

Recipes
From the kitchen of
Jean Van Tassell

Cheesy Herb Bread

Recipe By :
Serving Size : 20 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	butter or margarine, -- softened
1	envelope	GOOD SEASONS garlic and herb or cheese garlic Salad Dressing Mix
1 1/2	cups	Shredded mozzarella cheese
1	loaf	French bread cut in half lengthwise

Mix butter, salad dressing mix and cheese until well blended. Spread on cut surfaces of bread. Broil 3 to 5 minutes or until cheese mixture is bubbly. Cut into slices Garnish with fresh basil leaves.

- - - - -

Real Corn Bread

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
4	Tbsp.	oil (or half butter and half oil)
2	cups	cornmeal
1	tsp.	salt
1	tsp.	baking powder
1	large	egg
1 1/2	cups	milk or buttermilk sugar if desired

Place oil in a round, 9-inch cast-iron skillet or similar baking pan. Put the skillet in the oven and heat until the oil is hot. Mix the cornmeal, salt and baking powder (and sugar) in a medium bowl. Add the egg and milk or buttermilk and stir until just blended.

Remove the skillet and swirl the grease around so that it coats the bottom and the lower half of the sides. Once the skillet is coated, pour the excess oil in the skillet into the cornmeal mixture and stir. Mix lightly just until blended, then pour batter into hot skillet and put in the oven for 20 minutes, or until the bread is firm in the middle.

- - - - -

Savory Party Bread

Recipe By : Martha
Serving Size : 1 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1		unsliced round loaf of sourdough bread (1 lb.)
1	lb.	Monterey Jack cheese -- sliced
1/2	cup	melted butter or margarine
2		or 3 tsp. poppy seeds
1/2	cup	chopped green onions

Cut bread lengthwise and crosswise several times without cutting through the bottom crust. Insert cheese between cuts. Combine onions, butter and poppy seeds. Drizzle over the bread. Wrap in foil. Place on baking sheet. Bake at 350° for 15 minutes. Uncover and bake 10 minutes more or until cheese is melted. (May shred cheese.)

- - - - -

Orange Chocolate Meltaway Candies

Recipe By : Taste of Home
 Serving Size : 72 Preparation Time :0:00
 Categories : Candies

Amount	Measure	Ingredient -- Preparation Method
1	pkg.	(11 1/2 oz.) milk chocolate chips
1	cup	(6 oz.) semisweet chocolate chips
3/4	cup	whipping cream
1	tsp.	grated orange peel
2 1/2	tsp.	orange extract
1 1/2	cups	finely chopped (or ground) toasted pecans
COATING		
1	cup	(6 oz.) milk chocolate chips
2	Tbsp.	shortening

Place chocolate chips in a mixing bowl; set aside. In a saucepan, bring cream and orange peel to a gentle boil; immediately pour over chips.; (Cover if necessary to keep in heat.) Let stand for 1 minute, whisk until smooth. Add the extract. Cover and chill for 35 minutes or until mixture begins to thicken. Beat for 10-15 seconds or just until mixture lightens in color. (DO NOT OVERBEAT.) Spoon rounded teaspoonsful onto waxed paper-lined baking sheets. Cover and chill for 5 minutes. Gently shape into balls, roll half in pecans. In a microwave or double boiler, melt chocolate and shortening, stir until smooth. Dip remaining balls in chocolate. Place on waxed paper to harden. Store in the refrigerator. Yield 6 dozen

Pretzel Candy

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Candies

Amount	Measure	Ingredient -- Preparation Method
1	pound	melting chocolate wafers
1	cup	salty pretzels
1/2	cup	crushed salty peanuts

Microwave chocolate 2 minutes on high. Stir. Add pretzels and lpeanuts. Stir. Quickly spread in a thin layer over waxed paper. Cool in refrigerator. Break into small pieces.

Triple Chocolate Clusters

Recipe By :

Serving Size : 72 Preparation Time :0:00
Categories : Candies

Amount	Measure	Ingredient -- Preparation Method
2		(4 oz.) white chocolate bars
1	cup	milk chocolate chips
1	cup	(6 oz) semisweet chocolate chips
1 1/2	cups	chopped pecans
1 1/2	cups	broken pretzels

Melt first 3 ingredients in a heavy saucepan over low heat, stirring constantly. Stir in pecans and pretzels. Drop by Tbsp. onto lightly greased waxed paper. Cool until hardened. Store in an airtight container in fridge up to 1 month

May melt chocolates in microwave.

- - - - -

Berry Your Heart Strawberry tarts

Recipe By :
 Serving Size : 6 Preparation Time :0:00
 Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
6		eggs
2	Tbsp.	grated lemon peel
1/3	cup	lemon juice
1	cup	sugar
1/4	cup	butter or margarine
6		baked 4 inch pastry shells
2	pints	strawberries -- washed, stemmed and -- halved
1/4	cup	strawberry jelly -- melted

In saucepan, whisk eggs until blended. Stir in lemon peel, juice, sugar and butter. Cook and stir over medium heat until mixture thickens, 5 to 8 minutes. Cool. Pour into prepared pastry shells, dividing equally. Chill. Arrange halved berries over filling, brush with melted jelly.

Best Ever Butter cookies

Recipe By : Land O' Lakes
 Serving Size : 36 Preparation Time :0:00
 Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1	cup	butter -- softened
1	cup	sugar
1		egg
2 1/2	cups	flour
2	Tbsp.	orange juice
1	Tbsp.	vanilla
1	tsp.	baking powder
Frosting		
4	cups	powdered sugar
1/2	cup	butter -- softened
3		to 4 Tbsp. milk
2	tsp.	vanilla

Combine 1 cup butter, sugar and egg in large mixer bowl. Beat at medium speed until creamy. Reduce speed to low ; add flour, orange juice, vanilla and baking powder. Beat until well mixed. divide dough into thirds; wrap in plastic food wrap. Refrigerate until firm. (2 to 3 hours)

Heat oven to 400°. On lightly floured surface roll out dough, one third at a time (keeping remaining dough refrigerated), to 1/8 to 1/4" thickness. Cut with 3-inch cookie cutters. Place 1 inch apart on ungreased cookie sheets. Bake for 6 to 10 minutes or until edges are lightly browned. Cool completely.

In small mixer bowl combine all frosting ingredients. Beat at low speed, scraping bowl often, until fluffy. If desired, color frosting. Frost and decorate cookies or use pastry bag to pipe frosting. Makes 3 dozen cookies.

- - - - -

Best Ever Lemon Pie

Recipe By : Ann Landers
 Serving Size : 1 Preparation Time :0:00
 Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1	baked	pie shell, cooled
1 1/4	cups	sugar
6	Tbsp.	cornstarch
2	cups	water
1/3	cup	lemon juice
3		egg yolks
1 1/2	tsp.	lemon extract
2	tsp.	vinegar
3	Tbsp.	butter
		MERINGUE
1	Tablespoon	cornstarch
2	Tbsp.	cold water
12	cups	boiling water
3		egg whites
6	Tablespoons	sugar
1	tsp	vanilla
	pinch	salt

Mix sugar and cornstarch in top of double boiler. Add 2 cups water. Combine egg yolks and lemon juice in bowl. Beat well and add to sugar mixture. Cook over boiling water until thick, about 10 minutes. Add lemon extract, butter and vinegar. Stir. Pour into 9" pie shell and let cool. Cover with meringue and brown in oven.

Never-Fail Meringue

Blend cornstarch and cold water in a saucepan. Add boiling water and cook, stirring until clear and thickened. Let stand until completely cold. Beat egg whites on high speed until foamy. Gradually add sugar and beat until stiff. On low speed, add salt and vanilla. Gradually beat in cold cornstarch mixture. Turn to high and beat well. Spread on pie. (Be sure it touches crust all around edge.) Bake at 350° 10 minutes. (Longer if peaks are not brown.)

- - - - -

Brazil Nut Fruit Cake

Recipe By : Sue Fitch
 Serving Size : 1 Preparation Time :0:00
 Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
3/4	Cup	Sifted flour
3/4	cup	Sugar
1/2	tsp.	baking powder
1/2	tsp.	salt
1	tsp.	vanilla
1	lb.	Brazil nuts
1	lb.	pitted dates
1	cup	maraschino cherries
3		eggs

Mix first four ingredients. In large bowl, place nuts, dates and cherries (All of these are whole). Sift flour mixture over these, Mix until nuts and fruits are well-coated.
 Beat eggs. Add vanilla. Stir into nut mixture. Spread in lined and greased 9x5x3 loaf pan (or 3 smaller ones). Bake 1 3/4 hours in 300° oven. (Cook smaller pans shorter time.)

I line the pan with brown paper or parchment paper, then grease the paper, or spray with Pam.

Celestial Cake

Recipe By : Martha
 Serving Size : 1 Preparation Time :0:00
 Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1	yellow	cake mix
2	cups	warm water
2		eggs
1		(3 oz.) box instant chocolate pudding

Mix together and bake at 350° for 30 Minutes. (9x13 greased pan)Cool. Put on topping.

Topping:
 1/2 c. butter (melted)
 1 cup powdered sugar
 2 egg yolks
 8 oz. Cool Whip
 Mix together and smooth on cake.

4 chopped up Skor bars on top.

Cheese Cake

Recipe By : Mr. Sredl
 Serving Size : 12 Preparation Time :0:00
 Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
		If possible, leave all ingredients for 3 hours at room temperature.
		CRUST
1	cup	graham cracker crumbs
3	tbsp.	sugar
1/4	tsp	cinnamon
4	tbsp	butter or margarine -- melted
		FILLING
1 1/2	lb.	cream cheese (3 large)
3/4	cup	sugar
3		eggs
1	tbsp.	lemon juice
	dash	salt
		TOPPING
1	cup	sour cream
1	tsp.	vanilla
2	tbsp.	sugar
1	can	pie filling

For crust: Mix crumbs, sugar and cinnamon together. Blend in butter. Press mixture into bottom of springform pan.

For filling: Beat cheese until soft and smooth. (Electric beater) Add eggs 1 at a time, beating well. Stir in lemon juice and salt. Pour over crumbs. Bake at 375° for 30 minutes.

For topping: Blend sour cream, vanilla, sugar. Spread over cheesecake. Bake at 475° for 10 minutes. (Be careful not to burn) Cool. Then put on pie filling. Refrigerate for several hours. Remove from refrigerator 1 hour before serving.

Mr. Sredl was our neighbor in Illinois.

Raspberry pie filling is my favorite, but strawberry or blueberry are good, too.

Chocolate-Filled Cream Puffs

Recipe By :
 Serving Size : 6 Preparation Time :0:00
 Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1	cup	water
6	Tbsp.	butter (no substitutes)
1	cup	flour
1/4	tsp.	salt
4		eggs

		FILLING
1	cup	whipping cream
1/2	cup	confectioner's sugar
2	Tbsp.	baking cocoa
		GLAZE
1	square	(1 oz.) unweetened chocolate
1	Tbsp.	butter
1/2	cup	confectioner's sugar
2	Tbsp.	water

In a saucepan over medium heat, bring water and butter to a boil. Add flour and salt all at once; stir until a smooth ball forms. Remove from the heat; let stand 5 minutes. Add eggs, one at a time, beating well after each. Beat until smooth. Cover a baking sheet with foil; grease foil. Drop batter into six mounds onto foil. Bake at 400° for 15 minutes. Reduce heat to 350°; bake 30 minutes longer. Remove puffs to a wire rack. Immediately cut a slit in each for steam to escape.

In a mixing bowl, beat cream until soft peaks form. Gradually add sugar and cocoa, beating until almost stiff. Split puffs and remove soft dough. Add filling; replace tops.

Melt chocolate and butter, stir in sugar and water. Drizzle over puffs. Chill.

(If you make the glaze in advance, you have to warm it again to be able to pour it over the cream puffs.)

(If you want to be lazy, you can order unfilled puff shells from the bakery in advance. Then just fill and glaze them. A few raspberries on the plate would be a nice garnish.)

(Or fill the puffs with ice cream and pour glaze on top.)

- - - - -

Coventry Cake

Recipe By : Martha
 Serving Size : 15 Preparation Time :0:00
 Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	shortening
		light brown sugar
2	large	eggs -- separated
2 1/3	cups	flour
1 1/4	cups	buttermilk
1	tsp.	baking soda
1	tsp.	cinnamon
1	tsp.	vanilla
1/2	tsp.	nutmeg
1/4	tsp	cloves
15		pecan halves

Preheat oven to 350°. Grease and flour 9x13 pan. In large bowl, with mixer at med. speed, mix shortening, 1 cup packed brown sugar, and egg yolks until blended. Reduce speed to low; beat in flour, buttermilk, baking soda, baking powder, cinnamon, vanilla, nutmeg and cloves until blended. Spoon into baking pan.

In small bowl, with mixer at high speed, beat egg whites until soft peaks form; gradually sprinkle in 1 cup packed brown sugar until sugar dissolves. Spread

meringue over unbaked cake batter, covering top completely. Arrange pecan halves in 3 rows of 5 pecans each.

Bake cake 40 or 45 minutes until toothpick inserted in center comes out clean.

Cool cake in pan on wire rack

To serve, cut cake between pecans

Cream Cheese Pound Cake

Recipe By : Pat Clark
Serving Size : 1 Preparation Time :0:00
Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	butter -- softened
1	(8 oz.)	cream cheese -- softened
3	cups	sugar
6	large	eggs
1 1/2	tsp.	vanilla extract
3	cups	all-purpose flour
1/8	tsp.	salt

1. Beat butter and cream cheese at medium speed with an electric mixer 2 minutes or until mixture is creamy. Gradually add sugar, beating 5 to 7 minutes. Add eggs, one at a time, beating just until yellow disappears. Add vanilla, mixing well.
2. Combine flour and salt; gradually add to butter mixture, beating at low speed just until blended after each addition. Pour batter into a greased and floured 10" tube pan.
3. Fill a 2 cup, ovenproof measuring cup with water and place in oven with tube pan.
4. Bake at 300° for 1 1/2 hours or until a wooden pick inserted in center of cake comes out clean. Cool in pan on a wire rack 10 to 15 minutes; remove from pan and cool completely on wire rack.

Danish Hindbaerkager

Recipe By :
Serving Size : 60 Preparation Time :0:00
Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1	cup	butter-flavored Crisco
2/3	cup	sugar
1		egg
1	tsp.	vanilla
1/2	cup	seedless raspberry jam
1/4	tsp.	salt
2	Tbsp.	milk
2 2/3	cups	flour

Preheat oven to 375° Mix shortening, sugar and salt with mixer. Add egg, milk, vanilla. Stir in flour at low speed. Form into ball. Rest 5 minutes. Divide into 6ths. On floured board, roll to form 9" long ropes. Place 3 ropes on ungreased cookie sheet. Make groove with side of little finger down center of each rope to within 1/4" of baking sheet. Bake 10 minutes. Spoon jam into grooves. Bake 7 minutes more. Mix frosting. Use decorator tube to drizzle back and forth on cookie ropes. Let stand 5 minutes. Cut on angle into 1" slices.

FROSTING;
 1/2 cup confectioner's sugar
 1 Tbsp. milk
 3/4 tsp. vanilla

Makes 5 dozen

These are pretty and fancy. Nice for Christmas.

