hours. Sauté onion and celery until soft, but not brown, in butter. Bring broth to a boil. Add drained peas and sautéed vegetables. Simmer, covered, for about 1 hour, or until beans are tender. Add thyme leaves. Purge soup in food processor or blender. Reheat soup and thin, if needed. Add sour cream, cheese, herbs of your choice. Reheat and serve in warmed soup bowls. Serves 4.

Because I used Cheddar cheese, I also used yellow split peas. Soup was a pretty golden color.

## Cheesy Potato Soup

Rick Ferguson

<b>4 med. potatoes, peeled</b>	<b>3 c. chicken broth</b>
<b>1 sm. onion, peeled</b>	<b>1 1/2 c. half &amp; half</b>
<b>4 green onions</b>	<b>3/4 tsp. salt</b>
<b>1 clove garlic, minced</b>	<b>Dash of pepper</b>
<b>3 T. butter or margarine</b>	<b>1 c. shredded cheese</b>

Cut potatoes and onion into eighths. Chop green onions; toss in heavy 3-quart saucepan with onion, butter or margarine and garlic. Sauté until onion is clear, but not brown. Add potatoes and broth. Bring to a boil. Cover and simmer until potatoes are tender. Purée in food processor or blender, return to pan. Add half & half, salt, pepper and cheese. Stir until cheese is melted. Serves 4.

Eat hot or cold. Bacon bits, chives or parsley are good garnishes. Choice of cheese can make this a "surprise" each time you make it.

## Buysse Chili

Diane Buysse

<b>4 lb. hamburger</b>	<b>Chili powder, to taste</b>
<b>2 lg. cans tomato juice</b>	<b>Minced onions</b>
<b>1 can tomato soup</b>	<b>Salt &amp; pepper</b>
<b>2 cans light red kidney beans</b>	

Brown hamburger in large chili pot. Add onions, chili powder, salt and pepper; stir. Add the rest of the ingredients. Simmer for 3 to 4 hours.

## Chunky Potato Soup

Janet Stimson

<b>6 med. potatoes, peeled &amp; diced</b>	<b>2 T. chopped parsley</b>
<b>2 T. butter</b>	<b>1 T. salt</b>
<b>1 med. carrot, diced</b>	<b>1/2 tsp. seasoned salt</b>
<b>1/4 c. chopped onion</b>	<b>1/4 tsp. Accent</b>
<b>2 T. flour</b>	<b>1/4 tsp. cayenne pepper</b>
<b>1 qt. milk</b>	<b>1 chicken bouillon cube</b>

Cook potatoes in boiling salted water until tender and drain. Melt butter in a 3-quart kettle. Add onion and carrot. Cover and cook until tender. Remove from heat, blend in flour and stir in milk. Add half of the potatoes. Mash remaining potatoes. Add to soup with seasonings and bouillon cube. Heat until steaming hot. Serves 6.

## Corn and Sausage Chowder

Gloriene Howard

<b>2 T. butter</b>	<b>1/3 c. half &amp; half</b>
<b>1 1/2 c. chopped onion</b>	<b>1 lb. potatoes, cut into pieces</b>
<b>1 red bell pepper, chopped</b>	<b>1/4 tsp. ground pepper</b>
<b>1/2 green bell pepper, chopped</b>	<b>1/4 tsp. cumin</b>
<b>1 1/2 tsp. garlic</b>	<b>3 1/2 c. frozen corn, thawed</b>
<b>2 c. low-fat chicken broth</b>	<b>4 oz. fully-cooked kielbasa sausage,</b>
<b>1/3 c. milk</b>	<b>cut into rounds</b>

Melt butter in heavy large Dutch oven over medium heat. Add onion, bell peppers and garlic; sauté until peppers are tender. Add broth, potatoes, ground pepper (white or black), and cumin. Bring to a boil, reduce heat and simmer until potatoes are cooked. Purée half of the corn. Add puréed corn, whole corn, sausage, milk and cream to chowder. Simmer until heated through, about 20 minutes; correct seasonings and serve.

I use red potatoes and leave peelings on.

## Cream of Tomato Soup

Mary Simon

<b>1 qt. home-canned tomatoes</b>	<b>4 T. flour</b>
<b>1/2 tsp. baking soda</b>	<b>1 qt. milk</b>
<b>2 T. butter</b>	<b>1 T. salt</b>
<b>1 T. finely-minced onion</b>	<b>1/2 tsp. pepper</b>

Heat tomatoes and baking soda in a saucepan. In separate saucepan, sauté butter, onion and flour until onions are tender. Add milk; cook until thick. Add salt and pepper. Remove from heat. Pour tomato mixture into milk mixture.

## Gazpacho with Avocado

Rick Ferguson

<b>1 cucumber, peeled (opt.)</b>	<b>6 T. olive oil</b>
<b>1 mild red or white onion, peeled</b>	<b>4 T. wine vinegar</b>
<b>1 avocado, peeled</b>	<b>8 c. tomato juice</b>
<b>1 tsp. crumbled oregano</b>	

Cut off a few slices of cucumber and onion for garnish. Chop rest of cucumber, onion and the avocado. Place cucumber, onion and avocado into a bowl where the oregano, olive oil and vinegar were placed earlier. Pour tomato juice over mixture. Stir. Add garnish. Chill for at least 2 hours. Serve with ice cubes in the bowls. Lime wedges on side.

## Lentil Soup

(Low-Fat)

Gloriene Howard

<b>2 lg. onions, chopped</b>	<b>1 carrot, grated</b>
<b>1/2 tsp. marjoram</b>	<b>1 (1 lb.) can crushed tomatoes</b>
<b>1/2 tsp. thyme</b>	<b>5 c. water</b>
<b>1 tsp. olive oil</b>	<b>1 c. dried lentils, rinsed</b>
<b>3 beef bouillon cubes</b>	<b>Salt &amp; pepper, to taste</b>
<b>1/4 c. chopped parsley</b>	

Spray heavy Dutch oven with cooking spray and add olive oil, onions, carrot and spices; sauté over medium heat until lightly browned. Add tomatoes, water, bouillon and lentils. Bring to a boil. Reduce heat and simmer until lentils are cooked, about 1 hour.

Can substitute 3 tablespoons of soy sauce for bouillon. Add optional 1/4 cup dry sherry or white wine. Add 1 cup shredded Cheddar cheese before serving.

## Mushroom and Potato Soup

Gloriene Howard

<b>1 leek, sliced, diced &amp; washed</b>	<b>3 T. butter</b>
<b>1 sm. onion, diced</b>	<b>2 c. diced mushrooms</b>
<b>3 med. potatoes, diced</b>	<b>6 c. chicken broth</b>
<b>3 T. butter</b>	<b>1 c. sour cream</b>
<b>1 tsp. thyme leaves</b>	<b>Salt &amp; pepper, to taste</b>
<b>1/2 tsp. marjoram leaves</b>	

Melt 3 tablespoons butter in heavy Dutch oven; add leek, onions and potatoes. Sauté until potatoes are cooked. In another pan, sauté mushrooms in 3 tablespoons butter until brown and liquid evaporates. Add mushrooms to other vegetables and add chicken broth and seasonings. Bring to a boil and reduce to simmer until vegetables are tender. Stir in sour cream and serve.

## Potato Soup

Cletus Kaska

<b>2 1/2 lb. potatoes, diced</b>	<b>1 qt. chicken stock</b>
<b>2 T. + 1 1/2 c. butter</b>	<b>1 tsp. salt</b>
<b>1/2 lb. bacon</b>	<b>1 tsp. pepper</b>
<b>1 yellow onion</b>	<b>1 1/2 c. flour</b>
<b>1/4 bunch celery</b>	<b>1/4 bunch parsley</b>
<b>1 qt. milk</b>	

Place diced potatoes on nonstick sheet; top with 2 tablespoons butter and bake 15 minutes at 350°. Turn and bake another 15 minutes. Sauté onion, bacon and celery; drain. Add milk, stock, salt and pepper. Do not boil. Melt butter. Stir in flour. Add to soup; cook until smooth. Stir in potatoes and parsley. Top with shredded Colby cheese.

Makes about 6 quarts.

## Potato Soup

Melody Henderson

**8 to 10 Idaho russet potatoes**  
**1 sm. onion**  
**1/2 stick margarine**

**1 c. evaporated milk**  
**Salt & pepper, to taste**  
**Velveeta cheese, if desired**

Peel and dice potatoes and onion. Put in a large saucepan. Put only enough water over the potatoes to cover. Add salt and pepper. Boil until done. Add margarine. After it is melted, add evaporated milk. Reduce heat so as not to scorch milk. If cheese is desired, add it at this time. To make it look even more appetizing, add a few drops of yellow food coloring.

## Quick Chicken Soup

(Low-Cal)

Fr. Ed

**7 c. water**  
**2/3 c. dried chopped onion**  
**1 tsp. parsley**  
**3 med. potatoes, diced**

**4 T. chicken noodle seasoning\***  
**1 T. dried minced garlic**  
**6 oz. broccoli (or celery or mix)**  
**1/3 c. couscous or other pasta**

\*Can get at a Strington Grocery.

Place water in 4-quart pot. Bring to a boil while adding seasoning, onions, garlic, parsley, broccoli and/or celery, and potatoes. Simmer after it boils a good 25 minutes, or until potatoes are tender. Add couscous and let simmer another 12 minutes.

This is a good way to get broccoli in a tasty form.

## Soup Substitute

Mary Ort

**2 c. dry milk**  
**3/4 c. cornstarch**  
**1/4 c. chicken bouillon granules**

**1/4 tsp. thyme**  
**1/2 tsp. basil**  
**1/4 tsp. pepper**

Mix together. Store in sealed container. One-third cup mixture, plus 1 1/4 cups water equals 1 can soup.

## Spicy Potato Soup

Hunter Nicole Kordick

**1 lb. ground pork**  
**4 c. peeled potatoes, 1/2" cubes**  
**1 chopped onion**  
**3 (8 oz.) cans tomato sauce**

**4 c. water**  
**2 tsp. salt**  
**1 1/2 tsp. pepper**  
**1 tsp. hot pepper sauce**

In a large pan, brown ground pork. Add potatoes, onion and tomato sauce. Stir in water, salt, pepper and hot pepper sauce; bring to a boil. Reduce heat and simmer for 1 hour, or until the potatoes are tender and the soup has thickened. Yield: 6 to 8 servings.

## Three-Cheese Gourmet Soup

Gloriene Howard

### BASIC SOUP:

5 T. butter  
1 scallion, chopped  
5 T. flour  
2 c. chicken broth  
2 c. milk

8 oz. cream cheese, cubed  
1 c. smoked Swiss Jarlsberg, grated  
1 lb. Velveeta cheese, cubed  
Salt & pepper, to taste  
1 tsp. liquid smoke, or to taste

### VARIATIONS:

3/4 lb. chopped spinach,  
fresh or frozen

1/4 lb. any-type fresh mushrooms,  
washed & diced  
1 c. shredded crabmeat (real or  
imitation)

Melt the butter in large saucepan. If using mushrooms, slowly sauté the mushrooms and scallion until tender. Add flour and stir until flour is cooked, about 3 minutes. Whisk in first the chicken broth and then milk, stirring until thickened. Add salt, pepper, liquid smoke and the 3 cheeses. Stir until melted. Add spinach and/or crabmeat. Heat very gently, correct seasonings. Sprinkle with nutmeg (optional) and serve.

This is a very rich soup. You can reduce fat by using fat-free chicken broth, skim milk and either reduced-fat or fat-free cheeses.

## Tomato-Potato Soup

Rick Ferguson

4 c. chicken broth	1 tsp. salt, to taste
2 med. onions, chopped	1/2 tsp. oregano leaves, dried
2 med. potatoes, pared & cubed	1/8 tsp. pepper
2 med. tomatoes, peeled & chopped	1/2 c. whipping cream
3 T. all-purpose flour	

In a 2- or 3-quart saucepan, bring broth to boiling. Add onions, potatoes and tomatoes. Reduce heat, cover and simmer until vegetables are tender. Purée vegetables in a blender, adding flour until it is blended well. Return soup to pot, bring to a boil. Cook until thickened. Add salt, pepper and oregano. Stir in cream. Serves 4. Serve hot.

Garnish with parsley or chives.

## Tuna-Corn Chowder

Sharon Hudachek

- |                                 |  |
|---------------------------------|--|
| <b>1/4 c. chopped onion</b>     | <b>1 c. chicken broth</b>                            |
| <b>3 T. butter or margarine</b> | <b>1 c. water</b>                                    |
| <b>1/4 c. flour</b>             | <b>1 (11 oz.) can whole kernel corn,<br/>drained</b> |
| <b>1/2 tsp. dried dill weed</b> | <b>1 (6 oz.) can tuna, drained</b>                   |
| <b>1/4 tsp. pepper</b>          |  |
| <b>2 c. milk</b>                |  |

In a large saucepan, cook onion in hot butter or margarine until tender. Stir in flour, dill weed and pepper. Add milk, chicken broth and water. Cook and stir until thickened. Stir in corn and tuna, heat through. Makes about 5 1/2 cups.

## White Chili

Michele Alpen

- |   |   |
|---|---|
| <b>3 (16 oz.) cans Great Northern<br/>white beans</b> | <b>2 tsp. ground cumin</b>                    |
| <b>4 c. chopped, cooked chicken<br/>breasts</b>       | <b>1 1/2 tsp. dried oregano</b>               |
| <b>1 T. olive oil</b>                                 | <b>1/4 tsp. cayenne pepper</b>                |
| <b>2 med. onions, chopped</b>                         | <b>6 c. chicken stock or canned<br/>broth</b> |
| <b>4 garlic cloves, minced</b>                        | <b>3 c. grated Monterey Jack cheese</b>       |
| <b>2 (4 oz.) cans chopped mild green chilies</b>      | <b>Sour cream</b>                             |

Heat oil in heavy, large saucepan. Add onions; sauté until translucent, about 10 minutes. Stir in garlic, then chilies, cumin, oregano and cayenne; sauté 2 minutes. Add undrained beans and stock; bring to a boil. Reduce heat; add chicken and cheese to chili and stir until cheese melts. Season to taste with salt and pepper. Garnish with sour cream if desired.

## Zucchini Garden Chowder

Elaine Wiele

- |                                       |   |
|---------------------------------------|---|
| <b>2 med. zucchini, chopped</b>       | <b>3 c. water</b>                                       |
| <b>1 med. onion, chopped</b>          | <b>3 chicken bouillon cubes</b>                         |
| <b>2 T. minced parsley</b>            | <b>1 tsp. lemon juice</b>                               |
| <b>1 tsp. dried basil</b>             | <b>1 (14 1/2 oz.) can diced tomatoes,<br/>undrained</b> |
| <b>1/3 c. butter or margarine</b>     | <b>1 (10 oz.) pkg. frozen corn</b>                      |
| <b>1/3 c. flour</b>                   | <b>1/4 c. Parmesan cheese</b>                           |
| <b>1 tsp. salt</b>                    | <b>2 c. (8 oz.) shredded Cheddar<br/>cheese</b>         |
| <b>1/4 tsp. pepper</b>                |   |
| <b>1 (12 oz.) can evaporated milk</b> |   |

In a Dutch oven or soup kettle over medium heat, sauté zucchini, onion, parsley and basil in butter until vegetables are tender. Stir in flour, salt and pepper. Gradually stir in water. Add the bouillon and lemon juice; mix well. Bring to a boil; cook and stir 2 minutes. Add tomatoes, milk and corn; bring to a boil. Reduce heat; cover and simmer 5 minutes or until corn is tender. Just before serving, stir in cheeses until melted. Yield: 8 to 10 servings.

# Vegetables



# Vegetables

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# Vegetables

## Crock-Pot Baked Beans

Dianne Hunter

5 slices bacon, fried & crumbled	1/2 c. catsup
2 (16 oz.) cans beans, drained	1/2 c. hickory-smoke barbecue sauce
1/2 green pepper, chopped (opt.)	1/2 c. packed brown sugar
1/2 med. onion, chopped	
1 1/2 tsp. prepared mustard	

Mix all ingredients in crock-pot. Cover and cook on low setting 8 to 12 hours; high setting 3 to 4 hours. Makes 6 to 8 servings, about 1 1/2 quarts.

## Large-Batch Baked Beans

Geraldine Ruess

1 can white beans	1/2 c. catsup
1 can kidney beans, drained	2 T. vinegar
8 slices bacon, slightly browned & cut up	2 T. brown sugar
1/2 c. chopped onion	1 lg. can pork & beans
	1 tsp. dry mustard

Drain beans, saving some of pork and bean liquid. Stir all ingredients together and put in 2-quart casserole. Bake in 300° slow oven for 2 hours, or can be put in slow cooker.

## Southwest Baked Beans

Peggy Brecht

2 (15 oz.) cans kidney beans	2 T. honey
1 (15 oz.) can black beans	2 tsp. dried oregano
1 (19 oz.) can white kidney beans	2 tsp. dry mustard
1 (28 oz.) can tomatoes, drained & chopped	2 tsp. ground cumin
1 c. chopped onions	1 1/2 tsp. ground ginger
2 cloves garlic, chopped	1 tsp. chili powder
1/4 c. dark molasses	Pinch of crushed red pepper flakes
1/4 c. cider vinegar	Salt, to taste

Preheat oven to 350°. Rinse and drain beans in a colander. Place in an oven-proof casserole dish. Add remaining ingredients, folding together gently so beans don't break up. Bake, covered, for 45 minutes. Remove cover, stir and bake, uncovered, 30 minutes more, or until hot and bubbly. Serves 8 to 10.

Other types of beans may be substituted.

## Broccoli Casserole

Justine Owen

- |  |                         |
|--|-------------------------|
| <b>1 pkg. frozen, chopped broccoli</b> | <b>1/2 c. milk</b>      |
| <b>1 lb. Velveeta cheese, cubed</b>    | <b>3 c. cooked rice</b> |
| <b>1/2 stick margarine</b>             |                         |

Mix broccoli, cheese, margarine and cubed cheese in saucepan. Mix in cooked rice. Bake, uncovered, in casserole dish at 350° for 45 minutes.

## Broccoli-Rice Casserole with Cheese

Gerrie Kaalberg

- |   |   |
|---|---|
| <b>1 bunch fresh broccoli</b>                               | <b>1/2 c. melted margarine or butter</b>      |
| <b>1 can cream of chicken or<br/>cream of mushroom soup</b> | <b>1 sm. pkg. shredded Cheddar<br/>cheese</b> |
| <b>1 soup can of milk</b>                                   | <b>Salt &amp; pepper (opt.)</b>               |
| <b>1 c. Minute Rice (raw)</b>                               | <b>1 sm. can mushrooms (opt.)</b>             |

Clean broccoli and place in a steamer pan over a pan partly-filled with some water until tender-crisp. When done, rinse with cold water to preserve bright green color. In a 3-quart casserole dish, mix soup and milk. Then stir in raw rice, melted butter or oleo, cheese and mushrooms. Add broccoli and stir to cover it with the mixture. Place, uncovered, in a 350° oven for 35 minutes, or until it starts to become a light golden brown.

This is a family favorite and good for potlucks. I don't usually add much salt or pepper as the oleo and cheese take care of that.

## Cabbage Casserole

Angie Feldman

- |   |                                     |
|---|-------------------------------------|
| <b>1 lg. head cabbage, shredded<br/>(about 12 c.)</b> | <b>1 can cream of mushroom soup</b> |
| <b>1 onion, chopped</b>                               | <b>8 oz. American cheese, cubed</b> |
| <b>6 T. margarine</b>                                 | <b>Salt &amp; pepper, to taste</b>  |
|   | <b>1/4 c. dry bread crumbs</b>      |

Cook cabbage in boiling salted water until tender; drain. In microwave, sauté onion in 5 tablespoons butter until tender. Add soup and mix well. Add cheese, heat and stir until melted. Stir in cabbage, salt and pepper. Put in ungreased 2-quart baking dish. Melt remaining butter and stir in bread crumbs. Sprinkle over casserole. Bake, uncovered, at 350° for 20 to 30 minutes. Makes 6 to 8 servings.

## Cabbage Casserole

Joy Gehrls, Wilton

- |  |   |
|--|---|
| 1 lg. head cabbage, shredded   | 8 oz. processed American cheese,<br>cubed |
| 1 onion, chopped   | Salt & pepper, to taste                   |
| 6 T. butter or margarine, divided                                    | 1/4 c. dry bread crumbs                   |
| 1 (10 3/4 oz.) can condensed<br>cream of mushroom soup,<br>undiluted |   |

Cook cabbage in boiling, salted water until tender; drain thoroughly. In a large skillet, sauté onion in 5 tablespoons butter until tender. Add soup and mix well. Add cheese; heat and stir until melted. Remove from the heat. Stir in cabbage, salt and pepper. Transfer to an ungreased 2-quart baking dish. In a small skillet, melt remaining butter. Cook and stir crumbs in butter until lightly browned. Sprinkle over casserole. Bake, uncovered, at 350° for 20 to 30 minutes, or until heated through.

## Calico Beans

Pat Daufeldt

- |                           |                       |
|---------------------------|-----------------------|
| 1 lb. ground beef, cooked | 1 T. vinegar          |
| Onion flakes, to taste    | 3/4 c. brown sugar    |
| 1 med. can pork & beans   | 2 T. mustard          |
| 1 med. can green beans    | Crumbled bacon (opt.) |
| 1 med. can kidney beans   |                       |

Place all ingredients in 4-quart slow cooker. This dish needs to cook long enough to heat through. Cook on low for a long time or high for a short time.

## Carrot Casserole

Joy Gehrls, Wilton

- 8 to 12 med. carrots, sliced  
& cooked

### SAUCE:

- |                         |   |
|-------------------------|---|
| 1/4 c. butter           | 1 tsp. salt                                 |
| 1 med. onion            | 1/4 tsp. celery salt                        |
| 1/4 c. flour            | 1/4 tsp. basil                              |
| 2 c. milk               | Croutons, buttered crumbs or<br>onion rings |
| 1/2 lb. Velveeta cheese |   |

Cook carrots in boiling, salted water until tender; drain thoroughly. In a large saucepan, sauté onion with butter until tender. Add flour and milk. Cook until mixture has thickened; add cheese, salts and seasonings. Stir until cheese has melted. Stir in carrots. Transfer to a casserole dish. Top with croutons, buttered crumbs or onion rings. Bake at 350° for 25 to 30 minutes. Keep casserole uncovered while baking.

## Cheesy Potatoes

Diane Buysse

- |  |                            |
|--|----------------------------|
| <b>1 (2 lb.) pkg. frozen hash browns</b> | <b>1/2 c. diced onions</b> |
| <b>2 c. shredded Cheddar cheese</b>      | <b>1/2 tsp. salt</b>       |
| <b>1 can cream of chicken soup</b>       | <b>1/2 tsp. pepper</b>     |
| <b>1/2 c. melted margarine</b>           |                            |

In a large bowl, mix potatoes and cheese. In a small bowl, melt butter and add other 4 ingredients. Put butter mixture in large bowl and stir. Put in 9x13-inch pan, spread crushed potato chips on top of potatoes. Drizzle 2 melted tablespoons of margarine on top of potato chips. Cover with foil and bake at 375° for 45 minutes. Remove foil and bake for 15 more minutes.

Can be made ahead of time and frozen.

## Cheesy Potatoes

Gerrie Kaalberg

- |  |                                     |
|--|-------------------------------------|
| <b>1 (2 lb.) pkg. frozen hash brown potatoes</b> | <b>1 pt. half &amp; half</b>        |
| <b>1/2 c. melted butter or margarine</b>         | <b>2 T. chopped onion</b>           |
| <b>2 cans cream of chicken soup</b>              | <b>1 lb. Velveeta cheese, cubed</b> |
|  | <b>Salt &amp; pepper, to taste</b>  |

Preheat oven to 350°. Grease a 3-quart casserole dish and combine ingredients and pour into it. Bake at 350° for an hour, or until done.

A potluck supper favorite.

## Choux Glorieus

(Glorified Cabbage)

Mary L. Williams

- |                                 |                                     |
|---------------------------------|-------------------------------------|
| <b>1 1/2 med. heads cabbage</b> | <b>1 can cream of mushroom soup</b> |
| <b>3/4 c. margarine</b>         | <b>1/2 lb. Velveeta cheese</b>      |
| <b>1 onion, chopped</b>         | <b>1 c. Italian bread crumbs</b>    |
| <b>1 stalk celery, chopped</b>  | <b>Salt &amp; pepper, to taste</b>  |
| <b>1 green pepper, chopped</b>  |                                     |

Chop cabbage fine and boil until tender in salted water. Wilt onion, celery and green pepper in margarine. Add cheese in small cubes and allow to melt over low heat, with the celery and other vegetables. Blend in soup with cheese mixture. When blended, add cabbage and mix well. Add bread crumbs until proper consistency (about 3/4 to 1 cup). Season to taste. Put into a 1 1/2 to 2-quart casserole. Sprinkle bread crumbs on top and bake at 350° for about 25 to 30 minutes, or until bubbly. Serves 8 to 10.

## Creamed Corn

Jackie Henderson

- |   |                          |
|---|--------------------------|
| <b>2 cans creamed corn</b>                | <b>Salt &amp; pepper</b> |
| <b>3/4 pkg. saltine crackers, crushed</b> | <b>1/4 c. margarine</b>  |
| <b>1/4 c. milk</b>                        |                          |

Mix first 4 ingredients in baking dish. Slice margarine on top. Bake at 375° for 45 minutes, or until golden.

## Creamed Corn

Rosemary Sexton

- |                                  |   |
|----------------------------------|---|
| <b>1/2 stick oleo</b>            | <b>1 regular size can whole kernel corn</b>   |
| <b>2 beaten eggs</b>             | <b>1 regular size can of cream-style corn</b> |
| <b>1 c. sour cream</b>           |   |
| <b>1 sm. box corn muffin mix</b> |   |

Mix above ingredients together and put in 9x13-inch casserole dish. Bake at 350° for 45 to 50 minutes.

## Creamy Potato Sticks

Betty Jensen

- |   |   |
|---|---|
| <b>1/4 c. all-purpose flour</b>           | <b>1/2 tsp. salt</b>  |
| <b>1 1/2 c. milk</b>                      | <b>1 (10 3/4 oz.) can condensed cream of celery soup, undiluted</b> |
| <b>1/2 lb. cubed American cheese</b>      | <b>Paprika</b>  |
| <b>5 to 6 lg. baking potatoes, peeled</b> |   |
| <b>1 c. chopped onion</b>                 |   |

In a saucepan, combine flour and salt; gradually whisk in milk until smooth. Bring to a boil; cook and stir for 2 minutes. Remove from the heat; whisk in soup and cheese until smooth, and set aside. Cut potatoes into French-fry size sticks. Place in a greased 9x13x2-inch baking dish. Sprinkle with onion. Top with cheese sauce. Bake, uncovered, at 350° for 55 to 60 minutes, or until potatoes are tender. Sprinkle with paprika. Yield: 6 servings.

## Elegant Spinach Casserole

Janet Stimson

- |   |                                      |
|---|--------------------------------------|
| <b>2 (10 oz.) pkg. frozen, chopped spinach</b>  | <b>8 oz. cream cheese</b>            |
| <b>1 (14 oz.) can artichoke hearts, drained</b> | <b>8 oz. water chestnuts, sliced</b> |
| <b>1 1/4 sticks butter, divided</b>             | <b>Dash of garlic salt (opt.)</b>    |
|   | <b>1/2 c. fresh bread crumbs</b>     |

Cook spinach according to package directions. Cut artichoke hearts in half. Melt 1 stick butter in a large saucepan. Add cream cheese, spinach, water chestnuts and garlic salt. Line a greased baking dish with artichoke hearts. Cover with spinach mixture. Sprinkle with bread crumbs. Dot with remaining butter. Bake at 400° for 20 to 25 minutes. Serves 8.

## Fresh Vegetable Medley

Lawrence J. Wall

- |  |   |
|--|---|
| <b>1 1/2 c. sliced onions</b>                              | <b>2 c. fresh tomatoes, cut into chunks</b> |
| <b>2 c. celery, cut on the bias</b>                        | <b>4 T. butter, melted</b>                  |
| <b>1 1/2 c. carrots, cut in strips</b>                     | <b>2 1/2 tsp. salt</b>                      |
| <b>2 c. green pepper strips</b>                            | <b>1/2 tsp. pepper</b>                      |
| <b>1 (6 oz.) pkg. frozen pea pods</b>                      | <b>1 T. sugar</b>                           |
| <b>1 (8 oz.) can water chestnuts, drained &amp; sliced</b> | <b>3 T. tapioca</b>                         |

Combine all ingredients. Place in lightly greased 2 1/2- to 3-quart casserole. Bake at 350°, covered for 45 minutes and then uncovered for 15 minutes. Yield: 7 to 8 servings.

Delicious!

## Fried Rice

Joan Costello

- |  |                                      |
|--|--------------------------------------|
| <b>1 c. rice &amp; 1 c. water</b>            | <b>1 carrot, grated</b>              |
| <b>2 eggs</b>                                | <b>3 stalks celery, chopped fine</b> |
| <b>6 slices bacon</b>                        | <b>1 green pepper, chopped fine</b>  |
| <b>8 sm. green onions &amp; tops, sliced</b> | <b>1/2 c. soy sauce</b>              |
|  | <b>Salt &amp; pepper, to taste</b>   |

Boil water, stir in rice; cover and set aside. Beat eggs and cook in frying pan until set, turn once and remove from pan to cool. Slice in 1/4-inch strips. Fry bacon until crisp; drain to remove all grease. Cut into small pieces and set aside. Wipe pan well to remove most of the fat. Warm celery in frying pan until half-cooked. Add green pepper and bacon. Add rice, soy sauce, salt and pepper. Mix together carrots and green onion; add with eggs to rest of mixture. Serve on warm platter and garnish with onion and eggs. Serves 2 to 4.

**Note:** Better to undercook vegetables to keep crisp effect that Japanese dishes usually have.

## Bob's Glazed Carrots

Gerrie Kaalberg

- |                            |                        |
|----------------------------|------------------------|
| <b>2 c. sliced carrots</b> | <b>2 T. cornstarch</b> |
| <b>1 c. orange juice</b>   | <b>Dash of nutmeg</b>  |
| <b>1/2 c. sugar</b>        |                        |

Cook and drain carrots. Mix remaining ingredients; cook until thick. Pour sauce over carrots and let stand for a few minutes. Serve hot. Makes 6 servings.

## Green Bean Casserole

Carolyn Reed

- |                                     |  |
|-------------------------------------|--|
| <b>1 can cream of mushroom soup</b> | <b>2 cans green beans, drained</b>           |
| <b>3/4 c. milk</b>                  | <b>1 (3 1/2 oz.) can French-fried onions</b> |
| <b>1 tsp. soy sauce (opt.)</b>      |  |

In 1 1/2-quart casserole, mix soup, milk, soy (optional) and dash of pepper. Stir in beans and 1/2 can onions. Bake, uncovered, at 350° for 30 minutes; stir. Top with remaining onions and bake 5 minutes longer. Yield: 4 to 5.

You can substitute 2 packages (9 ounces each) frozen cut green beans, thawed and drained, or 3 cups cooked green beans.

## Hash Brown Cheese Potatoes

Dorothy Allen

- |                                  |                          |
|----------------------------------|--------------------------|
| <b>2 lb. frozen hash browns,</b> | <b>1 tsp. salt</b>       |
| <b>thaw slightly</b>             | <b>1 c. grated onion</b> |
| <b>1/2 c. melted oleo</b>        |                          |

Stir together with milk, 1 can cream of chicken soup, 1 pint sour cream, 2 cups grated Cheddar cheese. Mix all together and put in casserole dish. Cover and bake at 350° for 1 hour.

## Hash Brown Potatoes

Justine Owen

- |   |                                     |
|---|-------------------------------------|
| <b>1 pkg. frozen hash brown potatoes,</b> | <b>1/4 tsp. onion salt</b>          |
| <b>cubed-style</b>                        | <b>1/4 tsp. pepper</b>              |
| <b>3/4 c. milk</b>                        | <b>1 c. shredded Cheddar cheese</b> |
| <b>1 can cream of chicken soup</b>        | <b>1 c. crushed corn flakes</b>     |
| <b>1 sm. ctn. sour cream</b>              | <b>1/4 stick melted oleo</b>        |
| <b>1/2 tsp. seasoned salt</b>             |                                     |

Mix potatoes, soup, milk and sour cream; season to taste. Spread in 9x13-inch pan. Cover with Cheddar cheese and crushed corn flakes; drizzle the melted oleo over all. Bake 1 hour at 350°.

## Heavenly Onions

Lori Leggins

**4 lg. Bermuda onions, sliced & separated into rings**  
**4 T. butter**  
**1/2 lb. Swiss cheese, shredded**  
**1/4 tsp. pepper**

**1 can cream of chicken soup**  
**1/2 c. milk or cooking sherry**  
**1 tsp. soy sauce**  
**8 thin slices French bread, buttered on both sides**

In a large Dutch oven, sauté onion in butter until tender. Place onions in greased 1 1/2-quart casserole. Top with cheese. Combine soup, milk or sherry, and soy sauce. Heat in saucepan. Pour over cheese. Overlap bread in a ring around outside edge of dish. Bake, uncovered, for 30 minutes at 350°.

