

# Cooking for One

By New Mother Hubbard &

Pam the Hero Support

## and lunch on the run.....

“When the cupboard is bare I bet you can still find something to cook.”

\*These recipes are designed to be sensitive to allergies and stomach issues.

\*We will add in as much Information on adjusting for things as possible.

\*Be aware that doubling the recipe can make the spices a little strong.

\*Learn to taste as you cook;  
just enough to be sure what you are putting on the table.

# Table of Contents

<b>Tools for Running a Kitchen</b>	<b>2</b>	Tamales, Teriyaki Chicken	<b>15</b>
Dishes, Fun Kitchen Toys, Basic Items to Keep in Stock		<b>Dessert</b>	<b>16</b>
<b>Substitutions</b>	<b>3,4</b>	7 Layer Cookies, Apple Pie, Baklava, Brownies Cake, Caramel	
<b>Abbreviations</b>	<b>5</b>	Candy Cooking Chart, Caramel Chocolate Squares, Cheese Cake, Val's Favorite Cherry Crisp, Cherry Pie, Chocolate Cake	<b>17</b>
<b>Measuring Up</b>		Chocolate Chip Cookies, Cream Puffs, Flan, Flourless Cake, Glass Candy Gingerbread, Homemade Ice Cream	<b>18</b>
<b>Breads &amp; Breakfast</b>	<b>6</b>	Marshmallows, Oatmeal Cookies, Peach Cobbler, Peanut Butter Cookies, Pecan Pie Pumpkin Chocolate Chip Cookies, Pumpkin Pie	<b>19</b>
Banana Bread, Biscuits, Bread, Breakfast Burrito, Cinnamon Rolls, Crepes, French Toast, Granola Las Migas, Monkey Bread, Muffins, Oatmeal, Omelet, Pancakes, Pie Crust	<b>7</b>	Rice Crispy Treats, Queen of Scots Shortbread, S'mores, Stuffed Strawberries, Sugar Cookies, Wacky Cake	<b>20</b>
Pizza Dough, Popcorn, Rice, Roll Dough, Stuffed French Toast, Waffles	<b>8</b>	<b>Drinks</b>	<b>21</b>
<b>Salads &amp; Vegetables</b>	<b>9</b>	Arctic Freeze, Breakfast Smoothies, Homemade Rootbeer, Horchata, Hot Apple Cider, Hot Chocolate, Italian Soda, Rootbeer Floats, Sherbet Punch, Slushies, Wassail	
A Gratin Potatoes, Bacon Broccoli & Cheese Soup, Bacon Broccoli & Raisin Salad, Baked Potatoes, Basic Salad, Cheesy Potatoes, Chili, Chowder		<b>Sauces &amp; Dips</b>	<b>22</b>
Coleslaw, Cooked Vegetables, Crunchy Fried Potatoes, Fries, Frog-Eye Salad, Mashed Potatoes, Onion Rings, Oriental Cabbage Salad Pancit, Pasta Salad, Potato Casserole, Ratatouille, Raw Vegetables, Sauteed Vegetables, Tempura Vegetables	<b>10</b>	Barbeque Sauce, Basic Gravy, Cheater Beef Gravy, Cocktail Sauce, Country Gravy, Cowboy Dip, Cream Cheese Sauce, Fruit Dip, Frosting, Fry Sauce, Havana Marinade	
<b>Main Dishes</b>	<b>11</b>	Mayonnaise, Nacho Cheese, Italian Salad Dressing, Quick Salsa, Tartar Sauce, Teriyaki Sauce, Vegetable Dip, White Sauce, Whipped Cream	<b>23</b>
Barbeque Pork, Beef, Chicken, etc.; Beans, Crunchy Fried Chicken, Curry, Enchiladas, Fajitas, Fried Chicken, Fish, Pork, etc.		<b>Fun Stuff</b>	<b>24</b>
Fried Rice, Fish, Greek Marinated Meat, Gyoza, Havana Chicken	<b>12</b>	Finger Jello, Finger Paint, Goo, Play Dough, Pop Rockets, Volcanos	
Lasagna, Orange Chicken, Pizza, Pot Pie, Pulled Pork, Beef, Chicken, etc; Refried Beans, Salisbury Steak	<b>13</b>	<b>Magical WD40</b>	<b>26</b>
Shepherd's Pie, Spaghetti, Steak, Stew, Stuffed Mushrooms, Stuffed Peppers, Stuffed Potatoes	<b>14</b>		

## Tools for a Running Kitchen: (Minimum)

### Dishes

**Table Ware:** Knives, Forks, Spoons, Plates, Cups, Bowls, Salt, Pepper & Butter Dish

**Kitchen Utensils:** Peeler, Can Opener, Paring knife, Large Serrated Edge Knife, Pancake Turner Metal, Pancake Turner Plastic, Large Wooden Spoon, Large Plastic Spoon, Large Metal Spoon, Wire Wisk, Cheese Grater, Rolling Pin, Pizza Cutter, Ice Cream Scoop

**Pots & Pans:** Gallon Pot, Sauce Pan, Muffin Pan, Cake Pan, Cookie Sheet, Glass Casserole Dish, Cooling Rack, Pie Plate

**Bowls etc:** Mixing Bowl Set (3 at least, different sizes) ,Cutting Board, Colander (Strainer), Toaster, Blender, Hand Mixer

**Ziploc Sandwich Bags and Gallon Bags:** These can be used for everything from storage to marinating, pounding, rolling out dough and pie crust, Breading and Mixing.

**Blue Shop Towels:** If you buy these from Sam's Club they are only slightly more expensive than regular paper towels and do much more work.

### Fun Kitchen Toys:

Waffle Maker Cuisinart is the best.

Salad Spinner Spins off the water on all produce so that it doesn't spoil as fast.

Mandolin This is an inexpensive way to cut vegetables. They come out uniform and it is easy clean up.

Rice Cooker Simply add twice the liquid to rice and press the button. It will turn off when rice is ready.

### Basic Items to Keep in Stock:

**Dry Goods:** Flour, Sugar, Brown Sugar, Powdered Sugar, Oatmeal (Old Fashioned), Baking Powder, Baking Soda, Salt, Pepper, Cinnamon, Season Salt, Chili Powder, Garlic Salt, Vanilla, Oil, Olive Oil, Spray Oil, Corn Starch, Ginger, Cumin, (Spanish) Paprika, Shortening

**Refrigerator:** Milk, Eggs, Butter, 2 kinds fruit, 3 colors of vegetables, salad dressing, mayo or miracle whip, catsup, mustard, pickles, soy sauce, steak sauce, bbq sauce, salsa, cheese, yogurt, sour cream, Jelly, Pancake Syrup, Bread, Potatoes

**Freezer:** Yeast, 2 colors of vegetables, beef, hamburger, chicken, bacon, pork, fish, popsicles,

**Canned/Boxed:** Peanut Butter, Jelly, Spaghetti Sauce, Crushed Tomatoes, Cream o Chicken Soup, Ramen Noodles, Macaroni & Cheese, Spaghetti, Rice, Pineapple, Mandarin Oranges, Peaches, Olives

**Cleaning:** All-Purpose, Dish Soap, Dish Washer Soap, Laundry Soap, Dryer Sheets

## Substitutions

Ingredient:	Amount:	Conversion:
Alcohol	1 cup	1 c juice or broth. (Obviously you wouldn't use beef broth in cake.)
Baking Powder	1 tsp	¼ tsp baking soda + ½ c sour milk, butter milk or yogurt (decrease liquid by ½ c) OR 1/3 tsp baking soda + ½ tsp cream of tartar.
Broth	1 cup	1 bouillon cube or 1 tsp pwd broth dissolved in 1 c hot water.
Butter	1 cup	1 c apple sauce
Catsup	1 cup	1 c tomato sauce, ½ c sugar, 2 T. Vinegar (For eating cook down until thick.)
Chili Sauce	1 cup	1 c tomato sauce, ½ c br sugar, 2 T. Vinegar, ½ tsp cinnamon, dash cloves.
Corn Syrup	1 cup	1 c sugar + ¼ c liquid (from recipe) or 1 c honey
Cream	1 cup	7/8 c whole milk, ½ T butter, margarine or oil. Or 1 c evaporated milk.
Cream Cheese	1 cup	1 c cottage cheese beaten until smooth
Sour Cream	1 cup	1 c milk + 1 tsp lemon juice or 1 c buttermilk
Whipping Cream		13 oz. can of evaporated milk chilled for 12 hours. Add 1 tsp lemon juice and whip until firm. Keep refrigerated as much as possible.
Cream o Tartar	½ tsp	1 ½ tsp lemon juice or vinegar
Egg	1 whole	3 T of beaten egg or ¼ c egg substitute or 1 egg white and 2 tsp oil or 2 egg whites, or 2 yolks +2 tsp water(in cookies) or 2 T water + ½ tsp baking pwd.
Flour to thicken	1 T.	½ T Corn, potato, rice or arrowroot starch; or 1 ½ T of whole wheat flour.
Flour – all purpose	1 cup	1 ¼ c rye flour, ¾ c rice flour, 1 ½ c oat flour, 1 c corn flour, ¾ c coarse corn meal, 5/8 c potato starch, 1 1/8 c cake flour, 1 ½ c bread crumbs, 1 c rolled oats, 1 ½ c barley flour. (use 1 c of buttermilk + ½ tsp baking soda in place of milk to make product lighter.) Replacing flour may make it heavy.
Garlic	1 clove	1/8 tsp garlic pwd or ¼ tsp instant minced garlic
Garlic Salt	¾ tsp	1 medium clove or ½ tsp minced fresh garlic
Herbs, dried	1 tsp	1 T fresh, finely cut herb or ½ tsp ground herb
Honey	1 cup	1 ¼ c sugar + ¼ c liquid
Lemon	1 tsp	½ tsp vinegar
Lemon Juice	1 med	2 – 3 T lemon juice and 1 – 2 tsp of rind
Maple Sugar	½ cup	1 c maple syrup or 1 c white sugar
Mayonnaise	1 cup	½ c yogurt & ½ c mayo or salad dressing. Or 1 c salad dressing, sour cream, yogurt or cottage cheese-puree.
Milk or Buttermilk	1 cup	1 c plain yogurt, 1 c – 1 T sweet milk + 1 T lemon juice or vinegar. (Allow to stand 5 – 10 minutes. 1 c sweet milk & 1 ¾ tsp cream of tartar
Evaporated Milk	12 oz	1 c non fat dry milk, 1 ¾ c warm water whipped smooth. 1 c whole milk
Milk, Skim	1 cup	4 – 5 T nonfat dry milk and enough water to make 1 c.
Milk, Sweetend Condensed	1 can or 1 1/3 c 1 cup	Heat 1/3 c + 2 T evaporated milk, 1 c sugar, 3 T butter until dissolved Or 1/3 c evaporated milk, ¾ c sugar, 2 T butter. Heat until dissolved. Or 2/3 c sugar, 1/3 c boiling water, 1 c dry milk & 3 T. butter (makes about 1 ¼ c) In a blender whip until smooth. Allow to set up in refrigerator 24 hours.
Milk, Whole	1 cup	1 c reconstituted dry milk + 2 ½ tsp butter Or 1 c fruit juice or potato water Or ½ c evaporated milk and ½ c water Or 1 c buttermilk & ½ tsp baking soda (if used in baking decrease recipes baking pwd by 2 tsp.)
Molasses	1 cup	3/4 c sugar + 2 tsp baking pwd (increase liquid called for in recipe by 5 Ts and decrease baking soda by 1/2 tsp Or 3/4 c sugar plus 1 1/4 tsp cream of tartar (increase liquid called for in recipe by 5 T.)

