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APPETIZERS

APPETIZER TORTILLA PINWHEELS

- | | |
|--|-------------------------------|
| 1 cup (8-oz) sour cream | ½ cup chopped green onion |
| 1 pkg (8-oz) cream cheese, softened | garlic powder to taste |
| 1 can (4-oz) chopped green chilies, well drained | seasoned salt to taste |
| 1 can (4-oz) chopped ripe olives, well drained | 5 flour tortillas (10 inches) |
| 1 cup (4-oz) shredded cheddar cheese | fresh parsley |
| | Salsa |

Combine the first ingredients, mix thoroughly. Spread evenly over the tortillas; roll up. Cover tightly with plastic wrap; twisting ends; refrigerate for several hours. Unwrap; cut in slices ½ inch to ¾ inch thick (An electric knife works best). Discard ends. Place pinwheels on a serving plate garnish with parsley. Serve with salsa. Makes 4 dozen)

Marge G
Waukesha, Wi

AUNT KATHY'S SHRIMP DIP

- | | |
|--------------------------------------|--------------------------------------|
| 2 (8-oz) pkgs light cream cheese | 1 T Worcestershire sauce |
| 2 (4-oz) cans baby shrimp | 1 tsp red hot sauce |
| ¼ c mayonnaise | 1 tsp garlic salt |
| 1-2 oz of fresh squeezed lemon juice | 2 T chopped pickled jalapeño peppers |
| ¼ cup sour cream | 2 tsp dill weed |

1. Soften cream cheese. 2. Drain and rinse shrimp. 3. Stir all the ingredients (except the shrimp) together till smooth. 4. add shrimp and stir lightly. 5. Sprinkle parsley on top. 6. Chill.

Marge G
Waukesha, Wi/ Coupland, Tx

Recipe Symbols

- | | | |
|-----------------|----------------|---------------|
| Holiday 🎉 | Hot & Spicy 🌶️ | In Memory † |
| Kid Recipe 😊 | Pet Recipes 🐾 | Slow Cooker 🍲 |
| Award Winning 🏆 | | |



BEAUMONDE DIP

$\frac{2}{3}$ cup mayonnaise (heliman's NOT Miracle Whip)	1 tsp dill weed
$\frac{2}{3}$ cup sour cream	1 tsp Accent seasoning
1 T parsley flakes	1 tsp seasoning sALT
1 tsp beeau monde spice	5 DROPS Tabasco sauce

Mix together and let the flavors blend in the refrigerator for a few hours before serving. Serve with fresh veggies

*Marge G
Waukesha, WI*

BRAUNSCHWEIGER SPREAD

A good Milwaukee spread combines 8 ozs softened braunschweiger; 1 cup sour cream and $\frac{1}{2}$ package dried onion soup mix. Mix well. Chill several hours to blend flavors. Serve with crackers or cocktail rye.

*Marge G
Waukesha, WI*

BRAUNSCHWEIGER VEGETABLE DIP

1 pkg (8-oz) braunschweiger sausage	1 tsp Worcestershire sauce
1 cup (8-oz) sour cream	3 to 6 drops hot pepper sauce
2 T dry onion soup mix	Raw vegetables for dipping

In a mixing bowl, combine the first five ingredients, mix well, cover and chill for at least 1 hour. Serve with vegetables. Yield 2 cups)

Note: This spread is served mostly around the holidays.

*Marge G
Waukesha, WI*

BRENNAN'S FAMOUS SWEET & HOT DIP

little more than $\frac{1}{2}$ cup sweet & hot pepper relish	8- ozs softened cream cheese
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Blend $\frac{1}{2}$ jar of sweet & hot pepper relish with 8-ozs of softened cream cheese. Chill and serve with tortilla chips. Enjoy.

*Marge G
Waukesha, WI*



CLASSIC SPINACH DIP

1 pkg (1.4 oz) Knorr Vegetable soup & recipe mix	1 can (8 oz) water chestnuts coarsely chopped OLD LONDON Melba Snacks
2 c sour cream	
$\frac{1}{2}$ c Hellmann's or Best Food's real mayonnaise	
1 pkg (10 oz) frozen chopped spinach thawed and squeezed dry,	

In medium bowl combine soup mix, sour cream and real mayonnaise. Stir in spinach and water chestnuts. Cover chill, stir before serving. Serve with Melba snacks. (makes 4 cups)

*Marge G
Waukesha, WI*

COLD SHRIMP DIP

1 (16-oz) container sour cream	$\frac{1}{2}$ lb cooked baby shrimp
1 (7-oz) package dry Italian style salad dressing mix	

In a medium bowl mix sour cream, dry Italian salad dressing mix and baby shrimp. Chill in the refrigerator until serving.

*Marge G
Coupland, TX*

COLD SHRIMP DIP

1 (16 oz) container sour cream	$\frac{1}{2}$ lb cooked baby shrimp
1 (7-oz) package dry Italian-style salad dressing mix	

In a medium bowl mix sour cream, dry Italian style salad dressing mix and baby shrimp. Chill in the refrigerator until serving.

*Marge G
Waukesha, WI*



CREAMY JONES BRAUNSCHEWIGER DIP

- | | |
|---|--------------------------------------|
| 1 pkg (8-oz) Jones Liver Sausage, cut into chunks | ¼ cup chopped, fresh parsley |
| 1 cup sour cream | 2-3 Tablespoons prepared horseradish |
| 6 green onions (white portion only) chopped | 3-5 drops hot pepper sauce |
| | 1 tsp Worcestershire sauce |

Place all ingredients into a food processor fitted with a metal blade, or place all ingredients into a mixing bowl and beat with electric mixer or a spoon. Cover and chill for several hours or overnight. Serve with crackers or cut fresh vegetables. (makes 2 cups)

*Marge G
Waukesha, WI*

CRISPY CHICKEN WINGS

- | | |
|---------------------|----------------------------------|
| 12 chicken wings | ½ tsp five-spice powder |
| 1 egg | ¼ c water |
| 2 tsp vegetable oil | ½ c Gold Metal all purpose flour |
| 2 tsp soy sauce | ¼ c cornstarch |
| 1 tsp salt | ½ tsp baking soda vegetable oil |
| 1 tsp sugar | ½ c Chinese hot mustard sauce |

Cut each chicken wing at joints to make 3 pieces; discard tips. Mix egg, 2 tsp vegetable oil, the soy sauce, salt, sugar, and five-spice powder in medium glass or plastic bowl, stir in chicken. Cover and refrigerate 1 hour. Add water to chicken. Stir flour, cornstarch and baking soda into chicken. Heat vegetable oil (1 ½ inches) in wok or 12-inch skillet to 350 degrees. Fry chicken, 4 or 5 pieces at a time, about 4 minutes, turning 2 or 3 times, until light brown. Drain. Increase oil temperature to 375 degrees. Fry half of the chicken pieces about 1 minute or until golden brown. Drain on paper towels. Repeat with remaining pieces. Serve with homestead sauce (6 servings)

*Marge Gebhardt
Coupland, Tx*



DICK'S DIP ¹

- | | |
|---------------------------------|--|
| 1 Cup apricot preserves | 1 lay block of cream cheese on a plate |
| 1 Cup peach preserves | Mix remaining ingredients together |
| ¼ cup horseradish sauce | Pour over cream cheese |
| 1 tsp fresh ground black pepper | Serve with crackers or melba toast |
| ½ tsp prepared yellow mustard | |
| 1 (8-oz) pkg cream cheese | |

*Marge G
Waukesha, WI*

DICK'S DIP

- | | |
|---------------------------------------|------------------------|
| 1 (8 oz.) pkg. cream cheese, softened | ¼ c. horseradish sauce |
| 1 c. apricot preserves | 1 tsp. black pepper |
| 1 c. peach preserves | ½ tsp. yellow mustard |

Lay cream cheese on serving dish. Mix together remaining ingredients and pour over cream cheese. Serve with crackers or Melba toast.

Note: No one knows why this is called Dick's Dip, but as odd as the ingredients sound everyone loves it! Consider using the sauce as a dip for coconut shrimp.

*Marge Gebhardt
Coupland, TX*

GRANDMA PAUL'S CARAMEL CORN

- | | |
|-------------------------|---------------------------|
| 2 sticks butter | 2 cups packed brown sugar |
| 3 pkg microwave popcorn | 1 tsp baking soda |
| 1 tsp salt | 2 (8-oz) bags pecans |
| ½ cup light corn syrup | |

Preheat oven to 200° F. Over medium heat combine first 4 ingredients and boil for five minutes. Remove from heat; Stir in baking soda. Stir well. Pour over (8 quarts popped corn. Stir to coat well. Bake in large roaster or pan for 1 hour, stir every 15 minutes, Spread on waxed paper to dry. (o6 4 batches, 07 6 batches, 08 - more batches, etc, etc)

*Marge G
Waukesha, WI / Coupland, Tx*



GRANDS CORN DOGS

- | | |
|---|--|
| 1 (1 lb or 1.3-oz) can Pillsbury
Grands! Pillsbury Golden Corn
Biscuits | 8 tsp ketchup
8 tsp mustard
8 hot dogs |
|---|--|

1. Heat oven to 350° F. Lightly grease cookie sheet. 2. Separate dough into 8 biscuits. Press or roll each biscuit to a 6 ½ inch oval. Spread each biscuit with 1 tsp ketchup and 1 tsp mustard. Place 1 hot dog in center of each biscuit. Roll dough around hot dog. Seal ends and edges well. Place seam side down on greased cookie sheet. 3. Bake at 350° F for 15 to 18 minutes or until golden brown. (serving 8 corn dogs)

Marge

HAM DIP

- | | |
|--|--|
| 2 (8-oz) pkgs Philadelphia Cream
cheese, room temp | 4-5 green onions, chopped, tops
and all (more or less to your
taste) |
| 2 (5-oz) cans Hormel chunk ham
(Chunky not deviled, like
canned tuna, and chicken) | 5-6 dashes Louisiana hot sauce,
to taste |
| ½ cup Hellman's mayonnaise) | 1 dash Accent seasoning
(optional) |
| ¼ - ½ cup sour cream (to thin) | |

Mix the Cheese, Ham, and Mayo with mixer, add the chopped Onions, Hot Sauce and sour cream by hand to thin to the right consistency. Chill until set, several hours. When set this can be rolled into a ball or a half moon and rolled/topped with chopped nuts if you want to fancy it up a bit. But we don't usually wait for that. That's it. I hope you enjoy it.

Marge G
Waukesha, WI

Due to their shape and rough green skin, avocados are also called alligator pears. Avocado trees are native to Mexico, Central America, and Guam.



HAM DIP

- | | |
|---|---|
| 2 (8 oz.) pkgs. cream cheese,
softened | 5 green onions, chopped, tops
included |
| 2 (5 oz.) chunk ham (not deviled) | 6 dashes hot sauce, such as
Tabasco or Louisiana |
| ½ c. mayonnaise | 1 dash seasoned salt (opt.) |
| ½ c. sour cream | |

Mix the cream cheese, ham and mayonnaise with mixer. Fold in onions, hot sauce and sour cream. Chill for several hours until set. Serve with crackers.

Note: Made this for Superbowl several times and everyone loved it!

Marge Gebhardt
Coupland, TX

HERBED CHEESE-AND- CRACKER BITS

- | | |
|--|-------------------------------------|
| 2 (10½-oz) boxes cheese crackers
(recommended Ritz Cheese
Bits) not peanut butter flavor | 1 heaping tablespoon dill
powder |
| ½ cup vegetable oil | 1 tsp garlic powder |
| 1 (1-oz)pkg salad dressing mix
(recommended Hidden Valley
Original Ranch) | 1 tsp celery salt |

Place the crackers in a large sealable freezer container. In a bowl mix the oil, salad dressing mix, dill, garlic powder, and celery salt. Pour this mixture over the crackers, cover the container, and invert it to coat the crackers with seasoning. Refrigerate for at least 24 hours, turning the container every so often to keep the crackers coated. Let the mixture come to room temperature before serving. Store in the covered container in refrigerator.

Marge G
Coupland, Tx



HIDDEN VALLEY RANCH OYSTER CRACKERS

¾ cup salad oil	½- 1 tsp dill weed
1 package ranch dressing mix	¼ tsp garlic powder
¼ teaspoon lemon pepper	12-16 ozs- oyster crackers

These are really good to snack on, but be careful, they are quite addictive Mix salad oil and dressing mix together. Add remaining ingredients and stir to coat. Place in warm oven for 15-20 minutes.

*Marge G
Coupland, Tx*

KILLER - COOL-AID- AID- AID

½- oz vodka	4- oz red cranberry juice
½- oz midori melon liqueur	1 slice limes, wheel
½- oz amaretto	

Fill a high ball glass with ice cubes, Add vodka, Midori, amaretto, and cranberry juice to the glass, Garnish the drink with a lime wheel, then stir

*Marge G
Waukesha, Wi*

LAYERED SHRIMP DIP

1 pkg (3-oz) cream cheese, softened	1 c (4-oz) shredded cheddar cheese
8 T salsa, divided	1 c (4 oz) shredded Monterey Jack cheese
½ c cocktail sauce	Sliced green onions
3 cans (6-oz ea) small shrimp, rinsed and drained	Tortilla chips
1 can (2-¼ oz) sliced ripe olives, drained	

Combine cream cheese and 3 tablespoons salsa; spread into an ungreased 9-in pie plate. Combine cocktail sauce and remaining salsa; spread over cream cheese, Place shrimp evenly over top. Sprinkle with olives. Top with onions. Chill. Serve with tortilla chips. (makes 16 servings)

Note: People's eye's light up when I set this special snack on the table; It has a terrific combination of flavor's and looks so pretty. Once folks start dipping, they can't seem to stop.

*Marge G
Waukesha, Wi*



MELANIE'S GUACAMOLE

2 mashed avocado's (pitted)	1 pkg guacamole mix
sweet onion, (purple)(chopped small approx ½ cup)	½ cup shredded cheese

Mix together & put pits down in middle. Spread a thin layer of mayonnaise to seal the guacamole dip & blend just before serving.

*Marge G
Waukesha, Wi*

MINI CRESCENT DOGS OR PIGS IN A BLANKET

2 cans (8-oz ea) Pillsbury refrigerated crescent dinner rolls	1 pkg Hillshire Farm Lit'l Smokies'
---	-------------------------------------

1. Heat oven to 375°. Separate dough into 16 triangles. Cut each triangle into thirds lengthwise. Place smokies on the short side of a triangle. Roll up starting at short side of triangle. On ungreased cookie sheet place rolls point side down Bake 12 to 15 minutes or until golden brown. Serve warm with ketchup horseradish & mustard.

*Marge G
Waukesha, Wi*

PARMESAN BACON ONION DIP

8-oz creamed cheese, softened	1 clove garlic,minced
1 cup mayonnaise	4 slices thin-cut bacon cooked and crumbled
1 cup Parmesan cheese	1 tsp fresh ground black pepper
1 cup finely chopped onion	

Preheat oven to 350°, Mix all ingredients together evenly, Pour mixture into 1 quart baking dish, Bake 25-40 minutes, until top is deeply browned but not burnt, Serve warm with chips, chunks of bread or veggies for dipping.

*Marge G
Coupland, Tx*



SASHA'S CREAM CHEESE DIP

1 8-oz pkg cream cheese
beat until smooth
add 1/3 to 1/2 cup Sash's

sweet & sultry dressing
serve with pretzels

*Marge G
Waukesha, Wi*

SAUSAGE DIP

1/2 lb bulk pork sausage
1 pkg (8 oz) Philadelphia Cream
Cheese

1 C bottled salsa
1/4 cup chopped fresh cilantro
Tortilla chips

In medium saucepan cook sausage until brown, drain fat Stir in cream cheese, salsa and cilantro. Cook and stir over low heat until cheese melts. Transfer to a 1 quart crockery cooker. Keep warm on low-heat setting for up to 2 hours. Serve with chips

*Marge G
Coupland, Tx*

SENSATIONAL SHRIMP DIP

1 (8-oz) pkg, cream cheese
1 cup sour cream
1/2 pkg Italian salad dressing mix

1 tsp grated onion
1-(7 1/2 oz) can shrimp, drained

Combine softened cream cheese and sour cream. Beat until light and fluffy. Add salad dressing mix and onion; fold in shrimp, chill, serve with chips (yield 3 cup)

*Marge G
Waukesha, Wi*

Procter & Gamble chose the name "Pringles" from a Cincinnati telephone book, selecting Pringle Avenue in Finneytown, Ohio, for its pleasing sound.



SHRIMP DIVINE DIP

1 (8-oz) pkg cream cheese,
softened
1 C sour cream
2 tsp lemon juice
(1-oz) packet Seasonings Italian
salad dressing mix

1/4 cup finely sliced green onions
1 cup finely chopped cooked
shrimp

Mix the cream cheese, sour cream, lemon juice and dressing mix together in a large bowl. Once well blended, fold in the shrimp, and green onions. Refrigerate for at least one hour. Serve with crackers (originally was served with ritz)

Note: Wonderful !!! Great on crackers. 6-2-08, 2-5-10, 5-30- 10 and lots others

*Marge G
Waukesha, Wi*

SMOKED SALMON SPREAD 🐟

(8-oz) cream cheese, at room
temperature
1/2 Cup sour cream
1 T freshly squeezed lemon juice
1 T minced fresh dill
1 tsp prepared horseradish
drained

1/2 tsp kosher salt
1/4 tsp freshly ground black pepper
1/4 lb (4-oz) smoked salmon
minced

Cream the cheese in an electric mixer fitted and serve. Chin and mix weld with a paddle attachment until just smooth. Add the smoked salmon and mix well. Chill and serve with crudites or crackers.

Note: If you can find it, I prefer Norwegian salmon, it's drier and less salty than other smoked salmon.

*Marge G
Waukesha, Wi*



SMOKED SALMON SPREAD

- | | |
|------------------------------------|-------------------------------|
| 2 (8-oz) pkg cream cheese softened | 3 drops hot pepper sauce |
| (12-oz) smoked salmon chopped | 1 tsp chopped fresh dill weed |
| 3 dashes Worcestershire sauce | 2 chopped green onion |

In a medium bowl stir cream cheese until it is no longer in a hard form. Add salmon, Worcestershire sauce, hot pepper sauce, dill and onion, mix well. Serve

*Marge G
Waukesha, Wi*

SMOKED SALMON DIP

- | | |
|--|--|
| 1 can (16-oz) pitted ripe olives, drained | $\frac{3}{8}$ cup mayonnaise, 8 drops liquid smoke |
| 8 green onions, cut into 2-inch pieces | assorted crackers |
| 1 can (14- $\frac{3}{4}$ - oz) pink salmon, drained flaked and bones removed | |

Place olives and onions in a blender or food processor; process for about 15 seconds. Add salmon, mayonnaise, and liquid smoke; process until dip reaches desired consistency. Chill. Serve with crackers. (makes 3 cups)

*Marge G
Waukesha, Wi*

Americans consume 2 billion pounds of potato chips each year.



SMOKY SALMON SPREAD

- | | |
|--|--|
| 2 pkgs (8-oz ea) cream cheese, softened | $\frac{1}{4}$ cup thinly sliced green onions |
| 3 T lemon juice | 3 to 4 drops liquid smoke, optional |
| 3 T milk | sliced French bread or crackers |
| 1- $\frac{1}{2}$ tsp dill weed | |
| 2 cans (6-oz es) chicken of the sea skinless boneless pink salmon, drained | |

In a small mixing bowl, beat cream cheese, lemon juice, milk, and dill weed. Stir in salmon and green onions. Season with liquid smoke if desired. Cover and refrigerate for several hours to blend flavors. Serve with bread or crackers. (makes 3- $\frac{1}{2}$ cups)

*Marge G
Waukesha, Wi*

SOUTH OF THE BORDER DIP

- | | |
|---|--------------------------------------|
| $\frac{1}{2}$ lb ground beef | 1 cup (8-oz) sour cream |
| 1 can (15- $\frac{1}{2}$ oz) refried beans | 2 T shredded cheddar cheese |
| 1 can (8-oz) tomato sauce | $\frac{1}{4}$ tsp chili powder |
| 1 pkg (1- $\frac{1}{4}$ -oz) taco seasoning | GARNISH |
| 1 small onion, finely chopped | 2 cup shredded lettuce |
| $\frac{1}{2}$ green pepper finely chopped | 1 cup (4-oz) shredded cheddar cheese |
| $\frac{1}{2}$ tsp dry mustard | Tortilla chips |
| $\frac{1}{2}$ tsp chili powder | |
| SOUR CREAM TOPPING | |

Brown beef, drain. Stir in beans, tomato sauce, taco seasoning, onions, green pepper, mustard and chili powder. Bring to a boil, stirring constantly. Spread mixture into an ungreased 9-in pie plate. Combine topping ingredients; spread over beef mixture. Sprinkle with lettuce and cheese. Serve with chips. (makes 3- $\frac{1}{2}$ cups)

*Marge G
Waukesha, Wi*



SPICY CRANBERRY CHEESE SPREAD

- | | |
|--|--|
| ½ cup jellied whole berry
cranberry sauce | 8 oz brick cream cheese
assorted crackers |
| ½ cup jalapeño jelly (red) | |

Mix the cranberry sauce and pepper jelly together until smooth. Place cream cheese on serving dish. Pour jelly sauce over. Serve with crackers.

Note: Note; does not work well with fat free cream cheese, as it separates. But the light cream cheese is wonderful.

*Marge G
Austin, Tx*

SPICY SNACK MIX

- | | |
|---------------------------------|---------------------------------|
| ½ c butter or margarine | 7 c Rice Chex |
| 1 T seasoning salt | 6 C Cheerios toasted oat cereal |
| 1 T Worcestershire sauce | 5 C Wheat Chex |
| 1 tsp garlic powder | 2 (12-oz) cans mixed nuts |
| 1 tsp hot sauce (I use Tabasco) | |

In a small saucepan melt butter. Add seasoned salt, Worcestershire sauce, garlic powder, and hot sauce, set aside. In a large mixing bowl, combine cereals and nuts; mix well, Stir in butter mixture until well blended. Spread into two 15 x 10 inch baking pans. Bake at 250° for 1 hour, stirring every 15 minutes.(makes 20 cups)

Note: Made this for trips to Texas an again to New Mexico.i

*Marge G
Waukesha, Wi/ Austin, Tx*

Due to their shape and rough green skin, avocados are also called alligator pears. Avocado trees are native to Mexico, Central America, and Guam.



SPINACH DIP

- | | |
|--|--|
| 1 pkg (10-oz) frozen chopped
spinach thawed and drained | 1 cup dairy sour cream |
| 1 can (8-oz) water chestnuts,
drained and chopped | 1 cup mayonnaise or salad
dressing |
| 1 pkg (1-½- oz) dry vegetable
soup mix | ⅓ cup chopped green onions
Bugles snack |

Mix spinach, water chestnuts, soup mix, sour cream, mayonnaise, and onions. Cover and refrigerate at least st 8 hours. Serve with snack. About 3 cups dip

*Marge G
Waukesha Wi*

Procter & Gamble chose the name "Pringles" from a Cincinnati telephone book, selecting Pringle Avenue in Finneytown, Ohio, for its pleasing sound.



STUFFED MUSHROOMS

(A 2 FOR 1 RECIPE)

3-4 pkg large white mushrooms	1 ½ to 2 lb @ plain bread crumbs
1 lb regular or lite pork sausage (I prefer the Jimmy Dean Sausage)	¾ cup grated onion
1 lb spicy pork sausage (Jimmy Dean)	¾ cup mozzarella cheese or moreough
	2- 3 B milk

Early in the day clean mushrooms and remove stems, discarding half of the stems. finely chop the remaining stems and place in large bowl. Brown sausage lightly and stir to crumble over medium heat. Remove with slotted spoon and add to stems. Add onions, bread crumbs, and cheese to mixture & Stir to combine, Add milk by the tablespoon, just enough so mixture can be rolled into a ball. stuff the mushrooms leaving a slight mound. Place on jelly roll pan or baking dish 9 x 13 inch and cover with foil. Chill until ready to bake. Preheat oven to 350° Remove mushrooms from refrig. and let set 15-20 minutes before baking. Bake 30-35 minutes or until mushrooms have heated through (Bake without foil) Since this makes more stuffing than you have mushrooms, usually, You have several options for the leftovers stuffing. 1st use the stuffing within 48 hours (making sure stuffing was chilled. 1, stuff portable mushrooms and grill til heated through. Serve as is or on a bun with a salad or fruit for a nice lunch. 2. Stuff acron squash, Poke squash with knife or fork and micro-wave for about 5 min on high to remove seeds etc. Butter the squash & stuff with stuffing. Bake at 350° for 30-45 minutes, until squash is cooked through. Stuff peppers with stuffing and pour 1 small can tomato sauce around peppers. Bake @ 350° covered, then remove foil cover and bake for another 15 min. (Salsa could also be used or a combination of both)

Marge G
Coupland, Tx

Americans consume 2 billion pounds of potato chips each year.



SUGARED BACON-WRAPPED SMOKIES

1 (16-oz) pkg small cooked smoked sausage links	¾ cup packed brown sugar
15 slices bacon, each cut crosswise into thirds	

1. Line a 15 x 10 x 1- inch baking pan with foil; coat foil with non-stick cooking spray set aside; 2 Heat oven to 350° wrap each sausage link with a bacon piece, overlapping the bacon piece at the end. Press end bacon piece to seal or secure it with a wooden toothpick. 3. Place brown sugar in a large resealable plastic bag. Add several bacon wrapped sausages; seal Shake bag gently to coat sausages with brown sugar. place in prepared pan Repeat with remaining bacon-wrapped sausages. 4. Bake at 350° for 30 minutes or until bacon is browned. Serve immediately.

Marge G
Coupland, Tx

SUMMER REFRIGERATOR RELISH

6 cups finely chopped cabbage	½ tsp celery seed
1 cup sugar	2 medium cucumbers, shredded (3 cups)
½ cup white or cider vinegar	1 medium red bell pepper, chopped (1 cup)
1 ½ tsp salt	
1 tsp mustard seed	

Mix all ingredients in large bowl. Spoon into 1-quart jar and 1-pint jar. Cover and refrigerate at least 24 hours but no longer than 2 weeks. makes 6 cups

Marge G
Coupland, Tx

SWEET & TANGY CHIP DIP

1 (8-oz) pkg cream cheese (softened)	1 cream together creamed cheese and dressing
¼ cup French dressing	2 add pineapple to taste
crushed pineapple, drain well (to taste)	3. I like about 2 tablespoons

YUM!!!!!!wow at first when I was mixing it I wasn't sure if it would work but wow. This is best served with rippled potato chips.

Marge G
Coupland, Tx



SWEET HOT MUSTARD CHICKEN WINGS

- | | |
|--|------------------------------|
| 2 lbs chicken wings separated at joints tips discarded | 3 T honey |
| Salt to taste | 2 tsp cider vinegar |
| 2 T dijon mustard | salt & black pepper to taste |
| 2 T prepared yellow mustard | 1 tsp hot pepper sauce |

Preheat oven to 450° F Line a baking sheet with aluminum foil; coat aluminum foil with cooking spray; Arrange the wings on the prepared baking sheet so they do not touch; season with salt; Bake in the preheated oven until browned and crispy on top, about 20 minutes. Flip the wings with tongs and cook until no longer pink in the center and the juices run clear about 20 minutes more. Stir together the Dijon mustard, Yellow mustard honey, cider vinegar, salt, pepper, and hot sauce in large mixing bowl. Add the wings to the bowl and toss with a spatula to coat evenly; Allow to sit for about five minutes and toss again to recoat; Transfer to a plate to serve.

*Marge G
Coupland, Tx*

TAILGATE TOUCHDOWN

- | | |
|--|-------------------------------------|
| 24 miniature rolls | ¼ cup butter, melted |
| ⅓ cup Dijon mustard | 2 tablespoons finely chopped onion |
| ½ lb thinly sliced lean ham. cut into small pieces | 1 tablespoon poppy seeds |
| 2 cups shredded Jarisberg or light Swiss cheese | Louisiana style hot sauce, to taste |

Preheat oven to 350°, Line a large baking pan with foil, Split rolls in half, and place bottom halves on baking sheet Spread each bottom of roll with mustard, and top with ham and cheese. Add tops of buns, and arrange filled rolls close together on baking sheet. In a small bowl, combine butter, onion, poppy seeds and hot sauce and drizzle mixture evenly over rolls. Cover with foil, and bake 12 to 15 minutes or until cheese is melted. Remove foil, and bake 2 minutes longer. Serve immediately.

Note: Ham & cheese Sliders with Poppy Seed Sauce

*Marge G
Coupland. Tx*



VEGGIE PIZZA

- | | |
|----------------------------|-----------------------|
| 2 (8-oz) crescent rolls | ¼ cup onions |
| 2 (8-oz) pkgs cream cheese | 1 cup fresh mushrooms |
| 1 T dill weed | 1 cup cauliflower |
| 1 ½ tsp garlic powder | 1 cup broccoli |
| ¾ cup mayonnaise | 1 cup carrots, grated |
| ¼ cup milk | |

Press rolls into a jelly roll pan, Bake at 350° for 8-10 minutes. Cool. Mix the next 5 ingredients and spread onto the crescent rolls. Chop the veggies finely and sprinkle on top the cream cheese spread. Press firmly. Refrigerate overnight and cut into small squares.

Note: Made for Packer game and church Pot Luck ! ! !

*Marge G
Waukesha, Wi/ Coupland, Tx*

WHITE BEAN DIP

- | | |
|--|---|
| 1 can (15 to 16-oz) cannellini beans or great northern beans, rinsed & drained | ½ tsp freshly ground black pepper |
| 1 T lemon juice | ¼ tsp hot pepper sauce 2 to 3 garlic cloves |
| 2 T plain yogurt | Pita bread, corn chips or vegetable dippers |
| 2 T chopped fresh parsley | |

This tasty dish uses, less sugar, salt and fat

*Marge G
Waukesha, Wi*

Due to their shape and rough green skin, avocados are also called alligator pears. Avocado trees are native to Mexico, Central America, and Guam.



Recipe Favorites



BEVERAGES

BEAU RIVAGE BLOODY MARY MIX

1 (6-oz) cans tomato paste	¼ cup Worcestershire Sauce
2 cups water	2 tsp Lawry's Seasoned Salt
1 (12-oz) can V-8 vegetable juice	1¼ tsp black pepper
⅓rd cup distilled white vinegar	½ tsp Tabasco Sauce

Combine all ingredients in a pitcher and mix well combine with vodka to make your very good bloody mary's. Garnish with celery stick and pickle.

*Marge G
Coupland, Tx*

DARK & STORMY

1 oz. sugar	2 oz. Gosling's Black Seal
ice	Bermuda black rum
tall glasses	4-6 (ozs.) Ginger beer (NOT ale)
¼ lime, cut in half	

Fill a sugared rim highball glass with ice. Squeeze half the lime over ice. Add the rum and ginger beer. Place a wedge of lime for garnish and enjoy! Makes 1 cocktail, each.

Note: Gosling's is the original, if you can't find it, use a dark rum substitute.

*Joe Fluder
Waukesha, WI*

JERK-FLAVOURED BLOODY MARY

1 quart tomato juice	1 cup rum (light or dark)
½ cup freshly squeezed lime juice or ½ cup lemon juice	1 dash hot pepper sauce
1 T caribbean jerk seasonings)	celery rib (to garnish)
	lime wedge (to garnish)

Combine the tomato juice, lime juice, Dry Jerk Seasoning. Allow to stand in refrigerator several hours to blend flavors, stirring every so often to dissolve Jerk Seasoning. Add the rum and pepper sauce. Serve chilled in a pitcher garnished with celery sticks and lime wedges.

*Marge G
Coupland, Tx*



LEMON TEA SLUSH

5 c water	1 c vodka
2 tea bags green tea	1 bottle (1 liter) sparkling water,
1 c sugar	chilled Lemon slices, if desired
1 can (12 oz) frozen lemonade concentrate, thawed	

Heat 1 cup of water to boiling. Pour water over tea bags; let steep 10 minutes. Remove tea bags; cool tea. Heat remaining 4 cups water to boiling. Stir in sugar until dissolved. Remove from heat; cool 20 minutes. Mix tea, sugar water, lemonade concentrate and vodka in 3-quart plastic container. Cover and freeze at least 24 hours. To serve, place $\frac{2}{3}$ cup slush in each glass and fill with $\frac{1}{3}$ cup sparkling water; stir. Garnish with lemon slices (12 servings) (1 cup each)

Note: FREEZE 24 HOURS

MELONADE SLUSH

4 c seeded watermelon cubes (about 2 $\frac{1}{2}$ c when puréed)	1 (6-oz) can frozen limeade concentrate, slightly thawed
1 (12-oz) can frozen pink lemonade concentrate, thawed slightly	$\frac{1}{2}$ tsp grated fresh gingerroot
	1 c vodka
	2 (1-liter) bottles club soda

Place half of watermelon in food processor bowl with metal blade or in blender container; process until smooth. Pour purée into 2-quart nonmetal freezer container. Repeat with remaining watermelon. Add lemonade and limeade concentrates, stir to blend well. Add gingerroot and vodka; mix well. Cover, freeze 8 hours or overnight until firm. stirring once or twice. Remove from freezer 5 to 10 minutes before serving. For each serving, scoop $\frac{1}{2}$ cup slush mixture into 8-oz glass; stir in about $\frac{1}{2}$ cup club soda. Garnish with mint, if desired. (makes 11 -1 cup servings)

Note: Those favorite summertime flavors by the grill.

Marge G



O J & VODKA SLUSH

$\frac{1}{2}$ c sugar	4 c water
2 c water	3 c vodka
12 oz- can frozen orange juice concentrate, thawed	$\frac{1}{2}$ c lemon juice
12 oz can frozen lemonade concentrate, thawed	3 (16-0z) bottles (6 c) lemon-lime flavored carbonated beverage, chilled

In medium saucepan boil sugar and 2 cups water for 3 minutes; cool, in large non-metal container, combine sugar mixture, orange juice and lemonade concentrate, 4 cups water, vodka and lemon juice. Cover freeze; Before serving let stand at room temperature 15 minutes, stir to thaw

*Marge gebhardt
coupland, Tx*

OJ & VODKA SLUSH

$\frac{1}{2}$ c water	4 c water
2 c water	3 c vodka
12-oz can frozen orange juice concentrate, thawed	$\frac{1}{2}$ c lemon juice
12- oz can frozen lemonade concentrate, thawed	3 (16-oz) bottles (6 c) line flavored carbonated beverage, chilled

In medium saucepan, boil sugar and 2 cups water for 3 minutes; cool. In large non-metal container, combine sugar mixture, orange juice and lemonade concentrate, 4 cups water, vodka and lemon juice. Cover, freeze. Before serving let stand at room temperature 15 minutes to thaw slightly, stir occasionally. Spoon $\frac{1}{2}$ cup slush mixture into each serving glass; stir $\frac{1}{4}$ cup carbonated beverage into each. makes 25 ($\frac{3}{4}$ cup) servings

Note: A smashing drink that will quench everyone's thirst at your next party.



PARTY ON BLOODY MARY

1¼ cups vodka	1 (tsp-) prepared horseradish
2½ T Worcestershire sauce	⅓ c fresh lime juice
1 tsp hot sauce	½ tsp salt
1 (46-oz) cans tomato juice	½ tsp fresh ground pepper

GARNISHES: celery ribs or sliced jalapeños or lime wedges or seafood seasoning. 1. Combine ingredients in a pitcher, Stir, 2. Serve over ice. 3. Garnish, if desired. 4. Yields 7 cups.

*Marge G
Coupland, Tx*

PEACHY KEEN SLUSH

x well. Bring to a boil. Boil 3 minutes. Set aside to cool sl	1 (12-oz) can frozen lemonade concentrate, thawed
5 c water	2½ c peach-flavored schnapps
1 (12-oz) can frozen orange juice concentrate, thawed	1 (2-liter) bottle (8½ c) ginger ale, chilled

1. In Medium saucepan, combine sugar, and 2 cups of the water; slightly 2. In large nonmetal freezer container, combine concentrates, remaining 3 cups water, the schnapps and lemon juice; blend well. Stir in sugar mixture, cover, freeze at least 8 hours or overnight until frozen, stirring 2 or 3 times after 2 hours. 3. To serve, spoon ½ cup slush mixture into each glass. Add about ⅓ cup ginger ale to each, stir gently. (makes 22 (¾-cup) servings)

Note: MAKE IT SPECIAL; Look for pretty unbreakable glasses to serve this slush. Add a sprig of mint, slice of peach or slice of lemon for garnish. MAKE AHEAD; Make this recipe- it'll be waiting in the freezer when unexpected company drops by throughout the summer months.

*Marge G
Austin, Tx*



PEACHY KEEN SLUSH

½ c sugar	3 c water
2 c water	2½ c peach flavored schnapps
1 (12 oz) can frozen orange juice concentrate thawed	⅓ c lemon juice
1 (12 oz) can frozen lemonade concentrate thawed	1 (2 liter) bottle (8½ c) ginger ale, chilled

In medium saucepan, combine sugar and 2 cups water, mix well. Bring to boil. Boil 3 minutes. Set aside to cool slightly. In large nonmetal container, combine concentrate, 3 cups water, schnapps and lemon juice; blend well Stir in sugar mixture, Cover, freeze 3 or 4 hours or until frozen, stirring 2 or 3 times after 2 hours. To serve, spoon ½ cup slush mixture into each glass. Add about ⅓ cup ginger ale to each glass; stir gently (makes 22 -¼ cup servings).

Note: Cook's Notes; To cool the boiled mixture more quickly stir in the frozen juice concentrate. Microwave: Sugar & water can be heated in a 4 cup microwave safe container. Cook on high until mixture boils hard, 5 to 6 minutes. Stir until sugar is completely dissolved.

*Robert
Coupland, Tx*

SLUSHED, SLUSHY, SLUSH RECIPE

7 cups water	1 (12-oz) can frozen lemonade, thawed
4 tea bags	750 ml vodka
1 cup sugar	1 (2liter) ginger ale or 7-up (1-2) thawed

Bring water to a boil. Remove from heat and add tea bags for 15 minutes. Remove tea bags and add sugar, stir until dissolved. Pour into the large container you will be freezing it in. Add your cans of orange juice and lemonade, stir well. Add vodka, stir well.. Freeze! It takes about 24-36 hours to freeze properly. Once frozen, scoop out into glasses (about ½ full) and add ginerade or 7-up. Let the party begin.

Note: utes.

*Marge G
Waukesha, Wi*



SPICY CAJUN BLOODY MARY MIX

1 (64-oz) containers tomato juice	1 tsp steak sauce
2 T creole seasoning	2 T Worcestershire sauce
1 T minced garlic	1 T Tabasco sauce
1 T horseradish	½ lemon, juice

1. Mix all ingredients together in a pitcher or jug of some sort until the creole seasoning is completely dissolved. I like to use an empty gallon jug or something with a top so I can shake all the ingredients together, You can use right away, but I prefer to let it sit in the fridge and mingle for a few hours. 2. When making drinks with the mix try rimming your glasses with creole seasoning. Pickled green beans, pickled okra; lemon, lime and of course an olive make for a wonderfully garnished spicy Cajun Mary 3. You can always add more or less creole seasoning and Tabasco to taste. 4. Make sure to have extra tomato juice on hand to dilute to people's personal taste preference. I sometimes had to add half juice for my customers who couldn't handle the heat.

*Marge G
Coupland, Tx*

SPIRITED WATERMELON SLUSH

6 c seeded cubed watermelon	½ c water
1 (6 oz) can frozen fruit punch concentrate, thawed	½ c vodka
	1 (33.8 oz) bottle (4 c) ginger ale

Place watermelon cubes in blender container or food processor bowl with metal blade; process until smooth. In large nonmetal container, combine watermelon purée, fruit punch concentrate, water and volka. Cover, freeze 8 hours or overnight. Before serving, let stand at room temperature 30 or 45 minutes or until slushy, stirring occasionally. 'Spoon ½ c slush mixture into each serving glass; stir ¼ c ginger ale into each. 13 (¾ cup) servings

Note: Serve with; hot and spicy CURRIED SHRIMP, OR WITH FRESH CRISPY VEGETABLES.

*Marge
Austin, Tx*



STRAWBERRY MARGARITA SLUSH

1 (16-oz)pkg frozen whole strawberries	1 ½ c water
½ c sugar	1 ½ c tequila
1 (12 oz) can frozen concentrate	4 c lemon-lime flavored carbonated beverage, chilled

In food processor bowl with metal blade, combine strawberries, sugar and lemonade concentrate, process until strawberries are chopped and mixture is blended. slowly add ½ to 1 cup of the water, blending well. Pour into nonmetal freezer container. Add remaining ½ to 1 cup water, tequila and 1 ½ cups of the carbonated beverage, mix well. Cover container, freeze 4 to 5 hours or until icy, stirring 2 or 3 times after 2 hours. To serve, stir mixture, spoon into 10 glasses. Top each serving with ¼ cup carbonated beverage. makes 10 (1-cup) servings

*LISA
Elgin, Tx*

SWAYTE TAY **(SWEET TEA)**

3 family-size tea bags	1 cup sugar, or Splenda
2 cups water	

1. Put water and tea bags in a small saucepan and bring to a boil. 2. Remove from heat and cover. Let steep for 10 minutes. 3. Strain or carefully press water from tea bags. 4. Put hot tea solution into a gallon pitcher and add sweetener, stirring to dissolve. 5. Add water to pitcher to fill. 6. Cool in refrigerator and serve with ice. (optional) slice lemon

*Robert G
Coupland, Tx
Margeee*

WASABI BLOODY MARY

½ C fresh lime juice	1¼ tsp hot pepper sauce
4½ tsp wasabi	¾ tsp salt
6 cups low-sodium V8 juice (V-8)	1 ½ cup vodka
3 T Worcestershire sauce	

Combine lime juice and wasabi with a whisk, until wasati Dissolves. Combine wasabi mixture veggie juice, Worcestershire sauce, pepper sauce and salt in a pitcher, chill. Stir in Vodka and serve over ice.

*Marge G
Coupland, Tx*



WATERMELON REFRESHER

5 to 6 c seeded cubed watermelon
 6-oz can frozen lemonade concentrate, thawed
 6-oz can frozen juice concentrate, thawed

4 ½ c water Lemon or orange slices, if desired

Place watermelon cubes in food processor or blender container. Cover process until smooth. In 3 quart non-metal container, combine watermelon purée and remaining ingredients. Refrigerate until thoroughly chilled. Serve over ice stirring to combine. Garnish with lemon or orange slices 9 (1 cup) servings

Marge
 Austin, Tx



Greece devotes 60% of its cultivated land to olive growing. It is the world's top producer of black olives and boasts more varieties of olives than any other country. Greece is third in world olive production, producing 350,000 tons of olive oil annually.



SUPER SOUPS

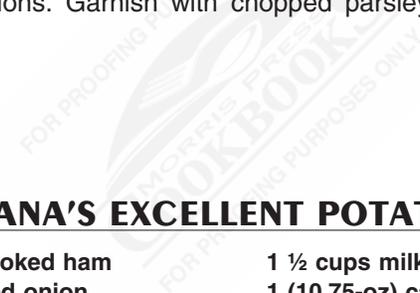
1-2-3 STEAK SOUP

1 lb boneless beef sirloin steak, cut into 1-inch cubes
 1 t vegetable oil
 ½ lb sliced mushrooms (about 2 ½ c)
 2 c French Fried Onions, divided

1 pkg (16-oz) frozen vegetables for stew (potatoes, carrots, celery and pearl onions)
 2 cans (14 ½ oz each) beef broth
 1 can (8 oz) tomato sauce
 1 t French's Worcestershire Sauce

1. Cook beef in hot oil in large saucepot over med heat until browned, stirring frequently. Remove beef from pot; set aside. 2. Sauté mushrooms and ⅔ cup French Fried Onions in drippings in same pot over medium heat until golden, stirring occasionally. Add vegetables, broth, tomato sauce and Worcestershire, return beef to skillet. 3. Heat to boiling; reduce heat to low. Cover and simmer 20 minutes until vegetables are tender, stirring occasionally. Serve soup topped with remaining onions. Garnish with chopped parsley if desired. (makes 8 servings)

Marge



ALLANA'S EXCELLENT POTATO SOUP

8-oz cubed cooked ham
 1 cup, chopped onion
 1 T butter
 2 ½ lbs potatoes, peeled, and diced
 2 (14.5-oz) cans chicken broth
 1 T prepared Dijon style mustard

1 ½ cups milk
 1 (10.75-oz) can condensed cream of celery soup
 ¼ tsp garlic powder
 ¼ tsp seasoning salt
 ½ tsp salt free seasoning blend

In a large saucepan over medium-high heat, sauté ham and onions in the butter; until the onions are translucent. Stir in the mustard, then pour in the chicken broth. Add potatoes, bring to a boil and cook until potatoes are tender. Combine the milk and cream of celery soup; stir in to the saucepan. Season with garlic powder, seasoned salt -free seasoning blend. Heat through, but do not boil. Serve hot. (makes 6 servings)

Marge G
 Waukesha, Wi



ASIAN PORK & NOODLE SOUP

1 lb pork boneless sirloin or loin cut into ½-inch pieces	2 t soy sauce
2 cloves garlic, finely chopped	2 c uncooked fine egg noodles (4 oz)
2 t finely chopped gingerroot	1 medium carrot, sliced (½ c)
2 cans (14 ½ oz each) chicken broth	1 small red bell pepper, chopped (½ c)
2 c water	2 c fresh spinach leaves

1. Spray 3 quart saucepan with cooking spray, heat over medium high heat Add pork, garlic and ginger-root, stir-fry 3 to 5 minutes or until pork is brown. 2. Stir in broth, water and soy sauce. Heat to boiling; reduce heat, Simmer uncovered 5 minutes. Stir in noodles, carrot and bell pepper. Simmer uncovered about 10 minutes or until noodles are tender. 3. Stir in spinach. Cook until heated through. (makes 4 servings)

Note: Time Saver; Purchase already washed spinach in supermarket.

*Robert
Austin, Tx*

AWARD WINNING CHILI

(VENISON chili)

1 lb (venison, ground beef, ground turkey)	1 tsp salt
2 onions, diced	½ tsp cayenne pepper
1 green pepper, diced	½ tsp paprika (smoked if you can find it)
1 T (jalapeño, finely chopped)	1 (14-oz) can kidney beans, drained and rinsed
1 (14-oz) can Mexican-style tomatoes (like Hotel)	1 cup water
2 (8-oz each) cans tomato sauce	Toppings
2 T cumin	sour cream
2 T chili powder	green onion

Cook ground meat with onions and peppers in Dutch oven. Drain excess grease and add tomatoes, seasonings and water, bring to a boil. Add beans, cover and simmer 1-2 hours. Serve with toppings (makes 6 servings)

*Robert G
Waukesha, Wi
Marge G*



BAED POTATO SOUPK

⅔ c butter or margarine	12 bacon strips, cooked and crumbled
⅔ c all-purpose flour	1 ¼ c shredded cheddar cheese
7 c milk	1 c (8 oz) sour cream
4 large baked potatoes, baked, cooled, peeled and cubed (about 4 c)	¾ ts sea salt
4 green onions, sliced	½ ts pepper

In a large soup kettle, melt the butter or Dutch oven, melt the butter. stir in flour; heat and stir until. gradually add milk, stirring constantly until thickened. Add potatoes and onions. Bring to a boil, stirring constantly. reduce heat; simmer for 10 minutes. Add remaining ingredients; stir until cheese is melted, Serve immediately (serves 8-10 servings (2 ½ qts

*Robert Gebhardt
Coupland, Tx*



BAYOU GUMBO

3 T Pillsbury BEST All Purpose Flour	¼ tsp ground red pepper (cayenne)
3 T oil	¼ tsp pepper
½ lb smoked sausage, cut into ½-inch slices	1 (14.5- oz) can diced tomatoes, undrained
2 cups frozen cut Okrs (Sub-freionsh)	1 (12-oz) pkg. frozen shelled deveined cooked medium shrimp, rin sed
1 large Onion, chopped	1 ½ cups uncooked regular long-grained white rice
1 large green bell pepper, chopped	3 cups water
3 garlic cloves, minced	

In small saucepan, combine flour and oil; mix well. Cook, stirring constantly, over medium-high heat for 5 minutes. Reduce heat to medium; cook stirring constantly, about 10 minutes or until mixture turns reddish brown. Place flour-oil mixture in 3½ to 4-quart Crock-Pot Slow Cooker. Stir in aall remaining ingredients except shrimp, rice and water. Cover; cook on low setting for 7 to 9 hours. When ready to serve, cook rice in water as directed on package. Meanwhile, add shrimp to gumbo mixture in slow cooker; mix well. Cover, cook on low setting for an additional 20 minutes. Serve gumbo over rice.

Note: Gumbo is a Creole stew that is a New Orleans specialty. Vegetables, such as okra, tomatoes and onions, as well as meats, poultry and seafood are standard gumbo ingredients. True gumbo recipes begin with a dark roux, a flour-fat mixture cooked until is a brown.

*Marge G
Coupland, Tx*



BEAN AND PASTA SOUP

2 t olive or vegetable oil	1 ⅓ c water
2 large zucchini, cut in half lengthwise and sliced (about 3 c)	½ tsp dried basil leaves, crushed
¼ tsp garlic powder or 2 cloves garlic minced	1 can (14 ½-oz) whole peeled tomatoes, cut up
2 cans (10 ½-oz each) CAMELL'S Condensed Chicken Broth	½ c uncooked corkscrew macaroi
	1 can (about 15-oz) kidney beans, rinsed and drained
	rated Parmesan cheese

In large saucepan over medium heat; heat oil. Add zucchini and garlic powder. Cook until tender-crisp. Add broth, water, basil and tomatoes. Over medium-high heat, heat to a boil. Stir in macaroni. Reduce heat to medium. Cook 10 minutes or until macaroni is done, stirring occasionally. Add beans. heat through. Serve with cheese. (makes 5 servings)

Note: Perfect traveling companion on a cold day. On the job or in the stands.

Marge

BEEF, BARLEY & ONION SOUP

(Slow Cooker Recipe)

2 lbs beef stew meat, cut into ½-in cubes	½ tsp dried oregano leaves
3 large carrots, cut onto ½-in thick slices	½ tsp salt
2 large ribs of celery, cut into ½-in thick slices	¼ tsp black ground pepper
4 cans (14 ½ oz-each) beef broth	½ c barley
	2 c French's French Fried Onions, Divided

1. Combine beef, carrots, celery, broth and seasonings in slow-cooker. Cover and cook on low settings for 7 hours (or on high for 3 hours) until meat and vegetables are tender. 2. Stir in barley. Cover and cook on low setting flr 1 hour (or on high for ½ hour) until barley is tender. Stir in 1 cup French Fried Onions. Serve soup sprinkled with remaining onions. (makes 8 servings).

*Marge
Austin, Tx*



BEEFY CHUCKWAGON SOUP

- | | |
|--|---|
| 2 slices bacon, diced | 1 tsp Worcestershire sauce\ |
| 2 lbs extra lean ground beef | 1 tsp salt |
| 1 large onion, chopped | ½ tsp ground chipotle chili pepper
or a dash cayenne pepper |
| 2 garlic cloves, minced | fresh ground black pepper |
| 1 cup celery, chopped | 2 (15-0z each) cans beans,
drained (your choice pinto,
great northern, small red, or
mixture |
| 3 medium carrots, thinly sliced | |
| 2 cups beef broth | |
| 2 (14-½-oz each) cans diced
tomatoes with juice | |
| 1 (4-oz) can chopped mild green
chili peppers | |

Cook bacon in a large stockpot over medium-low heat. Cook until crisp; remove bacon with a slotted spoon to paper towels, to drain, To the drippings add beef, chopped onion, celery, and garlic. Cook stirring, until beef is browned. Add the carrots,beef broth, tomatoes, chile peppers, Worcestershire sauce,salt and chipotle pepper, Bring to a boil; reduce heat to low, cover, and simmer for 30 minutes or until vegetables are tender, Add the drained beans. Taste and add pepper and more salt if necessary, Simmer for about 15 minutes longer.

Note: We would have been more happy with less meat and more broth. It was more like a stew. Still tasted very good.

*Marge G
Waukesha, Wi*



BEST WHITE CHICKEN CHILI

- | | |
|--|---|
| 2½ c water | 2 (4-oz) cans chopped green
chilies, undrained |
| 1 tsp lemon pepper seasoning | 1 tsp ground cumin |
| 1 tsp ground cumin | 2-3 T lime juice |
| 1 T olive oil | 2 (14-oz) cans Great Northern
beans, undrained |
| 4 boneless skinless chicken
breast halves, trimmed of all
excess fat | shredded Monterey Jack cheese,
to garnish |
| 1 clove garlic, finely chopped | |
| 1 c chopped onions | |
| 2 (8-oz) cans white shoepeg corn,
drained | |

In a 5-qt stockpot, combine water with the lemon pepper, 1 tsp ground cumin, and olive oil. Bring to a boil. Add the chicken breast halves and return to a low boil, then reduce heat to low and simmer 20-30 minutes or until the chicken is fork tender and the juices are clear. Remove the chicken from the broth and cut into bite-size pieces, then return it to the broth. Add garlic, onion, corn, green chillies, 1 tsp ground cumin, lime juice, and Great Northern beans to the broth. Bring to a boil. Simmer until thoroughly heated, about 45 minutes. To serve ladle into soup bowls and sprinkle cheese on top. Refrigerate any leftovers; this chili is usually even better heated up the next day. (makes 8 servings)

Note: I found this in a recipe book called So-Fat, Low-Fat, No-Fat, but don't let that fool you. It maybe low in fat but fantastic in flavor. If you don't believe me, try it.

*Marge G
Waukesha, Wi*



BRINED CABBAGE

preheat oven 350 degrees
 2 tsp fennel seeds
 ½ cup finely chopped onion
 3 tablespoons butter
 1 medium sized cabbage,
 shredded

1 cup heavy cream
 1 tsp paprika
 1 cup grated Gruyeres, a swiss
 cheese
 salt & pepper to taste

In a large skillet, sauté onion & fennel seeds in butter over medium heat until onions are tender. Add cabbage and up heat to high Cook about 3 minutes stirring often. Add cream & paprika. Bring to a boil. Reduce heat to medium & continue cooking till liquid is the consistency of Alfredo sauce. Place mixture in a casserole dish and top with cheese. Bake @ 350 degree's for 5 minutes until cheese melts. Good with pork chops, smoked sausage & bratwurst. Also a good change of pace for corned beef & cabbage.

*Marge G
 Waukesha, Wi*

BROCCOLI AND CHEESE SOUP

1 bunch broccoli
 ½ cup butter
 1 medium onion, chopped
 ½ cup flour
 2 cups milk

1 cup grated mild cheddar cheese
 or sharp cheddar cheese
 2 cans chicken broth
 salt and pepper to taste
 Velveeta cheese

Cook broccoli until tender & drain. Cook onions in butter until tender & transparent, Stir in flour & cook 5 minutes stirring constantly, Add milk slowly, stirring constantly, Stir in grated cheese until smooth, Slowly blend broth into sauce, Add Velveeta cheese and stir until melted. Purée ½ cup of the broccoli with a fork (or in the food processor), Cut the rest of the broccoli into pieces, Add all broccoli to the soup, Simmer 15 minutes You can add more Velveeta for a cheese flavor. (makes 6 servings)

*Marge G
 Waukesha, Wi*



BROCCOLI CHEESE SOUP

½ chopped onion
 ½ c margarine or butter
 ½ c unsifted flour
 3 c water
 2 (10-oz) pkgs frozen chopped
 broccoli, thawed and well
 drained
 4 tsp Wyler's Chicken Flavor
 Instant Bouillon Cubes

1 tsp Worcestershire sauce
 3 c (12-oz) shredded Cheddar
 Cheese
 2 c (1 pint) Borden or Meadows
 Gold Coffee Cream or Half and
 Half

In a large saucepan or Dutch oven, cook onion in margarine until tender; stir in flour. Gradually stir in water then broccoli, bouillon and Worcestershire. Over medium heat, cook and stir until thickened and broccoli is tender; about 10 minutes. Add cheese and cream. Cook and stir until cheese melts and soup is hot (do not boil) Garnish as desired. Refrigerate leftovers. (makes about 2 quarts)

*Marge G
 Austin, Tx*



BROCCOLI CHEESE SOUP

(MICROWAVE RECIPE)

- | | |
|--|--|
| ½ c chopped onion | 1 tsp Worcestershire sauce |
| ¼ c margarine or butter | 3 c (12-oz) shredded Cheddar cheese |
| ¼ c unsifted flour | 2 c (1 pint) Borden or Meadow Gold Coffee Cream or Half and Half |
| 3 c water | |
| 2 (10-oz) pkgs frozen chopped broccoli, thawed & well drained | |
| 4 tsp Wyler's or Steero Chicken Flavor Instant Bouillon or 4 chicken-Flavor Bouillon Cubes | |

In large kettle or Dutch oven, cook onion in margarine until tender, stir in flour until smooth. Gradually add water then broccoli, bouillon and Worcestershire. Over medium heat, cook and stir until thickened and broccoli is tender, about 10 minutes. Add cheese and cream. Cook and stir until cheese melts and soup is hot (do not boil) Refrigerate leftovers **MICROWAVE RECIPE**: In 3 to 4 quart round baking dish, combine onion and margarine; cook covered on 100% power 2 to 3 minutes or until onion is tender. Stir in flour. Gradually stir in water then broccoli, bouillon and Worcestershire. Cook covered on 100% power 10 to 12 minutes or until tender. Add cheese and cream, mix well. Cook covered on 100% power 2 to 4 minutes or until heated through.

Note: Tip; 6 cups (about 1 ¼ pounds) chopped fresh broccoli can be substituted for frozen broccoli.

*Robert
Austin, Tx*



BROWN JUG SOUP

- | | |
|---|---|
| 4 cubes chicken bouillon | 1 (10 oz.) pkg. frozen chopped broccoli |
| 6 c. water | 2 (10 oz.) cans cream of chicken soup |
| 1 c. celery, chopped | 1 lb. Velveeta, cubed |
| 1 c. onion, chopped | |
| 3 c. peeled and cubed potatoes | |
| 1 (10 oz.) pkg. frozen mixed vegetables | |

In a large soup pot, dissolve chicken bouillon cubes in 6 cups of water. Add all the vegetables, fresh and frozen, to the pot. Simmer for 30 minutes. Stir in cream of chicken soup. Add cheese, and mix until melted.

*Marge Gebhardt
Coupland, TX*

BROWN JUG SOUP

- | | |
|------------------------------------|---|
| 4 cubes chicken bouillon | 1 (10-oz) pkg frozen chopped broccoli |
| 6 cups water | 2 (10-75oz ea) cans condensed cream of chicken soup |
| 1 cup chopped celery | 1 lb processed cheese, cubed |
| 1 cup chopped onion | |
| 3 cups peeled and cubed potatoes | |
| 1 (10-oz) package mixed vegetables | |

In a large soup pot, dissolve chicken bouillon cubes in 6 cubes of water, Add all the vegetables, fresh and frozen, to the pot, Simmer for 30 minutes Stir in cream of chicken soup. Add cheese and mix until melted, (makes 7 servings)

*Marge G
Coupland, Tx*



BUTTERNUT SQUASH SOUP

- | | |
|---|---------------------------|
| 1 cup finely chopped onions | ½ tsp salt |
| 1 (3 lb) butternut squash, peeled and cubed | ¼ tsp ground white pepper |
| 4 cups defeated chicken broth | ¼ tsp ground nutmeg |
| 1½ cups MOTT'S Natural Apple Sauce (used juice) | ¼ tsp ground cloves |
| | ¼ tsp curry powder |
| | ¼ 1sp ground coriander |

Spray large saucepan or Dutch oven with nonstick cooking spray; Heat over medium heat until hot. Add onions; cooked stir about 5 minutes or until transparent. 2. Add squash, chicken broth apple sauce, salt, pepper, nutmeg, cloves curry powder and coriander. Increase heat to high; bring mixture to a boil. Cover, reduce heat to low. Simmer 10 to 15 minutes or until squash is fork tender; stirring occasionally. In food processor or blender, process soup in small batches until smooth. Return soup to saucepan. Cook over low heat 5 miners. or until hot, stirring occasionally. Refrigerate leftovers (makes 8 servings)

*Marge G
Coupland, Tx*

BUTTERNUT SQUASH SOUP

- | | |
|---|---|
| 1 (2-lb) butternut squash | ½ c salt |
| 1 t oil | ¼ tsp white pepper |
| 1 c, chopped onions | 4 slices bacon, cooked and crumbled, if desired |
| 1 garlic clove, minced | |
| 1 (14½- oz) can ready to serve chicken broth | |

Heat oven to 350°F cut squash in half. Using a spoon, scoop out and discard seeds. Place squash cut side down, in ungreased 13 x 9 inch pan. Bake at 350°F for 40 to 60 minutes or until tender. Cool slightly. Meanwhile heat oil in large saucepan over medium-high heat until hot. Add onions and garlic; cook until tender, set aside. Remove skin from squash, cut into pieces., Place squash, onion mixture and ½ cup of the broth in food processor bowl with metal blade or blender container. Process until smooth. Return puréed mixture to same large saucepan. Stir in remaining broth, half-and-half, salt and pepper. Cook until thoroughly heated. DO NOT BOIL, Top each serving with crumbled bacon. (makes 5- 1 cup servings)

Note: Garnish with bacon or a dollop of sour cream.

*Marge G
Austin, Tx*



CABBAGE SOUP

- | | |
|---|---|
| 1 can (49-½ oz) Swanson Chicken Broth | 1-½ cups sliced, The Fresh 1 inch carrots |
| 1 can (28-oz) Contadina Crushed Tomatoes with Italian Herbs | ½ cup chopped The Fresh 1 inch onion |
| ½ lb cooked, smoked Polish sausage thinly sliced | ½ tsp McCormick Thyme leaves |
| 1 small head cabbage, cut into chunks | ½ tsp McCormick Garlic Powder |
| 2 cups coarsely chopped red potatoes | ¼ to ½ tsp McCormick Ground Red Pepper |
| | ¼ to ½ tsp McCormick Ground black pepper |

In 4-quart Dutch oven combine broth, undrained tomatoes, sausage, cabbage, potatoes, carrots, onion, thyme, garlic powder, red pepper and black pepper. Bring to a boil; reduce heat. Cover and simmer about 1 hour or until vegetables are tender. (makes enough for 8)

*Marge G
Waukesha, Wi*



CELLOPHANE NOODLE SOUP

- | | |
|--|--|
| 1 t vegetable oil | 2 c shredded napa cabbage |
| 1 lb boneless pork* | ¼ c chopped green onions |
| 1 to 2 c water | 2 medium (1 c) carrots, sliced |
| NOODLES | 1 t soy sauce |
| ½ pkg (about 2½ oz) cellophane noodles (bean threads) | ¼ tsp Chinese five-spice powder |
| SOUP | ½ lb fresh pea pods or snow peas, tips and strings removed |
| 3 (14½- oz) cans low salt chicken or beef broth | |

In 10-inch skillet heat oil; add pork. Cover over medium heat, turning once, until golden brown (7 to 8 minutes). Reduce heat to medium, pour in 1 cup water. Cover; cook turning occasionally and adding water if necessary, until meat is fork tender (35 to 45 minutes). Remove meat with slotted spoon. Using two forks, shred meat. Meanwhile, soak, cellophane noodles according to package directions, With kitchen shears, cut noodles into 3 or 4- inch lengths. Set aside. In Dutch oven stir together shredded meat and all soup ingredients except pea pods. Cook over medium high heat, stirring occasionally, until soup just comes to a boil (8 to 10 minutes). Reduce heat to medium; stir in soaked noodles. Cook, stirring occasionally, until tender (4 to 5 minutes). Stir in pea pods. Continue cooking, stirring occasionally until pea pods are heated (3 to 4 minutes). makes 6 servings)

Marge G
Austin, Tx



CHEDDAR CHICKER CHOWDER

- | | |
|---|--|
| 2 slices bacon | 2-¼ cups frozen whole kernel corn |
| 1 lb boneless skinless chicken breast, cut into bit-size pieces | ½ cup all-purpose flour |
| 1 cup onion, chopped | 2 cups 2% low-fat milk |
| 1 cup red bell pepper, diced | ¾ cup cheddar cheese, shredded (3-ozs) |
| 2 garlic cloves, minced | ½ tsp salt |
| 4-½ cups fat free low-sodium chicken broth | ¼ tsp black pepper |
| 1-¾ cups red potatoes, peeled and chopped | |

Cook bacon in a Dutch oven over medium heat until crisp. Remove bacon from pan; crumble and set aside. Add chicken, onion, bell pepper and garlic to drippings in pan, sauté 5 minutes. Add broth and potato, bring to a boil. Cover, reduce heat to a simmer for 20 minutes or until potato is tender, stir in corn. Lightly spoon flour into a dry measuring cup; level with a knife. Place flour in a bowl. Gradually add milk, stirring with a whisk until blended, add to soup. Bring to a boil over medium high-heat, Reduce heat to medium. Simmer 15 minutes or until thick; stir frequently. Stir in cheese, salt and pepper. Spoon into bowls; top with crumbled bacon. (makes 7-½ cups)

Marge G
Waukesha, Wi

CHEESE SOUP DELIGHT

- | | |
|--|--|
| 2 t margarine or butter | Dash pepper |
| 3 t flour | 2 to 4 t white wine or beer |
| 1 c milk | ¼ ts Worcestershire sauce |
| 10¼ oz can (1¼ cups) condensed chicken broth | Dash Tabasco Hot Pepper Sauce |
| ⅛ ts salt | 4 oz (1 cup) grated sharp cheddar cheese |

In medium saucepan, melt margarine; stir in flour. Add milk and chicken broth; cook stirring constantly until thickened Add salt, pepper, wine, worcestershire and Tabasco sauce, heat to boiling, stirring occasionally Remove from heat add cheese and stir until cheese is melted and smooth. Garnish with broken pretzels or popcorn (4 servings)

Note: Green Bay Packer comforter

Marge Gebhardt
Milwaukee, Wi



CHEESEBURGER SOUP

(GOTTA TRY IT)

½ lb ground beef	4 cups potatoes, diced
¾ cup onions	¼ cup all-purpose flour
¾ cup carrots	8-oz, Velveeta cheese, cubed
¾ cup celery, diced	1 ½ cups milk
1 tsp dried basil	¾ tsp salt
1 tsp parsley flakes	¼ tsp pepper
4 T margarine, divided	¼ cup sour cream
3 cups chicken broth	

In 3 quart saucepan, brown beef, drain and set aside. In same pan, sauté onion, carrots, celery, basil and parsley in 1 Tablespoon margarine until tender, about 10 minutes. Add broth, potatoes and beef. Bring to a boil. Reduce heat. Cover and simmer 10-12 minutes or until potatoes are tender. Meanwhile, in a small skillet melt remaining margarine. Add flour, cook and stir 3-5 minutes or until bubbly. Add to soup, bring to a boil. Cook and stir 2 minutes. Reduce heat to low. Add cheese, milk, salt and pepper; cook and stir until cheese is melted. Remove from heat, blend in sour cream. (makes 6 servings)

Marge G
Couplan, Tx



CHICKEN AND CORN CHOWDER

3 to 3½ pound cut-up broiler-fryer chicken	1 medium carrot, chopped (about ½ cup)
6 c water	2 tsp salt
1 medium onion, Sliced	1 can (17 oz) cream style corn
3 medium stalks celery (with leaves) finely chopped (about 1 ½ cups)	2 hard-cooked eggs, finely chopped (egg rivels)

Remove any excess fat from chicken. Place chicken, giblets (except liver) and neck in Dutch oven. Add water, onion, celery, carrot and salt; heat to boiling. Skim foam from broth; reduce heat. Cover and simmer about 1 ½ hours or until thickest pieces of chicken are done. Remove chicken from broth; cool chicken about 10 minutes or just until cool enough to handle. Remove chicken from bones and skin; cut chicken into small pieces. Skim fat from broth; return chicken to broth, Stir in corn and eggs. Heat to boiling reduce heat. Sprinkle with Egg Rivels stir soup. Simmer uncovered 10 minutes (makes 8 servings)

Note: Rivels are tiny dumplings that are added just a few minutes before serving. EGGS RIVELS; 1 cup Gold Metal all-purpose flour, ¼ tsp salt, 1 egg. Mix all ingredients until mixture resembles cornmeal.

Marge
Austin, Tx

CHICKEN AND ORZO SOUP

olive oil-flavored cooking spray	½ c sliced green onion
2 oz boneless skinless chicken breast cut into bite-size pieces	¼ c uncooked orzo pasta
1 can (about 14-oz) fat-free reduced-sodium chicken broth	1 tsp grated fresh ginger
1 c water	⅛ tsp ground turmeric
⅔ c shredded carrot	2 tsp lemon juice
	Black pepper
	Sliced green onions (optional)

1. Spray medium saucepan with cooking spray. Heat over medium-high heat. Add chicken. Cook and stir 2 to 3 minutes or until no longer pink. Remove from saucepan and set aside. 2. In same saucepan combine broth, water, carrot, onion, orzo, ginger and turmeric. Bring to a boil. Reduce heat and simmer, covered 8 to 10 minutes or until orzo is tender. Stir in chicken and lemon juice; cook until hot; Season to taste with pepper. 3. Ladle into serving bowls. Sprinkle with green onions, if desired. (makes 2 servings)

Marge G
Austin, Tx



CHICKEN CREOLE SOUP

(Low Fat)

2 t butter or margarine	¼ c Gold Medal all-purpose flour
2 medium onions, coarsely chopped (1 c)	4 c chicken broth
2 medium stalks celery, coarsely chopped (1 c)	2 cans (14.5 oz each) diced tomatoes, undrained
1 medium green bell pepper, coarsely chopped (1 c)	2 dried bay leaves
2 tsp finely chopped garlic	1 tsp salt
2½ lbs boneless, skinless chicken breast or thighs, cut into 1-inch pieces	¼ tsp ground red pepper (cayenne)
	1 c uncooked regular long-grain rice
	2 c water

1. Melt butter in 5 to 6 quart Dutch oven over medium-high heat. Cook onions, celery, bell pepper, garlic and chicken in butter 7 to 9 minutes, stirring frequently, until onion is softened and chicken is no longer pink in center. 2. Stir in flour, cook 5 to 6 minutes, stirring constantly, until flour is light brown. Stir in remaining ingredients except rice and water. Heat to boiling. Reduce heat to medium-low. 3. Cover and cook 25 to 30 minutes, stirring occasionally, until chicken is tender. Meanwhile, cook rice in water as directed on pkg; stir cooked rice into soup. Remove bay leaves. (makes 8 servings (1 ½ cups each))

Marge

CHILI

1 lb ground beef	Dash pepper
1 medium onion, chopped	16-oz can (2 c) stewed potatoes
1 stalk celery, chopped	8-oz can (1 c) tomato sauce
2 ts chili powder	15-oz can (2 c) kidney beans, undrained
1 ts salt	

In large skillet, brown ground beef with onion and celery; drain, stir in remaining ingredients except beans. Simmer covered, 30 to 45 minutes or until flavors are blended. Stir in beans; heat through. (6 servings)

Note: Garnish with chopped onion and grated cheddar cheese for extra zest.

*Robert
Austin, Tx*



CHILI

2 lbs ground beef	1 stalk celery, diced
1 (29-oz) can tomato sauce	3 medium tomatoes, chopped
1 (20-oz) can kidney beans (with liquid)	2 tsp cumin powder
1 (29-oz) can pinto beans (w/ liquid)	3 T chili powder
1 medium onion, diced	1-½ tsp black pepper
2 green chili peppers, diced	2 tsp salt
	2 cups water

Brown the beef and drain the cooked beef into pea the fat off. Crumble the cooked beef into pea size pieces. In a large pot, combine the beef plus the remaining ingredients and bring to a simmer over low heat. Cook stirring every 15 minutes for 2-3 hours.(makes 10 servings)

*Marge G
Coupland, Tx*

CHILI - MODIFIED WENDY'S STYLE

2 lbs ground beef	1 cup mushroom pieces (1 can drained)
29-oz tomato sauce, 1 can (i use spaghetti sauce)	¼ cup celery, diced
29- oz kidney beans, 1 can (with liquid)	3 tomatoes, chopped
29-oz pinto beans, 1 can (with liquid)	1 tsp ground cumin
1 cup onions, diced	2-¾ tablespoons chili powder
5-10 garlic cloves (cut into large chunks)	2 tsp salt
	2 cups water
	1 pinch garlic powder, to taste (optional)

Brown the ground beef and drain off fat, Crumble the cooked beef with a fork into pea sized pieces, In a large pot, combine all ingredients. Simmer over low heat 2-3 hours, stirring frequently (makes a bunch-10-12 servings)

*Marge G
Waukesha, Wi*



CHILI CON QUESO CON CARNE (SERVES 8)

- | | |
|--|--|
| 1 lb lean ground beef | ¾ c milk |
| 1 med onion, chopped | 2 c shredded Cheddar cheese (8 oz) |
| 1 or 2 fresh jalapeño peppers, seeded and minced or 3 t canned diced green chilies | 2 c shredded Monterey Jack cheese (8 oz) |
| 1 garlic clove, minced | Tortilla chips and/ or assorted fresh vegetables |
| 1 t all-purpose flour | |

In a large skillet, cook ground beef, onion, jalapeño peppers, and garlic over medium high heat, stirring often to breakup lumps of meat, until beef loses its pink color, about 5 minutes. Sprinkle on flour and cook, stirring for 1 minute. Stir in milk and bring to a boil, stirring until thickened. Reduce heat to low and simmer, stirring often, 3 minutes. Gradually stir in cheese until melted. Transfer to a heatproof serving bowl. Serve on a warming plate or in fondue pot, with tortilla chips or vegetables for dipping (serves 8)

Marge Gebhardt
Coupland, Tx

CHILI FOR A CROWD

- | | |
|---|---|
| 3 lbs ground beef | 1-½ c water |
| 2 cans (28-oz ea) diced tomatoes, undrained | ½ c packed brown sugar |
| 4 cans (15 to 16- oz ea) kidney, pinto and/or black beans, rinsed and drained | 5 fresh banana peppers, seeded and sliced |
| 1 lb smoked kielbasa, sliced and halved | 2 T chili powder |
| 2 large onions, halved and thinly sliced | 2 tsp ground mustard |
| 2 cans (8-oz ea) tomato sauce | 2 tsp instant coffee granules |
| ¾ c hickory flavored barbecue sauce | 1 tsp each dried oregano, thyme, and sage |
| | ½ to 1 tsp cayenne pepper |
| | ½ to 1 tsp crushed red pepper flakes |
| | 2 garlic cloves, minced |

In an 8-qt kettle or dutch oven brown beef, drain Add remaining ingredients; bring to a boil. Reduce heat cover and simmer for 1 hour; stirring occasionally (makes 20-24 servings) (6 qts)

Marge G
Coupland, Tx



COLD RASPBERRY SOUP

- | | |
|--|----------------|
| 4 c fresh raspberries | 1 c sour cream |
| ½ c sugar | |
| ¼ c cranberry juice cocktail or dry red wine | |

Place raspberries, sugar and juice in blender. Cover and blend on medium-high speed until smooth. Stir in sour cream. Cover and refrigerate 1 to 2 hours or until chilled. Garnish with dollops of sour cream and fresh raspberries if desired. (makes 6 servings)

Marge

COMPANY'S COMING SOUP

- | | |
|---------------------------------------|--|
| 1 lb (about 2 cups) dry (10-bean mix) | 1 can (10-oz) diced tomatoes and green chillies, undrained |
| 2 quarts water | 1 large onion, chopped |
| 3 cups diced fully cooked ham | ¼ cup lemon juice |
| 1 tsp salt (optional) | 1 tsp garlic powder |
| ½ tsp pepper | |

Place beans and enough water to cover in a Dutch oven or soup kettle. Bring to a boil; boil for 2 minutes. Remove soup from heat ; let stand for 1 hour. Drain beans and discard liquid; Return beans to kettle; add water, ham, salt and pepper, Bring to a boil, Reduce heat,, cover, and simmer for 60-70 minutes or until beans are tender, Add remaining ingredients; cover and simmer 30 minutes or until onion is tender (makes 10-12 servings3 quarts)

Note: This soup is great for entertainment. It can be assembled ahead and left to simmer; Plus, with sides of fresh crispy crusty bread and salad. The hearty meal won't leave anyone hungry.

Marge G
Waukesha, Wi



CORN & HAM SOUP

3 T butter	1 tsp salt
2 C chopped, onion	3 cans (14-oz each) chicken broth
2 ribs celery, chopped	1 small red bell pepper, chopped
42-ozs, frozen corn, thawed and drained divided	½ to 1 cup non-fat milk
1 tsp curry powder	2 cups cooked ham cubes (about 12-ozs)
1 tsp dried rosemary	thinly sliced green part of green onion, for garnish
¼ tsp cayenne pepper	

Melt butter in Dutch oven, Sauté onion and celery until softened, about 8 minutes (If onion starts to brown, turn down heat, Add 5 cups of the corn, curry powder, rosemary, cayenne, salt and chicken broth, and simmer over low heat, uncovered, 30 minutes. Let cool 15 minutes, then purée soup in batches in blender or food processor. Return to Dutch oven, add red bell pepper, remaining corn ½ cup milk and ham, Simmer over low heat for 15 minutes, stirring frequently so that flavors have a chance to blend, adding more milk. If desired to thin a little. Sprinkle with green onion before serving. (makes 6 to 8 servings).

Note: This is so good, we made it twice in a month.

*Marge G
Coupland, Tx*



CORN & SHRIMP CHOWDER

4 slices bacon, cut into ½-inch pieces	4 cups chicken broth
1 medium onion, coarsely chopped (½ cup)	¼ cup Gold Medal Wondra quick mixing flour
1 medium stalk celery, coarsely chopped (½ cup)	2 cups half-and-half
6 small red potatoes, cut into ½-inch pieces	1 pkg (12-oz) frozen uncooked medium shrimp, peeled, deveined and tails removed (do not thaw)
2 cups Green Giant Niblets frozen corn	½ tsp salt
¼ tsp dried thyme leaves	⅛ tsp pepper

Cook bacon in 5 to 6 quart Dutch oven over medium-high heat 5 to 6 minutes stirring frequently until crisp Stir in onion, celery, potatoes, frozen corn and thyme. Cook 5 to 6 minutes, stirring frequently, until onion and celery are softened. Beat in broth and flour with wire whisk, Heat to boiling; reduce heat to medium. Cover and boil about 15 minutes, stirring occasionally until potatoes are tender and soup is slightly thickened. Stir in half-and-half shrimp, salt, and pepper. Cover and cook 5 to 6 minutes stirring occasionally until shrimp are pink and firm. (makes 7 servings)

Note: Make this cozy soup the star of a simple meal, A basket of hearty whole grain or sourdough rolls or breadsticks is the only accompaniment needed.

