

COFFEE TALK RECIPES 2020



**Laurie Speltz
The Creative Coach**



COOKIES AND DESSERTS

ORANGE SLICE COOKIES

(from Creative University)

1 cup brown sugar

1 cup white sugar

1 cup shortening

2 large or 3 small eggs

1 tsp. salt

1 tsp. soda

1 tsp. baking powder

2 cups flour

1 tsp. vanilla

2 cups oatmeal

1 cup coconut

1 cup orange slices cut in small pieces, mixed
with flour to separate them

Mix brown and white sugar and shortening together. Add eggs and mix. Add remaining ingredients and mix well. Drop batter from teaspoon onto greased cookie sheet. Bake at 375 degrees.

From Laurie and Sandy Speltz, Urbandale, IA

DUNKIN PLATTERS

2 cups Butter
2 cups Sugar
2 cups Brown Sugar
4 Eggs
2 tsp. Vanilla

2 cups Quick Oatmeal
2 cups Special K (any cereal for crunch)
4 cups Flour
2 tsp. Baking powder
2 tsp. Baking soda
½ tsp. Salt

Cream sugars, butter, eggs, and vanilla. Mix in other ingredients slowly in a large bowl. Drop very large spoonful's on cookie sheets. I use the Pampered Chef cookie scoop just smaller than an ice-cream scoop, 6 cookies to a large sheet. When cookies are done baking, hit the cookie sheet on the counter until the cookies fall. Bake at 350 for 12-15 minutes. Makes about 4 dozen cookies.

These have become a staple expected on an annual camping trip every year with family and friends. They are great in place of graham crackers in a beloved s'more! Enjoy!

From Lisbeth Stull, Tacoma, Washington

MOLASSES COOKIES

3/4 cup butter flavor Crisco	2 tsp. soda
1 cup sugar	1 tsp. cinnamon
1/4 cup molasses	1/2 tsp. cloves
1 egg	1/2 tsp. ginger
2 cups flour	1/2 tsp. salt

Mix all ingredients. Roll into balls and roll in sugar. Bake at 375, untreated pan, for 8-10 minutes.

Makes 2-dozen cookies.

From Lisbeth Stull, Tacoma, Washington

NORA'S ANGEL BARS

$\frac{1}{2}$ cup margarine
1 box cake mix of your choice
1 can sweetened condensed milk
1 pkg. chocolate chips

1 pkg. peanut butter chips
1 pkg. butterscotch chips
1 pkg. Heath Bits O Brickle Toffee chips
 $\frac{1}{4}$ cups chopped nuts

Grease a 9 x 13 pan. Mix margarine and cake mix with a fork. Dough will be stiff—use more butter if needed. Press dough evenly in bottom of pan. Layer the chips, nuts and Heath pieces. Pour sweetened condensed milk evenly over the top. Bake until golden brown and bubbly—about 30 minutes. Cool and cut into 1 $\frac{1}{2}$ inch

From Theresa Rouse

JINGLE Bells

1/2 lb. butter	1	
1/2 c. brown sugar		1 1/2 lb. pitted dates, cut up
2 eggs		3 c. walnuts (don't chop)
3 1/2 c. flour		4 slices candied pineapple, cut up
1 tsp. cinnamon		1/2 lb. candied green cherries, cut in half
1 tsp. soda		1/2 lb. candied red cherries, cut in half
1 tsp. salt		
1 tsp. vanilla		

Cream butter and brown sugar. Add eggs. Sift dry ingredients. Add. Add vanilla. Mix fruit and nuts. Add to mixture. Drop by teaspoonful on greased cookie sheet.

Bake at 325 deg. for 20 minutes.

Makes 10 - 12 dozen

From Nancy Genetti, Richardson Texas

FROSTY WINTER BARS

1 ½ c butter	Whole Graham crackers (enough to line the pan twice)
1 c sugar	1 c Graham cracker crumbs
1 egg, well beaten	6 TBSP. light cream
½ c milk	1 tsp. vanilla
1 ½ c flaked coconut	2 cups powdered sugar
1 ¼ c chopped pecans	

Melt 1-cup butter in saucepan and stir in sugar, egg and milk.

Bring to a boil over low heat, stirring constantly, then remove from heat.

Stir in coconut, 1-cup pecans and graham cracker crumbs.

Cover bottom of 13 x 9 dish with one layer of whole graham crackers and spread coconut mixture over crackers. Cover with another layer of whole graham crackers.

Soften remaining butter in bowl. Add cream, vanilla and powdered sugar and beat until fluffy. Spread over crackers and sprinkle with remaining pecans.

Refrigerate overnight and cut into bars. May be frozen.

NO BAKE COOKIES

**My take on no bakes Regular Oats make them chewier.

2 Cups White Sugar

$\frac{3}{4}$ Cup Extra Crunchy Peanut Butter

1 Cup Butter

1 tsp. Vanilla

$\frac{1}{2}$ Cup Milk

3 Cups Regular Oats (not quick cooking)

Bring first 3 ingredients to boil. Boil 4 -5 minutes. Remove from heat add $\frac{3}{4}$ Cup Peanut Butter stir well. Add 1 tsp. of Vanilla. Add 3 cups of Oats and stir well.

Drop by spoonful's on wax paper .

From Polly Conner, Ohio

PEANUT PETITES

1/2 cup butter	1 1/4 cup flour
1/2 cup peanut butter	1/2 tsp. baking powder
1/2 cup sugar	3/4 tsp. Soda
1/2 cup brown sugar (packed)	1/4 tsp. Salt
1 egg	

Mix butter, peanut butter, sugar and egg thoroughly. Blend rest of ingredients; stir in. Chill dough. Roll dough on a lightly floured surface, half at a time, 1/8" thick. Cut with round cookie cutter. Place on baking sheet. Bake 6 to 8 minutes at 375 degrees

Frosting

Stir 1/4 cup peanut butter, 3 cups powdered sugar and 1/4 to 1/3 cup milk together until creamy. Add 1/2 cup chopped Spanish peanuts. Spread on cookies and enjoy!

From Connie Bartz, Wylie, Texas

WAFFLE IRON BROWNIES

1 cup sugar	2/3 cup flour
1/4 cup butter	Dash of salt
2 eggs, separated	1 tsp. Vanilla
2 squares melted Bakers chocolate	1 cup chopped nuts
1/2 cup milk	

Cream butter and sugar. Add egg yolks, chocolate & Vanilla. Add dry ingredients alternately with the milk. Fold in the beaten egg whites. Drop 1 tsp. Batter in each section of waffle iron and bake for about 4 minutes.

Frosting:

1 cup sugar	Pinch of salt
1/4 scant (not full) cup cocoa	1/4 cup milk
1/4 cup butter	1 tsp. Vanilla

Mix and stir until it boils. Boil hard one minute. Cool and beat.

From Connie Bartz, Wylie, Texas

NO-BAKE CHERRY CHEESE CAKE

I use Pillsbury pie crust. This is the only thing you need to bake.

1 - 8oz cream cheese

1- can sweetened condensed milk

1 tsp. vanilla

1/3 cup lemon juice

1- can cherry pie filling

Beat cream cheese until fluffy. Add sweetened condensed milk, vanilla and lemon juice.

Pour into pie crust shell. Refrigerate. I usually try to make the filling the day before. The longer it sets the better it is.

I also refrigerate the pie filling. Just tastes better to me. You can use any pie filling you like.

Refrigerate until ready to serve.

If you want to do a deep dish pie, double the filling. YUMMY

From Susan Myers, Bel Air, Maryland

ORANGE JUICE CAKE

Ingredients

CAKE:

1 box Vanilla Cake Mix

1 box Orange Flavored Jell-O, (4 servings size)

3/4 cup Vegetable Oil

1 cup Fresh Orange Juice

4 Eggs

GLAZE:

1 cup Powdered Sugar

2 TB Fresh Orange Juice

TO DECORATE:

Finely grated Orange Peel

Chopped Pistachio Nuts

Prep Time: 5 minutes
Cook Time: 35 minutes
Total Time: 40 minutes

From Polly Conner, Ohio

CHERRY CHOCOLATE CHIP COOKIES

1c (2 sticks) butter – softened	2 $\frac{1}{4}$ c all-purpose flour
$\frac{3}{4}$ c packed brown sugar	1 tsp. baking soda
$\frac{1}{2}$ c granulated sugar	$\frac{3}{4}$ tsp. kosher salt
2 large eggs	2 c chocolate chips
1 tsp. vanilla extract	$\frac{3}{4}$ c chopped dried cherries

Preheat oven to 350 degrees and line 2 baking sheets with parchment paper. Using a hand mixer, beat butter and sugars until light and fluffy, about 2 minutes. Add eggs and vanilla – beat until combined.

In a separate bowl, mix flour, baking soda and salt. Stir into wet ingredients then fold in chocolate chips and cherries. Using a large cookie scoop, scoop cookies onto prepared baking sheets and bake until set – 13 minutes.

Yield – about 2 dozen

From Lisa Bimber, Hamburg, New York

CARROT CAKE

(from Creative University)

1 cup liquid shortening	1 tsp. baking powder
2 cups sugar	1/2 tsp. salt
4 eggs	1 tsp. cinnamon
2 cups flour	1 cup nuts
1 tsp. baking soda	3 cups grated raw carrots

Beat shortening, sugar, eggs; add flour, soda, baking powder, salt, cinnamon, and nuts. Mix well and add carrots. Bake in greased and floured 9 X 13" pan at 350 degrees for 40-50 minutes.

ICING FOR CARROT CAKE

Cream 1 stick of butter or margarine and 8 ounces of cream cheese. Add one box of powdered sugar, 1 teaspoon vanilla and spread on cooled cake.

From Laurie and Sandy Speltz, Urbandale, Iowa

NO-BAKE FLUFFY CHEESECAKE

1 box Jell-O Cheesecake mix (I usually buy the cherry or strawberry cheesecake versions.)

8 oz. cream cheese, softened

1/2 c. milk

1/2 - 1 c. powdered sugar (depends on how sweet you like things!)

8 oz. Cool Whip

Follow Jell-O Cheesecake mix package directions for making the graham cracker crust (Note the extra ingredients required to complete the box mix requirements.) Put in a 9x13 dish.

Follow Jell-O Cheesecake mix package directions for making the cheesecake filling. In another large bowl, mix softened cream cheese, milk and powdered sugar until smooth and well blended. Blend Jell-O Cheesecake mix with cream cheese mixture until smooth. Gently stir Cool Whip into cheesecake/cream cheese mixture.

Layer on top of the graham cracker crust in the 9x13" dish. Cover with plastic wrap and refrigerate until set firm (at least an hour or two). Top with cherry or strawberry fill from Jell-O mix package before serving. (This recipe originally came from Taste of Home magazine.)

From Liz Hein, Avoca, IA

FROSTED CRANBERRY SQUARES

1 can of Cranberry jelled

1 6 oz. strawberry jell

1 13-1/2 oz. can crushed pineapple (syrup. save juice)

1 small bottle of 7up or Sprite

1 2 oz. pkg. Dream whip

1 8 oz. pkg. cream cheese

½ cup toasted nuts

Drain pineapple, save syrup. Add water to syrup to make 1 cup. Heat until mixture is boiling. Dissolve Jell-O in hot liquid. Cool. Gently stir in 7up. Chill until partially set

Blend pineapple and cranberry sauce. Fold into mixture. Place into pan. Chill until firm. Fix dream whip according to directions on box. Fold in cream cheese. Spread onto Jell-O. Top with toasted nuts.

Note: When double recipe don't double frosting. Use 1 dream whip & cream cheese.

From Cookie Rouse-Perry, La Verne CA

BANANA SPLIT DESSERT

1 ½ c graham cracker crumbs

3 Tbs. Sugar

Mix and line bottom of 9 x 13 pan. Put in freezer
until frozen or firm.

