

SHE LOOKS WELL TO THE WAYS OF HER HOUSEHOLD
AND DOES NOT EAT THE BREAD OF IDLENESS.
PROVERBS 31:27

*Summit Woods Women's
2018 Weekend Retreat
Recipe Exchange*

Cashew Butter Brownies

- 1-16 oz jar Cashew Butter
- 2 eggs
- 1/3 cup Agave Nectar
- 1 teaspoon Baking Soda
- 1 teaspoon Vanilla
- Dash of Salt
- 1 cup (or liberal amount) chocolate chips

Preheat oven to 325* Fahrenheit. Combine ingredients in medium bowl. Spray 9x13 pan with cooking spray. Pour batter in prepared pan and sprinkle more chocolate chips on top. Bake in oven for 20 to 25 minutes, until middle is set.

Twice-Baked Potato Casserole

- 8 medium-sized baking potatoes (4 pounds), baked
- 3 cups shredded cheese, divided
- 1-16oz container sour cream
- 1-8oz package cream cheese, softened
- 1/2 cup milk
- 1/2 cup butter, melted
- 2 garlic cloves, minced
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 6 bacon slices, cooked and crumbled
- 1/4 cup chopped fresh chives

Peel potatoes (I cut the potatoes in half and scoop the meat out with a spoon) and mash with a potato masher. Stir in 2 cups cheddar cheese and next 7 ingredients. Spoon into lightly greased 13x9 baking dish. Bake at 350 for 30 minutes or until heated through. Sprinkle with remaining 1 cup cheese, bacon, and chives. Serve and enjoy!

Sweet Potato and Black Bean Brownies

(adapted from What the Bible Says about Healthy Living cookbook, page 106-107)

- 1 large, baked sweet potato (about 1 pound)
- 1 large onion
- 2 garlic cloves
- 1 tablespoon olive oil
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- ½ teaspoon salt
- Several generous grindings of pepper
- ⅓ bunch of cilantro (mostly leaves)
- 2-15oz cans of black beans, rinsed and drained
- 2 tablespoons lemon juice
- 6, 8-inch tortillas
- Shredded cheese (optional)

Chop onion and garlic and saute in olive oil over medium-high heat in a large frying pan. Cook until onion is soft, about 5 minutes.

Add cumin through pepper and cook for a couple more minutes. Remove from heat.

Add chopped cilantro, beans, and lemon juice to pan and combine. Put mixture in large food processor with sweet potato meat (after cooking, it should come right out of its skin). If you don't have a food processor, use a potato masher to mash ingredients to your preferred consistency.

Assemble:

- Spoon and spread about a ½ cup of the filling onto a tortilla. Sprinkle desired amount of cheese on top.
- Roll tortilla up and place in a greased 9x13 pan, seam side down.
- Repeat until you are out of filling.

Cover pan with foil and bake at 350 for 30 minutes or until well heated. Serve with salsa and guacamole, if desired.

PORK CHOP POTATO CASSEROLE

BOUVIA FAMILY

DIRECTIONS

Preheat oven to 350.

Sprinkle pork chops with seasoned salt.

In a skillet, brown chops on both sides in oil.

In a large bowl, combine the soup, milk, sour cream, salt and pepper; stir in hash browns, 3/4 cup cheese and half of the onions.

Spread into a greased 13x9x2 inch baking dish.

Arrange pork chops on top.

Cover and bake at 350 for 40 minutes.

Uncover; sprinkle with the remaining cheese and onions.

Bake, uncovered, 5-10 minutes longer or until potatoes are tender, cheese is melted and meat juices run clear.

SHOPPING LIST

8 Pork Chops (1/2 inch thick)

1 teaspoon Seasoned Salt

1 tablespoon Vegetable Oil

1 can cream of chicken or cream of mushroom

2/3 cup Milk

1/2 cup Sour Cream

1/2 teaspoon Salt

1/4 teaspoon Pepper

1 package of frozen shredded hash browns

1 cup shredded Cheddar Cheese

1 can (2.8 ounces) French-Fried Onions (you can always use more if you'd like)

BOB'S FAVORITE CHICKEN

BOUVIA FAMILY

DIRECTIONS

Preheat oven to 350 degrees

Spray 8x12 baking dish with Pam.

Mix cream of chicken, sherry cooking wine together.

Place chicken breasts in dish.(4-6 based on size of the breast or however many you are wanting to cook)

Place a whole layer of Swiss cheese over the chicken breasts. (I then split the remaining pieces in half and place over bare spots or spots that have more holes than the others)

Spoon cream of chicken mixture over the Swiss cheese layer. (I put on a thick layer because Rhett loves the "goop")

Sprinkle stuffing mix on top. (depending on size of the pan I may buy an extra bag to fill the pan to the top)

Drizzle melted margarine over the top so it will not burn

Bake uncovered 1 hour or until the chicken is cooked. (I use a meat thermometer and check each breast)

TIP: I will add more melted margarine on top periodically so the stuffing does not burn. I will also 20 minutes before pulling it out of the oven add just a little more stuffing mix for a crunchier top.

SHOPPING LIST

4-6 chicken breasts

1 package of sliced Swiss cheese

2 cans of cream of chicken soup

1/4 cup sherry cooking wine

1 bag of Pepperidge farm seasoned stuffing mix (we use the original mix)

1/3 cup of melted margarine (I use I can't believe it's not butter)

CROCKPOT POTATO SOUP

BOUVIA FAMILY

DIRECTIONS

Combine all ingredients except cream cheese and shredded cheese. Cook on low for 6-8 hours. 1 hour before serving stir in cream cheese and shredded cheddar cheese.

I do stir every couple of hours just to check on the soup and to make sure everything is mixed in well and heated evenly.

Garnish with green onion, bacon bits, and a sprinkle of shredded cheese.

You can add some browned hamburger meat if you want to add a protein into the meal.

SHOPPING LIST

30 oz. frozen shredded hash browns

3-14 oz. cans of chicken broth

1 can of cream of chicken

1/2 cup of chopped white onion

1 pkg. of cream cheese (NOT LOWFAT)

1 bag of shredded cheddar cheese

OPTIONAL:

Green onion

Bacon Bits

Extra Bag of Shredded Cheese

From Kitchen of Julia Bouvia

BOB'S FAVORITE CHICKEN

4-6 Chicken breasts (deboned)
Package of sliced swiss cheese
Cream of Chicken Soup
Sherry cooking wine
Pepperidge Farm Seasoned Stuffing Mix
Stick of Margarine

Spray 9x13 dish. Place chicken breasts in dish (4-6, depending on size). Cover chicken with slices of swiss cheese. Stir together 1 can of cream of chicken soup and 1/4 cup sherry wine (cooking wine - white or sherry). Spoon over chicken. Pour 2 cups (I use more - cover everything thoroughly) seasoned stuffing mix over chicken. Melt stick of margarine and drizzle over stuffing to keep it moist and not burnt. Can be made the night before. If you do that, take it out of the fridge when you preheat the oven to 350 so it is not cold.
Bake uncovered 350 degrees for 50-55 minutes.

CARROT PUFF

1 pd. carrots, peeled and cut into 1-inch pieces
1/2 cup (1 stick) margarine, melted
3 eggs
1/2 cup granulated sugar
3 tablespoons flour
1 teaspoon baking powder
1 teaspoon vanilla

Preheat oven to 350. Grease an 8-inch square baking dish. Place carrots in medium-size saucepan and cover with salted water. Bring to a boil; reduce heat and simmer, uncovered, for 20 minutes or until carrots are tender. Drain. **I cook them in the microwave - faster.

Place margarine, eggs, sugar, flour, baking powder and vanilla in blender. Add carrots a little at a time and puree the mixture. Pour into prepared baking dish. Bake at 350 for 45 minutes or until firm. Let stand for 5 minutes before serving.

This may be made a day ahead and refrigerated. Bring to room temperature before cooking.

*I double the recipe and put it in a 9x13 baking dish. However, it all does not fit in the blender, so I make the recipe twice and just pour it all in one dish. I mix the other ingredients in the blender before adding the carrots.

Cherry Chocolate Cake

From Nancy Brandell

**1 Pkg Dark Chocolate Cake Mix
1 Can Cherry Pie filling
2 Eggs
2 tsp. Almond Extract**

Mix all ingredients (by hand) until well mixed and spread in greased and floured 9 x 13" pan.

**Bake at 350 degrees for 30-35 mins (or until toothpick comes out clean.)
Cool**

Frosting:

**5 Tbl. margarine or butter
½ c. granulated sugar
1/3 c. milk
6 oz. pkg chocolate chips
Powdered sugar as needed**

Mix margarine, sugar and milk in pan. Boil 2 mins. Add chocolate chips, stirring all time until melted and blended. Add powdered sugar and with temperature on lowest setting, continue stirring until desired consistency. Ice cake while icing warm.

BREAKFAST PIZZA

From Nancy Brandell

1 lb. sausage, browned and drained

1 pkg Crescent rolls (if using jelly roll pan, may take 3 pkgs.)*

1 pkg frozen hash brown potatoes (thawed)—shredded works best)

If desired, add any veggies you like (green peppers, onions, mushrooms, black olives, etc.)

1 cup Cheddar or Monterey Jack cheese

Spread Crescent Rolls on round pizza pan, pushing perforated edges together. Add all ingredients except egg mixture.**

****This can be made ahead of time and egg mixture poured over top just before baking.**

***When ready to bake:**

5 eggs

¼ c. milk

Salt and pepper to taste.

Mix and pour over top . Sprinkle 2 Tbl parmesan cheese on top. Bake at 375 degrees for 25-30 minutes and nicely browned (or until eggs cooked.)

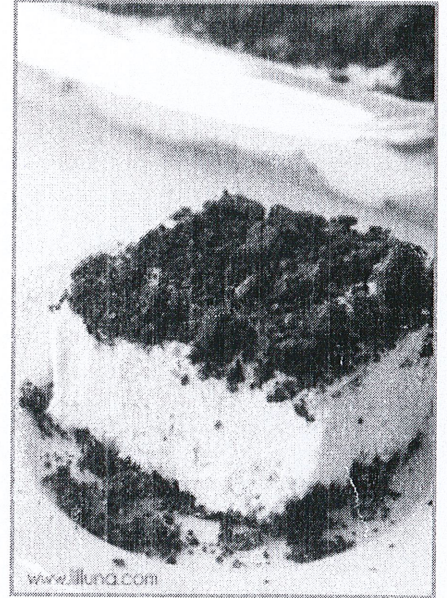
***NOTE: If using a jelly roll pan, increase eggs to 7 and milk to ½ cup.**

Works great in place of usual breakfast casseroles

Kansas City Dirt Cake

Ingredients

- 1 package Oreos
- 1 8 oz. PHILADELPHIA Cream Cheese (softened)
- ½ cup Margarine or butter
- 1 cup powdered sugar
- 1 large container cool whip (16 ounces)
- 2 boxes INSTANT white chocolate or vanilla pudding
- 3 cups milk
- 1 tsp. vanilla



Instructions

1. Crush ⅔ package of Oreos and place in the bottom of a 9x13 pan. Set aside.
2. Mix cream cheese and margarine (or butter) until smooth. Mix in powdered sugar and fold in whipped topping. Set aside.
3. In a separate bowl mix pudding, milk and vanilla. Fold this mixture in with the cream cheese mixture.
4. Pour over crumb mixture.
5. Sprinkle with the reserve crushed Oreos. Let set for a few hours and keep refrigerated until ready to serve.

Recipe by Lil' Luna at <https://liluna.com/kansas-city-dirt-cake/>

From Kelly Capranica ♡ KC

Crock Pot Old-Fashioned Apple Butter - West

INGREDIENTS Nutrition

YIELD 5 1/2 pint jars

- 14 apples (preferably Johnathan, Winesap, Jonamacs or McIntosh)
- 2 cups apple juice
- 1 cup sugar, for each pint of sieved cooked fruit (see below)
- 1 teaspoon cinnamon, for each pint of sieved cooked fruit (see below)
- 1/2 teaspoon allspice, for each pint of sieved cooked fruit (see below)
- 1/2 teaspoon clove, for each pint of sieved cooked fruit (see below)

1/2 cup sauterne (optional)

DIRECTIONS

1. Wash, core and quarter apple (do not peel).
2. Combine apples and apple juice in lightly oiled crock pot.
3. Cover and cook on low for 10 - 18 hours or high for 2 - 4 hours.
4. When fruit is tender, put through a food mill to remove peel.
5. Measure cooked fruit and return to crock pot.
6. For each pint of sieved cooked fruit, add 1 cup of sugar, 1 teaspoon cinnamon, 1/2 teaspoon allspice and 1/2 teaspoon cloves. Stir well.
7. Cover and cook on high for 6 - 8 hours, stirring about every 2 hours.
8. Remove cover after 3 hours to allow fruit and juice to cook down.
9. Add sauterne for the last hour of cooking.
10. If desired, spoon into hot sterilized jars and process according to standard canning methods.
11. Makes about 5 1/2 pint jars.