*Marge G
Austin, Tx*



CORNED BEEF & CABBAGE CHOWDER

- | | |
|---------------------------------------|---|
| 1-1 ½ cups leftover diced corned beef | ½ cup chopped onion |
| 2 cups leftover diced potatoes | 1 cup chicken broth |
| 1 cup leftover diced carrot | salt and pepper, to taste |
| 1 cup leftover diced cabbage | more half- & - half (optional) or milk (optional) |

In a 4 to 6 quart slow cooker, combine the corned beef, potatoes, cabbage, carrots, onions, chicken broth, and cream of potato soup. Cover and cook on LOW for 4 to 5 hours, stirring about halfway through cooking. Add 1 cup of half-and half and salt and pepper, to taste. Cover and cook for 25 minutes longer. Add more milk or more half and half to tin slightly, if desired.

Note: This crockpot soup is a delicious way to enjoy corned beef leftovers. Serve with hot rolls or biscuits.

*Marge G
Waukesha, WI*

COUNTRY CHICKEN CHOWDER

- | | |
|---|---|
| 2 T margarine or butter | 2 cups frozen corn |
| 1 ½ lbs chicken tenders, cut into ½ inch pieces | 2 cans (10¼-oz ea) cream of potato soup |
| 2 small onions | 1 ½ cups chicken broth |
| 2 ribs celery, sliced | 1 tsp dried dill weed |
| 2 small carrots, sliced | ½ cup half & half |

Melt margarine in large skillet. Add chicken, cook until browned. Add cooked chicken, onions, celery, corn, soup, chicken broth, and dill to slow cooker. Cover and cook on LOW 3 to 4 hours or until chicken is no longer pink and vegetables are tender. Turn off heat; stir in half-and-half. Cover and let stand 5 to 10 minutes or just until heated through.(makes 8 servings)

Note: For a special touch, garnish soup with croûtons and fresh dill.

*Marge G
Coupland, Tx*



COUNTRY CHICKEN CHOWDER

- | | |
|---|---|
| 2 T butter or margarine | 2 c frozen corn |
| 1 ½ lbs chicken tenders, cut into ½-inch pieces | 2 cans (10¾-oz each) cream of potato soup |
| 2 small onions | 1 ½ c chicken broth |
| 2 ribs celery, sliced | 1 tsp dried dill weed |
| 2 small carrots, sliced | ½ c half-&- half |

Slow Cooker Directions:melt butter in large skillet. Add chicken; cook until browned Add cooked chicken, onions,, soup, celery, carrots, corn, chicken broth and dill to slow cooker. Cover and cook on LOW 3 to 4 hours or until chicken is no longer pink and vegetables are tender. Turn off heat stir in half-and-half Cover and let stand 5 to 10 minutes or just until heated through. (makes 8 servings)

Note: For a special touch, garnish with croutons and fresh dill

*Marge G
Austin, Tx*

COWBOY STEAK 'N' VEGGIE SOUP

- | | |
|---|--|
| 1 lb boneless beef sirloin steak, cut into 1 x 1 x¼-inch strips | 2 c Green Giant Frozen Cut Green Beans |
| 1 tsp dried basil leaves | 2 c frozen country style potato wedges (REMOVED FROM RECIPE) |
| ½ tsp salt | 1 (15.5 -OZ) can great northern beans, drained, rinsed |
| ¼ tsp pepper | 1 c torn fresh spinach |
| 2 garlic cloves, minced | |
| 1 T oil | |
| 2 (14-oz ea) cans beef broth | |
| 1 (16-oz) jar Old El Paso Thick 'n' Chunky Salsa | |

In medium bowl, combine beef basil, salt, pepper, garlic and oil; toss to coat. Heat Dutch oven or large saucepan eat over medium high heat until hot. Add lowbeef mixture cook and stir 4 to 5 minutes or until browned. Stir in broth salsa green beans and potatoes, Bring to a boil over high heat Reduce heat to low ; simmer 10 minutes; Stir in great northern beans. Cook 4 to 5 minutes thoroughly heated Stir in spinach just before serving. (makes 6 (1 ½ -cup servings)

*Marge G
Austin, Tx*



CREAM OF ASPARAGUS SOUP

1 lb fresh asparagus	¼ c all purpose flour
3½ c chicken broth, divided	½ c salt
¼ c butter or margarine	⅛ tsp pepper
½ c light cream	

Trim off coarse ends of asparagus. Cut asparagus into 1-inch pieces. Combine asparagus and 1 cup broth in medium saucepan; Cook 12 to 15 minutes or until tender. Melt butter in large saucepan. Remove from heat; stir in flour. Gradually add remaining 2½ cups broth, cook, stirring occasionally until slightly thickened. Stir in cream, seasoning and cooked asparagus with liquid. Heat thoroughly. makes 6 to 8 servings)

Note: Substitute 3 chicken bouillon cubes and 3½ cups water for 3½ cups chicken broth.

*Marge G
Austin, Tx*

CREAM OF BROCCOLI SOUP

1 cup water	2 cups processed cheese, cubed
1 pkg (10-oz) frozen chopped broccoli	2 chicken bouillon cubes
2 cups milk	½ cup flour
	1 cup, half & half cream

In large soup pan cook broccoli, in 1-cup water, (do not drain), Put milk, cheese cubes, & chicken bouillon cubes in saucepan & heat. Stir in flour until smooth. Add mixture to broccoli. Add the Half & half. Cook stirring frequently over medium heat until hot & until mixture thickens.

*Marge G
Waukesha, Wi*



CREAMY BEEF, MUSHROOM & NOODLE SOUP

2 T butter or margarine	6 c beef broth
1 medium onion, coarsely chopped ½ cup	½ c dry sherry or beef broth
2 tsp finely chopped garlic	¼ c ketchup
1 pkg (8-oz) sliced fresh mushroom	¾ tsp salt
1 ½ lbs beef boneless top sirloin steak, cut into 2 x ¾ x ¼-in pieces	⅛ tsp pepper
	2 c uncooked medium egg noodles
	1 contained (8-oz) sour cream

Melt butter in 5 to 6- quart Dutch oven over medium-high heat Cook onion, garlic and mushrooms in butter 5 to 6 minutes stirring frequently until mushrooms are softened. Stir in beef. Cook 5 to 6 minutes stirring frequently until beef is no longer pink; Stir in remaining ingredients except noodles and sour cream heat to boiling reduce heat to medium-low Cover and. cook 10 minutes stirring occasionally until noodles are tender. Stir in sour cream Cook 3 to 5 minutes stirring frequently until well blended (makes 7 servings)

*Marge G
Waukesha, Wi*

CREAMY SQUASH SOUP

2 lbs. butternut squash, peeled, seeded, and cubed	½ tsp. salt
1 ½ c. onions, diced	2 T. butter
2 carrots, peeled and diced	½ c. light or heavy cream
3 (13¼ oz.) cans chicken broth	sour cream for garnish (opt.)

In a medium sauce pan, combine squash, onions, carrots, broth and salt. Simmer, uncovered, until squash is very tender, about 40 minutes. Using an immersion (or regular) blender, pureé soup with butter until smooth. Whisk in cream. Serve in wide shallow bowls with a dollop of sour cream, if desired.

*Marge Gebhardt
Coupland, TX*



CREAMY SQUASH SOUP

- | | |
|--|--|
| 2 lbs butternut squash, halved,
peeled, seeded, and cut into 1
inch pieces | 3 (13-¼-oz) cans chicken broth
½ tsp salt
2 tablespoons butter
½ cup light cream or heavy cream |
| 1-½ cups diced onions | |
| 2 carrots, peeled, and diced | |

In a medium saucepan combine squash, onions, carrots, broth, and salt. Simmer, uncovered, until squash is very tender, about 40 minutes. Purée soup in a blender or food processor with the butter, Whisk cream into soup. Serve in wide, shallow bowls with a dollop of sour cream if desired.

*Marge G
Coupland, Tx*

CREAMY SUPPER CHOWDER

- | | |
|---------------------------------|--|
| 3 c diced, peeled, raw potatoes | 1 ½ tsp Worcestershire sauce |
| ¾ c finely chopped onions | 6 oz (¾ c) cubed pasteurized
process cheese spread* |
| ½ c chopped celery | 6oz (¾ c) shredded Cheddar
cheese |
| 2½ c water | 16oz can (2 c) tomatoes,
undrained, cut up |
| ¼ cup margarine or butter | 1 t finely chopped fresh parsley |
| ¼ c flour | |
| ½ tsp dry mustard | |
| ¼ tsp pepper | |
| 2 c milk | |

In 5-quart dutch oven, combine potatoes, onions, celery and water. Bring to a boil. Reduce heat; cover and simmer 15 to 20 minutes or until potatoes are tender. In medium saucepan melt margarine. Stir in flour, mustard and bubbly stirring constantly. Gradually stir in milk and Worcestershire sauce; cook until thickened, stirring constantly Add cheese; stir until melted. Stir into potato mixture. Stir in tomatoes and parsley. Heat gently stirring frequently. DO NOT BOIL. 6 (1½- cup) servings.

Note: Tip * Cubed American cheese can be substituted for pasteurized process cheese spread

*Marge
Austin, Tx*



CROCK POT CHICKEN NOODLE SOUP

- | | |
|--------------------------------|----------------------------------|
| 5 c. hot water | 1 tsp. salt |
| 2 T. chicken bouillon granules | 4 c. noodles, uncooked |
| 1 (45 oz.) can chicken broth | ⅓ c. thinly sliced celery |
| 2 c. cooked chicken | ⅓ c. shredded or chopped carrots |

Dissolve bouillon in water, pour into slow cooker. Add remaining ingredients, mix well and cover. Cook on low 4-6 hours.

*Marge Gebhardt
Coupland, TX*

CROCK POT CHICKEN NOODLE SOUP

- | | |
|--|--|
| 5 cups hot water | 4 cups noodles, uncooked (cooks
choice) |
| 2 table spoons chicken bouillon
granules or 2 chicken bouillon
cubes | ⅓ cup thinly sliced celery, lightly
pre-cooked in microwave |
| 45- ozs chicken broth | ⅓ cup shredded carrots or
chopped carrots |
| 2 cups cooked chicken | |
| 1 tsp salt | |

Dissolve bouillon in water, Pour into slow cooker. Add remaining ingredients, mix well and cover. Cook 4-6 hours. (makes 6-8 servings)

*Marge G
Waukesha, Wi*

CROCK POT WHITE CHICKEN CHILI

- | | |
|--|--|
| 48-oz canned or jarred great
northern beans | ½-¾ cup chopped onions (fresh
or frozen) |
| 1 (4-oz) can diced green chilies | 1-½ tsp chili powder |
| 2 (10-oz each) cans chicken
breasts (not drained) | 1 cup chicken broth
9 T sour cream (optional) |

Spray the slow cooker with non-stick cooking spray (I use olive Oil spray) Mix all ingredients (except sour cream) in your slow cooker. Cover and cook on high for 3-4 hours, or on high for 6-9 hours. (makes 9 1 cup servings)

Note: We added chopped jalapeños to taste.. We used fat-free sour cream and chicken broth and served with garlic cheese toast for dunking.

*Marge G
Waukesha, Wi*



DOUBLE CORN & CHEDDAR CHOWDER

- | | |
|---|---|
| 1 t margarine | 1 c frozen whole kernel corn |
| 1 c chopped onion | ½ c finely diced red bell pepper |
| 2 t all-purpose flour | ½ tsp hot pepper sauce |
| 2½ c fat-free reduced-sodium chicken broth | ¾ c (3 oz) shredded sharp Cheddar cheese |
| 1 can (16oz) cream-style corn | Black pepper (optional) |

Melt margarine in large saucepan over medium heat. add onion, cook and stir 5 minutes. Sprinkle onion with flour, cook and stir 1 minute. Add chicken broth; bring to a simmer. Cover; Simmer 15 minutes. Remove from heat; gradually stir in cheese until melted. Ladle into soup bowls; sprinkle with black pepper, if desired. (makes 6 servings)

*Robert
Coupland, Tx*

EASY PEACH SOUP

- | | |
|---|--|
| 1 pkg (16-oz) frozen unsweetened peaches, thawed | 1 to 2 t orange juice, if desired |
| 1 pkg (8-oz) cream cheese, softened | |

Place peaches and cream cheese in blender or food processor. Cover and blend or process, until desired thickness. Garnish with fresh raspberries if desired. (4 servings)

Marge



EASY TOMATO MINESRONE

- | | |
|--|---|
| 3 slices bacon, diced | 1 tsp dried oregano leaves, crushed |
| ½ c chopped onion | 1 tsp dried basil leaves, |
| 1 large garlic clove, pressed | ¼ tsp pepper |
| 3½ c water | ¼ c dry pasta shells, macaroni, or vermicelli, broken into 1-inch pieces |
| 2¾ c (2- 10½-oz) cans beef broth, undiluted | 1 pkg (16-oz) frozen mixed Italian vegetables |
| 2 c (15-oz) can Great Northern Beans, undrained | ½ c grated Parmesan cheese (optional) |
| ¾ c (6-oz) can CONTADINA*tomato Paste | |
| ¼ c chopped parsley | |

In large saucepan, sauté bacon, onion, and garlic until onion is translucent. Stir in water, broth,beans, and liquid, tomato paste, parsley, oregano, basil, pepper and pasta; heat to boiling. reduce heat; simmer for 15 minutes. Mix in vegetables; Cook additional 10 minutes. Serve with Parmesan cheese, if desired. (makes about 8 servings)

*Marge G
Austin, Tx*

EGG DROP SOUP

- | | |
|--|--|
| 2 (14½- oz) cans ready-to-serve chicken broth | ¼ tsp grated gingerroot |
| ½ tsp lite soy sauce | 2 eggs, beaten |
| | 2 t sliced green onions, if desired |

In medium saucepan or wok, combine broth soy sauce and gingerroot. Bring to a rolling boil. Slowly stir in eggs with fork, stirring constantly until egg forms threads, 1 to 2 minutes, Remove from heat; Sprinkle with onions, (makes 4- ¾ cup servings)

Note: Tip: Your stirring speed will affect the size of the egg threads that form in the hot soup. Stir slowly to achieve larger threads.

*Marge G
Austin, Tx*



EGG DROP SOUP

- 3 cups chicken broth dash of white pepper
 2 eggs; slightly beaten
 1 medium green onion (with top) chopped

Heat broth and white pepper to boiling in 2 quart saucepan. Stir green onion into eggs. Pour egg mixture slowly into broth, stirring constantly with fork, until egg forms thin threads (3 servings)

*Marge Gebhardt
 Coupland, Tx*

ELAINE'S SIRLOIN BURGER SOUP

- 1 T butter or margarine
 1 lb ground sirloin
 1 small onion, diced
 1 tsp McCormick's Montreal Brand steak seasoning
 2 T Worcestershire sauce
 1 cup water
 4 cups beef broth
 1 cup V-8 juice
 8 baby carrots, sliced thin
 2 medium red potatoes, peeled and diced
 8-oz fine egg noodles

Cook ground sirloin and onions in butter in large saucepan, stirring to break up as small as possible for about 5 minutes, until meat is no longer pink. Sprinkle steak seasoning and Worcestershire sauce over meat and continue stirring until meat browns.. Pour water, scraping up brown bits from bottom of pan. Add broth, vegetable juice, and vegetables. Bring to boil, reduce heat, cover and simmer 45 minutes. Return to boil, break up noodles into soup, stir well. Reduce heat to simmer, and cook for 10 more minutes.

*Marge G
 Waukesha, Wi*



ENCHILADA PASTA SOUP

(MORE LIKE A STEW THAN SOUP, VERY INEXPENSIVE)

- 3 (14-oz) cans ready to serve chicken broth
 2 (14.75-oz) cans Green Giant Cream Style Sweet Corn
 2 (10-oz) cans Old El Paso*Red Enchilada Sauce
 1 (4.5- oz) can Old El Paso Chopped Green Chiles
 1 (10-oz) can chunk white and dark chicken in water, undrained
 1 (5-oz) pkg uncooked vermicelli broken into pieces
 1 ½ tsp cumin
 ½ tsp salt
 ½ tsp onion powder
 ½ tsp dried oregano leaves crushed

1. In Dutch oven or large saucepan, combine broth, corn, enchilada sauce and chiles, mix well. Bring to a boil over medium-high heat. Add all remaining soup ingredients; mix well. 2. Reduce heat to low; simmer 8 minutes or until vermicelli is tender, stirring occasionally. Ladle soup into individual bowls. Garnish each serving with onion and cheese (makes 6 servings)

Note: When I first created this recipe I wouldn't give it my own mother. Its that good.Garnish if desired: 1 medium onion, chopped, 12-oz (3 c) shredded colby-Monterey Jack cheese blend

*Marge
 Austin, Tx*



FLORENTINE CHICKEN & PASTA SOUP

4 oz (1 ½ pieces) uncooked dried medium rainbow pasta shells	3 c chopped fresh spinach leaves, washed
2 t LAND O LAKES Butter	1 (14-oz) can chicken broth
4 (6-oz each) boneless skinless chicken breasts, cut into ½-inch pieces	1 pint (2 c) LAND O LAKES half & half or milk
½ c finely chopped onion	¼ tsp salt
½ tsp finely chopped fresh garlic	¼ tsp white pepper
¼ c all-purpose-flour	⅛ tsp ground nutmeg

1. Cook pasta according to package directions, drain. Set aside 2. Meanwhile, melt butter in 5- quart saucepan until sizzling, stir in chicken pieces, onion and garlic. Cook over medium-high heat stirring constantly until chicken is no longer pink (4 to 5 minutes) stir in all remaining ingredients. EXCEPT pasta. Continue cooking stirring constantly, 2 minutes. Reduce heat to medium, cook stirring, occasionally until soup is slightly thickened (8 to 12 minutes). 3. Stir in cooked pasta shells. Continue cooking stirring occasionally until heated through (2 to 3 minutes)

Note: Spinach is the star ingredient in this creamy chicken soup

*Marge G
Austin, Tx*



FRESH TOMATO PASTA SOUP

1 t olive oil	1 t minced fresh marjoram
½ c chopped onion	1 t minced fresh oregano
1 clove garlic, minced	1 tsp fennel seed
3 lbs fresh tomatoes, coarsely chopped	½ tsp black pepper
3 c fat free reduced sodium chicken broth	¾ c uncooked rosamarina or other small pasta
1 t minced fresh basil	½ c (2-oz) shredded part-skim mozzarella cheese

1. Heat oil in large saucepan over medium heat, Add onion and garlic; cook and stir until onion is tender. Add tomatoes, broth, basil, marjoram, oregano, fennel seed and black pepper. 2. Bring to a boil, reduce heat. Cover, simmer 25 minutes. Remove from heat; cool slightly. 3. Purée tomato mixture in food processor or blender in batches. Return to saucepan, bring to a boil. Add pasta; cook 7 to 9 minutes or until tender; Transfer to serving bowls. Sprinkle with mozzarella. Garnish with marjoram sprigs, if desired. (makes 8-¾ cup servings)

*Marge G
Austin, Tx*

GAZPACHO

¼ tsp garlic	1 large green pepper
½ tsp caraway seed	1 large onion
½ tsp paprika	2 cukes, seeded
1 T salt	¾ cup oil
1 tsp sugar	48-oz V-8 juice
¼ tsp pepper	6-8 tomatoes
2 hard boiled eggs, chopped	3-4 celery sticks, rough chopped
½ tsp accent	cumin, cilantro & tobacco to taste
¼ cup vinegar	

This is a soup that is mixed together cold, stirred together cold and served cold.

*Marge G
Coupland, Tx*



GOULASH SOUP

1 lb bacon, cut up	1 red pepper, diced
1 lb stew meat, cut into small pieces	1 green pepper, diced
2 medium onions, chopped	1 dash, Tabasco sauce
1-3 garlic cloves,	1 dash, curry powder
1 (5-½- oz) can tomato paste	1 beef bouillon cube, dissolved
4-6 small potatoes, diced	water

Fry bacon, onion, and garlic, add beef and brown, add enough water to cover and simmer covered for 30-45 minutes Add remaining ingredients and simmer another 30-45 minutes. makes(4-6 serving)

*Marge G
Waukesha, Wi*

HAM & SPLIT PEA SOUP

1 (16-oz) pkg (2- cups) dried split peas	1 (2-lb) ham shank
2 medium stalks celery, sliced	6 cups water
1 medium carrot, finely chopped	1 tsp salt
1 small onion, chopped	½ tsp dried basil leaves, crushed
	6 peppercorns

In 5-quart Dutch oven, combine all ingredients. Bring to a boil Reduce heat to low cover and simmer 1 ½ to 2 hours or until peas are tender and soup thickens. Remove peppercorns and ham shank. Remove ham from bone; cut into bite sized pieces Return ham to soup Discard bone. Simmer until thoroughly heated. 6 (1 ½ cup servings)

Note: Split peas are field peas that have been split along their seam. Field peas are yellow and green peas grown specifically for drying This classic split pea soup goes well with a tossed green salad and crescent Herb Swirl. Offer iced herbal tea to drink.

*Marge G
Waukesha, Wi*



HAM & SPLIT PEA SOUP

2 lbs smoked ham shank	1 small onion, chopped
16-oz pkg (2 c) dried split peas	6 peppercorns
2 qt (8 c) water	2 medium stalks celery, sliced
1 tsp salt	1 medium carrot, chopped, if desired
½ tsp basil leaves	

In large saucepan combine all ingredients except celery and carrots, simmer covered 1 hour; stir in celery and carrots. continue simmering covered for ½ to 1 hour or until peas are tender and soup thickens. Remove peppercorns and ham shank; cut meat from bone and return to soup. Heat through. makes (6 to 8 servings)

Note: For Ham & Bean soup, substitute dried navy beans for split peas. soak beans overnight in 2 quarts water. Increase first cooking time to 2 hours. Stir in celery and carrots, continue cooking as directed

*ROBERT
Austin, Tx*

HAMBURGER FLORENTINE SOUP

1 LB ground beef	1 tsp pepper
5 cups water	1 bay leaf
2 cups cubed potatoes	1 (28-oz) can tomatoes, undrained, cut up
1 cups shredded cabbage	1 (14.5 -oz) can Green Giant Kitchen Sliced Green Beans,, undrained
1 cups chopped onions	1 (9-oz) pkg Green Giant Harvest Fresh Frozen Chopped Spinach
1 cups uncooked barley	
1 cups sliced celery	
1 ½ tsp salt	
½ tsp dried basil leaves	
½ tsp dried thyme leaves	

Brown ground beef in 5-quart saucepan or Dutch oven, drain Stir in all remaining ingredients except spinach; Bring to a boil. Reduce heat ; cover and simmer 30 minutes. Add frozen spinach cover and simmer additional 25 minutes. Stir to blend spinach into soup Remove bay leaf (makes 11 servings)

*Marge G
Waukesha, Wi*



HAMBURGER VEGETABLE SOUP (SERVES 5 TO

6)

1 lb lean ground beef	2 c water
1 onion, chopped	6 c chopped fresh spinach or Swiss chard leaves
3 celery ribs, chipped	1/3 c long-grain white rice
5 carrots, sliced	1 tse dried basil
1 (28 oz) can crushed tomatoes with added purée	1 tsa dried thyme
2 c beef broth	Salt & pepper to taste

In a 5 qt soup kettle or Dutch oven, cook beef and onion over medium heat, stirring occasionally until beef is browned, 5 to 7 minutes. Stir in celery and carrots and cook 3 minutes. Mix in crushed tomatoes, broth, water, 3 c spinach, cover and simmer 15 minutes. Stir in remaining 3 c spinach and salt and pepper to taste. Cover and cook 5 minutes longer.

*Robert Gebhardt
Coupland, Tx*

HARVEST CHICKEN NOODLE SOUP

1/2 c sliced celery	2 (14 1/2 oz) cans ready-to-serve chicken broth
1/2 c chopped carrot	1/2 c water
1/4 c chopped onion	3 oz (1 1/2 c) uncooked medium egg noodles
1 small zucchini, coarsely chopped	1 c cubed cooked chicken
1/2 ts dried thyme leaves	

In large saucepan, combine all ingredients except noodles and chicken; mix well. Bring to boil. Stir in noodles and chicken; reduce heat to low; simmer 15 to 20 minutes or until noodles and vegetables are tender 3 (1 2/3 c) Servings

Note: Substitutions; elbow macaroni, ditalini or small shells. No Time to cook chicken, purchase chopped frozen; Special toppings Parmesan cheese, fresh parsley, or green onions.

*Marge Gebhardt
Coupland, Tx*



HEALTHY HAMBURGER & GREEN BEAN SOUP

("GREEN GIRL")

1/2 lb lean ground beef	2/3 cup instant rice, uncooked
1 cup onions, Chopped	1 (15-oz) can cut green beans, rinsed & drained
1 (10-3/4-oz) can low-fat low sodium condensed cream of tomato soup	2 tsp dried parsley flakes
1 (8-oz) can tomato sauce	1/8 tsp ground black pepper
1-1/2 cups water	butter-flavored cooking spray

Spray a large saucepan with cooking spray. Brown beef and chopped onions over medium heat until cooked through; drain fat. To the browned meat & onions, add the can of tomato soup, tomato sauce, and water. Bring to a boil, then add uncooked instant rice, green beans, parsley and black pepper, stir well. Cover, reduce heat to low; let simmer 15 minutes or until rice is tender; stirring once or twice. (makes 4 servings)

Note: The liquid tends to run on the dry side, if too dry add water.

*Marge G
Waukesha, Wi*



HEARTY BURGER SOUP

- | | |
|--|--|
| 1 lb ground beef | 1 tsp Italian seasonings |
| 1 medium onion, chopped (about ½ c) | ⅛ tsp garlic powder or ¼ tsp instant minced garlic |
| 1¼ c water | 1 can (28-oz) whole tomatoes, undrained |
| ½ c uncooked elbow macaroni or broken spaghetti (about 2-oz) | 1 can (8- oz) kidney beans, undrained |
| 1 medium stalk celery, thinly sliced (about ½ c) | 1 can (8- oz) whole kernel corn, undrained |
| 1 c shredded cabbage | Shredded Cheddar cheese, if desired |
| 1 small zucchini, sliced (about 1 c) | |
| 2 tsp beef bouillon granules | |

Cook ground beef and onion in 4-quart Dutch oven, stirring frequently, until beef is brown; drain. Stir in remaining ingredients except cheese; break up tomatoes. Heat to boiling, cover and simmer about 15 minutes, stirring occasionally, until macaroni is tender. Serve with cheese. (makes 4 servings)

Note: Serve with bread sticks or fruit-topped cheese cake

*Marge G
Austin, Tx*

HEARTY HAM & CABBAGE CHOWDER

- | | |
|---|---|
| 1 cup thinly sliced celery | 1 can (15-¼-oz) whole kernel corn, drained |
| ½ cup chopped onion | 1 can (15-oz) whole potatoes, drained and quartered |
| 2 garlic cloves, minced | 1 can (10-½-oz) condensed chicken broth, undiluted |
| 2 T cooking oil | 1 cup water |
| 3 cups shredded cabbage | ½ cup ketchup |
| 2 cups (1 lb) cubed fully cooked ham | ¼ cup packed brown sugar |
| 1 can (28-oz) diced tomatoes, undrained | |

In a Dutch oven or soup kettle over medium heat, sauté celery, onion, and garlic in oil for 2 minutes, stirring constantly. Add remaining ingredients; bring to a boil. Reduce heat, cover and simmer for 1-½ hours; (makes 8-10 servings)

*Marge G
Coupland, Tx*



HEARTY MINISTRONE

- | | |
|---|--|
| 1 c dried pinto beans | ½ c coarsely chopped celery |
| 2 tsp olive oil | 2 c no-salt-added vegetable juice cocktail |
| ½ c chopped red onion | 2 c water |
| 1 clove garlic, minced | 1 t chopped fresh basil |
| 3 cans (10 oz each), no-salt-added whole tomatoes, undrained, chopped | 1 tsp chopped fresh sage |
| 1 medium potato, cut into ½-inch cubes | 2 bay leaves |
| 1 c coarsely chopped carrots | ¼ tsp black pepper |
| 1 c thinly sliced zucchini | 1 c small shell pasta |
| 4 oz coarsely shredded cabbage | 4 t freshly grated Parmesan cheese |
| ⅔ c coarsely chopped leek | 1 t chopped fresh parsley; heat; reduce |

Place dried pinto beans in large glass bowl; cover completely with water. Soak 6 to 8 hours or overnight. Drain beans; discard water. Heat oil in large heavy saucepan or Dutch oven over medium heat. Add onion and garlic; cook and stir until onion is tender. Drain tomatoes, reserving liquid. Add tomatoes to saucepan; mix well. Add pinto beans, potato, carrots, zucchini, cabbage, leek and celery. Stir in vegetable juice, water and reserved tomato liquid. Add basil, sage, bay leaves and black pepper. Bring to a boil over high heat; reduce heat. Cover and simmer 2 hours, stirring occasionally. Add pasta to saucepan 15 minutes before serving. Cook, uncovered, until soup thickens. Remove bay leaves; discard. Top with Parmesan and parsley. (makes 10 (1½ cups).

*Marge Gebhardt
Austin, Tx*



HEARTY TOMATO BEAN SOUP

2 slices bacon	1 (11-oz) can Green Giant Niblets
½ c chopped onion	Whole Kernel Sweet Corn,
2 c chopped celery	undrained
1 (28-oz) can whole tomatoes, cut up	½ cup water
	1 tsp sugar
1 (15.5- oz) can Green Giant or Joan of Arc Light of Dark Red Kidney Beans, Drained	¼ tsp dried thyme leaves, crushed
	¼ tsp pepper

Cook bacon in 4-sf span or Dutch oven until crisp, remove bacon, reserving 1 tablespoon drippings. Crumble bacon; set aside. Heat reserved drippings in saucepan over medium heat Add onion and celery, cook and stir until vegetables are crisp-tender. Stir in remaining ingredients ; bring to a boil. Reduce heat to low cover and simmer 10 to 15 minutes or until thoroughly heated Garnish each serving with crumbled bacon. (6-1 ½ cup servings)

Note: Grilled cheese sandwiches make a great accompaniment for the satisfying soup

*Marge G
Austin, Tx*



HOT & SOUR VEGETABLE NOODLE BOWL

3 (14-oz) cans vegetable or chicken broth	¼ tsp pepper
3 t seasoned rice wine vinegar	1 (3-oz) pkg oriental flavor ramen noodle soup*
3 t tomato paste	2 c coleslaw mix or chopped cabbage
1 t soy sauce	
1 t freshly grated ginger root	1 med tomato chopped
½ tsp sesame oil	½ c sliced green onions
¼ tsp hot pepper sauce	sliced green onions, if desired

1. Combine vegetable broth, rice wine vinegar, tomato paste, soy sauce, ginger root, sesame oil, hot sauce and pepper in 3 quart saucepan. Cook over high heat, stirring occasionally until mixture comes to a full boil (5 to 6 minutes) Add ramen noodles (discard seasoning packet) Continue cooking until noodles are tender (3 to 4 minutes).2. Reduce heat to medium. Add coleslaw mix, tomato and ½ cup green onions. Continue cooking until heated through (2 to 3 minutes). 3. To serve spoon into individual serving bowls, sprinkle with green onions, id desired. (makes 6 (1-cup servings)

Note: Substitute fresh stir-fry noodles. You can find them in the refrigerated section of the grocery store.

Marge

HOT AND SOUR SOUP

1 (46-fluid oz) can COLLEGE INN Chicken or Beef Broth	¼ c white vine vinegar
2 t cornstarch	1 tsp ground red pepper or to taste
1 (6-oz) jar sliced mushrooms, drained	2 eggs, beaten
1 t soy sauce	¼ c sliced scallions

In large saucepan, blend broth into cornstarch; add mushrooms. Over medium-high heat cook and stir until thickened.. Add soy sauce, vingar and red pepper. Slowly stir eggs into hot soup; garnish with scallions. Serve immediately. (makes 6 servings)

Marge



ITALIAN TORTELLINI SOUP

1 lb Italian sausage	1/8 tsp oregano
1 cup onions, coarsely chopped	8- oz tomato sauce
2 garlic cloves, sliced	1-1/2 cups zucchini
5 cups beef broth	8-oz frozen meat-filled tortellini or frozen cheese tortellini
1/2 cup water	3 T fresh parsley, chopped
1/2 cup dry red wine	1 medium green pepper, cut in 1/2 inch pieces
4 medium tomatoes, seeded, peeled, chopped	Parmesan cheese
1 cup carrots, thin sliced	
1/2 tsp basil	

Remove sausage casing. In dutch over brown sausage. Remove sausage; reserve 1 tablespoon dripping. Sauté onions & garlic in drippings until onions are tender. Add broth and next 7 ingredients, and add sausage. Bring to boil, reduce heat and simmer uncovered 30 minutes. Skim fat from soup and stir in zucchini and remaining ingredients, except Parmesan cheese, Simmer covered an additional 35 to 40 minutes tortellini is tender. Serve topped with Parmesan cheese. If you prefer to use fresh tortellini, simmer 20-35 minutes until tender. (makes 8 servings)

Marge G
Waukesha, Wis



ITALIAN WEDDING SOUP

2 tsp olive oil or vegetable oil	5 oz (1 c) uncooked macaroni rings or ditalini (short macaroni tubes)
1/2 c finely chopped onion	2 c fresh spinach leaves coarsely chopped
1 garlic clove, minced	Grated fresh Parmesan cheese
2 c diced zucchini	
2 c diced yellow summer squash	
1 c diced red bell pepper	
3 (14 1/2- oz cans ready-to-serve chicken broth	

1. heat oil in large saucepan or Dutch oven over medium heat until hot. Add onion and garlic; cook and stir 2 minutes or until tender. Stir in zucchini; summer squash and bell pepper, cook and stir 2 minutes or until crisp-tender. 2. Add broth and macaroni rings; mix well; Bring to a boil. Reduce heat; cook over medium heat for about 7 minutes or until macaroni is tender, stirring occasionally. 3. Add spinach; cook 1 minute or just until wilted. To serve, spoon soup into individual soup bowls. Top each with cheese. (makes 6-1 1/2 cup) servings

Note: Ditalini, Italian for "little thimbles", are very small, short tubes of pasta that keep their shape well when cooked.

Marge



KITTENCAL'S BAKED POTATO SOUP

10 slices cooked bacon (cooked until crispy then finely chopped, can use more)	2 cups chicken broth
$\frac{3}{4}$ cup butter	5 large baked russet potatoes (peeled and cubed)
1-2 tsp dried crushed red pepper flakes	4 green onions, chopped
1 medium onion, chopped	1 $\frac{1}{2}$ cups grated cheddar cheese
2-3 T fresh minced garlic	$\frac{3}{4}$ cup sour cream
$\frac{3}{8}$ cup all-purpose flour	1-2 tsp seasoning salt
5 cups milk	1 tsp black pepper
	grated cheddar cheese (optional)
	chopped green onions

In a Dutch oven or pot melt butter over medium heat. Add in onion and chili flakes, cook stirring for about 3 minutes. Add in garlic cook stirring 2 minutes. Add in flour then cook stirring constantly for about 1- $\frac{1}{2}$ minutes. Slowly add in milk and broth, whisking constantly until bubbly and thickened. Stir in the cubed cooked potatoes and green onions, bring to a boil. Reduce heat to low and simmer uncovered for about 20 minutes Using a fork mash about half of the potatoes (leaving some cubed), Mix in crumbled cooked bacon, sour cream and 1- $\frac{1}{2}$ cups cheddar cheese, stir until the cheese has melted (DO NOT BOIL) Season with seasoned salt and pepper. Ladle into 6 bowls then sprinkle with more cheddar cheese and chopped green onions if desired.

*Marge G
Waukesha, WI*



LEFTOVER HOLIDAY HAM & SPLIT PEA SOUP

1 (16-20-oz) pkg dried split peas, green, rinsed	4-5 tsp chicken bouillon powder or 4 chicken bouillon cubes
8 cups water	1 tsp dried marjoram
2 medium potatoes, peeled, cubed	1 tsp poultry seasoning
2 medium onions, peeled and chopped	1 tsp dried sage
2 large carrots, peeled and chopped	$\frac{1}{2}$ tsp dried basil pepper
2 stalks celery, washed and chopped	$\frac{1}{2}$ tsp ground black pepper to taste
2 cups cooked ham, trimmed of fat, diced	$\frac{1}{4}$ - $\frac{1}{2}$ tsp salt to taste

Chop veggies and meat, then combine everything in a stockpot going VERY EASY on the salt as your ham and bouillon might be salty enough already (you will test and add more later if needed). Stir, then bring to a boil over high heat. Don't walk away from the pot as it comes to a boil, stir. then lower the heat to low drop a lid on the pot, venting just a bit for a few minutes so you don't have a boil over. As soon as the temperature drops enough to avoid a boil over (a few minutes), go ahead and let the lid sit fully on top of the pan. Let cook on low, covered, for about 1 $\frac{1}{2}$ hours, stirring once or twice, until all veggies are tender. Give the finished soup a taste, test and adjust salt and other seasonings as needed. (makes 10-12 servings)

*Marge T
Waukesha, WI*



LOADED POTATO SOUP

4 (6-oz) red potatoes	2 cups 1% low-fat milk, divided
2 tsp olive oil	½ tsp salt
½ cup prechopped onion	¼ tsp freshly ground black pepper
1-¼ cups fat-free, lower-sodium chicken broth	3 bacon slices, halved
3 T all-purpose flour	½ cup shredded cheddar cheese
	4 tsp thinly sliced green onions

Pierce potatoes with a fork, Microwave on HIGH 13 minutes or until tender, Cut in half cool slightly. While potatoes cook heat oil in a saucepan over medium high heat. Add onion; sauté 3 minutes, Add broth, combine flour and ½ cup milk, add to pan with 1-½ cups milk Bring to a boil; stir often. Cook 1 minute. Remove from heat; stir in sour cream, salt, and pepper. Arrange bacon on a paper towel on a microwave- safe plate Cover with a paper towel, microwave on HIGH for 4 minutes. Crumble bacon. Discard potato skins. Coarsely mash potatoes into soup. Top with cheese, green onions and bacon. (makes about 4 servings)

*Marge G
Waukesha, Wi*

MACARONI & CHEESE SOUP

3 quarts water	1 cup butter
5 tsp chicken bouillon granules	¾ cup all-purpose flour
1-½ cups sliced celery	6 cups milk
2 large carrots, shredded	1 pound process American Cheese, cubed
1 large onion, chopped	
1 medium green pepper, chopped	
2-½ cups uncooked elbow macaroni	

In a soup kettle or Dutch oven bring water and bouillon to a boil, Add celery, carrots, onions, and green pepper; cook for 4 minutes or until tender; Add macaroni. Cover and return to a boil. boil for 2 minutes; Remove from the heat, let stand for 8-10 minutes or until macaroni is just tender. Meanwhile melt butter in a sauce pan. Add flour stirring until smooth. Gradually add milk, stirring constantly. Bring to a coil, cook and stir for 2 minutes. Stir in cheese until melted. add to undrained macaroni, mixture,. Makes 20 servings)(5 quarts)

Note: Cut the recipe in ½ next time.

*Marge G
Coupland, Tx*



MINESTRONE MIX UP

1 lb fresh spinach, washed, trimmed & finely chopped	1 ½ cup chopped celery
½ c seasoned dry bread crumbs	1 cup sliced carrots
1 egg	1 can (16-oz) kidney beans, rinsed and drained
½ tsp salt	½ tsp dried oregano
¼ tsp pepper	½ tsp dried basil
1 ½ lbs ground beef	8 cups water
1 to 2 T cooking oil	1 cup uncooked elbow macaroni
1 large onion, chopped	tomato juice, optional
1 can (16-oz) tomatoes with liquid, cut up	

In a bowl combine spinach, bread crumbs, egg, salt, pepper, add beef and mix well Shape into 1-in balls, Heat oil in a Dutch oven or large soup kettle; brown meatballs on all sides. Remove and keep warm. Add onion, cook and stir until tender. Add tomatoes, celery, carrots, beans, spices and water. Bring to a boil, reduce heat and simmer 20 minutes, Stir in macaroni and meatballs; cook 15 minutes longer or until the meatballs are cooked and the macaroni is tender. If soup is too thick, thin with tomato juice if desired.(makes 8-10 servings)(2-½ quarts)

*Marge G
Waukesha, Wi*



MINNESOTA WILD RICE SOUP

11 c water	2 c chopped cooked chicken
1 c uncooked wild rice	1 c LAND O LAKES Half & Half or milk
½ c LAND O LAKES butter	¼ tsp pepper
1 large (1 ½ c) onion, coarsely chopped	1 c FISCHER Chef's Naturals* sliced almonds, toasted
1 (8-oz) pkg fresh mushrooms, sliced	fresh parsley sprig, if desired
1 c all purpose flour	
3 t instant chicken bouillon granules	

1. Combine 4 cups water and wild rice in 2 quart saucepan. Cook over medium-high heat until water comes to a boil (4 to 5 minutes) Reduce heat to low. Cook uncovered until rice is tender and liquid is absorbed (40 or 50 minutes) Drain, if necessary, Set aside. 2. Melt butter in 4 quart Dutch oven until sizzling, add onion and mushrooms. Cook over medium heat, stirring occasionally, until onion is softened (4 to 5 minutes) Add remaining water and bouillon granules. 3. Stir together 1 cup soup mixture and flour in a small bowl. Stir into remaining soup mix. Cook, stirring occasionally until soup begins to boil and is thickened (7 to 10 minutes). Boil 1 minute. Add cooked rice and chicken. Continue cooking until heated through (4 to 5 minutes). 4. Add half & Half and pepper, continue cooking until heated through (1 to 2 minutes)(DO NOT BOIL)Sprinkle each serving with almonds. Garnish with parsley, if desired

Note: Helpful Hints; For thinner soup, add additional 1 cup half & half or milk.

*Marge
Coupland, Tx*



MOMMA'S CHICKEN NOODLE SOUP

1 lb bone & skin included chicken thigh	1 garlic clove
2 T olive oil	7 chicken bouillon cubes
1 T butter	1 bay leaf
6 carrots, chopped	1 tsp oregano
4 celery ribs, chopped	1 tsp basil
1 large onion, chopped	salt and pepper to taste
	12-oz egg noodles

Heat 2 tablespoons,olive oil ,in large stock pot, Brown chicken thighs, skin down first, in pan in batches until all are brown, set aside, melt butter in pot, Add onions, carrots, celery & seasoning, Sauté 5-10 minutes. Last minute or two add garlic. When garlic is fragrant, add browned chicken thighs, Fill with enough water to cover chicken & veggies. Add bouillon cubes. cover and let simmer about an hour to hour and a half. Remove from heat and remove chicken thighs, cool. When chicken is cool enough to work with, remove skin and shred chicken. Add chicken to broth and bring to boil, Add noodles. When noodles are done, enjoy!!! Serve with some nice crusty bread.

Note: Bouillon cubes tend to be salty, with 7 called for in the recipe be cautious how many you add at one time. You could use chicken breasts in place of thighs (less grease) the breasts dry out quickly, Tough to maintain a smooth texture with out some grease.

*Marge G
Waukesha, Wi*



MY SISTER'S NAVY BEAN SOUP

1 (16-oz) package navy beans	6- 10 whole peppercorns
9 cups water	3 bay leaves
1 meaty ham bone	1 medium onion
1 tsp salt	

Thoroughly wash beans in cold water & discard any stones or shrivelled beans. Place beans into a large heavy pot with fresh water; bring to a boil & boil for 5 minutes; Remove from heat, cover & let stand for an hour. Add ham bone, salt, pepper & bay leaf to pot, cover & simmer for 3 hours. Remove bay leaves & ham bone and allow to cool enough to be able to handle. In the meantime, use a potato masher to mash the beans slightly; chop the onion & add to the pot, Cut the meat off the bone & add to the pot, adjust the seasoning & continue to simmer for another 30 minutes. (makes 6-8 servings)

Note: One of the most shameless things about making bean soup is scrounging a bone for the soup.

*Marge G
Waukesha, Wi*

MY SISTER'S NAVY BEAN SOUP

9 cups water	6-10 whole peppercorns
1 meaty ham bone	3 bay leaves
1 tsp salt	1 medium onion

Thoroughly wash beans in cold water discard any stones or shriveled beans Place beans into a large heavy pot with fresh water; bring to a boil & boil for 5 minutes. Remove from heat, cover & let stand for an hour. Add ham bone, salt, pepper & bay leave to pot, cover & simmer for 3 hours. Remove bay leaves & ham bone and allow to cool enough to be able to handle. In the meantime, use a potato masher to mash the beans slightly, chop the onion & add to the pot. Cut the meat off the bone & add to the pot, adjust the seasonings & continue to simmer for another 30 minutes. (makes 6-8 servings)

*Marge G
Waukesha, Wi*



NEIGHBORHOOD BEAN SOUP

2 cups dried great northern beans	½ tsp pepper
5 cups chicken broth	¼ tsp rubbed sage
3 cups water	¼ tsp dried savory
1 large meaty ham bone	2 medium onions, chopped
2 to 3 tablespoons chicken bouillon granules	3 medium carrots, chopped
1 tsp dried thyme	3 celery ribs, chopped
½ tsp dried marjoram	1tablespoon vegetable oil

Place beans in a Dutch oven or soup kettle; add water to cover by 2 inches. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain. Add broth, water, ham bone, bouillon and seasonings; bring to a boil. Reduce heat, cover and simmer for 2 hours. Sauté onions, carrots and celery in oil; add to soup. Cover and simmer 1 hour longer. Debone ham and cut into chunks; return to the soup. Skim fat. (makes 10 servings)

*Marge G
Waukesha, Wi*

NEW ENGLAND CLAM CHOWDER

½ c chopped onion	2 (6½ oz) cans minced clams, undrained
¼ c margarine or butter	1 (16-oz)can whole new potatoes, drained and diced
⅓ c all-purpose flour	1 c milk
1 tsp ground black pepper	
2 (13¾ fluid oz) cans COLLEGE INN chicken broth	

In large saucepan over medium-high heat, cook onion in margarine until tender. Blend in flour and pepper. Gradually stir in chicken broth, clams, potatoes and milk. Cook stirring until mixture thickens (DO NOT BOIL) makes 6 servings

*Marge Gebhardt
Coupland, Tx*



NEW ENGLAND CLAM CHOWDER

3 slices bacon	1/8 tsp pepper
1 c diced peeled potatoes	2 (6½-oz each) cans minced clams, drained, reserving liquid
1/2 c celery	1/4 c flour
1/4 c onions, chopped	3 c milk
1/4 tsp salt	
1/8 tsp dried thyme leaves, crushed	

Cook Bacon in large saucepan until crisp, Remove bacon, set aside. Add potatoes, celery, onion, salt, thyme, pepper, and reserved clam liquid to bacon drippings* Bring to a boil. Reduce heat; cover and simmer 10 minutes or until vegetables are tender. In 1-quart jar with tight-fitting lid, combine flour and milk; shake until smooth. Gradually stir into vegetable mixture; Cook over medium heat for 15 minutes or until thickened, stirring frequently. Stir in clams. Heat gently stirring frequently; DO NOT BOIL. Crumble bacon, garnish each serving with bacon. (makes 4-1 1/2 cup servings)

Note: Classic chowder contain some type of pork and shellfish and/or seafood along with onions, potatoes and milk. Here is a classic favorite !!!

Marge G
Coupland, Tx



NEW ENGLAND CLAM CHOWDER

1 c diced peeled potatoes	1/8 tsp dried thyme leaves, crushed
2 slices bacon, cut into 1/2-inch pieces	n large Bacon i
1/2 c chopped celery (1 medium stalk)	2 (6½- oz ea) cans minced clams, drained, reserving liquid
1/4 c chopped onion	1/4 c all-purpose flour
3/4 tsp salt	3 c milk

Cook bacon in large saucepan over medium heat until crisp Remove bacon from saucepan reserving drippings drain bacon on paper towels set aside. To bacon drippings in saucepan add potatoes celery onion, salt, thyme, pepper, and reserved clam liquid, Bring to a boil Reduce heat ; cover and simmer 10 minutes or until vegetables are crisp-tender. In 1 quart jar with tight-fitting lid or medium bowl combine flour and milk; shake or stir with wire whisk until smooth Gradually stir into vegetable mixture Cook over medium heat for about 15 minutes or until thickened, stirring frequently. Stir in clams, Reduce heat to low; cook and stir until thoroughly heated. DO NOT BOIL; Top individual servings with bacon. (4(1 1/2- cup servings)

Note: New England and Manhattan have their own varieties of clam chowder; New England's version is made with milk or cream, while Manhattan clam chowder calls for tomatoes.

Marge G
Coupland, Tx

NO-FUSS POTATO SOUP

6 cups cubed peeled potatoes	4 tsp chicken bouillon granules
5 cups water	2 tsp salt
2 cups chopped onions	1/4 tsp pepper
1/2 cup chopped, celery	1 can (12-oz) evaporated milk
1/2 cup thinly sliced carrots	3 T chopped fresh parsley
1/4 cup butter or margarine	

In a large slow cooker, combine the first nine ingredients. Cover and cook on low for 7 hours or until the vegetables are tender. Add milk and parsley; mix well. Cover and cook 30-60 minutes longer or until heated through. (serves 8-10)

Marge G
Waukesha, Wi



OLD-FASHIONED BEAN SOUP

6 cups water	2 ribs celery, chopped
1 lb navy beans, washed, sorted	1 bay leaf
8 cups water	1 tsp salt
2 large meaty smoked ham hocks	¼ tsp pepper
2 medium onions, chopped	½ cup Heinz Tomato Ketchup
2 medium carrots, chopped	

In large saucepan, bring 6 cups water to a boil, Add beans; boil 2 minutes. Remove from heat; cover and let stand 1 hour. Drain beans, discarding water. In same saucepan, combine beans, 8 cups water, ham hocks, onions, carrots, celery, bay leaf, salt and pepper. Bring to a boil. Reduce heat; cover and simmer 2½ hours to 3 hours or until beans are tender. Remove bay leaf. Cut meat from bones; return meat to soup. Stir in ketchup, heat through. (makes 10 servings- about 11 cups)

*Marge G
Waukesha, Wi*

OLD-FASHIONED VEGETABLE SOUP

2 to 3 lb beef shank or meaty soup bones	2 medium potatoes, peeled and cubed
2 qt (8-oz) water	2 stalks celery, sliced
3 ts salt	2 medium carrots, sliced
¼ ts thyme leaves or marjoram leaves	1 small onion, chopped
6 peppercorns or ¼ ts pepper	16-oz can (2 cups) tomatoes, undrained
2 whole allspice	12-oz can (1 ½ cups) whole kernel corn, drained, if desired
2 cubes or 2 ts beef bouillon	
1 bay leaf	

In large saucepan or Dutch oven, combine beef shank, water, salt, thyme, peppercorns, allspice, bouillon and bay leaf. Simmer covered 2½ to 3 hours or until meat is tender. Remove beef shank, peppercorns, allspice and bay leaf. Cut meat from bones and return to soup. Add remaining ingredients; simmer covered, 30 minutes or until vegetables are tender. makes 6 to 8 servings

Note: A meal in itself. Serve it with crusty French Bread

*Marge Gebhardt
Waukesha, Wi*



ORIENTAL MEATBALL SOUP (SERVES 6 TO 8)

1 lb ground pork	1 tsp sesame oil
1 egg, lightly beaten	¾ t salt
3 green onions, 1 minced, 2 sliced	¼ t pepper
2 garlic cloves, 1 minced, 1 crushed	2 qt chicken stock or reduced sodium canned broth
2 tsp minced fresh ginger plus 3 slices fresh ginger	1 (16 oz) frozen pkg mixed Oriental vegetables
1 t soy sauce	

In a medium bowl, combine ground pork, eggs, minced green onion, minced garlic, minced ginger, soy sauce, sesame oil, salt and pepper, blend well. Set aside. In a large Dutch oven or soup kettle, bring chicken stock, sliced ginger, and crushed garlic to a boil over medium heat. Reduce heat to low, partially cover, and simmer 15 minutes. Using a slotted spoon, remove ginger slices and garlic from stock and discard. Add frozen vegetables to soup and return to a boil. Drop heaping teaspoonfuls of meat mixture into soup and simmer until meatballs are cooked through, 10 to 15 minutes. Serve garnished with a sliced green onions (serves 6 to 8)

*Marge Gebhardt
Coupland, Tx*



PASTA & BEAN SOUP

- | | |
|--|--|
| 1 t oil | 1 (14.5-oz) can diced peeled tomatoes, undrained |
| 1 c chopped onions | 1 tsp dried oregano leaves |
| 1 c chopped celery | 1 tsp dried basil leaves |
| ½ c chopped carrot | ½ tsp pepper |
| 2 garlic cloves, minced | 2 bay leaves |
| 3 (14½- oz each) cans ready to serve chicken broth | 3 oz (¾ c) uncooked small shell macaroni |
| 2 (15.5- oz each) can Green Giant or Joan of Arc Great Northern Beans, drained | 4 oz (1 c) shredded Swiss cheese |
| | ¼ c chopped fresh parsley |

Heat oil in Dutch oven or stockpot over medium heat until hot. Add onions, celery, carrot and garlic, cook and stir 4 minutes. Add broth, beans, tomatoes, oregano, basil, pepper and bay leaves. Bring to a boil. Add macaroni. Reduce heat to medium; cook 10 to 13 minutes or until macaroni and vegetables are tender. Remove bay leaves. Sprinkle each serving with cheese and parsley (10- 1 cup servings)

Note: For a thicker heartier soup double the amount of uncooked macaroni.

Marge



PASTA & BEAN SOUP

- | | |
|---|--|
| 1 t oil | 1 (14.5-oz) can diced peeled tomatoes, undrained |
| 1 c chopped onions | 1 tsp dried oregano leaves |
| 1 c chopped celery | 1 tsp dried basil leaves |
| ½ c chopped carrot | ½ tsp pepper |
| 2 garlic cloves, minced | 2 bay leaves |
| 3 (14½- oz) cans ready to serve chicken broth | 3 oz (¾ c) uncooked small shell macaroni |
| 2 (15.5-oz) cans Green Giant or Joan of Arc Great Northern Beans, drained | 4 oz (1 c) shredded Swiss cheese |
| | ¼ c chopped fresh parsley |

Heat oil in Dutch oven or stockpot over medium heat until hot. Add ce heat to medium; cook onions, celery, carrot and garlic; cook and stir 4 minutes. Add broth, beans, tomatoes, oregano, basil, pepper and bay leaves. Bring to a boil. Add macaroni. Reduce heat to medium; cook 10 to 13 minutes or until macaroni and vegetables are tender. Remove bay leaves. Sprinkle each serving with cheese and parsley. (makes 10 - 1 cup) servings

Note: For a thicker, heartier soup; double the amount of uncooked macaroni.

*Marge G
Austin, Tx*



PEASANT SOUP

16-oz pkg (about 2 ½ cups dry Great Northern beans	16-oz can (2 cups) tomatoes, undrained, cut up
6 c water	1 c cubed carrots
4 c water	½ c water
4 c chicken broth	1 tsp salt
1 lb kielbasa sausage, sliced diagonally	1 tsp oregano leaves
1 c chopped onions	¼ tsp pepper
½ c chopped green pepper	1 bay leaf
2 garlic cloves, minced	1 c elbow macaroni

Wash and sort beans in 5 quart Dutch oven, combine beans and 6 cups water. Bring to a boil. Reduce heat; simmer uncovered 2 minutes. Remove from heat. Cover and let stand 1 hour, drain. Add 4 cups water and chicken broth. Bring to boil. Reduce heat; cover and simmer 1 ½ hours or until beans are tender. In a large skillet sauté" sausage 3 minutes, add onions, green pepper and garlic, sauté" until onions & green pepper are tender. Stir in tomatoes, carrots, water, salt, oregano, pepper and bay leaf. Bring to boil. Reduce heat cover and simmer 30 minutes. Remove bay leaf. Cook macaroni to desired doneness as directed on pkg. Drain rinse with hot water. In food processor or blender container, purée 1 cup bean liquid and 3 cups cooked beans*Stir puréed beans, sausage-tomato mixture and macaroni into beans in Dutch oven. Simmer uncovered until thoroughly heated (makes 10 (1 ½ cup) servings.

Note: Tip; One cup bean liquid and 3 cups cooked beans can be puréed in small bowl using potato masher or fork.

Marge



POLISH POTATO CHEESE SOUP

2 t land o lakes BUTTER	1 tsp salt
2 large (1 ½ C) onions thinly sliced	¼ tsp pepper
3 t all purpose flour	8-oz (2 c) LAND O LAKES
4 c milk	Cheddar cheese shredded
3 med (3 c) potatoes, cubed ½ - inch	2 (about 8-oz) cooked Polish Sausage, cut into ¼-inch slices

Melt butter in 3-quart saucepan until sizzling, add onions cook over medium heat, stirring occasionally until softened (4 to 5 minutes) Stir in flour, continue cooking 1 minute Stir in milk, potatoes, salt and pepper) Cover continue cooking, stirring occasionally until potatoes are fork tender (25 to 30 minutes). 2. Stir in cheese and sausage. Continue cooking stirring occasionally until cheese is melted and soup is heated through (3 to 4 minutes).

Marge G
Austin, Tx

POLISH POTATO SOUP W/ SAUSAGE

1 T butter or margarine	1 bay leaf
1 lb Polish Sausage (kielbasa) (used ½ the meat)	½ tsp, thyme leaves
1 onion, chopped	2 beef bouillon cubes of 2 tbp, granules
2 cup celery and leaves	2 T white vinegar
2 cup carrots, sliced	3-4 cups potatoes cubed
5 cups water	4 cup cabbage, shredded
1 tsp salt	

Melt butter in large pot; sauté kielbasa, onion and celery until tender; add all ingredients except potatoes and cabbage. Simmer 1 hour covered. Add potatoes and cabbage and simmer 1 more hour, covered. Serve with hot bread or crackers

Marge G
Waukesha, Wi



POTATO BACON CHOWDER

2 Cups cubed peeled potatoes	1¾ cups milk
1 cup water	1 cup (8-oz) sour cream
8 bacon strips	½ teaspoon salt
1 cup chopped onion	Dash pepper
½ cup chopped celery	1 tablespoon minced fresh parsley
1 can (10¾ oz) condensed cream of chicken soup, undiluted	

In a covered 3-qt saucepan, cook potatoes and water until tender. Meanwhile cook bacon in a skillet until crisp; remove to paper towel to drain. In the same skillet, sauté onions and celery in drippings until tender; Drain. Add undrained potatoes. Stir in soup, milk, sour cream, salt and pepper. Cook over low heat for 10 minutes or until heated through (do not boil). Crumble bacon; set aside ¼ cup. Add remaining bacon to soup along with parsley. Sprinkle with remaining bacon. (makes 6 servings)

Note: This chowder is like a bacon topped baked potato in a bowl. On a cold winter days, my family is thrilled to see this meal on the table t Add some fresh warm bread on the side, awesome.

*Marge G
Coupland, Tx*

POTATO SOUP

5 or 6 cups sliced or chunked potatoes	2 small bay leaves
½ cup chipped onions	2 tsp salt

Fill good size kettle with above ingredients. Cover with hot water bring to a boil, reduce heat and simmer until potatoes are tender. Stir in 1½ to two cups milk, ¼ cup butter or margarine and 1 ½ tablespoons chicken bouillon granules. Heat throughly, sprinkle with black pepper. If soup seems like it has too much butter, skim some off the top.

Note: This came from a hand written recipe that still smelled of pine trees.

*Marge G
Waukesha, Wi
Pennsylvania Dutch*



POTATO SOUP WITH GREEN CHILIES & CHEESE

2 t vegetable oil	½ tsp celery salt
1 medium onion, chopped	¾ c (3 oz) shredded Monterey Jack cheese
1 clove garlic, minced	¼ c (3 oz) shredded Colby or Shredded cheese
2 c chopped unpeeled potatoes	White pepper, chopped celery leaves for garnish
1 t all-purpose flour	
1 1/2 c chicken broth	
2 c milk	
1 can (4 oz) diced mild green chilies	

Heat oil in 3 qt pan over medium heat. Add onion and garlic; cook until onion is tender; stir in potatoes; cook 1 minute stir in flour; continue cooking 1 minute.stir in broth bring to a boil, stirring constantly, Cover; reduce heat and simmer 20 minutes or until potatoes are tender, Stir in milk, chilies and celery salt' heat to simmering; add cheese; stir and heat just until cheese melts. Do not boil. Add pepper to taste. Serve in individual bowls. Garnish with celery leaves (makes 6 servings)

*Robert Gebhardt
Coupland, Tx*

QUICK CHICKEN CORN SOUP

¼ c chopped celery	1 soup can water (1 ½ c)
2 t chopped onions	9-oz pkg Green Giant Harvest Fresh Niblets Frozen Corn
1 garlic clove, minced	⅓ tsp pepper
1 t margarine or butter	1 t finely chopped fresh parsley, if desired
10¼ oz can condensed chicken noodle soup	

In medium saucepan sauté celery onion and garlic in margarine until tender. Stir in chicken noodle soup, water, corn and pepper; bring to a boil stirring frequently reduce heat; cover and simmer 3 minutes or until corn is tender, stirring occasionally. Garnish each serving with parsley. 3 (1-cup) servings

Note: For hearter soup, add ½ to 1 cup cubed cooked chicken

*Marge Gebhardt
Coupland, Tx*



QUICK SPAGHETTI BEEF SOUP

- | | |
|---------------------------------------|-----------------------------------|
| 1 lb ground beef | 1 tsp dried thyme leaves |
| 1 pkg (16-oz) frozen mixed vegetables | 1 tsp salt |
| 4 cups tomato juice | ½ tsp black pepper |
| 4 cups water | ½ tsp onion salt |
| 2 T instant beef bouillon | ¼ tsp garlic powder |
| 2 T Worcestershire sauce | ½ lb spaghetti broken into thirds |
| 1 tsp dried basil | Grated Parmesan cheese (optional) |

In a large soup pot brown ground beef over medium-high heat, drain. Stir in mixed vegetables, tomato juice, water beef bouillon, Worcestershire sauce, basil, thyme, salt, onion salt, black pepper, and garlic powder. Bring to a boil. Reduce heat. to low and simmer 30 minutes. Meanwhile in a large pot of boiling salted water, cook spaghetti according to package directions drain. Add to the soup mixture and heat through. Serve soup sprinkled with Parmesan cheese

*Marge G
Waukesha, Wi*

RICH CREAM OF MUSHROOM SOUP

- | | |
|----------------------------------|---|
| 1 lb mushrooms | 1 can (14½-oz) ready-to-serve chicken broth |
| ¼ c margarine or butter | 1 t dry sherry, if desired |
| 3 t Gold Medal all purpose flour | Freshly ground pepper |
| ½ tsp salt | |
| 1 c whipping (heavy) cream | |

Slice enough mushrooms to measure 1 cup; chop remaining mushrooms; melt margarine in 3-quart saucepan over medium heat; stir in sliced and chopped mushrooms. cook about 10 minutes, stirring occasionally until mushrooms are golden brown. Sprinkle with flour and salt, Cook stirring constantly, until thickened, Gradually stir in whipping cream and broth; heat until hot, Stir in sherry,. Sprinkle with pepper. (

*Marge G
Austin, Tx*



SHRIMP & TOMATO SOUP WITH ORZO

- | | |
|--|---|
| 3½ -oz (½ c) uncooked dried rosamarina pasta (orzo) | 1 (28- oz) can plum tomatoes, cut up |
| 1 t olive or vegetable oil | 1 lb fresh or frozen medium raw sgrimp, peeled, deveined, rinsed. |
| 1 medium (½ c) onion, chopped | freshly grated Romano or Parmesan cheese |
| 1 stalk (½ c) celery, chopped | |
| ⅙ tsp crushed red pepper | |
| 1 t chopped fresh basil leaves* | |
| 1 tsp finely chopped fresh garlic | |
| 2 (14½- oz) cans chicken or vegetable broth | |

Cool pasta according to package directions. Rinse with hot water, drain. Set aside. Meanwhile in Dutch oven heat oil; stir in onion, celery, crushed red pepper, basil, and garlic. Cook over medium high heat, stirring constantly, until onion is soft (2 to 3 minutes). Reduce to medium stir in chicken broth and tomatoes. Continue cooking, stirring occasionally, until shrimp turn pink (5 to 8 minutes) Stir in cooked pasta. Continue cooking stirring occasionally until heated through (2 to 3 minutes). Garnish with Romano cheese. (makes 6 servings)

*Marge G
Austin, Tx*

SPLIT PEA & HAM SOUP

- | | |
|--|-----------------------------|
| 1 lb (about 2 cups) dry green split peas | 1 cup chopped celery |
| 7 cups water | 1 cup chopped onion |
| 1 tsp vegetable oil | 1 cup diced peeled potato |
| 1 tsp salt, optional | ½ tsp garlic powder |
| 2 cups diced fully cooked ham | ½ tsp pepper |
| 2 cups chopped carrots | ¼ cup chopped fresh parsley |

In a dutch oven or soup kettle, bring peas, water, oil, and salt if desired to a boil. Reduce heat cover and simmer for 2 hours, stirring occasionally Add the next seven ingredients; cover and simmer for 30 minutes or until vegetables are tender; Stir in parsley. (makes 8-10 servings (2-¾ quarts)

*Marge G
Coupland, Tx*



SPLIT PEA SOUP

2 smoked ham hocks (about 1 ½ lbs)	1 ts garlic powder
1 lb green split peas	1 ts salt
2 celery ribs, finely chopped	½ ts dried oregano
1 medium onion finely chopped	¼ ts pepper
1 medium carrot, finely chopped	8 to 10 c water
2 chicken bouillon cubes	1 bay leaf

In a large saucepan, combine all of the ingredients; bring to a boil. Reduce heat ; leaving cover ajar; simmer for 3 hours, stirring occasionally. Remove and discard bay leaf. Remove ham hocks; when cool enough to handle, cut meat into bite-size pieces;. Return meat to the soup and heat through. serves 6-8 (2 qt)

*Robert Gebhardt
Coupland, Tx*

SPLIT PEA SOUP W/ HAM

1 ½ c dried split peas	3 bouillon cubes
1 ½ cup diced ham	Salt & pepper to taste
7 cups water	2 T butter
½ c sliced carrots	½ c diced celery
¾ c minced onions	1 T minced parsley

Put washed peas ham, water, carrots, and half of minced onions into large saucepan, cover & boil gently for 2½ hours Add bullion cubes, salt & pepper, to taste In small frying pan heat butter add celery, parsley, and remainder of onions. Fry until onions are golden brown Add this to soup & simmer gently for 10 minutes. makes 6-8 servings)

*Marge G
Austin, Tx*



SWEET POTATO SOUP

2 large sweet potatoes (1 ½ lbs)	¼ tsp salt
1 c chicken broth	¼ tsp ground nutmeg
¼ c orange juice	1 c milk

Heat enough water to cover sweet potatoes to boiling in 2 quart saucepan. Add potatoes. Cover and heat to boiling, reduce heat. Simmer 30 to 35 minutes or until tender, drain. Slip off skins, discard. Place potatoes in blender or food processor. Add ½ cup of the broth. Cover and blend until smooth. Return blended mixture to saucepan, Stir in remaining broth, the orange juice, salt and nutmeg. Cook over medium-high heat, stirring constantly, until hot. Stir in milk; cook until hot. (makes 4 servings)

*Robert
Austin, Tx*

SWEET-AND-SOUR CABBAGE SOUP

12 cups water	1 cup canned tomatoes drained and chopped
1-½ lbs short rib of beef	½ cup sugar (or to taste)
1 head cabbage cut into 1-inch pieces (about 3 lbs)	⅓ cup lemon juice
1 onions, chopped	2 T sweet paprika
1 cup ketchup	1-2 T salt

Boil meat in water using a stainless steel or enameled kettle. Skim froth as it rises; then simmer for 1 hour. Transfer meat with a slotted spoon to a cutting board and trim away bones and fat. Skim fat off broth. Cube meat into small pieces then add back to broth. Add remaining ingredients ans simmer 30 minutes.

Note: About this recipe Came from an old southside Chicago Delicatessen that has long since closed. This is the best Jewish-style cabbage soup i've found. Gourmet recipe published in 1980.

*Marge G
Coupland, Tx*



TACO SOUP

- | | |
|---|--|
| 2 lbs ground beef | ½ cup green olives sliced (optional) |
| 2 cups diced onions | 1 (1 ¼- oz) package taco seasoning mix |
| 2 (15 ½- oz) cans pinto beans | 1 (1-oz) package ranch dressing mix |
| 1 (15 ½- oz) can red kidney beans | corn chips, for serving |
| 1 (15 ½-oz) can whole kernel corn, drained | sour cream, for garnish |
| 1 (14 ½- oz) canned Mexican style stewed tomatoes | grated cheese, for garnish |
| 1 (14 ½- oz) can diced tomatoes and green chilies | chopped green onions, for garnish |
| 2 (4 ½- oz) cans diced green chilies | sliced jalapeños, for garnish |
| 1 (4 ⅝- oz) can black olives, drained and sliced | |

Brown the ground beef and onions in a large skillet, drain off excess fat and transfer browned beef and onions to a large slow cooker or stockpot. Add the beans, corn, tomatoes (i like to mash all of the tomato products before i put them in the stockpot- sometimes there are very large chunks of tomatoes, especially in the stewed tomatoes), green chilies, black olives, green olives, taco seasoning and ranch dressing mix. Simmer over low heat for about 1 hour (6-8 hours on low setting in crock pot) To serve, place a few corn chips in each bowl and ladle soup over them. Top with sour cream, cheese, green onions and jalapeños. (makes 12-13 servings)

Note: Cut this recipe in half, this makes an awful lot, unless you are cooking for a crowd

*Marge G
Waukesha, Wi
Paula Deen Version*



TEXAS CHILI

- | | |
|---|----------------------------|
| ¼ c all-purpose flour | 1 can (8-oz) tomato sauce |
| 1 ½ lbs beef stew meat, cut into ¾ inch cubes | 2 T chili powder |
| 5 T CRISCO OIL, divided | 1 tsp crushed red pepper |
| 1 medium onion, chopped | ¼ tsp cayenne pepper |
| 2 cloves garlic, minced | 1 tsp ground cumin |
| 2 cans (16-oz ea) whole tomatoes, undrained and chopped | ¼ tsp ground oregano |
| 2 cans (16-oz ea) kidney beans, drained | 1 tsp salt |

Place flour in large resealable plastic bag. Add beef and shake to coat. Heat 3 tablespoons CRISCO OIL in large saucepan. Add beef and any remaining flour. Brown over medium-high heat. Remove beef from saucepan; set aside. Heat remaining 2 tablespoons CRISCO OIL in the same saucepan. Add onion and garlic. Cook and stir over moderate heat until onion is tender. Stir in beef and remaining ingredients. Heat to boiling. Cover. Reduce heat. Simmer, stirring occasionally, about 1 hour. uncover, Simmer, stirring occasionally, 30-60 minutes more or until beef is tender. (makes 6 to 8 servings)

*Marge G
Coupland, Tx*

TEXAS COWBOY CHILI

- | | |
|--|---|
| 1 T olive or vegetable oil | 1 c PACE Chunky Salsa |
| 1 lb boneless beef sirloin or top round steak, cut into ½-in cubes | 1 can (14-oz) beef broth or lower sodium beef broth |
| 1 medium onion, chopped | Shredded cheddar cheese, chopped green onions, and additional PACE Chunky Salsa |
| 1 small green pepper, chopped | |
| 1 tsp ground cumin | |
| 1 T all-purpose flour | |

Heat oil in nonstick saucepan, Add beef and cook until browned and juices evaporate, stirring often. Add onion, green pepper and cumin; cook until pepper is a crisp-tender Stir in flour and cook 1 minute. Add salsa and broth Bring to a boil Cook over low heat for 20 minutes or until done. Serve with cheese, onions and salsa. (makes 4 servings)

*Marge G
Waukesha, Wi*



TOMATO & SPINACH SOUP

- | | |
|--|--|
| 2 T evoo, extra-virgin olive oil, 2 turns of the pan | 2 cups good quality vegetable stock, available on soup aisle |
| 1 large shallot, finely chopped | ½ ten-oz sack triple washed spinach; stems removed and spinach shredded with knife |
| 2 cloves garlic, chopped | Salt and pepper to your taste. |
| 1 (28-oz) can diced tomatoes in juice, drained | |
| 1 can crushed tomatoes, 28-oz | |

Heat a medium soup pot over moderate heat. Add oil, shallots and garlic. Sauté 5 minutes. Add drained tomatoes and crushed tomatoes, stir. Add stock and stir to combine soup. Stir in spinach in handfuls to wilt it and combine with soup. Season soup with salt and pepper to your taste. Bring soup to a bubble. Reduce heat and simmer f10 to 15 minutes to reduce. (makes 4 servings)

Marge G
Waukesha, Wi

TOMATO HAMBURGER SOUP

- | | |
|---|---|
| 1 can (46-oz) V-8 juice | 1 can (10-2/4-oz) condensed cream of mushroom soup, undiluted |
| 2 pkgs (16-oz ea) frozen mixed vegetables | 2 tsp dried minced onion |
| 1 lb ground beef cooked and drained | salt & pepper to taste |

In 5-quart slow cooker, combine the first five ingredients; mix well. Cover and cook on high for 4 hours or until heated through. Season with salt and pepper. (makes 12 servings)(3-qts)

Marge G
Waukesha, Wi



TOMATO ROTINI SOUP

- | | |
|---|---|
| . Cover and cook on LOW | 1 medium onion, chopped (½ cup) |
| 4 cups tomato juice | 1 cup sliced mushrooms |
| 1 T dried basil leaves | 2 cloves garlic, finely chopped |
| 1 tsp salt | 1 can (28-ozs), diced tomatoes, undrained |
| ½ tsp dried oregano leaves | 1 ½ cups uncooked rotini pasta (4½ oz) |
| ¼ tsp pepper | Shredded Parmesan Cheese, if desired |
| 2 medium carrots, sliced (1 cup) | |
| 2 medium stalks celery, chopped (1 cup) | |

Mix all ingredients except pasta and cheese in 4 to 5 quart slow cooker. Cover and cook on low heat setting 8 to 9 hours. Stir in pasta, Increase heat setting to high. Cover and cook 15 to 20 minutes or until pasta is tender. Sprinkle each serving with cheese. (makes 12 servings)

Note: Cooks Note; added small can tomato paste & 15-oz can crushed tomato. This hearty vegetarian soup needs only thick slices of a whole grain bread to complete the meal.

Marge G
Coupland, Tx

TOMATO SOUP WITH DILL

- | | |
|------------------------------------|--|
| 1 to 2 t margarine or butter | 16-oz can stewed tomatoes, undrained, cut uo |
| ½ c chopped celery | ½ tsp sugar |
| ½ c chopped onion | ¼ tsp dill weed |
| 1 c water | Dairy sour cream |
| 10¾ oz can condensed chicken broth | Dill weed |

Melt margarine in large saucepan over medium-heat heat; Add celery and onion. Cook and stir 3 minutes or until tender. Stir in water, broth, tomatoes, sugar and ¼ tsp dill weed; bring to boil. Reduce heat; simmer 15 to 20 minutes. Garnish each serving with a dollop of sour cream; sprinkle with dill weed. 4 (1-cup servings)

Note: Dill lightly seasons this soup which has a chicken broth base. Serve it with a club sandwich for lunch or a light supper.

Marge
Austin, Tx



UNSTUFFED PEPPER SOUP

- | | |
|--|--|
| 1-½ lbs ground beef | 1 cab (28 oz) crushed tomatoes, undrained |
| 3 large green peppers, chopped | |
| 1 large onion, chopped | 1 can (4-oz)mushroom stems and pieces, drained |
| 2 cans (10-¾-oz each) condensed tomato soup, undiluted | 1-½ cups cooked rice |

In a Dutch oven or large saucepan, cook the beef, green peppers and onion over medium heat until meat is no longer pink; drain; Stir in the broth, soup, tomatoes and mushrooms. Bring to a boil. Reduce heat. cover and simmer for at least 30 minutes, stirring occasionally. Add rice and heat through. (Makes 10 servings).

Note: We added chopped jalapeños

*Marge G
Coupland, Tx*

VEGETABLE BEEF BARLEY SOUP

(Crock Pot Soup)

- | | |
|---------------------------------------|---|
| 1½ lbs beef stew meat | 1 tsp chopped fresh or ½ tsp dried thyme leaves |
| ¾ c 1-inch pieces green beans | |
| ¾ c chopped onions | ¼ tsp pepper |
| ¾ c uncooked barley | 1 small bell pepperchopped (½ c) |
| ¾ c fresh or frozen whole kernel corn | 2 cans (14½ oz each) diced tomatoes with garlic,undrained |
| 1½ c water | 1 can (8-oz) tomato sauce |
| 1 tsp salt | |

1. Mix all ingredients in 4 to 5 quart Crock-Pot slow-cooker 2. Cover and cook on low setting 8 to 9 hours or until vegetables and barley are tender. (makes 10 servings)

Note: Substitution: Home frozen beef stock will make this recipe as well instead of canned. Sides: Herb flavored croutons or/ and Parmesan cheese sprinkled over the top.

*Lisa
Coupland, Tx*



WHITE BEAN - VEGETABLE SOUP

- | | |
|--|---|
| 3 cups water | 2 medium (2cups) zucchini, halved, lengthwise, sliced |
| 2 cups whole kernel frozen corn | ½ cup chopped fresh cilantro |
| 1 (15½ -oz) can great Northern Beans, rinsed, drained | ½ cup LAND O LAKES sour cream |
| 1 (4-oz) can diced green chilies, undrained | 2-oz (½ cup) LAND O LAKES MONTEREY JACK CHEESE SHREDDED |
| 1 (1¼-oz) pkg taco seasoning mix | |

Combine water corn, beans, and ,chili taco seasoning mix in 3-quart saucepan Cook over medium-high heat stirring occasionally until mixture comes to full boil (8 to 10 minutes) Reduce heat to low Add zucchini Cook stirring occasionally until zucchini is tender (4 to 5 minutes) Stir in cilantro. To serve, dollop each serving with sour cream sprinkle with cheese

*Marge G
Austin, Tx*

WHITE BEAN CHILI

- | | |
|---|------------------------------------|
| 1 lb dried navy beans | 1 T ground cumin |
| 5 cups chicken stock | 1 T dried oregano |
| 4 T (½ stick) butter | 1 to 2 tsp ground black pepper\ |
| 1 T minced garlic | ½ tsp white pepper |
| ¾ cup diced onion | Pinch red pepper flakes |
| 1-½ cups chopped green chiles (fresh or canned) | ½ bunch cilantro leaves's. chopped |
| 1 lb boneless, skinless chicken breasts, finely chopped | |

Rinse beans well, cover with cool water, and soak for 2 hours. Drain, place beans in large pot with chicken stock and bring to a boil over high heat. In a saucepan, heat butter over medium heat. Add garlic, onion, and chiles and sauté for 5 minutes. Add chile mixture to pot with beans. Add chicken, cumin, oregano, pepper, white pepper, red pepper flakes, and cilantro. Lower heat to medium and cook, stirring occasionally, for approximately 1-½ hours. Serve with cornbread if desired (makes 10 to 15 servings)

*Marge G
Waukesha, Wi*



WHITE CHICKEN CHILI

- | | |
|--|---|
| 45 oz- canned great northern beans, drained | 1/2 tsp salt, more as needed |
| 8-oz chicken breasts, cooked and shredded | 2 cloves garlic, crushed |
| 1 cup chopped onion | 2 tsp ground cumin |
| 1-1/2 cups chopped orange bell peppers or yellow bell peppers or red peppers | 1/2 tsp oregano |
| 2 jalapeño peppers, seeded & chopped (optional) | 3-1/2 cups chicken broth |
| | sour cream |
| | grated cheddar cheese |
| | tostitos bite sized rounds tortilla chips |

Combine all ingredients, except last 3, in a slow cooker, Cover and cook on low for 8-10 hours or high for 4-5 hours Top individual servings with sour cream and cheese and serve with chips. You don't have to use that brand but we think they are the best with this dish.