- - - - -

Dessert Squares

Recipe By : L. Van Slooten
 Serving Size : 24 Preparation Time :0:00
 Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1	cup	margarine or shortening
1 1/2	cups	sugar
4		eggs
2	cups	flour
1	tsp.	vanilla
1	tsp.	lemon, orange or almond extract
1	can	(15 oz) pie filling

Cream shortening and sugar. Add eggs and flavorings. Beat well until batter is smooth. Spread in greased jelly-roll pan. (15 1/2 x 10 1/2 x 1 in.). Mark into 24 squares (6 across, 4 down) and spoon pie filling into center of each square. (You won't use the whole can.). Bake 40 minutes at 350°. When cool cut into squares and sprinkle with sifted powdered sugar.
 Try cherry, blueberry or raspberry filling.
 As easy as cookies but fancier.

- - - - -

Holiday Buttercorn

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

16 cups popped popcorn
 1 cup pecan halves
 1 cup whole almonds -- blanched
 1 cup walnut halves
 2 cups brown sugar -- firmly packed
 1 cup butter
 1/2 cup dark corn syrup
 1/2 tsp salt
 1/2 tsp baking soda

Preheat oven to 250°. Put popcorn and nuts into large roasting pan. Keep warm in oven. Put brown sugar, butter, syrup and salt in large saucepan. Bring to boil, stirring constantly. Stop stirring and cook to 250° on candy thermometer, about 5 minutes. Do not burn. Stir soda into caramel. Quickly drizzle over popcorn. Toss to coat. Bake in 250° oven 5 to 10 minutes. For crisper corn, I usually bake 15 to 20 minutes. Remove from pan while warm to buttered cookie sheets. Great for holiday gifts.

- - - - -

Holly-Day Mint Brownies

Recipe By : Pillsbury
 Serving Size : 28 Preparation Time :0:00
 Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1	pkg	(1 lb. 5 oz.) Pillsbury Traditional Fudge Brownie Mix
1/2	cup	mint-flavored chocolate chips
1/2	cup	water
1/2	cup	oil
1		egg
1	can	Pillsbury Creamy Supreme Crem Cheese Frosting (16 oz. can)
5	tubes	green decorating gel (,68 oz.)
1		to 2 tablespoons cinnamon candies or small red decorator candies

Heat oven to 350°, Line 13 x 9-inch pan with foil so edges extend over pan, grease bottom only of foil. In large bowl, combine brownie mix, chocolate chips, water, oil and egg, beat 50 strokes with spoon. DO NOT UNDERMIX. Spread in greased foil-lined pan. Bake for 31 to 33 minutes. Cool 1 hour or until completely cooled. Frost brownies. FREEZE 1 hour. Remove brownies from pan by lifting foil; peel off foil. Cut brownies into 6 lengthwise strips. Measure and mark 9" on long side of brownies. Cut diagonally from 9" mark to opposite corner of brownies. Make parallel cuts on each side of diagonal cut every 1 1/2 inches. Outline each brownie diamond with green decorating gel, forming scallops to simulate shape of holly leaves. Place 3 red candies at one long point on each brownie. Store in single layer in covered container in cool place.

These are pretty arranged in a a circle on a large Christmas plate--like a wreath.

May be baked, frosted and frozen several weeks in advance. Partially thaw frozen brownies before cutting and decorating.

Hummingbird Cake

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
3	cups	flour
1	tsp	baking soda
1/2	tsp.	salt
1	tsp.	cinnamon
3		eggs
2	cups	sugar
3/4	cup	vegetable oil
1 1/2	tsp.	vanilla
1	can	(8 oz.) crushed undrained pineapple
1 3/4	cups	bananas -- mashed

Thoroughly mix dry ingredients (first 4) together with whisk. In another bowl, beat together wet ingredients (next 4) and then add to dry ingredients Blend with wooden spoon. Stir in pineapple and mashed bananas. Pour into 3 greased and lightly floured 9" pans. Bake at 350 ° for 23-28 minutes. Let cool in pans for 10 minutes and then set each cake on cooling rack. Frost when completely cool.

Frosting:

1/2 cup butter, soft
8 oz. cream cheese, soft
1 to 1/2 lb. powdered sugar
1 tsp. vanilla
Optional: few teaspoons of remaining pineapple, drained.

Lemon Bread Pudding

Recipe By : Taste of Home
Serving Size : 6 Preparation Time :0:00
Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
3	slices	day-old bread -- cubed
3/4	cup	raisins
2	cups	milk
1/2	cup	sugar
2	tbsp	butter or margarine
1/4	tsp	salt
2		eggs
1	tsp	vanilla extract

		LEMON SAUCE
3/4	cup	sugar
2	tbsp	cornstarch
1	cup	water
3	tbsp	lemon juice
2	tsp	lemon peel -- grated
1	tbsp	butter or margarine

Toss bread and raisins in an ungreased 1-1/2 qt. baking dish. In a saucepan, combine milk, sugar, butter and salt; cook and stir until butter melts. Remove from the heat. Whisk eggs and vanilla in a small bowl; gradually stir in a small amount of the hot mixture. Return all to the pan and mix well. Pour over bread and raisins. Set the dish in a larger baking pan; add 1 inch of hot water. Bake, uncovered, at 350° for 50-60 min. or until a knife inserted near the center comes out clean. For sauce, combine the sugar and cornstarch in a saucepan. Stir in water until smooth; bring to a boil over medium heat. Boil for 1-2 minutes, stirring constantly. Remove from the heat; stir in lemon juice, peel and butter until butter melts. Serve over warm or cold pudding. Refrigerate any leftovers.

- - - - -

Next Best Thing to Robert Redford

Recipe By : Lorna Rands
 Serving Size : 1 Preparation Time : 0:00
 Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
-----	-----	-----
*****	NONE	*****

Mix on high until creamy: 1 stick of butter and 1 cup flour.
 Fold in 1 cup crushed walnuts.
 Spread in 9 by 13" pan. Bake at 350° for 15 to 20 minutes. Cool crust.
 Mix on high till soft: 8 oz. cream cheese
 1 cup confectioner's sugar
 Fold in 1/2 large container of Cool-whip. Spread on top of crust.
 Mix on high till thick: 1 instant vanilla pudding
 1 instant chocolate pudding
 2 1/2 cups milk
 Spread on top of cream cheese mixture. Top with remaining 1/2 container of Cool-whip.. May garnish with nuts or chocolate. Chill 6 - 8 hours or overnight.

- - - - -

Peanut Butter Fingers

Recipe By : Norma Richardson
 Serving Size : 48 Preparation Time : 0:00
 Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
-----	-----	-----
	1/2 Cup	margarine
	1/2 Cup	sugar
	1/2 Cup	brown sugar -- packed
1		egg

1/3 Cup peanut butter (if chunky, add 1 Tbsp.)
 1/2 tsp. baking soda
 1/4 tsp. salt
 1/2 tsp. vanilla
 1 Cup flour
 1 Cup quick oats
 1 pkg. (6 oz.) semisweet chocolate chips

Cream butter. Gradually add sugars. Cream well. Blend in egg, peanut butter, soda, salt and vanilla. Add flour and oats. Mix well. Spread in buttered 9x13 pan. Bake at 350° for 20-25 minutes until lightly browned. Sprinkle with chocolate chips. Let stand 5 minutes and spread. Let cool. Drizzle with:
 1/2 cup sifted confectioners sugar mixed with 1/4 cup smooth peanut butter and 1 to 2 Tbsp. milk.

Makes 4 dozen small bars.

A favorite!

Peppermint Meringues

Recipe By :
 Serving Size : 1 Preparation Time : 0:00
 Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
2	large	egg white
2		candy canes -- crushed
1/8	tsp.	salt
1/8	tsp.	cream of tartar
1/2	cup	sugar

Place oven rack in middle. Heat oven to 225°. Line baking sheets with foil. Beat egg whites until foamy. Add salt, cream of tartar. Beat till soft peaks form. Beat in sugar 1 Tbsp. at a time. Beat 5 to 6 minutes till very stiff, smooth and glossy. Gently spoon meringue into large plastic bag. Snip corner. Squeeze 1 1/2" around (in circles) and higher in centers onto sheets, close together but not touching. Lightly sprinkle crushed candy over tops. Bake 1 1/2 hours. Meringues should look dry and white, not browned. Turn off oven. Keep oven door slightly ajar and let cool in oven until crispy and dry. Loosen with spatula. Store loosely covered in a cool dry place.

Pumpkin Layer Cheesecake

Recipe By : Cynthia Norton
 Serving Size : 8 Preparation Time : 0:00
 Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

2 pkgs. (8 oz. each) Philly cream cheese -- softened
 1/2 cup sugar
 1/2 tsp. vanilla
 2 eggs
 1/2 cup canned pumpkin
 1/2 tsp. ground cinnamon
 dash each: ground cloves, nutmeg, ginger
 1 ready-to-use graham cracker crumb crust

Mix: cream cheese, sugar, and vanilla with electric mixer until well blended. Add eggs; mix until blended.

Stir: pumpkin and spices into 1 cup of the batter, pour remaining plain batter into crust. Top with pumpkin batter.

Bake at 350° for 35-40 minutes or until center is almost set. Cool. Refrigerate 3 hours or overnight

- - - - -

Shortbread

Recipe By : Grandma Brown
 Serving Size : 1 Preparation Time :0:00
 Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1	cup	butter
3/4	cup	sugar
2 1/4	cups	flour
1		egg yolk

Cream butter, sugar, yolk.. Stir in flour. Turn out on board and knead until smooth.. Roll out and slice or form fancy shapes Prick tops with fork. Bake on brown paper on cookie sheet about 15-20 minutes at 300° - 325° . Do not brown.

Grandma always rolled a rectangle and cut it into strips, (I use a pizza cutter.) and then cut across on the diagonal. She always pricked them with a fork. They were the shape of thin rectangles with angled ends..

- - - - -

Shortcake

Recipe By : Aunt Erma
 Serving Size : 6 Preparation Time :0:00
 Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
*****	NONE	*****

Sift 2 cups flour, 3 tsp. baking powder, 1/2 tsp. salt. Cut in 1/4 cup brown sugar, 1/2 cup shortening until mixture is like cornmeal. Add 1/2 cup finely

chopped pecans, 1 egg, 2/3 cup light cream. Add to flour mixture. Mix only until dampened. Spread dough in 2 well-greased 8 inch pans. (or cut biscuits). Bake at 450 ° for 10-12 minutes. (Can be frozen and warmed)

- - - - -

White Chocolate Macadamia Nut Cookies

Recipe By :
 Serving Size : 60 Preparation Time :0:00
 Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	butter or margarine -- softened
1/2	cup	shortening
3/4	cup	brown sugar, packed
1/2	cup	sugar
1		large egg
1 1/2	tsp.	vanilla
2	cups	flour
1	tsp.	baking soda
1/2	tsp.	salt
1	pkg	(6 oz.) white chocolate chips or baking bar cut into chunks
1	jar	(7 oz.) macadamia nuts -- coarsely chopped

Beat butter and shortening. Gradually add sugars. Add egg and vanilla. Beat well. In another bowl, flour, soda, salt. Gradually add to butter mixture. Stir in chocolate and nuts. Drop on lightly greased cookie sheet. Bake at 350° for 10 minutes.

Excellent but the nuts are expensive.

- - - - -

Batter-up Beef Pie

Recipe By : Heather Shaw
 Serving Size : 4 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
1/8	cup	butter or margarine
1 1/2	cups	flour
2	tsp	baking powder
1	tsp	salt
1 1/2	cups	milk
1	cup	cheddar cheese -- grated
1	tbsp.	onion -- minced
1	tbsp	sugar
1 1/2	lb.	can of beef stew (or Homemade)

Melt butter in 8" square pan in over. Combine remaining ingredients except stew in mixing bowl. Stir until blended. Pour over melted butter. Add stew--do not stir! Bake at 350° 1 hour.
 Quick, easy, filling.

Beef Burgundy

Recipe By :
 Serving Size : 8 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
5	med.	onions
2	lbs.	round steak cut into 1" pieces
2	Tbsp.	oil
1 1/2	tsp.	flour
1	tsp.	salt
1	tsp.	pepper
1 1/2	cups	beef bouillon
1	cup	burgundy wine
1/2	lb.	fresh mushrooms

Peel and slice onions crosswise. Brown in oil. Remove onions and saute meat in oil. Sprinkle flour, salt and pepper over meat. Stir well and brown. Add bouillon and wine. Stir. Simmer as slowly as possible for 3 1/4 hours. Add mushrooms and onions. Simmer 1 hour longer. Serve over rice.
 Well adapted to freezing and re-heating.

Cheese and Weiner Crescents

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
*****	NONE	*****

Heat oven to 375°. Slit hot dogs to within 1/2" of ends. Insert strips of cheese slices. Separate crescent rolls into triangles. Wrap dough around hot dogs. Place on cookie sheet, cheese side up. Bake at 375° for 12-15 minutes.

Chicken Cacciatore in the Crock Pot

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
1		broiler-fryer -- cut up
1/4	cup	salad oil
1		onion -- chopped
2	cans	(8 oz. each) tomato sauce
1	tsp	oregano
1/4	tsp.	thyme
1	tsp	salt
1/4	tsp	pepper
1	clove	garlic -- minced
2	tbsp.	apple or grape juice
1	can	(2oz.) sliced mushrooms -- drained

In skillet, brown chicken in oil. In crockpot combine chicken and remaining ingredients except mushrooms. Cover. Cook on low 4-5 hours. Stir in mushrooms. Serve over hot spaghetti.

Chicken Divan

Recipe By :
 Serving Size : 6 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
*****	NONE	*****

Cook 8 chicken breasts (or legs or thighs). Cut coarsly into large chunks.
 Cook 2 10-oz. pkgs. broccoli spears (or fresh).
 In 9 x 13 pan layer broccoli then chicken. Put broccoli on bottom, Spoon soup mix

over. Add chicken in middle and more sauce. End with broccoli. Bake at 350° 30 minutes.

Soup Mixture:

- 1 can cream of chicken soup
- 1 tsp. paprika
- 1 tsp mustard
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1/4 tsp. curry powder

- - - - -

Chicken Enchiladas

Recipe By : Martha
 Serving Size : 6 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
4		or 5 chicken breasts, baked or boiled
12		flour tortillas
		grated cheese
		SAUCE
2	cans	cream of chicken soup
1 1/2	cups	milk
1	cup	sour cream
1	can	(small) chopped green chilis

Combine ingredients for sauce, reserving 2 cups (before adding chicken) to pour on top. Add chicken to sauce. Put chicken mixture and cheese on tortillas and roll up. Put in greased 9 x 13 pan, seam side down. Top with remaining sauce and more grated cheese. Bake at 350 degrees for 25 minutes or until hot and cheese is melted.

Serve topped with salsa and sour cream.

- - - - -

Chicken/Rice Casserole

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
*****	NONE	*****

Sprinkle 1/2 cup of rice) in greased rectangular pan. Season with celery salt, onion flakes, salt and pepper. Cover with 1 can cream of mushroom soup. Add chicken pieces, skin side up. Season chicken with celery salt. Add soup-can of milk. Bake at 350 degrees for 1 1/2 hours.
 (I usually double the rice, soup and milk because everyone scrapes the pan to getr

all the crispy rice.)

(May use cream of celery soup or cream of chicken soujp.)

Chinese Beef and Pea Pods in Crockpot

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
1		to 1 1/2 pounds flank steak
1	can	condensed beef consomme
	1/4 cup	soy sauce
	1/4 tsp.	ground ginger
1	bunch	green onions -- sliced
2	Tbsp.	cornstarch
2	Tbsp.	cold water
1	pkg.	(7 oz.) frozen Chinese pea pods -- partially thawed

Thinly slice flank steak diagonally across grain. Combine in crockpot with consomme, soy sauce, ginger, onions. Cover. Cook on low 5-7 hours. Turn to high. Stir in cornstarch dissolved in water. Cook on high 10-15 minutes. Drop in pea pods last 5 minutes. Serve on hot rice.