Chicken Tortilla Soup

4 Chicken breast halves

2 15-oz cans black beans, undrained

2 15-oz cans Mexican stewed tomatoes or Rotel Tomatoes

1 cup salsa (your favorite)

4-oz can chopped green chilies

14 1/2-oz can tomato sauce

Tortilla chips

2 cups grated cheese.

Combine all ingredients except chips and cheese in a large slow cooker.

Cover. Cook on low 8 hours.

Just before serving, remove chicken breasts and slice into bite-sized pieces.

Stir into soup.

To serve, put a handful of chips in each individual soup bowl. Ladle soup over chips.

Top with cheese.

No-Bake Lactation Bites

Author: Maegan - The BakerMama

Recipe type: Dessert

Prep time: 10 mins Total time: 10 mins

Serves: 2 dozen

These yummy no-bake lactation bites are perfect for a nursing mom or anyone who needs a healthy, hearty, handy boost of energy!

Ingredients

- 2 cups old-fashioned oats
- ½ cup ground or milled flaxseed
- 3 tablespoons brewer's yeast
- 1 cup peanut butter or almond butter
- ½ cup honey
- 1 teaspoon vanilla
- ½ cup dark chocolate chips

Instructions

1. In the bowl of an electric mixer fitted with the paddle attachment, add all ingredients except for the chocolate chips. Mix on low speed until mixture is well combined. Stir in chocolate chips.
2. Roll mixture into 2-tablespoon sized smooth balls and place on a parchment-lined baking sheet. Place in the refrigerator for 30 minutes or enjoy right away. Once the bites have set, transfer them to an air-tight container and store in the refrigerator for up to 2 weeks.

Notes

Mixture can be pressed into an 8x8-inch baking dish and cut into bars, if desired. Other optional add-ins: ½ chopped nuts (such as almonds or walnuts) and ½ cup dried fruit

Recipe by The BakerMama at <http://thebakermama.com/recipes/no-bake-lactation-bites/>

Creamy Asiago Chicken!

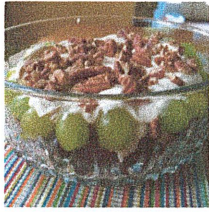
Ingredients

*This was easy & simple enough,
for me, and it is so delicious!*
Gale Collier

- 1 lb boneless skinless chicken breasts
- 1 tsp onion powder
- 1 tsp parsley
- 1 1/2 cups dry white wine
- 2 cups mushrooms, cut in half
- 2 tbs olive oil
- 1/2 cup heavy cream
- 2 cloves garlic, minced
- 1/2 cup flour
- 3 tbs butter
- 1/2 cup shredded asiago cheese
- 1 tsp salt
- 1 tsp pepper

Instructions

1. Take your chicken and place between plastic wrap, use a meat mallet to pound it out to about 1/4 thickness.
2. Cut into 3 'tender size' pieces per breast.
3. dredge the chicken pieces in flour, set aside.
4. In a large deep skillet, heat butter with only one of the TBs of olive oil, then add the dredged chicken & saute until golden brown on each side, roughly 4 minutes per side. Remove & set aside.
5. In the same hot skillet, add the olive oil, onion powder, mushrooms and garlic & saute until mushrooms begin to brown.
6. Add the white wine to skillet, scraping up all the browned bits that are at the bottom of the pan, then add the chicken back & sprinkle with the parsley.
7. Bring to a boil, reduce heat, cover and simmer for about 15 minutes.
8. Remove chicken from pan once again and set to the side.
9. Add the cream to the skillet and heat through.
10. While mixing, add in the asiago cheese
11. Stirring constantly over a low heat until cheese completely melts.
12. Continue cooking until sauce is thickened
13. Add chicken back and heat through.
14. ENJOY!



Green Grape Salad



Prep
15 m

Ready In
15 m

allrecipes

HyVee.

Hy-Vee Food
Store
301 NE Rice Rd
LEES SUMMIT, MO
64086

Recipe By: NFOSSAZ

"This is a wonderful dessert salad that never failed to be a hit. Made the day before the brown sugar makes the sauce taste like caramel. You can use less brown sugar, if you wish."

Ingredients

4 pounds seedless green grapes	1 teaspoon vanilla extract
1 (8 ounce) package cream cheese	4 ounces chopped pecans
1 (8 ounce) container sour cream	2 tablespoons brown sugar
1/2 cup white sugar	

Directions

- 1 Wash and dry grapes. In a large bowl, mix together the cream cheese, sour cream, sugar and vanilla. Add grapes and mix until evenly incorporated. Sprinkle with brown sugar and pecans, mix again and refrigerate until serving.

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This is a yummy favorite! I like to use red grapes, though cause it's prettier!

Gale Collison

Bliss Chili

Submitted by Kerry Conrad (From my Grandma Bliss)

- 2 lb. ground beef
- 1 medium onion, chopped
- 1 medium green bell pepper, diced
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp minced garlic or garlic powder
- 2 Tbsp chili powder
- 2 Tbsp brown sugar
- 2 14.5 oz cans diced tomatoes w/ roasted garlic and onion
- 2 15 oz cans tomato sauce
- 2 15.5 oz. cans light red kidney beans, undrained
- 1 15 oz can black beans, drained and rinsed

Brown ground beef in a large skillet and drain. Return beef to skillet and add green pepper, onion, garlic and seasonings and cook until pepper is softened. Transfer to large pot, add remaining ingredients and cook over medium heat, stirring occasionally. It is ready when it is warmed through, but we think it tastes best after cooking for 6-8 hours on low heat on the stove or in a crock pot.

Submitted by Kerry Conrad

Peanut Butter & Jelly Overnight Oats

Serves 4

Prep time 5 minutes

Allergy [Peanuts](#)

Dietary [Vegetarian](#)

Meal type [Breakfast](#), [Dessert](#), [Snack](#)

Misc [Pre-preparable](#), [Serve Cold](#)

Ingredients

- 1 cup fresh or frozen strawberries
- 2 tsp chia seeds
- 2 cups old fashioned or quick whole grain oats (try them gluten free!)
- 2 1/2 tablespoons chia seeds
- 2 cups unsweetened vanilla almond milk

- 1/2 cup plain Greek yogurt
- 1/4 heaping cup all natural peanut butter (or nut butter of choice)
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon sea salt
- 2-3 Nunaturals stevia packets (to taste) OR 1/4c. maple syrup

Directions

Step 1

Add strawberries and 2 tsp chia seeds to a small microwavable bowl. Microwave for 1 minute. Mash with a fork then set aside. Mix all remaining ingredients in a large bowl until well combined.

Step 2

Add strawberry chia sauce and oatmeal mixture in alternate layers in four glasses, cover with plastic wrap, and refrigerate overnight.

Step 3

Remove plastic wrap and serve immediately.

Step 4

Enjoy!

From: slimpickingskitchen.com

EASY CORNBREAD

Submitted by Kerry Conrad

This is our all-time favorite cornbread recipe! It is so easy to make and good with any meal! Top with butter and a drizzle of honey and you will be in heaven!

*yield: SERVES 12 prep time: 10 MINUTES cook time: 25 MINUTES
total time: 35 MINUTES*

INGREDIENTS:

- 1 cup all-purpose flour *OR Gluten Free all-purpose flour*
- 1 cup coarse cornmeal
- 1/3 cup granulated sugar
- 2 1/2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup buttermilk *OR 1 c. dairy-free milk w/ 1T. lemon juice*
- 3 tablespoons unsalted butter, melted and cooled to room temperature *OR canola oil*
- 3 tablespoons canola or vegetable oil
- 2 large eggs, slightly beaten *OR egg substitute*
- 1 cup frozen corn



DIRECTIONS:

1. Center a rack in the oven and preheat the oven to 400°F. Spray an 8×8 Pyrex baking dish with nonstick cooking spray and set aside.
2. In a large bowl, whisk together the flour, cornmeal, sugar, baking powder, baking soda, and salt. Set aside.
3. In a medium bowl, whisk together the buttermilk, melted butter, oil, and eggs. Pour the liquid ingredients over the dry ingredients and stir until combined. The batter will be lumpy. Stir in the corn kernels. Pour batter into prepared pan.
4. Bake cornbread for 27 minutes, or until the top is golden brown and a toothpick comes out clean after inserted into the center. Let cornbread cool in pan for 15 minutes before cutting. Cut into squares and serve.

Recipe adapted from [Baking From My Home To Yours](#) by Dorie Greenspan

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This delicious recipe brought to you by **Two Peas & Their Pod**

<https://www.twopeasandtheirpod.com/easy-cornbread/>



Special "Secret" Coffee


2t. cinnamon

1/4t. Cardamom

2T. brown sugar

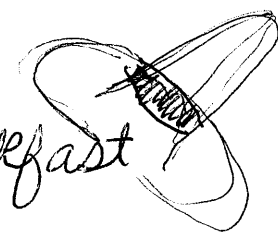

* Optional:
fresh orange peel

Add to enough coffee grounds to
make an 8cup-pot. Brew as
normal. Enjoy with friends!



Lindsay Dawson





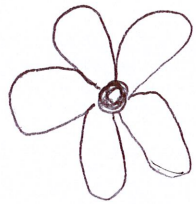
Espinaca Breakfast Casserole

- 20 oz. frozen spinach, thawed & squeezed dry
- 2 cans rotel, drained and squeezed dry
- 1 c. cottage cheese
- 10 oz. queso fresco, crumbled
- 8 oz. sharp cheddar, shredded
- 1 1/2 oz. monterey jack, shredded
- 1/2 t. season salt
- 1 t. baking powder
- 1/2 c. flour (if you are g.f. leave this out; it makes the casserole more fluffy but will not effect flavor.)
- 10 eggs

Mix together veggies & cheeses. Stir in salt, b.p. and flour. Last, add in eggs. Squish into greased 9x13 pyrex.*
Bake at 325° for 1 hour.

* you can store in fridge up to 48 hours before baking!

Lindsay Dawson



Mama Jo's Cranberry Cake

3 sticks butter, melted

3c. sugar

4 eggs

2T. almond extract

3c. flour

1 bag fresh cranberries, rinsed and dried

1 c. chopped pecans



Combine butter and sugar. Add in
eggs and extract. Thoroughly mix in
flour. Stir in cranberries & pecans.

Smooch into greased 9x13 pyrex. Bake
@ 350° for 1 hour.



Lindsay Dawson
(recipe is courtesy of my
step-grandma, Golene Vogt)

Serves: 6

Southwest Ground Turkey Chili

10 min

Prep Time

30 min

Cook Time

40 min

Total Time

Ingredients

- 1 Tablespoon olive oil
- 1 pound ground turkey
- 1 green bell pepper, diced
- 1 yellow onion, diced
- 1 (1 ounce) taco seasoning packet
- 1 teaspoon oregano
- 1 teaspoon chili powder
- 1 can (14.5 ounces) diced tomatoes, undrained
- 1 can (15 ounces) reduced-sodium beef broth
- 1 can (15 ounces) corn, undrained
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (15 ounces) pinto beans, rinsed and drained
- 1 cup salsa
- 2 Tablespoons tomato paste
- 1 (4 ounce) can diced green chiles
- 1/2 cup shredded cheddar cheese (optional)
- 6 Tablespoons sour cream (optional)

Instructions

In a large stock pot, warm olive oil over medium high heat. Add ground turkey and saute until browned. Add green bell pepper and onion and cook until tender.

Add remaining ingredients and let simmer for 20 minutes over medium heat.

If desired, top with shredded cheddar cheese and sour cream to serve.

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<https://www.sixsistersstuff.com/recipe/2017/11/southwest-ground-turkey-chili/>

Six Sisters Stuff

Trisha Yearwood's Crock Pot Pork Loin

Ingredients

- 2 & 1/2 to 3 lb pork loin, trimmed of all visible fat
- 1/2 tsp garlic powder
- 1/4 tsp ground ginger
- 1/8 tsp dried thyme
- 1/4 tsp black pepper
- 1 tbs vegetable oil
- 2 cups chicken broth
- 2 tbs lemon juice
- 3 tsp soy sauce
- 3 tbs cornstarch
- salt and pepper, to taste

Instructions

1. Season the pork loin lightly with salt. In a small bowl combine the garlic powder, ginger, dried thyme, and black pepper. Rub the seasoning over the surface of the pork loin.
2. In a skillet heat the oil and brown the pork loin on all sides. Transfer the pork to the crock pot. Combine the chicken broth, lemon juice, and soy sauce; pour over the pork loin.
3. Cover and cook on low heat for 8 to 10 hours, or on high for 4 to 5.
4. After cooking, transfer the roast to a platter and keep warm.
5. To make the gravy, pour the liquid from the crock pot into a measuring cup. Skim off the fat. Measure two cups of the liquid, adding water if needed. Transfer to a sauce pan reserving 1/2 cup of the liquid.
6. Stir the cornstarch into the reserved liquid, then stir into the liquid in the sauce pan. Heat, stirring frequently, until the gravy is thick. Taste and season with salt and pepper, if needed. Serve the roast with the gravy.