Note: This awesome find came from "Fix it" and for get it cook book. My kids loved it. If the kids eat it, -----Cook it!!!!!!! Some additional varieties, used green chili's instead of jalapeño, added pepper jack cheese at beginning for extra kick,

*Marge
Waukesha, Wi*

WHITE CHICKEN CHILI-BEST EVER

- | | |
|--|---|
| 1-1/2 lbs boneless skinless chicken breasts, cooked and shredded | 1 (4-oz) can chopped green chilies, with liquid |
| 3 (14-oz) cans chicken broth | 2 tsp ground cumin |
| 3 (16-oz) cans great northern beans, with liquid | 2 tsp oregano leaves |
| 2 cups chopped white onions | 1/4 tsp cayenne pepper |
| 2 T minced garlic, in a jars | hot sauce to taste |

In a large pot, sauté onions about 5 minutes in olive oil. Add garlic, chilies, broth and beans, Stir. Add chicken, stir in remaining spices and hot sauce. Heat to a boil and simmer 1 hour before serving. Can be made on the stove or in a crockpot. (makes 6-8 servings)

Note: My mother gave me this recipe. It makes a great lunch or dinner. Full of flavor and simple to make.

*Marge G
Waukesha, Wi*



WISCONSIN SAUSAGE SOUP

- | | |
|-----------------------|--------------------------------------|
| 1/2 c butter | 1 tsp Worcestershire sauce |
| 1 onion, chopped | 1/2 tsp salt |
| 1 carrot, chopped | 1/2 tsp dry mustard |
| 1 tsp minced garlic | 1 bay leaf |
| 1 c all-purpose flour | 7 oz- Cheddar cheese, shredded |
| 2 c chicken broth | 3- oz Swiss cheese, shredded |
| 2 c milk | 1/2 lb Hillshire Farm Smoked Sausage |
| 3/4 c beer | |

Melt butter in medium saucepan over medium heat, Add onion, carrot and garlic; sauté until softened. Add flour; cook 5 minutes, stirring often. Add chicken broth, milk, beer. Reduce heat to low; cook until soup has thickened, whisking often. Slowly whisk cheeses into soup until combined and smooth. Cut smoked sausage into 1/2-inch pieces. Sauté sausage in small skillet over medium-high heat until heated through. Blot excess grease with paper towels; add to soup. Serve soup hot. (makes 8 to 10 servings)

*Marge G
Austin, Tx*

WISCONSIN SPLIT PEA SOUP

- | | |
|--|----------------------------|
| 1 lb dry split peas | 1 tsp dried parsley flakes |
| 2-1/2 quarts water | 1/2 tsp pepper |
| 1 meaty ham bone | 1/4 tsp garlic salt |
| 1-1/2 cups chopped onion | 1/4 tsp dried marjoram |
| 1 cup each diced celery, carrots, and potatoes | Salt & pepper to taste |

In a Dutch oven or soup kettle, place the peas, water and ham bone; bring to a boil, Reduce heat, cover and simmer for 2 hours, stirring occasionally. Stir in the remaining ingredients. Bring to a boil. Reduce heat; Cover and simmer for 30 minutes or until vegetables are tender. Remove ham bone; when cool enough to handle, remove meat from the bone. Chop ham and return to the soup; heat through. (makes 12 servings)(3 quarts).

*Marge G
Waukesha, Wi*



ZESTY BEEF & NOODLE VEGETABLE SOUP

- | | |
|---|--|
| ½ lb extra-lean ground beef | 1 beef bouillon cube or 1 tsp beef flavor instant bouillon |
| 3½ c water | |
| 1 (14½-oz) can diced tomatoes with green chili, undrained | 1 (2.8-oz) pkg beef-flavor baked ramen noodle soup mix |
| 1 c Green Giant Frozen Mixed Vegetables | 4 T low-fat sour cream, if desired |

In Dutch oven or large saucepan, brown ground beef over medium-high heat until thoroughly cooked. Drain. Add water, tomatoes, vegetables, bouillon and seasoning packet from soup mix; mix well. Bring to a boil. Break up ramen noodles; add to soup. Simmer 3 to 5 minutes or until noodles are tender, stirring occasionally to separate noodles. To serve, ladle soup into individual soup bowls. Top each serving with 1 tablespoon sour cream. (makes 4 (1¼-cup servings))

Note: Serve this spicy soup with cornbread or bake a batch of Pillsbury Refrigerated Cornbread Twists. If you want a more reduced fat serving switch out ground beef for turkey.

*Marge G
Coupland, Tx*



ZESTY VEGETABLE BEEF SOUP

- | | |
|----------------------------------|-----------------------------------|
| BROTH | 2 celery ribs |
| 2 quarts water | 2 medium potatoes, peeled & cubed |
| 3 lbs beef short ribs with bones | 2 medium carrots, sliced |
| 1 large onion quartered | 1 medium onion, diced |
| 2 medium carrots, quartered | 2 tsp, Worcestershire sauce |
| 2 celery ribs quartered | SAUCE |
| 8 whole allspice | ½ tsp hot pepper sauce |
| 2 bay leaves | ½ tsp dried oregano |
| 1 T salt | ½ tsp dried basil |
| ½ tsp pepper | ¼ tsp chili powder |
| SOUP | 1 cup uncooked noodles |
| 1 quart V-8 juice | |

In a Dutch oven or soup kettle, bring broth ingredients to a boil. Reduce heat; cover and simmer for 2 hours or until meat is tender. Remove ribs; allow to cool. Skim fat and strain broth; discard vegetables and seasonings. Remove meat from bones and cut into bite-size pieces; return to broth. Add the first 10 soup ingredients; bring to a boil. Reduce heat; cover and simmer for 1 hour or until vegetables are tender. Stir in noodles. Return to a boil, cook, uncovered for 15 minutes or until the noodles are tender. (makes 12-14 servings (3¾ quarts))

*Marge G
Austin, Tx*

ZUPPA RUSTICA

- | | |
|---|---------------------------------------|
| 1 c Barilla Elbows, | 1 jar (26 oz) barilla, Marinara Sauce |
| 2 t olive or vegetable oil | 1 can (15-oz) white beans, drained |
| 1 lb fresh escarole or spinach, chopped | 2 tsp balsamic or red wine vinegar |
| 1 small onion, chopped | Grated Parmesan cheese (optional) |
| 2 tsp minced garlic | |
| 4 c water | |
| 2 cans (14½ each) chicken broth | |

1. Cook Elbows according to pkg directions, drain. 2. Heat oil in 4 quart dutch oven or large pot. Add escarole, onion and garlic; cook over medium heat, stirring occasionally about 5 minutes or until onion is tender. 3. Stir in cooked pasta, water, broth, Marinara Sauce, beans and vinegar, heat to boiling. Reduce heat; cook, uncovered, 15 minutes, stirring occasionally. Serve with cheese, if desired. (makes 2 to 6 servings)

Marge



Recipe Favorites



SPECTACULAR SALADS

7 LAYER LETTUCE SALAD

- | | |
|---|--|
| 1 head iceberg lettuce (put apart or cut in bite size pieces) | 1 c miracle Whip |
| ½ c diced celery | 2 T sugar (added to Miracle Whip) |
| ½ c diced onions | TOPPINGS |
| ½ c diced green peppers | 4 -oz grated cheddar cheese |
| 1 (10-oz) box frozen peas (don't cook, thaw in hot water and drain) | 8 slices cooked bacon (cool & crumble) |

Layer in glass rectangle dish; Lettuce, celery, onion, green pepper, frozen peas, and Miracle Whip; Put cheese and bacon on top, Toss before serving, Can make the night before. (makes 8- 10 servings)

Note: Very, Very good made for Fluders Birthday and Father's day

Marge G
Waukesha, Wi

ALL-OF-THE-GARDEN TOMATO SALAD

- | | |
|------------------------------------|--|
| 4 medium or large tomatoes, sliced | 1 onion, sliced into rings |
| 1 bell pepper, chopped | ¼ c feta cheese, crumbled |
| 1 cucumber, chopped | ¼ c dressing of choice (Virtually any dressing will suit this salad) |

Add the tomatoes, bell pepper, cucumbers and onion to a serving bowl. Sprinkle the feta cheese across the top of the vegetables, then add your choice of salad dressing. Chill before serving. (makes about 5 servings)

Note: Select heirloom tomatoes for extra-flavor and variety. The fun of this salad is that it's never the same twice. As the season changes the vegetables do too .Made several times to glory!!!

Marge G
Waukesha, Wi



APPLE SLAW

- | | |
|--|---------------------------------|
| ¾ c sour cream | 3 green apples, cored and diced |
| ¼ c granulated sugar | 3 green onions, thinly sliced |
| 3 T apple cider vinegar | 3 stalks celery, chopped |
| 1 (8-oz) pkg shredded cabbage and carrots | salt and pepper to taste |
| 2 T ranch seasoning and salad dressing mix | |

Whisk sour cream, sugar, vinegar, and ranch seasoning in large bowl to blend. Add cabbage mixture, apples, green onions and celery. Toss to coat. Season, to taste with salt and pepper. Cover tightly and chill for 20 minutes or up to 4 hours. Serve cold. (makes 4 servings)

Marge G
Waukesha, Wi

APRON ANNIE'S CATERING CHICKEN

ENCHILADAS SOUP

- | | |
|--|--|
| 2 T butter | Ground cumin to taste |
| 1½ c chopped celery | 4 c shredded, cooked chicken |
| ¼ c chopped onion | 2½ to 3 quarts chicken stock |
| 1½ c chopped red bell pepper | 1 c salsa |
| 1 tsp fresh chopped garlic | 1 c enchilada sauce |
| ¼ c freshly chopped cilantro (divided) | 1 jar (23-oz) nacho cheese sauce (purchased) |
| ½ c chopped green chiles (divided) | ¾ to 1 cup heavy whipping cream |
| Chili powder to taste | Cornstarch to thicken (optional) |

In a large sauté pan, melt butter; When hot, add celery, onion, bell pepper, and garlic and cook until tender; Add some of the fresh cilantro, some of the green chilies and chili powder, cumin, salt, and pepper, to taste (Save remain seasonings to add later). Add shredded chicken, Add chicken stock and bring to a simmer Add salsa enchilada sauce and nacho cheese sauce Let simmer 30 to 45 minutes or until vegetables are tender. Add cream, then remaining cilantro and chiles. Add additional chili powder, cumin and salt and pepper to taste. If needed, thicken with cornstarch dissolved in a little water, whisked into the soup.

Marge G
Waukesha, Wi



ASPARAGUS AND TOMATO PASTA SALAD

(15 MIN PREP TIME)

- | | |
|--|--|
| 1 c uncooked rotini pasta (9-oz) | ½ tsp salt |
| 1 lb asparagus, cut into 2 inch pieces (2 c) | ¼ c chopped yellow bell pepper |
| ¼ c garlic-flavored vegetable oil | 2 large tomatoes, cut into 2-inch pieces (2 c) |
| 2 t balsamic vinegar | Freshly cracked pepper, if desired |
| 1 t Dijon mustard | |

1. Cook pasta and drain pasta as directed on pkg, adding asparagus to pasta during the last 2 minutes of cooking. Rinse with cold water, drain. 2. Mix oil, vinegar, mustard and salt. Toss pasta, asparagus, vinegar mixture, bell pepper and tomatoes in large bowl. 3. Cover and refrigerate to blend flavors, at least 30 minutes but no longer than 24 hours. Serve with pepper (makes 4 servings)

Marge

BACON SPINACH SALAD

- | | |
|-----------------------------|--|
| 5 c torn spinach | 4 slices OSCAR MAYER bacon, crisply cooked, crumbled |
| 1 c sliced mushrooms | 1 c KRAFT CATINA dressing wedges |
| ½ c thinly sliced red onion | |

Toss all ingredients except dressing in large bowl. Serve with dressing. (makes 6 (1 cup servings))

Note: Chicken & Bacon Spinach Salad; Prepare salad as directed, adding 2 boneless skinless chicken breasts, grilled, cut into strips.

Robert
Austin, Tx

"Cool as a cucumber" isn't just a catchy phrase. The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air.



BACON, SPINACH & FRUIT SALAD

1 pkg (10-oz) torn spinach leaves	2 hard-cooked eggs, chopped
1 c sliced mushrooms	1 c sliced strawberries
½ c thinly sliced red onion wedges	1 c KRAFT CATALINA or KRAFT FREE CATALINA Fat Free Dressing
1/4 c OSCAR MAYER Real Bacon Bits or Pieces	

Toss all ingredients except dressing in a large bowl. Serve with dressing. (makes 8 to 10 servings)

Note: This is really easy !!!!! VERY GOOD. the hardest part to this is cooking the eggs.

Marge G
Waukesha, Wi

BANANA MALLOW REFRESHER

3 oz orange Jell-O	1 c sliced bananas
1 c boiling water	2 c mini marshmallows
1 pt orange sherbet	

Dissolve Jell-o in boiling water. Add sherbet, stir until dissolved. Chill until almost firm, fold in fruit & marshmallows. Chill until firm.

Note: Very good -Maybe try with no marshmallows

Marge G
Waukesha, Wi

A watermelon is 92% water and is an ideal health food because it doesn't contain any fat or cholesterol. It is also an excellent source of vitamins A, B6, and C.



BEST GRAPE SALAD

2 lbs green seedless grapes	8- oz cream cheese, softened
2 lbs red seedless grapes	½ c granulated sugar
8- oz sour cream	1 tsp vanilla extract, to taste

1. Wash and stem grapes. Set Aside. 2. Mix sour cream, cream cheese, white sugar and vanilla by hand until blended. 3. Stir grapes into mixture, and pour in large serving bowl. 4. For topping: combine brown sugar, and crushed pecans. 5. Sprinkle over top of grapes to cover completely. 6. Chill overnight. (makes 15 servings)

Note: This recipe is WONDERFUL and ADDICTIVE. Awesome !!!! made 10 or 12 time I know of. 10 min prep time.

Marge G
Waukesha, Wi

BLACK BEAN & CORN SALAD

1 can, (14-oz) black beans, rinsed and drained	1 ½ tsp ground cumin, half a palmful
2 c frozen corn kernels	2 T vegetable or olive oil, eyeball it
1 small red bell pepper, seeded and chopped	1 lime, juiced
½ red onion, chopped	Salt & pepper to taste

Combine all ingredients in a bowl. Let stand at least 15 minutes for corn to fully defrost and flavors to combine. Then toss and serve. The corn will also place a quick-chill on this easy side-salad as it defrosts- no need to refrigerate.

Note: Good

Marge G
Waukesha, Wi

The pineapple has been a universal symbol of hospitality and welcome for many centuries. Pineapples are often given as a gift when meeting someone for the first time.



BLACKBERRY-CANTALOUPE SALAD

2 c black berries
 ½ cantaloupe cut into 1"- pieces
 1 T sugar
 1 tsp grated peeled fresh ginger

½ tsp fresh grated lime zest plus 1 T juice
 2 T thinly sliced fresh mint leaves

In a large bowl, combine all ingredients except mint. Cover and let stand 30 minutes (or refrigerate, up to 2 days) Stir in mint just before serving.(makes 4 servings)

Note: For the sweetest flavor enjoy at room temperature

Marge G
 Waukesha, Wi

BLT MACARONI SALAD

½ c mayonnaise
 3 T chili sauce
 2 T lemon juice
 1 tsp sugar
 3 c cooked elbow macaroni

½ c chopped seeded tomato
 2 T chopped green onions
 3 c shredded lettuce
 4 bacon strips, cooked and crumbled

In a large bowl, combine the first four ingredients; mix well. Add the macaroni, tomato and onion; toss to coat; Cover and refrigerate. Just before serving, add lettuce and bacon; toss to coat. (makes 6 servings)

Note: My husband love's BLT sandwiches, so this has become a favorite of his. It's nice to serve on hot and humid days, which we frequently get during summer months.

Marge G
 Waukesha, Wi

Learn to like spinach. It's an excellent source of vitamins A and C, folic acid, fiber, and potassium.



B.L.T.SALAD WITH AVOCADO DRESSING

AVOCADO DRESSING

1 large ripe avocado, peeled, mashed
 ½ c dairy sour cream
 ¼ c milk
 ¼ c mayonnaise*
 1 tsp lemon juice

SALAD

3 c torn or shredded lettuce
 3 medium tomatoes, cut into wedges
 ½ lb bacon, crisply cooked, crumbled
 ¾ c croutons, if desired

In small bowl, combine all dressing ingredients;beat at low speed until smooth. Cover; refrigerate several hours to blend flavors. At serving time, arrange salad ingredients on 6 individual plates or toss in large salad bowl. Serve with dressing 9makes 6 servings)

Note: Homemade Mayonnaise, commercial, or reduced-calorie mayonnaise can be used.

Marge
 Austin, Tx

BRUNCH FRUIT SALAD

1 can (20-oz) pineapple chunks
 2 large firm bananas, cut unto ¼" chunks
 1 c green grapes
 1 can (15-oz) mandarin oranges, drained

1 Golden Delicious apple, sliced
 ½ c sugar
 2 T cornstarch
 ⅓ c orange juice
 1 T lemon juice

Drain pineapple, reserving juice. Combine the pineapple, grapes bananas, oranges and apples in a large bowl, set aside. In a sauce pan, combine sugar and cornstarch Add the orange juice, lemon juice, and reserved pineapple juice, stir until smooth. Bring to a boil, reduce heat. Cook and stir for 2 minutes. Pour over fruit, mix gently. Cover and refrigerate until serving. (makes 10 servings)

Note: This fruit salad is a lovely addition to, breakfast, lunch or supper. VERY GOOD

Marge G
 Waukesha, Wi



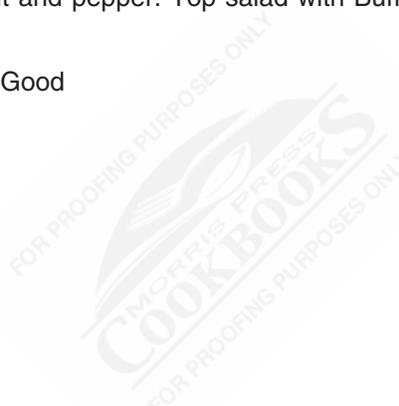
BUFFALO CHICKEN SALAD

2 hearts romaine lettuce, chopped	1 pkg, ¾ to 1 lb, chicken tenders
1 c shredded carrots, available in pouch	cut into bit size pieces
2 ribs celery with greens, chopped	1 T vegetable oil (1 turn of the pan)
½ c ranch dressing	2 T butted pepper
½ c blue cheese crumbles	¼ c hot sauce

Preheat skillet over medium heat. Combine lettuce, carrots, and celery in a salad bowl. Combine ranch dressing and blue cheese crumbles in a small bowl. Add oil and butter to hot pan with the chicken. Season with salt and pepper and sear for 2 or 3 minutes. Then add hot sauce, reduce heat a little and cook 5 minutes more. Toss salad with dressing and season with salt and pepper. Top salad with Buffalo chicken and serve.

Note: Very, Very Good

Marge G
Waukesha, Wi



Strawberries are the only fruit with seeds on the outside.



CAESAR SALAD

5 T extra-virgin olive oil, divided	2 T red vine vinegar
4 c (1") cubed French bread (about 4 oz)	2 large pasteurized egg yolks
1 (2-oz) can anchovy fillets, drained	1 garlic clove
2 T grated fresh Parmigiano-Reggiano cheese	6 c torn romaine hearts
	¼ tsp kosher salt

Preheat oven to 350°. Combine 1 tablespoon oil and bread in a large bowl, tossing to coat. Arrange bread in a single layer on a baking sheet; bake at 350° F for 15 minutes or until golden. Cool. Pat anchovy fillets dry with a paper towel. Combine fillets, cheese, and next 3 ingredients (through garlic) in a blender; process until smooth. With blender on, add remaining ¼ cup oil. 1 tablespoon at a time; process until smooth. Combine croutons and lettuce in a large bowl. Drizzle lettuce and croutons evenly with dressing; toss to coat. Sprinkle salad mixture evenly with salt; toss to combine. Serve immediately. (makes 6 servings of about 1 cup size)

Note: Add grilled shrimp or chicken to make this an entree salad, or serve it with your favorite pasta toss. Egg yolks enrich and bind this tasty dressing. Be sure to look for pasteurized eggs since they are not cooked.

Marge G
Waukesha, Wi

CAESAR STYLE SALAD

Dressing	1/8 tsp coarsely ground pepper
1/2 c LAND O LAKES Sour Cream	SALAD
3 t freshly grated Parmesan Cheese	1 small head Romaine lettuce, washed, torn
1 t lemon juice	1/2 c red onion, cut into 2 inch strips
1 tsp finely chopped fresh garlic	1 c Caesar seasoned croutons
1 tsp anchovy paste	

1. Stir together sour cream, 1 tablespoon cheese, lemon juice, garlic, anchovy paste and pepper in small bowl; mix well Cover; refrigerate at least 1 hour. 2. Combine lettuce and onion in large bowl. Add dressing; toss to coat. Add remaining cheese and croutons; toss lightly

Robert G
Austin, Tx



CARIBBEAN CRABMEAT SALAD

3 c uncooked tricolor spiral pasta	3 T lime juice
1 can (20-oz) pineapple tidbits, drained	2 T olive oil
¾ lb imitation crabmeat, chopped	1 T honey
1 large sweet red pepper, diced	1 tsp grated lime peel
1 jalapeño, seeded and chopped	½ tsp ground cumin
2 T minced fresh cilantro	¼ tsp salt
	¼ tsp ground pepper

Cook pasta according to package directions. Meanwhile, in a serving bowl, combine the pineapple, crab, sweet pepper, jalapeño and cilantro. Drain and rinse pasta in cold water; add to crab mixture. In a small bowl, whisk the remaining ingredients. Pour over salad and toss to coat. Chill until serving. (makes 13 servings)

Note: Tart and Sweet, adds a delightful blend of colors and taste to the table. Note; Take precautions when handling hot peppers. Oils can burn skin.

*Marge G
Waukesha, Wi*

CARROT RAISIN SALAD

½ c raisins	½ c pineapple chunk
1 c boiling water	1 c mayonnaise
½ c shredded coconut	2 lbs shredded carrots

1. Place raisins in boiling water for about 5 minutes to soften and “plump” them up. Make sure pineapple is well drained. Mix all ingredients together and chill at least 1 hour before serving. (makes 6- 10 servings).

Note: Very good

*Marge G
Waukesha, Wi*



CHARLIE'S FAMOUS CHICKEN SALAD WITH GRAPES

2½ c diced cooked chicken	1 small minced onion
1 c finely chopped celery	½ tsp salt
1 c seedless grapes, halved	1 tsp Worcestershire sauce
1 c chopped walnuts or 1 c pecans (optional)	½ c Miracle Whip or mayonnaise

1. Combine all ingredients; chill. 2. Serve with just about anything-crackers, chips, rolls, bread or bagels.

Note: Cooks Comments: made many times allays very good.

*Marge G
Waukesha, Wi*

CHEDDAR-MACARONI SALAD

1 c elbow macaroni	⅓ c onions, chopped
¾ c cheddar cheese, cubed	¼ c mayonnaise or salad dressing
1 stalk celery, sliced	¼ c sour cream
½ small green bell pepper, chopped	2 T milk
½ c frozen peas, thawed	2 T sweet pickle relish

Cook macaroni according to package directions. Drain macaroni and rinse with cold water, Drain again. In a mixing bowl, combine cooked macaroni, cheese, celery, green bell pepper, peas, and onion. Stir gently to combine. For dressing; Mix mayonnaise or salad dressing, sour cream, milk, pickle relish, and ¼ tsp salt. Toss dressing with macaroni mixture. Cover and chill for 4 to 24 hours. If necessary, stir in a small amount of additional milk.(makes 4-6 servings)

Note: Very good. Added shrimp for super bowl 2012

*Marge G
Waukesha, Wi*



CHERRY TOMATO CORN SALAD

¼ c minced fresh basil	2 c frozen corn, thawed
3 T olive oil	2 c cherry tomatoes, halved
½ tsp salt	1 c chopped seeded peeled cucumber
¼ tsp pepper	

In a jar with tight fitting lid combine the basil, oil, lime juice, sugar, salt and pepper; shake well. In a large bowl, combine the corn, tomatoes and cucumbers. Drizzle with dressing, toss to coat. Refrigerate until serving (makes 6 servings)

Note: We added chopped Jalapeños, excellent!!!

Marge G
Waukesha, Wi

CHICKEN SALAD

1 (2-3 lb) roasting chicken salt & pepper	2 tsp crazy salt (Jane's Crazy Mixed-up Salt)
1 onion quartered	½ c mayonnaise
2 celery ribs	1 tsp lemon-pepper seasoning
SALAD	¼ tsp pepper
1 c chopped celery	2-3 T chicken stock
4 hard cooked eggs, chopped	

Place the "chicken" ingredients in a large stockpot with water to cover, Boil the chicken until tender; Reserve stock. Remove the chicken from pot. Cool; remove skin; bones and meat. Dice the chicken and stir together with the Salad ingredients and mix well. (serves 6-8)

Note: Cooks comment- excellent, added onions

Marge G
Waukesha, Wi

"Cool as a cucumber" isn't just a catchy phrase. The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air.



CHICKEN SALAD WITH AVOCADOS

½ c mayonnaise or salad dressing	2 medium stalks celery, sliced (about 1 cup)
1 t lemon juice	Salad greens
½ tsp salt	2 avocados
¼ tsp pepper	½ c radishes, sliced
2 c cut-up cooked chicken or turkey	

Mix mayonnaise, lemon juice, salt and pepper in medium bowl. Toss with chicken and celery. ne 4 salad plates with salad greens. Peel avocados; cut in half lengthwise into 6 slices; arrange on greens. Spoon chicken mixture onto avocado slices. Garnish with radishes (makes 4 servings).

Marge G
Austin, Tx

CONFETTI BEAN SALAD

1¾ c frozen French-style green beans	2 celery ribs, chopped
1¾ c frozen peas	½ c chopped sweet red pepper
1½ c white or shoepeg corn	1 jar (2-oz) sliced pimientos, drained
1 pkg (10-oz) frozen Lima beans	1 c sugar
1 med red onion, chopped	¾ c cider vinegar

In a large bowl, combine the first eight ingredients. In a small saucepan, bring the sugar and vinegar to a boil; boil for 3 minutes. Pour over vegetables. Cover and refrigerate until serving. Serve with slotted spoon. (makes 8 servings)

Marge G
Waukesha, Wi

A watermelon is 92% water and is an ideal health food because it doesn't contain any fat or cholesterol. It is also an excellent source of vitamins A, B6, and C.



COPPER PENNIES

- | | |
|----------------------------------|---|
| 1 c sugar | 1 (10 ³ / ₄ - oz) can tomato soup |
| 1 c white vinegar | 2 lbs carrots, peeled, cooked, and sliced |
| 1 c vegetable oil | 1 med onion, sliced into rings |
| 1 tsp dry mustard | 1 med bell pepper, coarsely chopped |
| 1 tsp Worcestershire sauce | |
| 1 tsp salt | |
| 1 tsp fresh coarse ground pepper | |

1. Combine the sugar, vinegar, oil, mustard, Worcestershire sauce, salt, and pepper in a saucepan over medium heat and bring to a boil. Remove from the heat and add the soup. Mix the carrots, onion, and bell pepper together in a large glass dish; pour the sauce over the vegetables, stir gently to combine, and refrigerate overnight. 2. this salad will keep for up to 6 weeks in the refrigerator.

Note: Excellent stuff.

*Marge G
Waukesha, Wi*

CORN BREAD CONFETTI SALAD

- | | |
|---|--|
| 1 (8 ¹ / ₂ -oz) pkg cornbread mix | 3 sm tomatoes, chopped |
| 2 (15 ¹ / ₂ - oz) cans whole kernel, drained corn | 1 med green pepper, chopped |
| 2 (15 ¹ / ₂ -oz) cans pinto beans, rinsed and drained | 1 med sweet red pepper, chopped |
| 1 (15 ¹ / ₂ - oz) can black beans, rinsed and drained | 1/2 c green onion, chopped |
| | 10 slices bacon, cooked crisp and crumbled |
| | 2 c shredded cheddar cheese |

1. Make corn bread mix as directed on box and cool completely. Mix all dressing ingredients until well blended and refrigerate; 2. Crumble cooled cornbread in a large bowl. Add all ingredients except dressing. Just before serving add dressing and toss well.

Note: Tastes very good. Does not keep well for left overs.

*Marge G
Waukesha, Wi*



CORN SALAD

- | | |
|-----------------------------|------------------------|
| 2 c frozen corn, thawed | 1/4 c onions chopped |
| 3/4 c chopped tomatoes | 1/4 c red wine vinegar |
| 1/2 c chopped green peppers | 2 T olive oil |
| 1/2 c chopped red peppers | 1 tsp sugar |
| 1/2 c celery, chopped | |

1. Mix vegetables in large bowl; Mix dressing ingredients in blender; Pour over vegetables; chill. (makes 8 servings)

*Marge G
Waukesha, Wi*

CORN SALAD

- | | |
|-----------------------------|------------------------|
| 2 c frozen corn, thawed | 1/4 c chopped onions |
| 3/4 c chopped tomatoes | 1/4 c red wine vinegar |
| 1/2 c chopped green peppers | 2 T olive oil |
| 1/2 c chopped red peppers | 1 tsp sugar |
| 1/2 c chopped celery | |

1. Mix vegetables in large bowl, Mix dressing ingredients in blender, Pour over vegetables; Chill (makes 8 servings)

*Marge G
Waukesha, Wi*

CORN SALAD

- | | |
|--|---------------------------------|
| 2 (15 ¹ / ₄ -oz) cans whole kernel corn, drained | 1 fresh Jalapeño pepper, minced |
| 3 T minced onions | 1 T vinegar |
| 2 T red bell peppers, minced | 2 T sugar |
| | 3 T mayonnaise |

1. Mix corn, onion, bell pepper, cheddar cheese and jalapeño pepper well. For dressing; Mix the vinegar, sugar, and mayonnaise and pour over the vegetable mixture. Mix well and refrigerate for several hours.

Note: Added sour cream and needs salt I really liked this but after I ate it I wanted more and more. We served this with all different kinds of entrees and it seems to be a favorite with everyone.

*Marge G
Waukesha, Wi*



CRANBERRY JELLO

2-3-oz black cherry Jell-O	8- oz canned crushed pineapple, undrained
2 c boiling water	1 (16-oz) can whole berry cranberry sauce
10-oz frozen strawberries in syrup, undrained	

1. Mix Jello and water. 2. Add remaining ingredients. 3. Stir to combine. 4. Chill and serve. (makes 8 servings)

Note: Great for Holidays

Marge G
Waukesha, Wi

CREAMY CORN SALAD

1 can (15¼-oz) whole kernel corn, drained	2 T chopped onion
1 med tomato, seeded and diced	¼ c mayonnaise
	¼ tsp dill weed, optional

In a small bowl combine all of the ingredients; mix well. Cover and refrigerate until serving.

Marge G
Waukesha, Wi

The pineapple has been a universal symbol of hospitality and welcome for many centuries. Pineapples are often given as a gift when meeting someone for the first time.



CREAMY CUCUMBER SALAD

1 large English cucumber (peeled, halved lengthwise, seeds removed then sliced)	1 pinch sugar
1 tsp kosher salt	2-4 tsp chopped fresh dill
1 tsp white vinegar	½ tsp fresh ground black pepper (or to taste)
½ c Hellmann's mayonnaise	1 small red onion, thinly sliced (optional)
⅓ c sour cream	

1. Place the cucumber slices into a glass bowl, sprinkle with vinegar and kosher salt; toss using hands. Allow to sit for about 45 minutes; Pour out any liquid from the bowl and drain in a colander; allow to sit for another 30 minutes to allow any excess drainage. 2. In a bowl mix together the mayonnaise with sour cream, sugar, fresh dill and black pepper; Place the cucumbers in a bowl; pour the dressing over and toss to coat. Mix in red onion slices (if using), Cover and refrigerate until serving. (makes 4 servings)

Note: Two medium regular cucumbers may be used in place of one large English cucumber, I prefer the taste and texture of English and has less water in it --plan ahead there is a 75 minute draining time for the cucumber slices to remove excess moisture, this is a crucial step to prevent a watery salad. This is a great salad when not watery !!

Marge G
Waukesha, Wi

CREAMY LETTUCE SALAD

3 hard cooked eggs	DRESSING
1 (16-oz) pkg of ready to serve salad greens	¾ c mayonnaise or salad dressing
1 med tomato, diced	3-4 T milk
¼ c diced onions	2 T sugar
	2 T cider vinegar

1. Cut one egg into wedges to garnish, Dice remaining eggs, In a salad bowl, combine greens, tomato, onion, and diced eggs. 2. In a jar, with a tight fitting lid, combine the dressing ingredients; shake well. Pour over salad and toss to coat. 3. Garnish with egg wedges. Serve immediately. (makes 10 servings).

Note: Excellent salad & dressing, always made around Easter and Holiday's

Marge G
Waukesha, Wi



CREAMY RANCH PASTA SALAD

1 c mayonnaise	1 red bell pepper, cut into 1-inch strips
2/3 c ranch dressing	4-oz cheddar cheese, cut into 1/2-inch cubes or shredded
1/2 tsp garlic powder	4-oz Monterey jack cheese or mozzarella cheese, cut into 1/2-inch cubes
1/2 tsp dried thyme	Added onion to taste
black pepper to taste	

SALAD
1 lb rotini pasta (or similar shape)\
2-3 c fresh broccoli florets cut bite-sized or broccoli slaw

Cook pasta in a large pot of salted water. When pasta is almost tender (about 2 minutes from done) add broccoli. Return to a boil and continue until pasta is al dente and broccoli is crisp-tender. Drain and rinse with cold water. Drain again and return to pot; add bell pepper and chill while preparing dressing. 2. Prepare dressing by combining all ingredients in a medium- sized bowl and stirring thoroughly, Taste and adjust seasonings, When salad is cool enough, add cheese cubes (you don't want them to melt)and dressing. Stir well to combine and transfer to a large bowl or casserole dish. Serve chilled.

Note: Cook says ; need extra dressing, how ever you fix it. its very good

*Marge G
Waukesha, Wi*

CREAMY TOMATO SALAD

1 large cucumber, peeled and cut into 1/4" slices	1 T sugar
1 large tomato, chopped	1 T vinegar
1 sm red onion, thinly sliced	Salt & pepper to taste
1 c (8-oz) sour cream	Leaf lettuce, optional

In a bowl, combine cucumber, tomato and onion. In another bowl, combine the sour cream, sugar, vinegar, salt and pepper; mix well. Pour over vegetables and toss to coat. Refrigerate until serving. Serve over lettuce if desired. (makes 6 servings)

*Marge G
Waukesha, Wi*



CRIMSON SLAW

1/2 head red cabbage	1 tsp salt
1/2 red onion, thinly sliced	1/2 tsp ground black pepper
3 green onions, white and green parts sliced	1/2 tsp cumin
6 T olive oil	1/4 tsp ground mustard
2 T red wine vinegar	1 (6-oz) pkg Craisins. Sweetened Dried Cranberries
2 T sugar	

Mix together cabbage and red and green onions in large mixing bowl. Whisk oil, vinegar, sugar,salt, pepper, cumin and mustard together in a small bowl; Pour over cabbage mixture add sweetened dried cranberries, mix thoroughly. Marinate in refrigerator for 1 hour. (makes 6 servings)

*Marge G
Waukesha, Wi*

CRUNCHY STRAWBERRY SALAD

1 pkg ramen noodles	1/2 tsp soy sauce
1 c chopped walnuts	8 c torn lettuce leaves, washed
1/4 c sugar	1/2 c chopped green onions
1/4 c vegetable oil	2 c fresh strawberries, cleaned and quartered
2 T red wine vinegar	

Discard seasoning packet from ramen noodles. Break noodles into small pieces. In a skillet, sauté noodles and walnuts in butter for 8 to 10 minutes or until golden brown; set aside to cool. For dressing; in a jar with a tight fitting lid, combine oil, sugar, vinegar, and soy sauce; shake well. Just before serving, combine the lettuce, onions, strawberries, noodles and walnuts in a large bowl. Drizzle with dressing and toss. Enjoy

Note: Cook says this is excellent

*Marge G
Waukesha, Wi*



CUCUMBER DILL PASTA SALAD

- | | |
|---|---------------------------|
| 1 lb shell pasta (or your favorite small shape) | 1 c low-fat sour cream |
| 1 bunch chopped green onion | 1 tsp salt (or to taste) |
| 2 c diced cucumbers, unpeeled (1-2) large | 2 T fresh dill, chopped |
| | ¼ tsp coarse black pepper |
- Dressing**
1 c low-fat mayonnaise I think Miracle Wip would make it too tart but use if you chose

1. Cook shells per package directions. Drain and rinse with cold water. Drain again. 2. In large bowl combine pasta and green onions and cucumbers. 3. In another bowl, blend together dressing ingredients, add more or less of ingredients to get the right taste for you. 4. Toss dressing with pasta and refrigerate. Serve cold. For even more color & crunch, radishes could be added for another twist.(makes 10-12 servings)

Note: If refrigerated for long, the cucumbers will “weep” and make the salad less than appealing. Plan to eat this within 2 hours of making. You may need to adjust the mayo and sour cream amounts. I use a guess measure system.

Marge G
Waukesha, Wi

CUCUMBER TOMATO THAI SALAD

- | | |
|--|---------------------------------|
| 1 medium cucumber, peeled | DRESSING |
| 1 medium tomato cut into 8 wedges | 1 t sugar |
| 2 green onions, cut into ½ inch pieces | 3 t lime juice |
| 2 to 4 t chopped fresh cilantro | 1 t soy soy sauce |
| | Dash cayenne pepper, if desired |

Cut cucumber into 8 lengthwise spears cut each spear crosswise into ½ inch slices. cut tomato wedges in half crosswise. In large bowl combine all salad ingredients toss lightly. In small bowl combine all dressing ingredients, blend well. Pour over salad mixture; toss lightly to coat. Cover; refrigerate about 30 minutes to blend flavors. (6- ½ cup servings)

Marge G
Coupland, Tx



DILL GARDEN SALAD

- | | |
|---|----------------------------|
| 3 c chopped English cucumbers | 2 tsp sugar |
| 1 large tomato, seeded and cut into ½-inch pieces | 2 tsp rice vinegar |
| 1 small sweet red pepper chopped | ½ tsp salt |
| 2 T sweet onions, chopped | ¼ tsp garlic powder |
| 3 T, reduced-fat-mayonnaise | ¼ tsp pepper |
| 4 tsp olive oil | 2½ tsp, snipped fresh dill |

Inn a large bowl, combine cucumbers, tomato, red pepper, and onion. In a small bowl, whisk mayonnaise, oil, sugar, vinegar, salt, garlic powder, and pepper until blended Stir in dill. Spoon dressing over salad, toss to coat

Note: Remarks; Very good, Fast fix

Marge G
Waukesha, Wi

EASY AND GOOD PARTY CORN SALAD

- | | |
|---------------------------------|----------------------------------|
| 4 c drained canned corn niblets | 1 tsp mustard powder |
| ½ c finely chopped | 1 c sour cream |
| 1 c diced unpeeled cucumbers | ¾ c mayonnaise |
| 1 c finely diced celery | ¼ c vinegar |
| 2 semi-firm tomatoes, chopped | 1 tsp salt (to taste) |
| Dressing | black pepper |
| 2 T sugar | 1 pinch garlic powder (optional) |

1. Chop all veggies, Place in a bowl (except the tomatoes) you will add them in just before serving; Add in corn; toss well. 2. Mix all dressing ingredients, Pour over the veggies; mix well to combine. 3. Add in the chopped tomatoes JUST before serving; Delicious. (makes 6-8 servings)

Note: This recipe works well with other veggies as well, try red or green bell peppers, fresh cooked corn, crumbled bacon, or cheese. Very good !!!!

Marge G
Waukesha, Wi



EASY JELL-O SALAD

- | | |
|--|--|
| 1 (6-oz) box strawberry-banana gelatin | 1 (8-oz) container Cool Whip Pecans (optional), coconut (optional) |
| 1 med banana (peeled and sliced) | |
| 1 (15-oz) can mixed fruit (drained) | |

Mix 1 large box of strawberry-banana Jell-o according to package directions. Let set in the refrigerator until almost set (jelled), but not quite (about 2 hours). Drain can of liquid and add fruit to your Jell-o. Peel and slice your banana in to Jell-o and mix..Add about ¾ container of Cool Whip to your Jell-o and fold. Return Jell-o mixture to your refrigerator and let it finish setting up. If you mess up and your Jell-o sets up all the way, just microwave for about 1 minute or leave at room temperature until it begins to soften and then add your mixed fruit.

*Marge G
Waukesha, Wi*

EASY PASTA FOR A CROWD

- | | |
|---|--|
| 1 pkg (14½- oz) multi grain penne pasta | 1 bottle (8-oz) Italian salad dressing |
| 1 jar (12- oz) roasted sweet red peppers, drained and chopped | 1 bottle (8-oz) ranch salad dressing |
| 1 pkg (10-oz) frozen chopped spinach, thawed and squeezed dry | 6 green onions, chopped |
| | 1 small red onion, chopped |
| | 1 c (4-oz) crumbled feta cheese |

1. Cook pasta according to package directions. in a large bowl combine the remaining ingredients. 2. Drain pasta and rinse in cold water, add to the spinach mixture. Toss to coat. Refrigerate until serving.

Note: Spinach, peppers and onions mingle with tangy feta cheese in the simple pasta salad. feel free to make it ahead of time, so it's ready whenever you are. Very good made for Spanish class !

*Marge G
Waukesha, Wi*



EGGY POTATO SALAD

- | | |
|-------------------------------|--|
| ¼ c sliced green onions | 2 hard cooked eggs, chopped |
| ¼ c celery, finely chopped | 1 (14½ - oz) can sliced new potatoes, rinsed and drained |
| ¼ c mayonnaise | salt & pepper |
| 2 tsp prepared yellow mustard | |
| 1 tsp sweet pickle relish | |

Stir green onions, celery, mayonnaise, mustard, and relish in a medium bowl to blend. Stir in eggs, Fold in potatoes. Cover tightly and refrigerate salad 30 minutes or up to 1 day. Season, to taste with salt and pepper before serving.

*Marge G
Waukesha, Wi*

FAMILY MACARONI SALAD

- | | |
|----------------------------|------------------------------|
| 12 eggs, hardboiled | 3 c Miracle Whip |
| 1 green bell pepper, diced | 2 T sugar |
| 1 large sweet onion, diced | 1 (6-oz) can shrimp, drained |
| 2 large celery ribs, diced | |

Cook macaroni, prepare all veggies and dice the eggs, Drain macaroni and run cold water over it to bring it to room temperature. add all ingredients into very large bowl and mix (we use our clean hands for this) Refrigerate until thoroughly chilled. Best when made a day in advance, to let the flavors mingle. If using canned shrimp, they will break up and be very fine. This means no one knows there's shrimp in it unless you tell them, so this can be your "secret ingredient"; Larger shrimp can be used, this is just what mom always made it with.

Note: Very good !

*Marge G
Waukesha, Wi*

Learn to like spinach. It's an excellent source of vitamins A and C, folic acid, fiber, and potassium.



FLORENTINE SALAD

(Easy, Easy)

4 c torn spinach leaves	½ c Hidden Valley Original Ranch Dressing
4 c torn romaine lettuce leaves	
1 c sliced fresh mushrooms	1 c mandarin oranges, drained
½ c coarsely chopped red onions	
¼ c crisp-cooked, crumbled bacon*	

Wash spinach and lettuce; blot dry. Combine with mushrooms, onion and bacon in a large salad bowl. Toss with dressing. Top with orange segments (makes 4 to 6 servings)

Note: * Bacon pieces may be used

Marge

FOUR BEAN SALAD

1 (14-oz) can green beans	½ c vinegar
1 (14-oz) can yellow beans	1 tsp salt
1 (14-oz) can chickpeas	1 tsp pepper
1 (14-oz) can kidney beans	½ c green pepper, chopped
¾ c white sugar	½ c onion chopped
¼ c oil	

1. Open and drain the green and yellow beans, discard liquid. Put drained beans in large bowl. Open and drain chickpeas and kidney beans, discard liquid. Rinse well with water before adding the drained beans to bowl with the other beans. Mix white sugar, oil, vinegar, salt and pepper together in small bowl until sugar has dissolved to make the marinade. Add chopped green pepper and chopped onion to marinade in small bowl. Add marinade with peppers and onion to beans in large bowl. Mix together well, Let marinate in fridge for 8 to 24 hours.

Note: This is a favorite, always a hit at potlucks. It needs to marinate in the fridge before hand to make the flavors blend.

Marge G
Waukesha, Wi



FOUR BEAN SALAD

⅓ c salad oil	1 (15-oz) can kidney beans
¾ c sugar	1 (15-oz) can yellow wax beans
½ c vinegar	1 (15-oz) can green beans
1 tsp salt	1 (15-oz) can garbanzo beans
1 ½ tsp dill seed	½ onion, ringed

1. Put the oil, sugar, vinegar, salt, and dill seed into a well sealed Tupperware/Rubber maid type container and shake well. 2. Add the remaining ingredients and shake again. Chill overnight. (Serves 15)

Note: This recipe was brought to the church for potlucks. One of my favorite things in this recipe is the way the onions take on that sweet pickled flavor and get milder with the setting.

Marge G
Waukesha, Wi

FRESH GREEN BEAN & TOMATO SALAD

½ lb fresh green beans, trimmed	Several green onions, sliced
½ c fresh or frozen green peas	Salt & pepper
2 tomatoes, seeded and cut into quarters	½ c mayonnaise
2 hard-cooked eggs, cut into quarters	Dash lemon juice
1 can water chestnuts, drained and sliced	1 large head romaine or red leaf lettuce, washed and dried and set aside

Blanch beans in a large pot of boiling, salted water until tender, about 5 minutes. Remove to an ice water bath to stop the cooking. Drain beans and set aside. In the same pot of boiling water, blanch peas until slightly tender, about 30 seconds to 1 minute. Remove peas to the ice water bath, drain and set aside. Place beans, peas, tomatoes, eggs, water chestnuts, and green onions in a large bowl and season with salt and pepper. Add mayonnaise and lemon juice and stir to combine. Serve over lettuce leaves. (makes 4 to 6 servings)

Marge G
Waukesha, Wi



GREEN SALAD WITH POPPY SEED DRESSING

1 head lettuce, torn into bite size pieces	1 c honey
1 small cucumber, sliced	1 c vinegar
¼ med red onion, sliced	1 c vegetable oil
DRESSING	1 T poppy season, finely diced
	2 slices red onion

In a large salad bowl, toss together lettuce, cucumber, and red onion, set aside, in a glass jar with a light fitting lid, combine all dressing ingredients; shake until well blended; Just before serving, pour about ½ cup dressing over salad; toss lightly Cover and refrigerate remaining dressing for up to 1 week (3 cups dressing)

*Marge G
Waukesha, Wi*

HEARTLAND LAYERED SALAD

4 c chopped lettuce	1 c (4-oz) KRAFT Natural Shredded Cheddar Cheese
1 c chopped tomato	8 slices OSCAR MAYER Bacon, crisply cooked, crumbled
½ c chopped green onions	
1 can (11 oz) whole kernel corn, drained	
1 bottle (8-oz) or 1 c KRAFT ranch dressing	

Layer lettuce, tomato, onions and corn in 1 ½ quart glass bowl. Spread dressing over corn, sealing to edges of bowl. Sprinkle with cheese; cover. Refrigerate several hours or overnight with bacon just before serving. Sprinkle with bacon just before serving. (Makes 6 side-dish servings)

*Marge
Coupland, Tx*

Strawberries are the only fruit with seeds on the outside.



HEAVENLY PASTA SALAD

16-oz pasta shells (I use the small ones)	1 (14-oz) can sweetened condensed milk
½ lb grape tomatoes (optional)	2 c Miracle Whip
3 med carrots	½ c sugar (I never add this because it makes it to sweet)
1 med green sweet pepper, finely diced	¼ c white vinegar
1 med sweet red pepper, finely diced	1 tsp salt
DRESSING	1 tsp black pepper

1. Cook pasta until bite tender; Rinse and drain. Let cool.. Add remaining ingredients to pasta. Mix dressing ingredients in a separate bowl. Add to pasta mixture. Refrigerate a couple hours before serving. My M-I-L only puts the red and green peppers in hers. I like the carrots and tomatoes added in as well.(makes 15 servings)

Note: This wasn't good, It was very good !!!

*Marge G
Waukesha, Wi*

HONDUVAN CHICKEN SALAD WRAPS

4 c chopped cooked chicken (1 ¼ lbs)	¾ c salad dressing or mayonnaise
2 c coarsely shredded cabbage (½ lb)	1 to 2 tsp red pepper sauce
1 large tomato, diced (1 cup)	1 tsp salt
	6 flour tortillas (10 inch diameter)

Mix all ingredients except tortillas. Divide chicken mixture among tortillas, roll up (6 servings)

Note: Red pepper adds a lot of zip. Start with smaller amount first. Sliced green onions or chopped fresh cilantro are nice additions.

*Marge
Coupland, Tx*



IN-A-HURRY PASTA SALAD

1 lb asparagus, chopped into bite-size pieces	2 cloves garlic, minced
1 c sour cream	½ tsp salt
½ c mayonnaise	½ tsp pepper
½ c milk	4 plum tomatoes, chopped
1 T Dijon mustard	1 c fresh basil or 1 ½ tsp dried basil leaves

Slice 1 lb asparagus into bite-size pieces. Cook 1 lb penne in boiling water until al dente, about 10 minutes. Add asparagus for last 2 min. In a bowl, whisk 1 cup sour cream with ½ cup each mayonnaise and 2% milk, 1 teaspoon Dijon mustard, 2 minced garlic cloves and ½ teaspoon each salt and pepper. Stir in hot drained pasta, asparagus, 4 chopped plum tomatoes and 1 cup shredded fresh basil orakes 6 servings 1 ½ tsp dried basil. (m

Note: Cooks Comment: good

Marge G
Waukesha, Wi

“Cool as a cucumber” isn’t just a catchy phrase. The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air.



ITALIAN GARDEN SALAD

8- oz uncooked spaghetti	2 c cubed cooked chicken
1 c cut fresh green beans	1 medium green pepper, julienned
Dressing	4- oz Colby-Monterey Jack cheese, cubed
t T canola oil	1 medium zucchini, sliced
3 T sugar	1 small yellow summer squash, sliced
2 T white vinegar	8 cherry tomatoes, halved and sliced
1 garlic clove, minced	1 small red onion, halved and sliced
1 tsp salt	Shredded Parmesan cheese, optional
1 tsp dried parsley flakes	
1 tsp dried basil	
½ tsp dried oregano	
¼ tsp onion powder	
Salad	

1. Cook spaghetti according to package directions, adding the green beans during the last 4 minutes of cooking. 2. Meanwhile, in a large bowl, combine the dressing ingredients. Add the chicken, pepper, Colby-Monterey Jack cheese, zucchini, squash, tomatoes and onion. 3. Drain spaghetti and beans rinse in cold water. Add to the other ingredients and toss to coat. Refrigerate until chilled. Sprinkle with Parmesan cheese if desired.

Note: arge comments “very good”

Marge G
Waukesha, Wi

JALAPEÑO MACARONI SALAD

2 c elbow macaroni (uncooked)	½ c green bell peppers, diced
1 ¼ c Miracle Whip	1 jalapeño, finely diced
1 tsp lemon juice	½ c carrots, grated
1 c celery, diced	1 tsp sugar
1 c onions, diced	1 tsp salt
¼ c green onions, diced	½ tsp black pepper

Cook your macaroni in a big pot of boiling water, salted for 9-10 minutes. immediately drain and rinse until cold water to stop cooking. Drain and place in large bowl. Add the celery, onion, green onion, bell pepper, jalapeño, carrot, Miracle Whip, lemon juice, salt, pepper, and sugar. Toss well to combine. Let chill for at least 1 hour before serving, stirring once or twice. Add a little more Miracle Whip to taste if you want it creamer!!

Marge G
Waukesha, Wi



JALAPEÑO-LIME SLAW

1/3 c fresh lime juice	1/2 c coarsely chopped fresh cilantro
1 tsp sugar	
3/4 tsp kosher salt	1 (16-oz) pkg cabbage-and-carrot coleslaw
1/4 tsp freshly ground black pepper	4 jalapeño peppers, halved
3 T olive oil	
1/2 c thinly vertically sliced red onion	

Combine first 4 ingredients in a large bowl, stirring with a whisk. Gradually add olive oil, stirring constantly with a whisk. Add onion, cilantro, and coleslaw. Thinly slice 1 Jalapeño half crosswise (keep seeds) and remove seeds from remaining Jalapeño halves. Cut the remaining halves into thin crosswise slices. Add the Jalapeños to onion mixture, and toss well to coat. Cover and chill at least 1 hour. Makes 8 servings of 3/4 c size)

Note: Roberts favorite, VERY< VERY< GOOD !!

*Marge G
Waukesha, Wi*

KFC BEAN SALAD

1(16-oz) can green beans	1/2 c vegetable oil
1 (16-oz) can wax beans	1/2 c cedar vinegar
1 (16-oz) can kidney beans	3/4 c sugar
1 med green pepper, sliced and chopped	1 1/2 tsp salt
1 med white onion, sliced and cut up	1/2 tsp black pepper

Method: Drain and rinse kidney beans well. Drain additional beans and combine all ingredients together. Marinate and refrigerate over night. Bean salad tastes better after 3 or 4 days.(Makes about 7 cups)

*Marge G
Waukesha, Wi*



KFC COLESLAW COPYCAT COLESLAW

8 c cabbage, finely chopped	1/4 c milk
1/4 c carrot, shredded	1/2 c mayonnaise
1/3 c sugar	1/4 c buttermilk
1/2 tsp salt	1 1/2 T white vinegar
1/8 tsp pepper	2 1/2 T lemon juice

Cut cabbage and carrots into small pieces about the size of rice kernels (the food processor is great for this). In a salad bowl, combine the sugar, salt, pepper, milk, mayonnaise, buttermilk, vinegar and lemon juice. Beat until smooth. Add the cabbage and carrots. Mix well. Cover and refrigerate. (makes 6 to 8 servings)

Note: VERY GOOD!!!! Marge has made this over a dozen times..Super Bowl, Memorial Day, Birthdays.

*Marge G
Waukesha, Wi*

KFC COPYCAT COLESLAW

8 c. cabbage, finely chopped	1/4 c. milk
1/4 c. carrot, shredded	1/2 c. mayonnaise
1/3 c. sugar	1/4 c. buttermilk
1/2 tsp. salt	1 1/2 T. white vinegar
1/8 tsp. pepper	2 1/2 T. lemon juice

Prepare cabbage and carrots, a food processor is very helpful. In a large salad bowl, combine the sugar, salt, pepper, milk, mayonnaise, buttermilk, vinegar and lemon juice. Beat until smooth. Add cabbage and carrots. Mix well, cover and refrigerate.

Note: Have made this countless times and it's very good. If you don't have buttermilk on hand, you can make your own by measuring cream or milk in a small cup and adding 1-2 T. lemon juice and let it sit to thicken. Can also buy powdered buttermilk to keep in your pantry.

*Marge Gebhardt
Coupland, TX*



LAYERED SPINACH SALAD

- | | |
|---|--|
| 1 (9-oz) pkg refrigerated uncooked
cheese tortellini | ½ c sliced green onions |
| 2 c shredded red cabbage | 1 (8-oz) bottle prepared ranch
dressing |
| 6 c torn spinach leaves | 8 slices bacon, cooked and
crumbled |
| 1 c cherry tomatoes, halved | |

Cook tortellini to desired doneness as directed on package. Drain; rinse with cold water. In large clear glass bowl with straight sides or 13 x 9- inch baking dish. layer cabbage, spinach, tortellini, tomatoes and green onions. Pour dressing evenly over top, sprinkle with bacon. Cover; refrigerate until serving time (makes 8-1 cup servings)

Note: This is a great choice when someone says. Please bring a salad. VERY GOOD Cheese filled pasta and a variety of colorful vegetables.

Marge G
Waukesha, WI

LOADED BAKED POTATO SALAD

- | | |
|---|------------------------------|
| 8 potatoes cubed (half peeled or
half with skin) | 6 green onions |
| 2 T salt | 2 c cheddar cheese, shredded |
| 6 slices bacon, diced & crisp
cooked | 16-oz sour cream |
| | ¼ tsp pepper |
| | 1 c Miracle Whip |

Cube and boil potatoes with salt, Drain. Crumble bacon and slice onions (including tops). Combine sour cream, pepper and Miracle Whip; Add potatoes, pour into baking dish. Top with reserved cheese, onions, and bacon; Bake 350° F for 10-15 minutes (until cheese melts) (serve 6)

Note: This always goes well with family and friends or even a pot luck.

Marge G
Waukesha, WI



LUSCIOUS JELL-O SALAD

- | | |
|---|-----------------------------------|
| 2 pkgs strawberry Jell-o gelatin
dessert | 1 c boiling water |
| 3 mashed bananas | 1 (10-oz) pkg frozen strawberries |
| | 1 pt sour cream |

Dissolve Jello in boiling water. Add remaining ingredients, EXCEPT sour cream, Pour ½ of the mixture into a 9" x 12" pan, Let set until firm, Spread sour cream over set mixture, Add remaining mixture, refrigerate until set. (makes 6 to 8 servings)

Note: Make as a side or as dessert.

Marge G
Waukesha, WI

MACARONI SALAD

- | | |
|--|---|
| 1-lb macaroni, cooked | 2 T yellow mustard |
| 4 hard cooked eggs | Sugar, add to taste |
| ½ small onion, minced fine | ½ - ½ tsp Louisiana Hot Sauce, |
| 6 sweet gherkin pickles, chopped
fine, pickle juice if you want | add according to taste, This
doesn't make it hot, it just adds
flavor |
| 1 stalk celery, minced fine | Salt and pepper to taste |
| ¾ - 1 c mayonnaise, add
according to taste | |

Cook macaroni according to package directions, drain and let cool. Mix all together, and chill. Alternates for added flavors: 2 Roma tomatoes, 1 cucumber seeded and chopped.

Note: Got rave reviews in Texas at 2 Super Bowl parties. You only need meat and/or fish by the grill to nicely set this off.

Marge G
Waukesha, WI

A watermelon is 92% water and is an ideal health food because it doesn't contain any fat or cholesterol. It is also an excellent source of vitamins A, B6, and C.



MACARONI SALAD (SUNDAY)

1 ½ c whole-grain elbow or retini pasta	1 ½ ribs finely chopped celery
½ c low-fat mayonnaise	2 small shredded carrots
½ c reduced-fat sour cream	½ small finely chopped Vidalia or other sweet onion
1 tsp sugar	1 c chopped baby spinach
½ tsp salt	½ c frozen edamame (thawed)
½ tsp celery seed	¼ c shredded 50% reduced-fat cheddar cheese
Freshly ground black pepper to taste	

Cook pasta according to package directions; drain and transfer to a large bowl to cool 15 minutes. Meanwhile, combine mayonnaise, sour cream, sugar, salt, celery seed and pepper; mix well. To the cooled noodles; add celery, carrots, onion, spinach, edamame and mayonnaise mixture, stir well to combine. Cover and refrigerate until cold (at least 2 hours). Taste and adjust seasoning with salt and pepper, if desired. Sprinkle with cheese just before serving.

Note: Cooks Comment; Excellent, very good

Marge G
Waukesha, Wi

MAKE AHEAD SALAD

(MAKE AHEAD SALAD)

½ head iceberg lettuce	1 T sugar
½ c finely chopped, celery	1 c mayonnaise
3 green onions	¼ c Parmesan cheese, grated
1 (8-oz) can slice water chestnuts	4 hard cooked eggs, sliced lengthwise
½ (16-oz) pkg frozen peas	

1. Tear lettuce into a 9 x 9 pan (use your hands rather than a knife so that the lettuce won't turn brown. Spread celery, green onions, water chestnuts, and peas over lettuce; Mix sugar and mayonnaise and spread over peas, Sprinkle with Parmesan and top with egg slices, Cover and refrigerate overnight.

Note: This delicious salad is a good choice for company since you can prepare it the night before.. Good, Good, Good

Marge G
Waukesha, Wi



MAMAW'S HOLIDAY JELLO SALAD

2 ½ c water, boiling	1 (16-oz) bag frozen strawberries
1 (6-oz) box strawberry Jello-O-gelatin dessert	1 (8-oz) can crushed pineapple, drained
1 (3-oz) box strawberry Jell-O-gelatin dessert	3 bananas, chopped
	8- oz sour cream

1. Dissolve jello boxes in boiling water. Add strawberries, pineapple, bananas, and pecans. 2. Pour half of mixture in a 2 quart casserole dish. Refrigerate for 15 minutes. 3. Layer sour cream over Jello 1st layer. Pour remaining Jello mixture on top. Refrigerate for 1 hour before serving.

Note: My mamaw always made this for Christmas brunch, Thanksgiving and really for any get together. It was always a hit with a hit with the kids! Enjoy!!

Marge G
Waukesha, Wi

MANDARIN AND ALMOND SHRIMP SALAD

16 medium-large raw shrimp peeled, and deveined	½ c sliced red bell pepper
⅔ - c bottled sesame-ginger dressing divided	¼ c diagonally sliced green onions
1-pkg (5-oz) DOLE Spring mix or other DOLE Salad blend	⅓ c Almond Accents Honey Roasted Sliced Almonds
1 can (11 or 15- oz) DOLE Mandarin Oranges, drained	

1. Place shrimp and ⅓ cup dressing in 1-quart re-sealable bag; seal and refrigerate 30 minutes turning once or twice. 2. Remove shrimp discard dressing. 3. Grill over medium high heat 3 to 5 minutes or until pink turning once. 4. Divide salad mandarin oranges, bell pepper and green onions on 4 large plates. Arrange shrimp on top of each. 5. Drizzle with remaining ⅓ cup dressing, sprinkle with Almond Accents (makes 4 servings)

Marge G
Waukesha, Wi



MANDARIN ORANGE SALAD

½ c. sliced or slivered almonds	2 tsp. Penzey's Green Goddess dressing base
2½ T. sugar	½ tsp. salt (opt.)
½ c. chopped celery	¼ tsp. black pepper
2 green onions, thinly sliced	dash cayenne pepper
1 (11 oz.) can mandarin oranges, drained well	¼ c. olive oil
3-4 c. mixed greens	1 T. minced parsley
½ to 1 c. strawberries, blackberries, raspberries, or hearts of palm (opt.)	1 to 2 T. sugar
	2 T. white vinegar
	dash Tabasco sauce

DRESSING:

In a nonstick skillet over medium heat, cook the almonds and sugar until the sugar is dissolved and the almonds are coated, stirring constantly. Watch carefully, as mixture will burn easily. This takes about 5-10 minutes. Spread almonds on wax paper to cool; break into small clusters. Combine the dressing ingredients together, mixing well. Chill while assembling salad. Wash the greens and arrange in a serving bowl. Add celery and onions, tossing to combine. Add oranges, almonds and additional ingredients as desired. Toss with dressing and serve.

Note: If you don't have a Penzey's store, use bottled green goddess dressing and omit the olive oil and vinegar.

*Marge Gebhardt
Coupland, TX*

The pineapple has been a universal symbol of hospitality and welcome for many centuries. Pineapples are often given as a gift when meeting someone for the first time.



MIXED BEAN SALAD

½ c sugar	1 (14-oz) can wax beans
⅓ c cider vinegar	1 (14-oz) can green beans, drained
⅓ c vegetable oil	3 celery ribs, sliced
½ tsp salt	½ med green pepper
⅛ tsp pepper	¼ c chopped onion
1 (16-oz) can kidney beans, drained	

In a small sauce pan, combine sugar, vinegar, oil, salt and pepper. Cook and stir over medium heat until sugar dissolved. Remove from the heat, cool slightly. In a large salad bowl, combine the remaining ingredients. Drizzle with dressing, toss to coat. Cover and refrigerate overnight. (makes 8 servings)

Note: Made this for SUPER BOWL & Church, Very good

*Marge G
Waukesha, WI*

MIXED GREEN SALAD

3-½ c baby spinach	2 T olive oil
2 c torn lettuce	1 T raspberry vinegar
½ c chopped sweet red pepper	1 tsp sugar
½ c sliced red onion	¼ tsp minced fresh parsley
¼ c mandarin oranges	¼ tsp minced fresh basil
¼ c sliced fresh mushrooms	Pepper to taste

DRESSING

In a large salad bowl, combine spinach, lettuce, red pepper, onion, or oranges and mushrooms. In a jar with a tight lid, combine the dressing ingredients; shake well. Drizzle over salad; Toss to coat

Note: Excellent salad. Dressing to die for !!!!

*Marge G
Waukesha, WI*



OKRA SALAD

½ c vegetable oil	1 lb small okra pods
3 T white vinegar or 3 T balsamic vinegar	1 small onion, thinly sliced and separated into rings
½ tsp salt	1 clove garlic, minced
¼ tsp pepper	tomato slices, optional
½ tsp hot sauce	

1. Combine the first 5 ingredients, and stir well. 2. Blanch okra in boiling water 3 minutes. Drain. 3. Combine warm okra, onion, and garlic in 12 x 8 x 2- inch dish. 4. Pour vinaigrette over okra mixture; toss gently to coat. Cover. 5. Marinate at least 2 hours, Drain. 6. Arrange on serving plate with tomato slices; if desired. (makes 6 servings)

Note: Marge say's very good. Bob hates it. Cooks Tip; Blancng keeps the okra crisp and firm in this yumhimy marinated salad.

*Marge G
Waukesha, Wi*

ORIENTAL SALAD

2 (16-oz) bags coleslaw mix	¾ c oil
1 (9¾- oz) can white chicken meat, drained	2 T vinegar
2 T slivered almonds	1 tsp sugar
2 (3-oz) pkgs ramen noodles (chicken flavor)	1 dash pepper

Combine coleslaw, chicken, and almonds in a large bowl. Mix together oil, vinegar, sugar, pepper, and seasoning packets from the ramen noodles. Pour oil mixture over coleslaw mixture, mix well. For softer noodles add crushed ramen noodles when salad is mixed. For crunchier noodles add ramen noodles just before serving. Refrigerate before serving. (makes 6 - 8 servings)

Note: Very good - made ½ recipe

*Marge G
Waukesha, Wi*



OVERNIGHT VEGETABLE SALAD

(16-oz) can tiny peas, drained	2 T pimentos, chopped
(16-oz) can French style green beans, drained	¾ c sugar
(11-oz) can whole kernel corn, drained	½ c vegetable oil
medium onion, finely chopped	1 ½ c white vinegar\
¾ c finely chopped celery	¼ to ½ tsp salt
	½ tsp pepper

In a large bowl, combine all vegetables. in a saucepan, combine remaining ingredients; heat and stir until sugar dissolves. pour over vegetables. Cover and refrigerate overnight. This is a great keeper.

*Marge G
Waukesha, Wi*

PEA & MACARONI SALAD

1 c fresh pea pods	¼ c horseradish mustard
8- oz dried elbow macaroni	2 cloves garlic minced
1 c frozen peas, thawed	¼ tsp salt
½ c mayo or salad dressing	¼ tsp pepper
½ c dairy sour cream	¾ c thinly sliced celery
½ c milk	2 T chopped onion

Remove tip and strings from pea pods. Cook macaroni according to package directions in lightly salted boiling water, adding pea pods and peas during last 1 minute of cooking. Drain and rinse. Halve pea pods diagonally, set pasta and pea pods aside. In a small bowl stir together mayonnaise, sour cream, milk, mustard, minced garlic, salt and pepper, set aside. In a large bowl combine cooked macaroni, pea pods, peas, celery, and onions,. Pour mayonnaise mixture over macaroni mixture. Stir gently to combine. Cover; chill 4 to 24 hours, Stir mixture before serving if necessary, add additional milk (1 to 2 tablespoons) to moisten. Top with additional pea pods, if desired. Makes 12 to 16 side-dish servings.

*Marge G
Waukesha, Wi*



PEAS & CHEESE SALAD

1/3 to 1/2 c mayonnaise or salad dressing	1 c diced mild Cheddar or colby cheese
1/2 tsp salt	1 medium stalk celery, thinly sliced (about 1/3 c)
1/2 tsp prepared mustard	3 sweet pickles, chopped (about 1/4 c)
1/4 tsp sugar	2 tsp finely chopped onion
1/8 tsp pepper	2 hard-cooked eggs, chopped
1pkg (10 oz) frozen green peas, thawed and drained	

Mix mayonnaise, salt, mustard, sugar, and pepper in bowl. Add peas, cheese, celery, pickles and onion; toss. Stir in eggs. Cover and refrigerate until chilled, at least 1 hour; Serve on lettuce leaves if desired. Immediately refrigerate any remaining salad. (6 servings)

Note: This salad is a midwestern favorite for gatherings - especially potlucks

*Robert
Austin, Tx*

POTLUCK PASTA SALAD

1 (1/2 lbs) rotini pasta	1 (12-oz) can jumbo black olives, drained and sliced
1 green pepper, chopped	1 (1/4-c) Italian salad dressing
1/2 red onion, finely chopped	1 (1/2-c) Hellman's mayonnaise
2 pt cherry tomatoes, halved	

1. Bring a LARGE pot of water to a boil (add 1 tsp olive oil, to help pasta not to stick together). 2. Add Rotini and cook for 8 minutes until al dente, stirring frequently. Drain well, Put pasta in large bowl, Stir in all the vegetables. 3. Whisk the Italian dressing and mayonnaise together and pour over the pasta and toss the salad making sure it is well coated with the dressing; Cover and chill for at least 1 hour. (makes 12 servings)

Note: Need something to feed a crowd ? This comes together in 20 minutes. Tastes very good.

*Marge G
Waukesha, Wi*



QUICK FRUIT SALAD

1 (21-oz) can peach pie filling	2 c fresh strawberries, halved
2 T sugar	1 c seedless grapes
3 bananas sliced	

Combine all ingredients. Chill before serving. Makes 6 servings)

Note: This sucker works !!

*Marge G
Waukesha, Wi*

RAINBOW PASTA SALAD

1 pkg (1 lb) tricolor spiral pasta	1 c vinegar
2 medium carrots, shredded	1 c mayonnaise
1 large red onion, chopped	3/4 c sugar
1 medium green pepper, chopped	1 tsp salt
1/2 tsp celery seed or 2 celery ribs, chopped	1/2 to 1 tsp pepper
1 can (14- oz) sweetened condensed milk	

Cook pasta according to package directions, Rinse in cold water and drain. place in a large bowl. Add carrots, onion, green pepper and celery seed. In another bowl, combine remaining ingredients. Pour over pasta mixture; toss to coat. Cover; refrigerate 8 hours or overnight. (makes 12 to 14 servings)

Note: From test kitchens; excellent, great

*Marge G
Waukesha, Wi*

Learn to like spinach. It's an excellent source of vitamins A and C, folic acid, fiber, and potassium.



RED POTATO SALAD

2 lbs red potatoes, diced large 1 inch	salt
¼ c white onions chopped	1 T dijon mustard
¼ c chives, snipped	¾ c mayonnaise, no fat type
¼ c celery, chopped	1 egg, hard cooked, sliced
1 jalapeño pepper seeded and chopped fine	¼ tsp cayenne pepper

1. Prepare potatoes with skin on, dice 1" inch; place in pot of salted water and boil until tender, about 15 minutes; drain, cool and set aside. 2. In a large bowl, place onions, chives, celery, and Jalapeño pepper, salt to taste and mix; Place cooled potatoes in a large bowl, add onion mix add mustard and no fat mayonnaise. Place in serving bowl, garnish with egg slices and sprinkle with cayenne pepper. Refrigerate until serving.

Note: Very good, Different

*Marge G
Waukesha, Wi*

ROBYN'S CORN SALAD (NO VINEGAR)

4 (10-oz) cans white shoepeg corn	1 T Miracle Whip
1 cucumber, cored	½ tsp salt
½ med red onion	½ tsp pepper

1. Strain corn. Finely dice cucumber and red onion; 2. Gently mix together corn, diced cucumber and red onion, Miracle Whip, salt and pepper. 3. Chill in refrigerator for two hours or overnight. Stir before serving. (makes 6-8 servings)

Note: My friend Robyn's always makes this salad when she and her DH barbecue.

*Marge G
Waukesha, Wi*



ROTINI SALAD

1 (900 g) pkg small rotini pasta, cooked and cooled	½ c salad oil
2 ripe tomatoes, cut up	⅓ c ketchup
1 onion, cut up	¼ c vinegar
½ green pepper, cuber	½ tsp salt
½ cucumber, seeded, and cubed	½ tsp paprika
⅓ c white sugar	1 dash pepper to taste

1. Place rotini, cut up tomatoes, onion, green pepper, and cucumber in a large bowl, set aside. 2. In a sauce pan, add sugar, salad oil, ketchup, vinegar, salt, paprika and pepper. Heat until sugar is dissolved, and blend well. 3. When the sauce cools, pour over veggies, and refrigerate for an hour. (makes 6-8-servings).

Note: Very goooooode!!

*Marge G
Waukesha, Wi*

SALMON MACARONI SALAD WITH POPPYSEED DRESSING

SALAD	9 pimento stuffed olives, halved
1 c dry elbow macaroni	Salt & Pepper to taste
2 qt water	DRESSING
dash salt	½ C Kraft Poppy Seed Dressing
2 c canned salmon, skin & bones removed	⅓ c mayonnaise
2 stalks celery & leaves diced	½ tsp sweet pickle relish
½ c white onions	½ tsp Dijon Mustard
4 hard cooked eggs, Chopped	1 dash cayenne pepper (optional)

Bring 2 qt of water to boil, add a dash of salt. Add macaroni and cook to ala dente. Do not rinse. NOTE Stir macaroni, put lid on the pot and turn heat off. Check after few minutes, macaroni will cook in the hot water. Drain, do not rinse. Mix the ingredients for the dressing and put in refrigerator to chill. In salad bowl, add macaroni, salmon, celery and hard cooked eggs and olives. Mix gently. Add salt and pepper to taste. Cover and chill if desired. Mix the chilled dressing in the salad. Serve with crackers (makes 4-6 servings).

*Marge G
Waukesha, Wi*



SAUERKRAUT SALAD

1 (2 lb) can sauerkraut, drained	1 c celery, finely diced
1 c sugar	¼ c chopped pimiento
1 large onion, finely chopped	½ c salad oil
1 large green bell pepper, finely chopped	¼ c white wine vinegar

1. Combine sauerkraut and sugar, let stand 10 minutes. Drain off liquid.; Combine chopped vegetables in medium bowl. Thoroughly mix oil and vinegar; pour over vegetables. Add sauerkraut and toss thoroughly. Chill at least 4 hours or overnight before serving. (makes 6-8 servings)

Note: Got rave reviews from guests. This is a great salad with grilled meats or BBQ. It will keep for days, refrigerated.if you have any leftovers.

Marge G
Waukesha, Wi

SAUERKRAUT SALAD

1 (2lb) can sauerkraut, drained	½ c salad oil
1 c sugar	¼ c chopped pimiento
1 large onion, finely chopped	¼ c white vinegar
1 large green bell pepper, finely chopped	

1. Combine sauerkraut and sugar; let stand 10 minutes, drain off liquid. 2. Combine chopped vegetables in medium bowl 3. Thoroughly mix oil and vinegar; pour over vegetables. 4. Add sauerkraut and toss thoroughly. 5. Chill at least 4 hours or overnight before serving. (serves 6 to 8)

Note: This is a great salad with grilled meat or BBQ.. It will keep for days, refrigerated (if it lasts that long) I've used Splenda in it and a little less oil. Originally from Bon Appetit and comes from Nas's Restaurant in Omaha, Nebraska

Marge G
Waukesha, Wi



SHRIMP & FRESH ASPARAGUS SAL

2 t olive oil	1 t lemon juice
1 lb asparagus spears, trimmed	¼ tsp paprika
1 medium red bell pepper cut into thin bite-size strips	1 garlic clove, minced
¼ tsp salt	8 oz. shelled deveined cooked medium shrimp, tails removed
⅛ tsp pepper	4 hard cooked eggs, quartered
½ c mayonnaise	

1. Heat oil in large skillet over medium high heat until hot. Add asparagus and bell pepper, sprinkle with salt and pepper. Cook 6 to 8 minutes or until asparagus is crisp-tender, stirring frequently. Cool Slightly. 2. Meanwhile, in small bowl, combine mayonnaise, lemon juice, paprika and garlic, blend well. 3. To assemble salads, arrange asparagus and bell pepper on individual salad plates. Spoon mayonnaise mixture over each salad. Top each evenly with shrimp and hard cooked eggs. (4 servings)

Note: The cooked vegetables, dressing, shrimp and hard-cooked eggs can be prepared ahead. Refrigerate and assemble just before serving.

Marge
Coupland, Tx

SHRIMP LOUIS PLATTER SALAD

4 c shredded Chinese (napa) cabbage	1 avocado, peeled, pitted and sliced
1 lb shelled deveined cooked large shimip	1 c purchased Thousand Island salad dressing
½ c purchased real bacon pieces	

On large serving platter, arrange cabbage, shrimp, bacon. bell pepper and avocado. Drizzle dressing over salad

Note: Frozen cooked shrimp that has been thawed. Brush avocado slices with a little lemon to keep bright green.

