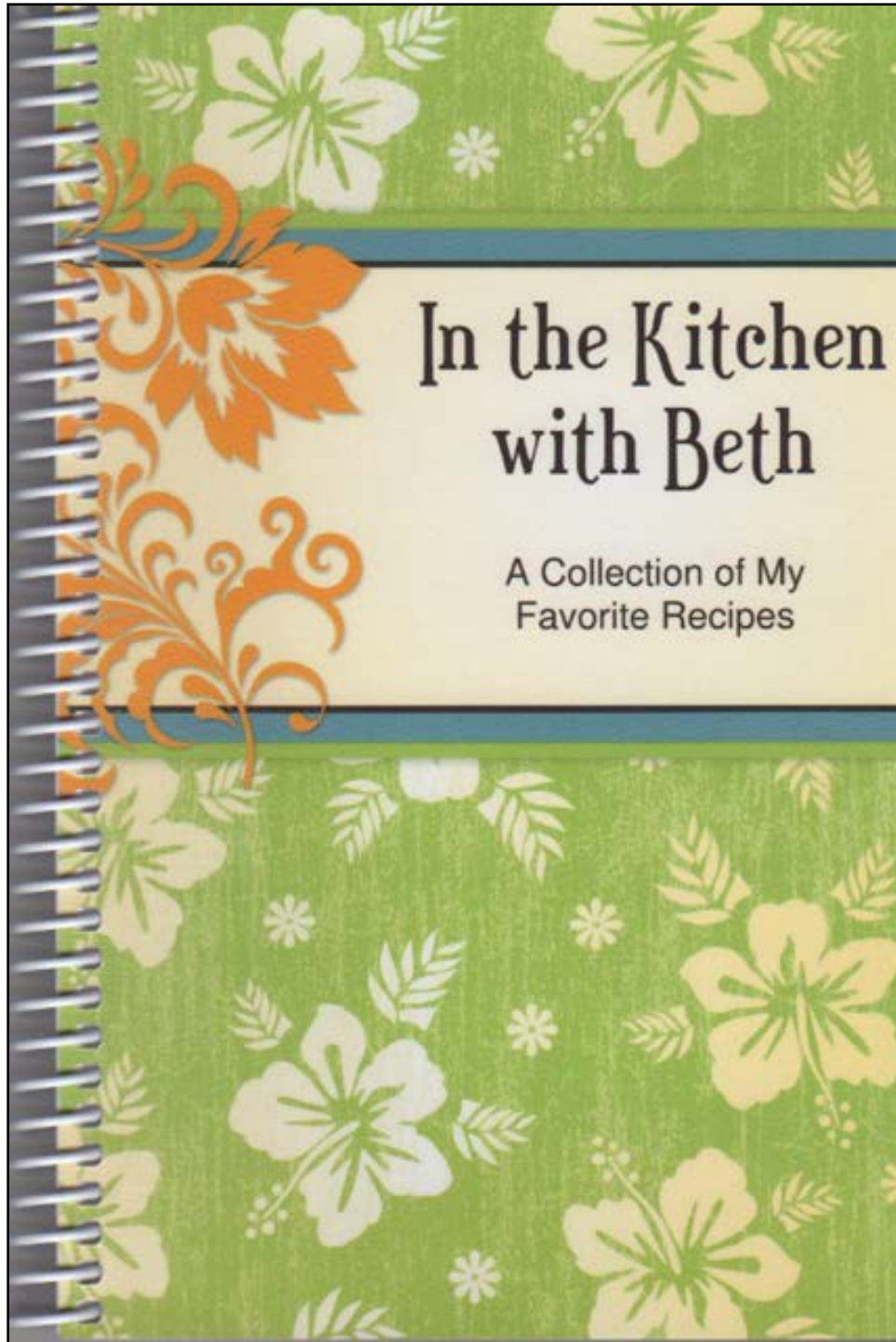


!! Beth's Home Recipes

Lots of Family Favorites!



Beth Stout

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Appetizers

Aunt Julia's Hors D'Oeuvres

Aunt Julia used to make these for every Christmas gathering we had for the Lee side of the family. It would be her family, Uncle Ray's family, Nana and PopPop, and John's (Granpop) family. Very fond memory of Christmas time.

- | | | | |
|-----|---------------------------|---|---------------------------------------|
| 1 | 8oz package cream cheese | 1 | Onion (size of walnut) finely chopped |
| 1/2 | cup ground walnuts | 2 | swigs Worcestershire sauce |
| 2 | or 3 teaspoons mayonnaise | | 2lb loaf Pepperidge Farm Bread |

Procedure

Mix together all ingredients, except bread. Cut bread crusts off and cut bread with a biscuit cutter. Spread mixture between 2 bread rounds ** Melt butter in skillet or griddle. (Use butter not spray) Brown rounds in butter and serve warm.

Recipe Type

Appetizer, Christmas, Holiday

Recipe Tips

***Can be frozen at this point*

Clam Dip

- | | | |
|---|-----------------------|------------------------------|
| 2 | pkgs 8oz cream cheese | splash worchestershire sauce |
| 2 | cans clams | splash yellow mustard |
| 1 | small onion minced | |

Procedure

Soften cream cheese, add 1/2 can (approx) clam juice. Mix with fork until smooth, drain clams, add 1 small onion, add remaining ingredients, keep in covered container in fridge.

Recipe Type

Appetizer, Dip, Tailgate

Olive Dip

Serve with crackers!

8 oz cream cheese (softened)
garlic powder to taste

1 small can chopped black olives

1 pkg Washington brand seasoning mix (yellow box
in boullion section of store)

Procedure

Mix all together and chill

Recipe Type

Appetizer, Dip, Tailgate

Roadkill Dip

Served at many Halloween Parties and Tailgates!

- | | | | |
|---|------------------------------|---|--------------------|
| 1 | 2lbs box velveeta cheese | 2 | lb hot sausage |
| 1 | can mushroom soup | 1 | lb hamburger |
| 1 | jars mushrooms | 1 | can diced tomatoes |
| | 6-8 chopped jalapeno peppers | | |

Procedure

Melt Velveeta with mushroom soup. Brown sausage and hamburger. Combine cheese/soup/with sausage and hamburger. Add mushrooms and chopped peppers.

Recipe Type

Appetizer, Halloween, Tailgate

Recipe Tips

Dip with King Size Fritos.

Time & Temp

Serve in crock pot to keep warm.

Spinach Dip

This is 'THE' dip that everyone had at all parties in the 80's early 90's. You can hollow out a loaf of round bread of choice and put dip into the bread and use the extra pulled out pieces to dip into dip.

1 10 oz	pkg. Frozen Spinach (thawed)	1 pint	sour cream
1 8 oz	can water chestnuts (finely chopped)	1	medium onion (finely chopped)
1 cup	Mayonaise	1	pkg. Knorr's Vegetable Soup mix

Recipe Type

Appetizer, Dip

Time & Temp

Mix all ingredients, Keep refridgerated.

Sun-dried Tomato, Garlic Dip

I am at a loss for words to describe this dip. In addition to being a great dip, it would also be great on chicken, as a pasta sauce, a sandwich spread, just by the spoonful, you name it. It is so versatile and delicious.

¾ cup	Mayonnaise – (or you can make your own)	½ tsp	Onion Powder
1.5 oz	Sun-Dried Tomatoes	¼ tsp	Garlic Salt
3 Tbs	Garlic – Minced	¼ tsp	Black Pepper
2 Tbs	Parmesan – Grated		A Few Sprigs Fresh Parsley
½	Fresh Lemon – Juiced		

Procedure

Combine mayonnaise, sun-dried tomatoes, garlic, Parmesan, lemon juice, onion powder, garlic salt, black pepper, and parsley in a food processor. Pulse until well blended and creamy. Alternatively, this may be done in a blender.

Servings: 12

Preparation Time: 10 minutes

TACO DIP

Originally from Nancy Hutchinson (Bob's Mom) and it has become a hit for many parties, tailgates and picnics!

- | | | | |
|---|---------------------|---|--|
| 1 | can refried beans | 3 | chopped green onions (scallions) |
| 1 | container guacamole | 1 | large tomato chopped (enough to layer top) |
| 2 | cup sour cream | | 8oz shredded cheddar or monteray jack cheese |
| 1 | pkg taco seasoning | 1 | can black olives |

Procedure

On a large platter, spread refried beans on bottom, layer with guacamole. Mix together the sour cream and taco seasoning, layer on top of guacamole. Layer the rest of ingredients in order listed.

Serve with Taco Chips!

