



*Recipes from
the Heart*

*Compiled by Karen North
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Make Your Own Mixes



Save money and save time by making your own mixes.

*Make a batch, put it in a pretty jar or bag, attach a gift tag
and give as a gift.*

MAKE-YOUR-OWN MIXES

RANCH SALAD DIP AND DRESSING MIX

1 1/2 Tbsp. dried parsley
1/2 Tbsp. dried chives
1/4 Tbsp. dried tarragon
1/2 Tbsp. lemon pepper
1 Tbsp. salt
1/4 Tbsp. oregano
1/2 Tbsp. garlic powder

This versatile mix can be used to make a dressing for salads, a dip for fresh veggies, or topping for baked potatoes.

In a medium bowl, combine all the ingredients. Store in an airtight container.

Ranch Dressing: Makes 1 cup. Add 1/2 cup mayonnaise, 1/2 cup buttermilk, 1 Tbsp. Ranch Dressing & Dip Mix. In a large bowl whisk together the mayonnaise, buttermilk and dressing & dip mix. Refrigerate for one hour before serving.

Ranch Dip - Makes 2 cups 2 Tbsp. Ranch Dressing & Dip Mix, 1 cup mayonnaise or low-fat mayo, 1 cup sour cream or low-fat yogurt. Combine the Ranch Dressing and Dip Mix with mayonnaise and sour cream. Refrigerate for 2 hours before serving with raw vegetables, or as a topping for baked potatoes.

HOMEMADE TACO SEASONING

2 Tsp. chili powder
1 1/2 Tsp. paprika
1 Tsp. onion powder
1/2 Tsp. salt
3/4 Tsp. garlic salt
1 Dash red pepper

Mix all together. Makes 1 package of store bought mix.

CAFÉ CAPPUCINO COFFEE MIX

1/4 C. Powdered Creamer
1/3 C. Sugar
1/4 C. Instant Coffee
1 Orange flavored piece of hard candy

Process in a blender or liquefy until well blended. Store in an airtight container. Use by tablespoonfuls according to taste. Spoon in cup and add hot water

CAFÉ SWISS MOCHA COFFEE

1/4 C. Powdered Creamer
1/3 C. Sugar
1/4 C. Instant Coffee
2 T. Powdered Baking Cocoa

Process in a blender or liquefy until well blended. Store in an airtight container. Use by tablespoonfuls according to taste. Spoon in cup and add hot water

CAFÉ VIENNESE COFFEE

1/4 C. Powdered Creamer
1/3 C. Sugar
1/4 C. Instant Coffee
1/2 tsp. Cinnamon

Process in a blender or liquefy until well blended. Store in an airtight container. Use by tablespoonfuls according to taste. Spoon in cup and add hot water.

HOT CHOCOLATE MIX

3 cups powdered milk
1/2 cup cocoa
3/4 cup sugar
Dash of salt

Sift the ingredients into a large bowl. Pack the mix into an airtight container. For one serving, add 4 tablespoons hot chocolate mix to 8 ounces boiling water.

HOT CHOCOLATE MIX (2)

4 cups dry milk
1 cup unsweetened cocoa
2 cups sugar
1/2 teaspoon salt
1 teaspoon instant decaffeinated coffee (optional)

Mix the ingredients and put them into a plastic container or double plastic bags. Label the mix Hot Chocolate. Use 1/4 cup per cup of boiling water. Makes 20 cups. (Makes 80 servings)

CHERRY COCOA MIX

2 Cups Powdered Milk
1 Cup Sugar
1/2 Cup Unsweetened Cocoa Powder
1/2 Cup Powdered Coffee Creamer, plain or flavored
1 Dash salt
1 Packet Unsweetened Cherry Kool-aid

Sift together the powdered milk, sugar, cocoa powder, creamer, salt and Kool-Aid into a large bowl. Store in tightly sealed jar. Yield: about 4 cups.

To Serve: Add a heaping 1/8 cup to your mug and fill with hot water. Stir. Add some marshmallows. Enjoy!

HOT SPICED ORANGE DRINK

1 (10 oz) jar of Tang
2 oz Lemonade mix (Country time)
2 C Sugar
2 tsp Cinnamon
1 tsp Cloves

Mix and store in a covered container. To make into a drink mix 2-1/2 teaspoons and 1 cup boiling water.

INSTANT SPICED TEA

2 cups powdered orange breakfast drink
1-1/2 cups sugar
3/4 cup instant tea
2 packages unsweetened lemonade mix
1 teaspoon ground cloves
1 teaspoon ground cinnamon

Mix the ingredients and put them into a plastic container or double plastic bag. Label the mix Spiced Tea. Add 2 heaping teaspoons to 1 cup boiling water.

MEXICAN HOT CHOCOLATE MIX

1/3 cup light brown sugar
3/4 tsp. ground cinnamon
1 1/2 tsp. powdered vanilla
1/4 cup cocoa
2 1/2 cups powdered milk

Combine and blend ingredients in a small bowl. Store in an airtight container. Add Mexican Hot Chocolate Mix (to taste). Cinnamon sticks for garnish. Heat the water to boiling and add the Mexican Hot Chocolate Mix. Stir with a whisk until the mixture is smooth. Garnish with cinnamon sticks. For a frothier hot chocolate, mix in a blender.

HOMEMADE NON-STICK COATING

1 cup Vegetable Oil
1 cup Shortening
1 cup Flour

In a large mixing bowl, mix until smooth with electric mixer. Store in an airtight container in the refrigerator until needed. Use this to coat pans for cakes, muffins, pies or anything that requires 'greased and floured' pans.

CHILI SEASONING MIX

2 tablespoons chili powder
1 teaspoon salt
1 tablespoon seasoned salt
1 teaspoon onion powder
2 teaspoons cumin
1/2 teaspoon garlic powder
1 teaspoon oregano

Mix all ingredients; store in a small airtight jar in a cool, dry place. Makes about 1/4 cup.

USE WITH: QUICK CHILI WITH BEANS--

1 lb. ground beef
1 can stewed tomatoes
1 tablespoon Chili Seasoning Mix
1 can kidney beans
2 tablespoons cornmeal or flour
1/2 cup shredded cheddar cheese (optional)

Brown ground beef in a large saucepan, stirring occasionally, until meat loses its red color. Stir in cornmeal/flour, then add remaining ingredients. Bring to a boil, cover and simmer 10 minutes, stirring occasionally. Serve in bowls, sprinkle with shredded cheese. Serves 4.

USE WITH: **CHILI MACARONI**

- 1 lb. ground beef
- 1 cup cooked macaroni
- 1 can stewed tomatoes
- 1 tablespoon Chili Seasoning Mix

Cook beef in a large saucepan, stirring occasionally, until meat loses its red color. Add remaining ingredients and simmer 5 minutes, stirring occasionally.

Serves 4

USE WITH: **CHILI SNACK**

- 4 cups cornflakes
- 1 cup small pretzels
- 2 tablespoons butter or margarine, melted
- 1 cup unsalted nuts
- 2 teaspoons Chili Seasoning Mix

Heat cornflakes in a 300 degree oven for 5 minutes, or until warm. Remove from heat and add pretzels and nuts. Mix lightly. Pour butter over mixture and sprinkle with chili seasoning mix. Stir well and put back in oven 15 - 20 minutes. Serve warm or cool. Makes 6 cups.

GROUND BEEF HELPER SEASONING MIX

- 1 1/4 teaspoon black pepper
- 1 1/3 cups non-fat dry milk
- 3 tablespoon onion powder
- 1/3 cup chopped dry onion
- 1 tablespoon garlic powder
- 2 teaspoons beef bouillon granules
- 2 teas pons monosodium glutamate (optional)
- 2 tablespoons dried parsley flakes

Mix all ingredients. Makes 2-1/2 cups of mix. Depending on taste, use 1/2 to 2/3 cup of the Seasoning Mix for each pound of hamburger.

NOTES:

The "helper" has the same nutritional value as the mix on the market, but is higher in flavor and half the price of commercial products. Store this mix in a tight container for up to three months without flavor loss. Keep the mix on hand for a quick, economical, and tasty addition to casseroles.

Use with Macaroni Casserole and others following...

USE WITH: **MACARONI CASSEROLE**

1 lb. hamburger
1-1/2 cups to 2 cups water
1/2 cup plus 1 tablespoon Seasoning Mix
1 cup macaroni

Brown one pound of hamburger in a heavy frying pan with a lid. Drain off the excess fat. To the meat in the frying pan add water, macaroni, and Seasoning Mix. Bring to a boil and stir. Cover and let simmer 15 - 20 minutes. Stir occasionally. If macaroni starts to stick to pan, add more water. Uncover. Simmer until excess water is evaporated. 5 servings

Carrots for color

Follow the Macaroni Casserole recipe and add two carrots that have been peeled and sliced into 1/2 inch slices. The carrots are added along with the water, macaroni, and Seasoning Mix.

USE WITH: **RICE CASSEROLE--**

1-1/2 to 2 cups water
1/2 cup plus 1 tea. Seasoning Mix
1-1/2 cups quick cooking rice* or 3/4 c. reg. rice

Brown one pound of hamburger in a heavy frying pan with a lid. Drain off the excess fat. To the meat in the frying pan add water, rice and Seasoning Mix. Bring to a boil and stir. Cover and let simmer 15-20 minutes. Stir occasionally. If the rice sticks to the pan, add more water. Uncover and simmer until excess water has evaporated. 5 servings

USE WITH: **HAMBURGER NOODLE SKILLET--**

1 lb. Hamburger, browned and drained
1 cup cooked noodles
1 8-ounce can of seasoned tomato sauce
1-8 oz can mixed vegetables
1/2 cup shredded sharp American cheese
1 teaspoon chopped parsley

After browning and draining hamburger in a heavy frying pan, add tomato sauce, and noodles. Mix thoroughly. Warm through and add mixed vegetables until warm. Sprinkle cheese and parsley over the top. Do not stir. Cover and heat just long enough to melt cheese. Serve from the skillet. 4 servings

1001 COOKIE MIX

5 cups all-purpose flour
3 3/4 cups sugar
2 tablespoons double acting baking powder
2 teaspoons salt
1 1/2 cups PLUS 2 tablespoons butter, softened
Makes 10 cups.

Spoon flour into measuring cup and level with spatula. Put in large bowl with at least a 4-quart capacity. Measure sugar, baking powder and salt into flour. Stir until mixture is thoroughly blended. Add butter and use pastry blender or clean hands to work into dry ingredients until mixture resembles coarse meal. Store covered in airtight container in refrigerator or freezer. Do NOT press down. Use mix at room temperature. Spoon lightly into measuring cup, level with spatula. Tips. * When using margarine, do not use diet, whipped or soft. * Have all ingredients at room temperature. * Do not sift flour -- spoon lightly into measuring cup and level off. * Use standard measuring cups and spoons. Use With: Orange Delights, Sugar Cookies, Holiday Coconut Squares, Chocolate Brownies, Gingery Snaps, And Cranberry Nut Cookies.

HOLIDAY COCONUT SQUARES (1001 COOKIE MIX)

3 cups 1001 Cookie Mix
2 eggs
1 cup firmly packed coconut
1 tablespoon lemon rind
3/4 cup finely chopped pecans or walnuts
Granulated sugar

In large bowl, combine cookie mix, eggs, coconut, lemon rind, nuts, and cherries. Spread in well-greased 9-x 13-x 2-inch pan. Bake at 350°, 20-25 minutes. (When done, center should spring back when pressed lightly). While warm, cut into 1 1/2-inch squares. Sprinkle with sugar. Makes 48 squares

CHOCOLATE BROWNIES (1001 COOKIE MIX)

1 12-ounce package semi-sweet chocolate pieces, divided
2 cups 1001 Cookie Mix
2 eggs
1 teaspoon vanilla extract
1 cup chopped nuts, divided

In a small heavy saucepan over lowest possible heat, melt 1 cup chocolate pieces. When pieces begin to melt, remove from heat, stir. Return to heat for a few seconds at a time, stirring until smooth. Let cool 5 minutes. In a large bowl, combine melted chocolate, cookie mix, eggs and vanilla. Beat until well blended. Stir in 1/2-cup nuts. Spread evenly into greased 8- or 9-inch square baking pan. Bake at 350° until just done, about 20 minutes. Do NOT overbake. Cool

slightly. Meanwhile, in saucepan, melt remaining chocolate. Cool 5 minutes. Spread over baked brownies. Press remaining nuts into top. Cut into squares.

GINGERY SNAPS (1001 COOKIE MIX)

4 cups 1001 Cookie Mix
1 tablespoon ground ginger
1 teaspoon ground cinnamon
1 large egg
1/4 cup dark molasses
Granulated sugar

Mix together in large bowl all ingredients except sugar. Drop dough by slightly rounded teaspoons into small bowl of sugar. Roll to coat slightly. Place 2 inches apart on greased cookie sheet. Bake at 350° about 15 minutes or until done. Do not brown. Let cool 2 minutes and remove to rack to cool. Variation: Gingerbread Men -- Prepare Gingery Snaps. Divide dough in half. Cover and chill 1 hour or until dough is easy to handle. Roll dough, half at a time, on floured board to 1/8-inch thickness. Cut into gingerbread men using cookie cutters. Arrange cutouts 1 inch apart on a greased cookie sheet. Sprinkle with sugar. Bake at 375° for 8-10 minutes. Do not brown. Cool on wire rack. Makes about 48 cookies.

CRANBERRY NUT COOKIES (1001 COOKIE MIX)

3 cups 1001 Cookie Mix
1 tablespoon grated orange rind
1 teaspoon ground cinnamon
1 large egg
1 cup fresh cranberries, coarsely chopped
3/4 cup chopped nuts
Granulated sugar

Mix together in large bowl cookie mix, orange rind, cinnamon and egg. Stir in cranberries and nuts. Form into 1-inch balls and roll in granulated sugar to coat lightly. Place 3 inches apart on greased cookie sheet. Bake at 375° about 12 minutes or until lightly brown around edges. Remove at once to wire racks to cool.

SUGAR COOKIES (1001 COOKIE MIX)

4 cups 1001 Cookie Mix
1 1/2 teaspoons vanilla extract or 1 teaspoon nutmeg
1 large egg
Granulated sugar

In large bowl, blend mix, vanilla and egg. Divide dough in half. Cover and chill 1 hour or until dough is easy to handle. Half at a time, roll dough on floured board to 1/8-inch thickness. Cut

into desired shapes using cookie cutters. Arrange cutouts 1-inch apart on a greased cookie sheet. Sprinkle with sugar. Bake at 375° for 8-10 minutes. Do NOT brown. Cool on wire rack.

Tips. Colored sugar may be used on top of cookies or omit sugar and decorate with frosting. For rolled cookies use a pastry cloth and a cloth-covered rolling pin. Rub flour evenly into the rolling pin cover and pastry cloth.

Variation: Chocolate Pinwheel Cookies -- Prepare sugar cookie dough and add 3 tablespoons cocoa to one-half dough. Cover and chill doughs separately. Roll dough separately on floured board into 2 rectangles about 1/4 inch thick. Top one with the other and press together with rolling pin. Roll up lengthwise jellyroll fashion. Chill until firm. Cut into 1/8-inch slices and bake at 375° about 6 minutes.