Marge



SHRIMP MACARONI SALAD

1 lb fresh or frozen shrimp, peeled, deveined	¼ c green peppers, chopped
1½ c macaroni, cooked per pkg directions drained	½ c mayonnaise
4- oz, American cheese, cubed	½ c sour cream
½ c celery, chopped	3 T vinegar
2 T onions chopped	¾ tsp salt or to taste
	add chopped hard cooked egg

1. Remove heads and tails peel, deveined, cut up medium size fresh shrimp. 2. Toss shrimp, cheese, onion, celery with the macaroni. 3. Blend remaining ingredients and toss with shrimp mixture. 4. Chill before serving. (makes 6-8 servings).

Note: Made 7 or 8 times over the years. Always a hit. Sorry, borrowed from Grace Evangelical Congregation Church Cookbook.

*Marge G
Waukesha, Wi*

SHRIMP MACARONI SALAD

1 pkg (16-oz) elbow macaroni	1-½ to 2-½ tsp paprika
1 to 1-½ lbs cooked small shrimp	1 to 2 tsp salt
1 pkg (16-oz) frozen peas, thawed	1 to 2 tsp garlic powder
7 to 8 celery ribs, finely chopped	1 to 2 tsp pepper
1 small onion, finely chopped	

Cook macaroni according to package directions, drain and rinse in cold water. In a large bowl, combine macaroni, shrimp, peas, celery and the onion. In another bowl, whisk the dressing ingredients. Pour over salad and toss to coat. Cover and refrigerate for at least 8 hours before serving. (makes 16 servings)

Note: If you really want to go over the hill with this recipe, go to bigger shrimp. We think the salad needs more shrimp. Other wise as is, is very good.

*Marge G
Waukesha, Wi*



SHRIMP PO BOY PASTA SALAD

DRESSING	¼ c coarsely chopped green bell pepper
⅓ c seafood cocktail sauce	¼ c sliced green onions
3 T light or nonfat dour cream	1 stalk celery, thinly sliced
2 T mayonnaise	1 medium tomato, seeded, coarsely chopped
SALAD	Leaf lettuce, shredded
7-oz (2 c) uncooked small shell pasta	
12-oz frozen cooked salad shrimp thawed, drained	

1. In small bowl, combine all dressing ingredients; blend well, Refrigerate 2. Cook pasta to desired doneness as directed on package. Drain; Rinse with cold water to cool. Drain well. 3. In large bowl, combine cooked pasta and all remaining salad ingredients except lettuce. Pour dressing over salad; toss gently to coat. Cover refrigerate at least 1 hour to blend flavors. To serve, arrange lettuce on individual serving plates; top with salad. (makes 4- 1½ cup servings) In place of the leaf lettuce, serve this salad over shredded iceberg lettuce and pass the hot pepper sauce for extra seasoning.

Note: Cook's Notes; Just OK. Louisiana's signature foods. Sandwich consists of a French roll-filled with shrimp, crayfish or crabmeat salad.

*Marge G
Waukesha, Wi*

SNAPPY SEAFOOD SALAD

2 c uncooked medium pasta shells (5-oz)	3 c bite-size pieces lettuce
¾ c mayonnaise or salad dressing	1 pkg (8-oz) frozen seafood chunks (imitation crabmeat) thawed
1 t chili sauce or cocktail sauce	
⅓ c small pitted ripe olives	1 small tomato, cut into 8 wedges

1. Cook and drain pasta as directed on pkg. Rinse with cold water; Drain. 2. Mix mayonnaise and chili sauce in large bowl. Add pasta and olives; toss. Add lettuce and seafood; toss. Serve with tomato wedges. (4 servings)

Marge



SOUR CREAM MACARONI SALAD

1 pkg (8-oz) elbow macaroni	½ c mayonnaise
¾ c diced green pepper	½ c sour cream
½ c sweet pickle relish	¼ c milk
1 jar (2-oz) diced pimientos, drained	1 ½ tsp salt or salt-free seasoning blend
1 T grated onion	Pepper to taste

PLAN AHEAD-NEEDS TO CHILL; Cook macaroni according to package directions; rinse in cold water and drain. Place in a large bowl; add green pepper, pickle relish, pimientos and onion. In a small bowl, combine the remaining ingredients; mix well. Pour over macaroni mixture and toss to coat. Cover and refrigerate until serving (makes 6 servings)

*Marge G
Waukesha, Wi*

SPAGHETTI SALAD

1 lb spaghetti, cooked and drained	2 tomatoes, diced
1 bottle Zesty Italian Salad Dressing	1 onion, diced
1 small bottle salad seasoning	1 green and 1 red pepper, diced
	sliced black olives
	sliced mushrooms

Mix all ingredients; refrigerate, Stir before serving.

*Marge G
Waukesha, Wi*

Strawberries are the only fruit with seeds on the outside.



SPICY ASIAN CHICKEN NOODLE SALAD

½ c rice vintage	1 c thinly sliced green onions
½ c Kikkoman Soy Sauce	2 c diced cooked chicken
½ c CRISCO oil	1 c snow peas, cooked and drained
1 T sugar	½ c chopped fresh cilantro
2 tsp grated fresh ginger root	¼ c McCormick, Sesame Seeds
2 T Asian-style chili-garlic sauce	
3 T sesame oil	
12 oz-vermicelli pasta, cooked and well drained	

In a large serving bowl, Whisk together first 7 ingredients. Add pasta, green onions, chicken and snow peas; stir to coat with sauce. Add cilantro and sesame seeds; toss to blend. Serve slightly warm or at room temperature. (makes 6 servings)

Note: SUPER GOOD WO)W

*Marge G
Waukesha, Wi*

SPINACH & STRAWBERRY SALAD

Dressing	¼ tsp Worcestershire sauce
½ c sugar	¼ tsp paprika
2 T sesame seeds	½ c oil
1 ½ tsp minced onion	4 c torn fresh spinach
1 c sliced fresh strawberries	

Combine all dressing ingredients in a jar and shake. Toss spinach and strawberries in bowl, and add dressing to taste

Note: Very good, added shrimp (amount not stated)

*Marge G
Waukesha, Wi*



SPRINGTIME PASTA SALAD

2 c spiral pasta	1- ¼ tsp dill weed
½ c chopped sweet red pepper	½ tsp salt
½ c sliced ripe olives	½ tsp ground mustard
¼ c chopped onion	¼ tsp pepper
½ c mayonnaise or salad dressing	¼ tsp garlic salt
¼ c sour cream	

Cook; pasta according to package directions; drain and rinse with cold water. Place in a large bowl. Add zucchini, olives, red pepper and onion. Combine remaining ingredients; pour over salad and toss to coat. Cover and chill for 2 hours. (makes 10-12 servings)

Marge G
Waukesha, Wi

STRAWBERRY JELLO SALAD

1 (3-oz) box strawberry gelatin	30- oz frozen strawberries, undrained
1 c boiling water	
3 bananas, chopped	1 (1pt) container sour cream
1 (20-oz) can crushed pineapple	

Mix Jello and 1 cups boiling water and let cool., 2. Add mashed bananas, pineapple, and undrained frozen strawberries. 3. Put half the mixture into 13" x 9" x 2" pan and chill,30-45 minutes. 4. Spread sour cream on top. 5. Add remaining fruit & jello mixture, chill, and cut into squares.

Note: This tasted very good but it did not set up properly- will try again using 6-oz Jello.

Marge G
Waukesha, Wi

"Cool as a cucumber" isn't just a catchy phrase. The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air.



STRAWBERRY SPINACH SALAD WITH YOGURT POPPY SEED DRESSING

DRESSING	SALAD
2 tsp honey	1 ½ c torn spinach leaves
¼ c lowfat strawberry yogurt leaves	1 c sliced strawberries
¼ tsp poppy seed	2 T chopped pecans

In small bowl, combine all dressing ingredients, mix well. Line 2 individual salad plates with spinach. Arrange half of the strawberries over each spinach- lined plate. Sprinkle each with 1 tablespoon pecans. To serve drizzle dressing over salad.. (makes 2 servings)

Note: VERY GOOD WITH FRESH STRAWBERRIES

Marge G
Waukesha, Wi

STRAWBERRY SUMMER SALAD

1 pt strawberries coarsely chopped (divided)	1 pkg 93.4-oz) Jello-O Vanilla Flavor Instant Pudding & Pie Filling Mix
1 can (20-oz) crushed pineapple in juice, undrained	1 Carton (8-oz) COOL Whipped Topping, thawed, divided
1 c miniature marshmallows	
½ c chopped walnuts	

Reserve ¼ cup strawberries for garnish. In a large bowl, stir pineapple with juice, marshmallows, nuts, pudding mix and remaining strawberries until well blended. Gently stir in 2 cups whipped topping. Refrigerate 1 hour or until serving. Garnish with remaining whipped topping and reserved chopped strawberries. (makes 8 servings)

Marge G
Waukesha, Wi

A watermelon is 92% water and is an ideal health food because it doesn't contain any fat or cholesterol. It is also an excellent source of vitamins A, B6, and C.



STRAWBERRY-GLAZED FRUIT SALAD

1 qt fresh strawberries, halved	4 firm bananas, sliced
1 can (20-oz) pineapple chunks, drained	1 jar or pouch (16-oz) strawberry glaze

In a large bowl, gently toss strawberries, pineapple and bananas; fold in the glaze. Chill for 1 hour, (makes 6-8 servings)

Note: It tastes so good made with fresh strawberries ! You would never believe how easy it is to prepare.

Marge G
Waukesha, Wi

SUMMER EVERYTHING PASTA SALAD

16- oz, cooked tri-colored pasta	2 T poppy seeds
2 c fresh broccoli	8 T sugar or Splenda sugar substitute
½ lb hard salami	8 T apple cider vinegar
2 c mozzarella cheese, shredded	2 tsp salt
1 med green pepper	½ tsp black pepper
1 med vidalia onions, chopped	¼ tsp garlic powder
1 cucumber, peeled, seeded & diced	1 c salad oil

DRESSING

Whisk together dressing ingredients, Set aside, Combine all other ingredients and toss to mix well, Add dressing, Toss to coat. Chill until ready to serve. At least 1 hour. (makes 10-15 servings)

Note: Very, Very Good !!!

Marge G
Waukesha, Wi

The pineapple has been a universal symbol of hospitality and welcome for many centuries. Pineapples are often given as a gift when meeting someone for the first time.



SUMMER PASTA SALAD

1 lb farfalle pasta (bow tie)	½ c black olives
1 cucumber, haled and sliced	16 oz zesty Italian dressing
1 large tomato, seeded and diced	½ c dry Parmesan cheese
½ c minced onions	1 tsp pepper

Cook pasta until just al dente, Drain. 2. Combine pasta with cucumber ,tomato, onion, and black olives. 3. Add salad dressing then add Parmesan cheese and onion. 4. Place in a large bowl, cover tightly, and refrigerate overnight. 5. Add more cheese, if desired, and mix well before serving.(makes 8 servings)

Note: Very good- Fluders & Spanish class

Marge G
Waukesha, Wi

SUMMER VEGETABLE SALAD

4 med tomatoes, chopped	2 c (16-oz) sour cream
3 large cucumbers, seeded and chopped	¼ c lemon juice
1 med onion, chopped	1 tsp seasoned salt
10 radishes, sliced	½ tsp pepper
	¾ tsp celery seed, optional

In a large bowl, combine tomatoes, cucunbers, onion, and radishes. In a small bowl, combine the remaining ingredients. Add to vegetables and toss to coat. Cover and refrigerate for at least 2 hours. Serve with a slotted spoon. (makes 16 servings)

Note: This is a big recipe, but very good!!!!

Marge G
Waukesha, Wi

SUNNY FRUIT SALAD

1 (21-oz) can peach pie filling	1 (11-oz) can Mandarin oranges, drained
1 lb- can chunk pineapple, drained	Bananas, sliced any amount
1 lb- can sliced pears, drained	Fresh strawberries, any amount

Mix all ingredients together and chill. (serves 6)

Marge G
Waukesha, Wi



SWEET & SOUR PASTA SALAD

1 (16-oz) pkg tri-color spiral pasta	DRESSING
1 med red onion	1 ½ c sugar
1 med tomato	½ c vinegar
1 med cucumber, peeled, chopped	1 T ground mustard
1 med green pepper, chopped	1 tsp salt (optional)
2 T minced fresh parsley	1 tsp garlic powder

Cook pasta according to package directions, drain and rinse with cold water; Place in large bowl, add onion, tomato, cucumber, green pepper and parsley. In a saucepan combine the dressing ingredients, cook over medium-low heat for 10 minutes or until sugar is dissolved; Pour over salad and toss, Cover and refrigerate for 2 hours. Serve with slotted spoon. (makes 16 servings)

Note: Even though I have 5 and 6 stars from other people. What do you have to say ??

Marge G
Waukesha, Wi

SWEET & SOUR PASTA SALAD

1 (16-oz) pkg tri-color spiral pasta	DRESSING
1 med red onion	1 ½ c sugar
1 med tomato, chopped	½ c vinegar
1 med cucumber, peeled, chopped	1 T ground mustard
1 med green pepper, chopped	1 tsp salt (optional)
2 T minced fresh parsley	1 tsp garlic powder

Cook pasta according to package directions; drain and rinse with cold water. Place in large serving bowl, add onion, tomato, cucumber, green pepper and parsley, set aside; In a saucepan combine the dressing ingredients, cook over medium-low heat for 10 minutes or until sugar is dissolved. Pour over salad and toss. Cover and refrigerate for 2 hours. Serve with slotted spoon. (makes 16 servings)

Marge G
Waukesha, Wi



SWEET AMISH MACARONI SALAD

1 lb salad macaroni	½ C sugar
4 hard cooked eggs (chopped)	⅛ c yellow mustard
1 small onion, finely diced	2 T dill pickle relish (mine had Tabasco in it for kick)
3 celery ribs, diced small	1 T white vinegar or apple cider vinegar
1 small sweet pepper, seeded and diced small (red or orange)	¾ tsp celery seeds
DRESSING	¼ tsp salt
2 c light mayonnaise (DO NOT USE MIRACLE WHIP)	paprika to garnish

1. Cook the macaroni according to directions, drain well. While pasta is cooking mix up all the dressing ingredients till well blended and set aside; Chop up all the veggies. 2. When macaroni has cooked and drained well mix the dressing (add all of it if you like very creamy salad, if you don't like a lot of dressing leave out about ½ - ¾ cup of the dressing. Remember that as it sets it will soak up some of the dressing. Refrigerate for at least one hour, the longer you let it set the better the flavor. Overnight is not to long !!! Servings are approximately, does not include cook time or the chill time. (makes 12-15 servings)

Note: This is a big batch Very good!! Like left overs, great!!

Marge G
Waukesha, Wi

Learn to like spinach. It's an excellent source of vitamins A and C, folic acid, fiber, and potassium.



SWEET AND SOUR TOSSED SALAD

- | | |
|---|---|
| 1-1 ½ c each of the following- torn spinach, romaine and iceberg lettuce | 1 c vegetable oil |
| 1 (11-oz) can of mandarin oranges, drained- save juice to use in dressing | ½ c sugar |
| ½ c sweetened dried cranberries | 1 T finely chopped onion (for dressing) |
| ½ c thinly sliced Vidalia or red onion | 1 tsp salt |
| | 1 tsp ground mustard |

In bowl combine lettuce, oranges, sweetened dried cranberries and sliced onion. In blender combine remaining ingredients including the juice from the mandarin oranges. Process until thickened. Pour approximately ½ cup over salad and serve immediately.

Note: Courtesy of Eagle River Cranberry Festival. Cooks comets; really very good.

*Marge G
Waukesha, Wi*

SWEET CUCUMBER AND RED ONION SALAD

- | | |
|-----------------------------------|----------------------------------|
| 1 long seedless cucumber, chopped | 1 c mayonnaise |
| 1 med red onion, chopped sm SAUCE | ½ c sugar |
| | ¼ c white vinegar, salt & pepper |

1. Peel down the length of the cucumber leaving part of the skin on, so that it looks like it is striped; Chop cucumber into whatever size cubes you like. Chop red onion a little smaller than cucumber. Mix sauce ingredients together, Salt & pepper to taste. Pour over cucumber and onion. Give it a good stir; Refrigerate for 2 hours (if you can wait that long) (Makes 4-6 servings)

*Marge G
Waukesha, Wi*



SWEET MACARONI SALAD

- | | |
|-------------------------------|---------------|
| 2 c macaroni | ¾ c sugar |
| 2 tomatoes (seeded and diced) | ½ c oil |
| 1 onion (diced) | ⅓ c vinegar |
| ½ green pepper (diced) | 1 tsp salt |
| ½ cucumber (seeded and diced) | ½ tsp pepper |
| Sauce | 1 tsp paprika |

1. Cook pasta. 2. Mix sauce ingredients and combine all together with pasta. 3. Chilling enhances the flavors, but is not necessary. 4. prep time varies. (makes 4-6-servings)

Note: This is a great summer salad !! Easy to put together !!. Easy to make !! Easy too double, triple and adaptable to tastiest.

*Marge G
Waukesha, Wi*

SWEET SESAME SALAD

- | | |
|--|---|
| 1 (10-oz) pkg salad greens (I used spring salad mix) | 2 tsp honey |
| 1 med tomato, cut in to thin wedges | 1 (11-oz) can mandarin oranges, drained |
| ⅔ c balsamic vinaigrette | 1 tsp sesame seed, toasted |

In a salad bowl, combine the greens and tomato, set aside; in a jar with a tight fitting lid, combine the salad dressing and honey, shake well. Drizzle over greens. Sprinkle with oranges and sesame seeds, toss to coat. (makes serving for 6)

Note: Very good. This is a great salad that you can pair with almost anything from stir fry to steak.

*Marge G
Waukesha, Wi*



SWEET-SOUR PASTA SALAD

- | | |
|--|-------------------------------------|
| 1 pkg (16-oz) tricolor spiral pasta | DRESSING |
| 1 med red onion, chopped | 1-½ c sugar |
| 1 med tomato, chopped | ½ c vinegar |
| 1 med cucumber, peeled, seeded and chopped | 1 T ground mustard |
| 1 med green pepper, chopped | 1 tsp salt, optional- we use kosher |
| 2 T minced fresh parsley | 1 tsp garlic powder |

Cook pasta according to package directions; drain and rinse with cold water. Place in a large serving bowl. Add the onion, tomato, cucumber, green pepper and parsley; Set aside. In a saucepan, combine the dressing ingredients. Cook over medium-low heat for 10 minutes or until sugar is dissolved. Pour over salad and toss to coat. Cover and refrigerate for 2 hours. Serve with slotted spoon. Makes 16 servings)

Note: Correct cooking of the pasta will make all the difference in the out come of this salad. Cooked right. VERY GOOD, COOKED WRONG not so good

Marge G
Waukesha, Wi

FOR PROOFING PURPOSES ONLY
MARGIE'S PRESS
COOKBOOKS
FOR PROOFING PURPOSES ONLY

Strawberries are the only fruit with seeds on the outside.



TACO- TACO SALAD

- | | |
|--|---|
| 2 (1-oz) envelopes taco seasoning (we use hot and spicy) | 2-3 garlic cloves, minced |
| 1 med onion, chopped | 1 (4-oz) jar sliced black olives |
| 1 (8-oz) jar salsa (we used Chi Chi's hot Fiesta | SALSA - TO TASTE |
| 1 bunch scallions, sliced with the greens) | sour cream |
| 12 taco shells | guacamole (posted separately) |
| 3 c shredded cheese (he likes cheddar and I like cheddar jack) | ¼ head shredded lettuce (use 1 head or buy the bagged lettuce already shredded) |

Preheat oven to 325 degrees. Brown the ground beef with the garlic and onions, drain. Follow instructions on the seasoning packets for the beef. Just before the liquid is all absorbed, toss in the jar of salsa and heat through. Put taco shells into preheated oven for about 6 minutes to warm them up and make them nice and crispy; Assemble the salads - here is the order I do it; taco shells (broken into pieces) shredded lettuce, beef mixture, shredded cheese, black olives, scallions. I top with a spoon of salsa, a spoon of sour cream and a spoon of guacamole. (serves 4 - 6).

Note: In our house we both like to cook. We always start with a basic recipe. Make "tweaks" to punch up flavor. This incredibly tasty and easy to make recipe feeds a crowd of hungry people. Taco shells in place of chips tastes better to us- not as salty.

Marge G
Waukesha, Wi

"Cool as a cucumber" isn't just a catchy phrase. The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air.



TAFFY APPLE SALAD

1 can (20-oz) crushed pineapple	1- ½ T vinegar
4 c miniature marshmallows	3 c diced unpeeled apples
1 egg, lightly beaten	1 - ½ c lightly salted peanuts, coarsely chopped
½ c sugar	1 carton (8-oz) frozen whipped topping, thawed
¼ c packed brown sugar	
1 T all-purpose flour	

Drain pineapple, reserving juice. In a large bowl, combine pineapple and marshmallows; cover and chill for several hours. In a saucepan, combine pineapple juice, egg, sugars, flour and vinegar; cook and stir until thickened. Remove from the heat; cool;. Refrigerate. Stir into pineapple and marshmallows. Add apples, peanuts and whipped topping; blend well. Refrigerate until ready to serve (makes 10-12 servings)

*Marge G
Waukesha, Wi*

TEXAS COLESLAW

1 head cabbage	1 red apple
⅓ c jalapeño jelly	1 T cilantro (optional)
½ tsp cumin	⅓ c pumpkin seeds (optional)
3 T cider vinegar	Salt & pepper to taste

Slice and shred cabbage, dice apple. Chop finely cilantro if used. Mix in large bowl all ingredients and chill for at least 1 to 2 hours or overnight.. If using green jalapeño jelly use green cabbage. If using red Jalapeño jelly, use red cabbage.

Note: Recipe named after Lisa Hammonds Jelly recipe's. They are killer's

*Marge G
Waukesha, Wi*



THE BEAVER'S "AUNT MARTHA'S" POTATO SALAD

4 c potatoes	½ c sweet relish
4 eggs	1 T horseradish cream
½ c celery (diced into small pieces)	1 T mustard
1 med onion (diced into small pieces)	¼ c pimientos

1. Boil potatoes and eggs, Remove eggs from shells, chop into small pieces. While still hot. Stir in mayonnaise, horseradish, mustard, onions, celery, relish and pimientos. (makes 4 servings)

Note: Very good with horseradish.

*Marge G
Waukesha, Wi*

TOSSED SALAD WITH CREAMY BUTTERMILK DRESSING

Creamy Buttermilk Dressing	4 c torn mixed greens
⅔ c mayonnaise*	1 to 2 tomatoes, cut into wedges
½ c buttermilk	½ c thinly sliced cucumber
1 garlic clove, crushed	½ c sliced radishes
1 tsp parsley flakes	½ c sliced fresh mushrooms
1 tsp chives	2 t sliced green onions
1 tsp seasoned salt	1 t sliced ripe olives
Salad	

In small bowl, combine all dressing ingredients; blend well using wire whisk. Refrigerate several hours to blend flavors. In a large bowl, combine all salad ingredients. Serve with dressing (4 servings)

Note: One cup tiny cooked shrimp, diced ham, chicken, turkey, roast beef, shredded cheese or any combination can be added or in place of.

*Marge
Austin, Tx*



TURNIP SLAW

½ c mayonnaise	1 dash salt
3 T sour cream	¼ tsp celery seed, I did not use
2 tsp tarragon vinegar, I used white wine vinegar and a dash of dried tarragon	¼ tsp ground black pepper
1 tsp prepared Dijon mustard	1 tsp chopped fresh dill or ½ tsp dried dill
1 tsp sugar	1 lb turnips, peeled and shredded (about 4 c)

In a large bowl, stir mayo, sour cream, vinegar, mustard, sugar, salt and pepper. Add turnips and mix well. Refrigerate 6 hours. (makes 6 servings) You can use low fat mayo and sour cream in place of the regular.

Note: VERY GOOD - NEXT TIME SUGGEST ADDING ONION AND GREEN PEPPER.

*Marge G
Waukesha, WI*

WALDORF SALAD

2 c apples, diced (½ green)(½ red for color)	¼ c mayonnaise
1 c celery, diced	1 T sugar
1 c grapes, cut in half	½ tsp lemon juice
½ c walnuts, chopped	1 dash salt
	½ c heavy cream, whipped

1. Combine apple, celery, grapes and walnuts, Blend mayo, sugar, lemon juice and salt, fold in whipped cream, fold into apple mixture, chill and serve (10-12 servings)

Note: Very good

*Marge G
Waukesha, WI*



WILTED LETTUCE SALAD

6 slices bacon, diced	½ c water
½ c sliced green onions	8 c torn leaf lettuce
2 or 3 t sugar	1 egg, hard-cooked, chopped
1 t flour	¼ c vinegar
1 tsp salt	

In a large llet over medium-heat, fry bacon until crisp. Remove bacon; drain on paper towels. Reserve 3 table spoons bacon drippings in skillet. Add onions; sauté until crisp-tender. Stir in sugsr, flour and salt; blend well. Cook until mixture is smooth and bubbly, stirring constantly. Gradually add water and vinegar; bring to a boil. Boil and stir 1 minute. Remove from heat. Add lettuce, toss just until leaves are coated and slightly wilted. Spoon into serving dish Sprinkle with cooked bacon and chopped egg. Serve immediately (8- ½ cup servings) MICROWAVE DIRECTIONS; Place bacon in small microwave-safe bowl; cover with waxed paper; Microwave on high for 6 to 7 minutes or until bacon is almost crisp, stirring every 2 minutes. Remove 3 tablespoons drippings in bowl. Stir in sugar, flour and salt; blend well. Stir in water, vinegar, and onions. Do not cover. Microwave on high for 4 to 4½ minutes until mixture is thick and bubbly, stirring once during cooking. Continue as directed above.

Note: Warm sweet and sour dressing on fresh-from-the- garden leaf lettuce is a summer time favorite. Why wait? Make it now! Purchase fresh lettuce from store.

Marge

A watermelon is 92% water and is an ideal health food because it doesn't contain any fat or cholesterol. It is also an excellent source of vitamins A, B6, and C.



WINTER SALAD (MOSTLY CANS)

- | | |
|---|-----------------------------|
| 1 (16-oz) can french-style green beans, drained | 1 bell pepper, chopped |
| 1 (16-oz) can ranch style black-eyed peas with Jalapeños, drained | 1 onion, sliced into rings |
| 1 (16-oz) can white shoepeg corn, drained | DRESSING INGREDIENTS |
| 1 (16-oz) can English peas, drained | ¾ c sugar |
| 1 (2-oz) jar pimientos, chopped | 1 tsp salt |
| | 1 tsp seasoning salt |
| | 1 tsp seasoning pepper |
| | ½ c vegetable oil |
| | ¾ c vinegar |

In a 3 qt container with a tight lid, combine dressing ingredients, mix; Add all drained vegetables to container and stir; Cover and refrigerate. (makes 16 servings)

Note: This is so good you'll throw the steak out !!!!!

Marge G
Waukesha, Wi

The pineapple has been a universal symbol of hospitality and welcome for many centuries. Pineapples are often given as a gift when meeting someone for the first time.



VEGETABLES & SIDE DISHES

ASPARAGUS WITH ALMONDS

- | | |
|--|-------------------|
| 2 T sliced almonds | ¼ c water |
| 4 tsp olive or vegetable oil, divided | 1 tsp sugar |
| 1 lb fresh asparagus, cut into 2-inch pieces | ¼ tsp salt |
| | Dash pepper |
| | 1 tsp lemon juice |

In a skillet, sauté almonds in 1 tsp of oil until lightly browned; remove and set aside. In the same skillet, sauté asparagus in the remaining oil for 1 minute. Add water, sugar, salt and pepper, bring to a boil. Reduce heat; cover and simmer for 3-4 minutes or until asparagus is tender. Drain. Sprinkle with lemon juice; top with almonds. (makes 3-4 servings)

Marge G
Waukesha, Wi

AUNT VERA'S BAKED BEANS

- | | |
|-----------------------------|--------------------------|
| 3 (16-oz) cans pork & beans | 3 T Worcestershire sauce |
| 1 lb bacon | 1 c onions, chopped |
| ½ c ketchup | 1 c brown sugar |
| ¼ c yellow mustard | |

Fry bacon until crisp, cool and crumble. Sauté onion in the bacon drippings. In a large bowl, combine the pork and beans, bacon, ketchup, mustard, Worcestershire sauce, sautéed onion and brown sugar and mix well. Pour into large casserole dish and bake for 1 hour at 300°F (makes 12-15 servings).

Marge G
Waukesha, Wi

White asparagus is cultivated by denying the plants light and increasing the amount of ultraviolet light the plants are exposed to while they are being grown. Less bitter than the green variety, it is very popular in the Netherlands and Germany.



BAKED BEANS

8 slices bacon, chopped	¼ c cider vinegar
1 medium onion, chopped	1 T Worcestershire sauce
¾ c ketchup	Salt & Pepper to taste
¾ c tomato purée	¼ tsp cayenne pepper
½ c firmly packed dark brown sugar	2 (28-oz cans) red beans, drained & rinsed

Preheat the oven to 325°F Put a heavy pot with a lid over medium-high heat. Add the bacon and cook, stirring often, until the fat renders and bacon begins to crisp, about 6-8 minutes. Add the onion and cook until softened, about 5 minutes more. Stir in the ketchup, tomato purée, brown sugar, vinegar, Worcestershire, salt, pepper, and cayenne and mix well. Bring to a simmer and cook for 5 minutes. Stir in the beans until well coated, cover, and bake in the oven for 1 hour. Remove the lid and continue baking until sauce thickens and the beans begin to brown, about 15 minutes more. Remove from the oven and allow to cool at least 15 minutes before serving. (makes 6 to 8 servings)

Marge G
Waukesha, WI

BAKED CANDIED SWEET POTATOES

½ c packed brown sugar	3 lbs sweet potatoes, peeled and cut into 1- to 1½- inch chunks (7 TO 8 C)
2 t orange juice	2 t butter or margarine, cut up
1 tsp Pumpkin Pie Spice	
1 tsp Pure Vanilla Extract	

In large bowl combine brown sugar, orange juice, pumpkin pie spice, and vanilla. Add sweet potatoes; toss to coat. Transfer to a quart rectangular baking dish. Dot with butter. Bake covered in a 350° oven for 40 minutes. Remove from oven and stir gently, spooning syrup over potatoes. Bake uncovered, for 15 to 20 minutes more until potatoes are tender (makes 8 to 10 servings)

Note: MAKE-AHEAD TIP; Prepare and bake as above. Cool completely. Cover and refrigerate several hours or overnight. Bake, covered, in 325° oven for 30 to 35 minutes or until heated through.

Marge G
Austin, TX



BARBECUE STEAK SANDWICHES WITH SMOTHERED ONIONS

1 t vegetable oil	¼ c FRENCH'S Worcestershire Sauce or FRANK'S REDHOT Cayenne Pepper Sauce
8 to 12 slices (about 1 lb) minute steaks	8 slices Jack or American cheese
1 large Vidalia or other sweet onion, sliced	4 sub or hero rolls, split
¾ c CATTLEMEN'S Hickory Smoke Barbecue Sauce	

1. Heat oil in large nonstick skillet until very hot. Cook steaks 5 minutes until browned, turning once; remove from skillet. 2. Sauté onion in same skillet until tender. Add barbecue sauce and Worcestershire. Heat through. 3. Spoon saucy onions on bottoms of rolls, dividing evenly. Arrange 2 or 3 pieces steak on each sandwich and top with 2 slices cheese. Close rolls.

Note: TIP: Substitute 1 lb deli roast beef but do not cook meat.

Marge G
Austin, TX

Gerber Products Company was founded in 1927 by Daniel Frank Gerber. Gerber's wife began making hand-strained food for their 7 month-old daughter. Seeing a business opportunity, Gerber began devoting resources at the cannery he owned to make baby food.



BEET GREENS

(Simple and Delicious)

- | | |
|--|--------------------------------------|
| 2 bunches beet greens, stems removed | salt to taste |
| 1 T extra-virgin olive oil, or to taste | freshly ground black pepper to taste |
| 2 Cloves garlic, minced | 2 lemons, quartered |
| ¼ tsp crushed red pepper flakes (optional) | |

Bring a large pot of lightly salted water to a boil. Add the beet greens, and cook uncovered until tender, about 2 minutes. Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the greens are cold, drain well, and coarsely chop. Heat the olive oil in a large skillet over medium heat. Stir in the garlic and red pepper flakes; cook and stir until fragrant. Stir in the greens until oil and garlic is evenly distributed. Season with salt and pepper, cook just until greens are hot; serve with lemon wedges. (makes 4 servings)

Note: If you have never tasted beet greens, it is similar to Kale.

*Marge G
Coupland, Tx*

BRANDON'S BAKED BEANS

- | | |
|------------------------|---------------------------------------|
| 1 onion, chopped | 1 c masterpiece barbecue sauce |
| 1 bell pepper, chopper | 3 (16-oz) cans van camp' pork & beans |
| ¾ c brown sugar | |

Put all ingredients in baking dish stir up. Top with strips bacon; Bake in oven at 350°F for 1 hour after preheating oven. Best after cool and reheat. (makes 6 servings)

*Marge G
Waukesha, Wi*



BUTTERCUP SQUASH CASSEROLE

- | | |
|---------------------------|--------------------------|
| 1 medium buttercup squash | ¼ tsp nutmeg, if desired |
| 2 t brown sugar | 2 t margarine or butter |
| ¼ tsp salt | 1 t chopped fresh chives |
| ¼ tsp cinnamon | |

1. Heat oven to 350° F. Cut squash into quarters; remove seeds. Place cut side down, in ungreased shallow baking pan, Bake at 350° F for 45 to 50 minutes or until tender. Cool Slightly. 2. Grease 1-quart casserole. Scoop squash pulp from skin; place in medium bowl. Discard skin. Add brown sugar, salt, cinnamon, ¼ teaspoon nutmeg and margarine to squash. Mix with potato masher or fork until well blended, Spoon into greased casserole. Sprinkle with chives and ¼ tsp nutmeg. 3. Bake at 350°F for 20 to 25 minutes or until thoroughly heated. (makes 4 - ½ cup servings). MICROWAVE OPTION; Slightly cook the buttercup squash (or any hard winter squash) in the microwave to make it easier to cut. Use an ice pick or knife to pierce 2 to 4 holes so steam can escape. Microwave the squash on HIGH for 2 to 3 minutes or just until it's soft enough to cut.

Note: INGREDIENT INFO; Buttercup squash is a variety of terban squash. It has orange flesh and a flavor similar to sweet potatoes.

*Marge G
Austin, Tx*

CALICO BAKED BEANS

- | | |
|------------------------|----------------------------|
| 1 lb bacon | 2 tsp salt |
| 1 lb hamburger | ½ tsp pepper |
| 1 large onion, chopped | 1 tsp dry mustard |
| ½ c ketchup | 1 (16-oz) can kidney beans |
| ¾ c brown sugar | 3 (16-oz) cans baked beans |
| ¼ c molasses | 1 (16-oz) can butter beans |
| ¼ c Dark Karo syrup | |

Brown bacon, hamburger and onion, drain beans. Combine all ingredients in a larger roaster pan. Mix well. Bake at 350°F for 1-1 ½ hours, stirring occasionally. Note: This also freezes well. (makes 8 servings)

Note: This is a DEER CAMP HUNTING RECIPE.

*Marge G
Waukesha, Wi*



CALICO BEANS

1 lb ground beef	¼ c brown sugar (or less according to taste)
½ lb bacon (or cut up sausage)	1 T vinegar
1 c onions (chopped)	½ c ketchup
1 garlic clove	1 tsp dry mustard
1 (19-20 oz) can pork & beans	salt & pepper
1 (19-20 oz) can butter beans	
1 (19-20 oz) can ranch style beans	

Brown and thoroughly cook the meats and onion together in a skillet on low temperature using minimal amounts of cooking oil. Then place cooked meat (including) and all other ingredients in a crock pot for at least two hours. Stir occasionally to blend tastes. (makes 6-8 servings)

Marge G
Waukesha, Wi

CALIFORNIA VEGETABLE CASSEROLE

¼ c butter melted	8-oz cream cheese or (cheddar cheese)
¼ c flour	
2 c milk	

2 (16-oz) pkgs frozen broccoli, carrots, cauliflower mix, ½ cup cheddar cheese grated. Par-boil frozen vegetables, melt butter in a saucepan, whisk in flour, do not brown, add milk, continue to stir. Dice cream cheese and slowly add to mixture, do not boil. Continue stirring until mix is smooth. Place vegetables in a greased baking dish, pour sauce over veggies. Sprinkle cheddar cheese over the top and if you like, you can now add a bread crumb topping. Bake at 350°F for 30 minutes. (makes 6-8 servings).

Note: I prefer the cheddar cheese.

Marge G
Waukesha, Wi



CANDY-COATED CARROTS

1 lb carrots, pared & sliced	¼ tsp Tabasco Pepper Sauce
¼ c (½ stick) butter or margarine	⅛ tsp salt
¼ c firmly packed light brown sugar	1 tsp lemon juice

Bring about 1 inch water to boiling in a large saucepan. Add carrots. Cook, covered, 5 minutes or until carrots are just tender. Drain. Combine butter and brown sugar in saucepan. Stir over medium heat until blended and bubbly. Add Tabasco Pepper Sauce and salt. Remove from heat. Add lemon juice and hot drained carrots toss gently until coated evenly. (makes 4 servings)

Note: The sweet way to get you to eat your veggies.

Marge G
Coupland, Tx

CAULIFLOWER & BROCCOLI BAKE

6 oz fresh cauliflower	1 (8-oz) pkg shredded sharp Cheddar Cheese
6-oz fresh broccoli	1 tsp English mustard
2 T butter	cayenne pepper to taste
2½ T all-purpose flour	Salt & pepper to taste
2½ c milk	

Preheat oven to 425°F (220 °C). In a medium saucepan with enough water to cover, boil cauliflower and broccoli until tender, about 10 minutes. Drain and transfer to a medium baking dish. In a separate medium saucepan over low heat, melt butter, and stir in flour. Gradually whisk in milk, and increase heat to medium. As the mixture thickens, whisk in English mustard until a thick sauce has formed, being careful not to allow the mixture to boil. Sprinkle in ⅔ of the cheese, and stir until melted. Pour sauce over broccoli and cauliflower. Bake in the preheated oven 30 minutes, until bubbly and lightly brown. Sprinkle with remaining cheese during the final 10 minutes of cooking.

Note: FRESH broccoli and cauliflower are baked together with a thick cheese sauce.

Marge G
Waukesha, Wi



CHEESY RICE & BROCCOLI

add 1½ cups minute rice
uncooked, Stir, cover & remove
from heat let stand 4-5 minutes
Bring 1 pkg (10-oz) frozen
chopped broccoli thawed,
drained & bring 1 c water to full
boil in medium saucepan on
medium-high heat

Stir in ½ lb (8-oz) Velveeta cheese. Cut-up, cover & let stand 4-5
minutes Stir until cheese is melted before serving. (makes 6 servings)

*Marge G
Coupland, Tx*

COLCANNON

4 large potatoes, peeled, and diced, about 4 cups	1 tsp salt
1 c heavy whipping creamed	½ tsp white pepper
½ tsp chopped garlic, chopped	1 c chopped green cabbage
1 tsp dried parsley flakes	1 leek, white part only; diced

In an ovenproof medium saucepan over medium heat, place potatoes,
cream, garlic, parsley flakes, salt, pepper. Cook stirring occasionally
until mixture comes to a boil, about 5 minutes. Cover and bake in
preheated 400°F oven for 20 minutes; While mixture bakes, blanch
cabbage and leeks in boiling salted water in a small saucepan just until
tender, about one minute. Drain well, discarding liquid. Fold cabbage
and leeks into potato mixture. (makes 6-8 servings)

Note: IRISH COUNTRY FOOD at its very simple best.

*Marge G
Waukesha, Wi*



COLLARD GREENS

(SOUTHERN STYLE)

2 sweet onions, finely chopped	½ c vinegar
2 smoked ham hocks	2 T white sugar
4 cloves garlic, finely chopped	1½ tsp salt, or to taste
3 (32-oz) containers chicken broth	¾ tsp ground black pepper, or to taste
3 (1-lb pkgs collard greens, trimmed	

Combine onions, ham hocks, and garlic in a stockpot; add chicken
broth, Coon mixture over medium heat until meat is falling off the bone,
about 2 hours; Stir collard greens, vinegar, sugar, salt and pepper into
the broth mixture; cook until greens have reached desired tenderness,
about 2 more hours. (makes 10 servings)

*Marge G
Coupland, Tx*

CORN CASSEROLE

2 (12-OZ) cans white shoepeg corn	1 (14-oz) can cream of mushroom soup
1 (14-oz) can French style green beans	1 c shredded cheddar cheese
1 (8-oz) container sour cream	1 (14-oz) can French-fried onions

Mix all ingredients together, except the french-fried onions. Pour into
a casserole dish. then top with the french fried onions. Bake at 350°F
for 45 minutes to an hour.(makes 6 servings)

Note: I recommend this for holidays only.

*Marge G
Waukesha, Wi*

*Thomas Jefferson grew eggplant he obtained from France
in his garden at Monticello in Virginia. Today, the
heirloom garden there continues to grow an all-white,
prickly variety.*



CREAMED PEAS

1 T butter or margarine	½ c milk
1 T all-purpose flour	1 tsp sugar
¼ tsp salt	1 pkg (10-oz) frozen peas
⅓ tsp pepper	

In a medium saucepan, melt the butter. Add flour, salt and pepper, cook over low heat until bubbly. Gradually add milk and sugar; cook and stir until thickened. Cook peas according to package directions; drain. Stir into the sauce and heat through. (makes 3-4 servings)

Marge G
Waukesha, Wi

CREAMED PEAS

1 (12 oz.) pkg. frozen petite peas	1 c. milk
2 T. butter	salt and pepper, to taste
2 T. flour	2 tsp. sugar

Thaw peas. Melt butter in a sauce pan over medium heat, then add flour and stir until blended. Stir in milk, salt, pepper and sugar. Bring to a boil and stir until thick. Reduce heat, add peas and heat until warm.

Note: This is a must with salmon patties! Also good with other fish or just as a side to any meal.

Marge Gebhardt
Coupand, TX

CREAMED PEAS

1 (14½-oz) cans peas (drained)	¼ tsp salt
1 T butter	⅓ tsp pepper
1 T flour	1 tsp sugar (or more to taste)
½ cup milk	

Melt butter in sauce pan over medium heat, then add flour and stir until blended. Stir in milk and salt, pepper, and sugar, bring to a boil and stir until thick. Reduce heat add peas and heat until warm.

Note: You can double the sauce and peas over toast similar to SOS with ground beef.

Marge G
Waukesha, Wi



CREAMY BROCCOLI CASSEROLE

2 eggs	2 pkgs (10-oz ea) frozen chopped broccoli, cooked and drained
1 can (10-¾-oz) condensed cream of mushroom soup undiluted	1 c (4-oz) shredded cheddar cheese
1 c mayonnaise	1 T butter or margarine, melted
¾ c chopped pecans	¼ c soft bread crumbs
1 medium onion, chopped	

In a bowl, beat eggs, add soup, mayonnaise, pecans, and onion. Stir in broccoli; Pour into a greased 2-qt shallow baking dish; Sprinkle with cheese. Combine butter and bread crumbs; Sprinkle on top. Bake, uncovered, at 350°F for 30 minutes; (makes 8-10 servings)

Marge G
Waukesha, Wi

DILLY ASPARAGUS

1 c water	½ c milk
¼ tsp salt	¼ tsp dill weed
1 lb fresh asparagus, trimmed	⅓ tsp garlic salt
1 pkg (3-oz) creamed cheese	⅓ tsp pepper

In a large skillet, bring water and salt to a boil, add the asparagus. Cover and cook over medium heat until crisp-tender, about 6-8 minutes; drain.

Marge G
Waukesha, Wi

Saffron is a spice derived from the flower of the saffron crocus, native to Southwest Asia. A pound is comprised of 70,000 to 200,000 dried stigma, making it the world's most expensive spice at an average price of \$1,000 per pound.



EASY SOUTHWESTERN POTATOES

- | | |
|--|--|
| 1/3 c LAND O LAKES Butter,
melted | 1 medium onion, sliced 1/4-inch,
separated into rings |
| 1/2 tsp salt | 6-oz (1 1/2 c) LAND O LAKES* Hot
Pepper |
| 1/4 tsp chili powder | Monterey Jack Cheese, shredded |
| 1/8 tsp cayenne pepper | Chopped fresh parsley |
| 1/8 tsp pepper | Salsa |
| 8 c (6 medium) sliced 1/4- inch
baking potatoes | |

Heat oven to 400°. In 13 x 9 inch baking pan stir together butter, salt, chili powder, cayenne pepper and pepper. Add potatoes and onion; stir to coat. Bake, turning occasionally, for 60 to 70 minutes or until potatoess are fork tender, Sprinkle with cheese, Continue baking for 1 to 2 minutes or until cheese is melted. Garnish with parsley; serve with salsa. (makes 8 servings)

*Robert G
Austin, Tx*

FAVORITE MARINATED VEGETABLES

- | | |
|--|--------------------------------|
| 2 c fresh broccoli florets | 1 c sliced fresh mushrooms |
| 2 c fresh cauliflowerets | 1 c cherry tomatoes, halved |
| 1 medium cucumber, halved and
thinly sliced | 1/3 c finely chopped red onion |
| | 1/2 c Italian salad dressing |

In a large bowl, combine the broccoli, cauliflower, cucumber, mushrooms, tomatoes and onion. Add dressing and toss to coat Cover and refrigerate for 8 hours or overnight.

Note: It couldn't be easier to toss together a-good-for-you dish that's attractive and appetizing too. Marinating these quick-fix veggies overnight gives them fabulous flavor and texture.. Excellent

*Marge G
Waukesha, Wi*



FRIED GREEN CABBAGE

- | | |
|---|--------------------------|
| 1 head of cabbage (with 1 tsp salt
for soaking) | 1/2 tsp prepared mustard |
| 1/2 tsp CARAWAY SEED | 1 tsp salt |
| 1 medium onion, minced (or 4-5
scallions, chopped) | 1/2 tsp pepper |
| 4 T butter (1/2 stick) | 1/-1 tsp lemon juice |
| | 2 T sour cream |

Cut the cabbage in quarters and soak for 30 minutes in salted ICE water Drain well, Coarsely shred the cabbage and steam in a small amount of water with the caraway seeds, covered, for about 5 minutes. Drain, again and make sure the cabbage is completely dry. In a large frying pan, heat the butter and sauté the onion or scallions for about a minute or until lightly golden. Stir in the mustard, then add the cabbage, salt and pepper. Cook for about 5 minutes. Remove from heat and add the lemon juice and sour cream before serving. This dish is best served immediately. (makes 6-8 servings)

Note: You simply can't have corned beef without cabbage. This is our absolute favorite.

*Marge G
Coupland, Tx*

FRIED GREEN TOMATOES

- | | |
|------------------------------|---|
| 1/2 c all-purpose flour | 1/8 tsp pepper |
| 1/4 c cornmeal | 3 to 4 green tomatoes, cut into 1/2-
inch slices |
| 1/4 c grated Parmesan cheese | Cooking oil |
| 1/2 tsp dried oregano | |
| 1/2 tsp salt | |

Combine flour, cornmeal, Parmesan cheese, oregano, salt and pepper. Coat tomato slices with flour mixture. In a skillet, heat oil over medium. Fry tomatoes for 2-3 minutes per side until tender and lightly browned. Drain on paper towels. Serve immediately. (makes 4-6 servings).

Note: When I was growing up we just dipped the tomato slices in flour and fried them in butter.

*Marge G
Coupland, Tx*



GREEN BEANS WITH BACON

6 bacon strips **1-½ lbs green beans, cut into 1-
seasoned salt an pepper to taste** **inch pieces**

In a covered saucepan, cook beans in a small amount of water for 20-25 minutes or until tender, Drain. Meanwhile, in a skillet, cook bacon until crisp. Remove bacon, reserving drippings. Crumble bacon and set aside. Add beans to drippings, sprinkle with seasoned salt and pepper. Heat through. Add crumbled bacon and toss. (makes 8 servings)

*Marge G
Waukesha, Wi*

GRILLED ROASTED GARLIC ASPARAGUS

1 lb fresh asparagus spears, **½ - ¼ tsp salt, to taste, suggest
trimmed and rinsed** **freshly ground COARSE SEA
1-2 tsp olive oil or oil oil cooking** **SALT**
spray

**PENZEY'S ROASTED GARLIC TO
TASTE**

Place the asparagus on a plate or pan (if boiling) and toss or mist with olive oil. Roll the asparagus to coat. Sprinkle with ROASTED GARLIC and salt and roll to evenly coat. Place on a hot grill or in a broiler preheated on high and cook 4-8 minutes, depending on the heat of the grill and the thickness of the stems, turning to evenly brown. (makes 4 servings)

*Marge G
Coupland, Tx*

"Zwieback" is German for twice baked and refers to a sweetened bread that is sliced and then rebaked or toasted until dry and crisp. The use of the term in English dates back to the 1890s.



HARVARD BEETS

3 cans (15-ozs ea) whole beets **3 T ketchup**
2 T whole cloves **½ tsp salt**
1 c sugar **3 T cornstarch**
1 c, white vingar **1 tsp vanilla extract**
3 T vegetable oil

Drain beets, reserving 1-½ cups juice, Cut beets into wedges; set juice and beets aside. place the cloves on a double thickness of cheesecloth, bring up corners of cloth and tie with string to form a bag. In a large saucepan, combine the sugar, vinegar, oil, ketchup, and salt. Add spice bag, bring to a boil. Reduce heat; cover and simmer for 15 minutes. Discard spice bag. In a small bowl, combine cornstarch and reserved beet juice until smooth. Stir into sugar mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Add beets and vanilla, heat through. (makes 6-8 servings)

*Marge G
Waukesha, Wi*

HARVARD BEETS

1 can (16-oz) sliced beets, drained **¾ tsp salt**
(reserve liquid) **Dash pepper**
1 T cornstarch **¼ c vinegar**
1 tsp sugar

Add enough water to reserved beet liquid to measure ⅔ cup. Mix corn starch, sugar, salt and pepper in sauce-pan. Stir in beet liquid mixture and vinegar gradually. Cook stirring constantly until mixture thickens and boils. Boil and stir 1 minute. Stir in beets; heat through; (makes 4 servings)

Note: Orange Beets: Substitute ¾ cup orange juice for the beet liquid mixture and packed brown sugar for the sugar. Mix in 1 teaspoon grated orange peel with the brown sugar. Decrease vinegar to 1 tablespoon.

*Marge G
Waukesha, Wi*



HARVARD BEETS

3 c sliced raw beets or 2 cans (16-oz ea) sliced beets
 1/2 c sugar
 1 T all-purpose flour
 1/2 c white vinegar
 1/2 tsp salt
 2 T butter or margarine

In a saucepan, place raw beets and enough water to cover. Cook until tender, about 15-20 minutes. Drain, reserving 1/4 c liquid (if using canned beets, drain and reserve 1/4 cup juice). In another saucepan, combine sugar, flour, vinegar and reserved beet juice. Cook over low heat until thickened, Stir in beets, salt and butter. Simmer for 10 minutes. (makes 6-8 servings).

*Marge G
Coupland, Tx*

IRISH COLCANNON

4 lg. potatoes, peeled and diced, about 4 c.
 1 c. heavy whipping cream
 1/2 tsp. chopped garlic
 1 tsp. dried parsley flakes
 1 tsp. salt
 1/2 tsp. white pepper
 1 c. green cabbage, chopped
 1 leek, white part only, diced

In an ovenproof medium sauce pan over medium heat, place potatoes, cream, garlic, parsley, salt and pepper. Cook, stirring occasionally until mixture comes to a boil, about 5 minutes. Cover and bake in preheated 400° oven for 20 minutes. While mixture bakes, blanch cabbage and leeks in boiling salted water in a sauce pan until just tender, about 1 minute. Drain well, discarding liquid. Fold cabbage and leeks into potato mixture. Makes 6-8 servings.

Note: The grandkids made this learning about Irish culture and loved it!

*Marge Gebhardt
Coupland, TX*



JALAPEÑO COLESLAW

6 c shredded cabbage or coleslaw mix
 2 tomatoes, seeded and chopped
 6 green onions, coarsely chopped
 2 jalapeño peppers*- finely chopped
 1/4 c cider vinegar
 3 t honey
 1 tsp salt

1. combine cabbage, tomatoes, green onions, jalapeño peppers, vinegar, honey and salt in serving bowl, mix well. Cover and chill at least 2 hours before serving. 2, Stir well immediately before serving. (makes 4 servings)

Note: TIP;For a milder coleslaw, discard the seeds and veins when chopping the jalapeños as this is where much of the heat of the pepper is stored. * Jalapeno peppers can sting and irritate the skin; wear rubber gloves when handling peppers and do not touch eyes. Wash hands after h

*Marge G
Austin, Tx*

MARINATED CUCUMBERS & TOMATOES

2 large cucumbers, cut into sticks, about 2 x 1/2 inch
 2 medium tomatoes, cut into wedges
 1 sm onion, sliced
 1/3 c vegetable oil
 1/3 c lemon juice
 1 T sugar
 1/2 tsp salt
 1/4 tsp dried basil
 1 clove garlic, fresh, finely chopped
 bacon crumbles, or Bac*Os imitation bacon

Arrange cucumbers, tomatoes and onion in 2 quart shallow glass or plastic dish, Mix remaining ingredients except imitation bacon, pour over vegetables, Refrigerate at least 3 hours; sprinkle with imitation bacon

*Marge G
Waukesha, Wi*



MUSHROOMS AND GREEN BEANS

- | | |
|---|--|
| 1 lb. fresh mushrooms, cleaned and sliced | 3 lbs. fresh green beans, rinsed and trimmed |
| ½ c. butter | salt, to taste |
| 2 bunches green onions, sliced, tops included | |

In a large skillet, melt butter and sauté mushrooms and onions until soft. Add green beans and cook until tender or tender crisp. Season with salt to taste.

Note: Simple, yet delicious!

Marge Gebhardt
Coupland, TX

MUSHROOMS AND GREEN BEANS

- | | |
|--|--|
| 1 lb fresh mushrooms, cleaned and sliced | 3 lbs fresh green beans, rinsed and ends trimmed |
| ½ c butter | salt |
| 2 bunches green onions, sliced | |

In a large skillet, melt butter and sauté mushrooms and onions until soft. Add green beans and cook until tender. Season with salt to taste. (makes 8-10 servings)

Note: This recipe can be cut back to 2 or 4 servings with no problems.

Marge G
Waukesha, Wi

Beets have been cultivated since pre-historic times in the Mediterranean area and were originally grown only for their leaves. During the Roman empire, people began to eat the roots, as well.



MY MAMA'S BAKED BEANS

- | | |
|---|-----------------------------|
| 1 (28-oz) can of Vancamp's pork & beans | ½ medium onion |
| 5 slices bacon | 3-4 T of grandma's molasses |
| | 3-4 T ketchup |

Preheat oven to 350°F, Chop bacon in ½ inch pieces and cook until bacon is just about brown. Add chopped onions and continue cooking until bacon is done and onion is sautéed. Drain beans and pour into 1.6 liter casserole dish. Add bacon and onions and a little of the grease. Add molasses and ketchup. Stir to combine. Cover with lid and bake for 45 minutes. (makes 4 servings at ½ cup)

Note: I have made this at reunions, memorials, cook outs; everyone likes them. These are the best. Enjoy.

Marge G
Waukesha, Wi

OLD-FASHIONED SCALLOPED POTATOES

- | | |
|------------------------------------|---------------------------------|
| 3 c thinly sliced, peeled potatoes | ⅛ tsp pepper |
| ½ c coarsely chopped onion | 1 ½ c milk |
| 1 t margarine or butter | 2 t margarine or butter, melted |
| 2 t flour | ¼ c dry bread crumbs |
| ¼ tsp salt | 2 t grated Parmesan cheese |
| ¼ tsp thyme leaves | |

Heat oven to 355°F. In 1 ½ quart casserole, combine potatoes and onion; set aside. In medium saucepan over low heat melt 2 tablespoons margarine. Stir in flour, salt, thyme and pepper. Cook 1 minute, stirring constantly, until smooth and bubbly. Gradually stir in milk. Cook over medium heat, stirring constantly, until thickened and bubbly, Pour over potatoes and onion; mix well; Combine 2 tablespoons melted margarine, bread crumbs and Parmesan cheese; sprinkle evenly over potatoes. Bake at 350°F for 1 to 1 ½ hours or until potatoes are tender. (makes 4-1 cup servings)

Note: Just like grandma used to make.

Marge G
Coupland, Tx



POTATO PANCAKES

3 c. potatoes, peeled and grated 2 T. flour
 3 eggs ½ tsp. oil
 1 T. onion, minced

Blot potatoes on paper towels to remove excess moisture. Preheat frying pan or griddle on medium heat. Beat eggs, onion, flour and salt together. Add grated potatoes and stir until well blended. Fry ⅓ c. portions on pan for about 2-3 minutes on each side or until golden brown. Serve with butter, applesauce, syrup or fruit. Good for breakfast, lunch or dinner. Serves 4.

*Marge Gebhardt
 Coupland, TX*

POTATO PANCAKES

3 c peeled, grated potatoes 2 T flour
 3 eggs ½ tsp salt
 1 T minced onion

Blot potatoes on a clean dish towel or paper towel or even cheese cloth to remove excess moisture. Preheat griddle on medium heat. Beat eggs, onion, flour and salt together. Add grated potatoes and stir until well blended. Fry ⅓ cup portions on a preheated greased griddle for about 2-3 minutes on each side or until golden brown. Serve with butter, applesauce, syrup, or fruit. Good for breakfast, lunch or dinner. (makes about 4 servings)

*Marge G
 Waukesha, Wi*

Vidalia onions were first grown near Vidalia, Georgia in the early 1930s. Onions can only be labeled "Vidalia" if they are grown in an exclusive 20-county production region in the state of Georgia.



SAUSAGE STUFFING

1 lb sausage 1 can water chestnuts, chopped
 2 large onions, chopped 2 eggs, beaten
 8-12 oz fresh mushrooms, sliced 2½ c chicken broth
 3 stalks celery, chopped 1 lb herbed prepared stuffing
 ½ c butter

Brown sausage in large pot. Drain, Combine onion, mushrooms, celery, and butter in a microwave safe bowl. Microwave 3 minutes. Add to sausage, Add remaining ingredients, Mix well. Stuff turkey or bake 45 minutes to an hour. I have also baked in crock pot. (makes 12-15 servings)

*Marge G
 Waukesha, Wi*

SESAME ASPARAGUS

1 lb fresh asparagus, cut into 1-½- 2 T butter or margarine
 inch pieces (4-cups) ½ c chicken broth
 1 garlic clove, minced 1 T sesame seeds, toasted

In skillet over medium-high heat, sauté the asparagus and garlic in butter for 3 minutes. Stir in broth; Bring to a boil. Reduce heat, cover and simmer for 5-6 minutes or until asparagus is crisp-tender. Remove to a serving dish with a slotted spoon; sprinkle with sesame seeds. Serve immediately. (makes 4 servings).

Note: If you are looking for a unique way to serve asparagus, you'll want to try this taste dish. Garlic, butter and chicken broth enhance the delicate flavor..

*Marge G
 Waukesha, Wi*

Anaheim chilies, (California green chilies or long green chilies) are among the most commonly used chilies in the USA.



SHISH KABOB MARINADE

(Grilling Recipe)

½ c soy sauce	1 tsp garlic powder
½ c ketchup	Veg's: green pepper, onion,
½ c sugar	mushrooms and cherry
1 tsp ginger	tomatoes

Mix all ingredients together. Add meat (chicken, pork, beef or venison) and vegetables (cut into bite size pieces) Marinate for at least a couple hours. Thread onto skewers and grill.

Note: We tried this with beef. None left !!

*Marge G
Waukesha, WI*

SLICED CUKES

7 cukes	drain salt water off cukes &
3 medium size onions sliced thin	onions
sprinkle with 1 T salt, let stand 2	combine onions & cukes to be
hours or so	well mixed, put in jars

Mix 1 cup apple vinegar, 2 cups sugar, and celery seed together, stir together. Need enough to cover cukes in jars. let set at least two weeks. Long enough for seasoning to penetrate vegetables.

*Marge G
Waukesha, WI*

SWEET SOUR RED CABBAGE

2 T cider vinegar	2 c shredded red cabbage
1 T brown sugar	½ c thinly sliced onion
¼ tsp caraway seed	Salt & pepper to taste
¼ tsp celery seed	

In a small bowl, combine vinegar, brown sugar, caraway and celery seeds; set aside. place cabbage and onion in a saucepan; add a small amount of water. Cover and steam until tender; about 15 minutes, Add vinegar mixture and toss to coat. Season with salt and pepper. Serve warm. (makes 2 servings)

*Marge G
Coupland, Tx*



TOMATO SAUCE (SPAGHETTI)

3 cloves crushed, garlic	3 T oregano
2 T olive oil	2 T crushed chili peppers
2 (29-oz) cans crushed tomatoes	salt
2½ cans water	meatball (from Swedish Meatballs)
1 (6-oz) can tomato paste	

In a deep sauté pan. Sauté garlic in oil. Add remainder of ingredients, but not meat balls, Bring to a boil, reduce heat and simmer 2½- 3 hours. The longer you simmer the thicker the sauce. Last 15 minutes add meat balls. Serve over fresh cooled spaghetti. (makes 4-6 servings).

*Marge G
Waukesha, WI*

TURNIPS

3 c peeled, cubed turnips	salt & pepper to taste
¼ c minced onions	Parsley sprinkle
2 cloves garlic, minced	

In medium sauce pan add 1 cup of water, 1 cubed vegetable bouillon cube. heat to boiling add turnips, cook till done.

Note: These turnips can be frozen. Peel turnip, quarter into i-inch cube approx. vac pack and freeze.

*Robert G
Coupland, Tx*

A peanut is not a nut in the botanical sense; a peanut is an indehiscent legume, that is, one whose pod does not split open on its own. It's more closely related to peas and beans.



Recipe Favorites

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MAIN DISHES

BEEF

4-H SLOPPY JOEY'S

2½ lbs ground beef	⅛ c mustard
⅛ c dried onion flakes	⅛ c cider vinegar
¼ c flour	1½ T Worcestershire sauce
4 oz tomato sauce	1½ T chili powder (optional)
½ c ketchup	⅛ tsp hot pepper sauce
½ c water	10 hamburger buns
¼ c brown sugar	

Brown ground beef and onions in a large skillet, stir in flour until well blended. Add remaining ingredients, bring to a boil, then reduce heat and simmer covered 30 minutes. Spoon mixture onto hamburger buns. (makes about 10 servings)

Note: Very good stuff; left out flour, used fresh onions, added green pepper. This baby rocks now.

Marge G
Waukesha, Wi

FOR PROOFING PURPOSES ONLY
MORRIS PRESS
COOKBOOKS
FOR PROOFING PURPOSES ONLY

A porterhouse steak is cut from the short loin that contains the top loin and tenderloin muscles. The steak was named after porter houses, or coach stops, where travelers in the early 1800s stopped to dine on steak.



A BIT DIFFERENT CASSEROLE

- | | |
|---|--|
| ½ lb noodles, uncooked (whole wheat is fine, that's what i use) | ¼ tsp pepper |
| 1 T vegetable oil | 1 (10 ½-oz) can condensed cream of celery soup |
| 1 small onion, chopped | 1 c milk |
| 1 lb ground beef | 1 c sharp cheddar cheese, grated (or more if you wish) |
| 1 tsp seasoning salt (whatever is your fave) | 2 eggs beaten |
| 1 ½ tsp dried thyme | |

Cook noodles until al dente, drain and rinse. Put oil in skillet and heat. Add onion and ground beef and cook until onion is soft and meat is no longer pink. Combine soup, milk, and seasonings, and whisk until smooth. Spray a 2 quart casserole with Pam. Put ⅓ of the noodles in the casserole, followed by ½ of the meat and ½ of the soup mixture. Repeat. Top with the remaining noodles. Sprinkle grated cheese over top. Pour beaten eggs over top. Bake, uncovered at 350°F about 1 hour or until casserole is thoroughly hot and bubbly and top is very crisp. (serves 4-6 servings)

*Marge G
Waukesha, Wi*

ALMOST STUFFED PEPPERS

- | | |
|--|-----------------------------|
| 1 lb ground beef | 1 med onion, thinly sliced |
| 2 c water | 1-½- tsp salt |
| 1 can (14-½-oz) diced tomatoes, undrained | ½ tsp Italian seasoning |
| 1 large green pepper, cut into ¼-inch slices | ½ tsp black pepper |
| | 1 ½ c uncooked instant rice |

In a large skillet brown beef, drain. set beef aside and keep warm. In the same skillet combine water, tomatoes, green pepper, onion, and seasonings bring to a boil. Reduce heat simmer, uncovered, until vegetables are tender. Stir in rice, cover and remove from the heat. let stand for 5 minutes. Stir in beef, return to the stove and heat through. (makes 4-6 servings)

Note: Stove top one dish. stuffed green pepper.

*Marge G
Waukesha, Wi*



ASIAN FLANK STEAK

(Grilling Recipe)

- | | |
|------------------------|------------------------------------|
| 2 lbs beef flank | 2 T toasted sesame oil |
| ½ c soy sauce | 1 T freshly grated gingerroot |
| ¼ c fresh lemon juice | 1 T minced garlic |
| ¼ c minced onions | 1 tsp red pepper flakes (optional) |
| ¼ c packed brown sugar | |

Combine all ingredients except steak in a large ziplock bag, and squish together to combine the ingredients. Add the steak to the bag and marinate in the refrigerator for 1-24 hours. Preheat grill and throw away extra marinate. Grill until you reach your favorite level of doneness. Let steak stand for 10 to 15 minutes so that juices will redistribute. Slice meat across the grain into very thin slices. (makes enough for 6-8 servings)

Note: This is a OAMC recipe. Barb could eat this with no teeth.

*Marge G
Waukesha, Wi*

ASPARAGUS BEEF STIR-FRY

- | | |
|--|-----------------------------|
| 1 lb beef tenderloin roast, cubed | ½ lb sliced fresh mushrooms |
| 1 green onion, sliced | ¼ c butter, cubed |
| 2 garlic cloves, minced | 1 T soy sauce |
| ½ tsp salt | 1-½ tsp lemon juice |
| ¼ tsp pepper | Hot cooked rice |
| 1 T canola oil | |
| 1 lb fresh asparagus, trimmed and cut into 2-inch pieces | |

In a wok or large skillet, stir-fry the beef, onion, garlic, salt, and pepper in oil for 3-5 minutes; remove and keep warm. In the same pan, stir-fry asparagus and mushrooms in butter until asparagus is tender. Return beef mixture to the pan; Stir in soy sauce and lemon juice, heat through. Serve with rice. (makes 4 servings)

Note: Easy to make and wonderful taste. I especially loved what the lemon did to the flavor. Very light and filling.

*Marge G
Coupland, Tx*



AUNT ELLA'S CASSEROLE

1 lb ground beef	1 c frozen corn
1 can tomato soup	2 c prepared mashed potatoes
1 can green beans	salt & pepper

Brown ground beef. Drain. Add soup, beans, corn, and salt & pepper to taste. Top with mashed potatoes. Bake at 300°F (makes 4-6 servings)

Note: We almost always make this when we have left over mashed potatoes.

Marge G
Waukesha, WI

BAKED CHILI WITH CORNMEAL CRUST

1 lb ground beef	1 can (16-oz) whole kernal corn, drained
1 small onion, chopped (¼ c)	1 tsp salt
1 clove garlic, finely chopped	¼ c Bisquick Original baking mix
1 to 2 t chili powder	¼ c yellow cornmeal
1 t Bisquick Original baking mix	⅔ c milk
3 t water	1 egg
1 can (16-oz) whole tomatoes undrained	

Heat: oven to 350°, Cook beef, onion and garlic in 2-quart saucepan, stirring frequently, until beef is brown. Mix chili powder, 1 tablespoon baking mix and the water; stir into beef mixture. Stir in tomatoes, corn and salt, breaking up tomatoes, Heat to boiling, stirring frequently. Pour into ungreased square baking dish, 8x8x2 inches, or 2-quart casserole. Beat remaining ingredients until blended; pour over beef mixture. Bake 50 to 60 minutes or until crust is golden brown (makes 8 servings)

Marge G
Austin, Tx

U.S. per capita fish consumption in 2005 was 16.2 pounds per person. Fish consumption in China is more than 3 times what it is in the USA. In China, the average person eats over 45 pounds of seafood each year.



BAKED STEAK AND MUSHROOM GRAVY

1 ½ lbs. boneless beef round steak or beef cube steaks	½ tsp. garlic powder
2 (14 ½ oz.) cans beef broth	1 lg. sweet onion, chopped
1 tsp. salt	1 can cream of mushroom soup
1 tsp. pepper	1 envelope brown gravy mix
	1 (4 oz.) can mushrooms, (opt)

Place frozen or thawed beef in a crockpot, sprinkle with salt and pepper. Place chopped onions on top. Pour beef broth over beef and onion. Cook on low for 5-6 hours. Add soup, mushrooms and gravy mix. Stir well. Cook on low an additional hour or on high for 30 minutes. Serve with mashed potatoes.

Marge Gebhardt
Coupland, TX

BAKED SWISS STEAK

½ lb boneless round steak	½ c carrot, chopped
2 T all-purpose flour, divided	¼ c celery, chopped
½ tsp salt	1 T onion, chopped
2 T vegetable oil	¼ tsp Worcestershire sauce
1 (14.5-oz) can stewed tomatoes	2 T sharp Cheddar cheese

Cut meat into two portions; pound to ¼- inch thickness. Combine 1 tablespoon flour and salt; coat meat on both sides. In a skillet, brown meat in oil. Transfer meat to a greased shallow 2-qt baking dish, set aside. 2. To pan drippings, add tomatoes, carrots, celery, onion, Worcestershire sauce, and remaining flour. Bring to a boil over medium heat; cook and stir for 2 minutes. Pour over meat. Cover and bake at 350°F for 1-½ hours or until the meat is tender. Sprinkle with cheese, return to the oven until cheese is melted. (makes 2 servings)

Note: This is a family favorite. it's a handy recipe, while it's in the oven you can do other things. the vegetables add delicious flavor.

Marge G
Waukesha, WI



BASIC MEATBALLS 😊

- | | |
|---------------------------------|---|
| 1 lb beef, ground | ¼ c milk |
| 1 large egg | 1 tsp Worcestershire sauce |
| ¼ c onion, finely chopped | salt & freshly ground black pepper to taste |
| ⅓ c Italian herbed bread crumbs | |

Mix all the ingredients together. Shape mixture by Tablespoonfuls into 1 ½-inch balls. Place the meatballs in a lightly greased 13 x 9 x 2 OR 15½ x 9½ x 1- inch baking dish and bake, uncovered in a 400°F until lightly browned, about 20-25 minutes. Drain off any excess fat and use meatballs as desired. (makes 26-30 meatballs) **** FREEZING: Allow meatballs to cool first. Ziplock bags work well. Allow meatballs to thaw about 30 minutes at room temp before using.with your other favorite recipes.

Note: A snap to make. Suitable for all uses. Feel free to be creative by adding additional spices or flavors to suite your taste. O K To freeze.

Marge G
Waukesha, Wi

BEEF & BEAN ROUNDUP #2

- | | |
|---------------------------------------|------------------------------------|
| 1½ lbs ground beef | 1 (16-oz) can baked beans, drained |
| ¼ c onions, chopped | ¾ c Bisquick baking mix |
| 7 tabasco peppers, chopped (optional) | ¾ c milk |
| 1 c barbecue sauce | ½ c cheddar cheese, shredded |
| 1 T brown sugar | cayenne pepper |

Heat oven to 375°F in a skillet, brown beef, onions, and peppers; drain. Stir in barbecue sauce, brown sugar and beans. Heat until bubbly. Pour into 2½ quart casserole dish. Sprinkle shredded cheese over the top, In a separate bowl; combine Bisquick and milk; stir till smooth. Drizzle over casserole evenly. Sprinkle cayenne or red pepper over top for color. Bake at 375°F for about 30 minutes, or until golden brown.

Note: A spicy modification of a long standing family favorite.

Marge G
Waukesha, Wi



BEEF & BEAN TACO CASSEROLE

- | | |
|--------------------------------------|---|
| 1 lb lean ground beef | 4 med green onions, sliced |
| 1 (16-oz) can refried beans | 2 med tomatoes, coarsely chopped |
| 1 (16-oz) jar chunky salsa | 1 c shredded Cheddar cheese or Monterey Jack Cheese |
| 1 (1¼-oz) package taco seasoning mix | ¼ c sliced olives |
| 2½ c tortilla chips, coarsely broken | 1 c shredded lettuce |
| ½ med green bell pepper, chopped | |

Heat oven to 350°F. In a 12 inch skillet cook beef over medium high heat until thoroughly cooked; drain. Stir in refried beans, salsa, and taco seasoning mix, Heat to boiling, stirring occasionally. In ungreased 2 quart casserole dish place 2 cups broken tortilla chips. Top evenly with beef mixture. Sprinkle with bell pepper, onions, 1 cup of the tomatoes, the cheese and olives. **** Bake uncovered 20 to 30 minutes or until hot and bubbly and cheese is melted. Top baked casserole with lettuce, remaining ½ cup tomato and remaining ½ cup tortilla chips. (makes 5 servings)

Marge G
Waukesha, Wi

BEEF & MOZZARELLA BAKE

- | | |
|--|---|
| 1 lb ground beef | 1¼ c water |
| 1 tsp dried basil leaves, crushed | 1½ c shredded mozzarella cheese (6-oz) |
| ¼ tsp ground black pepper | 3 c medium shell-shaped pasta, cooked and drained |
| ½ tsp garlic powder or 1 clove garlic, minced | |
| 1½ c PREGO Traditional Italian sauce | |
| 1 (10½-oz) can Campbell's condensed cream of mushroom soup (regular or Fat free) | |

Cook the beef, basil, black pepper and garlic powder in a 10-inch skillet over medium-high heat until well browned, stirring frequently to separate the meat. Stir the Italian sauce, soup, water and 1 cup of the mozzarella cheese into the skillet. Stir in the pasta to coat with the sauce mixture. Spoon into a 2 quart shallow baking dish. Sprinkle with the remaining cheese. Bake at 400°F for 25 minutes or until hot and bubbling. (makes 6 servings)

Marge G
Coupland, Tx



BEEF & NOODLE CASSEROLE

- | | |
|--|--|
| 1-½ lbs ground beef | 2 cans (10¾-oz each) condensed cream of tomato soup, undiluted |
| 1 T butter | 1 can (10¾-oz) cream of mushroom soup undiluted |
| 1 large onion, chopped | 1 c (4-ozs) shredded cheddar cheese |
| 1 c green pepper chopped | |
| 1 T Worcestershire sauce | |
| 1 pkg (10-oz) wide egg noodles, cooked & drained | |

In a large skillet cook beef until no longer pink; drain. In the same skillet, melt butter over medium-high heat. Sauté the onion and pepper until tender. Add the beef, Worcestershire sauce, noodles and soups, mix well. Spoon into a greased 3 qt baking dish top with the cheese. Bake at 350°F for 45 minutes. (makes 8 servings)

*Marge G
Waukesha, Wi*

BEEF & SALSA SKILLET

- | | |
|---|--|
| 1 lb 80% ground beef | 2 tsp chili powder |
| 1 (16-oz) jar Old El Paso Thick n Chunky salsa | 1½ c Original Bisquick mix |
| 1 (15-oz) Progresso dark red kidney beans, undrained | ½ c water |
| 1 (8-oz) can tomato sauce | ½ c shredded Colby-Monterey Jack cheese blend (2-oz) |
| 1 (7-oz) can Green Giant Niblets whole kernel sweet corn, undrained | |

In 12-inch skillet, cook beef over medium heat 8 to 10 minutes, stirring occasionally until thoroughly cooked, drain. Stir in salsa, beans, tomato sauce, corn and 1 tsp of the chili powder. Heat to boiling, reduce heat to low. In medium bowl stir Bisquick mix remaining 1 tsp chili powder and the water until dough forms. Drop dough by 6 spoonfuls onto simmering beef mixture. Cover, cook 20 minutes. Sprinkle with cheese. Cover, cook about 2 minutes longer or until cheese is melted.

*Marge G
Coupland, Tx*



BEEF ENCHILADAS

- | | |
|---|------------------------------------|
| 1 lb ground beef | SAUCE |
| 1 c cottage cheese | 1 c chopped onions |
| 1 (4-oz) can chopped ripe olives, drained | ¼ c chopped green peppers |
| 2 tsp parsley | 1 T oil |
| ½ tsp garlic powder | 1 (15-oz) can tomato sauce |
| ½ tsp salt | 1 (4-oz) can chopped green chilies |
| ¼ tsp black pepper | 2 tsp chili powder |
| 8 flour tortillas (7 inch) | 1½ c shredded cheese |

Brown ground beef, mix well. Add next 6 ingredients, mix well. Put ⅓ cup filling down middle of each tortilla. Wrap, place seam side down in 13 x 9 baking pan. For Sauce ; Heat oven to 350°F Sauté onion and green pepper in hot oil until tender. Add next 4 ingredients, mix well. Pour over tortillas. Cover and bake 30 minutes. Sprinkle with cheese and bake 7 more minutes.

*Marge G
Waukesha, Wi*

BEEF ENCHILADAS

(EASIEST EVER)

- | | |
|-----------------------------|-------------------------------|
| 1 lb ground beef | 1 (20-oz) can enchilada sauce |
| ½ c chopped onion | 8 flour tortillas |
| 2 c shredded cheddar cheese | |

Brown meat and onions in large skillet. Add 1 cup enchilada sauce and 1 cup cheese. Mix well. Put filling along center of each tortilla. Roll up and place seam side down in a 9 x 13- inch pan. Pour remaining sauce over. Sprinkle remaining cheese over. Bake at 350°F for about 30 minutes till cheese is bubbly. (makes about 4 servings).

Note: We love the spicy, cheesy flavor.