Chinese Pork and Cabbage

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
1	lb	pork steaks, cut in match-like pieces
1	tsp.	sugar
1	tsp.	salt
1	Tbsp.	water
4	Tbsp.	soy sauce, divided
3	Tbsp.	oil -- divided
1 1/2	lb.	cabbage -- finely shredded
1	clove	garlic -- minced
1/4	tsp.	pepper

Mix pork with sugar, salt, water and 2 Tbsp. soy sauce. Let stand 10 minutes. Heat 2 Tbsp. oil in skillet or wok. Saute cabbage 5 min., stirring frequently. Remove from pan. Heat remaining oil, saute pork and garlic 10 min. Add cabbage, pepper and remaining soy sauce. Cook on low 3 minutes. Serve on rice.

Classic Pot Pie

Recipe By :
 Serving Size : 6 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
1	pkg.	refrigerated pie crust
1/3	cup	margarine or butter
1/3	cup	chopped onion
1/3	cup	flour
1/2	tsp.	salt
1/4	tsp	pepper
1 1/2	cups	chicken broth
2/3	cup	milk
3	cups	shredded chicken or turkey
2	cups	frozen mixed vegetables -- thawed

Heat oven to 425°.. Melt margarine in medium saucepan over medium heat. Add onion, cook 2 minutes. Add flour, salt and pepper, stir until well blended. Gradually stir in broth and milk, cooking and stirring until bubbly and thickened. Add chicken and mixed vegetables; mix well. Remove from heat. Spoon chicken mixture in crust-lined pan. Top with second crust, seal edges and flute. Cut slits in several places in top crust. Bake at 425° for 30 to 40 minutes or until crust is golden brown. Let stand 5 minutes before serving.

Corned Beef and Cabbage

Recipe By :
 Serving Size : 6 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
6	pounds	corned beef
		water
2	med.	onions
4	whole	cloves
6		peppercorns
2		bay leaves
1	clove	garlic
1		carrot -- pared
1	stalk	celery
1	head	cabbage, cut in 6 wedges

Place corned beef in deep kettle, cover with water. Simmer 1 hour; remove scum. Add other ingredients except cabbage. cover; simmer 3 to 4 hours. Add cabbage wedges. Cover and simmer 15-20 minutes. Serve with mustard or horseradish.

Corned Beef Casserole

Recipe By : Grandma Van
Serving Size : 4 Preparation Time :0:00
Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
1	pkg.	(6 oz.) noodles
1	cup	milk
1	can	corned beef -- chopped
1/2	cup	onion -- chopped
1/2	lb.	cheese (Velveeta or American) -- cubed
3/4	cup	bread crumbs -- buttered
1	can	cream of chicken soup

Cook noodles. Combine with other ingredients except buttered crumbs. Top with crumbs. Bake 1 hour at 350°.

Our name for this is "Old-fashioned Cooking with Old-fashioned Noodles"

Creole Chicken in the Crockpot

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
1		chicken -- cut up
1		green pepper -- chopped
6		green onions -- chopped
1	can	(16 oz.) tomatoes -- cut up
1	can	(6 oz.) tomato paste
1/4	lb.,	cooked ham (about 3/4 cup) -- cubed
1	tsp.	salt
		several drops hot pepper sauce
1/2	lb.	smoked or Polish sausage -- sliced

In crock pot, combine all ingredients EXCEPT SAUSAGE. Cover and cook on low 4 to 5 hours. Add sausage. Cook on high 15 to 20 minutes. Serve on cooked rice.

This reminds me of our 2 1/2 years in Slidell, La.

Creole Jambalaya

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
1 1/2	lbs.	raw whole cleaned shrimp
1	cup	diced ham
2	Tbsp.	butter
1/2	cup	chopped onion
1/4	cup	green pepper
2	cloves	garlic -- minced
1/4	cup	chopped celery
2	cups	canned tomatoes chopped, drain and reserve juice
1	cup	raw rice
3		bay leaves
1	cup	water including tomato liquid
		salt
		cayenne pepper

Saute onion, green pepper, celery, garlic in melted butter. Add shrimp and ham, fry about 5 minutes. Stir in tomatoes and cook 10 minutes. Stir in rice, add seasonings and liquid. Bring to boil. Cover, simmer until rice is done--about 30 minutes

Easy Pot Roast

Recipe By : Grandma Van
 Serving Size : 1 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
*****	NONE	*****

Arrange a rolled rump roast or pot roast on heavy duty foil in pan. Sprinkle under and over it 1 pkg. dry onion soup mix. Spoon 1 can cream of mushroom soup over top and underneath. (You may double quantity of both soups if you want more gravy.) Wrap loosely but securely. Roast in 325° oven for 4 or 5 hours depending on size of roast.

An excellent dinner with mashed potatoes. Everyone likes it.

Eggnog French Toast Strata with Cranberry Syrup

Recipe By : Easiest-Ever Holiday Meals
 Serving Size : 8 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
		STRATA
1	loaf	(1 lb.) French bread, cut into 1/2 inch slices
3	pkg.	(3 oz.) cream cheese, -- softened
2 1/2	cups	eggnog
6	Tbsp.	butter or margarine -- melted
8		eggs
1/4	tsp.,	nutmeg
		CRANBERRY SYRUP
1	cup	frozen raspberry blend juice concentrate -- thawed
1	cup	jellied cranberry sauce
1/3	cup	sugar

Grease 9x13 baking dish. Arrange enough bread slices to cover bottom of greased dish. Spread tops of bread slices in dish with cream cheese. Arrange remaining bread slices over top.

In large bowl, combine eggnog, butter and eggs, beat with wire whisk until well blended. Pour evenly over bread slices. With back of spoon, gently press bread into dish. Sprinkle with nutmeg. Cover with plastic wrap; refrigerate 8 hours or overnight.

Heat oven to 325°. Uncover dish. Bake 30-35 minutes or until center is set and edges are light golden brown. Let stand 10 minutes before serving.

Meanwhile, in small saucepan, combine all syrup ingredients, mix well. Cook and stir with wire whisk over medium-low heat until cranberry sauce and sugar have melted.

To serve, cut strata into squares, serve with cranberry syrup.

- - - - -

Family Beef Stroganoff

Recipe By :
 Serving Size : 6 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
3	Tbsp.	oil
2	large	onions -- chopped
2	pounds	chuck, cut in 1/4" strips
1/2	cup	flour
1	can	(4 oz.) mushrooms (or more)
1	can	(8 oz.) tomato sauce
1	tsp.	salt
1	cup	water
1/2	tsp.	sugar
1	Tbsp.	Worcestershire sauce
1	cup	sour cream

Heat oil in large Dutch oven. Add onion and cook till tender. Flour beef. Add meat and cook with onions until lightly browned. Stir in mushrooms, including liquid, water, tomato sauce, Worcestershire sauce, salt and sugar. Cover and let simmer 1 to 2 hours until tender. Add water if needed (It sticks easily.) Stir in sour cream. Serve over hot noodles.

This is a favorite for family or guests.

- - - - -

Festive Meat Balls in Crockpot

Recipe By :
Serving Size : 5 Preparation Time :0:00
Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
1 1/2	pounds	lean ground beef
1	can	(4 1/2 oz.) deviled ham
2		eggs -- lightly beaten
2/3	cup	evaporated milk
1	Tbsp.	grated onion
2	cups	soft bread crumbs
1/2	tsp.	salt
1/4	tsp.	allspice
1/4	tsp.	pepper
1/4	cup	flour
1/4	cup	water
1	Tbsp.	catsup
1	tsp.	dill weed
1	cup	sour cream

Combine beef and ham with milk, eggs, onion, bread crumbs, salt, allspice and pepper. Shape into 2" meatballs. (Smaller if desired for party.) Put in crockpot. Cover. Cook on low 2 1/2-3 1/2 hours. Turn to high. Stir in flour dissolved in water. Add catsup and dill weed. Cook on high 15-20 minutes. Turn off. Stir in sour cream.

Try these on noodles.

- - - - -

Five-Hour Stew

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
2	lbs.	stew meat
6		potatoes
1/2	lb.	onions
1	lb.	carrots -- bite size
4	large	stalks celery
3	Tbsp.	minute tapioca
2	cups	tomatoes
8	oz.	tomato sauce

2 Tbsp. sugar
 bay leaf
 6 cloves
 1 tsp. pepper
 1 Tbsp. salt

Combine in casserole dish and bake at 250° for 5 hours

Fluffy Meat Loaf

Recipe By :
 Serving Size : 6 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
1	pound	ground beef
1/2	pound	ground pork
3	slices	soft bread -- torn in pieces
1	cup	milk
1		egg -- beaten
1/4	cup	minced onions
1 1/4	tsp.	sa;lt
1/4	tsp.	each: pepper, dry mustard, sage, celery
		salt
1	Tbsp.	Worcestershire sauce

Mix all ingredients together. Place in loaf pan. Bake about 1 1/2 hours at 350°
 May spread catsup on top before baking.

This is one of my old stand-bys.

Garlic Oregano Chicken and Couscous

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
4		boneless, skinless chicken breast halves
1 1/2	tsp.	dried oregano leaves
2	tsp.	minced garlic
2	Tbsp.	lemon juice
2	tsp.	plus 1 tsp. olive oil
1	pkg.	Roasted Garlic & Olive Oil Couscous Mix
1	large	tomato, chopped
1 1/2	cups	small broccoli flowerets

Pound chicken between sheets of waxed paper until 1/4 inch thick.

Season chicken with salt and pepper; rub oregano, lemon juice and garlic into chicken

In large skillet, heat 2 Tbsp. olive oil over medium heat. Add chicken.cook 4 to 5 minutes each side.

In medium saucepan, bring 1 cup water, 1 tsp. olive oil, Spice Sack, tomato and broccoli to a boil. Stir in couscous. Remove from heat. Cover; let stand 5 minutes. Fluff with a fork.

- - - - -

Glazed Corned Beef

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
1		bay leaf
1	medium	onion -- sliced
2		or 3 strips of fresh orange peel
3		whole cloves
1 1/2	cups	water
4		to 5 lb. corned beef
		Glaze (see below)

Combine all ingredients except corned beef and Glaze in Crock-pot. Add corned beef with fat side up. Cover and cook on Low for 8 to 12 hours or until fork tender (on High for 3 to 4 hours.)

Remove meat from broth. Score top of corned beef in diamond shapes. Insert additional cloves to decorate. About 30 minutes before serving, place corned beef on heatproof platter. Prepare Glaze and spoon over corned beef. Bake in 375° oven for 20 to 30 minutes, basting occasionally with Glaze.

Glaze:

3 Tbsp. frozen orange juice concentrate, thawed

3 Tbsp. honey

1 Tbsp. Dijon mustard

Mix together until smooth and blended.

- - - - -

Goulash

Recipe By : Grandma Brown
Serving Size : 6 Preparation Time :0:00
Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
1/3	cup	onions -- chopped
1/2	cup	celery -- chopped
2	tbsp.	oil
1	lb.	ground beef

2 cans (8 oz.) tomato sauce
 1 cup water
 1 tsp salt
 1/2 tsp. pepper
 1 1/2 tbsp. chili powder (or less, it's hot)
 1 1/2 cups elbow macaroni -- uncooked

Cook onion and celery in oil until golden. Add meat. Brown lightly. Add tomato sauce, water and seasonings. Simmer 15-20 minutes. Cook macaroni in boiling, salted water. Add macaroni to sauce. Simmer 10 minutes. Sprinkle with grated Parmesan or cheddar cheese, if desired.

- - - - -

Grilled Pork Chops

Recipe By : Martha
 Serving Size : 1 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
1	med.	onion -- finely chopped
1/2	cup	water
1/2	cup	soy sauce
1/3	cup	packed brown sugar
1/4	cup	lemon juice
1		garlic clove -- minced
6		loin pork chops

Combine first 6 ingredients. Reserve 1/3 cup for basting. Add pork chops to remaining marinade. Marinate chops several hours or overnight. Discard marinade. Grill chops, covered, over med.-hot heat for 4 minutes. Turn. Baste with reserved marinade. Grill 4-7 minutes longer

- - - - -

Ham Broiler Meal

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
1		cooked ham slice (3/4" thick)
1	can	sweet potatoes -- halved
1	can	pineapple slices
4		spiced crabapples (in canned fruit or pickle section of market)

Score edge of ham slice. Place ham slice, sweet potatoes and pineapple slices on broiler pan. Brush potatoes and pineapple with melted butter. Place 3 inches from heat and broil 6 minutes. Turn ham over. Place a spiced crabapple in center of

each pineapple ring. Broil 5 minutes, brushing pineapple and potatoes with butter again.

- - - - -

Ham Dinner

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Entrees

Amount Measure Ingredient -- Preparation Method

***** NONE *****

Heat ham 1/2 the necessary length of time. Pour off fat. Put fruit (see below) around ham. Baste ham and fruit with curry sauce. Finish cooking ham, basting with sauce. Put ham on platter with fruit around it.

Curried Fruit

1 can each--apricots, pears, pineapple
Throw out pear juice. Combine other juices in saucepan. Add 1 Tbsp. curry powder. Heat and cook briefly.
Serve with corn bread, sweet potato puffs with walnuts, vegetable, cool dessert.

- - - - -

Hamburger Pie

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Entrees

Amount Measure Ingredient -- Preparation Method

1 pound extra lean ground beef
1 box (6 oz.)seasoned croutons, divided
1 can (4 oz.) tomato sauce
1/4 tsp. chili powder
1 Tbsp. dried minced onion
1/2 tsp. salt
2 eggs -- beaten and divided
1 cup mushrooms -- sliced
1 green bell pepper -- seeded and chopped
1 cup cheddar cheese -- grated
1 tomato -- sliced

In a large bowl, combine beef, 1 cup seasoned croutons, tomato sauce, chili powder, onion, salt and egg. Mix well and press into sides and bottom of a 9-inch pie pan. In a separate bowl, combine remaining croutons, egg, mushroom, green pepper and cheese. Mix well and layer on top of beef crust. Arrange tomato slices over pie. Bake at 375° for 40 minutes.

- - - - -

Hawaiian Ham

Recipe By : Irene Canaan
Serving Size : 1 Preparation Time :0:00
Categories : Entrees

Table with 3 columns: Amount, Measure, and Ingredient -- Preparation Method. Lists ingredients like cubed ham, sliced onion, green pepper strips, pineapple chunks, brown sugar, cornstarch, vinegar, salt, pineapple juice, and soy sauce.

Place ham in casserole. Add onion, green pepper and pineapple chunks. Cook remaining ingredients until thick stirring constantly. Pour sauce over ham. Bake at 350° 1 hour and 30 min. Serve with hot rice.

A family favorite

He-Man Spanish Rice

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Entrees

Table with 3 columns: Amount, Measure, and Ingredient -- Preparation Method. Lists ingredients like ground beef, onion, green pepper, salt, chili powder, garlic, tomato soup, water, Worcestershire sauce, and rice.

Cook first 6 ingredients in skillet until beef is brown. Stir. Add remaining ingredinets Cover. Cook 30 minutes until rice is tender. Stir often.

A basic, quick, filling meal. Good with grated cheddar on top.