## Mushroom Escalloped Potatoes

Rick Ferguson

**1 can cream of mushroom soup**  
**1 can milk**  
**4 c. thinly-sliced potatoes**

**2 T. minced onion**  
**2 T. butter or margarine**  
**Pepper**

Heat oven to 350°. Place can of soup and milk in small saucepan, mix and put on low heat. Place potatoes in a layer in a 1 1/2-quart casserole. Sprinkle with onion. Dot in 5 to 6 places with butter or margarine; shake on pepper. Repeat until casserole is full. Do not put butter, onion or pepper on top of last layer. Pour soup mixture over top, insuring it works its way down into the layers. Bake 1 1/4 hours. Serves 6.

Great with Meat Loaf Italiano (or any other meat loaf). Tastes excellent together and timing is perfect. Put meat loaf in for 1 1/2 hours, follow directions above and put in 15 minutes later for 1 1/4 hours--done at same time.

## Oven Hash Browns

Mary Ort

**2 lb. frozen hash browns**  
**1/2 c. melted oleo**  
**1 tsp. salt**  
**Pepper, to taste**

**2 T. minced onions or green onions**  
**1 can cream of chicken soup**  
**2 c. sour cream**  
**2 c. cubed Velveeta cheese**

Mix all ingredients together in a 9x13-inch pan. Cover with 1 cup crushed corn flakes mixed with 2 tablespoons melted oleo. Bake at 350°, for 1 hour covered, and additional 1/2 hour uncovered.

## Parmesan Baked Potatoes

Arlene Otto

**6 T. butter or margarine, melted**  
**3 T. grated Parmesan cheese**

**8 med. red potatoes, unpeeled**  
**(about 2 3/4 lb.), halved lengthwise**

Pour butter into 9x13x2-inch baking pan. Sprinkle Parmesan cheese over butter. Place potatoes with cut-side down over cheese. Bake, uncovered, at 400° for 40 to 45 minutes, or until tender. Yield: 8 servings.

I don't always use red potatoes; whatever I have on hand.

## Party Potatoes

Mary Ort

**10 lb. potatoes, peeled & cubed**  
**8 oz. cream cheese**  
**8 oz. sour cream**  
**1/2 tsp. onion salt**  
**1/2 tsp. garlic salt**

**1/2 tsp. celery salt**  
**1/4 tsp. pepper**  
**1/2 c. Ranch dressing**  
**1/4 c. Butter Buds (opt.)**

Cook potatoes until tender; drain. Beat cream cheese, sour cream, onion salt, garlic salt, celery salt, pepper, Ranch dressing and Butter Buds until smooth with electric mixer. Can also add snipped chives and a few green onions, tops and all. Mix with potatoes and bake at 325°, covered, for 2 hours.

This dish can be prepared the day before and refrigerated until ready to bake. You also may substitute low-fat cream cheese, sour cream and ranch dressing.

**Variation;** Substitute new red potatoes, which have been washed and the "eyes" removed, unpeeled and cut in half.

No cream cheese or sour cream? Use more Ranch dressing.

## Potato Supreme

Jodi Simon

**2 lb. frozen diced hash browns**  
**1 med. onion, diced fine**  
**1/4 c. margarine**  
**4 oz. grated sharp Cheddar cheese**  
**1 c. sour cream**

**1 can cream of mushroom soup**  
**Salt & pepper, tot taste**  
**2 c. corn flakes, crushed**  
**1/4 c. butter, melted**

Thaw potatoes, toss with onion and melted margarine. Blend in cheese, sour cream and soup together. Add salt and pepper. Place in lightly-greased casserole dish (large). Cover with corn flakes and melted margarine. Bake in 350° oven. Cover with foil and bake 25 minutes. Remove foil and bake 20 to 25 minutes longer. Yield: 12 to 15 servings.

## Bob's Scalloped Cabbage

Gerrie Kaalberg

- |  |                                    |
|--|------------------------------------|
| <b>1 head cabbage, cut in sm. wedges</b> | <b>1 c. grated cheese</b>          |
| <b>3 T. butter</b>                       | <b>Salt &amp; pepper, to taste</b> |
| <b>3 T. flour</b>                        | <b>1 c. bread crumbs</b>           |
| <b>3 c. milk</b>                         | <b>Butter, for topping</b>         |

Cook the cabbage in salted water, until tender-crisp; drain and set aside. Melt butter in saucepan; add flour and stir until smooth. Add the milk and cheese; cook until thickened. In an appropriately-sized casserole, depending on size of cabbage head, layer cabbage, then cheese sauce, then salt and pepper. Repeat these 3 layers. Then sprinkle bread crumbs over the top and dot with butter. Bake, uncovered, or 1/2 hour at 400°. Delicious!

This is a good dish to take to potlucks. It goes over well.

## Spanish Noodles

Hope Oepping

- |   |  |
|---|--|
| <b>1 (7 to 10 oz.) pkg. elbow noodles</b> | <b>2 lg. cubes Knorr tomato bouillon with chicken flavor</b> |
| <b>4 c. hot water</b>                     | <b>Garlic salt, to taste</b>                                 |

In a large saucepan, with a little oil, brown noodles. Add 4 cups of hot water. Bring to a boil, then add remaining ingredients. Cover and simmer until noodles are softened.

## Spring Primavera

Jane Campbell

- |  |  |
|--|--|
| <b>1/2 lb. uncooked pasta*</b>                                     | <b>1 1/2 c. shredded carrots</b>         |
| <b>1/2 lb. asparagus, trimmed &amp; cut into 1" pieces</b>         | <b>2 garlic cloves, finely chopped</b>   |
| <b>1 sm. red or green bell pepper, cut into short, thin strips</b> | <b>1 1/2 tsp. Italian herb seasoning</b> |
|  | <b>2 T. olive or vegetable oil</b>       |
|  | <b>1/4 c. grated Parmesan cheese</b>     |

\*Linguine, spaghetti, mostaccioli or fettucine work best.

Cook pasta according to package directions; drain. Cook and stir asparagus, bell pepper, carrots, garlic and herb seasoning in skillet in hot oil over medium-high heat for 3 to 5 minutes, or until tender-crisp. Remove from heat. Stir in pasta and cheese. Serve immediately. Makes 4 servings; 390 calories, 9 grams fat, 5 mg cholesterol, 453 mg sodium, 64 gm carbohydrates, 13 gm protein.

A great way to use up asparagus from the garden! For a lower fat version, leave out the oil and spray pan with a no-stick cooking spray.

## Stuffed Zucchini

(Calabazas Rellenos)

Rick Ferguson

6 med.-size zucchini	1/4 tsp. pepper
1 (3 oz.) pkg. cream cheese	1 c. sour cream
2 T. minced onion	Parsley flakes (opt.)
1/2 tsp. salt	Paprika (opt.)

Place whole, unpeeled zucchini in boiling water, to cover. Do not cover pan. Reduce heat and simmer until nearly tender, about 10 minutes. Allow to cool until you can handle them. Cut each zucchini in half lengthwise and scoop seeds into small bowl; add cream cheese, minced onion, salt and pepper; mix well. Stuff mixture back into zucchini halves, arrange in a buttered square baking dish. Spoon sour cream evenly over each. Sprinkle with parsley flakes and/or paprika, if desired. Bake for about 10 minutes in 325° oven. Serve immediately. Serves 6.

Perfect with heavy meals, as it is quite light.

## Supreme Corn Casserole

Beth Anne Kordick

2 cans creamed corn	1 1/2 c. sour cream
2 cans whole kernel corn, drained	1 box Jiffy cornbread mix
3 eggs, beaten	Salt & pepper, to taste
1/2 c. margarine, melted	

Mix all ingredients in a large bowl. Pour into greased casserole or 9x13-inch pan. Bake 30 to 40 minutes at 350°.

## Sweet Potatoes with Pecan Topping

Janet Stimson

3 lb. sweet potatoes, cooked & peeled	1 tsp. salt
2 eggs	1 tsp. cinnamon
3/4 c. brown sugar, divided	1/2 to 1 c. fresh orange juice
1 stick butter, melted & divided	1 c. pecan halves

Mash potatoes. There should be approximately 6 cups. Beat in eggs, 1/2 cup brown sugar and 1/2 the butter. Add salt and cinnamon. Beat in enough orange juice to make potatoes moist and fluffy. Place in 1 1/2 to 2-quart casserole. Refrigerate if you wish. Before baking, arrange pecans to cover top. Sprinkle with remaining brown sugar and drizzle with remaining butter. Bake at 375° for 20 minutes, or until thoroughly heated. Serves 8 to 10.

## Texas Corn

Staci Kirkman, Wilton

- |                                    |   |
|------------------------------------|---|
| <b>1 (8 oz.) pkg. cream cheese</b> | <b>1 (15 oz.) can white canned corn</b>     |
| <b>1/4 c. milk</b>                 | <b>1 (15 oz.) can yellow canned corn</b>    |
| <b>1/2 c. butter or margarine</b>  | <b>1 (4 oz.) pkg. chopped green chilies</b> |

Melt together the cream cheese, milk, and butter or margarine on stove top. In a 2-quart baking dish, mix together drained corn and green chilies. After cream cheese, milk and butter/margarine is melted, pour over corn and chilies. Mix together. Bake at 350° for 45 minutes.

## Vegetable-Rice Casserole

Priscilla Haessing

Combine:

- |   |   |
|---|---|
| <b>1 bag frozen broccoli or vegetables florentine</b> | <b>1 c. chopped onion, or 1 T. dry onion flakes</b> |
| <b>1 stick margarine</b>                              | <b>1 c. chopped celery</b>                          |

Later, add:

- |                                     |  |
|-------------------------------------|--|
| <b>1 1/2 c. dry Minute Rice</b>     | <b>Sliced water chestnuts, for variety in texture (opt.)</b> |
| <b>1 sm. jar Cheez Whiz</b>         |  |
| <b>1 can cream of mushroom soup</b> |  |

First, combine the first 4 ingredients and microwave on HIGH for 6 minutes, stirring once during the 6 minutes. Or, cook on stove top until broccoli is partially done, then add the next 4 ingredients and bake, covered, for 35 minutes at 350°. Remove from oven and add a can of onion rings to the top of the casserole. Return to oven, uncovered, for another 5 minutes. A 2-quart casserole dish works well. Yield: 6 to 8 servings.

# Breads



# Breads

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# Breads

## Banana Bread

Sarah Simon

- |                   |                    |
|-------------------|--------------------|
| 1/2 c. shortening | 1/4 tsp. salt      |
| 2 unbeaten eggs   | 1 tsp. baking soda |
| 1 c. sugar        | 2 c. flour         |
| 3 mashed bananas  | 1/2 c. nuts (opt.) |
| 3 T. sour milk    |                    |

Mix the first 3 ingredients. Add the mashed bananas and sour milk, alternating them as you do so. Add the rest of the ingredients. Pour into bread pan and bake at 350° for 1 hour. Makes 1 loaf.

## Banana Muffins

Laura Hermanson

- |                |                                  |
|----------------|----------------------------------|
| 3/4 c. sugar   | 1 1/2 c. flour                   |
| 1/3 c. oil     | 1/2 tsp. salt                    |
| 1 egg          | 1 tsp. vanilla                   |
| 2 to 3 bananas | 1 tsp. baking soda, dissolved in |
| 1/2 c. oatmeal | 1 T. water                       |

Cream sugar and oil until light; add egg and beat. Add the rest of the ingredients until blended. Sprinkle muffins with brown sugar. Bake at 350° for 20 minutes.

## Banana-Nut Bread

Mary Martha Stoessel

- |                         |                       |
|-------------------------|-----------------------|
| 2 beaten eggs           | 1 c. sugar            |
| 1/2 c. butter           | 1 tsp. baking soda    |
| 2 c. flour              | 1/2 tsp. salt         |
| 3 mashed bananas (ripe) | 1 c. chopped nutmeats |

Beat 2 whole eggs in bowl. Add butter and sugar; cream well. Sift baking soda, flour and salt together. Mix with creamed mixture. Add the mashed bananas and nuts. Bake in a loaf bread pan at 325° for 50 to 60 minutes. Test in middle of bread for doneness.

May bake in 4 small loaf pans for 40 minutes.

## Blueberry Muffins

Lori Leggins

2 c. flour	1 1/2 to 2 c. fresh or frozen blueberries
1 T. baking powder	1/2 c. melted butter
1/2 tsp. salt	1/2 c. milk
2 eggs	1/2 tsp. cinnamon
1/2 tsp. vanilla	
1 1/2 c. sugar	

Combine dry ingredients: flour, sugar, salt, cinnamon and baking powder. Toss berries in 1 tablespoon dry mixture; set aside. In a large bowl, pour in cooled butter. Stir in eggs, milk and vanilla. Add dry ingredients and stir until mixed. Stir in berries. Spoon into muffin tins lined with paper cups, 2/3 full. Sprinkle with sugar. Bake at 425° for 15 minutes.

## Buttermilk Oatmeal Muffins

Karen Jedlicka

1 c. oatmeal	1 c. flour
1 c. buttermilk (1 use powdered)	1 tsp. baking powder
1 egg	1/2 tsp. salt
1/2 c. brown sugar	1/2 tsp. baking soda
1/2 c. oil	

Don't use mixer; mix by hand. Mix buttermilk and oatmeal; let sit for 1/2 hour. Add egg and beat well. Add sugar and mix. Add rest. Fill greased muffin pans 2/3 full. Bake at 400° for 15 to 20 minutes.

# Cinnamon Breakfast Rings

Kathy Myers

<b>2 pkg. dry granular yeast</b>	<b>1/2 c. lukewarm water</b>
<b>2 c. milk</b>	<b>1/2 c. sugar</b>
<b>2 tsp. salt</b>	<b>1/2 c. margarine</b>
<b>2 eggs, beaten</b>	<b>7 to 7 1/2 c. flour</b>

Mix together yeast and water; let stand 5 minutes, then stir. Scald milk and mix in salt, sugar and margarine. Cool to lukewarm. Stir in softened yeast and beaten eggs. Add flour 2 or 3 cups at a time. I use my mixer. For the first few cups I use the wire beater and then I use my dough hook. Add enough flour to make dough easy to handle. Place dough on floured surface and knead until smooth and elastic. Place dough in greased bowl, turning once to bring greased-side up. Cover with damp cloth and let rise until double (1 1/2 to 2 hours). Punch down. Let rise again until almost double (about 1 hour). Divide dough into 3 pieces. Roll each piece into a 12x18-inch rectangle. Grease 3 cookie sheets.

<b>FILLING:</b>	<b>2 1/2 tsp. cinnamon</b>
<b>1/2 c. melted butter</b>	<b>1 c. sugar</b>

Spread rectangles with melted butter, then sprinkle with cinnamon and sugar mixture. Roll up long side of dough, then join ends, placing in a large circle on a greased cookie sheet. Make large snips about 1/2-inch-deep every 2 inches in circle, and turn each section slightly to expose filling. Let rise until doubled. Bake in 350° oven for about 25 minutes.

Frost as desired. I usually wrap them in foil, unfrosted for the freezer, and frost them later as needed. Makes 3 rings.

## Cinnamon Rolls or Kolaches

Darlene Kabela

<b>3 pkg. dry yeast</b>	<b>2 c. milk, scalded, cooled to lukewarm</b>
<b>1/2 c. sugar</b>	<b>1/3 c. dry potato flakes</b>
<b>1/2 c. shortening, melted</b>	<b>1 T. salt</b>
<b>3 egg yolks, plus 1 whole egg</b>	<b>6 to 7 c. flour</b>

**Butter** **Sugar**

**Cinnamon**

Dissolve yeast in 1/2 cup lukewarm water and 1 tablespoon sugar; set aside. Add sugar, potato flakes, shortening and salt to lukewarm milk. Add 3 cups flour and beat well. Add beaten eggs and yeast; beat. Add 3 to 4 more cups flour to make a soft dough. After dough is mixed well, grease it and let rise until doubled in bulk. Punch down and divide into 4 parts. Roll dough to about 1/4-inch thickness. Spread with butter, sprinkle with sugar and cinnamon. Roll tightly, starting from wide side. Slice to about 2 inches thick. Place on greased cookie sheet. Let rise until double. Bake in 400° oven until brown, 10 to 15 minutes.

I use this same recipe for kolaches. Shape dough into walnut-size balls. Let rise. Make indent and fill with 1 teaspoon fruit pie filling. I use prune, apricot, cherry and raspberry, also poppy seed. Let rise after filling and bake like rolls. I sometimes roll the dough into a circle and make 16 pie-shaped pieces, rolling them wide end to point, like a crescent roll. After the rolls are cool, I frost and sprinkle with chopped nuts. I use lard for my shortening. Potato keeps the dough soft.

## Easy Cinnamon Rolls

Cindy Stiff

<b>1 c. chopped pecans</b>	<b>1/2 c. melted butter or oleo</b>
<b>1 (3.5 oz.) pkg. butterscotch pudding (not instant)</b>	<b>3/4 c. brown sugar, packed</b>
<b>1 (25 oz.) pkg. frozen rolls, self-rising</b>	<b>1 tsp. cinnamon</b>

Spray tube pan with cooking spray. Place nuts in bottom of pan, sprinkle pudding mix over nuts and evenly distribute frozen rolls on top. Mix butter, brown sugar and cinnamon, drizzle over rolls. Place uncovered pan in cold oven overnight, or at least 8 hours. In the morning (without opening oven door) turn on oven to 300° and bake 30 to 35 minutes. Invert pan on serving plate.

**Note:** If your oven has a timer, you may want to set it to begin half an hour before you get up, and wake up to the aroma of fresh baked rolls!

## Easy Sweet Rolls

Helen Enderie

- |  |                            |
|--|----------------------------|
| <b>1 yellow cake mix (not pudding)</b> | <b>2 pkg. dry yeast</b>    |
| <b>4 c. flour</b>                      | <b>2 1/2 c. warm water</b> |

Blend these 2 mixtures in a large bowl. Knead; let rise until doubled in bulk. Punch down and let rise. Knead a little. Roll dough; spread with melted butter. Sprinkle with mixture of cinnamon and sugar. Fold in thirds, slice 3/4-inch thick. Twist and turn onto baking sheet (greased). Bake 12 to 15 minutes at 350°. Yield: 2 1/2 to 3 dozen.

Can be left in refrigerator overnight. I like to drizzle with powdered sugar frosting after baking.

## Excellent Pumpkin Bread

Genevieve Furlong

- |                        |                                  |
|------------------------|----------------------------------|
| <b>3 c. sugar</b>      | <b>3/4 tsp. nutmeg</b>           |
| <b>4 eggs</b>          | <b>1/2 tsp. allspice</b>         |
| <b>1 c. salad oil</b>  | <b>2 tsp. baking soda</b>        |
| <b>2 c. pumpkin</b>    | <b>2/3 c. water</b>              |
| <b>3 1/2 c. flour</b>  | <b>1/2 tsp. orange flavoring</b> |
| <b>1 tsp. cinnamon</b> | <b>1 c. nuts (opt.)</b>          |
| <b>1 1/2 tsp. salt</b> |                                  |

Cream sugar, eggs and oil. Add pumpkin. Sift dry ingredients. Blend water and flavoring; stir in alternately with dry ingredients. Bake in greased and floured pans filled 2/3-full. Bake at 350° until done, about 45 minutes in loaf pans. Makes 4 (3x7x2-inch) loaves. Remove from pans; cool on rack.

## Herbed French Bread

Katie Feldman

- |  |   |
|--|---|
| <b>1/4 c. margarine</b>                | <b>2 T. chopped chives</b>                |
| <b>2 T. olive oil or vegetable oil</b> | <b>1 tsp. Dijon mustard</b>               |
| <b>1 garlic clove, minced</b>          | <b>1 loaf French bread, cut into 1/2"</b> |
| <b>3 T. grated Parmesan cheese</b>     | <b>slices</b>                             |

Melt butter. Add oil and garlic; sauté until garlic is tender. Stir in Parmesan cheese, chives and mustard. Spread on one side of each slice of bread. Place with buttered-side up on ungreased baking sheet. Bake at 400° for 6 to 8 minutes.

## Hot Casserole Bread

Rosemary Johnson

- |   |                    |
|---|--------------------|
| <b>1 env. active dry yeast</b>                  | <b>1 T. sugar</b>  |
| <b>1 c. warm water</b>                          | <b>2 tsp. salt</b> |
| <b>4 c. sifted flour, preferably unbleached</b> |                    |

Soften yeast in warm water. Measure flour into a bowl; add sugar and salt. Add water and yeast; mix. Add enough more water (from 1/4 to 1/2 cup) to make a soft dough. Cover and allow to rise until double in bulk. Beat down and divide dough into 2 (1-quart) round oven-glass casseroles that have been buttered generously. Allow to rise again until double in bulk; then bake in a 400° oven for 40 minutes. Remove from casseroles and brush crust with butter.

## Mimi's Blueberry Muffins

Michele Alpen

- |                             |   |
|-----------------------------|---|
| <b>1 c. sugar</b>           | <b>3/4 tsp. nutmeg</b>  |
| <b>1/4 c. margarine</b>     | <b>1/2 tsp. vanilla</b>   |
| <b>1 c. milk</b>            | <b>1/4 tsp. salt</b>  |
| <b>1 egg</b>                | <b>1 c. fresh blueberries or unsweetened frozen berries, thawed &amp; drained</b> |
| <b>1 1/3 c. flour</b>       |   |
| <b>2 tsp. baking powder</b> |   |
| <b>3/4 tsp. cinnamon</b>    |   |

Preheat oven to 375°. Prepare muffin tin as desired. In medium bowl, cream sugar and margarine until smooth. Add milk, egg, 2/3 cup flour, baking powder, cinnamon, nutmeg, vanilla and salt. Mix just until blended. Gently mix in remaining 2/3 cup flour. Fold in blueberries. Fill muffin tins 3/4 full. Bake 20 to 30 minutes until golden brown. Makes 12 muffins.

## Minnie Mama's Orange Rolls

Bob Jensen

- |                            |                        |
|----------------------------|------------------------|
| <b>2 pkg. yeast</b>        | <b>1/2 c. sugar</b>    |
| <b>1/4 c. warm water</b>   | <b>3 to 4 c. flour</b> |
| <b>1 c. milk (scalded)</b> | <b>2 eggs, beaten</b>  |
| <b>1/2 c. shortening</b>   | <b>Oranges</b>         |

Dissolve yeast in warm water. Add sugar, salt, shortening and eggs. Add 1 cup flour at a time, beating hard after adding each cup. Knead. Let rise until double, then rise again. Peel oranges, then section them. Roll dough and cut for size of orange section. Roll around orange and let rise. Bake at 350° for 20 minutes. Cool; ice with powdered sugar frosting.

## Monkey Bread

Kate Carter

<b>4 tubes refrigerator biscuits</b>	<b>1/2 c. white sugar</b>
<b>1 c. white sugar &amp;</b>	<b>1/2 c. brown sugar</b>
<b>1 tsp. cinnamon, mixed</b>	<b>2 sticks margarine</b>

Grease an angel food or bundt pan. Open biscuits, cut each into fourths. Pour cinnamon and sugar mixture into container. Drop biscuits in, shake and coat pieces. Put them into pan. Heat sugars and margarine in a saucepan until it boils. Pour over biscuits. Bake at 350° for 40 to 50 minutes. Cool briefly. Remove from pan onto a plate.

## Monkey Bread

Marilyn Lacina

<b>1 can biscuits</b>	<b>1/2 stick margarine</b>
<b>1/4 c. sugar</b>	<b>1/4 c. brown sugar</b>
<b>1/2 tsp. cinnamon</b>	<b>1/2 tsp. cinnamon</b>

Cut each biscuit into 4 pieces. Roll each piece in mixture of 1/4 cup sugar and 1/2 teaspoon cinnamon. Put in greased bread pan. Bring margarine, brown sugar and cinnamon to boil. Pour over biscuits. Bake at 350° for 20 minutes.

## Oatmeal Bread

Elaine Wiele

<b>1 c. boiling water</b>	<b>1 T. butter or margarine</b>
<b>1 c. old-fashioned oats</b>	<b>1 c. salt</b>
<b>1 pkg. active dry yeast</b>	<b>3 to 3 1/2 c. flour</b>
<b>1/3 c. warm water</b>	<b>Melted butter or margarine</b>
<b>1/4 c. honey</b>	<b>Additional oats</b>

In a large mixing bowl, combine boiling water and oats; let stand until warm (110° to 115°). In a small bowl, dissolve yeast in warm water; add to oat mixture. Add honey, butter, salt and 2 cups flour; beat until smooth. Add enough remaining flour to form a soft dough. Turn onto a floured board; knead until smooth and elastic, about 6 to 8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch the dough down. Shape into a loaf; place in a greased 4x8x2-inch loaf pan. Brush with butter, sprinkle with oats. Cover and let rise. Bake at 350° for 50 to 55 minutes. I mix and knead dough in my food processor.

## Oatmeal Muffins

Marcy Budreau

- |                                      |                             |
|--------------------------------------|-----------------------------|
| <b>1 c. rolled oats</b>              | <b>1 c. sifted flour</b>    |
| <b>1 c. buttermilk or sour cream</b> | <b>1 tsp. baking powder</b> |
| <b>1/3 c. shortening (part oleo)</b> | <b>1/2 tsp. baking soda</b> |
| <b>1/2 c. brown sugar</b>            | <b>1 tsp. salt</b>          |
| <b>1 egg</b>                         |                             |

Soak oats in buttermilk or sour milk for 1 hour. Mix thoroughly, shortening (oleo), 1/2 cup brown sugar and 1 egg; sift together flour, baking powder, baking soda and salt; stir in alternately with rolled oats, and buttermilk or sour milk. Fill muffin cups 2/3 full. Bake until golden brown. Bake at 400° for 20 to 25 minutes, until golden brown. Makes 12 medium-size muffins.

## Gramma Picek's Sweet Cornbread

Colleen and Lou Picek

- |                             |                               |
|-----------------------------|-------------------------------|
| <b>1 c. flour</b>           | <b>1 c. cornmeal</b>          |
| <b>4 tsp. baking powder</b> | <b>1/2 tsp. salt</b>          |
| <b>1/2 c. sugar</b>         | <b>3 T. melted shortening</b> |
| <b>2 beaten eggs</b>        | <b>1 c. milk</b>              |

Beat eggs; add sugar and milk. Add dry ingredients and shortening. Bake at 425° about 20 minutes in greased round pie plate, or in greased cupcake pan at 400°.

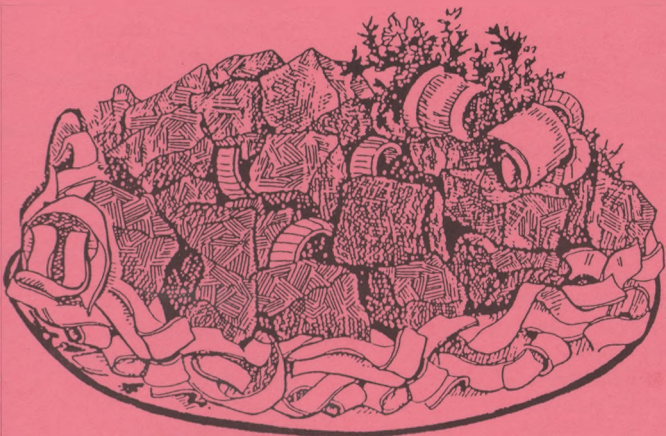
## Waffles

Lori Leggins

- |                            |                             |
|----------------------------|-----------------------------|
| <b>3 eggs</b>              | <b>2 T. sugar</b>           |
| <b>1 3/4 c. buttermilk</b> | <b>2 tsp. baking powder</b> |
| <b>2 c. flour</b>          | <b>2/3 c. Crisco oil</b>    |
| <b>1/2 tsp. salt</b>       | <b>1 tsp. vanilla</b>       |
| <b>1 tsp. baking soda</b>  |                             |

Preheat waffle iron. Place eggs in a large bowl, beat 1 minute on high. Add buttermilk mix. Whisk together dry ingredients. Add to egg mixture; beat just until mixed. Add Crisco oil and vanilla; mix only until blended. Bake in preheated waffle iron.

# Main Dishes



# Main Dishes

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# Main Dishes

## Fish

### Crabmeat Two-Cheese Pasta

Jean Ann Feldman

<b>2 pkg. crabmeat (flake-style)</b>	<b>3 med. tomatoes, chopped</b>
<b>12 oz. linguine or fettuccine</b>	<b>2 c. cream</b>
<b>4 minced garlic cloves</b>	<b>1 c. sliced green onions</b>
<b>1 tsp. dried oregano, crushed</b>	<b>1 c. grated Swiss cheese</b>
<b>4 T. butter</b>	<b>1 c. Parmesan cheese</b>

Cook pasta according to package directions; drain. While pasta is cooking, sauté garlic and oregano in butter. Add tomato and onions. Continue cooking about 3 minutes. Add remaining ingredients and cook over medium heat until cheese is melted and sauce is hot, stirring whole time. Serve over pasta. Yield: 6 to 8 servings.

I like the sauce a little thicker, so I add 2 tablespoons flour before adding the cream.

### Herbed Fish Fillets

Michele Alpen

<b>1 T. vegetable oil</b>	<b>1/2 tsp. basil</b>
<b>1/4 c. dry bread crumbs</b>	<b>1/8 tsp. garlic powder</b>
<b>2 T. Parmesan cheese</b>	<b>1 lb. fillet of fish</b>
<b>1/4 tsp. pepper</b>	<b>1 T. lemon juice</b>
<b>1/4 tsp. paprika</b>	

Preheat oven to 475°. Combine bread crumbs, Parmesan cheese, pepper, paprika, basil and garlic powder. Brush fish with oil. Roll in bread crumb mixture. Arrange fish in baking/roasting pan. Sprinkle with lemon juice. Bake for 15 minutes or until fish flakes easily with a fork. Yield: 4 servings.

**Nutritional Information Per Serving:** 278 calories, 13 gm fat, 302 mg sodium.

## Mock Lobster Casserole

Gloriene Howard

- |                              |                                      |
|------------------------------|--------------------------------------|
| <b>2 lb. haddock fillets</b> | <b>1/4 tsp. garlic powder</b>        |
| <b>Salt, to taste</b>        | <b>1/4 c. melted butter</b>          |
| <b>1 can shrimp soup</b>     | <b>1/2 tsp. Worcestershire sauce</b> |
| <b>1 T. lemon juice</b>      | <b>3/4 c. bread crumbs</b>           |
| <b>1/2 tsp. minced onion</b> |                                      |

Mix lemon juice with soup. Pour over fish and bake, uncovered, 20 minutes at 375°. Mix bread crumbs and additional ingredients. Sprinkle over fish and bake an additional 10 minutes.

## Season's Best Shrimp Parmesan

Jana Feldman

- |                                       |                                    |
|---------------------------------------|------------------------------------|
| <b>1 T. chopped onion</b>             | <b>1/4 tsp. white pepper</b>       |
| <b>2 T. butter</b>                    | <b>1 1/2 c. whipping cream</b>     |
| <b>1/2 tsp. finely-chopped garlic</b> | <b>3 T. grated Parmesan cheese</b> |
| <b>1/4 tsp. salt</b>                  | <b>3 T. ketchup</b>                |
| <b>1/4 tsp. ground red pepper</b>     | <b>1 lb. cooked med. shrimp</b>    |

Cook onion in butter until tender. Add garlic, salt, red pepper and white pepper. Stir in whipping cream, Parmesan cheese and ketchup. Bring to a boil, reduce heat. Simmer, uncovered, stirring occasionally, for about 15 minutes or until sauce thickens. Stir in cooked shrimp. Serve over cooked fettuccine noodles.

## Spaghetti and Salmon Sauce

Eva M. Rodriguez

- |  |                                   |
|--|-----------------------------------|
| <b>1 can salmon, deboned &amp; skinned</b> | <b>2 to 3 sprigs cilantro</b>     |
| <b>1 onion, minced</b>                     | <b>2 to 3 shakes oregano</b>      |
| <b>2 to 3 garlic cloves, minced</b>        | <b>2 to 3 shakes pepper</b>       |
| <b>1 lg. tomato, minced</b>                | <b>Salt, to taste</b>             |
| <b>2 T. olive oil</b>                      | <b>1/4 c. white wine or broth</b> |
| <b>1/2 c. evaporated milk, undiluted</b>   | <b>Parmesan cheese</b>            |

Put olive oil in hot skillet. Sauté onions, garlic, tomatoes, cilantro (coriander). Add the chunks of salmon without breaking it too much. Add evaporated milk and white wine. Simmer for 10 minutes on medium heat. Cook spaghetti according to package directions. Serve the sauce on top and sprinkle with Parmesan cheese. Yield: 4 servings.