*Marge G
Waukesha, Wi*



BEEF RAGU RAVIOLI

1 lb ground beef	2 tsp minced fresh rosemary
½ c chopped onion	1 esp sugar
1 lb plum tomatoes, diced	1 tsp minced garlic
1 c beef broth	½ tsp salt
½ c red wine or additional beef broth	1 package (20-oz) refrigerated cheese ravioli
1 can (6-oz) tomato paste	Grated Parmesan cheese optional

In a large skillet, cook beef and onion over medium heat until meat is no longer pink, drain. Add the tomatoes, broth, wine, tomato paste, rosemary, sugar, garlic and salt. Bring to a boil. Reduce heat, simmer uncovered for 30 minutes. Cook ravioli according to package directions; drain. Serve with meat sauce. Sprinkle with cheese if desired. (makes 4 servings)

Note: Grated Parmesan cheese optional

*Marge G
Waukesha, Wi*

BEEF SHORT RIBS

4 lbs beef short ribs, cut into 2 to 3 inch pieces	2 T soy sauce
1 large onion, sliced	1 tsp garlic powder
¾ c A.1 Bold Steak Sauce	1 tsp ground ginger
¾ c water, divided	2 T all-purpose flour
⅓ c firmly packed light brown sugar	

Place ribs in roasting pan; top with onion. In small bowl, combine steak sauce, ½ cup water, sugar, soy sauce, garlic powder, and ginger; pour over ribs, Cover with foil. Bake at 400°F for 2 hours. Uncover; bake 30 minutes more or until fork-tender, basting occasionally. Remove ribs and onion from pan; Keep warm. Strain fat from pan liquid. Dissolve flour in remaining ¼ cup water, Stir into pan liquid; cook until thickened, stirring occasionally. Serve ribs with thickened sauce. (makes 4 servings)

Note: Flavorful entire with rice pilaf and string beans amandine

*Marge G
Waukesha, Wi*



BEEF STEW

(VENISON STEW WORKS REALLY GOOD)

2 lbs stew meat	4 carrots
¼ c flour	2 stalks celery
2 T oil	4 med red potatoes
4 c water	3 small onions
1 T Worcestershire sauce	2 green bell peppers
2 tsp garlic	3 T flour
¾ tsp black pepper	3 T water
2 bay leaves	

Place beef and flour in a plastic baggie, Shake. Pour oil into a large dutch oven. heat. Add beef cook until brown, stirring occasionally. Add water and next 4 ingredients. Bring to a boil. Cover. Reduce heat and simmer 2 hours or until beef is tender. Discard bay leaves. Cut carrots, celery, potatoes, onion, and bell pepper, add to stew. Cover and simmer 30 minutes, or until tender. Combine water and flour, stirring well. Pour into stew. Boil, stirring constantly till thick and bubbly.

*Marge G
Waukesha, Wi*

BEEF STIR-FRY ON STICK

½ c hoisin sauce	3 c large fresh broccoli florets
3 T water	2 med yellow summer squash, cut into ¾-inch slices
2 T vegetable oil	1 large sweet red pepper, cut into 1-inch pieces
1 T soy sauce	1 lb beef tenderloin, cut into 1-inch cubes
1 garlic clove minced	
¼ to ½ tsp crushed red pepper flakes	

For glaze in a small bowl, combine the hoisin sauce, water, oil, soy sauce, garlic and pepper flakes. On four metal or soaked wooden skewers alternately thread the broccoli, squash, red pepper, and beef. Brush with ⅓ cup of glaze. Grill covered over medium heat for 6-7 minutes on each side or until meat reaches desired doneness and vegetables are tender, basting once with remaining glaze. Serve with rice. (makes 4 servings)

*Marge G
Waukesha, Wi*



BEEF TIPS & GRAVY

1/3 c vegetable oil	4 T lawry seasoning salt
1 large green pepper, sliced into med slices	2 red pepper flakes
1 large onion, sliced into med slices	1 T onion powder
3 lbs stewing beef, cut into pieces	3 T parsley flakes
8 oz- fresh mushrooms (optional)	2 T minced garlic
2 c all-purpose flour	3 (15-oz) cans beef broth
	3 (15-oz) empty beef broth cans water

In large Dutch oven place 1/3 cup vegetable oil, get oil hot. Place the flour and all spices into a gallon baggie and shake. Then place meat into baggie and shake until coated well. Once oil is nice and hot put garlic into pan and let cook about 1 minute. Then place all beef into Dutch oven. Let that cook about 7-10 minutes. You want to get the flour on the beef nice and brown. So stir the beef a couple times. Then pour in broth and water, sliced onions, and peppers. Cover and let boil for 1 hour stirring occasionally. Then turn down to simmer and let simmer for 1 1/2 hours. when only a half hour left of cooking, slice and toss in the fresh mushrooms. Serve with white rice, potatoes, or even penne pasta. (makes 4-6 servings)

Note: This is one of those feel good recipes.

Marge G
Waukesha, Wi

In the early days of the Heinz company, the number 57 was chosen to represent how many products were available. The ad read "57 Varieties" and the slogan "Heinz 57" stuck. Today, the company has more than 1,100 products.



BEEF /W BROCCOLI & BELL PEPPER

(Stir-Fried)

1 lb steak trimmed	3/4 lb broccoli
2 T low-sodium soy sauce	2 T canola oil divided
1 tsp minced garlic	1 large red pepper halved seeded and cut into 1-inch pieces (about 1 1/2 cups)
1/2 tsp freshly ground black pepper	4 c hot cooked long-grain rice
3 1/2 T water, divided	
2 T oyster sauce	
1/4 tsp crushed red pepper	

Cut steak in half lengthwise, cut each half across the grain into 1/8 inch thick slices. Combine beef, soy sauce, garlic, and black pepper, toss well. Cover and refrigerate 30 minutes. Combine 1 1/2 tablespoons water, oyster sauce, and crushed red pepper in a small bowl., set aside. Cut broccoli into florets, Peel broccoli stems; cut diagonally into 1/4- inch thick slices. Heat 1 tablespoon canola oil in a large nonstick skillet over medium high heat. Add beef mixture to skillet; cook 3 minutes or until browned, stirring constantly. Remove from heat. Transfer beef mixture to a bowl. Heat the remaining 1 tablespoon canola oil in pan over medium high heat. Add broccoli; cook 2 minutes, stirring constantly, Add the remaining 2 tablespoons water; cook 1 minute stirring constantly. Add bell pepper; cook 30 seconds, stirring constantly. Return beef mixture to pan. Stir in the oyster sauce mixture, cook until throughly heated. Serve over rice. (makes 6 servings)

Marge G
Waukesha, Wi

Sardines are a group of several types of small oily fish related to herrings. Sardines were named after the island of Sardinia, where they were once in abundance.



BEEF, POTATOES & BEANS

- | | |
|--|---|
| 1 lb ground beef | 1 (14-oz) can green beans,
drained |
| 1 lb frozen hash brown potatoes,
cube style | ¼- c onions, chopped |
| 3 T vegetable oil | 1 tsp garlic, powder |
| 1 (10-oz) can cream of mushroom
soup, chopped | ½ c shredded cheddar cheese
salt & pepper to taste |

Heat vegetable oil in skillet. Brown potatoes in oil, about 8 minutes, turning once. Remove potato from skillet and set aside. (Drain on paper towels until needed). Sprinkle garlic powder on ground beef. Brown ground beef a of mushroom sound onions in skillet. Drain well. Mix beef, soup and green beans together and spread in greased pan. (I used a loaf pan, but an 8" square pan or pie dish would also work. Layer potatoes evenly over meat & bean mixture. Top with cheese. Bake at 350°F until cheese is melted and dish is warmed through- about 15 minutes.

Note: Raid the refrigerator once in a while. Come up wi

Marge G
Waukesha, Wi

The potato is the world's most widely grown tuber crop and the fourth largest food crop in terms of fresh produce after rice, wheat, and corn.



BEEF'N CABBAGE

(SWEET & SOUR)

- | | |
|-------------------------------|----------------------------|
| 1 ½ lbs hamburger | ¼ tsp pepper |
| ½ c onions, chopped | 1 med cabbage |
| ½ c celery, sliced | 1 (15-oz) can tomato sauce |
| ½ c green peppers, chopped | ¼ c cider vinegar |
| 2 T quick-cooking rolled oats | 3 T brown sugar |
| 2 T snipped parsley | ½ tsp salt |
| ¾ tsp salt | 1 dash pepper |
| ¼ tsp garlic powder | |

In skillet cook beef, onion, celery and green pepper till meat is browned; drain off excess fat. Sprinkle meat mixture with oats, parsley, ¾ teaspoon salt, garlic powder, and ¼th teaspoon pepper. Core cabbage; cut in six wedges. Place atop meat. *****In bowl combine tomato sauce, vinegar, brown sugar, ½ teaspoon salt and dash pepper; mix well. Pour over cabbage and meat. Simmer covered, 15 to 20 minutes or till cabbage is tender. Serve at once. (makes 6 servings).

Note: Serve immediately. cooked cabbage tends to water out.

Marge G
Waukesha, Wi

General Mills created Hamburger Helper in 1970 during a meat shortage. The product was meant to allow cooks to stretch a pound of ground beef into a tasty meal.



BEEF-STUFFED ZUCCHINI

4 med zucchini	¼ tsp salt
1 lb ground beef	¼ tsp pepper
½ c onion, chopped	1 c (4-oz) shredded Monterey Jack cheese, divided
1 egg	Additional marinara or spaghetti sauce
¾ c marinara or spaghetti sauce	
¼ c seasoned bread crumbs	

Cut zucchini in half lengthwise, cut a thin slice from the bottom of each with a sharp knife to allow zucchini to sit flat. Scoop out pulp, leaving ¼-inch shells. Place shells in an ungreased 3-quart microwave safe dish. Cover and microwave on high for 3 minutes or until crisp-tender; drain and set aside; Meanwhile in a large skillet, cook beef and onion over medium heat until meat is no longer pink, drain, Remove from the heat; stir in the egg; marinara sauce, bread crumbs, salt, pepper and ½ cup cheese. Spoon about ¼ cup into each shell. Microwave, uncovered, on high for 4 minutes. Sprinkle with remaining cheese. Microwave 3-4 minutes longer or until a thermometer inserted into filling reads 160°F and zucchini are tender. Serve with additional marinara sauce. (makes 4 servings)

*Marge G
Waukesha, Wi*

Saturday night is the biggest night of the week for eating pizza, and the most popular topping is pepperoni.



BEEFY BEANS & CORNBREAD CASSEROLE

1 lb ground beef or bulk sausage meat	½- 1 tsp fresh ground black pepper (or to taste)
1 onion, chopped	2 (16-oz) cans baked beans
1 green bell pepper, seeded and chopped	1 (6-oz) can tomato paste
1-2 Jalapeño pepper, seeded and finely chopped (optional)	1 (8½-oz) package corn muffin mix
1-2 T fresh minced garlic	1 c grated cheddar cheese or mozzarella cheese
1 tsp seasoning salt (or use ½ tsp white salt or to taste)	

Set oven to 350°F Grease an 8 Or 9- inch baking dish. In a skillet cook the ground beef with onion, green bell pepper and jalapeño pepper (if using) until meat is browned; drain fat. Add in fresh garlic, 1 teaspoon seasoned salt or ½ teaspoon white salt or to taste and black pepper; cook stirring for about 3 minutes. Stir in 2 cans of baked beans and tomato paste; stir until heated through and well combined. Transfer the mixture to a prepared baking dish. In a bowl prepare the muffin mix according to package directions, then spread evenly over the bean mixture. Bake uncovered for about 30 minutes. Sprinkle with cheddar cheese and return to oven for about 4-5 minutes to melt the cheese. (makes about 6 servings)

Note: I left out the Jalapeño peppers as optional.

*Marge G
Waukesha, Wi*

BEEFY EGG NOODLES

1 lb ground beef	Salt (optional)
2 onions, chopped	1 c beef broth
2 (4-oz) cans mushrooms	2 T cornstarch or gravy, thickener
¼ tsp garlic powder	Parmesan cheese
pepper	egg noodles

Boil water and cook egg noodles as instructed (usually 10-12 minutes). In a large sauce pan, brown ground beef, add onions and mushrooms. Season with garlic, salt and pepper. Add broth. Simmer uncovered for 10 minutes. Stir in cornstarch. Serve over noodles. Sprinkle cheese on top. (makes 4-5 servings)

*Marge G
Waukesha, Wi*



BEST-EVER ROAST

- | | |
|--|-----------------------------------|
| 1 beef chuck shoulder roast (3 to 5 lbs) | 1 pkg (1-oz) dry onion soup mix |
| 1 can (10¼-oz) condensed cream of mushroom soup, undiluted | 4 to 5 medium potatoes, quartered |
| | 4 c baby carrots |

Place roast in CROCK-POT slow cooker (if necessary cut roast in half to fit into CROCK-POT slow cooker, Combine mushroom soup and onion soup mix in medium bowl. Pour over roast. Cover, cook on low 4 hours. Add potatoes and carrots, Cover, cook on low 2 hours. (makes 6 to 8 servings)

Marge G
Waukesha, Wi

BLUE PLATE BEEF PATTIES

- | | |
|----------------------------------|---------------------------------|
| 1 egg | 1 jar (12-ozs) beef gravy |
| 2 green onions with tops, sliced | ½ c water |
| ¼ c seasoned bread crumbs | ½ lb fresh mushrooms, sliced |
| 1 T prepared mustard | 2 to 3 tsp prepared horseradish |
| 1-½ lbs ground beef | |

In a bowl, beat the egg. Stir in onions, bread crumbs and mustard. Add beef and mix well, Shape into four ½ inch thick patties. In an ungreased skillet, cook patties for 4-5 minutes on each side or until meat is no longer pink drain In a small bowl, combine gravy, water and horseradish, add mushrooms. Pour over patties. Cook uncovered, for 5 minutes or until mushrooms are tender and heated through (makes 4 servings)

Note: For this recipe I did not use the horseradish.

Marge G
Coupland, Tx

Most domesticated turkeys cannot fly. Wild turkeys can fly for short distances, usually enough to perch into trees.



BURGER BEAN BAKE

- | | |
|--|---|
| 2 slices bacon, cut into 1-inch pieces | 1 (8-oz) can baked beans |
| ½ lb ground beef | 1 c Green Giant or Joan of Arc, Kidney Beans, Drained |
| ¼ c onion, chopped | ½ c ketchup |
| 1 (8.25-oz) can green Giant Kitchen Sliced, Green Beans, drained | 2 T molasses |
| | 1 tsp prepared mustard |
| | ½ tsp Worcestershire sauce |

Heat over to 350°F, In large skillet, cook bacon until crisp. Remove bacon from skillet, discard drippings. In same skillet, brown ground beef and onion; drain. Add bacon and all remaining ingredients. mix well. Pour into ungreased 1-quart casserole dish; cover. Bake at 350°F for 30 minutes or until bubbly. (makes 2-1 ½ cup servings)

Note: Suggested side fair; fresh spinach salad and bread sticks

Marge G
Waukesha, Wi

CABBAGE CASSEROLE

- | | |
|--------------------------|-------------------------------|
| ½ head cabbage | 1 T garlic, minced |
| 1 lb ground beef | 1 (14½-oz) can diced tomatoes |
| 1 onion, chopped | 1 (15-oz) can tomato sauce |
| 1 bell pepper, chopped | 2 c cooked white rice |
| 2 stalks celery, chopped | 3 c cheese, grated |

Chop cabbage and place in bottom of large buttered casserole dish, put aside. Sauté onion, pepper, celery & garlic in a little olive oil for a couple of minutes or so add ground beef and continue to cook until beef is browned. Remove from heat and pour off all oil. Fold in tomatoes, cooked rice and ½ can tomato sauce. Spoon ½ rice mixture over cabbage. Sprinkle ½ of cheese on top. Layer remaining ½ of rice mixture. Pour remaining tomato sauce over mixture and top with remaining grated cheese. Bake.(makes enough for 6-8 servings)

Marge G
Waukesha, Wi



CABBAGE ROLL CASSEROLE

(Lazy Man's Recipe)

1 lb ground beef	1 (10-oz) can condensed tomato soup
1 onion, chopped	1 c water
3 c cabbage, shredded	3-4 T long-grain rice
Salt & black pepper to taste	

In a skillet, brown onion and ground beef. Place in the bottom of a medium casserole dish, Salt & black pepper to taste. Sprinkle rice on top. Spread shredded cabbage on top of the rice. Mix water and soup together and pour over everything. DO NOT STIR. Bake for 1 hour at 325°F. (makes 4 servings)

Note: If you hate all the fiddling to make cabbage rolls, this recipe ought to help.

Marge G
Waukesha, Wi

CABBAGE ROLL CASSEROLE

2 lbs ground beef	1 c uncooked white rice
1 c chopped onion	1 tsp salt
1 (29-oz) can tomato sauce	2 (14-oz) cans beef broth
3½ lbs chopped cabbage	

Preheat oven to 350°F (175degrees C), In a large skillet brown beef in oil over medium high heat until redness is gone. Drain off fat. In a large mixing bowl combine the onion, tomato sauce, cabbage, rice, and salt. Add meat and mix all together, Pour mixture into a 9 x 13 inch baking dish. Pour broth over meat mixture and bake in the preheated oven, covered for 1 hour. Stir, replace cover and bake for another 30 minutes.

Note: This recipe is easier than stuffed cabbage rolls. Very good- But we think it needs more tomato sauce.

Marge G
Waukesha, Wi



CALICO BEANS

1 lb ground beef	½ c brown sugar
1 lb bacon	¼ c ketchup
1 c finely chopped onions	¼ c barbecue sauce
1 (15-oz) can prepared pork & beans	2 T molasses's
1 (15-oz) can butter beans	2 tsp dry mustard
1 (15-oz) can kidney beans	1 green pepper chopped fine
½ c white sugar	½ tsp chile power
	salt & pepper to taste

Brown hamburger meat, drain off fat, cook bacon, set aside. In large saucepan. or Dutch oven, combine the hamburger meat, set aside bacon, and chopped onions cook together for approximately 10 minutes to blend flavors. Add beans and all the rest of ingredients stirring well to combine. Transfer to greased dish, with no cover Bake at 350°F for 45 minutes to 1 hour.

Marge G
Waukesha, Wi

CALICO BEANS

1 lb hamburger	½ c white sugar
1 lb bacon	½ c brown sugar
1 med onion, chopped	¼ c ketchup
1 (15-oz) can pork & beans	¼ c barbecue sauce
1 (15-oz) can butter beans, drained	2 T molasses
1 (15-oz) can kidney beans, drained	2 tsp dry mustard
	¼ tsp black pepper
	¼ tsp chile powder

Brown bacon in large skillet till crispy and set aside., Drain, Brown beef an onion in bacon grease skillet. about 2 tablespoons grease should be enough. prepare a 3 quart greased baking dish, Heat oven to 350°F .While oven is heating tear bacon into bite size pieces and mix in with the balance of ingredients. Pour all the ingredients into a baking dish, bake for 45 minutes to 1 hour. DO NOT COVER. (makes 10-12 servings)

Marge G
Waukesha, Wi



CARAMELIZED - ONION POT ROAST

2½ lbs beef boneless chuck roast	½ c beer or apple juice
½ tsp salt	1 T packed brown sugar
¼ tsp pepper	1 T cider vinegar
1 T olive or vegetable oil	2 T Dijon mustard
4 med onions, sliced	Horseradish, if desired
1 c beef broth	

Spray 12-inch skillet with cooking spray; heat over medium-high heat. Cook beef in skillet 5 minutes, turning once, until brown. Sprinkle with salt and pepper, remove from skillet. Reduce heat to medium. Add oil to skillet. Cook onions in oil 12 to 14 minutes, stirring frequently, until brown. Stir in broth, beer, brown sugar, vinegar and mustard. Spoon half of the onion mixture in 4 to 5-quart slow cooker. Place beef on onions. Spoon remaining onion mixture over beef. Cover and cook on low heat setting 8 to 9 hours or until beef is tender. Remove beef and onions from slow cooker and place on serving platter. Spoon some of the beef juices from slow cooker over beef. Serve with horseradish. (makes 6 servings).

Note: A terrific accompaniment roast garlic mashed potatoes. Special touch, GRAVY, Blend beef juices, 1 Tablespoon cornstarch with 2 tablespoons water, bring to a boil stirring and thicken

*Marge G
Waukesha, Wi*

CASSEROLE DINNER

(GROUND TURKEY- CHICKEN- OR BEEF)

1 lb ground beef, or ground turkey or chicken	1 (10-oz) can condensed tomato soup
½ c onion, chopped	1 c grated cheddar cheese
1 (8-oz) package noodles	1 tsp salt
1 (16-oz) can diced tomatoes	1 tsp pepper
1 (15¼-oz) can corn	½ tsp garlic salt

Preheat oven to 350°F Brown onions and meat. Season meat mixture with salt, pepper and garlic salt. Boil the noodles in water for 6 minutes and drain. Drain corn. Mix all ingredients and turn into a two-quart greased casserole dish. Bake 30 minutes. (makes 6 servings)

Note: Dinner in one dish- Salad & bread of choice.

*Marge G
Waukesha, Wi*



CASSEROLE DINNER

1 lb ground beef, ground turkey or chicken	1 (10-oz) can condensed tomato soup
½ c onion, chopped	1 c grated cheddar cheese
1 (8-oz) package noodles	1 tsp salt
1 (16-oz) can diced tomatoes	1 tsp pepper
1 (15¼-oz) can corn	½ tsp garlic salt

Preheat oven to 350°F brown onions and meat Season meat mixture with salt, pepper and garlic salt. Boil noodles in water for 6 minutes and drain. Drain corn, Mix all ingredients and turn into a two-quart greased casserole dish, bake 30 minutes.

*Marge G
Waukesha, Wi*

CHEDDAR BEEF BAKE

1 can (10-¾ oz) condensed cheddar cheese soup, undiluted	Dash seasoned salt
1 tsp ground mustard	1 c sm pasta shells, cooked and drained
1 lb ground beef	1 can (15 oz) tomato sauce
1 sm onion, chopped	

In a large skillet, cook the beef, onion, and seasoned salt over medium heat until meat is no longer pink; drain. Add the pasta, tomato sauce, soup and mustard; mix well. Transfer to a greased 1½-qt baking dish. Bake, uncovered at 350°F for 35 minutes or until heated through. (makes 4 servings)

*Marge G
Coupland, Tx*

Americans eat billions of slices of pizza each year. The annual per capita pizza consumption is 23 pounds.



CHILI MAC FOR THE CROCK POT

- | | |
|---|---|
| 1 ½ lbs ground turkey (or lean ground beef) | 2 tsp chili powder |
| 1 large onion chopped | 1 tsp ground cumin |
| 5 garlic cloves, minced | ¼ tsp salt |
| 2 (15-oz) cans pinto beans in chili sauce, (hot and spicy) | 8 oz macaroni, cooked according to package directions (elbows or cavatappi are favorites) |
| 1 (14½-oz) can rotel (for less spicy just use diced tomatoes) | shredded cheddar cheese (optional) |
| 1 c beef broth | chopped green onion (optional) |
| 1 green pepper, chopped | |

In a large skillet cook ground turkey, onion and garlic over medium heat is brown and onion tender, Drain fat. In a 4 quart crock pot combine meat mixture, undrained chili beans undrained tomatoes, broth, sweet pepper, chili powder, cumin and salt. Cover, cook on low for 4-6 hours or high for 2-3 hours. Serve pasta in individual bowls. Top with cheese and green onions, if desired. (makes 10 servings)

Marge G
Waukesha, Wi

CHILI RELLENOS CASSEROLE

- | | |
|---------------------------------------|-----------------------------------|
| 1 lb ground beef | 1 c milk |
| ½ c chopped onions | ¼ c flour |
| ½ tsp salt | ½ tsp salt |
| ¼ tsp black pepper | ⅛ tsp black pepper |
| 1 (4-oz) can chopped green chilies | 2 eggs, beaten |
| 1 (½ c) shredded Monterey Jack cheese | 3-5 dashes green hot pepper sauce |

Brown beef and onion in a skillet; drain fat, Sprinkle meat with salt and pepper. Place half the chilies in a greased 1 ½ quart glass oven-proof casserole dish. Sprinkle with cheese and top with meat mixture Arrange remaining chilies over meat. Combine milk, flour, salt, pepper, eggs and pepper sauce. Beat until smooth. Pour over meat-chili mixture. Bake uncovered at 350°F for 45 minutes, or until knife inserted in middle comes out clean. Let cool 5 minutes before cutting into squares. (serves 6 or more)

Note: Comes from Best Little Cookbook in Texas. Very good. I use 2 cans chili's

Marge G
Waukesha, Wi



CHOW MEIN (YOUR CHOICE OF MEAT)

- | | |
|---|---------------------------------------|
| 1 lb 96% lean ground beef | 1 (16-oz) can bean sprouts, drained |
| 1 ½ c water | 1 (8-oz) can water chestnuts, drained |
| 2 T soy sauce (I use Bragg's Liquid Aminos) | 2 T cornstarch |
| 1 beef or chicken bouillon cube | 2 T water |
| 1 ½ c celery, chopped | |
| 1 large onion, thinly sliced | |

Brown meat in large skillet and drain. Add 1 ½ cups water, soy sauce, bouillon cube, celery, onion, bean sprouts, and water chestnuts. Mix well, bring to a boil. Reduce heat; simmer 15 minutes, stirring occasionally. In a small bowl, blend cornstarch and 2 tablespoons water until smooth. Stir into meat mixture; cook until mixture thickens and boils. (makes 6 servings).

Note: I vary this recipe with beef, chicken and leftover meat from another meal (as long as you have 2 cups meat). Most Chow Mein recipes have mushrooms. I left them out because of an allergy. Please add for flavor. I serve this with rice or chow mein noodles. Enjoy!!

Marge G
Waukesha, Wi

A porterhouse steak is cut from the short loin that contains the top loin and tenderloin muscles. The steak was named after porter houses, or coach stops, where travelers in the early 1800s stopped to dine on steak.



CHOW MEIN CASSEROLE

- | | |
|--|--|
| 1-1 ½ lbs lean hamburger | 2-3 T low sodium soy sauce |
| 1 (15-oz) can bean sprouts | 2 (10½-oz) cans cream of mushroom soup |
| 2 (8-oz) cans sliced water chestnuts, drained and rinsed | 10 ½- oz soup can water |
| 2 c celery, chopped | 2 (5-oz) cans chow mein noodles |
| 1 med, onion, chopped | 1 dash black pepper |

Preheat oven to 350°F. Lightly brown hamburger and drain off excess fat. Add pepper, onions, and celery plus enough water to cover. Simmer for 20 minutes. Add sprouts, water, chestnuts and canned soup plus one soup can water. Should be a little thin, as it will thicken upon baking. Add soy sauce and pour mixture into 2-3qt casserole dish. Bake 25-30 minutes (until thickened and well seasoned. Serve over noodles. (makes 6 servings).

Note: We always put it over chow mein noodles, but it is good over rice, soba and Marco Polo noodles. Take your pick.

Marge G
Waukesha, Wi

CLASSIC BAKED SPAGHETTI

- | | |
|-------------------------------|---|
| 8-oz thin spaghetti | 2 c finely shredded mild cheddar cheese |
| 1 lb ground beef | 1 T oregano |
| 1 tsp minced garlic | |
| 1 (26-oz) can spaghetti sauce | |

Preheat over to 350°F Cook noodles in boiling water, drain. Meanwhile, brown ground beef and garlic over medium heat; drain. Combine browned ground beef, spaghetti sauce, and oregano. Spray a casserole dish with cooking spray. Place ⅓ of noodles in bottom of dish. Top with ⅓ spaghetti sauce mixture, and ⅓ of cheese. Repeat twice, ending with cheddar cheese. Bake at 350°F for 25-30 minutes.

Note: I added mushrooms, sliced. A tossed salad on the side, some garlic bread, a wonderful dinner.

Marge G
Waukesha, Wi



CLASSIC CASHEW BEEF

- | | |
|--|---------------------------------------|
| 4 tsp cornstarch | 2 T canola oil, divided |
| 4 tsp soy sauce | 8 green onions, cut into 1-in lengths |
| 1 tsp sesame oil | ⅔ c lightly salted cashews |
| 1 tsp oyster sauce | 2 garlic cloves |
| ¼ tsp ground ginger | Hot cooked rice |
| Dash cayenne pepper | |
| ½ c cold water | |
| 1 lb beef, top sirloin steak, cut into ½-in pieces | |

In a small bowl, combine the first seven ingredients until smooth, set aside. In a large skillet or wok, stir fry beef in 1 tablespoon oil until no longer pink. Remove and keep warm. Stir-fry onions, cashews and garlic in remaining oil for 1 minute. Stir cornstarch mixture and add to the pan. Bring to a boil, cook and stir for 2 minutes or until thickened. Add beef, heat through. Serve with rice. (makes 4 servings)

Marge G
Coupland, Tx

U.S. per capita fish consumption in 2005 was 16.2 pounds per person. Fish consumption in China is more than 3 times what it is in the USA. In China, the average person eats over 45 pounds of seafood each year.



CONNECTICUT BEEF SUPPER

(CASSEROLE WITH STEW MEAT)

2 T shortening	1 c sour cream
2 lbs beef stew meat (cut in 1-inch cubes)	1 ½ c milk
2 large onions, sliced	1 tsp salt
1 c water	¼ tsp pepper
4-5 med potatoes, pared, thinly sliced	1 c cheddar cheese (shredded)
1 (10 ½-oz) can cream of mushroom soup	¾ c cornflake crumbs

Melt shortening in large skillet. Cook and stir meat and onion in shortening until meat is brown and onions tender. Add water, heat to boiling. Reduce heat, cover and simmer 50 minutes. Heat oven to 350°F. Pour meat mixture (liquid included) into ungreased 13 x 9 x 2 inch baking dish or cake pan. Arrange potato slices on meat. Stir together soup, sour cream, milk, salt, pepper and cheese; pour over potatoes. Sprinkle with cornflake crumbs. Bake uncovered 1 ½ hours or until potatoes and meat are tender. (makes enough for 6-8)

Note: This is a casserole made with stew meat and potatoes.

Marge G
Waukesha, Wi

In the early days of the Heinz company, the number 57 was chosen to represent how many products were available. The ad read "57 Varieties" and the slogan "Heinz 57" stuck. Today, the company has more than 1,100 products.



CORNER BEEF & CABBAGE

(NYC STYLE)

red beef brisket	1 clove fresh garlic
1 tsp peppercorns	1 med fresh sweet onion, yellow mustard (Whatever floats your boat)
2 dried bay leaves	Irish soda bread (see my NYC Irish Soda Bread recipe)
1-3 med head fresh cabbage	Harp Larger Beer (optional)
1-12 red red potato	
1 (1lb) bag fresh carrots	
fresh parsley (dried won't do at all. besides, we now know that butter is better for us than any of the margarine	

Selecting Brisket: Go to the store several days ahead of time or you will have to pick out the best of what has been picked over again and again, The best will disappear first. Do not Freeze!!!! pick out a nice thick slab checking the sides to make sure it isn't a very gristly one. Feel it because some butchers fold it over hiding the gristle if there is a lot of it. There will always be some gristle and it runs the length of the slab in the center. The thicker the slab the better. If you are lucky, you may see some chunk style at a higher price per pound. If there isn't a spice bag in with the brisket, you will need to get some whole peppercorns (white and black) and bay leaves. **** Selecting cabbage; The heavier and more solid it is, the better it is. Smell it to make sure it isn't too bitter. You may have to go to another store if the whole batch has a very strong bitter smell. I have had to visit several stores to find a decent batch. Keep in mind that the outer leaves will be discarded even if the ed the store has already removed the natural outer leaves to make them look better and fresher. **** Selecting Potatoes; Watch out for red dyed ones. Pick out a bag of medium to small sized ones, The smaller the better. If you are lucky enough to find the ones as small as salad tomatoes they are the best. **** Selecting Carrots; Get the smallest bag they have unless you like carrots, because you will only use one per pot of to take any bitterness out of the cabbage. Serving a big bowl of carrots is a big no no on St Patrick's Day. **** Preparing & Cooking; It's going to take 3 hours with you there. Use a large stock pot or Dutch oven that will hold everything all at once. Place the brisket (best side up) in the bottom of the pot. There is no need to rinse it because nothing bad will survive what you are about to do to it and you will remove the outer marinate. Add the spice packet or a teaspoon of peppercorns and two bay leaves. Cover the brisket generously with water and a bottle of beer (optional - adds flavor and is a tenderizer). Bring to a boil. Reduce heat, cover and simmer for 2 hours. During the 2 hours--- Scrub and rinse the new potatoes. Remove

(continued)



any eyes and bad spots. Leave as much of the peel as you can. Quarter them (halve or whole if tiny, Cover with water until ready for them. Remove the outer leaves from the cabbage until the leaves are entirely light green, rinse and cut it into quarters through the spine so they stay together. Set aside. Peel one carrot and cut it into quarters. Set aside. Peel the onion and cut it into eighths. Set aside. Rinse the bunch of parsley and chop up just the tops into very tiny pieces. I find that kitchen scissors do fine. After the 2 hours--Add the potatoes on top of the brisket. Add water to cover everything. Bring to a boil. Reduce heat, cover and simmer for 10 minutes. Add the cabbage on top of the potatoes and add onion and carrot on top of the cabbage. Add water to cover everything. Bring to a boil. Reduce heat, cover and simmer for 20 minutes. Check the cabbage to see if it is tender. If not simmer another 5 minutes. You shouldn't undercook it and it's hard to overcook it. When done ----In a large serving bowl where you can stir the potatoes, crush the garlic clove and rub the inside of the bowl with it. Place the potatoes in the bowl while still piping hot and add (at least) a quart pound of butter and add a handful (more is better than less) of chopped fresh parsley. Gently stir until butter is melted, it coats all the potato piece's and the parsley is evenly distributed. Put the rest of the parsley into a tiny serving bowl for those who want to add more to their potatoes. Slice the brisket cross grain. Let everyone help themselves, make it known that the carrot pieces is the garnish only. It also reminds Catholic Irishman, that the orange carrot piece is the color of Orangemen, the people they hate. If you which to insult a Catholic Irishman, put a large full bowl of carrots on the table. If you love carrots, have them at another meal on another day. Hope there is leftovers for breakfast. See my March 18th Breakfast. It's a family tradition. We make sure we make enough to ensure leftovers for breakfast the next morning. Finely chopped fried corned beef and cabbage (the entire meal) and coffee is divine. We throw in any leftover parsley.

Note: Corned beef and Cabbage, the right way. From NYC Irish & Catholics.

*Marge G
Waukesha, Wi*



COUNTRY BEEF PATTIES

1 lb ground beef	1 (14½-oz) can dices tomatoes, undrained
2 slices uncooked bacon, strips diced	1-2 bay leaf
1 tsp diced onions	1 tsp sugar
½ tsp salt	½ tsp celery salt
⅙ tsp pepper	⅙ tsp pepper
Tomato Gravy	½ c water
2 T chopped green peppers	2 T all-purpose flour
1 T chopped onion	

In bowl, combine beef, bacon, onion, salt and pepper. Shape into four oval patties brown in skillet over medium heat. Remove patties and keep warm. Drain all but 1 tab; spoon drippings, sauté green pepper and onion in drippings until tender. Add tomatoes, bay leaf, sugar, celery, salt, and pepper. Combine water and flour until smooth; add to tomato mixture, stirring constantly. Bring to a boil; cook and stir for 2 minutes, return patties to gravy. Reduce heat; cover and simmer for 30 minutes. Uncover and simmer 10 minutes longer. Remove bay leaf. (makes 4 servings)

Note: VERY, VERY GOOD. These patties are quick, and we enjoy them frequently.

*Marge G
Waukesha, Wi*

Sardines are a group of several types of small oily fish related to herrings. Sardines were named after the island of Sardinia, where they were once in abundance.



COWBOY STEAK IN THE CROCKPOT

- | | |
|--|---|
| 2¼ lbs stew meat | 1 stalk celery, chopped |
| 1 tsp black pepper | 1 (14½-oz) can green beans, drained |
| ¼ tsp seasoning salt | 2 (14½-oz) cans diced tomatoes, undrained |
| 1 med onion, chopped | 1 (10¾-oz) can condensed tomato soup, undiluted |
| 4 med potatoes, peeled and cut into bite size pieces | 2 T quick-cooking tapioca |
| 6 large carrots, peeled and sliced ½ inch thick | |

Place the stew meat in the bottom of a 5 quart or larger crock pot. Stir in seasoning salt and black pepper. When meat is coated with seasonings, spread evenly. Layer the onion, then the potatoes, carrots, celery, an

Note: Excellent !! Awesome !!, Bob took up north for guys etc

Marge G
Waukesha, Wi

COWBOY STEW

- | | |
|---|--|
| 1¼ lbs beef stew meat (6 servings)(6-oz- 2 servings) | 1 tsp salt (6 servings)(¼ tsp for 2 servings) |
| 4 unpeeled potatoes, cut in 1-inch pieces (6 servings)(1 potato for 2 servings) | ¼ tsp pepper (6 servings) (¼th tsp for 2 servings) |
| ½ c onions, chopped (6 servings)(¼ c for 2 servings) | 28-oz can baked beans in barbecue sauce (6 servings)(16-oz can for 2 servings) |

Mix beef, potatoes, onion, salt and pepper in 3½ to 4 quart slow cooker, (for 6 servings) or in 2½ to 3 quart slow cooker (for 2 servings). Spread beans over beef mixture. Cover and cook on low heat setting 8 to 10 hours or until beef is tender.

Note: You can adjust beans and potatoes depending on your preference.

Marge G
Coupland, Tx



CREAMY BEEF TIPS

(Slow Cooker)

- | | |
|-------------------------------------|---------------------------------------|
| 2 lbs beef stew meat | 1 (10½-oz) can cream of mushroom soup |
| 1 (10½-oz) can cream of celery soup | |

Pour the soups into the slow cooker and whisk together. Add the stew meat and stir well. Cook on high for 4 hours or low for 8 hours. Serve over cooked white rice. You'll get compliments about this one. (make 4 servings).

Marge G
Waukesha, Wi

CREAMY BEEFY NOODLES W/ MUSHROOMS

- | | |
|-----------------------------------|---|
| 1 lb ground beef | 16 oz rotini pasta |
| 1 (20-oz) can cream mushroom soup | ¼ tsp morton natural seasons; seasoning |
| ½ lb mushrooms | salt & pepper |

Brown the ground beef, drain off fat; Sauté the mushrooms until brown. (makes 6-8 servings)

Note: I added onion, hot pepper flakes & small amount half & half.

Marge G
Waukesha, Wi

The potato is the world's most widely grown tuber crop and the fourth largest food crop in terms of fresh produce after rice, wheat, and corn.



CROCK POT BEEF STOGANOFF

- | | |
|---|----------------------|
| 2 lbs beef stew meat | 8 oz fresh mushrooms |
| 1 large onion, chopped | ¼ tsp black pepper |
| 1 (10½ oz) condensed golden mushroom soup | ½ c beef broth |
| 1 (10½-oz) cream of onion soup | 1 c sour cream |
| | 4 ozs cream cheese |

Place all ingredients except sour cream and cream cheese in the crock pot. Cook on low heat 7 to 8 hours. Before serving stir sour cream and cream cheese together until smooth. Add sour cream mixture to the beef mixture and fold until well incorporated. Serve over cooked noodles, potatoes, or fresh bread. This recipe calls for stew meat but I usually use a roast and cut into cubes.

Note: My crock pot gets really very hot and cooks done in 6 hours. Cooked for Bob & George, served over noodles, excellent meal.

*Marge G
Waukesha, WI*

CROCK POT BEEF TERIYAKI

- | | |
|---|----------------------|
| 1 lb beef sirloin steaks, cut in strips | ½ tsp ground ginger |
| 2 T vegetable oil | ½ tsp garlic powder |
| ¼ tsp salt | ½ tsp sesame oil |
| 1 c green bell peppers, chopped | ½ tsp dry mustard |
| 1 c onions, chopped | 1 brown sugar |
| 1 c celery, chopped | ¼ c light soy sauce |
| 1 c carrots, chopped | ¼ c water |
| | 1 c broccoli florets |

Lightly brown sirloin steak strips in vegetable oil and place in crock pot. Sprinkle ¼ teaspoon salt onto strips. Place green pepper, onion, celery, and carrots on top of steak strips. In small bowl mix water with ginger, garlic powder, sesame oil, mustard, brown sugar and soy sauce. Pour over vegetables and cover with crock pot lid. Turn crock pot to high for 1st hour and to low for remaining 3 hours. (If using broccoli florets, Add during last 30 to 45 minutes) Serve over hot cooked rice. (makes 2-3 servings)

Note: Nice oriental entree made easy. Flavored meat and vegetable sauce produced by the crock pot cooking is best enjoyed over hot rice.

*Marge G
Waukesha, WI*



CROCK POT SALSA STEAKS

- | | |
|---|---------------------------|
| 3 sirloin steaks (large thin cuts) | 1 (6-oz) can tomato paste |
| 4 c water | 2 garlic cloves |
| 8 ounce salsa (about half an average jar) | 2 T vinegar |
| | salt & pepper (to taste) |

Press garlic cloves into the crockpot using garlic press, or finely mince using another method, adding juice and pulp to the crockpot. For the beginner cook, 1 tablespoon of dry minced garlic can be substituted. Add all other ingredients to the crock except steaks. Whisk together until well blended and tomato paste is no longer clumpy. Submerge steaks in sauce. Cover and simmer 4-5 hours on high. (makes 4 servings)

Note: The meat was falling apart tender. The juice is perfect over mashed potatoes.

*Marge G
Waukesha, WI*

CROCKPOT BAKED STEAK & MUSHROOM GRAVY

- | | |
|---|--|
| 1-½ lbs boneless beef round steak or beef cube steaks | 1 large sweet onion, chopped |
| 2 (14-½ oz) cans beef broth | 1 (10-½ oz) can cream of mushroom soup |
| 1 tsp salt | 1 (7/8-oz) envelope brown gravy mix |
| 1 tsp black pepper | 1 (4-oz) can mushrooms (optional) |
| ½ tsp garlic powder | |

Place frozen or thawed beef in crock pot sprinkle with salt and pepper. Place chopped onions on top. Pour beef broth over beef and onion, Cook on low for 5 to 6 hours. Add soup, mushrooms, and gravy mix, Stir well. Cook on low an additional hour or on high for 30 minutes. Serve with mashed potatoes. (makes enough for 4-6)

Note: This really hits the spot when you don't have a lot of evening time.

*Marge G
Waukesha, WI*



EASY BEEF & BROCCOLI STIR-FRY

3 T cornstarch, divided	2 T vegetable oil, divided
½ c water, plus	4 c broccoli florets
2 T water, divided	1 sm onion, cut into wedges
½ tsp garlic powder	⅓ c reduced sodium soy sauce
1 lb boneless round steak or 1 lb charcoal chuck steak, cut into thin 3-in stripes	2 T brown sugar
	1 tsp ground ginger
	hot cooked rice

In a bowl, combine 2 tablespoons cornstarch, 2 tablespoons water and garlic powder until smooth. Add beef and toss. In a large skillet or wok over medium high heat, stir-fry beef in 1 tablespoon oil until beef reaches desired doneness; remove and keep warm. Stir-fry broccoli and onion in remaining oil for 4-5 minutes. Return beef to pan. Combine soy sauce, brown sugar, ginger and remaining cornstarch and water until smooth, add to the pan. Cook and stir for 2 minutes. Serve over rice. (makes 4 servings)

Note: I often use chuck steak, which is very tender and lean. It also doesn't call for any unusual ingredients.

*Marge G
Waukesha, Wi*

EASY OVEN BEEF AND GRAVY

2 lbs. boneless beef cubes	1 soup can of water
1 can cream of mushroom soup	1 envelope dry onion soup mix

Mix the soups and water together. Place the beef into an oven-proof dish. Pour the soup mixture over the beef and gently fold until all the meat is covered. Cover the dish and bake at 325° for 2 hours, stirring several times. Serve this over mashed potatoes or noodles.

Note: Excellent comfort food! You may want to remove cover last 15 minutes to thicken gravy.

*Marge Gebhardt
Coupland, TX*



EASY OVEN BEEF AND GRAVY

2 lbs boneless beef cubes	1 (10½- oz) can water
1 (10½ oz-) can cream of mushroom soup	1 (1⅞- oz) envelope dry onion soup mix

Mix the soups and water together using a electric mixer in a bowl. Place the cubed beef in a oven proof dish. Pour the soup mix over the beef and gently fold until all the meat is covered. Cover the dish and bake at 325°F for 2 hours, stirring several times. Serve this over mashed potatoes or noodles.(makes 6-8 servings)

Note: Excellent comfort food With mashed potatoes.

*Marge G
Waukesha, Wi*

EASY WEEKNIGHT CASSEROLE

s	mashed potatoes (for ease, I use a container of Bob Even refrigerated mash potatoes
2 (14½-oz) cans canned green beans	
2 (10¾-oz) cans Campbell's condensed tomato soup	

Brown and drain the good beef. Add the beef, soup, and green beans together in a casserole dish and mix together. Scoop the mashed potatoes around the edge of the casserole dish (do not mix the potatoes into the soup mixture) Bake at 350°F for 25 minutes or until potatoes are browned. (makes enough for 5 servings)

Note: This is a casserole by DAD who never cooks. ITS SUPER FAST AND EASY.

*Marge G
Waukesha, Wi*

Most domesticated turkeys cannot fly. Wild turkeys can fly for short distances, usually enough to perch into trees.



FRENCH DIP SANDWICHES

1 lb sliced deli roast beef	½ c steak sauce, divided
1 can (10½-oz) condensed beef broth, undiluted	1 T Dijon mustard
	4 French rolls, split

In a 1-½ qt microwave-safe bowl, combine the beef, broth and ¼ cup steak sauce. Cover and microwave on high for 2-3 minutes or until heated through. Meanwhile, combine mustard and remaining steak sauce, spread over roll bottoms. Using a slotted spoon, place beef on rolls, replace tops. Serve with broth mixture for dipping.

*Marge G
Coupland, Tx*

GARLIC ROAST BEEF SANDWICHES

1 loaf (10-oz) frozen garlic bread	1 tsp minced garlic
½ lb sliced fresh mushrooms	1 tsp Worcestershire sauce
¾ c sliced onions	1 lb shaved deli roast beef
4 tsp butter	6 slices Colby cheese slices

Bake garlic bread according to package directions. Meanwhile, in a large skillet sauté mushrooms and onion in butter until tender. Add garlic, cook 1 minute longer. Stir in Worcestershire sauce. Layer each half of garlic bread with roast beef, mushroom mixture and cheese. Return to oven bake for 3-5 minutes or until heated through and cheese is melted. (make 6 servings)

*Marge G
Coupland, Tx*

A porterhouse steak is cut from the short loin that contains the top loin and tenderloin muscles. The steak was named after porter houses, or coach stops, where travelers in the early 1800s stopped to dine on steak.



GERALDINE'S GROUND BEEF CASSEROLE

1 lb ground beef	1 (10¾- oz) can cream of mushroom soup
1 (15-oz) can tomatoes	¼ lb sharp cheddar cheese
¼ c chopped onion	1 (6-oz) package angel hair pasta, cooked, this is an estimated size bag-the original recipe called for 1 small bag
¼ chopped bell pepper	1 (8-oz) can tomato sauce
¼ c chopped celery	salt and pepper to taste
1 (8-oz) can mushrooms	
2 T brown sugar or 2T sweet pickle juice	
2 T Worcestershire sauce	

Brown meat in skillet or Dutch oven, Add onions, pepper and celery and simmer for 15 minutes. Add tomatoes and tomato sauce, mushrooms, brown sugar and Worcestershire sauce. add salt and pepper to taste. Cook in skillet for 1 hour. Place cooked pasta in bottom of large casserole dish. Spoon mushroom soup over pasta. Pour sauce over the soup and top with cheese. Bake in 350°F oven for 30-45 minutes. Can sizes do not have to be exact, just as long as they are within a close range, everything will work out. (makes 6-8 servings)

Note: This recipe came from a church fund raising. You know nobody takes a bad recipe to a church fund raising.

*Marge G
Waukesha, Wi*

U.S. per capita fish consumption in 2005 was 16.2 pounds per person. Fish consumption in China is more than 3 times what it is in the USA. In China, the average person eats over 45 pounds of seafood each year.



GONE ALL DAY STEW

¼ c all purpose flour	3 tsp Italian seasoning
1 boneless beef chuck roast (2 lbs cut into 1-inch cubes)	½ tsp coarsely ground pepper
2 T canola oil	6 medium onions, quartered
1 can (10-¾ oz) condensed tomato soup, undiluted	12 large fresh mushrooms
1 c water or red wine	3 medium carrots, cut into 1-½-inch slices
1 bay leaf	½ c celery, cut into 1-inch slices
	Hot cooked egg noodles optional

Place flour in a large resealable plastic bag. Add the beef a few pieces at a time and shake to coat. In a large skillet brown meat in oil in batches, drain, Transfer to a 5-qt slow cooker. Combine the tomato soup, water, bouillon and seasonings pour over beef Add onions, potatoes, carrots, mushrooms and celery. Cover and cook on low for 4-5 hours or until meat is tender Discard the bay leaf before serving Serve with egg noodles if desired. (makes 8 servings)

Note: ck

Marge G
Waukesha, Wi

In the early days of the Heinz company, the number 57 was chosen to represent how many products were available. The ad read "57 Varieties" and the slogan "Heinz 57" stuck. Today, the company has more than 1,100 products.



GOULASH-STYLE STEW

2 lbs beef (venison) stew meat, cut into 1 in cubes, divided	1 T brown sugar
1 med onion, sliced, divided	1-2 tsp salt
¼ c shortening, divided	1 T HUNGARIAN STYLE SWEET PAPRIKA
1 clove garlic, minced for tsp ¼, PENZEYS MINCED GARLIC	½ tsp REGULAR MUSTARD POWDER
1 ½ C water	dash CAYENNE PEPPER
¼ C ketchup	¼ c cold water
2 T Worcestershire sauce	2 T flour

In a stock pot, melt 2 tablespoons of the shortening over medium-high heat. Add half of the beef and onions and cook until browner, 7-10 minutes. Repeat with the remaining shortening, meat and onions. Drain off any fat. Add the first browned batch back into the pot, Stir in the remaining ingredients through the SEASONINGS. Bring to a boil. Reduce heat to a simmer, cover and cook until beef is tender, about 2-2½ hours. Combine the water and flour (sue shakes the cold water and flour in a covered jar until smooth) Drizzle into the stock pot. Bring to a boil and keep stirring until thickened. Cook for 1 minute. Serve over freshly cooked noodles. (makes about 6 servings)

Note: Not a fancy meal, but it will feed a whole family, they may not be back for desert.

Marge G
Waukesha, Wi

Sardines are a group of several types of small oily fish related to herrings. Sardines were named after the island of Sardinia, where they were once in abundance.



GRANNY'S HAMBURGER CASSEROLE

1 lb lean ground beef	1 (10½-oz) can condensed cream
2 med vidalia onions, sliced	of mushroom soup (Suggest
4 red potatoes, peeled and thinly sliced	Campbells Healthy Request)
2 c shredded cheddar cheese	1 (10½- oz) soup can water
	Salt to taste

Preheat oven to 350°F In a Dutch oven, brown hamburger meat, Drain fat. In the dutch oven, top meat with all of the sliced onions, then the potatoes. Salt the potatoes. Top with shredded cheese. Combine soup and soup can of water in a bowl and blend with spoon until smooth. Spread soup mixture over cheese. Bake covered at 350°F for about an hour.(serves 4-6 people)

Note: I know this is one of my family favorites, their is none or very little left.

Marge G
Waukesha, Wi



The potato is the world's most widely grown tuber crop and the fourth largest food crop in terms of fresh produce after rice, wheat, and corn.



GRILLED FLANK STEAK

(FEASTY FIRECRACKER)

2 1-½ lb flank steaks	3 garlic cloves, minced
1 c vegetable oil	2 tsp brown sugar
1 c Samuel Adams Boston Ale	2 tsp crushed red pepper
½ c soy sauce	½ tsp, prepared mustard honey
½ c lemon juice	

Prepare marinade. In a large bowl, combine all the marinade ingredients, minus the honey, which will be used later Place both flank steaks in a large Ziploc storage bag. Pour the marinade in the bag over both steaks and seal bag. taking care to remove as much air from the bag as possible. Place bag in refrigerator and chill for several hours, preferably overnight. Top steaks with sautéed onions and mushrooms at serving time. GRILLING: When ready to cook, preheat grill to high heat. Remove steaks from marinade bag and place on grill. Sear steaks for 4 minutes, flip and sear second side for the same amount of time. While the second side sears, lightly coat the cooked side of each steak with a thin layer of honey. Once second side has seared for 4 minutes, flip steaks and sear for an additional 2 minutes, coating the second side with honey as well. Sear second side 2 minutes remove from heat. Allow steaks to cool for 5-7 minutes before carving.

Note: Allow steaks to marinade overnight to maximize the penetration of marinade. Never puncture the meat while cooking, this allows precious juices to escape. Slice the steak on a bias against the grain to ensure tenderness.

Marge G
Waukesha, Wi

General Mills created Hamburger Helper in 1970 during a meat shortage. The product was meant to allow cooks to stretch a pound of ground beef into a tasty meal.



GRILLED ORIENTAL BEEF

2 lbs boneless beef sirloin	½ c soy sauce
½ c low-sodium soy sauce	⅓ c sugar
⅓ c sugar	2 T cornstarch
2 T sesame seeds	2 T vinegar
1 T ginger	2 tsp crushed red pepper, shallow dish,
1 thinly-sliced onion	

DIPPING SAUCE

Cut beef in ⅛-inch thick slices, cutting against the grain, removing any fat; set aside In a large shallow dish combine soy sauce, sugar, sesame seeds, ginger and onion. Stir to dissolve sugar. Add beef strips, tossing with forks to coat completely with marinade. Cover and refrigerate 2 hours. Beef should absorb most of the marinade. *****DIPPING SAUCE; Stir together ingredients in medium saucepan, cook, stirring constantly, until bubbles and thickens, Pour into serving bowl and allow to cool while grilling beef. Thread meat strips loosely on skewers. Cook skewers over glowing embers about 2 minutes on 1 side and 1 minute on the other. Serve hot with dipping sauce.

Marge G
Coupland, Tx

GROUND BEEF & AU GRATIN POTATOES

1 lb lean ground beef	1 ½ c cheddar cheese, shredded (divided)
2 T vegetable oil	1 (10-oz) cream of mushroom soup
1 tsp seasoning salt	1 c milk
1 (24-oz) package o'brien frozen potatoes, thawed	
1 med onion, chopped	

Brown ground beef using vegetable oil. Set aside and sprinkle with seasoned salt. Place thawed potatoes in a 9 x 13 baking dish. Sprinkle with onion and 1 cup of shredded cheese. Arrange browned beef on top of potato mixture. In a small bowl combine mushroom soup, sour cream and milk. Pour over browned beef. Bake covered in a 350°F oven for 55 minutes. Remove from oven and sprinkle remaining ½ cup cheese on top and bake uncovered for 5 minutes. (makes 6 servings).

Note: I prepare this dish, put the timer on and tend to chores. Delicious flavors. Add the salad to complete your dinner

Marge G
Waukesha, Wi



GROUND BEEF MACARONI CASSEROLE

1 pkg (7-oz) elbow macaroni	1 ½ c 2% milk
1 lb ground beef	2 T butter melted
1 med onion, chopped	1 T parsley, fresh minced
1 (15-oz) can Italian tomato sauce	1 c (4-oz) shredded cheddar cheese
1 egg	
1 (10¾-oz) can condensed cream of chicken soup, undiluted	

Cook macaroni according to package directions. Meanwhile in a large skillet cook beef and onion over medium heat until meat is no longer pink; drain. Stir in tomato sauce, heat through. Drain macaroni; transfer to a greased 13in x 9 in baking dish. In a small bowl, combine the egg, soup, milk, butter and parsley, pour over macaroni. Spoon beef mixture over top; Sprinkle with cheese. Bake uncovered at 350°F for 25-30 minutes or until bubbly. Let stand for 10 minutes before serving. (makes 8 servings).

Note: This was often a favorite comfort meal when plated with a salad and home baked rolls.

Marge G
Coupland, Tx

Saturday night is the biggest night of the week for eating pizza, and the most popular topping is pepperoni.



HAMBURGER / POTATO / CHEESE CASSEROLE

5 large russet potatoes, peeled and sliced about ¼ - ½- inch thick	2 c milk (skim is best)
2-3 T chopped onions	3 T butter
1- lb ground beef (really lean is preferable)	3 T flour
salt & pepper	½ tsp salt
Cheese sauce (same as macaroni and cheese)	½ tsp pepper
	8 oz shredded sharp cheddar cheese
	ketchup (optional)

Use a 2-½ quart covered casserole dish for this. This will stick unless you have a great non-stick dish. Never grease the pan though, their is enough fat already in this. Preheat oven to 350°F. Brown hamburger and onion. Place a layer of sliced potatoes in casserole dish, top with half of hamburger / onion mixture. Salt and pepper to taste (kind of depends on how salty your cheese sauce is- you can always salt it later if it needs it). Repeat layering of potato slices and hamburger mixture (and salt and pepper if desired). Make cheese sauce. Melt 3 T butter in saucepan over med-high heat. Add 3 T flour, and salt and pepper. Stir quickly to blend. Add 2 cups milk; stir with whisk to incorporate butter/flour mixture. Reduce heat, stir till thickened and bubbly. Remove from heat and add shredded cheddar, Stir until cheese melts. Pour cheese sauce over hamburger and potatoes in baking dish. Push potatoes around to let cheese sauce into all of the crevices so its's well coated. Cover and place in oven. Bake for about 1 ½ hours, till potatoes are tender and top is browned. I like to take off the lid for the last 20 minutes or so to brown the top a bit. Even with the leanest ground beef, this can get little pools of grease on top. This is mostly cheesy, just spoon it off. (makes 4-5 servings)

Note: My family members consider generous amounts of ketchup a necessary addition to this dish.

*Marge G
Waukesha, Wi*



HAMBURGER CABBAGE CASSEROLE

1 lb ground beef	1 (10¼-oz) condensed tomato soup
1 c onion, chopped	¼ c water
½ c uncooked instant rice	4 c coleslaw mix or shredded cabbage
½ tsp salt	
½ tsp pepper	

Heat oven to 400°F. Cook beef and onion in 10-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain, Stir in rice, salt, pepper, soup and water. Place cold coleslaw mix in. ungreased 2- quart casserole dish. Spoon beef mixture over coleslaw mix.

Note: Substitution; Use fully cooked Kielbasa smoked sausage cut into ¼- inch slices in place of ground beef. Serve on the side with mashed potatoes or spoon mixture over the top. Enjoy.

*Marge G
Coupland, Tx*

HAMBURGER PIE

(My Mommy's)

1 lb ground beef	1 (10⅔-oz) can condensed tomato soup (undiluted)
1 T ground black pepper	5 potatoes
1 (10⅔-oz) can cut green beans / french style beans (drained)	1 lb American cheese

Peel and cut potatoes, boil until tender and prepare them as mashed potatoes according to your liking. In large skillet brown ground beef, sprinkle with 1 tsp black pepper, cook until no longer pink. Add green beans and tomato soup, stir to coat meat well, place mixture into ungreased baking dish. Spread mashed potatoes in a single layer over meat mixture, top with layer of cheese, use as much or as little as you like. Bake in 350°F until cheese is melted and starts to brown around the edges. Serve as is or with bread and butter. (makes 4-6 servings).

Note: I prefer to have a tossed salad on the side with this Pie. Very good comfort food. I also added Onions to meat mixture (optional)

*Marge G
Waukesha, Wi*



HAMBURGER SIZE - NO BREAD

(Ground Turkey Works)

- | | |
|--|-----------------------------------|
| 2 lbs lean ground beef or ground turkey | 2 c shredded sharp cheddar cheese |
| 1 dash salt | TOPPINGS |
| 1 dash black pepper | 1 chopped onion |
| 1 tsp seasoning salt | 1 chopped green pepper |
| 2 (15-oz) cans of Brooks chili hot beans | salsa |

Prepare ground beef as you would if you were making a thick ¼ lb hamburger patties. Add salt, black pepper, and seasoning salt to ground beef. Fry patties in pan until done. While the ground beef is cooking heat the beans until hot, set aside. When patties are done place each patty onto the center of a plate. top each burger with the hot beans. Then top with shredded cheddar cheese. Serve with your favorite toppings. (makes 4 servings)

Note: Very good - Used Montreal Steak Seasoning.

*Marge G
Waukesha, Wi*

HAMBURGER STEAKS W/ MUSHROOM GRAY

- | | |
|---|--|
| 1 egg | 1¾ c cold water |
| ½ c dry bread crumbs | 1 tsp Worcestershire sauce |
| 1 envelope onion soup mix, divided, dash pepper | 1 jar (4½-oz) whole mushrooms, drained |
| 1 lb ground beef | hot cooked mash potatoes |
| 3 T all-purpose flour | |

In a large bowl, combine the egg, bread crumbs, 2 tablespoons soup mixture and mix well, Shape into four patties. In a large skillet, cook patties over medium heat for 4-5 minutes on each side or until a thermometer reads 160 degrees and juices run clear. Set aside and keep warm. Combine the flour, water, Worcestershire sauce and remaining soup mix until blended; stir into skillet. Add mushrooms. Bring to a boil, cook and stir for 5 minutes or until thickened. Serve with patties and mashed potatoes

*Marge G
Coupland, Tx*



HAMBURGER STROGANOFF

- | | |
|---|---|
| 1 lb ground beef | 3 T lemon juice |
| ¼ c onion, chopped | ¼ tsp pepper |
| 1 garlic clove, minced | additional ingredients for each dish |
| 1 (10½-oz) can condensed beef consomme, undiluted | 2 c cooked spiral pasta |
| 1 (4-oz) can mushroom stems and pieces, undrained | ½ c sour cream |
| | 2 T water |

In a large skillet over medium heat, cook beef, onion, and garlic until meat is no longer pink, drain. Stir in consomme, mushrooms, lemon juice and pepper. Place half of the mixture in a freezer container; cover and freeze for up to 3 months. To the remaining meat mixture, add pasta, sour cream and water, heat through (do not boil). To use frozen meat mixture. Thaw in the refrigerator. Transfer to a saucepan or skillet and prepare as directed. (makes 2 main servings)

*Marge G
Coupland, Tx*

HOBO CASSEROLE

- | | |
|---------------------------------------|---------------------------|
| 1 lb ground beef | ⅓ c milk |
| 1 small onion | 1 ½ c French-fried onions |
| 2 med potatoes, sliced | salt & pepper to taste |
| 4 slices American cheese | |
| 1 (10¾-oz) can cream of mushroom soup | |

Preheat oven to 350°F. Put ground beef into 8 x 8 pan and sprinkle with salt and pepper. If using, slice onion on top of beef. Slice potatoes into onion layer, salt and pepper. Layer with cheese slices. Mix soup and milk together and spread over cheese. Cover with aluminum foil and bake for 1-1½ or until potatoes are tender. Remove foil and top with French Fried Onions and brown for about 5 minutes. (makes 4-6 servings)

Note: Comfort food dish. One when I really don't want to bother cooking today. Not pretty, but hearty & filling.

*Marge G
Waukesha, Wi*



HOMESTYLE POT ROAST

- | | |
|--|---------------------------------------|
| 2 lbs boneless beef chuck, cut into large chunks | 1 packet (1.5 oz) beef stew seasoning |
| 1 can (14.5 oz) Hunt's Stewed Tomatoes | |

Combine beef, tomatoes, and seasoning in a crock pot. Cook covered on low 8 hours (or high 4 hours) (makes 4 servings)

Marge G
Coupland, Tx

HOT BEEF SANDWICHES AU JUS

- | | |
|---|-------------------------------------|
| 4 lbs beef rump roast | 1 T minced garlic |
| 2 envelopes (1 oz each) dried onion flavor soup mix | 2 cans (10-½-oz ea) beef broth |
| 2 tsp sugar | 1 bottle (12-oz) beer |
| 1 tsp dried oregano | Crusty French rolls, sliced in half |

Trim excess fat from beef and discard. Place beef in CROCK-POT slow cooker. Combine soup mix, sugar, oregano, garlic, broth, and beer in large mixing bowl. Pour mixture over beef. Cover, cook on high 6 to 8 hours or until beef is fork tender. Remove beef from CROCK-POT slow cooker. Shred beef with 2 forks. Return beef to cooking liquid mix well. Serve on crusty rolls with extra cooking liquid (jus)* on side for dipping. (makes 8 to 10 servings)

Marge G
Coupland, Tx

Most domesticated turkeys cannot fly. Wild turkeys can fly for short distances, usually enough to perch into trees.



HOT-N-SPICY SLOPPY JOES

(Crock Pot Style)

- | | |
|-----------------------|----------------------------|
| 1 ½ lbs ground beef | 2 T brown sugar |
| 1 c onions, chopped | 2 T canned jalapeños |
| 1 garlic clove minced | 1 T yellow mustard |
| 6-oz spicy hot V8 | 2 tsp chili powder |
| ½ c ketchup | 1 tsp Worcestershire sauce |
| ½ c water | |

In a large skillet cook ground beef, onion, and garlic till meat is brown and onion is tender. Drain off fat. Meanwhile, in a 3½- or 4-quart crockery cooker combine tomato juice; catsup, water, brown sugar, Jalapeño peppers, if desired, mustard, chili powder, and Worcestershire sauce. Stir in meat mixture. Cover cook on low-heat setting for 10 to 12 hours or high-heat for 3 to 5 hours. Toast buns; spoon meat mixture over buns and sprinkle with cheese. (makes 8 servings)

Marge G
Waukesha, Wi

HUNGARIAN GOULASH

- | | |
|---------------------------------------|--|
| 2 lb round steak, cut in ½ inch cubes | 1 T paprika |
| 1 c onion, chopped | ¼ tsp dried thyme, crushed |
| 1 clove garlic, minced | 1 bay leaf |
| 2 T flour | 1 (28-oz) can tomatoes, cut up, with juice |
| 1 tsp salt | 1 c sour cream |
| ½ tsp pepper | |

Put steak cubes, onion and garlic in slow cooker. Stir in flour and mix to coat steak cubes. Add all remaining ingredients except sour cream. Stir well. Cover and cook on low 7 to 10 hours. Add sour cream 30 minutes before serving, and stir in thoroughly, (high 3 to 4 hours, stirring occasionally) Serve over hot buttered noodles.

Marge G
Coupland, Tx



JERRY'S MUFFIN TIN MEATLOAF

- | | |
|------------------------------------|-----------------------|
| 1 ½ lbs lean ground chuck | 2 T barbecue sauce |
| 1 (1 ½-oz) envelope onion soup mix | water if needed |
| 2 large eggs | SAUCE |
| ¾ c quick-cooking oatmeal | ½ c ketchup |
| ½ c ketchup | ¼ c light brown sugar |
| 1 T Worcestershire sauce | 1 ½ T yellow mustard |

Crumble ground chuck into a large bowl. Sprinkle onion soup mix over meat. Mix together with a wooden spoon (or dig in and use your hands). Add remaining meatloaf ingredients and mix well. Using your hands, while messy, works the best. Add a little water (up to ¼ cup) if the mixture seems too dry. This depends on the moisture content of the ground chuck & your own personal preference. ***If possible, refrigerate for at least an hour, or over night before baking, to allow flavors to blend. Shape meat into wide, flat loaf and place in a 9 x 13-inch pan sprayed with cooking spray (makes cleanup easier.) *** Bake at 350°F for ½ hour. Meanwhile combine sauce ingredients and mix well. Spread a thin layer of the sauce over the meatloaf after baking ½ hour. Return meatloaf to oven for about ½ hour, or until done. The loaf will be more firm when done. If in doubt cut in half and check to make sure it isn't pink in the center. Serve hot, topped with more of the ketchup sauce, if desired.

Note: I made it in Muffin tins. It works out so fine. Smaller amounts to give out to family members or to store for another meal. Don't forget the mashed potatoes, brown gravy, green vegetable, broccoli, or what ever.

Marge G
Waukesha, Wi

Americans eat billions of slices of pizza each year. The annual per capita pizza consumption is 23 pounds.



JOE'S SPECIAL

(FAN FRANCISCO - BRUNCH - DINNER - MIDNIGHT SNACK)

- | | |
|--|------------------------------------|
| 2-3 T olive oil or vegetable oil | ½ tsp Worcestershire sauce |
| 1 ½ lbs ground beef | ¼ tsp dried Italian seasoning |
| 1 med onion, chopped | 1 pinch ground nutmeg |
| 2-4 garlic cloves, minced | 6 eggs, lightly beaten |
| 8-oz mushrooms, sliced | salt & freshly ground black pepper |
| 1 (10-oz) package frozen chopped spinach, thawed and squeezed dry or 8-oz fresh spinach, stemmed and chopped | |

Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Add the beef and cook, stirring to break up the meat, until it is evenly browned, about 10 minutes. Using a slotted spoon, transfer the meat to a large bowl, draining and discarding the fat. Return the pan to the heat and add another tablespoon of oil. Add the onion and garlic and sauté until golden and translucent, about 4 minutes. Transfer to the bowl with the beef, leaving as much oil in the pan as possible. Add the mushrooms to the pan, along with the remaining tablespoon of oil. If needed. Cook, stirring occasionally until the mushrooms are lightly browned, about 5 minutes. Return the beef and onion to the pan with the mushrooms, add the spinach, Worcestershire sauce, Italian seasoning, and nutmeg. Cook stirring occasionally, for 5 minutes. Reduce the heat to medium-low and add the eggs. cook stirring constantly, until the eggs are just set and soft-scrambled. Season to taste with salt and pepper. (makes 6 servings)

Marge G
Waukesha, Wi

A porterhouse steak is cut from the short loin that contains the top loin and tenderloin muscles. The steak was named after porter houses, or coach stops, where travelers in the early 1800s stopped to dine on steak.



JOE'S SPECIAL

(PANTRY COOKING)

1 lb lean ground beef	½ tsp garlic powder
1 sm onion, chopped	½ tsp salt
2 c sliced mushrooms	1 pkg (10-oz) frozen spinach, thawed
2 tsp Worcestershire sauce	4 large eggs, lightly beaten
1 tsp dried oregano leaves	½ c grated Parmesan cheese
1 tsp ground nutmeg	

Spray large skillet with non-stick cooking spray. Combine meat, onion and mushrooms; cook over medium-high heat 6 to 8 minutes or until onion is tender, breaking meat apart with wooden spoon. Add Worcestershire sauce, oregano, nutmeg, garlic powder, and salt. Cook until meat is no longer pink. Drain spinach (do not squeeze dry) stir into meat mixture. Push mixture to one side of pan. Reduce heat to medium. Pour eggs into other side of pan; cook, without stirring. 1 to 2 minutes or until set on bottom. Lift eggs to allow uncooked portion to flow underneath.. Repeat until softly set. Gently stir into meat mixture and heat through, Stir in cheese. (makes 4 to 6 servings)

Note: Serve with salsa and toast,

Marge G
Coupland, Tx

LI'L CHEDDAR MEAT LOAVES

1 egg	1 tsp salt
¾ c milk	1 lb lean ground beef
1 c (4-oz) shredded cheddar cheese	⅔ c ketchup
½ c quick-cooking oats	½ c packed brown sugar
½ c chopped onion	1-½ tsp prepared mustard

In a bowl, beat the egg and milk, Stir in cheese, oats, onion, and salt. Add beef and mix well. Shape into eight loaves; place in a greased 13-inch x 9- inch x 2 inch baking dish, Combine ketchup, brown sugar and mustard; spoon over loaves, Bake, uncovered at 350°F for 45 minutes or until the meat is no longer pink and a meat thermometer reads 160°F (makes 8 servings)

Marge G
Waukesha, Wi



LONE STAR POT ROAST †

3 lbs boneless beef chuck roast	2 T taco seasoning mix
½ T olive oil	2 tsp beef bouillon granules'
14 ½- oz) diced tomatoes, liquid included	1 tsp sugar
4 oz green chilies, chopped	½ c cold water
	3 T flour

In a dutch oven brown the roast in the oil. Combine the tomatoes, chilies, taco seasoning, bouillon and sugar pour over the roast Cover and simmer 2-2 ½ hours or until meat is tender Remove roast to a platter and keep warm. For gravy pour 2 cups of pan juices into a sauce pan, Combine the cold water and flour, stir until smooth, Add to juices, cook & stir over high heat until thickened and bubble; about 3 minutes. Slice roast and serve wi5th gravy. (makes 8 servings).

Note: Used diced tomatoes with jalapeños

Marge G
Waukesha, Wi

LONE STAR POT ROAST

3 lbs. boneless beef chuck roast	2 T. taco seasoning mix
½ T. olive oil	2 tsp. beef bouillon granules
1 (14 ½ oz.) diced tomatoes, liquid included	1 tsp. sugar
1 (4 oz.) can green chilies, chopped	½ c. cold water
	3 T. flour

In a dutch oven, brown the roast in the oil. Combine the tomatoes, chilies, taco seasoning, bouillon and sugar; pour over the roast. Cover and simmer 2-2½ hours, or until meat is tender. Remove roast to a platter and keep warm. For gravy, pour 2 cups of pan juices into a saucepan. Combine the cold water and flour; stir until smooth. Add to juices; cook and stir over high heat until thickened and bubbly; about 3 minutes. Slice roast and serve with gravy.

Marge Gebhardt
Coupland, TX



LOOSEMEAT SANDWICHES

(IOWA-STYLE) (Maid-Rite)

1 lb twice-ground beef	1 tsp sugar
1 T dried onion flakes	2 tsp prepared yellow mustard
1 tsp ground black pepper	pickles
½ tsp salt	

In a skillet, brown the beef over medium-high heat, stirring to crumble; drain in a colander. Return beef to pan; stir in onion flakes, pepper, salt, sugar, mustard and beer. Simmer, partially covered, over medium heat until liquid is evaporated (about 30 minutes). To make a loosemeat sandwich; spoon beef into buns; serve immediately with chopped onion, mustard and pickles. Make sure everyone has a spoon so they can scoop up any stray beef that escapes. (makes 4 servings).

Note: This sandwich consists of twice-ground beef cooked and seasoned with a secret ingredient or two'. Piled onto a hamburger bun. topped off with mustard, pickles, and chopped onions *****never ketchup.

Marge G
Waukesha, Wi

LUBY'S PATTIES

1 lb ground beef	4 slices American cheese
1 onion, chopped	1 c beef broth
8-10 pieces bacon (fried or cooked in microwave)	

Cook bacon either fry or microwave when cooked crumble into pieces. *** Make 4 hamburger patties, season and cook until thoroughly done. Place hamburgers in a baking dish top with cheese, bacon, and onions. Pour cup of beef broth over patties, Bake at 350°F for 10 minutes more or until cheese is melted and juice is warm. Serve with mashed potatoes, rice or noodles. (makes about 4 servings).

Note: Cook made-it with regular gravy.

Marge G
Waukesha, Wi



MAC' N CHEESE WITH GROUND BEEF

2 c uncooked elbow macaroni	2 c milk
1 lb lean ground beef	½ c chicken broth
1 tsp salt	3 c cheddar cheese, shredded
¼ tsp ground black pepper	1 c soft bread crumbs, about 2 slices bread
2 T butter or margarine	
2 T all-purpose flour	

Heat oven to 350 °F. Spray 2 quart casserole with cooking spray. Cook and drain macaroni as directed on package. Meanwhile, in 10-inch skillet, cook beef, ½ tablespoon of the salt and the pepper over medium high heat 5-7 minutes, stirring occasionally, until beef is thoroughly cooked; drain if desired. *** In 2-quart saucepan melt butter over medium heat. Stir in flour, cook 1 minute, stirring constantly, until bubbly. Stir in milk cook 5-6 minutes stirring constantly until mixture thickens slightly. Stir in broth and remaining ½ salt. Remove from heat; stir in cheese. Fold in Macaroni ; Spoon ⅓ of the macaroni mixture (about 1⅓ cups) into casserole; top with half of the beef (about 1½ cups). Layer with another ⅓ of the macaroni mixture, remaining beef and remaining macaroni mixture. Top with bread crumbs. Bake 25-30 minutes or until bread crumbs are golden brown

Note: Penne, Rotini or Elbow Macaroni will work. Also, use Swiss cheese and a dash Ground nutmeg in place of the cheddar cheese, brings a whole new flavor.

Marge G
Waukesha, Wi

U.S. per capita fish consumption in 2005 was 16.2 pounds per person. Fish consumption in China is more than 3 times what it is in the USA. In China, the average person eats over 45 pounds of seafood each year.



MAMA'S SPAGHETTI

2 lbs ground beef	1 (6-oz) can tomato paste
1 T olive oil	1 (14-oz) can tomato sauce
2 medium onions	1 (28-oz) can whole tomatoes
2-6 garlic cloves, to taste	8-oz water, to taste
1-2 T oregano, to taste	1-2 packages of fresh mushrooms, mushroom (cans)
1 T basil, to taste	1 (6-oz) can olives, black, sliced (or 2 cans)
1 tsp rosemary, to taste	Pasta
1 T thyme, to taste	
2 bay leaves, to taste	
½ T sugar, to taste	

Brown ground beef, drain. In separate pan, sauté onion and garlic in olive oil. Combine onion and garlic with ground beef in stock pot. Salt and pepper to taste, Over medium heat; Add spices and bay leaves. Add the rest of the ingredients. Add water to taste (I use about a half to a whole can). Simmer on low-medium for 1 hour, stirring occasionally Break up whole tomatoes while cooking. Serve over your favorite pasta. We typically use vermicelli or angle hair. (makes enough for 8-10).

Note: Everyone makes spaghetti a little different. This is my favorite.

*Marge G
Waukesha, Wi*

MEAT LOAF

1½ lean (at least 80% ground beef	1 egg
1 c milk	3 slices bread, finely chopped (1½ c, lightly packed)
1 T Worcestershire sauce	1 sm onion, chopped (¼ c)
½ tsp salt	½ c ketchup, chili sauce or barbecue sauce
½ tsp mustard	
¼ tsp pepper	

Heat oven to 350°F In large bowl mix all ingredients except ketchup, Spread mixture in ungreased 9x5-inch loaf pan or shape into 9x5-inch loaf in ungreased 13x9-inch pan. Spread ketchup over top. Insert meat thermometer so tip is in center of loaf. Bake uncovered 1 hour to 1 hour 15 minutes or until thermometer reads at least 160°F, Drain meat loaf. Let stand 5 minutes, remove from pan.makes 6 servings.

*Marge G
Coupland, Tx*



MEATBALL & GREEN BEAN STROGANOFF

4 oz (2 cups) uncooked medium egg noodles	1 garlic clove, minced
1 T oil	1 (10¾ -oz) can condensed cream of chicken soup
2 c Green Giant Frozen Cut Green Beans	½ c water
⅓ c red bell pepper strips (1-inch long)	1 T Worcestershire sauce
⅓ c onion, chopped	1 lb frozen cooked meatballs
	1 (8-oz) container light sour cream

Cook noodles to desired doneness as directed on package. Drain; cover to keep warm. Meanwhile, heat oil in large skillet over medium heat until hot. Add green beans, bell peppers, onion and garlic; cook and stir 4 to 6 minutes or until onion is crisp tender. Stir in soup, water Worcestershire sauce and frozen meatballs. Bring to a boil. Reduce heat to low; cover and simmer 10 to 15 minutes or until meatballs are thoroughly heated and green beans are tender, stirring and turning meatballs occasionally. Stir in sour cream. Heat over low heat until warm, stirring occasionally. Add cooked noodles, stir gently to mix.(makes 4 servings)(makes 4 servings)

*Marge G
Waukesha, Wi*

In the early days of the Heinz company, the number 57 was chosen to represent how many products were available. The ad read "57 Varieties" and the slogan "Heinz 57" stuck. Today, the company has more than 1,100 products.