Mustard, dry	1 tsp	1 T prepared mustard or 1/2 tsp mustard seeds
Onion	1 small	1/4 c chopped, fresh onion or 1-1/3 tsp onion salt or 1 to 2 T minced onion or 1 tsp onion pwd
Orange	1 med	6 to 8 T juice
Orange peel, dry	1 T 2 tsp	2 to 3 Ts grated fresh orange peel or Grated peel of 1 medium-size orange 1 tsp orange extract
Orange peel fresh	1 med	* 2 to 3 Ts grated fresh orange peel
Parsley, dried	1 tsp	* 3 tsps fresh parsley, chopped
Peppers, dried	1 T	3 Ts fresh green pepper chopped
Pumpkin spice	1 tsp	1/2 tsp cinnamon, 1/4 tsp ginger, 1/8 tsp allspice and 1/8 tsp nutmeg .
Rennet	1 tablet	1 T liquid rennet
Rice, any	1 c	1 c uncooked = 3 c cooked, brown or wild rice, Bulgar wheat, pearl barley)
Shortening	1 cup	1 c oil only if melted. Or 1 c lard – 2 T.or 1 1/8 c butter or margarine.
Sour cream, cultured	1 cup	7/8 c sour milk or buttermilk + 1/3 c butter or margarine or blend until smooth: 1/3 c buttermilk, 1 T lemon juice and 1 c cottage cheese or 1-1/8 cs non-fat dry milk pwd, 1/2 c warm water, and 1 T vinegar (mixture will thicken in refrigerator in a few hours) or 1 c evaporated milk at 70 degrees F plus 1 T vinegar (allow to stand until it clabbers) or 1 c plain yogurt (in cooking add a T of cornstarch to each c to prevent separating) or 3/4 c milk, 3/4 tsp lemon juice and 1/3 c butter or margarine
Spearmint, ext	1 T	1/4 c fresh mint, chopped
Sugar, brown	1 cup	1 c granulated sugar plus 1/4 c molasses
Sugar, white	1 tsp 1 cup	1/2 to 3/4 tsp honey or molasses 2 c corn syrup Or 1 c honey Or 1 c molasses plus 1/2 tsp soda (omit baking pwd or use very little) (reduce liquid called for in recipe by 1/4 c. Never replace more than 1/2 of sugar called for in recipe.) Or 1 c brown sugar, firmly packed Or 1 3/4 c confectioners' sugar (for uses other than baking In cookie recipes using eggs and no additional liquid, increase the flour by about 2 T per c of honey. Chill before shaping and baking. Sugar Twin and Sprinkle Sweet: measure like sugar Or Equal: 1 packet = 2 tsp sugar Or Sweet 10: 10 drops = 1 tsp sugar or 1 T = 1/2 c sugar
Tomato juice	1 c	1/2 c tomato sauce plus 1/2 c water
Tomato sauce	15-oz	6-oz can tomato paste plus 1 c water
Tomatoes, chopped	16-oz	3 fresh medium tomatoes or 16-oz can stewed tomatoes
Tomato soup	10 3/4 -oz	1 c tomato sauce plus 1/4 c water
Vanilla extract	1 tsp	1-inch vanilla bean split and simmered in liquid of recipe
Worcestershire	1 tsp	1 tsp bottled steak sauce
Yeast, dry	1 T	1 cake (6/10 oz), compressed (2/3 oz) or 1 packaged (1/4 oz) active dry
Yogurt, plain	1 cup	1 c buttermilk or 1 c cottage cheese blended or 1 c sour cream

## Abbreviations

Abbreviation:	Word:	Abbreviation:	Word:
tsp	teaspoon	T	tablespoon
c	cup	oz	ounces
lb	pound	approx	approximately
opt	optional	pwd	powder
br	brown	ext	extract
lg	large	med	medium
sm	small	gal	gallon
qt	quart	pt	pint
cn	can	pkg	package

## Measuring Up

These commonly used equivalent measures will simplify your recipe preparation.

<b>• General</b>		<b>• Butter</b>	
3 tsps	1 T	1/2 oz (1/8 stick)	1 T
4 T	1/4 cup	1 oz (1/4 stick)	2 Ts
5 Ts + 1 tsp	1/3 cup	2 ozs (1/2 stick)	4 Ts
16 Ts	1 cup	4 ozs (1 stick)	1/2 cup
2 cups	1 pint	16 ozs (4 sticks)	2 cups
2 pints	1 quart	<b>• Cream</b>	
<b>• Chocolate</b>		1 cup heavy cream	2 cups whipped
12-oz morsels	1 cup melted	<b>• Flour</b>	
12-oz morsels	2 cups whole	1 pound	4 cups
<b>• Eggs</b>		<b>• Nutmeats</b>	
8-10 whites, large	1 cup egg whites	4 1/2 ozs nuts	1 cup
12-14 yolks, large	1 cup egg yolks	<b>• Popcorn</b>	
<b>• Fruit</b>		1/4 cup kernels	8 cups popped
1 medium lemon	3 Ts juice + 1 T grated rind	<b>• Sugar</b>	
1 medium orange	1/3 to 1/2 cup juice + 2 Ts grated rind	1 pound brown sugar	2 1/4 cups
1 pound apples	3 medium whole or 3 cups sliced	1 pound confectioners'	4 1/2 cups sifted
1 pound bananas	3 med or 1 1/2 c mashed		

**Original Authors:** Nancy Brockel Kaufman, Food and Nutrition Specialist

Pat Beck, Nutrition Specialist

*The information given herein is for education purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the NDSU Extension Service is implied.*

## *Breads & Breakfast*

*Priority: The more whole grain you use the better it is for your body. To lose weight cut down on this category.*

### **Banana Bread** by Carol Cowburn

3 bananas – mashed      2 c. flour  
1 c sugar                      ½ tsp salt  
½ c shortening              1 tsp baking soda  
2 eggs                          ½ c nuts

Mix bananas, sugar, shortening & eggs very well. Add remaining ingredients and stir to incorporate. Bake @ 350 for 45 min. Makes 1 large & 1 small loaf. Large loaf may take a little more time.

### **Biscuits** by Hardee's

4 c flour                      1 T. sugar  
1 T. baking powder        2 c buttermilk  
2/3 c shortening

Mix together but do not knead. Roll out 1 in. thick. Brush top with additional buttermilk. Place on greased baking sheet. Bake @ 400 for 15 minutes. Makes 2 dozen. Leave out buttermilk to use as a mix. Divide into 4 ziploc bags and refrigerate. Add ½ c buttermilk and follow directions.

### **Bread**

½ c warm water            ½ T yeast  
1 tsp sugar                  3 ½ c flour  
1 ¼ c hot water              1 tsp salt  
3 T. oil

In a small bowl mix the warm water, sugar and yeast. Allow to rise. In a mixing bowl whip half the flour and the hot water for 5 minutes. (Do not use a hand mixer unless it has a dough hook) Add oil, yeast mixture and remaining flour. Knead for 5 minutes. Cover and allow to rise. Punch it down, form it into a loaf and place in a well greased loaf pan. Allow to rise. Bake @ 350 for 40 minutes.

### **Breakfast Burrito**

2 large tortillas, warm    2 eggs, scrambled  
1/4 lb sausage cooked    1 oz shredded cheese  
1 fried potato              1 oz. chorizo (opt)  
2 T. onion, chopped       2 T. salsa  
2 T. sour cream

Scramble eggs and add chorizo if desired. Divide all items into the two tortillas and roll up. Eat salsa.

### **Cinnamon Rolls**

*Roll Dough Recipe*        ¼ c butter  
¼ c brown sugar            ½ tsp cinnamon

Make roll dough. Roll out dough onto floured surface. Spread with butter and sprinkle on cinnamon and sugar. Roll up dough starting with one end and rolling to the other. Slice the resulting log into 1 inch slices and place in a greased cake pan. Allow to double the size. Bake @ 350 for 35 – 45 minutes. Check them by pushing down on the center. If it resists it is done.

### **Crepes** by Recipes.com

1 c flour                      2 eggs  
½ c. milk                      ½ c. water  
¼ tsp salt                      2 T. melted butter

Stir together ingredients only until mixed. May be lumpy. Pour ¼ cup of batter onto hot, lightly greased skilled. Cook 2-4 minutes and then turn. Cook 2 minutes more. Make about 8 crepes. Top with your favorite sauce. (See Sauces and Dips section.) These can be frozen and re-warmed later.

### **French Toast**

1 egg                              2 slices Texas Toast  
½ tsp sugar                    dash cinnamon  
2 T. oil

Whip egg, sugar and cinnamon in a cereal sized bowl. Heat oil in a frying pan. Dip bread in egg. 2 slices should take up all of the egg mixture. Place in pan and cook about 2-4 minutes on each side. It should be brownish when it is done. Turn it over and cook. Serve with butter & syrup.

### **Granola** by AllRecipes.com

8 c rolled oats              1 ½ c wheat germ  
1 ½ c oat bran                1 c sunflower seeds  
1 c chopped almonds      1 c chopped pecans  
1 c chopped walnuts      1 ½ tsp salt  
½ c brown sugar            ¼ c maple syrup  
¼ c honey                      1 c vegetable oil  
1 T ground cinnamon      1 T vanilla  
2 c raisins or craisins

Preheat 325 degrees. Line 2 baking sheets. Mix grains and seeds in large bowl. Stir remaining ingredients except fruit in a saucepan. Bring to a boil, then pour over dry ingredients, stir to coat. Spread the mixture out evenly on the baking sheets. until toasted, about 20 minutes. Stir once halfway through. Cool, then stir in fruit before storing in an airtight container. Many items can be left out or added depending on your taste.

## Las Migas

3 corn tortillas                    2 eggs  
salsa                                    ½ c oil

Heat oil in a frying pan. Cut Corn tortillas into small pieces. Fry in oil. Remove extra oil. Crack eggs over tortillas in frying pan and fry. Eat with salsa.

## Monkey Bread

1 *Recipe of Roll Dough* or 4 cans Biscuits  
1 stick butter                        ¾ c brown sugar  
1 tsp cinnamon

Melt butter in a medium sized dish. Mix cinnamon and sugar in another dish. Cut the dough into small pieces. Roll the pieces in butter then cinnamon sugar. Place in a well greased baking pan piled up. Biscuits can go straight into oven @ 350 for 15 – 20 minutes. For Roll Dough allow to double in size and bake @ 350 for 30 – 40 minutes. Serves 6 – 10.

## Muffins by Cooks.Com

*EASY MUFFIN MIX :*

4 c flour                                ¾ c brown sugar  
1/2 tbsp. baking pwd    ¾ tsp. salt  
2/3 c dry milk granules    1 c butter Crisco  
Combine all ingredients in a food processor or mixing bowl. Process until mixture resembles coarse crumbs. Store in a tightly covered container at room temperature. Makes about 6 cups mix.

*TO USE:*

1 egg                                    2/3 c water  
2 c muffin mix                        1/4 tsp. cinnamon (opt)  
Beat egg in mixing bowl, add water and cinnamon. Spoon into muffin cups filling 2/3 full. (This recipe can be microwaved if you use silicone cups.) Bake at 400 degrees for up to 30 minutes.