Herbed Chicken Quarters

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Entrees

Table with 3 columns: Amount, Measure, Ingredient -- Preparation Method. Lists ingredients like lemons, oil, garlic, basil, thyme, salt, cayenne pepper, and broiler-fryer chicken.

Gently squeeze juice from lemons into a large resealable plastic bag; leave lemon wedges in the bag. Add oil, garlic, basil, thyme, salt and cayenne. Add the chicken and turn to coat. Seal bag and refrigerate for 24 hours, turning frequently. Drain and discard marinade. Grill chicken, covered, over medium heat, turning every 15 minutes, for 1 hour or until juices run clear.

Lasagna

Recipe By : Aunt Pat
Serving Size : 6 Preparation Time :0:00
Categories : Entrees

Table with 3 columns: Amount, Measure, Ingredient -- Preparation Method. Shows '***** NONE *****'.

Boil 8 lasagna noodles till done (about 20 minutes.) brown 1/2 pound ground beef. Add 1 small jar spaghetti sauce (or use homemade.) Beat 2 eggs into 1 pound cottage cheese. Grate mozzarella cheese.

Layer:

- a little sauce to keep things from sticking.
noodles
cottage cheese and eggs
Parmesan cheese
sauce
mozzarella cheese

Put on another layer. A little sauce on top. Bake at 350° for 25 minutes.

Macaroni and Hamburger Dish

Recipe By : Irene Canaan
 Serving Size : 6 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
1	pound	elbow macaroni
1/2		green pepper -- chopped
1	small	onion -- chopped
1	can	mushrooms or fresh
2	Tbsp.	oil
1	pound	ground beef
		salt, pepper, oregano
1	pint	spaghetti sauce or homemade

Cook macaroni. In large skillet, saute pepper, small onion and mushrooms in 2 Tbls. of oil Add ground beef, seasonings and brown well. Add sauce and stir until thoroughly mixed. Mix macaroni and meat mixture together. Top with Parmesan cheese.

Can also be put in oven (covered with extra sauce) at 350° until hot. Serve with tossed salad and garlic bread.

- - - - -

Male Chauvinist Chili

Recipe By :
 Serving Size : 6 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
3	slices	bacon -- diced
1/2	lb.	Italian link sausage -- cut into 1" pieces
2	medium	onions -- chopped
1/2	lb.	ground chuck (or more, if desired)
1	small	green pepper -- seeded and chopped
2	cloves	garlic -- minced
1		jalapeno pepper -- seeded and chopped
2	tsp.	Worcestershire sauce
1		to 3 tsp. chili powder
1/2	tsp.	dry mustard
1/4	tsp.	pepper
2	cans	Italian-style tomatoes (14-16 oz. ea.)
1	can	pinto beans, canned -- drained
1	can	kidney beans -- drained

In large skillet, brown bacon pieces until crisp. Remove from skillet; drain well. Brown sausage and ground chuck with onions over medium heat; drain and add to Crock-pot. Add bacon and remaining ingredients; stir well. Cover and cook on Low for 6 to 14 hours. Taste for seasoning.

NOTE:

I cut the sausage into smaller pieces when it is cooked firmly enough to handle. Also, this can be done just by cooking it on the stove. Different and very good. I added the full amount of chili powder.

Mexican Haystacks

Recipe By :
Serving Size : 20 Preparation Time :0:00
Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
*****	NONE	*****

Boil 3 stewing chickens. Cut up or shred. Make gravy. (Chill broth. 2 Tbsp chicken fat, 2 Tbsp. flour, salt and pepper, 1 cup broth). Put following ingredients on plate in order: (Put out on buffet and let guests choose the ones they want.)

- Cooked rice
- Chicken in gravy
- Chinese noodles
- Grated sharp cheese
- Chopped tomatoes
- Chopped celery
- Chopped onion
- Chopped green peppers
- Crushed pineapple
- Coconut
- Slivered almonds
- More chicken in gravy
- Soy sauce.

This makes a fun, informal dinner for friends. Just add rolls and a salad.

Mushroom Meatballs

Recipe By : 3-Ring Circus Cuisine
Serving Size : 6 Preparation Time :0:00
Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
2	pounds	ground beef
1/2	cup	dry bread crumbs
4	Tbsp.	minced onions
2	Tbsp.	minced parsley
2		eggs -- slightly beaten
2	tsp.	salt
1 1/2	tsp.	pepper

Combine ingredients. Form meat balls. (May be frozen for later. Freeze on cookie sheet, remove and place in plastic bag.) Cook at 200° to 225° in electric skillet or oven for about 30 min. Drain off fat, add:
1 can cream of mushroom soup, diluted with

1/2 can water.
Cook another 1/2 hour. Use as gravy with mashed potatoes

(Recipe called for 2 tsp. pepper but I found that too hot.)

Nameless Recipe

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
1	cup	pepperoni slices
1/2	cup	chopped onion
1/2	cup	green pepper strips
7	oz.	spaghetti, cooked, drained
1/2	cup	Grated Parmesan cheese
1/2	cup	shredded Mozzarella cheese
1/2	cup	chopped tomato
1/2	tsp	oregano

Fry pepperoni until edges curl. Add onion and green pepper; cook until tender. Toss with spaghetti and combined remaining ingredients; heat thoroughly. Sprinkle with additional parmesan cheese, if desired.

No-Peek Stew

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
1	lb	or 2 lbs stew meat
2		onions -- diced
4		potatoes -- diced
3		carrots -- diced
1	box	frozen mixed vegetables
1	can	cream of mushroom -- undiluted
1	can	tomato soup -- undiluted

Layer in crockpot, roaster or large baking dish in order given. Cover with lid or foil. Bake at 325° for 5 hours. (In crockpot on low 5 to 8 hours) Don't peek. Stir together when done for delicious gravy.

Oven Barbequed Swiss Steak

Recipe By : Irene Kirkwood
Serving Size : 1 Preparation Time :0:00
Categories : Entrees

Table with 3 columns: Amount, Measure, Ingredient -- Preparation Method. Rows include: 2 lbs. chuck steak (1" thick), 2 cans (8 oz. ea.) seasoned tomato sauce, 1 Tbsp. sugar, 1 Tbsp. vinegar, 1 Tbsp. Worcestershire sauce, 2 dashes hot pepper sauce, 1 med. onion -- sliced.

Cut meat into serving sized pieces. Place in casserole. Combine remaining ingredients. Pour over meat. Cover and bake at 350° for 2 hours or more.

Oven-Fried Chicken

Recipe By : Grandma Kirkwood
Serving Size : 4 Preparation Time :0:00
Categories : Entrees

Table with 3 columns: Amount, Measure, Ingredient -- Preparation Method. Rows include: 1/2 cup butter, 14 oz pkg potato chips, 1/4 tsp garlic salt, 1 dash pepper, 1 3 lb. broiler -- cut up.

Crush potato chips, mix with garlic salt and pepper. Dip chicken in melted butter, then crumbs. Bake 1 hour at 375° skin side up. Do not turn.

Pasta with Chicken and Bell Pepper Cream Sauce

Recipe By : Epicurious
Serving Size : 1 Preparation Time :0:00
Categories : Entrees

Table with 3 columns: Amount, Measure, Ingredient -- Preparation Method. Rows include: 12 ounces boneless skinless chicken breasts or thighs -- cut into strips, 1 Tbsp. butter, 1 large green bell pepper -- thinly sliced.

1 red bell pepper -- thinly sliced
 1 small red onion -- thinly sliced
 2 garlic cloves -- minced
 1/2 tsp. dried crushed red pepper
 1 1/2 cups whipping cream
 1 cup chicken stock or canned low-salt
 chicken broth
 3 Tbsp. thinly sliced fresh basil
 1/4 cup grated Parmesan cheese
 8 ounces fettuccine, penne or other pasta
 additional grated Parmesan cheese

Sprinkle chicken with salt and pepper. Melt butter in heavy large skillet over medium-high heat. Add chicken and cook until brown, about 5 minutes. Transfer chicken to plate. Add green and red bell peppers and onion to same skillet and saute until crisp-tender, about 5 minutes. Add minced garlic and crushed red pepper to skillet and saute 4 minutes. Add whipping cream and chicken stock. simmer until sauce thickens slightly, about 8 minutes. Add chicken to sauce. Simmer until chicken is cooked through, about 2 minutes. Add basil and 1/4 cup grated cheese. Cook pasta, drain, and top with chicken and sauce. Top with extra cheese.

Pat's Stew

Recipe By : Pat Wilson
 Serving Size : 6 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
*****	NONE	*****

3 pounds stew meat sprinkled with 3 Tbsp. flour. Brown in oil. Add:
 2 med. onions, sliced
 1 can tomatoes
 1 tsp. salt
 1 tsp celery salt
 1/4 tsp. pepper
 1/2 cup molasses
 1/3 cup vinegar
 1 cup water
 Cover and cook 2 hours.
 Add:
 1 tsp. ginger
 1/2 cup raisins
 6 sliced carrots
 Cook till carrots are done

This is different and good. Can be put on rice, if desired.

Polish Kraut and Apples in Crockpot

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
1	pound	sauerkraut
1	pound	smoked Polish sausage
3		tart apples, peeled and thickly sliced or chopped broccoli
1/2	cup	packed brown sugar
3/4	tsp.	salt
1/8	tsp.	pepper
1/2	tsp.	caraway seed (opt.)
3/4	Cup	apple juice or cider

Rinse sauerkraut and squeeze dry. Place half in crockpot. Cut sausage into 2 inch lengths and place in cooker. Layer apples, brown sugar, salt, pepper, caraway seed. Add apple juice. Do not stir. Cook on high 3 to 3 1/2 hours or low 6-7 hours. Stir. Serve with pierogies.

Pork Chops With Sour Cream

Recipe By : Barnum & Bailey Circus Cookbook
Serving Size : 6 Preparation Time :0:00
Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
6		pork chops
1	med.	onion -- chopped
1		garlic clove -- minced
3	Tbsp.	butter
1		bay leaf
3/4	cup	chicken bouillon
1	cup	sour cream
2	tsp.	paprika
		salt and pepper
		canned mushrooms

Saute onions and garlic in butter. Brown chops. Add bouillon and bay leaf. Cook chops in mixture in covered pan over low heat 1 hour. Remove chops and keep warm. Cook pan juices until reduced 1/2. Add sour cream and paprika and blend. Add mushrooms; return chops to pan to warm. Remove bay leaf. Serve with noodles

Sausage-Egg casserole

Recipe By : Martha

Serving Size : 4 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
4		hard-boiled eggs
1/4	cup	melted butter
1/4	cup	flour
1/2	tsp	salt
	dash	pepper
1	lb.	cooked bulk sausage
1	can	white whole kernel corn (or yellow)
1	cup	soft bread crumbs
2	cups	milk

Slice 2 eggs into casserole (or chop and mix in.)
 Make a white sauce with butter, flour, salt and pepper and milk. Stir in sausage and corn. Pour into casserole. Pour over sliced eggs (or mix in chopped eggs.). Top with other sliced eggs and crumbs. Bake 20-25 minutes at 275°

Scalloped Potatoes and Ham in Crockpot

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
6	slices	ham (or 8)
8		potatoes -- peeled and sliced
2		onions -- sliced
1	cup	cheddar cheese -- shredded
1	can	mushroom soup
		paprika
		salt and pepper

Put half of ham and sliced potatoes in crock pot. Sprinkle with onions, salt, pepper, cheese. Repeat. Cover with soup. Do not stir. Sprinkle paprika on top. Cook on high 4 hours or low 8-10 hours.

Very good. Nice to have ready when you come home from work. Also good for pot lucks or when someone needs a meal taken to them.

Simple Marinades

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

***** NONE *****

Citrus Marinade: Mix 1 envelope GOOD SEASONS Italian Salad Dressing Mix, 1/3 cup ;oil and 1/3 cup orange juice.

Teriyaki Marinade: Mix 1 envelope GOOD SEASONS Italian or Oriental Sesame Salad Dressing Mix, 1/4 cup cider vinegar, 1/4 cup oil, 1/4 cup soy sauce and 2 Tbsp. honey.

Pour over about 1 lb. chicken, meat or vegetables. Marinate at least 1 hour. Do not marinate meat and vegetables together. Discard marinade after use.

- - - - -

Sizzle Burgers

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Entrees

Amount Measure Ingredient -- Preparation Method

***** NONE *****

Mix 1 pound ground beef
2 Tbsp. Worcestershire Sauce
1/2 tsp. garlic salt
1/4 tsp pepper
Makes 4 hamburgers. Grill, basting with 2 Tbsp. Worcestershire Sauce.

Quickie: Fry hamburgers in Worcestershire Sauce
or Mix dry onion soup mix in with hamburger then fry in Worcestershire Sauce.
or Add 1/2 can French Fried Onions to hamburger.

- - - - -

Spanish Rice

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Entrees

Amount Measure Ingredient -- Preparation Method

1/3 cup shortening
1 clove garlic -- crushed
1 cup onions -- sliced
1 lb. ground beef
1 green pepper -- cut
3 1/2 cups tomatoes and juice
2 tsp. salt

1/2 tsp. pepper
 2 Tbsp. Barbecue sauce
 1 cup rice
 celery

Melt fat. Brown garlic and onion slightly, then remove garlic. Add meat and brown. Then add pepper, celery, tomatoes and seasoning. Cover and cook until steaming. Stir mixture. Sprinkle rice over top. Do no stir after adding rice. Cover. Turn to low and cook without removing cover for 30 minutes. Turn to OFF 15 minutes.

- - - - -

Spiced Pork Tenderloin

Recipe By : Barb Coppock
 Serving Size : 6 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
1	Cup	Chicken Broth
1/4	Cup	soy sauce
1/4	Cup	oil
1/4	Cup	honey
2	Tbsp.	sherry or apple juice
1	Tbsp	lemon juice
1/2	tsp.	cinnamon
1	clove	garlic -- pressed
1	tsp.	salt
3		pork tenderloins
2	Tbsp.	cornstarch
		SAUCE
3/4	Cup	unsalted chicken stock
3	Tbsp.	butter

Combine first 9 ingredients. Marinate pork in mixture several hours or overnight. Preheat oven to 325°. Drain meat (save marinade) and roll in cornstarch. (You lmay need more cornstarch.) Bake 1 1/2 hours, basting often with marinade. Remove from pan, cover and keep wwarm.

Sauce: Add stock to defatted pan drippings, scraping to incorporate all browned bits. Reduce to 1/2 cup. Swirl in butter, taste to correct seasonings. Slice meat on diagonal, spoon sauce over slices.

I often make this without the sauce. I never fails.

- - - - -

Spicy Beef Salad

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
DRESSING		
1	tsp.	Dijon mustard
2	tsp.	soy sauce
3	Tbsp.	rice vinegar
		salt and pepper
1/3	cup	olive oil
<hr/>		
1	Tbsp.	apple juice
1	pound	flank steak, sliced in half horizontally then cut in thin strips 2"x1/2"
1	head	escarole or red-leaf lettuce, -- torn
1	bunch	spinach -- washed and torn
3	or 4Tbsp.	oil
1/2		red onion -- finely chopped
1	Tbsp.	fresh ginger root -- finely chopped
2	cloves	garlic -- finely chopped
1	ear	corn, kernals removed (or use frozen corn)
1	Tbsp.	soy sauce
		cherry tomatoes for garnish
1/2	tsp	chili oil (Optional-it's hot)

Dressing: Whisk all but oil. Gradually whisk in olive oil.
 In bowl, combine apple juice and beef. Marinate 15 minutes.
 In large bowl, toss greens with dressing.
 In wok, warm 2 Tbsp. oil. Stir-fry onion and ginger 2-3 minutes. Add garlic for 30 seconds or longer. Set aside. In 1 Tbsp. oil cook 1/2 of beef strips at a time 2-3 minutes. Transfer to bowl with onion mixture. Cook corn and soy sauce 1-2 minutes. Return meat mixture to pan. Heat 30 seconds.
 Spoon meat on greens. Garnish with cherry tomatoes. Drizzle with chili oil.