ORANGE DELIGHTS (1001 COOKIE MIX)

2 cups 1001 Cookie Mix
1/2 cup finely ground almonds
2 eggs
1 cup granulated sugar
2 tablespoons flour
1 tablespoon orange juice
1 teaspoon grated orange rind
Confectioners' sugar

Make crust: Combine in bowl, cookie mix and almonds. Press into lightly greased 8-inch square baking pan. Bake at 350° for 15 minutes; do not brown. Make filling: Combine in bowl, eggs, granulated sugar, flour, orange juice and rind. Spread evenly over crust. Bake 25 minutes longer or until top is set. Cool on wire rack in pan. Cut into squares while still warm. Sprinkle with confectioners' sugar. Makes 16 squares

CANDY COOKIE MIX

1/2 cup sugar
1/2 cup brown sugar, firmly packed
1 tsp. powdered vanilla
1 tsp. baking soda
2 cups flour

Combine all ingredients in a medium bowl. Whisk the ingredients together until they are evenly distributed, making sure all brown sugar lumps are crushed. Store in an airtight container

To use mix:

Makes 3 dozen cookies
1 cup unsalted butter or margarine, softened
1 large egg

1 package Candy Cookie Mix
*white or milk chocolate chunks

Preheat oven to 350° degrees F. In the large bowl of an electric mixer, beat the butter until it is smooth. Add the egg, and continue beating until the egg is combined. Add the Candy Cookie Mix and candy bar chunks and blend on low just until the cookie mix is incorporated. Form the cookies into 1 1/2-inch balls & place them 2 inches apart on an ungreased cookie sheet. Bake for 10 to 12 minutes, until golden on the edges. Remove from oven, and cool on cookie sheet for 2 minutes.

MISSOURI MIX (BISQUICK)

Large batch of Missouri Mix (Requires a very large mixing bowl or tub for mixing)
5-pound bag of flour or 20 cups (All-purpose, whole wheat or any combination of both)
3/4 cup baking powder
2 tablespoons salt
2-1/2 cups nonfat dry milk powder
3-3/4 cups shortening

Makes: 27 cups mix.

Smaller batch of Missouri Mix:
8 cups flour (all-purpose, whole wheat or any combination)
1/4 cup plus 1 tablespoon baking powder
2 teaspoons salt
1 cup nonfat dry milk powder
1-1/2 cups shortening

Makes: 11 cups mix.

Combine dry ingredients in large bowl. Sift to assure even distribution of ingredients. Using a pastry blender, cut in shortening until mix is the consistency of cornmeal.

Preparing and storing Missouri Mix

Accurate measuring can mean the difference between a prize-winning product and a failure.

Measure dry ingredients in standard dry measuring cups or standard measuring spoons. Spoon ingredients lightly into the cup and level with a spatula. Be careful not to hit the side of the measuring cup with the spoon causing dry ingredients to settle and measurements to be inaccurate.

All ingredients to be measured should be lump-free. Sifting will remove lumps from baking powder.

Solid ingredients, such as shortening, should be packed firmly into a flush-rim measuring cup so that no air pockets remain. A rubber spatula is useful to get all the shortening out of the cup.

When the baking powder is added, stir mix at least one minute to thoroughly distribute.

Always stir Missouri Mix before measuring to redistribute the ingredients.

Spoon lightly into a cup and level with a spatula. Do not sift Missouri Mix before using.

If stored in an airtight container in a cool, dry location, Missouri Mix will stay fresh for several months.

Suitable storage containers for Missouri Mix include: glass jars, plastic containers and bags made for freezer use.

The shelf-life of Missouri Mix can be extended by packaging in moisture- and vapor-proof containers and refrigerating or freezing.

If whole-wheat flour is used, Missouri Mix must be refrigerated to prevent flavor changes due to the higher level of fat in whole-wheat flour.

Before storing, label Missouri Mix with name of product, date prepared, use-by date and other information you will need to use the Mix.

In addition to the recipes that follow, Missouri Mix can be used to make your own favorite recipes. Use 1-1/2 cups of Missouri Mix for each cup of flour in your recipe. Leave out leavening, salt, milk and fat in the recipe because they are already included in the Mix.

Recipes using Missouri Mix

Basic Biscuits

For 6 biscuits: 1 cup mix, 1/4 to 1/3 cup water

For 12 biscuits: 2 cups mix, 1/2 to 2/3 cup water

Gradually add water to mix, stirring with a fork. Use just enough water to make a soft, nonsticky dough. Turn onto floured board and knead about 10 times. Roll or pat out to 1/2-inch thickness. Cut out with floured biscuit cutter. Bake on baking sheet in a 450 degrees F oven 8 to 10 minutes, until lightly browned.

For drop biscuits: Increase water slightly to 1/3 cup for 6 biscuits, and to 2/3 cup for 12 biscuits. It is not necessary to knead or roll. Drop by spoonfuls onto a greased baking sheet.

Flavor variations for biscuits: Blend grated cheese, chopped parsley, chives or other herbs with the dough to add color and flavor.

Cheese Biscuits

2 cups Missouri Mix
1/2 cup water
1/3 cup grated sharp cheddar cheese

Add liquid to mix. Stir 20 to 25 times. Turn onto lightly floured board; knead about 15 times. Roll to 1/2-inch thick. Cut with floured biscuit cutter (or mouth of drinking glass dipped in flour). Place on ungreased cookie sheet; bake at 425 for 10 minutes. Make 10 to 12 biscuits. After baked, may brush with melted garlic butter, if desired.

DROP BISCUITS: Increase water in Basic Biscuit recipe to 2/3 cup. It is not necessary to knead or roll dough. Drop by spoonfuls into well-greased muffin pans.

DUMPLINGS: Use 2/3 cup liquid in Basic Biscuit recipe. Liquid can be broth. Drop from a spoon onto boiling stew. Cover with tight lid. Cook 12 minutes.

PIZZA DOUGH: 1 cup mix. 1/4 cup water. Mix as for biscuit dough. Roll in circle 1/4-inch thick. Place in cookie sheet or the bottom of a pie pan. Turn up edges of dough. Add favorite toppings. (May want to bake crust first, before adding toppings, to keep dough from becoming soggy.)

Peanut butter refrigerator cookies

2 cups Missouri Mix
2/3 cup sugar
1 cup chunky peanut butter
1 egg, beaten
1 tablespoon water

Stir sugar and peanut butter into Mix. Combine water and egg and add to mix. Stir thoroughly. Shape into a roll. To bake now, slice the roll into 1/4-inch thick sections. Shape into balls, place on ungreased baking sheets and flatten with a floured fork. Bake at 375° degrees F for 10 to 12 minutes. The rolled cookie dough can be wrapped airtight and refrigerated several days before baking. Makes 3-1/2 dozen cookies.

Oatmeal drop cookies

1 cup Missouri Mix
1/2 cup sugar
3/4 cup oatmeal
1/2 teaspoon cinnamon
1/8 teaspoon cloves
3 tablespoons water
1/4 cup chopped nuts
1/4 cup raisins

Stir together mix, sugar, oatmeal and spices. Add water to egg and add to dry ingredients. Add nuts and raisins and stir. Drop by teaspoonfuls onto a greased baking sheet. Bake at 400 degrees F for 10 to 12 minutes, or until browned. Makes 24 medium-sized cookies.

Variations: omit spices and raisins and add 1 cup chocolate chips.

Basic muffins

2 cups Missouri Mix
2 tablespoons sugar
1 egg, beaten
1 cup water

Stir sugar into mix. Beat egg and add to the water. Add liquid to dry ingredients and stir 15 strokes or just enough to blend, leaving a few lumps. Bake in well-greased muffin tin at 400 degrees F for 20 minutes. Makes 10 to 12 medium muffins.

Variations

Apple muffins: Add 3/4 cup peeled, finely-diced apples, 1/4 teaspoon cinnamon and a dash of nutmeg to muffin batter.

Blueberry muffins: Add 1/2 cup canned, fresh or frozen blueberries without juice to muffin batter.

Banana muffins: Reduce water to 1/2 cup and add 1/2 cup mashed banana and 1/4 teaspoon nutmeg to muffin batter.

Bran muffins: Reduce Mix to 1-1/2 cups and add 1/2 cup all-bran type cereal to dry ingredients.

Cheese muffins: Add 1/2 cup grated Cheddar cheese to dry ingredients.

Basic cake

1-1/2 cups Missouri Mix
1/2 cup sugar
1/2 cup water
1 egg
1/2 teaspoon vanilla flavoring

Grease and flour bottom of a 9-inch cake pan. Stir sugar into mix. Combine water, egg and vanilla. Add half the liquid ingredients to mix and beat 2 minutes at medium speed with an electric mixer or 200 strokes by hand. Add the other liquid and beat one minute. Pour batter into pan. Bake at 375° degrees F for about 25 minutes.

Basic cake variations

Applesauce Spice Cake: Leave water and vanilla out and add: 1/2 cup applesauce, 1/2 teaspoon cinnamon, 1/4 teaspoon nutmeg and 1/8 teaspoon cloves. Increase sugar to 2/3 cup. Stir in 1/3 cup raisins and 1/4 cup nuts (optional).

Banana Cake: Reduce water to 1/3 cup. Add 1/2 to 2/3 cup mashed banana (about 1 banana).

Upside-Down Cake: Mix up Basic Cake batter. If fruit juices are light-colored, they may be used for all or part of the liquid. Melt 1/4 cup butter or margarine in a 9-inch skillet (use only oven-proof skillet). Sprinkle 1/2 cup packed brown sugar over melted butter or margarine. Arrange 1-1/2 cups fruit over the sugar. (Drained sweet cherries, peaches, pineapple, apricots or other fruit may be used.) Spread cake batter over the fruit. Bake at 350° F for 30 minutes until center springs back when lightly touched. Cool in pan for 10 minutes, then invert on a serving plate.

Apple cobbler:

6 tablespoons sugar
2 tablespoons Missouri Mix
1/8 teaspoon cinnamon
1/4 cup water
3 cups peeled, thinly-sliced apples
2 teaspoons butter or margarine
Topping (see recipe below)

Combine sugar, mix, cinnamon and water. Add apples and stir. Pour into a greased 9-inch square baking pan. Dot with margarine or butter.

Topping:

1 cup Missouri Mix
2 tablespoons sugar
1 egg, well beaten
2 tablespoons water

Add 1 tablespoon sugar to Mix. Combine egg and water and stir into Mix. Stir well. Spread topping over fruit. Sprinkle other tablespoon of sugar over topping. Bake at 350° degrees F for 30 minutes. Serve while warm. Makes 6 to 8 servings.

Variations

Prepare peaches, berries, cherries or other fruits as for a pie and substitute for apples.

Gingerbread

1-1/2 cups Missouri Mix
1/2 teaspoon cinnamon
1/2 teaspoon ginger

1/8 teaspoon cloves
1/4 cup brown sugar
1/3 cup molasses
1/3 cup water
1 egg, beaten

Add spices to mix. Stir together brown sugar, molasses, water and egg. Add half of liquid to dry ingredients and beat on medium speed with an electric mixer for 2 minutes or 200 strokes by hand. Add remaining liquid and beat one minute at low speed. Pour batter into a greased 8-inch square baking pan lined with waxed paper. Bake 30 minutes at 350° degrees F. Makes 9 servings.

Corn bread

1 cup Missouri Mix
1 cup cornmeal
2 teaspoons sugar
1/2 teaspoon baking soda
1/2 teaspoon salt
1 egg, beaten
1 cup buttermilk

Mix dry ingredients. Add egg to buttermilk and blend with dry ingredients. Pour into a well-greased, 8-inch square pan. Bake at 425 degrees F for 25 to 30 minutes. Makes 9 servings.

Banana-nut bread

3 cups Missouri Mix
2 eggs, beaten
2/3 cup sugar
1 cup mashed bananas (about 2 medium)
1/2 cup nuts
1/2 cup milk
1/2 teaspoon vanilla flavoring

Preheat oven to 325 degrees F. Grease one 9-by-5-inch loaf pan or two 7-by-3-inch loaf pans. In a medium bowl, combine all ingredients, stirring to blend. Turn into prepared pan(s). Bake 50 to 60 minutes until a wooden toothpick inserted in center comes out clean. Cool on a rack 5 minutes. Turn out of pan. Cool right-side up on rack. Makes 1 or 2 loaves.

Variations

Pumpkin Bread: Preheat oven to 350° degrees F. Substitute 1 cup mashed, cooked pumpkin for bananas and add 1/2 teaspoon each cinnamon, ground nutmeg and ground cloves. Stir to blend. Then stir in the 1/2 cup chopped nuts and 1/2 cup raisins. Bake 50 to 60 minutes.

Zucchini Bread: Preheat oven to 325 degrees F. Substitute 2 cups well-drained, grated, unpeeled

zucchini for bananas, and add 3 tablespoons orange juice and 1 teaspoon grated orange peel. Bake 60 to 70 minutes.

Date-nut Bread: Preheat oven to 350° degrees F. Substitute 1 cup chopped dates for bananas and increase milk to 3/4 cup. Raisins, chopped prunes or figs can be substituted for dates. Bake 50 to 60 minutes.

Basic pancakes and waffles

2 cups Missouri Mix
1 teaspoon sugar
1 egg
1 cup water (more water may be added to thin batter)

Add sugar to mix. Beat egg slightly, then add to water and stir thoroughly. Add liquid to mix and stir about 25 strokes. Batter will not be smooth. Bake on a preheated griddle or skillet. Or follow directions for individual waffle makers. Makes about 16 4-inch cakes or 4 small waffles.

Variations

Bacon: Add three strips cooked, drained and crumbled bacon to batter.

Blueberry: Add 1/2 cup canned, fresh or frozen blueberries without juice to batter. Blueberry juice can be used to make syrup.

Cornmeal: Substitute 1/2 cup cornmeal for 1/2 cup Mix in basic pancake/waffle recipe.

Pecan: Add 1/4 cup chopped pecans to batter.

Cheesy-tomato pie

1 pound ground beef
1-1/2 cups chopped onion
1-1/2 cups milk
3 eggs
3/4 cup Missouri Mix
1/2 teaspoon salt
1/4 teaspoon pepper
2 tomatoes, sliced
1-1/2 cups shredded Cheddar cheese

Brown beef and onion; drain well. Spread in a greased 10-inch pie plate. Combine milk, eggs, mix, salt and pepper, beat for 1 minute with a hand beater. Pour over ground beef. Bake for 25 minutes at 400 degrees F. Top with tomato slices and cheese. Bake 5 to 8 minutes or until a knife inserted in the center comes out clean. Makes 6 to 8 servings

A-B-C MUFFIN MIX

18 cups flour
5 cups sugar (or equivalent substitute)
2-1/4 cups buttermilk blend or non fat dry milk
6 Tb. baking powder
2 Tb. baking soda
2 Tb. salt
3 Tbsp. ground cinnamon
3 tsp. ground nutmeg

Stir together well, breaking up lumps: store in a large airtight container labeled with the date and contents. Store in a cool, dry place. Shelf life: 6 to 8 months.