Recipe Type

Appetizer, Dip, Tailgate

Bread

Bethy's Banana Bread

Makes 3 larger loaves

1	cup	shortening	1 1/2	tsp	soda
1 1/2	cup	sugar	1 1/2	tsp	salt
6		eggs	2	cup	mashed banana or more up to 3 cups
5 1/4	cup	flour	1/2	cup	chopped walnuts
3	tsp	Baking Powder			

Procedure

Cream together shortening and sugar, Add eggs, and beat well. Sift together dry ingredients, add to creamed mixture alternating with banana, blending well after each addition. Stir in nuts.

Pour into pans (well greased or use bakers secret)

Recipe Type

Bread, Christmas, Gift

Time & Temp

Bake at 350' for 45-50 or more until toothpick inserted in center comes out clean. Let cool 5 mins then take out of pans and cool on wire rack. Wrap and Store.

Country White Bread

2 1/4 tsp yeast (or one packet)	4 1/2 tsp oil
3 1/4 cup bread flour	1 large egg
1 1/2 tsp salt	1 cup plus 1 Tblsp. warm water
1/4 cup sugar	

Procedure

In bread machine pan, place all ingredients from flour through yeast in order as recommended by the manufacturer.

Select the basic bread setting.

Check dough after 5 minutes of mixing, if needed add 1-2T of water or flour.

Bake as normal.

For dinner rolls.

Mix in bread machine but use only the dough option.

Lightly grease a 9 x 13 baking pan (I always use a metal pan).

When dough is finished shape into 15 uniformly sized balls. I always grease my hands with shortening to smooth the dough out and it helps keep the dough from drying out.

Cover and let the rolls rise in a warm, draft free place until risen to the desired size.

I let them about double in size.

Bake in a 350° oven about 12-15 minutes until golden brown.

After removing from the oven, brush the tops of the rolls with melted butter.

Take out of pan and let completely cool before storing.

Recipe Type

Bread, Bread Machine

DAK Applesauce Bread

1	pkg.	yeast		pinch	nutmeg
2 1/4	cup	bread flour		2/3	cup warm applesauce
3/4	cup	wheat flour		1	tsp butter
1/2	tsp	salt		1/2	cup warm apple juice
4	tsp	white sugar		1/2	cup grated fresh apple
1/2	tsp	cinnamon			

Procedure

Use all ingredients at room temperature. Put all ingredients in pan in order listed, select white bread and push start.

Recipe Type

Bread, Bread Machine

DAK Basic White Bread

1	pkg.	yeast	2	tsp	nonfat dry milk powder
3	cup	flour	1	tsp	butter at room temp.
1	tsp	sugar	1 1/4	cup	warm water
1	tsp	salt			

Procedure

Pour the yeast to one side of the inner pan. Add the rest of the ingredients in the order given. Select white bread and push "Start".

Recipe Type

Bread, Bread Machine

DAK Cinnamon Raisin Bread

1	pk	Yeast	2	tsp	Cinnamon
3	cup	Bread flour	1	Tbs	Butter
2	Tbs	Sugar	1 1/4	cup	Warm milk
1	tsp	Salt	2/3	cup	Raisins

Procedure

Put all the ingredients into the pan, select white bread and push start.

Recipe Type

Bread, Bread Machine, Breakfast

Recipe Tips

NOTE: Raisins may be added initially (they will be finely mixed throughout the bread) or when the Auto Bakery "beeps" near the end of the second mixing, (to remain whole).

DAK Oatmeal Bread

1 ¼ cup Water
1 Tbs Applesauce
1 tsp Salt
1 Tbs Sugar

3 cup Bread Flour
1 cup Oats,Rolled,Dry
1 pk Yeast

Procedure

Place in pan. Press Start. NOTES : Light, airy bread. Also can use multigrain cereal instead of Oats

Recipe Type

Bread, Bread Machine

DAK Pumpkin Wheat Bread

1	pk yeast	1	cn canned pumpkin
3	cup whole wheat flour	1	Tbs pumpkin pie spice
1	tsp salt	1	cup canned evaporated milk, warmed
1	Tbs sugar	1	egg

Procedure

Put all the ingredients into pan in the order listed, select "whole wheat" and push "start."

Recipe Type

Bread, Bread Machine

DAK Real Chocolate Bread

1	package yeast	1	egg, unbeaten
3	cup bread flour	1/4	cup soft butter or margarine
1/2	cup sugar	1/2	tsp vanilla
1/4	cup unsweetened cocoa	1	cup warm milk

Procedure

Add all ingredients in the order given, select white bread, and push start.

Recipe Type

Bread Machine, Breakfast

DAK Spaghetti Bread

Made this one many times for spaghetti dinners

1 1/2 cup	Water -- warm	1 tsp	Garlic Salt
1 Tbs	(oil)	1 Tbs	Sugar
1 tsp	Italian Seasoning	3 cup	Bread Flour
1/3 cup	Parmesan Cheese, Grated	1 pk	Yeast

Procedure

I also like to add a little fresh garlic to this. Place in pan, light crust. Press start.

Recipe Type

Bread, Bread Machine

Maple Oatmeal Bread

1	package active dry yeast (2 1/4 teaspoons)	1/3	cup	maple syrup (Substitutions don't work. It's gotta be pure maple.)
1	cup			quick cooking oats
3	cups	1	Tbs	bread flour (I use unbleached all-purpose flour, and add 1 tbsp vital gluten)
1	tsp	1 1/4	cups	cooking oil plus 1 tablespoon very warm water
				salt (I use 1 tablespoon Kosher salt - same quantity of salt, since it is so much coarser, but without added iodine.)

Procedure

(I use cold water from the tap, hit "start" to mix the bread dough, so I can see how the dough looks. I add a little flour or water as needed, then hit "cancel" and set the timer to start again much later, so that the dough is ready when I come home from work. If you're preparing the bread without such a delay, use water that's very warm but not hot; I use cold water from the tap which I heat in the microwave and test by sticking my finger in it. NEVER use hot water from the tap for cooking - it picks up contaminants from the piping.)

- If using a machine other than the DAK/Welbilt models, use only 1 cup, 1 ounce and 1 tablespoon of water (2 tablespoons less water.)

Recipe Type

Bread, Bread Machine

Potato Loaf Bread

A Favorite Hearty Bread

1	pkg. yeast	2 1/2	tsp	sweet butter at room temp.
3	cups bread flour	2	Tbs	instant mashed potato flakes
1	Tbs sugar	1 to 1 1/2	cups	warm milk
1 1/2	tsp salt			

Procedure

Put the first 5 ingredients into the pan in order listed.

Sprinkle the potato flakes over the hot milk and stir. Let it cool slightly. Add milk.

Select white bread and push START.

Recipe Type

Bread, Bread Machine

Pumpkin Nut Quick Bread

4 cups	sugar	1 cup	water
1 cup	butter	5 cups	flour
6	large eggs	1 tsp	baking powder
3 cups	pumpkin	1 Tbs	baking soda
½ tsp	cloves	1 cup	walnuts, chopped
1 tsp	cinnamon	1 tsp	salt

Procedure

Cream sugar and butter until light. Add eggs and beat thoroughly. Stir in pumpkin and water; blend with mixer. Sift dry ingredients and mix into above mixture until thoroughly moistened. Add nuts. Let set for 15 minutes.

Recipe Type

Bread, Gift, Thanksgiving

Time & Temp

Bake 1 hour at 350 degrees.

Breakfast

Best Easy Belgium Waffles

Tastes great with butter, syrup and Hot Sausage on the side.

2 cup	Flour	2 cup	Milk
2 tsp	Baking Powder	3	eggs separated
2 tsp	confectioners sugar	2 tsp	vanilla
1 tsp	vegetable oil	pinch	salt

Procedure

Combine the flour, baking powder, confectioners sugar, oil, milk, vanilla, and egg yolks in large bowl. Beat the egg whites and salt until they stand in soft peaks. Fold into the batter (do not over mix). Pour onto hot waffle iron and bake about 2 - 3 minutes.

Recipe Type

Breakfast, Brunch

Recipe Tips

I have a regular Belgium waffle maker with 4 square waffles. Not the round one and I got about 11 square waffles. So if I make it again for all of us, I will probably double recipe.

Bonnies Monkey Bread

2	loaves Rich's Bread Dough (frozen)	1	cup brown sugar
1/2	cup melted butter	1	cup chopped pecans
1	cup sugar	1	or more tablespoons cinnamon

Procedure

Let dough rise on greased cookie sheet (overnight in fridge)

when dough is large and full, push down gently and pull off pieces of dough about the size of a plum. Shape into a ball.

Dip in melted butter and then dip in the sugar mixture

Put dough balls in a greased bunt pan. Cover with foil and let rise to the top of the pan

Let dough rise on greased cookie sheet (overnight in fridge)

when dough is large and full, push down gently and pull off pieces of dough about the size of a plum. Shape into a ball.

