

# Creative Homemaking's What's for Dinner?

by Rachel Paxton

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Look for the  
Editor's Choice Award



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## Beef Main Dishes



## Stacy's Roast Beef



6 lbs. rump or chuck roast	3 tbsp. vinegar
1 (14-oz.) bottle ketchup	2 tbsp. salt
3 onions	1 tsp. Worcestershire sauce
1 stalk celery	1 tsp. pepper
3 tbsp. BBQ sauce	3 c. water

Cut onion and celery in large pieces. Dump all ingredients in large roast pan. Bake in oven about 6 hours at 300 degrees. Add more liquid if necessary. When beef is done it should pull apart and shred easily with a fork. (It seems like there is a lot of liquid, but when you pull apart the meat it absorbs most of it). Serve on fresh buns that won't fall apart easily. It's really easy and it tastes fabulous.

## Coca Cola Roast

Submitted by Jan Parsons

Take one pot roast (any size/quality...it cooks slow so even tough cuts get tender and good cuts get melt-in-your-mouth). Put it in a roasting pan and pour 2 cans (or more if it's a big roast) of Coca Cola over it. Add one package of onion soup mix (Lipton works well and is cheap). Add some potatoes, carrots, mushrooms, whatever you have in the pantry. Cover and cook at 250 degrees for 2-3 hours (again, depends on the size and quality of roast...check with a fork for tenderness). If you wanna get fancy and actually work....make gravy by adding cornstarch/water mixture to the pan drippings (after you remove roast and vegetables). This also works wonderfully in a crock pot, cooking on low all day while you are at work or play!

## Mexican Beef & Beans

1 1/2 lbs. boneless round steak	1 small onion, chopped finely
1 (16-oz.) can tomatoes, cut up	1 beef bouillon cube, crushed
1 (16-oz.) can kidney beans, drained	1/4 tsp. pepper
1 tbsp. mustard	1/2 tsp. salt
1 clove garlic, minced	1 tbsp. chili powder

Mix together garlic, pepper, salt, chili powder, and mustard. Spread garlic mixture on the meat. Cut the meat into 1/2-in. strips. Heat a little butter or margarine in a large skillet and brown meat. Add onion, bouillon cube, and tomatoes. Cover and simmer until tender, about 15 minutes. Add beans, stir, and simmer for about 15 more minutes. Serve over rice.

## Crock Pot Lasagna

1 box rigatoni, cooked  
1 1/2 lbs. ground chuck, browned & drained  
1 large pkg. sliced pepperoni  
1 green pepper, chopped  
2 large pkg. Mozzarella cheese  
2 large cans pizza sauce (or you can make your own)  
1 medium onion, chopped  
8 oz. mushrooms (opt.)  
Black or green olives, sliced (opt.)

Begin with layer of sauce on bottom of crock pot. Stir all remaining ingredients together. Place in crock pot and cook on low for 5 hours. Yum!

## Taco Quiche

8 flour tortillas	1 clove garlic, minced
8 eggs	1 package taco seasoning
1 lb. hamburger	2 c. cheddar cheese, grated
1 c. onion, chopped	1 small head lettuce, shredded
2 1/2 c. milk	1 can sliced olives (opt.)
1 c. sour cream	2 medium tomatoes (opt.)

Preheat oven to 350 degrees. Line a 13x9x2-inch baking dish with the tortillas. In a skillet, cook hamburger, onion, and garlic with taco seasoning. Simmer for about 10 minutes. Spread beef mixture over tortillas. Sprinkle cheese on top. Beat eggs and milk together and pour over the top. Bake for 45 minutes. Let stand for 5 minutes before serving. Serve with sour cream, tomatoes, lettuce, and olives.

## Stuffed Burger Bundles

1 c. seasoned stuffing mix	1 can cream of mushroom soup
1/3 c. evaporated milk	2 tsp. Worcestershire sauce
1 lb. hamburger	1 tbsp. catsup

Prepare stuffing according to directions on package. Combine milk and meat. Divide into 5 patties. Pat out and put stuffing in center, fold, and seal. Place in 1 1/2 quart casserole dish. Combine remaining ingredients and pour over meat. Bake at 350 degrees for 35 to 50 minutes.

## Amanda's Hamburger Tomato Pasta

Submitted by Amanda Formaro

1 lb. ground beef  
1/2 small onion, chopped  
2 (14.5-oz) cans whole peeled tomatoes  
2 cloves garlic, minced  
1 beef bouillion cube  
1 (8 oz.) package of small shell pasta  
1 c. water  
Dried seasoning of your choice (basil, oregano or and Italian blend) to taste  
Salt and pepper

In a large skillet brown the ground beef; drain fat. Add salt and pepper to taste. Add remaining ingredients except for the pasta. Bring to a boil, then reduce heat to simmer and cover. Simmer for 30 minutes, add pasta. Cover and increase heat to medium-low. Stir occasionally until pasta is done, about 15 minutes.

## Broiled Ground Beef

1 1/2 lb. hamburger	3 tbsp. grated onion
1 tsp. salt	1 egg
1/4 tsp. pepper	1/3 c. milk
2 tsp. Worcestershire sauce	Melted shortening

Combine all ingredients except shortening; mix until well blended. Form entire mixture into the shape of a porterhouse steak about 3/4 in. thick. Place on cold broiler pan and brush with melted shortening. Broil 4 to 5 in. from heat about 8 minutes on each side until well browned. Use two spatulas for easy turning. Serves 6.

## Hamburger Noodle Casserole

1 lb. hamburger, cooked and drained	1 can tomato soup
1 tbsp. butter	1/2 pkg. wide noodles
1/2 tbsp. sugar	1/4 tsp. pepper
1/2 garlic clove	1 small onion
1 tsp. salt	1 (3 oz.) pkg. cream cheese
1/2 c. sour cream	1/2 c. cheddar cheese, grated

Make meat sauce with hamburger, butter, garlic, salt, pepper, and tomato soup. Cook noodles until tender. Chop onion and add cream cheese and sour cream; whip together. In a greased casserole dish, alternate layers of noodles, cheese mixture, and meat sauce. Top with grated cheese. Bake at 350 degrees for 20 minutes.

## Cowboy Stew

1 medium can red kidney beans  
1 medium can tomatoes  
1 medium can whole kernel corn  
1 lb. hamburger

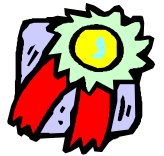
1 small green pepper  
1 small onion  
1 tbsp. Worcestershire sauce

Brown hamburger in a skillet with diced onion and green pepper. Place in a large soup pot. Add tomatoes, beans, and corn. Use juice from corn and tomatoes as needed for added moisture. Salt and pepper to taste and simmer until beans are tender.

## Macaroni Beef Bake

1/2 lb. hamburger  
1/2 c. chopped onion  
2 (8 oz.) cans tomato sauce  
1 tbsp. parsley

1 tsp. onion salt  
1/2 tsp. garlic powder  
8 oz. macaroni, uncooked  
1/2 c. grated cheddar cheese



Brown hamburger and onion in skillet. Add tomato sauce, parsley, onion salt, and garlic. Simmer. Cook macaroni as directed on package and add to sauce. Top with grated cheese. Cover and continue simmering for 10-15 minutes. Note: This is the same recipe we always called "goulash" while growing up. My mom used to make it all of the time and it was one of my favorite meals! This is truly a "favorite family recipe."

## Chicken Fried Steak

1 1/4 lb. hamburger  
1/2 c. flour  
3/4 tsp. salt  
1/4 tsp. pepper

Mix ingredients together well and shape into 1/4-in.-thick patties. Dip into one beaten egg and then into cracker crumbs. Fry like hamburgers.

## Saucy Bean 'n Beef Pie

1 lb. hamburger	1 egg
1 can (3 1/2 oz.) French fried onions	1/4 tsp. thyme
1/4 c. dry bread crumbs	1/4 tsp. salt
1 can condensed cream of mushroom soup	
Dash pepper	
1 can (16 oz.) French-style green beans, drained	

Heat oven to 350 degrees. Mix meat, half the onions, the bread crumbs, 1/4 c. of the soup, egg, thyme, salt, and pepper. Press mixture evenly against bottom and side of ungreased 9-in. pie pan. Turn beans into meat-lined pan; spread remaining soup over beans. Bake uncovered 35 minutes. Arrange remaining onions on top; bake 10 minutes. Cool 5 minutes, then cut into wedges.

## Enchilada Casserole

12 tortillas	1 can cream of chicken soup
1 c. milk	1/2 c. chopped onion
2 c. grated cheese	1/2 c. diced tomatoes

Fry tortillas until brown. Layer in casserole dish tortillas and remaining ingredients. Bake at 325 degrees for 30 minutes.

## Beef & Lentil Stew

1 lb. hamburger	1 c. uncooked lentils
1 med. onion, chopped	3 c. water
1 clove garlic, minced	1/4 c. red wine (opt.)
1 can (4 oz.) mushroom stems and pieces	1 bay leaf
1 can (16 oz.) stewed tomatoes	2 tsp. salt
1 stalk celery, diced	1 tsp. instant beef bouillon
1 large carrot, diced	1/4 tsp. pepper

Cook and stir meat, onion, and garlic in a large soup pot until meat is brown. Drain off fat. Stir in mushrooms (with liquid) and remaining ingredients; heat to boiling. Reduce heat; cover and simmer, stirring occasionally, until lentils are tender, about 40 minutes. Remove bay leaf.



## Porcupine Meatballs

1 1/2 lbs. hamburger  
1/2 c. raw rice, uncooked  
1 tsp. salt  
1/2 tsp. pepper

1 small onion, chopped  
1 can tomato soup  
1/2 c. water

Wash rice and combine with hamburger, salt, pepper, and onion. Shape into meat balls and place in shallow baking dish. Pour tomato soup and water over the meat balls, and cook until rice is done--about 1 hour.

## Pepperoni Pizza Casserole

Submitted by Melissa Parcel

1 can (28 oz.) whole tomatoes, undrained  
1 can (8 oz.) tomato sauce  
1 tsp. Italian seasoning  
1/4 tsp. salt  
1/4 tsp. pepper  
8 oz. package rotini or rotelle noodles  
8 oz. sliced pepperoni (I use low-fat kielbasa and slice it myself)  
1 c. shredded Mozzarella cheese (4 oz.)  
1/4 c. grated Parmesan or Romano cheese

Heat oven to 350 degrees. Cook noodles as directed on package; drain. Meanwhile, mix tomatoes, tomato sauce, Italian seasoning, salt, and pepper in 3-qt. saucepan, break up tomatoes. Heat to boiling, reduce heat. Simmer uncovered 10 minutes, stirring occasionally. Stir macaroni and pepperoni into tomato mixture. Pour into ungreased 8x8-in. square pan or 2-qt. casserole dish. Sprinkle with cheeses. Bake uncovered about 30 minutes or until hot and cheese is golden brown. Serves 6. Freezes well.

## Hamburger & Corn Casserole

1 small onion, chopped  
2 tbsp. green pepper  
1 lb. hamburger  
2 c. cream-style corn

Salt and pepper  
1 c. milk  
1 egg, beaten  
2/3 c. bread crumbs

Cook hamburger, onion, and green pepper until hamburger is browned and vegetables are tender. Add corn, salt, pepper, milk, and egg. Pour into greased casserole dish and sprinkle with bread crumbs. Bake at 350 degrees for 45 minutes.

## Hamburger Stroganoff



1 can cream of mushroom soup  
1/2 soup can milk  
1 lb. hamburger  
3 slices bacon, diced

1/2 c. onion, chopped  
1 c. sour cream  
Salt and pepper

In a skillet, brown hamburger and bacon. Add the onion, cook until the onion is soft and translucent. Add salt and pepper. Stir in the soup and milk. Simmer on low heat, uncovered, for 20 minutes. Stir frequently. Stir in the sour cream and heat through. Serve with rice, noodles, or mashed potatoes.

## Cheeseburger Casserole



1 lb. hamburger  
1 large onion, chopped  
1 med. green pepper, chopped  
1 (8 oz.) can tomato sauce  
1/4 c. catsup

1/4 tsp. salt  
1/8 tsp. pepper  
1 c. cheddar cheese, grated (opt.)  
1 can refrigerator biscuits

Brown hamburger in skillet with onion and green pepper. Drain fat. Add tomato sauce, catsup, salt, and pepper. Heat thoroughly. Alternate meat and cheese in casserole dish. Arrange biscuits on top; brush with melted margarine and sprinkle with Parmesan cheese, if desired. Bake at 400 degrees for 20 to 25 minutes. Freezes well.

## Easy Meatloaf

Submitted by Michele Young

1 to 1 1/2 lb. hamburger  
1 pkg. herb-flavored Stove Top stuffing mix with spice packet  
Enough milk to moisten

Mix all together and bake in a loaf pan at 350 degrees for 45 minutes to an hour. That's ALL!!!!

## Bar-B-Que Beef

3 to 6 lb. roast  
1 can tomato soup  
1 regular-sized bottle of catsup  
1 c. water  
2 tbsp. lemon juice  
1/2 tsp. dry mustard

2 tbsp. Worcestershire sauce  
1 tbsp. brown sugar  
1 medium onion, chopped  
1/2 c. celery, chopped  
1 or 2 bay leaves

Cook roast and let cool. Saute onion, celery, and bay leaves in a separate pan. Add remaining ingredients and cook on low for about 30 minutes. Add chunk or shredded roast. Simmer for about 1 hour. Serve on buns.

## Hamburger Casserole

1 1/2 lb. hamburger  
1/2 c. onion, chopped  
1 can cream of mushroom soup  
1 can tomato soup  
1/2 c. water  
Salt and pepper  
1 (9 oz.) package frozen green beans, cooked and drained  
1 c. canned or cooked sliced carrots  
3 c. mashed potatoes  
1 c. cheddar cheese, grated

In a skillet, brown hamburger and cook onion until tender. Pour off excess fat. Add soups, water, salt, pepper, green beans, and carrots. Pour into a greased 2-qt. baking dish. Spoon mashed potatoes on top and sprinkle with cheddar cheese. Bake at 350 degrees for 30 minutes.

## Corned Beef Casserole

1 can corned beef  
1 can cream of chicken soup  
2 tbsp. onion, chopped

1 c. milk  
1/2 c. cheddar cheese, grated  
2 c. macaroni, cooked

Mix all ingredients together and bake in a large casserole dish at 350 degrees for 1 hour.



## All Round Casserole

1 lb. hamburger	2 c. mashed potatoes, cooked
1 c. tomato juice	Salt & pepper
1 small onion, chopped	Garlic salt
1 can green beans	Grated cheese (opt.)

In a skillet, brown hamburger and onions. Add tomato juice and seasonings, stirring well. Place green beans in bottom of casserole dish with a little of the liquid from the can, then a layer of mashed potatoes, then the meat sauce. Top with remaining mashed potatoes and grated cheese, if desired. Bake at 375 degrees for 30 minutes.

## Cabbage Rolls

1 lb. hamburger	1/2 tsp. pepper
2 tsp. salt	1 onion
3/4 c. cooked rice	12 large cabbage leaves
2 (8 oz.) cans tomato sauce	1/2 c. lemon juice
1/4 c. brown sugar	1/4 lb. ground pork (opt.)

Combine meats, salt, pepper, rice, onion, and 1 can tomato sauce. Cover cabbage leaves in boiling water for 4 minutes. Drain. Place portions of meat mixture in center of each cabbage leaf; roll up. Place seam side down in skillet. Mix remaining tomato sauce with brown sugar and lemon juice. Pour over rolls. Simmer, covered, for about 1 hour.

## Sweet & Sour Beef & Cabbage

1 lb. ground beef	2 tbsp. chopped parsley
1/4 c. soft bread crumbs	1 tsp. salt
1 egg, slightly beaten	2 tbsp. oil
1/2 med. onion, finely chopped	1 head cabbage
1/2 green bell pepper, chopped	
1 clove garlic, minced	
Sweet and Sour Sauce (recipe follows)	

Combine meat, bread crumbs, egg, onion, green pepper, garlic, parsley, and salt. Mix until well blended, then shape into balls (about 1 inch). In a heavy saucepan, heat oil and brown meatballs. Drain excess fat. Core and cut cabbage into narrow wedges; arrange over meat. Pour sauce over all, reduce heat, and simmer gently for 15 minutes or until cabbage is tender.

### Sweet & Sour Sauce

Combine 2 8-oz. cans tomato sauce with 1/4 c. cider vinegar, 1/4 c. brown sugar, 1/2 tsp. salt, and 1/4 tsp. pepper; stir until blended.

## Beef Skillet Fiesta

1 lb. hamburger  
1 tbsp. vegetable oil  
1/4 c. diced onion  
2 tsp. salt  
1 tsp. chili powder  
1/4 tsp. pepper

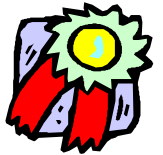
1 can (1 lb.) tomatoes  
1 can (12 oz.) whole kernel corn  
1 1/4 c. beef broth  
1/2 c. thin strips green peppers  
1 1/3 c. Minute rice

Brown meat in oil over high heat in skillet, leaving meat in coarse chunks. Add onion; reduce heat to medium and cook until onion is tender, but not browned. Add seasonings, tomatoes, corn, bouillon; bring to a boil. Stir in green peppers and boil again. Stir in rice; remove from heat. Cover and let stand 5 minutes. Fluff with fork.

## Frito Banditos

1 package Fritos  
2 cans chili  
Lettuce, shredded

Cheese, grated  
Sour cream or ranch dressing  
Black olives (opt.)



Heat chili. Arrange Fritos on dinner plates and spread heated chili on top. Garnish with lettuce, cheese and olives. Serve with sour cream or ranch dressing.

## Corn Hamburger Bake

1 onion, chopped  
1 lb. hamburger  
1/4 c. celery, chopped  
2 cans cream-style corn (save 1/2 c. for biscuits)  
3/4 c. milk

1 tsp. salt  
1/4 tsp. pepper  
1 beef bouillon cube

Brown onion and hamburger. Add all other ingredients except biscuits. Bring to a boil. Pour into baking dish and drop corn biscuits (recipe below) on top. Bake at 425 degrees for 25 to 30 minutes.

### Corn Biscuits

1 c. flour  
1 1/2 tsp. baking powder  
1 tsp. salt

1 egg, beaten  
2 tbsp. vegetable oil  
1/2 c. cream-style corn

## Souper Simple Meatloaf

Submitted by Marybeth Henry

- 1 to 1 1/2 lb. ground meat (beef, pork, or turkey)
- 2 c. Pepperidge farm stuffing
- 1 packet Lipton Recipe Secrets Onion Soup (or any flavor of your choice)
- 1 c. water

Mix all ingredients well in a bowl, transfer to loaf pan and bake at 325 degrees for 45 minutes to an hour.

## Meatball Stew

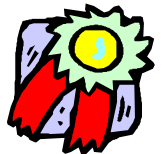
Submitted by Rosanna Houlton

- |                                       |                             |
|---------------------------------------|-----------------------------|
| 1 egg, beaten                         | 2 tsp. oil                  |
| 1 c. bread crumbs                     | 2 cans beef broth           |
| 1/4 c. chopped onion                  | 4 potatoes, cut into chunks |
| 1 tsp. salt                           | 2 carrots, sliced           |
| 1 tsp. marjoram                       | 1 jar pearl onions, drained |
| 1/2 tsp. thyme                        | 1/4 c. fresh parsley        |
| 1 1/2 lb. ground beef                 |                             |
| 2 cans golden mushroom soup undiluted |                             |

Mix egg, bread crumbs, chopped onion, salt, marjoram, and thyme. Add beef, mix well and shape into meatballs. Cook in baking dish in oven at 350 degrees for 12-14 minutes (I make sure they are completely cooked). Put in soup pot, add broth, soup, potatoes, carrots and pearl onions. Bring to boil, add meatballs and simmer 30 minutes.

## Stroganoff Sandwiches

- |                                    |                             |
|------------------------------------|-----------------------------|
| 1 loaf French bread                | 1 medium tomato             |
| 2 lb. hamburger                    | 1 small can mushrooms       |
| 1 (16 oz.) container of sour cream | 1 c. cheddar cheese, grated |
| 1 medium onion                     | Mozzarella cheese, grated   |
| 1 medium green pepper              | Worcestershire sauce        |



Brown hamburger in skillet with onion, mushrooms, and Worcestershire sauce. Drain fat and add sour cream; let simmer. Cut French bread in half lengthwise and toast in oven under broiler. Butter French bread and scoop meat/sour cream mixture evenly onto French bread halves. Cut green pepper and tomato into thin slices and place on top of meat. Broil for 5 minutes to cook tomato and green pepper. Take out of oven and sprinkle Mozzarella cheese and cheddar cheese alternately over the top of the sandwiches. Broil until cheese is melted.