<http://flavorite.net/2016/01/30/trisha-yearwoods-crock-pot-pork-loin/>

Angie Dubbert

Granola Bars

4 cups oatmeal
2 cups flour
1 cup coconut
¼ cup sugar
2 tsp baking soda
½ tsp salt
¾ cup of honey
¾ cup of applesauce (I used apple cinnamon)
½ cup of raisins
1 cup of chocolate chips

Mix the dry ingredients very well. In a separate bowl mix the honey and applesauce together then pour over dry ingredients. Add the raisins and chocolate chips. Firmly push into 13x9 pan. Bake 20 minutes at 375 degrees. They will look puffy when you take them out of the oven. Cut into bars while they are still warm.

Banana Bread

3/4 stick butter	Cream butter; add sugar gradually. Add eggs + beat. Combine soda, sour cream + banana.
1 1/2 c. sugar	Add to first mixture.
4 eggs	Mix baking powder + flour, salt + nuts.
2 c. sour cream	Add to first mixture.
2 c. bananas	Pour into greased loaf pans.
2 t. baking soda	
2 t. baking powder	
4 c. flour	
1 t. salt	
1 1/2 c. nuts (optional)	

Bake 1 hour @ 350°

Country Style Chicken Kiev

1/2 c. butter
1/2 c. bread crumbs (fine)
2 T. Parmesan cheese
1 t. each of basil + oregano
1/2 t. garlic salt
4 boneless/skinless chicken breasts
1/4 c. dry white wine
1/4 (+) c. chopped (fine) green onions
1/4 c. chopped parsley

Cut up chicken breasts into smaller pieces. Melt butter. Combine bread crumbs + spices. Dip chicken in butter + roll in crumb mixture to coat. Place in glass baking dish.

Bake at 375° for 40 mins.

—* Meanwhile * —* (or less)

Add wine, green onions + parsley to remaining butter (or melt more).

*If your chicken is in small pieces it may take less than 40 mins. Take out pan, pour butter mixture over chicken and return to oven for 5 more minutes.

Maggie Engling

Apple Cake (Bake for 1 hour)

1½ c. sugar + 1 c oil (I use coconut oil) - stirred together

add 3 eggs + stir

2 c. flour

½ t. salt

1 T. cinnamon

1 t. baking soda

¾ c. broken walnuts (optional)

5-6 peeled + thickly cut good-sized apples
(Place apples in greased 9x13 pan)

Pour lumpy batter over apples + bake @ 350°

Maria Engling

Chicken Diane

Butter the inside of a 9x13 pan.

Ingredients: 4 lg. chicken breasts

(can be cut into smaller pieces)

1 onion - thinly sliced

paprika

½ c. (or more) white wine

1 can cream of mushroom soup

1 can cr. of chicken soup

parmesan cheese

(Many of us are gluten free, so we make our own white sauce w/ rice flour and chicken bouillon - and mushrooms.)

Place meat in pan. Place onions over chicken liberally. Sprinkle liberally with paprika also.

Mix together soups and wine well.

Pour over onions + sprinkle on a lot of parmesan cheese (or how much you like)

Bake for 325° for 1 hour + (depending on how large of pieces your chicken is in.)

We usually serve this with a wild rice mixture, salad + rolls.

Italian Beef (crock pot)

- 2 lb beef roast
- 4 cubes beef bouillon
- 3 c. water (or until covered)
- 1/2 t. onion salt
- oregano
- garlic powder
- chili powder

Put everything in a crockpot for about 8+ hours on high.
Serve on buns or mashed potatoes.

Honey French Dressing

- 1/4 cup honey
- 1 t. salt
- 1 t. dry mustard
- 1/2 t. paprika
- 2 T ketchup
- 2 T lemon juice
- 1/4 c vinegar
- 1/4 c olive oil

Blend all ingredients well.

Makes 1/3 cups

Cornmeal Pancakes

- 1 c. cornmeal
 - 1-2 T sugar
 - 1 t. salt
- Mix together + stir into a pan of 1 1/4 - 1 3/4 c. boiling water (so that it's stirable).
* — Let stand — *

In a med. bowl: 2 eggs, 1/2 c. milk, 2 t oil (and mix together)

Another bowl: 1/2 c. flour
2 t. baking powder

Mix together liquids and corn meal mixture. Then add dry ingredients with few strokes. Ladle onto hot griddle.

Terese Engling

317-363-9473

Syrup

- 1/4 c. butter
 - 1/2 c. orange juice
 - 3/4 c. br. sugar
- Melt butter + add other ingredients.
5 mins.

Let cool

Fried Rice

2-3 C cooked Basmati or Jasmine rice
Flavored olive oil as needed (hot pepper, butter, sesame, garlic)
1 C chopped carrots
½ t crushed red pepper
1 C chopped onion
1 T minced garlic
1 T sugar
Liquid Aminos (great substitute for soy sauce)
4 eggs
2-3 C chopped, grilled meat or fish (pork, chicken, steak, shrimp, etc.)
4 chopped green onions

Cook rice, according to package directions. Refrigerate for several hours or overnight. In frying pan, drizzle a few tablespoons of olive oil - I use the combination above. Add carrots and crushed red pepper and sauté for a couple of minutes. Add onions and garlic and sauté another minute or two. Add Rice, drizzle olive oil as needed around edges of pan and fry until rice browns. Add sugar, some Liquid Aminos and mix well.

Scramble eggs, either in same pan with rice pushed aside, or in another pan. Add to rice mixture. Add meat, Liquid Aminos to taste, and mix well. Top with green onions and serve!!! This should make 4-6 servings.

Enjoy!

Jan Eubank

Perfect Pie Crust

5 lbs. flour
3 lbs. Crisco (solid, butter flavored or regular)
2 ½ T salt
3 C water

In a medium bowl, mix 4 cups of the flour with salt and water. In a large bowl, use hands to combine the rest of flour with Crisco. Then, combine the two mixtures. Shape into large potato-sized balls, without handling too much, and wrap in each in plastic wrap. Place balls in freezer bags and freeze until needed. Yield: 22-24 balls

Before rolling out, thaw for 20-30 minutes. When rolling out, use flour sparingly to prevent sticking, and avoid dryness.

Pecan Pie

¼ C packed brown sugar	4 large eggs, slightly beaten
¾ C granulated sugar	1 t vanilla extract
1 C light corn syrup	¼ t salt
1/3 C Smart Balance or ¼ C butter-flavored olive oil	
2 ½ C chopped pecans (roasted)	

Spread pecans on cookie sheet and bake at 350 degrees for 5-10 minutes, stirring every few minutes, until slightly brown and aromatic. Remove from oven.

Combine first 4 ingredients in a medium saucepan and cook over low heat, stirring constantly until sugars dissolve. Remove from heat and let cool slightly. Stir in eggs, vanilla, and salt. Mix in pecans and pour into 1 deep dish pie pan or 2 shallow pans, lined with Perfect Pie Crust (uncooked). Bake at 325 degrees for 45-55 minutes or until mixture is set.

Enjoy!

Jan Eubank

Lauren Hoffman's Recipes

FRUIT COBBLER

This recipe is super simple but super delicious and is great with any type of fruit.

Fruit base:

- Fill 9x13 dish approx. two-thirds full with fruit
- Melt 1 stick of butter in a glass bowl
- Add ½ c sugar, 2 T cornstarch, 1 t cinnamon, & ¼ c water to the butter
- Pour the butter mixture over the fruit and stir to coat all the fruit pieces

Topping:

- Mix together 1 c sugar, 1 ½ c flour, 2 t baking powder, & 1 c milk
- Pour evenly over top of the fruit
- Sprinkle with cinnamon sugar

Baking:

- Bake at 350° for 50-60 minutes until golden brown

BLACK BEAN QUINOA BOWLS

This is a new favorite I stumbled across online somewhere last year.

2 T olive oil

1 onion, diced

1 T minced garlic

1 ½ c chicken broth

¾ c quinoa

1 t cumin

¼ t cayenne

dash of salt

1/8 t black pepper

1 can corn (drained), or a thawed 1-lb bag of frozen corn

2 cans black beans, drained

5 oz fresh spinach, torn into smaller pieces

feta cheese

- Sauté onion and garlic in olive oil in a large pot
- Add quinoa, broth, and seasonings, and cook quinoa according to package directions
- Stir in beans and corn
- Stir in spinach
- Serve in bowls and top with feta cheese

Apple dessert

Lois House

- 1 can crescent rolls
- 1 large apple (or 2) cut into 8 pieces
- 1 stick butter (or coconut oil)
- 1 cup sugar
- $\frac{2}{3}$ cup lemon lime soda
- cinnamon

Roll each apple piece in 1 crescent roll
Mix remaining ingredients over the rolls
+ bake 30-minutes at 350°

Easy hamburger Casserole

- 1 lb. ground beef cooked + fat drained off
 - $\frac{1}{2}$ cup chopped onion - add to beef + cook until tender
 - $\frac{1}{2}$ tsp salt
 - dash of pepper
 - 16 oz green beans (drained if canned)
 - 1 can tomato soup
- Add all ingredients together + stir + simmer until hot

Stir-Fried Green Beans with Pork & Chilies

Bethany Irwin

1 1/4 lb green beans, washed and trimmed 1/4-1/2" length
12-16 garlic cloves, peeled and chopped finely
6-9 fresh hot green or red chilies, cut crosswise into very thin slices
5 tablespoons vegetable oil
10 oz. lean ground pork
1/2 teaspoon paprika
1 teaspoon dark brown sugar
3 tablespoons fish sauce or salt to taste
1 1/4 cup water

Put oil into a wok and place over medium-high heat. When the oil is hot add the garlic and chilies. Stir and cook until the garlic turns golden. Add the pork, breaking up any lumps and cook until the pork has lost its raw look. Put in the green beans, paprika, brown sugar, fish sauce and 1 1/4 cups water. Cook, stirring on medium-high heat 8-10 minutes or until the beans are tender and most of the water has been absorbed.

Serves 4

Baked Cavatelli

Bethany Irwin

Prep: 25 minutes

Bake: 30 minutes

Oven: 375°F

Makes: 6 servings

7 ounces dried cavatelli or wagon wheel macaroni (about 2 1/3 cups)
12 ounces uncooked Italian sausage (links sliced thin or loose ground)
3/4 cup chopped onion (1 medium)
2 cloves garlic, minced
1 26 ounce jar pasta sauce
1 cup shredded mozzarella cheese (4 ounces)
1/4 teaspoon black pepper

1. Cook pasta according to package directions. Drain; set aside.
2. In a large skillet cook the sausage, onion, and garlic until sausage is brown; remove from skillet. Drain.
3. In a large bowl stir together pasta sauce, 3/4 cup of the mozzarella cheese, and the pepper. Add the cooked pasta and the sausage mixture. Stir gently to combine. Spoon the mixture into a 2-quart casserole.
4. Bake, covered, in a 375° oven for 25 to 30 minutes or until nearly heated through. Uncover, sprinkle with the remaining 1/4 cup mozzarella cheese. Bake about 5 minutes more or until cheese is melted.

Interesting note: if avoiding gluten or carbohydrates, this recipe also works well with chunks of steamed cauliflower in place of the pasta.

Bethany Irwin's
Amish Selfishness Bread

For when you end up with way too many starters – both methods produce lovely bread and only one starter.

Quick Start – Normal Batch

- Day 1: Mash the bag
- Day 2: Mash the bag
- Day 3: Mash the bag
- Day 4: Mash the bag
- Day 5: Make bread!

Pour contents of bag into non-metal bowl.

- Add
- 1 ½ cup flour
 - 1 ½ cup sugar
 - 1 ½ cup milk

Mix. Place 1 cup in a quart ziplock back.

Preheat oven to 325°F.

- Mix in
- 3 eggs
 - 1 cup oil
 - ½ cup milk
 - 1 cup sugar
 - 2 tsp cinnamon
 - ½ tsp vanilla
 - 1 ½ tsp baking powder
 - ½ tsp salt
 - 2 cups flower
 - 5.1 oz box of vanilla instant pudding.

Grease two loaf pans, fill, and bake approximately 1 hour.

Normal Start – Giant Batch

- Day 1: Mash the bag
- Day 2: Mash the bag
- Day 3: Mash the bag
- Day 4: Mash the bag
- Day 5: Add 1 cup flour, 1 cup sugar, 1 cup milk.

Mush the bag

- Day 6: Mash the bag
- Day 7: Mash the bag
- Day 8: Mash the bag
- Day 9: Mash the bag
- Day 10: Make bread!

Pour contents of bag into non-metal bowl.

- Add
- 1 ½ cup flour
 - 1 ½ cup sugar
 - 1 ½ cup milk

Mix. Place 1 cup in a gallon ziplock back.

Preheat oven to 325°F.

- Mix in
- 4 eggs
 - 1 ¼ cup oil
 - ¾ cup milk
 - 1 ¼ cup sugar
 - 2 ½ tsp cinnamon
 - ¾ tsp vanilla
 - 2 tsp baking powder
 - ¾ tsp salt
 - 2 ¾ cups flower
 - large box of vanilla instant pudding.