Makes enough for about 5 batches of 24 muffins each. If desired, sugar can be omitted then stir in 1 cup honey for every 24 muffins as you make them.

To make 24 regular-sized muffins: Preheat oven to 400°. Coat muffin tins with an oil/lecithin mixture, grease with shortening or butter, or spray with cooking spray. In a large bowl, beat:
3 to 4 eggs
3 tsp. vanilla
2 cups water
UP TO 1 cup oil or butter

(*note: this measurement is up to your tastes and desires. We find them perfectly acceptable without ANY fat, but any amount of oil can be added up to one cup)

Stir in 5-1/2 cups muffin mix and any additional ingredients (listed on chart) just until moistened. The batter should be lumpy. Fill muffin tins 3/4 full. Bake for 18 to 20 minutes, or until muffins are golden brown. Muffins freeze well. To reheat frozen muffins, microwave on high for 30 seconds per muffin.

Streusel Topping for A-B-C Muffin Mix

1 cup sugar
1 tsp. cinnamon
2/3 cup flour
1/2 cup cold butter

Mix together first 3 ingredients. Cut in butter until crumbly. Sprinkle over unbaked muffins. Bake as directed.

Crunchy Topping for A-B-C Muffin Mix

1 cup rolled oats
1 cup flour
1/2 cup brown sugar
2 tsp. ground cinnamon
1/2 cup softened butter

Mix together first 4 ingredients. Cut in butter until crumbly. Use to top unbaked muffins. Bake as directed.

Variations for A-B-C Muffin Mix

Applesauce muffins: 1 cup applesauce, omit oil

Apple muffins: 3 cups raw grated apples, 1 tsp. gr. cloves, 1 cup nuts or raisins, sprinkle with cinnamon and sugar mixture before baking

Apricot muffins: 1 cup chopped dried apricots

Banana muffins: 2 mashed bananas, 1 cup walnuts (optional)

Blueberry muffins: 2 cups fresh or frozen rinsed blueberries

Bran-molasses muffins: Use only 3 cups of muffin mix. Stir in: 4 cups bran cereal, 1/2 cup molasses, 1 cup raisins

Butterscotch muffins: 2 (12 oz.) bags butterscotch chips, 1 cup chopped nuts

Carrot muffins: 2 cups grated carrots, 1 cup raisins, 1-1/2 tsp. allspice

Cashew muffins: 2 cups unsalted coarsely chopped cashews

Cherry muffins: 2 cups fresh or dried pitted cherries

Chocolate chip-fudge muffins: 1-1/2 cups cocoa, 1/2 cup sugar, 3 cups mini chocolate chips

Currant muffins: 1-1/2 cups currants, 1 cup chopped nuts

Date nut muffins: 1 cup chopped dates, 1 cup chopped nuts

Eggnog muffins: 4 tsp. rum extract, 2 cups eggnog (omit water from recipe) before baking, top with mixture of: 2 Tb. sugar, 1 tsp. nutmeg, 1/2 tsp. cinnamon

Fig muffins: 2 cups dried chopped figs, 1 c. chopped walnuts

Fruit muffins: 2 cups dried diced fruit

Garden fresh muffins: 1 cup grated carrots, 1 cup grated zucchini, 1/2 tsp. ground cloves

Gingerbread muffins: 2 Tb. ground ginger, 1/2 cup molasses, 2 cups raisins

Granola muffins: reduce muffin mix to 4 cups and add: 1-1/2 cups granola. Top with additional granola before baking

Grape nuts muffins: reduce muffin mix to 4 cups and add 2-1/2 cups grape nuts, 1 tsp. allspice

Hazelnut muffins: 2 tsp. ground cardamom, 2 cups chopped hazelnuts

Incredible Cream Cheese muffins: combine: 2 (8 oz.) packages cream cheese, 1/2 cup sugar, 2 eggs. Drop this mix by Tb. onto top of muffins before baking

Jam muffins: 1-1/2 cups jam or preserves (strawberry, raspberry, blackberry, cherry) 1 cup chopped nuts (optional)

Kisses and hugs muffins: 1-1/2 cups cocoa, 1/2 cup sugar. After filling muffin tins 3/4 full, drop one Hershey's kiss into the center of each muffin, pushing down slightly until kiss is covered. Ice cooled muffins with confectioners sugar and water glaze.

Lemon muffins: omit 1 cup water and replace with 1 cup lemon juice; use 4 eggs, 1/2 cup chopped nuts

Lemon-poppy seed: 2 packages (3.4 oz each) instant lemon pudding mix,,2 Tb. poppy seeds, use 4 eggs, omit 1 cup water and replace with 1 cup lemon juice

Mandarin muffins: 2 (8-1.4 oz) cans crushed pineapple (undrained); reduce water to 1 cup; 1-1/2 cups shredded carrots

Maple muffins: 6 Tb. maple syrup, reduce water to 1-1/2 cups

Marmalade muffins: 1-1/2 cups orange marmalade, 1 cup chopped nuts (opt), 1 cup orange juice (omit 1 cup of the water)

Mincemeat muffins: 1-1/2 cups mincemeat

Nutty muffins: 3 cups peanut butter chip, 1/2 cup chopped peanuts

Oatmeal muffins: reduce muffin mix to 4 cups and add: 1 cup oats, use 4 eggs, up to 2 cups raisins or grated apples

Orange muffins: 2 cups sour cream, 1 cup nuts or coconut(opt), 2 cans (11 oz. each) mandarin oranges, drained, use 4 eggs

Peach muffins: 2 cups fresh or one large can (drained) chopped peaches

Pear muffins: 2 cups fresh or one large can (drained) chopped pears

Peanut-butter banana muffins: 1 cup peanut butter, 1/2 cup chopped peanuts, 3 mashed bananas

Peanut-butter & jelly muffins: 1 cup peanut butter, 1/2 cup chopped peanuts. drop 1 Tb. jam into each muffin before baking.

Pecan muffins: 2 cups chopped toasted pecans, 1 tsp. maple extract

Pineapple muffins: 1 tsp. ground cloves, 1 large can crushed pineapple, drained, 1 jar (7 oz. or about 1 cup) macadamia nuts, chopped

Pineapple carrot raisin muffins: 1 cup each: grated carrots, crushed pineapple, drained and raisins, 1 cup walnuts, chopped (optional)

Prune muffins: 1 to 2 cups chopped prunes, 1/3 cup poppy seeds

Pumpkin muffins: 2 cups or 1 can solid pack pumpkin, 1 Tb. pumpkin pie spice, 1/2 cup each chopped nuts and raisins

Raspberry muffins: 2 cups fresh or frozen whole, unsweetened raspberries

Sesame seed muffins: 1 cup toasted sesame seeds. Before baking, top with mix of: 1/2 cup nuts, 4 Tb. brown sugar, 4 Tb. sesame seeds, 2 Tb. flour, 1/2 tsp. each cinnamon/nutmeg

Sour cream muffins: omit one cup of the water and add:

1 cup sour cream

2 cups nuts 2 tsp. grated lemon peel (opt.)

Strawberry muffins: 2 cups fresh or frozen strawberries, chopped

Sweet potato muffins: 1 Tb. allspice, 4 Tb. dry orange peel, 2 cans (10 oz each) sweet potatoes, mashed, well drained (about 2-1/2 cups)

Tropical treat muffins: 1 cup dried mango or papaya, chopped, 1 cup chopped banana chips, or 2 fresh mashed, 1 cup macadamia nuts, chopped; 1/2 cup coconut, 1/2 cup sour cream, 2 tsp. lemon peel, grated

Vanilla muffins: 2 packages vanilla chips

Walnut muffins 1-1/2 cups chopped walnuts

Wheat germ muffins: 2-2/3 c. wheat germ, use 4 eggs, 1/2 cup extra water; before baking, top muffins with mix of: 1/2 c. wheat germ, 2 Tb. sugar

Yogurt muffins: reduce water to 1-1/2 cups and add 2 cartons (8 oz each) yogurt -- plain or flavored

Zucchini muffins: 2 cups grated zucchini, 2 Tb. cinnamon, 1 cup chopped nuts (optional)

Dump Chicken



Sounds awful, but you don't actually throw the chicken out... you just dump it in a bag with some other ingredients, freeze it until later use, then put it in a pot to cook when you're having a really busy day!

“DUMP” CHICKEN RECIPES

These are called "DUMP-CHICKEN" recipes because you DUMP the mix into a 1-gallon freezer baggie with the chicken and freeze it. Then when you want to eat it, you thaw overnight in the fridge and DUMP it into a pan and cook it!

All the recipes can be made with 4-8 pieces of chicken (any pieces will do... wings, thighs, drumsticks, bone-in, skin-on, boneless, skinless, maybe even whole chicken), we use 5 boneless/skinless chicken breasts to keep it healthier. To cook the chicken, thaw completely in the fridge, dump into 9x12" pan, bake at 350 until done. For breasts it is about 25-35 minutes. For chicken pieces, it runs closer to an hour. Enjoy! You can also use your crock pot for this too!

DUMP RUSSIAN CHICKEN

2/3 cup Apricot Preserves
16 oz Russian Dressing
2 Packages Dry Onion Soup Mix

DUMP SPICED CITRUS CHICKEN

2 Tablespoons Olive Oil
2 Tablespoons Lime Juice
2 Tablespoons Orange Juice
2 Tablespoons Lemon Juice
2 Tablespoons Chili Powder
2 Tablespoons Paprika
1 Teaspoon Cayenne
1/2 Teaspoon Pepper
1/2 Teaspoon Salt

DUMP SPICY SWEET GLAZE CHICKEN

2 Teaspoons Minced Garlic
2/3 cup Apricot Preserves
1/3 cup Soy Sauce
1/3 cup Ketchup
1 Teaspoon Tabasco

DUMP STICKY CHICKY

2 Tablespoons Oil
1 Tablespoon Soy Sauce
3 Tablespoons Smooth Peanut Butter
3 Tablespoons Ketchup

DUMP TERIYAKI CHICKEN

1 Clove Garlic -- Crushed
1/3 cup Soy Sauce
2 Tablespoons Rice Wine (Or Sherry)
1 1/2 Tablespoons Cider Vinegar
1 1/2 Tablespoons Brown Sugar
1 1/2 Tablespoons Minced Ginger

DUMP HONEY SESAME CHICKEN

1/2 cup liquid (chicken broth, water)
3 Tablespoons Sesame Seeds
3 Tablespoons Honey
2 Tablespoons Dijon Mustard
1/2 Teaspoon Pepper
2 Cloves Crushed Garlic

DUMP PEPPER LIME CHICKEN

1/2 Teaspoon Lime Peel
2 Cloves Minced Garlic
1/4 cup Lime Juice
1 Teaspoon Pepper
1 Tablespoon Vegetable Oil
1 Teaspoon Basil
1/4 Teaspoon Salt

DUMP SPICED CITRUS CHICKEN

2 Tablespoons Olive Oil
2 Tablespoons Lime Juice
2 Tablespoons Orange Juice
2 Tablespoons Lemon Juice
2 Tablespoons Chili Powder
2 Tablespoons Paprika
1 Teaspoon Cayenne
1/2 Teaspoon Pepper
1/2 Teaspoon Salt

Crock-Pot Recipes



Every bride is guaranteed to get one (or two, or three), but they can really be a help if you have a long day planned. Put your ingredients in the pot in the morning and you'll have most of your work done for you when you come in. By the way... don't forget to plug in and turn on the pot before you leave....

CROCK-POT RECIPES

Guide for Adapting Recipes for a Crock-pot

In most cases, all ingredients can go into your Crock Pot in the beginning and cook all day. Many preparatory steps are unnecessary when using the crock-pot. A few hints:

1. Allow sufficient cooking time
2. Cook with cover on
3. Remember liquids don't "boil away" as in conventional cooking. Usually you'll have more liquid at the end of cooking instead of less.
4. It's "one step" cooking: many steps in the recipe may be deleted. Simply add ingredients to the crock pot at one time and cook 8 to 12 hours (add any liquid last)
5. Vegetables do not over-cook as they do when boiled in your oven or in your range. Therefore, everything can go into your crock-pot at one time.
Exception: milk, sour cream or cream should be added during the last hour.

Time Guide: If recipe says:

15 to 30 minutes: 1 1/2 to 2 hours on HIGH, or 4 to 6 hours on LOW*

35 to 45 minutes: 3 to 4 hours on HIGH, or 6 to 10 hours on LOW*

50 minutes to 3 hours: 4 to 6 hours on HIGH, or 8 to 18 hours on LOW*

*Most uncooked meat and vegetable combinations will require at least 8 hours on low.

Liquids:

Use less in slow cooking -- usually about half the recommended amount. One cup liquid is enough for any recipes unless it contains rice or pasta.

Herbs and Spices:

Leaf or whole herbs and spices are preferred, but their flavour power may increase -- use half recommended amount. If you use ground herbs and spices, add during the last hour of cooking.

Beans:

Dried beans, especially red kidney beans, should be boiled before adding to a recipe. Cover the beans with 3 times their volume of unsalted water and bring to a boil. Boil 10 minutes. Discard water after boiling. Beans must be softened completely before combining with sugar and/or acid foods. Note: sugar and acid have a hardening affect on beans and will prevent softening.) After boiling beans 10 min., reduce heat, cover and allow to simmer 1 1/2 hours or until beans are tender. Soaking in water, if desired, should be completed before boiling. Discard water after soaking or boiling.

Sautéing vegetables:

Generally not necessary. Stir in chopped or sliced vegetables with other ingredients. Only exception: eggplant should be par-boiled or sautéed, due to strong flavor. Since vegetables develop their full flavor potential with slow cooking, expect delicious results even when you reduce quantities. Because vegetables take longer to cook than meat, slice or chop them when possible.

Pasta and rice:

If recipes call for cooking noodles, macaroni, etc. cook before adding to crock-pot. Don't overcook - just till slightly tender. If cooked rice is called for, stir in with other ingredients. Add 1/4 cup extra liquid per 1/4 cup of raw rice. Use long grain converted rice for best cooking results in all-day cooking.

Milk: Milk, cream and sour cream tend to break down during extended cooking. When possible add during last hour of cooking. Condensed soups may be substituted for milk etc and can cook for extended times.

Soups:

Some soup recipes call for 2 to 3 quarts of water. Add soup ingredients to crock-pot then add water only to cover. If thinner soup is desired, add more liquid at serving time. If Milk-based recipes have no other liquid for initial cooking, add 1 to 2 cups water. Then during last hour of cooking, stir in milk or cream as called for.