## Pepper Steak

1/4 c. flour	1 medium onion, sliced
1 1/2 lb. round steak	1 clove garlic, minced
2 tbsp. shortening	1 tbsp. lemon juice
1 can tomato soup	4 thin slices lemon
1/2 to 1 c. water	
1 large green pepper, cut into strips	

Coat steak with flour and brown on both sides in shortening in a skillet. Add remaining ingredients, cover, and cook on low for 45 minutes, stirring often. Add extra water if needed.

## Mexican Lasagna

1 lb. hamburger	2 tsp. salt
1 lg. onion, chopped	1 pkg. 10-in. flour tortillas
1 clove garlic, minced	3 c. shredded lettuce
2 to 4 tsp. chili powder	1 c. grated cheese
1 can (1 lb., 3 oz.) tomatoes	
2 cans (1 lb. ea.) red kidney beans, drained	

In a skillet, saute onion and garlic until soft. Add hamburger and cook until browned; drain. Stir in chili powder, tomatoes, kidney beans, and salt. Break tomatoes with the back of your spoon. Simmer, uncovered, 15 minutes. Spoon 1 c. hamburger mixture into 13x9x2-inch baking dish. Cut 4 tortillas, lengthwise, and arrange flat edges against the sides of the dish to cover the pan. Spoon half of the remaining hamburger mixture over the tortillas. Cut 3 more tortillas in half and place on top of hamburger mixture. Sprinkle on lettuce and cheese. Halve remaining tortillas and place on top of lettuce and cheese. Spoon remaining hamburger mixture on top. Bake at 350 degrees for 30 minutes. Can be made ahead of time and refrigerated before layering. Bake at 375 degrees for 45 minutes.

## Spicy Meatloaf

1 tbsp. butter	1 egg, beaten
1 medium onion, chopped	1 tsp. ground cumin
2 cloves garlic, minced	1/2 tsp. cayenne pepper
3 slices stale white bread	1 tsp. salt
1/2 c. milk	1 tbsp. Worcestershire sauce
1 1/2 lb. hamburger	2 tbsp. ketchup
1/2 lb. ground pork	

Preheat oven to 350 degrees. Melt butter in skillet. Saute onion and garlic until soft. In a small bowl, soak bread with milk and break bread into crumbs. In a large bowl, mix together meats, onion, garlic, bread with milk, and remaining ingredients. Mix well and shape into a loaf. Place in a loaf pan and bake for 1 hour.

## Chinese Hamburger

1 1/2 lb. hamburger	1 c. hot water
1 c. chopped onion	2 tbsp. soy sauce
2 c. chopped celery	1 large can Chinese noodles
1 can cream of chicken soup	
1 can cream of mushroom soup	

Cook hamburger, onion, and celery in skillet until hamburger is browned. Place hamburger mixture in an ungreased baking dish and add the soup, hot water, soy sauce, and uncooked rice. Bake at 325 degrees for 1 hour. Sprinkle Chinese noodles on top and bake for 15 more minutes.

## Upside Down Pizza

1 lb. hamburger	1 1/2 c. grated cheddar cheese
1 (14 oz.) jar spaghetti sauce	8 oz. sliced Mozzarella cheese
1 egg	1 tube Pillsbury crescent rolls
Oregano, to taste	
1 can sliced mushrooms	

Brown hamburger. Mix 1 beaten egg into spaghetti sauce. Place meat in a 9x13-inch baking dish and pour sauce mixture over it. Place sliced mushrooms on top of sauce. Sprinkle oregano over mushrooms. Sprinkle cheddar cheese next. Place sliced cheese on top of cheddar. Remove crescent rolls from can and keep in a rectangle and place on top. Bake at 350 degrees for 20 minutes.

## Juicy Meatloaf

1 1/2 lb. hamburger	2 tsp. salt
3/4 c. bread crumbs	1/4 tsp. pepper
2 eggs, beaten	1 c. tomato juice
1/4 c. chopped onion	

Mix ingredients together and spoon into a loaf pan. Bake at 350 degrees for 1 hour.



## Mexican Rice

3 slices bacon, cut into pieces	1/2 c. uncooked Minute rice
1 1/2 c. onions, chopped	1 tsp. chili powder
1 c. green pepper, chopped	3 c. canned tomatoes, drained
1 lb. hamburger	1 1/2 tsp. salt
1/4 tsp. pepper	

Fry bacon with onion, green pepper, and hamburger until hamburger is browned. Add tomatoes, rice, chili powder, salt, and pepper. Cover and simmer for about 15 minutes, or until rice is cooked. Add a little water if mixture cooks down too much.

Note: If you want to use raw rice instead of quick-cooking rice, just simmer for an hour instead of 15 minutes.

## Tex Mex Pie

1 lb. hamburger  
1 c. thick and chunky salsa  
1 (15 oz.) refrigerated pie crust  
1 c. grated cheddar cheese

Brown hamburger; drain. Add the salsa, cooking until excess liquid evaporates. Cool. Heat oven to 400 degrees. Roll each crust from 1 package of refrigerated pie crust into a 12-inch circle. Place one circle on a cookie sheet. Spoon beef evenly on circle, leaving a 3/4-inch border. Sprinkle cheese on top of hamburger. Moisten edge of circle with water. Fold second crust in half, cut two 1-inch diagonal slashes in center. Unfold over filling. Press edge of pie to seal. Bake 25 to 30 minutes, or until lightly browned.

## BAR-B-Q Cups

3/4 lb. hamburger	2 tbsp. brown sugar
1/2 c. barbecue sauce	1 can refrigerator biscuits
1 tbsp. minced onion	

Brown meat and drain; add barbecue sauce, onion, and brown sugar. Let simmer while you press the biscuits into well greased muffin pans, bringing the biscuits up the sides as far as you can. Spoon the hamburger mixture into the muffin cups. Bake 10 to 12 minutes at 350 degrees. Sprinkle some cheese on top if desired a couple of minutes before you take them out of the oven.

## Busy Day Casserole

1 lb. hamburger  
1 c. onion, chopped  
3 c. macaroni, cooked

1 can cheese soup  
1 c. cheese crackers, crushed

Cook hamburger and onion in a skillet until hamburger is browned. Add macaroni and cheese soup and pour into a casserole dish. Top with cheese crackers. Bake at 350 degrees for 30 minutes.

## Teriyaki Burgers

1 1/2 lb. hamburger  
1 1/2 c. soft bread crumbs  
1/4 c. onion, chopped  
2 eggs, slightly beaten

2 tbsp. sugar  
3 tbsp. soy sauce  
1 clove garlic, crushed

Combine all ingredients, mixing well. Shape into 6 patties or 3 large "steaks." Broil 4 to 5 inches from heat for 10 minutes, turning once.

## Mac Goulash

Submitted by Debbie Bishop

1/2 lb. ground beef  
Chopped onion  
1 box macaroni and cheese

1 can cream of mushroom soup  
1 c. Pace picante sauce  
1 can corn (if desired)

Cook hamburger & onion together. Meanwhile cook macaroni according to package directions. Combine cooked mac & cheese, hamburger, soup, picante and corn (drained). Spoon into 9 x 9 square baking dish. Top w/cheese. Bake at 350 for 20-30 minutes. This also freezes extremely well. I will usually double this and freeze half of the mixture before it goes into the oven. The night before serving I remove from the freezer to defrost. The next night at dinner time, I will put it into a baking dish and bake in oven as stated above.

## Easy Stroganoff

Submitted by Mary Lee C.

1 package Lipton Stroganoff Noodles  
1 lb. hamburger

Fry the hamburger and drain. Prepare the stroganoff noodles according to the package. Mix the hamburger in after the noodles are done. Eat and run. I also will add a can of mushrooms for something a little different.

## Impossible Cheeseburger Pie



- |                            |                    |
|----------------------------|--------------------|
| 1 lb. hamburger            | 1/2 tsp. salt      |
| 1 1/2 c. onions, chopped   | 1/4 tsp. pepper    |
| 1 1/2 c. milk              | 2 tomatoes, sliced |
| 3/4 c. Bisquick baking mix | 1 c. grated cheese |
| 3 eggs                     |                    |

Preheat oven to 400 degrees. Cook hamburger and onion in skillet until hamburger is browned; drain. Stir in salt and pepper. Spread in greased pie plate. Beat milk, eggs, and baking mix until smooth. Pour into pie plate. Bake for 25 minutes. Top with tomatoes; sprinkle with cheese. Bake until knife inserted in center comes out clean, 5 to 8 minutes. Cool 5 minutes.

## Haystacks

- 2 c. rice, cooked and warmed
- 1 head lettuce
- 3 large tomatoes, chopped
- 1 bag crumbled taco chips
- 2 lb. hamburger, fried with taco seasoning
- 1 can cheddar soup, heated to make sauce (milk can be added if desired)

Have all ingredients in separate bowls on the table, and then have family members fix their own haystacks, starting with rice, then lettuce, etc., ending with cheese sauce.

## Chili Spaghetti



- |                                    |                             |
|------------------------------------|-----------------------------|
| 1 1/2 lb. hamburger                | 7 c. boiling water          |
| 1 1/2 tbsp. chili powder           | 2 (15 oz.) cans chili beans |
| 2 cans tomato soup                 |                             |
| 1 1/2 c. elbow macaroni (uncooked) |                             |

Cook hamburger until brown. Add chili powder and stir. Add tomato soup and beans and simmer on low. Bring water to boil in large saucepan. Add macaroni. Boil macaroni for 12 minutes. Drain and rinse. Add macaroni to meat and beans. Cover and simmer on low for 30 minutes.

## Mexican Rice

3 slices bacon, cut into pieces  
1 1/2 c. onions, chopped  
1 c. green pepper, chopped  
1 lb. hamburger  
1/2 c. uncooked Minute rice

1 tsp. chili powder  
3 c. canned tomatoes, drained  
1 1/2 tsp. salt  
1/4 tsp. pepper

Fry bacon with onion, green pepper, and hamburger until hamburger is browned. Add tomatoes, rice, chili powder, salt, and pepper. Cover and simmer for about 15 minutes, or until rice is cooked. Add a little water if mixture cooks down too much. Note: If you want to use raw rice instead of quick-cooking rice, just simmer for an hour instead of 15 minutes.

## Southwestern Meatloaf

2 1/2 lb. hamburger  
3 c. cheddar cheese, grated  
1 tsp. salt  
1 tsp. chili powder  
2 c. tomato juice

2 eggs, beaten  
1/8 tsp. black pepper  
1 large onion, chopped  
1/8 tsp. garlic powder  
8 c. corn chips



Preheat oven to 350 degrees. Combine hamburger, tomato juice, onion, eggs, garlic, chili powder, salt, and pepper in a large bowl. Mix thoroughly. Slightly crush 4 c. of corn chips; stir into meat mixture. Spread in a 13x9x2-in. baking dish. Bake 50 minutes. Remove from oven; spoon off fat. Top with remaining corn chips; sprinkle remaining cheese on top. Return to oven until cheese melts (about 5 minutes).

## Sloppy Joe's

1-2 lbs. ground beef or turkey  
1 can chicken gumbo soup, condensed  
1 can tomato soup, condensed

Brown ground beef (may add onion while cooking ground beef, if your kids like it). Drain grease. Add both cans of undiluted soups and stir into ground beef. Bring to boil. Cover and simmer for 30 minutes. (A lot of times, it can be ready in 5 minutes if you're in a hurry. Really quick and easy and only has 3 ingredients!!!)

## Quick Stronganoff

Submitted by Tricia McShane

1 lb. ground beef	1 can mushrooms
2 cans cream of mushroom soup	Egg noodles
Worcestershire sauce	

In pot boil water and cook egg noodles. (I usually cook several handfuls.) While this is cooking, brown ground beef and mushrooms together. (I sometimes add chopped onion). Once this is browned well add the cans of soup. Then add enough liquid to make a good gravy. (not too thin! You want it to be thick! I usually use milk, but have used water also.) Then add Worcestershire sauce to taste. We also add sour cream to the mixture once it is done. Mix cooked egg noodles and meat mixture together and serve. This is also good served over rice or mashed potatoes.  
YUMMY!

## Hobo Stew

Submitted by one of our readers

Brown 1 lb. hamburger.  
Add 1 chopped onion  
Add 1 tbsp. minced garlic.  
Saute until onion is cooked.  
Add 1 can pork & beans.  
Heat.

Serve with biscuits and small salad.

## Macaroni & Cheese Pizza

1 box macaroni and cheese	1/4 c. green pepper, chopped
2 eggs	1 1/2 tsp. Italian seasoning
1 (8 oz.) can tomato sauce	1 lb. hamburger
1 (4 oz.) can mushrooms, drained	1/2 c. sliced black olives
1/4 c. onion, chopped	1 c. Mozzarella cheese, grated

Brown hamburger in skillet; drain. Prepare macaroni and cheese according to directions on package. Add eggs; mix well. Spread into a well greased 12-in. pizza pan or 13x9x2-in. baking pan. Bake at 375 degrees for 10 minutes. Combine tomato sauce and seasoning and spread over macaroni crust. Sprinkle hamburger, onion, green pepper, and olives over sauce. Sprinkle cheese over all. Bake 10 minutes.

## Fiesta Burgers

3/4 c. saltine crackers, finely crushed  
2 eggs  
1/4 c. onion, chopped  
1/4 c. catsup  
1/4 tsp. salt  
Dash pepper

1 (15 oz.) can kidney beans  
1/3 c. green pepper, chopped  
1/2 c. cheddar cheese, grated  
1 lb. hamburger  
2 tsp. Worcestershire sauce  
1 can cream of mushroom soup

Combine cracker crumbs, eggs, onion, catsup, Worcestershire sauce, salt, and pepper. Add uncooked hamburger and mix well. Shape into 6 patties. In a large skillet, brown hamburger patties on both sides. Pour soup over meat; top with beans and green pepper. Cook, covered, over low heat 10 minutes. Sprinkle cheese on top, cover, and cook 5 minutes more.

## Cashew Beef Casserole

1 lb. hamburger  
1 c. celery, chopped  
1 package egg noodles  
Salt and pepper  
2 cans cream of mushroom or chicken soup

1 medium onion, chopped  
3 tbsp. butter  
1 c. milk  
1 c. salted cashews

Prepare noodles according to directions on package; drain. Brown hamburger, onions, and celery, and butter. Mix soup, milk, and seasonings and add to noodles and hamburger mixture. Pour into casserole dish and bake, covered, at 350 degrees for 1 hour. Sprinkle with nuts and bake 10 minutes longer.

## Corn Dogs

1 1/2 c. flour  
1 tbsp. baking powder  
3 tbsp. sugar  
Hot dogs

1 tsp. salt  
Milk  
1/2 c. cornmeal

Mix all ingredients together and add enough milk to make a thick batter. Dip hot dogs into batter and deep fry. Serving hint: Serve with macaroni and cheese and peas.

## Simple Salisbury Steak

1 can cream of mushroom soup  
1 lb. hamburger  
1/2 c. dry bread crumbs

1 egg, beaten  
1/4 c. onion, chopped finely  
1 1/2 c. sliced mushrooms (optional)

Mix together 1/4 c. soup, hamburger, bread crumbs, egg, and onion. Shape into 6 patties. Cook patties in skillet over medium heat until brown on both sides. Drain fat. Remove hamburgers from skillet, and add remaining soup and mushrooms, stirring well. Return hamburgers to skillet and reduce heat to low. Cover and simmer 20 minutes or until done.

## Tamale Pie

1/2 c. yellow cornmeal  
1 1/2 c. boiling water  
3/4 tsp. salt

Boil 20 minutes, or until water is absorbed.

1 onion, diced  
3 tbsp. margarine

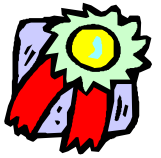
Saute onion in margarine until tender.

1 1/2 c. tomato sauce  
1 1/2 lb. hamburger, cooked and drained  
1 can whole kernel corn, drained  
1/2 tsp. salt  
1/8 tsp. garlic powder  
1 tbsp. chili powder

Add the tomato sauce, hamburger, corn, and seasoning to onion. Simmer 10 minutes. Grease a 2-qt casserole dish and place the hamburger in the baking dish. Cover meat mixture with the cornmeal mixture. Bake at 400 degrees for 30 minutes.

## Easy Tater Tot Casserole

Submitted by one of our readers



1 bag frozen tater tots

1/2 can of milk

1 lb. hamburger

1 can cream of chicken soup

(sour cream to add to taste, when served)

Pour tater tots in 13x9x2-in. baking dish. Brown hamburger; drain. Pour hamburger on top of tater tots. Heat up soup and milk; pour on top of tater tots and hamburger. Heat in oven, 350 degrees until bubbles and browns a little. Top with sour cream, if desired, when served.

## Cheeseburger Casserole

Submitted by one of our readers

2 tbsp. vegetable oil

2 c. chopped cabbage

1 lb. lean ground beef

1 can cream of mushroom soup

1/2 c. chopped onion

1 tsp. salt

1/8 tsp. garlic powder

1/4 tsp. pepper

2 (8 oz.) cans refrigerated crescent rolls

1 (8 oz.) package shredded Cheddar cheese

1 (8 oz.) package shredded mozzarella cheese

Place vegetable oil in skillet. Brown hamburger in oil. Add onion, salt, pepper, and garlic. Add cabbage and cook until tender. Stir soup into hamburger. Press eight rolls into bottom of 9- by 13-inch glass baking dish. Pour hamburger mixture on rolls. Top with both cheeses. Cover with eight more rolls. Bake at 350 degrees for 20 minutes.

## Chili Spaghetti

Submitted by one of our readers

We have 10 in our family so we use:

3 cans Nalleys regular flavored chili

2 pounds of spaghetti noodles

Parmesan cheese as desired

Cook noodles until done. Drain. Warm up chili. Serve on top of noodles. Add Parmesan cheese as desired.



## Broccoli Cheeseburger

Submitted by Brandie Valenzuela

Family First - <http://members.aol.com/BMValen/index.html>

1 lb. ground beef	2 tbsp. Worcestershire sauce
1 chopped onion	1 lb. thin spaghetti
2 cans condensed Cheddar cheese soup	6 c. lowfat milk
1 lb. frozen broccoli cuts (defrosted)	

In a pot, cook ground beef and onion until done. Drain, and return to pot. Add condensed Cheddar cheese soups, milk, and Worcestershire sauce to meat/onion mix. Stir often and bring to a boil. Break spaghetti into thirds and stir into liquid. Gently boil uncovered and stirring often until liquid is thickened and pasta is limp. Stir in broccoli, cover, reduce heat, and simmer 6-8 minutes, stirring a couple times, until pasta is firm tender and liquid is almost absorbed. Serves approx. 6.

## Quick Reuben Sandwiches

Submitted by Christy

1 can corned beef heated up in microwave  
1 package of rye bread  
8 oz. package of Swiss cheese (or provolone if you like provolone cheese)  
Thousand Island dressing  
1 can of sauerkraut, drained and warmed in microwave

Preheat oven to 300 degrees and then place rye bread on bakers sheet and put the cheese on the bread, heat bread for approx. 10-15 minutes or until cheese is melted. Remove from oven and put corned beef on the rye bread, add the kraut and then the dressing and then place another piece of rye bread to top off the sandwich. We enjoy this sandwich with Claussen dill pickles and deli-style potato chips.

## Meatball Stew/Soup

Submitted by Marcia

2 pkg. Lipton onion soup mix	1/2 cup frozen peas
3 cups water	1/2 cup frozen corn
Frozen precooked meatballs	2 cut up potatoes
1 can spicy mixed vegetables	

Put everything into the pot and cook till hot and potatoes are tender. If you prefer stew instead of soup, mix 2 tbsp. corn starch with 1/4 cup water and add, stirring until thickened. Serve with garlic cheese bread.

## Crock Pot Beef Stew

Submitted by one of our readers

1 lb. thawed stew beef  
1 pkg. onion soup mix  
1 can cream of mushroom soup  
4 lg. potatoes, washed and sliced potato chip thickness

Layer potatoes slices in bottom of crock pot. Finish layering with beef, cream of mushroom soup, and onion soup mix. Turn on low and cook all day or on high to be ready by lunchtime. The aroma is irresistible.

## Quick Chili & Cornbread

Submitted by Sue Lee

Pour two cans chili into baking dish, mix up 1 or 2 boxes cornbread mix (depending on how thick you like your cornbread) as directed on the package, pour over chili and bake until quite golden brown - quick and good!