# Main Dishes, Meatless

## Aduzuki Beans and Rice

Fr. Ed O'melia

<b>5 c. water</b>	<b>1 c. Aduzuki beans*</b>
<b>1 tsp. salt</b>	<b>1 tsp. minced garlic</b>
<b>1/2 c. dried, chopped onions</b>	<b>1 tsp. curry powder</b>
<b>1 tsp. cumin</b>	<b>1/2 tsp. fennel seed</b>
<b>1 tsp. oregano</b>	<b>1 c. Basmati rice</b>

Wash Aduzuki beans and place in water with salt and spices in a 4-quart pot. Bring to a boil and then simmer, covered, for about an hour, until beans are tender. Add Basmati rice and continue to simmer covered for another 20 minutes, when rice is tender and most of the water is gone. Serve with parsley, bacon bits and Parmesan cheese. Yield: 5 to 7 servings.

\*Can be bought at Strington Grocery or Health Food Store.

## Corn Macaroni

Frances Daufeldt

<b>1 c. macaroni, uncooked</b>	<b>1 c. Velveeta cheese, cubed</b>
<b>1 can whole kernel corn</b>	<b>1 stick margarine, melted</b>
<b>1 can cream-style corn</b>	

Mix the above all together and bake 1 hour in moderate oven.

A favorite of our big teenage grandsons. I use my own frozen corn and add milk, if necessary, and some salt or seasoning.

## Corn and Macaroni Casserole

Sue Grings

<b>1 pkg. Velveeta macaroni &amp; cheese</b>	<b>1/4 c. butter or margarine</b>
<b>1 can creamed corn</b>	<b>3/4 c. milk</b>
<b>1 can kernel corn</b>	<b>Salt &amp; pepper, to taste</b>

Mix all ingredients in a bowl. Pour in greased 1 1/2-quart baking dish. Bake at 350° for 45 minutes to 1 hour, stirring occasionally.

## Rice with Green Chili

Nancy Schaapveld

- |                                       |   |
|---------------------------------------|---|
| <b>2 c. cooked rice</b>               | <b>1 lb. Monterey Jack cheese, grated</b> |
| <b>1 c. sour cream</b>                | <b>Salt, pepper &amp; paprika</b>         |
| <b>1 can lg. chopped green chili*</b> |   |

Cook rice according to directions. Mix rice with sour cream. Salt and pepper; add green chili. Blend well. Put half of mixture in greased casserole dish. Top with 1/2 pound grated Monterey Jack cheese. Repeat with second half of rice mixture, then top with remaining grated Monterey Jack cheese. Sprinkle with paprika for color. Bake, covered, at 350° for 30 to 45 minutes.

\*May also substitute 1/2 cup Pace picante sauce for green chilies.

## Superb Rice Stuffing Casserole

Gloriene Howard

- |  |  |
|--|--|
| <b>1 (11 oz.) pkg. white &amp; wild rice</b> | <b>1 (2 1/2 oz.) can sliced mushrooms, drained</b> |
| <b>2 c. seasoned stuffing mix</b>            | <b>1/2 c. hot water</b>                            |
| <b>1/2 c. chopped onion</b>                  | <b>1/2 c. raisins</b>                              |
| <b>1/2 c. chopped celery</b>                 | <b>2 T. slivered almonds</b>                       |
| <b>1 can cream of mushroom soup</b>          |  |

Cook rice according to package directions. Combine rice and all remaining ingredients in a 1 1/2-quart casserole. Bake at 350° for 30 to 35 minutes. Yield: 6 to 8 servings.

## White Spaghetti

Martha Ramirez

- |  |                       |
|--|-----------------------|
| <b>2 lb. long thin spaghetti</b>       | <b>Butter</b>         |
| <b>8 oz. Mexican sour cream</b>        | <b>Onion</b>          |
| <b>8 oz. Philadelphia cream cheese</b> | <b>1 clove garlic</b> |
| <b>1 pkg. supreme Mexican cheese</b>   | <b>Salt</b>           |
| <b>Cilantro</b>                        | <b>Milk</b>           |

Cook spaghetti with onion, garlic and a pinch of salt until tender. Drain and rinse with cold water. Remove onion and garlic. Butter a 3-quart baking dish. Layer spaghetti about 1/2-inch thick. Blend sour cream with 1/3 cup milk and pour on top of spaghetti. Next, layer with cream cheese, followed by a layer of Mexican cheese. Finish with layer of cilantro. Repeat each layer until you get to the top of baking dish. Top with a few teaspoons of butter. Cover with foil and bake at 350° for 30 minutes.

# Ham, Egg Dishes

## Creamed Eggs

Rick Ferguson

**2 T. butter or margarine**  
**2 T. flour**  
**Salt & pepper, to taste**

**1 c. milk**  
**4 hard-boiled eggs, cut into eighths**

Melt butter or margarine over medium heat until bubbly. Put in flour, salt and pepper; stir until well mixed. Remove from heat. Add milk and mix. Return to heat; bring to a boil. Let boil 1 minute (no stirring) and fold in eggs. Serve over toast or biscuits. Garnish with parsley and paprika. Yield: 4 servings.

Can add dried beef or ham, tuna or salmon. Great for brunch with cooked/steamed fresh spinach or asparagus.

## Egg Casserole

Lynn Clayton

**1 lb. mild pork sausage**  
**6 eggs**  
**2 c. milk**  
**2 slices bread, cubed**

**1 T. dry mustard**  
**1/4 to 1/2 tsp. salt**  
**1 c. grated Cheddar cheese**

Brown meat and drain well. Beat eggs and add other ingredients. Pour into ungreased 9x13-inch baking dish. Refrigerate overnight. Bake at 350° for 30 minutes (or until done).

## Elephant Stew

Anonymous

**1 elephant**  
**Salt, to taste**

**2 rabbits (opt.)**  
**Pepper, to taste**

Cut elephant into bite-size pieces. Cover with water. This will take about 2 weeks. Salt and pepper to taste. Place in a very large pot. Cook over a hot kerosene fire (475°) for 8 days. This will serve about 1260 people. If more are expected, add the 2 rabbits, but most people don't like "hare" in their stew.

## German Pizza

Deanne Tadlock

- |                                    |   |
|------------------------------------|---|
| <b>4 T. butter</b>                 | <b>4 eggs, slightly beaten</b>                              |
| <b>3 c. hash browns</b>            | <b>1 can Spam, ham, Canadian bacon,<br/>cut into strips</b> |
| <b>1/4 c. chopped onion</b>        | <b>1/2 c. shredded cheese</b>                               |
| <b>1/2 c. chopped green pepper</b> |   |
| <b>Salt &amp; pepper</b>           |   |

Melt butter in a 10-inch skillet. Add the hash browns, onions, green pepper, salt and pepper. Stir, cover and cook over low heat for about 15 minutes, stirring once or twice. Pour eggs evenly over potatoes. Arrange strips of meat over top. Cover and bake over low heat for 10 minutes or until eggs are set. Sprinkle cheese over top and cook until cheese melts. Cut into wedges and serve.

## Ham Balls

Justine Owen

- |                                   |                             |
|-----------------------------------|-----------------------------|
| <b>2 1/2 lb. ground ham</b>       | <b>2 c. milk</b>            |
| <b>2 lb. ground pork</b>          | <b>2 c. tomato soup</b>     |
| <b>1 lb. hamburger</b>            | <b>2 1/2 c. brown sugar</b> |
| <b>3 c. graham cracker crumbs</b> | <b>2 tsp. dry mustard</b>   |
| <b>3 eggs</b>                     | <b>3/4 c. vinegar</b>       |

Mix together ground ham, pork, beef, graham cracker crumbs, eggs and milk. Form into balls, serving size, and place into a 9x13-inch baking dish. Mix together soup, brown sugar, dry mustard and vinegar. Pour over meat balls. Bake at 350° for 1 hour.

## Ham Balls

Margaret Ponce

- |                             |                                   |
|-----------------------------|-----------------------------------|
| <b>2 1/2 lb. ground ham</b> | <b>3 eggs, beaten</b>             |
| <b>2 lb. lean pork</b>      | <b>3 c. graham cracker crumbs</b> |
| <b>1 lb. lean beef</b>      | <b>2 c. milk</b>                  |

### SAUCE:

- |                           |                             |
|---------------------------|-----------------------------|
| <b>2 cans tomato soup</b> | <b>2 1/4 c. brown sugar</b> |
| <b>3/4 c. vinegar</b>     | <b>2 tsp. dry mustard</b>   |

Mix ham, pork and beef together with eggs, crumbs and milk. Make balls. Cover balls with sauce and baste while baking. Bake at 350° for 1 to 1 1/2 hours. Makes 40 balls. Can be frozen for later use.

## Ham Loaf

Gerrie Kaalberg

- |   |   |
|---|---|
| <b>2 lb. ground ham</b>                                 | <b>1 c. milk</b>                          |
| <b>1 lb. ground beef</b>                                | <b>2 eggs</b>                             |
| <b>1 c. cracker crumbs</b><br>(Ritz crackers preferred) | <b>Salt &amp; pepper, to taste (opt.)</b> |

### SAUCE:

- |                       |                           |
|-----------------------|---------------------------|
| <b>1/2 c. vinegar</b> | <b>2 tsp. dry mustard</b> |
|                       | <b>1/2 c. brown sugar</b> |

Mix together all ingredients except the 3 sauce ingredients. Pack into a loaf pan or shape into desired form. Bake at 350° for 30 minutes. Drain off the juices. Combine sauce ingredients and boil 5 minutes. Pour over loaf and bake 1 hour more, basting every 20 minutes.

## Ham and Scalloped Potatoes

Mary Ellen Wall

- |   |  |
|---|--|
| <b>1 (10 oz.) can cream of chicken soup</b> | <b>4 c. sliced potatoes</b>                |
| <b>1/2 to 3/4 c. milk</b>                   | <b>1 c. cooked ham, cubed</b>              |
| <b>Dash of pepper</b>                       | <b>1 sm. onion, sliced thin or chopped</b> |
|   | <b>1 T. butter or margarine</b>            |

Combine soup, milk and pepper. Add potatoes, ham and onion. Mix together and put in a 9x9-inch pan. Add butter to the top. Cover pan with aluminum foil. Bake in preheated oven at 375° for 1 hour. Uncover and bake an additional 15 minutes or until potatoes are done. Yield: 4 to 6 servings.

As an alternative delight, substitute cream of celery or cream of mushroom soup.

## Overnight Eggs

Colleen and Lou Picek

- |   |                                    |
|---|------------------------------------|
| <b>8 slices bacon, fried crisp &amp; crumbled</b> | <b>6 slices Old English cheese</b> |
| <b>6 slices wheat bread, crusts removed</b>       | <b>6 eggs, beaten</b>              |
|   | <b>2 c. milk</b>                   |

Lightly grease or spray with Pam a 9x13x2-inch glass baking dish. Lay the bread in the bottom of the pan. Lay 1 slice of Old English cheese on top of each piece of bread. Spread crumbled bacon over bread and cheese. Mix eggs with milk and pour over bread, cheese and bacon. Cover dish with foil and refrigerate overnight. Bake at 350° for 30 minutes. Cut in squares and serve.

Can substitute cubed ham or crumbled fried sausage for the bacon. Can also substitute Swiss cheese for the Old English, and rye bread for the wheat bread.

## Reuben Lasagna from Mr. Food

Leta Mae Christensen

- |  |   |
|--|---|
| <b>1 (27 oz.) can sauerkraut,<br/>rinsed &amp; drained</b>     | <b>1 1/4 c. milk</b>                              |
| <b>1 lb. sliced deli corned beef,<br/>coarsely chopped</b>     | <b>1 med. onion, chopped</b>                      |
| <b>1 (10 3/4 oz.) can condensed<br/>cream of mushroom soup</b> | <b>1 tsp. dry mustard</b>                         |
| <b>1 (8 oz.) btl. Thousand Island<br/>dressing</b>             | <b>9 oven-ready (no boil) lasagna<br/>noodles</b> |
|  | <b>1 c. shredded Swiss cheese</b>                 |
|  | <b>1/2 c. rye bread crumbs</b>                    |
|  | <b>1 T. butter, melted</b>                        |

Preheat oven to 350°. Coat a 9x13-inch baking dish with nonstick cooking spray. In a medium bowl, combine sauerkraut and corned beef; mix well. In another medium bowl, combine soup, dressing, milk, onion and mustard; mix well. Spread 1/2 cup of mixture over bottom of dish. Place 3 noodles over soup mixture. Top with half of the corned beef mixture. Add the remaining 3 lasagna noodles. Cover with the remaining soup mixture. Sprinkle the Swiss cheese, then the bread crumbs over the top and drizzle with the butter. Cover with aluminum foil and bake for 45 to 50 minutes or until bubbly. Uncover and bake for 5 to 10 more minutes or until golden. Allow to sit for 5 to 10 minutes. Cut and serve.

## Scrambled Egg Casserole

Pat Daufeldt

- |  |  |
|--|--|
| <b>16 eggs</b>                           | <b>1 lb. chopped ham or ground<br/>sausage or crumbled bacon,<br/>cooked</b> |
| <b>1 c. milk</b>                         | <b>1 can cream of mushroom or<br/>chicken soup</b>                           |
| <b>1/4 tsp. salt</b>                     | <b>Grated cheese</b>   |
| <b>1/4 tsp. pepper, or to taste</b>      |  |
| <b>1/4 c. melted butter or margarine</b> |  |

Beat eggs well and pour into frying pan with 1/4 cup melted butter or margarine, along with milk, salt and pepper. Cook as scrambled eggs, stirring occasionally, until done. Place eggs in greased 9x13-inch pan. Cover with meat of your choice. Add soup over the top and cover with grated cheese. Bake in oven long enough to heat through at 350°.

## Spaghetti Carbonara

Rick Ferguson

<b>1 egg</b>	<b>4 strips bacon</b>
<b>1/4 c. grated Parmesan cheese</b>	<b>1 clove garlic, crushed</b>
<b>2 T. milk</b>	<b>1 T. olive oil</b>
<b>Salt &amp; pepper, to taste</b>	<b>8 oz. spaghetti, cooked &amp; drained</b>

Beat egg, cheese, milk, salt and pepper until blended (recommend 1/2 hour prior to cooking spaghetti, so mixture reaches room temperature). Cook bacon until it turns brown. Remove from pan. Put in small skillet with garlic and olive oil over low heat. When bacon is almost crispy enough to crumble, remove it. Chop it into small pieces and return to pan, cooking until crisp. Pour bacon mixture over hot spaghetti; toss well. Pour egg mixture over spaghetti; toss well. Serve with additional Parmesan cheese. Garnish with parsley. Yield: 2 servings.

## Summer Sausage

Nelson Noshish

<b>2 lb. hamburger</b>	<b>2 T. Morton's Tender Quick</b>
<b>1/4 tsp. salt</b>	<b>1 T. liquid smoke</b>
<b>1/8 tsp. garlic powder</b>	<b>1 T. mustard seed</b>
<b>1/4 tsp. pepper</b>	<b>3/4 c. water</b>

Mix well. Make 2 rolls. Wrap in foil. Refrigerate for 24 hours. Poke holes in bottom of foil so grease can drain. Place on a rack. Bake at 350° for 1 hour.

*He who stands for nothing will fall for anything.*

# Poultry - Chicken, Turkey

## Arroz con Pollo

(Rice and Chicken)

3 T. olive oil	4 to 5 sprigs cilantro
1 lg. onion, minced	Salt, to taste
1/2 bell pepper, minced	1 whole chicken, skinned & cut up
1 lg. tomato, minced	2 T. stuffed olives
4 lg. cloves garlic, minced	2 c. Uncle Ben's converted rice
1 tsp. Spanish paprika	4 c. broth (chicken bouillon will do, or just plain water)
1/4 tsp. saffron or 1 env. Sazon	
2 to 3 shakes black pepper	

In a heavy pot, sauté all the vegetables until onions are transparent, 3 to 4 minutes. Add chicken and sauté until pink is gone. Add rice and stir a couple of minutes. Add seasonings and water. You can put it in the oven at 350° for 1 hour or you can cook it on top of the stove. Start on high heat and then reduce heat to medium until water is absorbed. (After it boils you cover it and then heat to medium.) Yield: 8 servings.

You can serve it with green peas, asparagus and red pimento on top.

In the oven it takes about 1 hour. On top of the stove it will take about 45 minutes after it boils and the heat is reduced to medium. If you choose to cook it in the oven and your pot (metal) is not proper to go in the oven you can transfer it to a large oval Corning Ware casserole with a lid.

## BBQ Turkey Sandwiches

Steve and Carol Cline

2 turkey breasts	1/4 c. brown sugar
1/4 syrup (pancake)	1 to 2 btl. BBQ sauce

Put the breasts in a crock-pot on low. Cook until turkey is tender and breaks apart with fork, approximately 6 to 8 hours. Break meat apart (shred). Add brown sugar, syrup and barbecue sauce. Stir. Put on buns and serve.

Great for parties. Enjoy! Don't let turkey get dry, add 1 cup of water to crock-pot with breasts when beginning to cook. Drain before adding other ingredients.

## Cajun Chicken (Turkey) Pasta

Pat Daufeldt

2 boneless, skinless chicken breasts, cut in strips (or 1 turkey breast)	1 c. heavy cream
2 tsp. Cajun seasoning	1/4 tsp. dried basil
2 T. butter or margarine	1/4 tsp. lemon pepper
8 slices green pepper	1/4 tsp. salt
8 slices sweet red pepper	1/8 tsp. garlic powder
4 lg. fresh mushrooms, sliced	1/8 tsp. pepper
1 green onion, sliced	4 oz. linguine, cooked & drained
	Grated Parmesan cheese

Place chicken or turkey and Cajun seasoning in a bowl or resealable plastic bag; toss or shake to coat. In large skillet over medium heat, sauté meat in butter until almost tender, 5 to 7 minutes. Add peppers, mushrooms and onion. Cook and stir for 2 to 3 minutes. Reduce heat. Add cream and seasonings; heat through. Add linguine and toss. Heat through. Sprinkle with Parmesan cheese and serve.

I substitute nonfat sour cream for all or part of cream.

## Campbell's Easy Chicken and Pasta

Jane Campbell

1 lb. skinless, boneless chicken breast, cut up	1/2 tsp. dried basil leaves, crushed
1 T. vegetable oil	2 c. frozen California Blend vegetables (broccoli, cauliflower, carrots)
1 can Campbell's cream of mushroom soup	2 c. uncooked corkscrew pasta
2 1/4 c. water	Grated Parmesan cheese

In skillet, brown chicken in oil; set aside. Add soup, water, basil and vegetables. Heat to a boil. Add uncooked pasta. Cook over medium heat 10 minutes, stirring often (the pasta cooks right in the soup). Add browned chicken. Cook 5 minutes or until pasta is done, stirring often. Sprinkle with cheese. Yield: 4 servings.

Recipe may be doubled. Campbell's low-fat cream of mushroom soup may be substituted for the regular cream of mushroom soup. I've also substituted beef for the chicken with the same good results. My kids love this.

## Cheddar Chicken Pot-Pie

Kathleen Pelzer

### CRUST:

1 c. flour  
1/2 tsp. salt

5 T. chilled butter or oleo, cut into pieces  
3 T. cold water

### FILLING:

1 1/2 c. chicken broth  
2 c. peeled, cubed potatoes  
1 c. sliced carrots  
1/2 c. chopped celery  
1/2 c. chopped onion

1/4 c. flour  
1 1/2 c. milk  
2 c. shredded sharp Cheddar cheese  
4 c. diced, cooked chicken  
1/4 tsp. poultry seasoning  
Salt & pepper, to taste

**Crust:** Combine flour and salt in a mixing bowl. Cut butter into flour until the mixture resembles a coarse meal. Gradually add the water, mixing gently with a fork. Gather into a ball. Cover with plastic wrap and chill at least 30 minutes.

**Filling:** Heat broth to a boil in a Dutch oven or large saucepan. Add vegetables; simmer 10 to 15 minutes or until tender. Blend flour with milk and stir into broth mixture. Cook and stir over medium heat until slightly thickened and bubbly. Stir in cheese, chicken, poultry seasoning, salt and pepper. Heat until cheese melts. Spoon into a 10-inch (2 1/2- to 3-quart) casserole; set aside.

On a lightly-floured board, roll crust to fit top of casserole, trimming edges as necessary. Place in casserole over filling; seal edges. Make several slits in center of crust for steam to escape. Bake at 425° for 40 minutes or until golden. Yield: 6 servings.

## Cheesy Brat Stew

Cathy Cox

6 bratwurst links, grilled & cut up	1 c. Cheddar or American cheese, grated
4 med. potatoes, cubed & parboiled	1 can cream of mushroom soup
1 (15 oz.) can green beans, drained	1 c. water
1 sm. onion, chopped	

Grill and cut up bratwurst. Peel, cube and parboil potatoes. Place the bratwurst, potatoes, drained green beans, chopped onion, cheese, soup and water in a large skillet or saucepan. Cover and simmer over low heat until bubbling and heated throughout (approximately 15 to 30 minutes), stirring occasionally. Yield: 4 to 6 servings.

The bratwurst doesn't need to be grilled beforehand, as the potatoes do not need to be parboiled beforehand. I find the grilled bratwurst gives an additional flavor to the dish and the parboiling of the potatoes is for convenience.

## Chicken Angelo

Arlene Otto

- |   |  |
|---|--|
| <b>8 oz. fresh mushrooms, sliced &amp; divided</b>      | <b>2 T. butter or oil</b>                  |
| <b>4 lg. chicken breast halves, skinned &amp; boned</b> | <b>6 oz. Mozzarella cheese, shredded</b>   |
| <b>2 eggs, beaten</b>                                   | <b>3/4 c. chicken broth (or whole can)</b> |
| <b>1 c. bread crumbs (Italian preferred)</b>            | <b>Hot cooked rice or noodles</b>          |
|   | <b>Fresh parsley, chopped</b>              |

Place half the mushrooms in a 9x14-inch pan. Dip chicken into beaten eggs and roll in bread crumbs. In skillet, melt butter or oil over medium heat. Brown both sides of chicken. Place chicken on top of mushrooms. Arrange remaining mushrooms on top of chicken. Add chicken broth to pan. Bake at 350° for 35 to 45 minutes. Add Mozzarella cheese and bake 15 minutes longer or until cheese is melted. Serve over hot rice or noodles with chopped fresh parsley.

I just use one egg, it seems to be enough. Sometimes I use more than 4 chicken breasts. Depends on how many you want to feed, and they are good reheated.

## Chicken Casserole

Tammy Feldman

- |   |                                 |
|---|---------------------------------|
| <b>2 to 3 c. chicken, cubed</b>                       | <b>1 c. sour cream</b>          |
| <b>1 can cream of chicken or cream of celery soup</b> | <b>1 box Stove Top stuffing</b> |

Mix stuffing mix as directed on box. Stir all ingredients together and place in a baking dish. Bake at 350° for 1 hour.

## Chicken Casserole

Karen Schemmel

- |  |                               |
|--|-------------------------------|
| <b>3 to 4 c. diced, cooked chicken</b> | <b>2 c. chow mein noodles</b> |
| <b>1 can cream of chicken soup</b>     | <b>2 c. chicken broth</b>     |
| <b>1 can cream of mushroom soup</b>    | <b>1 c. diced celery</b>      |
| <b>2 eggs, beaten</b>                  | <b>1/2 c. chopped onion</b>   |

Mix all ingredients together in a large bowl. Put into a 9x13-inch pan. Top with crushed potato chips. Bake 1 hour at 350°.

## Chicken Casserole

Deanne Tadlock

- |  |   |
|--|---|
| <b>4 to 6 boneless chicken breasts</b> | <b>1/2 soup can milk</b>                  |
| <b>4 to 6 slices Swiss cheese</b>      | <b>1 box Stove Top dressing, prepared</b> |
| <b>1 can cream of mushroom soup</b>    |   |

Layer chicken breast in casserole dish. Layer Swiss cheese on top of chicken. Mix cream of mushroom soup and milk. Pour over chicken and cheese. Layer prepared dressing on top. Cover with foil and bake at 350° for 1 hour.

## Chicken Enchiladas

Jean Ann Feldman

- |   |   |
|---|---|
| <b>1 c. chopped onion</b>                   | <b>3/4 tsp. salt</b>                          |
| <b>1/2 c. chopped green pepper</b>          | <b>2 1/2 c. chicken broth</b>                 |
| <b>2 T. butter</b>                          | <b>1 c. sour cream</b>                        |
| <b>2 c. chopped, cooked chicken</b>         | <b>1 1/2 c. shredded Monterey Jack cheese</b> |
| <b>1 (4 oz.) can green chilies, chopped</b> | <b>1 1/2 c. Cheddar cheese</b>                |
| <b>3 T. butter</b>                          | <b>12 (6") tortillas</b>                      |
| <b>1/4 c. flour</b>                         |   |
| <b>1 tsp. ground cumin</b>                  |   |

In large saucepan, cook onion and green pepper in the 2 tablespoons butter until tender. Combine onion mixture in a bowl with the chopped chicken and green chilies; set aside. In same saucepan, melt 3 tablespoons butter. Stir in flour, cumin and salt. Stir in chicken broth and cook until thickened. Remove from heat. Stir in sour cream. Mix cheeses and stir 1 cup into mixture. Stir 1/2 cup of the sauce into the chicken mixture. Fill each tortilla with about 1/4 cup of the chicken mixture. Roll up and place in a 9x13-inch pan. Pour remaining sauce and cheese over. Bake, uncovered, in 350° oven for 25 minutes or until bubbly.

## Chicken Noodle Casserole

Gloriene Howard

- |                                    |                                    |
|------------------------------------|------------------------------------|
| <b>1 (8 oz.) pkg. noodles</b>      | <b>2/3 c. evaporated milk</b>      |
| <b>1 can cream of chicken soup</b> | <b>1/4 c. chopped green pepper</b> |
| <b>2/3 c. grated cheese</b>        | <b>1 c. mushrooms</b>              |
| <b>2 c. cooked, diced chicken</b>  | <b>1/4 c. pimento</b>              |
| <b>Salt, to taste</b>              | <b>Ritz crackers</b>               |
| <b>1 c. diced celery</b>           | <b>1/4 c. butter</b>               |

Cook noodles; drain. Rinse in cold water. Sauté green pepper and celery in 1/4 cup butter. Mix all ingredients in a 9x12-inch pan and top with crushed Ritz crackers. Bake 45 to 60 minutes at 350°. Yield: 12 servings.

## Chicken, Rice and Broccoli Casserole

Sheri Chelf

- |  |                                      |
|--|--------------------------------------|
| 1 pkg. frozen broccoli                 | 1 qt. Amishmaid Brand canned chicken |
| 1 1/4 c. Minute Rice, not cooked       | 1 can cream of chicken soup          |
| 1 c. chopped celery                    | 1 can water                          |
| 1 (8 oz.) jar Cheez Whiz               | Onions to suit taste                 |
| 1 c. water chestnuts, sliced & drained |                                      |

Stir together in casserole dish. Bake at 350° for about 1 hour until top is brown. Yield: 6 to 8 servings.

## Corn Flake Chicken

Rosemary Sexton

- |                          |                                   |
|--------------------------|-----------------------------------|
| 2 egg whites, whipped    | 3 c. crushed corn flakes          |
| 1 1/2 c. skim milk       | 1 lb. chicken, skinned, in pieces |
| 1 tsp. poultry seasoning |                                   |

Combine egg whites, milk and seasoning. Whip for 2 minutes. Meanwhile, crush corn flakes in a plastic bag. Dip chicken in milk and egg mixture, then shake in bag with corn flakes. Place on a baking sheet. Bake for 35 to 45 minutes at 400°. Yield: 4 servings.

## Croquette Mushroom Sauce

Rick Ferguson

- |                          |                 |
|--------------------------|-----------------|
| 2 T. butter or margarine | 1/4 tsp. salt   |
| 1 c. sliced mushrooms    | 1/8 tsp. pepper |
| 1 tsp. grated onion      | 1 c. milk       |
| 2 T. all-purpose flour   |                 |

Sauté onion and mushrooms in butter or margarine. Stir in flour, salt and pepper until mixture comes together. Remove from heat. Add milk and stir until mixed. Return to heat. Bring to a boil, stirring constantly. Let boil 1 minute, no stirring. Yield: 4 servings.

Great on turkey croquettes.

## Easy Baked Chicken

Mary Ort

Cut-up chicken (no wings)

Preheat oven to 400°. Arrange meaty pieces of cut-up chicken, skin-side up, in an ungreased pan. Season with salt, pepper, onion salt, garlic salt, celery salt, etc., as desired. Bake for 45 minutes. Turn off oven and leave chicken in oven an additional 30 minutes. Remove from oven, discard fat and skin, if desired.

## Easy Chicken

Edna Buysse

- |   |                                    |
|---|------------------------------------|
| <b>1 whole chicken, remove skin &amp; fat</b> | <b>1 c. crushed corn flakes</b>    |
| <b>fat</b>                                    | <b>1/2 c. Parmesan cheese</b>      |
| <b>1/2 c. Ranch dressing</b>                  | <b>Salt &amp; pepper, to taste</b> |

Cut up chicken and marinate with Ranch dressing for 2 hours. Mix corn flakes, salt, pepper and Parmesan cheese. Coat pieces of chicken with corn flake mixture. Layer in a 9x13-inch pan and bake for 1 hour at 350°.

## Easy Chicken and Gravy

Carolyn Reed

- |   |   |
|---|---|
| <b>1 chicken, cut up</b>                                | <b>1 pkg. dehydrated onion soup mix</b> |
| <b>1 can cream of mushroom or cream of chicken soup</b> |   |

Pour dry onion soup mix in pan. Add chicken and pour soup on top. Cover with foil and bake at 350° for 1 hour.

## Good Crisp Chicken

Leona Kessler

- |                                   |                             |
|-----------------------------------|-----------------------------|
| <b>3 lb. fryer, cut up</b>        | <b>1 c. flour</b>           |
| <b>1/2 c. margarine or butter</b> | <b>1 tsp. baking powder</b> |
| <b>1 egg</b>                      | <b>2 tsp. paprika</b>       |
| <b>1/2 c. evaporated milk</b>     | <b>1 tsp. salt</b>          |

Melt margarine on a cookie sheet with sides. Beat egg and milk in a bowl. Dip serving pieces of chicken in egg and milk mixture. Roll in dry ingredients that have been mixed together. Put pieces, skin-side down, on the buttered cookie sheet and bake 30 minutes at 400°. Turn pieces and bake 30 minutes more.

## Hawaiian Chicken

Justine Owen

- |                          |   |
|--------------------------|---|
| <b>1 tsp. salt</b>       | <b>1/8 tsp. nutmeg</b>                  |
| <b>1/2 c. flour</b>      | <b>3 lb. chicken breasts</b>            |
| <b>1/4 c. shortening</b> | <b>1 (20 oz.) can crushed pineapple</b> |
| <b>1/4 c. soy sauce</b>  | <b>1 T. cornstarch</b>                  |
| <b>1 T. sugar</b>        | <b>1/2 tsp. celery salt</b>             |

Mix salt, nutmeg and flour in plastic bag. Shake chicken in flour mixture. Brown in shortening in skillet. Arrange in a 9x13-inch pan. Drain pineapple (saving juice). Put pineapple over chicken. Blend pineapple juice, soy sauce, cornstarch, sugar, and celery salt in saucepan. Bring to a boil, stirring constantly. Pour over chicken. Bake at 350° for 1 1/4 hours, covered.

Serve over hot cooked rice.

## Mexican Dish

Debi Garcia

- |   |  |
|---|--|
| <b>1 (3 to 4 lb.) chicken, cooked &amp; deboned</b>             | <b>12 flour tortillas, cut into bite-size pieces</b> |
| <b>1 can cream of chicken soup</b>                              | <b>1 lg. onion, chopped</b>                          |
| <b>1 can cream of mushroom soup</b>                             | <b>2 c. chicken broth</b>                            |
| <b>1 (10 oz.) can Ro-Tel diced tomatoes &amp; green chilies</b> | <b>2 c. shredded Cheddar cheese</b>                  |

Cook chicken, reserving broth for casserole, or use canned broth. Heat oven to 350°. Combine soups, tomatoes and broth; set aside. In greased 3-quart baking dish, layer, in order, using half the tortillas, chicken, onion, cheese and soup mixture. Repeat, layering tortillas, chicken and onion. Pour remaining soup mixture over top, then remaining cheese. Bake 50 to 60 minutes. Garnish with lettuce, tomatoes and sour cream.

## Mexican Fiesta Casserole

Deb Carter

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| <b>1 lb. ground turkey</b>       | <b>1 tsp. chili powder</b>           |
| <b>1 clove garlic, minced</b>    | <b>1 (6 oz.) can tomato paste</b>    |
| <b>1/2 c. chopped onion</b>      | <b>1 c. water</b>                    |
| <b>1/2 c. diced green pepper</b> | <b>1 (15 oz.) can corn</b>           |
| <b>1 beef bouillon cube</b>      | <b>2 c. cooked rice</b>              |
| <b>1 can diced green chilies</b> | <b>6 oz. shredded Cheddar cheese</b> |
| <b>1 tsp. cumin</b>              |                                      |

In a large skillet that has been sprayed with nonstick coating, brown turkey, garlic, onion, green pepper and bouillon. Add green chilies, cumin, chili powder, tomato paste and water. Mix and cook until thick. Add corn and rice. Pour into a 9x13-inch pan and top with cheese. Bake at 350° until cheese is melted. Can be cooked in microwave until heated through, then add cheese and cook until melted. Yield: 4 to 6 servings.