CROCKPOT BRUNSWICK STEW

3 (6 3/4 oz.) cans chunk chicken (or 2 1/2 cups cooked, cut-up chicken)
1 lb. ground chuck
2 cans tomatoes
1 tsp. lemon juice
3 tbsp. Worcestershire sauce
1 chopped onion
2 cans cream style corn
1 cup catsup
1 tsp. garlic powder
cooked rice

Brown ground chuck and onion until done. Drain well & pour into crock-pot. Combine remaining ingredients & pour over meat mixture. Cook 8 hrs on low heat. Stir occasionally. Serve over rice

CROCKPOT SPAGHETTI

1 1/2 lbs. ground chuck
1 c. onion
1 cup bell pepper chopped
Large can tomato sauce
1 tsp. oregano
pkg. Spaghetti seasoning mix
1/2 can mushrooms
12 oz. pkg. spaghetti, cooked
Parmesan cheese, as desired

Heat crockpot. Brown beef, bell pepper & onion in non-stick skillet. Drain and place in crockpot. Add mushrooms, tomato sauce, spaghetti seasoning, & oregano. Cook 8 to 10 hours on low or 6 to 8 hours on high. Cook spaghetti according to package direction. Serve sauce over cooked spaghetti. Top with Parmesan cheese as desired. (***)you can also substitute a jar of ready made spaghetti sauce instead of the tomato sauce and seasonings)

CROCKPOT CHICKEN AND NOODLES

4 chicken breasts, boned
1 can cream of chicken soup
1 can cream of mushroom soup
1 tsp. sugar
1/4 cup flour
1/2 tsp. garlic powder
8 oz. sour cream
1 pkg. noodles, cooked

Remove bone from chicken breasts & cut into strips. Place in bottom of crock pot. Combine soups, sugar, & garlic powder. Pour over chicken. Cover & cook on high 3 to 4 hours or on low for 7 to 9 hours. Combine flour & sour cream & stir into cooked chicken mixture. Continue cooking 25 to 30 minutes or until thickened. Serve over noodles cooked according to package directions.

** you can use boneless chicken breasts to save time if you're in hurry

CROCKPOT LASAGNA

1 lb. ground chuck
1/2 lb. smoked sausage, diced
1 pkg. lasagna noodles
1 chopped onion
1 tsp. garlic powder
3/4 cup water
12 oz. cottage cheese
1 tbs. parsley flakes
12 oz. tomato paste
1 tbs. sugar
12 oz. shredded Mozzarella cheese
salt & pepper to taste
cooking spray

Break noodles into one-inch pieces & cook until slightly tender. Drain. Brown ground chuck and sausage in a frying pan. Spray crock-pot with cooking spray. Pour all ingredients into crock-pot. Mix thoroughly. Cook on low 6 to 8 hours.

CROCKPOT PORK CHOPS

4 pork chops, lean
1/2 tsp. garlic powder
1/2 tsp. salt
1/4 tsp. pepper
flour
1 can cream of celery soup
1 can cream of mushroom soup
1 jar sliced mushrooms
4 potatoes, quartered

Combine flour, garlic powder, salt, & pepper. Coat pork chops with flour mixture. Place in bottom of crockpot. Add peeled & quartered potatoes. Combine Soups & mushrooms & add to crockpot. Cook on low 7 to 8 hours or on high 5-6 hours (or until pork chops are tender). If you prefer mashed potatoes, omit the quartered potatoes.

CROCKPOT HAMBURGER CASSEROLE

3 potatoes, sliced
3 carrots, sliced
2 onions, sliced
2 cups frozen English peas
1 1/2 lb. ground chuck
2 stalks celery
1 tsp. garlic powder
1 can condensed tomato soup
salt & pepper to taste
1 soup can water

Peel & slice carrots, celery, potatoes, and onions. Place in bottom of crockpot. Season with garlic powder, salt and pepper. Brown meat, drain & spread evenly over vegetables. Combine soup and water & add to crockpot. Cover and cook on low 6 to 8 hours; (High 2 to 4 hours), stirring occasionally. Serves 8 to 10.

CROCKPOT MACARONI BAKE

1 pkg., elbow macaroni, cooked & drained
1 1/2 lb. ground chuck, browned & drained
1 onion, chopped
1 cup chopped celery
1 tbs. canola oil
2 can condensed tomato soup
1 cup water
1 tsp. sugar
Salt & pepper to taste

1 1/2 cup grated cheese
cooking spray

Spray inside of crock pot with cooking spray. Cook macaroni according to package directions & drain. Cook ground chuck, onion, & celery in a nonstick skillet with 1 tbs. oil, until done. Combine browned meat mixture, noodles, soup water, sugar, 1 cup grated cheese, salt, & pepper. Mix well & place in crock pot. Top with remaining 1/2 cup grated cheese. Cook on high 2 to 3 hours or on low for 6 to 7 hours.

CROCKPOT CORN POTATO CHOWDER

6 slices of crisp bacon, crumbled
4 potatoes, peeled and diced
2 tsp. sugar
16 oz. can cream corn
2 cans chicken broth
Salt & pepper to taste
1/2 cup onions, chopped
1/2 tsp. paprika
1 tall can evaporated milk

Fry bacon crisp & crumble (fine). Combine all ingredients (except milk). Pour into crock pot. Cover and cook on low 8 to 10 hours or on high for 5 to 6 hours. Add milk and cook covered for 1 hour. Serve with crackers of choice or Jalapeno cornbread

CROCKPOT PEPPER STEAK

2 lbs. round steak, cut in strips
3 bell peppers, sliced lengthwise
2 sliced onions
Salt & pepper to taste
2 tbs. Worcestershire sauce
1 tsp. garlic powder
3 tbs. cornstarch
1 tsp. canola oil
1 can beef broth
1/2 cup evaporated milk

Trim all fat from steak & cut into strips. Place 1 tsp. oil in a nonstick skillet & add steak strips. Brown lightly & put in bottom of crock-pot. Combine beef broth, milk, garlic powder, salt, pepper, cornstarch & Worcestershire sauce & add to crock pot. Place sliced peppers & onions on top of steak. If you prefer well-done vegetables, place in bottom of crock pot. Cook on low for 8-10 hours or on high for about 4 hours. Serve with cooked rice or mashed potatoes

CROCKPOT LEMON PEPPER CHICKEN

4 chicken breasts
2 tbs. margarine
1 tsp. salt
1/4 tsp. black pepper
1 tsp. garlic powder
lemon pepper
paprika
1/2 cup chicken broth or water

Rub the chicken breasts with margarine & season with salt & pepper. Sprinkle chicken generously with lemon pepper, garlic powder, & paprika. Pour broth into crock pot & add chicken. Cook on high for 3 to 4 hours or low for 6 to 8 hours. Cook until chicken is well done.

CROCKPOT MEAT SAUCE

1 1/2 lbs. ground chuck
1 onion, chopped
1 tsp. garlic powder
1 can tomatoes
12 oz. tomato paste
2 stalks celery, chopped
1 tsp. salt
1 bay leaf
1 tsp. sugar
1 pkg. spaghetti sauce mix
1 can mushrooms

Put all ingredients into crock pot & mix well. Cook on low for 8 to 10 hours. Serve over spaghetti cooked according to pkg. directions.

CROCKPOT BEEF STROGANOFF

2 lb. boneless stew meat
1 can cream of mushroom soup
1 tsp. sugar
1 tsp. garlic powder
8 oz. sour cream
16 oz. noodles, cooked

Place stew meat in crockpot. Combine soup, sugar, & garlic powder & pour over meat. A little water may be added if needed. Cook on Low for 7 to 8 hrs. or on high 5 to 6 hrs. Add sour cream to Crock Pot 30 minutes before ready to serve & stir to mix. Serve meat mixture over noodles that have been cooked according to package directions.

CROCKPOT MEATLOAF

2 lbs. ground chuck
1 egg
1/2 cup chopped bell pepper
1/2 cup chopped onion
1/2 tsp. salt
1 cup cracker crumbs
1 pkg. brown gravy mix
1 cup milk
3 or 4 small potatoes, quartered

Mix together all ingredients, except potatoes. Shape into a loaf. Place in crock pot. Quarter potatoes & arrange at the sides of meat loaf. Cook on high 4 to 5 hours or on low for 8 to 10 hours

CROCKPOT HASH

1 1/2 lbs. ground chuck
32 oz. hash brown potatoes, thawed
1 tsp. garlic powder
1 Chopped onion
1 c. water
salt & pepper to taste
1 pkg. brown gravy mix
1 tbsp. margarine

Brown ground chuck in a non-stick skillet until all pink is gone. Drain. Place in crockpot. Combine chopped onion, garlic powder, potatoes, salt & pepper to taste. Pour over meat in crockpot. Stir. Mix gravy and boiling water. Pour over mixture. Dot with margarine. Cook 7 to 8 hours on low.

CORN, SAUSAGE, AND HAM CHOWDER

2 cups frozen hash brown potatoes (can use cubed cooked potatoes)
1 cup chopped onion
1 tbs. margarine
1 cup smoked sausage, diced
1 cup cooked ham, diced
1 can cream style corn
1 can whole kernel corn
1 can cream of mushroom soup
2 cups milk
salt & pepper to taste

Combine all ingredient in a crock pot. Cook on low for 4 to 4 1/2 hours. Serve with crackers of your choice, or with Jalapeno cornbread.

CROCKPOT BEEF STEW

2 lb. stew meat
1-1/2 cups beef broth
1/4 cup plain flour
4 carrots, cut in 1 inch pieces
2 onions, diced
3 stalks celery, chopped
1 can tomatoes
1 tsp. garlic powder
2 bay leaves
2 tsp. sugar
3 potatoes, cut in 1 inch pieces
Salt & Pepper to taste

Cut Stew meat into 1 inch pieces. Combine Flour, garlic powder, sugar, salt, & pepper. Sprinkle over meat & mix until well blended. Place in Crock Pot. Add remaining ingredients & stir together. Cook on high for 4 to 5 hours or low for 8 to 10 hours.

CROCKPOT GOULASH

2 lbs. boneless stew meat
2 onions, sliced
1 can beef broth
1 can sliced carrots
8 oz. tomato sauce
2 tbs. Canola oil
2 tsp. garlic powder
2 tbs. flour
1 tsp. sugar
salt & pepper to taste
1 tsp. paprika
Egg noodles, cooked

In a non-stick skillet, brown meat & onion in 2 Tbs. oil. Put broth & tomato sauce in bottom of crock pot, Combine flour, paprika, garlic powder, sugar, salt, and pepper. Add a small amount of water & mix until smooth & add to crock pot. Stir to mix & add meat mixture. Cover and cook on 5 to 6 hours on high or 8 to 10 hours on low (or until meat is tender). Serve over noodles

CROCKPOT SLOPPY JOES

2 lb. ground chuck
1 tsp. garlic powder
3 tsp. sugar
2 pkg. sloppy joe seasoning
1 bottle BBQ sauce
1 chopped onion
1 tsp. liquid smoke
1 tbs. canola oil
1 tsp. Worcestershire sauce
1/4 tsp. dry mustard

Brown ground chuck & chopped onion in 1 tbs. oil. Drain & pour into crock pot. Combine remaining ingredients & pour over meat mixture. Stir to mix. Cook on high for 3 to 3 1/2 hours or low for 6 to 8 hours. Serve on hamburger buns.

CROCKPOT CHILI

1 1/2 lbs. ground chuck
1 bell pepper, chopped
1 cup chopped onions
1 cup chopped celery
1 can kidney beans
1 can tomato sauce
1 can northern beans
1 pkg. chili seasoning
1 can tomatoes
2 tbs. sugar
1 tsp. garlic powder
Salt & pepper to taste

Brown meat in a large skillet. Add celery, onion & bell pepper & cook until almost done. Drain & place in crock pot. Add remaining ingredients to crock pot & stir to mix. Cook 3 to 4 hours until done.

CHICKEN AND VEGETABLE BAKE

8 chicken thighs
1 pkg. frozen vegetables
2 cans whole potatoes, drained
1 can water chestnuts
1 tsp. garlic powder
Salt & pepper
1 bottle Italian salad dressing

Sprinkle chicken with salt, pepper, & garlic powder. Place chicken in bottom of crock pot. Add remaining ingredients. Cook on low for 8 to 10 hours or high for 4 to 6 hours.

CROCKPOT ROAST

3 lb. boneless roast
3 carrots, cut into 2 inch pieces
2 onions, quartered
3 potatoes, cut into quarters
1 cup beef broth
1 tsp. salt
1 tsp. garlic powder
1/2 tsp. black pepper

Place roast into crockpot. Add carrots around edges so they go to bottom of crockpot. Add potatoes & onions. Mix together broth & seasonings & add to crock pot. Cook 10 hour on low heat or 6 hours on high heat.

COOK WHILE YOU WORK BEANS AND SAUSAGE

If you have a crock pot or slow cooker, you can mix this in the morning before you go to work and it'll be ready when you come home. Or, put it on at bedtime and it'll be ready for lunch. It makes a big pot, so either cut the recipe in half, or invite friends for supper!

4 cans of light red kidney beans
1 large onion, chopped
4 tablespoons A-1 sauce
4 tablespoons worcestershire sauce
1 pound sliced kielbasa or polish sausage (cut in circles like quarters)

Pour two cans of beans (juice and all) into the cooker. Top with 1/2 of the chopped onions, 2 tablespoons of A-1, and 2 tablespoons of Worcestershire. Sprinkle with 1/2 of the sausage. Repeat the layers again, starting with the beans, sauces and onions, and sausage. **DO NOT STIR!** Put the lid on the cooker and cook on medium heat for 6-8 hours or high for 3-4 hours.

When it's done, serve over rice with a salad, fruit, and French bread on the side.

Biscuits, Anyone?



You can really do some amazing things with what my grandmother used to call “Thwock Biscuits.” All you have to do is to unwrap them and “thwock” them against the counter. Use them to fix all sorts of quick snacks, meals, and desserts.

BISCUIT MANIA

It's amazing what a can of biscuits can do:

1. **DONUTS**-poke a hole in the center of each biscuit. Deep fry in hot (375 degree) oil for about 30 seconds on one side (or until golden brown). Turn with a fork without pricking the dough to cook the other side. Cool on paper towels. Shake in a bag with 1/4 cup confectioner's sugar or plain sugar with a teaspoon of cinnamon added. Add more sugar to the bag as needed. Can also be topped with frosting of your choice.

2. **PIGLETS IN A HANDKERCHIEF**-We used to have pigs-in-a-blanket (hot dogs rolled in a biscuit) when I was growing up, but with a family of 9 kids, I have to stretch dollars a little further... therefore, we half our hot dogs and put one half in each biscuit instead of a whole. You can half it lengthwise or crosswise. If cut crosswise, you can wrap the biscuit completely around the "piglet". Bake on a cookie sheet in a 400 degree oven for about 10 minutes, or until biscuits are browned. You can also add strips of cheese before rolling.

3. **PIZZA**-Stretch each biscuit out to a 3-4 inch circle on a cookie sheet. Add 1-2 tablespoons of prepared pizza or spaghetti sauce and your choice of toppings (pepperoni, olives, mushrooms, onions, peppers, sausage, leftover hamburger, ham, chicken, etc.) and grated cheese. Bake at 400 degrees for about 10 minutes or until biscuits are done and cheese is bubbly.

4. **DESSERT PIES**-Spread the biscuits out as for regular pizzas. Spread a small amount of butter or margarine on top of each. Top with chopped fruit such as apples or pears. Sprinkle with cinnamon sugar. Bake at 400 for 10 minutes or until biscuits are done.