Grease three loaf pans, fill, and bake approximately 1 hour.

CHICKEN ENCHILADAS

1 chicken, boned and torn in bite-sized pieces (I use rotisserie chicken that I've de-boned soon after purchase...hot chicken comes off the bone much more easily than when cold)

8-10 large flour tortillas (or at least 36 small corn tortillas)

1 medium onion, chopped

1 can chilies, chopped

16 oz sour cream or 16 oz Greek yogurt

4 cups Jack cheese (or mix of cheddar and Jack)

19-oz can red enchilada sauce (I like El Paso brand)

Mix chicken, onion, chilies, sour cream (or yogurt), and 2 cups cheese in large bowl. Stir well. Lay waxed paper on prep surface (to help contain mess). Pour enchilada sauce in bowl wide enough to dip and coat tortillas. Coat tortillas (one at a time) in sauce. If using flour tortillas, place coated tortilla on waxed paper, spread with about 3 T. chicken mixture, roll up and place in greased 9X13 baking dish or dish large enough to hold 4-5 tortillas. Sprinkle rolled tortillas in each pan with remaining cheese and enchilada sauce. Cover loosely and bake at 375 degrees for 30 minutes or until cheese is melted well on top.

If using small corn tortillas, dip and coat in sauce and layer flat, but slightly overlapping to cover bottom of baking dish. Cover with half of chicken mixture. Repeat coated tortillas and chicken mixture. Top with another layer of coated tortillas. Sprinkle remaining cheese atop and bake as above.

Yield: 2 – 9X13 pans of enchiladas

Carolyn Jackson (recipe from a friend from a former church)

GOOEY BUTTER CAKE (A St. Louis Tradition)

Box of Yellow Cake Mix (w/o pudding in the mix)
1 stick softened butter
1 large egg

Mix together. Mixture will be dry. Press into greased 9X13-inch pan.

Next, take: 8 oz. package creamed cheese, softened
2 large eggs
3 $\frac{3}{4}$ cups powdered sugar (*withhold 4 T. to sprinkle on top of baked cake*)
2 t. pure (not imitation) vanilla

Beat the above 4 ingredients with mixer until smooth and creamy. Pour over pressed cake. Bake 325 degrees, 40-45 minutes or until edges are golden. (I bake 45 minutes.) Sprinkle remaining powdered sugar over warm cake.

Carolyn Jackson (this recipe came from a dear friend of my mom's from our St. Louis home church)

CHEESY BAKED ASPARAGUS

- 1 bunch asparagus, woody ends trimmed
- 3 T. butter, melted
- ¼ t. garlic powder
- ¼ t. onion powder
- ¼ t. pepper
- ½ t. Cajun seasoning (I use "Slap Ya Mama")
- 1 T. Parmesan cheese, grated
- ¾ C. mozzarella cheese, shredded
- ½ t. (or less) Italian seasoning, if desired

Preheat oven to 400 degrees.

Place asparagus on baking sheet and drizzle with melted butter.

Sprinkle garlic powder, onion powder, pepper, Cajun seasoning and Parmesan cheese over top. (Or, if desired, mix previous spices well in a small bowl and sprinkle over asparagus).

Place in a 400 degree oven for 15 minutes.

Remove and top asparagus with mozzarella cheese and, if desired, a little sprinkling of Italian seasoning.

Return to oven for an additional 5-7 minutes to melt the cheese and let it begin to brown. (Or you may place asparagus under broiler until cheese is melted and slightly brown.)

Remove from oven and place on serving dish. Serve immediately.

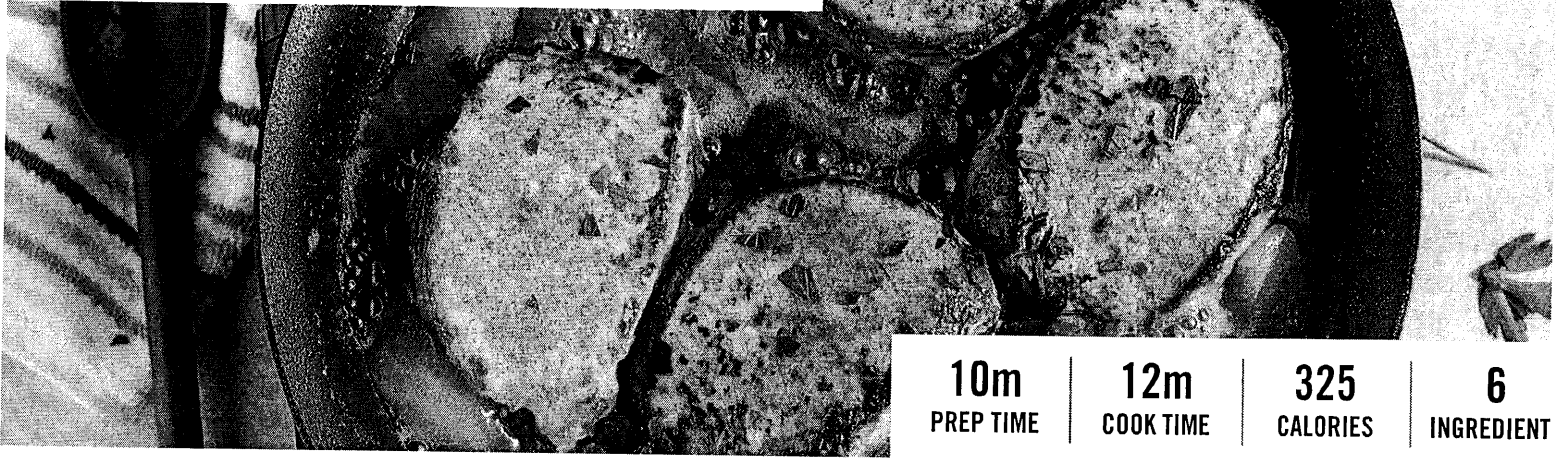
Yield: 6 servings

Carolyn Jackson (recipe from Pinterest)



SKILLET PORK CHOPS & PEACHES

MAIN DISHES



10m
PREP TIME

12m
COOK TIME

325
CALORIES

6
INGREDIENT

This yummy skillet dish pairs pork with peaches for a quick and easy weeknight dinner.

INGREDIENTS

4 Servings

- 4 boneless pork chops, 1/2-inch thick (about 1 1/4 pounds)
- 1 teaspoon Lawry's® Seasoned Salt
- 1 tablespoon olive oil
- 1 can (15 ounces) sliced peaches
- 1/4 cup firmly packed brown sugar
- 1 tablespoon vinegar

NUTRITION INFORMATION (PER SERVING)

Total Fat	13g
Saturated Fat	4g
Cholesterol	80mg
Sodium	439mg
Carbohydrates	23g
Fiber	1g
Protein	29g

PREPARATION

- 1 Sprinkle both sides of pork chops evenly with seasoned salt.
- 2 Heat oil in large nonstick skillet on medium heat. Add pork chops; cook 4 minutes per side or until desired doneness. Remove from skillet; keep warm.
- 3 Drain peaches, reserving 1/4 cup of the juice. Stir juice, sugar and vinegar into skillet. Bring to boil. Reduce heat to low. Add peaches; simmer 2 minutes. Spoon over pork chops to serve.

Serve with rice

Kourtney Martin

Chicken Enchiladas with Sour Cream White sauce

Ingredients

- Be sure to [Follow Raining Hot Coupons on Pinterest](#) for more RECIPES!
- 10 small soft flour tortillas (you can use corn but I like flour with chicken)
- 3 tablespoons flour
- 2 cups chicken broth
- 1 cup sour cream
- 2 1/2 cups shredded and cooked chicken (we like to use rotisserie chicken)
- 3 cups Monterey Jack cheese - shredded
- 3 tablespoons butter
- 4oz can diced green chillies (I like medium - they are not spicy at all)

Instructions

1. Preheat oven to 350 degrees
2. Combine shredded chicken and 1 cup of cheese
3. Fill tortillas with the mixture above and roll each one then place in a greased 9x13 pan
4. Melt butter in a pan over medium heat
5. Stir flour into butter and whisk for 1 minute over heat.
6. Add broth and whisk together. Cook over heat until it's thick and bubbles up
7. Take off heat and add in sour cream and chillies. (be careful it's not too hot or the sour cream will curdle)
8. Pour mixture over enchiladas and add remaining cheese to top.
9. Bake in oven for 20-23 minutes then you will want to broil for 3 minutes to brown the cheese.
10. Enjoy!

<http://www.raininghotcoupons.com/chicken-enchiladas-with-sour-cream-white-sauce/>

Kourtney Martin

Homemade French Bread

Ingredients

- 2 1/4 cup warm water
- 2 tablespoons sugar
- 1 tablespoon yeast
- 1 tablespoon salt
- 2 tablespoon oil
- 5 1/2 - 6 cups flour

Directions

1. Dissolve sugar and yeast in the warm water. Let this proof—or sit for a few minutes until it bubbles.
2. Add the salt, oil and 3 cups of flour and beat well. Add in 2 1/2 -3 more cups of flour. The dough should clean off the sides of the bowl and not be too sticky – but be careful not to add too much flour. Knead for a few minutes with your mixer.
3. Leave the dough in the mixer to rest for 10 minutes and then stir it down (turn on your mixer for 10 seconds) and then allow to rest another 10 minutes. Repeat for a total of 5 times.
4. Turn dough onto a floured surface and divide into two equal parts. Roll each part into a 9×13 rectangle. Roll dough up, starting from long edge of loaf to seal. Arrange seam side down on large baking sheet that's been sprinkled with corn meal, allowing room for both loaves. Repeat with second part of dough.
5. With a sharp knife, cut 3 gashes at an angle on the top of each. Cover lightly; allow to rise 30 minutes. Brush entire surface with egg wash (one egg beaten slightly with 1 Tbsp of water). Bake for 30 minutes at 375 degrees.

Optional:

Use half the dough for cinnamon rolls!

Kourtney Martin

LASAGNA SOUP

YIELD: 8 SERVINGS

Submitted by Crystal Mickelson

This is a family favorite at our house, even our toddlers love it when I leave out the crushed red pepper flakes.

INGREDIENTS:

FOR THE SOUP:

- 2 tsp. olive oil
- 1-1/2 lbs. Italian sausage
- 3 c. chopped onions
- 4 garlic cloves, minced
- 2 tsp. dried oregano
- 1/2 tsp. crushed red pepper flakes
- 2 T. tomato paste
- 29 oz. (two 14.5-ounce cans) fire roasted diced tomatoes
- 2 bay leaves
- 6 c. chicken stock
- 8 oz. mafalda or fusilli pasta
- salt and freshly ground black pepper, to taste
- 1/2 c. fresh basil leaves, sliced thinly

FOR THE CHEESY YUM:

- 8 oz. ricotta
- 1/2 c. grated Parmesan cheese
- 1/4 tsp. kosher salt
- freshly ground black pepper, to taste

ADDITIONAL CHEESY YUM:

- 2 c. shredded mozzarella cheese

DIRECTIONS:

Heat olive oil in a large pot over medium heat. Add sausage, breaking up into bite sized pieces, and brown for about 5 minutes. Add onions and cook until softened, about 6 minutes. Add garlic, oregano, and red pepper flakes. Cook for 1 minute. Add tomato paste and stir well to incorporate. Cook for 3 to 4 minutes, or until the tomato paste turns a rusty brown color.

Add fire roasted diced tomatoes, bay leaves, and chicken stock. Stir to combine. Bring to a boil and then reduce heat and simmer for 30 minutes. Add uncooked mafalda pasta and cook until al dente. Do not over cook or let soup simmer for a long period of time at this point, as the pasta will get mushy and absorb all the soup broth. You may even want to consider cooking the noodles separately, and then adding some to individual bowls before ladling the soup over them. This would be an especially smart move if you are anticipating any leftovers. Right before serving, stir in the basil and season to taste with salt and freshly ground black pepper.

While the pasta is cooking, prepare the cheesy yum. In a small bowl, combine the ricotta, Parmesan, salt, and pepper.

To serve, ladle soup into bowls and top each bowl with a bit of shredded mozzarella and a good dollop of the cheesy yum. Finish with some freshly ground black pepper over the top and a small scattering of fresh basil.

Autumn Chopped Salad

Submitted by Crystal Mickelson

INGREDIENTS

- 6 cups chopped romaine lettuce
- 3 slices center-cut bacon
- 1 pear, chopped
- 1 apple, chopped
- 1/4 cup peanuts, chopped
- 1/4 cup dried cranberries
- 1/4 cup crumbled feta cheese
- 1/4 cup Poppy Seed Salad Dressing (or more or less)
- 2 Tablespoons balsamic vinegar (or more or less)

DIRECTIONS

1. Lay bacon strips down on a folded paper towel on a microwave-safe plate, then cover with another folded paper towel. Microwave for 1 minute then rotate the plate 1/4 turn and microwave for 30 more seconds. Continue rotating and cooking in 30 second increments until the bacon is crisp, then let cool and chop up.
2. Add cooled bacon, romaine lettuce, pear, apple, peanuts, dried cranberries, and feta cheese into a very large bowl, then add salad dressing and balsamic vinegar to taste. Toss well then serve immediately.