Note: chili oil is hot. Can do without it.
 Good. Serve with hard rolls for a filling, healthy meal.

Stir fry with Penne

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
*****	NONE	*****

Stir fry in olive oil and butter: broccoli, cauliflower, asparagus, sauteed mushrooms, basil and chopped tomatoes. When al dente, add cooked penne. Top with Parmesan cheese

Strassburg Chicken

Recipe By : Denise Strassburg
Serving Size : 8 Preparation Time :0:00
Categories : Entrees

Table with 3 columns: Amount, Measure, Ingredient -- Preparation Method. Rows include: 4 whole chicken breasts, boneless -- cut in halves; 1/2 cup Italian bread crumbs; 1/2 cup parmesan cheese; 1 egg -- beaten; 1 can cream of celery soup; 1/2 cup milk; 3 oz cream cheese.

Dip chicken in beaten egg. Coat with mixture of crumbs and cheese. Bake at 375° for 20 minutes on each side. Melt soup, milk and cream cheese together. Pour over chicken and bake 20 minutes more.

- - - - -

Stuffed Cabbage Rolls

Recipe By : Muriel Sredl
Serving Size : 1 Preparation Time :0:00
Categories : Entrees

Table with 3 columns: Amount, Measure, Ingredient -- Preparation Method. Rows include: 1 lb. uncooked ground beef; 1 egg; salt; dash pepper; 1 heaping Tbs uncooked rice; head of cabbage; 1 onion; 1 small can tomato sauce; ginger; paprika; 2 Tbsp. brown sugar.

Cut out core of cabbage. Immerse in boiling water and boil a few minutes. Remove, drain, let cool. Mix beef, egg, salt, pepper and rice. Put small amount of beef mixture in center of cabbage leaf and turn in sides. Then roll up. Put some oil in bottom of dutch oven. Sprinkle with chopped onion and a little salt. Place cabbage rolls on top of onion, seam side down. Pour tomato sauce over top. Rinse out can with a little water and pour over top. Sprinkle with ginger, brown sugar and paprika. Cover. Cook slowly about 2 1/2 hours.

- - - - -

Swedish Meat Balls

Recipe By : Shirley Wolf
 Serving Size : 1 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
1	lb.	ground beef
1		egg
1/4	cup	dry bread crumbs
	dash	salt and pepper
1	tsp.	dried parsley
1/2		onion -- finely chopped
1/4		to 1/2 cup milk
1	can	beef bouillon

Mix egg, crumbs, salt, pepper, onion, parsley and 1/2 of milk. Add meat and mix well. Add enough milk to make meat workable. Roll into balls and brown on all sides. Remove from pan. Add 1 Tbsp. flour to thicken fat then add bouillon. Bring to boil . Add meat balls and simmer 45 minutes. Serve over hot noodles.

- - - - -

Sweet and Pungent Meat Balls

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
3	large	green peppers
1	lb.	ground beef, seasoned with salt and pepper
1		egg -- beaten
2	Tablespoons	flour
1 1/2	tsp.	salt -- divided
	few grains	pepper
1/4	cup	veg. oil
1	cup	chicken bouillon -- divided
4	slices	canned pineapple -- diced
12		maraschino cherries
3	Tbsp.	cornstarch
2	tsp.	soy sauce
1/2	cup	vinegar
1/2	cup	light corn syrup

Cut green peppers in sixths. Form seasoned beef into 16 small balls. Combine egg, flour, 1/2 tsp. salt and pepper. Dip meatballs in this batter. Heat vegetable oil; add remaining salt. Fry meat balls in hot oil, browning on all sides. Remove meatballs; drain off all but 1 Tbsp. oil. Add 1/3 cup bouillon, pineapple, cherries and green peppers. Simmer 10 minutes. Blend cornstarch, soy sauce, vinegar, corn syrup and remaining bouillon. Add to pineapple mixture. Cook slowly, stirring until thickened. Pour over meatballs.

- - - - -

Sweet and Sour Pork

Recipe By : Weight Watchers
 Serving Size : 6 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
1	can	pineapple chunks in juice
2	tbsp.	soy sauce
1	tbsp.	plus 1 tsp vinegar
2	tbsp	cornstarch
2	tsp.	sesame or peanut oil
1 1/2	lb.	boneless pork tenderloin, cut into 1" chunks
2	cups	bell pepper strips

Drain pineapple, reserving 1/2 cup juice; set pineapple aside. In small bowl or cup, combine reserved juice, the soy sauce, vinegar, and cornstarch, stirring until cornstarch is dissolved; set aside.
 In wok, heat oil over high heat. Add pork; stir-fry until well browned, 5-10 minutes. Stir in peppers and reserved pineapple. Add reserved juice mixture; bring to a boil. Reduce heat to low; simmer, stirring occasionally, until pork is cooked through, 5 -10 minutes. Serve immediately.

Sweet and Tangy Pork

Recipe By : Barb Coppock
 Serving Size : 6 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
1 1/4	lb.	boneless pork tenderloin, cut in 1" cubes
1	pkg.	taco seasoning mix
8	oz.	salsa, mild
4	bsp.	peach preserves
		Cooked rice

Dredge pork loin cubes in taco seasoning mix. Brown. Pour 8 oz. milk salsa and 4 Tablespoons peach preserves over pork. Cover and simmer 1/2 hour. Serve over cooked rice. (Add water during cooking if necessary) 4 fat grams

Swiss Chicken Cutlets

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
2		thin slices reduced fat Swiss cheese (2 oz
4		chicken cutlets
2	Tbsp.	flour
1/2	tsp.	pepper
1	Tbsp.	unsalted butter
1/2	cup	low-sodium chicken broth
1/4	cup	" " " "
1/4	tsp.	oregano

Cut cheese slices in half. Place one half on top of each cutlet. Starting with a short end, tightly roll up cutlets. Tie securely with string. On waxed paper, combine flour and pepper. Mix well. Coat cutlets. In large skillet, melt butter over med. heat. Add cutlets, cook, turning frequently, about 3 minutes. Add broth, dried oregano to skillet. Increase heat. Bring to boil. Reduce heat to simmer, about 10-12 minutes. (May use skinless boneless chicken breasts pounded between 2 pieces of waxed paper.)

- - - - -

Taco Bake

Recipe By :
 Serving Size : 8 Preparation Time :0:00
 Categories : Entrees

Amount	Measure	Ingredient -- Preparation Method
2	pounds	ground beef
1 1/2	cups	onions -- chopped
1	can	(15 oz.) tomato sauce
1	can	kidney beans -- drained
2	tsp.	chili powder
1/2	head	lettuce -- sliced
1 1/2	tsp.	salt
1/2	tsp.	pepper
12		taco shells
2	cups	cheddar cheese -- shredded (or Monterey Jack with jalapeno peppers)
2		tomatoes -- chopped

Brown meat and onions 10 minutes. Add tomato sauce, beans, chili powder, salt, pepper. Break taco shells in half at fold. Arrange shells on bottom and up sides of 9 x 13" pan. Spoon meat mixture evenly over taco shells. Sprinkle with cheese. Bake at 350° for 15-20 minutes. Top with lettuce and tomatoes.

This is tasty, easy and not expensive.

- - - - -

Taco Ring

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Entrees

Amount Measure Ingredient -- Preparation Method

***** NONE *****

Fix taco meat according to seasoning packet directions. Unroll packaged crescent rolls. Lay them (in their triangular shape), in a circle around the edge of a pizza pan. Mix taco meat, 1 cup shredded cheese and 2 Tbsp. water. Put on wide end of crescent triangles and fold the points over. Tuck the points under. Bake 20-25 minutes according to directions on roll package. To serve: Hollow green pepper, put in middle of ring, fill with salsa. Put shredded lettuce, tomato dices, grated cheese, chopped onion around pepper. Serve with sour cream.

Vegetable Beef Kabobs

Recipe By :
 Serving Size : 6 Preparation Time :0:00
 Categories : Entrees

Amount Measure Ingredient -- Preparation Method

1 1/2	lbs.	boneless beef sirloin
2/3	cup	beef broth
1/3	cup	soy sauce
2	Tbsp.	vegetable oil
1	teaspoon	grated gingerroot or 1/4 tsp. ground ginger
1	clove	garlic -- minced
1/2	tsp.	dried tarragon
18	small	whole onions
3		to 4 small zucchini, cut in 1-inch pieces
2	large	sweet red peppers, cut in 1-in. pieces

Cut beef into 1-1/4-inch cubes; place in a self-sealing plastic bag. In a small bowl, combine broth, soy sauce, oil, ginger, garlic and tarragon; pour over meat in bag. Seal bag and let stand at room temperature for 45 minutes. Drain meat, reserving marinade. Thread meat, onions, zucchini and red pepper alternately on six skewers. Grill over medium-hot coals, turning occasionally and basting with the marinade. Cook about 12 minutes or until the meat and vegetables reach desired doneness. Serve with hot rice.

Carrot and Raisin Salad

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Salads

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	raisins boiling water
1	can	(8 oz.) pineapple slices, -- drained
2	cups	carrots -- shredded
1/2	cup	mayonnaise
1	tsp.	lemon juice (opt.)

Place raisins in bowl. Cover with boiling water. Let stand 5 minutes. Drain well. Cut pineapple into small pieces, mix with raisins and carrots. Cover and chill. Just before serving, blend in mayonnaise. Sprinkle with lemon juice if desired.

One of Martha's favorites.

Cookie Salad

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Salads

Amount	Measure	Ingredient -- Preparation Method
*****	NONE	*****

Drain 4 small cans mandarin oranges. Mix 1 large package vanilla instant pudding with 12 oz. Cool Whip until dissolved. Blend in 1 1/3 cups buttermilk. Add oranges. Serve over 1 package broken Fudge Stripe cookies.

Cranberry Mold

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Salads

Amount	Measure	Ingredient -- Preparation Method
1	can	(about 2 1/2 cups) crushed pineapple
2	packages	(3 oz.) cherry-flavored gelatin
3/4	cup	sugar
2	cups	hot water

1/2 cup cold water
 1 Tbsp. (or 2) lemon juice
 1 1/2 cups ground raw cranberries
 1 small orange -- ground
 1/2 cup broken walnuts

Drain pineapple, reserving syrup. Combine gelatin and sugar; dissolve in hot water. Add cold water, lemon juice and reserved pineapple syrup. Chill until partially set.

Add pineapple and remaining ingredients. Turn into a 2-quart mold. Chill until firm.

Crunchy Corn Medley

Recipe By : Quick Cooking
 Serving Size : 4 Preparation Time :0:00
 Categories : Salads

Amount	Measure	Ingredient -- Preparation Method
2	cups	frozen peas -- thawed
1	can	(15 oz.) whole kernel corn -- drained
1	can	(15 oz.) white or shoepeg corn -- drained
1	can	((8oz.) water chestnuts -- drained and chopped
1	jar	(4 oz.) diced pimientos -- drained
8		green onion -- thinly sliced
2		celery ribs -- chopped
1	med.	green pepper -- chopped
1/2	cup	vinegar
1/2	cup	sugar
1/4	cup	vegetable oil
1	tsp.	salt
1/4	tsp.	pepper

MAKE AHEAD--NEEDS TO CHILL

In a large bowl, combine the first eight ingredients. In a small bowl, combine vinegar, sugar, oil, salt and pepper. Whisk until sugar is dissolved. Pour over corn mixture; mix well. Cover and refrigerate for at least 3 hours. Stir just before serving; serve with a slotted spoon.

I found this served more than 4 people. Is good the second day, also. Was a favorite at a dinner party.

Grandma Van's Salad

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Salads

Amount	Measure	Ingredient -- Preparation Method
1 1/2	heads	lettuce
1/2	pkg.	spinach
1	can	grapefruit sections
6	oz	can cashews (add at last minute)
1/2	cup	vinegar
1	cup	salad oil
1	Tbsp	celery seed
1	Tbsp.	minced onions
1/2	cup	sugar
1	tsp.	salt
1	tsp.	mustard

Mix vinegar, oil, celery seed, minced onion, sugar, salt and mustard. Toss with lettuce, spinach and grapefruit sections. Just before serving, top with cashews and toss.

Green Bean Salad

Recipe By : Circus Cookbook
 Serving Size : 4 Preparation Time :0:00
 Categories : Salads

Amount	Measure	Ingredient -- Preparation Method
1	can	(16 oz) cut green beans
1/4	cup	chopped green onions or white
1	cup	chopped mushrooms
1	jar	(6 oz.) marinated artichoke hearts -- chopped
18		cherry tomatoes -- quartered
1	pkg.	Good Seasons Italian dressing

Put first 5 ingredients into a bowl. Prepare dressing and mix with other ingredients. Best when marinated at least overnight in refrigerator.

Hot German Potato Salad in Microwave

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories : Salads

Amount	Measure	Ingredient -- Preparation Method
4	,med.	potatoes
6	strips	bacon
2	Tbsp.	flour
1/4	cup	sugar
1 1/2	tsp.	salt
1/2	tsp.	celery seed

1/8 tsp. pepper
 1 cup water
 1/3 cup vinegar (or 1/2 cup)

Wash and pierce potatoes with fork. Microwave 10-12 minutes until tender. Cool slightly. Peel and slice.

In 2 quart casserole, cut bacon in small pieces. Cover with paper towel. Microwave 6 minutes until crisp. Remove to paper towel. Set aside.

Stir flour, sugar, salt, celery seed, pepper into bacon fat. Cook 1-2 minutes until bubbly.

Add water and vinegar to flour mixture. Cook 4 minutes until it boils and thickens. Add potatoes and bacon. Stir gently.

Layered Saled

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Salads

Amount	Measure	Ingredient -- Preparation Method
2	cups	lettuce (Bibb, Romaine, Boston, Leaf)
2	Tbsp.	mayonnaise
1/3	can	baby LaSeur peas
		salt, pepper,
1	tsp.	sugar
		sliced red onion rings
		sticks of Swiss cheese
6	slices	(or more) bacon

Layer all of ingredients except bacon three times. (Drop the mayonnaise on lettuce in small amounts, then spread.) Put crumbled bacon on top. Chill 2 hours or more and toss.

This is good the next day, too. A favorite.

Mandarin Salad

Recipe By : Barb Copock
 Serving Size : 4 Preparation Time :0:00
 Categories : Salads

Amount	Measure	Ingredient -- Preparation Method
		DRESSING
1/2	TSP	SALT
	dash	pepper
2	tblsp	sugar

2 tbsp vinegar
 1/4 cup salad oil
 dash red pepper sauce
 1 tbsp parsley -- snipped
 SALAD
 1/4 cup almonds -- sliced
 1 tbsp plus 1 teaspoon sugar
 1/4 head lettuce
 1/4 head romaine lettuce
 1 cup celery -- chopped
 2 green onions with tops -- chopped

Shake dressing ingredients in tightly covered jar; refrigerate.
 Cook almonds and 1 tbsp plus 1 tsp sugar over low heat, stirring constantly, until
 sugar is melted and almonds are coated. Cool and break apart. Store at room
 temperature.
 Tear lettuce and romaine into bite-size pieces (about 4 cups). Place greens in
 plastic bag; add celery and onion. Fasten bag securely and refrigerate.
 5 minutes before serving, pour dressing into bag; add 1 can (11 oz) mandarine
 orange segments, drained. Fasten bag securely and shake until greens and oranges
 are well coated. Add almonds and shake.