½ c melted butter

Put 3 – 4 sliced bananas over the crust

½ gallon chocolate chip mint ice cream – slice and put over bananas

1 c chopped walnuts over ice cream (opt)

Freeze

Chocolate Sauce

1 c Chocolate Chips

½ c butter

Melt together then add 2 c powdered sugar and 1 ½ c evaporated milk

Cook slowly – refrigerate and make sure it gets thick

Add 1 tsp. vanilla to chocolate sauce - spread over hard ice cream

Freeze again.

Whip heavy cream (1/2 pint), add cream de menthe and sugar to taste.

Can freeze with whipped cream on it.

Take out about 15 minutes before serving

From Nancy Genetti, Richardson Texas

FUNNY CAKE DELECTABLE

1 recipe regular pie dough

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

$\frac{1}{2}$ c cocoa

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

$\frac{1}{2}$ c shortening

2 c sugar

2 eggs

2 c all-purpose flour

1 tsp. baking powder

1 c milk

1 tsp. vanilla

Pastry: Line 2 8" pie tins with pastry. Set aside.

Syrup: Combine sugar, cocoa and water; boil about 10 minutes or until it thickens a little. Cool.

Cake Batter: Cream shortening, sugar and eggs together, sift dry ingredients together; add alternately with milk to creamed mixture. Blend in vanilla.

To Bake: Spread chocolate syrup mixture dividing evenly into pastry lined pie tins. Pour half the cake batter over each chocolate filled pastry shell. Bake for 35 minutes at 375 degrees.
Serves 12

When you are looking for an unusual dessert – Funny Cake will please you. It is an old German recipe – cake batter is baked over chocolate syrup in a standard pastry shell. Serve topped with ice cream or whipped cream for a dessert to be remembered.

From Nancy Genetti, Richardson Texas

PEANUT BUTTER PINWHEELS

6 cups powdered sugar, plus more if needed

1/2 cup russet potato, mashed and cooled (about 1 large potato)

1/3 cup creamy peanut butter

1 tablespoon milk

1 teaspoon vanilla extract

1/8 teaspoon salt

1. In a large bowl, beat mashed potato, milk, vanilla, and salt with an electric mixer on medium speed for 2 minutes.
2. Mix in powdered sugar, 1 cup at a time, until a dough has formed. Once you've added in 6 cups, if you need more, add in 1 tablespoon increments. Dough should be thick, slightly thicker than cookie dough.
3. Form dough into a ball and dust with powdered sugar. On a sheet of wax or parchment paper, roll dough into 1/8-inch thick rectangle. Trim to 10x12-inches.
4. Generously sprinkle powdered sugar over top of dough and place another piece of parchment paper over it. Invert the rectangle of dough and discard the paper that is now on top (the one you used to roll out the dough).
5. Spread peanut butter evenly over dough. Roll dough tightly long-side to long-side using parchment paper to guide it, jelly-roll style. Wrap in parchment and freeze for 1 hour. Cut into 1/4-inch thick slices and serve. Enjoy! Leftover candy should be stored in an airtight container in the refrigerator.

Always a treat at Christmas, and bake sales.

From Lisa Germaine, Elizabethton, Tennessee

MERINGUES A LA CREME DE GRUYERES

These sweetly crisp meringues are a standard accompaniment of thick Gruyeres cream, a little like crème fraîche, but not quite as tart tasting. They're one of the obligatory desserts of the annual harvest feast called La Benichon which takes place every October throughout the countryside in Canton Fribourg where the old town of Gruyeres is a treasured attraction. The recipe here is an approximation because normally the meringues are baked in a wood-burning oven and unfortunately the cream is not exported.

Meringues

4 large egg whites
1/2 teaspoon distilled white
vinegar
Pinch of salt
2 teaspoons vanilla extract
1 1/3 cups sugar, divided use

Cream

2 cups heavy whipping cream
1/4 cup sour cream

Continued on next page

1. For the meringues, set racks in the upper and lower thirds of the oven and preheat to 200 degrees with convection if possible.
2. Half fill a saucepan with water and bring to a boil on medium heat. Combine the egg whites, vinegar, salt, vanilla, and 2/3 cup sugar in the bowl of an electric mixer and whisk to mix. Set the bowl of the pan of boiling water and whisk gently until the egg whites are hot and the sugar is dissolved, about 1 1/2 minutes.
3. Place the bowl on the mixer with the whisk attachment and whisk on medium/high speed until the meringue is risen in volume and still creamy textured. Over whipping will make the meringue dry and ruin the texture of the baked meringues.
4. Fold in the remaining 2/3 cup sugar using a large rubber spatula.
5. Fit a pastry bag with a large star tube and pipe out 3- to 4-inch pointed ovals of the meringue on cookie sheets covered with parchment.
6. Bake the meringues until they are crisp but still white, about 40 to 50 minutes. Cool the meringues on the pans.
7. To serve, whip the cream and sour cream together to a soft peak.
8. The guests then help themselves to a portion of the cream, spooning it onto a dessert plate and then they break the meringue into large shards over the cream and eat the combination with a spoon. Add fresh raspberries.

We first had this yummy dessert in a French town Les Fores about a mile from the Swiss border. The town of Gruyeres Switzerland is my favorite place to visit when we are in the area. If you can find the meringues in the store it's so much easier! Sometimes you can find the Cream in import/export stores under the British 'clotted cream' label.

From Lisa Germaine, Elizabethton, Tennessee

TENNESSEE BLUEBERRY COBBLER

1 stick of butter melted

1 qt. blueberries – about 3-4 cups

Little water to dampen

$\frac{3}{4}$ c sugar—pour on top of berries

$\frac{3}{4}$ -1 cup sugar

1 cup milk

1 c. flour (self rising) or if using plain flour add 1 $\frac{1}{2}$ t baking powder

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

Vanilla

Mix together and pour on top of blueberries.

Bake 350 till brown.

Double for 9 X 13 pan.

From Lisa Germaine, Elizabethton, Tennessee

YUMMY ORANGE OR STRAWBERRY DREAM CAKE

1 box cake mix (I use Duncan Heinz) Strawberry or Orange

Mix as directed on the box but add one small box dry Jell-O—either Orange or Strawberry.

Bake cake, then cool.

Icing:

1 C. powdered sugar

8 oz. container sour cream.

Mix together- then add 8 oz. container Cool Whip.

Fold together easily- don't over mix!

Put over cooled cake. Refrigerate.

Cake is better the next day!

From Lisa Germaine, Elizabethton, Tennessee

SHONEY'S FRESH STRAWBERRY PIE

1 sm. Pkg. strawberry Jell-O

1 cup sugar

4 t. cornstarch

2 cups boiling water

Mix all ingredients together, cook until thick and clear. Cool.

Pour 1/2 into baked pie shell, add fresh sliced strawberries, then pour remainder.
Place in fridge.

Serve with cool whip.

From Lisa Germaine, Elizabethton, Tennessee

30 MINUTE FUDGE CAKE

2 cups flour & 2 cups sugar, mix together

Mix together & bring to a boil

2 sticks butter

1 cup water

4 tablespoons cocoa

add to the flour & sugar mixture

Mix together

1/2 cup butter milk or sour milk (add 1 tsp. vinegar to milk to sour it)

2 eggs slightly beaten

1 teaspoon vanilla

1 teaspoon soda

1 teaspoon cinnamon

Mix everything together & pour into a 9 x 13 greased & floured pan

Bake at 400 degrees for 30 minutes

From Sandi Barton, Provo, Utah

CARROT CAKE

1 ½ c oil	2 tsp. cinnamon
3 eggs	1 lb. carrots, shredded finely
1 ½ c sugar	1 pkg. (12 oz.) walnuts, crushed (optional)
2 tsp. vanilla	1 can crushed pineapple, drained
1 tsp. salt	
2 tsp. baking soda	

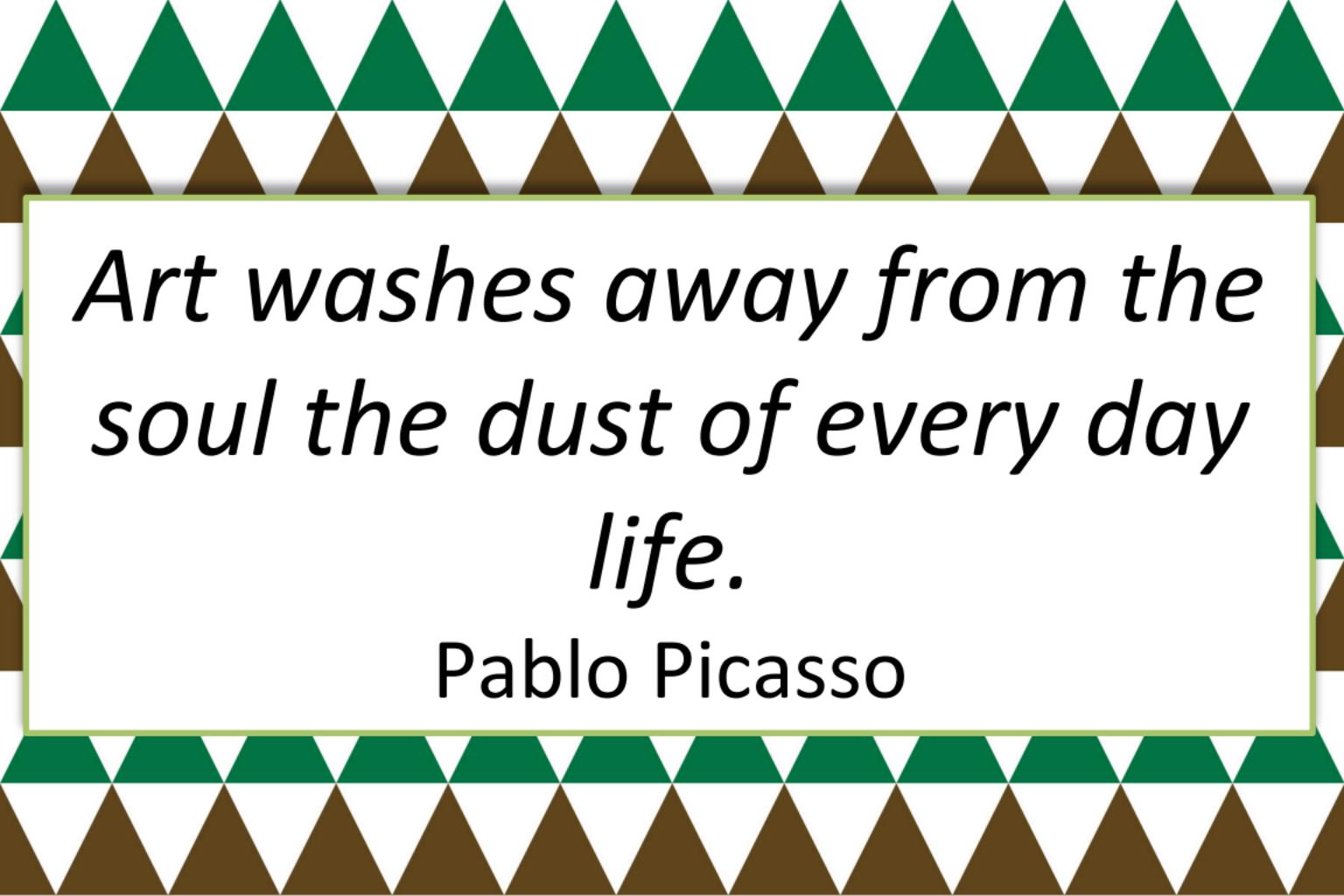
Cream eggs, sugar and oil. Add vanilla. Mix dry ingredients and slowly add to wet mixture. This batter will be thick at this point. Add in some of the carrots to loosen up the batter, hand mix in the remainder of carrots plus the walnuts and pineapple. Pour into a greased 9 x 13 inch pan and cook at 350 degrees for 50 – 60 min. test for done- ness. Cool and frost with Cream Cheese frosting.