MEATLOAF

(GOTTA HAVE SECONDS)

2 eggs	1 dash pepper
¾ c milk	1½ lbs ground chuck or ground sirloin
⅔ c saltine crackers, finely chopped	1 c ketchup
½ c onions, chopped	½ c brown sugar
1 tsp salt	1 tsp Worcestershire sauce
½ tsp sage	

In a large mixing bowl lightly beat 2 eggs. Add milk, saltines, onions, salt, sage, pepper, and ground beef. Combine well. Shape into a 8 x 4-inch loaf in an ungreased loaf pan. Or, make 6 individual loaves and place in a shallow baking pan. Mix together ketchup, brown sugar, and Worcestershire sauce to make a sauce. Spread sauce evenly over loaf or loaves. Bake at 350°F for 60-65 minutes or until no pink remains. Drain fat. Let stand 10 minutes before serving. (makes 6-8 servings).

Note: A touch of sage in the meat along with special ketchup topping sends this one over the edge.

Marge G
Waukesha, Wi

Sardines are a group of several types of small oily fish related to herrings. Sardines were named after the island of Sardinia, where they were once in abundance.



MEATLOAF MUFFINS

(With BARBECUE SAUCE)

1½ to 1¾ lbs ground sirloin	½ c tomato salsa
1 med onion, cut into chunks	Mirco-way-cool Bacon and green beans, recipe follows
2 ribs celery from the heart of the stalk, cut into 2-inch pieces	Smashed Potatoes and Cream Cheese recipe;
1 green bell pepper	2½ pounds small red potatoes or baby Yukon gold potatoes
1 large egg plus a splash of milk, beaten	½ c half-and-half or whole milk
1 c plain bread crumbs	8-oz plain cream cheese or veggie cream cheese, cut into pieces
2 T grill seasoning (recommended Montreal Steak Seasoning by McCormick)	10 chives or 2 scallions, chopped or snipped with kitchen scissors
1 c smoky barbecue sauce	salt & pepper
1 T Worcestershire sauce	
vegetable oil or extra-virgin olive oil	

Preheat oven to 450°F. Put ground beef into a big bowl. Put onion and celery into a food processor. Cut the bell pepper in half, rip out the seeds and throw them into your garbage bowl. Cut the pepper into a few pieces and add to the food processor. Pulse the processor blades to finely chop the vegetables into very small pieces then add them to the meat bowl. Add egg, beaten with milk, bread crumbs, and grill seasoning to the bowl. Next, mix together the smoky barbecue sauce, the salsa and the worcestershire sauce. Pour half the sauce mixture into the bowl with the meatloaf mix. Mix the meatloaf together with your hands. Wash up, Brush a 12-muffin tin (½-cup) with vegetable oil or extra-virgin olive oil. Use an ice cream scoop to help you fill meat into a each tin. Top each meat loaf with a spoonful of extra sauce. Bake about 20 minutes. Cut open 1 muffin to test that the middle is cooked through. While meatloaf muffins bake, make green beans in the microwave. Serve meatloaf with Smashed Potatoes and Cream Cheese on the side, too. Boil potatoes until tender, 15 minutes. While the water boils and when the potatoes are cooking, you can be working on the meatloaf recipe.

Note: When potatoes are tender, drain them and return them to the hot pot to let them dry out a bit. Mash potatoes with half-and-half or milk using a potato masher. add in the cream cheese and smash until the cheese melts into the potatoes. Then add chives and scallions and season with salt & pepper to your taste.

Marge G
Waukesha, Wi



MUSTARD SHORT RIBB'S

- | | |
|---------------------------|------------------------------------|
| ½ c prepared mustard | ½ tsp black pepper |
| 2 T lemon juice | 4 med onions (THINLY SLICED) |
| 2 garlic cloves (CRUSHED) | Shortening (for browning the meat) |
| 1 T sugar | |
| 1 tsp salt | |

Mix mustard, lemon juice, sugar, garlic, onions, salt and black pepper, Coat meat and marinade in zip lock bag for 24 hours. Wipe marinade off meat and set aside, brown meat in shortening. **** Transfer the meat to a baking dish, pour the set aside marinade over meat and bake at 350°F for 2 hours. (makes 4-6 servings).

Marge G
Waukesha, Wi

NATALEE'S GOULASH

- | | |
|------------------------|---------------------------------------|
| 1 lb lean ground beef | ½ tsp cayenne pepper (ground) |
| 1 small onion, chopped | 1 (10¾-oz) can cream of mushroom soup |
| 2 T olive oil | 1 (10¾-oz) can tomato soup |
| 1 tsp salt | ½ (10½-oz) soup can water |
| ¼ tsp pepper | 8-ozs large macaroni, cooked al dente |
| 1 tsp chili powder | |
| ½ tsp Tabasco sauce | |

Sauté onion in olive oil until soft, Add ground beef and cook until slightly brown, Add seasonings and simmer 10 minutes. Add soups and water - simmer 45 minutes. Combine with cooked macaroni and serve. (makes 4-6 servings).

Note: No veggies, a little bite, best served with cornbread, hot biscuits and a salad.

Marge G
Waukesha, Wi



NO PEEK BEEF CASSEROLE

(CROCK-POT STEW)

- | | |
|---|--|
| 2½ lbs stew beef, cut into bite-size chunks | 1 (4-oz) can sliced mushrooms, drained |
| 1 (1-oz) envelope dry onion soup mix | ¼ c tapioca (optional) |
| 1 (10-½-oz) can cream of mushroom soup | |

Combine all ingredients thoroughly and place in slow cooker Cook on low for 10 hours. Serve with rice or noodles (your choice)

Note: I mixed 1 Tablespoon corn starch with ¼ cup water and added to the Crock-Pot 30 minutes before it was done.in place of Tapioca, Oh, it was so good.

Marge G
Waukesha, Wi

OLD-FASHIONED SWISS STEAK

- | | |
|--|---|
| ½ c plus 2 T all-purpose flour, divided | 2 c chopped green pepper |
| 2 tsp salt, divided | 1 c celery, chopped |
| ¾ tsp pepper, divided | 1 c onion, chopped |
| ½ tsp garlic salt | 2 cans (14-½ oz each) diced tomatoes, undrained |
| 2 lbs boneless round steak, cut into serving-size pieces | 1 c beef broth |
| 3 T cooking oil | 1 T soy sauce |
| 1 garlic clove, minced | ¼ c cold water |

In a large plastic bag; combine ½ cup of flour, 1 teaspoon salt, ½ teaspoon pepper and garlic salt. Add beef and toss to coat. Remove meat from bag and pound with a mallet to tenderize. Heat oil in a dutch oven. brown the meat; Add garlic, green pepper, celery, and onion; cook and stir for 10 minutes. Add tomatoes, broth, soy sauce and remaining salt and pepper. Cover and bake at 325°F for 2 hours. Remove from the oven and return to stovetop. In a small bowl, combine water and remaining flour; stir into juices. Bring to a boil over medium heat, stirring constantly until thickened. (makes 6-8 servings)

Marge G
Waukesha, Wi



ONE DISH HAMBURGER MEAL

- | | |
|--|---|
| 1 lb ground beef | 1 c grated Cheddar cheese |
| 1 onion, chopped | 2 (15¼-oz) cans green beans,
drained |
| 2 T vegetable oil | |
| 1 (10¾-oz) can cream of
mushroom soup | |

Preheat oven to 250°F in a large skillet, brown ground beef and onion in vegetable oil. drain. In a large bowl, combine ground beef, soup, cheese, and green beans. Mix well and pour into a 13 x 9 inch baking dish. Cover and bake at 250°F for 2 hours. (makes 4 to 6 servings)

Marge G
Waukesha, Wi

ONION SALISBURY STEAK

- | | |
|--------------------------------|----------------------------|
| 1 lb ground beef | 4 slices bread, toasted |
| ½ tsp salt | ¼ c all-purpose flour |
| ⅛ to ¼ tsp pepper | 1-½ c water |
| 2 medium onions, thinly sliced | 1 T beef bouillon granules |

In a bowl, combine beef, salt, and pepper; shape into oval patties. In a skillet, brown patties on one side. Turn and add onions. Cook until meat is no longer pink. Place toast on serving plates. Top each with onions and a beef patty; keep warm. Stir flour into skillet until blended. Gradually add water, stir in bouillon. Bring to a boil, cook and stir for 2 minutes or until thickened and bubbly. Serve over meat and onions. (makes 4 servings)

Marge G
Waukesha, Wi

The potato is the world's most widely grown tuber crop and the fourth largest food crop in terms of fresh produce after rice, wheat, and corn.



OVEN-BAKED BEEF STEW

- | | |
|--|--|
| 3 T oil | 1 (10½-oz) can condensed beef
broth |
| 2 lbs beef stew meat | 2 c cubed peeled potatoes |
| ⅓ c flour | 1 c sliced celery |
| 1 tsp salt | 4 medium carrots, sliced |
| ½ tsp garlic powder | 3 small onions, quartered |
| ½ dried marjoram leaves | 1 bay leaf |
| ¼ tsp pepper | |
| 1 (14.5-oz) can whole tomatoes,
undrained, cut up | |

Heat oven to 325°F Heat oil in ovenproof dutch oven or large saucepan over medium heat until hot; brown beef Add flour, salt, garlic powder, marjoram (butter) and pepper. Stir in tomatoes and beef broth. Bring to a boil, stirring frequently. Add remaining ingredients; mix well. Cover ****Bake at 325°F for 2 hours or until meat is tender, stirring twice during baking. Remove bay leaf. (makes 6 -1¼ cup servings)

Marge G
Waukesha, Wi

OVEN-BAKED STEW

- | | |
|---|---|
| 1 T vegetable oil (canola) | 1 soup can water |
| 2-½ lbs round steak, cut into
pieces | 1-2 whole bay leaves |
| 2 baking potatoes, cut into pieces
(peel if desired) | ½- 1 tsp kosher style flake salt, to
taste |
| 2 c sliced carrots, or baby carrots | ¼- ½-tsp Penzey's freshly ground
pepper, to taste |
| 1 c chopped celery (2 ribs) | 1 tsp HERBS such as OREGANO,
CRACKED ROSEMARY, THYME
or your favorite blend |
| 1 medium onion, chopped | |
| 1 T sugar | |
| 2 T tapioca | |
| 1- (11oz) can tomato soup or
sauce | |

Preheat oven to 250°F Heat oil in a large frying pan over medium heat. Add the meat and cook until nicely browned. Combine all of the ingredients in a covered roasting pan and bake at 250°F for 5 hours. (serves 4-6)

Note: Fix it in the morning it will be ready for dinner time.

Marge G
Waukesha, Wi



PEPPY STUFFED PEPPERS

4 large bell peppers (any color you choose) ½ tsp basil
 1½ lbs ground beef 2 c rice, cooked
 1 medium onion, finely chopped 1 (15-oz) can tomato paste
 1 tsp salt 1 (8-oz) can tomato sauce
 ½ tsp ground black pepper ¼ c Parmesan cheese

Preheat oven to 350°F. Cook rice and set aside. Brown ground chuck in large skillet. Drain well. Return meat to skillet and add onions. Continue to cook until onions are softened. While meat and onions are cooking, prep the bell peppers (take thin slice off the bottom which will allow the peppers to stand and the top so you can clean out the seeds and membrane). When meat & onions are cooked, season with salt, pepper, thyme, basil. Stir in rice and the 15 oz can of tomato sauce. Stir well and let simmer 5-7 minutes. Remove from heat. Stuff the peppers with the meat and rice mixture, place in casserole dish treated with non-stick cooking spray. If peppers are too tall- split them in half and pack the meat as tightly as possible. Pour the 8-oz can tomato sauce over the top of the peppers and cover tightly with foil. Bake for 1 hour or until peppers are fork tender. Sprinkle with the Parmesan cheese and enjoy!. This is good with brown rice, white, even wild rice blend. (makes 4-6 servings)

Note: Awesome!!! One of first recipes made in Home Ec. Very easy to make and adaptable to individual tastes.

Marge G
 Waukesha, Wi

General Mills created Hamburger Helper in 1970 during a meat shortage. The product was meant to allow cooks to stretch a pound of ground beef into a tasty meal.



PHILLY BEEF & CHEESE SANDWICH

1 medium bell pepper, cut into strips 2 t mayonnaise or salad dressing
 1 medium onion, thinly sliced 2 eggs
 4 c Original Bisquick ½ lb thinly sliced cooked roast beef
 2 c milk ½ lb sliced Swiss cheese

1. Heat oven to 350°. Grease bottom and sides of rectangular baking dish, 13 x 9 x 2 inches, with shortening. Spray 10- inch skillet with cooking spray; heat over medium-high heat; Cook bell pepper and onion in skillet, stirring occasionally until tender; remove from heat. 2. Stir together Bisquick, milk, mayonnaise and eggs. Pour half of the batter into baking dish. Top with half of the beef, the bell pepper mixture and three-fourths of the cheese. Top with remaining beef. Pour remaining batter over beef. 3. Bake uncovered 35 to 45 minutes or until golden brown. Top with remaining cheese. Let stand 5 minutes before cutting. (makes 8 to 10 servings)

Marge G
 Austin, Tx

Saturday night is the biggest night of the week for eating pizza, and the most popular topping is pepperoni.



PHILLY STEAK SANDWICHES

onions
 1 T extra-virgin olive oil, 1 turn of the pan
 2 large yellow skinned onions, sliced very thin
 Course salt and pepper or steak seasoning blend\

1 tsp garlic salt
 Freshly ground black pepper
 8 slices provolone cheese, from the deli counter
 4 soft Italian sandwich hogie rolls, split 6 to 8 inches long each, split lengthwise

MEAT
 2 T extra-virgin olive oil 2 drizzles
 1 ½ lbs lean beef tenderloin or sirloin, ask butcher to slice the meat very thin

Heat a medium saucepan over medium high heat. Add 1 tablespoon extra-virgin olive oil, 1 turn of the pan. Add onions and season with salt and pepper or steak seasoning blend. Cook onions stirring occasionally, 10 minutes or until onions are soft and caramel in color.**** Heat heavy griddle pan over medium high or high heat Wipe griddle with a drizzle of oil using a paper towel. Sear and cook thin sliced steaks until brown but not crisp, about 2 minutes on each side. Cook steaks in single layers in 2 batches and tenderize by cutting into meat with the side of your spatula while they cook. When the steaks are browned, just before you remove them from heat sprinkle them with garlic salt and pepper. When all of the steaks are cooked, line each of your split rolls with 2 slices of provolone cheese. Pile ¼ of your meat and onions on to the griddle and mix together with your spatula. Pile the meat and onions into rolls on top of the cheese. The heat from the meat and onions will melt the cheese. Repeat for remaining servings and serve. (makes about 4 servings)

Note: This ones really, really good!!

Marge G
 Waukesha, Wi

Most domesticated turkeys cannot fly. Wild turkeys can fly for short distances, usually enough to perch into trees.



POT ROAST W/ MUSHROOM GRAVY

1 lb sm red potatoes, halved
 2 c fresh baby carrots
 ½ lb sliced fresh mushrooms
 1 med onion, cut into six wedges
 2 celery ribs, cut into 1-inch pieces
 1 boneless beef chuck roast (3 lbs)

1 (14½-oz) can reduced sodium beef broth
 1 (10½-oz) can mushroom gravy
 1 (1 ½-oz) pkg beef stew seasoning mix

Place the potatoes, carrots, mushrooms, onion and celery in a 5-quart slow cooker. Cut roast in half; place over vegetables. In a small bowl, combine the broth, gravy and seasoning mix; pour over roast. Cover and cook on low for 8-9 hours or until meat is tender.

Marge G
 Coupland, Tx

POTATO CASSEROLE (CHEAP HAMBURGER)

1 lb lean ground beef
 ¾ (16-oz) bag wide egg noodles

2 (14½-oz) cans Campbell's cream of potato soup

Brown ground beef in a medium sized skillet (you could add a little chopped onion to the beef if you like) meanwhile boil egg noodles in pot, drain excess grease from meat. drain egg noodles, return to pot. Add hamburger to egg noodles and empty both cans of potato soup into the pot. Stir. Serve hot. (makes 2-4 servings)

Note: This is super quick inexpensive, It's comfort food at it's best.

Marge G
 Waukesha, Wi

Americans eat billions of slices of pizza each year. The annual per capita pizza consumption is 23 pounds.



QUICKIE BEEF & BEAN BURRITOS

- | | |
|------------------------------------|-----------------------------|
| 1 lb hamburger | 1 tsp ground cayenne pepper |
| ½ onion, diced | 3 tsp chili powder |
| 1 clove garlic, minced | 4-6 flour tortillas |
| 1 (8-oz) can tomato sauce | |
| 1 can black beans or refried beans | |

Brown hamburger and onion, drain. Add minced garlic, beans, tomato sauce, ground cayenne, and chili powder. Take from heat and then warm tortillas. Place meat mixture in center of tortilla and fold down top, and bottom and then sides. Turn over and lay on a cookie sheet. Bake at 425°F for 10-15 minutes.

Note: Very Good !!!!

Marge G
Waukesha, Wi

ROAST BEEF AU JUS

(No Peek Roast)

- | | |
|-----------------------------|----------------------------------|
| 1 boneless rib eye roast | Follow the same instructions for |
| Select a well marbled roast | any size roast |

Let meat stand at room temperature for at least 1 hour before cooking. Preheat oven to 375°F. Rub meat well with salt and sprinkle with pepper. Place meat fat side up in a shallow roasting pan. **DO NOT COVER; DO NOT ADD WATER;** Put roast in oven and bake 1 hour. Turn off heat but “Do not open oven door”, at any time until ready to serve. **REGARDLESS** of the length of time the meat has been in the oven, 30 to 40 minutes before serving, **TURN OVEN ON AGAIN.** Reset the temperature controls to 375°F Cook meat for remaining 30 to 40 minutes. Now open oven door. Remove roast to serving platter. The meat will be very brown and crisp on the outside. Carve meat and you'll find it pink all the way through- medium rare !!!

Marge G
Waukesha, Wi



ROAST BEEF HORSERADISH ROLL-UPS

- | | |
|--|---|
| 1 pkg (8-oz) cream cheese, room temp | ¾ lb thinly sliced cooked deli roast beef |
| 2 T prepared horseradish | 4 oz shredded cheddar cheese |
| 1½ T Dijon mustard | |
| 5 (12-inch flour tortillas, Baby spinach leaves) | |

In bowl, beat cream cheese, horseradish and mustard together until well blended. Spread a thin layer of the cream cheese mixture on a tortilla. Arrange a layer of spinach leaves evenly over cream cheese. Place a few slices of n a single layer over the spinach. Sprinkle with some shredded cheddar cheese. Starting at one end roll up tortilla into tight tube. Wrap with plastic wrap to keep rolls tight. Repeat with remaining tortillas. Refrigerate 4 hours or over night Just before serving, slice rolls on the diagonal about 1 inch thick for about 5 slices per roll.

Marge G
Waukesha, Wi

ROAST BEEF ROLL-UP

- | | |
|---------------------------|-------------------------------------|
| ½ c sour cream | 1 lb thinly slice cooked roast beef |
| ¼ c mayonnaise | 10 large lettuce leaves |
| ¼ c salsa | additional salsa |
| 10 flour tortillas (8-in) | |

Combine sour cream, mayonnaise and salsa. Spread over tortillas. Top with roast beef and lettuce. Roll-up tightly and secure with tooth picks; cut in half. Serve with salsa.(makes 10 servings)

Marge G
Coupland, Tx

A porterhouse steak is cut from the short loin that contains the top loin and tenderloin muscles. The steak was named after porter houses, or coach stops, where travelers in the early 1800s stopped to dine on steak.



ROAST BEEF ROLL-UPS

½ c sour cream	1 lb thinly sliced cooked roast beef
¼ c mayonnaise	10 large lettuce leaves
¼ c salsa	additional salsa ?
10 flour tortillas (8 inch)	

In a bowl combine the sour cream, mayonnaise and salsa spread over tortillas. Top with roast beef and lettuce. Roll-up tightly and secure with toothpicks; cut in half. Serve with salsa. (makes 10 servings)

Note: Roll-up sandwiches that are seasoned with salsa. Serve with a green salad and tortilla chips for a cool summer dinner.

Marge G
Coupland, Tx

ROAST PRIME RIB OF BEEF

1 - 10 lb beef rib eye salt & pepper	1 c beef broth salt & pepper
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Have your butcher trim the short ribs from the roast. Place the meat in a dish and let it come to room temperature. Rub all sides with salt and pepper.**** Place the meat on a rack in a shallow roasting pan. Roast in a preheated 450°F oven for 25 minutes. Reduce the heat to 325°F and roast 2 hours longer for medium-rare. Transfer the roast to a heated platter. Cover loosely and let stand for 15 minutes before carving. **** For the Au Jus; Spoon off any excess fat from the roasting pan. Measure out ½ cup of the beef juices and reserve for the Yorkshire Pudding. Pour the beef broth into the roasting pan. Bring to a simmer over moderately high heat, scraping up any brown bits clinging to the bottom and sides of the pan. Season with salt and pepper. Strain the roasting juices into a heated sauce boat and serve with the roast. (makes about 26 servings)

Note: This is so good you'll eat 3 servings yourself.

Marge G
Waukesha, Wi



RUBENS IN A DISH

6 slices rye bread, toasted	1 lb corned beef, sliced
1 lb Swiss cheese, grated	¾ c thousand island dressing
½ c onions, thinly sliced	¼ c mayonnaise
1 (15-oz) can sauerkraut	1 T butter

Preheat oven to 375°F. Spray 2 quart casserole dish with non-stick cooking spray. Toast the rye bread and lightly butter 1 side only. Arrange 3 slices (butter side UP) in bottom of casserole dish (cut to fit if you so desire) Sprinkle ⅓ cup of grated Swiss cheese over buttered toast. Arrange drained sauerkraut over the cheese and bread. Mix salad dressing with the mayonnaise in separate bowl and spoon ½ of the mixture over the sauerkraut. Chop the corned beef into bite size pieces and spread evenly in the dish. Top with very thinly sliced onion and then ⅓ cup grated Swiss cheese and remaining corned beef. Finish the dish with remaining Swiss cheese and remaining dressing mixture. Bake 15-20 minutes or until bubbly Place remaining 3 slices of toasted Rye bread (buttered side down) over top and continue baking for 5-10 minutes. Let sit for 5 minutes. Cut and serve hot. (makes 6 servings).

Note: Family style instead of sandwiches.

Marge G
Waukesha, Wi

U.S. per capita fish consumption in 2005 was 16.2 pounds per person. Fish consumption in China is more than 3 times what it is in the USA. In China, the average person eats over 45 pounds of seafood each year.



SCALLOPED POTATO & GROUND BEEF CASSEROLE

- | | |
|---|---|
| 1 ½ lbs ground beef (or use bulk Italian sausage meat, can increase the ground beef slightly) | ½ tsp dried chili pepper flakes (adjust to taste (optional)) |
| 1 medium onion, chopped | ½ tsp fresh ground black pepper (or to taste) |
| 4 garlic cloves, finely chopped (or to taste) | 5-6 Russet potatoes (peeled and sliced thinly, or use as many as desired) |
| 1 small green bell pepper, seeded and chopped | 2 c shredded cheddar cheese (or to taste) |
| 1 tsp seasoning salt (or to taste) or ½ tsp white salt or to taste) | |

In a skillet cook the ground beef with onion, bell pepper and chili flakes (if used) until no longer pink, drain fat over a colander. Return to pan and add in garlic, season salt and black pepper; cook stirring with a wooden spoon until the meat is lightly browned (I usually add in about 1-2 tablespoons bacon fat that I keep frozen in my freezer to the meat while browning for added flavor and it also helps to brown the meat, set aside. FOR THE SAUCE; in a medium bowl mix together the undiluted soup with onion, milk, sour cream. Parmesan cheese, garlic powder, seasoned salt and black pepper, to taste, mix well to combine. In a greased 13 x 9-inch baking dish or a large oval casserole dish, alternately layer the sliced potatoes on bottom of the baking dish, then soup mixture then the ground beef mixture on top. Since this is a large casserole I strongly suggest to place the baking dish on a jelly-roll sheet in case of any spills. Bake covered with foil for about 1 hour at 350°F Uncover and continue baking for another 20-30 minutes or until the potatoes are tender (baking time will vary depending on the thickness of your sliced potatoes) Remove from oven then sprinkle with grated cheddar cheese; return to oven for 4-5 minutes or until cheese has melted.. (makes serving for about 8 or more)

Note: You may alter this by throwing in cooked green beans, mushrooms, corn niblets to the ground beef mixture or whatever you wish. This one is very good even the next day.

*Marge G
Waukesha, WI*



SEARED BEEF TENDERLOIN FILLETS

- | | |
|--|---|
| 6 lbs whole beef tenderloin, cut into 2 inch thick files
should make 6-8 steaks | 2 T olive oil
salt and pepper to taste |
|--|---|

Preheat oven to 425°F with a rack in the center. Trim the tenderloin and cut into fillets; season with salt and pepper. Heat an oven proof pan over medium-high heat for 5 minutes. Sear fillets in oil on one side for 4-5 minutes. Turn the fillets over, place in the pan in the oven and roast to desired doneness. Allow fillets to rest 5 minutes before serving. (makes 6-8 steaks)

Note: Doneness chart; Rare; Sear for 5 minutes, Roast for 5 minutes, and Rest for 5 minutes. Medium Rare: Sear for 5 minutes, Roast for 7 minutes, Rest for 5 minutes, Medium: Sear for 5 minutes, Roast for 9 minutes, Rest for 5 minutes

*Marge G
Waukesha, WI*

SHIPWRECK

- | | |
|------------------------|------------------------------|
| ½ lb sliced bacon | 1 c ketchup |
| 1 lb ground beef | ½ c packed brown sugar |
| 1 large onion, chopped | 1 can (32-oz) pork and beans |

In a skillet, cook bacon until crisp, Remove to paper towels to drain, crumble and set aside. Drain drippings from skillet. Brown the beef; drain. Add onion and cook until tender, about 5 minutes. Combine ketchup and brown sugar, stir into beef mixture. Stir in pork and beans and all but 2 tablespoons of the bacon. Transfer to an 8-inch square baking dish. Top with the remaining bacon. Bake uncovered at 350°F for 1 hour.

*Marge G
Waukesha, WI*



SHREDDED BEEF SANDWICHES

(Crock Pot)

- | | |
|---|----------------------------|
| 3 lbs beef stew meat, cut into 1-inch cubes | ¼ c cider vinegar |
| 3 med green peppers, diced | 3 T chili powder |
| 2 large onions, diced | 2 tsp salt |
| 1 (6-oz) can tomato paste | 2 tsp Worcestershire sauce |
| ½ c brown sugar, packed | 1 tsp ground mustard |
| | 14-16 sandwich buns, split |

In a slow cooker combine beef, green pepper and onions. In a small bowl, combine tomato paste, brown sugar, vinegar, chili powder, salt Worcestershire and mustard. Stir into meat mixture. Cover and cook on high for 7 to 8 hours or until meat is tender. When done, skim fat from cooking juices. Shred beef using slotted spoon to place beef mixture on each bun (about ½ cup) (makes about 14 servings)

Note: Make sure to add Provolone or Swiss to any sandwich.

Marge G
Waukesha, Wi

SLOPPY JOE CASSEROLE

- | | |
|--------------------------------------|---|
| 1 lb lean ground beef (at least 80%) | 1 tsp yellow mustard |
| ½ c onion, chopped | 1 pouch (6.5 oz) Betty Crocker golden corn muffin & bread mix |
| 1 (15-oz) can tomato sauce | ½ c milk |
| 1 T packed brown sugar | 1 c shredded Cheddar cheese (4-oz) |
| 2 tsp Worcestershire sauce | |

Heat oven to 350°F, in 10-inch nonstick skillet, cook beef and onion over medium high heat 5 to 7 minutes, stirring frequently, until brown; drain. Stir in tomato sauce, brown sugar, Worcestershire sauce and mustard. Cook 2 to 3 minutes, stirring frequently, until boiling; keep warm. In small bowl, stir corn bread mix, milk oil and egg just until moistened (batter will be lumpy). Spoon hot beef mixture into 8-inch square (2-quart) glass baking dish, Sprinkle with ¾ cup cheese. Spoon corn bread batter evenly over top. Bake 25 to 35 minutes or until toothpick inserted in center of topping comes out clean. Sprinkle remaining ¼ cup cheese over hot casserole. (makes 6 servings- 1 cup each).

Marge G
Waukesha, Wi



SLOPPY JOE PASTA CASSEROLE

- | | |
|---|--|
| 2 c ziti pasta or penne pasta, uncooked | 28-oz canned stewed tomatoes, with juice |
| 1 ½ lbs lean ground beef | 7 ½ -oz tomato sauce |
| 1 c onions, diced | 5 ½-oz tomato paste |
| 1 c green peppers, diced | ½ tsp ground allspice |
| 1 T prepared mustard | ½ tsp hot pepper sauce (optional) |
| ¼ c brown sugar, packed | 1 tsp dried oregano |
| 2 T cider vinegar | 1 tsp salt |
| 2 T Worcestershire sauce | ¼ tsp pepper |

Cook the pasta according to package directions. Drain and keep in cold water. Scramble fry the beef in a non-stick skillet for 5 minutes. Add the onion and green pepper and cook until the beef is browned and the onion is soft. Drain. Add remaining ingredients- mix well. Bring mixture to a boil. Cover and simmer for 20 minutes. Add the drained pasta and spoon into lightly sprayed 9 x 13 pan or a 3 quart casserole dish. Bake uncovered in a 350°F oven for 20 minutes or until hot. (makes 8 servings)

Note: Though not overly fond of pasta, hubby asks for seconds when this is served.

Marge G
Waukesha, Wi

SLOPPY JOE SANDWICH

- | | |
|----------------------------|-------------------------------|
| 2 lbs ground beef | 2 T chopped celery |
| 1 (12-oz) can tomato paste | ¾ tsp garlic powder |
| 1¾ c ketchup | ¼ tsp chili powder |
| ¼ c minced onion | ¼ green bell pepper, chopped |
| 3 T sweet relish | 14 (4-inch round) buns, split |
| 2 T brown sugar | |

Brown the beef in a large pot and drain. Return the beef to the pot with all the remaining ingredients except the buns and cook, stirring, until hot. Divide the beef mixture among the buns and serve immediately. (makes 14 servings)

Marge G
Waukesha, Wi



SLOPPY JOES

(GAME DAY)

1 lb ground beef	½ - 1 tsp celery salt
½ c chopped onions	2 tsp chili powder
½ c chopped green peppers	2 tsp Worcestershire sauce
1 garlic clove, finely chopped	6 hamburger buns, (for serving)
1 (8-oz) can tomato sauce	sliced American cheese, (for serving)(optional)
¼ c spicy barbecue sauce	

Cook and stir beef, onion, green pepper, and garlic in a skillet until beef is brown and onion is tender, Drain. Stir in remaining ingredients except buns and cheese. Heat to boiling. Reduce heat; cover and simmer 10 minutes. Serve on buns, Top meat with a slice of American cheese if desired. (makes 6 servings).

Marge G
Waukesha, Wi

SLOPPY JOES

1 lb ground beef	¼ tsp pepper
½ c green pepper, or celery, chopped	8-oz can tomato sauce
½ c onion, chopped	½ c ketchup
1 T brown sugar	1 T Worcestershire sauce
1 tsp dry mustard	1 T vinegar
¼ tsp salt	6 sandwich buns

In a large skillet, brown ground beef, green pepper and onion, drain well. Stir in remaining ingredients. Cover; simmer 15 to 20 minutes. Serve on buns. ***** MICROWAVE DIRECTIONS; In 2-quart microwave-safe casserole, crumble ground beef; add green pepper and onion. Cover loosely with waxed paper. Microwave on high for 5 to 7 minutes or until browned, stirring once halfway through cooking, drain well, Stir in remaining ingredients; cover loosely with waxed paper; microwave on HIGH for 7 to 9 minutes or until thoroughly heated.

Note: Haven't used Microwave directions, can't a test results.

Marge G
Coupland, Tx



SLOPPY JOES

1 lb ground beef	1 T Worcestershire sauce
1 med onion chopped	½ tsp salt
⅓ c chopped celery	⅛ tsp red pepper sauce
⅓ c chopped green bell pepper	6 hamburger buns, split and toasted
⅓ c ketchup	
¼ water	

Cook and stir ground beef and onion in 10 inch skillet until beef is brown; drain. Stir in remaining ingredients except buns. Cover and cook over low heat 10 to 15 minutes or just until vegetables are tender. Fill buns with beef mixture (makes 6 servings).

Marge G
Waukesha, Wi

SLOPPY JOES

(CROCK POT)

1 ½ lbs ground beef	¼ c water
1 c chopped onions	1-2 T brown sugar
2 garlic cloves, minced	2 T yellow mustard
¾ c ketchup	2 T vinegar
⅓ c chopped green bell pepper	2 T Worcestershire sauce
½ c, chopped celery	1 ½ tsp chili powder

In a large skillet cook ground beef, onion, and garlic until meat is brown and onion is tender, Drain off fat. Meanwhile, in your crockpot combine the remaining ingredients. Stir in meat mixture. Cover, cook on low heat for 6 to 8 hours or on high heat setting for 3 to 4 hours.

Note: This is so easy, you could fall over and still get it right. Very good !!!

Marge G
Waukesha, Wi



SLOPPY JOES

1 lb lean ground beef	1/8 tsp pepper
1/2 c chopped green bell pepper or celery	1/2 c ketchup
1/2 c chopped onion	1 T vinegar
1 T brown sugar	1 T Worcestershire sauce
1 tsp dry mustard	1 (8-oz) can tomato sauce
1/4 tsp salt	6 sandwich buns

In large skillet over medium-high heat, brown ground beef, bell pepper and onion; drain well. Add remaining ingredients except sandwich buns; mix well. Cover; simmer 15 to 20 minutes. Serve in sandwich buns. (makes 6 sandwiches) ***** MICROWAVE DIRECTIONS in 2-QUART MICROWAVE- safe casserole crumble ground beef; add bell pepper and onion. Cover loosely with waxed paper. Microwave on HIGH for 5 to 7 minutes or until ground beef is browned; stirring once halfway through cooking; drain well. Stir in remaining ingredients except sandwich buns; cover loosely with waxed paper. Microwave on HIGH 7 to 9 minutes or until thoroughly heated, stirring once halfway through cooking. Serve on sandwich buns.

Marge G
Waukesha, Wi

SLOPPY, JOE RECIPE

(GROUND BEEF SANDWICHES)

1 lb ground beef	1 T Worcestershire sauce
1 onion	1 T vinegar
1/4 green pepper	1/2 T sugar
1 1/2 c celery	1 can tomato soup
1 tsp salt	ketchup maybe to taste
1/2 tsp dry mustard	

Simply assemble the ingredients and toss them into a slow cooker- or the dish can be cooked on the stove (brown the beef first). I prefer the vegetables diced to a very small size. (makes 6 servings).

Marge G
Waukesha, Wi



SLOW COOKER POT ROAST

1 1/2 lbs beef, chuck roast	1 c water
1 lb baby carrots	1 tsp basil
3 large potatoes, peeled and cut into chunks	3 T Worcestershire sauce
1 (10-oz) can cream of mushroom soup	2 T instant minced onion
	salt & pepper to taste

In a small bowl, combine soup, water, basil, Worcestershire sauce and onion and whisk together.. Set aside. Place roast in slow cooker and sprinkle with salt and pepper. Place carrots and potatoes over meat and sprinkle with salt and pepper. Pour soup mixture over meat and veggies and cook on low for 8 hours.(makes about 6 servings)

Note: Without onion soup mix !!!!

Marge G
Waukesha, Wi

SLOW COOKER SHORT RIBB'S

2 lbs ribs	1 tsp paprika
1/2 c ketchup	2 garlic cloves, minced
2 T white sugar	1/2 tsp salt
2 T Worcestershire sauce	1/8 tsp black pepper

Brown the ribs in a large skillet and set aside. In a bowl combine the ketchup with the rest of the ingredients. Put your ribs into your crock pot. Now pour the sauce over the ribs and mix well. Turn the crock pot on and cook on low for 6 hours. Serve with brown rice and a salad, or fresh corn on the cob. (makes about enough for 6 servings)

Note: This is petty fatty meat, pre-trim a lot of fat off before cooking.. But boy are they yummy!!

Marge G
Waukesha, Wi



SMOTHERED SWISS STEAK

(Slow Cooker Recipe)

2 tsp oil	1 carrot, shredded
1 ½ boneless beef top round steak, trimmed of fat	1 (4-oz) can Green Giant Mushroom Pieces and stems, drained
1 tsp salt	1 (10¾-oz) can condensed cream of mushroom soup
¼ tsp pepper	1 (8-oz) can tomato sauce
1 med onion, half lengthwise, thinly sliced	

1. Heat oil in large skillet over medium-high heat until hot. Sprinkle steak with salt & pepper. Place steak in skillet; cook 4 to 6 minutes or until well browned, turning once. 2. Meanwhile, in 3 ½ or 4 quart slow cooker, combine onion, carrot and mushrooms; mix well. 3. Cut browned steak into 4 pieces; place in slow cooker over vegetables. In same skillet combine soup and tomato sauce; mix well. Pour over beef. 4. Cover, cook on low setting for 8 to 10 hours. Stir sauce well before serving over beef. (4 servings)

Note: Kitchen Tip: For best results, remove all visible fat from the steak before cooking it. **COOKS NOTE:** Cream of mushroom soup produces a rich gravy as this Swiss steak cooks in the slow cooker. Tomato sauce adds color and flavor. **SERVING:** Serve garlic mashed potatoes with this steak-and-gravy dinner. Warm soft rolls and an iceberg lettuce salad round out a down-home meal.

*Robert
Austin, Tx*

In the early days of the Heinz company, the number 57 was chosen to represent how many products were available. The ad read "57 Varieties" and the slogan "Heinz 57" stuck. Today, the company has more than 1,100 products.



SOUPER CROCK-POT BEEF

(HOME CANNED BEEF- DEER MEAT- SHREDDED BEEF)

3-4 lbs beef roast	11-oz French onion soup
11-oz cheddar cheese soup	
11-oz condensed golden mushroom soup	

Mix soups together. Place roast in crock-pot, Cover with soups. Cook on low 8-9 hours. (makes 6-8 servings)

Note: If using shredded beef mix with the soups. Cook long enough to heat through. We sometimes like to change up. Add green peppers, mushrooms, parsley, rosemary, red cooking wine. This can be easily used over egg noodles or mashed potatoes.

*Marge G
Waukesha, Wi*

SPAGHETTI & MEATBALLS

(MAMA'S BEST EVER)

1 ½ lbs lean ground beef	½ tsp, garlic powder
4 slices whole grain bread, torn into small pieces	½ tsp Italian seasoning
2 eggs	12 oz spaghetti, cooked and drained
1 jar (1 lb 10 oz) Ragu Old World style Pasta, divided	

Combine ground beef, bread, eggs, ½ cup Pasta Sauce, Italian seasoning and garlic powder in medium bowl; shape into 18 meat-balls. Bring remaining Pasta Sauce to a boil over medium-high heat in 3 quart saucepan. Gently stir in uncooked meatballs. Reduce heat to low and simmer covered, stirring occasionally, 20 minutes or until meatballs are done. Serve hot over spaghetti. (makes 18 meatballs)

*Marge G
Waukesha, Wi*



STIR FRY STEAK & NOODLES

1 lb sirloin steaks, thinly sliced
3 carrots
½ tsp pepper
2 T vegetable oil
1 onion diced
1 garlic clove
¾ c beef stock

1 T orange zest, grated
¼ c orange juice
1 T cornstarch
½ tsp hot pepper sauce
¼ c fresh parsley, chopped
8 oz linguine

Peel and julienne carrots. Slice green peppers, In wok or large skillet, heat 1 tablespoon oil over high heat stir fry steak in batches, until browned but still pink inside, about 2-3 minutes. Transfer to plate. In wok heat 1 tablespoon oil over medium heat stir fry onion and garlic for 2 minutes. Add carrots and green pepper, stir fry for 3 minutes or until tender. Whisk together beef stock, orange zest and orange juice, cornstarch, hot pepper sauce add to wok and bring to boil. Return steak and any accumulated juices to wok along with parsley. Meanwhile in a large pot of boiling water cook linguine until tender 6-8 minutes. Drain and add to wok. Toss to coat well. (makes 4 servings).

Note: A hint of orange and hot pepper sauce.

Marge G
Waukesha, Wi

Sardines are a group of several types of small oily fish related to herrings. Sardines were named after the island of Sardinia, where they were once in abundance.



STUFFED PEPPERS

2 (16-oz) cans tomato sauce
6 green peppers
1 ½ c water
1 c rice
1 tsp salt

¼ tsp pepper
1 med onion chopped
1 lb lean ground beef
salt & Pepper to taste

Remove tops from peppers; wash and seed; Pour 1 can tomato sauce and ½ cup of water in bottom of 2 quart casserole dish, set aside; In bowl combine 1 can tomato sauce, 1 cup water, rice, salt, pepper, onion and beef, mix well. Spoon mixture into peppers and place in pan. Cover and bake in 350°F oven for 1 hour or until rice is tender. Baste occasionally with tomato sauce in bottom of pan. (makes 6 green peppers).

Note: The best is fresh peppers out of the garden or next best from vegetable stand fresh. I doubled meat cooked 1 hour @ 350°F still came out alright.

Marge G
Waukesha, Wi

The potato is the world's most widely grown tuber crop and the fourth largest food crop in terms of fresh produce after rice, wheat, and corn.



STUFFED BELL PEPPERS

6 med green peppers
 1½ lbs ground beef
 ½ med onion, chopped
 1 c instant rice
 1 (14½-oz) can diced tomatoes,
 with juice
 2 (8-oz) cans tomato sauce

1 (8-oz) cans tomato sauce
 (optional) ?
 1 c shredded Colby cheese, if
 desired
 1-2 T Worcestershire sauce
 salt & pepper to taste

Preheat oven to 400°F. Cut tops off the peppers and scrape out the insides; making sure to get all of the seeds. Once cleaned out, place peppers in a casserole dish. If need be, cut a little off the bottoms to even out the peppers so they stand straight up. Brown beef with chopped onions. Drain off excess fat. Add tomatoes, 2 cans of tomato sauce and Worcestershire sauce; salt and pepper to taste; Bring to a boil and stir in uncooked instant rice; cover, remove from heat and allow to stand 3-5 minutes. ****Stir meat mixture and spoon it into the peppers. Optional- Pour remaining can of tomato sauce around the bottom of the baking dish. You can add a little bit of water to thin it out, if you desire. If not using remaining can of sauce, be sure to add 3-4 teaspoons of hot water to bottom of baking dish. Cover baking dish and bake in the preheated oven for approximately 30 minutes or until peppers are tender. Remove cover, sprinkle with cheese and bake for a few more minutes to allow the cheese to melt. (makes 6 servings).

Note: The 3rd can of sauce was added to make enough sauce to spoon a little over the top of the peppers when done.

Marge G
 Waukesha, Wi

General Mills created Hamburger Helper in 1970 during a meat shortage. The product was meant to allow cooks to stretch a pound of ground beef into a tasty meal.



SUKIYAKI BIG BOWLS

2 t LAND O LAKES butter
 1½ lbs beef sirloin steak, cut into
 thin strips
 2 c water
 ½ c soy sauce
 1 (8-oz) pkg fresh mushrooms,
 sliced
 1 (5-oz) can bamboo shoots,
 drained

1 (5-oz) can sliced water
 chestnuts, drained
 4 oz (1½- c) fresh bean sprouts
 ¼ c sliced green onions
 2 t sugar
 1 t oyster sauce**
 ½ tsp finely chopped fresh garlic
 6 c hot cooked rice
 Sliced green onions, if desired

1. Melt butter in 4-quart saucepan until sizzling; add half of steak strips, Cook over medium-high heat, stirring occasionally, until lightly browned (3 to 4 minute). Remove meat with slotted spoon. Set aside; keep warm. Cook remaining steak strips. Return all meat to saucepan.
 2. Add all remaining ingredients except rice and green onions. Increase heat to high. Cook, stirring occasionally, until mixture comes to a boil (4 to 5 minutes). Reduce heat to low. Cook until flavors are blended and mushrooms are tender (5 to 6 minutes).
 3. Divide rice among six serving bowls; Spoon steak and broth mixture over rice. Garnish with sliced green onions, if desired. (makes 6 servings)

Note: *Substitute soy sauce ** Oyster sauce is available in the Asian section of larger supermarkets.

Marge G
 Austin, Tx

Saturday night is the biggest night of the week for eating pizza, and the most popular topping is pepperoni.



SUPER SLOPPY JOE'S

- | | |
|--|--|
| 1 T extra-virgin olive oil, 1 turn of the pan | 1 small red bell pepper, chopped |
| 1 ¼ lb ground beef sirloin | 1 T Worcestershire sauce |
| ¼ c brown sugar | 2 c tomato sauce |
| 2 T to 1 T steak seasoning blend, such as McCormick brand Montreal Seasoning | 2 T tomato paste |
| 1 med onion, chopped | 4 crusty rolls, split, toasted, and lightly buttered |
| | Garnish sliced tomatoes, pickles or others your nature desires |

Heat a large skillet over medium high heat. Add oil and meat to the pan. Spread the meat around the pan and begin to break it up. Combine brown sugar and steak seasoning. Add sugar and spice mixture to the skillet and combine. When the meat has browned, add onion and red peppers to the skillet. Reduce heat to medium and cook onions, peppers, red wine vinegar and Worcestershire sauce with meat for 5 minutes. Add tomato sauce and paste to pan. Stir to combine. Reduce heat to simmer and cook. Sloppy Joe mixture 5 minutes longer. Using a large spoon or ice cream scoop, pile sloppy meat onto toasted, buttered bun bottoms and cover with bun tops. Serve with your favorite sides or sliced tomatoes seasoned with salt and pepper, dill pickles. Have plenty of napkins on hand. (makes 4 super sandwiches)

*Marge G
Waukesha, Wi*

SUPER SLOPPY JOES

- | | |
|------------------------------------|-------------------------------|
| 2 lbs ground beef | 1 T vinegar |
| ½ c chopped onion | 1 T Worcestershire sauce |
| 2 celery ribs with leaves, chopped | 1 T steak sauce |
| ¼ c green pepper, chopped | ½ tsp garlic salt |
| 1-2/3 c canned crushed tomatoes | ¼ tsp ground mustard |
| ¼ c ketchup | ¼ tsp paprika |
| 2 T brown sugar | 8 to 10 hamburger buns, split |

In a Dutch oven, cook beef, onion, celery, and green pepper over medium heat until the meat is no longer pink and the vegetables are tender; drain. Add the next nine ingredients; mix well. Simmer, uncovered for 30-35 minutes, stirring occasionally. Spoon ½ cup meat onto each bun. (makes 8-10 servings)

*Marge G
Waukesha, Wi*



SWEDISH MEATBALLS

- | | |
|---------------------------|---|
| 1 sm onion, chopped | 1 can (10-¾-oz) condensed cream of mushroom soup, undiluted |
| 1 egg | ½ c sour cream |
| ¼ c seasoned bread crumbs | ¼ c milk |
| 2 T milk | 1 T dried parsley flakes |
| ½ tsp salt | ¼ tsp ground nutmeg, optional |
| ⅛ tsp pepper | hot cooked noodles |
| 1 lb ground beef | |
| SAUCE | |

In a bowl, combine the onion, egg, bread crumbs, milk, salt and pepper. Crumble beef over mixture and mix well. Shape into 1-inch meatballs, about 24. Place in a shallow 1-½ qt microwave-safe dish. Cover and microwave on high for 10 minutes or until meat is no longer pink, drain. Combine the soup, sour-cream, milk, parsley, and nutmeg if desired, pour over meatballs. Cover and cook, on high for 7-8 minutes or until heated through, Serve over noodles. (makes 4 servings)

Note: While the meatballs cook in the microwave, boil the noodle on the stove to get this entree' on the table in minutes.

*Marge G
Waukesha, Wi*

Most domesticated turkeys cannot fly. Wild turkeys can fly for short distances, usually enough to perch into trees.



SWEDISH MEATBALLS IN SOUR CREAM SAUCE

1 lb ground beef	½ c finely chopped green pepper
1 lb ground pork	⅔ c milk
1 c dry bread crumbs	2 t dried parsley flakes
2 eggs	1 ½ ts dill weed, dried
½ c finely chopped celery	1 t garlic powder
½ c finely chopped onions	½ ts salt

Heat oven to 400 degrees. Combine all ingredients in 3-qt bowl mix lightly. Shape meat mixture into 16 balls. Place meatballs in greased 13 x 9 inch baking dish Bake for 40 minutes. Remove from oven. Drain grease. Remove drippings from baking dish, discard. Return meatballs to baking dish. Combine all sauce ingredients in medium bowl. Pour over meatballs. Continue baking, stirring occasionally, 20 to 25 minute or until done. Meanwhile prepare noodles as directed on pkg. Drain. Serve meatballs and sauce over hot cooked noodles (8 servings)

Note: Oldfashioned Swedish meatballs are updated with dill and garlic. PREPARATION TIME 20 MINUTES. BAKE TIME 1 HOUR

*Margaret
Austin, Tx*

SWEEP & SOUR SLOPPY JOES

2 lbs ground beef	¼ c mustard
1 onion, chopped	¼ c vinegar (or less to taste)
10¾- oz tomato soup	¾ c ketchup
½ c brown sugar	

Brown meat with chopped onions. Drain. Add rest of ingredients. Serve on toasted bread or buns. (makes 6-8 Servings)

Note: This is very tangy. sloppy Joe.

*Marge G
Waukesha, Wi*



SWEET-SOUR BEEF AND CABBAGE

1 ½ lbs. ground beef	⅛ tsp. pepper
½ c. onions, chopped	1 med. cabbage
½ c. celery, sliced	1 (15 oz.) can tomato sauce
½ c. green peppers, chopped	¼ c. cider vinegar
2 T. quick-cooking oats	3 T. brown sugar
2 T. parsley, chopped	½ tsp. salt
¾ tsp. salt	1 dash pepper
¼ tsp. garlic powder	

In a skillet, cook beef, onion, celery and green pepper until meat is browned; drain off excess fat. Sprinkle meat mixture with oats, parsley, the ¾ tsp. salt, garlic powder and ⅛ tsp. pepper. Core cabbage; cut in 6 wedges. Place on top of meat. In a bowl, combine tomato sauce, vinegar, brown sugar ½ tsp. salt and the dash of pepper; mix well. Pour over cabbage and meat. Simmer, covered, 15-20 minutes or until cabbage is tender. Serve at once.

*Marge Gebhardt
Coupland, TX*

SWEET-SOUR BEEF'N CABBAGE

1-½ lb hamburger meat	⅛ tsp black pepper
½ c onions, chopped	1 med cabbage
½ c celery, chopped	1 (15-oz) can tomato sauce
½ c green peppers, chopped	¼ c cider vinegar
2 T quick-cooking rolled oats	3 T brown sugar
2 T snipped parsley	½ tsp salt
¾ tsp salt	1 dash black pepper
¼ tsp garlic powder	

In skillet cook beef, onions, celery, and green pepper till meat is browned, drain off excess fat. Sprinkle meat mixture with oats, parsley, the ¾ teaspoon salt, the garlic powder, and the ⅛th teaspoon black pepper. Core cabbage, cut in six wedges. Place atop meat. In bowl combine tomato sauce, vinegar, brown sugar, the ½ teaspoon salt and the dash pepper, mix well. Pour over cabbage and meat. Simmer covered 15 to 20 minutes or till cabbage is tender. Serve at once. (makes about 6 servings)

Note: Since cooked cabbage tends to water out and may cause the sauce to thin. Serve immediately.

*Marge G
Waukesha, Wi*



SWISS STEAK

(Crock Pot)

2 lbs round steak, 1 inch thick	2 carrots, peeled and chopped
¼ c flour	¼ c chopped onions
1 tsp salt	½ tsp Worcestershire sauce
1 stalk celery, chopped	8-oz tomato sauce

Cut steak into 4 serving pieces. Dredge in flour, mix with salt, place in crock pot, Add chopped vegetables and Worcestershire sauce. Pour tomato sauce over meat and vegetables. Cook on low for 8-10 hours. (makes 4 servings)

Note: This is so simple, it hard not to make it. Very good!! Make it in the morning before work, eat when you get home

Marge G
Waukesha, Wi

SWISS STEAK

(Old-Fashioned)

1 lb round steaks	1 (15-oz) can diced tomatoes
⅓ c flour	1 tsp brown sugar
1 tsp salt	1 medium onion, chopped
½ tsp pepper	1 medium green pepper, chopped
2 T bacon grease	1 T garlic powder

Cut steak into serving pieces. Combine flour, salt and pepper, and sprinkle on steak. Pound steak down on both sides, to about ¼- inch thickness. Brown the steak with the bacon grease in a large skillet. Combine tomatoes (undrained), onion, green pepper and garlic powder. Pour over steak and bring to a slight boil. Turn the heat down and allow to simmer for 1 ½ to 2 hours, occasionally stirring and adding water as necessary. (makes 2 servings)

Note: This was my all time favorite as a child. Serve with mashed potatoes and gravy. You can substitute butter for bacon grease, but it will compromise the flavor.

Marge G
Waukesha, Wi



SWISS STEAK

(Slow Cooker / Crock Pot)

1 ½ lb round steak, cut ¾-inch thick	1 carrot, chopped
2 T flour, salt & black pepper	1 small celery rib, chopped
1 med onion diced	1 (15-oz) can tomato sauce

Cut round steak into serving pieces. Season flour with salt & black pepper, dredge meat in seasoning flour. Place onions in bottom of slow cooker. Add meat. Top with carrots & celery & cover with tomato sauce. Cover and cook on low 8-10 hours. (makes 4 servings)

Note: Another very, very good slow cooker recipe.

Marge G
Waukesha, Wi

SWISS STEAK

1 ½ lbs round steak, cut into 1-inch pieces	1 (14.5-oz) can fire roasted diced tomatoes
1 (8-oz) package sliced fresh mushrooms	½ c water
1 c sliced onions	1 (0.87-oz) package brown gravy mix
1 c sliced celery	½ tsp salt
1 T minced garlic	½ tsp ground black pepper

In a 4 to 6 quart slow cooker; combine steak, mushrooms, onions, celery, and garlic. In a medium bowl, combine tomatoes, tomato sauce, ½ cup water, gravy mix, salt, and pepper. Pour over steak mixture. Cover and cook on low for 8 to 10 hours. (makes 4-6 servings).

Note: Serve over mashed potatoes with a mixed green salad. Don't eat it all for dinner, left overs are very good too.

Marge G
Waukesha, Wi



SWISS STEAK

3 T all-purpose flour
 1 tsp dry mustard
 ½ tsp salt
 1 ½ lb beef boneless bottom or top round, tip or chuck steak (½-in thick)
 2 T vegetable oil

1 (16-oz) can whole tomatoes, undrained
 2 cloves garlic, finely chopped
 1 c water
 1 large onion, sliced
 1 large green bell pepper, sliced

Mix flour, mustard and salt, Sprinkle 1 side of beef with half of the flour mixture; pound in. Turn beef and pound in remaining flour mixture. Cut beef into 6 pieces. Heat oil in 10-inch skillet until hot. Cook beef over medium heat until brown, about 15 minutes. Add tomatoes and garlic; break up tomatoes with fork. Heat to boiling; reduce heat; Cover and simmer until beef is tender; about 1 hour; Add water; onion and bell pepper. Heat to boiling; reduce heat. Cover and simmer until vegetables are tender; 5 to 8 minutes. (makes 6 servings)

Marge G
 Waukesha, Wi

TATER NUGGET HOT DISH

1 lb ground beef
 ¾ c chopped celery
 ¼ c onions, chopped
 (10¼-oz) can condensed cream of mushroom soup with ⅓rd less salt
 (10¼-oz) can condensed cream chicken soup with ⅓rd less salt

1//8 tsp garlic powder
 ⅓ tsp pepper
 8-0z pkg Green Giant Harvest Fresh Frozen Cut Green Beans, thawed
 16-0z pkg frozen potato nuggets

Heat oven to 375°F In large saucepan combine ground beef, onions, and celery. Cook and stir until beef is browned; drain well. Stir in soups, garlic, powder, pepper, and green beans. Spoon into ungreased 2 quart casserole dish; top with potato nuggets. Bake at 375°F for 40 to 50 minutes or until bubbly and potato nuggets are golden brown. (makes 6 1¼-cup servings)

Marge G
 Waukesha, Wi



VERY BEST SALISBURY STEAK

1 (10 ½ion soup-oz) can Campbells French Onion soup
 1 ½ lbs ground beef
 ½ c dry bread crumbs
 1 egg
 ¼ tsp salt
 ⅓ tsp ground black pepper or to taste

1 T all-purpose flour
 ¼ c ketchup
 1 - 3 tsp Worcestershire sauce, to taste
 ½ tsp mustard powder
 ¼ c water

In a large bowl, mix together ⅓ cup condensed French onion soup with ground beef, bread crumbs, egg, salt and black pepper. Shape into 6 oval patties. In a large skillet over medium-high heat, brown both sides patties. Pour off excess fat. In a small bowl, blend flour and remaining soup until smooth. Mix in ketchup, water, Worcestershire sauce, and mustard powder. Pour over meat in skillet. Cover, and cook for 20 minutes, stirring occasionally.

Note: This was so good we invited neighbors. We need to double the sauce though.

Marge G
 Waukesha, Wi

Americans eat billions of slices of pizza each year. The annual per capita pizza consumption is 23 pounds.



WAIKIKI MEATBALLS

- | | |
|--|---|
| 1 ½ lbs ground beef 80/20 blend
(usually called chuck) | ½ to ¾ c water (enough to make 1
c liquid with left over pineapple
juice) |
| ⅔ c bread crumbs | ⅓ c rice vinegar |
| ½ c finely chopped onions
(Vidalia) | 1 T soy sauce/ Coconut Aminos, a
Substitute soy sauce |
| 1 egg | Rice |
| 1 ½ tsp KOSHER STYLE FLAKE
SALT | 1 c white rice |
| ½ tsp powdered ginger | 2 c water |
| ¼ c milk (2% or whole) | ½ tsp SEA SALT |
| 1 T canola oil | |
| 2 T cornstarch | |
| ½ c brown sugar, packed | |
| 1 (16-0z) container chilled fresh
pineapple chunks or canned
plus juice from the container ¼
to ½ cup | |

In a large bowl combine the beef, bread crumbs, onion, egg, salt, ginger, and milk. Like meatloaf, you might have to just take your hands and get in there to mix it. Using a tablespoon scoop, create meat mounds and place on parchment or wax paper. Continue until all the meat mixture is used. Lightly form each mound into a meatball, Heat the oil in a large skillet and heat oven to 325°F Brown meat balls on all sides. Don't crowd the pan. Place the browned meatballs on a baking sheet as they get browned, place in the oven to finish cooking about 15 minutes. Set this pan aside, without emptying it yet. *****Meanwhile prepare the rice, Heat the water and SEA SALT to boiling over medium high heat. Add the rice and stir. Put a lid on the pan and reduce heat to low.. Cook over medium low for 20 minutes, do not lift lid.***** Take the skillet in which you cooked the meatballs and spoon out most of the grease, leaving about 1 tablespoon plus the flavor-filled bits that were left over. Mix cornstarch and the brown sugar in a small bowl. Stir in the reserved pineapple juice plus enough water to equal 1 cup liquid, rice vinegar and soy sauce or substitute. Mix until smooth.Pour this mixture into the skillet that is set aside. Bring to a boil and stir until thickened and glossy, if the sauce seems to thick or there isn't enough for your liking, you can add another cup water and simmer until thick again. Remove from heat. Remove the meatballs from oven and then pour the sauce over the meatballs. Gently stir the sauce and meatballs and serve in a large bowl. Be careful as this sauce is very hot. (makes 6-8 servings)

(continued)



Note: Serve with rice and chilled pineapple. If you like a lot of sauce double the sauce recipe. This sounds long, but after a couple times goes quickly. The taste is very, very, good.

Marge G
Waukesha, Wi

WAYNE'S BEEF MACARONI & CHEESE

- | | |
|--|---|
| 1 lb box elbow macaroni or (small
shells) | 3 c canned crushed tomatoes or
(use tomato sauce) |
| 2 T vegetable oil | Salt & pepper to taste |
| 2 c green bell pepper, chopped | 1 tsp each of dried basil, ground
cumin, and dried oregano |
| 2 c onion, chopped | 2 to 3 c grated Cheddar cheese |
| 1 T garlic, chopped | |
| 2 lbs lean ground beef | |

Heat oven to 350 °F Cook the macaroni according to package directions, drain and set aside. Heat the oil in a skillet, add the peppers, onion, and garlic, and sauté until soft. Add the ground beef and sauté until browned. Add the tomatoes, salt and pepper, to taste, and the basil, cumin, and oregano, In a large bowl, combine the macaroni and the beef mixture. Spread this mixture into a 9 x 13- inch baking dish. Top with the cheese and bake for 20 to 25 minutes or until the cheese is lightly browned and bubbly. (makes 8-10 servings)

Note: Ground turkey or chicken can be used in place of beef, if desired.

Marge G
Waukesha, Wi

A porterhouse steak is cut from the short loin that contains the top loin and tenderloin muscles. The steak was named after porter houses, or coach stops, where travelers in the early 1800s stopped to dine on steak.



WENDY'S CHILI

2 lbs ground beef	¼ c diced celery (1 stalk)
1 (29-oz) can tomato sauce	3 med tomatoes, chopped (1 use one can diced tomato)
1 (29-oz) can kidney beans (with liquid)	2 tsp cumin powder
1 (29-oz) can pinto beans (with liquid)	3 T chili powder
1 c diced green chili's (2 chili's) I use the small can green chili's	1 ½ tsp black pepper
	2 tsp salt
	2 c water

Brown the ground beef in a skillet over medium heat, drain off fat. Using a fork, crumble the beef into pea size pieces. In a large pot combine the beef plus all remaining ingredients, and bring to a simmer over low heat. Cook stirring very often, for 2-3 hours. For spicier chili add ½ tsp more black pepper. For much spicier chili, add ½ teaspoon black pepper and a tablespoon Cayenne. (if you like it really hot add 5-6 Jalapeño peppers.) Leftovers can be frozen for several months. (makes 12 servings)

Marge G
Waukesha, Wi

ZESTY ROAST BEEF SANDWICHES

1 (15.5-oz) can Pillsbury Grands Refrigerated Crescent Dinner Rolls	1 small cucumber, sliced
6 tsp creamy mustard-mayonnaise sauce	1 large tomato, thinly sliced
	¾ lb thinly sliced cooked beef
	Lettuce leaves

1. Bake crescent rolls as directed on can, 2. Carefully cut each warm crescent roll in half to make 2 layers. Spread 1 teaspoon mustard-mayonnaise sauce on cut sides of each roll. 3. Top bottom halves of rolls with cucumber, tomato, beef and lettuce. Cover with top halves of rolls. (makes 6 sandwiches)

Marge G
Austin, Tx



ZITI CASSEROLE

(USE This With Turkey Too)

1 lb Ziti pasta, cooked & drained	1 (6-oz) can tomato paste or low-sodium tomato paste
1 med yellow onion, chopped	1 tsp salt (optional)
1 med green bell pepper, chopped	½ tsp black pepper
1 lb ground beef or turkey	½ tsp chili powder
1 (15-oz) can spaghetti sauce (your choice)	1 (8-oz) package cheddar cheese or low fat cheddar cheese, shredded
1 (28-oz) can whole tomatoes or low-sodium tomato paste	

Preheat oven to 350°F. In a skillet, combine onion, green pepper, and ground beef and cook until completely browned; Drain *** If using ground turkey instead, add 2 tablespoons butter to the skillet. *** Add spaghetti sauce (meatless or your favorite combo, I like Hunt's Sausage version) canned whole tomatoes, tomato paste and all seasonings-- Simmer 15 minutes. In the bottom of a 13 x 9 x 2 pan pour a little bit of the meat sauce; Top with half of the Ziti, half of the meat sauce; Then repeat the procedure with another layer of remaining Ziti and another of the remaining sauce; Top with the shredded cheddar and bake in the preheated 350°F oven for 15 minutes. Let stand 5 minutes before serving. (makes 8-10 servings)

Note: Use of different pasta, such as Rotini or small shells; use a different cheese, such as Mozzarella or Monterey Jack for variety. If you have hungry folk, this is a good one.

Marge G
Waukesha, Wi

U.S. per capita fish consumption in 2005 was 16.2 pounds per person. Fish consumption in China is more than 3 times what it is in the USA. In China, the average person eats over 45 pounds of seafood each year.



POULTRY

AMBER GLAZED TURKEY WINGS AND LEGS

2-3 lbs. turkey wings & legs	GLAZE INGREDIENTS
1 c. dry white wine	1 (8 oz.) jar apricot preserves
2 whole bay leaves	2 tsp. soy sauce
1 T. black peppercorns	1½ tsp. dry mustard
1 tsp. dried sage	1 dash garlic powder
1 T. sea salt	1 dash pepper
2 c. water	

Place turkey in a large pot with salted water. Add wine, bay leaves, peppercorns and sage. Cook about 1½ hours. Refrigerate 1-2 hours, until ready to grill. Combine glaze ingredients. Preheat grill to 300°. Cook turkey 20-30 minutes basting with glaze, or until done.

*Marge Gebhardt
Coupland, TX*

APRICOT CHICKEN

6 chicken pieces	4 tsp cornstarch
ground thyme	1½ c apricot preserves
pepper	3 T brown sugar
2 garlic cloves, minced	¼ tsp nutmeg
2 T vegetable oil	1¼ tsp cinnamon
4 tsp cider vinegar	

Preheat oven to 375°F, Lightly sprinkle thyme and pepper on chicken, In a 9 x 13 inch baking pan sprayed with non stick cooking spray, roast chicken for 10 minutes on each side; drain fat. Roast garlic in the oil in a small sauce pan; add cider vinegar and cornstarch in the same pan thoroughly mixed. Add remaining ingredients to the vinegar mixture. Cook, stir over medium high heat until mixture boils and thickens. Pour sauce over chicken in baking pan. Cover and roast in oven 30 minutes, baste chicken with sauce. Cover and continue cooking another 15 minutes or until chicken is done. (makes 6 servings)

Note: 1½ cups Apricot Preserves is an 18-oz jar. It creates a sweet cinnamon sauce.

*Marge G
Waukesha, Wi*



BARBECUE CHICKEN LEGS

18 whole chicken legs	3 T distilled vinegar
1 T canola oil	1 tsp Worcestershire sauce
¼ whole onion, diced	⅓ c molasses
2 cloves garlic, minced	4 tsp chipotle adobo sauce (the adobo sauce that chipotle peppers are packed in)
1 c ketchup	dash salt
¼ c plus 2 T packed brown sugar	

Preheat oven to 425°F. Place chicken legs on a broiler pan or any pan with a rack and then roast for 20 minutes. While the chicken is roasting, heat canola oil in a saucepan over medium-low heat. Add onion and garlic and cook for five minutes, stirring, being careful not to burn them. Reduce heat to low. Add all remaining ingredients and stir. Allow to simmer while the chicken roasts. Taste after simmering and add whatever ingredient it needs (more spice, more sugar, etc), (Reserve the chipotle peppers for another use). After 20 Minutes of roasting, crank on the broiler to get a little color on the legs. Broil for five minutes. Remove chicken legs from oven. Reduce oven to 350°F. With tongs dip. Place back onto the pan After all chicken is coated, return pan to oven for five minutes or until chicken is hot and sizzling. Remove from oven. Brush/dab generously with remaining sauce. Allow chicken to sit a few minutes before serving.

Note: Excellent Barbecue

*Marge G
Waukesha, Wi*

BARBECUED PICNIC CHICKEN

2 garlic cloves, minced	1 T celery seed
2 tsp butter or margarine	1 T prepared mustard
1 c ketchup	½ tsp salt
¼ c packed brown sugar	2 dashes hot pepper sauce
¼ c chili sauce	2 broiler-fryer chickens (3½ to 4 lbs each), quartered
2 T Worcestershire sauce	

In a saucepan, sauté the garlic in butter until tender. Add the next eight ingredients. Bring to a boil, stirring constantly. Remove from the heat and set aside. Grill the chicken covered, over medium heat for 30 minutes, turning occasionally. Baste with sauce. Grill 15 minutes longer or until juices run clear, basting and turning several times. (makes 8 servings)

*Marge G
Waukesha, Wi*



BARN RAISING STEW

2 T oil	2 (14 ½-oz) cans stewed tomatoes
4 boneless skinless chicken breasts	1 (15-oz) can pinto beans, drained and rinsed
1 c purple onion, chopped	¾ c picante sauce
1 green bell pepper, chopped	1 T chili powder
1 tsp minced garlic	1 T cumin

Cut chicken into 1-inch cubes. Heat oil in stew pot over medium heat. Add chicken, onion, pepper, and garlic; Cook until chicken is no longer pink. Add remaining ingredients and stir thoroughly. Reduce heat to low; allow to simmer for 30 minutes. (makes 6 servings)

*Marge G
Waukesha, Wi*

BEER CAN CHICKEN

(This is a Grilling Recipe)

1 (4 lb) whole chicken	3 T dry rub seasoning (your favorite)
1 (16-oz) can beer (tall boy)	2 T vegetable oil
2 tsp salt	
1 tsp black pepper	

Set up your grill for indirect cooking. On a charcoal grill, this means spreading the coals around the outer edges but not directly below the food. On a gas grill the outer burners are lit, but not the middle one. Once the grill is covered (which it should always be for indirect grilling) the circulating heat works like a convection oven, so there is no need to turn the food) Remove neck and giblets, Discard. Rinse chicken inside and out; pat dry with paper towels. Set aside; Open beer can and take several gulps (make them big gulps so that the can is half full) Place beer can on a solid surface. grabbing a chicken leg in each hand, plunk the bird cavity over the beer can; Transfer the bird-on-a-can to your grill and place in the center of the grate. balancing the bird on its two legs and the can like a tripod. Cook chicken over high indirect heat, with the grill cover on for approximately 1 ¼ hours or until internal temperature registers 165°F in the breast area and 180°F in the thigh or until juices run clear. Remove from grill and let rest 10 minutes before carving..(makes 4 servings).

Note: This is a great grilling recipe on any grill. We added garlic and herbs for more flavor

*Marge G
Waukesha, Wi*



BETTE'S MAPLE CHICKEN

6 boneless chicken breast halves	½ c fruit or white vinegar
salt	½ c ketchup
pepper	¼ c brown sugar
1 c maple syrup	cook rice to serve

Preheat oven to 325°F. Season the chicken with salt and pepper Place skin side down in a 9" x 13 inch pan. In a small bowl, combine the syrup, vinegar, ketchup and brown sugar and pour over the chicken. Cover with foil and bake 1 ½ hours. Turn chicken and bake, uncovered for 30 minutes, basting every 10 minutes to moisten.. Pour off the sauce but save it as a gravy to serve over the chicken and rice. (makes 6 servings).

Note: This sauce creates sweet and comforting gravy to serve over the chicken It's wonderful. !!!!!

*Marge G
Waukesha, Wi*

BOURBON CHICKEN

2 lbs boneless chicken breasts, cut into bite-size pieces	¼ c apple juice
1-2 T olive oil	⅓ c light brown sugar
1 garlic clove, crushed	2 T ketchup
¼ tsp ginger	1 T cider vinegar
¾ tsp crushed red pepper flakes	½ c water
	⅓ c soy sauce

Heat oil in a large skillet. Add chicken pieces and cook until lightly browned. Remove chicken. Add remaining ingredients, heating over medium heat until well mixed and dissolved. Add chicken and bring to a hard boil. Reduce heat and simmer for 20 minutes. Serve over hot rice and ENJOY. (makes 4 servings).

Note: So named supposedly because the Chinese cook worked in a restaurant on Bourbon Street.

*Marge G
Waukesha, Wi*



BUTTERMILK CHICKEN MARINADE

3-4 lb chicken bone-in (prefer chicken legs)	2 tsp Kosher-style flake salt
¾ c buttermilk	1 tsp Penzeys freshly ground pepper
2 cloves garlic, minced or pressed through a garlic press	1 tsp Dill weed
1 T olive oil	½ tsp crushed red pepper flakes

Mix all of the ingredients except the chicken in a gallon-size zippered bag. Add the chicken pieces and coat well. Refrigerate for 2-3 hours. Fire up the charcoal, making two banks of coals with an empty center. Shake the chicken off as you pull it from the marinade. Place the chicken in the middle of the grill, cooking over indirect heat. Turn every 10 minutes. Cook until done, roughly 30-60 minutes, depending on the size of the pieces. If in doubt use a meat thermometer- 165°F is the safe interior temperature for poultry. (makes 4-6 servings)

Note: THIS IS A GRILL RECIPE

*Marge G
Waukesha, Wi*

CAMPBELL'S SAVORY CHICKEN STEW

1 t vegetable oil	½ tsp pepper
1 lb skinless, boneless chicken breasts, cut into 1 inch pieces	4 small red potatoes (about ¾ lb) cut into quarters
1 can (10¼ oz) Campbell's Condensed Cream of Chicken & Broccoli Soup	2 medium carrots, sliced (about 1 c)
½ c milk	1 c broccoli flowerets

In medium skillet over medium-high heat, heat oil, add chicken in 2 batches and cook until browned, stirring often, set chicken aside. pour off fat. Add soup, milk, pepper, potatoes, carrots, and broccoli. Heat to a boil; Reduce heat to low. Cover and cook 15 minutes, stirring occasionally. Return chicken to pan. Cover and cook 5 minutes or until chicken is no longer pink and vegetables are tender, stirring occasionally. (makes 4 servings)

*Robert gebhardt
Coupland, Tx*



CARAMELIZED BAKED CHICKEN

(LEGS / WINGS)

2½ lbs chicken legs	1 ½ T ketchup
1 ½ T olive oil (to help it from sticking to the pan)	¾ c honey
½ c soy sauce	2-3 garlic cloves, minced salt & pepper

Preheat oven to 350°F or 180°C. Place chicken in a 9 x 13 inch baking dish, Mix together the oil, soy sauce, ketchup, honey, garlic, salt and pepper. Bake in preheated oven for one hour, or until sauce is caramelized. Could also use pork ribs. (makes 6-8 servings)

Note: Leave it in the oven until it has caramelized to avoid disappointment. Kids love these !!!

*Marge G
Waukesha, Wi*

CHEESY KIELBASA PASTA SUPPER

6 oz (2½ cups) uncooked rigatoni pasta tubes with ridges	¼ c milk
1 (1-lb) pkg Green Giant Select Frozen Broccoli, Carrots and cauliflower	½ lb 97% fat free turkey kielbasa. halved lengthwise, sliced
1 (10¼ oz) can condensed cheddar cheese soup	1 (2.5 oz) jar Green Giant Sliced mushrooms, drained

In dutch oven or saucepan, cook rigatoni as directed on package, adding broccoli, carrots and cauliflower during last 6 to 7 minutes of cooking time. Cook until rigatoni and vegetables are tender. Drain. Return to dutch oven. Stir in soup, milk, kielbasa and mushrooms. Cook over medium heat until thoroughly heated, stirring occasionally (makes 5 servings)

Note: This Polish sausage recipe is made with TURKEY.- SAUSAGE. It's 97% fat free.

*Marge G
Coupland, Tx*



CHICHEN PARMIGIANA

- | | |
|---|--|
| ½ c KRAFT 100% Grated
Parmesan Cheese | ¼ c (½ stick) butter or margarine,
melted |
| ¼ c seasoned dry bread crumbs | 1 jar (14-oz) spaghetti sauce |
| 6 boneless skinless chicken
breast halves (about 2 pounds),
pounded to ¼-inch thickness | 2 c KRAFT Shredded Low-
Moisture Part-Skim Mozzarella
Cheese |

MIX; Parmesan cheese and bread crumbs. Dip chicken into butter. Coat with cheese mixture. SPOON: sauce into 13 x 9- inch baking dish. Place chicken in dish. Top with mozzarella cheese. BAKE: at 375° for 25 minutes. (makes 6 servings)

Note: A complete meal with a tossed salad and crispy breadsticks.

*Marge G
Austin, Tx*

CHICK (EN Noodle STEW)

- | | |
|---|----------------------------------|
| 6 c hot water | 1 t dried basil leaves |
| 2 c (4 stalks) sliced ¼ inch celery | 1 t dried thyme leaves |
| 1 c (2 medium) chopped onions | 1 ts dried marjoram leaves |
| ½ c chopped fresh parsley | 1 ts sea salt |
| 2 bay leaves | ½ ts black pepper |
| 3 medium carrots, cut into 1 inch
pieces | 1 (12 oz) pkg frozen egg noodles |

In Dutch oven cover chicken with water. Cover; cook over medium high heat for 10 minutes. Add vegetables and all remain ing ingredients except noodles; Cover; cook over medium high heat until chicken is fork tender (20 to 25 minutes) Remove chicken pieces; add noodles, return to a full boil skimming off fat during cooking (some herbs will be removed)meanwhile remove chicken from bone. reduce heat to low. Add chicken, continue cooking until noodles are tender (20 to 25 minutes) Remove bay leaves) 6 servings.

*Bob Gebhardt
Austin, Tx*



CHICKEN - A - LA - KING

- | | |
|------------------------------|--------------------------|
| 4 individual frozen biscuits | ⅛ to ¼ tsp salt |
| 1¾ c sliced fresh mushrooms | 1 c chicken broth |
| ¼ c chopped onion | 1 c milk |
| ¼ c chopped celery | 2 c cubed cooked chicken |
| ¼ c butter, cubed | 2 T diced [imientos |
| ¼ c all purpose flour | |

Bake biscuits according to package directions. Meanwhile, in a large skillet, sauté the mushrooms, onion and celery in butter until crisp-tender. Stir in flour and salt until blended. Gradually stir in broth and milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Add chicken and pimientos. Bring to a boil. Reduce heat; simmer; uncovered, for 4-6 minutes or until heated through. Serve with biscuits. (makes 4 servings)

Note: THIS IS A QUICK LEFT OVER CHICKEN LUNCH OR DINNER RECIPE;

*Marge G
Waukesha, Wi*

CHICKEN & RICE CASSEROLE

- | | |
|--|---|
| 2 (14 ½-oz) can green beans,
rinsed and drained | 1 c mayonnaise |
| 3 c diced cooked chicken | (6-oz) box long-grain and wild
rice, cooked according to
package directions |
| 1 med onion diced and sautéed | 1 c grated sharp Cheddar |
| 1 (6-oz) can water chestnuts,
drained and chopped | Pinch salt |
| 1 (4-oz) can pimentos | |
| 1 (10¾-oz) can condensed cream
of celery soup | |

Preheat oven to 350°F. Mix all ingredients together and pour into a greased 3 quart-casserole dish Bake for 20 minutes or until bubbly.