## Oven Barbecued Chicken

Sue Grings

- |                                  |                                  |
|----------------------------------|----------------------------------|
| <b>3 to 4 lb. chicken pieces</b> | <b>1/2 c. water</b>              |
| <b>1/3 c. chopped onion</b>      | <b>2 tsp. prepared mustard</b>   |
| <b>3 T. butter or margarine</b>  | <b>1 T. Worcestershire sauce</b> |
| <b>3/4 c. ketchup</b>            | <b>1/4 tsp. salt</b>             |
| <b>1/3 c. vinegar</b>            | <b>1/8 tsp. pepper</b>           |
| <b>3 T. brown sugar</b>          |                                  |

Heat a small amount of oil in a large skillet. Fry chicken until browned. Drain. Place chicken in a 9x13-inch baking dish. In a saucepan, sauté onion in butter until tender. Stir in remaining ingredients. Simmer, uncovered, for 15 minutes. Pour over chicken. Bake at 350° for about 1 hour, or until chicken is done, basting occasionally. Yield: 6 to 8 servings.

## Oven-Fried Chicken Fingers with Dipping Sauce

1 c. Italian bread crumbs  
2 T. grated Parmesan cheese  
6 boneless, skinless chicken  
breast halves

1/4 c. vegetable oil  
1 clove garlic, minced (or 1/4 tsp.  
garlic powder)

### HONEY MUSTARD SAUCE:

2 T. cornstarch  
1/2 c. honey

1 c. water, divided  
1/4 c. prepared mustard (dry)

In large plastic bag, combine bread crumbs and cheese; set aside. In small bowl, combine garlic and oil. Flatten (pound) chicken to 1/2-inch thickness. Cut into 1-inch-wide strips. Dip strips in oil mixture. Place in bag with crumbs/cheese mixture; shake bag to coat strips. Place on a greased baking sheet. Bake at 350° for 20 minutes or until golden brown.

**Dipping Sauce:** Dissolve cornstarch in 1 tablespoon water in saucepan. Add honey, mustard and remaining water. Bring to a boil over medium heat. Boil 1 minute, stirring constantly.

## Scalloped Chicken

Darlene Kabela

1 stewing hen, cooked & cut up  
in bite-size pieces  
4 c. cubed bread  
1 c. chopped celery

2 T. sage  
1/2 c. chopped onion  
Salt & pepper, to taste  
2 to 3 c. chicken broth

Mix cubed bread and diced chicken in a 9x12-inch baking pan (greased). Add celery, onion, salt, pepper and sage. Add broth to make very moist; mix very well. You may need to add more broth or water. Should be very moist. Bake at 350° for 1 hour.

Sometimes I add a can of cream of mushroom or cream of celery soup. Then you may need to cut back on your liquid.

## Southwestern Chicken and Rice

Lori Leggins

4 boneless, skinless chicken  
breasts  
1 c. chunky salsa  
1 pkg. taco seasoning  
2 c. water

2 c. Minute Rice  
1 (15 oz.) can black beans, rinsed  
& drained  
1/2 c. shredded Cheddar cheese

Boil chicken breasts in water with salsa and taco seasoning, covered. Simmer 10 minutes. Return to a boil. Stir in Minute Rice and black beans. Reduce heat to low, cover and cook 5 minutes or until rice is cooked. Sprinkle with cheese. Good topped with sour cream, too. Yield: 4 servings.

## Super Bowl Casserole

Diane Buysse

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 1 pkg. boneless chicken tenders | 2 c. shredded Cheddar cheese      |
| 1 can cream of mushroom soup    | 1 pkg. chicken Stove Top stuffing |
| 1 sm. can mushrooms             | 1 can French-fried onions         |

Fry chicken tenders in margarine. Cut in small cube pieces and put in bottom of casserole pan. Cover with cream of mushroom soup, then layer mushrooms. Layer with Cheddar cheese. Cook package of stuffing and spread on top of cheese. Add small amount of cheese on top and bake at 350° for 30 to 40 minutes. Add French-fried onion rings for last 10 minutes.

## Sweet and Sour Chicken

(Low-Fat)

Gloriene Howard

- |  |  |
|--|--|
| 6 chicken breasts, skin removed<br>& fat trimmed | 1 (8 oz.) can pineapple chunks,<br>drained |
| 1 green pepper, chopped                          | 1 (8 oz.) jar apricot jam                  |
| 1 pkg. onion soup mix                            | Salt & pepper, to taste                    |
| 1 (8 oz.) btl. fat-free French<br>dressing       |  |

Spray baking dish with Pam and add prepared chicken. In separate bowl, mix together the rest of ingredients. Pour over chicken and bake, covered, at 375° for 40 minutes. Uncover and bake an additional 20 minutes, basting with sauce frequently. Serve with rice.

## Turkey Croquettes

Rick Ferguson

- |                            |                                      |
|----------------------------|--------------------------------------|
| 1/4 c. butter or margarine | 1 c. milk                            |
| 1/4 c. flour               | 2 c. ground or finely-chopped turkey |
| 1/4 tsp. salt              | 1 tsp. minced onion                  |
| 1/4 tsp. pepper            | 1 tsp. parsley                       |

Melt butter or margarine in medium saucepan. When bubbly, stir in flour, salt and pepper. Stir well, until mixed and comes together. Remove from heat; add milk. Stir to mix. Return to heat, bring to a boil, stirring constantly. Let boil 1 minute, no stirring. Remove from heat. Add turkey, onion and parsley; mix well. Press into 8x8-inch baking pan. Let cool; cover and chill thoroughly. Form balls or cylinders. Roll in flour, egg mixture (1 beaten egg with 2 tablespoons water) and fine bread crumbs. Deep-fry 1 1/2 to 2 minutes. Yield: 4 servings.

Great with croquette mushroom sauce or croquette tomato sauce. Croquettes cans also be made with beef, pork, ham, veal, lamb or chicken--but need other sauces.

# Beef & Pork

## Barbecued Beef

Joan Costello

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| <b>1 (4 lb.) chuck roast</b>        | <b>2 T. brown sugar</b>          |
| <b>1 can tomato soup, undiluted</b> | <b>2 T. Worcestershire sauce</b> |
| <b>1 c. water</b>                   | <b>1 T. dry mustard</b>          |
| <b>1 (10 to 14 oz.) btl. catsup</b> | <b>1 c. celery, chopped</b>      |
| <b>2 T. lemon juice</b>             | <b>1 med. onion, chopped</b>     |

Cook the roast in a covered pan with 1/2 cup water long and slow until it's well done and falling apart. Cool completely and shred the beef, reserving the liquid and skimming off the fat. Place the skimmed liquid and all ingredients but the roast in a saucepan. Add shredded beef. Delicious served on buns.

## Barbecued Beef

Mary Simon

- |                                    |                                  |
|------------------------------------|----------------------------------|
| <b>5 lb. meat (3 beef, 2 pork)</b> | <b>3 T. vinegar</b>              |
| <b>1 lg. onion, diced</b>          | <b>2 T. Worcestershire sauce</b> |
| <b>1 1/2 c. ketchup</b>            | <b>3 T. chili powder</b>         |
| <b>3 T. brown sugar</b>            | <b>1 c. water</b>                |

Cook roasted in pressure cooker and cut into pieces. Simmer rest of ingredients for 15 minutes or until onions are tender. Add to prepared meat. Heat and serve.

## Barbecued Meat Balls

Jean Ann Feldman

### MEAT BALLS:

4 lb. ground pork	1/2 c. chopped onion
1 can evaporated milk	1/2 tsp. garlic powder
1 c. oatmeal	2 tsp. salt
1 c. cracker crumbs	1 tsp. black pepper
2 eggs	2 tsp. chili powder

### SAUCE:

2 c. catsup	1/2 c. vinegar
1 c. brown sugar	1/2 tsp. garlic powder
	1/4 c. chopped onion

**Meat Balls:** Combine all ingredients (mixture is soft) and shape into walnut-size balls.

**Sauce:** Combine ingredients and stir until sugar is dissolved. Place meat balls in a 9x13-inch dish and pour sauce over. Cook at 350° for 1 hour. Will make more than 1 dish. Sauce is for 1 (9x13-inch) pan.

Yield: 80 meat balls.

I mix up meat balls and place on waxed-paper-lined cookie sheet and freeze until solid. Store in freezer bags until ready to use. Put as many as desired in dish, pour sauce over and bake.

## BBQ Meat Balls

Nancy Schaapveld

3 lb. hamburger	6 T. chopped onion
1 1/2 c. dry oatmeal	3 tsp. salt
2 c. milk	1/2 tsp. pepper

Mix above ingredients and form into meat balls. Place in a 9x13-inch pan and cover with the following sauce.

### SAUCE:

2 T. Worcestershire sauce	1 c. catsup
2 T. vinegar	6 T. chopped onion
1 c. water	3 T. sugar

Mix together and pour over meat balls. Cover and bake at 350° for 1 1/2 hours.

## Bar-B-Q Ribs

Kathleen Hepker

1 c. ketchup	1 tsp. paprika
1 c. water	1 tsp. chili powder
1 finely-chopped onion	1/2 tsp. salt
2 T. Heinz steak sauce	2 T. margarine
1 T. brown sugar	1/4 c. vinegar (opt.)
2 tsp. dry mustard	1 1/2 to 3 lb. country ribs

Roast meat plain at 450° for 30 minutes; drain off grease. Pour on above sauce and bake 45 minutes to 1 hour at 350°.

May baste every 15 minutes. May add more water.

## Barbecued Spareribs

Becky Klein

Mix in saucepan:	
2 T. brown sugar	1 tsp. dry mustard
1 T. paprika	1/4 tsp. chili powder
1 tsp. salt	1/8 tsp. pepper

Simmer 15 minutes.

2 T. Worcestershire sauce	1/4 c. catsup
1/4 c. vinegar	1/2 c. water
1 c. tomato juice	

Place ribs in shallow baking pan, at least a 9x13-inch. Do not cover or add water. On each rib, sprinkle chopped onions, 1/2 cup in all. Bake in oven (hot 450°) for 30 minutes. Pour over ribs the barbecue sauce. Continue baking at 350° for 1 1/2 hours. Baste with sauce every 15 minutes. If sauce thickens, add a little hot water. To prevent ribs from browning too much, cover the last 30 minutes of baking.

I use the country-style ribs.

# Beef BBQ Sandwiches

Michele Alpen

8 lb. chuck roast

**SAUCE:**

1 c. water

1 c. brown sugar

1/2 tsp. dry mustard

Dash of Tabasco sauce

2 T. Worcestershire sauce

2 beef bouillon cubes

1 (12 oz.) btl. chili sauce

1 (12 oz.) btl. catsup

1/2 c. vinegar

2 bay leaves

2 garlic cloves

1/2 tsp. paprika

1 tsp. salt

1/4 tsp. pepper

Juice of 3 lemons

**Chuck Roast:** Wrap in foil and bake at 350° until done. Or roast with a little salt and pepper in plastic bags. Dice or shred roast when partially cooled.

**Sauce:** Mix all ingredients. Bring to a boil and simmer 30 minutes. Remove bay leaves. Add shredded beef and simmer 15 minutes. This is best when made ahead and reheated.

Freezes well.

# Beef Stroganoff

Jean Ann Feldman

2 T. flour

1 tsp. salt

1/2 tsp. pepper

Garlic powder

1 lb. sirloin steak

1/4 c. butter

1/2 c. chopped onion

1/4 c. water

1 can cream of chicken soup

1 lb. sliced mushrooms

1 c. sour cream

1 pkg. noodles

Combine flour, salt and pepper. Trim fat from meat; rub both sides with garlic powder. Pound flour mixture into steak and cut into strips. Melt butter; brown onion in it. Remove onion and brown meat. Remove meat. Add water and stir in to dissolve brown bits. Return onion, meat and butter. Cover and simmer 15 minutes. Add soup and mushrooms, cover and cook until tender. Uncover and cook over low heat until thickened (about 1 1/4 hours). Stir in sour cream just before serving. Serve over cooked noodles.

After I add soup and mushrooms, I put it in crock-pot on high for 3 to 4 hours.

## Beefy Meat Balls

Deanne Tadlock

<b>2 lb. hamburger</b>	<b>1/2 tsp. pepper</b>
<b>2 eggs</b>	<b>2 T. chopped onion</b>
<b>2 c. Rice Krispies</b>	<b>1/3 of sauce</b>
<b>2 tsp. salt</b>	

### SAUCE:

<b>9 T. brown sugar</b>	<b>1/4 tsp. nutmeg (opt.)</b>
<b>3/4 c. catsup</b>	<b>3 tsp. mustard</b>

Mix hamburger mixture. Form into large golfball-size balls. Pour remaining sauce over hamburger balls. Bake at 350° for 30 to 45 minutes.

## Breaded Iowa Pork Chops with Sage

Marty Stimson

<b>4 thick-cut Iowa chops</b>	<b>1 stick butter</b>
<b>10 oz. seasoned bread crumbs</b>	<b>Sage</b>

Combine seasoned bread crumbs, crushed sage and melted butter. Mixture will be crumbly. Press crumbs on both sides of pork chops. Place breaded chops on a wire rack suspended over a pan of water (I use a wire cooling rack over a 9x13-inch pan; about 1/2-inch of water in the pan). Top with more pieces of sage if desired. Bake at 350° for 1 hour.

The water keeps chops moist during baking. No turning is necessary.

## Bubble Pizza

Pat Kordick

<b>1 lb. ground beef</b>	<b>2 tubes buttermilk biscuits</b>
<b>1/2 lb. Italian sausage</b>	<b>(3 regular or 2 Texas size)</b>
<b>32 oz. pizza sauce</b>	<b>2 c. shredded Mozzarella cheese</b>

Brown and drain ground beef and Italian sausage. Quarter biscuits and stir into pizza sauce. Add meat. Pour into greased 9x13-inch pan. Bake at 400° for 20 to 25 minutes. Top with cheese and return to oven for 10 minutes.

May add onions, mushrooms, green peppers.

## Calico Beans

Kathleen Pelzer

- |  |  |
|--|--|
| <b>4 oz. bacon, diced</b>                                | <b>1 (15 oz.) can butter beans, rinsed &amp; drained</b> |
| <b>1 lb. lean ground beef</b>                            | <b>1/2 c. ketchup</b>                                    |
| <b>1/2 c. chopped onion</b>                              | <b>1/2 c. brown sugar packed</b>                         |
| <b>1 (16 oz.) can kidney beans, rinsed &amp; drained</b> | <b>1 T. vinegar</b>                                      |
| <b>1 (21 oz.) can pork &amp; beans</b>                   | <b>1 tsp. yellow mustard</b>                             |
|  | <b>1 tsp. salt (opt.)</b>                                |

In a skillet, cook bacon until crisp. Remove to paper towels to drain, discarding drippings. In the same skillet, cook beef and onion until the beef is browned and the onion tender; drain fat. Combine ground beef and bacon with all remaining ingredients. Spoon into a 2-quart casserole. Bake, uncovered, at 300° for 1 hour or until the beans are as thick as desired. Yield: 8 to 10 servings.

Recipe can be easily doubled for a larger group.

## Cheesy Ground Beef and Noodles

Cathy Cox

- |  |  |
|--|--|
| <b>1 lb. ground beef, cooked &amp; drained</b>                 | <b>1 stalk celery, chopped (to taste)</b>          |
| <b>2 lg. handfuls or 1/2 bag noodles, cooked &amp; drained</b> | <b>1 sm. onion, chopped</b>                        |
| <b>1 can cream of mushroom soup</b>                            | <b>1 lb. Velveeta cheese</b>                       |
|  | <b>1/2 c. milk (to thickness of sauce desired)</b> |

Mix ingredients in a 2-quart dish sprayed with Pam. Bake in a 350° oven for 1 hour. Yield: 4 to 6 servings.

Kids love this one. You can increase this recipe as needed for the quantity to feed or appetites involved.

## Chili

Rick Ferguson

- |  |  |
|--|--|
| <b>1 lb. ground beef</b>   | <b>1 1/2 T. chili powder, or to taste</b>      |
| <b>1 lg. onion, sliced &amp; quartered</b>                                     | <b>1 1/2 tsp. salt</b>                         |
| <b>1 can tomatoes, chopped (or 1 lb. fresh tomatoes, peeled &amp; chopped)</b> | <b>1 (4 oz.) can jalapeño peppers, chopped</b> |
| <b>1 (8 oz.) can tomato sauce</b>  | <b>2 cans red kidney beans</b>                 |

Brown meat with onions; drain. Add tomatoes, tomato sauce, chili powder and salt. Simmer, covered, stirring occasionally, for about 1 hour. Add chopped peppers and drained kidney beans. Let simmer, uncovered, stirring occasionally, for 1/2 hour. Yield: 4 servings.

## Creamed Tacos

Tammy Feldman

- |                              |                                    |
|------------------------------|------------------------------------|
| <b>2 lb. ground beef</b>     | <b>1 can Ro-Tel diced tomatoes</b> |
| <b>Chili powder</b>          | <b>(with chilies)</b>              |
| <b>Sm. onion</b>             | <b>1 can dried chilies</b>         |
| <b>12 soft taco shells</b>   | <b>1 lg. can evaporated milk</b>   |
| <b>1 lb. Velveeta cheese</b> |                                    |

Brown hamburger with onion and chili powder to taste; drain. Spoon hamburger into taco shells; roll and place in a 9x13-inch pan. Melt cheese, milk, tomatoes and chilies over low heat; pour over taco shells. Cover pan and place in a 350° oven until thoroughly heated, 20 to 30 minutes.

This is a "medium-hot" recipe. To increase "spiciness", add more chilies and chili powder. To make a "mild" dish, omit the can of chilies and use a little chili powder.

## Easy Lasagna

Kathy Schneider

- |                                   |                          |
|-----------------------------------|--------------------------|
| <b>1 lb. hamburger</b>            | <b>2 eggs</b>            |
| <b>1 jar meatless Prego sauce</b> | <b>Parsley flakes</b>    |
| <b>1 sm. can mushrooms</b>        | <b>Mozzarella cheese</b> |
| <b>1 lg. ctn. cottage cheese</b>  | <b>Lasagna noodles</b>   |

Brown hamburger in a skillet. Season to taste. Add Prego and mushrooms. Put 1/2 of hamburger mixture on bottom of a 9x13-inch pan. Layer uncooked noodles. Mix cottage cheese, eggs and parsley flakes for second layer. Another layer of noodles. Next, add 2 cups Mozzarella cheese. Top with rest of hamburger mixture. Bake for 1 hour at 350°. Last 10 minutes, sprinkle Mozzarella cheese on top.

## Enchiladas

Tesla Graham

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| <b>1 doz. flour tortillas</b>     | <b>2 c. grated Colby or Longhorn</b> |
| <b>1 (8 oz.) can tomato sauce</b> | <b>cheese</b>                        |
| <b>1 lb. hamburger</b>            | <b>2 c. shredded lettuce</b>         |
| <b>2 T. chopped onion</b>         | <b>Chili powder, to taste</b>        |

In a large skillet, heat tomato sauce on low heat. In another skillet, melt 2 to 4 tablespoons Crisco. Melt the Crisco, then fry the tortillas on both sides just until they are heated through. Do not overcook or they will become too hard to roll. After heating the tortillas, dip into warmed tomato sauce and place on large plate or cookie sheet. Brown hamburger and onion. Place approximately 1/2 cup hamburger mixture, small amount of shredded lettuce and small amount of grated cheese on each tortilla. Roll up and place in a greased 9x13-inch glass dish. Bake at 250° for 15 minutes. Add grated cheese on top and return to oven until cheese is melted.

These freeze well.

**Hint:** A pancake griddle works well for browning the tortillas.

## Grandma's Surprise

Jackie Jensen

1 lb. hamburger  
Onions, to taste  
1 tsp. garlic salt  
1/2 lb. shell macaroni

1 (1 lb.) jar spaghetti sauce  
2 c. shredded Cheddar cheese  
1 c. shredded Swiss cheese

Brown hamburger and drain. Add onion and garlic salt. Cook macaroni shells according to directions; drain well. Combine spaghetti sauce with shell macaroni and hamburger. Mix in 1 1/2 cups cheese. Bake at 350° for 1/2 hours. Sprinkle remaining cheese on top and return to oven just long enough to melt cheese. Yield: 8 servings.

## Ground Beef Special

Betty Feldman

1 lb. ground beef, cooked  
1/2 c. sour cream  
1 T. Worcestershire sauce

3/4 tsp. salt  
1/3 tsp. pepper  
Cheese (loaf is good, sliced)

Mix all together. Add 1 cup grated cheese. Make patties. Brown. Place in buns. Slip into oven at 300° for at least 10 minutes.

You may also place in casserole and place in oven for about 12 to 15 minutes at 350°. Remove and fill warm rolls, plus slice of onion and lettuce leaf, as desired.

## Hamburger/Cabbage Casserole

Mary Ort

1 sm. head cabbage  
1 lb. ground beef, 90% lean  
1 sm. onion, chopped  
1/4 c. rice, uncooked

1 can cream of chicken soup &  
1 can water, or 1/3 cup chicken  
soup substitute & 2 3/4 c. water

Chunk cabbage. Place in casserole dish with lid. Lightly cook hamburger and onion; drain. Stir in soup, water, rice, and a dash of Worcestershire sauce if desired. Pour over cabbage; cover. Bake at 350° for 1 hour.

## Hamburger Casserole

Donna Simpson

- |                                |                                   |
|--------------------------------|-----------------------------------|
| <b>1 lb. ground beef</b>       | <b>1 can green beans, drained</b> |
| <b>1 med. onion, chopped</b>   | <b>(reserve 1/2 c. juice)</b>     |
| <b>2 T. oil</b>                | <b>1/4 tsp. garlic salt</b>       |
| <b>3 med. potatoes, sliced</b> | <b>1 can cream of celery soup</b> |
|                                | <b>1 c. grated cheese</b>         |

Brown beef with onion in 2 tablespoons oil; stir until crumbly. Place potatoes in greased 6x10-inch baking dish. Spoon beef over potatoes. Combine beans and garlic salt. Spoon over meat. Combine bean liquid and soup; pour over beans. Sprinkle cheese on top. Bake at 350° for 45 minutes. Yield: 5 to 6 servings.

Very good and quick.

## Hamburger Crock-Pot Casserole

Mary Howe

- |                                       |                               |
|---------------------------------------|-------------------------------|
| <b>1 1/2 lb. ground beef, browned</b> | <b>1 can peas, drained</b>    |
| <b>2 lg. potatoes, sliced</b>         | <b>2 stalks celery, diced</b> |
| <b>2 or 3 med. carrots, sliced</b>    | <b>2 1/2 c. tomato juice</b>  |
| <b>3 med. onions, sliced</b>          |                               |

Place layers of vegetables, in order given, into crock-pot. Season each layer with salt and pepper. Put browned ground beef on top of vegetables. Pour in 2 1/2 cups tomato juice. Cover and set on low for 6 to 8 hours, stirring occasionally.

## Hamburger Stroganoff

Lori Greif

- |                        |  |
|------------------------|--|
| <b>1 lb. hamburger</b> | <b>1 (10 oz.) can cream of mushroom soup</b> |
| <b>6 oz. noodles</b>   | <b>1 (8 oz.) ctn. sour cream</b>             |

Cook noodles as directed on package. Brown hamburger in a separate pan and drain. Add cream of mushroom soup and sour cream until warm. Pour hamburger mixture over drained noodles and serve. Yield: 4 to 5 servings.

May add mushrooms, onions, salt and pepper to taste. Very quick and easy.

## Hamburger Hot Dish

Joyce H. Hollenbeck

- |   |                                     |
|---|-------------------------------------|
| <b>1 (8 oz.) pkg. noodles, cooked &amp; drained</b> | <b>1 can cream of chicken soup</b>  |
| <b>1 lb. hamburger</b>                              | <b>1 can cream of mushroom soup</b> |
| <b>1/2 can tomato soup</b>                          | <b>1 c. diced celery</b>            |
|   | <b>1/4 c. diced onion</b>           |

Brown celery, onions and hamburger. Add soups and noodles; put in baking dish. Bake 30 to 35 minutes at 325°.

## Howard Kids' Favorite Baked Spaghetti

Gloriene Howard

- |   |                       |
|---|-----------------------|
| 1 lb. lean ground beef                                | 1 med. onion, chopped |
| 1 (No. 2 1/2) can tomatoes                            | 1/2 c. brown sugar    |
| 1 c. catsup   | 1 tsp. salt           |
| 1/2 c. water  | 1/4 tsp. pepper       |
| 1 (10 oz.) pkg. thin spaghetti,<br>broken into pieces |                       |

Brown the beef and onion in tablespoon of oil. Add tomatoes, brown sugar, catsup, salt, pepper and water. Simmer slowly for 20 minutes. Cook spaghetti and drain. Mix spaghetti and meat sauce. Pour into 9x12-inch baking pan and bake at 350° for 25 minutes. Two cups of grated Cheddar cheese may be added the last 5 minutes, or until cheese melts.

## Layered Hamburger Casserole

- |   |   |
|---|---|
| 1 layer sliced potatoes                       | 1 layer onions                            |
| 1 layer sliced carrots                        | 1 can cream of mushroom or<br>cheese soup |
| 1 layer green beans                           |   |
| 1 layer lightly-browned hamburger,<br>drained |   |

Layer in order given. Top with soup. Cover. Bake at 350° for 1 1/2 to 2 hours. Can use any size of pan, depending on amount needed to serve.

## Meal in a Skillet

Joan Smithers

- |  |                        |
|--|------------------------|
| 6 oz. cooked ground turkey<br>or hamburger | 2 c. canned tomatoes   |
| 2 T. olive flakes                          | 1 can water (or less)  |
| 1 can sliced mushrooms                     | 1 c. cooked macaroni   |
| 1 can sliced carrots                       | 1/2 tsp. salt          |
| 1 can green beans                          | 1/2 tsp. garlic powder |
|  | 1/4 tsp. pepper        |

Brown meat and onion flakes. Add rest of the ingredients. Cook on low heat for 20 to 30 minutes.

**Hint:** 1/2 cup dry pasta equals 1 cup cooked.

## Meat Loaf

Genevieve Furlong

**2 lb. ground beef**  
**1 c. cracker crumbs**  
**1 c. milk**

**2 eggs, beaten slightly**  
**1/2 c. chopped onion**  
**1/2 c. catsup**

### SAUCE:

**1/2 c. catsup**

**1/2 c. sugar**

Combine milk, cracker crumbs, eggs, salt and pepper. Add this mixture to meat. Mix well. Add onion and catsup; mix well. Bake in loaf pan, 5 x 9 x 2 1/2 inches, or shape into 2 loaves and bake in a 9x9-inch pan, for 50 to 60 minutes at 350°.

Mix sauce and pour over hot meat loaf. Bake about 5 minutes.

## Meat Loaf

Rosemary Sexton

**1 1/2 lb. ground beef**  
**3/4 c. milk**  
**1 slightly-beaten egg**  
**1 c. soft bread crumbs**  
**1 med. onion, chopped**  
**1 T. catsup**

**Pinch of salt**  
**1 tsp. prepared horseradish**  
**1 tsp. sugar**  
**1 tsp. ground allspice**  
**1 tsp. dill weed**  
**Additional catsup**

In a large bowl, combine the first 11 ingredients; mix well. Press into an ungreased 4 1/2 x 8 1/2 x 2 1/2-inch loaf pan. Bake at 350° for 1 hour. Drizzle top of loaf with catsup. Bake 15 minutes more, or until no pink remains. Yield: 6 to 8 servings.

## Meat Loaf Italiano

Rick Ferguson

**2 lb. ground beef**  
**1 lb. Italian sausage**  
**1 c. seasoned bread crumbs**  
**1 c. milk**  
**2 eggs, beaten**  
**1/2 c. minced onion**  
**2 tsp. salt**

**1/2 tsp. pepper**  
**1/2 tsp. dry mustard**  
**1/2 tsp. sage**  
**1/2 tsp. celery salt**  
**1/2 tsp. garlic salt**  
**2 T. catsup**  
**2 T. Worcestershire sauce**

Heat oven to 350°. Mix all ingredients thoroughly. Shape into loaf on shallow baking pan (or 1 1/2-quart casserole). Bake 1 1/2 hours or until done. Serve hot or cold (great for sandwiches). Yield: 12 servings.

Great with mushroom escalloped potatoes.



## Pepsi Pot Roast

Gerrie Kaalberg for Paula Cooney

- |                                  |                                     |
|----------------------------------|-------------------------------------|
| <b>1 beef roast</b>              | <b>1 can cream of mushroom soup</b> |
| <b>1 pkg. dry onion soup mix</b> | <b>1 can or btl. Pepsi-Cola</b>     |
| <b>Salt, to taste</b>            | <b>Pepper, to taste</b>             |

Place desired size of a beef roast in a roaster. Mix both soups and spread over the roast. Salt and pepper as desired. Pour the Pepsi over all. Cover tightly and bake at 350° for 2 or 3 hours, depending on size of roast. Do not uncover unless you think it is done.

You can use the soups as a gravy if you wish. It is delicious!

## Pirog

Rick Ferguson

### DOUGH:

- |  |                          |
|--|--------------------------|
| <b>3 pkg. active dry yeast</b>                   | <b>6 egg yolks</b>       |
| <b>1 c. warm milk</b>                            | <b>1 tsp. salt</b>       |
| <b>4 c. flour</b>                                | <b>2 T. sugar</b>        |
| <b>1/2 lb. butter or margarine,<br/>softened</b> | <b>1 beaten egg yolk</b> |

### MEAT FILLING:

- |                              |                                    |
|------------------------------|------------------------------------|
| <b>2 lb. ground beef</b>     | <b>1 T. butter or margarine</b>    |
| <b>1 med. onion, chopped</b> | <b>Salt &amp; pepper, to taste</b> |
|                              | <b>1/4 c. beef bouillon</b>        |

Dissolve yeast in milk; set aside. Mix flour, butter or margarine, egg yolks, salt and sugar in a large bowl. Add yeast mixture and mix thoroughly; set aside. Let rise for 1 hour or until double. Divide dough into 2 equal parts and knead lightly. Roll both pieces to fit a 9x13-inch pan. Grease pan with butter or margarine. Place 1 piece of dough in the pan and spread to the edges and slightly up the sides.

**Meat Filling:** Brown hamburger and onion; drain and cool. Add remaining ingredients.

Spread meat filling on dough and top with remaining dough. Pinch edges together, brush with egg yolk and cut a slit in the top crust. Bake at 350° for 30 minutes or until nicely browned.

Yield: 8 servings.

## Pizzaburgers

Sarah Simon

- |                                   |                              |
|-----------------------------------|------------------------------|
| <b>2 lb. hamburger</b>            | <b>1 pkg. hamburger buns</b> |
| <b>1 (14 oz.) jar pizza sauce</b> | <b>1 pkg. grated cheese</b>  |

Fry up hamburger and drain. Add pizza sauce. Open up buns on cookie sheet and spoon hamburger onto buns. Top with grated cheese. Place in oven and heat at 350° until cheese is melted.

## Pizza Cups

1 (6 oz.) can tomato paste  
 1 T. instant onion  
 1 tsp. Italian seasoning  
 1/2 tsp. salt

3/4 lb. browned & drained ground  
 beef  
 1 (10 oz.) can refrigerated biscuits  
 1/2 c. shredded Mozzarella cheese

Stir tomato paste, onion and seasonings with ground beef. Cook and stir 5 minutes. Place biscuits in greased muffin cups, pressing to cover bottom and sides. Spoon 1/4 cup mixture into biscuit-lined cups and sprinkle with cheese. Bake 12 minutes at 400°, or until golden brown.

## Reunion BBQ

Betty Jensen, In memory of Mom

5 lb. ground beef  
 2 c. chopped onion  
 3 c. water  
 2 T. ketchup  
 24 hamburger buns, split

2 to 3 tsp. chili powder  
 2 T. salt and pepper  
 1 tsp. ground mustard  
 1 c. quick-cooking oats

In large saucepan or Dutch oven, brown beef and onion over medium heat; drain. Add water, ketchup and seasonings; bring to a boil. Add oats; mix well. Reduce heat, cover and simmer for 30 minutes. Serve on buns. Yield: 24 (1/2-cup) servings.

Great for potlucks!

## Round Steak in a Crock-Pot

Diane Buysse

4 to 5 lb. round steak, cut in  
 2" to 3" squares  
 Flour

Salt & pepper  
 2 cans cream of chicken soup  
 2 cans cream of mushroom soup

Coat steak squares in mixture of flour, salt and pepper. Brown in frying pan with margarine. Mix cans of soup together. Layer steak and soup mixture into large crock-pot. Cook on low all day.