Cream Cheese Frosting

1 (8 oz.) bar of cream cheese softened	1 stick of butter
1 lb. of powdered sugar	1 tsp. vanilla

Mix and frost. I like to decorate with Maraschino cherries. I also usually cook in a Bundt pan. Same length of time

From Paula Brown, Nashua, NH



*Art washes away from the
soul the dust of every day
life.*

Pablo Picasso

CASSEROLES & SOUPS

NO-BOIL MACARONI AND CHEESE

1/2 cup (1 stick) unsalted butter, divided

1/4 cup all-purpose flour

3 cups whole milk

1 tablespoon kosher salt plus more

1/2 teaspoon freshly ground black pepper plus more

1 pound elbow macaroni

2 cups shredded cheddar, divided

2 garlic cloves, chopped

1 cup panko (Japanese breadcrumbs)

2 tablespoons chopped flat-leaf parsley

Preheat oven to 400°. Melt 1/4 cup butter in a large saucepan over medium-high heat. Add flour; cook, whisking constantly, for 1 minute. Whisk in milk and 3 cups water. Bring to a boil, reduce heat to a simmer, and cook, whisking often, until a very thin, glossy sauce forms, about 10 minutes. Stir in 1 tablespoon salt and 1/2 teaspoon pepper. Remove sauce from heat.

Toss pasta and 1 1/2 cups cheese in a 13x9x2-inch or other shallow 3-quart baking dish. Pour sauce over (pasta should be submerged; do not stir) and cover with foil. Bake until pasta is almost tender, about 20 minutes.

Meanwhile, melt remaining 1/4 cup butter in a large skillet over medium heat. Add garlic, panko, and parsley and toss to combine. Season with salt and pepper.

Remove foil from dish. Sprinkle with remaining 1/2 cup cheese, then panko mixture. Bake until pasta is tender, edges are bubbling, and top is golden brown, about 10 minutes longer. Let sit 10 minutes before serving.

From Katie Linthicum

MAC AND CHEESE VARIATION

1 box Kraft mac and cheese.

Cook and add butter but no milk.

Add cheese mix and 1 can tomato soup.

Mix well then add 1 lb. cooked ground beef.

Really good and very easy

From Mary Metcalf Rogers

CHICKEN 'OLE

2 c. cooked diced chicken	2½ to 3/4 c chicken broth
4 c. cooked wide noodles	1/2 c sour cream
1/4 c. chopped onion	1 tsp. salt
1 4 oz. can green chopped chilies,	1/2 tsp. pepper
1-10 3/4 oz. can cream of chicken soup	1 1/2 c Cheddar cheese - divided

Mix all together w/1 c grated cheese. Use 1/2 c chicken broth at first and add more if mix needs more liquid - but don't make it soupy. Put in greased 2 qt. casserole. Sprinkle remaining cheese on top. For extra touch use freshly grated Parmesan cheese on top.

BAKE @ 350 FOR 45 MIN TO 1 HOUR.

From Madellen White, Colorado

BEST CHICKEN CASSEROLE RECIPE

3 cups chopped cooked chicken

2 cups finely chopped celery

1 cup (4 ounces) shredded Cheddar cheese

1 cup sour cream

1 cup mayonnaise

1 (4-ounce) can water chestnuts, drained and
chopped

1 (10-3/4-ounce) can cream of chicken soup

1/2 cup slivered almonds

1 (6-ounce) can French-fried onion rings

What to do:

Preheat oven to 350 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.

In a large bowl, stir together chicken, celery, cheese, sour cream, mayonnaise, water chestnuts, soup, and almonds. Spoon into prepared baking dish.

Bake uncovered for 30 minutes. Sprinkle onion rings evenly over top and bake 5 minutes more, or until bubbly around the edges. Let stand 5 to 10 minutes before serving.

From Nancy Genetti, Richardson Texas

BAKED BEANS

1# Ground Beef
1 Large Onion chopped
½# Bacon Fried & cut up

2TBSP Vinegar
1 Cup Brown Sugar
¾ Cup of Ketchup

Brown Ground beef & simmer about 10 minutes with the above ingredients

1 Regular Can Butter Beans
1 Large Can Pork & Beans
1 Regular Can Light Kidney Beans

Drain & rinse Kidney Beans & Butter Beans; combine with Pork & Beans in Large Casserole dish and pour sauce over beans. Mix thoroughly.

Bake 1 hour @ 350 degrees

From Polly Conner, Ohio

CHICKEN ENCHILADA LASAGNA

4-6 chicken breasts

1 dozen corn tortillas

1 can cream of chicken soup

1 can cream of mushroom soup

1 cup milk

1 onion minced

1 large can green chilies chopped (no spice) or
jalapeños if you prefer spice

1 pound grated cheddar cheese

Steam chicken until done with salt, pepper, garlic powder, onion powder, and cumin to taste. Shred chicken when done and cooled enough to handle. Cut tortillas into 1" strips. Mix soup with milk, onions (my husband is not a fan of uncooked onion, so I sauté them first), and chilies. Grease a large flat casserole. Put in $\frac{1}{2}$ tortillas, $\frac{1}{2}$ chicken, and $\frac{1}{2}$ sauce. Repeat and top with cheese. Refrigerate for 24 hours and bake at 300 for 1 $\frac{1}{2}$ - 2 hours. Delicious served with a salad or Mexican street corn.

From Lisbeth Stull, Tacoma, Washington

BREAKFAST CASSEROLE

Sliced white bread, with or without crust, to line the bottom of a 9 x 13 pan, we like sourdough.

Brown and drain 1 ½ pounds of favorite breakfast sausage, we like maple flavor or spicy, and layer on top of the cheese.

Mix 5 eggs, 2 ¼ cup ½ & ½ . Cover with American Cheese Slices. Refrigerate overnight, place in oven cold, cook at 350 and serve when bubbly, 30-45 minutes.

From Lisbeth Stull, Tacoma, Washington

OVERNIGHT BLUEBERRY FRENCH TOAST

12 slices day old bread cut into 1" cubes
2 – 8 ounce packages of cream cheese cut in 1" cubes
1 cup fresh blueberries (if frozen, thaw and drain)
12 eggs
2 cups milk

1 tsp. vanilla
1/3 cup maple syrup
Sauce:
1 cup sugar
2 tablespoons cornstarch
1 cup water
1 cup blueberries
1 tablespoon butter

Lightly grease a 9 x 13 baking dish and arrange $\frac{1}{2}$ of the bread cubes, then top with the cream cheese cubes. Add remaining bread cubes. In a large bowl mix the eggs, milk, vanilla, and syrup. Pour over the layers and refrigerate overnight. Remove layered mix 30 minutes before baking. Preheat the oven to 350 and baked covered for 25-30 minutes. Uncover and bake for another 25-30 minutes, until firm and lightly browned.

Sauce: In a medium saucepan mix the sugar, water, and cornstarch. Bring to a boil, stirring constantly, and cook for 3-4 minutes. Mix in the remaining blueberries, reduce heat, and simmer for 10 minutes until the blueberries burst. Stir in the butter and pour over the baked French toast.

We love this when camping with a group. We use the leftover buns and bread. Delicious and a huge hit!

From Lisbeth Stull, Tacoma, Washington

GRANDMA B'S LASAGNA

Cover bottom of buttered pan with spaghetti sauce.

Line pan with RAW lasagna noodles

Thinly cover with layer of 1# cottage cheese mixed well with 2 beaten eggs.

Sprinkle ground beef over last mixture.

Put thin slices of pepperoni over top.

Sprinkle with grated cheese.

Moisten with more sauce and top with shredded cheese.

Continue to layer (noodles, cheese mix, ground beef, pepperoni, grated cheese, sauce, shredded cheese)

Continue to layer (noodles, cheese mix, ground beef, pepperoni, grated cheese)

Top with sauce, Sprinkle with shredded cheese.

Cover with foil. Bake 1 hour at 350 degrees.

Let sit at least $\frac{1}{2}$ hour before cutting.

Tips: Use a deeper pan if possible – this is 3 layers

Can also use chicken instead of beef. We made it without beef and used extra pepperoni (as 1 child didn't like beef)

Cut leftovers into squares and store in glass dishes.

Serve with garlic – cheese bread.

From Lisa Bimber, Hamburg, New York

CHILI CASSEROLE

2 cups Ortega chilies

2 eggs

2 cups cheddar and Monterrey cheese

$\frac{1}{2}$ cup flour

2 cups milk

Salt & pepper

Mix eggs, milk, flour, salt & pepper.

In a greased pan layer shredded chilies, sauce, cheese, repeat. Top with cheese.

Bake at 350 degrees for 50 minutes. Add dollops of salsa on top after baking.

From Cookie Rouse-Perry, La Verne CA

BREAKFAST CASSEROLE

1 box Stove-top Stuffing mix (any flavor, but the Sage Dressing one is my favorite)

4 eggs, beaten

3 c. milk

1 c. **cooked** meat of choice (sausage, bacon pieces, diced ham, etc.)

4 oz. shredded cheddar cheese

In large mixing bowl or 8 cup measuring cup (batter bowl), beat eggs then add milk and thoroughly beat them together to blend. Stir in stuffing mix and meat. Pour into 9x9" pan. (I have also doubled the recipe to make a 9x13" pan, but you may have to adjust the baking time and be careful not to over-fill.)

Top with shredded cheese and refrigerate overnight or long enough to let the stuffing absorb the milk/egg mixture.

Bake at 350 degrees F. for 60-75 minutes, until firm in the middle and cheese is melted. Makes 4 good-sized servings. Can be easily reheated in the microwave the next day.

From Liz Hein, Avoca, IA

WHITE WINE LASAGNA

2 lbs. chicken or turkey

1/3 c. butter (5T)

1 c. chopped onion (I blend in blender)

1 clove Garlic minced (I used 2 or more)

1/4 tsp. thyme leaves

1/2 - 1 cup mushrooms (canned or fresh)

1/3 c. Flour

1 c. chicken broth

1 c. whipping cream (if you wish to cut down on richness use half and half)

1/2 c. dry White wine (Chardonnay)

1/2 lb. dry lasagna noodles

1/2 lb. Swiss cheese or more (2 cups- Gruyere, Emmental, or regular Swiss or combination)

Sauté 1 T. butter, onions garlic and thyme for 1 minute. Cut Chicken into 1/2 inch pieces.

Adding to sauté mixture, cooking 2-3 minutes more. Add mushrooms to heat through. Remove to bowl.

In the same pan melt remaining 4 T. butter. Add flour and stir till golden. Remove from heat, whisk in cream and wine. Return to heat bringing to a boil. Set aside

Layer in a 9 X 12" butter pan as follows

1/3 lasagna (boil noodles if not using the pre-cooked noodles)

1/3 sauce

1/3 chicken mixture

1/3 cheese

Continued on next page

WHITE WINE LASAGNA—continued

Repeat twice more. Cover with foil and bake at 350 for 20 minutes. Remove foil and bake 20 minutes more. Let stand 15 minutes before cutting. Serves 6-8

Note: I prefer more sauce – doubling the recipe except not using as much butter. The cheese especially the Gruyere will have more oil in it. This is also good using a mixture of mozzarella and Gruyere cheese and cuts down on the richness. I have also used the no pre boil lasagna noodles – works great but use more sauce.

Try using smaller noodles like at Carabas.

From Lisa Germaine, Elizabethton, Tennessee

PINEAPPLE CASSEROLE

1 cup sugar

6 tablespoons all-purpose flour

2 cups grated sharp cheddar

2 (20-ounce) cans pineapple chunks, drained, and 6 tablespoons pineapple juice reserved

1 cup cracker crumbs (recommended: Ritz)

8 tablespoons (1 stick) butter, melted, plus extra for greasing pan

1. Preheat the oven to 350 degrees F.
2. Grease a medium-size casserole dish with butter.
3. In a large bowl, stir together the sugar and flour. Gradually stir in the cheese. Add the drained pineapple chunks, and stir until ingredients are well combined. Pour the mixture into the prepared casserole dish.
4. In another medium bowl, combine the cracker crumbs, melted butter, and reserved pineapple juice, stirring with a rubber spatula until evenly blended. Spread crumb mixture on top of pineapple mixture. Bake for 25 to 30 minutes, or until golden brown

Note: I have made this without the flour- still yummy!