## Easy Mexican Casserole

Submitted by one of our readers

1 lb. ground beef	2 (8 oz.) cans tomato sauce
1/2 c. onion, diced	1 (15 oz.) can corn, drained
1 tbsp. chili powder	1/2 tsp. salt
2 tsp. cumin	1/2 tsp. pepper
4 cloves garlic minced	6 dashes hot sauce, optional
2 c. baking mix (I use Jiffy)	6 dashes hot sauce, optional
1 c. milk	6 slices Colby jack
2 (4 oz.) cans chopped green chilies	
10 oz. pepper jack cheese, shredded	

Preheat oven to 375 degrees. Brown ground beef and onion until beef is cooked through and onion is translucent. Add chili powder, cumin, garlic, salt and pepper. Cook 2-3 minutes longer. Mix tomato sauce, corn, chilies, cheese and hot sauce in a bowl. Add ground beef mixture. Combine thoroughly and spread in a 9 x 13 baking pan. Layer sliced cheese on top. Mix baking mix and milk until smooth. Spread baking mixture on top of meat mixture. Bake 35-40 minutes or until top is golden.

## Taco Pie

1 small package cornbread mix  
1 can refried beans  
1 c. sour cream  
1 lb. hamburger  
1 pkg. taco seasoning mix

1 c. tomato sauce  
2 c. cheddar cheese, grated  
Shredded lettuce  
Chopped tomatoes  
Black olives

In a 13x9x2-in. baking dish, bake a layer of cornbread (as directed on package). In a skillet, brown hamburger. Add taco seasoning and tomato sauce; simmer. Spread beans over the cornbread and place under broiler for about 1 minute. Layer sour cream, ground beef, grated cheese, shredded lettuce, sliced tomatoes, and black olives on top.

## Kabob & Rice (an Iranian dish)

Submitted by Bettye Evans

1 lb. ground beef  
1 onion, chopped  
2 eggs, beaten  
1 large tomato chopped or 1 large can  
of chopped stewed tomatoes

2 slices of white bread, crumbled  
salt and pepper to taste  
1 tbsp. of tumeric

Mix all ingredients, except tomatoes. Place in a baking dish. Cook at 350 degrees until done. Cook rice for your family, however much your family will eat. Cut meat in slices and place over rice on each plate. Top with tomatoes. Fresh tomatoes are better but canned will do.

## Mashed Potatoes & Ground Beef Gravy

Submitted by Patricia Toney, Florida

Brown a pound of ground beef. I usually add onions or onion powder and garlic powder. Make a couple of packages of brown gravy. Pour in with the ground beef and heat on medium or medium high until bubbly. Turn on low while you make the mashed potatoes of your choice be it fresh or instant. To serve put a large ice-cream scoop of potatoes on a plate and then ladle the gravy on. Serve with salad or veggie of your choice. Editor's note: I make a fast gravy just by adding cream of mushroom soup and a little milk to the cooked hamburger.

## Homemade Hamburger Helper

Submitted by one of our readers

- 1 lb. hamburger
- 1 (16 oz.) pkg. egg noodles
- 1 can cream of mushroom soup
- 1/2 can milk (can add a little more if need be)
- 1 small container of sour cream (optional)

Brown the hamburger while the egg noodles cook. Drain the hamburger. Mix in the cream of mushroom soup and milk. Then add the hamburger mixture to the drained egg noodles; mix well. Let each person add their own sour cream to their own plate of hamburger helper.

## "Favorite" Hamburger Casserole

Submitted by B. Tyler

- 1 box of Kraft Shells & Cheese
- 1 can of cream of mushroom soup
- 1/2 to 1 lb. ground hamburger (cooked--add seasoned salt to taste)
- 1 c. crushed potato chips (great way to finish off the end of a bag)

Cook Shells & Cheese per box instructions. Add in 1 can of cream of mushroom soup. Mix well. Place in casserole dish. Spread cooked hamburger over the pasta mixture. Sprinkle crushed chips over the hamburger. Bake at 350 degrees for 15 minutes (or until heated through and chips are slightly browned). Serve with fresh veggies and dip.

## Hickory Bend (my grandmother's recipe)

Submitted by Marlene Parmentier

Slice hot dogs into "penny" shapes. Saute with small onion and pepper. Simmer with 1/4 cup catsup and 1/4 water. Add 1 tablespoon of Worcestershire sauce and simmer 20 minutes. Serve over cooked rice.

## Mexican Casserole

Submitted by one of our readers

- |                                    |   |
|------------------------------------|---|
| 1 1/2 lb. ground beef              | 1 (12 oz.) pkg. shredded cheddar cheese |
| 1 lg. can refried beans            | 1 (8 oz.) container of sour cream       |
| 1 jar of any flavored salsa        | 2 tomatoes, chopped                     |
| 1 small can of diced green chilies | 1 bag of corn chips of your choice      |
| 1 small can of black olives        |   |

Heat oven to 350 degrees. Spread refried beans into bottom of 13x9x2-in. baking pan, top with salsa. Place into heated oven. Meanwhile cook ground beef, you may season how you like and also you can add onions to this. When the meat is done, drain it and put it on top of the beans and salsa. Sprinkle the green chilies on the ground beef then top with the cheese. Return to oven until the cheese is melted. Top with sour cream and sprinkle tomatoes and black olives. Eat with the chips or crush them on top. My children love this.

## Quick Hamburger Dinner

Submitted by one of our readers

- |                   |                                       |
|-------------------|---------------------------------------|
| 1 lb. ground beef | Barbecue sauce (your choice)          |
| 1 onion, diced    | Canned Texas-style biscuits (unbaked) |
| Garlic (to taste) |                                       |

Brown hamburger, garlic, and onion in a skillet until brown. Drain off grease. Press biscuits into a large muffin pan, making a deep well in the center of each. Pour barbecue sauce into the hamburger mixture and stir well. Put the hamburger mixture into the biscuits and place grated cheese on top if desired. Bake as directed on biscuit can. Enjoy. Makes a quick snack, or serve with a salad and you have a nice lunch.

## Beef Stroganoff

Submitted by one of our readers

- |                                   |                              |
|-----------------------------------|------------------------------|
| 1 1/2 lbs. ground chuck           | 1/2 c. sour cream (optional) |
| 1 can cream of mushroom soup      | 1 c. mushrooms (optional)    |
| 1 can brown gravy or dry pkg. mix | 1 bag egg noodles, cooked    |

Cook ground chuck in skillet on medium heat until brown; drain. Add soup, gravy, mushrooms. Simmer 20 minutes. Add sour cream then salt and pepper to taste. Serve over noodles. Makes 4 servings.



## Quick Skillet Lasagna

1 lb. hamburger	Salt to taste
1 pkg. (2 1/2 oz.) spaghetti sauce mix	3 c. canned tomatoes (save juice)
8 oz. cottage cheese	1 c. water
2 c. medium egg noodles (uncooked)	2 c. grated cheese of your choice
1 tbsp. dried basil	

Brown hamburger in skillet; sprinkle 1/2 of spaghetti sauce mix over meat. Spread cottage cheese in layer over meat. Arrange uncooked noodles on top. Sprinkle with remaining sauce mix, basil, and salt. Add tomatoes with liquid, and water, until thoroughly moistened. Cover and simmer 30 minutes or until noodles are done. Sprinkle cheese on top; cover and let stand 10-15 minutes before serving.

## Pepper Steak

1 1/2 lb. thin beef steak	1 can (15 oz.) tomatoes, drained
2 tbsp. vegetable oil	1 green pepper, sliced thinly
1 pkg. dry onion soup mix	Salt and pepper, to taste
1 can (4 1/2 oz.) mushrooms, drained	1 tsp. soy sauce
1 tsp. Worcestershire sauce	

Cut meat into narrow strips and brown in oil. Add all other ingredients and simmer 30 minutes. Serve over hot rice.

## Beef Barbecue Casserole

1 lb. hamburger	1/2 c. onion, chopped
1/2 bottle barbecue sauce	8 oz. can refrigerated biscuits
1 c. grated cheese	Salt and pepper, to taste
16 oz. can pork and beans	

Preheat oven to 375 degrees. Brown hamburger; drain fat. Add pork and beans, barbecue sauce, onions, salt, and pepper. Simmer 5 minutes. Pour into lightly greased casserole dish. Cut biscuits in halves, place cut side down, forming circle around edge of casserole. Top with grated cheese. Bake 20 minutes.

## Hamburger Pie

Submitted by one of our readers

- 1 lb. ground beef
- 1/2 small onion (chopped)
- 1 can Ranch Style pinto beans
- shredded cheddar cheese
- 4 large potatoes (mashed the way you like them)

Saute onions; add beef and brown. Drain grease. Add beans. Spread into a baking dish, and cover with your mashed potatoes. Cover with cheese and bake at 350 degrees until completely hot and cheese is melted.

## Easy Frito Casserole

Submitted by one of our readers

- 1 small bag Fritos
- 1 can (16 oz.) chili and beans
- 1 lb. ground beef, cooked and drained
- 1 cup shredded cheddar cheese (or cheese of choice)
- 1 small carton sour cream
- Taco Sauce for topping

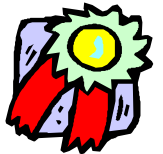
Cook ground beef and drain. Mix meat with canned beans. Put 1 1/2 cups Fritos in bottom of 9 X 13 casserole dish. Top with meat and bean mixture. Spread shredded cheese over top. Bake at 350 degrees for 25 minutes. When serving, top with dollops of sour cream and taco sauce. Add more Fritos for extra crunch if desired. Serves 6-8.

## Stuffed French Loaf

Submitted by Nicole Gaines

- |                              |                         |
|------------------------------|-------------------------|
| 1/2 lb. ground beef          | 1 can mushrooms drained |
| 1/4 cup diced onions         | 2 cups shredded cheese  |
| 1 can cream of mushroom soup | 1 loaf French bread     |

Brown ground beef with onions. Drain. Add undiluted soup, mushrooms. Cook until warm. Add cheese into mixture. Remove from heat. Hollow out loaf of bread. (I cheat and cut it lengthwise then remove inner bread.) Place meat mixture in bread middle replace top of bread. Wrap in foil. Bake on cookie sheet for 15-20 minutes until crust of bread is crisp. Slice with electric knife. Serve with vegetable of choice.



## Hamburger & Noodles

Submitted by Nelda

1 lb. ground beef	1 package egg noodles
1 small onion, chopped	Salt and pepper
1 can tomato soup	

Brown together ground beef and onion in frying pan. Salt & pepper according to taste. Meanwhile cook 2 cups egg noodles according to directions on package. Drain egg noodles, add to beef & onion. Last, add one can tomato soup to all & heat. Do not overcook after adding soup.

## Porcupine Balls

Submitted by Bernadette Engel-Whitley

1 lb. ground beef	2 (8 oz.) cans tomato sauce
1 cup rice	3 cups water

Mix ground beef with rice. Form into balls the size of a golf ball. Brown meat. Put into sauce pan with tomato sauce and water. Cook on low without lid for 30 to 45 minutes. A good substitution is to use two cans cream of mushroom soup for the tomato sauce and 3 cups milk for the water.

## Mushroom Hamburger Steak

Submitted by one of our readers

2 lbs. hamburger	1/2 stick butter or margarine
1 medium onion (chopped)	Approx. 1 cup milk
2 cans cream of mushroom soup	Salt, pepper, garlic powder to taste

Pat hamburger into steak patties. Bake in 375 degree oven for approx. 45 minutes or until brown and red is gone. While hamburger steaks are cooking, melt butter in large skillet. Add onion and cook until onions are browned. Add cream of mushroom soup and stir until mixed well. Add milk until gravy is formed. You may need more or less milk depending on the thickness you want the gravy. Pour over hamburger steaks before serving. Serve with tossed salad and baked potatoes. To save time, buy the ready made salad at the grocery store and cooking potatoes in the microwave. Simple and quick!



## Cheesy Beef & Bean Casserole

Submitted by one of our readers

- 1 lb. ground beef
- 1 large can Bush baked beans ( with bacon, brown sugar and onion)
- 1 jar of Ragu Cheese Creations or Cheese Whiz
- 1 small onion, chopped

Brown, season, and drain ground beef and onion. Mix with cheese sauce and baked beans. Spoon into a casserole dish, and bake for about 30 minutes at 350 degrees. This is also good with refrigerated biscuits on top and/or substitute the cheese sauce with grated cheese on top. Serves 4-6.

## Quick Hamburger Dish

Submitted by one of our readers

Here is an idea that I just threw together. It is really good. I browned some ground beef (about a pound). Drained the fat. Poured in a can of cream of mushroom soup, 2 cups of cooked rice and a can of mixed veggies. Cooked until heated in the skillet and poured over garlic bread. Yum.

## Crock Pot Beef & Noodles

Submitted by one of our readers



- 1 (2 lb) package beef tips (used to make beef stew)
- 1 can cream of mushroom soup
- 1 envelope of onion soup mix

Place all ingredients in crock pot...cook on low setting all day. Serve on egg noodles or rice. Easy and yummy...

## Hamburger Mountain

Submitted by Kim

- 1 lb. hamburger, browned and drained
- 1 med. onion, chopped
- Hash browns or french fries, enough for 4 servings
- Large jar of Cheez Whiz or similar kind
- 4 slices bread or Texas toast, toasted

Cook french fries or hash browns per package directions. Brown and drain hamburger; then set aside. Toast bread. Heat cheez whiz thoroughly. Now to assembly. Get one dinner plate and lay one slice of toast, 1/4 of hash browns/french fries, 1/4 of the hamburger, some onions then cover with some cheese.

## Hamburger Salad Sandwiches

Submitted by one of our readers



1/4 lb. hamburger	1/2 cup mayo
1 tbsp. chopped onion	1 hard boiled egg, chopped
1 cup shredded lettuce	1 tsp. salt
1/2 cup shredded cheese	1/4 tsp. pepper
1 large pickle, chopped	

Brown hamburger combined with salt and pepper. Drain and cool slightly. Add all other ingredients and stir well. Serve on bread of your choice. Yield: 1 or 2 servings.

## Barbecue Crescent Cups

Submitted by one of our readers

3/4 lb. ground round (hamburger)	1/2 cup BBQ sauce
2 tbsp. minced onion	1 can Pillsbury Crescent Rolls
2 tbsp. brown sugar	Small slices Velveeta cheese

Brown beef and onion; drain well. Add brown sugar and sauce; mix well. Separate rolls and press into non-stick muffin tins to form cups. Spoon meat mixture into cups and place small piece of cheese over top. Bake in 400 degree oven for 10 to 12 minutes or until golden brown.

## Roast Beef Casserole Supreme

Submitted by Heidi Menges

- 2 c. cooked roast beef
- 2 c. roast vegetables (carrots, onions, potatoes)
- 1 c. frozen green peas
- 1 (10 oz.) can cream of mushroom soup
- 1/2 c. sour cream
- 1/4 c. milk
- 1 small can french fried onions
- 1 c. shredded cheddar cheese

Preheat oven to 350 degrees. Mix beef, veggies, soup, sour cream, milk, and 2/3 can of the french fried onions together in a bowl. Spread into a greased 13x9x2-inch pan. Set the rest of the french fried onions aside. Sprinkle cheese on top. Bake for 15 minutes. Sprinkle the rest of the onions over casserole and return to oven for 5 minutes. Makes 6 servings.

## Mike's Sauerkraut Casserole

Submitted by one of our readers

1 can sauerkraut, drained	3 tbsp. sugar
2 (8 oz.) cans tomato sauce	1 onion, chopped
1 lb. polish sausage or hotdogs	3 strips bacon

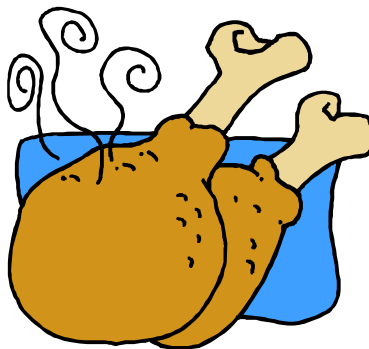
Saute onion with bacon. Combine with rest of ingredients and bake at 350 degrees for 45 minutes.

## Frank & Bean Sandwiches

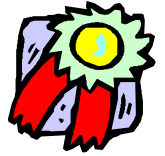
6 hot dog buns, split and toasted	1/3 c. water
6 hot dogs, cut in half lengthwise	1/4 c. ketchup
1 can condensed bean with bacon soup	2 tbsp. sweet pickle relish (opt.)

Arrange hot dog buns on a cookie sheet or in a shallow baking pan; place hot dogs on top. Combine remaining ingredients and spread completely over hot dogs and buns. Broil until hot.

# Chicken & Turkey Main Dishes



## Oven-Fried Chicken



3 lb. fryer chicken, cut up  
1/2 c. flour  
1/4 c. shortening

1/4 c. butter  
Salt and pepper

Preheat oven to 425 degrees. Wash chicken and pat dry. Melt the butter and shortening together in the oven in a 13x9x2-in. baking dish. In a medium-sized bowl, mix together flour, salt, and pepper. Coat chicken pieces in flour and arrange skin side down in the baking dish. Bake, uncovered, for 30 minutes. Turn chicken pieces over and cook for another 30 minutes.

## Chicken Asparagus Casserole



2 c. diced chicken  
1/2 lb. asparagus, cooked and diced  
1 c. cheddar cheese, grated (optional)  
1/2 package noodles, cooked  
1/2 c. cashews (optional)  
1 small can mushroom stems and pieces  
1/2 c. mayonnaise

1 can cream of chicken soup  
1 can cream of mushroom soup  
1 c. diced celery  
1/4 c. diced onion  
1/2 c. diced green peppers (optional)  
1 small can minced ripe olives (optional)

Arrange all ingredients in a large casserole dish. Bake for 1 hour at 325 degrees.

## Chicken Taco Casserole

3 lb. chicken  
1 c. onion, chopped  
1 can cream of mushroom soup  
1 can cream of chicken soup  
1 to 2 tsp. chili powder

Garlic powder to taste  
1 can whole tomatoes with juice  
1/2 package Doritos  
2 c. grated cheddar cheese (opt.)

Boil chicken until tender; cut into bite-sized pieces and place in casserole dish. Saute onion and add to chicken. Mix soup, seasonings, and chopped tomatoes. Add to casserole and stir thoroughly. Sprinkle with crumbled Doritos and top with grated cheese. Bake covered for 30 minutes at 375 degrees. Uncover and bake until cheese browns slightly.

## Potluck Casserole

4 chicken breasts	1 c. cooked, sliced carrots
1 can cream of chicken soup	1 can cooked peas, drained
1 can cream of mushroom soup	1 package stuffing mix
1 can evaporated milk	

Boil chicken and cut into bite-size pieces. Combine with soups, milk, carrots, and peas. Place in large casserole dish. Prepare stuffing according to directions on package and spread over mixture in the casserole dish. Bake at 400 degrees for 45 minutes. Can be made in advance and then cooked when ready to serve.

## Chicken Tetrazzini

1 boiled chicken	3 tbsp. butter
1/2 lb. macaroni	2 tbsp. flour
1/2 lb. mushrooms, sauteed	1 c. whipping cream
2 c. chicken broth	3 tbsp. dry white wine
1/2 c. slivered almonds	

Cut meat from chicken bones. Cook macaroni, drain, add mushrooms and almonds. Make sauce of butter, flour, broth; remove from heat, stir in cream, wine. Preheat oven to 375 degrees. Add 1/2 sauce to chicken, 1/2 to macaroni. Place macaroni in baking dish, greased, make hole in center, fill with chicken. Bake until lightly browned.

## Chicken Spaghetti

Submitted by Michele Butler

8 oz. spaghetti or other pasta (i.e., rigatoni, ziti rigati, etc.)  
1 can cream of chicken or cream of mushroom soup  
3/4 c. grated mild cheddar cheese  
2 c. cooked, diced chicken or turkey  
Salt and pepper to taste  
Diced celery and/or diced onion to your taste (opt.)

Prepare soup as directed. Prepare spaghetti as directed then drain. Combine spaghetti, soup and remaining ingredients. Stir until cheese melts. Serve and enjoy!

## Chicken & Tortilla Casserole

3 c. chicken, cooked and chopped  
1/2 c. sour cream  
8 flour tortillas  
1 c. milk  
1 can cream of mushroom soup

1 onion, chopped  
1 can cream of chicken soup  
1 c. cheddar cheese, grated  
3 cloves garlic, minced

Preheat oven to 350 degrees. Mix together soups, milk, sour cream, garlic, and onion. Cut tortillas into bite-size pieces. Grease a 13x9x2-in. baking dish. Alternate layers of tortillas, chicken, and soup mixture. Top with cheese. Bake for 35 to 40 minutes. Serve with picante sauce or salsa.

## Virginia's Easy Chicken Recipe

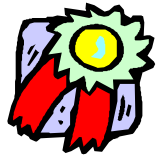
Submitted by Virginia Lugenbeel

Chicken-any parts/with or without skin  
Lemon and Herb spice

Wash your chicken, take off the skin if you like, add the spice as much as you like. Put it in the oven, bake it at 350 degrees for 45 minutes to 1 hour. Serve it with your favorite vegetable and rice.