5. **RABBITS**-Use 1 and 1/2 biscuits for each rabbit. Place one biscuit on cookie sheet for face. Cut one biscuit in four strips. Set aside two strips for another rabbit and use two to make ears, pinching the end of each strip to the top of the face biscuit. Use raisins for eyes, and a sliver of cherry for the nose. Repeat with remaining biscuits. Bake at 400 for 10 minutes or until biscuits are done.

6. **CHRISTMAS TREE**-Use two cans of biscuits. On a large cookie sheet, arrange the biscuits in a triangle shape (6 on the bottom row, then 5, then 4, etc.). Bake at 400 until done (about 10-15 minutes). Frost with frosting made from 1 1/2 cups of confectioners sugar, a few drops of green food coloring, and enough milk added a teaspoonful at a time to make a frosting consistency. Decorate the "tree" with colored candies, cinnamon red- hots, candied cherries, gumdrops, or whatever you can think of! You could use canned white frosting instead and either color it or leave it plain. Top with green tinted coconut. (Tint coconut by placing in a ziploc bag and shaking it together with a few drops of food coloring)

7. **COCONUTTY BISCUIT ROLLS-**

- 1/4 cup butter, melted
- 1/2 cup chopped nuts
- 1 cup coconut
- 2/3 cup brown sugar

3 tablespoons milk
2 tubes of biscuits
1 tablespoon sugar
1/4 teaspoon cinnamon

Preheat oven to 375. Stir together butter, nuts, coconut, brown sugar, and milk. Spread onto bottom of a greased 13 x 9 pan. Separate biscuits and place in a single layer over the coconut mixture. Combine sugar and cinnamon and sprinkle over the top. Bake 20- 25 minutes or until biscuits are golden brown. Cool 5 minutes. Carefully invert on a cookie sheet. Remove pan. Serve warm with lots of cold milk!

8. BUBBLE-UP PIZZA

4 cans of biscuits, each biscuit cut in quarters (kids like to do this with scissors)
Jar of spaghetti sauce
Package of Pepperoni
Pound of shredded Mozzarella cheese
Any other "pizza fixin's"

Alternate ingredients into a large pot, stirring as ingredients added. (Do not over stir). Pour out into a large casserole dish. Bake in low temp oven 225-275 (lower temp if larger amounts used). Bake 1½ - 2 hours. You can also bake for 30-40 minutes at 350 degrees until biscuits are done.

9. BUBBLE-UP DESSERT

4 Cans biscuits
1 stick Margarine
1 Cup Sugar
½-1 Teaspoon Cinnamon

Melt margarine, add sugar and cinnamon. Put individual ¼ pieces of biscuit into Margarine mixture. (We use our hands) Then place them in baking dish. (I choose 1-2 rounded casserole dishes so that when baking is done I can invert the bowl and have a half-circle shape dessert on serving plate.) Bake 225-275 (slower oven for larger amounts) for 1-2 hours. (Variation in times given for different sizes of desserts made. Add biscuits and other ingredients)

10. BAR-B-CUPS

1 lb. ground chuck
1/4 c. onion, chopped
1/4 c. bell pepper, chopped
1 cup barbecue sauce
1 can biscuits (10)
1/2 c cheese, grated

Brown ground chuck with onion and bell pepper, drain. Add barbecue sauce,

then let simmer while you make the cups. Open biscuits, press each biscuit into muffin pan bottom and up sides to form cup. Fill with meat mixture, top with grated cheese. Bake 12-15 minutes @ 375 degrees. The sauce also makes great sloppy joes.

11. CHEESE BISCUITS

Ingredients: 1 package ready made biscuits, 4 oz. Cheddar and 4 oz. Mozzarella cheese (or cheeses of your choice), green onions, a little garlic salt, and a little cooking oil.

Grate your cheeses into a bowl adding garlic salt (to taste) and enough cooking oil to keep cheese from sticking in a ball. Cut your green onions and place in a separate bowl. Flatten the biscuit in your hand and put cheese in the middle, folding over and sealing. Add remaining cheese and green onions to the top. Bake according to the directions on the biscuit package. These are also good made with croissants.

12. BITSY BUNS

Take one can of cheap flaky biscuits and cut them in quarters. Place them in a Pam sprayed cake pan. In a saucepan melt 1 stick of butter; add 3/4c of brown sugar cook till sugar dissolves. Pour this over the biscuits and cook till browned in 350 degree oven about 10 min depending on how fast your oven cooks.

13. CHRISTIAN SYMBOLS

Makes 8 or as many as you like

1. Heat oven to 350. Lightly grease two baking sheets
2. Unroll and separate into 8 strips 1 package of refrigerated breadstick dough (11 oz)
3. Gently roll each strip round like a pencil. Form each strip into shape, cutting as needed. Remember shapes will rise as baking. Pinch together when seams where pieces of dough cross one another. Place on prepared baking sheets.

SHAPES: fish (secret sign used by early Christians) cross, staff (shepherds) crown (Kingdom of God), kids' initials (they are children of God!)

4. Brush tops with 2 tablespoons milk or melted margarine
5. Sprinkle tops with your choice of Garlic salt, Cinnamon sugar, sesame seeds, Cheese seasoning mix
6. Bake 15 minutes until golden brown. Serve warm.

14. BALLOON BISCUITS

4 T butter
1/2 C sugar
1/4 tsp cinnamon
2 pkgs (4-1/2 oz each) refrigerated buttermilk biscuits
12 large marshmallows

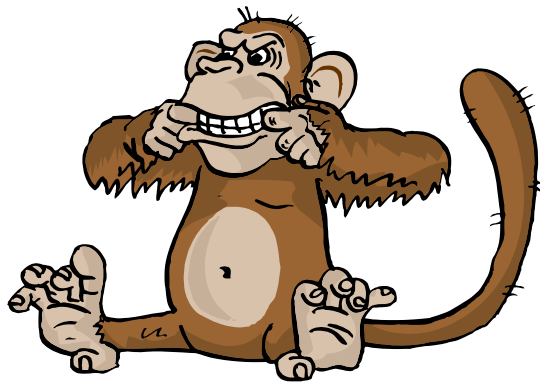
1. Preheat oven to 425. Line baking sheet with wax paper or spray with nonstick vegetable spray.
2. Cut butter into small pieces and place in glass pie plate. Microwave until melted. Combine sugar and cinnamon in a small bowl.
3. Roll or pat biscuits into 4" circles. Place marshmallow in center of biscuit. Bring the dough up to enclose the marshmallow completely. Pinch edges securely to seal.
4. Holding sealed ends, roll top and sides in butter, then in cinnamon-sugar. Place on baking sheet, seam side down.
5. Bake 8-10 minutes. Marshmallow will disappear, leaving a sweet hollow shell.

15. **MONKEY BREAD**

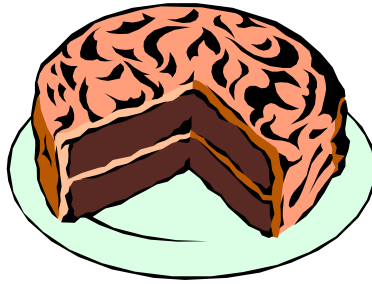
2 cans biscuit dough, melted butter, cinnamon&sugar, 8-9in round baking dish

Cut biscuits into quarters, dunk each into melted butter and roll in the sugar &cinnamon mixture. Place it into the baking dish.

Heat oven to about 375, bake for about 15 minutes, or until done. Let cool 5 min, then invert on dinner plate. Let it cool a bit more. Set the plate in the center of the table, you **MUST** do your best impression of a monkey before pulling off a chunk of this tasty treat!



Desserts



Sometimes people will use the phrase “getting their just desserts...” Well, I, for one, sure wouldn’t mind getting just dessert!

It’s my favorite part of a meal, especially if it’s chocolate.

By the way, you did know that chocolate is healthy for you, didn’t you? It’s really a vegetable - after all, it does come from a cocoa bean!

DESSERTS

PEANUT BUTTER CUPS

2 c. graham cracker crumbs
1 c. melted butter
1 c. peanut butter
2-1/4 c. confectioners (powdered) sugar

Blend all together and press into greased 9 x 13 pan. Top with one 12 oz. bag semi-sweet chocolate chips. Put this in a warmish oven just to melt the chips, not cook! Use a spatula to spread the chips evenly over the top. Let harden or refrigerate or freeze.

CHERRY SURPRISE

1 can cherry pie filling
1 large can crushed pineapple, drained
1 package yellow cake mix
2 sticks of melted margarine
1/2 cup chopped nuts

Preheat oven to 325 degrees. In a 13x9 inch dish, spread cherry pie filling. Over that, spread the crushed pineapple. Sprinkle the yellow cake mix over the fruit and dribble margarine over the top. Sprinkle with nuts. Bake approximately 40-45 minutes.

*You can change the taste of the cobbler by substituting two cans of any other pie filling in the place of the cherry pie filling and pineapple.

SYLVIA'S LUSCIOUS ICE CREAM PIE

Use hands to crumble 24 Oreos into a lidded container (the Rubbermaid clear shoebox works well - at WalMart or Dollar Tree for about \$1). Pour 1 stick of melted margarine over the crumbled cookies. Spread 1/2 gallon of vanilla ice cream over the oreo mixture. Mash down evenly. (We found the Strawberry Revel ice cream, which is vanilla swirled with strawberry sauce is wonderful!) Put lid on and place in freezer.

Melt in a saucepan:

4 oz. bar of German chocolate (can also use 4 oz. chocolate chips)
1 stick of margarine
2/3 cup sugar
5 oz. can evaporated milk
1 tsp. vanilla

Bring to a boil and boil for 4 minutes. Let cool. Pour on top of the ice cream mixture in the freezer. Spread a 12 oz. bowl of Cool Whip on top of the chocolate. Sprinkle with finely chopped nuts. Decorate with cherries if desired. Slice and serve from the container.

You cannot believe how wonderful this dish tastes....easy to make, too! It would be a great recipe to let the kids help with.

BY-CRACKY BARS

3/4 cup shortening
1 cup sugar
2 eggs
1 3/4 cups flour
1 teaspoon salt
1/4 teaspoon baking soda
1/3 cup milk
1 teaspoon vanilla extract
1 (1 ounce square) unsweetened chocolate, melted
3/4 cup chopped walnuts or pecans
8 to 9 whole graham crackers
1 (6 ounce) package semisweet chocolate chips

Cream shortening and sugar. Add eggs, beating well. Combine flour, salt, and soda; add to creamed mixture alternately with milk, mixing well after each addition. Stir in the vanilla. Place one-third of batter in another bowl, and add unsweetened chocolate and nuts to this mixture. Spread in a greased 13 x 9 inch pan. Arrange the graham crackers over the top.

Add chocolate morsels to remaining two-thirds batter, and drop by spoonfuls over graham crackers. Spread to cover. Bake at 375 degrees for 25 minutes. Cool and cut into bars. If desired, you may spread 1 cup chocolate chips over the top of the bars at the end of baking. Place back in the oven for 3 minutes or until chips start to melt. Remove from oven and spread chips evenly over the top.

CHEWY CANE BARS

1/2 c. shortening	1/3 c. cane syrup
3/4 c. brown sugar	1 egg
1 3/4 c. sifted flour	1/2 tsp. salt
1/4 tsp. soda	1/3 c. chopped nuts

Preheat oven to 350 degrees. Heat shortening and syrup to boiling. Remove from heat; stir in brown sugar. Beat egg; beat in syrup mixture till fluffy. Combine the flour, salt, and soda; stir

into liquid mixture. Blend in nuts. Spread in greased 9 x 9 pan. Bake for 20-25 minutes. Cool; spread with LEMON FROSTING:

Combine 1/2 cup confectioners sugar, 1 1/2 tbsp margarine, and 1/8 tsp grated lemon peel. Beat in 1 tbsp. lemon juice and 1/4 tsp. vanilla. Blend in 1/2 to 3/4 cup confectioners sugar till of desired spreading consistency.

BANANA SPLIT CAKE

1 yellow cake mix
1-30oz can crushed pineapple
1 tub whipped topping (low fat)
Strawberry preserves(or other red berry preserves,jam,or pie filling)
3 or 4 bananas
Bottled or canned chocolate syrup(Hershey' or even homemade)

Mix dry cake mix and pineapple (original calls for draining, we don't). Bake in 13x9 baking dish at 350 for 40 minutes and cool

Spread preserves on cake(carefully). Slice bananas and place on preserves. Spread whipped topping over bananas. Drizzle chocolate syrup over topping. You could add nuts and cherries on top too.

APPLE CHEESE BARS

Crust:

1/2 cup sugar
1 cup butter, softened
2 eggs, separated
1 tsp baking powder
1/2 tsp salt
2 cups all-purpose flour

Filling:

4 med baking apples, peeled and shredded (about 4 cups)
2 cups (8 ounces) finely shredded cheddar cheese
1/4 cup all-purpose flour
3/4 cup sugar
1 tsp cinnamon

Topping:

1 1/2 cups confectioners' sugar
1/4 cup softened cream cheese

Blend sugar, butter, egg yolks, baking powder, salt and flour until crumbly. Press half into the bottom of a 13 in x 9 in x 2 in baking pan. In a bowl, combine filling ingredients. Spread over crust. Sprinkle with remaining crumb mixture. Beat egg whites until peaks form. Gradually add confectioners' sugar and cream cheese, beating continuously. Spoon evenly on top. Bake at 350 degrees for 30-35 minutes or until light golden brown. Yield: 3 dozen.

GREEN TOMATO BARS

4 cups finely chopped green tomatoes
2 cups packed brown sugar, divided
2 tablespoons lemon juice
1 teaspoon lemon extract
3/4 cup butter or margarine, softened
1 1/2 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
2 cups old-fashioned oats
1/2 cup chopped nuts

Drain tomatoes on paper towels for 10 minutes. In a saucepan, combine tomatoes, 1 cup brown sugar and the lemon juice. Simmer, uncovered, for 20-25 minutes or until thickened. Remove from the heat and stir in extract; set aside. In a mixing bowl, cream the butter and remaining brown sugar. Add flour, baking soda and salt; mix well. Stir in oats and nuts. Press 2 1/2 cups on the bottom of a greased 13 x 9 inch pan. Spread tomato mixture over crust. Crumble remaining oat mixture on top. Bake at 375 degrees for 30-35 minutes or until golden brown. Cool. Yield: 2 dozen.

FUDGE POPS

1 package (3.4 ounces) cook-and-serve chocolate pudding mix
3 cups milk
1/4 cup sugar
1/2 cup whipping cream, whipped (or substitute 1/2 c cool whip)
wooden sticks or plastic spoons
small paper or plastic cups

In a saucepan, over medium heat, combine pudding, milk and sugar; bring to a boil.* Cook and stir for 2 minutes. Cool for 30 minutes, stirring several times. Fold in cream. Pour into molds or small paper cups. Freeze until partially frozen; insert wooden sticks or plastic spoons into center of pops. Freeze until firm, about 3-4 hours.