From Lisa Germaine, Elizabethton, Tennessee

KIEBASA & EGG NOODLES

Cook one bag of Muellers egg noodles.

Meanwhile cook in 2-3 T olive oil first 1/3 c onion chopped - remove after cooked and place in bowl.

Then fry up a pkg, of Kielbasa sliced into thin circles. Add back the cooked onion, add 2 T. chopped fresh basil, 1 T. fresh oregano, salt and pepper- small sprinkle red pepper. Heat together

Serve with fresh grated Parmesan cheese.

From Lisa Germaine, Elizabethton, Tennessee

TACO SOUP

1 pound ground beef (or ground turkey or chicken)

1 small onion

Brown together

3 cups of water

2 16 oz. can tomatoes

2 16 oz. can pinto beans

2 8 oz. can tomato sauce

1 package taco seasoning

Serve with grated cheese, corn chips & sour cream

From Sandi Barton, Provo, Utah

SAUERBRATEN

My Grandfather was part German, or as my Grandmother said, Pennsylvania dutch. LOL But this recipe came from my Aunt Pat's mother-in-law who we called Grandma Aubuchon. It was a big deal to make growing up

3 lbs. of round roast

3 jars of minced meat *

2 large onions, chopped

1 cup of red wine vinegar or as desired

1 Cup of water

1 Tablespoon each of salt and pepper

1 Tablespoon of white sugar

10 whole cloves 2 bay leaves

2 Tablespoon of flour

2 Tablespoons of Veg oil

10 or more ginger snaps

Round roast in a plastic bag of minced meat and the above (except flour) rotate for 3 days.

*we buy the jars that they use for Pie

Take out and pat dry with towel, reserve the marinade. Sprinkle the beef with flour and on high heat and oil brown all sides of the meat. Add in the marinade and cover. Cook for 3 to 4 hours or until tender.

3lb roast in an oven at 350 for 5 hours

Pull the beef and set aside then if the gravy is too thick add some beef broth, but add crushed ginger snaps to thicken the broth for gravy.

from Shannon and Judy Reilly, Lake Matthews, Southern CA

POTATO PANCAKES

Potatoes	Salt and pepper
Butter and more butter	chopped green onions
Sour cream	Oil if you do not want to use butter

Peel and boil potatoes, place in cool water and bring to boil, check to make sure the potatoes are for tender. Drain and put back in pan. I like to keep a cup of the potato water to the side. I use a potato masher and slowly add some butter about half a cube, make sure it is soft. Add some green onion, save the rest for the end and now some about a quarter cup of Sour Cream, it still thick add some of the potato water. Salt and pepper to taste. Let cool!

Form little patties in your hand, not to thick. Melt butter on medium heat place cake in the butter and cook until a nice brown then flip. Sprinkle with green onion and serve with meat

from Shannon and Judy Reilly, Lake Matthews, Southern CA

*Art enables us to find
ourselves & lose ourselves
at the same time.*

Thomas Merton



SALADS

FROGS EYE SALAD

(from Creative University)

1 cup sugar

2 T. flour

½ tsp. salt

1-3/4 cups unsweetened pineapple juice (I use the juice that I drain off the cans of pineapple chunks and crushed pineapple)

2 eggs

1 T. lemon juice

1 package (16 ounce) acini di pepe pasta

2 cans (20 ounces each) pineapple chunks, drained

1 can (20 ounces each) crushed pineapple, drained

3 cans (11 ounces each) mandarin oranges, drained

1 cup miniature marshmallows

1 carton (12 ounces) frozen whipped topping, thawed

To make dressing, combine sugar, flour and salt in a saucepan. Gradually stir in pineapple juice. Bring to a boil, stirring constantly. In a bowl, lightly beat eggs. Stir a small amount of hot mixture into eggs. Return all to pan, stirring constantly. Bring to a gentle boil. Cook and stir 2 minutes longer. Remove from heat. Gently stir in lemon juice.

Pour dressing into large bowl. Cool to room temperature without stirring. Cover surface of dressing with waxed paper. Refrigerate until cooled.

Cook pasta according to package instructions. Drain and rinse pasta in cold water. Place in very large bowl. Stir in pineapple, mandarin oranges, marshmallows and dressing. Fold in whipped topping. Cover and refrigerate until chilled

From Laurie and Sandy Speltz, Urbandale, IA

CORN SALAD

1 medium onion, chopped

1 medium bell pepper, chopped

2 cans yellow corn, drained

2 cans white corn, drained

1 package shredded cheddar cheese (8 oz.)

1 C Miracle Whip

Salt & Pepper

Mix all together. When ready to serve, mix in a bag of Fritos Chili flavored Chips.

From Nancy Genetti, Richardson Texas

SWEET POTATO PUDDING

1 Large can Sweet Potatoes
1 Cup evaporated milk
1 cube butter, melted

Blend first three ingredients.

Then Add:

2 eggs
1 Cup sugar
1/4 teaspoon cloves
1/4 teaspoon nutmeg
1/4 teaspoon cinnamon

Place in buttered casserole dish and bake at 375 degrees for 45-60 minutes, or until a knife inserted in the middle comes out clean.

Topping:

3/4 cup cornflake crumbs
1/2 cup nuts
1/2 cup brown sugar
3/4 cube melted butter

Mix, spread on top and bake another 10 minutes.

From Nancy Genetti, Richardson Texas

CABBAGE SALAD

1# or 1/2 a large head of cabbage, shredded

1 chicken breast, cooked and cut up

3 green onions, chopped

2 Tbsp. Toasted or plain almonds

1 pkg. Ramen noodles

Dressing:

1/2 cup oil

3 Tbsp. Vinegar

2 Tbsp. Sugar

1 tsp. Salt

1/2 tsp. Pepper

1 tsp. Accent or a little garlic salt

Toss together at least 1/2 hour before serving.

From Connie Bartz, Wylie, TX

MADARIN ORANGE TOSSED SALAD

1 Large head of lettuce
2 Cups finely chopped Celery
2 TBSP minced fresh parsley
4 Green Onions chopped (all of it)
1 large can mandarin oranges, drained

Dressing

(I usually make 1 1/2 amount of dressing)

**Mix Well refrigerate, toss on salad just before serving

$\frac{1}{4}$ Cup Tarragon Vinegar
 $\frac{1}{2}$ Cup Oil
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. tobacco sauce
 $\frac{1}{4}$ cup Sugar

From Polly Conner, Ohio

QUICK BROCCOLI SALAD

1 pkg. broccoli slaw

Add:

1 c. Craisins

4 slices fried and crumbled Maple bacon

1/2 c chopped red onion

1/2-3/4 c sliced almonds or sunflower seeds

Bottled coleslaw dressing to taste

Ta-Da..done!

From Madellen White

FRITO CORN SALAD

Ingredients

- 2 cans corn, drained	- 1 cup mayo
- 1/2 cup chopped celery	- 1 1/2 cups shredded cheese
- 1/2 cup chopped onion	- 10 oz. bag Chili Cheese Fritos
- 1/2 chopped bell pepper	

Directions

Mix together all ingredients except the Fritos.

Refrigerate until ready to serve.

Stir in Fritos until well blended when serving.

From Wayne and Mary

FRUIT SALAD

*Adjust quantities to your preferences

1 can peach pie filling

1/2 pint -1 pint fresh or frozen (thawed) sliced
strawberries

3 bananas, sliced

1- 1 1/2 cups grapes

1 can mandarin oranges

Mix all ingredients. Chill a few hours and serve. You can actually use any fruit pie filling but
cherry or strawberry are our favorites.

You can add any fresh fruits! Kiwi and pineapple are also really good.

From Wayne and Mary

TRIPLE BERRY PRETZEL SALAD

Crust:

2 cups (175g) crushed pretzels
3/4 cup (210g) butter, melted
3 tablespoons sugar

Cream cheese middle:

2 cups (475ml) heavy whipping cream
2 (8 oz.) (226g) pkgs. cream cheese, softened
2 cups (107g) miniature marshmallows
1 cup (115g) powdered sugar

Topping:

1 (6 oz.) (170g) pkg. raspberry Jell-O
2 1/2 cups (590ml) boiling water
3 cups (385g) frozen mixed berries

Crust:

Preheat oven to 350 degrees F (176 degrees C).

In a medium bowl combine the crushed pretzels, melted butter, and sugar. Press firmly into the bottom of a 13x9" baking pan. Bake for 10 minutes then cool completely.

Continued on next page

TRIPLE BERRY PRETZEL SALAD--continued

Cream cheese middle:

In the bowl of a stand mixer beat whipping cream until soft peaks form (tips curl). In a separate bowl beat the cream cheese until smooth. Add the whipped cream, marshmallows, and powdered sugar. Mix just until combined. Spread in an even layer over the pretzel crust. Be sure all of the crust is covered to prevent the Jell-O from seeping into the crust. Cover and refrigerate.

Jell-O topping

In a large bowl combine the Jell-O and boiling water until Jell-O is dissolved. Stir in the frozen fruit. Place in the refrigerator just until it starts to thicken slightly (watch this carefully as it can set up quickly). When it has thickened slightly carefully pour over the cream cheese layer. Refrigerate until completely set (at least 3-4 hours).

Recipe Notes

This can easily be made the night before.

Store leftovers in the refrigerator for up to 2 days.

Total time does not reflect chilling times.

Can replace the whipping cream with an 8 oz. container of whipped topping.

From Nancy Focardi, Marathon, New York

COTTAGE CHEESE FLUFF

(from Creative University)

1 cup small curd cottage cheese

1 package (3 ounces) orange gelatin

1 can (11 ounces) mandarin oranges, drained

1 cup unsweetened crushed pineapple, drained

$\frac{1}{2}$ cup chopped pecans, optional

1 carton (8 ounces) frozen whipped topping,
thawed

In a bowl, combine the cottage cheese and gelatin powder; mix well. Stir in oranges, pineapple, and pecans if desired. Just before serving, fold in the whipped topping.

From Laurie and Sandy Speltz, Urbandale, Iowa

CHINESE CHICKEN SALAD

1 head green cabbage-chopped	2 pkg. Top Ramen soup, uncooked & crumbled –
2-3 cooked chicken breasts – seasoned &	discard flavor packs
shredded (canned chicken can be substituted)	3 TBL sliced almonds (optional)
1 bunch green onions-chopped	Salted sunflower seeds

Mix all ingredients

Dressing

3 TBL sugar	$\frac{3}{4}$ cup oil
1 TSP salt	$\frac{1}{2}$ TSP pepper
2 TBS soy sauce	3 TBS white vinegar

Blend well & toss with salad

From Debi Salisbury / Santa Maria, CA

ITALIAN ORZO SALAD

This is a spin on a pasta salad and you can change it up and add all sorts of things –make it Greek by adding Garbanzo beans and some feta cheese, make it Mexican by adding black or pinto beans, chilies, cilantro, and even corn. Use your imagination

Ingredients

12 oz. fresh green beans trimmed and cut into 1" pieces

1 ½ c orzo pasta

6 oz. marinated artichoke hearts—undrained and chopped

1 red bell pepper chopped

½ c chopped red onion

½ c pitted halved Kalamata olives (you could use black olives if you don't like Kalamata)

2 T chopped fresh basil

1 T capers –drained

½ c favorite Italian salad dressing

Cook beans for 3-4 min in boiling water, drain

Cook pasta according to package directions

Drain and rinse in cold water

In bowl combine everything – Toss to coat and cover and chill for at least 4 hrs. before serving

NORTH WOODS INN RED CABBAGE SALAD

North Woods Inn is a great restaurant in So Cal and I love to go there for the salads, bread and potatoes.