Marinated Carrots "Copper Pennies"

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Salads

Amount	Measure	Ingredient -- Preparation Method
2	pounds	carrots (4 1/2 cups) -- sliced in 1/2" -- rounds
2	med.	onions -- sliced thin
1		green pepper -- cut in strips
1	can	tomato soup
3/4	cup	vinegar
1/2	cup	oil
2/3	cup	sugar
1	tsp.	Worcestershire sauce
1	tsp.	mustard
1/2	tsp.	salt

Cook carrots about 8-10 minutes. Drain and combine with onion and green
 pepper. Combine the remaining ingredients and pour over the carrots. Marinate
 overnight. Will keep a week

Marinated Mushrooms and Romaine Salad

Recipe By :
 Serving Size : 8 Preparation Time :0:00

Categories : Salads

Amount	Measure	Ingredient -- Preparation Method
1	head	romaine or other greens
3	ounces	fresh mushrooms -- halved (or quarter, if large)
3	Tbsp	snipped chives, to garnish (opt)
		Vinaigrette:
1/4	cup	white wine vinegar
4	tsp.	sugar
3	tsp.	lemon juice
1/4	tsp.	dry mustard
3/4	cup	vegetable oil
3	large	scallions -- sliced
3	cloves	garlic

Clean and tear greens into bite-sized pieces. Place mushrooms in a covered dish or plastic storage bag.

For vinaigrette: In a jar with a tight fitting lid, mix vinegar, sugar, lemon juice, mustard, oil, scallions and garlic. Shake vigorously. Pour over mushrooms, cover and chill for 4 hours or overnight, stirring occasionally.

Drain mushrooms, reserving vinaigrette. Spoon mushrooms over salad greens and drizzle remaining dressing over all. Garnish with snipped chives and serve.

Very good!

- - - - -

Shrimp and Feta Pasta Salad

Recipe By : Recipes of Madison County
Serving Size : 6 Preparation Time :0:00
Categories : Salads

Amount	Measure	Ingredient -- Preparation Method
6	cups	water
2	pounds	unpeeled medium size fresh shrimp (or frozen)
10	ounces	fusilli (corkscrew) pasta
1/2	pound	feta cheese -- crumbled
6		green onions -- chopped
4	medium	tomatoes -- cut up
1	Tbsp.	minced fresh basil
		freshly ground pepper to taste
1 1/2	cups	commercial Italian dressing
		leaf lettuce

Bring water to boil; add shrimp, and cook 3 to 5 minutes or until shrimp turn pink. Drain well; rinse with cold water. Chill. Peel shrimp, and devein, if desired.

Cook pasta according to package directions; drain. rinse with cold water; drain again, and set aside.

Combine shrimp, pasta, feta cheese, and next 5 ingredients, tossing gently. Cover and chill at least 1 hour. Serve on lettuce leaves.

I used Kraft Classic Italian Vinaigrette. Even with cutting the recipe in half, it served 4 or 5 healthy servings. Very good.

Three-Bean Salad

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Salads

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	white vinegar
1/2	cup	oil
1/2	cup	sugar
1/2	cup	onion -- chopped
		salt and pepper to taste
1	can	cut green beans -- drained
1	can	cut yellow beans -- drained
1	can	kidney beans -- drained
1	can	chick peas (garbanzo beans) -- drained
1/2	cup	chopped green pepper

Mix together vinegar, oil, sugar, salt and pepper Pour over onion, beans, green pepper and chick peas. Marinate in refrigerator for about 12 hours or overnight. Serve chilled.

A great salad to take to picnics and pot lucks. Or make in advance for guests or family. A favorite.

Chicken Barbeque Sauce

Recipe By : L. Van Slooten
Serving Size : 1 Preparation Time :0:00
Categories : Sauces

Table with 3 columns: Amount, Measure, Ingredient -- Preparation Method. Lists ingredients like egg, milk, oil, vinegar, Worcestershire sauce, catsup, parsley, paprika, poultry seasoning, salt and pepper.

Mix and brush over chicken parts before and during grilling.

Homemade Hot Mustard

Recipe By : Mary Hoffman
Serving Size : 1 Preparation Time :0:00
Categories : Sauces

Table with 3 columns: Amount, Measure, Ingredient -- Preparation Method. Lists ingredients like sugar, cider vinegar, dry mustard powder, eggs, salt.

Heat to boiling, stirring constantly. Remove and cool. (Strain if necessary>)
Great on rye, ham, and Swiss cheese sandwiches.

Make-Ahead Turkey Gravy

Recipe By : Irene Hall (WHI)
Serving Size : 1 Preparation Time :0:00
Categories : Sauces

Table with 3 columns: Amount, Measure, Ingredient -- Preparation Method. Lists ingredients like turkey wings, onions.

1 cup water
 8 cups chicken broth
 3/4 cup chopped carrots
 1/2 tsp. dried thyme
 3/4 cup flour
 2 Tbsp. butter or margarine

Heat oven to 400°. Have ready a large roasting pan.

Arrange wings in single layer in pan, scatter onions over top. Add 1 cup water. Roast 1 1/4 hours until wings are browned.

Put wings and onions in a 5 or 6 quart pot. Add 6 cups broth. (refrigerate remaining 2 cups), carrot and thyme. Bring to boil, reduce heat and simmer, uncovered, 1 1/2 hours.

Remove wings to cutting board. When cool, pull off skin and meat. Discard skin, save meat for another use.

Strain broth into a 3 quart saucepan, pressing vegetables to extract as much liquid as possible. Discard vegetables, skim fat off broth and discard. (If time permits, refrigerate broth overnight to make fat skimming easier.)

Whisk flour into remaining 2 cups broth until blended and smooth. Bring broth in pot to a gentle boil. Whisk in broth-flour mixture and boil 3 to 4 minutes to thicken gravy and remove flour taste. Stir in butter and pepper. Serve or pour into containers. Refrigerate up to 1 week or freeze up to 6 months.

(Can be doubled to have on hand in freezer.)

- - - - -

Spaghetti Sauce

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Sauces

Amount	Measure	Ingredient	Preparation Method
*****	NONE	*****	

Form into meatballs and brown in frying pan or oven:

1 pound ground beef,
 1/2 cup chopped onion,
 bread crumbs,
 beaten egg,
 salt,
 pepper,
 oregano
 (Parmesan cheese, if desired).

Combine meatballs (and browned Italian sausage, if desired) with: tomatoes,
 tomato sauce,
 tomato paste,
 2 cups water,
 bay leaf,
 1 Tbsp. (or more) oregano,
 parsley,
 1/2 tsp. basil,
 1 tsp. salt,
 1/8 tsp. pepper,

1 tsp. MSG,
 2 tsp. sugar,
 1 can mushrooms
 clove of garlic
 red pepper
 Simmer uncovered, 1 hour. Stir occasionally.

Spanish Omelet Sauce

Recipe By : Margaret Stewart
 Serving Size : 1 Preparation Time :0:00
 Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
14	cups	onion -- finely chopped
1	cup	green pepper -- finely chopped
1	cup	chili sauce
1	can	tomato sauce (8 oz)
2	tablespoons	lemon juice
1/4	teaspoon	chili powder
1	teaspoon	Worcestershire sauce

Combine and simmer 15 minutes.
 Especially good poured over a puffy omelet made by whipping egg whites first. (See Entrees)

Sunshine Sauce for Ham

Recipe By :
 Serving Size : 12 Preparation Time :0:00
 Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
*****	NONE	*****

Combine 1 cup raisins, 1 cup water, 1 cup orange juice, 1/2 cup orange marmalade. Mix 4 Tbsp. sugar, 2 Tbsp. corn starch, 1/4 tsp. salt, dash of cloves. Stir into sauce. Cook and stir until thick. Pour over slices of ham and/or serve in gravy boat.

I always have leftover sauce. It's good when mixed with fresh cooked carrots to glaze them. May need to add orange juice.

Baked Scallops with Mushroom Crust

Recipe By : Super Seafood
 Serving Size : 4 Preparation Time :0:00
 Categories : Seafood Entrees

Amount	Measure	Ingredient -- Preparation Method
2	Tbsp.	minced shallots or scallions
1	Tbsp.	olive oil
1	cup	finely chopped fresh mushrooms
	dash	cayenne pepper
1/4	cup	bread crumbs
1 1/4	lb.	sea scallops

In a large skillet, saute shallots or scallions in oil for 1 minute. Add mushrooms and saute for 2 minutes. Stir in cayenne and bread crumbs and saute for 1 minute more.

Arrange scallops in a single layer on a broiling pan or individual broiling dishes. Spoon mushroom mixture evenly over all scallops and bake in a 450 ° oven for 5 to 7 minutes. Pass under the broiler for 1 minute to brown crust and serve immediately.

Basil Shrimp Fettuccine

Recipe By : Light and Tasty
 Serving Size : 6 Preparation Time :0:00
 Categories : Seafood Entrees

Amount	Measure	Ingredient -- Preparation Method
8	oz	uncooked fettuccine
1/2	cup	chopped onion
1/4	cup each	chopped sweet yellow and red peppers
1	or 2	garlic cloves -- minced
2	Tbsp.	olive or canola oil
1/4	cup	all-purpose flour
1	can	(12 oz.) fat-free evaporated milk
1/2	tsp.	salt
1/4	tsp.	white pepper
1/8	tsp.	cayenne pepper
1	pound	uncooked shrimp, peeled and deveined
2	Tbsp.	minced fresh basil or 2 tsp. dried basil

Cook pasta according to package directions. Meanwhile, in a nonstick skillet, saute the onion, peppers and garlic in oil until tender. In a small bowl, combine flour and milk until smooth. Add to vegetable mixture. Stir in the seasonings. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat; add shrimp and basil. Simmer, uncovered, for 3 minutes or until shrimp turn pink. Drain pasta, place in a large bowl. Add shrimp mixture and toss to coat.

Very good. A little spicy.

- - - - -

Blue Plate Special Halibut

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Seafood Entrees

Amount	Measure	Ingredient -- Preparation Method
1 1/2	lb.	halibut fillets or steaks
		Vegetable cooking spray
1/2	cup	lite mayonnaise
2	Tbsp.	red onion -- minced
1	tsp.	dried dill weed

Coat halibut with vegetable spray. Place fish in baking dish.
Mix remaining ingredients; spread over halibut.
Bake at 400° 15-20 minutes or until halibut flakes when tested with fork.

Could substitute salmon, cod, swordfish.

- - - - -

Citrus Grilled Halibut

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Seafood Entrees

Amount	Measure	Ingredient -- Preparation Method
1	pound	halibut fillets or steaks (or salmon, swordfish, tuna) Vegetable cooking spray
		Marinade:
1/4	cup	orange juice
2	Tbsp.	soy sauce
1	Tbsp.	olive oil
1	Tbsp.	lemon juice
1	clove	garlic -- minced
1/4	tsp.	pepper
1/4	tsp.	salt

Combine marinade ingredients in nonmetallic bowl. Reserve 2-3 tablespoons
marinade.
Pour marinade over halibut. Marinate fish 15-20 minutes, turning once. Spray fish
with cooking spray.
Place fish over hot coals. Grill 3 minutes. Turn. Brush with reserved marinade.
Grill 4-5 minutes.

Crab Fettuccine

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Seafood Entrees

Amount	Measure	Ingredient -- Preparation Method
1	lb.	crab meat
6	ounces	fettuccine
1	Tbsp.	garlic -- finely chopped
1	Tbsp.	olive oil
1	cup	evaporated skim milk
1/2	cup	parsley, -- finely chopped
3	Tbsp.	basil -- chopped or 1 tsp. dried basil
1/4	tsp.	black pepper
3/4	cup	Parmesan cheese -- grated

Cook fettuccine according to package directions.
While fettuccine cooks, saute garlic in oil in a large skillet. Add skim milk and heat through.
Stir in crab, parsley, basil and pepper. continue heating.
Add drained fettuccine and Parmesan cheese. Toss lightly and serve immediately.

Substitutions: Clams, scallops, shrimp.

Crispy Cod

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Seafood Entrees

Amount	Measure	Ingredient -- Preparation Method
1	lb.	cod fillets
		vegetable cooking spray
1	Tablespoon	light mayonnaise
1	Tbsp.	lite soy sauce
1/8	tsp.	paprika
1/8	tsp.	black pepper
1/2	cup	corn flake crumbs

Coat cod with spray. Place fish in baking dish.
Mix mayonnaise, soy sauce, paprika and pepper. Spread over fish. Sprinkle

cornflakes on top.

Bake at 400° 10-15 minutes until fish flakes when tested with a fork.

Could substitute flounder, perch

Easter Buffet Crab Quiche

Recipe By :
Serving Size : 15 Preparation Time :0:00
Categories : Seafood Entrees

Amount	Measure	Ingredient -- Preparation Method
1	lb.	crab meat
1		onion -- chopped
1	Tbsp.	margarine
6		eggs
12		egg whites
	1/2 cup	flour
1	Tbsp.	Old Bay seasoning
1	tsp.	baking powder
	1/4 tsp.	salt
1	lb.	nonfat cottage cheese
1	lb.	mozzarella cheese -- grated

Microwave onion in margarine on HIGH 2 minutes.
Beat whole eggs and egg whites in large bowl. Add onions, flour, Old Bay seasoning, baking powder and salt. Mix well. Add crab and cheeses. Stir. Pour into a 9x13 inch baking dish. Bake at 450° 15 minutes. Reduce oven to 350° and bake 30 minutes.
Allow quiche to sit 10 minutes before serving.

Substitutions: Imitation crab, shrimp.

Flounder with Dill, Microwaved

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Seafood Entrees

Amount	Measure	Ingredient -- Preparation Method
1	lb.	flounder fillets
	1/2 cup	chicken broth
	1/4 tsp.	pepper
	1/4 tsp.	dried dill weed
	1/4 tsp.	garlic powder
	1/4 tsp.	salt

Place fish fillets in microwave-proof dish.

Mix remaining ingredients in a small bowl. Pour over fish.
 Cover dish with plastic wrap; turn back one corner.
 Microwave on HIGH 3-6 minutes or until fish just flakes when tested with a fork.
 Let stand 1-2 minutes to complete cooking.

Substitutions: Orange roughy, pollock

Louisiana Catfish

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories : Seafood Entrees

Amount	Measure	Ingredient -- Preparation Method
1	pound	catfish fillet vegetable cooking spray
		Rub:
2	tsp.	olive oil
2	tsp.	paprika
3	cloves	garlic -- minced
1	tsp.	dried thyme
1/2	tsp.	dried oregano
1/2	tsp.	dried rosemary
1/4	tsp.	white pepper
1/4	tsp.	black pepper
1/4	tsp.	salt
1/8	tsp.	ground red pepper

Spray catfish with cooking spray.
 Combine rub ingredients in a small bowl.
 Rub seasoning into both sides of catfish.
 Coat broiler pan with cooking spray. Broil 4 inches from heat 4-5 minutes per inch of thickness.