This is a great recipe to take to potlucks or sports banquets. A family favorite of the Buysse's.

## Round Steak in Mushroom Gravy

Carolyn Reed

Approx. 2 lb. round steak  
Salt & pepper (opt.)  
1 can mushroom soup

1/2 c. milk  
2 or 3 T. oil

Cut meat in serving portions and brown in oil in hot skillet. When all pieces are browned, put back in skillet and add salt and pepper (optional), and soup (that has been diluted with the milk). Cover and cook on low heat for 1 1/2 to 2 hours.

This can also be put in a covered pan in the oven at 350° for 1 hour.

## St. Joseph's Famous Lasagna

Gerrie Kaalberg

1 lb. hamburger  
1 lg. jar spaghetti sauce  
1 box lasagna noodles, uncooked  
1 sm. onion, chopped (opt.)  
1 (8 oz.) ctn. cottage cheese

1 (8 oz.) pkg. shredded Mozzarella cheese  
1/4 c. water  
1 (8 oz.) pkg. shredded Cheddar cheese (opt.)

Brown and crumble meat and onions; drain well. Add sauce. In a 9x13-inch pan, place a layer of meat sauce, then a layer of the cheeses, then a layer of dry noodles. Repeat these 3 layers, ending with a layer of meat sauce and cheeses. Pour the water around the edge of the pan and cover tightly with a tent of aluminum foil, sealing it well. Bake 1 hour at 350°. Remove from oven after testing to see if the noodles are done (if not, bake 15 minutes more). Remove foil and allow to set up a few minutes. Yield: about 12 pieces.

**Note:** The onions and Cheddar cheese may be omitted if you don't care for them.

## Skillet Enchiladas

Kate Carter

1 lb. ground beef  
1/2 c. chopped onion  
1 can cream of chicken soup  
1 (10 oz.) can mild enchilada sauce

1/3 c. milk  
10 (8") flour tortillas  
3 c. shredded Cheddar cheese

Brown ground beef with onion in large skillet until crumbly; drain. Stir in soup, enchilada sauce and milk. Simmer for 15 minutes, stirring occasionally. Remove from heat. Sprinkle 1/4 cup cheese over each tortilla. Roll tightly. Place, seam-side down, in ground beef mixture in skillet. Simmer, covered, for 5 minutes. Sprinkle with remaining 1/2 cup cheese. Cook, covered, until cheese is melted. Yield: 4 servings.

Serve with chopped lettuce, tomatoes and sour cream.

## Skillet Lasagna

Marilyn Hanson

- |   |   |
|---|---|
| <b>1 lb. hamburger, browned &amp; drained</b> | <b>1 1/2 tsp. Italian seasoning</b>         |
| <b>1 (8 oz.) can tomato sauce</b>             | <b>1 lb. cottage cheese</b>                 |
| <b>1 (16 oz.) can stewed tomatoes</b>         | <b>3 c. noodles, uncooked</b>               |
| <b>1 c. water</b>                             | <b>2 to 3 c. shredded Mozzarella cheese</b> |

Mix hamburger, tomato sauce, stewed tomatoes (diced), water, Italian seasoning and cottage cheese in large saucepan; bring to a boil. Add noodles and simmer until noodles are tender, about 15 to 20 minutes. When noodles are tender, sprinkle cheese on top and allow to melt about 5 minutes. Yield: 6 servings.

## Stuffed Cabbage Crown

Nelson Noshish

- |                                |   |
|--------------------------------|---|
| <b>1 lb. ground beef</b>       | <b>1 c. milk</b>                          |
| <b>1/3 c. flour (for meat)</b> | <b>1 sm. onion, grated</b>                |
| <b>1 1/2 tsp. salt</b>         | <b>1 lg. head cabbage (approx. 3 lb.)</b> |
| <b>1/4 tsp. pepper</b>         | <b>2 T. butter or oleo</b>                |
| <b>1 egg</b>                   | <b>2 T. flour (for gravy)</b>             |

Combine ground beef, 1/3 cup flour, salt, pepper and egg in large bowl; beat until blended. Gradually beat in milk until smooth and paste-like. Stir in onion. Trim off outside cabbage leaves. Cut off a slice about 1 inch from core end; set aside. Cut core from cabbage, then hollow out cabbage to make a shell, about 1/2-inch thick. Save cut-out pieces for another day. Spoon meat mixture into shell. Fit cut slice back into place. Tie tightly with string. Place stuffed cabbage, core-end down, in a kettle. Pour in boiling water to cover 3/4 of the way; cover. Simmer 1 1/2 hours or until cabbage is tender.

Lift from the water with 2 large spoons; keep hot while making gravy. Pour 1 1/2 cups of the liquid into a 2-cup measure; discard any remaining liquid. Heat butter or oleo until it forms up and turns golden, in a small saucepan. Blend in the 2 tablespoons flour. Cook, stirring constantly, just until bubbly. Stir in the 1 1/2 cups saved liquid. Continue cooking and stirring until gravy thickens and boils 1 minute. Season to taste with salt and pepper. Darken with a few drops bottled gravy coloring, if you wish. Place stuffed cabbage on a heated platter. Remove string. Pour gravy into a separate bowl. Garnish with parsley, if you wish. Cut cabbage into wedges. Spoon gravy over. Yield: 4 servings.

Any leftovers can be reheated easily. Use a frying pan and lay wedges on their side in gravy, cover and heat slowly.

## Swedish Meat Balls

Mary Simon

1 lb. ground beef	1 tsp. pepper
1 med. onion, chopped	1/2 c. cracker crumbs
1 tsp. salt	1/2 c. milk

### SAUCE:

3/4 c. brown sugar	3/4 c. catsup
3/4 c. water	2 tsp. vinegar
	1 T. chili powder

Mix ground beef with onion, salt and pepper. In separate bowl, let crackers marinate in milk. Combine cracker mixture with meat mixture. Roll into golf-ball-size balls. Set aside in baking dish.

**Sauce:** In a saucepan, combine ingredients. Bring to a boil and pour over meat balls. Bake at 350° for 45 minutes.

## Tortilla Pie

Deb Carter

2 lb. ground beef or ground turkey	1 tsp. garlic powder
2 lg. onions, chopped	1 (17 oz.) can creamed corn
1 (8 oz.) can tomato sauce	12 corn tortillas, cut into 1" strips
1 (16 oz.) jar thick & chunky salsa	2 oz. grated Mozzarella cheese
1 tsp. cumin	2 oz. grated Cheddar cheese
1 tsp. chili powder	

Preheat oven to 350°. Spray large skillet with nonstick coating. Brown meat with onion; drain. Add sauces, seasonings and corn; mix well. Spray a 9x13-inch pan with nonstick coating. Layer mixture with tortillas, starting with 1/4 of the meat mixture and topping with 1/3 of the tortilla strips. Continue layering, ending with the meat mixture. Cover and bake for 35 to 40 minutes or until heated through. Add cheese and cook another 5 minutes. Yield: 12 servings.

# Zucchini Casserole

Betty Feldman

Lightly brown:

**1 to 1 1/2 lb. ground beef  
(or sausage)**

**1/2 tsp. salt**

**Pepper, to taste**

Add 1/2 medium onion, chopped well. (This I do in skillet.) Grease a casserole dish. Cook chunked zucchini in skillet on top of range, with lid on, about 15 minutes, turning occasionally, then present on table.

We like to add to above:

**1 T. chicken granules to**

**1 can cream of mushroom soup**

**1/4 c. water (dissolve)**

**3 slices bread, cubed**

**1 T. butter**

Place in casserole. Bake at 350° for 30 to 35 minutes (or add cheese as noted below). Add 1/2 teaspoon leaf sage. Now shred as much cheese as you desire. Stir in or cover top. Can add 2 tablespoons sweet pickle juice and 1 tablespoon finely-chopped sweet pepper.

We use 2 zucchini about 9 or 10 inches long.

# Notes & Recipes



## Tortilla Pie

Del. Cook

- 1 (17 oz.) can green chile sauce
- 15 corn tortillas, cut into 7" strips
- 1 oz. grated Cheddar cheese
- 2 oz. grated Colby cheese

Preheat oven to 350°. Spray large shallow dish with nonstick cooking spray. In a large bowl, combine chile sauce and tortillas. Layer in dish, starting with tortillas. Sprinkle with cheese. Bake 15 minutes. Let stand 5 minutes.

# Cookies & Bars



COOKIES & BARS

# Cookies & Bars

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# Cookies & Bars

## Applesauce Cookies

Arlene Otto

<b>1/2 c. shortening</b>	<b>1/2 tsp. salt</b>
<b>1 c. sugar</b>	<b>1 tsp. baking soda</b>
<b>1 egg</b>	<b>1 tsp. cloves</b>
<b>1 c. applesauce</b>	<b>1 tsp. cinnamon</b>
<b>2 1/2 c. flour</b>	<b>1 tsp. nutmeg</b>

Cream together sugar and shortening. Add egg and applesauce. Mix in rest of dry ingredients. Add raisins and nuts. Bake at 350° for 12 minutes, or more.

**Note:** May have to add more flour, if applesauce is thin. I chill my dough or even freeze it. Cookies can also be frozen.

Bill likes these with a little frosting on them.

## Baby Food Bars

Emily Jensen

<b>3 beaten eggs</b>	<b>1 jar baby food apricots</b>
<b>2 c. sugar</b>	<b>2 c. flour</b>
<b>1 1/2 c. oil</b>	<b>2 tsp. baking soda</b>
<b>1 c. nuts</b>	<b>2 tsp. cinnamon</b>
<b>1 jar baby food carrots</b>	<b>1 tsp. vanilla</b>
<b>1 jar baby food applesauce</b>	

Sift flour, baking soda and cinnamon together. Mix in large bowl and bake in flat sheet pan for 25 to 30 minutes at 350°.

### ICING:

<b>1 stick margarine, melted</b>	<b>1 lb. powdered sugar</b>
<b>1 (8 oz.) pkg. cream cheese</b>	<b>1 tsp. vanilla</b>

Mix together.

## Banana Bars

Justine Owen

- |                              |                           |
|------------------------------|---------------------------|
| <b>1/2 c. shortening</b>     | <b>1 tsp. vanilla</b>     |
| <b>1 1/2 c. sugar</b>        | <b>2 c. flour</b>         |
| <b>2 eggs</b>                | <b>1 tsp. salt</b>        |
| <b>1 c. sour cream</b>       | <b>1 tsp. baking soda</b> |
| <b>2 lg. bananas, mashed</b> |                           |

Cream shortening and sugar. Add eggs, sour cream, mashed bananas and vanilla. Mix in flour, salt and baking soda. Pour into a 10x15-inch greased pan and bake for 25 minutes at 350°. Frost, if desired.

## Big-Batch Chocolate Chip Cookies

Deanne Tadlock

- |                                 |  |
|---------------------------------|--|
| <b>2 c. margarine, softened</b> | <b>5 c. oatmeal</b>                    |
| <b>2 c. white sugar</b>         | <b>3/4 T. salt</b>                     |
| <b>2 c. brown sugar</b>         | <b>2 T. baking soda</b>                |
| <b>2 tsp. vanilla</b>           | <b>2 T. baking powder</b>              |
| <b>4 eggs</b>                   | <b>1 (12 oz.) pkg. chocolate chips</b> |
| <b>4 c. flour</b>               |  |

Cream margarine, sugars, eggs and vanilla. Mix flour and oatmeal in blender until powdery. Add to sugar mixture. Add remaining ingredients. Shape into golf-ball-size balls. Bake at 375° for 8 to 10 minutes.

## Blonde Brownies

Spencer Feldman

- |                             |                              |
|-----------------------------|------------------------------|
| <b>2 c. flour</b>           | <b>2/3 c. melted butter</b>  |
| <b>1 tsp. baking powder</b> | <b>2 eggs</b>                |
| <b>1 tsp. salt</b>          | <b>2 tsp. vanilla</b>        |
| <b>1/4 tsp. baking soda</b> | <b>Nuts</b>                  |
| <b>2 c. brown sugar</b>     | <b>6 oz. chocolate chips</b> |

Mix and bake in a 9x13-inch pan at 350° for 30 minutes.

## Buysse Girl Cookies

Kim Wiele

- |                           |                         |
|---------------------------|-------------------------|
| <b>2 sticks margarine</b> | <b>1 c. flour</b>       |
| <b>1/2 c. sugar</b>       | <b>1 1/2 c. oatmeal</b> |

Cream margarine and sugar. Add flour and oatmeal. Stir. Bake at 350° for 8 to 10 minutes. When done and still hot, sprinkle powdered sugar lightly onto cookies.

## Cake Mix Cookies

Helen Enderle

- |                                |                             |
|--------------------------------|-----------------------------|
| 1 box white or yellow cake mix | 1 c. chocolate chips (opt.) |
| 2 eggs                         | 1/2 c. chopped nuts (opt.)  |
| 1/2 c. oil                     |                             |

Mix by hand. Combine the first 3 ingredients in a large bowl. Add chips and nuts, if desired. Batter will be stiff. Roll into balls and drop by teaspoon onto greased cookie sheet. Bake for 10 to 11 minutes at 350°.

**Variation:** Can use lemon cake mix.

## Cake Mix Cookies

Joan Smithers

- |                          |                      |
|--------------------------|----------------------|
| 1 box chocolate cake mix | 1/2 c. chopped nuts  |
| 2 eggs                   | 1 c. chocolate chips |
| 1/2 c. oil               |                      |

Combine the first 3 ingredients. Add nuts and chocolate chips. Batter will be stiff. Roll into balls or drop by teaspoon onto greased cookie sheet. Bake at 350° for 10 to 11 minutes.

**Frosting:** Remove cookies from oven. Put 1/2 piece of chocolate Andes Mint on top. Spread when melted.

## Caramel Candy Bars

Jo Anne Christison

- |                                 |                                |
|---------------------------------|--------------------------------|
| 1 (14 oz.) pkg. caramel candies | 1/2 tsp. salt                  |
| 1/3 c. milk                     | 1 egg                          |
| 2 c. flour                      | 1 c. margarine, softened       |
| 2 c. oatmeal                    | 1 (6 oz.) pkg. chocolate chips |
| 1 1/2 c. brown sugar            | 1 c. dry-roasted peanuts       |
| 1 tsp. baking soda              |                                |

Heat candy and milk until smooth. Mix flour, oats, brown sugar, baking soda, salt and egg. Stir in margarine. Mix with fork until crumbly. Press half of mixture into a greased 9x13-inch pan. Bake for 10 minutes. Sprinkle with chocolate chips and nuts; drizzle with caramel mixture. Sprinkle remaining crumbs over top. Bake for 20 to 25 minutes. Cool for 30 minutes, then loosen edges from pan.

## Carrot Bars

Laura Hermanson

- |                             |                    |
|-----------------------------|--------------------|
| 2 eggs                      | 1 1/2 c. flour     |
| 1 c. sugar                  | 1 tsp. baking soda |
| 3/4 c. vegetable oil        | 1 tsp. cinnamon    |
| 2 sm. jars carrot baby food | 1/2 tsp. salt      |
| 1 tsp. vanilla              |                    |

### FROSTING:

- |                             |                         |
|-----------------------------|-------------------------|
| 1 (3 oz.) pkg. cream cheese | 1 1/2 c. powdered sugar |
| 1/4 c. margarine            | 1 tsp. vanilla          |

Beat together eggs, sugar and oil. Add carrots and vanilla. Mix well. Add flour, baking soda, cinnamon and salt. Pour into greased 9x13-inch pan. Bake at 350° about 20 minutes.

**Frosting:** Beat cream cheese and margarine together. Add powdered sugar and vanilla.

## Cherry Bars

Lori Greif

- |                |                          |
|----------------|--------------------------|
| 1 c. margarine | 3 c. flour               |
| 1 3/4 c. sugar | 1 1/2 tsp. baking powder |
| 4 eggs         | 1 can cherry pie filling |
| 1 tsp. vanilla |                          |

Mix margarine, sugar, eggs, vanilla, flour and baking powder together; pour 2/3 of batter into a 9x13-inch pan. Cover with cherry pie filling. Drop remaining batter by tablespoon on top of cherry mixture. Bake at 350° for 40 minutes.

**Variation:** May use blueberry pie filling, too.

## Chewy Oatmeal Cookies

Jana Feldman

- |                                   |                            |
|-----------------------------------|----------------------------|
| 3/4 c. butter-flavor Crisco       | 1 c. flour                 |
| 1 1/4 c. packed light brown sugar | 1/2 tsp. baking soda       |
| 1 egg                             | 1/2 tsp. salt              |
| 1/3 c. milk                       | 1/4 tsp. cinnamon          |
| 1 1/2 tsp. vanilla                | 1 c. raisins               |
| 3 c. quick oats                   | 1 c. coarsely-chopped nuts |

Heat oven to 375°. Grease baking sheet. Combine Crisco, brown sugar, egg, milk and vanilla in a large bowl. Beat at medium speed of electric mixer until well blended. Combine oats, flour, baking soda, salt and cinnamon. Mix into creamed mixture at low speed, just until blended. Stir in raisins and nuts. Drop rounded tablespoons of dough, 2 inches apart, onto baking sheet. Bake at 375° for 10 to 12 minutes, or until lightly browned. Cool 2 minutes on baking sheet. Remove to kitchen counter. Yield: about 2 1/2 dozen cookies.

## Chewy Peanut Butter Bars

Hannah Kordick

1/2 c. butter or margarine  
1/2 c. creamy peanut butter  
1 1/2 c. sugar

1 c. flour  
2 eggs, beaten  
1 tsp. vanilla

In a large saucepan, melt butter and peanut butter. Remove from heat; add sugar and flour. Stir in the eggs and vanilla. Spread into a greased 9x13-inch pan. Bake at 350° for 25 to 30 minutes, or until lightly browned and edges start to pull away from pan. Yield: 24 bars.

## Chocolate Chip Bars

Shawn Carter

2 eggs  
1 1/2 c. brown sugar  
2/3 c. salad oil  
1 tsp. vanilla  
1 1/2 c. flour

1 1/2 tsp. baking powder  
1 tsp. salt  
1/2 c. nuts, chopped (opt.)  
1 c. chocolate chips

Beat egg until thick and foamy. Gradually add the sugar and continue beating until well blended. Add oil and vanilla. Mix well. Add the flour, baking powder and salt, which have been sifted together. Fold in the nuts and the chocolate chips. Spread in a greased 11x15-inch pan. Bake at 350° for 25 minutes. Cool; cut into 1x3-inch bars. Yield: about 30 bars.

Good and chewy.

## Chocolate Chip Cookies

Adam Simon

2 eggs  
1 c. margarine (2 sticks)  
3/4 c. sugar  
3/4 c. brown sugar  
1/2 tsp. water

2 1/4 c. flour  
1 tsp. baking soda  
1 tsp. salt  
1 tsp. vanilla  
12 oz. chocolate chips

Mix the first 5 ingredients. Add next 4 ingredients. Stir in chips. Drop spoonfuls of dough onto lightly-greased cookie sheet. Bake for 10 to 12 minutes at 325°.

For something a little different, add 6 ounces butterscotch chips. My mom loves it.

## Chocolate Chip-Cereal Cookies

Tammy Feldman

1 c. margarine	1 tsp. baking soda
1 c. oil	1 tsp. salt
1 c. brown sugar	1 tsp. cream of tartar
1 c. white sugar	1 c. oatmeal
1 egg	1 c. Rice Krispies
2 tsp. vanilla	1 (12 oz.) pkg. chocolate chips
3 1/2 c. flour	

Cream the first 4 ingredients; add egg and vanilla. Sift dry ingredients; add oatmeal, Rice Krispies and chocolate chips. Drop by spoonful onto cookie sheet. Bake at 350° for 10 minutes. Let cool before removing from cookie sheet.

## Chocolate Chip-Oatmeal Cookies

Buysse's

1/2 c. margarine	2 tsp. vanilla
1 c. shortening	2 c. flour
2 c. brown sugar	1 tsp. salt
2 c. white sugar	1 tsp. baking soda
2 eggs	6 c. oatmeal
1/2 c. water	1 (12 oz.) pkg. chocolate chips

Cream margarine, shortening and sugars in a large bowl. Add eggs, water and vanilla. Mix. Stir in flour, salt, baking soda and oatmeal. Add chocolate chips. Bake at 350° for 8 to 10 minutes.

## Chocolate Chip-Oatmeal Cookies

Karen Jedlicka

3/4 c. white sugar	1 tsp. salt
3/4 c. brown sugar	1 tsp. baking soda
1 c. margarine	1 tsp. vanilla
2 eggs	2 c. oatmeal
1 tsp. hot water	1 (12 oz.) pkg. chocolate chips
1 1/2 c. flour	1 c. nuts

Cream sugars, margarine and eggs. Add vanilla. Add dry ingredients and mix well. Add chocolate chips and nuts. Drop by spoonfuls onto ungreased cookie sheet. Bake at 350° for 8 to 10 minutes.

When we bake cookies at our house, there's about an 80% chance that we use this recipe. It's a family favorite. The cookie dough is the best I've tasted.

## Choc-Oat-Chip Cookies

Joy Gehrls, Wilton

<b>1 c. margarine or butter, softened</b>	<b>1 tsp. baking soda</b>
<b>1 1/4 c. firmly-packed brown sugar</b>	<b>1/2 tsp. salt (opt.)</b>
<b>1/2 c. granulated sugar</b>	<b>2 1/2 c. Quaker oats, quick or old-fashioned, uncooked</b>
<b>2 eggs</b>	<b>1 (12 oz.) pkg. chocolate chips</b>
<b>2 T. milk</b>	<b>1 c. coarsely-chopped nuts</b>
<b>2 tsp. vanilla</b>	
<b>1 3/4 c. all-purpose flour</b>	

Heat oven to 375°. Beat margarine and sugars until creamy. Add eggs, milk and vanilla; beat well. Add flour, baking soda and salt. Mix well. Stir in oats, chocolate morsels and nuts. Mix well. Drop by rounded measuring tablespoonfuls onto ungreased cookie sheet. Bake 9 to 10 minutes for a chewy cookie, or 12 to 13 minutes for a crisp cookie. Cool 1 minute on cookie sheet; remove to wire rack and cool completely.

## Chocolate Revel Bars

Kathy Myers

<b>1 can Eagle Brand milk</b>	<b>2 eggs</b>
<b>1 c. semi-sweet chocolate chips</b>	<b>3/4 c. oatmeal</b>
<b>2 T. margarine</b>	<b>1 1/2 c. brown sugar</b>
<b>1 tsp. vanilla</b>	<b>1 3/4 c. flour</b>
<b>3/4 c. margarine</b>	<b>1/2 c. chopped pecans</b>

Combine milk, 2 tablespoons butter and chips in microwave on low, stirring until melted. Remove from heat; add vanilla and set aside. In a mixing bowl, cream butter, sugar and eggs. Add flour and oatmeal. Pat 2/3 of this mixture into a greased 9x13x2-inch pan. Spread chocolate mixture over this. Sprinkle on nuts. Drop remaining dough by spoonfuls, randomly over chocolate mixture. Bake 25 minutes at 350°. Cool and cut into desired-size bars.

*The smallest good deed is better than the grandest intention.*

## Cookie Dough Brownies

Dianne Hunter

### CAKE:

2 c. sugar	1 c. vegetable oil
1 1/2 c. flour	4 eggs
1/2 c. cocoa	2 tsp. vanilla

### FILLING:

1/2 c. margarine, softened	2 T. milk
1/2 c. brown sugar	1 tsp. vanilla
1/4 c. sugar	1 c. flour

### GLAZE:

1 c. chocolate chips	1 T. shortening (not margarine)
	3/4 c. nuts

**Cake:** Combine sugar, flour and cocoa; add oil, eggs and vanilla. Beat 3 minutes. Bake in greased 9x13-inch pan at 350° for 30 minutes. Cool.

**Filling:** Cream butter and sugars; add milk and vanilla. Beat in flour; spread over brownies. Chill until firm.

**Glaze:** Melt chips and margarine. Spread over filling. Put nuts on top.

## Cut-Out Sugar Cookies

Bev Feldman

1 c. oleo	2 T. half & half
1 1/2 c. sugar	4 c. flour
2 eggs	1/2 tsp. salt
2 tsp. vanilla	1 tsp. baking powder

Cream oleo and sugar together. Add eggs and beat until fluffy. Add vanilla and half & half. Combine dry ingredients together, then add to mixture. Chill several hours, or overnight. Roll out and cut into desired shapes. Bake at 375° for 7 to 8 minutes.

Frost with your favorite frosting recipe.

## Eva LaKose's Mother's Chocolate Cookies

Gloriene Howard

1 c. brown sugar	1/2 c. sweet milk
1/2 c. butter or margarine	1 egg
1 2/3 c. flour	1/2 tsp. baking soda
5 T. cocoa	1 tsp. vanilla
1/2 tsp. salt	1 c. nutmeats or chopped dates
1 c. chocolate chips	

Thoroughly cream sugar and shortening. Add egg and milk. Add dry ingredients and vanilla. Drop by teaspoonfuls. Bake at 350° for 10 minutes.

I frost with favorite fudge frosting when cooled.

From St. Joseph's original cookbook.

## Filled Jumbo Cookies

Marcy Budreau

- |                         |                           |
|-------------------------|---------------------------|
| <b>1 c. shortening</b>  | <b>1 tsp. vanilla</b>     |
| <b>3 eggs</b>           | <b>3 1/2 c. flour</b>     |
| <b>2 c. brown sugar</b> | <b>1 tsp. baking soda</b> |
| <b>1/2 c. water</b>     | <b>1/2 tsp. cinnamon</b>  |

### DATE FILLING:

- |                     |                                   |
|---------------------|-----------------------------------|
| <b>2 c. dates</b>   | <b>3/4 c. water</b>               |
| <b>3/4 c. sugar</b> | <b>1/2 c. chopped nuts (opt.)</b> |

Mix the first 3 ingredients well. Add next 2 ingredients. Sift and stir in next 3 ingredients. Mix well and drop by teaspoonfuls onto ungreased cookie sheet. Place 1/2 teaspoonful of filling; cover with 1/2 teaspoonful of dough. Bake at 350° for 10 to 12 minutes. Yield: about 4 dozen.

**Filling:** Filling needs to be cooked on low heat until thick. Let cool, then add nuts.

## Frosted Cashew Drops

Mary Jane Ruess

- |                                    |                                 |
|------------------------------------|---------------------------------|
| <b>1/2 c. butter (real butter)</b> | <b>3/4 tsp. baking powder</b>   |
| <b>1 c. brown sugar</b>            | <b>1/4 tsp. salt</b>            |
| <b>1 egg</b>                       | <b>1/2 tsp. cinnamon</b>        |
| <b>Vanilla</b>                     | <b>1/4 tsp. nutmeg</b>          |
| <b>2 c. sifted enriched flour</b>  | <b>1/3 c. sour cream</b>        |
| <b>3/4 tsp. baking soda</b>        | <b>1 c. cashew nuts, broken</b> |

Cream butter and sugar. Add egg and vanilla. Sift together dry ingredients; add to creamed mixture alternately with sour cream. Stir in nuts. Drop from teaspoon onto greased cookie sheet. Bake at 400° for 8 to 10 minutes.

**Butter Icing:** Heat and stir 3 tablespoons butter until browned. Beat in 2 cups sifted powdered sugar, 2 tablespoons milk and 1 teaspoon vanilla. Frost cookies. Top with cashew nut.

## Fruit Squares

Joan Costello

- |                        |                                 |
|------------------------|---------------------------------|
| <b>2 c. sugar</b>      | <b>2 eggs, slightly beaten</b>  |
| <b>2 c. water</b>      | <b>3 c. flour</b>               |
| <b>1 c. shortening</b> | <b>1 tsp. baking soda</b>       |
| <b>1 c. raisins</b>    | <b>Dash of salt</b>             |
| <b>2 tsp. cinnamon</b> | <b>1 tsp. vanilla</b>           |
| <b>1 tsp. cloves</b>   | <b>1 c. chopped nuts (opt.)</b> |

Mix the first 6 ingredients in a saucepan. Cook 10 minutes and cool. Beat in next 6 ingredients. Spread in a greased and floured jellyroll pan. Bake at 350° for 20 to 25 minutes.

When cool, frost with icing made with 1/4 cup butter or margarine, 3 cups confectioners' sugar, 1 teaspoon vanilla, and enough strong, hot coffee to make it spreadable.

## Fudge Bars

Lori Greif

- |                      |                                |
|----------------------|--------------------------------|
| 1/2 c. margarine     | 2 c. oatmeal (quick)           |
| 1 c. brown sugar     | 1 c. (6 oz.) chocolate chips   |
| 1 egg                | 1 T. margarine                 |
| 1/2 tsp. vanilla     | 1 can sweetened condensed milk |
| 3/4 c. flour         | 1 tsp. vanilla                 |
| 1/2 tsp. baking soda | 1/2 c. chopped nuts            |

Mix margarine, brown sugar, egg, vanilla, flour, baking soda and oatmeal together. Pour into a 9x13-inch greased pan. Reserve 1 cup for topping. Melt chips and margarine. Add remaining ingredients to chocolate mixture; pour over oatmeal mixture. Add remaining cup of mixture for topping. Bake at 350° for 20 to 25 minutes.

## Grandma Simon's Banana Bars

Beth Anne Kordick

- |                    |                     |
|--------------------|---------------------|
| 1/2 c. butter      | 1 tsp. salt         |
| 1 1/2 c. sugar     | 2 tsp. vanilla      |
| 2 eggs             | 3 mashed bananas    |
| 1 c. sour cream    | 2 c. flour          |
| 1 tsp. baking soda |                     |
| <b>FROSTING:</b>   | 2 c. powdered sugar |
| 4 oz. cream cheese | 1 tsp. vanilla      |
| 3/4 stick butter   | 1 tsp. cream        |

Cream butter and sugar in a large bowl. Add eggs and sour cream; beat well. Add vanilla and bananas. Combine flour, baking soda and salt; add to mixture, beating well. Pour into greased and floured jellyroll pan. Bake at 350° for 20 to 25 minutes. Cool.

**Frosting:** Beat cream cheese well; add butter, mixing well. Add sugar, vanilla and cream; beat very well. Frost cake when cool.

## Hamburger Cookies

Sarah Simon

- |                             |   |
|-----------------------------|---|
| 1 can white frosting        | 1 pkg. Keebler Grasshopper Mint Cookies |
| 1 box vanilla wafer cookies | Red, green & yellow food coloring       |

Put equal amounts of frosting in 4 different bowls. Add the red, yellow and green to the 3 cups. Put white frosting on the bottom side of a vanilla wafer. Top that with a mint cookie. Then spread on some red, then yellow, then green frosting. Top with a second vanilla wafer. It's easiest to do one color on all the cookies at the same time, then the next color on all. Yield: 40 "hamburgers."

## Hip Padder Bars

Joyce H. Hollenbeck

- |   |                       |
|---|-----------------------|
| 1 (15 oz.) can sweetened condensed milk | 1 c. brown sugar      |
| 2 T. butter or oleo                     | 1 egg                 |
| 1 (8 oz.) pkg. chocolate chips          | 1 1/2 c. flour        |
| 1 tsp. vanilla                          | 1/2 c. rolled oats    |
| 1 c. chopped nuts                       | 1/2 c. butter or oleo |

In top of double boiler, combine milk, 2 tablespoons butter and chocolate; cook over hot, not boiling, water until chocolate melts. Add vanilla and cool.

In bowl, cream 1/2 cup butter and sugar. Add egg and beat until light. Mix in flour and oats. Pat 2/3 of mixture into a greased 9x13-inch pan. Spread with chocolate filling. Sprinkle with remaining dough and nuts. Bake 25 to 30 minutes at 350°.

## Holiday Cheesecake Bars

Zelma Burr

- |                                       |   |
|---------------------------------------|---|
| 2 c. flour                            | 1 c. chopped walnuts                          |
| 2/3 c. packed brown sugar             | 2/3 c. cold butter (no substitutes)           |
| <b>FILLING:</b>                       | 1/4 c. milk                                   |
| 2 (8 oz.) pkg. cream cheese, softened | 2 T. lemon juice                              |
| 1/2 c. sugar                          | 1 tsp. vanilla                                |
| 2 eggs                                | Sliced red & green maraschino cherries (opt.) |

In a bowl, combine flour and brown sugar. Cut in butter until mixture resembles coarse crumbs. Stir in walnuts. Reserve 1 cup. Press remaining crumbs onto the bottom of an ungreased 9x13x2-inch pan. Bake at 350° for 12 minutes.

Meanwhile, in mixing bowl, beat cream cheese and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in milk, lemon juice and vanilla. Pour over crust. Sprinkle with reserved crumbs.

Bake 25 to 30 minutes longer, or until edges are lightly browned and filling is almost set. Cool on wire rack in pan. Cut into squares. Garnish with cherries, if desired. Store in refrigerator. Yield: 2 dozen pieces.