Dip in melted butter and then dip in the sugar mixture

Put dough balls in a greased bunt pan. Cover with foil and let rise to the top of the pan Approx, 1 hour.

Recipe Type

Breakfast, Brunch, Christmas, Easter

Time & Temp

Bake at 350' for 40'min. 20 min foil on 20 min foil off.

French Toast Casserole

From Laurie Klingel My Sister. We have this every Christmas morning along with Sausage Casserole!

8	cubed or layed flat	1/3	cup	syrup
1 1/2	pkgs cream cheese (cubed)	2	cup	half and half or milk
1	dozen eggs			

Procedure

Spray 13X9"pan lightly. Place cubed bread evenly in pan. Top with the cubed cream cheese. Toss lightly the bread and cheese. Beat eggs with syrup and milk. Pour over top.

Let sit overnight, refriderated about 8 hours.

Recipe Type

Breakfast, Brunch, Christmas

Time & Temp

Bake at 375' for 45min.

Make Ahead Monkey Bread

Awesome addition to holiday tables and Christmas morning breakfast!

1	tsp	Cinnamon	1	tsp	cinnamon
1/2	cup	sugar	1/2	cup	Sugar
24		balls frozen bread	1/2	cup	Chopped pecans (Opt)
1		stick butter - melted			

Procedure

About 8 hours before serving, or night before, combine first two ingredients in a bowl. Remove 24 frozen dough balls from freezer and wet them slightly before adding to sugar/cinnamon mixture. Stir to coat and dump into a Bundt pan sprayed w/cooking spray. Melt butter and add remaining sauce ingredients in a small bowl and pour over dough. Cover with a towel and let rise 8 hours or overnight.

Recipe Type

Breakfast, Brunch, Christmas

Recipe Tips

Note: You can play around a lot w/amount of butter, cinnamon and sugar, the one above is already cut down, if you want it really gooey and buttery then use one and a half sticks of butter.

Time & Temp

Bake 350 for about 30 minutes. Place large plate on top and invert bread onto plate. Let cool only long enough that you don't get burned - this is best when hot.

MICROWAVE BANANA MUFFINS

3/4 cup	Bisquick	1	Tbls oil
2	Tbls sugar or equivalent	1	egg
1/2	Cmashed ripe bananas		

Procedure

Mix ingredients all together. Place 2 thicknesses of paper cup liners in microwavable pan (for 6 muffins); divide mixture evenly into 6 cups. Microwave on high, turning 1/4 turn every 30 seconds for 2 1/2 to 3 minutes. Sprinkle with cinnamon/sugar, if desired.

Recipe Type

Breakfast, Brunch

Sausage Breakfast Casserole

This dish has been a tradition at our Christmas morning breakfast. We can't be without it on that morning, along with French Toast Casserole and sticky buns or Monkey bread, Coffee and goodies!

6	or more slices white bread (pepperidge farm or texas toast)	1 lb	bulk sausage
	butter	6	- 8 eggs
6 oz	shredded cheddar (or more)	2 cup	half & half

Procedure

Spread bread slices with butter, both sides, place in a 13X9" pan. Set aside; cook sausage until brown, stirring to crumble. Drain; Spoon over slices of bread evenly. Sprinkle with shredded cheese. Combine eggs, half&half, and salt and pepper. Mix well and pour over all.

Cover and refrigerate overnight. Remove from fridge and let sit on counter uncovered until oven preheats to 350' or for 15min before baking.

Recipe Type

Breakfast, Brunch, Christmas, Easter, New Years

Recipe Tips

Can be made ahead for dinner too! This is a great recipe to make when you are having overnight company.

Time & Temp

Bake for 45 min.

Desserts

Cakes

Apple Pecan Coffee Cake

2	cups	baking mix	1/2	tsp	cinnamon
1/3	cup	packed brown sugar	1/3	cup	milk
1/2	cup	chopped pecans	1	cup	chunky applesauce

Procedure

Mix brown sugar and 1/4 cup of the pecans; set aside.
In a separate bowl, blend baking mix, 1/4 cup pecans, cinnamon, milk and applesauce. Beat with an electric mixer about 30 seconds. Spread into prepared dish.
Sprinkle with brown sugar mixture.

Time & Temp

. Microwave on high,
rotating dish every 3 minutes until top springs back
when touched lightly and cake begins to pull away from
the sides of the dish - about 6 to 9 minutes. Cool 10
minutes on heatproof surface (not wire rack).

Banana Split Cake

This was given to me by Janet Snyder at my bridal shower! Janet is my cousin Don's wife.

	1st layer		3rd Layer
2	cup graham craker crumbs	2	large cans crushed pineapple (drained)
2/3	cup melted butter		reserve juice
	2nd layer		2-3 large bananas sliced and dipped into
2	sticks butter		pineapple juice
2	eggs		4th Layer
2	cup confectioners sugar	1	pkg frozen strawberries, thawed
1	tsp vanilla	1	container cool whip
		1/2	cup nuts
			marichino cherries

Procedure

Mix together graham crumbs and melted butter, 1st layer and spread in bottom of 9X13 pan. 2nd Layer - beat together about 15min. the ingredients for 2nd layer. Spread over crumbs. 3rd. Layer - bananas 4th Layer - Add drained pineapple and strawberries. 5th Layer - Spread 1 large container of Cool whip on top, sprinkle with nuts and cherries and/or you can dribble chocolate syrup over top.

Beth's Best Decorating Buttercream Frosting

1/4 cup	butter, softened	1	drop	butter rum flavoring or other flavor
1 1/4 cup	Crisco, (non butter)	2	lbs	powdered sugar
1/2 tsp	salt	1/2	cup	water
2	tsp			vanilla

Procedure

Cream first 4 ingredients until well blended (3 min) on medium speed. Add sugar and water; beat until well blended.

Recipe Tips

Keeps indefinitely in refrigerator.

Chocolate "Slop" Cake

This is an old favorite. very easy to make homemade cake, and super moist! It is great paired with a fluffy white icing.

2	cup	flour	1/2	cup	oil
2	cup	sugar	2		eggs
2	tsp	baking powder	1	cup	milk
2	tsp	baking soda	1	cup	brewed coffee (cooled)
	dash	salt	1	tsp	vanilla
3/4	cup	cocoa			

Procedure

Mix all ingredients together in order listed in mixer. Blend together for 3-4 min. batter will be runny.

Time & Temp

Bake in a 9X13 or 2 9" round cake pans.

at 350' for 30 - 40 min or longer if needed, toothpick inserted in middle should come out clean. Cool on wire rack

CHOCOLATE MICROWAVE CAKE

1 ½ cups	all purpose flour	1/4 tsp	salt
1 cup	sugar	1 cup	cold water or cold brewed coffee
3 Tbs	baking cocoa	1/3 cup	cooking oil
1 tsp	baking soda	1 tsp	vanilla

Procedure

Combine the dry ingredients. Combine the liquid ingredients in another bowl. Stir both together until well blended. Pour into a lightly oiled 9-inch square glass or pyrex pan or a microwave tube pan.

Recipe Tips

To serve, cut in pieces and serve with a chocolate pudding or sauce over the pieces.

Time & Temp

Cook on high heat (using turntable) 6 to 8 minutes or until cake tests done in center. Cool completely in pan. Store in an airtight container.

Candies / Sweets

Buckeyes

Given this recipe by Laurie Klingel My sis!

1 1/3	stick margarine	12 oz	bag choc. chips
1	lb confectioners sugar	1/4	bar parafin
12	oz jar peanut butter		

Procedure

Roll first three ingredients into balls and freeze.

Melt chocolate and parafin in heavy pot or double boiler, dip balls into chocolate. Keep refrigerated

Carmel Corn

1	cup	Butter	1/2	tsp	baking soda
2	cup	brown sugar	1	tsp	vanilla
1/2	cup	light corn syrup	6	quarts	popcorn (about 3 bags microwave popcorn)
1	tsp	salt			

Procedure

Preheat oven to 250 degrees. Grease two large, shallow baking pans. Remove unpopped kernels from popped popcorn. In a saucepan, melt butter over low to medium heat. Add brown sugar and corn syrup. Bring mixture to a boil, stirring constantly. Lower heat, and gently boil for 5 minutes, continuing to stir. Remove from heat, and stir in vanilla, salt and soda. Mix carmel sauce and popcorn together. spread coated popcorn evenly in the two pans.

Time & Temp

Bake for 1 hour, stirring every 15 minutes. Cool and break carmel corn apart before serving.