## Chicken & Broccoli Pie

1 (10-oz.) package frozen broccoli, thawed and drained  
3 c. cheddar cheese, grated  
1 1/2 c. cooked chicken, chopped  
2/3 c. onion, chopped  
1 1/3 c. milk  
3 eggs  
3/4 c. Bisquick baking mix  
3/4 tsp. salt  
1/4 tsp. pepper



Preheat oven to 400 degrees. Mix broccoli, 2 c. cheese, chicken, and onion, and place in a greased pie plate. Beat milk, eggs, baking mix, salt, and pepper until smooth. Pour into pie plate. Bake until knife inserted in the center comes out clean, about 30 minutes. Top with remaining cheese and return pie to oven until cheese melts.

## Chicken Lasagna

2 c. chicken, cooked and diced	1/4 c. green pepper, chopped
1 c. onion, chopped	1 c. sliced olives (opt.)
1 can cream of mushroom soup	1 c. grated Mozzarella cheese
1 can cream of chicken soup	1 package lasagna noodles
1 c. sour cream	

Cook and drain lasagna noodles. Combine chicken, onion, soups, sour cream, pepper, and olives. Layer by alternating with noodles and sprinkle with cheese in a greased 13x9x2-in. baking dish. Top with remaining cheese. Bake at 350 degrees for 45 minutes.

## Chicken Nachos

1 can cream of chicken or mushroom soup  
3/4 c. sour cream  
2 c. chicken, cooked and diced  
1 large bag tortilla chips (try low-fat Tostitos)  
2 c. cheddar cheese, grated  
1 small can black olives (opt.)  
1/4 c. green onions, chopped (opt.)  
Picante sauce

Preheat oven to 350 degrees. Grease a 13x9x2-inch baking dish, and arrange the tortilla chips in the bottom of the pan. Stir together soup, sour cream, chicken, olives, and onions. Spoon chicken mixture over tortilla chips and sprinkle cheddar cheese on top. Bake until cheese is melted. Serve with picante sauce. This dish is a terrific dinner or snack, but it must be served right away. The chips get soggy if you let it sit too long!



## Amanda's Chicken Stew

1 (15 oz.) can of stewed tomatoes  
5 c. water  
5 chicken bouillon cubes  
Salt and pepper to taste  
4 medium potatoes, cubed (I don't peel mine)  
4 medium carrots, peeled and sliced  
1 small onion chopped into chunks  
4 stalks of celery, sliced  
1 (15 oz.) can pinto beans (or whatever kind you have on hand)  
2 c. leftover cooked chicken, cubed

Put tomatoes, water and bouillon in a large saucepan. Add salt and pepper to taste and bring to a boil. Add vegetables and return to boiling. Reduce heat to medium-low and cook for about 30-40 minutes. Reduce heat to low and cover, simmering for 30 minutes or until carrots and potatoes are tender. Add chicken and beans and increase heat to medium. Continue cooking for 5-10 minutes until beans and meat are heated through.

## Chicken 'n Biscuits

1 can cream of chicken soup	1/2 c. carrots, cooked
1/2 c. water	1/2 c. peas, cooked
2 tsp. minced onion	1/2 c. potatoes, cooked
1/8 tsp. poultry seasoning	1 c. Bisquick
1 c. chicken, cooked and cubed	1/4 c. cold water

In 1 1/2 quart casserole dish, blend soup, water, onion, and seasoning. Add chicken, carrots, peas, and potatoes. Bake at 450 degrees for 15 minutes. Combine biscuit mix and water; spoon 8 drop biscuits around edge of casserole. Bake 15 minutes more.

## Chicken Salad Bake

2 c. cubed cooked chicken (or turkey)  
1 c. chopped celery  
1/2 c. chopped onion  
1 (5 oz.) can water chestnuts, drained and sliced  
1/2 c. grated cheddar cheese  
1/2 c. mayonnaise  
1 tbsp. lemon juice  
1/2 tsp. salt  
1/8 tsp. pepper  
1 c. canned shoestring potatoes (or potato chips or chow mein noodles)

Preheat oven to 400 degrees. Combine chicken, celery, onion, water chestnuts, cheddar cheese, mayonnaise, lemon juice, salt, and pepper, in a 1 1/2-quart casserole dish. Sprinkle with shoestring potatoes. Bake for 20 to 25 minutes.

## Chicken Quiche

1 9-in. pie shell	1 1/2 c. milk
1 c. cheddar cheese, grated	2 cloves garlic, minced
1 c. chicken, cooked and chopped	1/2 c. onion, chopped
6 eggs, slightly beaten	Salt and pepper

Preheat oven to 350 degrees. Prick pie crust with a fork and bake until lightly brown (about 10 minutes). Cool. Sprinkle cheese and chicken in the bottom of the pie shell. In a medium-sized bowl, combine eggs, milk, garlic, onion, salt, and pepper. Pour egg mixture over chicken. Bake for 35 to 40 minutes. Let stand for a few minutes before serving.

## Low-Fat Cream Cheese Chicken

Submitted by N. Preston

2 (8 oz.) pkg. fat-free cream cheese, softened  
4 boneless chicken breasts, halved  
4 slices turkey bacon, cut in half  
Garlic powder  
Green onions, chopped

Cut chicken breasts in half. Cover with plastic wrap and pound until thin (with meat mallet or side of saucer). Mix softened cream cheese with garlic powder and chopped green onions. Put about 2 teaspoons cream cheese mixture on each chicken breast half. Roll up and wrap a piece of turkey bacon around roll. Place in 13x9x2-in. pan (sprayed with cooking spray) seam side down. Dot the rest of the cream cheese mixture over and around chicken rolls. Cover with foil and bake at 350 degrees for about 45 minutes. Uncover and bake about 10 to 15 minutes more (until bacon "crisps" some). Serve over rice.

## Chicken Breasts In Sour Cream

6 chicken breasts	1 c. sour cream
4 tbsp. melted butter or margarine	1 tsp. salt
1/2 c. celery, chopped	1/2 c. onion, chopped
1 green pepper, chopped	1/4 tsp. pepper
1 can (4 oz.) sliced mushrooms, undrained	

Saute chicken in butter. Arrange chicken in a lightly greased casserole dish. Set aside. Saute onion, celery, and green pepper in chicken drippings until tender. Remove from heat and let cool slightly. Combine the vegetables, mushrooms, sour cream, salt, and pepper. Spoon mixture over chicken. Cover and bake at 350 degrees for 45 to 55 minutes or until chicken is cooked through.

## Chicken Loaf

4 or 5 lb. chicken	2 tbsp. chopped pimento (opt.)
4 eggs, beaten	1 1/2 c. chicken broth
3 c. cooked rice	1 1/2 c. milk
1 tsp. salt	1 tsp. minced onions
1 tsp. pepper	1 tsp. minced parsley
1/4 c. butter or margarine	1 tsp. Worcestershire sauce
1 tsp. paprika	

Boil chicken until tender. Remove the meat from the bones, cut into cubes, and let cool. Mix all ingredients together and bake in a loaf pan for 1 hour at 325 degrees.

## New Mexico Chicken & Rice

4 c. cooked white rice	1 (7-oz.) can diced green chiles
1 (8-oz.) can diced tomatoes	3 c. shredded Jack cheese
1 small onion, chopped	1 can sliced olives, drained
2 c. cooked chicken, cut into bite-sized pieces	Salt and pepper
1 c. sour cream	

In a large bowl, combine the rice, tomatoes, onions, chiles, and chicken. Season to taste with salt and pepper. Spoon half the mixture in an even layer in a greased shallow 2 1/2-quart casserole dish. Cover with half of the sour cream, half of the cheese, and all of the olives. Repeat layering with the remaining chicken mixture, sour cream, and cheese. (This may be assembled ahead of time, covered, and chilled for up to 24 hours). Bake, uncovered, at 350 degrees for 45 minutes (1 hour if chilled) or until hot throughout. Let stand 10 minutes before serving.

## Easy Taco Soup

Submitted by Marybeth Henry



Two chicken breasts	2 tsp. cumin
4 c. chicken bouillon	1 can chopped tomatoes
1 tbsp. oil	1 can white kidney beans
1 large onion, chopped	1 can yellow corn, drained
1 green bell pepper, chopped	1/3 c. uncooked rice
1 carrot, peeled and sliced	Cheddar cheese
2 tsp. garlic salt	Tortilla chips
2 tsp. chili powder	

In a large soup pot, make up the bouillon and simmer chicken breasts in it for 10 minutes or until tender. Remove chicken and reserve broth. Over medium heat, add oil to pot and cook onion until soft but not brown (approx. 3 minutes). Add pepper and carrots and cook for another three minutes. Stir in garlic salt, chili powder and cumin, then add tomatoes and reserved broth. Simmer for 15 minutes or until vegetables are tender. Add beans, rice, and corn to soup and cook for another 15 minutes. Just before serving soup, cut chicken breasts into bite-sized pieces and add to the soup. Cook until heated through. Serve garnished with cheddar cheese and tortilla chips. (Note: this soup is delicious with or without the chicken chunks. For a more vegetarian meal, simply start with the bouillon and leave chicken out.)

## Macaroni-Chicken Skillet Dinner

2 c. macaroni, uncooked  
1 egg  
2 tbsp. water  
1 cleaned fryer chicken, cut into serving-size pieces  
2/3 c. grated Parmesan cheese  
1/4 c. vegetable oil  
1 can (28 oz.) tomatoes, undrained  
1 medium onion, sliced  
1 large green pepper, cut into strips

Cook macaroni according to directions on package; drain. Beat egg and water together until just mixed. Dip chicken pieces into egg mixture, then into cheese. Brown chicken in a large skillet in hot oil a few pieces at a time; drain fat and add undrained tomatoes, onion, green pepper, and macaroni; cover and cook 45 minutes, or until chicken is tender.

## Sunshine Chicken

2 tbsp. butter or margarine	3 tsp. cornstarch
6 chicken breasts	1 1/2 c. orange juice
2 envelopes Lipton onion soup mix	3 tsp. honey

Melt butter in skillet and brown chicken breasts. In a bowl, blend remaining ingredients and add to skillet. Simmer, turning chicken occasionally, until chicken is done. Serve with rice.

## Inside Out Stuffed Chicken

1 (8 oz.) package corn bread stuffing mix  
1/4 c. margarine, melted  
1 can cream of chicken soup  
1/3 c. milk  
1 broiler fryer chicken, cut up

Combine stuffing mix and melted butter, toss well. In another bowl mix soup and milk. Dip chicken into soup mixture then into stuffing mixture, pressing stuffing on with hands to coat. Place in ungreased baking dish and bake at 375 degrees for 1 hour.

## Idea For Leftover Chicken

Submitted by Needra Fischer

1 head small cabbage, shredded	Leftover chicken, heated
1 small white onion, chopped	Garlic, to taste
1/2 c. water	Salt, to taste
1 egg, beaten	Pepper, to taste

Take 1/2 c. water and heat on high in large skillet. Put cabbage and onion in and let steam for five minutes, then toss and let steam again. When cabbage is done to the desired tenderness, drain water and add the beaten egg, tossing the mixture so the egg is even throughout. After letting the egg stand in the mixture for five minutes, add the rest of the ingredients and serve! If you would happen to have some shredded carrots, it also goes well with the dish (adding with the cabbage while cooking). Serves eight easily with rice on the side, depending on the amount of chicken that would be added. My family loves this dish even without the chicken!

## Baked Chicken & Rice

1 package dry onion soup mix	1 1/2 soup cans water
3/4 c. uncooked raw long-grained rice	1/4 c. mushrooms, sliced
1 fryer chicken, cut up	1/4 tsp. pepper
1 can cream of chicken soup	1 can water chestnuts, sliced

Mix onion soup mix and rice. Spread evenly in the bottom of a casserole dish. Arrange chicken over rice. Combine soup and water and pour over chicken. Scatter mushrooms and water chestnuts over the top and season with pepper. Cover and bake at 350 degrees for 1 hour. Remove cover and continue baking for 1/2 hour longer.

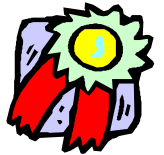
## Green Chile Casserole

1 dozen corn tortillas	2 c. cooked chicken, cubed
2 small cans diced green chiles	1 medium onion, chopped
2 cans cream of mushroom soup	1 c. cheddar cheese, grated
1 soup can water	

Mix everything together except tortillas. Fry tortillas until just soft and line casserole dish with tortillas. Pour in some of the sauce, then another layer of tortillas, more sauce, etc., until all is used. The last layer should be sauce. Sprinkle cheese on top and bake at 350 degrees until hot--about 30 minutes.

## Chicken & Stuffing Casserole

1 pkg. chicken Stove Top stuffing mix (unprepared)  
1/2 c. margarine  
1 can cream of celery soup  
6 boneless chicken breasts  
1 c. chicken broth  
1/2 c. grated cheese



Place chicken breasts in bottom of 13x9x2-inch baking dish. Spread undiluted soup over the chicken. Mix melted margarine, broth, and stuffing (including seasoning mix) together and spoon over chicken. Sprinkle with grated cheese. Bake at 350 degrees for 45 to 60 minutes.

## Corn-Crisped Chicken

1 broiler-fryer chicken, cut into serving pieces  
1 c. cornflake crumbs  
1 tsp. salt  
1/8 tsp. pepper  
1/2 c. evaporated milk

Mix corn flakes with salt and pepper. Dip chicken pieces in evaporated milk then roll in seasoned cornflake crumbs. Place chicken skin-side down in baking dish. Bake at 350 degrees for 1 hour or until tender.

## Easy Almond Chicken

Submitted by one of our readers

2 cooked, shredded or diced chicken breasts  
1 can cream of celery  
1/2 c. diced celery  
1/2 c. sliced almonds  
1/2 tsp. powdered Chinese mustard (or seasoning salt; omit additional salt)  
Salt & black pepper to taste  
Chow mein noodles

Heat all but almonds until bubbly, add almonds during last 10 minutes of cooking. Serve over chow mein noodles.

## Hot & Spicy Turkey Chili

Submitted by Carol Vargas

Best if made in a crock pot  
4 cans of kidney beans, drained & rinsed  
1 hot pepper  
Leftover turkey pieces  
2 large cans of tomato sauce  
1 c. water  
1 carrot, grated  
1 medium onion, chopped

Add the ingredients and throw in the crockpot. Cook for up to two hours. We do a variation that changes, depending on the leftovers we have at the house. Get creative and throw in those leftover vegetables. Wonderful to serve with cornbread.

## Turkey Burritos

Submitted by Carol Vargas

Tortillas	1 small container of sour cream
Leftover turkey, shredded	1 can of refried beans
1 medium onion, chopped	1 small can of olives
1/2 head of lettuce, cut up	1 jar of salsa
3 medium tomatoes, diced	2 c. of grated cheese, any type

Heat the turkey, and the refried beans together. Place this along with the cheese, olives, and onions and heat. When the cheese has melted, add the rest of the ingredients and eat! You can do a variation of this by using just the leftover turkey, stuffing, and cranberry to make a tortilla wrap.

## Hot Chicken (or Turkey) Salad

2 c. diced cooked chicken (or turkey)	1 c. celery, diced
1 can cream of chicken or mushroom soup	1 c. corn flakes
1 tbsp. onion, minced	1 tbsp. lemon juice
1/2 c. walnuts, chopped (optional)	1/2 c. mayonnaise

Mix all together in a baking dish and top with 3/4 c. crushed potato chips. Bake at 350 degrees for about 20 minutes.

## Chicken Enchiladas

Submitted by one of our readers

4-5 boneless, skinless chicken breasts  
Flour tortillas  
4-5 tbsp. picante sauce  
16 oz. sour cream  
1 can cream of mushroom or chicken soup  
Shredded cheddar cheese (as much as you like)

Cook the chicken by boiling it and after it boils, put a lid on the pot and let it sit for an hour. This will make the chicken juicy. After it cools a bit, cut it into bite-sized pieces. Mix the chicken and picante sauce in a bowl. Mix the sour cream and cream of mushroom soup together.

Put about 3-4 tablespoonfuls of the chicken mixture into a tortilla and roll it up. It should make about 10 enchiladas. Once the enchiladas are rolled and put into a cooking sprayed pan, pour the soup mixture over them and put the cheese on top. Bake for about 30-40 minutes at 325 degrees. Serve with some refried beans and you've got a delicious meal.



## Chicken Divan

1/2 c. chicken, cooked and cubed  
2 tsp. vegetable oil  
1 c. water  
1 can cream of mushroom soup  
1 (10 oz.) package frozen broccoli florets  
1 1/2 c. instant rice

Brown chicken lightly in oil. Add water, broccoli, and soup. Bring to a full boil, separating broccoli pieces. Stir in rice. Cover, remove from heat, and let stand 5 minutes before serving.

## White Chili

Submitted by Sandi White

1 lb. chopped turkey (cooked)  
2 (14 oz.) cans chicken broth  
1 tsp. oregano  
1 tsp. cumin  
2 handfuls of frozen or dried tortellini (if desired)  
1 clove garlic or as desired  
1 can navy beans  
1 small can green chilies  
1 whole onion (chopped)

Saute onion and garlic. Combine all ingredients except tortellini and simmer for 1/2 hour. Add tortellini and simmer for an additional 5-10 minutes. Serve with crackers or fresh baked bread.

Note: A great way to use up leftover turkey.

## Chicken Ole'

1 tbsp. vegetable oil  
1 lb. boneless, skinless chicken breast  
1 (14 oz.) can tomato sauce  
1 (14 oz.) can whole kernel corn (drained)  
1 small can green chilies, diced  
1 (14 oz.) can kidney beans, drained and rinsed  
1 1/2 tsp. chili powder  
1 tsp. onion powder  
Tortilla chips & shredded cheese for serving

Dice chicken and cook in vegetable oil in skillet. When cooked through, add tomato sauce, corn, chilies, beans and spices. Reduce heat and simmer for 10 minutes. Serve with tortilla chips and shredded cheddar cheese.

Submitted by Marie Greene

Homeschooling mom to Joshua, Jonah & Jacob

Listmom to "AllHomemakers" at:

<http://www.onelist.com/community/AllHomemakers>

And "AllHomemakersReview" at:

<http://www.onelist.com/community/AllHomemakersReview>

## Turkey Pot Pie

1 can cream of chicken soup	1 c. Bisquick
1 c. chopped turkey	1/2 c. milk
1 bag frozen vegetables	1 egg

Preheat oven to 400 degrees. Combine soup, turkey, and vegetables in 9-in. pie plate. Stir together remaining ingredients. Pour over turkey mixture and bake 30 minutes.

## Crock Pot Chicken & Dressing

Submitted by Jennie Wiseman

Any chicken parts you want to use  
1 box of bread dressing (stuffing mix)  
1 can of chicken broth  
1 can of cream of chicken soup  
1 soup can milk

Put everything in the crockpot. Put on low before you go to work. Eat when you get home. Quick, easy, and my daughter's favorite meal.

## Italian Chicken Breasts

4 boneless, skinless chicken breasts  
1 c. seasoned dried bread crumbs mixed with 1/2 c. Parmesan cheese  
3 eggs, slightly beaten with 2 tbsp. milk  
3 tbsp. olive oil  
2 tbsp. butter  
1/4 tsp. each of oregano and basil  
1 c. spaghetti sauce  
8 slices cheese (your choice)

Roll chicken breasts in bread crumbs and cheese, dip in egg mixture, and roll in bread mixture again. Chill for at least 30 minutes. Heat oil, butter, herbs, and brown chicken 3 minutes on each side. Bake chicken at 400 degrees for 20 minutes. Spoon spaghetti sauce over chicken and add a slice of cheese to each breast. Bake until cheese is melted.

## Grilled Chicken Salad

Submitted by one of our readers

Leftover chicken, diced, OR 4-6 boneless chicken breasts  
Italian salad dressing  
Green leaf lettuce  
Spinach leaves  
4-6 tomatoes  
Croutons

Marinate chicken in salad dressing at least 4 hours. If using leftover chicken, drain and heat stir-fry style. For raw chicken, drain and grill, bake or broil, then dice. Prepare salad with lettuce, spinach, and tomatoes. Toss in chicken and salad dressing of your choice. Top with croutons.

## Easy Chicken a La King

Submitted by one of our readers

1 1/2 lb. boneless chicken breasts, skin removed  
1 (10 3/4 oz.) can condensed cream of chicken or cream of mushroom soup  
3 tbsp. flour  
1/4 tsp. pepper  
1 (10 oz.) pkg. frozen peas and onions, thawed and well drained  
2 tbsp. pimiento, chopped and drained  
1/2 tsp. paprika  
1/2 tsp. celery salt, optional  
Dash of cayenne pepper

Cut chicken into bite-size pieces. Place in slow cooker (crock pot). Using a medium bowl, stir soup, flour and pepper until blended. Pour over chicken but **DO NOT STIR**. Cover and cook on High for 2 and 1/2 hours or on LOW for 5 to 5 1/2 hours or until chicken is very tender. Stir in peas and onions, pimiento, paprika, celery salt, if desired, and cayenne pepper. Cover and cook for 20 to 30 minutes or until vegetables are tender. Serve over rice or in patty shells. Serve with fresh fruit.