*I find it easier to follow the directions on the pudding box for cooking in the microwave. It's not nearly as easy to scorch it that way

CARAMEL MERINGUE BARS

3/4 cup soft butter or margarine
1/2 cup brown sugar
1/2 cup granulated sugar
3 eggs, separated
1 teaspoon vanilla
2 cups sifted all purpose flour
1/4 tsp. soda
1/4 tsp. salt
1 6 ounce package chocolate chips
1 cup flaked or grated coconut
3/4 cup coarsely chopped nuts
1 cup brown sugar

Heat oven to 350 degrees. Grease an oblong pan, 13 x 9 inches. Blend butter, 1/2 cup brown sugar, granulated sugar, egg yolks, and vanilla. Beat 2 minutes at medium speed on mixer or 300 strokes by hand, scraping bowl constantly. Sift in dry ingredients and stir into creamed mixture until thoroughly mixed. Spread r pat dough in pan. Sprinkle with chocolate pieces, coconut, and nuts. Beat egg whites until frothy; add 1 cup grown sugar and beat until stiff, but not dry. Spread on top of chocolate coconut nut mixture. Bake 35-40 minutes. Cool and cut into bars. Makes 40-60 bars.

HOMEMADE CANDY BARS

8 ounces Waverly crackers, divided
1 cup margarine
1/2 cup milk
2 cups graham cracker crumbs
1 cup packed brown sugar
2/3 cup sugar
2/3 creamy peanut butter
1/2 cup milk chocolate chips
1/2 cup butterscotch chips

Place a third of the crackers (about 25) in the bottom of an ungreased 13 x 9 inch pan. In a saucepan over medium-high heat, melt the butter. Add milk, graham cracker crumbs and sugars; bring to a boil. Boil, stirring constantly, for 5 minutes. Pour half of the mixture over crackers, carefully spreading to cover. Place half of the remaining crackers (about 25) on top. Spread with remaining sugar mixture. Top with remaining crackers. IN a saucepan over low hear, stir the peanut butter and chips until melted and smooth. Spread over crackers. Chill until firm, about 1 hour. Cut into small squares. Yield: 3-4 dozen.

COW PIES

2 cups (12 ounces) milk chocolate or semisweet chocolate chips

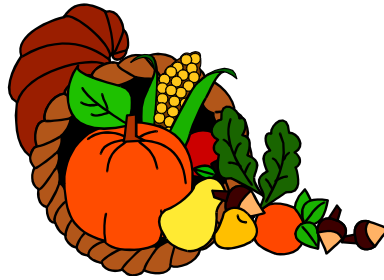
1 tablespoon shortening

1/2 cup raisins

1/2 cup chopped almonds or pecans

In a double boiler over simmering water, melt the chips and shortening, stirring until smooth. Remove from the heat; stir in raisins and almonds. Drop by tablespoonfuls onto waxed paper. Chill until ready to serve. Yield: 2 dozen

Vegetables



This is the part of the meal that most kids consider a “necessary evil.” But vegetables don’t have to be yucky - not even for adults!

VEGETABLES

ONION SHORTCAKE

1 large onion
1/4 c. butter
1 (12 oz) corn muffin mix
1 egg, beaten
1/3 c milk
1 c. cream style corn
2 drops Tabasco
1 c. sour cream
1/4 tsp salt
1/4 tsp. dill weed
1 c. Sharp Cheddar cheese

Preheat oven to 425 degrees. Slice onion and sauté in butter. Set aside. Combine muffin mix, egg, milk, corn, and Tabasco. Pour into buttered (8 -inch) saucepan. Add sour cream, salt, dill, and 1/2 cup cheese to onions. Spread over batter. Sprinkle with cheese. Bake 25 to 30 minutes.

LIMA BEAN GARDEN CASSEROLE

2 cups shelled fresh lima beans
1 cup fresh corn cut from cob
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1 cup milk
1 teaspoon minced fresh dillweed or 1/4 teaspoon dried whole dillweed
1/2 teaspoon salt
dash of freshly ground black pepper
1 cup shredded carrots
1/4 cup grated Parmesan cheese

Cook lima beans, covered, in boiling salted water 20 minutes or until tender; drain and set aside.

Cook corn, covered, in boiling water 10 minutes; drain and set aside.

Melt butter in a heavy saucepan over low heat; add flour, stirring until smooth. Cook 1 minute, stirring until smooth. Gradually add milk; cook over medium heat, stirring constantly, until thickened and bubbly. Stir in dillweed, salt, pepper, and vegetables. pour into a lightly greased 2 quart casserole; cover and bake at 350 degrees for 25 minutes. Sprinkle with cheese; bake, uncovered, an additional 5 minutes. Yield: 6 servings.

**as a shortcut, you can use frozen or canned corn and limas

POTATO POCKETS

4 medium potatoes, julienned
3 carrots, julienned
1/3 cup chopped onion
2 tablespoons butter or margarine
1/2 teaspoon salt, optional
1/8 teaspoon pepper
1/2 cup shredded parmesan or cheddar cheese (can use reduced fat cheese)

Divide the potatoes, carrots, and onions evenly between four pieces of heavy-duty aluminum foil (about 18" x 12"). Top each with 1/2 Tbsp butter, sprinkle with salt if desired, and pepper. Bring opposite short ends of foil together over vegetables and fold down several times. Fold unsealed ends toward the vegetables and crimp tightly. Grill, covered, over medium coals for 20-30 minutes or until potatoes are tender. Remove from grill. Open foil and sprinkle with cheese; reseal for 5 minutes or until the cheese melts. **You can also bake these in the oven at 375 for about 20-30 minutes or until the potatoes are soft. Additional herbs and spices may be added if desired, such as basil, parsley, garlic, chives.

Diabetic Exchange:

One serving prepared with margarine and low-fat cheddar cheese and without salt equals 1 1/2 starch, 1 vegetable; also 238 calories, 92 mg sodium, 10 mg cholesterol, 33 gm carbohydrate, 8 gm protein, 9 gm fat.

CANDY COATED CARROTS

1 pound carrots (whole baby or sliced regular), peeled and cooked
1/4 cup butter or margarine
1/4 cup brown sugar
1 teaspoon lemon juice
1/8 to 1/4 teaspoon hot pepper sauce
1/8 teaspoon salt

In a saucepan, cook butter and brown sugar until bubbly. Stir in lemon juice, hot pepper sauce and salt. Add carrots to the pan and heat through. Yield: 4-6 servings.

ALMOST FAT FREE RICE MEDLEY

- 1 cup uncooked long grain rice
- 2 1/4 cups water
- 2 cups frozen peas, thawed
- 1 carrot, shredded
- 1 cube chicken bouillon dissolved in the above 2 1/4 cups water
OR 1 teaspoon chicken bouillon granules
- 1 1/2 teaspoons homemade salt-free herb seasoning (see below)
OR store-bought salt-free herb seasoning
- 1 teaspoon lemon juice

In a large saucepan, combine the first six ingredients; bring to a boil. Reduce heat; cover and simmer for 15 minutes or until rice is tender. Remove from the heat; add lemon juice. Fluff with a fork. **Yield:** 10 servings. **Diabetic exchange:** one 1/2 cup serving equals 1 1/2 starch; also, 103 calories, 0 cholesterol, 22 gm carbohydrate, 3 gm protein, trace fat.

HOMEMADE SALT-FREE HERB MIX

(makes 13 teaspoons)

- 3 teaspoons onion powder
- 3 teaspoons garlic powder
- 1 teaspoon dried parsley flakes
- 1 teaspoon dried basil leaves
- 1 teaspoon dried thyme leaves
- 1 teaspoon dried marjoram leaves
- 1 teaspoon pepper

Combine all ingredients; mix well. Store in a well-sealed dry container in a cool place for up to 6 months. Stir or shake well before each use.

VALENTA'S POTATOES

- 6 potatoes, thinly sliced
- 1 onion, thinly sliced
- 1 cup shredded cheese
- 3 slices bacon, cooked and crumbled
- mayonnaise

Layer the potatoes and onions in a casserole. Sprinkle with salt and pepper. Spread with mayonnaise to cover the top. Sprinkle with the cheese and crumbled bacon. Bake at 350 degrees about 45 minutes to 1 hour or until the potatoes are tender when stuck with a fork.

Soups and Salads



Not necessarily only for those on diets or who like to imitate rabbits...

Add a good loaf of bread or crusty rolls plus a dessert for a good meal on a cold day.

SALADS AND SOUPS

BETH'S BRUNSWICK STEW

1/3 pound polish sausage
1/3 pound chicken, cooked
1/3 pound stew beef, cooked
2 cans mixed vegetables
1 can of your choice of green vegetable (peas, limas, etc.)
2 cans creamed corn
1 can chopped or pureed tomatoes
1/2 bottle barbecue sauce

Mix all of the ingredients together and heat over a low heat. Cook for 1-2 hours on low to let flavors blend.

SPAGHETTI FRUIT SALAD

1 cup confectioners' sugar
2 eggs
1/2 cup lemon juice
1/2 teaspoon salt
1/2 pound spaghetti, broken into 2 inch pieces
1 can (20 ounces) pineapple tidbits
3 medium tart apples, diced
1 carton (8 ounces) frozen whipped topping, thawed
1/4 cup chopped walnuts
maraschino cherries, halved

In a saucepan, combine sugar, eggs, lemon juice, and salt; cook and stir over medium heat until temperature reaches 160 degrees and mixture is thickened. Cool completely. Cook spaghetti according to package directions; drain and rinse in cold water. Place in a large bowl. Drain pineapple, reserving juice. Pour juice over the spaghetti; stir in apples. Toss gently; drain. Stir in the egg mixture and pineapple. Cover and refrigerate overnight. Fold in whipped topping just before serving. Garnish with walnuts and cherries. Yield: 12-14 servings.

TOMATO BASIL SALAD

6 tomato slices (1/4 inch thick)	6 red onion slices
2 tablespoons olive or vegetable oil	4 teaspoons red wine vinegar
2 tablespoons chopped fresh basil	1 teaspoon sugar

Place tomatoes in a shallow dish; top each slice with an onion. In a small jar with tight-fitting lid, combine remaining ingredients; shake well. Pour over tomatoes and onions. Cover and refrigerate for at least 1 hour. Yield: 2 servings

Appetizers and Snacks



When I was growing up, 'appetizers' were also known as "hors d'oeuvres." My dad called them "horse doovers" - he said they were just glorified snacks!

APPETIZERS, SNACKS

LAYERED NACHO DIP

- 1 16 oz. can refried beans
- 1 6 ounce can avocado dip (optional)
- 1 8 ounce container sour cream
- 1 cup mayonnaise
- 1 package of taco seasoning mix
- 1 4 1/2 ounce can chopped black olive
- 1 small onion, finely chopped
- 2 tomatoes, chopped
- 8 ounces grated cheese (about 2 cups)

Spread the beans in a pretty dish or plate. Top with avocado dip. Mix sour cream, mayonnaise, and taco mix, and spread over the avocado layer. Top with remaining ingredients. Serve with corn chips or tortilla chips.

EASY FRUIT TRAY WITH DIP

- 1 jar of marshmallow cream
- 1 8 ounce package of cream cheese, softened

assorted fruits, sliced:

- apples
- bananas
- pineapple
- peaches
- pears
- strawberries

Mix the marshmallow cream and cream cheese together until blended. Serve with the fruit slices. Keep the dip refrigerated when not using.

CATTLEMAN'S SPREAD

- 1 cup chopped pecans
- 2 tablespoons butter or margarine
- 2 packages (8 ounces each) cream cheese, softened
- 1 cup (8 ounces) sour cream
- 1/2 teaspoon garlic powder
- 2 packages (2 1/2 ounces each) dried beef, chopped
- 4 teaspoons diced onion

Crackers and breadsticks

In a skillet, sauté pecans in butter until golden; set aside. In a mixing bowl, beat cream cheese until smooth. Add sour cream and garlic powder; mix well. Stir in beef and onion. Spread into a greased 8 in. square baking dish. Top with the pecans. Bake, uncovered, at 350 degrees for 20 minutes or until heated through. Serve with crackers and breadsticks.

Yield: 3 1/2 cups

CHICKEN APPETIZER RING

1/2 cup fresh broccoli, chopped
1/4 cup water chestnuts, drained and chopped
2 tablespoons chopped onion
1 can (5 ounces) chunk chicken, drained and flaked (or use leftover chicken or turkey)
1 teaspoon Dijon mustard
2/3 cup canned condensed cream of chicken soup
1/2 cup bell pepper, chopped
1 cup (4 ounces) swiss cheese
2 packages crescent rolls (refrigerated)

Preheat oven to 350°. Mix broccoli, water chestnuts, onion, pepper, and flaked chicken. Add mustard, soup, mustard, and cheese; mix well. Unroll crescent rolls and arrange triangles in a circle on a greased 15-inch pizza pan with the point facing outward. Overlap the bases of the triangles slightly. Spoon filling onto the widest portion of the triangle. Pull points of triangles over the base and tuck under the edge in the center part of the ring. Bake 25-30 minutes or until golden brown. Cut into 16-24 wedges and serve warm.

SWEET AND SPICY POPCORN

1 tablespoon sugar
1 teaspoon chili powder
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
dash cayenne pepper
6 cups plain popped popcorn

Place sugar, chili powder, cinnamon, salt and cayenne pepper in a zip-type plastic bag or other 2-pt. airtight container. Mix. Add popcorn. Spray popcorn with nonstick cooking spray. Close bag and shake. Repeat one or two times until popcorn is coated. Yield: 6 cups

*I have substituted a bag of microwave popcorn. If you use the butter flavored type, omit spraying the popcorn with nonstick cooking spray.

FRIED JALAPENOS

- 15 medium sized fresh jalapeno peppers
- 1 8 ounce package cream cheese, softened
- 1 cup milk
- 1 egg
- salt and pepper to taste
- 1/2 cup all-purpose flour
- 2 cups seasoned bread crumbs
- oil for frying

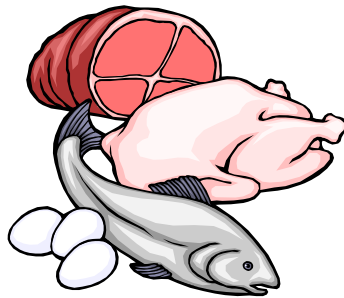
Blanch jalapeno peppers in boiling water for 3 minutes. Cool in ice water. Slice each jalapeno through the top and lengthwise down one side. Gently scrape out seeds and membranes. Reserve seeds in a small bowl. Add softened cream cheese and mix well. (The amount of seed added to the cheese influences the heat of the peppers). Stuff peppers with this mixture and place in freezer 30-45 minutes. In shallow bowl, combine milk, egg, salt and pepper. Place flour in shallow bowl or plate and bread crumbs in a separate bowl or plate. After jalapenos are frozen, roll in flour, dip in milk mixture and roll in bread crumbs. Dip again in milk mixture and once again roll in bread crumbs. Press the mixture firmly around the peppers. Return to freezer until ready to fry. At serving time, heat oil to 325 degrees F. Carefully lower frozen peppers into hot oil, cook until crispy and brown, 2 to 3 minutes. Serve hot.