1 head of red cabbage

2 tsp. salt

1 cup vegetable oil (or your favorite oil)

2 tsp. pepper

1 cup + 4 Tbs. red wine vinegar

1 tsp. onion powder

6 Tbs. sugar (or I use stevia or monk fruit
sweetener to make it sugar free)

½ tsp. seasoned salt

Shred (or slice cabbage thinly) cabbage and put in glass bowl

Mix rest of ingredients

Pour dressing over cabbage and refrigerate most of day or overnight,

From Janet Mitchell, Hesperia, CA

CALIFORNIA SPAGHETTI SALAD

1 lb. spaghetti
1 pt. cherry tomatoes -halved
2 med. zucchini - Diced
1 large cucumber - diced
1 med green pepper diced*

1 Red Onion diced
1 Sweet Red Pepper - diced
2 Cans sliced black olives drained

DRESSING

1 16 bottle Italian dressing
1/4 cup Parmesan cheese
1 TBL Spoon Sesame Seeds
2 Tsp. poppy seeds

1 tsp. paprika
1/2 tsp. celery salt
1/4 tsp. garlic powder
Optional: Parmesan cheese

Cook pasta and drain & rinse with cold water. Transfer to large bowl. Add vegetables and olives.

In large separate bowl whisk Italian dressing and all of the other ingredients. Drizzle over spaghetti mixture, toss to coat and refrigerate overnight. Garnish with Parmesan cheese if desired.

*I omit the green pepper and substitute with a yellow or orange pepper, not a fan of green peppers. Artichokes are also an excellent choice to add. You can add mini pepperoni, diced salami and diced chicken to this salad. The possibilities are endless and can be customized to your taste buds.

FRESH FRUIT SALAD

Dannon Lite and Fit vanilla yogurt (large carton)

Blackberries

Cool whip one container

Blueberries

Small vanilla pudding (sugar free)

Raspberries

Strawberries

Sliced almonds

Trifle bowl

I fixed the pudding with 1 1/2 cups of milk (not the 2 cups like the box says). Then mix with the cool whip and the Dannon Fit yogurt.

Cut up the strawberries and add all of the berries in one bowl just to mix them together a little.

Layer the trifle bowl with a layer of fruit, then the yogurt mixture and continue layers until you have filled the trifle bowl. Add sliced almonds as garnish.

Nice to take for pot luck....pretty too, especially in a trifle bowl.

From Roni Marks, N. California

RAMEN NOODLE STRAWBERRY SALAD

1 pkg. Ramen noodles (any package because you aren't using the flavoring packet)

1 cup chopped walnuts

$\frac{1}{4}$ c. butter

$\frac{1}{4}$ c. sugar

$\frac{1}{4}$ c. Canola oil

2 Tbsp. red wine vinegar

8 c. torn Romaine lettuce

$\frac{1}{2}$ c. chopped green onions

2 c. fresh strawberries, sliced

Break Ramen noodles into small pieces. (Just throw away the flavoring packet because we don't need it.)

In large skillet, cook noodles and walnuts in melted butter over medium heat for 6 minutes or until golden brown. Make sure you stir frequently so they don't burn! Remove from heat and let cool. When the walnut mixture is cooling, make the dressing. In a small bowl whisk together the sugar, oil, vinegar, and soy sauce until well combined. Combine the Romaine, green onions, strawberries, and noodle mixture in a large bowl. Drizzle with dressing and toss gently. Serve immediately.

PINEAPPLE PARTY SALAD

1 can (#2 ½) crushed pineapple
1 pkg. lemon Jello
1 pkg. lime Jello
¼ tsp. salt

1 c dry cottage cheese
1 c mayonnaise
½ c blanched and chopped almonds or walnuts

Drain syrup from pineapple into a bowl. Add enough water to syrup to make 2 cups. Heat to boiling point. Dissolve Jello in boiling liquid. Add salt. Cool until slightly thickened. Fold in cottage cheese, mayonnaise, crushed pineapple, and nuts.

Pour into mold or 9 in square pan. Chill to set.

Serves 10 – 12.

My son's favorite for the holidays.

From Nancy Genetti, Richardson Texas

WHIPPED STRAWBERRY/WALNUT JELLO

1 6 oz. box strawberry (or raspberry) Jell-O
1 9 oz. container cool whip
1 cup crushed walnuts
1 small can crushed pineapple (drained)
4 sliced bananas

1. Mix Jell-O as directed using 1/2 cup less water
2. Mix in crushed pineapple
3. Let set up until semi-solid
4. Then whip in half the cool whip
5. Add nuts and sliced bananas
6. Let set up
7. Top with remaining cool whip

From Sandi Barton, Provo, Utah

EMERALD SALAD

1 7oz bottle of 7-UP	1/4 lb. marshmallows - 15 large
1 8 oz. pkg. Lime Jell-O	1 9 oz. cream cheese
2/3 C mayonnaise	1 #2 can crushed pineapple
3/4 C nuts - chopped (I use walnuts)	1 tub Cool Whip

Combine 7-UP and marshmallows in top of double boiler until melted.

Pour over Lime Jell-O

Stir until dissolved.

Have cream cheese at room temperature.

Add hot mixture slowly to cream cheese, beat until smooth.

Add pineapple and nuts

Chill partially

Fold in whipped cream

Refrigerate

This is a VERY OLD recipe. I use the microwave to melt the marshmallows. Use a large microwave bowl - watch closely - stir often

From Anita Bergman, Columbus OH

PEA SALAD

1 10 oz. pkg. frozen peas	$\frac{1}{2}$ cup sour cream
1 cup celery chopped	1 cup Hidden Valley dressing prepared
1 cup cauliflower chopped	$\frac{1}{2}$ tsp. Dijon Mustard
$\frac{1}{2}$ cup green onion chopped	
1 cup cashews	
$\frac{1}{4}$ cup cooked crisp bacon, crumbled	

Rinse frozen peas in hot water. Mix all vegetables with sour cream. Combine remaining ingredients. Chill before serving.

From Mary Ann Dunbar

*Art is not what you see,
but what you make others
see.*

Degas



MAIN DISHES & SIDES

(Crockpot & InstaPot)

BEST BEEF DIP EVER

Serves 10

4 pounds beef chuck roast
1 TBSP minced garlic
1 TBSP dried rosemary
3 bay leaves

1 cup soy sauce
6 cups water

Place roast in slow cooker. Season with garlic and rosemary and add bay leaves. Pour in soy sauce and water. Cook on Low setting for 6 to 10 hours. Unlike most roasts, the longer it cooks, the better. Remove bay leaves and shred for sandwiches.

From Peggy Steinbronn, Urbandale, Iowa

BARBECUE HAMBURGER (from Creative University)

2 lbs. ground beef	4 tsp. vinegar
4 small onions cut up	6-8 Tbsp. catsup
2 cans tomato soup	1 can water
2 Tbsp. Sugar	Salt & pepper
2 tsp. dry mustard	

Brown hamburger and onions. Combine other ingredients and pour mixture over hamburger. Salt & pepper as desired. Put in crockpot and cook all afternoon

Like a sloppy joe or maid-rite recipe, but not sweet.

From Laurie and Sandy Speltz, Urbandale, Iowa

MACARONI AND CHEESE

1 lb. Elbow macaroni	2 C whole milk
1 stick melted butter	1/2 t garlic powder
4 C shredded cheddar cheese	1/8 t paprika
4 oz. cream cheese, cubed	Kosher salt
1/2 C fresh grated parmesan cheese	Pepper
2 cans (12-oz) evaporated milk	Chives

Place all ingredients, except chives, in cooker and season with salt and pepper. Cook on high until pasta is cooked through, about 2 hours. Then every 20 minutes if not cooked yet. Garnish with chives before serving.

From Donna Dobbins

CROCKPOT POTATOES

(from Creative University)

1-1/2 pkg. (32 oz. pkg.) frozen hash browns
1 can cheese soup
1 (13 oz.) can evaporated milk

Salt & pepper to taste
8 oz. cheddar grated cheese
1 can onion rings (optional)

Place all ingredients in crockpot, reserving 1/2 can onion rings to place on top of mixture when serving. Cook on low for 8-9 hours or high for 4 hours.

From Laurie and Sandy Speltz, Urbandale, Iowa

GRANDMOMS CHILI

1 lb. of ground beef or turkey

1 chopped onion

1 small can of tomato soup

1 can of DARK red kidney beans drained

1 can of diced tomatoes. I use the ones that have
some hot spice in them

1 tablespoon chili powder or to taste

Salt to taste

Brown ground meat with onions and drain excess fat.

Combine all ingredients in the slow cooker. 4 hours on high should be fine.

I like mine to cook a long time.

From Sue Myers, Bel Air, Maryland

LAMB SHANKS

Lamb shanks
little bit of water
lots of garlic
Lawry's Season salt
onion powder

Cook on low all day
Add potatoes and carrots about an hour before
its done.

From Kathy Siverson, Apple Valley, California

SLOW COOKER FIESTA CHICKEN

McCormick's has a seasoning packet called Slow Cookers Fiesta Chicken.

2 lb. chicken breast

2 cans diced tomatoes

1 can drained corn,

1 can black beans, drained and rinsed

After cooking you put it on rice or taco chips with sour cream and salsa.

EASY PORK CHOPS

1 pkg. boneless pork chops
1 can cream of chicken soup
1 packet dry ranch dressing mix

In crockpot, layer pork chops, add the cream of chicken soup, then sprinkle dry Ranch dressing all over. Cover and cook on High for 4 hours or low for six hours.

From Connie Bartz, Wylie, Texas

CHICKEN AND RICE --Oven
(Creative University)

1-1/2 cups uncooked Minute Rice
1 can celery soup
1 can cream of chicken soup
 $\frac{1}{4}$ cup milk

Spray baking pan with PAM. Mix ingredients together and place in baking pan. Lay pieces of chicken on top (I normally use boneless skinless chicken breasts) on top of mixture.

Sprinkle with dry onion soup mix. Seal tightly with aluminum foil.

Bake for 1-1/2 hours at 350 degrees.

From Laurie and Sandy Speltz, Urbandale, Iowa

Slow Cooker Creamy Beef Stroganoff—serves 8 people

2 cans Campbell's® Condensed Cream of Mushroom Soup

$\frac{1}{4}$ cup Swanson® Beef Broth **or** Swanson® Beef Stock

3 tablespoons Worcestershire sauce

3 cloves garlic, minced

1/2 teaspoon ground black pepper
12 ounces white mushrooms, sliced (about 4 cups)

3 medium onion, coarsely chopped (about 1 1/2 cups)

2 pounds boneless beef round steak, cut into thin strips

1/2 cup sour cream

12 ounces (about 7 cups) medium egg noodles, cooked and drained

1 tablespoon chopped

Stir the soup, broth, Worcestershire, garlic and black pepper in a medium bowl. Place the mushrooms and onions into a 6-quart slow cooker. Top with the beef. Pour the soup mixture over the beef. Cover and cook on LOW for 8 to 9 hours or until the beef is fork-tender. Stir the sour cream in the cooker. Serve the beef mixture with the noodles. Sprinkle with the parsley, if desired.

From Pam Robinson, Junction City, Oregon

CROCK POT TRI TIP

1 tri tip

1 pkg. each of Au Juice and Ranch Dressing

1 cube of butter

6 to how many you want of pepperoncini's

Cook in Crock Pot ONLY for 5 hours on high!

Makes great gravy too!!!!

From Theresa Rouse

CHICKEN & NOODLES CROCK POT

2 cans Cream of Chicken soup

2 15oz cans Chicken Broth

1 stick margarine or butter

1 lb. chicken breasts(fresh or frozen)

1 pkg. frozen egg noodles (24 oz.)-I use Reames brand found at Wal-Mart or Brookshire's

Put chicken on bottom of crockpot. Pour chicken broth and soup on top. Then top with stick of margarine or butter. Cook on low 6-7 hrs. Take the chicken out and shred. Put back in crock pot and add the frozen noodles. Cook for 2 more hrs. stirring every 30 minutes until done.

This is so good. It is similar to chicken and dumplings.