*TOPPINGS & ADDITIONS:*

Add 1/4 cup chopped nuts, raisins, chopped dates, chopped apples, etc before baking, if desired.

## Oatmeal – you will like

1 c rolled oats                        1 c water  
dash salt                                2 T. butter  
1 T. sugar                                ¼ c nuts  
¼ c raisins                                ¼ c shredded apple

Bring water and salt to a boil. Sprinkle in oats, stir once to get all of the oats wet, cover and let sit 2 minutes. Add remaining ingredients and serve.

Makes 1 – 3 servings.

## Omelet by Tina NY

3 large eggs                            ½ c milk  
¼ c flour                                dash salt  
dash pepper                            1/4 c shredded cheese  
1/4 c cooked ham                        2 T green onions

With a small amount of oil sauté the ham and onion. Other ingredients are good, too. Set aside. Mix eggs, flour, milk & seasoning in a bowl. Pour into a hot well greased skillet. Allow to cook about 2 minutes. Flip egg over and place ham, onion and cheese down center. Roll egg in thirds from one edge to the other. Serves 1 to 2. You can also bake this in a well greased pan @ 350 until set. (20-25 minutes.)

## Pancakes by Cooks.com

1 c flour                                1 egg  
1 tsp baking powder                ¼ tsp salt  
1 c milk

Mix ingredients together until relatively smooth. Pour onto a hot greased skillet. Allow to cook until small bubbles form on top. Flip pancake and allow to cook on the other side about 2 minutes. Makes 6 large pancakes. (These pancakes can be placed in the refrigerator and reheated later.)

## Pie Crust by Bonnie Stephens

1 c shortening                        1 c hot water  
1/8 tsp baking powder    dash salt  
2 ½ c flour

Whip shortening and hot water together. Sift in remaining ingredients. Stir only until incorporated. Divide in 2 and roll out in 2 gallon sized plastic bags.

This will keep your crust flaky and your counter clean. When pie is evenly rolled slit side and peel back top. Flip crust over into pie plate and press into place. Trim the edge.

### **Pizza Dough** by Saad Fayed

1 pkg yeast                      ½ c warm water  
3 c flour                         1 ¼ tsp salt  
1 tsp. sugar                    1 c warm water

Disolve yeast in ½ cup water. Add sugar and stir until dissolved. Let sit for 10 – 15 minutes.

Combine flour and salt in large bowl and pour yeast water in. Slowly add 1 cup of warm water and stir until elastic. Place dough on floured surface and knead for 10 – 15 minutes. Allow to double in size.

This recipe will make 2 large pizzas or 12 pitas.

\*This was originally a pita bread. To make pitas just roll the balls smaller and thinner. Bake at 500 for 2 minutes on each side.

### **Popcorn** by Mother Hubbard

½ cup popcorn                 2 T. oil  
dash salt

Place oil in bottom of large cooking pot with a good lid. Heat oil until it starts to move. Pour in kernels and sprinkle with salt. Make sure all kernels are coated with oil by stirring a little. When first kernel pops put lid on and begin moving pan back and forth on unit. Keep up shaking motion until popping sound decreases and before it starts to burn. Remove from heat and pour into a bowl. Melted butter can be poured over, but it tastes good as it is. (Keeping the kernels in the freezer will help it pop better.)

### **Rice** by Obasan

1 c rice                            2 c water  
½ tsp salt

Place rice in a small pan with a good lid. Rinse the rice pouring off the water. Add water and salt, and place pan on stove over high heat. Bring mixture to a boil then turn down to low and cover. Allow to cook for 20 minutes. When water is gone rice is done. Makes 2 servings. Use leftover rice for breakfast by frying and dropping an egg or two in to cook.

### **Roll Dough**

¼ c. warm water                2 ½ c. flour  
½ T yeast                        1 c. milk  
1/3 c + 1 tsp. sugar            1 tsp. salt  
1/3 c. shortening               1 egg

In a small bowl stir water, 1 tsp sugar and yeast together. Set aside. In a sauce pan heat the shortening, sugar and milk. When it begins to simmer remove from heat. Add 1 cup of flour and mix until it gets gummy. When cool enough to touch add egg. When the dough is easy to touch add the yeast and remaining flour. Mix 5 minutes. Cover and allow to rise. Knead again to remove air bubbles and shape into rolls, placing on a well greased baking pan. Baste with butter if desired. When dough has doubled bake @ 350 degrees for 35 minutes. Check bottom of bread to see if it is brownish. If it is white it is not done. (May need more or less time depending on size.)

### **Stuffed French Toast**

4 slices bread                    2 eggs  
¼ cup milk                        2 oz cream cheese  
2 T. chopped nuts (opt) ½ tsp sugar  
dash cinnamon

Mix cream cheese and nuts. Spread on 2 slices of bread and top with other 2 slices. In a small bowl whip eggs, milk, sugar and cinnamon. Dip bread in mixture and fry in a greased skillet. Cook each side golden brown. Serve with syrup or jam. Makes 1 – 2 servings. (This can be baked. Bake at 350 for about 20 minutes. Make sure it is cooked through before serving.)

### **Waffles**

1 ½ c flour                        2 T. sugar  
½ tsp baking powder        dash salt  
½ tsp vanilla                    3 T. butter  
1 egg                                ¾ - 1 c milk

In a medium mixing bowl combine flour, sugar, baking powder, salt. Press in butter with a fork until powders pack together. Add vanilla, egg and milk mixing only enough to incorporate. Pour by ½ cup scoops onto waffle iron and allow to cook. Makes about 5 waffles. These reheat well.

## *Salads & Vegetables*

Priority: Use as many colors as possible. That will ensure that you get all of the vitamins you need. (Putting m&ms in it doesn't count!)

### **A Gratin Potatoes**

½ stick butter                    2 T. flour  
½ c milk                            ½ c cheese  
¼ tsp garlic salt                ¼ tsp parsley  
¼ tsp basil                        4 potatoes

Wash peel and slice potatoes. Place in a medium sauce pan with just enough water to bring to a boil. Cook until potatoes start to become clear. In a smaller sauce pan melt butter and stir in flour. Cook on low until mixture thickens. Wisk in milk slowly and allow to thicken as you go. Add seasonings and then cheese to mixture. Pour water off potatoes and add cheese sauce. Mix together and finish cooking. When potatoes are soft it is finished. Alternate: Pour sauce over raw potatoes, cover pan with foil and bake at 350 for 35 – 40 minutes. Makes 2 – 4 servings.

### **Bacon, Broccoli & Cheese Soup**

½ lb bacon                        1 pkg frozen broccoli  
1 cup cheese                    ½ stick butter  
2 T. flour                         2 c milk  
½ tsp garlic salt

Fry and crumble bacon. In sauce pan melt butter, stir in flour. Cook on low until mixture thickens. Add milk slowly, to thicken as you go. Add salt, then cheese, broccoli and bacon to mixture. Heat through. (Velveta makes it creamier, but may not have the same food value) To make this a heartier soup add mashed or diced potatoes. 2 – 4 Servings.

### **Bacon, Broccoli & Raisin Salad**

1 bunch broccoli                ½ lb bacon cooked  
½ c sunflower seeds            ½ c raisins  
1c Miracle Whip                2 T vinegar  
2 T sugar                         4 tsp milk  
2 T minced onion

Chop broccoli into bite size pieces. In a mixing bowl combine, remaining ingredients and mix well. Pour over broccoli and chill for at least one hour.

### **Baked Potatoes**

1 potato  
Wash completely. Push a fork into the center in at least one place on the potato to keep it from exploding. Bake at 350 for 30 – 45 minutes. A larger potato will take longer. Push a fork into it to test if it is baked. Top with butter, sour cream, cheese, bacon, etc. Baking several will give you something to reheat with eggs in the morning.

### **Basic Salad**

1 head lettuce                    2 large tomatoes  
1 bag matchstick carrots favorite dressing  
Chowmein Noodles or Croutons or Seeds  
Wash and shred lettuce and keep in an airtight bowl. To use take out lettuce and add carrots and tomato. Use your favorite dressing and toppings. Makes 8 – 10 servings.

### **Cheesy Potatoes**

1 c Cream of Chicken        1 cup cheddar cheese  
6 shredded potatoes        1 can water or milk  
Stir together cream of chicken soup and potatoes. Place in a greased baking dish and bake for 30 minutes. Top with cheese and bake until melted. Approx 10 minutes. Makes 2 – 4 servings.

### **Chili**

1 lb pinto beans                ½ onion  
½ lb meat                        16 oz can tomatoes  
1 T. chili powder               1/8 tsp cumin  
½ tsp salt                        ½ lb bacon

Fry bacon and meat (hamburger to chopped steak is good). Clean beans of rocks. Rinse beans and place in crockpot or large pan. Add remaining ingredients and cook on low all day. Makes 4 – 6 servings. Freezes very well.

### **Chowder** by Bratten's

6 oz cans clams                ½ c flour  
½ c onion                        2 c half & half or milk  
½ c celery                       ¾ tsp salt  
1 c diced potatoes            dash pepper  
½ c butter

Drain juice from clams and pour over vegetables. In medium sauce pan, add enough water to barely

cover vegetables. Simmer until potatoes are tender (about 15 minutes) In another pan melt butter and add flour; blend thoroughly. Cook a minute or two, then add half and half. Cook, stirring until smooth and thick. (Use wire whip to blend). Add undrained vegetables and clams. Season with salt and pepper. Serves 4.

### **Coleslaw** by JaNell Galke

1 c. Miracle Whip      ½ tsp dry mustard  
½ c sugar                ¼ tsp salt  
3 tsp vinegar            1 head cabbage

Shred cabbage. Mix dressing, dry mustard, sugar, vinegar and salt. Pour over cabbage and chill for at least 1 hour. (You can shred 3 carrots and mix in for more flavor.)

### **Cooked Vegetables**

One serving for you is the size of your closed fist. The main point is to make them more appealing. Do not overcook. Boil, steam, fry, bake most of them until the color brightens. Then remove them from heat, season and eat.

### **Crunchy Fried Potatoes**

2 Potatoes                2 T. Oil  
Lawry's Season Salt

Wash peel and shred potatoes. In a frying pan bring oil up to medium high temperature. Carefully spread the potatoes into the pan. Cover and allow to cook until potatoes are very crispy. Turn mass over and fry on the other side. Most people call these hash browns. They are very good with eggs or alone.

### **Fries**

2 potatoes                1 cup oil  
salt to taste

Peel and cut potatoes into sticks/fries. Bring oil up to medium high in a frying pan. Carefully slide potatoes into oil and cook until begin to brown. Stir to brown evenly. Remove onto paper towel, drain. Eat immediately with sauce or plain.

### **Frog-eye Salad**

1 bx Acini de Pepe      1 bag marshmallows

1 cn mandarin oranges    1 cn pineapple tidbits  
1 pt. heavy cream        2 T. sugar  
1 tsp. vanilla

Bring a 2 qt pan of water to a rolling boil. Add the Acini de Pepe pasta and allow to soften. The pieces should be al dente (firm but not crunchy). Drain and set aside to cool. **Do not** put oil in it to keep the pieces from sticking. Whip Cream, sugar and vanilla until stiff peaks form. Fold in cold pasta, drained oranges and pineapple, and marshmallows. Stir enough to mix. Keep cold. Serves 15 – 20.