This recipe will serve 2 if using as a main dish. If it is meant to be a side salad, it will serve 8.

This recipe is courtesy of Iowa Girl Eats, <http://iowagirleats.com>.

Granola Bars

Super Simple, Super Delicious

Submitted by Crystal Mickelson

1 C. Light Kayro Syrup (I use honey)

2 C. Peanut Butter

2 C. Quick Oats

2 C. Rice Krispies

Heat syrup to a boil. Reduce heat and stir in peanut butter until smooth. Remove from heat. Add oats and Rice Krispies. Add 1 ½ cups total of optional add-ins: pumpkins seeds, craisins, flax seed, raisins, sunflower seeds, grape nuts, chocolate chips, M & Ms, etc. Press into a 9x13 pan and let cool. Slice when cooled.

Note: If adding any kind of chocolate add-ins, remember that the mixture is hot and the chocolate will melt if they get too hot. I press my mini chocolate chips on top after spreading it in pan. I press them only until they start to melt, otherwise it is a chocolate sauce on top rather than chocolate chip pieces (which actually isn't too bad either. 😊)

Creamy Tacos

1lb Hamburger

1 can Chili (with or without beans)

1lb Velveeta cheese

½ pt whipping cream

Taco Sauce

Taco Chips

shredded lettuce

shredded cheddar cheese

Tomato, onion, diced

1 lb Hamburger, (browned, drained)

Add: 1 can Chili (with or without beans)

In separate pan: 1 lb Velveeta cheese (melted)

Gradually add ½ pint Whipping Cream, 4-5 Tablespoons Picante or Taco Sauce.

Add cheese mix to hamburger and chili mix. Simmer 10-15 minutes.

Pour over round Taco Chips

Top with shredded lettuce, cheddar cheese, diced tomatoes, chopped onions, jalapenos and whatever else you enjoy on tacos.

Vegetable Dip

2 cups Real mayonnaise

1 cup Sour Cream

½ cup Grated Mozzarella Cheese

1 Tablespoon Parmason Cheese

1 Tablespoon Accent

1 teaspoon Garlic Salt

1 Tablespoon Sugar

Mix all ingredients well together

Great dip for: Carrots, Celery, Radishes, Cauliflower, Green Peppers and other vegetables you enjoy.

Nut Horns

4 cups sifted flour
½ pint sour cream
½ tsp salt
1 tsp vanilla
1 ¼ cups butter or oleo
1 small cake yeast
3 slightly beaten egg yolks

Powdered sugar for rolling the dough

Add salt to flour—into the flour crumble the yeast. Add butter or oleo and blend into the flour (As you would in making pie cust). Then add egg yolks, sour cream, and vanilla. Blend well – use your hands- (this will be sort of sticky) Sprinkle powdered sugar on board and on this dough – Divide dough into eleven pieces, in shape of balls. Place this divided dough on waxed paper until ready to roll.

FILLING-----

3 stiffly beaten egg whites _____ 1 cup granulated sugar
1 lb English walnuts, ground 1 tsp Vanilla

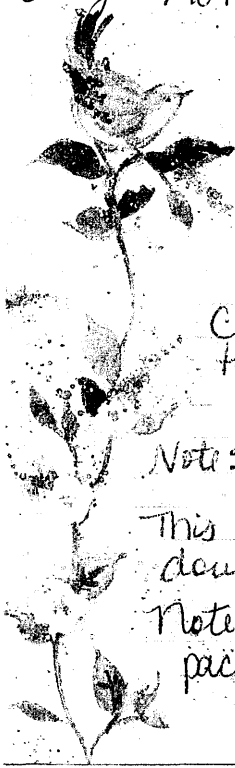
Beat egg whites --- add sugar (about 2 Tbs at a time) and beat in real good. Then fold in nuts and vanilla—do not beat—but just fold in real slowly.

Now take one piece of dough and roll out onto powdered sugar in a round shape about 9" in diameter. Do not skimp on powdered sugar! 😊

Then cut this piece of dough in 8 wedges as you would cut a pie. Place about a teaspoon full of filling on the wedge – Wide edge of each wedge – and roll towards point. Place on Ungreased cookie sheet. Bake 15-20 minutes in 400 degree oven.

Remove from cookie sheet immediately. This makes 88 horns.

Submitted by: Nancy Mosley



Recipe for: White Nacho dip - Quick ☺

From:

1 can rotel - mild (do not drain)
4 c. Velveeta shredded queso blend or
Mont. Jack and white American
1 c. (plus more if needed) half - n - half or whole milk

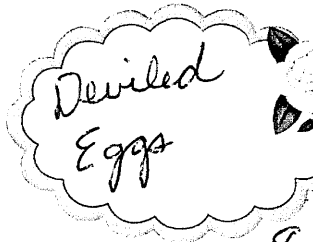
Cook on low heat. Use immersion blender
to get smooth so kids like it better.

Note: white Amer. might be in deli area

This cooks in med size saucepan. Have to
double it for larger crowd.

Note: I have used a variety of the Velveeta Shred
packs as alternatives and they also work

Serves:



Deviled
Eggs



from Beverly Mosley
(Kendrick)

8 eggs boiled use lg eggs

separate yolk into bowl

Mash with fork or masher

add a 1/3 cup mayo salt & pepper

1 T sugar

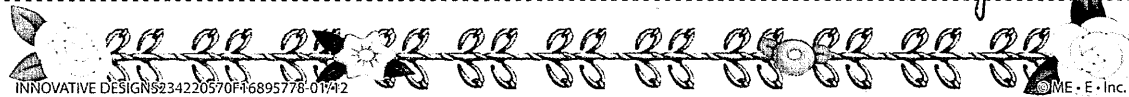
if you want to

2 tsp vinegar

make more just

1 T mustard

increase ingred.



Submitted by: Nancy Masley

Paleo
😊

Pineapple Salsa

1 1/2 c diced pineapple
1 cucumber, peeled, diced, seeds removed
1 jalapeno pepper, diced (remove ribs, seeds if too hot)
1/4 c red onion diced
1/4 c minced cilantro
2 T EVOO
Juice 1 lime
Kosher salt
Black Pepper

Combine in bowl. SP to taste

Note: also good over deli ham, carrots, salad, etc.

GF Taco Seasoning

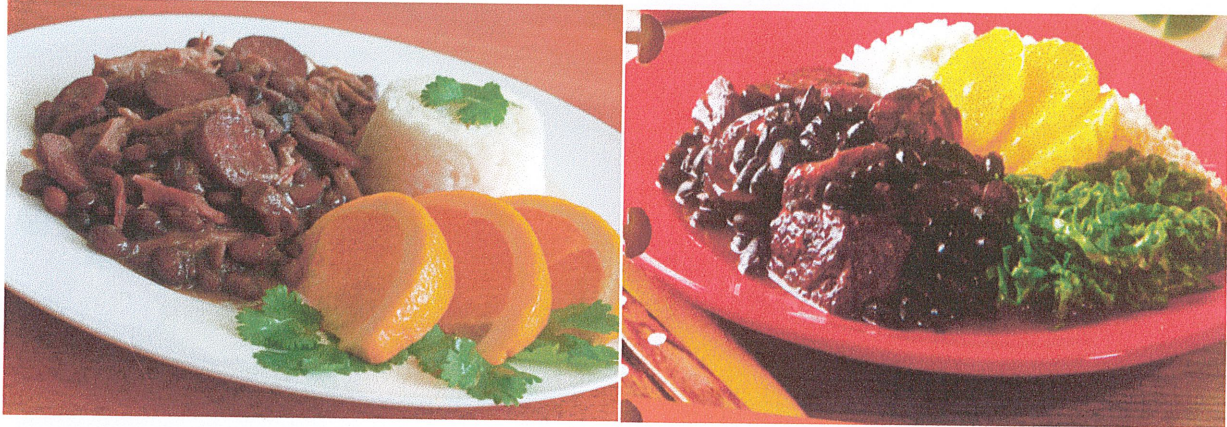
1 T chili powder
1/3 t garlic powder
1/4 t onion powder
2 t cumin
3/4 t sea salt
1/2 t black pepper ground
1 pinch red pepper flakes

Mix all & store in airtight container. Used about 3T
mix w/ 1 lb gr beef (or chicken). Mix w/ 1/3c. water
and simmer til meat absorbs the flavor.

Feijoada

Brazilian Black Beans

***Traditionally Served with white or brown rice, collard greens and orange slices.



Ingredients

½ Lb of Black beans

1 Cup chopped Bacon

2 cup pork sausage (optional)

200g loin pork or beef

¼ - 1/2cup chopped onion

¼ - ½ cup chopped green pepper

2 tbsp minced garlic

Salt

Prepare the black beans in a pressure cooker in a option Beans/Lentils (30-40 min), time varies by cooker. Beans need to be soft and juice very rich.

In a pot sauté pork sausage, bacon and pork loin small slices adding a little water if need until it cooks very well (well done), do not use oil on the pot because the bacon and sausage will have enough. Add the green pepper, onion and garlic to it, keep the lid on the pot and cook until onion and peppers are soft. Reserve it.

When Black beans soup are ready on the pressure cook, add the meats and stir, adding water if it is too dried and keep cooking on the pressure cooker but lid open for more 15 minutes, until the beans soup is thick.

Maribel Nelson

Pão de Queijo

Brazilian Bread=Cheese bread= Brazilian bites



***Gluten Free**

Ingredients

1 whole egg+ 2 white eggs

5oz cream cheese lower fat

2 cups tapioca Flour (Commonly found at Hyvee, Price Chopper, Sprouts)

1 cup parmesan cheese lower fat

1 cup Shredded Mozzarella

Mix all the ingredients in a bowl.

The correct point is when the dough is not attaching on the hand when you make the balls, if it is not in a point yet, add some spoons of tapioca flour until you can make the it.

Make balls (size varies by desire, ideal a little bigger than a table spoon, close to 25-30g each), rolling dough on your hand and place on the baking sheet (cover the pan with foil) and/or spray oil on that. Place the balls with a little distance between them and cook on the oven for 15-20 minutes at 400F. Always keep the eyes on it, gold color is the ideal.

Ideal to eat at same day. But if it is already cold, warm up for 15-20seconds on the microwave.

Good to serve with a cup of coffee *-*

Maribel Nelson

Pasta Fagioli Slow Cooker Soup

2 lbs. ground beef
1 onion, chopped
3 carrots, chopped
4 stalks celery, chopped
2 – 28 oz. cans diced tomatoes
1 – 16 oz. can red kidney beans
1 – 16 oz. can white kidney beans
3 – 10 oz. cans beef stock
3 tsp. oregano
1 ½ tsp. pepper
5 tsp. parsley
½ tsp. Tabasco sauce (1 tsp. was too much)
1 – 20 oz. jar spaghetti sauce
8 oz. pasta

Brown beef in skillet. Drain fat from beef and add to crockpot with everything except the pasta. Cook on low for 7 – 8 hours. During last hour, add pasta.
Or, cook on high for 4-5 hours and add pasta during the last 30 minutes.

Potato Soup

6 medium potatoes, peeled and diced
2 T. butter
1 medium carrot, diced
1 rib of celery, diced
¼ cup finely chopped onion
2 T. flour
1 quart of milk
2 T. finely chopped parsley (*or 2 tsp. dried parsley*)
2 tsp. salt
½ tsp. Nature Season (*seasoned salt*)
¼ tsp. red pepper
1 chicken bouillon cube

Cook potatoes in boiling water until tender. Melt butter in a 3 or 4-quart saucepan and sauté carrots, celery and onions. Cover and cook until tender. Remove from heat. Blend in flour. Stir in milk. Add remaining ingredients. When potatoes are tender, add them to milk mixture. Simmer over medium heat until steaming hot.

Serve with grated cheese or crumbled bacon, if desired.



Chicken Salad w/ Avocado & Apple

(Makes about 6 cups)

2 cups cooked skinless chicken or turkey cut in 1-inch pieces	X's 6 (36 cups)
1 cup diced sweet apple	12 cups
½ cup thinly sliced celery	6 cups
¼ cup lightly toasted pecans, coarsely chopped	3 cups
½ cup roughly chopped flat leaf (Italian) parsley	1 ½ cups
¼ cup chopped red onion	3 cups
½ tsp. salt	1 ½ cups
2 T. fresh lemon juice	3 tsp.
1 T. olive oil	¾ cup
1 ripe avocado, halved, pitted, peeled and diced	1/3 c. + 1 T.
4 cups mixed baby salad greens	6 + according to size
	24 cups

In large bowl, combine salt, lemon juice and olive oil. Add chicken, apple, celery, parsley and onion; toss gently.

Add avocado; toss gently until all ingredients are combined, leaving some diced avocado visible while mashing some.

Serve over mixed greens with more avocado and grapes, if desired.