From Sharon McMillan, West Monroe, LA

CROCK POT LASGANA

1 lb. lean ground beef	1 teaspoon dried oregano
1 onion, chopped	12 ounces cottage cheese (we like 2%)
2 garlic cloves, smashed	$\frac{1}{2}$ cup grated Parmesan cheese or $\frac{1}{2}$ cup asiago cheese
1 (28 ounce) can tomato sauce	12 ounces lasagna noodles, uncooked
1 (6 ounce) can tomato paste	16 ounces shredded mozzarella cheese
1 $\frac{1}{2}$ teaspoon salt	

Brown ground beef, onion, and garlic in fry pan.

Add tomato sauce, tomato paste, salt and oregano.

Cook long enough to get it warm.

Spoon layer of meat sauce onto the bottom of slow cooker.

Add double layer of uncooked lasagna noodles (break to fit) and top with cheeses.

Repeat with sauce, noodles and cheeses until all are used up.

Cover and cook on low for 4 to 5 hours.

From Connie Bartz, Wylie, TX

ROLL MOPS

(the real name is Roulade)

I grew up with these being called Roll Mops and it wasn't until my 20's that I found out the real name. My kids still call them Roll Mops and that's what they will always be. I'm not a good measurer when I cook- more of a sprinkle of this or that and taste.

For this recipe you cook them in brown gravy and you can make your own or buy a gravy mix or even a jar- your choice. I wrote recipe for 4 but if you want more just increase everything

Ingredients (serves 4)

4 slices of thin sliced beef about 4" x 6" each (or go to butcher and get a round steak double tenderized and you can cut it up)	2 tsp. salt
Carrot cut into sticks	2 tsp. garlic powder or granulated
Onion cut into wedges	2 tsp. black pepper
Dill Pickles cut into spears	2 tsp. meat tenderizer
Bacon – 4 slices	$\frac{3}{4}$ -1 c flour
	Toothpicks
	Oil
	Brown Gravy mix

Roll Mops—continued on next page

Roll Mops—continued

Mix salt, pepper, garlic, tenderizer in bowl

Lay a slice of beef on cutting board and sprinkle with a little of the seasoning mixture. Lay a slice of the bacon on meat and then some carrots, onions and dill pickle. Roll up jellyroll style and secure with tooth picks. Continue until done

Add left over seasoning to flour (or add more seasoning to flour) in bowl.

Heat up oil in fry pan

Dredge roll mops in flour mixture and put in pan to brown, turning to brown all sides

When done browning make brown gravy mix (or make your favorite homemade gravy recipe) and continue to cook roll mops in the gravy for about 30-45 min (until done – meat is thin so it doesn't take to long)

Serve with mashed potatoes and remember to tell guests to take out toothpicks.

From Janet Mitchell, Hesperia, CA

OVEN CRISP CHICKEN

Marinate your choice of chicken pieces in Kraft ZESTY Italian salad dressing (I use the fat-free version, but any flavorful Italian dressing will work--use enough to lightly coat the chicken pieces in the container -- 1/2 c.???) for at least 2 hr.

I usually do it overnight OR when I buy the chicken, I package it in freezer containers with the dressing, let it sit overnight in the refrigerator and then put it in the freezer with the dressing so that step is already completed when I decide to use the chicken.

Preheat oven to 350 degrees F.

For easy cleanup, line baking sheet (one that has sides) with non-stick foil or parchment paper. Remove thawed, marinated chicken from container and marinade and thoroughly coat with Kellogg's corn flake crumbs. (I use a baggie or empty cereal bag liner to shake the crumbs onto the chicken.) Place coated chicken on lined baking pan, skin-side up. (To reduce fat, I use skinless pieces of chicken.)

Bake at 350 degrees F. for 1 hour or until done (if using an air-bake pan, I bake it for 1 hour and 15 minutes. Dark, non-stick pans may take slightly less than 1 hour.)

From Liz Hein, Avoca, IA

MARINATED CROCK POT CHICKEN

Using the same marinating procedure as in the Oven Crisp Chicken recipe (see previous recipe), I put the thawed and marinated chicken (4 pieces?) **PLUS** Kraft ZESTY Italian salad dressing marinade in a crock pot and add an undiluted can of cream of (chicken, mushroom, celery, etc.--choose one) soup and cook on low 4-6 hours.

I like to fill my crock pot 1/2 full with more chicken and use 2 cans of soup to make extra cooked chicken to use in other casserole dishes. The chicken is moist and very flavorful. Again, I use skinless chicken if possible.

Serve with rice, noodles, mashed potatoes or a side of vegetables.

From Liz Hein, Avoca, IA

ZUCCHINI-PARMESAN CHEESE FRITTERS

3 large zucchini, finely grated, $\frac{1}{2}$ tsp. salt. Combine and set aside for 10 minutes. Pour mixture into clean dish towel or cheesecloth and squeeze to drain completely.

BATTER:

1 egg
5 Tablespoons all purpose flour
4 Tablespoons Parmesan Cheese
 $\frac{1}{4}$ teas. Salt
Ground black pepper to taste
Oil for frying

TOPPINGS:

1 Tablespoon grated Parmesan cheese, or to taste.
Pinch of salt
 $\frac{1}{4}$ cup sour cream for topping

Whisk egg in bowl and add flour, Parmesan cheese, salt and pepper. Stir in drained zucchini and mix well.

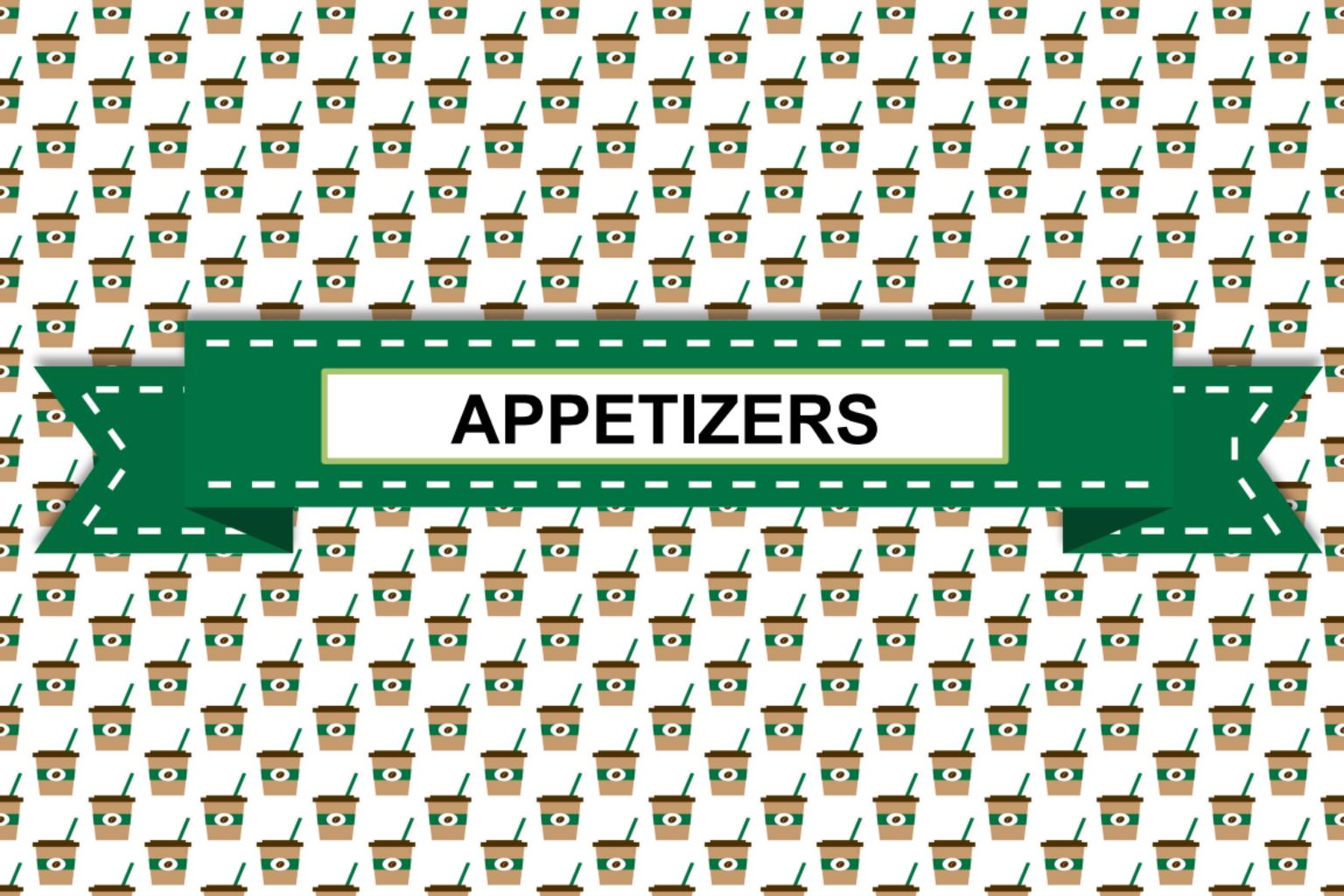
Heat oil in a medium sized pan over medium high heat. Add batter by tablespoon. Cook fritters until golden brown on both sides, about 5 minutes. Transfer to a serving plate, sprinkle with Parmesan cheese and salt. Serve immediately with sour cream.

This recipe is so versatile and can be tweaked to your own desire. Onion and garlic powder and/or shredded cheddar cheese can be added and cooked in an air fryer. Gluten free flour and Italian flavored bread crumbs can be substituted for all purpose flour.

From Mary Ann Dunbar

To practice any art, no matter how well or badly, is a way to make your soul grow. So do it.

Kurt Vonnegut



APPETIZERS

BEEFY CHEESE BALL

2 8oz Cream Cheese

2 pkgs. thin sliced smoked beef

3 or 4 green onions

Chop beef fine and reserve 1/2 of one pkg. for topping. Chop onions(tops and all) and combine with cream cheese and beef. Form into ball and top with reserved beef.

Ham may be used instead of beef. I prefer Carl Budding brand but can't always find it. I serve this with Wheat Thins.

This recipe can be adjusted depending on how many you are trying to feed. This is always a big hit and no one believes me that there are only 3 ingredients. My grandkids love it so much, many times it doesn't even get made into a ball. They just eat it out of the bowl. If I do get to make it into a ball, I lay out Saran Wrap, spread the reserved meat on the wrap and then lay the ball on top. Wrap up and refrigerate until ready to serve.

From Sharon McMillan, West Monroe, LA

GRAPE JELLY MEATBALLS

1 (32 ounce) jar grape jelly	1 pinch cayenne pepper (optional)
2 (12 ounce) bottles tomato-based chili sauce (such as Heinz®)	1 (6 pound) bag frozen cocktail-sized meatballs

Combine grape jelly, chili sauce, and cayenne pepper in a saucepan over medium-high heat; cook until warm, 5 to 10 minutes.

Place meatballs in a slow cooker and top with grape jelly mixture.

Cook on Low for 3 to 4 hours.

From Peggy Steinbronn, Urbandale, Iowa

PIZZA STARS

1 lb. hot sausage	$\frac{1}{2}$ c. chopped red pepper
1 $\frac{1}{2}$ c grated cheddar cheese	4 $\frac{1}{2}$ oz. chopped black olives
1 $\frac{1}{2}$ c. grated Monterrey Jack cheese	2 packages Crescent rolls
1 c. Ranch dressing	

Brown sausage, drain and cool. Combine remaining ingredients with cooled sausage. Roll Crescent rolls out and pinch diagonal seams. Cut each rectangle into 6 squares and place each square into the cup of a mini muffin pan. Spoon filling into cups.

Bake at 350 for 10-12 minutes.

From Connie Bartz, Wylie TX

NACHOS

Cook hamburger with Lawry's coarse ground garlic and taco seasoning. Drain. Put over tortilla chips. Melt hot Mexican cheese over the top.

BACON WRAPPED SCALLOPS

Bacon wrapped scallops - wrap bacon around scallops and secure with toothpick - bake at 425 for about 25 minutes.