## Turkey, Bacon, and Swiss Sandwiches

Submitted by Cindee

Sliced turkey breast  
Sliced Swiss cheese  
Bacon bits  
Tomato slices

Russian or Thousand Island dressing  
Butter  
Sliced bread of your choice

Spread one side of bread slices with dressing. Stack turkey, cheese and tomato slices on dressing side of bread. Sprinkle with bacon bits, and top sandwich with second piece of bread. Spread butter on outside of sandwich. Grill sandwiches in medium frying pan until golden brown on each side. Serve with pickles of choice.

## Mexican Chicken

Submitted by Michele Young

1 package boneless skinless chicken breasts  
1 medium sized can tomatoes  
1 small can green chilies  
1 tsp. chili powder  
1 tsp. oregano  
1 clove garlic chopped  
1 tsp. dried minced onion  
1/2 tsp. cumin powder  
1/2 tsp. salt (or more to your taste)  
1/4 tsp. pepper

Pour canned tomatoes and green chilies into crock pot. Place chicken breasts on top of tomatoes and chilies. Sprinkle on seasonings. Cook in crock pot (on high or low) until meat is tender and falls apart. Serve with tortillas, refried beans and Spanish rice. Yum!!!

## Portabello Chicken

Submitted by Joanne

Portabello mushrooms  
Olive oil  
Chicken thighs (4-6)

Jar of spaghetti sauce  
2 garlic cloves, minced  
Salt

Brown mushrooms, garlic, and chicken in olive oil. Add spaghetti sauce and cook until the chicken is tender, adding salt to taste. Serve over pasta of your choice.

## Chicken Broccoli Rice & Cheese Casserole

Submitted by one of our readers

3 lbs boneless chicken, cooked and cubed  
1 pkg frozen broccoli, cook according to package  
1 bag of Uncle Ben's quick cook in bag rice, cooked  
1/2 -1 pound mild cheddar cheese, grated  
Salt and pepper to taste

Preheat oven to 300 degrees. In medium casserole dish combine first three ingredients and mix them together well. Sprinkle shredded cheese on top until it covers the casserole; bake until cheese is bubbly. This can be made ahead of time and reheated.

## Cheesy Chicken

Submitted by one of our readers

4 boneless, skinless chicken breasts  
4 slices American cheese  
1 can cream of chicken soup  
1/4 soup can water  
2 c. cooked Stove Top stuffing

Place chicken in baking dish. Layer cheese on top. Mix soup and water, place on top of cheese. Spread stuffing on top. Bake uncovered at 350 degrees for 1 hour.

## Chicken in Orange Sauce

Submitted by Stacey Sprock

4 skinless boneless chicken breasts

Sauce:

1/2 c. orange juice  
1/4 c. brown sugar  
1/2 tsp. ginger  
1/2 tsp. garlic, minced  
2 tbsps. soy sauce

Mix sauce ingredients and heat in microwave. If sauce is not thin enough add more orange juice. Bake chicken at 350 degrees and baste with the sauce every 10 minutes until done and serve over rice.

## Stuffed Cabbage

Submitted by one of our readers

Boil 1 cabbage 15 - 20 minutes  
Pull leaves off, and set aside

Brown 1 lb. turkey burger

Add:

1 1/2 c. dry stuffing mix  
1 clove garlic, minced  
1/2 onion, chopped  
1/4 c. Parmesan cheese  
add chicken broth and mix until a thick oatmeal texture

Stuff cabbage leaves and place them in baking dish add a little chicken broth to the bottom of the pan. Sprinkle with a little Parmesan cheese and bake at 350 degrees for 10 -15 minutes.

## Cranberry Chicken

Submitted by Mary Walters

12 chicken thighs  
1 small bottle Russian dressing  
1 can whole cranberry sauce  
1 pkg. Lipton onion soup mix (dry)

Mix last 3 ingredients and pour over chicken. Leave space between chicken in baking dish. Marinate overnight. Bake at 350 for 1 hour. Serve with rice.

## Baked Chicken Breasts

4 whole chicken breasts, cooked  
1 envelope onion soup mix  
2 cans French style green beans, drained  
1 can cream of celery soup  
1 can cream of chicken soup  
1 c. sour cream

Mix together soups and sour cream. In a baking dish, layer chicken, beans, and sauce. Bake, covered, at 350 degrees for 45 minutes, then for 15 minutes, uncovered.

## Easy Chicken & Penne Parmesan

Submitted by Julie Johnson

1 lb. boneless, skinless chicken breasts, diced  
1 pkg. (12 oz.) penne pasta  
1 red pepper, chopped  
1 green pepper, chopped  
2 cloves garlic, minced  
2 tbsp. olive oil  
2 tbsp. margarine  
Shredded Parmesan cheese

Cook the diced chicken in garlic and olive oil. After a couple of minutes add the peppers. Cook until done. Bring a pot of salted water to a boil. Cook penne 13 to 15 minutes. Add cooked pasta to skillet of cooked chicken and stir. Add the margarine to melt and coat the noodles. Add Parmesan cheese to taste. Enjoy! Feeds a family of 4.

\* This dish could also be prepared with any kind of pasta. Also you could put an Alfredo sauce with it. I just use the Parmesan cheese because its less fat than the Alfredo sauce would be...(and easier!)

## Quick Chicken Parmesan

Submitted by Bridget, Arizona

1 package frozen breaded chicken patties  
1 jar or can of spaghetti sauce  
1 package Mozzarella slices  
can Parmesan cheese  
dried parsley

Microwave the patties approximately 4 minutes, turning them over once after two minutes. Remove from microwave and pour on sauce, lay cheese on each patty and then sprinkle with Parmesan and parsley. Microwave another minute or so til cheese melts. A quick, hot, delicious meal to serve with bagged salad, fresh store-bought French bread and canned fruit. This little meal is a lifesaver on busy nights.

## Chicken & Vege Paprika

Submitted by Kimberly Hutchinson

Chicken breasts or tenders	1 to 2 tablespoons paprika
1 green pepper	salt to taste
1/2 onion	pepper to taste
2 cloves garlic	egg noodles
1 pkg fresh mushrooms	
1/4 cup sour cream	
14 ounce can of diced seasoned tomatoes	

Season the chicken with paprika, salt & pepper. Saute the chicken in a little oil until browned & set aside. Saute the mushrooms in half oil & half margarine first, a little at a time, until browned (a hint when cooking mushrooms is to always be able to see the bottom of the pan...this will keep you from steaming your mushrooms); set aside. Saute the green pepper, onion & garlic until soft. Add the chicken, mushrooms & tomatoes & simmer for 20 minutes. Meanwhile cook your egg noodles. When ready to serve, add sour cream to pan & mix well. Serve over egg noodles.

## Aunt Anne's Yummy Soup

Submitted by Patti

1 chicken, cut up	Sprig of fresh parsley, chopped
1 green pepper, chopped	1 cup of tomato sauce
4 stalks celery, chopped	1 cup of rice
2 fresh tomatoes, chopped	salt and pepper to taste
1 onion, chopped	

Cook chicken in water to make chicken stock. Remove chicken from stock and strain stock, and place stock back in pot. Add chopped vegetables and tomato sauce to stock. You can add some chopped chicken to the stock. Simmer for 45 minutes, and add rice. Simmer for 15 minutes, add salt and pepper to taste. Serve with a tossed salad and some crusty bread. Even better the next day. Yummy!



## Turkey Enchiladas

Submitted by Linda

Corn or flour tortillas	Garlic salt
Shredded turkey	Enchilada sauce
Cottage cheese, 16 oz. carton	Cheese
Onion, small chopped	

Lightly fry corn tortillas or heat flour ones on a dry skillet and line them on the bottom of an oblong pan. Mix turkey, cottage cheese, onion and garlic salt. Spread on the shells. Cover with more tortillas shells. Spread enchilada sauce on and top with cheddar cheese. Heat in oven at 375 degrees for 20 minutes. For a nice change--instead of enchilada sauce we use tomato sauce seasoned with garlic salt--it's good. Note: This recipe is great for leftover turkey, or chicken.

## Chicken & Rice Casserole

Submitted by one of our readers

Preheat oven to 375 degrees. In a shallow baking dish mix one can Cream of Mushroom soup, 1 c. water, 3/4 cup uncooked regular long-grain rice, 1/4 tsp. paprika, and 1/4 tsp. pepper. Next, place 4 skinless, boneless chicken breast halves on the rice mixture. Sprinkle with additional paprika and pepper. Cover and bake at 375 degrees or until done. Feeds a family of four. I have made this dish for a potluck meal and doubled the ingredients. It turned out great.

## Ritzy Chicken

Submitted by one of our readers

6-8 boneless, skinless chicken breasts	ground black pepper
1 sleeve of Ritz or HiHo crackers	6-8 pats of butter
garlic salt	

Run the crackers through a food processor or crush with a rolling pin until they are very fine. Run each chicken breast under cold water, roll in the cracker mixture, and placed in a greased 13 x 9-in. baking dish. Sprinkle with garlic salt and pepper. Place a pat of butter on top of each chicken breast. Bake at 250 degrees for 2-3 hours.

## Cheesy Crock Pot Chicken

Submitted by one of our readers

Almost too easy, the chicken cooks in a creamy, cheesy sauce that is delicious over noodles. This freezes well, too.

2 pounds boneless, skinless chicken breasts  
2 cans condensed cream of chicken soup  
1 can condensed cheddar cheese soup  
1/4 teaspoon garlic powder

Place chicken breasts in the crockpot. Mix the undiluted soups together with the garlic powder and pour over chicken. Cover and cook on low 6 to 8 hours, until chicken is tender. Serve with the delicious sauce over rice or noodles.

## Easy Crock Pot Chicken

Submitted by Nicole Gaines

4 boneless chicken breasts  
2 cans cream of chicken soup  
1 can mushrooms  
Rice or noodles

Place thawed chicken in crock pot. Pour undiluted soup and drained mushrooms over chicken. Cook on low for about 5 hours. Serve over rice or noodles. (The chicken is very tender).

## Leftover Turkey Casserole

Submitted by one of our readers

4 cups leftover stuffing  
2 cups Minute Rice made by directions on the box  
8 slices turkey leftovers  
1 can cream of chicken soup  
1 soup can milk

Spray a large oblong casserole dish with butter spray. Mix stuffing with the prepared rice, spoon in dish. Place turkey on top of stuffing. Mix cream of chicken soup and milk, pour over turkey in dish. Cover with foil, bake 30 minutes at 350 degrees.

## Cheesy Chicken Spaghetti

Submitted by one of our readers

1 small - medium jar Cheez Whiz  
1 or 2 cans cream of chicken soup  
1 can white chicken meat

1/2 - 1 c. chicken broth  
Oregano, garlic powder  
Spaghetti noodles or your favorite

I put everything (except noodles) in my slow cooker on 1 (nothing needed to be cooked - just melted together) for 3-4 hours. Boil noodles according to package directions. Serve with salad, garlic bread. This recipe is very variable. If it's too cheesy, add another can of soup or more broth. If you prefer to use your frozen chicken that was previously cooked, that's ok. Put your favorite Italian spices in it. VERY EASY, very re-heatable.

## Clock Watcher Chicken

Submitted by Louise Gullion

4 boneless chicken breast halves  
1 medium onion, chopped  
2 tablespoons vegetable oil  
1 can (14-1/2 ounces) Italian diced tomatoes, undrained  
2 cups chicken broth  
1 teaspoon dried basil  
1/4 teaspoon pepper  
8 ounces uncooked spaghetti, broken into 2-inch pieces  
1/4 cup grated Parmesan cheese

In a large skillet, cook chicken and onion in oil until onion is tender; remove and keep warm. Add tomatoes, broth, basil and pepper to the skillet. Bring to a boil; simmer for 15 - 20 minutes. Return chicken to pan; cook until juices run clear and spaghetti is tender. Sprinkle with Parmesan cheese. Yield: Serves 4.

## Turkey Pot Pie

Submitted by Karis

Cube about 2 cups of your leftover turkey. Place it into a 9-inch unbaked piecrust. Pour one 14 - 16 oz. can of mixed vegetables over the turkey. Pour one can of chicken/turkey gravy over everything (I usually make my own). Sprinkle salt and pepper over all to taste. Place top crust on and crimp edges. Bake in 350 degree oven until crust is golden brown. These freeze well (unbaked) and are great for freezer meals. My family loves these.

## Easy Skillet Stroganoff

Submitted by one of our readers

2 lb. ground turkey  
1 cup instant rice  
1 tbsp. garlic powder, parsley flakes, and minced onions  
2 cans cream of mushroom soup  
1 cup sour cream

This is made best in a large chicken fryer type skillet. Combine the turkey, rice, garlic powder, parsley flakes and minced onions in a large bowl, mix well with hands. Empty both cans of soup into skillet, add 1 can of water, start cooking on medium heat. Using a whisk, blend soup and water until smooth. Form meat mixture into medium sized meatballs, drop into the soup, try not to move them around until they have simmered in the soup a few minutes. Simmer for about 40 minutes stirring and turning the meatballs occasionally. When meatballs are firm, stir in the sour cream. Best served over lots of white rice. This recipe is not only quick and easy, but it is very inexpensive, using ingredients most people have on hand!!!

## Leftover Turkey Casserole

Submitted by Sandi White

Every time I cook a turkey, I shred whatever meat is left and freeze it in meal-size packets. Then when I'm in a hurry for something simple to make for dinner, I throw a bag of turkey meat in a (uncovered) casserole dish, pour in an undiluted can of Campbell's cream of chicken soup, add some frozen mixed vegetables (Ore-Ida hash browns, peas, carrots and corn). Mix well. Bake at 400 degrees for 30 minutes. Then prepare a box of Martha White or Jiffy cornbread mix according to directions, pour it on top of the vegetable mix, bake an additional 15-20 minutes, until the cornbread is done. Yum!

## Shepherd's Pie

Submitted by one of our readers

1 lb. ground turkey	1 can corn (1 1/2 cups)
2 large potatoes	2 tbsp. Mrs. Dash original blend
1 c. tomato sauce	1 cup to 1 1/2 cups chicken broth
5 slices American cheese	1 dash Molly McButter

Brown ground turkey. Add tomato sauce with Mrs. Dash. Simmer 5 minutes. Meanwhile, prepare potatoes (peel and boil). Drain potatoes and mash, adding chicken broth instead of milk and butter. Place turkey mixture in bottom of 8-in. baking dish. Add corn on the top. Layer American cheese over the corn. Spoon potatoes on cheese and spread carefully. Dash the top with Molly McButter and paprika. Microwave on high 5-10 minutes. Enjoy!!

## Turkey Crescents

Submitted by Yvonne

2-3 tbsp. butter or margarine  
1/2 medium onion, chopped  
1/2 c. celery, chopped  
1 clove garlic, minced

2 c. leftover turkey, chopped  
Salt and pepper to taste  
3 oz. cream cheese, optional  
2 cans refrigerated crescent rolls

Melt butter or margarine in skillet. Cook onion, celery, and garlic until just tender. Add turkey and season. Cook until heated through. Add cream cheese, if desired. Roll turkey mixture in crescent rolls and bake according to package. As a variation, I will sometimes pinch two crescent rolls together at the seams to make a rectangle, fill with turkey mixture and fold over to make a pocket sandwich.

## Hot Chicken & Pasta

Submitted by one of our readers

1/2 to 1 c. leftover chicken, or turkey, chopped  
1 can (15 oz.) drained tomatoes, diced  
1 onion, diced  
1 clove garlic, crushed and diced  
1 tsp. cayenne pepper

1 tsp. sugar  
1/2 tsp. black pepper  
8 oz. cooked spaghetti  
2 oz. chopped black olives  
1/2 c. sharp cheddar, shredded

In 1 tbsp. oil, cook onion and garlic until just tender, add tomatoes, seasonings, and chicken/turkey. Spray casserole with nonstick spray. Add spaghetti, and pour over sauce; toss. Top with cheddar and olives and bake at 375 degrees for 20-25 minutes. Serve with hot muffins and green salad.

## Zesty Chicken

Submitted by Nicole Gaines

4 chicken breasts (I used skinless/boneless)  
1/2 bottle Zesty Italian Salad Dressing

Marinate chicken at least 3 hours in dressing. Best if cooked on BBQ grill, but it still tastes great when broiled in the oven. The chicken is moist, tender and has a great flavor. We usually serve it with corn on cob or boiled red potatoes.

## Lemon Baked Chicken

Submitted by Mary Graven

Take chicken breasts either with skin or without skin and place in a baking dish. Sprinkle with lemon pepper and garlic. Next slice lemons about 1/4 inch thick and place on top of chicken breasts. Bake at 350 degrees in oven. This makes a very tasty chicken that can be served with rice and a vegetable for a wonderful dinner.

## Pork Main Dishes



## Baked Ham & Cheese Casserole

2 c. macaroni noodles (uncooked)	1 c. grated cheddar cheese
2 tbsp. margarine	3 c. milk
1 small onion, chopped	3 eggs
1 c. ham or turkey ham, chopped	

Cook macaroni according to package directions; drain. While the macaroni is still hot, stir in the butter and onion, and then add the ham. Stir in the grated cheese. Beat the milk and eggs separately. Place the macaroni mixture in a buttered 2-qt. casserole dish and then pour the milk mixture over it. Sprinkle more grated cheese on top. Bake, uncovered, at 350 degrees for about 1 hour.

## Baked Ham & Cheese Sandwiches

1/2 c. butter	Swiss cheese
1/4 c. chopped onion	Sliced ham or turkey ham
1/4 c. mustard	12 dinner rolls

Saute butter and onion. Add mustard and mix well. Split each dinner roll and spread with mustard mixture. Add 1 slice cheese and 1 slice ham. Wrap in foil and heat until cheese melts.

## Sausage & Egg Bake

1 lb. bulk sausage	4 eggs, beaten
2 c. milk	1/2 tsp. salt
1/4 c. grated cheese (optional)	1/2 tsp. dry mustard
6 slices bread, cut into cubes	

Break sausage into small pieces; cook until brown. Mix eggs, milk, salt, mustard, bread cubes, and sausage together. Place in 9-inch square baking dish; sprinkle with cheese. Cover; refrigerate overnight. Bake, covered, in preheated 350 degree oven for 45 minutes. Reduce heat to 325 degrees and bake for 15 minutes or until done.



## Chopped Ham Sandwiches

2 lb. leftover ham, chopped into bite-sized pieces  
2 tbsp. brown sugar  
1 c. ketchup  
1/4 c. vinegar  
1 c. water  
1 tbsp. Worcestershire sauce

Fry ham in a skillet and sprinkle flour over it. Stir in the remaining ingredients. Simmer for 1 hour and serve on toast or hamburger buns. Makes 15 to 20 sandwiches.

## Italian Sausage & Noodles

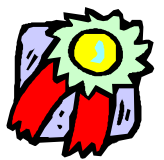
This recipe is super easy, cooks up in less than 30 minutes and the kids love it! Plus, it covers several major food groups and it's a great way to get rid of your leftover Kielbasa, hot dogs, or sausage.

1/4 to 1/2 lb. Kielbasa, cubed (or other hot dogs or sausage. You may use bulk sausage in this recipe, but it should be browned before adding)  
8 oz. elbow macaroni  
1/2 jar pasta sauce  
1/4 c. grated Parmesan cheese  
1/2 c. grated Mozzarella cheese

Prepare macaroni according to package directions. Cut up sausage while macaroni is cooking. Turn drained macaroni into casserole dish. Add sausage, pasta sauce, and Parmesan cheese. Mix well. Sprinkle Mozzarella cheese over the top. Bake covered in 350 degree oven for 20 minutes or until the Mozzarella is melted and bubbly. (Serve with garlic bread and salad to round out the meal).

## Ham & Rice Casserole

2 c. ham or turkey ham, cubed	1 c. cheddar cheese, grated
1 (6-oz.) box long-grained wild rice	1 c. sour cream
1 can cream of mushroom soup	



Preheat oven to 350 degrees. Cook rice according to directions on box and spread in greased 13x9x2-inch baking dish. Arrange ham on rice; cover with cheddar cheese. In small bowl, combine soup and sour cream; spread over cheese. Bake 45 minutes.

## Hot Potato & Ham Salad

1 c. cooked, diced ham	1/4 tsp. caraway seed
1/2 c. onion, chopped	1/8 tsp. pepper
1 tbsp. butter or margarine	3 c. cooked, cubed potatoes
1 can cream of celery soup	1 tbsp. chopped parsley (opt.)
1/2 c. sour cream	

Cook ham and onion in butter until onion is tender. Blend in soup, sour cream, caraway seeds, and pepper; add potatoes. Heat, stirring lightly. Garnish with parsley.