## Julie's Chocolate Chip-Oatmeal Bars

Beth Anne Kordick

1 c. brown sugar	1 tsp. baking powder
1 c. white sugar	1 tsp. baking soda
1 c. oleo	1 tsp. salt
2 T. milk	3 1/2 c. old-fashioned oatmeal
2 T. vanilla	1 c. milk chocolate chips
2 eggs	1 c. butterscotch chips
2 c. flour	

Cream sugars and oleo in a large bowl. Add milk, vanilla and eggs; mix well. Add flour, baking soda, salt and baking powder. Mix well. Add oatmeal and chips. Spread in a greased jellyroll pan. Bake at 350° for 20 to 25 minutes, or until golden brown.

**Note:** May also make drop cookies with this recipe.

## Jumbo Chocolate Chip Cookies

Anita Wall

2/3 c. shortening	3 1/2 c. all-purpose flour
2/3 c. butter or margarine, softened	1 tsp. baking soda
1 c. sugar	1 tsp. salt
1 c. packed brown sugar	2 c. (12 oz.) semi-sweet chocolate chips
2 eggs	1 c. chopped pecans
2 tsp. vanilla extract	

In mixing bowl, cream shortening, butter and sugars. Add eggs and vanilla. Combine the flour, baking soda and salt. Add to creamed mixture and mix well. Fold in chocolate chips and pecans. Chill for at least 1 hour. Drop by 1/4 cupfuls at least 1 1/2 inches apart on ungreased baking sheets. Bake at 375° for 13 to 15 minutes, or until golden brown. Cool for 5 minutes before removing to a wire rack. Yield: 2 dozen.

**Note:** I use Crisco as my shortening.

These freeze well.

## Ladybug Cookies

Gerrie Kaalberg

- |  |  |
|--|--|
| <b>1 c. vanilla frosting</b>   | <b>1 (10 1/2 oz.) pkg. chocolate-covered marshmallow cookies</b> |
| <b>1/2 c. vanilla baking chips</b>   | <b>12 lg. black gumdrops</b>                                     |
| <b>A few drops red liquid food coloring (or a small amount of paste food coloring)</b> | <b>3 strips black shoestring licorice, cut into 1" pieces</b>    |

In a microwave-safe bowl, melt frosting and vanilla chips. Stir until smooth. Stir in food coloring to desired color. Spread over the rounded tops of cookies. Place on waxed-paper-lined baking sheet. For the head, insert 2 pieces of licorice into gumdrops for the antennae. With a toothpick, attach a gumdrop onto the side of each cookie. Use a toothpick or a knife to draw a line from the head down the center of each cookie. Insert 6 pieces of licorice into frosting of each ladybug for legs. Chop remaining licorice into small pieces and place on top for spots. Yield: 1 dozen.

These would be a good rainy day, no-bake project for kids--and productive, too.

## Lemon Bar Cookies

Jana Feldman

- |                              |                               |
|------------------------------|-------------------------------|
| <b>2 c. flour</b>            | <b>1/4 c. flour</b>           |
| <b>1/2 c. powdered sugar</b> | <b>2 c. sugar</b>             |
| <b>1 c. butter</b>           | <b>1/3 c. lemon juice</b>     |
| <b>4 beaten eggs</b>         | <b>1/2 tsp. baking powder</b> |

Mix the first 3 ingredients and press into a 9x13-inch baking pan. Bake 15 minutes at 350°.

Mix eggs, sugar and lemon juice with 1/4 cup flour and baking powder. Pour over crust. Bake 20 to 25 minutes. Sprinkle with powdered sugar. Cool and cut into squares.

## No-Bake Bars

Rita Krall

- |                                 |                                      |
|---------------------------------|--------------------------------------|
| <b>4 c. Cheerios</b>            | <b>1 c. light corn syrup</b>         |
| <b>2 c. crisp rice cereal</b>   | <b>1 c. sugar</b>                    |
| <b>2 c. dry-roasted peanuts</b> | <b>1 1/2 c. creamy peanut butter</b> |
| <b>2 c. M&amp;M's</b>           | <b>1 tsp. vanilla extract</b>        |

In a large bowl, combine the first 4 ingredients; set aside. In a saucepan, bring corn syrup and sugar to boil, stirring frequently. Remove from the heat; stir in peanut butter and vanilla. Pour over cereal mixture and toss to coat evenly. Spread into a greased 10x15x1-inch baking pan. Cool. Cut into 3x3-inch bars. Yield: 15 bars.

## No-Bake Cookies

Allison Kordick

- |                          |                                    |
|--------------------------|------------------------------------|
| <b>1/2 c. milk</b>       | <b>1 tsp. vanilla</b>              |
| <b>1 stick margarine</b> | <b>Pinch of salt</b>               |
| <b>2 c. sugar</b>        | <b>1/2 c. chunky peanut butter</b> |
| <b>1/4 c. cocoa</b>      | <b>3 c. quick oatmeal</b>          |

Mix the first 4 ingredients together in a large saucepan. Bring to a full boil. Cool 1 minute. Mix last 4 ingredients with hot mixture; blend well. Drop by teaspoonfuls onto waxed paper. Let set to harden.

## No-Bake Cookies

Kim Wiele

- |                           |                                  |
|---------------------------|----------------------------------|
| <b>2 sticks margarine</b> | <b>2 tsp. vanilla</b>            |
| <b>4 c. sugar</b>         | <b>2 pinches of salt</b>         |
| <b>1/2 c. cocoa</b>       | <b>1 c. chunky peanut butter</b> |
| <b>1 c. milk</b>          | <b>6 c. oatmeal</b>              |

Set the temperature on an electric frying pan to 350°. Add the first 4 ingredients. Bring the mixture to a full boil, stirring constantly. Turn off heat; add the last 4 ingredients. Mix and drop by teaspoonfuls onto waxed paper. Yield: approximately 4 dozen.

**Note:** This recipe can be cut in half.

## Oatmeal Bars

Kathy Schneider

- |                           |                           |
|---------------------------|---------------------------|
| <b>2 sticks margarine</b> | <b>1 tsp. vanilla</b>     |
| <b>1 c. brown sugar</b>   | <b>1 tsp. baking soda</b> |
| <b>1 c. sugar</b>         | <b>1 1/2 c. flour</b>     |
| <b>2 eggs</b>             | <b>3 c. oatmeal</b>       |

Cream the first 4 ingredients; add last 4 ingredients. Put into a 9x13-inch pan. Bake at 350° for 25 minutes. Frost with vanilla frosting. Yield: 24 bars.

# Oatmeal-Chocolate Chip Cookies

Jodi Simon

1 c. white sugar	1 tsp. vanilla
1 c. brown sugar	2 c. flour
1 1/2 sticks margarine	1 tsp. baking soda
1/2 c. chunky peanut butter	1 tsp. salt
2 eggs	1 1/2 c. quick oatmeal
1/4 c. milk	Chocolate chips

Cream margarine, sugars and peanut butter. Add eggs, one at a time. Beat in milk and vanilla. Mix flour, salt and baking soda. Stir in oats and chocolate chips. Drop by heaping tablespoons onto greased cookie sheet, 2 inches apart. Bake at 350° for 15 minutes.

# Oatmeal-Coconut Fun Chippers

Margarita Maldonado

1 1/2 c. firmly-packed brown sugar	1 tsp. baking soda
1 c. margarine or butter, softened	1/2 tsp. salt
1 T. milk	2 c. rolled oats
1 T. vanilla	1 c. coconut
2 eggs	1 (10 oz.) pkg multi-colored candy-coated chocolate chips, or 1/2 c. semi-sweet chocolate chips
2 1/4 c. all-purpose flour	
2 tsp. baking powder	

Heat oven to 375°. In a large bowl, beat brown sugar and margarine until light and fluffy. Add milk, vanilla and eggs; blend well. Stir in flour, baking powder, baking soda and salt; mix well. Stir in oats, coconut and chocolate chips. Drop dough by rounded tablespoonfuls, 2 inches apart, onto ungreased cookie sheets. Bake at 375° for 9 to 13 minutes, or until light golden brown. Cool 1 minute; remove from cookie sheet and cool completely. Yield: 4 dozen cookies.

**Nutritional Information Per Serving:** 130 calories, 2 gm protein, 18 gm carbohydrates, 6 gm fat, 110 mg sodium.

# Oatmeal Cookies

Norma Beecher

1 c. brown sugar	2 eggs
1 c. white sugar	1 tsp. vanilla
1 c. shortening	1 1/2 c. oatmeal
2 c. flour	1 tsp. baking soda
1 tsp. baking powder	1/2 tsp. salt
1 c. chopped nuts (opt.)	

Cream shortening and sugars. Add eggs and beat until fluffy. Sift dry ingredients together; add to creamed mixture. Add vanilla and 1 cup chopped nuts. Drop by teaspoon onto greased cookie sheet. Bake at 350° for 12 to 15 minutes.

## Oatmeal Fudge Bars

Ella Mae Olson

1/2 c. Crisco shortening	1 tsp. baking soda
1/2 c. margarine (1 stick)	1 tsp. salt
2 c. brown sugar, firmly packed	2 1/2 c. flour
2 eggs	3 c. uncooked oatmeal
2 tsp. vanilla	

Using a mixer, cream shortening, margarine and brown sugar. Add vanilla and eggs; fold in flour, baking soda, salt mixture. Slowly add oatmeal. Spread 2/3 of dough into a greased cake pan, patting it down smooth and working it into the corners of pan. Bake at 350° for 15 to 20 minutes, or until it looks well-baked.

Using either the microwave (glass bowl) or the stove-top (saucepan), combine 1 can of sweetened condensed milk, 1 package chocolate chips, 2 tablespoons margarine and 1/2 teaspoon salt. Stir constantly over low heat until chips are melted and the mixture appears thickened. Slowly pour the chocolate "fudge" over the already baked portion of the dough in the cake pan, carefully spreading it to the sides and into the corners. Take the remaining 1/3 of uncooked dough and "island" it on top of the chocolate mixture by "crumbling" small amounts with your fingers (or whatever works best for you). Bake again at 350°, for about 15 minutes, watching it carefully. When dough islands on top appear done, remove.

## O'Henry Bars

Lori Greif

4 c. oatmeal (quick)	1 c. brown sugar
1/2 c. corn syrup	6 oz. (1 c.) chocolate chips
1 c. margarine, melted	3/4 c. peanut butter

Mix oatmeal, corn syrup, margarine and brown sugar together. Place in an 8x10-inch pan and bake at 350° for 10 to 15 minutes, then cool.

Melt chocolate chips and peanut butter together in saucepan until smooth. Spread on baked mixture.

**Note:** May wish to refrigerate afterwards to make firmer bars, but not necessary.

## Peanut Butter Bars

Kathy Schneider

1/2 c. margarine	1/2 tsp. vanilla
1/2 c. brown sugar	1/2 tsp. baking soda
1/2 c. sugar	1/2 tsp. salt
1 egg	1 c. flour
1/2 c. peanut butter	1 c. oatmeal

### TOPPING:

1 (6 oz.) pkg. chocolate chips	1/4 c. peanut butter
1/2 c. powdered sugar	4 T. milk

Cream margarine and sugars. Blend in egg, peanut butter, baking soda, salt and vanilla. Stir in flour and oatmeal. Spread in a 9x13-inch greased pan. Bake 20 to 25 minutes at 350°.

**Topping:** When baked, sprinkle the chocolate chips on top and let stand for 5 minutes. Combine powdered sugar, peanut butter and milk. Spread on top of chocolate chips and swirl to make a marbling effect.

Yield: 24 (1 1/2 x 3-inch) bars.

## Peanut Butter Bars

Elaine Wiele

1/2 c. butter or margarine, softened	1 c. flour
1/2 c. sugar	1/2 c. quick-cooking oats
1/2 c. packed brown sugar	1 tsp. baking soda
1/2 c. creamy peanut butter	1/4 tsp. salt
1 egg, beaten	1 c. semi-sweet chocolate chips
1 tsp. vanilla extract	

### ICING:

1/2 c. confectioners' sugar	2 T. creamy peanut butter
	2 T. milk

In mixing bowl, cream butter, sugars and peanut butter. Add egg and vanilla; mix well. Combine flour, oats, baking soda and salt; stir into the creamed mixture. Spread into a greased 9x13-inch baking pan. Sprinkle with chocolate chips. Bake at 350° for 20 to 25 minutes, or until lightly browned. Cool 10 minutes. Drizzle icing over bars. Yield: 3 to 4 dozen.

## Peanut Butter Cookies

Betty Feldman

Sift and set aside:

**3 c. flour** **1/4 tsp. salt**  
**2 tsp. baking soda**

Cream:

**1 c. shortening** **1/2 c. peanut butter**  
**1 c. sugar** **1 tsp. vanilla**  
**1 c. brown sugar** **2 eggs**

Blend flour and balance of ingredients well. Form into 2 rolls. Refrigerate overnight. Slice and bake on greased tins. Bake at 375° for 15 minutes. Remove to board to cool. Place in Tupperware rectangular container between layers of waxed paper.

**Note:** These keep well.

## Peanut Butter Cookies

Lori Greif

**1/2 c. margarine, melted** **1/2 tsp. vanilla**  
**1/2 c. peanut butter** **1 1/4 c. flour**  
**1/2 c. sugar** **3/4 tsp. baking soda**  
**1/2 c. brown sugar** **1/4 tsp. salt**  
**1 egg**

Mix above ingredients well. Roll mixture into small balls and place on cookie sheets, 2 inches apart. Take a fork and press down on cookies, then turn half a turn and press down with fork again. Bake at 370° for 10 to 12 minutes. Cool slightly and remove from pan.

## Peanut Butter Dream Bars

Angie Feldman

**2 c. oatmeal** **1 c. melted margarine**  
**1 1/2 c. flour** **1 can sweetened condensed milk**  
**1 c. brown sugar** **1/3 c. peanut butter**  
**1 tsp. baking soda** **1 c. M&M's**  
**3/4 tsp. salt**

Mix together oatmeal, flour, brown sugar, baking soda and salt with melted margarine. Reserve 1 1/2 cups dry mix and press rest into a jellyroll AirBake pan. Bake at 375° for 10 minutes.

Mix sweetened condensed milk with peanut butter; spread over baked crust to within 1/4-inch of edge. Mix 1 cup M&M's with reserved mix and sprinkle evenly over top; press in mix slightly. Bake an additional 15 to 20 minutes at 375°.

## Peanutty Bars

Tammy Feldman

1 1/2 c. flour	1 can mixed nuts
3/4 c. powdered sugar	1 (6 oz.) pkg. butterscotch chips
1/2 c. oleo	1/2 c. corn syrup
1/2 tsp. salt	2 T. oleo

Mix flour, powdered sugar, 1/2 cup oleo and salt. Press into a 9x13-inch pan. Bake 15 minutes at 350°. Pour 1 can mixed nuts over crust. Combine and melt butterscotch chips, corn syrup and 2 tablespoons oleo. Do not boil. Pour over crust and nuts. Bake 5 minutes at 350°.

I usually use salted peanuts instead of mixed nuts.

## Peanutty Gems

Donna Simpson

1 3/4 c. flour	1/4 c. white sugar
1 tsp. baking soda	1 egg
1/2 tsp. salt	1 tsp. vanilla
1/2 c. butter or margarine	Sugar, for dipping
1/2 c. creamy peanut butter	Milk chocolate stars or Hershey's
3/4 c. packed brown sugar	kisses

In a medium mixing bowl, combine flour, baking soda and salt. In a large mixer bowl, beat butter and peanut butter together until smooth. Add sugars and beat until fluffy. Add egg and vanilla. Beat well. At slow speed, gradually beat in flour mixture until well combined. Shape dough into 1-inch balls. Place about 1/2 cup sugar in a shallow bowl. Roll balls in sugar and place about 2 inches apart on ungreased cookie sheet. Bake at 350° for 10 minutes, or until lightly browned. Immediately press a candy into center of each cookie. Remove from pan. Cool on wire rack. Yield: about 48 cookies.

## Raisin-Coconut Cookies

Kathleen Hepker

1 1/2 c. finely-crushed graham cracker crumbs	1/2 c. margarine, softened
1 1/2 c. flour	2 c. raisins
2 tsp. baking powder	1 1/3 c. flaked coconut
1 (14 oz.) can Eagle Brand sweetened condensed milk	1 c. chopped walnuts

Heat oven to 375°. Mix cracker crumbs, flour and baking powder. With mixer, beat condensed milk and margarine until smooth. Add crumb mixture; mix well. Stir in raisins, coconut and walnuts. Drop by tablespoons onto lightly-greased cookie sheets. Bake 9 to 10 minutes, until lightly browned, on cookie sheet lined with parchment paper. Cool 2 to 3 minutes and remove from sheets. Yield: about 3 dozen.

**Variation:** May use chocolate chips in place of raisins.

## Raisin-Oatmeal Cookies

Leona Kessler

1 c. seedless raisins  
1 c. shortening  
1 c. sugar  
3 beaten eggs  
2 c. flour  
1/2 tsp. salt  
1/2 tsp. baking soda

1 tsp. cinnamon  
1/2 tsp. allspice  
1/2 tsp. cloves  
2 c. oatmeal  
6 T. raisin juice  
1 c. chocolate chips  
1 c. chopped nuts

Cover raisins with water and bring to a boil; boil 5 minutes. Reserve juice. Mix sugar and shortening; add eggs. Add dry ingredients with the juice. Add oatmeal, raisins, nuts and chips. Drop on a greased cookie sheet with teaspoon; bake at 400° until slightly browned. Yield: 36 to 40 cookies.

**Note:** If you don't have enough raisin juice to make 6 tablespoons, add water to make 6 tablespoons.

## Ranger Cookies

Betty Feldman

1 c. butter  
1 c. white sugar  
1 c. brown sugar  
2 eggs  
1 tsp. vanilla  
2 c. sifted white flour  
1 tsp. baking soda

1/2 tsp. baking powder  
2 c. coconut  
2 c. Rice Krispies  
2 c. oatmeal  
1 c. nuts  
1 c. soaked or cooked raisins or dates

Cream butter and sugars. Add eggs and vanilla. Add flour, salt, baking powder and baking soda. Blend oatmeal, cereals and coconut. Blend all ingredients well. Fold in nuts and raisins or dates. Drop by teaspoon onto greased sheet. Bake for 15 minutes at 350°. Remove at once to boards. Yield: about 60 cookies.

**Note:** Becomes slightly chewy the next day.

## Santa's Surprise Cookies

Rachel Wall

- |                             |  |
|-----------------------------|--|
| <b>1 c. softened butter</b> | <b>1 c. ground walnuts</b>               |
| <b>1/2 c. sugar</b>         | <b>1 (9 oz.) pkg. chocolate drops or</b> |
| <b>1 tsp. vanilla</b>       | <b>chocolate kisses</b>                  |
| <b>2 c. flour</b>           |  |

Preheat the oven to 350°. Cream the butter and sugar together in a blender, until it is fluffy. Blend the walnuts in a mixer on high until the walnuts are ground. Roll a small amount of dough around a chocolate drop until completely covered. Grease cookie sheet, then place balls on the cookie sheet and bake for 10 minutes. While still hot, roll balls in powdered sugar, if desired. Yield: 2 to 3 dozen.

**Note:** It would work best to store or freeze in an airtight container. If you freeze the snowballs, when you take them out of the freezer, before you serve, it works best if you roll them in powdered sugar again.

## Soft Chocolate Chip Cookies

Bev Feldman

- |   |  |
|---|--|
| <b>1 c. margarine</b>                   | <b>2 eggs</b>                          |
| <b>1/4 c. sugar</b>                     | <b>2 1/2 c. flour</b>                  |
| <b>3/4 c. brown sugar</b>               | <b>1 tsp. baking soda</b>              |
| <b>1 tsp. vanilla</b>                   | <b>1/8 tsp. salt</b>                   |
| <b>1 (3.4 oz.) pkg. instant vanilla</b> | <b>1 (12 oz.) pkg. chocolate chips</b> |
| <b>pudding</b>                          |  |

Cream margarine and sugars. Add eggs. Add vanilla and pudding. Combine dry ingredients and add to mixture. Add chips. Batter will be stiff. Drop by teaspoons onto ungreased cookie sheet. Flatten with glass dipped in sugar. Bake at 350° for 8 to 10 minutes.

## Soft Peanut Butter Cookies

Jean Ann Feldman

- |                               |  |
|-------------------------------|--|
| <b>1 1/2 c. oleo</b>          | <b>3 c. flour</b>                      |
| <b>1 1/2 c. peanut butter</b> | <b>3 tsp. baking soda</b>              |
| <b>1 1/2 c. brown sugar</b>   | <b>1 1/2 tsp. salt</b>                 |
| <b>1 1/2 c. white sugar</b>   | <b>1 1/2 c. oatmeal</b>                |
| <b>1 1/2 tsp. vanilla</b>     | <b>1 (12 oz.) pkg. chocolate chips</b> |
| <b>3 eggs</b>                 |  |

Cream the oleo, peanut butter and sugars together well. Add eggs and vanilla; mix well. Mix flour, baking soda and salt together; add to creamed mixture. Add oatmeal and chocolate chips. Chill 2 hours and roll in walnut-size balls; press down. Bake on ungreased cookie sheet 10 minutes. Yield: 80 cookies.

I use chopped-up Hershey's chocolate bar instead of chocolate chips.

## Sour Cream Drops

Bev Feldman

1/4 c. shortening	1 1/3 c. flour
3/4 c. sugar	1/4 tsp. baking soda
1 egg	1/4 tsp. baking powder
1/2 c. sour cream	1/4 tsp. salt
1/2 tsp. vanilla	

### BURNT SUGAR FROSTING:

2 T. butter or margarine	1/4 tsp. vanilla
1/2 c. powdered sugar	3 to 4 tsp. hot water

Cream shortening and sugar. Add egg and beat until fluffy. Add sour cream and vanilla. Combine dry ingredients; add to creamed mixture. Chill 1 hour. Drop by tablespoon onto greased cookie sheet. Bake at 425° for 7 to 8 minutes.

**Burnt Sugar Frosting:** Melt butter in saucepan until lightly browned. Let butter cool. Stir in powdered sugar, vanilla and enough water. Frost cooled cookies.

## Special K Bars

Emily Ciha

1 c. sugar	6 c. Special K cereal
1 c. white Karo syrup	1 (6 oz.) pkg. butterscotch chips
1 c. peanut butter	1 (12 oz.) pkg. chocolate chips

Bring sugar and Karo syrup to a boil. Mix in peanut butter. Pour mixture over cereal and mix. Pat mixture into a greased 9x13-inch pan. Melt butterscotch and chocolate chips; spread on top of cereal. Cut into bars.

## Special K Bars

Donna Howe

2 c. sugar	1 (12 oz.) box Special K cereal
1 sm. jar Karo white syrup	1 (6 oz.) bag chocolate chips
1 (28 oz.) jar peanut butter	1 (6 oz.) bag butterscotch chips
1 tsp. vanilla	1 (7 oz.) plain Hershey bar

Combine sugar and syrup. Bring to a slight boil. Add vanilla and peanut butter. Stir until completely blended. Add Special K; stir until well coated. Press mixture into a greased jellyroll pan.

For topping, melt chips and candy bar together; spread over top of bars.

## Sugar Cookies

Margaret Ponce

- |                              |                               |
|------------------------------|-------------------------------|
| <b>1 c. granulated sugar</b> | <b>2 tsp. vanilla</b>         |
| <b>1 c. powdered sugar</b>   | <b>1 tsp. cream of tartar</b> |
| <b>1 c. margarine</b>        | <b>1 tsp. baking soda</b>     |
| <b>1 c. salad oil</b>        | <b>5 1/4 c. flour</b>         |
| <b>2 eggs, well beaten</b>   |                               |

Cream together margarine, oil, powdered sugar and sugar. Add eggs and vanilla; beat well. Sift dry ingredients and blend. Chill dough overnight. Roll into balls and dip in sugar. Press down with bottom of glass. Place on ungreased cookie sheet and bake 8 to 10 minutes at 350°.

## Texas Ranger Cookies

Josie Garcia

- |                               |                                   |
|-------------------------------|-----------------------------------|
| <b>1 c. Crisco</b>            | <b>1 tsp. baking soda</b>         |
| <b>1 c. brown sugar</b>       | <b>1/2 tsp. salt</b>              |
| <b>1 c. white sugar</b>       | <b>1 tsp. vanilla</b>             |
| <b>2 c. flour</b>             | <b>2 c. quick-cooking oatmeal</b> |
| <b>2 eggs</b>                 | <b>2 c. corn flakes</b>           |
| <b>1/2 tsp. baking powder</b> | <b>1/2 c. coconut</b>             |

Mix all ingredients. Roll to size of walnuts and then press flat. Bake at 350° for 6 to 8 minutes.

## White Chocolate-Macadamia Nut Cookies

Jana Feldman

- |                                  |   |
|----------------------------------|---|
| <b>3/4 c. sugar</b>              | <b>1 tsp. baking soda</b>                     |
| <b>3/4 c. packed brown sugar</b> | <b>1/2 tsp. salt</b>                          |
| <b>1 c. butter, softened</b>     | <b>1 c. salted macadamia nuts,</b>            |
| <b>2 eggs</b>                    | <b>chopped</b>                                |
| <b>1 tsp. vanilla</b>            | <b>1 (12 oz.) pkg. (2 c.) white chocolate</b> |
| <b>2 1/4 c. flour</b>            | <b>chips</b>                                  |

Heat oven to 375°. In a large mixer bowl, combine sugar, brown sugar, butter, eggs and vanilla. Beat at medium speed until well blended. Add flour, baking soda and salt. Continue beating until well mixed. By hand, stir in nuts and chocolate chips. Drop dough by rounded teaspoonfuls, 2 inches apart, onto greased cookie sheet. Bake for 9 to 12 minutes, or until lightly browned. Cool 1 minute before removing from cookie sheets. Yield: about 4 1/2 dozen cookies.





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# Cakes, Frostings & Candies

## Almond Butter Crunch

Marilyn Lacina

- |                                |                       |
|--------------------------------|-----------------------|
| 1 1/2 c. butter                | 1 c. slivered almonds |
| 2 c. white sugar               | Grated nuts           |
| 1 (6 oz.) pkg. chocolate chips |                       |

Using a heavy iron pan, Heat butter and sugar slowly, stirring constantly, to 260°, or a very hard ball stage. Add almonds and cook, stirring constantly, to 300°, or until very hard brittle thread forms in cold water. Pour immediately, onto buttered cookie sheet. When candy is hard, spread both sides with the melted chocolate. Sprinkle grated nuts over chocolate. Break candy into pieces when the chocolate is firm.

## Buck-Eyes

Sarah Simon

- |                       |                                |
|-----------------------|--------------------------------|
| 1/2 c. soft margarine | 3 c. Rice Krispies             |
| 2 c. powdered sugar   | 1 (12 oz.) bag chocolate chips |
| 2 c. peanut butter    | 1/3 stick paraffin wax         |

Mix together, by hand, the first 4 ingredients. Roll into 1-inch balls. Refrigerate. Melt chocolate chips and paraffin in double boiler on stove-top. With toothpicks, dip the balls into the melted chocolate. Refrigerate.

## Choice Pineapple Cake and Cream Cheese Frosting

Ella Mae Olson

- |                                  |                       |
|----------------------------------|-----------------------|
| <b>CAKE:</b>                     | 1 c. granulated sugar |
| 2 eggs                           | 1 c. brown sugar      |
| 1 (20 oz.) can crushed pineapple | 2 tsp. baking soda    |
| 2 c. all-purpose flour           | 1 c. chopped nuts     |
| <b>FROSTING:</b>                 | 1 tsp. vanilla        |
| 3 oz. cream cheese               | 2 c. powdered sugar   |
| 1/4 c. butter or oleo            | 1/2 tsp. ginger       |

**Cake:** In a large mixing bowl, beat eggs until light and fluffy. Add the pineapple (undrained), flour, granulated sugar, brown sugar and baking soda. Mix well by hand. If you use an electric mixer, too much air gets beaten in and there's a very good chance the cake will fall. Stir in chopped nuts and spread evenly in an ungreased 9x13x2-inch pan. Bake at 350° for 45 to 50 minutes. Cool and cover with frosting. Sprinkle additional nuts on top.

**Frosting:** In a small bowl, beat cream cheese (softened), butter or oleo and vanilla. Use electric mixer. Gradually add powdered sugar and ginger. Continue to beat until frosting is smooth.

## Coconut Cake

Marie Jensen

- |   |                                  |
|---|----------------------------------|
| <b>1 Duncan Hines white deluxe cake mix</b> | <b>1 lg. can coconut</b>         |
| <b>1 can creme of coconut syrup</b>         | <b>1 (12 oz.) ctn. Cool Whip</b> |

Mix cake mix as directed, but add 1 tablespoon oil, 1 extra egg (use whole eggs instead of just whites), and 1 teaspoon vanilla. Bake cake according to package directions. When done, poke holes in top and pour coconut creme on top slowly. Refrigerate. When cool, spread Cool Whip on cake and cover with coconut. Refrigerate.

## Frosted Chocolate Sheet Cake

Carolyn Reed

- |                           |  |
|---------------------------|--|
| <b>2 c. flour</b>         | <b>2 eggs, well beaten</b>                         |
| <b>2 c. sugar</b>         | <b>1 tsp. baking soda</b>                          |
| <b>1/2 tsp. salt</b>      | <b>1/2 c. buttermilk (1 T. vinegar &amp; milk)</b> |
| <b>2 sticks margarine</b> | <b>1 tsp. vanilla</b>                              |
| <b>1 c. water</b>         | <b>1 tsp. cinnamon (opt.)</b>                      |
| <b>3 T. cocoa</b>         |  |

### FROSTING:

- |                          |   |
|--------------------------|---|
| <b>1 stick margarine</b> | <b>1 box (lb.) confectioners' sugar</b> |
| <b>3 T. cocoa</b>        | <b>1/2 c. pecans (or walnuts)</b>       |
| <b>6 T. milk</b>         | <b>1 tsp. vanilla</b>                   |

**Cake:** Combine flour, sugar and salt. In a saucepan, combine margarine, water and cocoa. Bring to a boil and pour over flour-sugar mixture. In another bowl, combine eggs, baking soda, buttermilk and vanilla. Add to mixture and mix well. Bake in a greased and floured sheetcake pan (11x17-inches) for 20 minutes at 350°.

**Frosting:** Mix margarine, cocoa and milk in a saucepan. Heat over low heat. Do not boil. Remove from heat; add powdered sugar, nuts and vanilla. Mix well, and frost cake while warm.

## Fruit Cocktail Cake

Sarah Simon

- |                       |                            |
|-----------------------|----------------------------|
| <b>1 egg</b>          | <b>1 tsp. baking soda</b>  |
| <b>1 c. sugar</b>     | <b>1/4 tsp. salt</b>       |
| <b>1 1/2 c. flour</b> | <b>2 c. fruit cocktail</b> |

- |                           |                           |
|---------------------------|---------------------------|
| <b>TOPPING:</b>           | <b>1/2 c. white sugar</b> |
| <b>1/2 c. brown sugar</b> | <b>1 T. cinnamon</b>      |

Mix egg and sugar. Add flour, baking soda, salt and fruit cocktail. Pour into a 9x13-inch pan. Mix the topping ingredients and sprinkle over the cake. Bake at 350° for 35 to 40 minutes.

## German Sweet Chocolate Cake

Mary Simon

1 pkg. Baker's German sweet chocolate bar	1 tsp. vanilla
1/2 c. water	2 1/2 c. sifted cake flour
1 c. shortening	1 tsp. baking soda
2 c. sugar	1/2 tsp. salt
4 egg yolks	1 c. sour cream
	4 egg whites

Sift flour 3 times. Add baking soda and salt. Set aside. Cream sugar and shortening together; add egg yolks and mix well. Add chocolate to creamed sugar mixture. Add vanilla. Alternate flour and sour cream to sugar mixture. Mix well. Fold in stiffly-beaten egg whites. Grease and flour 3 (8-inch) round cake pans. Line bottom of pans with waxed paper. Bake at 350° for 30 to 40 minutes.

**German Chocolate Frosting:** Combine 1 cup evaporated milk, 1 cup sugar, 3 egg yolks, 1/2 cup butter and 1 teaspoon vanilla. Simmer 12 minutes, or until thick. Add 1 1/2 cups coconut and 1 cup pecans. Frost while frosting is warm and cake is cool.

## Golden Toffee Candy

Mary Martha Stoessel

1 c. sugar	8 oz. chocolate chips
1/2 lb. (1 c.) butter (use butter, too)	1/2 c. sliced almonds
5 T. water	

In a large skillet, combine butter, sugar and water. Cook on medium-high, boiling rapidly. Stir constantly with wooden spoon, until mixture pulls away from sides of skillet and turns a golden brown color, about 10 minutes. Do not undercook. Pour onto a buttered cookie sheet; cool slightly. Spread melted chocolate chips on top. Sprinkle with nuts.