CHEX MUDDY BUDDIES

9 cup Chex cereals (corn, rice and/or wheat)	1/4 cup butter
1 cup semi sweet chocolate chips	1/4 tsp vanilla
1/2 cup peanut butter	1 1/2 cup powdered sugar

Procedure

Pour cereal into large bowl and set aside. Combine chocolate chips, peanut butter and butter in 1 quart microwavable bowl. Microwave on high for 1 to 1 1/2 minutes or until smooth (stir after 1 minute). Stir in vanilla. Pour chocolate mixture over cereal and stir until all pieces are evenly coated.

Pour cereal mixture into large container (with seal) with powdered sugar. Seal securely. Shake until all pieces are well coated. Spread on wax paper to cool. Store in an airtight container. Makes 9 cups.

Cookies

Pies

Dream Whip Pie

2 1 1/3 oz	envelopes dream whip brand whipped dessert topping mix	2 3.5 oz	pkgs. Jello instant pudding (ANY flavor)
2 3/4 cup	cold milk, divided	1	graham cracker pie crust
1 tsp	vanilla	1	tub cool whip

Procedure

1. Beat whipped topping mixes, 1 cup of the milk and vanilla in large bowl with electric mixer on high 6 minutes or until topping thickens and forms peaks. 2. Add remaining 1-3/4 cups milk and pudding mixes; beat on low speed until mixed. 3. Beat on high speed 2 minutes, scraping bowl occasionally. 4. Spoon into pie shell. 5. Refrigerate at least 4 hours. 6. Garnish as desired. (I frost it with tub of cool whip) 7. Store leftover pie in refrigerator.

Sweet Desserts

Dinner

Baked Pork Chops in Applesauce Gravy

Serve with Mashed potatoes!

5-6 Pork Chops
 2 Tbs flour
 1/2 tsp salt
 dash pepper
 1/4 cup catsup
 3/4 cup boiling water
 1 onion sliced
 1 cup applesauce

5-6 Pork Chops
 2 Tbs flour
 1/2 tsp salt
 dash pepper
 1/4 cup catsup
 3/4 cup boiling water
 1 onion sliced
 1 cup applesauce

5-6 Pork Chops
 2 Tbs flour
 1/2 tsp salt
 dash pepper
 1/4 cup catsup
 3/4 cup boiling water
 1 onion sliced
 1 cup applesauce

5-6 Pork Chops
 2 Tbs flour
 1/2 tsp salt
 dash pepper
 1/4 cup catsup
 3/4 cup boiling water
 1 onion sliced
 1 cup applesauce

Procedure

Brown pork chops on both sides in skillet; season with salt and pepper. Place pork chops in 9X13" casserole. Using grease from porkchops, add all other ingredients, except onion. Mix until smooth and thickened. Slice onion and place on top of porkchops. Pour warmed mixture over chops and onions.

Oven Temperature: 350°F

Cooking Time: 45 minutes

Beth's Best Meatloaf

1 1/2	~ 2 lb beef and pork mixture (can use all beef)	1	egg
1/2 cup	frozen onions (I use frozen celery, onion, pepper mix)	1/2 cup	milk or cream
1/2	pkg stove top stuffing (I use the wheat one)		Mrs. Dash garlic seasoning
1/2	bottle chili sauce (save rest for top of loaf)		brown sugar (sprinkle)

Procedure

Mix all ingredients except meat together in large bowl or mixer.

Add Meat and mix well.

Place in loaf pan, pat down. Make well around outside edge for grease. Brush with extra chili sauce and sprinkle a small amount of brown sugar on top of that (opt).

Oven Temperature: 350°F

Cooking Time: 1 hour and 30 minutes

Recipe Tips

let sit a few minutes before cutting.

Beth's Chili Old Fashioned Homemade Chili

1	28oz Can 10 Stewed Tomatoes (don't drain)	1.5	lb	hamburger
1	28oz Can Diced Tomatoes (don't drain)	1/2 to 3/4	cup	chopped Onions (I use frozen)
1	14.5oz Can Italian Stewed Tomatoes (don't drain)	1 to 2	cup	ketchup
1	14.5oz Can Diced Tomatoes with Green Chilies	1/4	cup	Brown Sugar
1	can Tomato Paste	1		Tbsp Chili Powder
2	15.5oz Cans Red Kidney Beans	1		Tbsp red pepper flakes (optional)

Procedure

Brown meat with the onions in a large fry pan. When browned and onions are done, put into either a large pot or 6qt crockpot depending on what you are cooking in.

Add canned ingredients. Add ketchup, brown sugar, and chili powder.

Recipe Tips

Cook till heated. Top with cheddar cheese, croutons, onions. Whatever you like.

Beth's Lasagne

1	lb	sausage (hot or sage)	1	lb	sausage (hot or sage)
1	lb	hamburger	1	lb	hamburger
		2-3 jars or one large jar ragu spaghetti sauce (chunky mushroom)			2-3 jars or one large jar ragu spaghetti sauce (chunky mushroom)
1		16oz tub ricotta cheese	1		16oz tub ricotta cheese
1/3	cup	parmesan cheese	1/3	cup	parmesan cheese
1		egg	1		egg
3	cup	mozzarella cheese	3	cup	mozzarella cheese
1		box lasagna noodles	1		box lasagna noodles
1 1/2	cup	water	1 1/2	cup	water

Procedure

Brown meats in large fry pan, drain off fat. Add 2 jars of sauce. Set aside.

In mixing bowl combine egg, ricotta, and 2 Cups Mozzarella. whip with wire whisk. Can add some parsley for color.

LAYERS: add some of the meat sauce to cover bottom of 13X9" greased pan. Add uncooked noodles in a layer, you may need to break some to make it fit. Add another layer of meat sauce. Add 1/2 of the cheese mixture.

Layer noodles, meat sauce, and cheese mixture. Top with one more layer of noodles and some sauce from last jar and top with remaining mozzarella cheese.

Carefully pour the 1 1/2 cups of water around the edges of pan and a little on top, it will be very full.

Brown meats in large fry pan, drain off fat. Add 2 jars of sauce. Set aside.

In mixing bowl combine egg, ricotta, and 2 Cups Mozzarella. whip with wire whisk. Can add some parsley for color.

LAYERS: add some of the meat sauce to cover bottom of 13X9" greased pan. Add uncooked noodles in a layer, you may need to break some to make it fit. Add another layer of meat sauce. Add 1/2 of the cheese mixture.

Layer noodles, meat sauce, and cheese mixture. Top with one more layer of noodles and some sauce from last jar and top with remaining mozzarella cheese.

Carefully pour the 1 1/2 cups of water around the edges of pan and a little on top, it will be very full.

Cover tightly with foil.

Oven Temperature: 350°F

Cooking Time: 45 minutes

Recipe Tips

remove foil and bake an additional 15min or more. Let sit 10min before slicing

Beth's NEW BBQ

1	Can Hunt's® Family Favorites Seasoned Tomato Sauce for Meatloaf	1/2 cup diced Onions 1/4 - 1/2 C green peppers
1/2 cup	Honey BBQ sauce	1/4 cup brown sugar
2 1/2 lb	Hamburger	

Procedure

Fry Hamburger, onion, and pepper until done. Add sauces.

Serve immediately or make day ahead and add to a crock pot to slowly simmer during the day.

Or Freeze this for making later,

Recipe Tips

You can take mixture and place in a ziplock bag and then place in crock pot. Freeze it in the crock pot then remove to store in freezer. When ready to use you can then pop it out of the bag and it will fit in the crockpot for you to start in the morning!

Beth's Tuna Casserole

- | | |
|---|--|
| 1 can Tuna (or larger can) | 1 pkg. wide egg noodles or elbow macaroni |
| 1 ~ 2 cans cream of celery, chicken, or mushroom soup | crumbled potato chips or chow mein noodles |
| 1 can peas | |

Procedure

Boil noodles according to package directions, drain.

In same pot that noodles were in combine tuna, soup, & peas. Add drained noodles. Add more soup to mixture as needed up to 2 cans.

Recipe Tips

At this point you can dish it out and eat it topped with one of the toppings, or place in a baking dish and top with one topping and place in oven at 350' for 20' min. To get the baked taste.

Enjoy.

Caramel Apple Pork Chops

4	thick pork chops	1/8 tsp	ground nutmeg
1	tsp oil	2	tblsp. unsalted butter
2	tblsp brown sugar	2	tart apples - peeled, cored and sliced
	salt & Pepper	3	tblsp. pecans
1/8	tsp ground cinnamon		

Procedure

Preheat oven to 175 degrees F (80 degrees C). Place a medium dish in the oven to warm.

Heat a large skillet over medium-high heat. Brush chops lightly with oil, and place in hot pan. Cook for 5 to 6 minutes, turning occasionally, or until done. Transfer to the warm dish, and keep warm in the preheated oven.