## Crock Pot Pork Chops

In a skillet, with about a tablespoon of oil, brown 4-6 lightly floured center cut chops. Lightly brown and transfer to crock pot. Add 2 cans of cream of mushroom soup, 3 cans of water, and 1 envelope of onion soup mix. Cook on high for 3-4 hours. Yummy! Note: If you're in a hurry, you can also cook these in a skillet, covered, at medium temperature for about 30 minutes.

## Pork Chops & Potato Scallop

4 pork chops	1/2 c. sour cream
1 can cream of mushroom soup	1/4 c. water
2 tbsp. chopped parsley	Salt & pepper
4 c. thinly sliced potatoes	

Brown pork chops in skillet. Blend soup, sour cream, water, and parsley. In a 2-qt. casserole dish, alternate layers of potatoes (sprinkled with salt and pepper) and sauce. Top with browned pork chops. Cover and bake at 375 degrees for 1 1/4 hours.

## Bacon, Cheese, & Tomato Sandwiches

Submitted by Amanda Formaro

3 each slices bacon	1/2 tsp. dried dill weed
3 each slices rye bread, toasted	1 each large tomato, sliced
2 tbsp. mayo. or salad dressing	3 each slices Swiss cheese

Place bacon on microwave rack in glass dish. Cover loosely and microwave until crisp, 2 1/2 to 3 1/2 minutes. Spread toast with mayonnaise; sprinkle with dill. Place toast slices on serving plate; top with tomato and cheese slices. Crumble bacon and sprinkle over top. Microwave uncovered on high (100%) until cheese begins to melt, 1 to 1 1/2 minutes.

## Ham & Potato Soup

1 can cream of mushroom soup  
4 c. potatoes, peeled and cubed  
3 tbsp. butter

1 c. ham, chopped  
1 c. onion, finely chopped

Melt butter in a large saucepan. Add onions and cook until translucent. Add potatoes and enough water to barely cover the potatoes. Cook, covered, until the potatoes are tender (15 to 20 minutes). Add ham. Cook until ham is heated through (about 10 minutes). Add soup and stir until soup is well blended. Heat but do not boil.

## Ham Jambalaya

1 onion, chopped  
1/2 green pepper, chopped  
2 cloves garlic, minced  
1 large tomato, diced

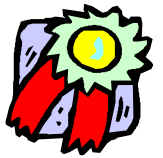
1 tsp. parsley  
1 c. cooked rice  
1 c. cooked ham, chopped  
Pinch of your favorite seasonings

Saute onion, pepper, garlic, and tomato until soft. Add ham, rice, and parsley. Season to taste and heat until warm.

## Sausage Skillet

2 medium zucchini, cut in half lengthwise  
1 lb. bulk sausage  
1 can cream of mushroom soup

1/2 c. onion, sliced thin  
1 clove garlic, minced  
1 medium tomato, chopped



Cut zucchini into 1-in. pieces. Shape sausage into small meatballs. In skillet, brown sausage; drain fat. Add remaining ingredients. Cover and heat about 15 minutes, or until heated through.

## Sausage & Peppers

6 Italian sausage links	1 clove garlic, minced
5 medium red potatoes, cubed, unpeeled	Dried Italian seasonings, your choice
1 green pepper, cut into chunks	2 c. water
Olive oil	2 chicken boullion cubes
1 small onion, chopped	

Put sausage into a saucepan of water and bring to a boil. Continue to boil for 30 minutes, uncovered. Meanwhile, put some olive oil in a large skillet and cook chopped onion and garlic over medium-high heat. Add Italian seasonings (to taste) and cubed potatoes. Toss to coat. Add water and boullion and heat to boiling. Continue to cook over medium high heat. When sausage has boiled for 30 minutes, drain water from saucepan. Return pan to heat and brown the sausage. Remove sausage and cut once lengthwise then again crosswise to make four pieces from one link. Return to saucepan and continue to cook till nice and brown. Add to potato mixture, toss and cook 5 minutes or so till done. Serve with warm bread and butter.

## Sweet & Sour Pork Chops

6 pork chops	1/4 c. flour
1 tsp. ginger	1 tbsp. shortening
1 tsp. salt	1 c. pineapple chunks with juice
1/2 tsp. pepper	2 tbsp. vinegar
1 tsp. paprika	3 tbsp. brown sugar

Mix ginger, salt, pepper, paprika, and flour together. Coat both sides of pork chops with mixture. Melt shortening in a skillet and add pork chops, cooking over low heat until brown on both sides. Pour in pineapple juice and vinegar. Sprinkle with brown sugar. Cook over low heat for 40 minutes until pork chops are tender. Serve with pineapple and rice.

## Leftover Ham Casserole

2 c. ham, chopped	1 can cream of mushroom soup
1 c. celery, chopped	3 c. potato chips, crushed
1 small onion, chopped	Grated cheese
1/2 c. milk	

Mix celery, ham, and onion together; put 1/2 of this mixture in an ungreased baking dish. Spoon 1/2 can of soup and 1/4 cup milk over the meat mixture and sprinkle 1 1/2 cups crushed chips over all. Repeat layers one more time and sprinkle cheese on top. Bake 30 minutes at 350 degrees.

## Country Scrambled Eggs

3 medium potatoes, peeled and cubed	1/4 c. milk
3 slices of bacon, cut into 1/2-inch pieces	6 eggs, slightly beaten
1 c. onion, chopped	Salt and pepper
1/2 c. green pepper, chopped (optional)	1 c. cheddar cheese, grated

In a large skillet, cook bacon for about 5 minutes. Add onions and green pepper. Cook until onions and peppers are tender (about 5 minutes). Add potatoes and cook, covered, until potatoes are tender (about 15 minutes). In a medium-sized bowl, mix together the milk, eggs, salt, and pepper. Pour the egg mixture into the bacon mixture and stir. Cook and stir until eggs are done (about 5 minutes). Sprinkle cheese on top.

## Tortellini Soup

1 lb. ground sausage	4 beef bouillon cubes
8 c. water	1/2 tsp. dried basil
1 (16 oz.) can diced tomatoes	1/4 tsp. pepper
1 2/3 c. cabbage, shredded	1 pkg. frozen cheese filled tortellini
1/2 c. diced onion	1 1/3 c. diced zucchini
1/2 c. chopped green pepper	

In a medium skillet cook sausage until brown; drain fat. In a large saucepan, combine water, undrained tomatoes, cabbage, onion, green pepper, bouillon cubes, basil, and pepper. Bring to a boil, reduce heat, and simmer, uncovered, 15 minutes. Stir in tortellini, zucchini, and sausage. Cook, uncovered, until pasta is tender. Stir occasionally.

## Pork Chops in Sour Cream

6 loin chops, 3/4-in. thick	2 tbsp. vegetable oil
3/4 - 1 tsp. sage	1 c. sour cream
1/2 tsp. salt	3 tbsp. flour
Dash of pepper	1 cube beef bouillon
2 tbsp. fresh parsley (chopped)	

Combine sage, salt, and pepper and rub chops with the mixture. Brown chops lightly in oil. Drain fat. Add bouillon; cover and simmer 30 minutes, or until meat is done. Combine sour cream and flour, and pour over chops. Simmer uncovered 8 to 10 minutes longer. Sprinkle with parsley before serving. Serve with rice or noodles.

## Saucy Franks

5 slices bacon, diced	3/4 c. catsup
1/2 c. onion, chopped	1/4 c. water
1 lb. hot dogs	1/8 tsp. chili powder
1 c. pineapple juice	

Cook bacon and onion until tender. Stir in pineapple juice, catsup, water, and chili powder. Cut hot dogs diagonally into 1-inch pieces. Add to sauce. Cover and bring to a boil. Simmer 8 to 10 minutes. Serve over hot rice.

## Pork Medallions

Submitted by Jenny Lee Ryan

My family's favorite meal! I use lean 1-in. thick cut pork chops or tenderloins for this recipe. I cut chops down to size 1-in. thick and about 2-in. x 2-in. wide pieces. Coat all sides of pork with dijon mustard. Roll in Italian seasoned bread crumbs. Place in sprayed shallow baking dish. Bake at 350 degrees for 35-40 minutes. Remove pork from oven to "rest". While resting I make the following sauce in microwave safe container:

1/2 c. honey
2 tbsp. dijon mustard
1 tbsp. ketchup
2 tbsp. whole pepper corns (optional)

Mix above together. Microwave full power 2 minutes or until it is bubbling hard. Serve pork medallions with wild rice and spoon sauce over pork on individual plates. I always serve the rest of the sauce on the table for those who like a little extra sauce.

## Honey Garlic Spareribs

3 lb. pork spareribs	1/4 c. soy sauce
Garlic salt	3 tbsp. cider vinegar
1/2 c. honey	1/4 tsp. pepper

Season spareribs with garlic salt and arrange in a 13x9x2-in. baking dish. Cover with foil and bake at 325 degrees for 1 hour until tender. Drain liquid. Combine remaining ingredients in a sauce pan and simmer for 5 minutes. Drizzle honey mixture over spareribs and bake uncovered at 350 degrees for 30 minutes, basting every 10 minutes.

## Orange Topped Chops

Submitted by Molly McGuire-Davis

6 pork chops (1/2-in. thick)  
1 tbsp. vegetable oil  
1 can (11 oz.) mandarin oranges, drained  
1/2 tsp. ground cloves  
Pepper to taste

In a skillet, brown pork chops on both sides in oil. Top with oranges; sprinkle with cloves and pepper. Cover and simmer for 35 minutes or until meat juices run clear.

## 15 Minute Cheesy Rice With Ham & Broccoli

Submitted by one of our readers

2 c. cooked ham, chopped  
2 c. fresh or frozen broccoli flowerets, thawed  
1 c. water  
1 1/2 c. Minute White Rice, uncooked  
1/2 lb. (8 oz.) Velveeta Cheese, cut up

Bring ham, broccoli & water to boil in large skillet. Cover. Cook on medium heat 3 minutes. Stir in rice & Velveeta; cover. Remove from heat. Let stand 7 minutes. Stir until velveeta is melted.

## Sausage Balls

1 lb. sausage  
1 small jar Cheese Whiz  
3 c. Bisquick  
1/2 c. milk

Mix sausage, Cheez Whiz and milk together in large bowl. Add Bisquick. Shape into small balls. Place on ungreased cookie sheet. Bake 15 to 20 minutes at 400 degrees. Freeze what you have left over and bake later.

## Crock Pot Scalloped Potatoes & Pork Chops

Submitted by Rachael

6 med. potatoes, washed, peeled, sliced thin  
1 med. onion, sliced into thin rings  
6 pork chops  
1 can (10-3/4 ounces) your favorite cream soup (i.e.: mushroom, golden mushroom, cheddar cheese soup is YUMMY!)  
3/4 c. milk  
Salt and pepper to taste

Layer potatoes and onions in the bottom of crock pot, arrange chops on top. Sprinkle with salt and pepper. Mix soup and milk together and pour over chops and cover. Cook on LOW for 7-8 hours or on HIGH for 3-4 hours, until potatoes are tender.

## Honey Ribs & Rice

Submitted by Dee

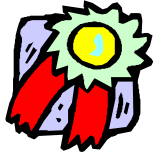
3-4 pounds extra lean ribs (I use country style or regular pork spareribs)  
1 can (10-3/4 oz.) beef broth or homemade equivalent  
3/4 c. water  
3 tbsp. honey  
3 tbsp. soy sauce  
3 tbsp. BBQ sauce  
1 tsp. dry mustard  
2 c. cooked instant rice (I use long grain)

Combine all ingredients EXCEPT for ribs and rice in crockpot. Mix well, then add ribs. Cover and cook on low for 6-8 hours or on high for 3-4 hours. Cook rice before ribs are finished. Long grain rice takes about 25 minutes and instant rice is 5 minutes. Serve ribs over rice with a salad and vegetables.



## Easy Smoked Sausage

Submitted by one of our readers



- 1 lb. smoked sausage
- 1 medium onion (sliced)
- 1 bell pepper (sliced)
- 2-3 yellow squash, sliced (zucchini may be substituted)
- 1 tablespoon cooking oil (optional)

Add the sliced sausage to the oil to saute. Saute for about 5 minutes then add the onion and bell pepper, continue for about 5 more minutes. Last, add the squash and cook until squash is tender. Serve with rice. This makes a colorful dish and it is very easy to make. About 15 minutes total.

## Ziti

Submitted by one of our readers

- 1 box penne or ziti noodles
- 1 lb. Italian sausage (Bob Evans is the best!)
- 1 pkg. pepperoni
- 2-4 c. shredded cheese
- 1 jar spaghetti sauce

Brown and drain sausage. Mix in pepperoni and spaghetti sauce. Boil noodles according to package directions. Layer noodles, meat mixture and cheese into a 13x9x2-in. pan. Bake at 350 degrees for 25-30 minutes.

## Pork Tenderloin With Vegetables

Submitted by one of our readers

- 1 whole pork tenderloin
- 2 or 3 stalks of celery
- 1 medium onion cut in thick slices
- 4 medium to large carrots cut in half lengthwise
- Garlic (optional)
- 2 medium potatoes cut in fours
- 6 to 8 large mushrooms
- Salt and pepper to taste
- Lawry Seasoning Salt (optional)
- 2 tbsp. water

Use a heavy duty aluminum foil and double. Spray with Pam. Put all ingredients into this aluminum foil and add seasoning to taste. I put the celery on the bottom, next the meat and then the remaining ingredients around the meat. Add water to help steam and also so ingredients won't burn. Seal and put on grill or in oven for approximately 1 hour. Oven temperature or grill should be around 325-350 degrees. Temperature varies because not all ovens or grills heat the same. I usually check the meat and veggies 1 or 2 times during the hour cooking time. This is an easy all in one meal with little clean up. Depending on the appetites of the diners, this should feed 3-4 people.

## Pork Chops Supreme

Submitted by Jenny

2 onions, sliced  
5 medium potatoes, diced  
2 cans Cream of Mushroom or Celery Soup (I also use Cream of Chicken)  
4-6 pork chops  
salt and pepper to taste

Put onions and potatoes in bottom of crockpot. Top with chops, salt and pepper. Pour soup over chops. Cook in crockpot on low for 8 hrs. or on high for 4-5 hours.

## Sausage & Green Bean Casserole

Submitted by one of our readers

1 lb. pork sausage--cooked and cut into bite-size pieces  
1 c. cooked rice  
1 can cream of mushroom soup  
1/2 soup can of milk  
1 can green beans  
dash of pepper

Combine all the above and place in casserole dish. Bake at 350 degrees for 30 minutes. My very picky kids love this!

## Easy Crock Pot Ham

Submitted by one of our readers

This recipe is so easy it doesn't really seem to be a "real" recipe. Each Thanksgiving in addition to baking a turkey, we also bake a ham, but not in the oven in the crockpot. There's nothing to it - just make sure the ham you choose will fit into your pot. Then turn on low to simmer till lunch or supper time. You may want to add a few teaspoons of water to the bottom of the pot. It is that easy and it turns out so tender.

## Pork Chop Casserole

Submitted by one of our readers

4 or 5 potatoes  
4 or 5 pork chops  
1 (10 1/2-oz.) can cheddar cheese soup  
1 (10 1/2-oz.) can French onion soup

Slice the potatoes into a 9x13-in. casserole dish. Arrange the pork chops over the potatoes. Combine the soups and pour over the pork chops. Cover. Bake at 350 degrees for 1 hour.

## Ham & Potatoes Au Gratin

Submitted by Bridget

Four large potatoes, peeled and sliced  
One large onion, sliced  
1 tsp. garlic powder mixed with 1 t. white pepper  
8 ounces American cheese, shredded  
8 ounces ham, cubed  
8 slices of bacon, cooked and diced  
2 cans cream of celery soup

Spray the inside of the crock with cooking spray. Layer half of potatoes, bacon, onion, seasonings, cheese, and ham. Repeat layers. Cover top of ingredients with cream of celery soup. Cook on LOW for 8 hours.

## Ham Rolls

Submitted by one of our readers

3 pans small dinner rolls	3 tbsp. mustard
1 pkg. sliced ham	1 tsp. Worcestershire sauce
6 oz. sliced Swiss cheese	2 tbsp. poppy seeds
1 stick (1/2 c.) melted margarine	1 tbsp. dried minced onion

Split rolls in half (side ways) while still stuck together. Layer ham and cheese on top of the split dinner rolls. Mix together the margarine, mustard, Worcestershire sauce, poppy seed, and onion. Pour over rolls and bake at 375 degrees for about 15 minutes. \*\*You can fix the ham and cheese on the rolls and put into the freezer until you need them, then you simply fix the topping and bake.\*\*

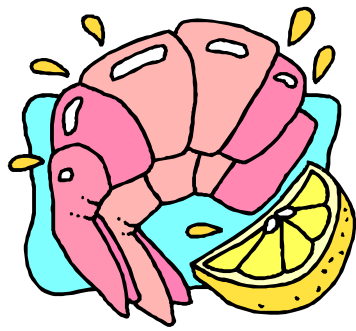
## County Fair Hot Dogs

Submitted by Heidi Sheffey

Oil for deep frying	1 tbsp. sugar
1 cup packaged pancake mix	8 wieners
2 tbsp. cornmeal	2/3 cup water

In a deep pot, or deep fryer, heat oil to 375 degrees. Combine pancake mix, cornmeal, sugar, and water. Beat till smooth. Let stand for about 10 min. to thicken. Dip wieners in batter to coat. Fry in hot oil, a few at a time, for 2-3 min. until crisp and golden brown. Drain well on paper towels. Insert a wooden skewer into one end of each weiner. Serve at once.

## Seafood Main Dishes



## Salmon Patties



1 can salmon	2 eggs
1/2 c. onion, chopped finely (opt.)	1/2 c. bread crumbs
1/2 c. celery, chopped finely (opt.)	Salt and pepper

Drain salmon and remove any bones. Mix all ingredients together in a medium-sized bowl. Form salmon mixture into patties and fry in a hot skillet with a little vegetable oil. Brown on both sides. Serve with mashed potatoes.

## Crabmeat Casserole

2 cans (7 1/2 oz. each) crab meat, drained  
1/4 c. butter or margarine  
1/4 c. flour  
Salt and pepper to taste  
1 tsp. paprika  
1 tsp. minced onion  
3 1/4 c. milk  
1 1/2 c. macaroni elbows or shells, uncooked  
1/2 c. grated cheddar cheese (opt.)

Flake crabmeat with a fork; remove any cartilage. Set aside. Melt butter or margarine in a saucepan and remove from heat. Stir in flour, salt, pepper, and paprika. Add onion, and gradually stir in milk. Bring to a boil, stirring constantly. Reduce heat, and simmer for 5 minutes. Remove from heat and set aside. Cook macaroni according to directions on package; drain well. Combine crabmeat, macaroni, and sauce, mixing well. Pour into greased casserole dish and top with cheese. Bake at 350 degrees for 20 minutes.

## Shrimp Supreme

2 lb. shrimp, cooked and deveined	1 can cream of chicken soup
2 c. rice, cooked	1 pkg. onion dip mix
1 c. mayonnaise	2 c. cheddar cheese, grated (opt.)

Combine all ingredients except cheese and mix well. Pour into greased casserole dish and top with cheese. Bake at 350 degrees for 30 minutes.

## Tuna & Biscuits

2 cans of tuna, drained  
1 can cream of mushroom soup  
1 can refrigerated biscuits

1 c. milk  
1 c. cheddar cheese, grated

Preheat oven to 400 degrees. Place biscuits in greased 13x9x2-inch baking dish. In a medium-sized bowl, mix soup, tuna, and milk. Pour soup mixture over biscuits and sprinkle cheese on top. Bake for 25 minutes.

## Tuna Pizza

2 c. Bisquick  
1/2 c. cold water  
1/2 c. Parmesan cheese, grated  
1 (8-oz.) can tomato sauce  
1 can tuna, drained

3/4 tsp. oregano  
1/4 tsp. garlic powder  
2 c. mozzarella cheese, grated  
1 large onion, thinly sliced  
1/2 c. ripe olives, sliced (opt.)

Heat oven to 425 degrees. Lightly grease a 12-in. pizza pan. Mix Bisquick and water until soft dough forms. Beat vigorously 20 strokes. Press dough on bottom and sides of the pizza pan with floured hands. Sprinkle with Parmesan cheese. Mix tomato sauce, tuna, oregano, basil, and garlic powder. Spread over cheese. Top with mozzarella cheese, onion, and olives. Bake until edges are golden brown, 20 to 25 minutes.