### **Mashed Potatoes**

2 Potatoes                2 T. Butter  
½ c Milk                  Dash Salt

Peel and cut potatoes into chunks and boil until they are soft. Pour out water, add butter, salt and milk and mash until creamy. Adding a tablespoon of mayonnaise or sour cream will make it even creamier.

### **Onion Rings** by Betty Crocker & Val Hubbard

3 large Onion             ½ c Milk  
1 Egg                        ¼ c Flour  
½ tsp Salt                 ¼ c Corn Meal

Cut onions into ¼ inch slices and separate. Mix remaining ingredients. Do not over-mix. It will still be lumpy. Drop in onion rings and coat completely. Fry in ½ inch oil. (Make sure oil is hot when you start.)

### **Oriental Cabbage Salad** by Jenn Otteson

1 head cabbage            1 c oil  
5 green onions, diced    4 tbsp. vinegar  
½ c sugar                    3 tbsp. cider vinegar  
1 tsp. salt                    1 tsp. pepper  
½ c sunflower seeds      ½ c slivered almonds  
1 tbsp.oil                    2 pkg. Ramen noodles

Cut cabbage thin, combine other ingredients-except noodles ,seeds and nuts and refrigerate overnight. Before serving, toast seeds and nuts in 1 tbsp. oil on a cookie sheet. Allow to cool, stir into salad, along with broken Ramen noodles, just before serving. You can turn this into an entree salad by adding chicken (either cubed or shredded) Serves approximately 25. To make individual

servings keep dressing and crunchy items separate from each other until it is time to eat.

### **Pancit** by Perla and Clarissa

¼ pkg. rice noodles	¼ c match stick carrots
½ onion diced	1 c cabbage
1 stalk of celery	¼ lb. chicken, shred
5 florets broccoli	¼ tsp garlic salt
soy sauce	2 T. olive oil

Stir fry vegetables in olive oil then set aside. Add more oil to wok w/ garlic and cook chicken until done. Remove and set aside. Fill bowl with warm water and soak noodles for 10 minutes. Add noodles to fry pan and cook. You may need to add more water. It is absorbed very quickly. Then add chicken and vegetables. Add soy sauce to taste. Serves 2 - 4. Very good reheated.

### **Pasta Salad**

1 c pasta	10 sliced olives
1 green onion, diced	1 stalks celery sliced
1 tomato diced	1 tsp basil
2 tsp garlic salt	2 T. olive oil
2 T. parmesan	salt to taste
dash of black pepper	1 can crushed tomatoes

Cook pasta until tender. In a medium bowl mix basil, garlic salt, oil, parmesan, pepper and crushed tomatoes. Make sure the taste is right to you. Add pasta, onion, diced tomato, olives and celery and mix until all items are coated with dressing. Allow to chill for at least 1 hour.

1 – 3 servings.

### **Potato Casserole** by Sharon Meadows

1/4 lb sausage	½ sm onion, chopped
2 boiled potatoes	1/2 green pepper
salt	pepper
½ c shredded cheddar	3 eggs

In a skillet, cook the sausage, onion, and green pepper over medium heat until meat is no longer pink; drain. Stir in salt, pepper and potatoes; set aside. Pour into a greased 13-in. x 9-in. x 2-in. baking dish. sprinkle with cheese. beat eggs; pour over cheese. Top with sausage mixture. Bake 350 for 25 – 35 minutes uncovered.

### **Ratatouille**

1 zucchini, sliced	1 yellow squash, slice
10 olives	½ pepper, sliced
1/4 onion, sliced	5 mushrooms, sliced
½ can spaghetti sauce	½ c. mozzarella
3 strips bacon	

Layer sliced vegetables in a baking disk. Spread Spaghetti Sauce over top and sprinkle cheese and bacon. Bake at 350 degrees for 25 – 30 minutes. Until vegetables are tender, but still firm. Serve hot. Serves 1 - 2.

### **Raw Vegetables**

Many vegetables can be quite tasty raw. They can be prepared ahead of time if you keep them in a good air-tight container. Keep plenty of dressing on hand for dipping and you will get your vegetables in every day. Make sure they are washed and dried before storing them.

### **Sautéed Vegetables**

Cooking Vegetables in a skillet with a little bit of butter is another way to make them taste wonderful. Do not over-cook them. They are much more pleasant when they are firm and sautéing can create the variety necessary.

### **Tempura Vegetables** by Bonnie Stephens

1 egg	green peppers
½ c water	eggplant
¼ c flour	carrots
½ c cornstarch	zucchini
2 tsp baking powder	mushrooms
dash of salt	onion
sweet potatoes	5 T soy sauce
¾ c consome	

Combine egg, water, flour, cornstarch, baking powder, salt. Batter will be thin. Cut vegetables into finger sized pieces. Dip and batter and fry in deep fryer or 1 inch of oil in a fry pan. Mix consome and soy sauce for a dipping sauce. Meat, other vegetables and bananas can also be used. (This batter tends to come out light. It doesn't brown like most batter.) Serves about 3.

## Main Dishes

### BBQ Pork, Beef, Chicken, etc.

by Leslie

1 lbs. meat	1/3 onion
1/3 bell pepper	2 T. brown sugar
dash salt	1/8 tsp. dry mustard
1/3 tsp. chili powder	2 T. vinegar
1 tsp. Worcestershire	1/2 can tomato paste
4 buns	

Combine ingredients except buns and tomato paste in a crock pot and cook on low heat for 8 – 10 hours. Remove from heat and shred. Return to heat and add tomato sauce. Serve on buns.

### Beans by La Familia Garcia

1 lbs pinto beans	1/2 onions, sliced
2 T. jalapenos	2 T. cilantro, mince
3 pieces bacon	1 tsp. salt
2 Roma tomatoes	water

Clean beans and rinse. Place in a large pot. Add all ingredients to the top and fill with water until most ingredients are covered. Place on low heat, cover with a well fitting lid and simmer for 3 – 5 hours. (Or until beans are tender.) Keep plenty of water over the beans. If you want soup add water. If you want refried beans allow most of the water to cook out. Add salt as required.

### Crunchy Fried Chicken by Pam Stinson

1/2 lb chicken	1 c corn flakes
1 egg	1/4 c milk
spray oil	

Place egg and milk in a bowl and whip. Mash the corn flakes in another bowl. (Frosted Flakes are fun to use, too.) Roll the chicken in the milk and egg mixture and then roll it in the corn flakes. Set prepared chicken in a greased baking dish. Bake at 350 for 45 minutes.

### Curry by Blair Kenner Stephens

1/4 lb meat	1/2 onion, dice
2 T. oil	2 T. flour
2 T. curry powder or 1 cube curry paste	
4 cs water	2 Lg potatoes, dice

6 baby carrots, slice	1/2 apple, diced (opt)
1/4 c raisins (opt)	1 Rice Recipe

Dice and fry meat with onions. Stir in flour and add water, potatoes, carrots, apple and raisins. Cover and simmer for 20 minutes. Pour over rice and serve.

### Enchiladas

1/4 lb meat	1/2 c cheese
1 T. chili powder	3 corn tortillas
1/4 c oil	1 can tomato sauce
2 T. onion	dash cumin
dash salt	

Boil and shred meat or use leftover meat from another meal. In a frying pan heat the oil and sprinkle half the chili powder over it. When the oil is hot slide a tortilla in and let it cook for about a minute. It should be a touch crispy around the edge, but not hard. Remove from oil and cook remaining tortillas. When they are done fill them with meat, onion, and 1/2 of cheese and roll up, placing them in a small greased baking dish. In a small bowl mix chili powder, tomato sauce, salt and cumin. Pour sauce over enchiladas and sprinkle remaining cheese over top. Bake at 350 until cheese is melted.

### Fajitas by rec.food.recipes

1 T olive oil	1 T lime juice
1 tsp sugar	dash salt
dash cumin	2 T red wine vinegar
1 slice onion	dash pepper
1/8 tsp garlic salt	1/2 green bell pepper
1/4 lbs. meat	3 tortillas

Combine all ingredients, except tortillas, in a large bowl, mix well and refrigerate overnight. Drain mixture. In a large skillet, over medium heat, add 2 T. olive oil and sauté chicken mixture until meat is no longer pink. Serve in tortillas with *Salsa*.

### Fried Chicken, Fish, Pork, etc.

1/4 meat	1/2 c bread crumbs
salt & pepper	1/2 c oil
1 egg	

Whip egg in a bowl. Crumble dry bread. Dredge meat in egg and then in crumbs. Place in hot frying

pan once oil is up to temperature. Fry on medium with lid on pan for 5 minutes. Turn and fry other side. Salt and Pepper second side before turning.

### **Fried Rice** by Bonnie Stephens

1 Rice Recipe                      3 strips bacon  
1 eggs                                  ¼ onion  
1/3 green pepper                  1 c cabbage, shred  
½ c green peas (frozen, don't fool around. Canned ones are yucky.)                  1/3 c soy sauce

Fry bacon in a skillet. Remove from pan and chop into pieces. Whip egg and fry in bacon grease or oil for less fat. Set aside to cool on paper towel to remove excess grease. In remaining grease sauté onions until they begin to look clear. Drop in peppers, carrots, cabbage, and peas. Cook only until vegetables begin to soften. When the color brightens they are done. In a large bowl stir together, rice, vegetables, eggs, bacon and soy sauce. Use the soy sauce sparingly. It may take more or less than listed. It can be very salty.

### **Fish**

¼ lb piece fish

Most fish can be baked, broiled or breaded. Some people boil it. Make sure that it is properly deboned, especially in boiling. People have a really hard time with bone in their soup.

Broil or Bake: 2 T. Butter, 1 tsp lemon juice, Dusting of salt.

Breading: ½ c crumbs, 1 egg, Seasoning. Dredge fish in whipped egg and then roll in crumbs, season and fry. 5 minutes a side is about right.

### **Greek Marinated Meat**

¼ onion sliced                      ¼ lb chicken breasts  
¼ c olive oil                          1 lemon  
¼ tsp basil                            ¼ tsp parsley  
¼ garlic salt                          2 T. feta cheese

Heat oil and sauté onions until they become clear. Place chicken in pan and fry 6 minutes on medium. Sprinkle garlic salt, seasonings, and lemon juice on top while it is cooking. Turn and cook for another 6 minutes. Slice meat into strips, sprinkle on the cheese, and turn a few times in the seasoning and oil. The meat should be done through before this

step. If it is not, continue to cook and turn before adding the cheese. It can only be cooked for a short time without evaporating.

### **Gyoza**

1 lb. ground beef                      1 lb. sausage  
1 cabbage head                        3 eggs  
1 T. minced pickled ginger                  ¼ c soy sauce  
3 pkg. gyoza wonton wraps  
Sauce: 1/3 c soy sauce                      1/3 c vinegar  
2 T. water

Mix ingredients in a large bowl. Wet half of the edge of the wrap with your finger that has been dipped in water. Using a teaspoon place a full spoon of cabbage mix in the center. Fold the wrap in half and stick the edges together. Place the finished piece on a flat surface. Place enough oil in the bottom of a pan to float the cooking pieces and heat until oil moves smoothly. Fry gyoza on each side for about 3 minutes. Check to see that the inside is no longer pink.