Cucumber and Onion Salad

1 medium cucumber, sliced
1 medium onion, sliced
2 tsp. salt
2 T. sugar
2 T. vinegar
1 cup cold water
¼ tsp. pepper

Mix together and chill before serving.

SOUPS

Chicken Tortellini Soup

1 ½ lbs. boneless skinless chicken breast
2 T. olive oil
1 medium onion, finely chopped
3 cloves garlic, minced
1 can (49-1/2 oz.) chicken broth
2 tsp. Italian seasoning
1 pkg. (9 oz.) cheese tortellini
1 can (28 oz.) crushed tomatoes in puree
6 oz. bag fresh baby spinach (clean & ready to eat)
Salt & pepper to taste
1 cup shredded Parmesan cheese *or mozzarella*

Cut the chicken breast into small bite-size pieces and sauté in olive oil until cooked through. Add onion when chicken is almost done and finish cooking. Add garlic; cook 1 more minute. Add broth and Italian seasoning; bring to a boil and simmer for 5 minutes.

Meanwhile, cook tortellini according to package directions; drain. Add cooked tortellini to soup mixture. Stir in tomatoes and simmer 5 minutes. Add spinach and cook just until wilted. Season with salt and pepper. Garnish each serving with cheese.

For an extra bit of heat, add sprinkle of ground cayenne red pepper as it is simmering.

Cathy Peters

Chicken Tortilla Soup

- 1 – 16 oz. can whole kernel corn, drained
- 1 – 16 oz. cans black beans
- 2 – 16 oz. cans diced tomatoes
- ½ cup salsa (we use Pace mild or medium)
- 3 cups chicken broth
 - (Note: you can use the water you boil the chicken in, just add 3 chicken bouillon cubes for flavor)
- 2 cups chopped, cooked chicken.
- 2 tsp. cumin
- 1 clove garlic (or ½ tsp. garlic powder)
- Cheddar cheese to sprinkle on top each serving

Cook chicken in boiling water until done. Let cool and chop into bite size pieces.

Combine all ingredients (except cheese) in a large saucepan. Simmer for 30 minutes to blend flavors, stirring occasionally. Top each serving with shredded cheese and serve with tortilla chips.

Candy Patterson

Hearty Barley Vegetable Soup

2 T. olive oil
1 onion, chopped
1 or 2 celery stalks, chopped
2 garlic cloves, crushed
6 cups water
3 T. "Better Than Bouillon Vegetable Stock"
Heaping 1/3 cup whole grain barley, rinsed
1 bouquet garni, made with 1 bay leaf, fresh thyme sprigs and fresh parsley sprigs
(I just threw the bay leaf, thyme and parsley in and then picked them out later. Just pick big sprigs to use)
2 carrots, peeled and chopped
1 cup potatoes, peeled and chopped
14 oz. can petite diced tomatoes
Pinch of sugar
¼ head of Savoy cabbage, cored and chopped
Salt and pepper to taste

Heat the oil in a large saucepan. Add the onion, celery and garlic and cook over medium heat for 5 – 7 minutes, until softened.

Pour in the water and vegetable stock and bring to a boil. Add the barley and bouquet garni, reduce the heat to low, cover and simmer for 45 minutes.

Add the carrots, potatoes and tomatoes (including the can juices), and pinch of sugar to the pan. Bring the liquid back to a boil, then reduce the heat to low, cover and simmer for an additional 30 minutes, or until the barley and carrots are tender.

Just before serving, remove the bouquet garni (or bay leaf, thyme and parsley sprigs), stir in the cabbage and season with salt and pepper to taste. Continue simmering until the cabbage wilts. Serve with Garlic Mozzarella Bread.

OPTION: Try adding a little beef or chicken

Carolyn Pattersen

Blueberry Brunch Cake

Easy, fast, and excellent for a party or coffee date.

Ingredients:

- 1 c. flour
- 1/3 c. sugar
- 2 t. baking powder
- 1/2 t. salt
- 1 egg
- 1/2 c. milk
- 1/3 c. oil (or butter)
- 1 T. lemon juice
- 1 c. blueberries (frozen or fresh)

Topping:

- 1/3 c. sugar
- 1/4 c. flour
- 1/4 t. cinnamon
- 1/2 c. chopped pecans
- 2 T. butter

Combine dry ingredients and set aside. Combine egg, milk, oil, lemon juice; add to dry ingredients and mix well. Pour into greased 8x8 square pan. Sprinkle w/blueberries. Combine topping ingredients and sprinkle over blueberries. Bake 350F for 40 minutes or until done. Double the recipe for a large 13x9 and bake for 40-50 minutes.

Becky Peterson, from my old friend Deb Miller

Turkey Curry

Warm and savory, filling and satisfying

Ingredients:

2 lbs. ground turkey

1 t. Curry (or more for taste)

3 garlic cloves

1 onion

2 t. olive oil

Salt and pepper

1 can coconut milk (I use Thai Kitchen, full fat)

½ white cabbage, chopped

2 cups garbanzo beans

4 carrots, peeled and sliced

2 large sweet potatoes, peeled and cut into large chunks (don't use small chunks or they'll get too soft and dissolve)

Using a large pot or dutch oven, saute turkey with garlic and onions in the olive oil. Add the coconut milk and then fill that can up twice w/water and add to the meat. Reduce heat to medium or medium-low. Add the cabbage, beans, carrots, and sweet potato. Add as much spice as you like. Start with a tablespoon and taste. Some people like lots of curry. I also add cumin and a little cayenne as well. Cook until potatoes are soft, about 30 minutes.

Becky Peterson, from Gabrielle Reece

Sour Cream Sugar Cookies, Roll and Cut-Out

Ingredients:

2 c. sugar

1 c. butter

1 c. sour cream

3 eggs

1 t. baking soda

1 t. baking powder

Dash salt (if using unsalted butter)

3 ½ - 4 c flour

3 t. vanilla

Cream the sugar and butter. Add eggs and vanilla. Sift in dry ingredients alternately with the sour cream. Chill dough several hours or overnight. Roll out on floured surface and cut shapes. Bake ~10min, 400F, until just browning on edges. Don't overbake, or they'll be hard. Frost once cool and decorate for any holiday, or just because.

Becky Peterson's family recipe (3 generations)

Taco Soup

2 lb Hamburger

2 onions (chopped)

2 cans Pinto Beans Do not drain

2 Cans Ranch Style Beans Do not drain

2 Cans Diced Tomatoes Do not drain

2 Cans Rotel with Chilies Do not drain

2 Cans Whole Kernel Corn Do not drain

1 package Taco Seasoning

Brown hamburger and onion. Drain grease

Add other ingredients and simmer 30 minutes

Serve with taco chips and cheddar cheese

Fast and Easy Red Beans & Sausage

1 package (13.5 ounces) Johnsonville Andouille Sausage, Diced

1 tablespoon Olive Oil

3 Stalks Celery, Diced

1 Medium Onion, Diced

1 medium Green Pepper, Diced

3 Cloves Garlic, Minced

½ Cup Water

2 Bay Leaves

¼ to ½ teaspoon Cayenne Pepper

2 Cans (16 ounces each) light Red Kidney Beans

Cooked White Rice

In a skillet, brown sausage in oil for 3-4 minutes. Add celery, onion, green pepper and garlic. Continue to cook until vegetables are tender.

Add water, bay leaves, cayenne pepper and beans.

Cover and simmer for 15-20 minutes.

Remove bay leaves.

Serve over hot rice

6-8 servings. Ready in 30 minutes.

Thanksgiving Turkey Soup

1 leftover turkey carcass	2 cups Half and Half Cream
3 medium onions, Chopped	1 cup Uncooked Long Grain Rice
2 large Carrots, Diced	2 teaspoons Salt
2 Celery ribs, Diced	1 teaspoon Chicken Bouillon Granules
1 cup Butter, Cubed	¾ teaspoon Pepper
1 cup All-purpose Flour	

1. Place turkey carcass in a soup kettle or Dutch oven and cover with water. Bring to a boil. Reduce heat; cover and simmer for 1 hour. Remove carcass; cool. Set aside 3 qt broth. Remove turkey from bones and cut into bite size pieces; set aside.
2. In a soup kettle or Dutch oven saute the onions, carrots and celery in butter until tender. Reduce heat; stir in flour until blended. Gradually add 1 qt of reserved broth. Bring to a boil; cook and stir for 2 minutes or until thickened.
3. Add cream, rice, salt, bouillon, pepper, remaining broth and reserved turkey. Reduce heat; cover and simmer for 30-35 minutes or until rice is tender.

Yields: 16 servings

Cook Pot Chicken Pot Pie

Pattie Rogers

32 oz chicken broth

2 cans of cream of chicken soup --- I have substituted gluten free cream of mushroom soup it is thinner.

2 cups milk

3 boneless, skinless chicken breasts cooked and cubed

2 cups frozen peas and carrots

3-4 Potatoes peeled and cut into small cubes

1 teaspoon salt

1 ½ teaspoons pepper

4 tablespoons cornstarch

4 tablespoons water

Canned biscuits baked

1. Put first seven ingredients in 6 quart crock pot and stir well.
2. Cover and cook on low for 6-7 hours or high for 3-3 ½ hour.
3. Once hot and bubbly, remove 4 cups of gravy.
4. Place gravy in saucepan over mid-high heat.
5. Mix water and cornstarch together.
6. When gravy comes to a boil, add cornstarch and water mixture.
7. Stir continually until gravy thickens.
8. When gravy thickens, remove from heat and pour back into crock pot.
9. Mix well.
10. Bake biscuits and serve mixture over biscuits.

I have doubled this recipe it just barely fits in my big crock pot.

Corn Souffle
Pattie Rogers

3 eggs

1 box Jiffy cornbread mix can use gluten free cornbread mix

2 teaspoons baking powder

½ teaspoon salt

1 cup sour cream

½ cup Wesson oil

Beat eggs well and add remaining ingredients.

Grease 1 ½ quart dish

Bake uncovered 30 minutes at 400.

Mint Brownies
Pattie Rogers

Mix together:
2 cups flour
2 cups sugar
½ teaspoon salt
1 teaspoon soda

Boil and pour first mixture:
2 sticks butter
4 tablespoons cocoa
1 cup water
Mix well

Add ½ cup buttermilk or sour milk
2 beaten eggs
Mix well

Put in ungreased jelly roll pan. Bake 350 for 20 minutes (it usually takes longer) Cool.

Mint Icing
2 cups powdered sugar
½ stick of butter
2 tablespoons of milk
2 teaspoons peppermint extract
Green or red food coloring
Ice cooled brownies

Chocolate Icing
Melt ½ stick of butter and 4 oz of semi-sweet chocolate chips. I have increase this depending on the pan size, to 6 tablespoons of butter and 6 oz of semi-sweet chocolate. Stir well. Cover mint icing fast.

6-8 burritos sized tortillas

Mexican Lasagna

1 can refried beans
1 ½-2 lbs browned ground beef
1 large jar salsa
1 can black beans, drained and rinsed
4 cups shredded Colby/jack cheese
1 pkt taco seasoning mix
1 can of corn, drained (optional)
2-3 green onions, chopped
Sour cream

Preheat oven to 350.

In a mixing bowl dump in the ground beef, taco seasoning, black beans, 1 ½ cups of the salsa and corn (if using), mix well. Lay out all 4-5 tortillas and spread refried beans over them. In a 9x13 baking dish place 2 of the tortillas on the bottom bean side up, use part of one other to cover gaps. Spread half of meat mixture on top, then 1/3 of cheese. Place another layer of tortillas bean side up on that, then the other half of the meat mixture and 1/3 more of the cheese. Top with the remaining tortillas (without beans), cover with the rest of the salsa (feel free to add a tad of water to the jar and shake it to get it all and pour it on. It will all work out to yummy goodness.), and sprinkle the last 1/3 of the cheese on top.

To serve sprinkle chopped green onions on top and serve with sour cream and extra salsa if desired.

Put in oven and cook until heated through, about 30 minutes. If it has been refrigerated after assembly and is cold then it might take longer. Check with a thermometer if necessary.

I hear it makes great leftovers but it generally doesn't last that long in my house. ;)

NJ Rush

Fast Family Fajitas

- 1 medium green bell pepper
- 1 medium red bell pepper
- 1 lb boneless, skinless chicken
- 2 tsp vegetable or olive oil, divided
- 1 clove garlic, pressed
- 1 envelope (1 oz) Onion soup mix
- ½ cup water
- ½ cup salsa
- 12 (7-8 inch) flour tortillas, warmed

- 1) Cut bell pepper into ½ inch strips. Cut chicken crosswise into thin strips.
- 2) Heat skillet over medium-high heat. Add 1 tsp oil and chicken. Cook 3-4 minutes or until chicken is no longer pink. Remove from skillet; set aside. Add remaining oil, bell peppers and pressed garlic. Stir and cook for 1-2 minutes or until vegetables are crisp tender.
- 3) Add chicken, onion soup mix powder, water and salsa to bell pepper mixture. Cook and stir 2-3 minutes or until heated through.
- 4) To serve, place chicken mixture in center of warm tortillas. Serve with desired toppings such as sour cream, shredded cheese, guacamole. May also serve alongside Spanish Rice.