## Tuna Salad

Submitted by Rosanna Houlton

2 cans tuna, drained well  
2 c. shredded carrots  
1 1/2 c. mayonnaise

1 c. diced celery  
1/2 c. diced onion  
1 can potato sticks

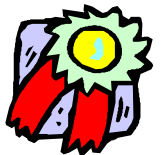
Mix well and add 2 cups potato sticks to the tuna mixture and put potato sticks on top. Best to use within the hour.

## Tuna Burgers

1 can tuna, drained  
1/4 c. celery, chopped (opt.)  
1/2 c. mayonnaise

1/2 c. cheddar cheese, grated  
2 tbsp. onion, chopped  
Hamburger buns

Mix tuna, mayonnaise, onion, cheese, and celery together. Spread on hamburger buns. Toast in oven or toaster oven under broiler until bubbly (5 to 10 minutes). Note: canned crab or salmon can be substituted for the tuna.



## Crab & Onion Pie

1 pie crust, baked and cooled	3 tbsp. parsley, chopped
1 c. grated Swiss cheese	Dash of red pepper
3/4 lb. cooked or canned crab meat, flaked	1/4 tsp. tarragon
1/2 c. finely chopped onion	4 eggs
2 tbsp. cooking sherry (optional)	1 c. milk or half-and-half

After crust is cooled, sprinkle 3/4 c. cheese over the bottom of the crust. Combine crab, onion, sherry, 2 tbsp. parsley, red pepper, and tarragon; spoon mixture evenly over cheese. Beat eggs with cream and pour over crab. Sprinkle with remaining 1/4 c. cheese and 1 tbsp. parsley; dust lightly with paprika. Bake, uncovered, at 350 degrees for 50-60 minutes or until center appears firm when gently shaken. Let stand for a few minutes to cool before cutting into wedges.

## Tuna Romanoff

2 tbsp. margarine or butter	2 c. sour cream
5 drops hot pepper sauce (opt.)	1/4 c. milk
1/2 tsp. salt	1 can tuna, drained and flaked
1/2 c. onion, chopped finely	6 oz. medium noodles
1 clove garlic, chopped	1 c. cheddar cheese, grated
1 c. cottage cheese	

In a skillet, melt butter and saute onions and garlic until onions are transparent. Place in a large mixing bowl and add cottage cheese, sour cream, milk, hot pepper sauce, salt, and tuna. Mix lightly. Preheat oven to 325 degrees. Cook noodles according to directions on package; drain and stir into tuna mixture. Pour into a greased casserole dish and sprinkle with cheese. Bake 30 minutes or until cheese is melted and lightly browned.

## Tuna Hot Dish

1 c. grated cheese	1/2 c. milk
1 c. cooked rice	2 eggs, slightly beaten
1 c. grated carrots	Onion seasoning

Mix ingredients together and pour into greased baking dish. Bake at 325 degrees for 1 hour. After baking, mix together and pour over the top:

1 can tuna, drained  
1 can cream of mushroom soup, warmed  
1 tsp. dry mustard



## Tuna & Parmesan Roll-up

2 tbsp. butter or margarine  
2 tbsp. onion, chopped  
2 tbsp. flour  
1/2 c. milk

3/4 c. grated Parmesan cheese  
1 can tuna, drained and flaked  
2 c. Bisquick or other baking mix

Preheat oven to 400 degrees. Melt butter in saucepan and cook onion until tender. Add flour and blend. Add milk gradually and cook, stirring constantly, until thick. Add cheese and heat until cheese melts. Add tuna. Prepare baking mix according to package directions for biscuits. Roll into a 12x8x1/8-in. rectangle. Spread with tuna mixture. Roll up, jelly-roll fashion, and seal ends and edge. Cut top in three places to let steam escape. Place on oiled baking sheet. Bake 20 to 25 minutes, or until brown.

## Seaside Supper

4 c. raw potatoes, sliced  
4 hard boiled eggs, sliced  
2 tbsp. dried parsley flakes  
1 lb. can salmon, drained and flaked  
1 can cream of mushroom soup

1/2 c. milk  
1/2 tsp. salt  
1/2 tsp. Worcestershire sauce  
1/16 tsp. cayenne pepper  
1 c. crushed potato chips (opt.)

Preheat oven to 350 degrees. Place half of the potatoes in a 2-qt casserole dish. Top with half of the eggs, half of the parsley, and half of the salmon. Repeat. Combine soup, milk, salt, Worcestershire sauce, and cayenne pepper. Pour over ingredients in casserole. Cover. Bake for 1 hour, remove cover, and sprinkle with potato chips. Bake uncovered for 30 minutes or until potatoes are tender.

## Fish In Foil

1 lb. fish fillets of your choice  
1 lemon, seeded and cut up  
1/2 clove garlic  
1 stalk celery, chopped  
1 tbsp. Worcestershire sauce

1 tsp. oregano  
1 tsp. parsley flakes  
1 tsp. horseradish (opt.)  
Dash Tabasco sauce  
1/2 c. milk

Combine all ingredients except fish in the blender and chop well. Set mixture aside. Cut fish into serving portions and wrap in foil or lay fillets on double wrap foil. Before closing foil, spoon mixture over fish. Close tightly and bake at 325 degrees for 45 minutes or bake outside on grill for 1 hour, turning once.

## Tuna Tetrazzini

2 tbsp. chopped onion  
1 tbsp. butter or margarine  
1 can cream of mushroom soup  
1/2 c. water

1/2 c. grated cheddar cheese  
1 can tuna, flaked and drained  
1 tbsp. chopped parsley  
2 c. cooked spaghetti noodles

In a saucepan, cook onion in butter until tender. Blend in soup, water, and cheese. Cook over low heat until cheese melts, stirring occasionally. Add tuna, parsley, and spaghetti. Cook until heated through.

## Shrimp Creole

4 tbsp. butter  
1 large onion  
1/2 c. green pepper, chopped  
1 clove garlic, minced  
1 tsp. salt  
1/8 tsp. pepper

2 c. tomatoes  
1 small can tomato sauce  
1/8 tsp. paprika  
1/8 tsp. rosemary  
1 lb. cooked shrimp  
2 to 2 1/2 c. cooked rice

Melt butter; add onion, garlic, and simmer. Add pepper, salt, paprika, then tomatoes and sauce; simmer 5 more minutes. Add cooked shrimp. Pour over plate of cooked rice. Serve with salad and garlic bread.

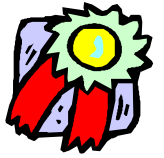
## Tuna Spread

1 c. cheddar cheese, grated  
1 can tuna, drained  
1/2 c. mayonnaise  
3 tbsp. sweet (or dill) pickles, chopped fine

3 hard-boiled eggs, chopped fine  
2 tbsp. green pepper, chopped fine  
8 slices bread

Mix all filling ingredients together and spread between two slices of bread. Brush with butter and wrap in foil. Heat at 350 degrees until hot and toasted. Makes 4 sandwiches.

## Clam Chowder



- 1 c. diced potatoes
- 1 c. diced carrots
- 1/2 c. diced celery
- 1 medium onion, chopped
- 3 slices bacon, cut fine
- 5 c. milk
- 1 can minced clams
- 3 tbsp. milk with 2 tbsp. flour to make a paste

Cover potatoes, carrots, and celery with a small amount of water and let simmer until tender. While vegetables are simmering, fry bacon and onions together until onions are clear. Add to cooked vegetables. Add milk and flour paste. Simmer on low heat for 30 minutes. Add clams and juice just before serving. Season with salt, pepper, and butter.

## Crab Burgers

- 1 c. flaked crab
- 1/4 c. celery, diced
- 2 tbsp. diced onion
- 1/3 c. grated cheese
- 1/3 c. mayonnaise
- 1/4 tsp. Worcestershire sauce
- 4 hamburger buns, split

Combine all ingredients and spread on buns. Broil 3 minutes or until golden. Serving hint: Serve with a salad and a veggie tray and dip.

## Cheese Nut Halibut

Submitted by one of our readers

- 1/2 c. butter or margarine
- 4 lb. halibut steaks
- 1 1/2 tsp. garlic powder
- 1/2 tsp. tarragon
- 1 1/2 c. shredded cheddar cheese
- Slivered almonds (for garnish)

Melt butter and pour into a 13 x 9 inch pan. Place halibut in the butter, sprinkle with garlic powder and tarragon. Distribute shredded cheese over halibut. Garnish with slivered almonds. Bake at 350 degrees for 45 minutes or until fish can be separated easily with a fork. Serves 6.

## Crab Casserole



1 can Chinese noodles	1/2 c. chopped celery
1 can cream of mushroom soup	1 onion, chopped
1/2 c. water	1/2 c. green pepper, chopped
1 small can water chestnuts, cut into pieces	3/4 c. canned crab

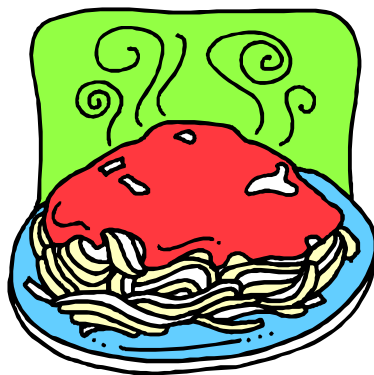
Place all ingredients in a large casserole dish, saving a few noodles for the top of the casserole. Stir gently. Sprinkle extra noodles on top. Bake 350 degrees for 30 minutes.

## Clam Casserole

2 eggs	1 can cream of mushroom soup
1 can minced clams	1 cup dried bread crumbs
1 tablespoon butter	Salt and pepper

Preheat oven to 350 degrees. In a large bowl, beat eggs. Add remaining ingredients. Pour into a greased casserole dish and bake for 40 minutes.

## Meatless Main Dishes



## Corn Chowder

5 slices bacon, diced (opt.)	1 can cream-style corn
1 1/2 c. potatoes, peeled and diced	2 c. milk
1 medium onion, thinly sliced	Salt and pepper
1/2 c. water	Butter

In a large saucepan, cook bacon until crisp. Remove bacon from pan and set aside. Drain grease, leaving 3 tablespoons in the pan. Add onion slices and cook until lightly browned. Add potatoes and water and cook until potatoes are tender (10 to 15 minutes). Add corn, milk, salt, and pepper. Cook until heated through. Top each serving with bacon and butter.

## Pizza Toast

In our family we have a very quick and inexpensive dinner called Pizza Toast. Toast a piece of bread and spread it with leftover spaghetti sauce. Add whatever toppings are in the refrigerator and cover with a slice of nonfat Mozzarella process cheese. Microwave for two minutes or until cheese melts. This is something my husband who is on a fat-restricted diet can eat without worry.

## Spinach Casserole

2 pkg. frozen, chopped spinach	3 tbsp. flour
3 eggs	1 tbsp. melted butter
1 small carton cottage cheese	1/4 c. milk
1/4 c. dry bread crumbs	1 c. cheddar cheese, grated

In a medium-sized bowl, beat eggs slightly. Stir in cottage cheese and sprinkle flour on top. Stir in milk and cheese. Cook spinach according to directions on package and drain well. Stir spinach into milk mixture. Pour into a greased casserole dish. In a small bowl, combine bread crumbs and butter. Sprinkle bread crumbs on top of casserole. Bake at 350 degrees, uncovered, for 45 minutes.

## Vegetable Burritos

2 medium zucchini, chopped	3 tbsp. fresh parsley, chopped
2 small yellow squash, chopped	1 c. sour cream
1 large bell pepper (any color), chopped	2 c. Monterey jack cheese, grated
1 large tomato, chopped	4 large flour tortillas
1 small onion, chopped	

Preheat oven to 375 degrees. Steam zucchini, squash, and bell pepper until tender. In a medium-sized bowl, combine zucchini mixture, tomato, onion, parsley, sour cream, and half of the cheese. Stir to mix. Spoon zucchini mixture into the 4 flour tortillas. Roll tortillas and arrange seam-side down in a 13x9x2-inch baking dish. Sprinkle remaining cheese on top. Bake for 30 minutes. This recipe can easily be doubled.

## Easy Quiche

Submitted by Brigitte A. Thompson

Single deep dish frozen pie crust	Fresh broccoli--small bunch
4 large eggs	1 medium onion
1 c. milk	1 green pepper
3 slices of cheese (any kind)	1 tomato

Bake your pie crust following package directions. Saute all vegetables in water until the broccoli is tender. Mix eggs and water in bowl. When crust is baked add 1/2 of your cheese to the bottom, spread the sauteed vegetables on top, and pour egg mixture over all. Top with remainder of cheese and bake at 375 degrees for 40 minutes.

## Tortellini Basil Soup

4 (15-oz.) cans chicken broth	1 tbsp. balsamic vinegar
1 (9-oz.) package fresh cheese-filled tortellini	1/2 tsp. salt
1 (15-oz.) can cannellini beans, drained	1/2 tsp. pepper
1 c. chopped Roma tomato	1/2 c. shredded fresh basil
1/3 c. freshly grated Parmesan cheese	

Bring broth to a boil in a Dutch oven. Add tortellini and cook 6-8 minutes or until tender. Stir in beans and tomato. Remove from heat, stir in basil, vinegar, and salt. Serve with cheese and pepper.

## Eggs Florentine

2 (10 oz.) pkg. frozen chopped spinach	1 1/2 tbsp. flour
1 1/2 tsp. salt	Dash of pepper
2 tbsp. light cream	1 c. milk
3 tbsp. butter or margarine	6 eggs
1/3 c. grated Parmesan cheese	

Cook spinach according to directions on package; drain well. Stir in 1 tsp. salt, the cream, and 1 tbsp. butter. Spoon spinach into a greased 8x8x2-in. baking dish. Sprinkle 2 tbsp. Parmesan cheese on top. Melt the rest of the butter in a small saucepan. Remove from heat. Add flour, the rest of the salt, and the pepper. Stir until smooth. Gradually stir in milk, and bring to a boil, stirring constantly. Carefully break eggs over spinach. Cover with sauce. Sprinkle the rest of the cheese on top. Bake uncovered at 350 degrees for about 15 minutes, or until eggs are set.

## Cheese & Mushroom Manicotti

2 c. grated mozzarella cheese	1/4 c. milk
2 c. grated cheddar cheese	2 tbsp. chopped parsley
1/4 lb. mushrooms, coarsely chopped	1/4 tsp. pepper
1 can sliced ripe olives, drained	4 c. prepared spaghetti sauce
1/4 c. each chopped onion and celery	1 c. water
1/2 c. soft bread crumbs	8 unfilled manicotti shells
1 egg, lightly beaten	Grated Parmesan cheese

Combine 1 c. mozzarella with cheddar cheese, mushrooms, olives, onion, celery, bread crumbs, egg, milk, parsley, and pepper; set aside. Combine spaghetti sauce and water; pour half the sauce into a shallow 3-qt. casserole or 13x9x2-in. baking dish. Stuff manicotti shells with cheese mixture and arrange side by side in sauce. Pour remaining sauce over top. (At this point, you can cover and refrigerate until the next day.) Bake, covered, at 375 degrees for 1 hour. Remove cover and sprinkle with remaining Mozzarella cheese and return to oven, uncovered, for about 10 more minutes or until cheese is melted. Serve with Parmesan cheese.

## Easy Pasta Dinner

Prepare 1 lb. pasta (any kind) according to directions on box. Spray a baking dish with non-stick spray and pour in drained pasta. Pour in one can or jar of favorite spaghetti sauce. Put 1-2 c. of shredded Mozzarella or cheddar cheese (or both as we do!) on top of sauce. Heat in oven at 350 degrees until hot and bubbly. Serve with shaker style parmesan cheese, garlic or butter bread and tossed green salad.



## Florentine Casserole

6 oz. bow ties or small shell noodles  
2 to 3 c. spaghetti sauce  
1 lb. hamburger, browned and crumbled into spaghetti sauce  
1 (10 oz.) pkg. frozen chopped spinach, thawed  
1 c. sour cream  
1/2 c. grated Parmesan or Romano cheese (optional)

Mix the sauce with the noodles. Cool. Layer the noodles with spinach, sour cream, and cheese. Repeat until all ingredients are used. Bake at 375 degrees for 30 minutes.

## Veggie Patch Pizza

This is a "borrowed" version of a menu item from Applebees (The Veggie Patch Pizza) It's good, low fat and delicious.

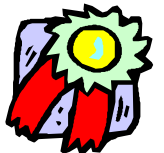
Fat free tortillas  
Spinach, well drained  
Artichoke hearts  
Mushrooms  
Smoked Swiss cheese, grated

Mix the veggies, pile them as high as you like on the tortilla, and sprinkle with the cheese. Place under the broiler for about 1 minute, until cheese is bubbly, and tortilla is a little crunchy.

## Green Bean Casserole

2 (1 lb.) cans green beans	1 can cream of mushroom soup
1 tsp. salt	1/8 tsp. pepper
3/4 c. milk	1 can French fried onion rings

Combine milk, soup, pepper; pour over beans. Add 1/2 can onion rings. Pour into a greased baking dish and spread the remaining onion rings on top. Bake at 350 degrees for 25 minutes.



## Easy Twice Baked Potatoes

Submitted by Wendy Murray

Cold leftover mashed potatoes (enough to fill baking dish and serve the amount of people you need/want to feed)

1 medium onion, chopped

1/8 - 1/4 c. milk \*

1 c. shredded cheddar cheese \*\*

Mix the chopped onion into the cold mashed potatoes. Add milk a little at a time, if the potatoes are too stiff and/or thick. Put potato mixture into a greased baking dish (I usually use a 2-qt. casserole dish, 9x13-inch dish or something else like that, depending on how much I'm making) and spread/mash evenly into the dish. Sprinkle shredded cheese over top of potato mixture. Cover dish with foil or a lid and bake in a 350 degree oven for 30 minutes.

\* Use 1/8 - 1/4 cup of milk if necessary. If you're trying to cut fat and use broth instead of milk and butter in your mashed potatoes, than use broth instead.

\*\* You may use any kind of cheese you would like. I've always used cheddar because that's what my family and I like, but I'm sure that other types of cheese will work just as well.

This is a yummy dish that goes well with almost any dish. It's great for the cooler/cold weather we get during the fall, winter, and spring here in Washington State.

## Peanut Butter Soup

3 tbsp. butter

1 small onion, finely chopped

1 rib celery with leaves, chopped

3 tbsp. flour

2 chicken bouillon cubes

3 c. half and half

1/2 c. creamy peanut butter

Salt and pepper to taste

Salted peanuts or parsley, finely chopped

Melt butter in large saucepan. Add chopped onion and celery and saute until tender, but not brown. Sprinkle flour in pan and stir until bubbly. Slowly stir in half and half and add bouillon cubes. Cook, stirring frequently, until mixture comes to a boil and is smooth. Add peanut butter and whisk until smooth and heated through. Add salt and pepper if desired. May be served warm immediately with peanuts or parsley for garnish, or chilled and served cold. Thin with milk if it becomes too thick. Yield: 4-6 servings. This is a very rich (and fattening) soup. You can cut some fat and calories by sauteing in canola oil, using evaporated skim milk in place of the half and half, and omitting the peanuts for the garnish.

## Vegetable Pizza

Spray a large cookie sheet with cooking spray. Press 2 cans crescent rolls on sheet (in 1 layer) for crust. Bake 10 minutes at 325 degrees. Cool.

Mix:

2 (8 oz.) packages cream cheese  
1/2 c. mayonnaise or Miracle Whip  
1/2 package dry ranch dressing mix

Spread on cooled crust. Top with chopped raw vegetables like broccoli, cauliflower, carrots, and grated cheddar cheese. This also makes a great appetizer for parties!

## Tortellini Supper

8 oz. tortellini or 2 1/2 c. medium macaroni shells	1 1/2 c. grated cheddar cheese
1 c. fresh mushrooms, sliced	Salt and pepper
1 (10 oz.) package frozen peas, thawed	

Cook pasta according to directions on package; drain. Saute mushrooms in butter 3 to 5 minutes. Stir in pasta and peas; cook 3 to 5 minutes. Just before serving stir in 1 c. cheese. Sprinkle with remaining cheese. Salt and pepper to taste.

## Tortilla Dish

1 can chili beans	1 c. onions, chopped
1 can cream of mushroom soup	2 c. grated cheese
6 tortillas	

Heat beans and soup. In a casserole dish layer tortillas, soup, beans, onion, and cheese. Repeat. Bake at 350 degrees for 25 minutes.

## Potato Casserole

2 lb. frozen hash brown potatoes	2 tbsp. onion, minced
1/2 c. margarine, melted	1 can cream of chicken soup
1 tsp. salt	1 pint low-fat sour cream
1/2 tsp. pepper	2 c. grated cheddar cheese

Mix all ingredients together in a large bowl and pour into a 13x9x2-inch baking dish. Bake at 350 degrees for 1 hour. Freezes well.