This recipe can make as many as 200 pieces. It is sometimes difficult to eat them all. If you wish to freeze them and use them a little at a time fry them on one side, then wrap them 6 at a time in waxed paper. Place the packet in a sandwich sized Ziploc bag and freeze it. When you wish to use it, take it out of the plastic and waxed paper, and steam it for approximately 10 minutes. (Always test to see that the inside is done.)

### **Havana Chicken** by Gregg Rios

1 lb chicken breast                      1 c chili powder  
1/4 c garlic powder                      1 T sea salt  
1 T Season salt                          1 T black pepper  
1/4 c Spanish paprika                  3/4 c lemon juice  
1/2 c white vinegar                      1/2 T olive oil

Tenderize chicken breast by stabbing it with a fork then cut into cubes. Place in a container that has a tight lid. Mix remaining ingredients in another bowl then pour it over chicken and coat. (This can be used as a marinade or sauce for brushing. Any meat can be used with this sauce.) Cook chicken in skillet in quantities needed (approximately 7 minutes), storing the chicken you do not use for quick meals within the week.

\* Add tortillas, avocado, cilantro, white onions, and cheese, for tacos

\* Add tortilla chips, cheese, and additional toppings for nachos,

\* Throw cooked chicken on top of mixed greens for a great salad

## Lasagna

1 lb hamburger            2 cans spaghetti sauce  
1 pint cottage cheese    2 c mozzarella  
1/8 tsp. oregano            1/8 tsp. parsley  
1/8 tsp. basil                ½ tsp. garlic salt  
1 small box noodles       ¼ c parmesan

Bring water to a boil with 1 T. Oil. Add noodles and cook until softened. Drain and run cold water over noodles. Fry hamburger and drain. Add 2 cans of spaghetti sauce. In a large bowl mix the cottage cheese, mozzarella, oregano, basil, parsley, and garlic salt. Use spray oil to prepare 3 bread pans or small foil baking dishes. Layer the items: noodles, sauce, noodles, cheese, noodles... until all used up. Sprinkle parmesan on top. Bake one @ 400 for 30 – 40 min. Until heated through. Wait 20 minutes to set up. It gives you a better chance of it not sliding everywhere. Other pans go in freezer for later.

## Orange Chicken

¼ lb chicken                ½ c cornstarch  
½ c oil                        ¼ c soy sauce  
1 cn mandarin oranges    ½ pkg peas & carrots  
1 *Recipe Rice*                2 T. flour if necessary  
1 Egg, scrambled

Add peas and carrots to rice as it cooks. Add the scrambled egg over top of rice. Cut chicken into large pieces. Roll chicken in cornstarch and fry in hot oil. Drain on a paper towel. Pour out excess oil but use same pan to make glaze. Pour in oranges and stir in flour if there is no cornstarch left. Add soy sauce and thicken. Place chicken on top of rice. Drizzle glaze over all.

## Pizza

1 c spaghetti sauce        1 – 2 c cheese  
1 *Pizza Crust*                toppings

Pepperoni, Sausage, Hamburger, Bacon, Peppers, Onions, Olives, Mushrooms, Pineapple, Zucchini,

etc. Toppings = 1 cup total. Crust is prebaked for 10 minutes. Start with sauce and place items on top for desired pizza. Cover with cheese and bake for about 20 minutes or until cheese is melted. Cut pizzas into 12 pieces. Serves 3 – 6.

## Pot Pie

¼ lb meat, diced            1 bouillon cube  
2 T. flour                    1 potato, diced  
½ c peas, frozen            4 baby carrots, diced  
¼ onion                      2 cs water

### 1 Pie Crust Recipe

Line small foil pan with Pie Crust. In a sauce pan put meat, bouillon, onion, potatoes & carrots with water and bring to a boil. Cook about 15 minutes – until vegetables are tender. Add flour and peas and allow to thicken. Pour into pie shell and cover with crust. Bake 350 for 30 minutes. To shorten time you can bake the crust and crumble it over soup.

## Pulled Pork, Beef, Chicken, etc.

1 lb meat                      1 qt juice or water  
1 tsp salt

Put meat and juice and salt in a crock pot or in a large pan on the stove. Cook on low for 3-5 hours. Check periodically. If it falls apart when using a fork it is done. Allow to cool a bit and shred with a fork.

## Roast Pork, Beef, Chicken, etc.

1 lb meat                      2 T seasoning

Cover top of meat with seasoning. Wrap tightly in foil or place in an air tight baking dish. Bake @ 300 for 60 minutes. Open only when finished. Be careful as contents will contain a lot of steam.

## Refried Beans

2 T. oil                        1 c *Beans Recipe*

Heat oil and pour in beans with juice. Mash with a cup or potato masher. Eat with chips or meal.

## Salisbury Steak

2 T. olive oil                ¼ onion, diced  
1 bouillon cube            ½ c. water  
½ lbs. ground beef        ¼ c. dry bread crumbs  
¼ tsp. salt                  1/8 tsp. pepper  
1 T. flour                    ¼ c. ketchup

¼ c. water                      1 T. Worcestershire  
½ tsp mustard                1 pkg onion soup mix

Heat oil and sauté onions until caramelized. Add water and bouillon cube. Allow to come to a boil and simmer until cube is dissolved.

In a large bowl mix together ground beef, dry bread crumbs, egg, salt, black pepper. Shape into patties and place in a large baking dish.

In a smaller bowl blend flour, onion soup mixture, Worcestershire sauce, mustard, ketchup, and ¼ c water. Pour over patties, cover with foil, and bake at 350 for approx 25 minutes. Makes about 2

### Shepherd's Pie

½ lb ground beef            1 can spaghetti sauce  
4 lg potatoes                2 T. butter  
¼ c milk                        1 can string beans  
½ c cheddar cheese

Fry ground beef and mix in spaghetti sauce and string beans. Wash, peel, chop and boil potatoes. Drain and mash potatoes mixing in butter and milk. Pour meat mixture in bottom of 2 bread pans. Spread potatoes on top of each. Sprinkle cheese over the top. Wrap one in foil and freeze. Bake the other at 350 for 25 minutes.

### Spaghetti

½ lb hamburger            ½ onion  
1 can spaghetti sauce    ½ lb spaghetti  
1 tsp oil                      dash parmesan  
¼ tsp salt

Bring 1 quart of water, oil and salt to a boil. Add spaghetti and cook until it noodles are soft enough. Fry hamburger and onion together. Add can of spaghetti sauce and heat through. Pour over noodles and top with parmesan. Serves 2.

### Steak

1 steak                        2 T. oil  
½ tsp seasoning or salt & pepper  
Fry, Broil or Grill meat 5 minutes on first side. Dust seasoning on top of meat as it cooks. Do not season first side. Turn and cook 5 more minutes. That should cook the meat medium. Chicken, Pork and Fish should be cooked completely. 10 minutes a

side on a medium high temperature. If the cut is too thick simply butterfly it.

### Stew

1 lb meat                      4 potatoes  
1 c baby carrots            ½ onion, diced  
2 bouillon cubes            4 cs water  
¼ c flour                      2 T oil

Cut meat into cubes. Fry meat in oil along with onion until cooked through and onions are caramelized. Stir in flour and pour in water. Mix well and add bouillon and vegetables. Cook covered on medium heat for about 45 minutes. Serves 2 – 4. May need more water.

### Stuffed Mushrooms

1 lb mushrooms            8 oz cream cheese  
1 lb sausage

Wash mushrooms well, then remove stems and set on baking sheet. Fry sausage, drain and mix with cream cheese. Use a spoon to stuff mixture into the cavity of the mushroom. Bake @ 350 for about 25 minutes. Mushroom should be heated through.

### Stuffed Peppers

½ lb hamburger            3 bell peppers  
1 Rice Recipe              1 can spaghetti sauce  
1/3 onion                      dash chili powder  
½ c cheese, shred

Fry hamburger with diced onion. Mix in spaghetti sauce and chili. Mix with cooked rice. In a sauce pan fill half way with water and bring to a boil. Wash and core the peppers so that they look like a cup. Place in boiling water until they brighten. Fill with rice filling and top with cheese. Wrap 2 in foil and freeze. The other one bake for 30 minutes @ 350.

### Stuffed Potatoes

4 baked potatoes            4 T. sour cream  
½ c cheese                    4 strips bacon, cooked  
4 T. milk                      ½ tsp season salt  
1 Green Onion, sliced

When potatoes are cool enough to touch slice a thin layer of skin off the top and hollow out. Take potato insides and other ingredients and whip

together. Put slice of skin back on top and bake @ 350 for 25 minutes. Leftovers can be wrapped in foil and frozen.

### **Tamales** by La Familia Martinez

10 lbs chicken                    1 lg bag chiles anchos  
1 lg bag chiles cascabel   10 pieces garlic  
3 lg onions                    5 lbs corn masa  
2 T. salt                    1 lg bag corn husks  
1 - # 10 can crushed tomatoes  
2 lbs butter

Boil chicken in enough water that pieces don't stick together. Shred chicken and set aside in a huge bowl or pan. Save water from chicken. As soon as chicken is out of pan put chiles in and cook them long enough to hydrate them; about 10 minutes. Save the water. Place some tomato and some chile in a blender and puree it. The tomato helps keep it moving. Puree the garlic and onion, too. Pour this puree into the shredded chicken and mix it up. Place corn husks in a large bowl or pitcher and add water to hydrate. Set aside.

Place corn flour in a large bowl and mix in the butter. It must be room temperature to mix well. When it is completely mixed in add the water from the chicken cups at a time until it is a very soft dough. It needs to be creamy-ish to spread. Spread dough onto open corn husk leaving about half the width and half the length free of dough. Place a row of chicken mix down the center and roll it up, folding the bottom half up to hold it all in. Continue until meat and dough is gone.

Pile tamales in a large pot building up to the top and leave the center free of tamales so the steam can go up. Fill the bottom 1/3 of the pan with water, cover and cook on medium heat for 1 hour. Test the tamales and see if the corn is cooked. When the corn is cooked it is done. These can be eaten right then or frozen. This makes, at least, 60 pieces. You will want to get several friends together to make it and split the work and the cost. 2 is a good meal.

### **Teriyaki Chicken** by Restaurant Teriyaki Sauce

¼ c. soy sauce                    1 c water  
½ tsp ground ginger            ¼ tsp. garlic  
5 T. brown sugar                1 – 2 T. honey  
2 T. corn starch                ¼ c. cold water  
1 lb chicken breast            1 T. olive oil

In a sauce pan mix soy sauce, water, ginger, garlic, sugar and honey. In a small cup mix cold water with corn starch. When it is well mixed add to the sauce and mix quickly and thoroughly.

Heat oil in a skillet. Brown both sides of the chicken. Brush on the sauce and bake for 10 minutes. Turn and brush again. Bake 10 minutes. Place chicken in a baking pan with sauce and keep warm. (If using a grill do the same procedure skipping the browning step and adding a few minutes to the grilling time!) Makes 3 - 4 servings.

## Desserts

### 7 Layer Cookies

1/3 pkg. chocolate chip 1/3 pkg. butterscotch ch  
1/3 pkg. white chips 1 stick butter, melted  
1/3 pkg. coconut 1/3 pkg. pecans  
2 pkg. graham crackers 1 can sweet cond. milk  
Crush graham crackers in their wax coverings.  
Pour them into a 9x13 pan and pour melted butter  
over it. In a bowl mix remaining ingredients. Pour  
evenly over crust. Bake for 30 minutes at 350 or  
until coconut browns. Makes about 15 servings.