**Note:** Do not use a low-fat margarine.

## Hawaiian Cake

Rosemary Johnson

1 (18 1/2 oz.) pkg. yellow cake mix	1/2 c. flaked coconut
1 (5 1/2 oz.) pkg. instant vanilla pudding mix	1 (20 oz.) can crushed pineapple, well drained
1 c. cold milk	1/2 c. chopped pecans
1 (8 oz.) pkg. cream cheese, softened	1/2 c. maraschino cherries, well drained, quartered or halved
1 (8 oz.) ctn. Cool Whip	

Prepare cake mix according to package directions. Pour batter into a greased 10x15-inch pan. Bake in preheated 350° oven for 15 to 20 minutes, or until it tests done. Cool in pan. When cooled, blend pudding mix with milk. Beat cream cheese into pudding mix until smooth. Stirring by hand, fold whipped topping into pudding-cheese mixture. Spread this on top of cooled cake. Spread drained pineapple over pudding. Sprinkle with cherries, nuts and coconut. Refrigerate.

## Hot Milk Cake

Beth Anne Kordick

<b>4 eggs</b>	<b>1 tsp. vanilla</b>
<b>2 c. sugar</b>	<b>1 1/4 c. milk</b>
<b>2 1/4 c. flour</b>	<b>10 T. butter</b>
<b>2 1/4 tsp. baking powder</b>	

In a large mixing bowl, beat eggs at high speed until thick, about 5 minutes. Gradually add sugar, until light and fluffy. Combine flour and baking powder; add to batter with vanilla. Beat at low speed until smooth. In a small pan, heat milk and butter, just until the butter melts, stirring occasionally. Add to batter, beating until combined. Pour into a greased 9x13-inch pan. Bake at 350° for 30 to 35 minutes. Cool on wire rack. Yield: 12 to 16 servings.

This is very good served with fresh peaches or berries and Cool Whip. It needs no frosting.

## Irlaine's Fudge

Carolyn Reed

<b>4 1/2 c. sugar</b>	<b>1 (8 to 10 oz.) pkg. mini marshmallows</b>
<b>1 lg. (12 oz.) can evaporated milk</b>	
<b>1 stick (1/2 c.) margarine</b>	<b>4 c. chocolate chips (2-12oz. bags)</b>
	<b>1 T. vanilla</b>

Melt margarine in saucepan; add sugar and milk. Bring to a low boil and boil for 5 minutes, stirring constantly. Remove from heat; add marshmallows, chocolate chips and vanilla. Pour quickly into a lightly-buttered cookie sheet and let cool, then refrigerate before cutting.

## Lemon Apricot Cake

Marilyn Hanson

<b>1 (17 oz.) pkg. lemon cake mix</b>	<b>3 eggs</b>
<b>1 (17 oz.) can apricot halves, unpeeled &amp; undrained</b>	

**GLAZE:** **1 (10 oz.) jar apricot preserves**

Mix dry lemon cake mix, apricot halves (including syrup) and eggs in a large bowl. Beat 2 minutes on high speed. Pour into a well-greased and floured 10-inch bundt pan. Bake 40 to 45 minutes at 350°. Cool 15 minutes; remove from pan. Cool completely.

**Glaze:** Heat apricot preserves and pour over cooled cake.

Yield: 8 to 10 servings.

# Margaret's Apple Cake with Topping

Carolyn Reed

2 c. sugar	1/2 c. raisins
1/2 c. oil	2 c. flour
2 eggs	1 tsp. salt
1 can apple filling	2 tsp. baking soda
1 tsp. vanilla	2 tsp. cinnamon
1/2 c. nuts	

<b>TOPPING:</b>	1 sm. pkg. instant vanilla pudding
1 pkg. Dream Whip	1 c. cold milk

Combine the first 8 ingredients; mix until blended. Add next 4 dry ingredients. Mix well. Pour this mixture into a 9x12-inch cake pan and bake for 1 hour at 350°.

Meanwhile, make topping by following package directions for the Dream Whip. In a separate bowl, combine the milk and pudding, then fold the two together. Refrigerate until the cake is cool enough to top.

# Margie's Fruit Cake

(Non-candied)

Carolyn Reed

2/3 c. shortening	1 c. chopped nuts
1 c. sugar	1 c. chopped dates (sm. box)
1 egg	1 tsp. cinnamon
1 1/2 c. applesauce	1 tsp. salt
2 tsp. baking soda	1 tsp. cloves
2 c. flour	1 tsp. nutmeg
1 c. raisins	

Melt shortening and let cool, then add sugar and egg; set aside. Heat applesauce. When hot, add baking soda (it will bubble up). Set aside. Use 1/2 cup flour to mix with raisins, nuts and dates to help keep the pieces separated. To remaining flour, add the cinnamon, salt, cloves and nutmeg. Add the flour and spice mix to the sugar and shortening, alternately with the applesauce, until all are combined and mixed well. Add the raisins, nuts and date mixture. Pour into 2 greased bread pans; bake at 250° for 1 hour, then increase heat to 350° for 1/2 hour.

This is a family tradition fruit cake that is delicious!

## Mom's Crazy Chocolate Cake

Sarah Simon

- |   |                       |
|---|-----------------------|
| <b>2 c. sugar</b>                         | <b>1 tsp. vanilla</b> |
| <b>2/3 c. vegetable oil or applesauce</b> | <b>2 T. vinegar</b>   |
| <b>1 tsp. salt</b>                        | <b>3 c. flour</b>     |
| <b>2 tsp. baking soda</b>                 | <b>2 c. water</b>     |
| <b>5 1/2 T. cocoa</b>                     |                       |

Combine all ingredients, except water, in the order given. Pour water over mixture. Pour into a 9x13-inch pan, oiled and floured (use cocoa instead of flour). Bake at 350° for 30 minutes.

## Never-Fail Chocolate Cupcakes

Genevieve Furlong

- |                           |                             |
|---------------------------|-----------------------------|
| <b>1 c. sugar</b>         | <b>1/2 c. sour milk</b>     |
| <b>1/2 c. shortening</b>  | <b>1 tsp. vanilla</b>       |
| <b>1/2 c. cocoa</b>       | <b>1 egg</b>                |
| <b>1 1/2 c. flour</b>     | <b>1/2 c. boiling water</b> |
| <b>1 tsp. baking soda</b> |                             |

Put all ingredients in mixing bowl in order given. Mix thoroughly. Bake at 350° for 20 to 25 minutes. Yield: 18 cupcakes or an 8x11-inch cake.

## Peanut Butter Cups

Jana Feldman

- |  |                                       |
|--|---------------------------------------|
| <b>1 c. peanut butter</b>                  | <b>1 1/2 c. graham cracker crumbs</b> |
| <b>2 sticks melted butter or margarine</b> | <b>1 pkg. milk chocolate chips</b>    |
| <b>4 c. powdered sugar</b>                 |                                       |

Mix peanut butter, butter, powdered sugar and cracker crumbs together in a large mixing bowl. Press into slightly greased 9x13-inch baking dish. Melt chocolate chips and spread on top of the peanut butter mixture. Score top with a butter knife. Cover with foil and refrigerate until ready to serve.

## Peanut Butter Snowballs

Sue Griggs

- |                             |                              |
|-----------------------------|------------------------------|
| <b>1 c. powdered sugar</b>  | <b>3 T. butter, softened</b> |
| <b>1/2 c. peanut butter</b> | <b>1 lb. white bark</b>      |

In a bowl, mix sugar, peanut butter and butter until smooth. Melt white bark on stove or in microwave. Roll peanut butter mixture into balls; dip in white bark. Put balls on waxed paper to cool.

## Pineapple-Cranberry Upside-Down Cake

Rosemary Johnson

- |                                      |  |
|--------------------------------------|--|
| <b>1/2 c. butter or margarine</b>    | <b>1 (15 oz.) can pineapple chunks</b> |
| <b>1 c. brown sugar</b>              | <b>(reserve juice)</b>                 |
| <b>1/2 c. pecan or walnut halves</b> | <b>1 pkg. yellow cake mix</b>          |
| <b>1 c. fresh cranberries</b>        |  |

Melt butter in a 9x13-inch pan in a 350° oven. Sprinkle with sugar, nuts, berries and pineapple. Add water to reserved pineapple juice to equal amount specified on cake mix package. Prepare as package directs. Spread over fruit. Bake at 350° for 35 to 40 minutes, or until cake tests done. Cool 5 minutes; invert onto a large serving plate.

Freezes great!

## Poppy Seed Bundt Cake

Pat Kordick

- |   |  |
|---|--|
| <b>1 yellow cake mix</b>                    | <b>1/3 c. dry sherry (not cooking</b>      |
| <b>1 pkg. instant vanilla pudding</b>       | <b>sherry)</b>                             |
| <b>1 c. egg substitute, or 4 egg whites</b> | <b>1/4 c. poppy seeds</b>                  |
| <b>1 c. plain low-fat yogurt</b>            | <b>1/2 tsp. imitation butter flavoring</b> |
| <b>1/4 c. butter-flavor oil</b>             |  |

Place all ingredients in a large mixing bowl. Beat at medium speed 2 to 3 minutes; scrape bowl. Pour into bundt pan sprayed with nonstick pan coating. Bake at 325° for 60 to 70 minutes. Let cool in pan 10 to 15 minutes before turning out.

May be eaten plain or topped with powdered sugar or fresh fruit.

May substitute different flavors of cake mix, pudding and flavoring for a change. I like lemon.

## Rhubarb Cake

Sarah Simon

- |                                     |                           |
|-------------------------------------|---------------------------|
| <b>1 1/2 c. brown sugar</b>         | <b>2 c. flour</b>         |
| <b>1/2 c. margarine</b>             | <b>1 tsp. baking soda</b> |
| <b>1 c. buttermilk or sour milk</b> | <b>1 tsp. vanilla</b>     |
| <b>1 egg</b>                        | <b>2 c. rhubarb</b>       |

Cream sugar and margarine. Add egg and mix. Add milk and flour-baking soda mixture. Add vanilla. Pour half of batter into a 9x13-inch pan. Spread on rhubarb. Add other half of batter on top.

In a separate bowl, mix 1/3 cup brown sugar, 1/3 cup granulated sugar and 1 tablespoon cinnamon. Sprinkle mixture over top of cake. Bake at 350° for 40 minutes.

## Rhubarb Crumb Cake

Arlene Otto

1/2 c. margarine	2 c. flour
1 1/2 c. packed brown sugar	1 1/2 c. rhubarb (raw), cut fine
1 c. sour cream or canned milk	1 tsp. vanilla
1 tsp. baking soda	1/2 c. chopped nuts
<b>TOPPING:</b>	1 tsp. cinnamon
1/2 c. sugar	1 T. butter

Sprinkle some white sugar over cut rhubarb; let stand while mixing cake. Cream shortening and brown sugar. Stir in egg and blend well. Add baking soda and cream. Stir in flour. Stir in rhubarb, vanilla and nuts. Turn into a greased 9x13-inch pan. Put on topping. Bake at 350° for 35 to 40 minutes, or until it tests done.

**Topping:** Combine ingredients and set aside while making cake.

## Rhubarb Pudding Cake

Jean Ann Feldman

2 c. sugar	1 tsp. baking soda
2 eggs	2 tsp. baking powder
4 T. melted margarine	4 c. flour
2 c. buttermilk	2 c. diced fresh rhubarb
1 tsp. salt	
<b>TOPPING:</b>	
4 T. melted margarine	1 c. sugar

### VANILLA SAUCE:

1 1/2 c. sugar	3/4 c. margarine
3/4 c. evaporated milk	2 tsp. vanilla

Blend together sugar, egg and butter. Beat in buttermilk until smooth. Stir together salt, baking soda, baking powder and flour. Stir into buttermilk mixture; mix well. Stir in rhubarb. Pour into greased 12x18-inch pan.

**Topping:** Combine ingredients and sprinkle on top of batter. Bake at 350° for 30 to 35 minutes, or until cake tests done.

**Vanilla Sauce:** Mix ingredients and bring to a boil, stirring constantly, for 3 minutes; remove from heat and stir in vanilla.

Yield: 15 servings.

## Salted Nut Bar

Karen Schemmel

- |                        |                                    |
|------------------------|------------------------------------|
| 1 cake mix (yellow)    | 1/2 stick oleo                     |
| 1 egg                  | 2/3 c. white syrup                 |
| 1/3 c. softened oleo   | 1 (12 oz.) bag peanut butter chips |
| 3 c. mini marshmallows | 2 tsp. vanilla                     |
| 2 c. Rice Krispies     | 2 c. salted nuts                   |

Mix the first 3 ingredients until crumbly. Put into a 9x13-inch pan. Bake 13 minutes at 350°. Layer miniature marshmallows over cake mixture; return to oven until marshmallows are puffy.

Mix together oleo, syrup and chips; heat until melted. Add vanilla. Stir in 2 cups Rice Krispies and 2 cups salted nuts. Drop by spoonfuls over marshmallows. Cool and cut into bars.

## Sweet Fruitcake

Justine Owen

- |                                 |                        |
|---------------------------------|------------------------|
| 2 eggs                          | 2 c. raisins           |
| 2 c. water                      | 2 c. candied cherries  |
| 2 pkg. Pillsbury date bread mix | 1 c. candied pineapple |
| 2 c. pecans, chopped            |                        |

In a large bowl, beat eggs and water. Add all remaining ingredients and stir by hand until combined. Pour into greased and floured 12-cup bundt pan or tube pan. Bake at 350° in preheated oven, for 75 to 85 minutes, or until toothpick comes out clean. Remove from oven; cool 30 minutes and remove from pan. Wrap in plastic or foil and store in refrigerator.

## Turtles

Darlene Kabela

- |                    |                                 |
|--------------------|---------------------------------|
| 2 c. light cream   | 1/3 c. butter or margarine      |
| 2 c. sugar         | 1 (12 oz.) pkg. chocolate chips |
| 1/2 c. light syrup | 1 tsp. vanilla                  |
| 1/2 c. dark syrup  | About 1 lb. whole pecan halves  |
| 1/2 tsp. salt      |                                 |

Heat cream to lukewarm in a heavy pan. Reserve 1 cup cream. Add sugar, syrup and salt to the remaining cream. Bring to a boil; gradually add reserved cream while still boiling. Boil hard and add butter by a tablespoon at a time. Continue to cook to soft ball stage. Add vanilla and cool. When cool, drop by teaspoon on prearranged 4 pecans on buttered cookie sheet. You should have about 4 dozen (4 pecans to a turtle) arranged on your cookie sheet.

Melt chocolate chips and spread over the caramel. Cool completely. Enjoy.

I use milk chocolate chips and 1 pint of half & half for light cream.

## Waldorf Red Cake

Sheri Chelf

<b>1/2 c. shortening</b>	<b>1 tsp. vanilla</b>
<b>1 1/2 c. sugar</b>	<b>2 tsp. cocoa</b>
<b>2 eggs</b>	<b>1 tsp. salt</b>
<b>2 oz. red food coloring</b>	<b>1 c. buttermilk</b>
<b>2 1/4 c. cake flour</b>	<b>1 tsp. baking soda/1 tsp. vinegar</b>

Cream shortening and sugar well. Add beaten eggs and beat well. Mix cocoa and food coloring; add to creamed shortening (blending, not beating). Add salt to flour; add to cake alternately with buttermilk. Add vanilla. Add baking soda to vinegar; add to cake (just blending, not beating). Bake in 9x2-inch pans at 350° for 30 minutes. When cool, split layer and frost cake.

### FROSTING:

<b>1 c. water</b>	<b>3 T. flour</b>
-------------------	-------------------

Boil until thick, and set aside to cool.

<b>1/2 c. Crisco</b>	<b>1 tsp. vanilla</b>
<b>1 c. sugar</b>	<b>1/2 c. oleo</b>

Beat until fluffy; add flour and water mixture. Beat until fluffy.

## White Texas Sheet Cake

Andee Sue Kordick

<b>1 c. butter</b>	<b>1/2 c. sour cream</b>
<b>1 c. water</b>	<b>1 tsp. almond extract</b>
<b>2 c. flour</b>	<b>1 tsp. salt</b>
<b>2 c. sugar</b>	<b>1 tsp. baking soda</b>
<b>2 beaten eggs</b>	

### FROSTING:

<b>1/2 c. butter</b>	<b>4 1/2 c. powdered sugar</b>
<b>1/4 c. milk</b>	<b>1/2 tsp. almond extract</b>
	<b>1 c. chopped walnuts</b>

In a large saucepan, bring butter and water to a boil. Remove from heat; stir in flour, sugar, eggs, sour cream, almond extract, salt and baking soda until smooth. Pour into a greased jellyroll pan. Bake at 375° for 20 to 22 minutes, or until cake is golden brown and tests done. Cool for 20 minutes.

**Frosting:** Meanwhile, combine butter and milk in saucepan. Bring to a boil. Remove from heat; add sugar and extract. Mix well. Stir in walnuts and spread over warm cake.

Yield: 16 to 20 servings.

# Yogurt Cake

Arlieta M. Hamer

**1 white cake mix**

**1 (8 oz.) ctn. Cool Whip**

**2 (8 oz.) ctn. yogurt, any flavor**

Mix cake mix according to directions, except add no egg yolks. Add 1 container of yogurt. Mix well. Bake according to directions on box. Let cool. Mix Cool Whip and another container of yogurt together; frost cake.

**Note:** Black cherry yogurt is great.

# Notes & Recipes



## INGREDIENTS:

1 c. water

2 T. flour

1/2 c. oil

1/2 c. sugar

1 c. sugar

1/2 c. salt

1 c. water

1/2 c. powdered sugar

1 c. water

1 tsp. almond extract

2 c. flour

1/2 c. salt

2 c. sugar

1 tsp. baking soda

2 beaten eggs

## FROSTING:

4 1/2 c. powdered sugar

1/2 c. butter

1 tsp. almond extract

1/4 c. milk

1 c. chopped walnuts

sugar, eggs, sour cream, almond extract, salt and baking soda well smooth. Put in greased pan. Bake at 350° for 20 minutes. Cool for 20 minutes.

Frosting: Melt with 2 sticks butter and mix in sugar. Beat in 1/2 c. milk and 1/4 c. almond extract. Add 4 1/2 c. powdered sugar and 1 c. chopped walnuts. Spread on warm cake.

# Desserts & Pies



# Desserts & Pies

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# Desserts & Pies

## Absolutely-Perfect Lemon Pie

Kathy Myers

1 1/2 c. sugar	3 egg yolks, well-beaten
1/4 c. + 2 T. cornstarch	2 T. margarine
1/4 tsp. salt	1 1/2 c. boiling water
1/2 c. cold water	1/2 tsp. lemon flavoring
1/2 c. lemon juice (may be bottled juice)	1 (9") baked pie shell

In a heavy saucepan, mix sugar, cornstarch and salt. Gradually add cold water and mix well. Then add juice, beaten egg yolks and margarine. When well blended, add boiling water gradually to mixture. Put on stove and bring to a boil gradually on medium heat. Stir constantly. Boil for 1 minute on low heat. Add lemon flavoring. Pour hot filling into pie shell and cover with meringue made with 3 egg whites, 1/2 teaspoon cream of tartar and 6 tablespoons sugar. Bake at 425° until light brown.

This is Janice Saleminck's recipe and it's really good.

## Apple Crisp and Pie Topping

Cindy Stiff

1 c. sugar	3/4 c. flour
1/2 c. melted butter	3/4 tsp. cinnamon

Blend together and top apples. Bake as directed for crisp or pie.

## Apple Crunch

Betty J. Elder

1 c. oatmeal	1/2 tsp. baking powder
1 c. flour	Apples
1/2 c. brown sugar	3/4 c. sugar
1/2 c. lard or butter	1 tsp. cinnamon

Mix together oatmeal, flour, brown sugar, lard and baking powder; put on top of apples. Put apples on the bottom of 9x13-inch cake pan and sprinkle with sugar and cinnamon mixture. Add topping. Bake at 350° for 30 minutes.

Great with vanilla ice cream.

## Apple Ping

Betty Lodge

1/2 c. brown sugar, packed  
1/4 c. butter or margarine  
5 or 6 tart apples  
1 c. sugar  
1 egg

1/4 c. boiling water  
1 c. flour  
1/2 tsp. baking powder  
1/8 tsp. salt (opt.)  
1 tsp. vanilla

Combine butter and brown sugar in deep baking dish and cream together. Peel, core and slice apples. Mix in with the butter-sugar mixture until coated. Beat egg until light. Gradually beat in white sugar, boiling water and vanilla. Blend remaining ingredients together and stir into the egg mixture. Pour batter over apples. Bake 45 to 60 minutes at 375°. Crust "pings" when tapped with a spoon when done.

## Apple Tart

Hope Oepping

### PASTRY:

1/2 c. (1 stick) butter, room temp.  
1/3 c. sugar

1/2 tsp. vanilla  
1 c. all-purpose flour

### FILLING:

1 (8 oz.) pkg. cream cheese,  
room temp.

1/4 c. sugar  
1 egg  
1/2 tsp. vanilla

### APPLE TOPPING:

1/4 c. sugar  
1/2 tsp. ground cinnamon

4 c. peeled & sliced apples  
3 T. apple jelly, melted

**Pastry:** Beat the butter, sugar and vanilla until smooth and creamy. On low, beat in the flour. Shape into a ball. Press over the bottom of a 9-inch springform pan and 2 inches up sides.

**Filling:** Beat cream cheese and sugar in a small bowl until fluffy. Beat in egg and vanilla until blended. Spread evenly over pastry. Heat oven to 450°.

**Topping:** Combine sugar and cinnamon in bowl. Add sliced apples; toss to coat. Arrange apple slices in circular pattern on cream cheese. Bake in 450° oven 10 minutes. Reduce heat to 400°; bake 25 minutes, or until apples are tender and lightly golden. Brush with jelly; cool completely. Refrigerate to chill.

## Bishop's Chocolate Pie

Mary Ellen Wall

- |  |  |
|--|--|
| 1 (3.4 oz.) pkg. instant vanilla pudding mix | 1 (3.4 oz.) pkg. instant chocolate pudding mix |
|  | 2 scant c. milk                                |

Beat well.

Add:

- 2 c. softened vanilla ice cream

Beat.

Pour into graham cracker crust. Refrigerate 1/2 hour. Then top with Cool Whip.

Take a Hershey's chocolate bar and make chocolate curls to cover the top.

We like it best after it has been in the refrigerator several hours, or overnight.

## Bishop Pie

Vonda Ruess

- |                 |                                      |
|-----------------|--------------------------------------|
| 1 qt. ice cream | 4 sm. pkg. instant chocolate pudding |
| 1 qt. milk      |                                      |

Soften ice cream a little. Mix milk in pudding with electric mixer, then beat in softened ice cream. Pour into 2 graham cracker pie shells. Garnish with whipped cream and shaved Hershey's candy bar. Refrigerate or freeze.

This is great at Thanksgiving. I make 1 1/2 recipes and use a 9x13-inch pan.

## Bread Pudding with Sauce

Jean Abel

- |                                 |                                  |
|---------------------------------|----------------------------------|
| 1/2 c. seedless raisins         | 1 loaf French bread, cubed       |
| 2 (12 oz.) cans evaporated milk | 2 cans Freestone peaches, cut up |
| 1 c. Egg Beaters                | 1/2 tsp. cinnamon                |
| 2/3 c. light brown sugar        | 1/2 tsp. nutmeg                  |
| 1 1/2 tsp. vanilla              |                                  |

### SAUCE FOR PUDDING:

- |                   |                     |
|-------------------|---------------------|
| 1 c. sugar        | 1 T. butter (oleo)  |
| 1 c. heavy cream  | 1/2 tsp. cornstarch |
| 1/2 tsp. cinnamon | 1/4 c. water        |
|                   | 1 T. bourbon        |

**Bread Pudding Mixture:** Stir together liquids, brown sugar and spices. Stir in raisins and peaches with juice. Then stir in bread cubes. Pour mixture into nonstick loaf pans (2). Place pans in 9x13-inch pan of boiling water that reaches halfway up sides of loaf pans. Bake 1 hour, or until crust is set.

**Sauce:** Combine first 4 ingredients and bring to a boil. Combine cornstarch and mix with small amount of water to dissolve. Add to boiled mixture, stir until clear. Remove from heat and stir in bourbon.

## Brownie/Pudding Dessert

Tammy Feldman

- |  |                             |
|--|-----------------------------|
| <b>1 pkg. brownie mix</b>              | <b>3 1/2 c. milk</b>        |
| <b>1 box instant vanilla pudding</b>   | <b>1 sm. ctn. Cool Whip</b> |
| <b>1 box instant chocolate pudding</b> | <b>1 pkg. Heath bits</b>    |

Make brownies according to instructions on box. Let cool. Mix together 2 boxes of pudding with 3 1/2 cups milk. Let set in refrigerator for about 5 minutes. In a clear bowl, crumble a layer of brownies onto bottom of dish. Cover brownies with a layer of pudding, followed by a layer of Cool Whip. Sprinkle Heath Bits on top. Repeat layers until you reach the top of the dish.

## Bubbalina

Bob and Deline Greezel, and family

- |                   |                                     |
|-------------------|-------------------------------------|
| <b>2 c. flour</b> | <b>1/2 c. margarine</b>             |
| <b>1 c. milk</b>  | <b>2 heaping tsp. baking powder</b> |
| <b>1 c. sugar</b> | <b>1 tsp. vanilla</b>               |
| <b>3 eggs</b>     | <b>1 can fruit pie filling</b>      |

Cream margarine and sugar; add eggs and vanilla. Add dry ingredients and milk to first mixture; mix well. Grease 10x15-inch or 11x17-inch cookie sheet (jellyroll pan). Pour batter into pan. Drop pie filling by spoonfuls on top of batter. Bake at 350° for 30 minutes. Make a very thin frosting and drizzle over the cake while it is still warm.

## Butterscotch Pie

Frances Daufeldt

- |                         |                         |
|-------------------------|-------------------------|
| <b>2 c. milk</b>        | <b>1/2 tsp. salt</b>    |
| <b>1 c. brown sugar</b> | <b>2 egg yolks</b>      |
| <b>2 T. flour</b>       | <b>3 T. butter</b>      |
| <b>2 T. cornstarch</b>  | <b>1/2 tsp. vanilla</b> |

Scald milk. Combine sugar, cornstarch and flour in a bowl. Add the hot milk to the mixture, stirring as it is added. Pour into pan and cook until it thickens. Beat the yolks and salt and butter. Pour into mixture and stir until it thickens. Add vanilla. Pour into baked pie shell. Beat the 2 egg whites until foamy. Add 1/4 teaspoon cream of tartar and pinch of salt. Beat until very stiff. Add 1/2 teaspoon cornstarch to 1/2 cup sugar. Spoon several spoons in at a time and beat constantly, until very stiff. Brown.

## Cheesecake

Tammy Feldman

- |                                  |  |
|----------------------------------|--|
| <b>2 c. graham cracker crust</b> | <b>1 c. hot water</b>                    |
| <b>2 T. sugar</b>                | <b>1 (8 oz.) pkg. cream cheese</b>       |
| <b>3/4 stick margarine</b>       | <b>1 c. sugar</b>                        |
| <b>1 pkg. lemon Jello</b>        | <b>1 lg. can Carnation milk, chilled</b> |

Mix graham cracker crumbs, 2 tablespoons sugar and 3/4 stick of margarine together. Press half into bottom of 9x13-inch pan. Dissolve Jello into 1 cup hot water. Add cream cheese and 1 cup sugar; mix well. Whip chilled Carnation milk. Add Jello mixture. Pour over crust. Pour remaining crumbs over top and refrigerate.

## Cherry Cheesecake

Jean Ann Feldman

- |                                    |   |
|------------------------------------|---|
| <b>1 pkg. white cake mix</b>       | <b>1 lg. ctn. Cool Whip</b>               |
| <b>2 (8 oz.) pkg. cream cheese</b> | <b>2 (21 oz.) cans cherry pie filling</b> |
| <b>4 c. powdered sugar</b>         |   |

Prepare cake mix as directed. Place in greased jellyroll pan. Bake at 350° until tests done. Cool. In a mixing bowl, beat the softened cream cheese and powdered sugar until fluffy. Fold in Cool Whip. Spread over cake that has cooled. Top with pie filling. Chill 4 hours or overnight. Makes 24 servings.

## Cherry Cheesecake Delight

Tomeka Simon

- |                                 |                                    |
|---------------------------------|------------------------------------|
| <b>CRUST:</b>                   | <b>1 1/4 sticks soft margarine</b> |
| <b>1 pkg. graham crackers</b>   | <b>1 1/2 c. sugar</b>              |
| <b>FILLING:</b>                 | <b>2 (8 oz.) pkg. cream cheese</b> |
| <b>2 (8 oz.) ctn. Cool whip</b> | <b>2 c. powdered sugar</b>         |
| <b>TOPPING:</b>                 | <b>2 cans cherry pie filling</b>   |

Crush graham crackers in Ziploc bag. Dump into a bowl and add the sugar and margarine. Mix well and spread into a 9x13-inch cake pan. In a mixer bowl, mix the cream cheese and powdered sugar until well blended. Add one package of Cool Whip and mix until well blended. Fold in other package of Cool Whip. Spread over crust. Top with cherries. Refrigerate.

## Cherry Delight

Sue Grings

**CRUST:** 1 1/2 sticks margarine  
2 pkg. graham crackers, crushed 1/2 c. sugar

**FILLING:** 2 c. sour cream  
2 (8 oz.) pkg. cream cheese 16 oz. Cool Whip  
1 1/3 c. sugar

**TOPPING:** 2 sm. cans cherry pie filling

Crush graham crackers and put in bowl. Add sugar and butter; mix. Press in 9x13-inch dish. Soften cream cheese; add sugar, sour cream and Cool Whip. Spread over graham cracker crust. Top with cherry pie filling and chill.

## Cherry-Lemon Cheesecake

Justine Owen

Graham cracker crust 1 1/2 c. milk  
1 (8 oz.) pkg. cream cheese 1 can cherry pie filling  
1 pkg. instant lemon pudding

Blend cream cheese, pudding mix and milk. Pour into prepared graham cracker crust. Top with cherry pie filling. Chill in refrigerator several hours before serving.

## Chocolate Bundt Cake

Nancy Schaapveld

1 chocolate cake mix 3 c. milk  
1 (4 oz.) pkg. instant chocolate pudding 1/2 to 1 c. chocolate chips

Place cake mix, pudding and milk in a large mixing bowl and beat 3 minutes. Stir in chocolate chips. Pour into greased and floured 12-cup bundt pan. Bake at 325° for 45 to 50 minutes, or until done. Cool 15 minutes in pan. Turn out on serving plate. Glaze with vanilla icing or sprinkle with powdered sugar.

## Chocolate Dessert

Rita Krall

<b>4 c. crushed graham crackers</b>	<b>8 oz. cream cheese</b>
<b>1/2 c. melted margarine</b>	<b>1 c. powdered sugar</b>
<b>1 c. sugar</b>	<b>2 sm. pkg. instant chocolate pudding</b>
<b>8 oz. Cool Whip</b>	<b>3 c. milk</b>

Mix crushed grahams, melted margarine and sugar. Press in bottom of 9x12-inch pan. Save about 1/2 cup crumbs to sprinkle over top. Thoroughly mix cream cheese and powdered sugar. Add 1 cup Cool Whip and mix. Spread over crumb mixture. Mix together pudding and milk according to package directions. Pour over cream cheese mixture. Top with remaining Cool Whip and sprinkle with graham cracker crumbs. Refrigerate.

## Chocolate Lush

Dorothy Allen

<b>1 c. flour</b>	<b>2 (4 oz.) pkg. chocolate pudding (instant)</b>
<b>1 stick oleo, melted</b>	<b>3 c. milk</b>
<b>3/4 c. chopped nuts</b>	<b>1 (8 oz.) ctn. Cool Whip</b>
<b>1 c. powdered sugar</b>	
<b>1 (8 oz.) pkg. cream cheese</b>	

Mix flour, oleo and 1/2 the nuts. Press into a 9x13-inch pan. Bake 10 to 15 minutes at 375°; cool. Mix powdered sugar, cream cheese and 1 cup Cool Whip. Spread over crust. Refrigerate while mixing pudding according to directions. Spread over cream cheese mixture. Spread the rest of the Cool Whip over the pudding mixture. Sprinkle with remaining nuts and refrigerate. It will keep several days, refrigerated.

## Custard Pie

(Makes its own crust)

Helen Enderle

<b>2 c. milk</b>	<b>1/4 c. flour</b>
<b>3/4 c. sugar</b>	<b>Pinch of salt</b>
<b>4 eggs</b>	<b>1 tsp. vanilla</b>

Blend all ingredients in blender. Pour into 10-inch pie pan that has been greased and floured. Sprinkle with nutmeg. Bake 45 minutes at 350°.

## Deluxe Rhubarb Pie

Mary Ort

3 eggs  
2 c. sugar

5 T. flour  
3 c. sliced rhubarb

### TOPPING:

1/4 c. flour  
1/4 c. oatmeal  
1/4 c. brown sugar

1/4 tsp. baking powder  
1/4 tsp. baking soda  
1/4 c. margarine

Mix together beaten eggs, sugar and flour. Add rhubarb. Pour into unbaked pie shell. Mix together topping ingredients. Spread on filling. Bake at 425° for 20 minutes, then 350° for 30 minutes.