*Marge G
Waukeshs, Wi*



CHICKEN AND DUMPLINGS

4 to 5 lbs stewing chicken, cut up
 3 to 4 c water
 1 large onion sliced
 1 or 2 stalks celery, cut into 1-inch pieces
 1 t salt
 1 bay leaf
 4 peppercorns or ¼ tsp pepper
 ½ c Pillsbury's Best All Purpose or Unbleached Flour
 ½ c water
 1 ½ to 3 c (10 to 20-oz pkg) frozen mixed vegetables

DUMPLINGS
 1 ½ C Pillsbury's Best All Purpose or Unbleached Flour
 1 t chopped fresh parsley or 1 t parsley flakes, if desired
 2 tsp baking powder
 ½ tsp salt
 ⅔ c milk
 2 t oil
 1 egg, slightly beaten

In large saucepan or Dutch oven, combine chicken, water (to cover), onion, celery, salt, bay leaf and peppercorns. Heat to boiling; reduce heat. Simmer covered, 2 to 3 hours or until chicken is tender; Cool, remove chicken from bones and cut into desired pieces. Skim fat from broth. reheat broth (about 5 cups) Lightly spoon flour into measuring cup; level off. Blend ½ cup flour into ½ cup water until smooth; stir into hot broth stirring constantly until thickened. Add vegetables and chicken pieces; heat to boiling. In medium bowl, combine 1 ½ cups flour, parsley, baking powder and salt; stir to blend. Combine milk, oil and egg; add to flour mixture. Stir just until dry ingredients are moistened. Drop Dumplings by rounded tablespoons into hot broth. Cover tightly; boil gently 12 to 15 minutes or until dumplings are fluffy and dry. Serve immediately. makes 4 to 6 servings)

Note: If using Pillsburg's Best Self Rising Flour, omit paking powder and salt.

Marge G
 Austin, Tx

In the early days of the Heinz company, the number 57 was chosen to represent how many products were available. The ad read "57 Varieties" and the slogan "Heinz 57" stuck. Today, the company has more than 1,100 products.



CHICKEN BREASTS WITH MUSHROOM GRAVY

2 T margarine or butter
 3 chicken breasts halves, skinned, boned
 8 oz- (2 cups) fresh mushrooms, quartered
 ¼ c sliced onion, separated into rings
 ½ tsp salt
 ⅛ tsp pepper
 ¼ c dry sherry or water
 ½ c milk
 2 tsp cornstarch

Melt 1 Tablespoon margarine in large skillet over medium heat. Add chicken breasts; cook chicken 12 to 15 minutes or until fork tender and juices run clear, turning once. Remove chicken from skillet; keep warm. Melt 1 tablespoon margarine in same skillet; add mushrooms and onion. Cook until vegetables are tender, stirring occasionally. Season with salt and pepper. Add sherry; bring to a boil. In small bowl combine milk and cornstarch; blend well. Add to mushroom mixture cook until mixture thickens and boils. Serve over chicken. (makes 3 servings)

Marge G
 Waukesha, Wi

Sardines are a group of several types of small oily fish related to herrings. Sardines were named after the island of Sardinia, where they were once in abundance.



CHICKEN CRESCENT ROLL CASSEROLE

- | | |
|--|---|
| 2 (8-oz) cans Pillsbury Refrigerated Crescent Dinner Rolls | 2 large cooked chicken breasts, finely chopped (or use about 2 cups, or turkey) |
| 1 (10 ¾-oz) cans cream of chicken soup, undiluted | ½ to ¾ c finely grated cheddar cheese |
| ¾ c grated cheddar cheese or ¾ c swiss cheese, or other | ½ tsp seasoning salt or white salt to taste |
| ½ c 18% table cream (or use whipping cream) | ½ tsp ground black pepper to taste |
| Filling | 2-4 T mayonnaise or whipping cream |
| 4-oz cream cheese (very soft) | 1-2 c grated cheddar cheese, for topping |
| 4 T butter (very soft but not melted) | |
| ½- 1 tsp garlic powder (optional) | |
| ½ c onion, finely chopped (can use green onions instead) | |

Preheat oven to 350°F. Butter a casserole dish (any size to hold crescent rolls). In a sauce pan, mix half and half cream, ¾ cup grated cheese (can use more if desired) and undiluted chicken soup (season with black pepper). Heat just until the cheese melts (do not boil), For the filling-- (make certain cream cheese and butter are very soft) in a bowl, mix until very smooth, then add in garlic powder (if desired). Add in chopped chicken, onion and mayonnaise; mix to combine (adjust mixture if it seems to dry). Season with seasoned salt or white and black pepper to taste. Unroll the crescent rolls, place 1 heaping tablespoon chicken mixture on top of each crescent triangle, then roll up starting at the thicker end. Drizzle a small amount of soup mixture on the bottom of the dish. Then place the crescent rolls seam-side down on top of the creamed mixture in the casserole. Drizzle the remaining sauce on top (use only as much as desired) and sprinkle with 1 cup (or more) grated cheese. Bake for about 30 minutes).

Marge G
Waukesha, WI



CHICKEN CROISSANT CASSEROLE

- | | |
|--|----------------------------------|
| 3 c cooked chicken breasts, diced | ½ c light mayonnaise |
| 2-3 c Chopped celery | ½ c light sour cream |
| 1 (8-oz) can sliced water chestnuts | cooking spray |
| 1 (10 ¾-oz) can reduced-fat cream of chicken soup, undiluted | 1 (8-oz) can crescent roll dough |
| | 1 T light butter, melted |
| | 2 T shredded Parmesan cheese |

Preheat oven to 375°F. Put the chicken, celery, water chestnuts, soup, mayonnaise and sour cream in a large bowl and stir until well combined. Put the chicken mixture into a 9 x 13 inch baking dish that has been coated with the cooking spray. Bake for 25-30 minutes or until celery is crispy-tender. Remove the casserole from the oven. Unroll the croissant dough into flat pieces and cover the chicken mixture with the slices of dough. Drizzle with the melted butter. Bake for 10-12 minutes or until the croissant topping is turning golden brown. Remove the casserole from the oven and sprinkle with the Parmesan cheese. Bake 1-2 more minutes. Let stand 5 minutes before serving. (makes about 8 servings).

Note: I use reduced fat croissant rolls for this recipe. If you want this recipe to taste extra GOOD replace all the light and reduced-fat ingredients with the good stuff.

Marge G
Waukesha, WI

The potato is the world's most widely grown tuber crop and the fourth largest food crop in terms of fresh produce after rice, wheat, and corn.



CHICKEN DINNER IN THE CROCK POT

- | | |
|--|---|
| 6 med red potatoes, cut into chunks | 1 (10¾-oz) can condensed cream of chicken soup, undiluted |
| 4 med carrots, cut into ½ inch pieces | ⅛ tsp garlic salt |
| 4 boneless, skinless chicken breast halves | 2-4 T mashed potato flakes (optional) |
| 1 (10¾-oz) can condensed cream of mushroom soup, undiluted | |

Place potatoes and carrots in crock pot and top with chicken, Combine the soups and garlic salt and pour over chicken. Cover and cook on low for 6 hours; To thicken gravy, stir potato flakes into the gravy and cook 30 minutes longer. (makes 4 servings)

Note: Yummy, all in one pot chicken dinner.

*Marge G
Waukesha, Wi*

CHICKEN 'N' BISCUITS

- | | |
|---|--|
| 1 (16-oz) package frozen mixed vegetables | 8 slices cooked bacon, crumbled (optional) |
| 2½ c cubed cooked chicken | Biscuits |
| 1 (10¾-oz) can condensed cream of chicken soup, undiluted | 1½ c baking mix |
| ¾ c milk | ⅔ c milk |
| 1½ c shredded cheddar cheese, divided | 1 (2⅞-oz) can French-fried onions |

In a large bowl, combine the vegetables, chicken, soup, milk, 1 cup cheese and bacon if desired. Pour into ungreased 13 x 9 x 2 inch baking dish Cover and bake at 400°F for 15 minutes. Meanwhile, in another bowl, combine biscuit mix and milk. Drop the batter by tablespoonfuls onto the chicken mixture. Bake, uncovered for 20-22 minutes or until biscuits are golden brown. Top with the onions and remaining cheese. Bake 3-4 minutes longer or until cheese is melted (makes 6 servings)

Note: Just O K- needed gravy. Maybe white sauce would help.

*Marge G
Waukesha, Wi*



CHICKEN WINGS

- | | |
|---------------|---------------------|
| 4 lbs wings | 1 tsp garlic powder |
| 1 c soy sauce | ¼ c vinegar |
| 1 c sugar | ¼ tsp ginger |

Oil bottom of 9 x 13 pan, place only 1 layer of wings in the pan, several pans may be used, cover with sauce, cook 2 to 3 hours uncovered, turn every ½ hour. Done when wings turn Mahogany

*Marge G
Waukesha, Wi*

General Mills created Hamburger Helper in 1970 during a meat shortage. The product was meant to allow cooks to stretch a pound of ground beef into a tasty meal.



COUNTRY CAPTAIN CHICKEN

- | | |
|--|--|
| 2¾ c water | 1 red bell pepper, seeded, chopped |
| 1 T butter | 1 medium onion, chopped |
| 1½ c white and wild rice or long grain rice | 2 or 3 large cloves garlic, chopped |
| ⅔ c flour, eyeball it | 1 T curry powder or mild curry paste |
| 1 rounded T sweet paprika | 1 c chicken stock |
| 4 pieces, 6-oz each, boneless, skinless chicken breast | 1 can diced tomatoes in purée or chunky style crushed tomatoes |
| 3 boneless, skinless chicken thighs | ¼ c golden raisins or currants, a couple handful |
| Salt and freshly ground pepper | 2-oz, 1 small pouch, sliced almonds, lightly toasted |
| 2 T extra-virgin olive oil, 2 turns of the pan | 3 scallions, chopped, for garnish |
| 2 T butter | |
| 1 green bell pepper, seeded, chopped | |

Bring water to a boil in a medium saucepan. Add butter and rice and return water to a boil; Reduce heat to low and cover the pot. Cook rice 20 minutes or until tender. Turn off heat and fluff rice with a fork. Combine flour and paprika in shallow dish. Season chicken with salt and pepper. Cut each chicken breast and thigh in ½ on an angle. Coat chicken pieces in paprika seasoned in flour. Wash your hands and chicken work surfaces thoroughly. Heat a large skillet over medium high heat. Add oil to the pan. Brown chicken pieces, 3 minutes on each side, and remove from the skillet. Add butter to the pan, then stir in peppers, onions and garlic. Season the veggies and salt and pepper and sauté them 5 to 7 minutes to soften. Add curry, stock, tomatoes and raisins, Slide chicken back into the skillet and simmer over moderate heat for 5 minutes to combine flavors and finish cooking the chicken through. Place skillet on a trivet and serve the chicken from the pan. Garnish the Country Captain's chicken with sliced almonds. Transfer rice to a serving dish and garnish with chopped scallions.

Marge G
Waukesha, WI



CREAMED CHICKEN

- | | |
|---|---|
| 4-6 boneless chicken breasts | 1 small onion (cut in large pieces) |
| ½ c butter (1 stick, preferably unsalted) | 2 carrots (cut in maybe 3 pieces) |
| ¼ c flour | 14½- oz chicken broth |
| 2 celery ribs (cut into maybe 3 pieces) | 16⅓- oz of grands flaky biscuits (tube of 8 biscuits- I used butter tasting |

In a skillet, add about 1-inch of water; Add chicken, onion, celery and carrots and bring to a boil, Continue simmering for about 35-40 minutes. ¾ way through put biscuits in oven and cook as directed; drain, discard celery, onion & carrots. Dice chicken and set aside. In skillet, melt butter and add flour, stirring consistently. When mixed well, slowly add broth and continue mixing and boiling for about 30 secs. Add cream of chicken to thicken and season with salt and pepper to taste. Add chicken and simmer for about 10 min. stirring constantly. On plate cut a biscuit in half and add a pad of butter on top of each half. Pour a couple of scoops of chicken mixture on top and serve.

Note: This is a mother-in-law recipe !! Watch out.

Marge G
Waukesha, WI

Saturday night is the biggest night of the week for eating pizza, and the most popular topping is pepperoni.



CRISPY KUNG PAO CHICKEN

½ lb chicken tenders, cut into bit size pieces	2 T brown sugar
vegetable oil for frying	3 T chopped green onions
1 egg	2 garlic cloves
1 T cornstarch	1 T ginger, minced
2 T water	2-3 tsp crushed red pepper flakes
6 T soy sauce	¼ c dry roasted peanuts
6 T rice wine vinegar	2 c cooked rice, hot

Coat chicken with beaten egg, shake off excess, then coat in panko. Heat oil over medium heat in wok and fry chicken pieces until cooked turning once. About 3 mins per side. Place fried chicken on a cookie sheet and put into oven set on warm. Remove oil from wok and wipe clean with a paper towel. Turn heat to medium and add onions, garlic, ginger, and crushed red peppers. Stir fry until fragrant about 3 mins, Dissolve corn starch in water, Turn heat to medium low and add soy sauce, rice vinegar, sugar, and cornstarch slurry to the wok. Stir until the sauce thickens- about 2 mins. Remove from heat and add the peanuts to the sauce. Remove chicken from oven and place on serving dish. Coat chicken with kung pao sauce. Serve with hot cooked rice. (makes 2 servings)

Note: Very good, used to many pepper flakes occasional

Marge G
Waukesha, Wi

Most domesticated turkeys cannot fly. Wild turkeys can fly for short distances, usually enough to perch into trees.



CRISPY OVEN BAKED CHICKEN

2 c cornflake crumbs	3 eggs
½ c grated Parmesan cheese	24 skinless chicken drumsticks (about 4-oz) each
2 tsp salt	
½ tsp ground cayenne pepper	

Preheat oven to 350°F. Line 2 shallow roasting pans with aluminum foil. Coat with non-stick vegetable cooking spray. Mix together cornflake crumbs, Parmesan cheese, salt and cayenne pepper in large bowl. Lightly beat eggs in shallow glass dish. Dip each chicken drumstick in egg, roll in cornflake crumbs to coat. Place on prepared pans. Lightly coat chicken with nonstick vegetable-oil cooking spray, Bake. in 350°F oven, without turning for 1 hour or until internal temperature registers 180°F on instant-read thermometer. Serve the chicken hot, warm or chilled (makes 12 servings)

Note: OK, no problem!!

Marge G
Waukesha, Wi

Americans eat billions of slices of pizza each year. The annual per capita pizza consumption is 23 pounds.



CROCK POT CHICKEN COBLER

3 c potatoes, cubed	1-2 tsp garlic powder
2 c carrots, cubed	1 tsp dried thyme
1 c onion, chopped	pepper, to taste
15 oz canned green beans, drained	paprika, to taste
15 oz canned corn, drained	¼ cup water
10 oz can cream of chicken soup	1 T cornstarch
1 lb boneless skinless chicken breast	biscuit, rice or noodles, for serving

Place carrots and potatoes in microwave safe dish with ¼ cup water. Place in micro wave for 3 minutes. Drain. Put potatoes, carrots, onion, green beans and corn in crock pot. Pour in ¾ of can of cream of chicken soup, garlic powder and thyme. Stir Place chicken breasts on top of vegetables, spoon remaining soup over chicken breasts covering each. season with paprika and pepper. Turn crock pot to low and cook 8 hours. 30 minutes before serving, break up chicken with a spoon. If sauce needs to thicken, dissolve cornstarch in water and add to crock pot Turn on high for about 20 to 30 minutes or till thick as desired. Spoon mixture over hot biscuits, rice or noodles, Enjoy (makes 4 servings)

Note: I used 2 cans of soup, more gravy. This can also be used as a basic filling for chicken pot pie, but you may half to reduce the liquid in pie.

*Marge G
Waukesha, Wi*

CROCK POT/SLOW COOKER CHICKEN IN MUSHROOM GRAVY

3-lb whole chickens, cut up or 3 large chicken breasts, halved salt & pepper	1 (10¾-oz) can condensed cream of mushroom soup
¼ c dry white wine or chicken broth	1 (4-oz) can sliced mushrooms, drained

Place chicken pieces in slow cooker. Season with salt & pepper, Mix wine/broth and soup, pour over chicken; Add mushrooms. Cover and cook on low 7-9 hours or on high 4 hours.(makes 4 servings)

Note: Really good stuff.

*Marge G
Waukesha, Wi*



CROCKPOT LEMON PEPPER CHICKEN

4 boneless skinless chicken breasts	lemon pepper seasoning
1 can condensed cream of chicken soup	vegetable cooking spray or olive oil flavored cooking spray
¾ c milk	additional water or milk, as necessary
¾ c water	hot cooked rice

Sprinkle chicken with lemon pepper seasoning to taste on both sides. Brown (do not cook through) chicken on both sides in a pan coated with the spray. Place chicken in crockpot coated with the spray. In a bowl, mix contents of soup can, water and milk until no longer separated. Pour soup mixture over chicken. Add more milk or water to ensure liquid in crockpot covers chicken. Cook chicken over low heat for 6 hours. To thicken sauce, place in small saucepan, add a cornstarch slurry, and bring to a boil. Serve chicken and sauce over hot cooked rice. (makes 2-4 servings)

Note: KICK UP THE FLAVOR; Add paprika, garlic powder, a little cayenne to soup mix

*Marge G
Waukesha, Wi*

CRUNCHY CHICKEN & GRAVY

1 c PEPPERRIDGE FARM Herb Seasoned Stuffing, crushed	1 egg beaten
2 T grated Parmesan cheese	2 T margarine or butter, melted
4 skinless, boneless chicken breast halves (about 1 lb)	1 jar (12-oz) PEPPERRIDGE FARM Golden Chicken Gravy

Mix stuffing and cheese on plate. Dip chicken into egg. Coat with stuffing mixture. Place chicken on baking sheet. Drizzle with margarine, Bake at 400°F for 20 minutes or until chicken is no longer pink. In small saucepan over medium heat, heat gravy, Serve with chicken. (makes 4 servings)

*Marge G
Waukesha, Wi*



CRUNCHY CHICKEN RAMEN

2 (3-oz) pkgs chicken-flavored ramen noodles, reserve flavor packets	2 t cider vinegar
2 t LAND O LAKES Butter	2 t lite soy sauce
4 c coleslaw mix	½ tsp chili purée with garlic
2 c chopped cooked chicken	¼ c FISCHER Golden Roast dry roasted peanuts, chopped
2 c hot water	¼ c chopped green onions

1. Heat oven to 350° Break ramen noodles into thirds. Melt butter in 10-inch skillet until sizzling; add noodles. Cook over medium-high heat stirring often, until noodles begin to brown (3 to 5 minutes). 2. Combine browned noodles, ramen noodle flavor packets and all remaining ingredients EXCEPT peanuts and green onions; In ungreased 2- quart casserole; Cover, bake for 25 to 30 minutes or until noodles are tender. 3. Remove casserole from oven; stir let stand covered 10 minutes or until most of liquid is absorbed. To serve, sprinkle with peanuts and green onions. (6 servings)

Note: Coleslaw mix adds the “crunch” to this fresh-tasting dish Remen noodles were created in China, The Japanese adopted them and began packaging them in instant form today.

Robert

CRUNCHY RANCH CHICKEN WINGS

Remove wing tips. Cut or separate wing portions. If wet, pat dry with a paper towel. In a small bowl combine onion powder, Italian seasoning, bread crumbs, cornmeal and parmesan cheese. In a separate small bowl pour ranch dressing. Dip wing portions into ranch dressing, then coat with crumb mixture. Place chicken wings onto a greased 9 x 13 baking pan. Bake uncovered in a 375°F oven for 45 minutes. Enjoy!!!

Note: AWESOME AND DELICIOUS !!!! Next time no Ranch Dressing before baking, very good but soggy. Much better cooked without the Ranch Dressing

*Marge G
Waukesha, Wi*



DELICIOUS CHICKEN CASSEROLE

2-3 c cooked chicken	2 T milk
½ lb med noodles, cooked	1 tsp salt
1 (2⅞-oz) can French-fried onions	1 dash pepper
1 (10-oz) can cream of chicken soup, undiluted	1 (4-oz) can chopped mushrooms, drained
1 (10-oz) can cream of broccoli soup, undiluted	

Mix noodles with ¾ cup fried onions, Add chicken, mushrooms, and seasonings; Mix soups and milk together and add noodle mixture. Mix well. Put mixture in greased 3 quart casserole dish; Cover and bake at 350°F for 50 minutes. Uncover and bake 10 minutes more. (makes 4-6 servings)

Note: I added onions on top in the last 10 minutes of cooking.

*Marge G
Waukesha, Wi*

DELICIOUS DRUMSTICKS

½ c all purpose flour	6 chicken drumsticks (about 1 ½-lb)
1 tsp salt	
½ tsp paprika	¼ c butter, melted and cooled
¼ tsp pepper	

Heat oven to 425°F. Mix flour, salt, paprika and pepper in bowl. Dip chicken drumsticks into butter (margarine); roll in flour mixture to coat. Arrange in ungreased square pan, 8 x8 x 2- inches (we used glass). Bake uncovered until done, about 50 minutes. (makes 5 to 6 drumsticks).

Note: This recipe is so good we give it to the kids and everyone over 65 to prepare. Most amazing ever. We have made this a number of times, always very good.

*Marge G
Waukesha, Wi*



DOUBLE DIPPED SPICY CHICKEN

Vegetable oil for frying	¼ tsp allspice, eyeball the amount
1½ c flour	1 c buttermilk
1 tsp paprika, ⅓ palmful	1 lb boneless, skinless chicken thighs
1 tsp poultry seasoning	1 lb chicken breast tenderloins
¼ tsp cayenne pepper, eyeball amount	salt and pepper to taste

1. Heat 1 ½ inches vegetable oil in a deep skillet over medium high heat. A cube of bread should brown in a 40 count when oil is ready. Set out 3 disposable pie tins. Mix flour with paprika, poultry seasoning, cayenne, and allspice. Divide seasoned flour between 2 tins. Pour buttermilk into a tin. Line up tins as such; flour, buttermilk, and then flour. Season chicken with salt and pepper, Coat chicken pieces in flour, then buttermilk, then a second coating of flour. Cook chicken 6 minutes on each side, until deep golden brown and firm. Drain chicken on paper bags, and cool before packing up for picnic basket. (makes 4 servings).

Note: This rocks !!!

Marge G
Waukesha, Wi

DUCK WITH CHERRY SAUCE

1 domestic duckling (4 to 5 lbs)	Bing cherries, star fruit and kale optional
1 jar (12-oz) cherry preserves	
1 to 2 T red wine vinegar or cider vinegar	

Prick skin of duckling well and place, breast side up, on a rack in a shallow roasting pan. Tie drumsticks together. Bake uncovered at 325°F for 2 hours or until juices run clear and a meat thermometer reads 180°F (drain fat from pan as it accumulates) Cover and let stand for 20 minutes before serving. Mean-while, for sauce, combine preserves and vinegar in a small saucepan. Cook and stir over medium heat until heated through. Serve with duck. Garnish plater with fruit and kale if desired. (Makes 4-6 servings)

Marge G
Waukesha, Wi



EASY CHICKEN & BISCUITS

1 can (10¼-oz) CAMPBELL'S Condensed Cream of Broccoli Soup (Regular or 98% fat free)	½ tsp poultry seasoning
1 can (10¼-oz) CAMPBELL'S Condensed Cream of Potato Soup	⅛ tsp black pepper
⅔ c milk	2 c frozen mixed vegetables
	2 c cubed cooked chicken or turkey
	1 pkg (7.5- oz) refrigerated biscuits

Stir the soups, milk, poultry seasoning, black pepper, vegetables and chicken in a 2 quart shallow baking dish. Bake at 400°F for 20 minutes or until the chicken mixture is hot and bubbling. Stir the chicken mixture. Top with the biscuits. Bake for 15 minutes or until the biscuits are golden brown, (makes 4 servings)

Note: Kitchen tip; Substitute CAMPBELL'S Condensed Cream of Celery Soup for the Cream of Broccoli.

Marge G
Waukesha, Wi

GLAZED ORANGE CHICKEN

No-stick cooking spray	¼ t marjoram
2 tsp oil	⅛ tsp salt
3 whole chicken breasts, skinned, boned, halved	⅛ tsp onion powder
1 t cornstarch	1¼ c unsweetened orange juice
2 tsp sugar	1 t grated orange peel

Spray large non-stick skillet with cooking spray; add oil. Heat over medium-high heat until hot. Cook chicken breasts in hot oil until well browned. In small bowl combine cornstarch, sugar, marjoram, salt and onion powder. Gradually add orange juice, stir until well blended. Pour over chicken in skillet. Reduce heat, cover and simmer 15 to 20 minutes or until chicken is no longer pink, turning chicken over halfway through cooking and stirring occasionally. Sprinkle with orange peel. (makes 6 servings)

Note: This flavorful entree contains only 5 grams of fat per serving.

Marge



GOLDEN CHICKEN CASSEROLE

- | | |
|--|---|
| 1 (10¾- oz) can condensed cream of chicken soup, undiluted | 1 (16-oz) package frozen mixed vegetables |
| 1 (10¾- oz) condensed cream of celery soup, undiluted | 2 c cubed cooked chicken |
| ½ c water | 1 c (4-oz) shredded cheddar cheese |
| ¼ to ½ tsp salt | |
| 1 (32-oz) package frozen Tater Tots | |

Combine the soup, water, and salt, mix well. In a greased 13"x 9" x2 inch baking dish, layer a third of the soup mixture, half of the Tater Tots, half of the vegetables and half of the chicken. Repeat layers, top with remaining soup mixture. Sprinkle with cheese. Cover and bake at 350°F for 60 to 70 minutes or until bubbly. Uncover, bake 5- 10 minutes longer or until browned and heated through. (makes 6-8 servings)

Note: This is hearty and tastes good.

*Marge G
Waukesha, Wi*

GOLFERS CHICKEN

- | | |
|----------------------------------|------------------------------|
| 4 boneless chicken breasts | 12-oz Russian Salad Dressing |
| 1 (1¼-oz) package onion soup mix | 12-oz Apricot jam |

Place chicken in crockpot, Combine remaining ingredients and pour over chicken. Cover - cook on low for 6-8 hours or on high for 4-5 hours. Serve with rice.(makes 4 servings)

Note: This a no brainier. Very, Very Good

*Marge G
Waukesha, Wi*



GREEN BEAN & CHICKEN CASSEROLE

- | | |
|--|---|
| 1 can (10¾-oz) condensed cream of chicken soup | 4 boneless skinless chicken breast (about 1¼ lbs) cut into 1-inch wide strips |
| ¼ c milk | 2 c Green Giant Valley Fresh Steamers frozen cut green beans, thawed |
| 1 c herb seasoned stuffing crumbs | |
| ¼ c butter or margarine, melted | |

Heat oven to 350°F Lightly spray 11 x 7- inch (2 quart) glass baking dish with cooking spray. In small bowl, mix soup and milk until well blended. In another small bowl, mix stuffing crumbs and melted butter. In baking dish layer chicken, green beans, soup mixture and stuffing mixture., Bake about 45 minutes or until chicken is no longer pink in center and mixture is hot and bubbly.

*Marge G
Waukesha, Wi*

GRILLED THIGHS & DRUMSTICKS

- | | |
|-------------------------|-------------------------------------|
| 2½ c packed brown sugar | 4½ tsp Worcestershire sauce |
| 2 c water | 1 T soy sauce |
| 2 c cider vinegar | 1 tsp pepper |
| 2 c ketchup | 1 tsp Liquid Smoke, optional |
| 1 c vegetable oil | 10 lb chicken thighs and drumsticks |
| 4 T salt | ½ tsp seasoned salt |
| 3 T prepared mustard | |

In a large bowl, combine the first 11 ingredients. Pour into to large resealable plastic bags; add chicken, Seal bags and turn to coat; refrigerate overnight. Prepare grill for indirect heat. Drain and discard marinade. Sprinkle chicken with seasoned salt. Grill chicken skin side down, covered, over indirect medium heat for 15 minutes. Turn; grill 15-20 minutes longer or until juices run clear. (makes 12-14 servings)

*Marge G
Waukesha, Wi*



HONEY-GLAZED CHICKEN KABOBS

- | | |
|--------------------------------|---|
| 2/3 c reduced sodium soy sauce | 2 lbs, boneless skinless chicken breasts, cut into 1 1/2-inch cubes |
| 2/3 c honey | 1 large sweet red pepper, cut into 1 1/2-inch chunks |
| 1/2 c canola oil | 1 large onion, cut into 1 1/2-inch wedges |
| 1 T prepared horseradish | |
| 2 tsp steak seasoning | |
| 2 garlic cloves, minced | |

In a small bowl, combine the first six ingredients. Pour 1 cup marinade into a large resealable plastic bag; add the chicken. Seal bag and turn to coat; refrigerate for 5-6 hours. Cover and refrigerate remaining marinade. Drain and discard marinade. On six metal or soaked wooden skewers, alternately thread chicken and vegetables. Grill, covered, over medium heat for 5-7 minutes on each side or until chicken juices run clear, basting frequently with reserved marinade.

Note: This is excellent recipe, marinade is to die for

Marge G
Waukesha, WI

KEITH'S KING RANCH CHICKEN

- | | |
|--|--|
| 1/4 c butter | 1 (10-oz) can RO-TEL diced tomatoes with peppers |
| 1 med green bell pepper, chopped | 2 c cooked chicken, cubed |
| 1 med onion, chopped | 12 corn tortillas, cut in fourths |
| 1 (10 3/4 oz) can cream of mushroom soup | 2 c cheddar cheese, shredded |
| 1 (10 3/4 oz) can cream of chicken soup | |

Preheat oven to 325°F. Cook pepper and onion in melted butter until tender; (5 or so minutes) Add soups, RO* TEL and chicken, stirring until well blended. In a 13 x 9 x 2 inch baking pan, alternately layer tortillas, soup mixture and cheese, repeating for 3 layers. Bake 40 minutes or until hot and bubbling.makes 6-8 servings)

Note: It's so good, I don't want to tell you about it

Marge G
Waukesha, WI



LAST MINUTE CHEDDAR CHICKEN & NOODLES

- | | |
|---|--------------------------------------|
| 1 T vegetable oil | 1 tsp Italian seasoning (optional) |
| 1 lb boneless skinless chicken breasts cut into 1-inch chunks | 7oz fat free shredded cheddar cheese |
| 1/2 tsp garlic powder | |
| 1 can (14 1/2- oz) chicken broth | |
| 6 oz No Yolks Noodles, uncooked | |
| 1 pkg (14-16-oz) frozen broccoli, red pepper, onion, and mushroom mix or favorite vegetable mix | |

In 5 quart saucepan over medium heat, heat oil.Sprinkle chicken with garlic powder; cook in oil until no longer pink, about 5 minutes, turning occasionally. Add broth, heat to boiling. Add uncooked noodles and frozen vegetables, stirring to coat noodles with liquid (Italian seasoning may be added for additional flavor). Heat to boiling, reduce heat, Cover; simmer 10 minutes or until noodles are tender, stirring occasionally. Remove from heat, stir in cheese until melted

Marge G
Waukesha, WI

LEMONY CHICKEN KABOBS

- | | |
|---------------------------|-------------------------------------|
| 3 med lemons | 3/4 lb zucchini, sliced into chunks |
| 1/4 c olive oil | 1/2 lb mushrooms |
| 1 T sugar | LEMON BUTTER |
| 1 T cider vinegar or wine | 1/4 c butter, melted |
| 2 tsp salt | 1 T lemon juice |
| 1 tsp cayenne pepper | 1 T parsley |
| 1 garlic clove, minced | 1/2 tsp salt |
| 4 chicken breasts, boned | |

Mix the first 7 ingredients for marinade. Cut chicken into chunks. Clean mushrooms. Toss all into marinade. Cover and refrigerate for 2 hours or more. Thread on skewers and broil or grill about 15 minutes, brushing with Lemon Butter and turning regularly.

Marge G
Waukesha, WI



MARGIE'S ROAST CHICKEN

1 (3½ lb) whole chicken, approx	4 sprigs parsley
1 stalk celery	salt and pepper
2 cloves garlic, minced	4 T melted butter
1 med onion	

Preheat oven to 450°F Sprinkle salt & pepper inside and outside of chicken. Place celery, garlic, onion and parsley in cavity of chicken, Brush all over with butter. Cut up additional celery and onion and place under chicken. Place in roasting pan and bake at 450°F and continue roasting until leg pulls apart easily (approximately 45 min to an hour more). Drippings make wonderful gravy. (makes 4 servings)

*Marge G
Waukesha, Wi*

MY KING RANCH CHICKEN

3 c cooked chicken or turkey, cubed	2 med tomatoes, chopped (about 2 c)
¾ c sour cream	1½ c tortilla chips, broken into 1 inch pieces
¾ c salsa - HOT	1 c cheddar cheese grated
1 T chili powder	
1 (10¾-oz) can cream of mushroom soup	

In a large bowl, mix together the chicken, sour cream, salsa, chili powder, cream of mushroom soup and chopped tomatoes. In a ungreased 8 x 8 casserole dish, spread a layer of tortilla chips, about half of what you have; Top with half the chicken mixture. Top that with the remaining chips. then the rest of the chicken mixture. Sprinkle with the cheese. Bake in a 350°F oven for about 30-40 minutes until warm through. (makes 4 servings)

Note: This is perfect for left over Thanksgiving Turkey. Excellent, Used cream of chicken soup, no mushrooms. You can change the amount of heat by changing the amount of salsa or no heat salsa. Home made salsa is even better.

*Marge G
Waukesha, Wi*



NEVER-FAIL CHICKEN WINGS

5 lbs chicken wings	1 T cumin
FOR THE DRY RUB	pinch of paprika
1 tsp granulated garlic	salt and pepper to taste
1 T granulated onion	
1 T cayenne or ancho chili powder	

Toss wings in the dry rub, spread them on a lightly oiled cooking tray, and bake at 375°F for 45 to 60 minutes, until crispy. We add bread crumbs.

Note: AT a big picnic get the kids involved with this easy recipe. I'm 71 and I consider myself a kid again, I enjoy doing this one myself, a none cooking male.

*Marge G
Waukesha, Wi*

OLD BAY CHICKEN WINGS

3 lbs. chicken wings, separated tips from drumettes	1 T. lemon juice
1 stick butter	cocktail sauce for dipping
1 T. Old Bay seasoning, plus more for dusting	

Preheat the oven to 425°. Allow the wings to come to room temperature (or else the sauce will be more difficult to spread on them.) Pat the wings dry. Melt the butter in a small pot and whisk in the Old Bay and lemon juice. Let it cool enough to feel lukewarm. Mix it again and toss the chicken wings in half the sauce. Arrange i n one layer on a baking sheet lined with parchment and bake for 25 minutes. Take the wings out of the oven and switch it to broil. Set a rack about 6 inches under the broiler. Flip the wings and broil for 3-4 minutes, or until they are nicely browned. To serve, toss in the remaining sauce and set on a plate. Dust with more Old Bay and serve with your favorite cocktail sauce. Serves 4-6

*Marge Gebhardt
Coupland, TX*



PAT'S SPICY FRIED WING'S

SPICY CHICKEN SEASONING	1 T crushed red pepper flakes
INGREDIENTS	1 tsp black pepper
1 T seasoning salt	1 tsp cayenne pepper
1 T crushed red pepper flakes	2 c all purpose flour
2 tsp black pepper	Vegetable oil to fry
2 tsp cayenne pepper	DIPPING SAUCE
2 tsp poultry seasoning	1 c sour cream
1 tsp lemon-pepper	2 T horseradish
12 whole chicken wings, cut in half at the joint	½ tsp cayenne pepper
SPICY CHICKEN BATTER	salt and freshly ground black pepper
2 eggs	mix all ingredients together in small bowl
2 T hot sauce	

In a small bowl whisk together seasoning salt, red pepper flakes, black pepper, cayenne pepper, poultry seasoning, and lemon pepper. Reserve 2 tablespoons in a separate bowl. Rinse chicken in cold water and place into a shallow baking dish. Sprinkle the wings evenly with the seasoning, and let them marinate covered and chilled for 1 hour. Whisk eggs, hot sauce, red pepper flakes, black pepper, and cayenne pepper into a medium size mixing bowl. Reserve. Put the flour into a shallow dish or pie plate. In a large deep-fryer or dutch oven heat oil to 350°F on a deep-fat thermometer. Dredge chicken wings into the egg mixture then into the flour. Place wings 3 at a time into the hot oil and cook for 8 to 10 minutes, turning occasionally, until cooked through and golden brown. Remove to a paper towel lined sheet tray. Make sure oil returns to temperature before adding the next batch. Sprinkle the wings with the reserved seasoning for extra hot wings. Serve with dipping sauce. (makes 4 servings)

Marge G
Waukesha, Wi

A porterhouse steak is cut from the short loin that contains the top loin and tenderloin muscles. The steak was named after porter houses, or coach stops, where travelers in the early 1800s stopped to dine on steak.



PINEAPPLE SWEET & SOUR CHICKEN

2 c MINUTE White Rice, uncooked	1 med onion, cut into chunks
1 can (20-oz) DOLE Pineapple Chunks	½ c mushrooms, sliced
2 T vegetable oil	1 lb boneless, skinless chicken, cut into 1-inch pieces
1 med, green or red bell pepper, cut into chunks	1 c sweet & sour sauce
	2 T less sodium, soy sauce

Prepare rice according to package directions. Drain pineapple; reserve 2 tablespoons juice. Heat oil in large skillet over medium heat. Add peppers, onions, and mushrooms; cook until vegetables are tender crisp. Remove vegetables from skillet, set aside. Cook chicken in same skillet until chicken is browned and cooked through. Add vegetables back to skillet with sweet & sour sauce, pineapple chunks and reserved juice. Heat through. Serve with hot cooked rice. (makes 6 servings)

Marge G
Waukesha, Wi

QUICK & DELICIOUS CHICKEN CASSEROLE

2 c chicken, fully cooked and diced	1 medium onion, diced
2 eggs, Boiled and diced	1 (15-oz) can mixed vegetables, drained (optional)
8- oz, sour cream	4- oz Ritz Crackers, Crumbled
1 (10¾- oz) can cream of chicken soup	½ c margarine melted
½ c milk	½ tsp salt (or to taste)
	¼ tsp black pepper (or to taste)

preheat oven to 350°F. Add all ingredients but crackers and butter to mixing bowl. Mix thoroughly and turn into your favorite casserole dish. I use 9 x 13. In separate bowl, add cracker crumbs and melted butter. Gently toss. Add cracker mixture to top of casserole mixture. Bake about 30 minutes or until bubbling. Try leftover turkey, grilled chicken even for a totally different flavor. (Makes 4-6 servings)

Note: This recipe is scrumptious !! The sour cream gives it a "what is this that" type flavor. For richest casserole use "Ritz Brand Crackers".

Marge G
Waukesha, Wi



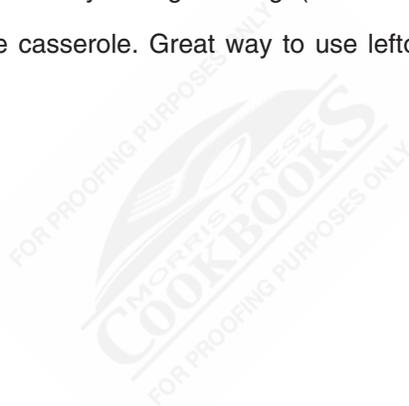
SEASONED RICE & CHICKEN CASSEROLE

1 c milk	8-oz can sliced water chestnuts, drained
1 c water	6-oz pkg long grain and wild rice mix
10¾- oz, can condensed cream of mushroom soup with ½ less salt	4-oz can Green Giant Mushrooms Pieces and Stems, Drained
3 c cubed cooked chicken or turkey	2-oz jar sliced pimentp, drained
¾ c chopped celery	

Heat oven to 350° F In large bowl, combine milk, water, and soup; stir with wire whisk. Add all remaining ingredients; mix well. Pour into ungreased 3- quart casserole. Cover; bake at 350°F for 30 minutes. Stir, Bake uncovered for an additional 30 to 45 minutes or until rice is tender, stirring once halfway through baking. (makes 6 to 8 servings)

Note: Down-home casserole. Great way to use leftover chicken or turkey.

Marge G
Waukesha, Wi



U.S. per capita fish consumption in 2005 was 16.2 pounds per person. Fish consumption in China is more than 3 times what it is in the USA. In China, the average person eats over 45 pounds of seafood each year.



SHRIMP AND ASPARAGUS PASTA TOSS

(MICROWAVE DIRECTIONS)

6-oz uncooked angel hair pasta	¼ c grated Parmesan cheese
SAUCE	½ lb fresh or frozen cooked shrimp
2 t margarine or butter	8 oz (18 spears) fresh asparagus cooked and cut into 1-inch pieces*
2 t flour	2 oz (1 cup) sliced fresh mushrooms
1 tsp instant chicken bouillon granules	
1 ½ c milk	
2 oz-(1 ½ cup) shredded Swiss cheese	

Cook angel hair pasta to desired doneness as directed on package. Drain; rinse with hot water. Keep warm. In medium saucepan, melt margarine. Blend in flour and bouillon granules; cook until smooth and bubbly. Gradually add milk, cook until mixture boils and thickens, stirring constantly. Add cheeses; stir until smooth. Stir in shrimp, asparagus and mushrooms; cook until thoroughly heated. Serve over cooked pasta. (makes 4 servings) MICROWAVE DIRECTIONS; Prepare pasta as directed above. Place asparagus and ¼ cup water in 9-inch microwave-safe pie plate. Cover with microwave-safe plastic wrap. Microwave on HIGH for 3 ½ to 4 minutes or until crisp-tender. Drain Place margarine in 3-quart microwave-safe bowl. microwave on HIGH for 30 seconds or until melted. Stir in flour and bouillon granules. Microwave on HIGH for 30 seconds. Using wire whisk, gradually stir in milk. Microwave on high for 3 to 4 minutes or until thickened, stirring once halfway through cooking. Stir in cheeses. Microwave on high for 30 to 45 seconds or until cheese is melted. Stir in shrimp, asparagus and mushrooms. Microwave on high for 1 to 1 ½ minutes or until thoroughly heated. Serve over cooked pasta.

Note: * 10-oz pkg frozen asparagus cuts, thawed can be substituted for fresh asparagus.

Marge G

In the early days of the Heinz company, the number 57 was chosen to represent how many products were available. The ad read "57 Varieties" and the slogan "Heinz 57" stuck. Today, the company has more than 1,100 products.



SLOW COOKED ORIENTAL CHICKEN

3½ to 4 lbs. chicken, cut up	1 clove garlic, minced
2 T. vegetable oil	1 tsp. ginger
½ c. soy sauce	¼ c. slivered almonds
2 T. brown sugar	cooked rice, brown or white
2 T. water	

In a large skillet over medium heat, brown the chicken in oil on both sides. Transfer to a slow cooker. Combine soy sauce, brown sugar, water, garlic and ginger. Pour over chicken. Cover and cook on high 1 hour. Reduce heat and cook on low 4-5 hours until meat juices run clear. Remove chicken to a serving platter and sprinkle with almonds. Spoon juices over chicken, or thicken if desired. Serve over cooked rice.

Marge Gebhardt
Coupland, TX

SWEET & SPICY GRILLED CHICKEN

2 T brown sugar	1 tsp chili powder
1 T paprika	6 boneless, skinless chicken
2 tsp onion powder	breast halves (6-oz) each
1½ tsp salt	

Combine the first five ingredients; rub over chicken. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack. Grill chicken, covered, over medium heat or broil 4 in, from the heat for 4-5 minutes on each side or until a thermometer reads 170°

Note: This simple recipe of sweet and spicy is perfect. The blend has become a family favorite.

Marge G
Waukesha, Wi

Sardines are a group of several types of small oily fish related to herrings. Sardines were named after the island of Sardinia, where they were once in abundance.



SWEET & SPICY CHICKEN DRUMMIES

2 c sugar	1 tsp garlic powder
¼ c paprika	1 tsp chili powder
2 T salt	½ tsp cayenne pepper
2 tsp pepper	20 chicken drumsticks (5-oz each)

In a large resealable plastic bag, combine the sugar, paprika, salt, pepper, garlic powder, chili powder and cayenne. Add drummies, a few at a time, seal and shake to coat. Place chicken in two greased 15" x 10" x 1" baking pans. Cover and refrigerate for 8 hours or overnight. (A small amount of meat juice will form in the pan. Bake, uncovered, at 325°F for 50 to 60 minutes or until chicken juices run clear and a meat thermometer reads 180° Makes 20 drumsticks)

Note: Very Good

Marge G
Waukesha, Wi

SWEET HOT MUSTARD CHICKEN WINGS

(SWEET HOT MUSTARD GLAZE)

2 lbs chicken wings (separated at joints, discard tips)	2 T Dijon yellow prepared mustard
salt & ground black pepper to taste	3 T honey
	2 T cider vinegar
	1 tsp hot pepper sauce

Preheat oven to 450°F (230°C) Line a baking sheet with aluminum foil; coat the aluminum foil with cooking spray. Arrange the wings on the prepared baking sheet so they do not touch; season with salt. Bake in the preheated oven until browned and crispy on top, about 20 minutes. Flip the wings with tongs and cook until no longer pink in the center and the juices run clear, about 20 minutes or more. Stir together the Dijon yellow mustard, honey, cider vinegar, salt, pepper, and hot sauce in large mixing bowl. Add wings to the bowl and toss with a spatula to coat evenly. Allow to sit for about five minutes and toss again to re-coat. Transfer to a plate to serve. (makes about 4 servings).

Note: This hot sweet mustardy glaze is a welcome treat from traditional style. Enjoy !!!!

Marge G
Waukesha, Wi



SWEET-AND-SOUR CHICKEN

- | | |
|---|--|
| 3 t cornstarch | 1 medium green or red pepper,
cut into strips (about 1-cup) |
| 1 can (10½-oz) CAMPBELL'S
condensed Chicken Broth | ¼ c sugar |
| 1 t vegetable oil | ¼ c vinegar |
| 1 lb skinless, boneless chicken
breasts, cut into 1- inch pieces | 4 c hot cooked rice |
| 1 can (8-oz) pineapple chunks in
juice, undrained | |

In cup, stir together cornstarch and broth until smooth, set aside. In 10-inch skillet over medium-high heat, in hot oil, stir-fry half of the chicken until browned. Remove, set aside. Repeat with remaining chicken. Pour off fat. Reduce heat to medium. In same skillet, combine undrained pineapple, pepper, sugar, vinegar and reserved cornstarch mixture. Cook until mixture boils and thickens, stirring constantly. Return chicken to skillet. Reduce heat to low. Cover; cook 5 minutes or until pepper is tender, stirring occasionally, Serve over rice. If desired, garnish with strawberries and fresh pineapple leaves. (makes 4 cups or 4 servings)

*Robert G
Austin, Tx*



SWEET'N SOUR CHICKEN

- | | |
|--|---------------------------------------|
| 1 can (20-oz) DOLE Pineapple
Chunks | 1 clove garlic, minced |
| 1 lb boneless, skinless chicken
breasts | ½ c ketchup |
| Salt & pepper to taste | ⅓ c brown sugar, packed |
| 1 T vegetable oil | 1 T cornstarch |
| 2 DOLE carrots, thinly sliced | 1 T soy sauce |
| 1 green or red bell pepper,
seeded, chunked | 1 tsp ground ginger |
| | Grated peel and juice from 1
lemon |
| | 3 c hot cooked rice |

Drain pineapple, reserve juice! Cut chicken into bite-size pieces. Season with salt & pepper; In large nonstick skillet, brown chicken in oil, in two batches, if necessary. Reduce heat. Add carrots, bell pepper, onion, and garlic. Cover, simmer 5 minutes. COMBINE reserved juice, ketchup, brown sugar, cornstarch, soy sauce, ginger, lemon peel and lemon juice. Stir into skillet. Cover, simmer 5 minutes longer. Stir in pineapple until heated through. Serve with rice. (makes 6 servings)

Note: 15 minute prep time

*Marge G
Waukesha, Wi*

The potato is the world's most widely grown tuber crop and the fourth largest food crop in terms of fresh produce after rice, wheat, and corn.

General Mills created Hamburger Helper in 1970 during a meat shortage. The product was meant to allow cooks to stretch a pound of ground beef into a tasty meal.



TANGY PINEAPPLE CHICKEN

4 boneless, skinless, chicken breasts	1 (20-oz) can pineapple, unsweetened and sliced
1 tsp dried thyme	1 T cornstarch
½ tsp salt	¼ c Dijon mustard
⅓ tsp pepper	¼ c honey
1 T vegetable oil	2 garlic cloves, minced

Sprinkle chicken with thyme, salt, and pepper. In a skillet, brown chicken in oil. Meanwhile, drain pineapple, reserving the juice. Cut the pineapple rings in half and set aside. Combine cornstarch and 2 tablespoons juice; mix well. Add to pan; bring to a boil. Reduce heat, cover and simmer for 15 to 20 minutes or until chicken juices run clear. Remove chicken and keep warm. Stir cornstarch mixture and add to pan; bring to boil; Boil and stir for 2 minutes; Return chicken to pan. Top with pineapple and heat through. Serve over rice (makes 4 servings)

Note: Low Fat recipe. Nice tangy sauce. To some might need extra sauce.

Marge G
Waukesha, Wi

ULTIMATE CHICKEN FINGERS

8 boneless skinless chicken tenders	½ tsp garlic salt or garlic powder
¾ c Bisquick Baking Mix	½ tsp paprika
½ c Parmesan cheese, grated	1 egg slightly beaten
	3 T butter or margarine melted

Heat oven to 450°F Line cookie sheet with foil; spray with cooking spray. In 1 gal plastic resealable food storage bag mix, cheese, salt and paprika. Dip half the chicken strips into egg; place in bag of Bisquick mixture. Seal bag; shake to coat. Place chicken on cookie sheet. Repeat using remaining chicken. Drizzle butter over chicken. Bake 12-14, turning halfway through bake time with pancake turner, until no longer pink in center.

Note: Added red pepper flakes to flower mix. Excellent

Marge G
Waukesha, Wi



YAKISOBA CHICKEN

½ tsp sesame oil	1 med bell pepper, cut into bite size slices
1 T canola oil	½ med cabbage, coarsely chopped about 8 cups
2 tsp Thai red curry paste	2 carrots, coarsely chopped
4 garlic cloves, chopped	8-oz soba noodles, cooked and drained (or wheat spaghetti noodles, which is what I used)
3 chicken breasts, boneless and skinless, cut into 1 inch cubes	
½ c light soy sauce	
1 small red onion, thinly sliced length-wise	

Cut and chop all vegetables and chicken before starting. Heat a large skillet over medium heat for 5-7 minutes. Add the sesame oil, canola oil and thai red curry paste and sauté for one minute. Add chicken and ¼ cup of the soy sauce and sauté until chicken is no longer pink, about 10 minutes. Remove mixture from pan, set aside and keep warm. In the emptied pan, combine the onion, cabbage, bell pepper and carrots (you may need to add the cabbage a little at a time) Stir fry until cabbage begins to wilt. Stir in the remaining soy sauce, cooked noodles and the chicken mixture to pan and mix to blend. (You may want to serve the chicken mixture on top of the noodles instead of mixing the noodles into the chicken mixture)Heat through. Serve with extra soy sauce if desired. (makes 6 servings)

Note: Very good spicy recipe

Marge G
Waukesha, Wi

Saturday night is the biggest night of the week for eating pizza, and the most popular topping is pepperoni.



BAKED HAM WITH PINEAPPLE

1 fully cooked bone-in ham (6 to 8 lbs)
Whole cloves
½ c packed brown sugar

¼ c pineapple juice
1 can (8-oz) sliced pineapple, drained
5 maraschino cherries

Place ham in a roasting pan. Score the surface with shallow diagonal cuts, making diamond shapes; insert cloves into diamonds. Cover and bake at 325°F for 1-½ hours. Combine brown sugar and pineapple juice pour over ham. Arrange pineapple and cherries on ham. Bake, uncovered, 30-45 minutes longer or until a meat thermometer reads 140°F and the ham is heated through. (makes 16 to 20 servings).

*Marge G
Waukesha, Wi*

BAKED PORK RIBS W/ (HOISIN BARBECUE SAUCE)

4 lbs baby back pork ribs
1 tsp Chinese five spice powder
1 tsp onion powder
1 c Hoisin sauce
½ c bottled chili sauce

¼ c sherry wine
4 tsp chili-garlic sauce
1 T fresh ginger, peeled and minced
1 T oriental sesame oil

Place ribs in large roasting pan. Pierce meat with fork. Sprinkle with Chinese five-spice powder and onion powder, rub mixture into meat. Whisk remaining ingredients in small bowl to blend; Pour sauce over ribs, turning to coat. Turn ribs meat side down; cover pan with aluminum foil and refrigerate overnight. Preheat oven to 400°F bake ribs, covered until just tender, about 30 minutes. Uncover and turn ribs meat side up, bake until ribs are cooked through, basting occasionally about 35 minutes. Cut meat between bones to separate ribs and serve. (makes 6 servings).

Note: Plan ahead with this recipe they need to marinate overnight. This is not your standard BBQ rib recipe. If you prefer grilling, fine. remove them from the marinate and grill over medium heat until tender and lightly charred, turning often and basting occasionally with marinate.

*Marge G
Coupland, Tx*



BAKES HAM WITH (BALSAMIC BROWN SUGAR GLAZE)

6 to 8 lb fully cooked smoked bone-in-ham
1 c packed brown sugar
2 T balsamic or cedar vinegar

½ tsp ground mustard
orange slices, if desired
Maraschino cherries, if desired

Heat oven to 325°F Place ham fat side up on rack in shallow roasting pan Insert meat thermometer to tip is in thickest part of ham and does not touch bone or rest in fat. Cover loosely and bake 1 hour 15 minutes to 2 hours 15 minutes or until thermometer reaches 135°F (13 to 17 minutes per lb). About 20 minutes before ham is done, remove from over, Pour drippings from pan Remove any skin from ham. Mix brown sugar, vinegar and mustard; pat or brush on ham. Bake uncovered 20 minutes longer.. Cover ham loosely and let stand about 10 minutes or until thermometer reads 140°F Garnish with orange slices (makes 12 servings)

*Marge G
Waukesha, Wi*

BARBECUED PORK SANDWICHES

1 pork shoulder rost (about 5 lbs) trimmed and cut into 1-inch cubes
2 medium onions, coarsely chopped
2 t chili powder

½ ts sea salt
1 ½ c water
1 c ketchup
¼ c vinegar
hamburger rolls, split

in a Dutch oven combine meat, onions, chili powder, salt, water, ketchup and vinegar. Cover and simmer for 4 hours or until the meat falls apart easily. Skim off the excess fat. With a slotted spoon remove meat, reserving enough cooking liquid. shred the meat with two forks or a pastry blender. Return to the cooking liquid and heat through. Serve with rolls. Serves 16

*Robert Gebhardt
Austin, Tx*



COUNTRY PORK CHOP SUPPER

- | | |
|--|---|
| 6 boneless pork loin chops (½-in) thick and 4-oz each | 1 tsp minced chives |
| 2 jars (12-oz each) pork gravy | 1 tsp pepper |
| 1 can (10-3¼ oz) condensed cream of mushroom soup, undiluted | 1 tsp soy sauce |
| 2 T ketchup | ½ tsp seasoned salt |
| 1 T minced chives | 3 medium potatoes, peeled and quartered |
| | 1 pkg (16-oz) frozen mixed vegetables |

Place pork chops in a greased 5-qt slow cooker In a large bowl, combine the gravy, soup, ketchup, chives, peppers, soy sauce, and seasoned salt. pour over pork. Stir in potatoes cover and cook on low for 4 hours. Stir in vegetables, continue cooking 1 hour or until meat and potatoes are tender. (makes 6 servings).

Marge G
Waukesha, Wi

CREAMY HAM AND POTATOES

- | | |
|--------------------------------------|--|
| 4 medium red potatoes, thinly sliced | ½ tsp salt |
| 2 medium onions, finely chopped | ½ tsp pepper |
| 1½ c of cubed cooked ham | 1 (10¼-oz) can condensed cream of celery soup, undiluted |
| 2 T butter | 1½ c water |
| 2 T all-purpose flour | 1 c shredded cheddar cheese |
| 1 tsp ground mustard | |

In a slow cooker, layer potatoes, onions, and ham. In a saucepan, melt butter. Stir in flour, mustard, salt, and pepper until smooth. Combine soup and water, gradually stir into flour mixture. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Pour over ham. Cover and cook on low for 8-9 hours or until potatoes are tender. If desired, sprinkle with cheese before serving. (makes 4 servings).

Marge G
Waukesha, Wi



CRESCENT DOGS

- | | |
|--|---|
| 8 hot dogs | 1 (8-oz) can Pillsbury @ refrigerated crescent dinner rolls |
| 4 slices American cheese, each cut into 6 strips | |

Heat oven to 375°F Slit hot dogs to within ½ inch of ends. ; insert 3 strips of cheese into each slit. Separate dough into triangles. Wrap dough triangle around each hot dog. Place on ungreased cookie sheet, cheese side up. Bake 12-15 minutes or until golden brown.

Marge G
Coupland, Tx

CROCKPOT HAM

- | | |
|------------------------------|--------------------------------|
| 1 (12-oz) can coke | ½ c brown sugar |
| 1 (12-oz) can pineapple soda | 3-4 lbs Smithfield bone-in ham |
| ½ c butter | |

Mix the first four ingredients in a pot and cook on medium until all of the sugar is dissolved. Place the ham in a crockpot. (if the ham is to large for your crockpot it can be cut into smaller pieces). Pour the prepared of cola, sugar, and butter over the ham. Place your crockpot on low and allow to cook over night (at least 8 hours) (If you are in more of a rush place the crockpot on high allow to cook for 4-5 hours) When your ham is done remove it from the crockpot and cut it small pieces! Pour most of the juice into a bowl and return your ham to the crockpot and place on warm until ready to serve. (If you do this try to make sure that your ham does not get dry)(Enjoy)(makes 10 servings).

Note: Easy recipe that tastes amazing!!!!

Marge G
Waukesha, Wi

Most domesticated turkeys cannot fly. Wild turkeys can fly for short distances, usually enough to perch into trees.



DROP BISCUITS & GRAVY

1 c all-purpose flour	½ lb bulk pork sausage
1-1 ½ tsp baking powder	1 T butter or margarine
½ tsp salt	3 T all-purpose flour
½ c milk	1-¾ c milk
1 tsp butter or margarine, melted	½ tsp salt
Gravy	½ tsp pepper

In a bowl, combine flour, baking powder and salt. Combine milk and butter, stir into dry ingredients just until blended. Drop by rounded tablespoonfuls on to a greased baking sheet. Bake at 400°F for 10-12 minutes or until golden brown. Meanwhile, in a saucepan, cook the sausage over medium heat until no longer pink. Stir in butter until melted. Sprinkle with flour, Gradually stir in milk, salt, and pepper, Bring to a boil, cook and stir for 2 minutes, Serve over biscuits (makes 4 servings)

Note: This recipe is so cheap to make and tasty. it's hard to beat. For breakfast or dinner. This is a stick-to-the-ribs meal at low cost.

Marge G
Waukesha, Wi

EASY "BBQ" PORK SANDWICHES

(Crock-pot)

4 lbs boneless pork loin roast, trimmed	½ c ketchup
1 (14½-oz) can beef broth	½ c molasses
½ c Worcestershire sauce	¼ c yellow mustard
½ c bottled hot pepper sauce	¼ c Worcestershire sauce
SAUCE	2 T bottled hot pepper sauce

Place roast on bottom of slow cooker. Combine broth, ½ cup each Worcestershire sauce and Red-hot cayenne sauce. Pour over roast. Cover and cook on high setting 5 hours (10 hours on low) or until roast is tender. Meanwhile combine ingredients for sauce in a large bowl and set aside. Transfer roast to large cutting board. Discard liquid. Coarsely chop and pull apart roast. Stir into reserved sauce. Put back in crock pot on lowest setting until ready to serve or serve immediately on rolls. (makes 8-10 servings)

Marge G
Waukesha, Wi



EASY SAUSAGE GRAVY & BISCUITS

1 (16-oz) can refrigerated jumbo buttermilk biscuits	¼ c flour
1 (9.6-oz) pkg Jimmy Dean Original Hearty Pork Sausage Crumbles	2 ½ c milk
	Salt & ground black pepper to taste

Bake biscuits according to package directions. Meanwhile, cook sausage in large skillet over medium heat 5-6 minutes or until thoroughly heated, stirring frequently. Stir in flour. Gradually add milk; cook until mixture comes to a boil and thickens, stirring constantly. Reduce heat to medium-low; simmer 2 minutes, stirring constantly. Season to taste with salt and pepper. Split biscuits in half. Place 2 halves on each plate; top with about ½ rd cup gravy. (makes 8 servings)

Note: This can be served with eggs, bacon, or ham fried or heated through.

Marge G
Coupland, Tx

EASY SMOTHERED PORK CHOPS

6-8 medium pork chops	1 (10¾-oz) can cream of chicken soup
1 medium onion, sliced into rings	1 c milk
1 green bell pepper, cut into rings	¼ c cornstarch
2 garlic cloves, minced	seasoning salt & pepper to taste
1 (10¾-oz) can cream of mushroom soup	

Preheat oven to 325°F, Sprinkle pepper and seasoned salt over both sides of chops. Brown over medium-heat in non-stick skillet. Lay brown chops in single layer in a greased casserole dish. Spread pepper slices and onion rings on top of chops. Mix both soups, milk, garlic and cornstarch. Pour over chops. Cover with foil and bake for 2½ hours. Let stand for 15 minutes before serving. (makes 4-6 servings)

Note: The gravy is awesome over mashed potatoes or rice and Pork Chops fall off the bone.

Marge G
Waukesha, Wi



FANCY FRANKS & BEANS

8-oz (93%) lean ground beef, fresh or frozen	1 (28-oz) baked beans seasoned with onions, bacon, & brown sugar
8-oz smoked, fully-cooked sausage, such as Kielbasa, smoked sausage or Bratwurst, defrost if frozen	1 (15-oz) can black beans
	1 tsp bottled minced garlic
	1 tsp Worcestershire sauce

If beef is frozen, thaw in hot water or in microwave for 2 minutes at a time till thawed. Meanwhile cut sausage into ¼-inch chunks; set aside. Place beef fresh or partial defrosted into extra deep 12-inch non-stick skillet over medium-high heat. Begin to brown beef stirring frequently. When beef is about half-browned, add sausage pieces and reduce heat to medium, stirring frequently, until beef and sausage are completely browned. Add baked beans with juice from can to skillet (discard any large pieces of pork from the can. Rinse and drain black beans; add them to skillet; Add garlic and Worcestershire sauce. Stir to combine, but gently so as not to break up the beans.. Bring mixture just to a boil, and reduce heat to low Continue to simmer about 2 minutes to combine flavors. Serve at once in shallow bowls or plates. (makes 4 servings)

Note: Sides that work well; Sliced cucumbers with Italian dressing, corn muffins, barbecued chicken, pork roasts.

Marge G
Waukesha, Wi

Americans eat billions of slices of pizza each year. The annual per capita pizza consumption is 23 pounds.



FINGER-LICKIN' PULLED PORK 🍖

(With Baked BEANS)

1 sweet Vidalia onions, finely chopped	2½ lbs boneless pork roast (buy whatever is cheapest)
4 garlic cloves, minced	BEANS
1 T chili powder	28-oz- pork & beans
1 tsp black pepper	2 T dark brown sugar, firmly packed
12-oz- chili sauce (such as Heinz)	1 T mustard
½ c brown sugar (firmly packed)	1 small onion
⅓ c apple cider vinegar	
1 T Worcestershire sauce	

In a slow cooker, combine all the pork ingredients and mix well to coat meat, Cover and cook on low for at least 10 hours, until pork is very tender and falls apart when stirred. About 1 hour before you're ready to eat, preheat oven to 350°F and lightly grease a 9 x 13 casserole dish. Combine all the ingredients for the beans in the prepared baking dish and mix well. Bake uncovered for 45 minute. Transfer pork from slow cooker to a bowl and shred it with a fork. return meat to slow cooker and mix well with sauce. Serve pork alongside with beans. If you like this goes well with corn bread. (makes 6 servings)

Note: You can make this without the beans and serve on buns.

Marge G
Waukesha, Wi

FRANKS & CORN BREAD

2 cans (16-oz ea) pork & beans	2 T prepared mustard
1 pkg (12-oz) hot dogs, halved length wise & sliced	1 pkg (8-½ oz) corn bread/ muffin mix
2 T brown sugar	1 c (4-oz) shredded cheddar cheese
2 T Worcestershire sauce	

In a bowl combine the pork and beans, hot dogs, brown sugar, Worcestershire sauce and mustard, mix well. Transfer to a greased 9-in square baking dish. Prepare corn bread batter according to package directions, stir in cheese. Drop by spoonfuls onto bean mixture. Bake uncovered at 350°F for 40-45 minutes or until heated through. (makes 6 servings)

Marge G
Austin, Tx



GREAT PORK CHOP BAKE

6 bone-in pork chops ¾ in thick ½ tsp salt
 1 T vegetable oil ¼ tsp pepper
 1 can (10-¼-oz) condensed cream 4 medium potatoes, cut into ½-
 of chicken soup, undiluted inch wedges
 3 T ketchup 1 medium onion, sliced into rings
 2 T Worcestershire sauce

In a skillet, brown the pork chops in oil, Transfer to a greased 13-in x 9-in x 2-in baking dish, In a bowl combine the soup, ketchup, Worcestershire sauce, salt & pepper. Add potatoes and onion, toss to coat, Pour over the chops. Cover and bake at 350°F 55-60 minutes or until meat juices run clear and potatoes are tender. (makes 6 servings)

*Marge G
 Waukesha, Wi*

GRILLED HAM STEAK

¼ c apricot or plum preserves ½ tsp ground cinnamon
 1 T prepared mustard 1 ham steak (1-inch thick & about
 1 tsp lemon juice 2-lbs)

In a small saucepan, combine the preserves, mustard, lemon juice and cinnamon. Cook and stir over low heat until thoroughly combined, about 2-3 minutes. Score fat edges of ham, Grill over medium coals for 8-10 minutes per side, brushing with glaze during the last few minutes of grilling. (makes 6 servings)

*Marge G
 Waukesha, Wi*

GRILLED HAM STEAK

2 lbs ham, sliced - 1 ½-in thick (2 1 T dry mustard
 steaks) 2 T lemon juice
 4 T butter, melted
 3 T fruit preserves (any kind, I
 used Sugar free Smuckers
 Seedless Blackberry)

Grill ham 20-24 minutes over medium-hot coals. Combine all other ingredients; mix well. Baste ham steak with sauce while it cooks/

*Marge G
 Waukesha, Wi*



GRILLED PORK LOIN

1 boneless pork loin, 3-4 lbs. 1-2 tsp KOSHER FLAKE SALT
 1-2 TB Bouquet GARNI
 1-2 tsp PENZEYS FRESHLY
 GROUND PEPPER

Wash pork loin and pat dry Sprinkle liberally with BOUQUET GARNI, PEPPER AND SALT. Wrap in plastic wrap and let marinate for 30-60 minutes Tim marinates the pork loin at room temperature; you can put it in the fridge as well, just marinate it a bit longer. Grill over medium heat until a meat thermometer reads 160°F about 60-90 minutes depending on the thickness of the loin, let sit 10 minutes before slicing. (makes 8-10 servings)

Note: Grilling time about 60-90 minutes

*Marge G
 Austin, Tx*

HAM & CHEESE CASSEROLE

16 oz- cooked macaroni ½ c shredded cheddar cheese
 1 (12-oz) can lean ham or ½ c evaporated milk
 chopped ham, drained 3 T butter, melted
 1 can cream of mushroom soup ½ tsp seasoned salt
 1 medium onion, chopped ¼ tsp pepper
 1 c Velveeta cheese, cut in ¼ c breadcrumbs
 chunks

Spray casserole dish. Combine all ingredients except bread crumbs. Spoon into baking dish. Sprinkle bread crumbs evenly over top of casserole. Bake at 350 °F for 20 - 30 minutes or til bubbly and browning..

*Marge G
 Waukesha, Wi*

A porterhouse steak is cut from the short loin that contains the top loin and tenderloin muscles. The steak was named after porter houses, or coach stops, where travelers in the early 1800s stopped to dine on steak.



HAM AU GRATIN POTATOES

1 onion, chopped	¼ c sour cream
5-6 potatoes sliced'	1 (10-oz) cream of mushroom soup
2 c ham, diced	1 tsp parsley, chopped
1½ c, cheddar cheese, shredded	
½ c milk	

Using a layered effect, place onions, potatoes, ham, and cheese in a large 9 x 13 baking dish. Repeat for second layer using onion, potatoes, ham cheese. In a small bowl milk, sour cream of mushroom soup. Pour over top of ham mixture. Sprinkle top with parsley. Bake in a 360°F oven for 1 hour and 15 minutes testing for potatoes to be done.

Marge G
Coupland, Tx

HAM "N" NOODLE HOT DISH

3 T butter, divided	2 c diced fully cooked ham
2 T all purpose flour	1-1½ c medium noodles, cooked and drained
1 c milk	1 c frozen peas, thawed
1 c (4-oz) shredded process American cheese	¼ c dry bread crumbs
½ tsp salt	½ tsp dried parsley flakes

In a saucepan, melt 2 tablespoons butter; stir in flour until smooth. Gradually add milk. Bring to a boil over medium heat; cook and stir for 2 minutes, remove from the heat; stir in cheese and salt until melted; Add ham, noodles and peas. Pour into a greased 1-qt baking dish. Melt remaining butter; add bread crumbs and parsley. Sprinkle over casserole. Bake, uncovered at 350°F for 30 minutes or until heated through. (makes 4 servings).

Marge G
Waukesha, Wi

U.S. per capita fish consumption in 2005 was 16.2 pounds per person. Fish consumption in China is more than 3 times what it is in the USA. In China, the average person eats over 45 pounds of seafood each year.



HAM WITH BARBECUE BEANS

1 small onion, finely chopped	1½ T molasses
¼ c ketchup	2 tsp Worcestershire sauce
¼ c maple syrup	1 tsp apple cider vinegar
¼ c packed dark brown sugar	Freshly ground pepper
2 T yellow mustard	1- 4-to-7 lb bone-in-picnic ham

Combine the beans, 3 cups, water, the onions, ketchup, maple syrup, brown sugar mustard, molasses, Worcestershire sauce, vinegar, and ¼ teaspoon pepper. in a 6 quart slow cooker. Set the ham on top, then cover and cook on high, 8 hours. Transfer the ham to a platter and skim off the excess fat from the beans. Slice the ham and serve with the beans.

Marge G
Coupland, Tx

HAM, EGG, & POTATO SKILLET SUPPER

2 T margarine or butter	½ c cooked ham strips (2 x ¼ x ¼ inches)
1 c refrigerated diced potatoes with onions (from 1 lb 4-oz pkg)	4 eggs
1 c Green Giant Frozen Broccoli Cuts, Thawed	1 T milk
	¼ tsp peppered seasoned salt

Melt margarine in medium nonstick skillet over medium heat. Add potatoes, cook over medium heat for 5 to 10 minutes or until lightly browned, stirring occasionally. Stir in broccoli and ham; cook and stir until broccoli is tender. In medium bowl, beat eggs slightly. Add milk and seasoned salt; beat well. Add to skillet all at once. Cook 2 to 5 minutes or until eggs are set but still moist; stirring occasionally. (makes; 2 servings)

Note: KITCHEN TIP; Ham is cut julienne-style about ¼ in x 2 in.

Marge G
Coupland, Tx



HONEY BARBECUED RIBS

3 lbs country style pork ribs	½ c honey
½ tsp garlic salt	¼ c spicy brown mustard
½ tsp pepper	2 T Worcestershire sauce
1 c ketchup	1-½ tsp liquid smoke optional
½ c packed brown sugar	

Place ribs in a large kettle or dutch oven; sprinkle with garlic salt and pepper. Add enough water to cover; bring to a boil. Reduce heat; cover and simmer for 1 hour or until juices run clear and ribs are tender; drain; Meanwhile, combine the remaining ingredients. Grill ribs uncovered over medium heat for 10-12 minutes. Basting with sauce and turning occasionally. (makes 4 servings)

*Marge G
Waukesha, Wi*

JOLEAN'S CHEESE POTATO & SMOKED SAUSAGE CASSEROLE

3 c Idaho potatoes, peeled, boiled and cut into cubes when cool, approx 1 lb	¼ tsp pepper
4 T butter	½ lb Velveeta cheese, diced
4 T flour	½ c sharp cheddar cheese, shredded
2 c milk	1 lb skinless smoked sausage (Eckrich is my favorite brand)
½ tsp salt	⅛ tsp paprika

Cut skinless smoked sausages in half, lengthwise, and then chop into ½ inch "half moon" cuts. Cook in a frying pan for about 15 minutes, turning frequently to SLIGHTLY BROWN. Meanwhile, put cooked & diced potatoes in 2 quart casserole. Add cooked meat and give it a gentle toss. Mix all remaining ingredients (except for shredded cheddar cheese & the paprika) in a sauce pan over medium heat until warm, melted and smooth (Use a whisk and stir constantly). Pour white cheese sauce over potatoes and meat. Sprinkle shredded sharp cheddar cheese on top, and then sprinkle paprika evenly over the top. Bake in preheated 350°F oven for 35-45 minutes (watch, until golden brown on top) NOTE; You can substitute ½ lb hot dogs, sliced into ½ inch slices OR ½ lb ham diced into ½ inch OR 12 oz can of Spam diced into ½ inch dices, instead of smoked sausage. (makes 4-6 servings)

*Marge G
Coupland, Tx*



KIELBASA SKILLET

1 lb kielbasa	1 (10½-oz) can beef broth
1 medium onion, sliced	1 bay leaf
3-4 medium potatoes, cut in large cubes	½ tsp thyme
	1 (14½-oz) can green beans

Place everything in covered skillet except for green beans, bring to a boil, cover and simmer for 20-25 minutes. Add green beans during the last 5 minutes. Add salt and pepper to taste, (makes 4 servings)

*Marge G
Waukesha, Wi*

MARINATED SPARERIBS

(EARL'S FAVORITE)

4 lbs spare ribs, your choice	3 T catchup
5 T sugar	1 tsp salt
3 T soy sauce	1 c chicken stock
3 T honey	

Mix last 6 ingredients, Cut ribs into half and place in zip lock bags. Pour marinade over ribs and place in refrigerator for at least 2½ hours or over night. Bake at 325°F for about 1½ to 2 hours. (For southern style ribs, cook longer till done)

*Marge G
Waukesha, Wi*

MUSTARD PORK MEDALLIONS

½ c seasoned dry bread crumbs	1-¼ lbs pork tenderloin
½ tsp dried thyme	¼ c Dijon mustard
¼ tsp garlic salt	1 T butter or margarine, melted
¼ tsp onion powder	

In a shallow bowl, combine the crumbs, thyme, garlic, salt, and onion powder, set aside; Cut tenderloin crosswise into 12 pieces and pound each piece to ¼-in, thickness. Combine mustard and butter; brush on each side of pork, then coat with reserved crumb mixture. Place in a greased shallow baking pan. Bake uncovered at 425°F for 10 minutes; turn and bake about 5 minutes more or until no longer pink. (makes 4 servings)

*Marge G
Waukesha, Wi*



NEW ORLEANS - RED BEANS & RICE

1 lb dried red kidney beans	¼ tsp thyme
1 onion, coarsely chopped	1 Bay leaf, crumbled
3 cloves garlic, minced	1 tsp sugar
½ green pepper, chopped	1 T red wine vinegar
1 T oil	4 c cooked rice
¼ lb salt pork, cut into strips	2 lbs smoked sausage cooked
½ tsp red pepper	tobacco sauce, to taste

Pick over the beans & wash them, cover them with water in a bowl & set aside to soak. In a Dutch oven or 6 quart pot sauté the onion, garlic, and green pepper in the oil until soft. Add the beans with the water, the salt pork, red pepper, thyme, bay leaf, sugar and simmer slowly for 2-3 hours until beans are tender and mixture is thick & creamy, Add water as needed to keep mixture covered. Taste for salt Serve beans over rice with sausage on the side.

Marge G
Coupland, Tx

FOR PROOFING PURPOSES ONLY
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COOKBOOKS
FOR PROOFING PURPOSES ONLY

In the early days of the Heinz company, the number 57 was chosen to represent how many products were available. The ad read "57 Varieties" and the slogan "Heinz 57" stuck. Today, the company has more than 1,100 products.



OLD COUNTRY STYLE PORK CHOPS & POTATOES

4 pork chops	2 T flour
1 medium yellow onion, chopped	14 oz beef broth
1 c olive oil	
8 red potatoes, peeled and quartered	

Preheat oven to 300°F In a large cast iron skillet or oven-proof pan, heat olive oil over medium heat and add onions, Sauté onions until they are soft and translucent. Add the pork chops and brown on each side. Once pork chops are browned, add in potatoes, positioning them in between the pork chops so that they are in contact with the skillet (not on top of pork chops). Whisk in 1 tablespoon of flour into 8-oz of beef broth and then pour into the skillet. Bring to a boil. Cover the skillet and transfer to the oven. After about 2 hours reduce the heat to 250°F and allow to continue to slow cook for another 2.5 hours. Whisk remaining flour into remaining beef broth. (If you want more gravy, use more broth. If you want a slightly thicker gravy, add a little extra flour) Pour the mixture into the skillet and raise the temperature of the oven back to 300°F for the remaining 30 minutes of cooking time. Serve and enjoy with some hot bread and butter and a salad and you're good to go. (makes 4 servings)

Note: Next time I make this I'll put the potatoes in later.

Marge G
Waukesha, Wi

FOR PROOFING PURPOSES ONLY
MARGIE'S PRESS
COOKBOOKS
FOR PROOFING PURPOSES ONLY

Sardines are a group of several types of small oily fish related to herrings. Sardines were named after the island of Sardinia, where they were once in abundance.