### Apple Pie

1 Pie Crust Recipe 3 apples  
½ c sugar 2 T. cornstarch  
½ tsp cinnamon 1 tsp lemon juice  
1 egg 1 tsp water  
2 – 3 T. sugar

Make a pie crust recipe or buy 2 frozen pie shells.  
Roll out and place crust in a pie pan. Peel, core and  
slice apples. Sprinkle sugar, cornstarch, cinnamon  
and lemon juice over apples and stir in a separate  
bowl. Place in 1<sup>st</sup> pie crust. Place 2<sup>nd</sup> pie crust over  
the top of the pie and seal the edges of both pies  
together. Poke holes in top to vent. Bake at 350 for  
35 – 40 minutes. When pie has 10 minutes left  
whip egg and water together in a small bowl and  
brush it on the top of the pie. Sprinkle sugar on top.

### Baklava

1 pkg filo dough 2 cs walnuts  
2 cs pecans 2 sticks butter, melt  
¼ c brown sugar 1 tsp cinnamon  
2 cs honey ¾ c sugar  
1 c water

In a small bowl mix nuts brown sugar and  
cinnamon. 6142941600 Columbus Prescription  
Pharmacy ext 2453  
Spray a baking dish with oil. Lay the first piece of  
phyllo dough in the dish. Brush the butter mixture  
on top.

### Brownies

1/2 c butter 1 c white sugar  
2 eggs 1 tsp vanilla extract  
1/3 c cocoa powder 1/2 c flour  
1/4 tsp salt 1/4 tsp bk powder

Preheat oven to 350 degrees F (175 degrees C).  
Grease and flour an 8 inch square pan.

In a large saucepan, melt butter. Remove from heat,  
and stir in sugar, eggs, and vanilla. Beat in cocoa,  
flour, salt, and baking powder. Spread batter into  
prepared pan. Bake in preheated oven for 25 to 30  
minutes. Do not overcook.

### Cake by AllRecipes.com

1 c white sugar 1/2 c butter  
2 eggs 2 tsp vanilla  
1 1/2 c flour 1 3/4 tsp baking powder  
1/2 c milk

Preheat oven to 350 degrees F (175 degrees C).  
Grease and flour a 9x9 inch pan or line a muffin pan  
with paper liners. In a medium bowl, cream  
together the sugar and butter. Beat in the eggs, one  
at a time, then stir in the vanilla. Combine flour and  
baking powder, add to the creamed mixture and  
mix well. Finally stir in the milk until batter is  
smooth. Pour or spoon batter into the prepared  
pan. Bake for 30 to 40 minutes in the preheated  
oven. For cupcakes, bake 20 to 25 minutes. Cake is  
done when it springs back to the touch.

### Caramel by Hortense Richardson

2 c brown Sugar 2 sticks butter  
1 can sweet cond.milk  
2 c corn syrup

Place butter in 2 quart sauce pan and begin melting.  
Add additional ingredients and mix well. Bring to a  
boil stirring constantly. Begin testing after 5  
minutes or use a candy thermometer to test  
readiness. For sticky caramel corn cook to the end  
of the soft ball stage 240 degrees. For firmer  
caramel corn cook to a firm ball stage. Some people  
bake their caramel corn at 350 for about 10 minutes  
to dry it out. For caramel candy cook to a hard ball  
stage – 268 degrees. For caramel apples cook to a  
soft crack stage – 275 degrees. If you like it more  
chewy stop at the hard ball stage.\*

Stage:	Cold Water Test:	Temperature:
Soft Ball	Can be picked up but flattens	234 – 240 degrees.
Firm Ball	Holds its shape until pressed	242 – 248 degrees.
*Hard Ball	Holds its shape but it pliable	250 – 268 degrees.
Soft Crack	Separates into hard but not brittle threads	270 – 290 degrees.
Hard Crack	Separates into hard and brittle threads.	300 – 310 degrees.

\*Apples must be very cold before dipping in order for the caramel to stick well.

### Caramel Chocolate Squares

Snyder Pretzel Snaps 12 oz pkg Rolos  
 10 oz bag Caramels  
 Line a plate with waxed paper. Place snaps on waxed paper. Top with a rolo or a caramel. Cook in microwave 15 seconds then top with another pretzel. Press. Candy should be melted but not gooey. Allow to cool. Makes a lot of simple treats.

### Cheese Cake

Preheat oven 350 degrees  
 2 c vanilla wafer or pretzels, crushed  
 ¼ stick butter, melted 2 cs sour cream  
 1 c + 2 T. sugar 1 tsp. vanilla  
 3 - 8 oz. cream cheese 4 eggs  
 21 oz can of topping  
 Mix butter, 2 T. Sugar and crumbs. Press into springform or pie pan. Set to chill in refrigerator while making the filling. Whip Sour cream, sugar, cream cheese and vanilla until very fluffy. Add eggs one at a time. Continue mixing. Pour into pan and bake @ 350 degrees for 55 minutes. Remove pan from oven. Allow to cool completely before topping.

### Val's Favorite Cherry Crisp

By Valene Hubbard

3 cs sour cherries 1 ½ cs sugar  
 1/3 c tapioca 2 c crushed pineapple  
 ¼ c butter 1 tsp. baking soda  
 1 c quick oats 1 c brown sugar  
 2 cs flour 1 ½ tsp. salt (or less)  
 1 ½ tsp. vanilla

Place cherries, sugar, tapioca and pineapple in a sauce pan. Cook until tapioca is clear. Crumble together remaining ingredients. Press ½ of crumble into a buttered baking pan. Pour the cherry mixture over. Add the remaining crumble to the top. Bake at 325 degrees for about 25 minutes. Allow to cool and serve with whipped cream or ice cream.

### Cherry Pie

3 c sour cherries 1 ½ cs sugar  
 1/3 c tapioca or cornstarch  
 1 *Pie Crust Recipe* or 2 Frozen Pie Dough  
 (21 oz can of cherry pie filling if you do not want to make the filling.)  
 Place cherries, sugar and tapioca in a sauce pan. Cook until tapioca is clear. Place in pie shell and cover with a second. Seal edges and poke holes in top for venting.

### Chocolate Cake by AllRecipes.com

2 c white sugar 1 ¾ c flour  
 ¾ c cocoa powder 1 ½ tsp baking pwd  
 1 ½ tsp baking soda 1 tsp salt  
 2 eggs 1 c milk  
 1/2 c vegetable oil 2 tsp vanilla  
 1 c boiling water  
 Preheat oven to 350 degrees F (175 degrees C). Grease and flour two nine inch round pans. In a large bowl, stir together the sugar, flour, cocoa, baking powder, baking soda and salt. Add the eggs, milk, oil and vanilla, mix for 2 minutes on medium speed of mixer. Stir in the boiling water last. Batter will be thin. Pour evenly into the prepared pans. Bake 30 to 35 minutes in the preheated oven, until the cake tests done with a toothpick. Cool in the pans for 10 minutes, then remove to a wire rack to cool completely.

## Chocolate Chip Cookies

2 c. butter                      1 pkg. cream cheese  
6 eggs                              3 c. brown Sugar  
3 c. sugar                         3 tsp. salt  
3 tsp. baking soda              9 c. flour  
1 pkg. chocolate chips      1 pkg. nuts (Optional)

Whip wet ingredients for 5 minutes until very smooth. Add dry ingredients and mix only enough to get dry ingredients wet. Form into balls and flatten on cookie sheet. Bake 350 degrees for 12 – 15 minutes.

## Cream Puffs by Betty Crocker Cookbook

½ c. water                         ¼ c. butter  
½ c. flour                         2 eggs

Preheat oven to 400 degrees.

Bring water and butter to a rolling boil. Mix in flour until smooth. Add eggs and mix well. Drop by spoonful on greased cookie sheet. Bake 35 – 40 minutes. Allow to cool & fill with pudding or whipped cream.

## Flan by Nora Cruz

1 can sweet cond milk      1 can evaporated milk  
4 eggs                              1 c sugar

Spread sugar over the bottom of a sauce pan and melt on medium heat. Watch it carefully. When it turns brown remove from heat and pour over bottom of a glass baking dish. Mix ingredients very well. Strain to remove the egg membranes. Pour over hardened caramel. Bake at 350 for 1 hour. A knife inserted in the middle should come out clean. Invert on a serving dish and allow to cool. Very good cold or at room temperature.

## Flourless Cake

by Joanne Fluke “Cherry Cheese Cake Murder”

½ c butter                         8 oz. chocolate chips  
4 eggs                                ¾ c sugar  
½ tsp. vanilla                      whipped cream

Shaved Chocolate Curls Berries (Optional)

Preheat oven to 375 degrees. Spray springform pan with spray oil. Mix and melt butter and chips.

Separate eggs. Beat yolks and sugar with hand mixer, add flavor at the end. Stir a small amount

into chocolate mixture to temper it. Blend in rest of the chocolate. In a bowl with clean beaters whip whites and sugar. Beat until stiff peaks form. Mix whites into chocolate, temper as before. Place in springform pan, smooth top. Bake 375 for 35 minutes or until toothpick comes out dry. Let cool for 15 min. Use knife to loosen and cool 10 more min. Remove from pan and cool fully. Cut and top with whipped cream. (Center will fall.)

## Glass Candy by Cooks.com

3 c. sugar                         1 c. water  
1 c. white corn syrup        1 tbsp. flavoring  
Food coloring

Combine sugar, water and syrup into heavy sauce pan. Heat. Stir constantly. Use candy thermometer. @ 300 degrees, add flavor and food color. Stir and immediately pour into buttered 9x12 inch pan let stand. When hard, rap pan on counter. Candy should break like glass. Dust with powdered sugar to store. Great for kids to be involved with and good for gifts.

## Gingerbread

¾ c. flour                         1/3 c. brown sugar  
1/8 tsp. cloves                    1 tsp. cinnamon  
tsp. baking powder              ½ tsp. salt  
1 tsp. ginger                       2 eggs  
½ c. oil                              2/3 c. molasses

Stir ingredients together and roll out ¼ inch thick. Cut into shapes and bake on ungreased cookie sheet. At 350 degrees for about 13 minutes.

## Homemade Ice Cream

by Val Hubbard

4 c milk                             2 c. sugar  
1 tsp. salt                         12 beaten yolks  
4 T. vanilla                        20 lbs Ice

8 c cold whipping cream 2 lbs. rock salt

In a sauce pan place the milk, sugar, salt, yolks, cream and vanilla. Stir & bring to boil. Turn off and cover. Cool. Covering keeps the skin from forming. (Hint: remove white membrane from yolk.)

Pour mixture into ice cream maker. ½ way. It will expand as it freezes. Put in beater, cover and place in mixer. Fill outside area with ice and make sure that barrel can spin. Sprinkle salt on the ice and

begin. When the motor sounds labored or it is hard to turn ice cream is done. You can serve it but it will be quite soft! Place ice cream in tight container and keep in freezer until serving.