One-Dish Halibut, Microwaved

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories : Seafood Entrees

Amount	Measure	Ingredient -- Preparation Method
1	pound	halibut fillets or steaks
1	pound	mixed frozen vegetables
1/4	cup	lemon juice
1	Tbsp.	olive oil
1/4	tsp.	lemon pepper seasoning
1		Roma tomato sliced
1/4	cup	parsley -- chopped

Place vegetables in a microwave-proof baking dish. Cover dish with plastic wrap; turn back one corner. Microwave on HIGH 2 1/2 minutes. Stir. Lay halibut over vegetables.

Mix lemon juice, olive oil, and lemon pepper seasoning in a small bowl. Pour over fish.

Cover dish with microwave wrap. Turn back one corner and microwave on HIGH 4-5 minutes or until fish just flakes when tested with a fork. Let stand 1-2 minutes to complete cooking...

Garnish with tomato and parsley.

- - - - -

Salmon Kebobs

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Seafood Entrees

Amount	Measure	Ingredient -- Preparation Method
*****	NONE	*****

Cut salmon into cubes, put on skewers. Broil or grill 5 to 10 minutes on 1 side. Turn and grill 4 minutes more. Drizzle with vinaigrette:

- orange zest
- minced ginger
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. white wine vinegar
- olive oil
- salt and pepper

Or you may marinate the salmon in the vinaigrette for a few minutes.

- - - - -

Scallop and Asparagus Stir-fry

Recipe By : Good Housekeeping
 Serving Size : 4 Preparation Time :0:00
 Categories : Seafood Entrees

Amount	Measure	Ingredient -- Preparation Method
1	lb.	scallops
1	Tbsp.	ginger root -- peeled and chopped
2	Tbsp	soy sauce
2	Tbsp.	Vegetable oil
2	cloves	garlic -- sliced
1 1/2	lb.	asparagus -- trimmed and cut into -- 2 in. pieces
1/4	tsp.	crushed red pepper
1/2	cup	fresh basil leaves -- chopped
2	cups	cooked rice

Rinse scallops under running cold water. Pat dry with paper towels. In bowl, toss scallops with ginger and 1 Tbsp. soy sauce. In non-stick skillet, heat 1 Tbsp. oil over medium-high heat. Add garlic and cook till golden brown, stirring often. With slotted spoon, remove garlic to bowl. In same skillet, cook asparagus and crushed red pepper until tender-crisp, about 7 minutes. Remove to bowl. Add 1 Tbsp. oil to skillet, add scallop mixture and cook 3 to 5 minutes or until opaque. Add asparagus, garlic and remaining soy sauce to skillet. Heat through. Toss with basil. Serve with cooked white rice.

This is hot. You may use less ginger and/or red pepper flakes. A little dried basil may be used instead of fresh.

- - - - -

Scallops Almandine

Recipe By :
 Serving Size : 4 Preparation Time : 0:00
 Categories : Seafood Entrees

Amount	Measure	Ingredient -- Preparation Method
1	lb.	sea scallops
1/4	tsp.	salt
1/4	tsp.	pepper
1/2	cup	bread crumbs
1	Tbsp.	butter
1/2	cup	slivered almonds
2	Tbsp.	parsley -- chopped

Rinse scallops in cold water. Pat dry with paper towels. Sprinkle with salt and pepper. Roll in bread crumbs. Melt butter in skillet. Add scallops and saute over high heat, browning them well on both sides. Total cooking time is approximately 4 minutes. Garnish with almonds and parsley.

Substitutions: Oysters, shrimp

- - - - -

Seafood Puff Shells

Recipe By :
 Serving Size : 20 Preparation Time : 0:00
 Categories : Seafood Entrees

Amount	Measure	Ingredient -- Preparation Method
1	cup	water
1/2	cup	margarine
1	cup	flour
1/4	tsp.	salt
1/8	tsp.	ground cayenne
1	whole	egg

Combine water and margarine in a saucepan and bring to a boil
 Add flour all at once and stir vigorously until mixture forms a ball and leaves the
 sides of the pan. Remove from heat. Cool 5 minutes.
 Add whole egg and egg whites, one at a time, beating vigorously by hand after each
 addition. Continue beating until a stiff dough is formed.
 Drop by tablespoons on cookie sheet. Bake at 425° for 15 minutes. Reduce heat to
 350° and continue baking about 10 minutes until golden brown. Cool before filling.

Smoked Salmon Filling

1 (7 3/4 oz.) can smoke-flavored salmon, drained and flaked.
 1/2 cup lettuce, finely chopped
 2 Tbsp. mayonnaise
 2 Tbsp. parsley, chopped
 2 Tbsp. bacon bits
 Combine salmon with remaining ingredients in bowl. Mix. Cut off tops of puff
 shells. Fill each shell. Serve immediately.

Lobster Filling (or canned tuna, crab, imitation crab)

1 cup lobster meat, diced finely
 1/2 cup tomato, diced
 2 Tbsp. green onion, minced
 2 Tbsp. celery, finely minced
 2 Tbsp. mayonnaise
 1/3 tsp. lemon pepper seasoning

Mix all ingredients together. Cut off tops of shells and fill. Serve immediately.

- - - - -

Shrimp Creole

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories : Seafood Entrees

Amount	Measure	Ingredient -- Preparation Method
4	Tbsp.	Butter
1	cup	chopped onion
1	cup	chopped celery
1/2	cup	green pepper
3	cloves	garlic -- minced
2 1/2	cups	diced tomatoes
3	Tbsp.	chopped parsley
1	tsp.	salt
1/4	tsp.	cayenne pepper
3		bay leaves
3	cups	water
3	lbs.	raw, cleaned shrimp
2	Tbsp.	flour, mixed in cold water

Melt butter in saucepan. Saute onion, celery, green pepper until soft, about 5 minutes. Stir in garlic. Fry about 5 more minutes. (Remove pan from direct heat and slowly stir in flour). Add parsley, bay leaves. salt, cayenne, tomatoes. simmer 15 minutes. Add shrimp--cover and simmer 30 minutes. Serve over cooked, fluffy rice.

Skewered Shrimp

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories : Seafood Entrees

Amount	Measure	Ingredient -- Preparation Method
1	lb.	large shrimp -- peeled and deveined vegetable cooking spray
		Basting sauce
2	Tbsp.	margarine -- melted
2	Tbsp.	parsley -- chopped
1	Tbsp.	lemon juice
1/4	tsp.	paprika
1/4	tsp.	garlic powder

Skewer shrimp, about 6-8 per skewer.
 Combine basting sauce ingredients
 Brush shrimp with sauce. Spray with cooking spray. Grill over hot coals 3-6 minutes or until shrimp turn pink.

Substitutions: Salmon cubes, scallops, swordfish cubes.

HINT: Add fruits or vegetables to the skewers with the shrimp.

Southwest Style Catfish

Recipe By :
 Serving Size : 8 Preparation Time :0:00
 Categories : Seafood Entrees

Amount	Measure	Ingredient -- Preparation Method
2	lb.	catfish fillets
1/2	cup	Parmesan cheese -- shredded
1/4	cup	yellow cornmeal
2	Tbsp.	flour
1	tsp.	paprika
1/2	tsp.	black pepper
		Vegetable cooking spray

Combine Parmesan cheese, cornmeal, flour, paprika and pepper in bag. Place fish in bag and shake to coat each fillet.
Spray baking dish with vegetable cooking spray. Place fish in baking dish. Spray with cooking spray. Sprinkle remaining cheese mixture over fish.
Bake at 400° 15-20 minutes or until fish flakes when tested with a fork.

- - - - -

Broiled Zucchini with Rosemary Butter

Recipe By : Light and Tasty
Serving Size : 4 Preparation Time :0:00
Categories : Vegetables And Side Dishes

Amount	Measure	Ingredient -- Preparation Method
3	Tbsp.	butter (no substitutes) -- softened
1/4	cup	finely chopped green onion
1	or 2	Tbsp. minced fresh rosemary or 1-2 tsp. dried rosemary, crushed
1	tsp.	lemon juice
1/2	tsp.	grated lemon peel
1/4	tsp	pepper
1/8	tsp.	cayenne pepper
4	med.	zucchini

In a bowl, combine the first seven ingredients; set aside. Cut zucchini lengthwise into 1/2-in. slices. Place on a broiler pan coated with nonstick cooking spray. Broil 4 in. from the heat for 10-12 minutes, turning occasionally, or until crisp-tender. Spread with rosemary butter. Serve immediately.

Good. A nice way to fix a different vegetable.

Campfire Potatoes

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Vegetables And Side Dishes

Amount	Measure	Ingredient -- Preparation Method
5	med.	potatoes, peeled and thinly sliced
1	med.	onion -- sliced
6	Tbsp.	butter or margarine
1/3	cup	shredded cheddar cheese
2	Tbsp.	minced fresh parsley
1	Tbsp.	Worcestershire sauce
		salt and pepper to taste
1/3	cup	chicken broth

Place the potatoes and onion on a large piece of heavy duty foil. (About 20"x20") Dot with butter. Combine cheese, parsley, Worcestershire sauce, salt and pepper. Sprinkle over potatoes. Fold foil up around potatoes. Add broth. Seal edges of foil well. Grill covered over med. heat for 35-40 minutes.

Corn and Bean Salsa

Recipe By : Martha
 Serving Size : 1 Preparation Time :0:00
 Categories : Vegetables And Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1	can	whole kernal corn -- drained
1	can	black, pinto or white beans -- rinsed and drained
1	bunch	cinlantro -- chopped
2	bunches	green onions -- choped]
2		or 3 tomatoes -- chopped
		jiuice of 1 lime
1	pkg.	dry Italian Good Seasonings salad dressing mix

Black beans make a pretty salsa. Mix altogether. (Chop cilantro by cutting off stems, put leaves in measuring cup. Open and close scissors in cup to chop.)

- - - - -

Creamy Potato Sticks

Recipe By :
 Serving Size : 6 Preparation Time :0:00
 Categories : Vegetables And Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	flour, all-purpose
1/2	tsp.	salt
1 1/2	cups	milk
1	can	condensed cream of celery soup -- undiluted
1/2	pound	American cheese -- cubed or shredded
5	or 6	large baking potatoes -- peeled
1	cup	chopped onion

In a saucepan, combine flour and salt; gradually whisk in milk until smooth. Bring to a boil; cook and stir for 2 minutes. Remove from the heat; whisk in soup and cheese until smooth. Set aside.
 Cut potatoes into 4-in. x 1/2 in. x 1/2 inch sticks; place in a greased 9x13 pan. Sprinkle with onion. Top with cheese sauce. Bake, uncovered, at 350° for 55-60 minutes or until potatoes are tender. Sprinkle with paprika if desired

These were good. If the potatoes are very large, only use 2 or 3.

- - - - -

Deluxe Potato Balls

Recipe By : Chris Mackerell
 Serving Size : 6 Preparation Time :0:00
 Categories : Vegetables And Side Dishes

Amount	Measure	Ingredient -- Preparation Method
2	lbs.	potatoes (4 large)
1	package	(3 oz.) cream cheese
1/4	cup	milk
1 1/2	tbsp.	butter
1	tbsp.	green onions -- chopped
1/4	cup	Parmesan cheese -- grated
2 1/2	tsp	onion soup mix
1/2	tsp	salt
1/2	tsp	seasoned salt
1	dash	tobasco sauce
1		egg -- beaten
1 1/2	cups	corn flakes -- crushed

Cook potatoes. Drain and mash. Add cream cheese, milk butter, onion, cheese, soup mix, and seasonings. (Add pepper to taste)
Mix well.

Form balls. Dip ball in beaten egg. Roll in crushed corn flakes. Place on greased cookie sheet. Bake at 400° 10 - 15 minutes. (If made ahead, dip and roll just before baking.)

Glazed Carrots

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Vegetables And Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1	bag	(16 oz.) frozen sliced carrots (or use 1lb. fresh)
1/4	cup	orange juice
1	tbsp.	brown sugar
1/2	tsp.	butter

Cook carrots. Combine other ingredients. Mix well. Toss carrots with orange sauce.

Glazed Onions

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Vegetables And Side Dishes

Amount	Measure	Ingredient -- Preparation Method
12	med.	onions -- boiled or use canned or frozen whole white onions

2 tbsp. butter
 1 tbsp. lemon juice
 3 tbs sugar
 salt and pepper to taste.

Drain onions. Melt butter in sauce pan. Add lemon juice, sugar and onions. Season with salt and pepper. Stir over medium heat until onions are hot and lightly browned.

Green Bean Casserole

Recipe By :
 Serving Size : 6 Preparation Time :0:00
 Categories : Vegetables And Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1	can	Cream of mushroom soup
1/2	cup	milk
1	tsp.	soy sauce
	dash	pepper
2	cans	cut green beans -- drained
1	can	French fried onion rings

In 1 1/2 quart casserole, combine soup, milk, soy sauce and pepper. Stir in beans and 1/2 can French fried onions. Bake at 350° for 25 minutes; stir. Top with remaining onions. Bake 5 minutes more.

Grilled Portobello Mushrooms

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Vegetables And Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	balsamic vinegar
2	large	garlic cloves -- minced
1	Tbsp	lemon juice
1/2	cup	olive oil
1	tsp.	salt
		pepper
1	lb.	portabello mushrooms, stems removed (may be cut in half or sliced)

Combine marinade ingredients. Add mushrooms. Marinate 20 minutes. Grill 3 min. on each side or saute on high heat in heavy skillet

Always a favorite at summer picnics.

Hawaiian Beets

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Vegetables And Side Dishes

Amount	Measure	Ingredient -- Preparation Method
2	cans	cut beets
1	can	pineapple chunks, in syrup
2	Tbsp.	cornstarch
5	Tbsp	sugar
2	Tbsp	vinegar
1/2	tsp.	salt
2	Tbsp	butter

Drain beets and pineapple; reserve juice. Stir cornstarch, sugar, and vinegar into beet and pineapple juice. Add salt. Cook mixture until glossy, stirring constantly. Fold in beets, pineapple and butter. Heat and serve.

Lemony Acorn Slices

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Vegetables And Side Dishes

Amount	Measure	Ingredient -- Preparation Method
2	large	acorn squash
1	cup	plus 2 Tablespoons water, -- divided
1/2	cup	sugar
2	Tablspoons	lemon juice
1	Tbsp.	butter or margarine
1/4	tsp.	salt
1/8	tsp.	pepper

Wash squash. Cut in half lengthwise; remove seeds and membrane. Cut each half crosswise into 1/2 inch slices; discard ends. Place slices in a large skillet. Add 1 cup water; bring to a boil. Reduce heat; cover and simmer for 20 minutes or until tender. Meanwhile, in a heavy saucepan, combine sugar and remaining water. Cook over medium heat until sugar melts and syrup is golden, stirring occasionally. Remove from heat; carefully add lemon juice, butter, salt and pepper. Cook and stir over low heat until butter melts. Place squash on a serving plate; top with syrup. Garnish with lemon wedges and fresh mint if desired.

This was good. The squash was delicate and broke into pieces sometimes when putting it on the plate. Remove from pan carefully with wide spatula. One squash was enough for our family.

Marinated and Grilled Zucchini Steaks

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Vegetables And Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1	Tbsp.	lemon juice
2	tsp.	soy sauce
1	tsp.	honey
1	tsp.	sesame oil
1	clove	garlic -- minced
2		zucchini (9 inches ea.) -- sliced diagonally -- into 1 inch steaks

In a cup, combine lemon juice, soy sauce, honey, oil and garlic. Stir to blend. Place zucchini steaks in a gallon-size, plastic food-storage bag. Pour marinade over zucchini and twist-tie shut. Knead bag gently to coat evenly. Marinate in refrigerator for 1 hour.