Notes:

NJ Rush

Blueberry Dessert

Tanya Shelby

Bottom Crust:

20 graham crackers crushed

1/4 lb (1 stick) oleo or butter

1/2 cup sugar

crush graham crackers between 2 pieces of waxed paper. Roll with rolling pin over and over until they are fine crumbs. Add 1/2 cup sugar to the crumbs. Stir into the melted butter. Pat in bottom and on sides of 9 x 13 pan.

Mix together

1 8oz pkg of cream cheese

2 eggs well beaten

1/2 cup sugar

Beat eggs, then beat cream cheese and sugar. Pat this on top of the crust and bake for 20-25 minutes at 250 degrees.

Cool

Spread can of blueberry pie mix on top. Then spread 8oz cool whip on top.

Refrigerate

Cheesy Taco Pasta

Tanya Shelby

Prep:20 minutes

Cook:20 minutes

Total Time:20 minutes

Cheesy Taco Pasta is easy to make and tastes like the Hamburger Helper you used to eat as a kid except better. Much better.

Ingredients:

- 1/2 pound large shells pasta
- 1 pound ground beef
- 1 packet taco seasoning
- 3/4 cup of water
- 1 cup jarred salsa
- 1 cup shredded cheddar cheese

Directions:

Cook the shelled pasta according to the directions on the box and drain.

Add the ground beef to the pan and brown well.

Drain the fat.

Add the taco seasoning and 3/4 cup of water, stir and cook until water is gone.

Add the pasta back into the pot with the salsa and cheese.

Stir to combine.

Serve immediately, preferably with crunchy tortilla chips
(optional) on top.

Hot Rice

Tanya Shelby

3 cups cooked white rice

3 cups sour cream

1/2 to full jar of jalapenos and juice

1lb monterey jack or mozzarella cheese

- Cook rice as directed on box
- Mix sour cream and jalapenos in a medium size mixing bowl.
- In casserole dish layer rice, then cheese, then sour cream mix, rice, cheese, sour cream mix, rice.
- Bake at 350 degrees, for 1 hour or until cheese is melted clear thru

Little Cheddar Meat Loaves

1 egg

3/4 cup milk

1 cup shredded cheddar cheese

1/2 cup quick cooking oats

1/2 cup chopped onion (I've used dried, minced onion in a pinch)

1 t. salt

1 lb. ground beef

1/3 cup ketchup

1/4 cup packed brown sugar

3/4 t. prepared mustard

Preheat oven to 350.

Line an low-edged baking pan with foil (for easy clean up) and place a rack on the baking pan. This will allow loaves to bake while grease drips below.

Combine ketchup, brown sugar, and mustard.

Set aside.

In a bowl, beat the egg and milk.

Stir in cheese, oats, onion, and salt. Let set a few minutes for oats to absorb some of the milk.

Add beef and mix well.

Shape into six to eight loaves, each with a small indentation/well along the top.

Place loaves on the rack.

Spoon prepared sauce over each loaf.

Bake, uncovered, for 45 minutes or until meat is no longer pink.

Rachel Stouffer

Leftover Turkey Pot Pie

1 pie crust or tube of crescent rolls
1/2 cup butter
1/2 cup finely diced onion
1/2 cup finely diced carrot
1/2 cup finely diced celery
2 cups leftover turkey, diced or shredded
1/4 cup flour
2 cups low-sodium chicken broth
1 cup heavy cream
1/2 frozen peas
1 t. thyme
Salt and pepper to taste

Preheat oven to 400.

Melt butter in a skillet or dutch oven. Add onion, carrots, and celery, and cook until translucent (a couple of minutes).

Add turkey and stir. Sprinkle flour over mixture and stir. Cook over medium heat for a couple of minutes, stirring constantly.

Pour in chicken broth, stirring constantly. Pour in cream. Add frozen peas.

Bring to a slow boil and allow mixture to cook and thicken for a few minutes. Add salt and pepper to taste (do not under-season), and thyme. Do one final taste at the end and add what it needs.

Pour mixture into a casserole dish or deep pie pan.

If using crescent roll dough, lay out and pinch all seams together to make one crust. Place it or the pie crust on top of the pot pie mixture and press crust into the sides of the dish. Cut vents in the top of the crust.

Bake for 30 minutes or until very golden and bubbly.

Allow to cool a bit before serving.

Rachel Stouffer

Snickerdoodle Blondies

2 2/3 cups flour
2 t. baking powder
1 t. cinnamon
1/4 t. nutmeg
1 t. salt
2 cups packed brown sugar
1 cup butter, room temperature
2 eggs, room temperature
1 t. vanilla
2 T. sugar, for sprinkling
2 t. cinnamon, for sprinkling

Preheat oven to 350

Mix 2 tablespoons sugar and 2 teaspoons cinnamon (for sprinkling) and set aside.

Combine flour, baking powder, 1 teaspoon cinnamon, nutmeg, and salt; set aside.

Beat the butter and brown sugar for 3-5 minutes.

Add eggs, one at a time, mixing well after each.

Add vanilla and beat until smooth.

Stir in flour mixture.

Spread in a greased 9x13 baking dish.

Sprinkle combined sugar and cinnamon over the top and bake for 30-35 minutes or until a toothpick inserted near the center comes out clean. Don't overbake!!

Rachel Stouffer

Laundry Soap

1 bar Fels Naptha

1 cup Borax

1 cup Washing Soda (NOT baking soda)

4-5 gallons water

Heat 1 gallon water in stockpot on medium/low heat; do not boil. Add shredded bar Fels Naptha, stir. Once soap is dissolved, add in the Borax and Washing Soda; stir until dissolved.

Fill 5 gallon bucket with about 3.3 1/2 gallons warm water, stir in soap mixture. Soap will become like Jello after 24 hours. Can add essential oil to scent.

Add approx 1/2 c. to washing cycle, use more for heavily soiled items.

Pork Chops and glaze

6-8 pork chops

2 eggs

4c. milk

flour

1 1/2 c. honey

1/2 c. brown sugar

1/2 t. ginger

dash cayenne

1/2 c. soy sauce

1 T. garlic, chopped

2 T. butter

Coat pork chops in flour; dip into egg & milk mixture; coat again in flour. Fry pork chops in skillet of heated oil. While pork chops are cooking, heat a saucepan; melt butter and sauté the garlic. Add remaining glaze ingredients to the saucepan. Stir well and keep warm. Remove pork chops from skillet and place into 11x13 baking dish; pour glaze on top. Bake at 350° for 30 minutes or until bubbly.

-Melissa Sutherland

Crepes

4 eggs

2 c. flour

4 T. vegetable oil

2 $\frac{2}{3}$ c. milk

2 T. sugar

Mix well. Batter will be runny. Heat skillet (I use a medium cast iron skillet) on med/low heat. Pour in just enough batter to cover the bottom and swirl pan to coat to the edges. Crepe will be very thin. Cook 1-2 minutes, or until small bubbles/holes appear. Flip and cook additional 1-2 minutes.

Serve with desired filling - we use cherries, apple pie filling, bananas - and top with powdered sugar.

Makes approx. 18 crepes.

- Melissa Sutherland

MEDITERRANEAN BLACK BEAN SALAD

2 15 OUNCE CANS OF BLACK BEANS, RINSED AND DRAINED

1 CUP CHOPPED GREEN BELL PEPPERS

1 CUP CHOPPED RED BELL PEPPERS

1 CUP CHOPPED TOMATOES

1 CUP CHOPPED AVOCADO

½ CUP DICED ONION

¼ CUP CHOPPED PARSLEY OR CILANTRO

DRESSING:

2 TBSP FRESH LIME JUICE

1 TBSP OLIVE OIL

2 CLOVES GARLIC, MINCED

½ TSP SALT

COMBINE ALL INGREDIENTS AND TOSS WELL TO COAT. REFRIGERATE FOR 2-4 HOURS TO ALLOW FLAVORS TO BLEND. ENJOY!

SUBMITTED BY SUSAN LEE THOMPSON

ROASTED PARMESAN HARVEST VEGETABLES

CUT VEGGIES TO ABOUT THE SAME SIZE—1/2 INCH—AND AFTER PREPPING, PLACE ON A GREASED OR PARCHMENT PAPER-LINED COOKIE SHEET. SPACE THE VEGGIES A LITTLE BIT APART, SO THAT VEGGIES ROAST AND DON'T STEAM.

PREHEAT OVEN TO 425. ROAST FOR 25-35 MINUTES.

MIX IN LARGE BOWL: VEGGIES—1 LB BRUSSELS SPROUTS, ASPARAGUS, SWEET POTATOES, RED POTATOES, OR SQUASH, BROCCOLI, 1 MEDIUM CARROT, OR APPLES (YOU CAN USE ANY COMBINATION YOU WISH) YOU CAN ALSO ADD BACON CRUMBLES FOR VARIETY.

1 CAN OF GARBANZO BEANS

(TO MAKE 2 COOKIE SHEETS FULL, I DOUBLE THE RECIPE)

4TBSP OLIVE OIL

1 TSP GARLIC POWDER OR 2-3 CLOVES OF MINCED FRESH GARLIC

½ TSP SEA SALT

½ TSP CRACKED BLACK PEPPER

1 TSP ITALIAN SEASONING

¼ CUP GRATED PARMESAN CHEESE (OR DAIRY-FREE VARIETY)

¼ CUP PANKO BREAD CRUMBS (OR GLUTEN-FREE VARIETY)

ENJOY!!

SUBMITTED BY SUSAN LEE THOMPSON

Lasagna- Hailey Vansell

(I think this is actually the Pioneer Woman's Recipe)

Ingredients:

- 1-1/2 pound Ground Beef
- 1 pound Hot Breakfast Sausage
- 2 cloves Garlic, Minced
- 2 cans (14.5 Ounce) Whole Tomatoes
- 2 cans (6 Ounce) Tomato Paste
- 2 Tablespoons Dried Parsley
- 2 Tablespoons Dried Basil
- 1 teaspoon Salt
- 3 cups Lowfat Cottage Cheese
- 2 whole Beaten Eggs
- 1/2 cup Grated (not Shredded) Parmesan Cheese
- 2 Tablespoons Dried Parsley
- 1 teaspoon Salt
- 1 pound Sliced Mozzarella Cheese
- 1 package (10 Ounce) Lasagna Noodles
- (add 1/2 Teaspoon Salt And 1 Tablespoon Olive Oil To Pasta Water)

Instructions:

Bring a large pot of water to a boil.

Meanwhile, in a large skillet or saucepan, combine ground beef, sausage, and garlic. Cook over medium-high heat until browned. Drain half the fat; less if you're feeling naughty. Add tomatoes, tomato paste, 2 tablespoons parsley, basil and salt. After adding the tomatoes, the sauce mixture should simmer for 45 minutes while you are working on the other steps.

In a medium bowl, mix cottage cheese, beaten eggs, grated Parmesan, 2 more tablespoons parsley, and 1 more teaspoon salt. Stir together well. Set aside. Cook lasagna until "al dente" (not overly cooked).

To assemble:

Arrange 4 cooked lasagna noodles in the bottom of a baking pan, overlapping if necessary. Spoon half the cottage cheese mixture over the noodles. Spread evenly. Cover cottage cheese with a layer of mozzarella cheese. Spoon a little less than half the meat/sauce mixture over the top.

Repeat, ending with meat/sauce mixture. Sprinkle top generously with extra Parmesan.

Either freeze, refrigerate for up to two days, or bake immediately: 350-degree oven for 20 to 30 minutes, or until top is hot and bubbly.

CHEESY CHICKEN & RICE CASSEROLE- Hailey Vansell

Ingredients

- 1 pound chicken breast, shredded (3-4 cups)
- 1 cup uncooked rice
- 3 cups chicken broth
- 1 cup sour cream
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- salt and pepper to taste
- 2 tablespoons butter
- 2 tablespoons flour or Bisquick (this can be made gluten-free with gluten-free Bisquick)
- 2 cups shredded cheddar cheese

Instructions

1. Preheat oven to 400
2. I use my small crock pot to cook my chicken. I just put it on low before work and they are done when I get home. Alternatively, you can bake it on 400 for 25-30 minutes covered. When chicken is cooked, shred and set aside.
3. In a small saucepan bring two cups of chicken broth to a boil, pour in rice, and simmer on low until all liquid is absorbed.
4. In a large mixing bowl combine shredded chicken, rice, spices and sour cream together, set aside.
5. In the same small saucepan you used for the rice, melt two tablespoons of butter over medium heat. When it is completely melted and bubbling add two tablespoons of flour, stir mixture and let it simmer for about one minute, stirring occasionally.
6. Slowly pour last cup of chicken broth into the flour mixture, stirring as you go.
7. Let your cream of soup simmer for a couple minutes until the mixture thickens. This usually takes me 3-5 minutes.
8. When mixture is thick pour it into the mixing bowl with the rest of your ingredients.
9. Add in 1/2 cup cheese, stir well and pour into greased baking dish.
10. Top with remaining cheese and bake for 25-30 minutes.