### **Marshmallows** by Alton Brown

3 pkg Knox gelatin      1 c ice cold water  
1 ½ c sugar              1 c corn syrup  
¼ tsp salt                1 tsp Vanilla Extract  
¼ c powdered sugar    ¼ c Cornstarch  
Nonstick Spray

Place gelatin in bowl of a standing mixer with ½ c cold water. In a small sauce pan combine remaining water, sugar, corn syrup and salt. Place over medium heat, cook until mixture reaches 240 degrees, then remove from heat. Start electric beaters going, medium, and slowly pour in the hot mixture. Continue to beat on high for approx 15 minutes. It will thicken and fluff up. Add vanilla during last few minutes. Combine powdered sugar and cornstarch in a small bowl. Spray a jellyroll pan. Coat pan with some powder. Pour marshmallow into pan. Let it sit for 4 hours. Cut into squares and use remaining powder to coat all sides. Can store in air tight container for 3 weeks.

### **Oatmeal Cookies** by Quaker Oats

½ c plus 6 T butter, softened  
¾ c brown sugar        ½ c sugar  
2 eggs                    1 tsp vanilla  
1 ½ c flour              1 tso baking soda  
1 tsp cinnamon ½ tsp salt (optional)  
3 c Oats                 1 c raisins

In a large bowl whip butter, sugar, vanilla and eggs. The more you whip it the better. Add the dry ingredients and mix it only as long as it takes to incorporate. Bake at 350 for 15 – 18 minutes. Remove from pan and allow to cool.

### **Peach Cobbler**

1 lg can peaches      ¼ lb butter  
½ c brown sugar      1 c oatmeal  
1 eggs                    1 tsp. baking soda  
2 cs flour                1 tsp. cinnamon  
dash salt                1 quart ice cream

Pour Peaches into a greased baking pan. In a mixing bowl whip eggs, sugar and butter. Add flour, oatmeal, baking soda, cinnamon and salt. Crumble over the top of the peaches. Peaches should be hidden by the topping. Bake at 350 for 35 – 40 minutes. Serve warm with Ice Cream.

### **Peanut Butter Cookies** by Crisco

¾ c. Peanutbutter      ½ c. Crisco  
1 ¼ c. Brown Sugar    3 T. Milk  
1 T. Vanilla             1 Egg  
1 ¾ c. Flour              ¾ tsp. Salt  
¾ tsp Baking Soda

Whip all moist ingredients. Mix in dry ingredients until combined. Place cookies on ungreased cookie sheet and bake 7 – 8 minutes. (Until it just begins to brown.) Allow to cool on sheet 2 minutes.

### **Pecan Pie** by Karo Syrup

1 c Karo Syrup    3 eggs  
1 c sugar            2 T butter, melted  
1 tsp Vanilla        1 ½ cs pecans  
½ *Pie Crust Recipe* or 1 frozen crust  
Preheat oven to 350°F. Mix corn syrup, eggs, sugar, butter and vanilla. Set pecans in pie crust. Pour filling over. Bake on center rack of oven for 60 to 70 minutes (see tips for doneness, below). Cool for 2 hours on wire rack before serving.

### **Pumpkin Chocolate Chip Cookies**

by Food.com

1 Spice Cake            15 oz can Pumpkin  
12 oz, Chocolate Chips

Mix all ingredients and drop onto greased cookie sheet. Bake at 350 for 15-18 minutes.

### **Pumpkin Pie** by Libby's

¾ c sugar                1 tsp cinnamon  
½ tsp salt               ½ tsp ground ginger  
¼ tsp ground cloves   2 large eggs  
15 oz. LIBBY'S® Pumpkin 12 oz. evaporated milk  
½ *Pie Crust Recipe* or 1 frozen pie crust  
Mix all ingredients except crust in a large bowl. Pour into pie shell. Bake in preheated 425° F oven for 15 minutes. Reduce to 350° F; bake for 40 to 50

minutes or until knife inserted comes out clean.  
Cool 2 hours. Serve or refrigerate. Top with cream.

## Rice Crispy Treats

1 stick butter                      2 bags marshmallows  
1 pkg rice crispies                food coloring  
Melt butter in a large sauce pan. Add marshmallows and allow to melt. Not completely or they will be hard. Pour over Rice Crispies and mix well. Press into a buttered baking pan. Cut after it cools completely. Makes about 20 servings.

## Queen of Scots Shortbread

“Sticks and Scones” by Diane Mott Davidson  
2 sticks butter                      ½ c powdered sugar  
¼ tsp vanilla                        1 ½ c flour  
½ c rice flour                        ¼ tsp baking powder  
¼ tsp salt  
Preheat 350. Beat butter until creamy. Add sugar and beat well, add vanilla. Sift dry ingredients and add to butter mixture only until well combined. Use cookie press or press into shaped pans. Bake 15 – 20 minutes (until just browning.)

## S’mores

1 stick butter                      1 pkg Golden Grahams  
16 oz marshmallows                12 oz pkg chocolate chips  
Butter a baking sheet. In a large bowl pour out the cereal and chocolate chips. Melt butter in a large pot. Add marshmallows stirring in until about ½ melted. (They will continue to melt, overcooking makes them hard.) Pour over the cereal mix and stir well. Press s’mores mixture into baking sheet. Cool. Cut and serve.

## Stuffed Strawberries

1 qt strawberries                      3 bars chocolate  
Stuffing:  
2 c sour cream                        2 cs sugar  
1 tsp. vanilla                         4 eggs  
3 - 8 oz. cream cheese – room temperature  
Slice strawberries width wise so that the cut pieces lay flat, open side up. Mix all ingredients except eggs and chocolate until very fluffy. Add eggs one at a time whipping very well. Place in a sauce pan and heat slowly, stirring constantly. Continue to

cook until creamy mixture thickens completely. Place in a frosting bag and pipe into strawberry halves. In a small bowl chop up chocolate. In a slightly larger bowl put hot water from stove or very hot water from the tap. Set chocolate bowl inside water bowl and stir chocolate as it melts. Dip the backs of the strawberry halves in chocolate and drizzle chocolate over tops. Allow to cool. Refrigerate and serve cold.

## Sugar Cookies

1 ½ cs white sugar                      1 pkg cream cheese  
2 eggs                                      1 tsp vanilla  
½ tsp. salt                                1 tsp. baking powder  
2 ½ cs flour  
Mix first four ingredients until light and smooth. Add in dry ingredients and stir only until mixed. To allow dough to be sticky, this makes the cookies more moist, refrigerate dough for at least 1 hour. Best results are 24 hours. (It will take a good amount of flour to roll them out.)  
Roll out dough on floured surface and cut. Place on cookie sheet and bake 350 degrees for about 14 minutes. (Check with your oven. Bottoms should be brownish and tops should still be white.) Let cool before frosting.

## Wacky Cake by Valene Hubbard

2 ¼ cs flour                                1 ½ c sugar  
4 ½ T baking cocoa                      1 ½ tsp. baking soda  
1 cube butter                              ¾ tsp. salt  
½ T. vinegar                                ½ tsp. vanilla  
1 ½ cs cold water  
Mix powdered ingredients thoroughly in a baking pan. Make 3 holes in powder and pour melted butter in one, vinegar in second, and vanilla in the third. Quickly pour cold water over the entire mixture and whip it up quickly. Bake at 350 degrees for 25 minutes. This cake cannot be removed from the pan nicely. It is a quick cake that doesn’t have to be pretty, but it tastes good. If you want to take your time mix it in a bowl and pour it into a floured cake pan. The key is to do this quickly. Since it has no eggs you don’t have much time

## Drinks

### Arctic Freeze

1 cn crush pineapple    1 qt orange juice  
3 – 2 liter club soda    3 bananas, mashed

In a bowl mix pineapple, banana and orange juice. Pour into a dish and freeze. Just before serving chop up the frozen juice and place in a serving bowl. Pour Club Soda over top and serve.

### Breakfast Smoothies

1 c fruit                    1 tsp sugar  
1 c water or milk        1 c yogurt  
1 c ice

Puree ingredients in a blender. Use any fruit. More sugar may be added if desired.

### Homemade Rootbeer by Hortense

1 pkg. Rootbeer extract 8 c sugar  
4 gallons water            10 lbs. dry ice

Mix extract, sugar and water together in a 5 gallon container. Add 5 lbs dry ice and place lid on loosely or leave open. Just before time to serve, drop in last 5 lbs. (Keep dry ice in refrigerator. It is more moist than the freezer in there and forms a barrier that keeps the gas from escaping. Do not expect to keep it overnight even in the freezer.)

### Horchata by IVP

1 c rice                    2 qts water  
1 tsp cinnamon        ½ c sugar

Place rice, water, and cinnamon in a sauce pan and let sit 3 hours. Bring contents to a boil, reduce heat, cover and simmer 30 minutes. When cool, puree mixture in a blender and strain through sieve or cheese cloth. Add vanilla and sugar and chill before serving.

### Hot Apple Cider

1 pint Apple Juice  
Heat in the microwave or a pan and dust lightly with cinnamon. It doesn't need to be fancy.

### Hot Cocoa by AllRecipes.com

1/3 c unsweetened cocoa powder  
¾ c sugar                    1 pinch salt

1/3 c boiling water        3 ½ cs milk  
¾ tsp vanilla                ½ c half-and-half cream

Combine the cocoa, sugar and pinch of salt in a saucepan. Blend in the boiling water. Bring mixture to easy boil and stir for about 2 minutes. Stir in 3 1/2 cups of milk and heat, but do not boil! Remove from heat and add vanilla & cream. 4 servings.

### Italian Soda by Camille Sharp Cook

2 pkg Koolaid              2 cs sugar  
2 c water                    1 qt. whipping cream  
ice                              3 - 2 liter soda water

Flavored syrups can be purchased or you can use our simple recipe. Mix Koolaid, sugar, and water in a pitcher very well. You can heat it on the stove and bring it to boiling if you want a more syrupy quality to the flavoring. Pour ¼ cup of flavoring into 20 oz cup. Add ¼ cup cream, ½ cups ice and top off with soda water. Mix well and enjoy. (May need more flavoring. Taste it for quality.)

### Rootbeer Floats

½ gal Blue Bell Homemade Vanilla  
2 liters Rootbeer

Fill tumbler with loose scoops of ice cream. Pour cold rootbeer over top. It is also very yummy to put all of this in a blender and frappe.

### Sherbet Punch

½ Gallon Sherbet (Any flavor)  
2 – 2 liter Bottles 7-Up

Chop up or scoop ice cream in to medium sized chunks and pour soda over top in a punch bowl.

### Slushies

1 qt Juice                    2 c Ice

Fill the blender with ice cubes and add juice until ice is matched. Blend until all is smooth. If it is too strong work with the recipe until it is to your taste.

### Wassail

1 gal. apple cider        2 c. orange juice  
1 c. lemon juice        ½ c. sugar  
2 tsp. cinnamon        1 tsp. cloves  
1 tsp. nutmeg

Mix ingredients and slowly bring to boil in large saucepan or pot. Boil for 1 minute. Serve hot with sliced oranges floating in punch bowl.

## *Sauces & Dips*

### **Barbeque Sauce**

1/3 onion                      1/3 bell pepper  
2 T. brown sugar              dash salt  
1/8 tsp. dry mustard          1/3 tsp. chili powder  
2 T. vinegar                    1 tsp. Worcestershire  
1/2 can tomato paste          2 cs water

Combine ingredients in a crock pot or sauce pan and cook on low heat for 1 hour. Allow to cool and store in refrigerator or use immediately.