In a small bowl, combine brown sugar, salt, pepper, cinnamon, and nutmeg. Add butter to skillet, and stir in brown sugar mixture and apples. Cover, and cook until apples are just tender. Remove apples with a slotted spoon, and arrange on top of chops. Keep warm in the preheated oven.

Continue cooking mixture uncovered in skillet, until sauce thickens slightly. Spoon sauce over apples and chops. Sprinkle with pecans.

Chicken-Taco Cornbread Pie

A Mexican standard takes cover under golden cornbread to create this warm, comforting chicken bake. Best of all, prep is only 30 minutes.

1	Tbs	oil	3/4	cup	water
1-1/2	lb	boneless skinless chicken breasts, cut into 1/2-inch pieces	1	cup	KRAFT Shredded Cheddar Cheese
1		green pepper, chopped	1		pkg. (8-1/2 oz.) corn muffin mix
1		pkg. (1 oz.) TACO BELL® Taco Seasoning Mix			



Procedure

Heat oven to 400°F.

Heat oil in large skillet on medium-high heat. Add chicken; cook and stir 5 min. or until done. Stir in peppers, seasoning mix and water. Bring to boil; simmer on medium-low heat 10 min., stirring occasionally.

Spoon into 9-inch pie plate sprayed with cooking spray; sprinkle with cheese. Prepare muffin mix as directed on package; spoon over cheese, completely covering cheese layer.

Bake 20 min. or until golden brown. Let stand 5 min. before serving.

Chili Dog Casserole

2	(15 ounce) cans chili with beans	10	(8 inch) flour tortillas
1	(16 ounce) package beef frankfurters	1	(8 ounce) package Cheddar cheese, shredded

Procedure

Preheat oven to 425 degrees F (220 degrees C).

Spread 1 can of chili and beans in the bottom of a 9x13 inch baking dish. Roll up franks inside tortillas and place in baking dish, seam side down, on top of chili and bean 'bed'. Top with remaining can of chili and beans, and sprinkle with cheese.

Cover baking dish with aluminum foil, and bake at 425 degrees F (220 degrees C) for 30 minutes.

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Recipe Tips

"Beef franks, chili and beans, tortillas and Cheddar cheese form the layers of this deceptively simple and unusual casserole."

Crockpot Chicken Stroganoff

Ultra creamy with cream cheese and cream soup, this crock pot dinner comes together quickly with the addition of chicken and Italian dressing.

4	cubed boneless chicken breasts	1	8oz pkg cream cheese
1/8 cup	margarine	1	10.75oz can cream of chicken soup
1	Pkg dry Italian salad dressing mix		

Procedure

Put chicken, margarine and dressing mix in slow cooker; mix together and cook on low for 5-6 hours. Add cream cheese and soup, mix together and cook on high for another 30' or until heated through and warm.

Crockpot Dump and Go Cheesy Chicken

"A creamy, Cheddar cheesy soup sauce cooked with chicken and a little seasoning in a slow cooker. This is an easy way to enjoy a great chicken dinner, even when you run out of time!! The trick is do not lift lid while cooking! Make with rice, pasta, or potatoes."

6	skinless, boneless chicken breast halves	1/2	cup	milk
2	(11 ounce) cans condensed cream of Cheddar cheese soup			salt and pepper to taste
		1	tsp	garlic powder

Procedure

Spray slow cooker with cooking spray. Place chicken breasts inside. In a medium bowl mix together soup and milk, and pour mixture over chicken. Season with salt and pepper to taste and garlic powder.

Cook on High for about 6 hours. Note: Do not lift lid while cooking!

Servings: 4

Recipe Tips

"A creamy, Cheddar cheesy soup sauce cooked with chicken and a little seasoning in a slow cooker. This is an easy way to enjoy a great chicken dinner, even when you run out of time!! The trick is do not lift lid while cooking! Make with rice, pasta, or potatoes.4"

Crockpot Dump BBQ Jelly Chicken

3/4 cup Ketchup	1 tsp Worcestershire sauce
3/4 cup Blackberry Jam (Strawberry, peach, and apricot also work well)	2 tsp Chili Powder
1/4 cup White Vinegar	1/8 tsp Salt

Procedure

Take the ingredients for the recipe, place in a one-gallon freezer bag, then add your chicken and freeze. Dump all into crockpot in the morning (frozen) and cook on low 8-9 hours.

Recipe Tips

Also can be used as a marinate for steak.

To make NOT IN CROCKPOT: Thaw before you cook. You can use 4-8 pieces of chicken, pieces, or breasts and we always chose to use boneless and skinless. Cooking time will be around 45 min to one hour depending on how much chicken you have and how large the pieces. When chicken is no longer pink inside it's done. Enjoy!!!

Crockpot Dump Chili Maple Glazed Chicken

2 Tbs Water
1 tsp Salt

1.5 Tbs Maple Syrup
1 Tbs Chili Powder

Procedure

Take the ingredients for the recipe, place in a one-gallon freezer bag, then add your chicken and freeze. Dump all into crockpot in the morning (frozen) and cook on low 8-9 hours.

Recipe Tips

Also can be used as a marinate for steak.

To make NOT IN CROCKPOT: Thaw before you cook. You can use 4-8 pieces of chicken, pieces, or breasts and we always chose to use boneless and skinless. Cooking time will be around 45 min to one hour depending on how much chicken you have and how large the pieces. When chicken is no longer pink inside it's done. Enjoy!!!

Crockpot Dump Garlic Dijon Chicken

2 cloves Minced Garlic
4 Tbs Dijon Mustard

2 Tbs Lime Juice

Procedure

Take the ingredients for the recipe, place in a one-gallon freezer bag, then add your chicken and freeze. Dump all into crockpot in the morning (frozen) and cook on low 8-9 hours.

Recipe Tips

Also can be used as a marinate for steak.

To make NOT IN CROCKPOT: Thaw before you cook. You can use 4-8 pieces of chicken, pieces, or breasts and we always chose to use boneless and skinless. Cooking time will be around 45 min to one hour depending on how much chicken you have and how large the pieces. When chicken is no longer pink inside it's done. Enjoy!!!

Crockpot Dump Herb-Wine Chicken

1	cup	Red Wine	1	tsp	Thyme
2/3	cup	Vegetable Oil	1	tsp	Basil
2	cloves	Crushed Garlic	1/2	tsp	Salt
1/2		Lemon (sliced thinly)	1/4	tsp	Pepper
2	Tbs	Minced Parsley			

Recipe Tips

Also can be used as a marinate for steak.

To make NOT IN CROCKPOT: Thaw before you cook. You can use 4-8 pieces of chicken, pieces, or breasts and we always chose to use boneless and skinless. Cooking time will be around 45 min to one hour depending on how much chicken you have and how large the pieces. When chicken is no longer pink inside it's done. Enjoy!!!

Crockpot Dump Honey Glazed Chicken

1/4 cup Butter - melted
1/8 cup Soy sauce

1/2 cup Honey

Procedure

Add all to a gallon ziplock bag with Chicken pieces. Freeze.

Dump all into crockpot in the morning (frozen) and cook on low 8-9 hours.

Recipe Tips

Also can be used as a marinate for steak.

To make NOT IN CROCKPOT: Thaw before you cook. You can use 4-8 pieces of chicken, pieces, or breasts and we always chose to use boneless and skinless. Cooking time will be around 45 min to one hour depending on how much chicken you have and how large the pieces. When chicken is no longer pink inside it's done. Enjoy!!!

Crockpot Dump Russian Chicken

2/3 cup Apricot Preserves
16oz Russian Dressing

2 Packages Dry Onion Soup Mix

Procedure

Take the ingredients for the recipe, place in a one-gallon freezer bag, then add your chicken and freeze. Dump all into crockpot in the morning (frozen) and cook on low 8-9 hours.

Recipe Tips

Also can be used as a marinate for steak.

To make NOT IN CROCKPOT: Thaw before you cook. You can use 4-8 pieces of chicken, pieces, or breasts and we always chose to use boneless and skinless. Cooking time will be around 45 min to one hour depending on how much chicken you have and how large the pieces. When chicken is no longer pink inside it's done. Enjoy!!!

Crockpot Dump Spicy Sweet Glaze

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

Procedure

Take the ingredients for the recipe, place in a one-gallon freezer bag, then add your chicken and freeze. Dump all into crockpot in the morning (frozen) and cook on low 8-9 hours.

Recipe Tips

Also can be used as a marinate for steak.

To make NOT IN CROCKPOT: Thaw before you cook. You can use 4-8 pieces of chicken, pieces, or breasts and we always chose to use boneless and skinless. Cooking time will be around 45 min to one hour depending on how much chicken you have and how large the pieces. When chicken is no longer pink inside it's done. Enjoy!!!