## Dump Cake

Norma Beecher

1 can cherry pie filling  
1 (15 oz.) can crushed pineapple  
1 box yellow cake mix

2 sticks butter  
1 c. coconut  
1 c. chopped nuts

Put cherry pie filling and pineapple in 9x13-inch pan. Sprinkle dry cake mix over this. Top with coconut and nuts. Melt 2 sticks butter and pour over all. Bake 60 minutes at 350°. Serve with Cool Whip.

## Easy Local Banana Cream Pie

Kathleen Hepker

1 (8") Nilla Wafer crumb crust  
2 med. bananas, sliced  
1 (4-serving-size) pkg. sugar-free instant banana pudding mix

2/3 c. nonfat dry milk powder  
1 1/3 c. water  
1 c. reduced-calorie whipped topping (Cool Whip)

Layer bananas on bottom of pie crust. In a medium bowl, combine pudding mix and nonfat dry milk powder. Add water; mix well, using wire whisk. Blend in 1/2 cup Cool Whip. May sprinkle Fruit Fresh over bananas to keep from getting brown. Pour pudding mixture over bananas. Chill 2 hours. Spread rest of Cool Whip on top.

## Easy Pie Crust

Betty Lodge

1 1/2 c. flour  
1 1/2 T. sugar

1/2 c. soy oil  
2 T. milk

Mix all ingredients. Press into a 9-inch pie pan, making an edge or rim. Bake at 350° for 15 to 20 minutes.

## English Apple Pie

Rosemary Johnson

<b>1/2 c. butter</b>	<b>3 T. water</b>
<b>1/2 c. brown sugar</b>	<b>1/2 c. chopped pecans</b>
<b>1 c. flour</b>	<b>6 c. sliced apples</b>
<b>2 tsp. cinnamon</b>	<b>1/2 c. sugar</b>

Beat butter and brown sugar until pale and fluffy. Stir in flour, 1 teaspoon cinnamon and water until smooth and thick. Stir in pecans. Mound apples in 9-inch pie plate. Mix sugar with remaining cinnamon, sprinkle over apples. Spoon pecan topping over apples in dollops. Bake on lowest rack of oven, that has been preheated to 375°, for 45 to 50 minutes, until apples are tender. Serve in bowls with whipped cream.

Tastes just as good without the whipped cream, especially when served warm. I sometimes use a quiche pan instead of a pie plate, this seems to prevent juice from spilling over.

## Flan

Eva M. Rodriguez

<b>5 eggs</b>	<b>1 tsp. vanilla</b>
<b>1 can evaporated milk</b>	<b>1/2 tsp. salt</b>
<b>1 can condensed milk</b>	<b>1 c. sugar for making caramel</b>
<b>4 oz. regular milk</b>	<b>1 T. water</b>

Put 1 cup sugar in small skillet and add 1 tablespoon water. Melt it until honey-colored. Pour into flan pan and swirl to cover bottom and sides of pan; set aside. In a blender, put the first 6 ingredients and blend (stir) until mixed. Pour mixture into caramelized pan through a sieve to break air bubbles. Place pan in a water bath in the oven and cook at 350° for 1 hour, or until a knife inserted in the center comes out clean. Cool at room temperature, then refrigerate.

When ready to serve, go around sides of pan with a knife and invert it onto a platter. Be careful not to overcook the caramel. If it gets too dark, it will be bitter.

## Foolproof Meringue

Mary Simon

<b>1 T. cornstarch</b>	<b>6 T. sugar</b>
<b>2 T. cold water</b>	<b>Pinch of salt</b>
<b>1/2 c. water</b>	<b>1 tsp. vanilla</b>
<b>3 egg whites</b>	

In a cup, stir together the first 2 ingredients. Add to 1/2 cup water and bring to a boil. Let boil until clear. Let cool. Beat the 3 egg whites until thick. Gradually add the sugar. Add the salt and vanilla. Beat until peaks form. Fold in cornstarch mixture. Pile on pie (literally). Bake at 375° until brown.

## French Apple Wedges

Justine Owen

<b>2 eggs</b>	<b>1 tsp. cinnamon</b>
<b>2 tsp. vanilla</b>	<b>1/2 tsp. nutmeg</b>
<b>1/2 c. sugar</b>	<b>1/4 tsp. salt</b>
<b>1/2 c. flour</b>	<b>2 c. finely-chopped, peeled apples</b>
<b>1 tsp. baking powder</b>	<b>1 c. chopped pecans</b>

Beat eggs on medium-high speed 5 minutes, until light. Beat in vanilla. Combine dry ingredients and stir into eggs. Stir in apples and pecans. Pour into ungreased 9-inch pie plate. Bake at 350° for 25 to 30 minutes, until set. Serve warm with whipped cream or ice cream. Serves 8.

## Fresh Peach Cobbler

Geraldine Ruess

<b>FILLING:</b>	<b>3/4 c. sugar</b>
<b>4 c. peaches (6), sliced</b>	<b>1 T. cornstarch</b>
<b>DOUGH:</b>	
<b>1 c. flour</b>	<b>1 T. sugar</b>
<b>1 1/2 tsp. baking powder</b>	<b>1/4 tsp. salt</b>
<b>3 T. butter</b>	<b>1/2 c. milk</b>

Blend sugar and cornstarch; add peaches. Boil 1 minute and pour in baking dish. Stir together flour, 1 tablespoon sugar, baking powder and salt. Cut in butter. Add milk and form into ball of dough. Drop dough on peach mixture. Bake at 350° for 25 minutes, or until toothpick comes out clean.

## Fruit Pizza

Jana Feldman

<b>1/4 c. butter or margarine</b>	<b>1/8 tsp. salt</b>
<b>1/4 c. shortening</b>	<b>1 1/3 c. flour</b>
<b>3/4 c. sugar</b>	<b>1 tsp. cream of tartar</b>
<b>1 egg</b>	<b>1/2 tsp. baking soda</b>
<b>FROSTING:</b>	
<b>1 1/2 boxes cream cheese</b>	<b>1 c. Cool Whip</b>
	<b>3/4 c. powdered sugar</b>

Mix together and roll dough evenly on greased cookie sheet, pizza pan or baking stone. Bake at 400° for 8 to 10 minutes.

**Frosting:** Mix together and spread over cooled cookie crust.

Top with desired fruit. Refrigerate until ready to serve.

# Graham Cracker Cream Pie

Joan Costello

12 graham crackers, rolled fine  
1 tsp. flour  
1/2 c. melted butter

1/2 c. sugar  
1 tsp. cinnamon

## FILLING:

3 egg yolks  
2 c. milk

1/4 c. sugar  
2 T. cornstarch  
1 tsp. vanilla

## MERINGUE:

3 egg whites, beaten stiff

3 T. sugar

Mix the first 5 ingredients as for pie crust. Put 1/2 mixture into pie pan and press into shape. Chill. Mix egg yolks, milk, sugar, cornstarch and vanilla. Cook all together until mixture coats a spoon. Pour into chilled pie crust. Mix stiffly-beaten egg whites with 3 tablespoons sugar. Spread meringue on top of custard in pie shell. Sprinkle remaining crumbs over meringue. Bake at 325° until meringue is brown.

# Grandma Simon's Pumpkin Pie

Beth Anne Kordick

7 eggs, well beaten  
1 lg. can pumpkin  
1 1/2 c. sugar  
1 tsp. salt

2 tsp. cinnamon  
2 tsp. vanilla  
2 c. milk  
2 T. melted butter

Combine eggs and pumpkin. Mix in sugar, salt and cinnamon. Add milk, vanilla and butter; mix well. Pour into 2 unbaked pie shells. Bake at 375° for 45 to 60 minutes. May cover edges with foil to prevent burnt crusts.

# Healthier Pie Crust

Kathleen Hepker

2 c. flour  
Pinch of salt

1/2 c. canola or low-fat soy oil  
6 T. cold water

Pour oil into measuring cup. Add water, but do not stir. Pour oil and water over flour all at once. Stir these ingredients lightly with a fork until blended. Be careful not to overmix. Roll dough into 2 crusts between sheets of waxed paper. When ready to remove top paper, reverse the crust into the pie pan, then remove the other paper. For a double-crust pie, place filling in the crust, then top with second crust. Bake at 425° for 40 to 45 minutes until light brown.

## Ice Cream Cups for Santa

Betty Jensen

- |   |                                |
|---|--------------------------------|
| 1 qt. vanilla ice cream, softened                 | 1/4 c. chopped pecans, toasted |
| 2 T. each chopped red & green maraschino cherries | 1 tsp. vanilla extract         |
| 1/2 c. M&M's                                      | 1/2 tsp. almond extract        |
|   | Additional M&M's, chopped      |

In a medium bowl, combine the ice cream, pecans, cherries and extracts; mix well. Fold in M&M's. Spoon into paper-lined muffin cups and freeze for at least 30 minutes. Sprinkle with chopped M&M's. Yield: 8 to 10 servings.

## Layered Pudding Dessert

Pat Kordick

- |   |                                   |
|---|-----------------------------------|
| 1 c. crushed vanilla wafers, divided            | 2 bananas, divided                |
| 1 (3 oz.) pkg. cook & serve vanilla pudding mix | 1 (3 oz.) pkg. strawberry gelatin |
|   | 1 c. whipped topping              |

Spread half of crushed wafers in bottom of greased 8-inch square pan. Prepare pudding mix according to package directions; spoon pudding over crumbs. Slice one banana; place over pudding. Top with remaining crumbs. Chill for 1 hour. Prepare gelatin according to package directions. Chill for 30 minutes, or until partially set. Pour over crumbs. Slice remaining banana and place over gelatin. Spread whipped topping over all. Chill for 2 hours. Yield: 9 servings.

## Lemon Yummies

Margaret Ponce

- |   |                            |
|---|----------------------------|
| <b>CRUST:</b>                             | 1/2 c. chopped pecans      |
| 1 c. flour                                | 1/2 stick butter           |
| <b>FILLING:</b>                           | 1 c. Cool Whip             |
| 8 oz. cream cheese                        | 1 c. powdered sugar        |
| <b>TOPPING:</b>                           | 3 c. milk                  |
| 2 pkg. instant lemon or chocolate pudding | Rest of ctn. of Cool Whip  |
|   | 1/4 c. more chopped pecans |

**Crust:** Combine crust ingredients and bake at 375° for 15 minutes in a 9x13-inch pan. cool.

**Filling:** Mix cream cheese, Cool Whip and powdered sugar; pour over cooled crust.

**Topping:** Beat the pudding mixes and milk until thick, and pour over the cream cheese mixture. Top with the remaining Cool Whip and chopped pecans. Refrigerate.

## Mandarin Orange Cake

Melody Henderson

2 c. sugar	2 eggs
2 c. flour	2 tsp. baking soda
2 sm. cans mandarin oranges, drained	1 tsp. salt
	1 tsp. vanilla
<b>ICING:</b>	6 T. sugar
1/2 c. brown sugar	4 T. milk

Stir all cake ingredients together. Put in greased 9x13-inch pan. Bake for 40 minutes at 350°. Batter will be really thick. You do not use any liquid. Stir until all flour is moist. Don't use the juice. While cake is hot, punch holes and pour on the icing.

**Icing:** Bring icing to a boil. Boil for 2 minutes and pour over warm cake. Serve warm with ice cream.

## Mile-High Lemon Meringue Pie

Melody Henderson

1/3 c. flour	5 slightly-beaten egg yolks
1/3 c. cornstarch	1/2 c. fresh lemon juice
1 1/4 c. sugar	2 T. lemon rind
1/4 tsp. salt	4 T. unsalted butter
2 c. <u>cold</u> water	
<b>MERINGUE:</b>	Pinch of salt
7 egg whites	3/4 c. sugar
1/2 tsp. cream of tartar	1/2 tsp. vanilla

Cook the first 5 pie filling ingredients over medium heat. Add the slightly-beaten egg yolks, over low heat. Continue cooking for 5 minutes until very thick. Turn off the heat. Then add lemon juice, lemon rind and unsalted butter. Let cool and put into a pre-baked crust.

**Meringue:** Add egg whites, cream of tartar and salt to mixing bowl, on high. Slowly add sugar. Keep on high speed until it forms peaks, then add vanilla. Put over filling; seal to pie crust and bake for 8 minutes at 375°.

## Never-Fail Cornstarch Meringue

Mavis Wieneke

3 egg whites	1/2 c. boiling water
1 T. cornstarch	6 T. sugar
Pinch of salt	

Moisten cornstarch in small amount of water. Add boiling water; cook until clear; cool. Beat egg whites until foamy; add pinch of salt and sugar gradually. Beat in cornstarch mixture. Beat until very stiff. Put over pie, being sure to seal edges. Bake at 350° for 10 to 15 minutes until meringue is light brown; cool.

Can cook cornstarch mixture in a pan on top of stove or in microwave.

## No-Bake Cheesecake

Jane Campbell

**1 (8 oz.) pkg. cream cheese**  
**1/3 c. sugar**

**1 (8 oz.) ctn. whipped topping,**  
**thawed**

**1 ready-to-use graham cracker crust**

Mix cream cheese and sugar with electric mixer on medium speed until well blended. Gently stir in whipped topping. Spoon into crust. Refrigerate 3 hours or overnight. Top with fresh fruit or cherry pie filling.

To reduce calories and fat, use fat-free cream cheese and whipped topping. For a firmer cheesecake, dissolve 1 package of unflavored gelatin in 1/4 cup hot water. Add to cheesecake and mix well before filling pie crust.

## No-Roll Cherry Pie

Lori Greif

**1/2 c. margarine**

**1 egg**

**1 T. sugar**

**1/2 c. sugar**

**1 c. flour**

**1/4 c. flour**

**1 can cherry pie filling**

**1/4 c. milk**

Melt margarine, then mix with sugar and flour; press onto sides and bottom of a 9-inch pie pan. Pour in pie filling.

**Topping:** Mix egg, sugar, flour and milk until smooth. Pour over pie filling. Bake at 350° for 50 to 60 minutes, or until crust is golden brown.

You can use other pie fillings also.

## Oooh It's Sooo Good!

Jeff Owen

**1 Pillsbury roll of cookie dough**  
**(oatmeal chocolate chip)**

**1 tsp. vanilla**

**2 (8 oz.) pkg. cream cheese**

**1/2 c. sugar**

**2 eggs**

**4 Heath bars, or 1 (6 oz.) bag of**

**Heath bar bits (use 1/2 bag)**

Use a 10-inch Pyrex glass pie pan coated with cooking spray and make crust out of cookie dough. With a mixer, blend cream cheese, eggs, vanilla, sugar and Heath Bar bits until it starts to become fluffy. Pour contents into pie pan. Bake at 350° for 45 minutes, or until center comes firm. Cool overnight and enjoy!

## Oreo Cookie Dessert

Tyler Feldman

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| <b>1 pkg. Oreo cookies, crushed</b> | <b>1/2 jar milk chocolate topping</b> |
| <b>1 stick oleo</b>                 | <b>Chopped nuts</b>                   |
| <b>1/2 gal. vanilla ice cream</b>   | <b>1 qt. Cool Whip</b>                |
| <b>1/2 jar caramel topping</b>      |                                       |

Mix crushed Ores and oleo together, reserving some of the mixture for topping. Place in a 9x13-inch pan. Soften the ice cream and spread on top of crumbs. Mix the 2 toppings and spread over ice cream. Sprinkle with chopped peanuts. Freeze until firm. Spread Cool Whip over top. Sprinkle remaining Oreos over all.

## Paradise Pie

Frances Daufeldt

- |                                 |                                     |
|---------------------------------|-------------------------------------|
| <b>1 (10") pie shell, baked</b> | <b>1/8 tsp. salt</b>                |
| <b>2 c. milk</b>                | <b>2 T. butter</b>                  |
| <b>2 T. flour</b>               | <b>2 egg yolks, beaten slightly</b> |
| <b>1 T. cornstarch</b>          | <b>2 ripe bananas</b>               |
| <b>1/3 c. sugar</b>             | <b>1 pkg. fruit-flavored Jello</b>  |

Scald milk. Combine flour, sugar, cornstarch and salt in a saucepan. Add a small amount of scalded milk; mix until smooth. Add egg yolks and mix. Gradually add remaining milk; cook until thickened. Remove and add vanilla and butter. Cool and pour into baked pie shell. Dissolve Jello as directed on package. Chill until partially set. Peel and slice bananas and arrange over filling. Pour Jello over bananas. Refrigerate until firm. Can use Cool Whip to serve. We like it plain.

For a 9-inch pie, use only 1 cup of the Jello. Filling is not too sweet and pie is a cool dessert for summer.

## Peanut Butter Ice Cream Pie

Donna Simpson

- |   |  |
|---|--|
| <b>1 1/4 c. finely-crushed chocolate wafers</b> | <b>1/2 of an 8 oz. ctn. frozen whipped dessert topping, thawed</b> |
| <b>1/3 c. butter or margarine, melted</b>       | <b>1/2 c. chunky peanut butter</b>                                 |
| <b>1 qt. vanilla ice cream, softened</b>        | <b>1/2 c. hot fudge ice cream topping</b>                          |
|   | <b>1/4 c. chopped peanuts (opt.)</b>                               |

In a medium mixing bowl, combine crushed wafers and butter; mix well. Press onto bottom and sides of a 9-inch pie plate to form a firm, even crust. Freeze for 10 minutes, or until set.

In a large mixing bowl, combine ice cream and whipped topping. Stir in peanut butter until just mixed. Spoon into the pie shell; return to freezer. Heat fudge topping in saucepan. Sprinkle pie with peanuts. Cut into wedges. Drizzle warmed topping over each piece. Serves 8.

## Pudding Delight

Cathy DeValk

1 box graham crackers

### FILLING:

2 (3.4 oz.) pkg. French vanilla  
instant pudding

3 c. milk  
1 (8 oz.) ctn. Cool Whip

### FROSTING:

2 sq. unsweetened baking  
chocolate  
2 T. butter

2 T. white corn syrup  
1 1/2 tsp. vanilla  
1 1/2 c. confectioners' sugar  
3 T. milk

Line a 9x13-inch pan with crackers. Mix pudding with milk in medium bowl. Fold in whipped topping. Spread half of pudding mixture over graham crackers. Lay on another layer of graham crackers, then other half of pudding mixture. Top with another layer of crackers. Melt chocolate and butter in saucepan over low heat; add syrup, vanilla, sugar and milk; mix well. Pour warm mixture over graham crackers. Refrigerate 2 to 3 hours, or overnight, before serving.

## Pumpkin Cheesecake in Pecan Crust

Hope Depping

### CRUST:

1 1/2 c. vanilla wafer cookie  
crumbs  
3/4 c. ground pecans

1/4 c. (1/2 stick) unsalted butter,  
melted  
2 T. golden brown sugar, packed

### FILLING:

3 (8 oz.) pkg. cream cheese,  
room temp.  
1 1/2 c. canned solid-pack pumpkin  
1 1/2 c. (packed) golden brown  
sugar

1 T. pumpkin pie spice  
1 T. vanilla extract  
1/4 tsp. ground cloves  
3 lg. eggs  
1/2 c. chopped pecans

**Crust:** Preheat oven to 350°. Combine all ingredients in medium bowl; stir until moist clumps form. Press mixture onto bottom and 1 inch up sides of 9-inch springform pan. Refrigerate crust while preparing filling.

**Filling:** Using electric mixer, beat cream cheese until smooth. Add pumpkin, brown sugar, pumpkin pie spice, vanilla and cloves. Beat until well blended. Add egg, one at a time, beating after each egg. Pour batter into crust. Bake cheesecake about 1 hour and 15 minutes, until golden. Cool completely. Cover and chill overnight. Garnish cake with pecans and serve.

**Note:** Cake must be chilled overnight.

## Pudding Pecan Pie

Bob and Deline Greazel, and family

- |   |                          |
|---|--------------------------|
| 1 (3 1/4 oz.) pkg. regular<br>vanilla pudding | 3/4 c. milk (evaporated) |
| 1 c. corn syrup                               | 1 c. chopped pecans      |
| 1 egg, slightly beaten                        | 1 (8") unbaked pie shell |

Blend pudding with corn syrup. Gradually stir in evaporated milk and egg. Add pecans. Pour into unbaked pie shell. Bake at 375° until top is firm and just begins to crack, about 40 minutes. Cool at least 3 hours.

## Raisin Coconut Pie

Betty Lodge

- |                       |                          |
|-----------------------|--------------------------|
| 1 c. raisins          | 1 tsp. vanilla           |
| 4 eggs                | 1 c. coconut             |
| 1 c. sugar            | 1 (9") unbaked pie shell |
| 1 c. light corn syrup | Butter or margarine      |

Preheat oven to 300°. Soak raisins in hot water. Drain well. Blend all ingredients, except butter. Pour into pie shell. Dot with butter. Bake for 45 minutes.

## Rhubarb Custard Pie

Nan Janney

- |                      |                     |
|----------------------|---------------------|
| 3 c. rhubarb, cut up | 3 T. flour          |
| 1 1/2 c. sugar       | 2 eggs, well beaten |
| 1/2 tsp. nutmeg      |                     |

Spread rhubarb over unbaked crust. Mix sugar, flour and nutmeg. Add eggs. Pour over rhubarb. Let stand a few minutes. Bake at 450° for 10 minutes; then at 350° for 30 minutes, or until done.

## Rhubarb Dessert

Kathleen Pelzer

- |                                |                          |
|--------------------------------|--------------------------|
| 4 c. rhubarb, chopped          | White or yellow cake mix |
| 1 c. sugar                     | 1 stick oleo             |
| 1 (3 oz.) box strawberry Jello | 1 c. boiling water       |

Put rhubarb into 9x13-inch greased pan. Sprinkle dry Jello over rhubarb. Sprinkle sugar over next, then dry cake mix. Melt oleo and pour over cake mix. Pour boiling water over all ingredients. Bake at 350° for 45 minutes.

## Rhubarb Pie

Michele Alpen

- |                             |                                       |
|-----------------------------|---------------------------------------|
| <b>4 c. rhubarb, cut up</b> | <b>1 T. tapioca</b>                   |
| <b>1 1/2 c. sugar</b>       | <b>1 (3 oz.) box strawberry Jello</b> |
| <b>4 T. flour</b>           | <b>Pinch of salt</b>                  |

Mix sugar, flour, tapioca, salt and Jello. Add rhubarb and mix. Pour into 9-inch unbaked pie shell and cover with top crust. Bake at 400° for 15 minutes, then at 350° until done.

**Note:** I use 5 cups rhubarb and find the pie needs 30 to 40 minutes at 350°.

## Rhubarb Upside-Down Cake

Kathleen Hepker

- |  |  |
|--|--|
| <b>5 c. cut-up rhubarb</b>                                     | <b>1 c. sugar</b>                      |
| <b>1 (3 oz.) pkg. strawberry Jello</b><br>(may use sugar-free) | <b>3 c. mini marshmallows</b>          |
|  | <b>1 pkg. yellow or white cake mix</b> |

Place rhubarb in 9x13-inch pan. Sprinkle on Jello mixed with sugar. Top with marshmallows. Prepare cake mix by box directions and pour over marshmallows. Bake at 350° for 1 hour. Cool 5 minutes. Invert on jellyroll pan. Serve with milk, Cool Whip or ice cream.

## Salted Peanut Chews

Melody Henderson

- |                               |                               |
|-------------------------------|-------------------------------|
| <b>1 pkg. yellow cake mix</b> | <b>1 egg</b>                  |
| <b>1/3 c. soft margarine</b>  | <b>3 c. mini marshmallows</b> |

### TOPPING:

- |                                |                                   |
|--------------------------------|-----------------------------------|
| <b>2/3 c. white corn syrup</b> | <b>12 oz. peanut butter chips</b> |
| <b>1/4 c. margarine</b>        | <b>2 c. Rice Krispies</b>         |
| <b>2 tsp. vanilla</b>          | <b>2 c. salted peanuts</b>        |

Combine cake batter, butter and egg; mix until crumbly. Press into ungreased 9x13-inch cake pan. Bake at 350° for 12 to 18 minutes. When done, remove, and immediately put 3 cups marshmallows on cake and put back into the oven for 1 to 2 minutes, until they puff up. Cool and make topping.

**Topping:** Heat syrup, butter, vanilla and chips until everything is melted and smooth. Remove from heat and stir in 2 cups cereal and 2 cups salted peanuts. Spoon topping over marshmallows. Chill; cut and store, covered.

## Strawberry Delight

Betty Smith

**1 c. flour**  
**1 stick oleo**  
**1 T. sugar**

Mix the first 3 ingredients and press into 9x13-inch pan. Bake 10 minutes at 300°.

**SECOND LAYER:**  
**1 (8 oz.) Cool Whip**  
**2 (8 oz.) pkg. cream cheese**  
**2 c. powdered sugar**  
**2 tsp. vanilla**  
**1/2 tsp. salt**

Mix these ingredients together and spread over cooled crust.

**THIRD LAYER:**  
**2 (3 oz.) pkg. strawberry Jello**  
**2 c. boiling water**  
**1/2 c. sugar**  
**2 (10 oz.) pkg. frozen strawberries**

Dissolve Jello in boiling water. Add strawberries and sugar. Cool until partially set, and pour over second layer.

## Turtle Cheesecake

Kathleen Hepker

**1 (9") Oreo or vanilla wafer**  
**pie crust**  
**Mrs. Richardson's caramel**  
**topping**  
**1 c. chopped pecans**  
**12 oz. cream cheese, softened**  
**1/2 c. sugar**  
**1 tsp. vanilla extract**  
**2 eggs**  
**Mrs. Richardson's chocolate fudge**

Pour caramel into crust, as much as you like. Sprinkle on some chopped pecans. Beat cream cheese, adding sugar and vanilla until creamy. Add eggs, beating after each egg. Bake at 350° for 45 to 50 minutes. Place Mrs. Richardson's chocolate fudge on top of cooled cake and sprinkle with chopped pecans.

## Twinkie Cake

Rick Ferguson

**1 yellow cake mix**  
**5 T. flour**  
**1 c. milk**  
**1 c. sugar**  
**1/2 tsp. salt**  
**1 c. butter or margarine**  
**1 tsp. vanilla**

Bake cake in a 9x13-inch pan. Cool on cake rack. When cake is cool, put flour and milk in saucepan. Boil until thick, stirring constantly; set aside to cool. In a large mixing bowl, put sugar, salt, butter or margarine, and vanilla. Beat until fluffy. Add cooled milk mixture; beat until fluffy. Cut cooled cake into two 9x13-inch pieces. Spread filling on one layer. Place second layer on top. Store, covered, for 2 days. Chocolate cake mix can also be used.



# This & That



# This & That

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# This & That

## BBQ Sauce for Sloppy Joes

Vonda Ruess

1/3 c. minced onion	1/2 c. water
3 T. butter	1 T. Worcestershire sauce
1 c. ketchup	1/4 c. lemon juice
3 1/2 T. brown sugar	1 tsp. yellow mustard

Brown onion in melted butter in a saucepan. Add the rest of the ingredients. Cover and simmer for 10 minutes. Pour over 2 pounds of cooked and drained hamburger.

This is a family favorite!

## Canned Salsa

Kathleen Hepker

10 lb., or 5 qt. tomatoes	1 T. ground oregano
8 jalapeño peppers, or less	1/2 T. coriander
2 white onions	Tomato paste, for thickness (opt.)
1/2 c. white vinegar	10 cloves, minced (opt.)
2 T. canning salt	1/2 c. sugar (opt.)
1/2 T. ground cumin	

Grind peppers in blender, using gloves. Then the tomatoes. May use food processor. Boil vegetables 5 minutes. Simmer 15 to 20 minutes. Cool. Taste for hotness. May add more peppers. Process in jelly jars 35 minutes.

**Variation:** Some of tomatoes may be green.

## Chocolate Sauce

Lori Leggins

2 sq. unsweetened chocolate	1/2 tsp. salt
2 c. milk	2 T. butter
2/3 c. sugar	1 tsp. vanilla
2 1/2 T. flour	

Melt chocolate and milk in saucepan. Beat with a beater until combined. Combine sugar, flour and salt. Gradually add to chocolate mixture. Cook over medium heat until thickened, stirring constantly. Cook 5 minutes longer on low heat, stirring occasionally. Stir in butter until melted; add vanilla. Serve immediately over ice cream.

## Croquette Tomato Sauce

Rick Ferguson

- |                                  |                                    |
|----------------------------------|------------------------------------|
| <b>2 T. chopped onion</b>        | <b>1 (8 oz.) can tomato sauce</b>  |
| <b>2 T. chopped green pepper</b> | <b>Salt &amp; pepper, to taste</b> |
| <b>1 T. butter or margarine</b>  |                                    |

Sauté onions and green pepper in butter or margarine until onion is transparent. Add tomato sauce, salt and pepper. Heat over low heat. Yield: 4 servings.  
Great on turkey croquettes.

## Grilled Chicken Basting Sauce

Jane Campbell

- |                           |                       |
|---------------------------|-----------------------|
| <b>1 c. cider vinegar</b> | <b>1 tsp. salt</b>    |
| <b>1/2 c. water</b>       | <b>Dash of pepper</b> |
| <b>1/4 c. butter</b>      |                       |

Cook chicken on grill approximately 1 hour, turning frequently. Spread sauce on chicken with brush frequently during cooking.

## Marinade for Pork Chops

Angie Feldman

- |                          |                            |
|--------------------------|----------------------------|
| <b>3/4 c. soy sauce</b>  | <b>1 T. barbecue sauce</b> |
| <b>2 T. cooking oil</b>  | <b>1/8 tsp. pepper</b>     |
| <b>1 T. minced onion</b> |                            |

Combine marinade ingredients. Place pork chops in a heavy plastic bag; pour marinade over. Refrigerate 6 to 24 hours, turning bag occasionally. Grill.

## Mock Raspberry Jam

Gerrie Kaalberg

- |  |   |
|--|---|
| <b>4 c. peeled, quartered tomatoes</b> | <b>1 c. water</b>                                   |
| <b>4 c. sugar</b>                      | <b>2 T. lemon juice, or lemon juice concentrate</b> |
| <b>2 (3 oz.) pkg. raspberry Jello</b>  |   |

Place all ingredients, except Jello, in a large saucepan. Boil 20 minutes. Remove from heat; add Jello, combining well. Place in jars; freeze or refrigerate.

This tastes just like raspberry jam and the seeds from the tomatoes even make it look like raspberry seeds. It is simple, yet delicious.

## No-Fat Gravy

Mary Ort

2 T. flour  
1/2 c. water

1/2 c. skim milk  
1/4 tsp. garlic or onion powder

Whisk ingredients together in pan or skillet over medium heat. Cook until thick.

## Spaghetti Sauce

Sarah Simon

1/2 onion  
1 garlic clove  
2 cans tomato sauce  
1 can tomato paste  
1/2 tsp. salt  
1 bay leaf

1 tsp. sweet basil  
1/2 tsp. pepper  
3 tsp. sugar  
1 tsp. paprika  
1/4 tsp. baking soda

Sauté the onion and garlic clove in oil. In a separate pan, add the 2 cans of sauce plus 2 cans of water, the 1 can tomato paste plus 1 can of water, and all the other ingredients. Let boil for 3 minutes. Add the onion and garlic mixture. Cook for 1/2 hour, or more.

**Note:** This sauce can be frozen.

## Tartar Sauce

Jean Ann Feldman

2 1/2 c. salad dressing  
2 1/2 c. mayonnaise  
1/4 c. sugar

1 c. grated sweet pickles  
1 T. onion, chopped fine  
1/4 c. milk

Mix all ingredients together; store in jar in refrigerator. Yield: about 6 cups.

## Valentino's Pizza Sauce

Peggy Brecht

1/2 tsp. sugar  
1 (8 oz.) can tomato sauce  
1 (8 oz.) can tomato paste  
1/8 to 1/4 tsp. thyme  
1/4 tsp. rosemary

1/4 tsp. oregano  
1 clove garlic, minced  
1 bay leaf  
1/4 to 1/2 tsp. caraway seeds

Mix all ingredients in saucepan and simmer. Cool.  
Best if made the day before and refrigerated.



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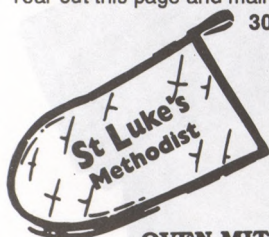
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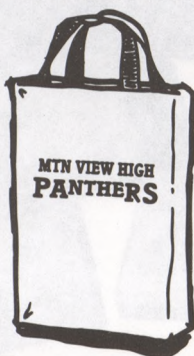
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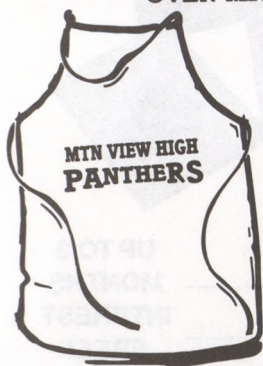
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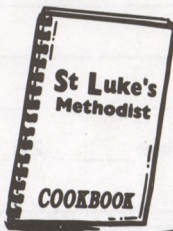


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