### **Basic Gravy**

2 T. butter                      2 T. flour  
1 C meat juice, broth or milk

Melt butter in a skillet on medium heat. Stir in flour and add desired liquid, slowly. Wisk together and allow to thicken. Use on potatoes, meat or as a thickening for soup.

### **Cheater Beef Gravy** by Tired Mom

1 Bouillon Cube              2 T. Flour  
2 T. Butter                      1 c. Water

Melt butter and stir in flour slowly and brown. Add crushed cube and water. Stir until thick. (Gravy powder or brown food coloring to intensify color.)

### **Cocktail Sauce**

1 c catsup                      1 T. horseradish  
Mix well and eat with shrimp or other seafood.

### **Country Gravy**

2 T. Butter, Sausage or Bacon Grease  
2 T. Flour                      1 c Milk

Salt and Pepper

Melt butter in skillet. Stir in flour and slowly add milk while whisking. Once all milk is added continue to cook until it has thickened. Additional water or milk may be added to thin, if necessary.

### **Cowboy Dip** by Dorathy Gilcrist

1 Packet Italian dressing (Mixed as directed)  
2 Tomatoes                      Avocados  
1 can black beans              1 can of corn (drained)  
Cilantro (Optional)              Chips

Mix top 6 ingredients in a large bowl and serve as a dip for chips. It may be served heated, too.

### **Cream Cheese Sauce**

32 oz. vanilla yogurt              8 oz. cream cheese  
1/2 c sugar                      1/2 tsp. salt  
1/4 c. lime juice                      2 c milk

Mix Cream Cheese, sugar, salt, lime juice and milk. Pour into sauce pan and heat slowly. When it is creamy and hot, remove from heat and add yogurt. Stir well and serve in crepes or as a dip for fruit.

### **Fruit Dip**

1 c vanilla yogurt                      1 c peanut butter  
1/2 tsp vanilla

Mix together well. Use to dip fruit, especially apples.

### **Fruit Sauce**

1 pkg fruit                      1/2 c sugar  
1 tsp lemon juice

Heat ingredients in a sauce pan and bring to an easy boil. Allow to cool before using.

### **Frosting** by Bonnie & Hortense

1 bag powdered sugar              1 tsp vanilla  
1 stick softened butter (Crisco)      2 – 4 T. Milk  
1/4 tsp. Almond Extract              Food Coloring

Add all ingredients except milk and begin to beat. Add milk slowly until mixture is creamy and spreadable. Be careful how much milk you add. You can always thin it, but thickening it back up is hard! For chocolate frosting add 1/3 to 1/2 c Hershey's Cocoa Powder.

### **Fry Sauce**

1 c Miracle Whip                      1 c Catsup  
1/4 c Sweet Relish

In a bowl mix all ingredients. Serve as a dip for fries.

*Variation:*

1 c Mayonnaise                      1 c Catsup  
1/4 c Dill Pickle Juice

### **Havana Marinade** by Gregg Rios

1 c chili powder 1/2 T olive oil  
1/4 c garlic powder              1 T sea salt

1 T Season salt                      1 T black pepper  
1/4 c Spanish paprika    3/4 c lemon juice  
1/2 c white vinegar

Mix ingredients in a bowl. This can be used as a marinade or sauce for brushing. Any meat can be used with this sauce

### Mayonnaise

3 Egg yolks                      1/3 c vinegar  
2 cs vegetable oil

Whip egg yolks in a blender with the vinegar. After about a minute, and as it whips drizzle the oil into the blender. Keep the contents moving and make sure the oil is going in very slowly. You should see it turn white as it goes. Whip for a few minutes after the oil is poured. Add salt to taste. A dusting of garlic powder can add a nice flavor. If the mixture whips and it seems not to set up, place it in the refrigerator overnight. The mayonnaise will separate out and you can pour the extra oil off.

### Nacho Cheese

1 jar Nacho Cheese Sauce                      ½ jar Milk

Heat all ingredients in a large sauce pan. If it is not easily runny add more milk.

### Italian Salad Dressing

1 c. oil                      2/3 c. vinegar  
½ tsp. Italian seasoning    2 egg yolks  
1 garlic clove, minced

Stir ingredients together over low heat. Use a whisk and do not let it sit. Stir until entire mixture has thickened and does not separate. Allow to sit for 24 hours to allow seasoning to hydrate completely.

### Quick Salsa

#10 can Tomato, crushed                      1 Onion  
1 c. Jalapenos – pureed                      2 tsp. garlic Salt  
2 T. Sugar                      ½ bunch Cilantro

In a blender mix the jalapenos, onion, sugar and cilantro. Frappe. Pour into a large bowl and mix with tomatoes and garlic salt. Dice fresh tomatoes in it for a chunkier mix.

### Tartar Sauce

¼ c Miracle Whip                      1 T. Dill Pickle, minced  
Mix ingredients. A squeeze of lemon adds, too.

### Teriyaki Sauce

1 c Kikoman Soy sauce    ¼ c Brown Sugar  
1/8 tsp Pwd. Ginger

Mix ingredients. Heating it to boiling will make it smoother and keep it from separating. Use it for a dip or a marinade.

### Vegetable Dip

1 pint Sour Cream                      1 pkg Onion Soup Mix  
Stir together and serve with cut vegetables.

### White Sauce

This is basically gravy made with butter and milk. It can be used to thicken soups or to make a cheese sauce. This white sauce is the basis for many other dishes. Cream soup is done by adding vegetables and meat that have been precooked and then adding flavors such as season salt, cheese, soy sauce, salt and pepper, bacon fat, sausage. The possibilities are endless. To make an easy Alfredo sauce add a package of cream cheese (turn down low and stir constantly) and ½ cup of parmesan cheese. When it is all melted together serve over noodles.

### Whipped Cream

1 pt heavy whipping cream, must be cold to set up  
1 T. sugar                      1 tsp. vanilla

Whip until soft peaks form. If you like it harder keep going until firm peaks form. Don't go much further or you will have very sweet butter.

Alternative: Use a can of evaporated milk.

Put it in the freezer until you can feel ice crystals moving inside when you shake the can. Pour contents into a mixing bowl, sugar, and vanilla. Whip until medium peaks form. Freeze it or use immediately. The milk fat is not enough to keep it solid when it starts to thaw too much.

## *Fun Stuff*

### **Finger Jello** by Cooks.com

3 pkg. Knox gelatin  
4 sm. (3 oz.) boxes Jello (any flavor)  
4 c. boiling water  
Put Jello and Knox gelatin into a bowl. Add water and stir until dissolved. Pour into 9x13 inch pan. Cool in refrigerator. When firm, cut into squares.

### **Finger Paint**

½ c Cornstarch                      ½ tsp Salt  
2 cs cold water                      1 T. Glycerin (Optional)  
Food Coloring  
8 drops Dawn Dishwashing Detergent  
Mix ingredients in a sauce pan. Heat until thickened. (Glycerin makes the paint glossy.) Add dish soap and mix. Divide into airtight containers and add coloring. Mix well. Allow to cool completely before putting on the lid. Store in a cool dry place.

### **Goo**

½ c Elmer's Glue                      ½ c water  
¼ c water                              1 tsp 20 Mule Team Borax  
Food coloring  
In a cup mix glue and ½ cup water.  
In another cup mix borax and ¼ cup water. While stirring each pour borax into glue mixture and keep stirring. It will set up and then you can play.

### **Play Dough**

2 cs flour                              1 c salt  
2 cs water                              1 T. oil  
1 tsp Cream of Tartar      Food Coloring  
Mix ingredients except for coloring in a sauce pan. Heat on medium until mixture pulls away from edges of pan. This will happen rather quickly and be VERY hard to stir. Divide and add food coloring and mix. Allow to cool completely before placing in an airtight container for storage.

### **Pop Rocket**

1 Alka-seltzer                      ¼ c Vinegar  
1 Film Canister (Small Container with tight lid)  
1 Piece Paper  
Make a rocket body on the film canister with the lid pointed down. Place the alka-seltzer in the bottom,

pour in vinegar and put on lid. Set it down and get out of the way.

### **Volcanoes**

1 c. vinegar                      ½ c. baking soda  
1 paper towel                      1 air tight container  
Do not use glass with a screw top lid. Pour the vinegar into the container. Wrap the baking soda in the paper towel. This slows down the reaction so that you can get multiple reactions. Drop the paper towel into the vinegar and place the lid on the container. Keep your face away from the container.

# Magical WD40

**Here are some of the uses:** It's the first thing that has ever cleaned that spotty shower door. If yours is plastic, it works just as well as glass.

Then try it on your stovetop.

Protects silver from tarnishing.

Cleans and lubricates guitar strings.

Gives floors that 'just-waxed' sheen without making it slippery.

Keeps flies off cows.

Restores and cleans chalkboards.

Loosens stubborn zippers.

Untangles jewelry chains.

Removes stains from stainless steel sinks.

Removes dirt and grime from the barbecue grill.

Keeps ceramic/terra cotta garden pots from oxidizing.

Removes tomato stains from clothing. Camouflages scratches in ceramic and marble floors.

Keeps scissors working smoothly.

Lubricates noisy door hinges on vehicles and doors in homes.

Gives a children's play gym slide a shine for a super fast slide.

Lubricates gear shift and mower deck lever for ease of handling on riding mowers.

Rids kids rocking chairs and swings of squeaky noises.

Lubricates tracks in sticking home windows and makes them easier to open.

Spraying an umbrella stem makes it easier to open and close.

Restores and cleans padded leather dashboards in vehicles, as well as vinyl bumpers.

Restores and cleans roof racks on vehicles.

Lubricates and stops squeaks in electric fans.

Lubricates wheel sprockets on tricycles, wagons, and bicycles for easy handling.

Lubricates fan belts on washers and dryers and keeps them running smoothly.

Keeps rust from forming on saws and saw blades, and other tools.

Removes splattered grease on stove.

Keeps bathroom mirror from fogging.

Lubricates prosthetic limbs.

Keeps pigeons off the balcony (they hate the smell).

Removes all traces of duct tape.

Folks even spray it on their arms, hands, and knees to relieve arthritis pain.

Florida's favorite use is: "cleans and removes love bugs from grills and bumpers."

The favorite use in the state of New York-- protects the Statue of Liberty from the elements.

Attracts fish. Spray a LITTLE on live bait or lures and you will be catching the big one in no time. Also, it's a lot cheaper than the chemical attractants that are made for just that purpose. Keep in mind though, using some chemical laced baits or lures for fishing are not allowed in some states.

Use it for fire ant bites. It takes the sting away immediately, and stops the itch.

Great for removing crayon from walls. Spray on the mark and wipe with a clean rag. Do not use on flat paint. Test a small area of the satin finish to make sure it doesn't give you an oil stain instead.

Also, if you've discovered that your teenage daughter has washed and dried a tube of lipstick with a load of laundry, saturate the lipstick spots with WD-40 and re-wash.

If you sprayed WD-40 on the distributor cap, it would displace the moisture and allow the car to start.

Spray to remove left-over tape mung (sticky label tape)

Sprayed liberally on every hinge in the house, it leaves that distinctive clean fresh scent for up to two days!

Use for those nasty tar and scuff marks on flooring. It doesn't seem to harm the finish and you won't have to scrub nearly as hard to get them off. Just remember to open some windows if you have a lot of marks.

Bug guts will eat away the finish on your car if not removed quickly! Use WD-40!