OVEN BBQ RIBS

(Should be Illegal To Make This)

3 lbs pork back ribs	½ c dark brown sugar
1 (8-oz) jars honey	¼ tsp fresh ground pepper
1 tsp paprika	1 medium onion, grated or finely chopped
½ tsp garlic powder	12- oz barbecue sauce, your favorite
2 T Old Bay Seasoning	¼ c white sugar
½ tsp onion powder	
¼ tsp celery salt	

Place all ingredients together in large roasting pan (i use bottom of turkey roaster). Cut ribs apart for easier serving. Mix together making sure to coat all ribs with this semi-dry paste. Spread ribs out evenly on bottom of pan. Cover lightly with foil. Bake at 375°F for approximately 1 hour. Turning or stirring occasionally. You can use broiler for these ribs, just watch more closely, and adjust cooking time. These ribs are also great finished on the grill for a few minutes on each side. (makes 4-6 servings)

Note: If you make BBQ Ribs this way once ? You'll throw your grill away ! The recipe calls for some grill time, but we do not bother.

Marge G
Coupland, Tx

PAN FRIED PORK CHOPS

1 tsp ground black pepper, plus more for serving	1 T butter
8 breakfast chops	Smashed new potatoes for serving
1 c all-purpose flour	1 tsp seasoned salt, plus more for seasoning
Cayenne pepper	
½ c canola oil	

Salt and pepper both sides of the pork chops. Combine the flour and some cayenne salt and black pepper. Dredge each side of the pork chops in the flour mixture, and then set aside on a plate. Heat the canola oil over medium -high heat. Add the butter, When the butter is melted and the butter/off mixture is hot, cook 3 pork chops at a time, 2 to 3 minutes on the first side. Flip and cook until the chops are golden brown on the other side., 1 to 2 minutess (make sure no pink juices remain) Remove to a plate and repeat with remaining pork chops.

Marge G
Coupland, Tx



PLAIN BABY BACK RIBS

(FROM THE OVEN)

2 lbs baby back ribs	½ tsp garlic powder
⅛ tsp pepper	⅛ tsp onion powder
⅛ tsp salt	⅛ tsp basil leaves, crushed

Preheat the oven to 300°F. Spray a baking dish with a non-stick spray. Remove the thin membrane from the bone side of the ribs. Using a paper towel to hold the membrane will make this easier. Mix dry ingredients together in a small bowl or dish. Rub the dry ingredients into each side of the slab (s) of ribs. Place ribs, bone side down, into baking dish. Cover with aluminum foil, cut two or three slits into foil. Bake for one hour fifteen minutes, remove the foil. Cook for an additional hour, or until the meat is tender enough to pull apart easily. If desired, cover with favorite BBQ sauce. (makes 4 servings).

Note: You can use BBQ sauce with this recipe if you like.

Marge G
Waukesha, Wi

The potato is the world's most widely grown tuber crop and the fourth largest food crop in terms of fresh produce after rice, wheat, and corn.



POLYNESION PORK RIBS

Ribs	SAUCE
2 lb boneless country style pork loin ribs	¾ c ketchup
1 garlic clove, minced	3 T brown sugar
1 small onion, sliced	3 T hoisin sauce
1(8-oz) can crushed pineapple in unsweetened juice, undrained	1 tsp grated gingerroot

Spray 3½ to 4-quart slow cooker with nonstick cooking spray, Place pork ribs, garlic and onion in sprayed slow cooker. Spoon about half of the pineapple with some of the juice over ribs. Reserve remaining pineapple and juice. Cover; cook on low setting for 8 to 10 hours. About 35 minutes before serving, drain and discard cooking juices from slow cooker; wipe edge of slow cooker clean. in small bowl combine ketchup brown sugar hoisin sauce gingerroot and remaining pineapple with juice; mix well. Spoon or pour evenly over ribs; Increase heat setting to high; cove4r and cook an additional 25 to 30 minutes or until ribs are glazed. (makes 6 servings)

Note: COOKS NOTES; Use ¼ tsp of ground ginger in place of gingerroot. Pillsbury Refrigerated Biscuits as directed on the package while the ribs finish cooking is a great addition and goes well with the ribs

Marge G
Waukesha, Wi

General Mills created Hamburger Helper in 1970 during a meat shortage. The product was meant to allow cooks to stretch a pound of ground beef into a tasty meal.



PORK CHOPS & SAUERKRAUT

6 pork chops (we found less expensive tougher cuts like shoulder and southern ribs turned out deliciously tender, but regular chops were darn tasty as well	1 medium white onion, chopped
1 (32-oz) jar sauerkraut (don't drain or rinse)	1 Granny Smith Apple peeled, cored and, chopped
	1½ tsp, WHOLE CARAWAY SEED
	1½ tsp WHOLE FENNEL SEED
	1 T olive oil
	½ c water
	2 WHOLE BAY LEAVES

In a medium bowl, combine the sauerkraut, onion, apple, CARAWAY and FENNEL. Mix well and set aside. Heat the olive oil in a large skillet with a cover or a dutch oven Add the pork chops in two batches and brown on both sides.roughly 20 minutes total time. Drain off any oil, add the water to the pan and stir. Place a layer of kraut and a BAY LEAF in the bottom of the skillet, add half the pork, cover with a layer of kraut, add the other half of the pork, cover with the rest of the kraut and a BAY LEAF. Bring to a boil, reduce heat to low, cover and simmer for 2-3 hours. You may also make this dish using a slow cooker. After browning the pork, add the water to the skillet. While it comes to a boil, layer everything in the slow cooker as instructed above pour the water over the top of the layers, cover and cook on low for 2-3 hours, until pork is tender. (makes 6 servings)

Marge G
Coupland, Tx

PORK CHOPS & TATER'S

5 pork chops	1 T Worcestershire sauce
4 large potatoes, peeled & sliced	1 T French's mustard or grainy mustard
½ yellow onion sliced	Salt & pepper to taste
1 (10½-oz) can cream of mushroom soup	1 (5-oz) can evaporated milk
1 (10½-oz) can cream of chicken soup	

In a bowl combine soups, Worcestershire, milk, mustard, and salt and pepper. In a baking dish layer pork chops over layers taters and onions. Pour milk mixture over layers, Place aluminum foil on top and bake 350°F for 1 hour Remove foil and continue to bake for 30 minutes. (makes 5 servings)

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PORK CHOPS W/ CHEESY HASH BROWN

POTATOES

- | | |
|---|---|
| 6 boneless pork loin chops | 1 (30- oz) pkg frozen hash brown potatoes |
| 1 T olive oil | 1 ½ c shredded baby swiss cheese |
| 1 onion, chopped | ¼ c grated parmesan cheese |
| 3 garlic cloves, minced | 3 c frozen sugar snap peas |
| 1 (10-oz) can condensed cream of mushroom & garlic soup | 2 T olive oil |
| ½ c milk | |
| 1 c sour cream | |

Preheat oven to 375°F. In a large skillet, brown pork chops in 1 tablespoon olive oil; over medium heat, turning once to brown; set aside. Add onions and garlic to pan and cook and stir over medium heat until crisp tender; Add condensed soup and milk; cook and. Remove from heat and stir in sour n 13 x 9 ".glass baking dish, combine potatoes and cheese and toss to mix; Add the soup/onion mixture and stir to combine. Place the browned pork chops on top. Bake casserole, uncovered for 40 minutes. Place sugar snap peas and 2 tablespoons olive oil in a 1-½ quart casserole dish; toss to coat and place in oven with potato/pork chop dish; Bake 15-20 minutes longer or until pork chops are fully cooked, casserole is bubbling; and peas are hot and tender.

*Marge G
Waukesha, Wi*

PORK LOIN W/ MUSTARD GLAZE

- | | |
|------------------------------|---------------------|
| 1 c Karo Light or Dark Syrup | ¼ c brown mustard |
| ½ c brown sugar | 3 to 4 lb pork loin |

In a small bowl combine Karo Syrup, brown sugar and mustard. Cook pork loin according to package directions, Brush glaze on meat during last 20 minutes of cooking

*Marge G
Waukesha, Wi*



PORK MEDALLIONS IN MUSHROOM SAUCE

- | | |
|--|--|
| 1 pork tenderloin (1 to 1¼ lb) | 2 T Gold Medal all purpose flour |
| 1 tsp seasoned pepper blend | 2 T balsamic vinegar |
| ¼ tsp salt | 1 pkg (8-oz) Green Giant fresh whole mushrooms |
| 2 tsp vegetable oil | 2 tsp dried rosemary leaves crushed |
| 1 c Progresso reduced sodium chicken broth (from 32-oz) carton | |

Cut pork into 4 (4-oz) pieces Between sheets of plastic wrap or waxed paper place each pork piece gently pound with flat side of meat mallet until ½- inch thick. Sprinkle both sides of pork medallions with seasoned pepper blend and salt; press into meat. In 12-inch nonstick skillet, heat oil over medium-high heat. Cook pork in oil about 5 minutes turning once, until browned. In small bowl mix broth and flour until smooth. Add broth mixture, vinegar, mushrooms, and rosemary to skillet. Heat to boiling reduce heat. Cover, cook 8 to 10 minutes stirring occasionally, until pork and mushrooms are tender.

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PORK ROAST W/ MASHED POTATOES & GRAVY

- | | |
|---|----------------------------------|
| 1 boneless whole pork loin roast (3 to 4 lbs) | 1 T brown sugar |
| 1 can (14-½ oz) chicken broth | 2 tsp Italian seasoning |
| 1 c juicenned sweet red pepper | 1 tsp salt |
| ½ c chopped onion | 1 tsp pepper |
| ¼ c cider vinegar | 2 tsp cornstarch |
| 2 T Worcestershire sauce | 2 tsp cold water |
| | 2 c refrigerated mashed potatoes |

Cut roast in half, transfer to a 5-quart slow cooker.. In a small bowl combine the broth, red pepper, onion, vinegar, Worcestershire sauce, brown sugar, and seasonings, pour over pork. Cover and cook on low for 3-4 hours or until meat is tender. Remove the pork, cut some into cubes measuring 2½-cups and save for another use. Keep remaining pork warm. For gravy strain cooking juices and skim fat, pour 1 cup into a small saucepan. combine cornstarch and water until smooth, stir into cooking juices, Bring to a boil cook and stir for 2 minutes or until thickened. Meanwhile in a small microwave safe bowl cook the potatoes on high for 2-3 minutes or until heated through Slice the remaining pork, serve with potatoes and gravy. (makes 4 servings)

*Marge G
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PORK TENDERLOIN

2½ lbs pork tenderloin	1 (40g) packages Lipton Onion Soup Mix
½ tsp salt	1 (10¾ oz) cans cream of mushroom soup
⅛ tsp pepper	2 c water
1-2 T flour (to dredge tenderloin)	
1-2 T olive oil	

Pre-heat oven to 375°F Trim as much of the fat off as you can. Season with Salt & Pepper. Roll tenderloin in flour and coat well. Heat olive oil in cast iron skillet. Brown the tenderloin on all sides. Mix the soups together with the hot water. Add the soups slowly to the roast allowing the onion pieces to rest on the top of the tenderloin as much as possible. Cover and bake in oven for approximately 1 hour 15 minutes or until the inner temperature reaches 170°F (well done) (makes 6 servings)

Note: The best ever !!!!!!!!!!!!!

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Coupland, Tx

PORK WITH MUSHROOM SAUCE

1 pork tenderloin (about 1 lb)	1 c sliced fresh mushrooms
3 T butter or margarine	1 small onion, sliced
½ tsp dried thyme	⅔ c milk
½ tsp salt	1 T Dijon mustard
¼ tsp pepper	1-½ tsp cornstarch

Cut tenderloin crosswise into fourths, Slice each piece in half but do not cut all the way through; open and flatten each piece. Melt butter in a large skillet, add pork; Combine thyme, salt and pepper, sprinkle half over the meat. Cook 3-4 minutes per side. Add mushrooms and onion. Cook and stir until vegetables are almost tender and pork is no longer pink. Remove meat to a platter and keep warm. Combine milk, mustard, cornstarch and the remaining thyme mixture. stir into the vegetables. Bring to a boil; cook and stir for 2 minutes. Spoon over pork and serve immediately (makes 4 servings)

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POTATO / SAUSAGE CASSEROLE

1lb ground pork sausage	½ tsp salt
1 can cream of mushroom soup	¼ tsp pepper
¾ c milk ½ c onions, choppe4d	3 c raw potatoes, sli9ced
½ c onions, chopped	½ lb cheddar cheesev, grated

Brown and drain sausage I use Bob Evqans because it is so lean mix soup milk onion and msalt& [pe]pperr. In a large casserole, layer sliced raw potatoes soup mixture and crumbled sausage, Repeat layers agai9n, ending with sauage or until potatoes are tender ,SPRINJLE WITH GRATED CHEESE AND PUT BACK IN OVEN TO MEKT

Marge G
Coupland, Tx

PULLED PORK SANDWICHES W CABBAGE

SLAW 🍲

(EASY EVERYDAY MEALS)

½ c ketchup	½ c lowfat sour cream
¼ c packed brown sugar	½ small green cabbage (about 1-lb)
1 T chili powder	½ c fresh cilantro
¼ c plus 2 T cider vinegar kosher salt & pepper	4 rolls, split
1 1½ lb pork butt or shoulder, trimmed and cut into 3-inch pieces	potato chips and pickles, for serving

In a 5 to 6 quart slow cooker whisk together the ketchup, sugar, chili, ¼ cup vinegar and ½ tsp each salt & pepper Add the pork and toss to coat. Cook covered until the pork is tender and shreds easily. 7 to 8 hours on low or 4 to 5 hours on high. Forty-five minutes before serving in a large bowl, whisk together the sour cream, remaining 2 T vinegar, 1 T water and ½ tsp each salt & pepper Core and thinly slice the cabbage, add it to the sour mixture and toss to coat. Let sit, tossing occasionally, Fold in the cilantro before serving. Using two forks, shred the pork into large pieces, gently toss in the cooking liquid. Fill the rolls with the pork and slaw. Serve with chips and pickles, if desired. (makes 4 servings)

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RING BOLOGNA AND BEANS

1 (16-OZ) RING BOLOGNA
 1 (30 OZ) CAN BAKED BEANS
 PREF BUSCH'S V
 ½ ONION, SLICED
 ¼ lb bacon cooked and crum-
 bled (optional)

1 preheated oven to 350°F
 in a large covered dish mix
 baked beans onions, and
 bacon, ADDRING BELOGNA
 COVER AND BAKE IN OVEN FOR
 30 MINUTES

YOU COUOD ALSO MAKW THIS IN THE MICROWQAE ON HIGH
 FOR 10-12 MKINUTES

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SAUSAGE & NOODLE CASSEROLE

1 lb Bob Evans Original Recipe
 Sausage Roll
 1 c chipped green bell peppers
 ¼ c chopped green bell peppers
 1 pkg frozen peas (10-oz)
 1 can condensed cream of
 chicken soup (10.75-oz)

1 pkg egg noodles (8-oz)
 salt & black pepper to taste
 1 can French fried onions,
 crushed (2.8 oz)

Preheat oven to 350°F crumble sausage into large skillet. Add onions and green peppers. Cook over medium heat, until meat is browned and vegetables are tender, stirring occasionally Drain sausage. Cook peas according to package directions. Drain, reserving liquid in 2-cup glass measuring cup, set aside. Add enough water to pea liquid to obtain 1 ½ cups liquid. Combine liquid and soup in large bowl, stir in sausage mixture, noodles, reserved peas, salt and black pepper. Mix well. Spoon mixture into greased 2 ½ -quart baking dish, Sprinkle with french fried onions. Bake 30 minutes or until bubbly. Serve hot. Refrigerate left overs. (makes 6 servings)

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SAUSAGE GRAVY & BISCUITS

½ - ¾ lb bulk pork sausage (can
 use sausage with casings
 removed or turkey sausages
 1 pinch dried red pepper flakes
 ¼ c flour
 2 c half-and-half cream or milk

1 tsp Worcestershire sauce
 ½ tsp seasoning salt or white salt
 (or to taste)
 1 tsp ground black pepper
 8 prepared biscuits

Cook the sausage meat in a large skillet over medium heat until no longer pink, drain fat. Add in cayenne pepper and cook stirring until the meat is lightly browned (about 12-15 minutes) the meat must be browned. Stir in ¼ cup plus 2 tsp flour into the skillet and mix until dissolved with the meat (about 2 minutes). Add in the cream and Worcestershire sauce, cook over medium- low heat until thickened and bubbly (about 5 minutes). Add in salt and ground black pepper. Serve over biscuits. (makes 4 servings).

Note: I made this with to much sausage. Came out to thick.

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SAUSAGE "N" SAUERKRAUT

4 medium potatoes, peeled and
 cubed
 2 T canola oil
 1 small onion, halved and sliced
 1 lb smoked sausage, cut into ¼-
 inch pieces

1 package (16-oz) sauerkraut,
 rinsed and well drained
 ¼ tsp pepper
 ⅛ tsp salt

In a large skillet, sauté the potatoes in oil for 5-6 minutes or until lightly browned, Stir in onion, sauté for 3-4 minutes or until tender. Add the sausage, sauerkraut, pepper and salt. Cook, uncovered over medium heat for 4-5 minutes or until heated through, stirring occasionally. (makes 4 servings)

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SAVORY SKILLET PORK CHOPS

- | | |
|---------------------------------------|--|
| 1 T oil | 2 can milk (use empty onion soup can to measure) |
| 4-6 boneless pork chops | 1 (1-oz) pkg buttermilk ranch salad dressing mix (dry) |
| 1 (10¾-oz) can cream of mushroom soup | salt & pepper to taste |
| 1 (10¾-oz) can cream of onion soup | |

Brown chops in oil until well browned. Remove and set aside. Combine remaining ingredients in skillet and bring to boil. Bring down to a simmer and add chops back. Simmer until done. (makes 4-6 servings)

Note: This makes A LOT OF GRAVY, make sure to make lots of mashed potatoes.

Marge G
Waukesha, Wi

SCALLOPED POTATOES & HAM

- | | |
|--------------|--------------------------------|
| ½ c butter | 3 c ham, cooked, chopped |
| ½ c flour | 1 large green pepper, chopped |
| 2 tsp salt | 1 large onion, chopped |
| ½ tsp pepper | ½ c cheddar cheese, shredded |
| 3 c milk | 5 c potatoes, pared and sliced |

Melt butter in large sauce pan over low heat; blend in flour, salt and pepper. Cook, stirring constantly, for about 1 minute, Remove from heat gradually stir in milk. Return to heat; cook until thickened and bubbly. Fold in ham, onions, green pepper, and cheese. Pour over potatoes in a large bowl. Stir gently then move into a buttered 13 x 4- inch backing dish; cover with foil. Bake at 350°F for 30 minutes. Uncover and continue to bake for 1 hour. Let stand for 10 minutes before serving. (makes 8 servings)

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SCALLOPED POTATOES, CABBAGE

(With Smoked Kielbasa Sausage)

- | | |
|--|---|
| ⅓ c margarine (butter) | 1 medium sweet onion, sliced thin |
| ½ c flour | 2 c cabbage, sliced about ½-inch thick |
| 1 tsp salt | 8-oz, Kielbasa, sliced thinly or smoked sausage |
| ½ tsp black pepper | ½ c shredded cheddar cheese |
| 2¼ c milk | |
| 4 medium potatoes, peeled, sliced thin | |

In a saucepan or in the microwave, melt the margarine. Add the salt, pepper and flour. Stir well until smooth, then gradually add the milk with a wire whisk. The mixture doesn't have to get thick, it does that as it cooks in the oven, you're just mixing it all together uniformly at this point. Add a layer of sliced potatoes to a thinly greased 13 x 9 pan. You can use the wrapper on the margarine or butter to lightly grease the pan if you like. It doesn't need much. Then add ½ of the cabbage as the next layer, sprinkle with ½ the onions, then smoked sausage, and top it all off with the remaining potatoes. Sprinkle the cheese on top. Stir up the sauce and pour it over the top of all uniformly. Cover your pan with aluminum foil tightly and bake in a 350°F oven for about 1 hour, until potatoes are tender. Then remove the foil and bake another 15 minutes at 400°F to brown the top slightly or place under broiler until lightly browned. (makes 6 servings)

Marge G
Waukesha, Wi

Saturday night is the biggest night of the week for eating pizza, and the most popular topping is pepperoni.



SESAME PORK TENDERLOIN

- | | |
|--|---|
| 2 T chili sauce or 1 T Asian chili sauce | 1 tsp sesame seeds |
| 1 T light teriyaki sauce | 2 tsp olive oil |
| 2 cloves garlic, minced | 1/8 tsp salt |
| 1/2 tsp grated fresh ginger or 1/8 tsp ground ginger | 1/8 tsp black pepper |
| 1 12 to 16- oz pork tenderloin | 4 c pkg shredded broccoli (broccoli slaw mix) |

Preheat oven to 425°F For sauce in small bowl combine chili sauce, teriyaki sauce, half of the garlic, and the ginger. Trim fat from meat, Place meat on rack in shallow roasting pan Spread with half of the sauce. Roast for 15 minutes. Spread with remaining sauce, sprinkle with sesame seeds. Roast for 10 to 20 minutes more or until juices run clear (155°F). Remove meat from oven. Cover with foil, let stand for 10 minutes before serving. The temperature of the meat after standing should be (160°F). Meanwhile in 4- quart Dutch oven heat oil over medium heat. Add remaining garlic, the salt, and pepper, cook and stir for 15 seconds. Add broccoli slaw. Cook and stir for 1 to 2 minutes or until broccoli is crisp tender. Slice meat and serve with broccoli slaw. (Makes 4 servings).

Note: Chili sauce and fresh ginger show off pork's exotic side.

Marge G
Waukesha, Wi

SLOW COOKER PORK TENDERLOIN

- | | |
|--------------------------------------|---------------------------|
| 2lbs pork tenderloin | 3/4 c red wine |
| 1 (1-oz) envelope dry onion soup mix | 3 T minced garlic |
| 1 c water | 3 T soy sauce |
| | fresh ground black pepper |

Place the pork tenderloin in a slow cooker with the contents of the soup packet. Pour water, wine, and soy sauce over the top, turning the pork to coat. Carefully spread garlic over pork, leaving as much on top of the roast during cooking as possible. sprinkle with pepper, cover, and cook for 4 hours. Serve with cooking liquid on the side. (makes 8 servings).

Note: Make sure to serve up the gravy on the side..... it's amazing.

Marge G
Coupland, Tx



SMOTHERED PORK CHOPS & GRITS

- | | |
|---|---|
| 2 tsp vegetable oil | 1 bay leaf |
| 4 -3/4-inch-thick boneless pork chops (1 1/2 lbs) | 1 1/2 tsp balsamic vinegar |
| Kosher salt and freshly ground pepper | 3/4 c quick cooking grits |
| 2 red onions, thinly sliced | 1/2 c shredded cheddar cheese (about 2 oz) |
| 1 T all-purpose flour | 1 T chopped fresh parsley plus more for topping |
| 1 c low-sodium chicken broth | |

Heat the oil in a large nonstick skillet over medium high heat. Season the pork with 1/2 teaspoon salt and a few grinds of pepper, cook until browned, 3 minutes per side. Transfer to plate. Add the red onions to the skillet and season with salt. Cook, stirring until lightly browned, 3 minutes. Reduce the heat to medium, stir in the flour and cook, stirring 2 minutes. Add the chicken broth and bay leaf. Cook, stirring until thickened, about 3 minutes. Add the vinegar, then return the pork to the skillet to warm through. Meanwhile, bring 2 1/4 cups water to boil in a medium sauce pan over medium high heat. Add the grits and 1/2 teaspoon salt. Reduce the heat to low and cook stirring until thickened, 5 minutes. Stir in the cheese. Remove the pork from the skillet; discard the bay leaf and stir the parsley into the pan sauce. Serve the pork with the grits. Top with the pan sauce and more parsley.

Marge G
Coupland, Tx

SPICY PORK TENDERLOIN

- | | |
|-----------------------|--------------------------------------|
| 1 to 3 T chili powder | 1/4 tsp pepper |
| 1 tsp salt | 2 pork tenderloins (about 1 lb each) |
| 1/4 tsp ground ginger | |
| 1/4 tsp ground thyme | |

Combine the first five ingredients; rub over tenderloins. Cover and refrigerate for 2-4 hours. Grill over hot coals for 15 minutes per side or until juices run clear or the internal temperature reaches 160°F (makes 8 servings).

Note: A friend shared this recipe for marvelously flavorful pork years ago. It really sparks up a BBQ and has been popular whenever i've served it.

Marge G
Waukesha, Wi



SUNDAY PORK LOIN

1 boneless whole pork loin roast (4-5 lbs)	1/3 c water
1/3 c chopped onion	2 T brown sugar
1/3 c chopped celery	2 T lemon juice
1 garlic clove, minced	2 T Worcestershire sauce
1 tsp vegetable oil	2 T Dijon mustard
1 can (10-3/4 oz) condensed tomato soup, undiluted	1/8 to 1/4 tsp hot pepper sauce

Place roast in a rack in a shallow roasting pan. Bake uncovered at 325°F for 1-1 1/2 hours. In a skillet, sauté the onion, celery, and garlic in oil until tender. Stir in the remaining ingredients. Spoon 1 cup sauce over roast. Bake 45-55 minutes longer or until a meat thermometer reads 160°. Let stand for 10-15 minutes before slicing. (makes 8 servings)

Marge G
Waukesha, Wi

SWEET SOUR PORK

1 lb pork, cut into bite size pieces	1 1/2 tsp salt
1 egg, whipped	2 T flour

1. Drain oil from meat, then add egg, mixture to meat. Stir to coat meat. Meanwhile cook rise according to package directions. 2. Fry in 2 to 3 tablespoons oil, until crisp; In a small bowl add; egg, salt and flour, mix well. 3. cut 1 large tomato into wedges, 2 green peppers cut into wedges, 4 slices pineapple cut into chunks. Return meat to pan along with the tomatoes, peppers, & pineapple and stir fry till batter on meat is golden & veggies & fruit are just tender. Make sauce below and boil for 1-2 minutes. Pour over meat & veggies mix. Serve over rice. Sauce: 1 cup sugar, 1 1/2 cup water, 3 tablespoons oil, 1/2 tsp accent, 2/3 cup white vinegar, 1/2 tablespoon salt, 4 tablespoons soy sauce, 1 cup finely chopped onion, 3-4 tablespoon cornstarch.

Note: Note: I often use leftover pork roast, or you can substitute a chicken breast for the pork.

Marge G
Waukesha, Wi



TANGY BARBECUED SPARERIBS

4 lbs pork spareribs, cut into serving-size pieces	1/2 c ketchup
1 medium onion, quartered	1/4 c chili sauce
2 tsp salt	1/4 c Worcestershire sauce
1/4 tsp pepper	2 T chopped onion
SAUCE	1 T lemon juice
1/2 c cider vinegar'	1/2 tsp ground mustard
1/2 c packed brown sugar	1 garlic clove, minced
	Dash cayenne pepper

In a large kettle or Dutch oven, place ribs and onion, sprinkle with salt and pepper. Add enough water to cover ribs; bring to a boil; Reduce heat; cover and simmer for 1 1/2 hours or until tender, drain; Combine all of the sauce ingredients in a sauce pan Simmer, uncovered for 1 hour or until slightly thickened, stirring occasionally. Arrange the ribs on a rack in a broiler pan. Brush with sauce. Broil 5-in from heat for 5 minutes on each side, brushing frequently with sauce. (makes 4 servings).

Note: My husband is a meat cutter at a supermarket and likes to find new ways to fix smoke or barbecue meat. He discovered this recipe for pork ribs covered in a rich tangy sauce. It was an instant success with family and friends. We never looked back.

Marge G
Waukesha, Wi

Most domesticated turkeys cannot fly. Wild turkeys can fly for short distances, usually enough to perch into trees.



TANGY CROCKPOT PORK CHOPS

4 pork chops	2 T brown sugar
½ tsp salt	2 T Worcestershire sauce
⅛ tsp pepper	1 T lemon juice
2 medium onions, chopped	1 beef bouillon cube
1 large green pepper, sliced	2 T cornstarch
1 (12½-oz) can stewed tomatoes	2 T water
½ c ketchup	hot cooked rice
2 T cider vinegar	

Place chop in a slow cooker, sprinkle with salt and pepper. Add onions, green pepper and tomatoes, Combine ketchup, vinegar, sugar, Worcestershire sauce, lemon juice and bouillon, pour over vegetables. Cover and cook on low 5-6 hours. Mix cornstarch and water until smooth; stir into slow cooker, Cover and cook on high for 20 minutes or until thickened. Serve over rice. (makes 4 servings)

Note: Added hot pepper flakes to the sauce. This gave it a real kick.

*Marge G
Waukesha, Wi*

TENDER PORK CHOPS

½ c all-purpose flour	2 T canola oil
1-1½ tsp ground mustard	1 can (10½-oz) condensed chicken with rice soup, undiluted
1 tsp seasoned salt	
½ tsp garlic powder	
6 bone-in pork loin chops (1-inch thick and 8-oz each)	

In a large resealable plastic bag combine the flour, mustard, seasoned salt and garlic powder. Add pork chops, one at a time, and shake to coat. In a large skillet, brown chops in oil on both sides. Place in a 3-qt slow cooker. Pour soup over pork chops. Cover and cook on low for 6-7 hours or until meat is tender.(makes 6 servings).

*Marge G
Coupland, Tx*



TERIYAKI PINEAPPLE PORK CHOPS

¼ c firmly packed brown sugar	4 center cut pork chops, 1-inch thick
¼ c soy sauce	
¼ tsp garlic powder	
8-oz can pineapple slices in its own juice, drained, reserving juice	

In 12 x 8 inch glass baking dish combine brown sugar, soy sauce, garlic powder and reserving pineapple juice, mix well. Place pork chops in marinade, turning to coat all sides. Cover, refrigerate 6 to 8 hours, turning chops once. When ready to barbecue drain pork chops, reserving marinade. Place pork chops on grill 4 to 6 inches from medium-high coals. Cook 20 to 30 minutes or until fork tender and no longer pink, turning once and brushing frequently with marinade. Place pineapple slices on grill during last 8 minutes of cooking. Cook until thoroughly heated turning once and brushing with marinade. To serve place pineapple slices on top of pork chops (makes 4 servings)

*Marge G
Waukesha, Wi*

TERIYAKI PORK ROAST

1 boneless pork shoulder, butt roast (3 to 4 lbs)	½ tsp salt
1 c packed brown sugar	¼ tsp pepper
½ c unsweetened apple juice	2 T cornstarch
½ c soy sauce	3 T cold water

Cut roast in half rub with brown sugar. Place in 5-qt slow cooker Pour apple juice and soy sauce over roast. Sprinkle with salt and pepper Cover and cook on low for 6 to 6½ hours or until meat is tender. Remove the roast, cover and let stand for 15 minutes. Meanwhile strain cooking juices and return to slow cooker. Mix cornstarch and water until smooth, stir into juices. Cover and cook on high for 15 minutes or until thickened. Slice pork, serve with gravy. (makes 6-8 servings)

*Marge G
Coupland, Tx*



TEXICAN PULLED PORK BARBECUE

2 cans (4-oz each) chopped green chilies	1 boneless pork loin roast (2½ to 3 lbs)
1 can (8-oz) tomato sauce	1 can (15-oz) black beans, rinsed and drained
1 c barbecue sauce	flour tortillas
1 large sweet onion, thinly sliced	Toppings; sour cream, shredded lettuce and chopped tomatoes, optional
¼ c McCormick Chili Powder	
1 tsp McCormick Ground Cumin	
1 tsp McCormick Dried oregano	

In a 3 quart slow cooker, combine the chilies, tomato sauce, barbecue sauce, onion chili powder, cumin and oregano. Add pork. Cover and cook on low for 8-9 hours or until tender Remove pork. When cool enough to handle, shred meat using two forks. Return to slow cooker; Stir in black beans; heat through. Serve on tortillas; top with sour cream, (makes 8 servings).

Note: Add aloneness for spice.

*Marge G
Coupland, Tx*

WILD WEST BABY BACK RIBS\\

¾ c KiKKoman Teriyaki Baste & Glaze	2 garlic cloves, minced
½ c beer	4 lbs pork back ribs, cut into serving-size pieces

Blend together baste & glaze, beer and garlic. Brush ribs thoroughly with baste & paste and glaze mixture. Place half of ribs, meaty side up in 13-in x 9-in x 2-in microwave-safe baking dish. Cover; microwave on medium-high power for 17 minutes turning ribs over and rotating dish after 9 minutes. Remove ribs; keep warm, Repeat microwave cooking procedure with remaining ribs. Place ribs on grill 8-10 inches from medium-hot heat; brush with baste & glaze mixture. Cook 10-12 minutes, turning over and brushing frequently with remaining baste & glaze mixture.(makes 6 servings)

*Marge G
Waukesha, Wi*



ZIPPY BIT WRAPS

3 T mayonnaise	½ slices ready-to-serve fully cooked bacon
3 tsp salsa	4 lettuce leaves
4 whole wheat tortillas (8-inches) room temperature	1 large tomato sliced
¼ tsp garlic powder	½ medium ripe avocado peeled and sliced
Dash of each salt & pepper	

Spread mayonnaise and salsa down the center of each tortilla. Sprinkle with the garlic powder, salt and pepper. Layer with bacon strips, lettuce, tomato, and avocado, roll up tightly. (makes 4 servings)

*Marge G
Waukesha, Wi*

ZITI BAKE WITH KIELBASA

e	¼ c fresh parsley, chopped
1 ½ lbs polska kielbasa, sliced diagonally (Hillshire Farms)	salt, to taste, pepper to taste
2 T vegetable oil	8 oz- mozzarella cheese, shredded
1 (26½ oz) can spaghetti sauce (Hunts Roasted Garlic)	

Preheat oven to 350°F lightly oil a 13 x 9 baking pan or grab a non-stick one. Cook pasta per package directions and drain. While pasta cooks, heat oil in a medium skillet over medium high heat. Cook kielbasa in skillet until browned on both sides, 5-7 min; drain. In a large bowl, combine the pasta, kielbasa, spaghetti sauce, oregano, salt and pepper and mix well. Pour into the baking pan; sprinkle with parsley and then the mozzarella. Cover lightly with foil and bake in the preheated until casserole is bubbly and the d bake in the preheated oven for 30-45 minutes until casserole is bubbly and the cheese is completely melted. For OAMCie Prepare casserole but use a disposable (foil) baking pan ; do not bake; double wrap casserole in plastic wrap, then in foil wrap and freeze; remove from freezer 24 hours or more in advance of need; remove wrapping and thaw in fridge; once thawed, preheat oven to 350°F then cover lightly with foil and bake i 30-45 minutes until casserole is bubbly and the cheese is completely melted. (makes 6-8 servings)

*Marge G
Waukesha, Wi*



FISH & SEAFOOD

ANGEL HAIR PASTA WITH SHRIMP

1 pkg (16-oz) capellini (angel hair) pasta	1/3 c dry white wine or chicken broth
1/4 c olive or vegetable oil	1/2 tsp ground nutmeg
2 t, chopped fresh parsley	3/4 lb uncooked fresh or frozen (thawed) peeled deveined small shrimp
2 cloves garlic, finely chopped	
1 red jalapeño chili, seeded and finely chopped	

1. Cook and drain pasta as directed on package. 2. While pasta is cooking, heat oil in 12-inch skillet or 4-quart Dutch oven over medium-high heat. Cook parsley, garlic and chili in oil about 3 minutes, stirring frequently, until garlic is soft. 3. Stir in wine, nutmeg and shrimp mixture; reduce heat. Cover and simmer about 5 minutes or until shrimp are pink and firm. 4. Add pasta to shrimp mixture in skillet, toss gently until pasta is evenly coated. (makes 6 servings)

Marge

GERMELLI WITH BABY SHRIMP AND SWEET PEAS

1 pkg (16-oz) BARILLA Gemelli	1 1/2 c (about 8-oz) small frozen shelled and deveined shrimp, thawed
2 t unsalted butter	
2 t thinly sliced green onion	
1 c heavy cream	1 c frozen baby peas, thawed
Salt & Pepper	

1. Cook gemelli according to package directions, drain. 2. Meanwhile, melt butter in large broad saucepan or deep skillet. Add green onion; cook and stir about 2 minutes or until wilted. Add cream and heat to boiling. Boil about 5 minutes or until slightly thickened and reduced to about 3/4 cup. Add salt and pepper to taste. 3. Add hot drained gemelli to saucepan with shrimp and peas; cook and stir over low heat until heated through. (makes 6 to 8 servings)

Marge G



GRILLED GARLIC-PEPPER SHRIMP

(Grilling Recipe)

1/2 c olive oil	4 bamboo skewers, soaked in water lemon wedges (optional)
2 t lemon juice	
1 t garlic pepper blend	
20 jumbo shrimp, peeled and deveined	

1. Prepare grill for direct grilling. 2. Meanwhile, combine oil, lemon juice and garlic pepper in large resealable plastic food storage bag; add shrimp and seal. Chill in refrigerator 20 to 30 minutes, turning bag once. 3. Thread 5 shrimp onto each of 4 skewers; reserve marinade. Grill on grid over medium heat 6 minutes or until pink and opaque, turning and brushing with marinade after 3 minutes. Serve with lemon wedges, if desired. (makes 4 servings)

MOCK LOBSTER

(Quick Fish Dinner)

1-1/2 to 2 lbs frozen cod or haddock fillets, partially thawed	3 t vinegar
1-1/2 tsp salt	Melted butter or margarine
2 tsp seafood seasoning or paprika	Lemon wedges

Cut fillets into 2-in x 2-in pieces; place in a skillet. Cover with water. Add salt and seafood seasoning; bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Drain. Cover with cold water. Add vinegar and bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Drain. Serve with melted butter and lemon. (makes 4 to 6 servings)

Americans eat billions of slices of pizza each year. The annual per capita pizza consumption is 23 pounds.



SHRIMP GUMBO OLE°

- | | |
|---|--|
| 1 (10-oz) pkg Green Giant Rice Originals Frozen White " n Wild Rice | 1 c tomato juice |
| 2 t oil | 1 tsp garlic powder |
| ½ c chopped onions | 1 to 3 tsp chili powder |
| 1 c chopped green bell pepper | 1 (12-oz) pkg frozen cooked tiny shrimp |
| 1 (28-oz) can whole tomatoes, undrained, cut up | 1 c sliced fresh okra or frozen okra, thawed and drained, rinsed |
| 1 (15.5-oz) can Green Giant or Joan of Arc Pinto Beans, drained | |

Cook rice according to package directions, set aside. Heat oil in large saucepan over medium-high heat until hot. Add onion and bell pepper; cook and stir until crisp-tender. Stir in rice, tomatoes, beans, okra, tomato, beans, okra, tomato juice, garlic powder and chili powder, Cover, simmer 20 minutes, stirring occasionally. Add frozen sgrimp, heat gently until shrimp are thoroughly heated, stirring occasionally. (makes 6- 1 ½ cup servings)

Note: Gumbo is the creole specialty of New Orleans cuisine. " I serve this to out-of-town guests and they love it "

Marge

SHRIMP ORIENTAL

- | | |
|---|---|
| 8 oz- fresh mushrooms, sliced (about 2 c) | 1 t soy sauce |
| 1 c sliced celery | ¼ tsp ground ginger |
| ½ c finely chopped onion | 2 tsp cornstarch |
| ¼ c margarine or butter | 12 oz- small raw shrimp, peeled and deveined |
| ½ c Real Lemon Lemon Juice from concentrate | 1 (6-oz) pkg frozen pea pods, thawed or 4 oz fresh pea pods |
| ¼ c water | Hot cooked rice |
| 2 t brown sugar | |

In large skillet, cook mushrooms, celery and onion in margarine until the celery is tender-crisp. Mix together Real Lemon, water, sugar, soy sauce, ginger and cornstarch; add to mushroom mixture. Over medium heat, cook and stir until thick and clear. Add shrimp; cook 3 to 5 minutes or until shrimp is pink. Add pea pods; heat through. Serve immediately over rice. Refrigerate leftovers. (makes 4 servings)

Marge G



SOUTHWESTERN CHILI SHRIMP

(Grilling Recipe)

- | | |
|---|----------------------------|
| 2 t butter, melted | SAUCE |
| 1 ½ tsp chili powder | ¼ c mayonnaise |
| ½ tsp garlic salt | ¼ c purchased guacamole |
| ½ tsp cumin | 2 t chopped fresh cilantro |
| 2 tsp lime juice | |
| 1 ½ lb shelled deveined uncooked large shrimp, tails removed if desired | |

1. Heat closed contact grill for 5 minutes. 2. Meanwhile, in large bowl, combine butter, chili powder, garlic salt, cumin, and lime juice; mix well. Add shrimp; toss to coat. 3. When grill is heated, with slotted spoon, place shrimp on bottom grill surface. Close grill; cook 4 to 6 minutes or until shrimp turn pink. 4. In small bowl, combine all sauce ingredients, mix well. Serve sauce with shrimp. (makes 4 servings)

Note: If using thawed frozen shrimp, pat shrimp dry with paper towel before adding to butter mixture.

*Robert
Austin, Tx*

TILAPIA

- | | |
|------------------------|------------------|
| 14 oz. Tilapia fillets | ½ tsp. salt |
| 1 tsp. dried oregano | 2 T. butter |
| 2 tsp. chili powder | 3 T. lemon juice |
| ¼ tsp. cayenne pepper | |

Combine oregano, chili powder, cayenne pepper and salt. In a shallow bowl, combine the melted butter and lemon. Dip fish into butter mixture, then press into the spice mixture. Place in a shallow casserole dish sprayed with nonstick cooking spray. Bake at 450° for about 15 minutes, or until fish flakes when pressed.

*Marge Gebhardt
Coupland, TX*



VIRGINA MEATLOAF (THERE IS A GREAT MEATLOAF)

1 ½ lb ground beef, (shoulder roast is good)	¼ tsp black pepper
1 slice bread (broken or chopped finely)	4 T ketchup
1 egg	½ to ⅔ c whole milk or half & half Sauce
1 small vidalia onion, or type sweet onion, finely chopped	4 T apple cider vinegar
1 tsp salt	2-4 T dark brown sugar, packed firm or (to taste)
	½ c ketchup

Combine meat loaf ingredients and place into a baking dish. Smooth out top. Sauce; Combine sauce ingredients and pour on top and sides of meatloaf. Bake at 350°F about 1 hour and 15 minutes or until done. Enjoy!!!! The addition of 1 or 2 teaspoons of Kitchen Bouquet makes this recipe extra good. Recipe should be plump from the addition of the milk or Half & Half. It should NOT be runny. **** A second patch of sauce served hot is good to serve with the meatloaf. (makes 4-5 servings)

Note: Absolutely delicious meatloaf and sauce.

*Marge G
Waukesha, Wi*

OTHER

BROWN SUGAR GLAZE FOR HAM

1 c finely packed brown sugar	¼ tsp cinnamon
2 T flour	3 T dry sherry (optional)
½ tsp dried mustard or ½ tsp prepared mustard	3 T vinegar
	3 T water

Combine 1 cup firmly packed brown sugar, 2 tablespoons flour, ½ tsp dry or prepared mustard, ¼ tsp cinnamon and 3 tablespoons dry sherry (optional), 3 tablespoons vinegar and 3 tablespoons water. Mix well and spread on ham, before putting it into oven .

*Marge G
Waukesha, Wi*



EASY GLAZED LAMB CHOPS

½ c. teriyaki baste and glaze (Kikkoman)	1 tsp. dried rosemary, crushed
2 tsp. minced onion	1 tsp. ketchup
	6 lamb shoulder chops

Combine teriyaki baste and glaze, onion, rosemary and ketchup. Place lamb chops on grill 4-5 inches from heat. Cook 10 minutes for medium-rare or to desired doneness, turning over and brushing occasionally with baste and glaze mixture. Or place chops on rack of broiler pan; brush with glaze mixture. Broil 4-5 inches from heat 6 minutes. Turn lamb over and brush with remaining glaze mixture. Broil 5-6 minutes longer or to desired doneness.

*Marge Gebhardt
Coupland, TX*

HOLIDAY HAM GLAZE

½ cup dark brown sugar (packed)	3 T spicy mustard
8 T butter (1 stick)	1 T cider vinegar
½ c dark rum	½ tsp ground cinnamon
¼ c dark molasses	½ tsp fresh ground pepper

Mix all ingredients (just prior to use) in a non-reactive saucepan and bring to a boil. Stir constantly while heating. Reduce heat, stirring and allow to simmer for 5 to 10 minutes. Apply to ham while warm.

*Marge G
Waukesha, Wi*

HOLIDAY HAM GLAZE

½ c dark brown sugar (packed)	1 T cider vinegar
8 T butter (1 stick)	½ tsp ground cinnamon
½ c dark rum	½ tsp fresh ground pepper
3 T spicy mustard	

Mix all ingredients (just prior to use) in a non-reactive saucepan and bring to a boil. Shirr constantly while heating. Reduce heat, stirring and allow to simmer for 5 to 10 minutes. Apply to ham while warm.

Note: This glaze can be used on fresh ham, cooked ham, even ham steak, Enjoy..

*Marge G
Waukesha, Wi*



HOMEMADE MAYONNAISE

1 egg	1 t Dijon mustard
1 t lemon juice,	Dash pepper
Garlic Peppercorn vinegar or Chive Vinegar	1 ¼ c oil

In food processor bowl with metal blade or blender container, combine egg, lemon juice, mustard and pepper. Process until smooth. Add oil slowly, in a thin, steady stream, until mayonnaise is thick and creamy. Store in jar with tight-fitting lid. Refrigerate. (makes 1 ½ cups) Variations: Curried; add ½ tsp curry powder. Garlic; Add 1 garlic clove minced. Herbed: stir 1 tablespoon chopped fresh herbs into prepared mayonnaise, use parsley, basil, chervil or chives can be used. When using dried herbs, add 1 teaspoon.

Note: Use homemade Mayonnaise in any recipe calling for mayonnaise.

Marge

PASTA COOKED AHEAD

To reheat pasta, place it in rapidly boiling water for 1 to 2 minutes or pour boiling water over pasta in a colander to heat it through. Drain and serve immediately

Note: If you want to cook pasta ahead of time, hold it as restaurant chefs do, in a large bowl of cold water. Drain well before serving Or cook the pasta as directed, then cool quickly with cold water. Drain, stir in a little oil and refrigerate it in a covered container

Marge G

PERFECT PASTA

When making pasta salad, always cook the pasta al dente - cooked just long enough to retain a somewhat firm texture. This will allow the pasta to absorb some of the dressing without becoming mushy.

*Robert G
Austin, Tx*



PINEAPPLE GLAZE FOR BAKED HAM

1 c brown sugar	1 T cornstarch
1 (10-oz) can crushed pineapple	¼ tsp salt
2 T lemon juice	
1 T dry mustard or prepared mustard	

Place all ingredients in a small saucepan including the juice and syrup from the pineapple. Turn heat on to medium and stir constantly to prevent burning. Continue to heat until mixture thickens and comes to a boil. Allow mixture to boil for approximately 1 minute. If mixture refuses to thicken, add more cornstarch a little at a time. Be sure to mix your cornstarch with a little cold water in a cup to make a smooth liquidized mixture before adding it to the hot sauce Pour finished sauce into a serving bowl, complete with a ladle, and let your guests pour it over baked sliced ham. (makes 4-6 servings)

Note: At our house we make lots of glaze and pour it over each slice.

*Marge G
Waukesha, Wi*

PORTOBELLO MUSHROOM BURGERS

4 portobello mushroom caps	4 slices muenster cheese or gruyere cheese
1 c Italian Dressing	Romaine lettuce leaves
4 sourdough rolls	

Combine mushrooms and Italian dressing in a large zip lock bag. Chill for 30 minutes, remove mushrooms, discarding dressing. Grill over medium high heat for 3-4 minutes on each side. Grill buns, cut sides down until toasted. Place mushrooms, cheese and lettuce on buns. Serve immediately. (makes 4 servings)

Note: Very Good, Matt made the marinade.

*Marge G
Waukesha, Wi
Matt G*



SMOKED SAUSAGE & ZUCCHINI SAUTÉ

- | | |
|--|---------------------------|
| 1 lb smoked sausages, cut into 1-inch pieces | 1 T instant minced onion |
| 1 T margarine (butter) | ½ tsp garlic salt |
| 2 zucchini, cut lengthwise then in half | ¼ tsp dried oregano |
| | ¼ tsp ground black pepper |
| | 2 tomatoes, chopped |

In a skillet over medium heat, brown the sausage. Remove sausage from skillet and set aside. Add margarine, zucchini, and onion to the skillet and cook until zucchini is crisp and tender. Return the browned sausage to the skillet and add garlic salt, oregano, and black pepper. Cook until all ingredients are hot. Add chopped tomatoes on top of the ingredients.

Note: Serve over cooked rice.

Marge G
Waukesha, WI

SPICY SEASONING

If cooking salt free we developed a zesty seasoning to have on hand in it's place.

RECIPE FOR OUR SPICY SEASONING: Mix equal amounts of white pepper, cayenne pepper, black pepper, paprika, onion powder and garlic powder. Heat can be adjusted to taste by altering amounts of spices.

Note: I mix this in bigger batches for amounts to last up to 6 months. Store air tight in cool, dry place.

Marge G
Waukesha, WI

A porterhouse steak is cut from the short loin that contains the top loin and tenderloin muscles. The steak was named after porter houses, or coach stops, where travelers in the early 1800s stopped to dine on steak.



BREAKFAST & BREADS

BREAKFAST TATER TOT CASSEROLE

- | | |
|--|--|
| 2 T. butter | 5 green onions, chopped, tops included |
| 2 lbs. frozen tater tots | 1 lb. spicy breakfast sausage |
| 4 eggs | 2 T. seasoning salt |
| 2 c. milk | 1 T. hot sauce |
| 3 c. shredded cheddar cheese, divided | ¼ c. breadcrumbs, or seasoned stuffing mix |
| 2 c. shredded mozzarella cheese, divided | salt and pepper, to taste |
| 1 c. sour cream | |

In a 9x13 baking dish, spread butter along bottom and sides of pan. In a large bowl, mix eggs, milk, sour cream, onions, seasoned salt, hot sauce, salt and pepper; whisk until well blended. Add 2 c. cheddar cheese, 1 c. mozzarella and tater tots to mixture. Mix until tots are coated and ingredients are mixed well. In a small pan, cook sausage until just before done (sausage will finish in the oven.) Drain well and add to tater tot and egg mixture. Pour into baking and top with remaining cheeses and breadcrumbs. Spread topping evenly. Bake at 350° for 45 minutes or until set and topping is golden brown. Serve with salsa if desired.

Marge Gebhardt
Coupland, TX

CHORIZO, EGG AND CHEESE TACOS

- | | |
|-----------------------------------|-----------------------------------|
| 3 chorizo sausages, thinly sliced | 4 tortillas, flour or whole wheat |
| 1 T. butter | ½ c. diced onion |
| 6 eggs | 1 jalapeño, seeded and diced |
| 1 T. milk or creamer | salt and pepper |
| 1 c. jalapeño Jack cheese | |

Fry chorizo until crisp. In another pan, melt butter and sauté onions and pepper until translucent. Beat the eggs with milk and add to onions and peppers, scramble until desired doneness. Season with salt and pepper, to taste. Warm tortillas directly over flame if you have a gas oven, turning until done. If not, you can warm tortillas in the microwave between 2 paper towels for 15 seconds. Place ¼ c. cheese on each tortilla, then layer chorizo evenly over cheese. Top with egg mixture and roll up. Serve with salsa and cilantro for garnish, if desired.

Marge Gebhardt
Coupland, TX



DUTCH APPLE PANCAKE

4 eggs	$\frac{2}{3}$ c. sugar
$\frac{3}{4}$ c. milk	$\frac{1}{4}$ tsp. cinnamon
$\frac{3}{4}$ c. flour	$\frac{1}{8}$ tsp. nutmeg
1 T. sugar	$\frac{1}{3}$ c. butter
$\frac{1}{4}$ tsp. salt	1 T. lemon juice
2 T. butter	1 tsp. grated lemon rind

5 lg. apples, cored and sliced

Mix eggs, milk, flour, 1 T. sugar and salt in medium bowl. (Batter will be thin and slightly lumpy.) Melt 2 T. butter and pour into 10-inch deep dish pie plate. Tilt plate to coat sides, then pour batter into plate. Bake in preheated 425° oven for 20 minutes or until set and crust is browned. (Do not open oven door during baking.) Mix apples, $\frac{2}{3}$ c. sugar, cinnamon and nutmeg. Heat $\frac{1}{3}$ c. butter, lemon juice and rind in large skillet until bubbly; sauté apples until tender, 3-5 minutes. Spoon apple mixture into pancake. Cut pancake into wedges to serve. I like to serve with maple syrup.

*Cathy Ressman
Waukesha, WI*

MR. PAUL'S PANCAKES

1 $\frac{3}{4}$ c. all purpose flour	2 eggs
2 T. sugar	1 $\frac{1}{2}$ c. milk
2 tsp. baking powder	3 T. vegetable oil
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ tsp. lemon juice

In a large mixing bowl, combine flour, sugar, baking powder and salt. In a small mixing bowl, beat the eggs, add milk, oil and lemon juice. Mix the liquid ingredients into the dry ingredients and stir until moistened. Pour batter by $\frac{1}{3}$ cupfuls onto a lightly greased hot frying pan or griddle. Turn the pancakes over when bubbles develop and pop. Cook the second side until golden brown. Makes about 12 pancakes.

*Indica Hardt
Tejeras, NM*



OVERNIGHT COFFEE CAKE

2 c. flour	2 eggs
1 c. sugar	1 tsp. baking soda
$\frac{1}{2}$ c. brown sugar	TOPPING:
$\frac{3}{4}$ c. shortening	1 c. brown sugar
1 c. buttermilk	$\frac{1}{2}$ c. sugar
1 tsp. baking powder	1 tsp. cinnamon
1 tsp. cinnamon	$\frac{1}{2}$ c. chopped nuts
$\frac{1}{4}$ tsp. salt	

Grease 9x13 baking pan. In a large bowl mix flour, brown sugar, shortening, buttermilk, soda, baking powder, cinnamon, salt and eggs. Blend on low with mixer until combined. In a small bowl, mix brown sugar, sugar, cinnamon and nuts. Pour half the cake mixture into pan; sprinkle with half of the topping mix. Repeat with another layer. Cover and refrigerate overnight. Preheat oven to 350° and bake for 30-40 minutes, or until toothpick comes out clean.

Note: Everyone at Garden Club loved it!

*Marge Gebhardt
Coupland, TX*

OVERNIGHT FRENCH TOAST CASSEROLE

8-10 slices French bread, 1 inch thick	1 $\frac{1}{2}$ tsp. vanilla extract
$\frac{1}{2}$ c. butter	1 $\frac{1}{2}$ tsp. baking powder
6 lg. eggs	$\frac{1}{4}$ tsp. ground nutmeg
4 c. half and half cream	1 tsp. ground cinnamon
$\frac{3}{4}$ c. sugar	$\frac{1}{2}$ c. powdered sugar (opt.)

Melt butter in 9x13 baking dish. Arrange bread slices in the dish, turning to coat them in the melted butter. In a large bowl, beat the eggs, add half and half, vanilla, baking powder, nutmeg and cinnamon; mix well. Pour the egg mixture over the bread in baking dish. Cover and chill for 8 hours or overnight. Remove from refrigerator 10 minutes before baking. Bake uncovered in a preheated 350° oven for 45-55 minutes. Remove from oven and let stand for 10 minutes before serving. Dust with powdered sugar and serve with warm maple syrup. Can also top with jam, fruit and whipped cream, if desired.

*Marge Gebhardt
Coupland, TX*



SOUTHERN SAUSAGE GRAVY

8 oz breakfast sausage
2 T shortening
3 T flour

1 ½ - 1¾ c milk
salt & pepper, to taste
1 dash cayenne pepper (optional)

Cook sausage in a medium skillet over medium-low heat, stirring and breaking up any clumps. Remove the sausage to a paper towel-lined plate. Add a tablespoon shortening, vegetable oil, or lard to the drippings in the skillet. Add flour, stirring until blended and bubbling. Gradually add 1 ½ cups milk continue stirring and cooking until thickened and bubbly; add the sausage. If gravy is too thick, add a little more milk. Taste and add salt and pepper. Stir in a dash of cayenne pepper, if desired. Serve over hot split and buttered biscuits. (makes 4 to 6 servings)

Note: Serve over hot biscuits with butter.

Marge G
Waukesha, WI

TRIPLE FRUIT SMOOTHIES

4 cups vanilla fat free yogurt
4 medium bananas, cut into chunks

2 cups frozen strawberries
2 cups orange juice

Place half of each ingredient in blender. Cover and blend on high speed about 10 seconds or until smooth. Repeat with remaining ingredients. Serve immediately. (8 servings) about one cup each serving

Marge G
Waukesha, WI

Egg shell color is determined by the breed of hen and is not related to quality, nutrients, flavor, or cooking characteristics. Brown eggs come from slightly larger birds which require more food, usually making brown eggs more expensive than white.



DESSERTS

BIG AND CHEWY OATMEAL RAISIN COOKIES

1 ½ c. all-purpose flour
¼ tsp. salt
½ tsp. baking powder
¼ tsp. nutmeg
2 sticks butter
½ tsp. vanilla

1 c. brown sugar, packed
¾ c. granulated sugar
2 eggs
3 c. oatmeal
1 ½ c. raisins

Preheat oven to 350°. Spray cookie sheet with nonstick cooking spray. In a medium bowl, sift together the flour, salt, baking powder and nutmeg; set aside. Beat the butter and vanilla until creamy. Add the sugars and beat until fluffy, about 3 minutes. Beat in the eggs, one at a time. Gradually add the dry ingredients to the butter mixture and mix well. Fold in the oats and raisins. Roll the dough into generous 2-inch balls. Place the balls on the cookie sheet, leaving at 2 inches between each ball. Bake at 350° until the cookie edges turn golden brown, about 20-25 minutes.

Note: For chocolate chip cookies, substitute chocolate chips for raisins and omit the nutmeg.

Marge Gebhardt
Coupland, TX

BUTTERSCOTCH PECAN DESSERT

½ c. cold butter
1 c. flour
¾ c. chopped pecans, divided
1 pkg. (8oz) cream cheese, softened

1 c. powdered sugar
1 carton (8oz) Cool Whip, divided
3½ c. milk
2 pkgs. (3.4 oz) instant butterscotch pudding

In a bowl, cut the butter into the flour until crumbly; stir in ½ c. chopped pecans. Press into an ungreased 13x9 baking pan. Bake at 350° for 20 minutes or until lightly browned. Cool. In a mixing bowl, beat cream cheese and sugar until fluffy. Fold in 1 c. Cool Whip topping; spread over crust. Combine milk and pudding mix until smooth; pour over cream cheese layer. Top with remaining Cool Whip and pecans. Refrigerate for 1-2 hours.

Marge Gebhardt
Coupland, Texas



CHOCOLATE PICK-ME-UP CAKE

- | | |
|--|--------------------------------|
| 1 pkg, Pillsbury Plus Devil's Food
Cake Mix | TOPPING |
| 1 c dairy sour cream | ¼ c sugar |
| ½ c water | ½ tsp cinnamon |
| 3 eggs | ½ c semi-sweet chocolate chips |
| | ½ c coconut |

Heat oven to 350° F. Grease and flour 13 x 9-inch pan. In large bowl combine cake mix sour cream, water and eggs at low speed until moistened; beat 2 minutes at highest speed. Pour batter into prepared pan. In small bowl combine all topping ingredients, Sprinkle evenly over batter. Bake at 350° F for 30 to 40 minutes or until toothpick inserting in center comes out clean. Cool completely (makes 12 servings)

*Marge
Austin, Tx*

FLUFFY EASTER CHEESECAKE

- | | |
|---|---|
| 1pkg (8 oz) PHILADELPHIA
BRAND Cream Cheese,
softened | 1 prepared graham cracker crumb
crust (6 oz or 9 inch) |
| ⅓ c sugar | 1 ½ c cherry pie filling |
| 1 tub (8 oz) COOL WHIP Whipped
Topping, thawed | |

Beat cream cheese and sugar in large bowl with wire whisk or electric mixer on high speed until smooth. Gently stir in whipped topping. Spoon into crust. Refrigerate 3 hours or until set. Spread pie filling evenly over top of cheesecake. Garnish with edible fresh flowers. Store leftovers in refrigerator (makes 8 servings)

Note: No Problem keeping your cool while preparing this smooth and creamy dessert. It sets up in the refrigerator, saving you a workout with your oven

*Robert
Texas*



GRANOLA SUNDAES

- | | |
|------------------------|-----------------------------------|
| 1 c quick-cooking oats | ¼ c butter or margarine, softened |
| ½ c packed brown sugar | Ice cream |
| ¼ c peanut butter | |

In a bowl, combine oats and brown sugar. Stir in peanut butter and butter until mixture forms coarse crumbs. Sprinkle over ice cream. (makes 2 cups topping)

*Marge G
Waukesha, Wi*

MINIATURE CHEESECAKES (CHEESECAKE CLASSICS)

- | | |
|--|--|
| ⅓ c graham cracker crumbs | 1 ½ tsp lemon juice |
| 1 t PARKAY Margarine, melted | ½ tsp grated lemon peel |
| 1 T sugar | ¼ tsp vanilla |
| 1 (8-oz) pkg PHILADELPHIA
BRAND Cream Cheese softened | 1 egg |
| ¼ c sugar | Kraft Strawberry or Apricot
Preserves |

Combine crumbs, margarine and sugar; Press rounded measuring tablespoonful of crumb mixture onto bottom of each of six paper-line muffin cups. Bake at 325°; 5 minutes. Combine cream cheese, sugar, juice, peel and vanilla, mixing at medium speed on electric mixer until well blended. Blend in egg; pour over crust, filling each cup ¾ full. Bake at 325°; 25 minutes. Cool before removing from pan. Chill. Top with preserves just before serving (6 servings)

Note: Variation; Substitute fresh fruit for KRAFT Preserves. MAKE AHEAD; Wrap chilled cheesecakes individually in moisture-vaporproof wrap; freeze. Let stand at room temperature 40 minutes before serving.

*Marge Gebhardt
Coupland, Tx*



MOCHA CHEESE PIE

- | | |
|--|------------------------------------|
| 1 - 6oz-pkg (1 c) Nestle Toll House Semi-Sweet Chocolate morsels | ½ c sugar |
| 1 t Taster's Choice freeze dried coffee | 3 eggs |
| 1 t boiling water | ¼ c heavy cream |
| 2 (8 oz) pkgs cream cheese softened | 1 - 9 inch unbaked pie shell |
| | Sweetened whipped cream (optional) |

Preheat oven to 350°F Melt over hot (not boiling) water Nestle Toll House semi-sweet chocolate morsels, stir until smooth. Set aside in cup, dissolve Taster's Choice freeze dried coffee in boiling water in large bowl, combine cream cheese and sugar, beat until smooth. Add eggs, 1 at a time, beating well after each addition. Add melted morsels and coffee, mix well. Blend in heavy cream, Pour into prepared pie shell*Bake at 350° F for 35-40 minutes. Turn oven off. Let stand in oven with door ajar 15 minutes. Remove, Cool completely, chill.Let stand at room temperature 30 minutes before serving. Garnish with sweetened whipped cream, if desired (makes 1-9 inch pie)

Note: *If using frozen pie shell, it's necessary to use deep dish style thawed. Place on cookie sheet and bake additional 10 minutes

Marge Gebhardt
Coupland, Tx

MOTHER'S FRUITCAKE

- | | |
|------------------------------|------------------------|
| 1 lb pitted dates | 1 c. sugar |
| 4 slices candied pineapple | 1 tsp. baking powder |
| 4 oz. red candied cherries | ¼ tsp. salt |
| 4 oz. green candied cherries | 4 eggs, beaten |
| 4 c. walnuts | 1 tsp. vanilla extract |
| 1 c. flour | |

Chop dates, fruits and walnuts into small pieces. Combine in large bowl. Sift flour, sugar, baking powder and salt over fruit. Toss to coat well. Stir in eggs and vanilla. Divide into 2 lightly greased 5"x9" loaf pans. Bake at 250° for 2 hours. Cool in pans for 30 minutes. Remove from pans & cool completely.

Verna Barnes
Hutchinson, Mn



REFRESING STRAWBERRY SOUP

- | | |
|-------------------------------|-------------|
| 2 c hulled strawberries, cold | 4 tsp sugar |
| 1 c low-fat buttermilk | |

In food processor or blender container, process strawberries, buttermilk and sugar until smooth, Serve immediately or cover and refrigerate. Garnish as desired (makes 4 servings)

Note: Variations: Substitute raspberries, cantaloupe chunks, honeydew melon chunks or nectarine slices for strawberries

Marge Gebhardt
Coupland, Tx

STRAWBERRY CREAM PIE

- | | |
|--|--|
| 2 c crushed fresh strawberries | 1 prepared chocolate flavor crumb crust (6 oz) |
| 3 t sugar | Sliced fresh strawberries |
| ½ c sour cream | |
| 1 tub (8 oz) COOL WHIP Whipped Topping, thawed | |

Stir crushed fresh strawberries and sugar in large bowl. Stir in sour cream. Gently stir in whipped topping. Spoon mixture into crust. Refrigerate 4 hours or until firm. Garnish with sliced strawberries (makes 8 servings)

Marge
Austin, Tx

True wild blueberries grow only in eastern North America. Maine produces 25% of all blueberries in North America, making it the largest producer in the world. They are now also grown in Australia, New Zealand, and South American countries.



STRAWBERRY REFRIGERATOR CAKE

- | | |
|--|--|
| 1 pkg. strawberry cake mix | 1 c. milk |
| 1 (10 oz.) pkg. sweetened frozen sliced strawberries, thawed | 2 c. frozen whipped topping, thawed |
| TOPPING: | fresh strawberries, sliced for garnish |
| 1 (3 oz.) vanilla instant pudding mix | |

Preheat oven to 350°. Grease and flour a 9x13 baking dish. Prepare cake following package directions, bake and cool. Poke holes 1 inch apart in the top of the cake using handle of wooden spoon. Pureé thawed strawberries and juice with immersion (or regular) blender. Spoon over top of cake. **TOPPING:** Prepare pudding according to package directions, using 1 c. milk. Fold whipped topping into pudding mixture and spread over cake. Garnish with fresh sliced strawberries. Refrigerate at least 4 hours before serving.

*Marge Gebhardt
Coupland, TX*

TAKE-ALONG CAKE

- | | |
|--|--------------------------------|
| 1 pkg DUNCAN HINES moist Deluxe Swiss Chocolate Cake Mix | 1 c miniature marshmallows |
| 1(12 oz) pkg semisweet chocolate chips | ¼ c butter or margarine melted |
| | ½ c packed brown sugar |
| | ½ c chopped pecan walnuts |

Preheat oven to 350 degrees F. Grease and flour 13 x 9-inch pan. Prepare cake mix as directed on pkg. add chips and marshmallows to batter. Pour into prepared pan. Drizzle melted butter batter, Sprinkle with sugar and top with pecans. Bake 45 to 55 minutes or until toothpick inserted in center comes out clean. Serve warm or cool completely in pan.

*Lisa Hammand
Coupland, Tx*



THIS & THAT

CARING FOR GREEN BEANS

Fresh green beans should be stored unwashed in an airtight plastic bag in the refrigerator and be used within 4 days. Wash just before using.

*Marge G
Waukesha, Wi*

CILANTRO PESTO

- | | |
|-----------------------------------|-----------------------------|
| 1 c. packed fresh cilantro leaves | ¼ c. grated Parmesan cheese |
| ½ c. almonds | ¼ c. olive oil |
| 3 lg. cloves garlic | ½ tsp. sea salt |

Combine cilantro, garlic and almonds in a blender or food processor and pureé until smooth. Add Parmesan, oil and salt and process into a smooth paste. Stir into hot pasta and serve.

Note: An interesting twist on traditional basil pesto.

*Lisa Hammond
Coupland, TX*

CINNAMON-RAISIN SNACK MIX

- | | |
|----------------------------------|--|
| ¼ cup sugar | 1 ½ cup rice chex cereal |
| 1 tsp ground cinnamon | 1 ½ cup wheat chex cereal |
| ¼ cup butter or margarine-cereal | ½ cup raisins, dried cranberries or dried cherries |
| 1 ½ cup corn cereal | |

In small bowl, mix sugar and cinnamon, set aside. In large microwaveable bowl, microwave butter uncovered on high about 40 seconds or until melted. Stir in cereals until evenly coated. Microwave uncovered 2 minutes, stirring after 1 minute. Sprinkle half of the sugar mixture evenly over cereals; stir. Sprinkle with remaining sugar mixture; stir. Microwave uncovered 1 minute. Stir in raisins, Spread on paper towels to cool. 10 servings (½ cup each)

Note: We've made this 7 or 8 times, always good.

*Marge G
Coupland, Tx*



HOMEMADE PECAN BUTTER

2 c. pecans, chopped
2 T. vegetable oil

salt, to taste

Roast pecans on a nonstick cookie sheet at 350° until browned. Spread evenly to roast and be careful! They burn easily! Roast for 5 minutes, shaking pan often. Place on parchment paper to cool for 5 minutes. Add cooled pecans to food processor or blender and blend on high until finely ground, about 2-3 minutes. Add oil, ½ T. at a time and continue to blend until butter reaches desired consistency. Add salt to taste. If you use fresh nuts, this will keep in an airtight container in the refrigerator 2-3 months.

*Lisa Hammond
Coupland, TX*



Cranberries are recognized for their role in holiday meals all around the world, but this fruit also provides a unique health benefit. Proanthocyanidins inhibits E. coli bacteria from attaching to the urinary tract, helping to prevent urinary tract infections.



LEMON-PICKLED TURNIPS

2½ lbs (8-cups sliced) white
turnips, such as hakurei turnips
(greens removed before
weighing)

3¼ c water
1¾ c champagne vinegar
½ c plus 1 tsp sugar
4 tsp corlander seeds

1 T plus ½ tsp kosher salt
3 lemons, zested and juiced
(about 3-ozs juice)

Trim turnips of tops and roots. Halve and slice turnips about ¼ inch thick. In a large colander, mix turnips with salt. Set aside to drain for 1 hour. Into a nonreactive saucepan, grate lemon zest. Halve lemons and squeeze juice over zest. Pour water, vinegar and sugar. In a dry sauté pan over medium heat, toast corlander seeds until fragrant. Coarsely crush corlander and add to pan with lemon mixture. Start your canning kettle with rack over high heat to bring water to a boil. Meanwhile, if you have a dishwasher, run 5 pint canning jars on the regular cycle and then leave in the hot dishwasher until needed. OR wash in very hot soapy water (rinsing well) immediately before use. Prepare lids according to directions on box. Pack hot jars with turnips, using about 8 ounces per jar; filling up about three-fourths of the way. Bring vinegar mixture to a boil. Using a funnel or heatproof pitcher or measuring cup, pour mixture over turnips, leaving ½ inch space from rim of jar. Check for air pockets, adding more pickling solution if necessary to fill in gaps. Wipe rims with a clean towel, put on lids, then screw on bands until finger tight; meaning turn only until you feel resistance. Over tightening bands will cause too much pressure to build up in the jar resulting in the bottom of the jar “blowing out”, Place jars in boiling water bath, adding more water if necessary, to cover jars by one inch. Cover pot and, once it returns to a boil, process jars 15 minutes. Remove jars from the water and let cool.

Note: Makes 5 pint jars. This recipe was taken from a newspaper. Saving it to try on saving turnips. We have not tried this recipe to see if we like it.

*Robert Gebhardt
Coupland, Tx
Marge G*



PICKLED HOT PEPPERS

(Cowboy Candy)

1 lb fresh peppers, sliced into rings, 1/8 to 1/4- inch thick (see note)	2 T mustard seed
2/3 c cider vinegar	1/4 tsp celery seed
2 c sugar	1 T minced garlic
	1/4 tsp cayenne pepper

Prepare peppers. In a nonreactive pot, mix vinegar, sugar, mustard seed, celery seed, garlic and cayenne. Bring to a boil, then reduce heat to a simmer for 5 minutes (cover to prevent evaporation), Add peppers at a simmer for 5 minutes more. Remove from heat. Using a slotted spoon, separate peppers from pickling solution. Load hot jars with peppers, leaving 1-inch head space. Then fill jars with pickling liquid, leaving 1/4- inch head space. Make sure pickles are covered. Process in a boiling water bath 15 minutes. Allow to cure at least a week before opening.

Note: Use a mix of hot, sweet and mild peppers for the best taste. If using a large pepper, like a bell pepper, cut to a similar size of Jalapeños, Serrano's, etc.

Robert Gebhardt
Coupland, Tx 78615
Marge G

Roasted pumpkin seeds have a nutty flavor and are packed with protein and fiber. Toasted and salted pumpkin seeds are delicious, but they're even better flavored with sweet and savory spices.



PICKLED HOT PEPPERS

(COWBOY CANDY)

1 lb fresh peppers, sliced into rings, 1/8 to 1/4 inch thick (see note)	2 tablespoons mustard seed
2/3 cup cider vinegar	1/4 tsp celery seed
2 cups sugar	1 tablespoon minced garlic
	1/4 tsp cayenne pepper

Prepare peppers; In a nonreactive pot, mix vinegar, sugar, mustard seed, celery seed, garlic and cayenne. Bring to a boil, then reduce heat to a simmer for 5 minutes (Cover to prevent evaporation) Add peppers at a simmer for 5 minutes more. Remove from heat. Using a slotted spoon separate peppers from pickling solution. Load hot jars with peppers, leaving 1/4 inch head space. Make sure pickles are covered. Process in a boiling water bath 15 minutes. Allow to cure at least a week before opening.

Note: Use a mix of hot, sweet and mild peppers for the best taste. If using a large pepper; like a bell pepper; cut to a similar size of a jalapeños, serranos, etc.

Marge G
Austin, Tx/ Coupland, Tx

PICKLED ONIONS

16 c onions thinly sliced	1/4 c mustard seed
1 c pickling salt water	7 tsp prepared horseradish
8 c white vinegar	7 small chili peppers, cayenne
2 c granulated sugar	7 bay leafs split in half

Robert G
Coupland, Tx

The drive-in restaurant concept, where patrons are served food in their vehicles, dates back to pre-WWII. A & W may have been the first drive-in. The concept reached its height of popularity in the 1950s.



REFRIGERATOR VEGETABLE PICKLES

(MEXICAN STYLE)

- | | |
|------------------------|-----------------------|
| 4 oz whole green beans | ½ c jalapeño peppers |
| 1 ½ c chopped celery | ½ c kosher salt |
| 2 medium carrots | 2 c cider vinegar |
| 1 ½ c cauliflower | 2 c water |
| 1 c broccoli | 2 T black peppercorns |
| 1 c pearl onions | ¼ tsp ground cloves |

Mix all ingredients in large glass or plastic container. Cover, and refrigerate at least 48 hours, but not longer than 2 weeks.

*Robert G
Waukesha, Wi*

RITZ SNACKER CRACKERS

- | | |
|--|-------------------|
| 2 (16-oz) boxes Ritz Cheez-it crackers | 1 C vegetable oil |
| 1 (12-oz) bag small oyster crackers | 2 T garlic powder |
| 1 (1-oz) pkg ranch dressing mix (DRY) | 2 T lemon pepper |
| | 2 T dill weed |
| | ½ tsp salt |

Preheat oven to 250° F. Mix crackers together in a pan or baking dish that has been sprayed with Pam. Mix the rest of the ingredients together and pour over the crackers, stirring to coat evenly. Bake in oven for 15 minutes, stirring every 5 minutes. Allow to cool and enjoy.

Note: We use this snack at least twice a year.

*Marge G
Coupland, Tx*

Americans consume 17 billion quarts of popped popcorn each year. The average American eats about 58 quarts annually.



SPICY SNACK MIX

- | | |
|---------------------------------|------------------------------------|
| ½ C butter or margarine | 7 Cups Rice Chex |
| 1 T seasoning salt | 6 Cups Cheerios toasted oat cereal |
| 1 T Worcestershire Sauce | 2 (12 oz) cans mixed nuts |
| 1 tsp garlic powder | |
| 1 tsp hot sauce (1 use Tabasco) | |

In a small sauce pan, melt butter. Add seasoned salt, Worcestershire sauce, Garlic powder, and hot sauce, set aside. In a large mixing bowl, combine cereals and nuts. Mix well, Stir in butter mixture until well blended. Spread into two 15 x 10 inch baking pans, Bake at 250° for 1 hour, stirring every 15 minutes.

*Marge G
Waukesha, Wi / Coupland, Tx*

TEXAS SPICY APPLE FIG CHUTNEY

- | | |
|--|--|
| 2 lg. apples, peeled and cored | ½ bunch cilantro, coarsely chopped (leaves only) |
| 1 lg. orange, peeled, pith removed and chopped | 1 lime, juiced |
| 4 c. fresh figs, quartered | 1 T. white vinegar |
| 1 yellow pepper, chopped | 1 T. olive oil |
| 1 med. onion, chopped | ½ tsp. salt |
| 6 jalapeño peppers, finely minced | ½ tsp. pepper |
| 2 cloves garlic, crushed and finely minced | |

Combine all ingredients in a large pot. Bring to a boil and reduce heat to simmer. Cook until vegetables are just tender. Pack into sterilized jars, wipe rims, add sterilized lids and screw on bands until just tightened. Process in boiling hot water bath 10 minutes. Cool, check seals, tighten bands, and label. Store in cool dark place.

Note: Chutneys are great with poultry and fish. Nice mix of hot and sweet.

*Lisa Hammond
Coupland, TX*



TRAIL / SNACK MIX

- (14-oz) M & Ms plain, chocolate candies
- (14-oz) M & Ms peanut chocolate candies
- (12-oz) honey roasted peanuts
- (12-oz) peanuts, cocktail (shelled, peeled, & salted)
- (8-oz) sunflower seeds
- (8-oz) raisins (or as much as you want)
- (6-oz) walnuts (or as much as you want)

Mix all ingredients in a large bowl. Store in tightly covered container or zipper-lock plastic bag. Be aware of choking concerns in younger children--this should not be served to very young children due to the size of the items in it.

Marge G
Waukesha, Wi / Austin, Tx

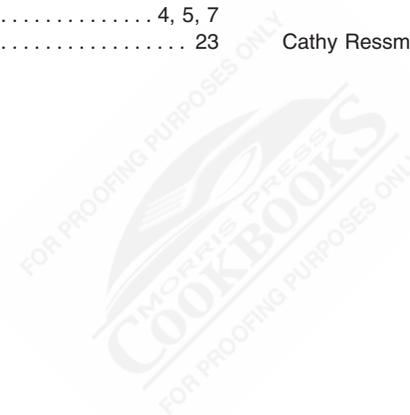


In popcorn jargon, a popped kernel of corn is known as a "flake."



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