Crockpot Dump Sticky Chicky

2 Tbs Oil

1 Tbs Soy Sauce

3 Tbs Smooth Peanut Butter

3 Tbs Ketchup

Procedure

Take the ingredients for the recipe, place in a one-gallon freezer bag, then add your chicken and freeze.

Dump all into crockpot in the morning (frozen) and cook on low 8-9 hours.

Recipe Tips

To make NOT IN CROCKPOT: Thaw before you cook. You can use 4-8 pieces of chicken, pieces, or breasts and we always chose to use boneless and skinless. Cooking time will be around 45 min to one hour depending on how much chicken you have and how large the pieces. When chicken is no longer pink inside it's done. Enjoy!!!

Crockpot Dump Sweet & Spicy Chicken

1 Package Taco Seasoning 12 oz Salsa
8 oz Apricot Jam

Procedure

Take the ingredients for the recipe, place in a one-gallon freezer bag, then add your chicken and freeze. Dump all into crockpot in the morning (frozen) and cook on low 8-9 hours.

Recipe Tips

To make NOT IN CROCKPOT: Thaw before you cook. You can use 4-8 pieces of chicken, pieces, or breasts and we always chose to use boneless and skinless. Cooking time will be around 45 min to one hour depending on how much chicken you have and how large the pieces. When chicken is no longer pink inside it's done. Enjoy!!!

To make NOT IN CROCKPOT: Thaw before you cook. You can use 4-8 pieces of chicken, pieces, or breasts and we always chose to use boneless and skinless. Cooking time will be around 45 min to one hour depending on how much chicken you have and how large the pieces. When chicken is no longer pink inside it's done. Enjoy!!!

Crockpot Dump Teriyaki Chicken

1	clove	Garlic, Crushed	1.5	Tbs	Cider Vinegar
1/3	cup	Soy Sauce	1.5	Tbs	Brown Sugar
2	Tbs	Rice Wine (Or Sherry)	1.5	Tbs	Minced Ginger

Procedure

Take the ingredients for the recipe, place in a one-gallon freezer bag, then add your chicken and freeze. Dump all into crockpot in the morning (frozen) and cook on low 8-9 hours.

Recipe Tips

To make NOT IN CROCKPOT: Thaw before you cook. You can use 4-8 pieces of chicken, pieces, or breasts and we always chose to use boneless and skinless. Cooking time will be around 45 min to one hour depending on how much chicken you have and how large the pieces. When chicken is no longer pink inside it's done. Enjoy!!!

ELECTRIC FRY PAN MEATLOAF DINNER

1 1/4 lb	ground beef		Salt and pepper to taste
1/4 lb	ground pork	5	med. potatoes
1 cup	onions, finely chopped	3	med. carrots
2	eggs	3	bell pepper rings
1	(14 oz.) can stewed tomatoes	3/4	can stewed tomatoes
3/4 cup	fine cracker crumbs		

Procedure

Mix ingredients well. Shape into a loaf. Place in the center of a greased electric fry pan. Peel and quarter potatoes and place around sides of meat loaf with thick sliced carrots. Place bell pepper rings on top of meat loaf. Pour remainder of stewed tomatoes over meat loaf and potatoes. Cook at 325-350 degrees for approximately 1 hour or until done.

Recipe Tips

Can use my regular meatloaf recipe for this.

Electric Frypan MEATBALLS

1 lb hamburger	1 tsp salt
1/4 cup milk	toothpicks
1/2 cup bread crumbs	catsup & mustard
1/4 cup parmesan cheese	1 electric frying pan, on table

Procedure

Make this at the table. In a bowl mix hamburger, milk, salt, egg, bread crumbs and cheese. Roll into meatballs. Put 2 tablespoons of oil in pan. Turn temperature of pan to 325 degrees. Put meatballs in. Cook slowly. Turn until light brown on all sides (about 15 minutes). Take out with a spatula. Put on plate. Serve with toothpicks. Dip into catsup or mustard.

ELECTRIC ROAST BEEF

- | | | |
|-------|-----------------------------|----------------------------|
| 1 | lg. beef roast (thick cut) | Onion soup mix |
| | 1-2 cloves minced garlic | 1 chopped onion |
| | Potatoes (desired quantity) | Carrots (desired quantity) |
| 1 cup | Worcestershire or soy sauce | |

Procedure

Heat an electric frying pan on high; sear roast on both sides. Add water (until fry pan is at least half full), onion soup mix, garlic, onions, and Worcestershire or soy sauce. Reduce heat to 325-350 degrees and cook for 1 hour, adding water as needed.

Add peeled and sliced potatoes and carrots. Cook until meat is tender and vegetables are done (about another hour to hour and a half).

NOTE: Little if any salt is necessary for this recipe and should be added only after tasting.

BE SURE THERE IS ALWAYS SUFFICIENT WATER IN FRY PAN.

Honey Mustard Chicken Breasts

1/4 cup honey
2 Tbs prepared mustard
1 Tbs soy sauce

1 Tbs minced garlic
2 lbs boneless, skinless chicken breasts

Procedure

Mix honey, mustard, soy sauce and garlic. Pour over chicken breasts and cover tightly in a food storage bag or in a microwavable dish, covered with plastic wrap. Marinate in the refrigerator for several hours or overnight. One hour before serving, remove the chicken from the fridge and let stand at room temperature. Microwave, covered with vented plastic wrap

Servings: 2

Cooking Time: 15 minutes

Lasagna

1	lb	ground beef (use beef / pork mixture)	1/2	cup	grated parmesan cheese
1		jar spaghetti sauce	2		eggs
1 1/2	cup	water	1		Tblps italian seasoning
1/2	cup	frozen onion/pepper/celery mix or just onions	1	tsp	red pepper flakes (opt)
1 3/4	cup	Ricotta (I use half cottage cheese)	9		or more pieces lasagna noodles UNCOOKED
2	cup	shredded mozzarella cheese			

Procedure

Heat oven to 350'. In large sauce pan brown meat, and frozen onion/peppers, drain. Add spaghetti sauce, water and pepper flakes.

In medium bowl stir together ricotta cheese one half of the mozzarella, parmesan, eggs, seasoning. Mix well.

Pour 1 cup of sauce in bottom of 13X9" pan. place 3 - four noodles length wise on top of sauce (noodle will expand) May need to put one noodle crosswise at one end.

cover with 1 cup of sauce, add half the cheese mixture in spoonfuls then spread,

Repeat layers of lasagna, suace and cheese filling. top with layer of noodles, sauce then sprinkle with the remaining mozzarella cheese.

Cover with foil. Bake for 45'. Remove foil and bake an additional 10 min. or until hot and bubbly. Let stand 10 min. before cutting.

Microwave French Glazed Chicken

4	skinless, boneless chicken breasts	1 Tbs	dried onion
1/4	cup low calorie French dressing	2 Tbs	water
2	Tbs low sugar apricot jam		

Procedure

Arrange chicken in a 9x9" pan that has been sprayed with non-stick coating.

Cover with plastic wrap, venting one corner. Cook on high for 6 to 8 minutes, depending on thickness of chicken. Rotate 1/4 turn halfway through cooking. Drain any liquid. Mix remaining ingredients and spoon over chicken. Cook for 1 to 2 minutes or until glaze is heated.

Servings: 4

Microwave Layered Dinner

16	oz	can cut green beans -drained	1	tsp	prepared mustard
8		slices cooked deli ham	5		slices American cheese
10 1/2	oz	can cream of celery soup	1/3	cup	seasoned croutons
1/4	cup	mayonnaise	1	Tbs	butter or margarine, melted

Procedure

Place green beans in a 1 1/2-quart, heat-resistant, non-metallic casserole. Top with slices of meat. In a small bowl, combine soup, mayonnaise and mustard. Blend together well. Pour soup mixture over meat slices. Top with cheese. In a small, heat-resistant, non-metallic bowl, melt 1 tablespoon of butter in Microwave Oven seconds. Toss croutons in melted butter. Sprinkle buttered croutons over cheese.

Time & Temp

Heat, uncovered, in Microwave Oven 10 minutes. Let stand for 5 minutes before serving.

Microwave Sausage and Pepper Heroes

4	Italian sausages	1	green pepper, cut in strips
½ cup	bottled barbecue sauce	4	hero rolls

Procedure

Place sausages on microwave roasting rack. Cover with paper towels. Cook on Hi (maximum power) 4 minutes. Turn sausages. Cook on Hi 4 minutes longer. Set sausages aside. In a 2-cup glass measure cook barbecue sauce with pepper strips on Hi 2 minutes. Split hero rolls almost in half. Place 1 cooked sausage in each roll. Top each with one-quarter of the sauce and pepper strips. Place each roll on paper towel-lined microproof plate. Cook, one at a time, on Hi 1 to 1-½ minutes or until warmed. 4 servings

Oriental Hamburger Casserole

1 lb	ground beef	1	cup	water
1	medium onion, chopped	1	cup	uncooked instant rice
1	(10 1/2-ounce) can condensed cream of mushroom soup	1/4	cup	soy sauce
1	(10 1/2-ounce) can condensed cream of chicken soup	1/4	tsp	pepper
1	(8-ounce) can sliced water chestnuts, drained	1	cup	chow mein noodles
1	cup			chopped celery

Procedure

Preheat electric skillet at 325°. Add ground beef and onion. Brown well. Add remaining ingredients except noodles. Bring to a boil. Turn heat control down until pilot light goes out.