PUMPKIN SHEET CAKE- Hailey Vansell

INGREDIENTS:

- 1 cup (2 sticks) unsalted butter, melted
- 1 cup milk
- 1/2 cup pureed plain pumpkin (canned plain pumpkin)
- 2 cups granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon salt
-
- 1/2 cup (1 stick) unsalted butter
- 8 oz cream cheese
- 1/3 cup milk
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 5 1/2 cups powdered sugar

DIRECTIONS:

- Preheat oven to 350°F. Grease a 13 x 18 jelly roll pan with butter or spray with Baker's Joy.
- In a large bowl, whisk together melted butter, milk, pumpkin and sugar. Whisk in eggs and vanilla extract. Then whisk in flour, baking soda, pumpkin pie spice and salt.
- Pour batter into prepared jelly roll pan and bake for 20 minutes, or until a toothpick inserted in the center comes out clean.
- Frosting: in a large bowl cream butter and cream cheese until smooth. Beat in milk, vanilla extract and cinnamon on low speed until combined.
- Then whisk in powdered sugar - beating on high until frosting is smooth. Spread frosting on top of cake.
- Refrigerate cake until ready to serve, and let cake rest on counter for 10 minutes before serving to let it warm up just a little.

Chicken Enchilada Casserole

- Becky VanSickle

1.5 lbs boneless skinless raw chicken breasts
1 - 28 ounce can red enchilada sauce (El Paso is good)

Add these ingredients at the end

10 corn tortillas
3 cups grated cheddar cheese (divided)
1 - 3.8 ounce can black olives (divided) optional

Put the chicken breasts and enchilada sauce in a crockpot. Cook on **HIGH** for 4 hours or **LOW** for 8 hours. Shred the chicken with 2 forks in the crockpot.

Cut tortillas into strips and add to chicken and sauce. Stir. Add 1 cup of cheese and half the olives into the chicken mixture. Stir again. Flatten the mixture slightly. Add the rest of the cheese and olives on top.

Cook on low for about 40-60 minutes longer. Top with sour cream before serving.

Apple Pear Salad

- Becky VanSickle

10 cups Romaine lettuce
1 cup shredded swiss cheese
1 medium apple, cubed
1 medium pear, cubed
 $\frac{1}{2}$ cup dried craisins
1 cup cashews

Chop the lettuce into bite sized pieces and put in a large bowl. Add other ingredients and toss to mix. I like raspberry vinaigrette dressing with the fruit or poppy seed would be good also.

Black Bean Brownies

Serves: 12 brownies

Ingredients

- 1½ cups cooked black beans ([how to make them homemade](#))
- ½ cup maple syrup
- ¼ cup coconut oil, melted
- 2 tsp vanilla
- 2 Tbsp cocoa powder
- ½ cup oats
- ¼ tsp salt
- ½ tsp baking powder
- ½ cup mini chocolate chips, divided
- 2-3 Tbsp chopped walnuts (optional)



Instructions

1. Preheat the oven to 350F.
2. Grease an 8x8 baking dish or line with parchment paper.
3. In a high powdered blender OR in a food processor, combine the ingredients in the order listed.
4. Process the ingredients until the batter is ultra smooth, approximately 2-3 minutes.
5. Fold in ¼ cup of the chocolate chips.
6. Spread the batter evenly in the prepared baking dish. Sprinkle the remaining chocolate chips and nuts (if using) on top of the batter.
7. Bake in the oven for 15-18 minutes, until the brownies are cooked through and set.
8. Allow to cool thoroughly before cutting.

Notes

This recipe is easy to double. Use a 9x13 pan and bake for 17-18 minutes so that the center is thoroughly cooked through.

* If you don't want to go through the trouble of folding in the chocolate chips (and dirtying another bowl), you can sprinkle them all on top. Alternatively, you can fold all the chocolate chips in too. My kids liked having the small bits of chocolate on top.

** I've made these with canned beans and dry beans cooked from scratch and we preferred the tasted of dried beans from scratch, although the canned beans came in a close second. If you use canned beans, be sure to rinse them thoroughly (until the water runs clear) before using.

Recipe by Don't Waste the Crumbs at <https://dontwastethecrumbs.com/2016/04/black-bean-brownies/>

Danielle Walker

The Very Best Slow Cooker Carnitas

Prep time
5 mins

Cook time
10 hours

Total time
10 hours 5 mins

Serves: 6 cups

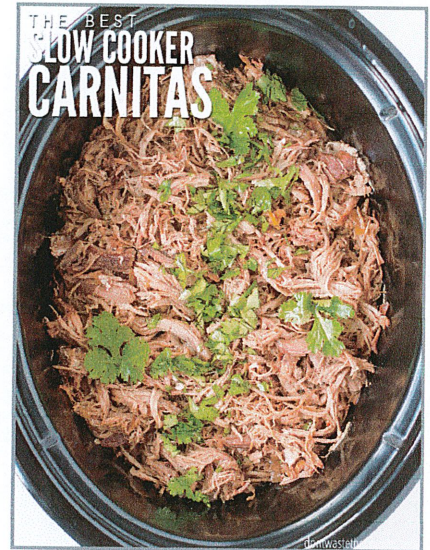
Ingredients

- 1 onion, roughly diced
- 3-3½ lb pork shoulder butt/shoulder (bone-in or boneless)
- 3 tsp salt
- 3 tsp garlic powder
- 3 tsp cumin
- 1½ tsp dried oregano
- 1½ tsp coriander
- ½ tsp cinnamon
- 4 bay leaves
- ¼ tsp crushed red pepper flakes
- ½ - 1 cup chicken stock or water or beer

Instructions

1. Place the onion evenly on the bottom of the slow cooker.
2. Place the pork roast on top of the onion.
3. Add ½ cup liquid to the slow cooker.
4. In a small bowl or a mug, combine all the spices. Sprinkle liberally over the pork shoulder.
5. Cook the pork on low for 10 hours.
6. When the meat is done, shred the meat with two forks. Add the remaining ½ cup liquid if the pork has not released many juices. Stir to combine and serve.

Recipe by Don't Waste the Crumbs at <https://dontwastethecrumbs.com/2017/01/best-slow-cooker-carnitas/>



Danielle Walker

Carrot Cake & Cream Cheese Icing

Terri Warman

2 Cups Flour

2 tsp Baking Soda

2 tsp Baking Powder

1 tsp Salt

1 tsp Cinnamon

3/4 Cup vegetable Oil

4 Eggs

2 Cups Sugar

2 Cups Fresh Carrots put in Food Processor

1 Cup Golden Raisins

3/4 Cup unsweetened Applesauce

Combine oil, applesauce, sugar & eggs. Beat with an electric mixer until mixture creamy. Add dry ingredients alternately. Mix well. Fold in carrots & raisins. Pour into 13 x 9 greased & floured cake pan. Bake @ 300 for 45 minutes or until knife inserted in center comes out clean.

Cream Cheese Icing

1 8 oz pkg Cream Cheese softened 2 tsp Vanilla

4 Cups Powdered Sugar 1/2 stick butter softened

Cream butter & cream cheese & add remaining ingredients.

Beat on low till creamy. Frost cooled cake & refrigerate.

Chicken Salad

Terri Warman

3 Cups Cooked Chopped Chicken

1 Cup Chopped Celery

1 Cup Chopped Apples

1 Cup Grapes halved

1 C Chopped Pecans

Mix the following & add to the above ingredients

1/2 Cup Olive Oil Mayo

1/2 Cup Sour Cream

1/2 Small Tub Cool Whip

Salt & Pepper to taste

Great on Crescent Rolls with lettuce leaves

Meatballs

Terri Warman

1 pound Ground Beef (at least 80%)

1/2 Cup Italian Bread Crumbs

1/4 Cup Milk

1/4 tsp Salt

1/2 tsp Worcestershire sauce

1/8 tsp black pepper

1/2 tsp chopped garlic

1/4 Cup finely chopped onion

1 egg

Preheat oven to 400. Line 13 x 9 inch pan with foil; spray with cooking spray.

In large bowl, mix all ingredients. Shape mixture into 20 to 24 (1 1/2-inch) meatballs.

Place 1 inch apart in pan.

Bake uncovered 18 to 22 minutes or until no longer pink in center.

Great to add to marinara or to eat alone.

Crockpot Ranch Pork Chops

Put 4-6 pork chops (thin) in the bottom of the crock pot. Sprinkle with a package ranch seasoning and add a can of cream of chicken soup on top. Cook on low 3-4 hours. The "gravy" that cooks on top of the meat is great for mashed potatoes too!

Crockpot Chicken and Stuffing

Place 4 chicken breasts on the bottom of the crockpot. Mix together the following ingredients and put on top of the chicken: package stuffing mix, can cream of chicken, 1/4 cup water, and 1/2 cup sour cream. Cook on low 4 hours.

Almond Poppyseed Chicken Casserole

1 1/2-2 lbs cooked, shredded chicken
1 can cream of celery soup
1 can cream of mushroom soup
8 oz sour cream
1/2 c. sliced almonds

Mix all ingredients and place in greased 9x13 pan. Melt 1 stick oleo and mix with 1 sleeve crushed Ritz crackers and 1 Tbsp poppy seeds. Spread this mixture on top. Bake 30 mins at 350 degrees.

*Note more chicken makes it less soupy

Chicken Parmesan Soup

1/4 of a 16-oz (450-g) loaf French bread
2 tbsp (30 mL) olive oil
3 tbsp (45 mL) Garlic & Herb Rub, divided
1 1/2 cups (375 mL) unsalted chicken stock
2 cups (500 mL) marinara sauce
1 can (14.5 oz) diced tomatoes with garlic and onion (about 1 3/4 cups/425 mL), undrained
2 1/2 cups (625 mL) diced cooked chicken breasts
3 garlic cloves
1 oz (30 g) fresh Parmesan cheese
3/4 cup (175 mL) shredded mozzarella cheese, divided

Cut bread into 3/4-in. (2-cm) cubes using Color Coated Bread Knife. (You should have about 2 cups/500 mL.)

Toss bread cubes, oil and 1 tbsp (15 mL) of the rub in Deep Covered Baker.

Microwave bread cubes, uncovered, on HIGH 3–4 minutes or until they begin to brown, stirring every minute. Spread croutons over a piece of Parchment Paper to cool.

Stir stock, remaining 2 tbsp (30 mL) rub, marinara sauce, tomatoes, chicken and garlic pressed with Garlic Press into baker.

Microwave, covered, on HIGH 11–13 minutes or until soup is hot.

Grate Parmesan using Microplane® Adjustable Fine Grater.

Carefully remove baker from microwave and stir in Parmesan.

Top soup with half of the mozzarella and sprinkle with half of the croutons. Top with remaining mozzarella.

Let stand, covered, 2–3 minutes or until cheese is melted. Serve soup with remaining croutons.

EASY Crock-pot Chicken Salsa Soup

2 lbs. chicken breasts or thighs (I mix both)

16 oz. salsa

32 oz. chicken broth

8 oz. cheese

(Can add frozen corn
& black beans if you like)

Cook chicken, salsa & broth
in crock-pot on low for about

6 hrs. Add cheese about 30 min.
shred the chicken!
before serving. Serve over dips
with sour cream.

I learned recently that's
it's easier to shred chicken
using a hand mixer than
forks!

Cheesy Sausage Muffins - Easy prep-ahead filling breakfast

2 C Baking mix (I use Pamela's gluten-free)

3/4 C milk

1 egg

1/4 melted coconut oil or butter

3/4 C shredded cheese

1/2 - 1 lb. breakfast sausage, cooked

HeavenlyHomemakers has a
homemade muffin mix made
with whole wheat flour.

Combine all ingredients.
Scoop into 12 muffin cups
& bake at 400° for
15-20 min.

(I usually double this,
then freeze some for quick mornings.

I put frozen ~~one~~ muffins on a cookie sheet
& re-heat.)

The basic recipe of these & many others I use come from a
blog I really like called HeavenlyHomemakers. Lots of simple,
healthy recipes.

Baked French Toast

adjust as
needed - I
don't ever
measure these...

1 stick butter

8-12 eggs

1 C milk?

pieces of bread

1 C brown sugar?

cinnamon

1 tsp vanilla

save the ends of loaves
in freezer and pull them
out when you have enough
to cover pan

the last
couple reject
slices

Melt butter in bottom of 9x13 pan.

Sprinkle brown sugar on top - cover pan.

Lay the broken bread pieces on top sugar.

Sprinkle cinnamon over bread. ♡

In a bowl beat eggs, milk, vanilla.

Adjust milk - the color should be a
happy creamy yellow. You might not
need a whole cup.

Pour egg mix over bread. Jiggle pan
to make sure all the bread is covered.

Optional: Add blueberries or raisins
or any yummy thing you have
on hand - Sprinkle on top. ♡

Bake 375 until middle firm and
knife inserted comes out clean. It should
be a bit soft and gooey but not runny -

Serve with eggs, taters, fruit, Sprinkle with
powdered sugar