SALSA BITES

- 1 package (8 ounces) cream cheese, softened
- 1 package (3 ounces) cream cheese, softened
- 1/3 cup thick and chunky salsa
- 2 eggs
- 1/2 cup (2 ounces) shredded cheddar cheese
- 2 tablespoons ripe pitted olives, chopped
- 1 tablespoon green onion, chopped
- 1 clove garlic, pressed
- 1/4 cup sour cream
- 2 tablespoons fresh cilantro, snipped (optional, for topping)

Preheat oven to 350°F. Whisk cream cheese in bowl until smooth. Whisk in salsa and egg until well blended. Stir in cheese. Chop olives and green onion. Press garlic. Stir into cream cheese mixture. Generously spray miniature muffin pans with vegetable spray. Fill cups using a 1 inch scoop or a heaping teaspoon. Bake 15-18 minutes or until center is set. Let cool in pan 5 minutes. Remove and cool on rack. Spread tops with a small amount of sour cream. Top with fresh snipped cilantro. Yield: 24-36 servings

Main Dishes



Where's the beef? (or is it chicken? or maybe pork?)

Check out some of these recipes and see.

Don't forget to try the elephant stew - just in case you happen to have one handy in the freezer and don't know what to do with it.

MAIN DISHES, MEATS

MAMAW'S ELEPHANT STEW

1 medium elephant
brown gravy to cover
salt and pepper
2 rabbits (optional)

Cut the elephant into bite-sized pieces. This should take about 2 months. Add gravy and bake about 4 weeks at 465 degrees. This serves 3,800. If more are expected, rabbits may be added, but do this only if necessary, as most people do not like to find hare in their stew!

EASY TACO CASSEROLE

1 pound ground beef
1 cup salsa
1/2 cup mayonnaise
2 teaspoons chili powder
2 cups crushed tortilla chips
1 cup (4 ounces) shredded cheddar or colby cheese
1 cup (4 ounces) shredded monterey Jack cheese
1 medium tomato, chopped
2 cups shredded lettuce

In a saucepan, brown ground beef; drain. Add salsa, mayonnaise and chili powder; mix well. In an ungreased 2 quart baking dish, layer half of the meat mixture, chips and cheeses. Repeat layers. Bake, uncovered, at 350 for 20-25 minutes or until heated through. Just before serving, top with tomato and lettuce. Yield: 6 servings

SAUSAGE SKILLET SUPPER

1 pound bulk pork sausage
1 can (14 1/2 ounces) stewed tomatoes, undrained
1 can (16 ounces) kidney beans, rinsed and drained
1 cup uncooked long grain rice
1 cup water
2/3 cup picante sauce or salsa

In a medium skillet, cook can crumble sausage; drain. Add remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until rice is tender. Yield: 6-8 servings.

THE BEST ENCHILADAS

If you want something that tastes like the Mexican restaurants, this is it!

1 tablespoon chopped onion
1 clove garlic, slivered
3 T. oil
1 1/2 - 2 T. flour
3 T. chili powder
1 can beef consommé
1 beef bouillon cube
1/2 cup hot water
1/2 pound ground beef
salt and pepper
1 lb. Mozzarella cheese
1 lb. Monterrey Jack cheese
1 medium onion, chopped
Tortilla shells

Sauté onion and garlic in oil until tender. Add flour and chili powder. Cook 2 minutes. Add consommé, water, and bouillon cube. Cook until slightly thickened. Brown ground beef. Season with salt, pepper, and a little of the sauce. Grate cheeses. Dip tortilla shells in sauce with tongs. Place on a baking pan. Fill with ground beef, cheeses, and onion, and roll up. When all tortillas are filled and rolled, spoon sauce over them. Sprinkle any remaining cheese and onion on top. Put in warm oven (300 degrees) to melt the cheese. Serve immediately.

BREAKFAST CASSEROLE

4-6 slices bread	2 teaspoons butter
1 teaspoon mustard	1/2 pound browned and drained sausage (optional) OR
3/4 - 1 cup grated cheddar cheese	1 cup chopped, cooked ham (optional)
1/2 teaspoon salt	4-5 eggs
1 1/2 cup milk	1 small can sliced mushrooms, drained (optional)
pinch of pepper	

Grease a 9 x9 inch baking dish. Mix together butter and mustard and spread over bread slices. Cut bread into 1 inch wide strips and fit into the bottom of the dish, making a second layer if necessary. Sprinkle with sausage or ham, mushrooms, and cheese. Beat eggs slightly with milk, salt, and pepper. Pour over ingredients in pan. At this point, it can be covered and refrigerated until the following morning. Bake at 350 degrees for 45-60 minutes or until puffed and brown. Let stand for 5 minutes before cutting.

CHEESY BROCCOLI SOUP

1 10 ounce can cream of onion or chicken soup
1 10 ounce package frozen chopped broccoli
1 1/3 cup milk
3 tablespoons butter
1/8 teaspoon pepper
1/2 cup cheese, cubed

Place broccoli in a 2 quart casserole; cover and microwave on high for 4-5 minutes. Separate the pieces and drain. Add remaining ingredients and microwave on high until cheese melts. Stir well.

**If you use cream of chicken soup, saute about 1/4 cup onions in butter until tender and add to the soup.

***you can also make this on the stove top by cooking the broccoli according to the package directions. After draining, add remaining ingredients and heat slowly on low to medium heat until cheese is melted.

ONE-SKILLET SPAGHETTI

1 pound hamburger
1 cup chopped onion
1 28 ounce can tomatoes
3/4 cup chopped green pepper
1/2 cup water
2 teaspoons salt
1 teaspoon sugar
1 teaspoon chili powder
7 ounces uncooked spaghetti, broken into pieces
1 cup shredded mozzarella or cheddar cheese

Cook and stir hamburger and onion in a 10 inch skillet until the hamburger is browned; drain the grease off. Stir in the can of tomatoes, pepper, water, salt, sugar, chili powder, and spaghetti. Break up the tomatoes with a spoon. Heat the mixture to boiling, then turn the heat down to low. Cover the skillet and simmer the mixture, stirring occasionally. It should take about 30 minutes for the spaghetti to get tender. Add water during the cooking if the mixture gets dry. Sprinkle the mixture with cheese when done.

**You can pour the mixture into a greased 2 or 2 1/2 quart casserole. Cover and cook it in a 375 degree oven, stirring occasionally, for about 45 minutes.

SAUCY PORK CHOPS

6 pork chops, 3/4 inch thick
1 medium onion, sliced thinly
1 can cream of chicken soup
1/4 cup ketchup
3 teaspoons worcestershire sauce

Brown the chops on both sides in a small amount of grease or oil in a skillet. Season with salt and pepper. Top with the sliced onion. Combine the remaining ingredients and pour over the pork chops. Simmer 1 hour or until chops are tender. Serve the chops with sauce from the pan spooned over the top.

MEXICAN CHICKEN BREAST

1/2 cup oatmeal (quick or old-fashioned, uncooked)
1 Tablespoon minced parsley
3/4 teaspoon chili powder
3/4 teaspoon paprika
2 chicken breasts, split, skinned (or 4 boneless chicken breasts)
3 tablespoons margarine, melted
2 medium tomatoes, coarsely chopped
1/2 cup chopped green pepper
1/4 cup coarsely chopped onion
2 tablespoons minced parsley
1 small clove garlic, minced
1 tablespoon lemon juice

Heat oven to 425 degrees. Place oats, parsley and seasonings in blender or food processor; blend about 1 minute, stopping occasionally to stir. Coat chicken with oat mixture. Place on rack in 15 x 10" jellyroll pan; gently, brush entire surface of chicken with margarine. Bake 35 to 40 minutes or until juices run clear when chicken is pierced with fork. Meanwhile, combine remaining ingredients; mix well. Serve with chicken. Makes 4 servings.

**You can substitute salsa or picante for the last 6 ingredients if desired.

PITA PIZZAS

Take several whole or precut pita breads--spread with pizza sauce--top with favorite toppings and cheese and bake around 5 minutes at 450.

OVEN FRIED CHICKEN

2 1/2 pounds of chicken pieces
1/2 cup all purpose flour
1 teaspoon salt
1 teaspoon paprika
1/4 teaspoon pepper
1/4 cup margarine
1/4 cup shortening

Heat 1/4 cup margarine and 1/4 cup shortening in a 13 x 9 inch pan while heating the oven to 425 degrees. Mix the flour, salt, paprika, and pepper together in a large bowl. Shake the chicken pieces one or two at a time in the flour. Place the chicken skin side down in the melted butter. Cook it without covering it for 30 minutes. After 30 minutes, turn the chicken over and cook uncovered about 30 minutes longer.

MEXICAN SKILLET DINNER

1 pound 96% lean ground beef
1 can (1 pound) Mexican-style tomatoes, crushed
2-1/2 cups fresh or frozen (thawed) whole kernel corn
1 teaspoon crushed fresh garlic
8 ounces macaroni
1-1/3 cups unsalted beef broth or water
1 tablespoon chili powder
1/2 teaspoon dried oregano
1/4 teaspoon ground black pepper
1/2 teaspoon salt (optional)

1. Place the meat in a large, deep skillet, and cook over medium heat, stirring to crumble, until the meat is no longer pink. Add all of the remaining ingredients, and stir to mix well.

2. Bring the mixture to a boil. Then reduce the heat to low, cover, and simmer, stirring occasionally, for 10 to 12 minutes, or until the pasta is tender and the liquid has been absorbed. If any liquid remains, remove the cover and simmer for several more minutes.

Serves 6, 278 calories, 3.3 grams fat, 6 grams fiber, 40 mg cholesterol, 22 grams protein

MEXICAN CORNBREAD

1 1/2 lbs ground beef(brown and drain real well)
1/4 cup veg. oil
1 cup cornmeal
1 tsp salt
1/2 tsp baking soda
1 1/2 cups milk
1 can creamed corn

2 eggs(beat well)
1 large onion-chopped
1 can green chilies
1/2 lb monteray jack cheese

Preheat oven 350 degrees; heat oil. Mix cornmeal, salt, baking soda, milk, eggs, creamed corn. Heat onion and green chilies in oil. Then layer 1/2 cornbread mixture, onion, ground beef, green chilies, cheese and put other 1/2 of cornbread. Bake approximately 45 minutes.

CHICKEN TACOS CON QUESO

Combine leftover cooked chicken that has been cubed with taco sauce in a pan and heat thoroughly. Fill taco shells with this and cheese and bake at 350 for about 5 minutes then add regular taco toppings. You can also use shredded beef.

MEXICAN CASSEROLE

1 C. Bisquick or equivalent
1/4 C. water
1 can refried beans
1 lb. hamburger, cooked and drained (I always rinse my meat, also)
1 C. salsa
1 1/2 C. cheddar cheese

Grease 10" pie plate. Mix the bisquick, water and beans. Put on the plate. Layer remaining ingredients. Bake at 375 for 30 minutes. Serve with sour cream if desired.

TACO BAKE

1 pound ground beef
1 small onion, chopped
3/4 cup water
1 package taco seasoning
1 can (15 oz) tomato sauce
1 package (8 ounce) shell macaroni, cooked and drained
1 can (4 ounce) chopped green chilies
2 cups shredded cheddar cheese, divided

Brown ground beef and onion over medium heat; drain. Add water, taco seasoning, and tomato sauce, mixing well. Bring to a boil; reduce heat and simmer for 20 minutes. Stir in macaroni, chilies, and 1 1/2 cups cheese. Pour into a greased 1 1/2 quart baking dish. Sprinkle with the remaining cheese. Bake at 350 for 30 minutes or until heated through.

SHIPWRECK

1/2 pound sliced bacon
1 pound ground beef
1 large onion, chopped
1 cup ketchup
1/2 cup packed brown sugar
1 can (32 ounces) pork and beans

In a skillet, cook bacon until crisp. Drain on paper towels and crumble. Brown the beef and 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 baking dish. Top with the remaining bacon. Bake, uncovered, at 350 for 1 hour.

SLOPPY JOE PIE

1 pound ground beef
1/2 cup chopped onion
1 can (8 ounces) tomato sauce
1 can (8-3/4 ounces) whole kernel corn, drained
1/4 cup water
1 envelope sloppy joe seasoning mix
1 can (10 ounces) refrigerated biscuits
2 tablespoons milk
1/3 cup cornmeal
1 cup (8 ounces) shredded cheddar cheese, divided

In a skillet, brown beef with onion, drain. Stir in the tomato sauce, corn water, and seasoning; cook over medium heat until bubbly. Reduce heat and simmer for 5 minutes. Remove from heat and set aside. Separate biscuits and roll or flatten each to a 3 1/2 in. circle; dip both sides into milk and then into the cornmeal. Place seven biscuits around the sides and three on the bottom of an ungreased 9 inch pie plate. Press biscuits together to form a crust, leaving a scalloped edge around the rim. Sprinkle with 1/2 cup cheese. Spoon meat mixture over cheese. Bake at 375 for 20-25 minutes or until crust is deep golden brown. Sprinkle with remaining cheese. Yield: 7 servings.

MEXICAN STUFFED SHELLS

12 pasta stuffing shells cooked and drained
1 lb. ground beef or turkey
12 oz. jar picante sauce
1/2 C. water
8 oz. can of tomato sauce
4 oz. can green chilies drained
1 C. shredded Monterey Jack cheese

1 can French Fried Onions

Brown ground beef and drain. Combine picante sauce, water and tomato sauce. Stir 1/2 C. of this mixture into ground beef along with chilies, 1/2 C. cheese and 1/2 C. onions, mix well. Pour 1/2 of remaining sauce mixture in 10" round or 8x12 baking dish. Stuff cooked shells with beef mixture. Arrange shells in dish. Pour remaining sauce over shells. Bake covered at 350 for 30 minutes. Top with remaining cheese and onions and bake uncovered an additional 5 minutes.

PECOS PASTA

2 cups elbow macaroni, uncooked

1 T. butter or margarine

1 small green pepper, chopped

1 small onion chopped

2 (15 Oz.) cans chili (Hormel suggested by recipe)

1 (12 Oz.) can whole kernel corn (16-oz will also work)

1 T. seasoned salt

1/8 t. pepper (optional)

1 Cup shredded cheddar cheese

Cook macaroni according to package directions. Drain. Melt butter in large skillet. Add green pepper and onion. Cook until tender. Do not brown. Add chili, corn, seasoned salt, and pepper. Mix well. Simmer on low heat 5 minutes. Stir in cooked macaroni. Top with cheddar cheese. Cover and heat on low for 5 minutes. Makes 6 servings.

FAST AND EASY MEXICAN DISH

1 pound hamburger

1 medium onion, sliced

salt and pepper to taste

Brown together in skillet. Add:

1 can pinto or Ranch style beans

1 small can Rotel tomatoes

1 small can tomato sauce

1 package Doritos, broken (or just serve the whole thing over fritos)

Top with shredded cheese.

QUICK AND EASY TACO SOUP

1 1/2 lb gr. meat

1/2 c chopped onion

1 can (28 oz) whole tomatoes w/ juice

1 can (17 oz) corn w/ juice

1 can (8 oz) tomato sauce

1 pkg (or 2 TBS) Taco seasoning

1 or 2 cups water
1 cup grated cheese

Brown ground meat. Drain. Add onions. Cook until onions are tender. Add mixture to remaining ingredients in soup pot EXCEPT cheese. Simmer 15 min or longer. TOP with cheese in each bowl. Eat with hot corn bread or muffins.