Cooking Time: 35 minutes

Recipe Tips

Sprinkle with chow mein noodles. Heat through.

Pampered Chef Taco Ring

1/2	lb	(.2 kg).	ground beef, cooked and drained	1/2	head	lettuce, shredded
1 1.25	oz	(35 gm)	package taco seasoning mix	1	med.	tomato, cubed
1	cup	(225 ml)	shredded cheddar cheese	1	small	onion, chopped
2	Tbs	(30 ml)	water	1/2	cup	(125 ml) whole pitted black olives, sliced
2 8	oz	(224 gm).	pkgs. refrigerated crescent roll dough	1	cup	(225 ml) salsa sour cream
1			med. green bell pepper			

Procedure

Preheat oven to 375 degrees (200 C.).

Combine meat, seasoning mix, cheese and water in 2 qt. batter bowl.

Arrange crescent triangles in a circle on a 13" round baking stone, with bases overlapping in center and points to outside (there should be a five inch diameter circle in center).

Using medium stainless steel scoop (approx. 2 T) spoon meat mixture over rolls.

Fold points of triangles over filling and tuck under base at center (filling will not be completely covered).

Bake 20 to 25 minutes or until golden brown.

Using V-shaped cutter, cut off top of bell pepper.

Place bell pepper in center of ring; fill with salsa.

Mound lettuce, onion, tomato and olives around pepper.

Using easy accent decorator, garnish with sour cream.

Cut and serve.

Porcupine Meat Loaf

16	oz	extra lean ground turkey or beef	1	tsp	dried parsley flakes
1 1/2	cups	cooked rice	1	tsp	dried onion flakes
1		(10 3/4-ounce) can Healthy Request Tomato Soup			

Procedure

In a large bowl, combine meat, rice, 1/2 cup tomato soup, parsley flakes and onion flakes. Pat mixture into a microwavable baking ring. Evenly spoon remaining tomato soup over top. Microwave on HIGH (100% power) for 14 minutes. Let set for 5 minutes. Cut into 6 servings.

In a large bowl, combine meat, rice, 1/2 cup tomato soup, parsley flakes and onion flakes. Pat mixture into a microwavable baking ring. Evenly spoon remaining tomato soup over top.

Time & Temp

Microwave on HIGH (100% power) for 14 minutes. Let set for 5 minutes. Cut into 6 servings.

Porcupines (Mom used to make)

Mom (Joan) got this recipe from Aunt Laverne Miller

2	lb	hamburger	1/2	tsp	pepper
1	tsp	baking powder	3/4	cup	uncooked rice
1		small onion minced	2		cans tomato soup
3/4	cup	milk	2	cup	water
2	tsp	salt			

Procedure

Combine all ingredients except soup and water. Form into small balls and place in baking pan. Cover with soup and water mixed. Place in oven uncovered.

Time & Temp

Bake at 350' for 35min or more.

Salisbury Steak Easy (Crockpot or Stove Top)

2 lb	lean ground beef	2	cans cream of mushroom soup (or on can mushroom and one can beef gravy)
1/2	envelope dry onion soup mix	1	can baby portabella mushrooms (optional)
1/2 cup	Italian seasoned bread crumbs	1	packet dry au jus mix
1/4 cup	Milk	3/4 cup	water
1/4 cup	flour		
2	Tblsp. vegetable oil		

Procedure

1. In a large bowl, mix together the ground beef, onion soup mix, bread crumbs, and milk using your hands. Shape into 8 patties. 2. Heat the oil in a large skillet over medium-high heat. Dredge the patties in flour just to coat, and quickly brown on both sides in the hot skillet. Place browned patties into the slow cooker stacking alternately like a pyramid. 3. In a medium bowl, mix together the cream soup, au jus mix, and water. Pour over the meat. Top with mushrooms. Cook on the Low setting for 4 or 5 hours, until ground beef is well done.

Recipe Tips

***Skillet on top of stove..... brown the patties and then added the soups, etc, and let it all simmer covered for about 15-20 minutes.*

Time & Temp

Cook on the Low setting for 4 or 5 hours, until ground beef is well done.

Spaghetti Sauce (Mimi's)

Mom used to make this sauce and let it simmer all morning and then we would have a big meal on Sunday afternoon.

3 cans tomato juice 24oz size

3 cans tomatoe paste small cans

3 cans tomatoe sauce small cans

1 cup more or less onions chopped fine

Procedure

Mix all in large pot, or crockpot and cook slowly, stirring occasionally.

Drinks and Punches

Blue Hawaii Martini (My Recipe)

- | | | | |
|---|---------------------|---|-------------------------|
| 1 | jigger blue Curacao | 3 | jiggers pineapple juice |
| 2 | jiggers vodka | | |

Procedure

Mix all together in a drink shaker full of ice.

MOST IMPORTANT: as far as I'm concerned.... Pour into cold, sugar rimmed martini glass.

Recipe Type

Beverage

Recipe Tips

To sugar the glass: Roll the rim of glass in light Kayro Syrup, then roll in sugar. Chill glass.

Bourbon Slushie (or Vodka Cranberry slushie)

I make this one before Christmas every year to have on hand for drinks. And if I need some Christmas Spirit! so to speak!

3	tea bags	2	cup	bourbon or whiskey (or Vodka)	
2	cup	hot water steep with the tea bags 5 MIN.	6	oz	frozen orange juice (or cranberry juice concentrate)
1	cup	Sugar	12	oz	frozen lemonade
6	cup	cold water			

Procedure

Discard tea bags after steeping. Add all the ingredients in a large pot or bowl. Pour into tupperware or some kind of container to freeze, leaving some head space for expansion while freezing.

I use two larger square ziplock containers.

Vodka Cranberry Slushie: Just substitute Vodka for bourbon and cranberry juice for the OJ.

Recipe Tips

To use: Use 2 heaping Tablespoons of slushie mix (more or less) into a tall glass. fill with 7up, sprite, fresca, or A-treat grapefruit soda.

Enjoy!

Time & Temp

Freeze for at least 24 hours.

French Martini (My Recipe)

- | | | | |
|---|-----------------|---|-------------------------|
| 1 | jigger Chambord | 3 | Jiggers pineapple juice |
| 2 | jiggers Vodka | | |

Procedure

Mix all in drink shaker with ice.

Recipe Tips

*MOST IMPORTANT: as far as I'm concerned.... Pour into cold, sugar rimmed martini glass.
To sugar the glass: Roll the rim of glass in light Kayro Syrup, then roll in sugar. Chill glass.*

Grape Crush Cocktail Recipe

1/2 oz Vodka
1/4 oz Chambord

Splash sour mix

Procedure

In Mixing Glass with Ice add the liquor,
Shake and strain into glass,

Recipe Tips

Could be topped with a splash of soda for grape soda taste.

Lobotomy Cocktail Recipe

1/3 oz Amaretto
1/3 oz Chambord

1/3 oz Pineapple juice
Top with champagne

Procedure

Mix in mixing glass or shaker with ice.
Shake and strain, top with champagne

Purple Haze Cocktail

1/2 oz Vodka
1/2 oz Chambord

dash Sweet and sour mix
dash Soda

Procedure

Mix all in shaker with ice,
strain into glass

Stout's Halloween Party Punch

Other additions: plastic bugs, glow light, and MOST IMPORTANT DRY ICE!! to make it smoke and bubble!

1 2 quart bottle green Hi C or other green juice
1/2 can large Pineapple juice
1 2 liter bottle sprite or 7up



Procedure

Mix all together in large punch bowl.

Recipe Tips

For Halloween I make frozen hands. Pour water into clean latex gloves, rubber band close and freeze.

Fall Favorites

Side Dishes, Veggies, & Salads

Baked Pineapple

1 cup	Sugar		3-4 C "real" bread cubes
1	4oz can crushed pineapple	1/2	stick margarine or butter
3	eggs (beaten)		



Procedure

Mix all together, place in a 2 quart casserole.

Recipe Tips

Maybe made ahead and reheated in microwave or eaten cold.

Time & Temp

Bake at 350' for 40min.