From Kathy Siverson, Apple Valley, California

BACON WRAPPED CHICKEN

Ingredients

1 Package of Bacon

1 raw chicken breast cut into big bite size pieces

1/2 Cup Brown Sugar

1/4 teaspoon cayenne pepper *or to taste*

Toothpicks

Cut bacon in 2-3 pieces (depending how long it is)

Wrap chicken pieces in bacon and secure with toothpick

Place in oven proof container lined with foil for easy clean up

Sprinkle with brown sugar (if you want spice mix in cayenne with brown sugar)

Cook in oven -375* and cook for 20-30 min until bacon is crispy and chicken done

From Janet Mitchell, Hesperia, CA

APPETIZER SPREAD

1# Braunschweiger

4 oz. cream cheese

1/2 c. sandwich spread

1/2 c. finely chopped onion

1 tsp. Worcestershire Sauce

8 drops Tabasco sauce

Mix together, form ball and refrigerate for 1 hour before serving as spread with choice of cracker.

It's better than it sounds !!!!

From Madellen White, Colorado Springs, CO

VELVEETA CHEESE BALL

1 lb. Velveeta Cheese, cubed or cut to reduce thickness

8 oz. cream cheese, cubed

1 Tbsp. Worcestershire Sauce

1 Tsp. onion powder (may use chopped onion, if preferred - 1/4-1/2 c.)

1 c. Miracle Whip

1/4 to 1/2 c. (Chopped nuts, cooked bacon pieces, parsley, topping of choice)

In large, microwave-safe glass container, melt Velveeta cheese about 3 minutes (time will vary depending on the microwave used--avoid scorching/burning the cheese). Stir to make smooth. Add cubed cream cheese and continue melting the cheese mixture for 2 more minutes. Stir until smooth. Stir in Worcestershire sauce and onion powder until well blended with cheese mixture. Add Miracle Whip and stir until well blended with cheese mixture.

Form mixture into a ball shape in plastic wrap OR place in storage container to shape. (I use Cool Whip containers.) Refrigerate until firm--at least 2 hours or overnight. After firm, cheese ball may be removed from wrap or container and rolled in nuts, bacon, etc. or whatever topping you choose. Rewrap with fresh plastic wrap or put in a container.

Velveeta Cheese Ball-continued

This can be made days in advance as the flavors blend and get better with time. I use this as gifts at Christmas and eliminate the formation step by putting the cheese mixture in festive containers and just sprinkling the toppings on top of the mixture before refrigerating. I leave the lids off until they have totally cooled to keep steam/moisture from collecting on the surface.

Add the lids the next day, top with a bow and they are good to go! They last many days in the refrigerator or can be frozen until you want to use them. (But I will warn you, once you start eating it, they won't last long!!!)

Serve with crackers, or it is also good on celery sticks.

From Liz Hein, Avoca, IA

CHEESE BALL PINE CONES

Make your favorite cheese ball. Form into the shape of a pinecone. Then , starting at the top of the cone, layer almonds in rows. Use either whole or sliced almonds.

Then at the top, using fresh parsley, insert that into the top of the cone.

Serve with crackers.

From Cookie Rouse-Perry, La Verne CA

FILLED SNOW PEAS

Using fresh snow peas, slice along the edge making an opening. Remove peas.

With cream cheese, add dill and mix well. Stuff the snow pods with the cream cheese mix!

From Cookie Rouse-Perry, La Verne CA

BRUSCHETTA BAGUETTES

Using baguettes slice diagonally.

With a mixture of cream cheese and dill, spread over the bread slices. Top with a bruschetta mixture. You can buy it or can make your own

I like it with sundried tomatoes in it! So good!

From Cookie Rouse-Perry, La Verne CA

CHEESE PUFFS

2 cups grated sharp cheddar cheese
½ cup butter
1 cup sifted flour
50 small olives (green or black)

½ tsp. salt
1 tsp. paprika
Dash cayenne

Blend cheese with soft butter. Stir in flour and seasonings, which have been sifted together. Mix well. Wrap a teaspoon of the mixture around each olive covering it completely. Arrange on a baking sheet. Chill till firm or freeze.

Bake in hot over (400 degrees) for 15 minutes.

From Nancy Genetti, Richardson Texas

HOT SAUSAGE BALLS

1 lb. Jimmy Dean Spicy bulk Sausage
3 c Bisquick
1 lb. grated cheddar Cheese

Mix thoroughly, form balls, bake 350 degrees for 20-25 minutes.

Makes 45 medium size ball.

From Nancy Genetti from Richardson Texas

SPICED NUTS

Egg white slightly beaten	1/8 t. Nutmeg
2 cups mixed nuts	1/8 t. cloves
6 T. sugar	1 c. raisins (I use Cranberry raisins)
1 T. cinnamon	1/2 t. salt (opt)

Beat egg white until smooth. Add nuts. Stir to coat each nut. Mix other ingredients, except Raisins, and add to nut mixture. Spread on baking sheet. Bake in a 325 degree oven (160 c) for about 20 minutes stirring 2 -3 times

Slivered almonds, pecan halves, walnuts halves, cashews or peanuts may be used in place of mixed nuts or in combination with. Adding a few candied cherries makes it super special.

These spiced nuts were very often a Christmas gift! On my recipe for making a huge quantity, I use about 6 egg whites, 16 c of nuts, 8c sugar, 16 T (1 c) cinnamon, 4 t. nutmeg, 4 t. cloves.

From Lisa Germaine, Elizabethton, Tennessee

QUICK APPETIZER

Ritz Crackers

Dob of Miracle Whip

Thin slice of extra sharp cheese

Small slice of green olive with pimento

From Sandi Barton, Provo, Utah

NEW YEARS EVE – CHEESE FONDUE

$\frac{1}{2}$ cube of Butter	3 tablespoons of flour
1 cup of milk	3 white cheeses
$\frac{1}{2}$ cup Mayo	Dry Mustard Powder
Vermouth- to taste	

I do this in a crockpot, so it does not burn.

Melt about half a cube of butter in your crock pot, slowly add about 3 tablespoons of flour you are making a rue. Make sure to incorporate the two without any lumps. Then cook till a light golden brown and then stir in some milk slowly and Wisk so no lumps. Once this is kinda steamy....add in your shredded cheeses, a little at a time until blended. You want to use all white cheese. No yellow or red cheddar.

Shred a couple cups of: White cheddar, Mozzarella, Swiss or Gruyere

When it is all melted add a $\frac{1}{2}$ Mayo. If you need to add more later, you can. I like to add dry mustard for a more of a tart twist to it. Start with about a teaspoon if you like it you can add more. Now for the Vermouth, we love it so I would start off with like a $\frac{1}{4}$ cup of it and add more as desired. Put the crock pot on low.

Meanwhile get a loaf of French bread or sourdough and cut into one inch cubes. You can put in little serving bowls with bread on the plate under it on the side.

**the next day, pop it in the microwave or reheat in crock pot. This is good on top of an omelet or baked potato.

from Shannon and Judy Reilly, Lake Matthews, Southern CA

LIFE IS ABOUT USING
THE WHOLE BOX OF CRAYONS



CAMPFIRE AND GRILLING RECIPES

SURPRISE HAMBURGERS

1 pound ground beef

4 slices pepper Jack cheese or Monterey Jack
cheese

4 slices sweet onion

4 slices green pepper

4 onion rolls, split

Shape beef into eight thin patties. Place a slice of cheese, onion and green pepper on four patties. Top with another patty; press edges to seal. Grill until no longer pink. Serve on rolls.

From Peggy Steinbronn, Urbandale, IA

CAMPFIRE NACHOS

Prepare hamburger ahead of time with your taco seasoning. 1 can of Black Beans - rinsed and drained, Chopped tomatoes, black olives, Chunky Salsa, Shredded Cheese, Jalapenos, Tortillas.

In a disposable aluminum pan, layer: tortillas, meat, and everything else, top with the shredded cheese. Cover with aluminum foil and heat until the cheese is melted and yummy! Enjoy!

From Rosemary Reynolds

BACON WRAPPED WATER CHESTNUTS

Yield: 18 servings

1 cup brown sugar

1 ½ cups ketchup

3 tablespoons Worcestershire sauce

1 pound bacon, cut in half

2 cans whole water chestnuts, 8 ounces each

Preheat oven to 375 degrees. Whisk together the brown sugar, ketchup and Worcestershire sauce. Wrap the water chestnut with bacon and spear with a toothpick, then place in a baking dish. Bake the water chestnut wraps for 15 minutes. Drain the bacon grease from the pan, then top the bites with the sauce. Bake for 30-40 minutes or until browned and crispy.

From Ruth Orwig, Rock Hill SC

MEXICAN CORN DIP

2 cups shredded cheddar cheese

1 can (11 ounces) yellow and white whole kernel corn, drained

1 can (11 ounces) Mexicorn, drained

4 ounces pepper jack cheese, shredded

¼ can (4 ounces) chopped green chilies

1 jalapeno pepper, seeded and chopped

¾ cup sour cream

1/8 teaspoon sugar

Additional chipped green onions, optional

Tortilla or corn chips

In a large bowl, combine the first seven ingredients. In a small bowl, combine the mayonnaise, sour cream and sugar; stir into corn mixture. Cover and refrigerate overnight. Sprinkle with additional green onions. Serve with chips.

From Ruth Orwig, Rock Hill SC

FRIED CABBAGE WITH BACON AND NOODLES

1 lb. bacon diced

1 onion thinly sliced

1 head of cabbage thinly sliced or package

coleslaw mix

1 bag (lb.) egg noodles

Fry the bacon in a large skillet till crisp. Drain bacon on paper towel, place in a large bowl. Drain all but 3-4 tablespoons of bacon grease. Add thinly sliced onion to the bacon grease in skillet and cook till caramelized. Add onions to bacon in bowl. Add cabbage to the skillet and cook until tender. Boil egg noodles, drain. Add cabbage and egg noodles to bowl with onions and bacon. Add in a little black pepper. Toss and enjoy.

From Ruth Orwig, Rock Hill SC

GRILLED ITALIAN CHICKEN

Soak chicken pieces over night in Italian dressing (I usually use Kraft or Paul Newman). Grill your chicken and at the end add Parmesan cheese.

From Kathy Siverson, Apple Valley, CA

BLOCK PARTY BEANS

2 lbs. Ground beef

2 c. Chopped onion

1 c. Chopped celery

1 can tomato soup

1 can tomato paste

1/2 c. Ketchup

1 can green beans, drained

1 can Lima beans, drained

1 can wax beans, drained

1 can chili beans, undrained

1 can pork and beans, undrained

1/2 c. Brown sugar or less

2 T. Prepared mustard

Brown beef. Drain fat. Add onion and celery; cook until tender. Stir in soup, tomato paste and ketchup. Simmer 15 - 20 min. Spoon into a large kettle. Add a remaining ingredients. Stir well. Bake uncovered at 350° for 1 hour. Or put on the back BBQ grill.

CHICKEN DRUMETTES

2 or 3 pkgs. Chicken Drumettes

1 large bottle Russian Dressing

1 pkg. dry onion soup mix

1 12 oz. jar apricot preserves or orange
marmalade

1 Tbsp. soy sauce

Mix all ingredients pour over chicken bake at 350 for 1 hour.

Note: other chicken pieces may be used in place of drumettes and it is especially good with boneless chicken breast.

From Roni Marks, N. California

KENTUCKY CORN PUDDING

32 oz. frozen sweet corn
4 mini sweet peppers any color
1 jalapeno pepper, optional
1/2 cup panko breadcrumbs
1/4 cup flour
1/4 to 3/4 cup sugar
1 tsp. onion powder

1 tsp. garlic powder
2 eggs
2 cups heavy cream
4 oz. Pepper Jack Cheese shredded
4 oz. Marble Jack Cheese, shredded
1 /2 Cup Shredded Parmesan Cheese

Put corn in slow cook (crock pot). Remove ribs and sees from peppers and dice Add peppers to corn in crock pot and then add breadcrumbs, flour sugar and seasonings and toss to coat evenly. Whisk together eggs and cream and pour over corn mixture. Stir in Pepper Jack and marble Jack Cheeses. Top with Parmesan Cheese. Cover and cook on high for 2-3 hours or low for 4-6 hours

From Roni Marks, N. California

CHEESY MAC SALAD (more or less!)