Lay zucchini steaks flat on a hot grill and barbecue for 2 to 3 minutes on each side, basting with marinade. Serve hot or chilled in a salad.

- - - - -

Polynesian Carrots

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Vegetables And Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	Butter
2	cups	carrots -- sliced
1/2	tsp	salt
1/2	tsp	nutmeg
1/8	tsp	pepper
3	tbsp.	dates -- chopped
3	tbsp.	crushed pineapple -- drained
3	tbsp	cashews

In heavy saucepan melt butter. Add carrots and seasonings. Cover; cook over med. heat, stirring occasionally, until tender. Stir in dates and pineapple; heat through. Garnish with cashews.

- - - - -

Potato Casserole

Recipe By :
 Serving Size : 8 Preparation Time :0:00
 Categories : Vegetables And Side Dishes

Amount	Measure	Ingredient -- Preparation Method
3	lb.	hash brown potatoes -- frozen
1	can	cream of chicken soup
1	pint	sour cream
4	tbsp.	margarine
1/2	cup	onion -- diced
2	cups	cheese -- shredded
		Topping
2	cups	corn flakes -- crushed
1	stick	margarine

Thaw potatoes and put into greased 9 x 13 pan. Mix soup, sour cream, onion, margarine and cheese. Pour over potatoes and mix lightly. Mix cornflakes and margarine (melted). Sprinkle on top. Bake at 350° 1 to 1 1/2 hours

Scalloped Corn

Recipe By : Grandma Brown
 Serving Size : 4 Preparation Time :0:00
 Categories : Vegetables And Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1	can	whole kernal corn
1	cup	bread crumbs
1	Tablespoon	butter
1/2		small onion -- chopped
1		green pepper or pimiento
		salt and pepper

Chop corn, mix with onion and seasonings. Place in layers in greased baking dish with bread crumbs and pepper. Scatter crumbs over top. Bake 30 minutes.

Skinny Mashed Potatoes

Recipe By :
 Serving Size : 6 Preparation Time :0:00
 Categories : Vegetables And Side Dishes

Amount	Measure	Ingredient -- Preparation Method
2	cans	(14 1/2 oz. ea.) Chicken broth
5	large	potatoes, cut into 1" pieces
	dash	pepper

In saucepan place broth and potatoes. Over high heat, heat to a boil. Cover and cook over medium heat 10 minutes or until potatoes are tender. Drain, reserving broth. Mash potatoes with 1 1/4 cups broth and pepper.

Sour Cream Cauliflower

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Vegetables And Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1	med.	cauliflower
1	cup	sour cream
1/2	tsp.	dill weed
2	Tbsp.	lemon juice
1/2	tsp.	salt

Separate cauliflower into medium pieces. Cook until barely tender. Drain.

Combine sour cream with remaining ingredients.

Put cauliflower in baking dish and pour sour cream mixture over. Place in 350° oven, long enough to cook through.

Squash with Dill

Recipe By : Betty Murray
 Serving Size : 4 Preparation Time :0:00
 Categories : Vegetables And Side Dishes

Amount	Measure	Ingredient -- Preparation Method
2 1/2	lbs.	yellow squash
2	tsp	salt
2	tbsp.	butter or margarine
1	small	onion -- minced
1/4	tsp	paprika
1/4	tsp.	sugar
1	tsp	vinegar or lemon juice
1	sprig	fresh dill or 1 tsp. dry dill
2	tsp	flour
1/4	cup	hot water
3	tbsp.	sour cream

Slice squash. Place in bowl. Sprinkle with salt. Let sit 1 hour. Drain.

Melt butter, add onion, cook until tender. Add squash, paprika, sugar, vinegar, and dill. Cover and cook 10-12 minutes. Sprinkle flour over, stir. Pour in

water. Gradually stir in sour cream.

Sweet and Sour Beans

Recipe By :
Serving Size : 2 Preparation Time :0:00
Categories : Vegetables And Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1	can	green beans -- drained
3	slices	bacon
1/2	cup	vinegar
1/2	cup	sugar

Fry bacon until crisp. Crumble and set aside. Into the skillet with bacon drippings, put the vinegar and sugar. Add drained beans . Simmer 25 minutes.

Basic Beef Stock

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Soups

Amount	Measure	Ingredient -- Preparation Method
*****	NONE	*****

Scrape marrow from middle of 1 to 2 lb. soup bones. Melt marrow in large kettle. Add and brown half of 4 lb. shins of beef or short ribs. Add remaining bones and 3 qts. cold water. Cover and bring to boil. Remove scum. Add:

- 3 sprigs parsley, minced (or dry)
- 1/4 tsp. thyme
- 1 tsp marjoram
- 1/2 bay leaf, crumbled
- 1/2 cup chopped onions
- 1/2 cup diced carrots
- 1/2 cup diced celery with leaves
- 10 peppercorns
- 5 cloves
- 1 tbsp. salt

Cover and simmer 4 hours. Remove scum. Strain and cool quickly; Refrigerate stock and meat.

For vegetable-beef soup, add to meat and stock:

- 1 pkg.; mixed vegetables
- 1 can tomatoes

any extra vegetables you want, like cubed potatoes, beans peas, corn etc.

If you're going to freeze some, don't use potatoes. They don't freeze well. Nor does pasta. Barley freezes well.

5 cloves

Bourbon Street Gumbo

Recipe By :
 Serving Size : 8 Preparation Time :0:00
 Categories : Soups

Amount	Measure	Ingredient -- Preparation Method
1	ound	raw shrimp, peeled and deveined
1	pound	crab meat
2	Tbsp.	olive oil
1		onion -- chopped
2	stalks	celery -- chopped
1/2		green pepper -- chopped
4	cloves	garlic -- minced
1	can	((16 oz) diced tomatoes -- undrained
1	can	(8 oz.) tomato sauce
2	Tbsp.	sugar

2	cups	water
1	package	(8 oz.) frozen mixed vegetables
2		bay leaves
1/4	tsp.	black pepper
1	Tbsp.	parsley

Heat oil in a large pot and saute onion, celery, bell pepper and garlic until tender-crisp.

Add tomatoes, tomato sauce and sugar. Simmer 5 minutes.

Add water, vegetables, bay leaves and pepper. Cover and cook until tender. discard bay leaves. At this point, gumbo base can be refrigerated or frozen.

Add shrimp. Cook until shrimp turn opaque. Add crab. Warm through. Garnish with parsley.

Bow-Tie Soup

Recipe By : Sheila Cessna
 Serving Size : 1 Preparation Time :0:00
 Categories : Soups

Amount	Measure	Ingredient -- Preparation Method
1	lb.	Italian sausage -- made into small meat -- balls
2		carrots -- sliced
1/2	cup	green pepper (or more) -- chopped
1/2	cup	celery (or more) -- chopped
1	clove	garlic -- crushed
1/2	cup	onion -- chopped
1	can	beef broth
1	can	Italian or zesty tomato soup
2	cups	water
1	cup	bow-tie noodles -- uncooked

Brown meatballs, then brown vegetables. Add broth, soup and water. Cook until vegetables are tender. Add noodles. Add more water if necessary.

Cheesy Cauliflower Soup

Recipe By : Grandma Van
 Serving Size : 8 Preparation Time :0:00
 Categories : Soups

Amount	Measure	Ingredient -- Preparation Method
1	head	cauliflower or use frozen
1/2	cup	onion -- chopped
4	tbsp	butter or margarine
1/2	cup	flour
3	cups	chicken broth

2	cups	milk
1 1/2	tsp	Worcestershire sauce
4	oz	cheddar cheese (or American)
2	cups	leftover ham -- cubed
1	large can	mushroom pieces

Boil cauliflower until tender in salted water, about 10 minutes. Drain and chop (or use potato masher.) In another pan, cook onion in butter until tender. Blend in flour and slowly stir in chicken broth, milk and Worcestershire Sauce.. Cook, stirring constantly till it thickens slightly. Add cauliflower, mushrooms,meat and cheese. Heat.

This seems to be a favorite with men. Paul Stoddard makes it all the time.

Chicken and Wild Rice Soup

Recipe By : Thad Raczkowski
 Serving Size : 4 Preparation Time :0:00
 Categories : Soups

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	uncooked wild rice (or mixed)
5	cups	canned chicken broth, divided
1/4	cup	butter
1		large carrot -- sliced
1		medium onions -- chopped
2	ribs	celery, -- chopped
1/4	pound	fresh mushrooms -- sliced
2	Tbsp.	flour
1/4	tsp	salt
1/4	tsp	white pepper
1 1/2	cups	chopped cooked chicken

Rinse rice thoroughly in fine strainer under cold running water; drain. Combine 3 cups chicken broth and rice in saucepan. Bring to a boil over medium-high heat. Reduce heat to low; simmer, covered, 1 hour or until rice is tender. Drain; set aside. Melt butter in saucepan over medium heat. Add carrot cook and stir 3 minutes. Add onion, celery and mushrooms; cook and stir 3 to 4 minutes until vegetables are tender. Remove from heat. Whisk in flour, salt and pepper until smooth. Gradually stir in remaining 2 cups chicken broth. Bring to a boil over medium heat; cook and stir 1 minute or until thickened. Stir in chicken. Reduce heat to low; simmer, uncovered, 3 minutes or until heated through. Spoon 1/4 cup cooked rice into each serving bowl. Ladle soup over rice.

Chicken Corn Soup

Recipe By :
 Serving Size : 6 Preparation Time :0:00

Categories : Soups

Amount	Measure	Ingredient -- Preparation Method
6	cups	chicken broth
1	small	onion -- chopped
4	oz	medium egg noodles
1	can	corn
3/4	cup	lightly crushed corn kernels
1	cup	cooked chicken -- shredded
1		bay leaf
1	tsp	salt
1/4	tsp	pepper (white, if available)
3		eggs -- hard-boiled

Simmer broth. Add onions and noodles Stir in corn. Add chicken, bay leaf, salt and pepper. When noodles are soft, remove bay leaf. Put in bowls. Add chopped egg.

Clam Chowder, Number 2

Recipe By : Seafood Twice a Week
Serving Size : 6 Preparation Time :0:00
Categories : Soups

Amount	Measure	Ingredient -- Preparation Method
1	pound	clam meat, chopped
2	cups	water
1	small	onion -- diced
3	medium	potatoes -- peeled and diced
2	stalks	celery -- chopped
2		carrots -- sliced
1		chicken bouillon cube
6		-8 whole allspice
1	tsp.	dried dill weed
1/2	tsp.	white pepper
2	cns	(13 oz.) evaporated skim milk
2	Tbsp.	flour
1	Tbsp	parsley -- minced

Place clam meat, water, onion, potatoes, celery, carrots, bouillon, allspice, dill weed and white pepper into 4-quart saucepan. Cover. simmer 15 minutes. Add 1 can milk to vegetables. Blend flour with remaining milk until smooth. Slowly stir into chowder. Simmer and stir 10 minutes. Remove allspice. Sprinkle chowder with parsley before serving.

*Use a tea ball to put allspice into mixture.

Egg Drop Soup

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Soups

Amount	Measure	Ingredient -- Preparation Method
6	cups	chicken broth
1/2	cup	chicken -- minced
4		water chestnuts -- chopped
2	tsp	cornstarch
3	tbsp	water
3		eggs -- beaten

Bring the broth, chicken and water chestnuts to a boil. Mix the cornstarch and water together. Pour into the soup, stirring constantly. Mix in the eggs until set.

French Peasant Soup

Recipe By : Irene Gagin
Serving Size : 5 Preparation Time :0:00
Categories : Soups

Amount	Measure	Ingredient -- Preparation Method
1	cup	bacon -- diced
1/2	cup	onions -- diced
1	cup	potatoes -- diced
1	cup	tomatoes -- peeled, chopped
1/2	cup	cabbage -- shredded
3	cups	chicken or beef stock
1	clove	garlic
		salt, pepper
1/2	tsp	sugar

Cook bacon. Add potatoes and onions and crushed garlic. Simmer 10 min. Add cabbage and tomatoes seasoned well with salt and pepper and sugar. Cover with stock and boil till vegetables are soft.

Easy, good. Even better the second day.

New England Clam Chowder

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Soups

Amount	Measure	Ingredient -- Preparation Method
1	pint	clams
1/4	cup	chopped bacon
1/4	cup	chopped onion
1	cup	clam liquor and water
1	cup	diced potatoes
1/2	tsp.	salt
	dash	pepper
2	cups	milk
		chopped parsley

Drain clams and save liquor. Chop. Fry bacon until lightly brown. Add clam liquor and water, potatoes, seasonings, and clams. Cook for about 15 minutes, or until potatoes are tender. Add milk; heat. Garnish with chopped parsley sprinkled over the top (if desired). Serve hot.

Plattsburgh Tomato Beef Soup

Recipe By :
 Serving Size : 6 Preparation Time :0:00
 Categories : Soups

Amount	Measure	Ingredient -- Preparation Method
1	lb.	ground beef
1	cup	onion -- chopped
1/2	cup	celery -- chopped
1	tbsp	butter or margarine
1	qt	canned tomatoes
2		beef bouillon cubes
1/3	cup	regular uncooked rice
1	tsp	salt
1/2	tsp	chili powder
1		bay leaf
3 1/2	cups	water

Saute beef, onion and celery in butter until meat is brown. Stir in remaining ingredients. Bring to a boil. Cover, reduce heat. Simmer 20 minutes. Remove bay leaf. (May add shredded cabbage.)

Quick Senate Bean Soup

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories : Soups

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1 pound Italian or country sausage
 1 onion -- chopped
 4 cans (1-pound) navy beans

salt and pepper to taste

Combine the sausage and the onion in a saucepan and cook over medium-high heat until the sausage is browned and the onion is translucent. Break up the sausage with a spoon so that it crumbles. Add navy beans and as much water as you like to get a souplike consistency. Before serving, bring to boil, then season with salt and generously with pepper.
 Serve with corn bread

Shrimp Corn Chowder

Recipe By :
 Serving Size : 8 Preparation Time :0:00
 Categories : Soups

Amount	Measure	Ingredient -- Preparation Method
1/2	lb.	cooked salad shrimp
1/2		onion -- chopped
2	Tbsp.	olive oil
1	cup	chicken broth
3		or 4 med. red-skinned potatoes -- cubed
1/4	tsp.	white pepper
2		13-oz. cans evaporated skim milk
1	package	(10 oz.) froaen corn kernels
1	Tbsp.	parsley -- chopped

Saute onion in oil in Dutch oven or 3-quart saucepan until tender but not brown. Add chicken broth, potatoes and pepper. Cover and simmer until potatoes are tender, about 145 minutes.
 Add milk and corn. heat gently (do not boil).
 Add shrimp just before serving. Garnish with parsley

Zuchinni Soup

Recipe By : Jean Gibson
 Serving Size : 1 Preparation Time :0:00
 Categories : Soups

Amount	Measure	Ingredient -- Preparation Method
1	lb.	bulk Italian sausage
2	cups	celery (1/2" pieces)
2	cups	zuchinni -- chunks
1	cup	onion -- chopped
2	qts	canned tomatoes

	pinch	salt
1	tsp	Italian seasoning
1	tsp	oregano
1/2	tsp	basil
1	tsp	sugar
2		green peppers -- 1/2' pieces

Brown sausage. Drain. Add celery and cook till tender. Add remaining ingredients except green peppers. Boil 10 minutes Add green peppers . Cook another 10 minutes. Sprinkle grated cheese on top if desired.

- - - - -