Deluxe Crock Pot Stuffing

1	Tblsp. margarine	1	tsp	salt
7	cup bread cubes (can used premade in bag stuffing or homemade) I use both	1/4	tsp	paprika
		1/2	tsp	rubbed sage
1	cup onion	1/2	tsp	dried thyme
1	cup chopped celery	1 1/4	cup	chicken broth (or more depending on how dry it gets)
1	lb Italian or Sage sausage (loose)			
1/4	cup fresh parsley (minced or 1 tblsp. dried)			



Procedure

Grease crockpot with margarine. Combine ingredients and fill crockpot. Cover and cook on high for one hour, stir well; continue to cook on low for 3 hours.

Recipe Tips

When I made this recipe I found it best to fry up the onions and celery in the frypan to the sweated stage, then add it to the recipe and proceed following the recipe.

Green Bean Casserole

1	can 10 3/4 condensed cream of mushroom soup	1/8	tsp	pepper
		1/2	cup	milk
4	cup canned green beans (or cooked green beans)	1 1/3	cup	french fried onions (durkee)



Procedure

Mix soup, milk and pepper in a 1 1/2-quart casserole dish. Stir in beans and 2/3 cup of the fried onions. Bake for about 25 minutes at 350 degrees F. Top with the remaining 2/3 cup fried onions and bake about 5 more minutes, until onions are lightly browned.

Servings: 6

Hot German Potatoe ~Mimi/Mom

- 5 lb red potatoes (cooked and cubed)
- 8 oz velveeta (cubed) or more
- 1 large onion (chopped coarse)
- 16 oz mayo
- 1/2 lb bacon cooked and broken up into pieces



Procedure

Mix all together in a large casserole dish

Time & Temp

Bake at 350' for approx. 30min

Layered Salad (make ahead)

There's a reason this layered salad is classic: The flavors of red onions, peas, ham, mayo, Parmesan and tomatoes combine for a foolproof potluck winner.

8 cups	chopped iceberg lettuce			Kraft Mayo Mayonnaise
1	small red onion, sliced, separated into rings			Real Mayo \$2.99 thru 08/30
1	pkg. (10 oz.) frozen peas, thawed	1/4 cup		KRAFT Grated Parmesan Cheese
1	pkg. (6 oz.) OSCAR MAYER Smoked Ham, chopped	1	Tbs	sugar
		1	cup	KRAFT 2% Milk Shredded Cheddar Cheese
3/4 cup	KRAFT Real Mayo Mayonnaise	2		small tomatoes, chopped



Procedure

Layer lettuce, onions, peas and ham in large straight-sided clear glass bowl.

Mix mayo, Parmesan and sugar; spread over salad to seal. Refrigerate several hours or up to 24 hours.

Top with cheddar and tomatoes just before serving; toss gently.

Recipe Tips

I use Bacon instead of ham

Zucchini Onion Pie Recipe

We get a lot of zucchini when it's in season. This is a good and different way to use the excess. —Lucia Johnson, Massena, New York

3	eggs	1/4	tsp	salt	
1	cup	grated	Parmesan	cheese	
1/2	cup	canola	oil		
1	Tbs	minced	fresh	parsley	
1		garlic	clove,	minced	
		1/8	tsp	pepper	
		3	cups	sliced	zucchini
		1	cup	biscuit/baking	mix
		1		small	onion, chopped

Procedure

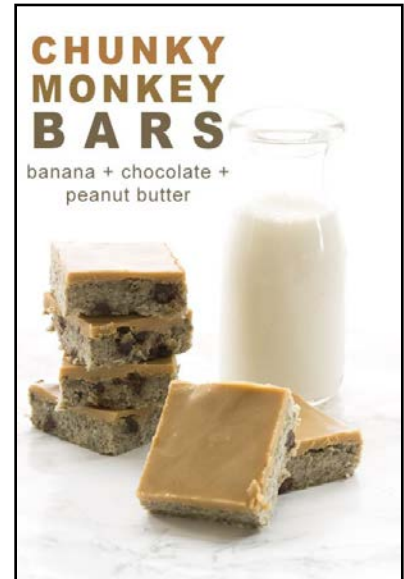
In a large bowl, whisk the first seven ingredients. Stir in the zucchini, baking mix and onion. Pour into a greased 9-in. deep-dish pie plate. Bake at 350° for 25-35 minutes or until lightly browned.

Treats and Snacks

Chunky Monkey Bars

Dense rich banana chocolate chip bars with a delicious peanut butter glaze. These are the best low carb, grain-free snack ever, according to my kids!

	Banana Bars:		
1/3 cup	chia seed, ground (I grind mine in a coffee grinder)	1/4 cup	melted coconut oil (or melted butter)
1 cup	water	2 tsp	banana extract
2 cups	Ultra Fine Almond Flour	1/2 tsp	vanilla extract
1/2 cup	Swerve Sweetener	1/3 cup	sugar-free chocolate chips
1 tsp	baking powder		Frosting:
1/4 tsp	salt	1/4 cup	butter or coconut oil
1	large egg	1/2 cup	peanut butter
		1/4 cup	confectioner's Swerve Sweetener



Procedure

Preheat oven to 325F and grease a 9x9 baking pan well. In a medium bowl, stir together ground chia seed and water. Let sit until thickened, about 10 minutes.

In a large bowl, whisk together the almond flour, sweetener, baking powder, and salt. Stir in egg, coconut oil, banana extract, vanilla extract and chia seed mixture until well combined. Stir in chocolate chips.

Spread batter in prepared baking pan and bake until just set, about 25 to 28 minutes. You don't want them to be dry, so don't over bake. Let cool in pan. The edges should pull away from the sides. Gently transfer to a piece of waxed paper or parchment paper to frost (I flipped them out onto my hand, then flipped them back over onto a piece of waxed paper).

Frosting:

Melt butter (or coconut oil) and peanut butter together in a medium microwave safe bowl. Whisk in sweetener until well combined. Spread over cooled bars.

Refrigerate to let the frosting set, about 30 minutes

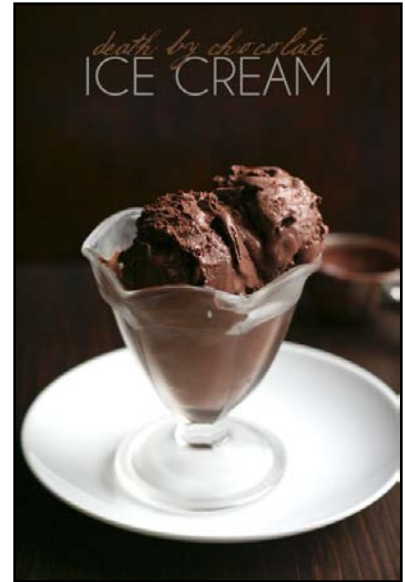
Servings: 1

Yield: Yield: 16 bars

Death By Chocolate Ice Cream

A serious chocolate lover's low carb ice cream recipe. I don't mess around when it comes to healthy chocolate desserts!

2	cups	heavy cream	2	Tbs	vodka (optional, helps reduce iciness)
1 1/2	cups	unsweetened cashew milk (or almond or coconut), divided	1/2	tsp	vanilla extract
1/2	cup	cocoa powder (for super dark ice cream, use Hershey's Special Dark)	1/4 to 1/2	tsp	liquid stevia extract (or other sweetener, to taste)
1/2	cup	Swerve Sweetener	1/4	tsp	xanthan gum (optional, helps reduce iciness)
4		large egg yolks			
3	oz	unsweetened chocolate, chopped (can also use Lily's Chocolate)			



Procedure

Set a bowl over an ice bath and set aside.

In a medium saucepan over medium heat, combine cream, 1 cup of the cashew milk, cocoa powder and sweetener. Whisk together until well combined and stir until mixture reaches 170F on an instant read thermometer.

Whisk egg yolks in a medium bowl. Slowly add 1 cup of the hot cream mixture, whisking continuously to temper the yolks. Slowly add tempered yolks back into the saucepan, whisking continuously. Cook and stir until mixture reaches 175F on an instant read thermometer and is thick enough to coat the back of a spoon.

Remove from heat and add chopped chocolate. Let sit 5 minutes and then whisk until smooth.

Pour mixture into bowl set over ice bath and let cool 10 minutes. Then wrap tightly in plastic and refrigerate for at least 3 hours.

Whisk in additional 1/2 cup cashew milk, vodka, if using, vanilla extract and stevia extract (mixture will be VERY thick until these ingredients are whisked in).

Sprinkle surface with xanthan gum, if using, and whisk vigorously to combine. Pour mixture into the canister of an ice cream maker and churn according to manufacturer's directions.

Once churned, you can serve immediately or you can pack in an air tight container and freeze until a little firmer (1 to 2 hours).

Servings: 8

Yield: Yield: 4 cups

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