1 box Kraft Macaroni and Cheese Dinner

1 can tuna (or cooked chicken), drained (more or less)

1 C. Miracle Whip (more or less)

1/2 c. chopped celery (more or less)

1/2 c. chopped sweet pickles (more or less)

Prepare Mac and Cheese Dinner following package directions. (You will need the required milk and butter/margarine for that.)

Stir tuna, Miracle Whip, celery and pickles into warm, prepared mac and cheese. Refrigerate at least 2 hours to let flavors blend and cool before serving.

I often make 2 boxes of mac and cheese so we can have that for one meal and use the leftovers to make the salad to serve the next day. The amounts of the added ingredients can vary with the amount of leftovers and personal preferences, thus the (more or less)! I prefer using my homemade lime sweet pickles, but a brand of your choice or maybe even sweet relish should work.

From Liz Hein, Avoca, IA

SWEET POTATO TACOS

Servings: 5 (2 per each serving)
Prep Time 10 minutes

Cook Time 28 minutes
Total Time 38 minutes

1 1/2 lbs. sweet potatoes, peeled and
diced into 1/2-inch cubes
4 Tbsp. olive oil, divided
1 tsp. cumin
1 tsp. paprika
1/2 tsp. ground coriander
1/4 tsp. cayenne pepper (optional)
Salt and freshly ground black pepper
1 cup chopped yellow onion, diced
1 1/2 tsp. minced garlic
1 (14.5 oz.) can black beans, drained and rinsed

1 cup frozen yellow corn, thawed and drained
3 Tbsp. honey
3 Tbsp. fresh lime juice
2 Tbsp. chopped fresh cilantro
10 Corn or flour tortillas
Sliced avocado, romaine lettuce, cotija or feta
cheese, for serving (optional)

Sweet Potato Tacos—continued on next page

Sweet Potato Tacos--continued

1. Preheat oven to 425 degrees. Line a baking sheet with foil then place sweet potatoes on foil. Drizzle with 3 Tbsp. olive oil and toss to evenly coat.
2. Sprinkle evenly with cumin, paprika, coriander, cayenne pepper and season lightly with salt and pepper to taste then toss to evenly coat. Bake in preheated oven 15 - 20 minutes until tender, removing from oven and tossing once halfway through baking.
3. Meanwhile, in a large skillet, heat remaining 1 Tbsp. olive oil over medium-high heat. Once hot add onion and sauté until caramelized (golden brown on edges and tender), about 5 - 6 minutes, adding in garlic during last 30 seconds of sautéing.
4. Reduce heat to medium-low, add in drained black beans, corn, honey and lime juice. Heat until warmed through. Toss in roasted sweet potatoes and cilantro. Serve over warm tortillas with desired toppings.

These are yummy! A great veggie dish.

From Lisa Germaine, Elizabethton, Tennessee

AFRICAN HOT SAUCE

This sauce would be used in most African dishes, especially bean cakes.

I don't have an exact recipe, but here are the basics:

3-4 tbsp. extra virgin olive oil---Africans would use Palm oil.

1 large or 2 medium onions (diced)

8 habaneras (seeds mostly removed...I leave some or more if I want it hotter.)

2 tsps. tomato paste

2 tsp. paprika

6-8 cloves garlic (grated or pressed)

1 tsp. liquid smoke

1 1/2 tsp. sugar

1 tsp. salt (more if needed to taste)

1 cup water

Heat oil and lightly simmer all ingredients just a few minutes to soften (not brown) onions and activate all spices....add water and let simmer (very slow bubble) about an hour.

After an hour, I use a potato masher and gently crush the onion and peppers into the sauce. Taste for either more sugar or salt...this is not a sweet sauce at all, but the sugar counters the tomato paste and gives balance to the salt. This part is entirely up to you.

Add enough water if needed...according to the consistency you desire and simmer slowly another half hour.

You can double or triple this and freeze the sauce in small containers or even in ice cube trays. Pop them out into a bag, seal, and freeze. This allows you to use it as needed without waste.

From Lisa Germaine, Elizabethton, Tennessee

GERMAINE'S EGG ROLLS

Make "glue" by cooking cornstarch and water till clear and thick. I use approximately $\frac{1}{4}$ c. cornstarch (or a bit less) to about 1 $\frac{1}{2}$ - 2 cups water. It will be milky then start to turn thick and clear....make sure you stir!

Buy SPRING ROLL WRAPPERS. These are thinner than egg roll wrappers and crisper.

You can vary the amounts~ this will make 100-150 egg rolls. Can be frozen after wrapping. These are best to freeze before frying.

1 ex large head of cabbage shredded- fine

10 (or more) carrots shredded

2-4 packages of bean threads (soaked in hot water to soften then drain) I usually cut with scissors to make shorter lengths after soft.

You can also add vermicelli noodles soaking in hot water as well these are also called transparent noodles.

Continued on next page

1 jar (1 cup -2 cups) Hosin sauce

bit of onion

4-5 cloves of garlic

1 lb. ground pork (or beef) uncooked

1-2 cans bean sprouts or you can add fresh

Optional- you can add a bit of oyster sauce, and a little soy sauce. Be careful you don't want the mixture to be runny. We have added an egg.....that's optional as well.

You can throw in chicken, shrimp, or just about anything else!

Roll up in spring roll wrappers (I prefer smaller rolls) and use the cornstarch glue to close ends.

Fry in HOT oil.....make sure your temp is 350 degrees.... Otherwise your eggrolls will be greasy.

Enjoy! We often had to make every thing from scratch living overseas, these egg rolls are easy to mix up and freeze either raw and or cooked.

From Lisa Germaine, Elizabethton, Tennessee

GERMAINE'S EGG ROLLS--continued

SPICY PRETZELS

1 lb. bag of tiny twist pretzels (although I am sure any pretzel would work as well)

2/3 cup oil

1 teaspoon cayenne pepper

1 teaspoon garlic powder (I like Lawry's - it has parsley in it)

3 Heaping TBSP (or 1 package) dry Ranch Dressing Mix

Put the pretzels into a 2 gallon plastic bag - or large enough "tightly" covered bowl, to hold all of the pretzels. Thoroughly mix the oil and the seasonings. Pour over the pretzels. If you put them in a bag, seal it, or cover the bowl.

Turn the pretzels every time you get near them to continually distribute the liquid over the pretzels. Do this about once every 15 or 20 minutes for 2 or more hours. (Two is actually enough, if you turn them frequently)

Transfer to a clean bowl, and enjoy. I have these in the house all the time. They stay good, in a tightly covered bowl for a couple of weeks. Actually, they usually don't last that long, but they really are good for a long time.

From Lisa Germaine, Elizabethton, Tennessee

TIGADAGAY FOY (NIGER PEANUT SAUCE)

1 1/2 lbs. beef or Chicken cut into bite sized chunks (more if you want it meatier)
1 med onion chopped
oil
2 cloves garlic minced
1/2 c. tomato paste
water

Salt to taste
2-3 Maggi cubes (chicken bouillon cubes)
1/2 to 2/3 c peanut butter (I often used more 1-2 cups)
"Tonka" Hot powdered red peppers-- crushed habanero to taste. leave out the seeds for not as hot.

Brown meat and onion in oil, add garlic when almost browned. Stir in tomato paste to coat well. Cover with water, salt, bouillon stir and allow to simmer until meat is tender (In Africa took a while.) Add peanut butter and stir 3 minutes or so. This will thicken your sauce.

We often served this in Africa, a quick filling meal that could be easily extended when unexpected guests would arrive. A favorite that was requested to be served at my youngest's wedding rehearsal dinner.

From Lisa Germaine, Elizabethton, Tennessee

MELT IN YOUR MOUTH SKEWER FILET

1 lb. beef filet
1/3 c. soy sauce
1/4 c. red wine
1/4 c. oil
1 Tbsp. sugar
2 cloves garlic minced
1 Tbsp. fresh ginger minced

Freeze meat partially, slice thinly across the grain. In med bowl stir together remaining ingredients and marinate beef in mixture for at least 4 hours, covered and refrigerated. Thread meat onto soaked bamboo skewers (about 20) Bake at 400 degrees for about 15 minutes turning once. Serves 4-6

Another favorite- I often X8 the recipe- using a chunk of beef- a round or chuck, cut the beef into square pieces marinate then put on a kabob and grill on the bbq. Makes great Brochettes!

From Lisa Germaine, Elizabethton, Tennessee

PLATTAR (SWEDISH PANCAKES)

Best if prepared the night before & kept in the refrigerator overnight.

3 eggs

2 cups milk or 1 cup of milk and 1 cup of light
cream

1 cup flour

6 tablespoons unsalted butter melted

1/2 teaspoon salt

1/2 cup sugar

Beat the eggs & milk together then add flour, sugar, butter & salt.

Mix until everything is smooth (this will be a thin batter)

Cook on very hot griddle until brown & the pancakes have bubbles then flip over.

These are very thin pancakes.

Serve with butter & syrup of your choice. Or serve with Lingonberries & any berry jam.

Also good with butter, sugar & cinnamon. Roll up and serve with ice cream

From Sandi Barton, Provo, Utah

GRAPE JELLY

(makes 6 cups)

1 cup grape juice

3/4 cup sugar

Bring grape juice to a boil, add sugar stir until dissolved & bring back to a boil, about 15 minutes.

Put into jars, add the lid.

If using canning jars, the heat from the jelly should seal the lid.

Or you can use regular jars & keep the jelly in the fridge. Enjoy!

From Sandi Barton, Provo, Utah

TEXAS CAVIAR

1 can black beans, rinsed and drained
1 can pinto beans, rinsed and drained
2 cans gold and white corn, drained
1- 4oz. Jar Pimentos, chopped, diced,
and drained
1 small green pepper, diced
1 stalk celery, diced

$\frac{1}{2}$ cup vegetable oil
 $\frac{1}{2}$ cup cider vinegar
 $\frac{1}{2}$ tsp. sugar
1 tsp. salt and pepper, each
Garlic powder to taste (1 TBSP. +
1 cup shredded sharp cheddar cheese

Mix first seven ingredients together in a large mixing bowl. Then boil vegetable oil, vinegar, sugar, salt & pepper, and garlic. Let cool & then pour over the beans and vegetables. Cover and let sit for 12 hours before serving. Stir in cheese right before serving and then serve with chips.

From Anita Bergman, Columbus OH

CAMPFIRE BANANA SPLIT

Bananas in their skin

Bag of chocolate chips (even different kinds if you like)

Bag of small marshmallows

Bag of nuts (I like Pecans)

Heavy duty foil

First you want to use a knife and cut down the side of the banana, it is the top of the curve of it. Go right through to the banana not the other side of it. Now you can add your things. Whatever you like. Kind of fold back together and place foil around it so it is easy to open. You might want to do this with HEAVY duty foil. Place on the coals for 20 to 30 minutes.

Get all your other ingredients ready to go! Open foil and everything should all be melted and yummy. Place a couple different scoops of Ice Cream on top, then some whip cream nuts and cherry.

I learned this in girl scouts, actually I was a brownie. I was about 8 and our leader to us to the local park and we made them. It was so much fun. But what is really funny..... to this day I do not care for Ice Cream, but I might change my mind now

from Shannon and Judy Reilly, Lake Matthews, Southern CA

creative people...

- 1) Are easily bored.
- 2) Willing to take risks.
- 3) Don't Like Rules.
- 4) Ask "What If?"
- 5) Make lots of mistakes.
- 6) Collaborate.
- 7) Are generous.
- 8) Are independent.
- 9) Experiment.
- 10) Motivate themselves.
- 11) Work hard.
- 12) Aren't alone.

Are you creative?



Recipes contributed by:

Laurie Speltz's Coffee Talk Participants

Compiled by Peggy Steinbronn
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