PICO DE GALLO

In food processor chop an onion (or by hand - finely chopped). Next, finely chop a tomato. (Take each item out separately or it will be too watery.) Then chop 1/2 of a medium bell pepper (red or green). Add to taste some chopped jalapeno peppers (the seeds make it very hot - and don't touch the peppers)(burns cuts and eyes) I add a tsp of jalapeno peppers. Chop some cilantro - about 1/4 cup. Strain any ingredient that is watery and mix all together.

BREAKFAST: Put pico in eggs with some chopped (baked or sauteed) potatoes and wrap in a tortilla* for breakfast.

SNACK: Put on tortilla chips with melted cheese for a snack.

LUNCH: quesadillas - put a tortilla in a nonstick pan add some cheese on top and fold (med heat). Turn a couple of times till cheese melts. These can also be baked.

DINNER: Put it on fajitas also - marinated chicken slices grilled with onions and green peppers in a tortilla - (a little sour cream and guacamole makes the fajitas even better)

Guacamole - avocado with pico added to it.

Chip dip - sour cream with salsa and pico added until it turns pink - also great for dipping your quesadillas in!

CHICKEN ENCHILADA CASSEROLE

1 3 lb. chicken, cooked and boned
1 can cream of mushroom soup
1 can cream of chicken soup
1 large onion, chopped
1 can Ro-tel tomatoes
(or 1/2 can Rotel and 1 can stewed tomatoes drained and cut up)
1/2 c. chicken stock
1 large pkg. tortillas or totilla chips
grated cheddar cheese

Cook onion 3 or so minutes in the microwave to soften a little. Mix chicken, soups, onion, tomatoes, and chicken stock together. Layer tortillas (torn into pieces) or chips, then chicken

mixture, then cheese, then alternate layers beginning again with tortillas. Keep alternating until through. Bake at 350 degrees for 35-45 minutes.

EGG A LA KING

Over low heat, melt 1 Tbsp butter or margarine. Add 1 Tbsp flour. Slowly add 1 cup milk plus salt and pepper to taste. Stir until thick then add 1 hard boiled egg. This makes two servings.

PASTA 'N CHICKEN A LA KING IN BREAD BOWLS

makes 5 servings

5 large hard rolls (about 3 1/2 " in diameter)
3 T. margarine or butter
1/4 c flour
1/2 t dried basil leaves
1/4 t dried oregano leaves
1/4 t pepper
10 1/2 oz condensed chicken broth
1 c milk
1 T dry sherry (if desired)
16 oz pkg of Green Giant Pasta Accents Garlic Seasoning Frozen Vegetables and Pasta
2 c cubed chicken

Scoop out center of rolls, leaving 1 inch sides. Cover bread bowls and set aside. (Rolls can be toasted before filling in a 350 degree oven for 3-4 minutes)

Melt butter in large skillet or saucepan. Stir in flour, basil, oregano and pepper until blended. Gradually add broth and milk and sherry. Cook until thickened, stirring constantly. Add vegetables and pasta and chicken. Bring to a boil. Reduce heat to low; cover and simmer for 5 to 8 minutes until veggies are tender. Place bread bowls on individual serving plates and spoon chicken mixture evenly into them.

LAURA'S QUICK-AS-A-SNAP STROMBOLI

1 can of crescent roll dough (1 can will make 4 strombolis)
Spaghetti sauce
Pepperoni- or whatever meat you desire
Mozzarella or provolone cheese.
Optional: melted butter & parmesan cheese for the top.

To MAKE: don't separate the dough on the diagonals, leave it in the 4 rectangles. Press the diagonal perforations closed, then stretch the dough out a bit (so it's a bigger rectangle). With the "long" side towards you, put a little sauce (or not), the fixin's you have on hand, and a little cheese in

the middle of the dough. Fold the left side over the toppings, then the right side over that.(You have folded the dough into thirds) Press the ends to seal, flip it over and put on a baking sheet.. It should look like a nice little rectangle. Brush w/melted butter, sprinkle w/parmesan cheese.

BAKE at 375-400 until golden brown (15-20 mins)

SERVE with a side of sauce &perhaps salad

**Variation: HAM&CHEESE pockets: instead, fill w/ sauteed peppers and onions, cubed/sliced ham, and cheddar or American cheese. Good with soup.

BEEF AND MACARONI WHIP-UP

Brown 1 lb. ground beef
Add 1/2 cup Miracle Whip
" 30 oz. jar spaghetti sauce
" 7 oz. package of elbow noodles (cooked!)

Heat on medium, stirring occasionally. Top with 1/4 cup shredded Cheddar cheese. Serves 4-6

COLD SPAGHETTI CHICKEN SALAD

12 ounce bag of spaghetti (more or less depending on family size)
1 bell pepper, finely chopped
1 Tomato, finely chopped
3 boneless/skinless chicken breasts, or 2 c chicken (again, more or less...); cooked and cubed
1 bottle favorite Italian dressing

Cook spaghetti per the package directions and drain with cold water. Add ¼ c of dressing so noodles won't stick. Just before serving add the diced bell pepper, diced tomato and the chicken to the noodles, then gently toss and add dressing to taste (be careful, not too much). Top with Parmesan cheese and serve. You can prepare it all in advance, but DO NOT add tomato and bell pepper until last minute. That way it stays crispy. You can prepare and keep in baggies and add in bowl just before serving.

POOR MAN'S STEAK

1 lb. hamburger	1 onion
1 t. salt	1 can mushroom soup
1 cup milk	dash of pepper
1 cup crackers, finely crushed	

Mix all ingredients except soup. Shape into a loaf. Refrigerate overnight. Slice and roll in flour. Fry until brown, place in a roaster or casserole dish. Mix soup with 1 can water, and pour over meat. Cover and bake 1 hour at 325 degrees. Uncover during the last 15 minutes. Serve over rice or potatoes. Tastes just like country fried steak.

Breads



Most of us don't always have the time to make a fresh loaf of yeast bread (although there's nothing that beats the smell of fresh bread), but try out some of these quicker recipes for great tasting, homemade bread.

Don't forget to check out the bread machine recipes - if you have one, you can "cheat" by using the dough cycle to knead the dough. After the dough cycle is over, take out, shape, let rise again, and bake in the oven for traditional yeast bread.

BREADS

BATTER BREAD

1 cup milk
3 tablespoons sugar
2 teaspoons salt
1 1/2 tablespoons butter
1 cup warm water
2 packages dry yeast
4 1/2 cups flour

Heat the milk, sugar, salt, and butter on low heat until butter has melted and sugar and salt dissolved. Do not boil. Set aside to cool slightly.

Add yeast to warm water; stir until dissolved. Add cooled mixture. Gradually add in flour; stir until all is well-blended. Cover with towel; store in warm place to rise about 40 minutes. Stir down batter; beat a few vigorous strokes. Divide into 2 parts; place each in well-greased round casserole. Bake at 375 degrees for 30-45 minutes, until nicely crusted on top. Cool on rack. Makes 2 round loaves.

ORANGE BREAD

3 cups flour
3 tablespoons baking powder
2/3 cup sugar
1 teaspoon salt
1 1/4 cups milk
2 tablespoons melted butter
1 egg, beaten
peel of 1 orange, finely chopped

Measure dry ingredients into a 4-cup measure. Sift into mixing bowl. Add milk, butter, and egg; mix with wooden spoon. Add orange peel. (If you prefer, you can substitute 1-2 tablespoons prepared orange bits.) Place mixture in greased loaf pan, 9 x 5 x 2. Let rise 15 minutes.

Bake bread in 350 degree oven for 50 minutes. Makes 1 loaf. Serve with orange butter.

Orange butter:

1/2 cup butter or margarine, softened
2 tablespoons orange marmalade

Beat butter in small bowl until light and fluffy; stir in marmalade. Serve with warm bread.

CINNAMON BUTTERMILK BISCUITS

2 cups self-rising flour
1/4 cup sugar
1/4 teaspoon baking soda
1 teaspoon cinnamon
1/3 cup shortening
1/2 cup currants or raisins
3/4 to 1 cup buttermilk (or 1 tablespoon vinegar or lemon juice plus milk to make 1 cup. Let stand for 5 minutes.)

FROSTING:

3/4 cup powdered sugar
2-3 teaspoons milk

Heat oven to 450 degrees. Lightly spoon flour into measuring cup; level of. In large bowl, combine flour, sugar, cinnamon and baking soda. Using pastry blender or fork, cut in shortening until mixture resembles coarse crumbs; stir in currants. Stirring with fork, add enough buttermilk until mixture leaves sides of bowl and soft dough forms. Turn dough out onto floured surface; knead lightly until no longer sticky. Roll out 1/2 inch thick; cut with 2 1/2 inch round, floured cutter. Place on ungreased cookie sheet with sides touching. Bake at 450 degrees for 10-15 minutes or until light golden brown. Cool 5 minutes on rack. Meanwhile, in a small bowl, mix powdered sugar and enough milk for desired frosting consistency. Frost warm biscuits. Serve immediately. 12 biscuits.

LINDI'S MEXICAN CORN BREAD

1 1/2 cups corn meal
3 tsp. baking powder
1 tsp. salt
2 eggs
2/3 cup oil
1 cup milk
1 can green chili peppers
1 can cream corn
1 cup diced cheese
1 1/2 cup browned hamburger

Mix all together and bake in an iron skillet at 350 degrees until brown (about 30 minutes). You can substitute 2 boxes of Jiffy corn muffin mix for the first 6 ingredients, mixing as directed on the box, adding in the peppers, corn, cheese, and hamburger.

CINNAMON SWIRL QUICK BREAD

1 1/2 cups sugar divided
1 tablespoon ground cinnamon
2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
1 cup buttermilk
1 egg
1/4 cup vegetable oil

Glaze:

1/4 cup confectioners' sugar
1 1/2 to 2 teaspoons milk

Combine 1/2 cup sugar and cinnamon; set aside. Combine flour, baking soda, salt and remaining sugar. Combine buttermilk, egg and oil; stir into dry ingredients just until combined. Grease the bottom only of a 9 x 5 x 3 inch loaf pan. Pour half of the batter into the pan; sprinkle with half of the cinnamon-sugar. Carefully spread with remaining batter and sprinkle with remaining cinnamon-sugar; swirl knife through batter. Bake at 350°F for 45-50 minutes or until a toothpick inserted near the center comes out clean. Cool in pan 10 minutes before removing to a wire rack to cool completely. Combine glaze ingredients; drizzle over bread. Yield: 1 loaf

COUNTRY WHITE BREAD

1 cup plus 1 tablespoon water (70 to 80 degrees)
1 egg
4 1/2 teaspoons vegetable oil
3 1/4 cups bread flour (or use plain flour minus 2 tablespoons)
1/4 cup sugar
1 1/2 teaspoons salt
2 1/4 teaspoons active dry yeast

In bread machine pan, place all ingredients in order suggested by manufacturer. Select the basic bread setting (or the dough setting if you plan to take it out and finish in the oven). Choose crust color and loaf size if available. Bake according to bread machine directions. Check dough after 5 minutes of mixing; add 1 to 2 tablespoons of water or flour if needed. Dough should round up into a soft ball while kneading. **Yield:** 1 loaf (about 2 pounds).

*if you use the dough cycle, remove dough at the end of the cycle. On lightly floured surface, roll dough to a 10 x 12 rectangle. Roll up jellyroll style from the small edge. Pinch ends shut to seal, place seam-side down in a greased loaf bread pan. Cover and let rise in a warm place until double in size, about 30 – 45 minutes. Bake in a 350 degree oven about 30 – 35 minutes. Take bread out of pan after cooling for 10 minutes. Wrap tightly when cool. If you serve the bread

after it has completely cooled, you can “freshen” and soften it by wrapping it in foil and heating in a warm oven.

**for variation, add garlic, chopped onions, parsley, chives, basil, oregano, or a mixture of other spices. Shredded cheese can also be added to make cheese bread.

HONEY OATMEAL BREAD

1 ¼ cups water (70 to 80 degrees)
½ cup honey (I substitute cane syrup)
2 tablespoons vegetable oil
1 cup quick-cooking oats
1 ½ teaspoon salt
3 cups plus 2 tablespoons bread flour (plain flour will work also – remove 2 TBSP)
2 ¼ teaspoons active dry yeast

In bread machine pan, place all ingredients in order suggested by manufacturer. Select the basic bread setting (or the dough setting if you plan to take it out and finish in the oven). Choose crust color and loaf size if available. Bake according to bread machine directions. Check dough after 5 minutes of mixing; add 1 to 2 tablespoons of water or flour if needed. Dough should round up into a soft ball while kneading. **Yield:** 1 loaf (about 1 1/2 pounds)

*For a real treat, add raisins and cinnamon to taste at the beginning of the kneading cycle.

BREAD MACHINE CALZONE

1 ¼ cups water
2 teaspoons active dry yeast
1 ½ tablespoons white sugar
3 cups bread flour
1 teaspoon salt
1 teaspoon powdered milk
¾ cup sliced Italian sausage (can substitute pepperoni or cooked hamburger)
¾ cup pizza or spaghetti sauce
1 ¼ cups shredded mozzarella cheese
2 tablespoons butter, melted

Place water, yeast, sugar, flour, salt, and powdered milk in the pan of the bread machine in order suggested by manufacturer. Select the dough bread setting.

While dough is mixing, brown sausage for about 8 – 10 minutes in a large skillet over medium heat. Drain excess fat and reserve.

Preheat oven to 350 degrees. Shape dough into a 16 by 10 inch rectangle. Transfer to a lightly greased cookie sheet, and spoon pizza sauce lengthwise down the center of the dough, followed by the browned sausage and the cheese. Make diagonal cuts 1 ½ inches apart down each long

side of the dough rectangle, cutting to within ½ inch of the filling. Criss-cross cut strips of dough over the filling and seal edges with water. Brush top of calzone with melted butter.

bake at 350 degrees for 35 – 45 minutes, or until golden brown. Remove from oven and cool for 5 minutes, then slice and serve.

BREAD MACHINE BAGELS

1 cup warm water
1 ½ teaspoon salt
2 tablespoons sugar
3 cups bread flour
2 ¼ teaspoons active dry yeast
3 quarts boiling water
3 tablespoons white sugar
1 tablespoon cornmeal
1 egg white
3 tablespoons poppy seeds (optional)

Place water, salt, sugar, flour, and yeast in the bread machine pan in order suggested by manufacturer. Select the dough setting.

When cycle is complete, let dough rest on lightly floured surface. Meanwhile, in a large pot, bring 3 quarts of water to a boil. Stir in 3 tablespoons sugar.

Cut dough into 9 equal pieces, and roll each piece into a small ball. Flatten balls. Poke a hole in the middle of each with your thumb. Twirl the dough on your finger or thumb to enlarge the hole, and to even out the dough around the hole. Cover bagels with a clean cloth, and let rest for 10 minutes.

Sprinkle an ungreased baking sheet with cornmeal. Carefully transfer bagels to boiling water. Boil for 1 minute, turning halfway through. Drain briefly on clean towel. Arrange boiled bagels on baking sheet. Glaze tops with egg white, and sprinkle with your choice of toppings.

Bake in a preheated 375-degree oven for 20 – 25 minutes, until well browned.