## Easy Quiche

3 eggs	1/4 tsp. salt
1/2 c. Bisquick or other baking mix	1/8 tsp. pepper
1/2 stick margarine, melted	1/2 c. grated cheese
1 1/2 c. milk	

Blend everything but cheese in blender for a few minutes. Pour into a greased 9-in. pie plate. Sprinkle cheese on top and gently push it below the surface with the back of a spoon. Bake at 350 degrees for 45 minutes. Cool 10 minutes. This dish is great for leftovers. When you add the cheese you can also add 1 c. of leftovers such as cooked vegetables, chopped ham, shrimp, or hamburger that has been browned with 1/4 c. chopped onion.

## Spinach Casserole

Submitted by Toni

2 pkgs frozen chopped spinach	1/2 tsp. black pepper
4 tbsp. butter	3/4 tsp. celery salt
2 tbsp. flour	3/4 tsp. garlic salt
2 tbsp. minced onion	1 tsp. Worcestershire sauce
1/2 c. evaporated milk	
1/2 c. water from the spinach	

6 oz. jalapeno cheese (depending on how much heat you want either hot or mild or you can use 3 oz. jalapeno cheese and 3 oz. Velveeta cheese). Cook spinach as directed on package. Drain and reserve 1/2 cup water. Saute onion in butter till soft but not brown. Add flour and stir until thick and smooth--not brown. Add milk and spinach water and stir till thick. Add seasonings, then cheese cut in cubes. Stir till melted. Combine with spinach and put in casserole. Top with bread crumbs or croutons. If not served immediately may be refrigerated and reheated in moderate oven. Note: I make ahead for family dinners. Works well. For my bunch I usually have to double recipe though it does make a lot.

## Quick Macaroni & Cheese

Submitted by Sally Bruce

1 or 2 c. elbow macaroni  
2-3 tbsp. butter

1/4 - 1/2 c. Velveeta cheese  
4 tbsp. milk

Cook macaroni; drain. Put back into pan and add rest of ingredients. Stir over very low heat until velveeta is melted and mixed completely into macaroni.

## Mexican Rice and Bean Bake

Submitted by W. Lomano

2 c. cooked rice (white or brown)  
1 1/2 c. salsa  
1 can (15 oz.) black or pinto beans, drained

1 to 1 1/2 c. shredded cheddar cheese  
1/4 tsp. chili powder  
2 eggs

Heat oven to 350 degrees (F). Grease an 8x8x2-in. baking dish. Mix rice, eggs, 1/2 cup of the salsa and 1/2 cup of the cheese; press into dish. In same bowl, mix beans and 1 cup salsa (and extra shredded cheese if you like). Spoon over rice mixture and spread evenly. Sprinkle with last 1/2 cup of cheese and chili powder. Bake uncovered 30 to 35 minutes; stand 5 minutes before serving. Makes six servings. Stores and reheats very well.

## Chick Peas & Pasta

Submitted by one of our readers

Saute garlic (your choice of how much) in a little oil olive until golden. Add chick peas that have been drained from their can (I rinse them but this is optional), saute until a little golden. Add 2 (8 oz.) cans tomato sauce along with some italian seasoning (garlic, oregano, basil), crushed red pepper and a sprinkling of black pepper and a dash of salt. Heat through. Serve over pasta or rice.

## Linguini & Spinach

Submitted by one of our readers

Fresh or frozen spinach (thawed and drained)  
Olive oil  
Garlic

Salt and pepper to taste  
Lemon (optional)  
Linguini (or other choice pasta cooked)

Saute' garlic (I like a lot) in olive oil until slightly browned but not burnt, toss in spinach...you could actually put the spinach and the garlic in at the same time so that you don't overcook the garlic. Add a little salt and pepper, varied to your taste. I love black pepper! Toss with cooked pasta and squeeze the juice of a lemon slice over entire dish if desired. \* Note, you could also use broccoli which is great in this recipe. Serve with some nice warmed Italian bread.



## Fried Rice

Submitted by one of our readers

1 tsp. sesame oil (or vegetable oil)	1 tbsp. soy sauce
1 c. ham, diced	1 clove garlic
1/4 c. chopped onion	1 tsp. seasoned salt
1/4 c. diced carrot	2 eggs
1/4 c. diced green pepper	2 c. cooked rice
1/2 c. chopped broccoli	

In large skillet, heat oil. Add ham. When ham is cooked, add onion. Saute until onion is translucent. Add other veggies. Stir often, cooking until veggies are heated through. Add seasoned salt, soy sauce and garlic. Push veggie mixture to one side of the skillet. Scramble eggs together and pour into empty half of skillet. Scrape with spatula often. When eggs are cooked, fold mixture in. Add rice, mix well. Note: This is great for leftover ham or hot dogs, but try it with anything else or even leave the meat out. Also, any veggies can be tossed in. The measurements are only guidelines.

## Vegetable Casserole

Submitted by one of readers

2 bags of frozen mixed vegetables (any kind)	Ritz crackers
One box Velveeta cheese	Butter

Spray bottom of 9x13-in. casserole dish with cooking spray. Add two bags of frozen vegetables. Layer Velveeta slices over top of vegetables. Crush the packages of Ritz crackers and spread over the cheese. Dot with small pats of butter. Bake at 350 degrees until vegetables are soft and cheese is melted.

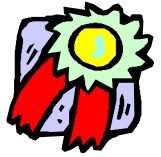
## Baked Corn

1 can whole kernel corn	1/2 c. butter
1 can cream style corn	1/4 c. crackers, crumbled

Layer ingredients in a greased baking dish. Bake at 350 degrees for 1 hour.

## Zucchini Casserole

Submitted by Michelle



3 c. zucchini, unpeeled, sliced, and quartered  
2 carrots, shredded  
1 can of cream of chicken soup  
16 ounces sour cream

Chopped onion to taste  
One Stove Top Stuffing mix  
1 stick of butter (1/2 cup)

Mix zucchini, carrots, soup, sour cream, and onion together in a bowl. Melt stick of butter and add stuffing mix and seasoning packet. Add 1/2 stuffing mixture to zucchini and put in casserole and top with remaining stuffing mixture. Bake at 350 degrees uncovered for 45 minutes.

## Hashbrown Casserole

Submitted by one of our readers

24 oz. bag frozen hashbrowns  
2 c. (8 oz.) shredded cheese  
1 cube (1/2 c.) butter or margarine, melted

1 can cream of chicken soup  
1 small carton (8 oz.) sour cream

Preheat oven to 350 degrees. Mix all ingredients. Bake in greased casserole dish until golden brown. Bake 30-40 minutes.

## Creamy Cheesy Potato Soup

Submitted by Lisa

I've always made my own potato soup...now I just spruce it up a bit for a complete family favorite!! All you do is cube your potatoes and onion, boil until fork tender. Drain off most of the water, add stick butter, wait until melted, salt and pepper to taste, then add one can of condensed milk, shredded cheese to your liking, and presto!! Creamy cheesy potato soup!! My family also likes to add bacon bits on top for that extra special touch!!

## Mushroom Melt

1/4 cup olive oil  
4 cloves garlic, minced  
2 cups mushrooms, sliced

1 loaf French bread  
1 cup mozzarella cheese, grated  
Salt and pepper

Preheat oven to 400 degrees. In a large skillet, heat olive oil. Add garlic and cook until garlic is soft (about 2 minutes). Add mushrooms, salt, and pepper. Cook for 3 to 5 minutes, until mushrooms are barely soft. Cut French bread into 4 pieces and cut each piece in half lengthwise. Arrange mushrooms and garlic on bottom halves of sandwiches and sprinkle with grated cheese. Place top halves of sandwiches on bottom halves and place sandwiches on a cookie sheet. Bake until cheese melts (about 5 minutes).

## Pita Pizzas

Submitted by Margo, Canada

1 small pita per person (I use whole wheat)

1-2 tbsp. tomato sauce/pizza sauce

Chopped vegetables (broccoli, cauliflower, mushroom, peppers, tomatoes or whatever I have in refrigerator)

Chopped black olives (optional)

Grated cheese (feta, cheddar, mozzarella, Monterey jack)

Preheat oven 375 degrees. Spread tomato sauce over pitas. Sprinkle with chopped veggies and olives, if using. Cover with grated cheese. Heat in oven 7 - 9 minutes until cheese is melted and pitas are a little crisp.

## Bean Soup

Submitted by Teresa Smith

Use any combination you prefer, this is what I use:

2 c. pinto beans

1/2 c. red beans

1/2 c. pink beans

1/2 c. navy beans

2 tbsp. lima beans

2 tbsp. black beans

2 tbsp. lentils

2 tbsp. split peas

2 tsp. powdered ginger

Wash beans and cover them with 2 quarts of water in a large pot. Bring to boil and boil for 30 minutes, with the ginger (anti-gas). Stir on occasion to reduce or eliminate burning. Heat oven to 350 degrees. Remove beans from burner and put in 1/2 chopped onion, 1 (16 oz.) can of diced or crushed tomatoes (seasoned or unseasoned), pinch of salt, dash of pepper or lemon pepper or garlic pepper your choice. 1 - 2 tbsp. of salsa, if desired. If needed, add enough water to cover all ingredients and place on the burner and bring to a boil. When brought to a boil, place in heated oven uncovered and bake for 40 minutes. Check and stir to check consistency. Remove a few beans and carefully taste and test for tenderness, if tender, then remove from the oven, place on hot pad and cover with lid. If not eating for a while, cover with a towel like a bath towel to keep warm. Serve with homemade microwave cornbread.



## Side Dishes & Salads



## Brigitte's Lemon Asparagus Bowties

In skillet, saute 1 glove of garlic with olive oil. When slightly browned, add fresh (washed and cut to 1-in. sections) asparagus. Saute until asparagus turns dark green (about 7 minutes), then pour in 1/3 of a cup of fresh squeezed lemon juice. Continue to saute about 2 minutes to allow lemon to mix with asparagus. Serve over cooked bow ties and top with home made bread crumbs. It is a yummy, fast, and nutritious treat!

## Easy Pan Fried Taters

Olive oil	1 chicken boullion cube, crushed
1 clove garlic, minced	4 red potatoes, halved then sliced
Handful sliced onion	Salt and pepper to taste
1 c. water	

Heat olive oil; add onion and garlic. Saute until tender. Add water, boullion, potatoes, salt, and pepper. Cook over medium-high heat covered. Stir potatoes occasionally until potatoes are tender and most of the liquid is absorbed.

## Quick Garlic Bread

- 1.) Buy loaf of French or Italian-style bread. Cut in half or in slices and butter. Then sprinkle on garlic salt or garlic powder. Heat in oven according to package directions until toasty. OR
- 2.) Open hot dog buns in half and place on cookie sheet. Prepare using the same directions as above.

We have served this for company as well and always had rave reviews!

## Potatoes Basque Style

1/2 c. onion, finely chopped	1 (10 1/2 oz.) can chicken broth
1/2 c. celery, chopped	1/2 tsp. salt
1/2 c. carrot, grated	1/8 tsp. pepper
1 clove garlic, minced	Fresh parsley, chopped
2 tbsp. butter	
2 lb. potatoes, peeled and cut into 1-in. cubes	

Saute onion, celery, carrot, and garlic in melted butter in a skillet until tender. Combine chicken broth with enough water to make 2 c. of liquid. Add chicken broth, potatoes, salt, and pepper to sauteed vegetables. Cover and simmer for 10 minutes. Remove cover. Simmer, stirring occasionally, 20 minutes or until broth is thickened. Sprinkle with parsley.

## Uncle Bill's Pea Salad

Submitted by Bill Anatooskin

2 c. frozen petite green peas	2 tbsp. finely chopped onion
1/2 c. sour cream - (low-fat if desired)	4 tbsp. finely chopped celery
1/2 c. mayonnaise	4 slices bacon, fried
1 1/2 tsp. dried dill weed	

In a microwave proof dish, cook peas on HIGH (full power) for 2 to 3 minutes, or until peas are just undercooked. Remove peas from microwave and drain, let peas cool. Use ice-cubes if you like to cool peas; make sure to drain again. In a large bowl, add peas, sour cream, mayonnaise, dill weed, onions, celery and mix well. Chill for at least 20 minutes in refrigerator before using. In a small frying pan, fry bacon until well done and crisp; do not burn. Place bacon on absorbent paper to drain. When bacon is cooled, crumble and garnish pea salad when serving.

## Dutch Salad

6 medium-sized potatoes	1 large onion, chopped
5 tbsp. vinegar	5 tbsp. vegetable oil
4 slices bacon, diced	Salt and pepper
5 tbsp. sugar	

Preheat oven to 300 degrees. Boil potatoes until tender and chop into cubes. In a skillet, fry bacon until crisp. In a casserole dish, combine potatoes, bacon, onion, oil, vinegar, sugar, salt, and pepper. Bake for 30 minutes.

## Stacy's Layered Salad

1 c. finely shredded cheddar cheese	3 stalks celery, cut finely
1 small head of lettuce, torn into pieces	1 small onion, cut finely
6 hard-boiled eggs	1 green pepper, chopped
1 pkg. frozen peas, thawed	1/2 c. black olives

Dressing: Mix 1 c. mayonnaise and 2 tbsp. sugar.

Layer salad with all ingredients except eggs and dressing. Add dressing and then arrange sliced eggs to top. Toss just before serving. (It's important not to toss until serving time to keep salad from getting soggy). It's nice but certainly not a must to serve this in a lovely glass dish. It looks like a work of art after it's been layered!

## Cabbage Salad



- 1 head of cabbage
- 3 green onions
- 3 tbsp. sesame seeds
- 6 oz. package of slivered almonds
- 1 package of chicken flavored Top Ramen noodles

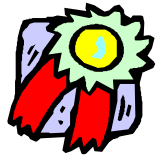
Toast nuts, seeds, and crushed noodles (broil on a cookie sheet with sides--watch very carefully). Takes approximately 1 minute. Shred cabbage (food processor works best). Slice onions and add to cabbage. Stir in dressing (recipe below).

### Dressing

- 1/2 c. oil
- 1/4 c. sugar
- 1/2 tsp. salt
- 3 tbsp. vinegar
- 1 chicken flavor packet from Ramen Noodles

\* Don't mix cabbage, nuts and noodles, and dressing together until ready to eat.

## Carrot-Pineapple Salad



- |                                  |                       |
|----------------------------------|-----------------------|
| 2 c. carrots, grated             | 1/2 c. mayonnaise     |
| 1 can pineapple tidbits, drained | 1/2 c. raisins (opt.) |

Place raisins in a small bowl and cover with boiling water. Let stand 5 minutes and drain well. In another bowl, combine pineapple, carrots, and raisins. Cover and refrigerate. Stir in mayonnaise just before serving.

## Spicy Peach & Orange Salad

- |                                 |                              |
|---------------------------------|------------------------------|
| 2 (3 oz.) packages orange Jello | 1/3 c. vinegar               |
| 1 1/4 c. cold water             | 1 large stick whole cinnamon |
| 1 large can sliced peaches      | 12 whole cloves              |
| 1/2 c. sugar                    |                              |

Drain peaches, reserving juice. Measure juice and add water to make 1 1/2 c. liquid. Combine with the sugar, vinegar, and spices. Bring to a boil and simmer 5 minutes. Add sliced peaches and simmer 5 minutes longer. Remove peaches and spices from syrup. Measure syrup and add boiling water to make 2 1/2 c. Dissolve the Jello in the syrup, and add the cold water. Cool and chill until it is the consistency of heavy syrup. Add the peaches and pour into a serving dish. Chill until firm.

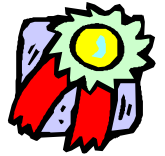
## Cinnamon Candy Jello Salad

- |  |                                 |
|--|---------------------------------|
| 1 (6 oz.) pkg. cherry Jello                | 1 c. chopped, peeled apples     |
| 1 1/2 c. hot water                         | 1 c. chopped celery (opt.)      |
| 1/4 c. red hots dissolved in the hot water | 1/2 c. walnuts or pecans (opt.) |

Mix all ingredients together in a serving dish, and refrigerate until set.

## Strawberry Jello Salad

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| 1 (3 oz.) package strawberry Jello | 1 c. boiling water                    |
| 1 c. sour cream (room temperature) | 1 package frozen strawberries, thawed |



In a medium-sized bowl, stir together boiling water and Jello until Jello dissolves. Stir in sour cream. Add strawberries. Pour into a serving dish and refrigerate until Jello sets.

## Easy Fruit Salad

- |   |                                       |
|---|---------------------------------------|
| 1 can cherry pie filling                  | 1 c. chopped walnuts or pecans (opt.) |
| 1 (20 oz.) can crushed pineapple, drained | 1 (12 oz.) container Cool Whip        |
| 1 c. coconut                              | 1 can sweetened condensed milk        |

Mix ingredients together and chill several hours. You can add marshmallows instead of coconut.

## Dry Jello Salad

- |   |                                  |
|---|----------------------------------|
| 1 (3 oz.) package orange Jello                  | 8 oz. Cool Whip                  |
| 1 can mandarin oranges, cut in half and drained | 1 (16 oz.) carton cottage cheese |



Mix dry Jello with cottage cheese until dissolved. Add oranges and fold in Cool Whip. Cover and keep cold. Note: You can also make this with lime Jello and a can of drained pineapple chunks.

## Pear Halves

Fill halves of canned pears with cream cheese mixed with chopped nuts and dates. Lay on lettuce leaves, then place a plain pear half on top of each half.

## Pear Salad

- 1 (3-oz.) package lime Jello
- 4 oz. cream cheese
- 1 (8-oz.) container Cool Whip
- 1 large can pears, well drained (reserve 1 c. juice)

Dissolve Jello in 1 c. boiling pear juice. Place in refrigerator until Jello just begins to set. In blender, mix pears and cream cheese. Blend in Jello. In large mixing bowl, fold together Jello mixture and Cool Whip. Pour into serving dish and chill until set.

## Peach Salad

- 1 (6 oz.) package peach Jello
- 1 large can sliced peaches, drained (save liquid)

Prepare Jello with peaches according to directions on package. Heat peach juice with enough liquid to make 1 cup.

Add:

- 2 to 3 tbsp. flour
- 1/2 c. sugar
- 1 egg, beaten

Cook over medium heat until thick. Beat in 2 (3 oz.) packages cream cheese and spread over already prepared jello. Top with Cool Whip.

## Pea Salad

- |                                |                       |
|--------------------------------|-----------------------|
| 1 (10 oz.) package frozen peas | 1/3 c. mayonnaise     |
| 2 hard-boiled eggs, chopped    | 1 tbsp. Dijon mustard |
| 1/4 c. green onions, sliced    | 1/2 tsp. garlic salt  |
| 1/2 c. celery, diced           | 1/4 tsp. pepper       |

Cook peas according to directions on package, except cook for 2 minutes less than directions call for. Drain and cool under cold water. Combine peas, eggs, onion, and celery. In a separate bowl, mix mayonnaise, mustard, and seasonings. Combine with first mixture; cover and refrigerate overnight.

## Orange Salad

1 (3 oz.) pkg. cream cheese (room temp.)  
1 small pkg. instant vanilla pudding  
1 (3 oz.) pkg. orange Jello

1 small can crushed pineapple, drained  
1 small can Mandarin oranges

Prepare pudding according to directions on package. Mix in cream cheese. Stir in dry orange Jello. Add pineapple and oranges. Cover and refrigerate for about 15 minutes before serving.

## Stir Fried Cabbage

3 tbsp. peanut oil  
2 tbsp. sugar  
1 tbsp. white vinegar

6 c. cabbage, chopped  
1 tsp. salt  
Pepper

Heat oil in skillet; add cabbage. Turn heat to moderate and fry for 3 minutes. Add sugar, salt, pepper to taste, and vinegar. Cook, stirring constantly, until cabbage is tender but crisp.

## Celery Apple Salad

1 (3 oz.) package cherry Jello  
1 c. boiling water  
1/4 c. red cinnamon candy  
1 c. cold water

1 c. apples, peeled and chopped  
1 c. celery, chopped  
1/2 c. walnuts or pecans, chopped

Dissolve candy and Jello in 1 c. boiling water. Add 1 c. cold water and chill until partially set. Stir in apples, celery, and nuts. Chill.

## Cauliflower Supreme

1 large head cauliflower  
1 can condensed cheddar cheese soup  
1/4 tsp. Worcestershire sauce

2 tbsp. dried bread crumbs  
1 tbsp. butter, melted

Cook cauliflower; drain well. In a small saucepan, combine soup, Worcestershire sauce, and pepper; heat through. Place cauliflower in serving dish. Toss bread crumbs with butter. Spoon cheese soup mixture over cauliflower; sprinkle with bread crumbs. Serve immediately.

## Baked Mushrooms

3 tbsp. butter	3/4 c. half & half
2 small onions, chopped	2 tsp. salt
2 eggs	1/4 tsp. pepper
2/3 c. bread crumbs	1 lb. mushrooms, chopped
3/4 c. milk	

Preheat oven to 350 degrees. Melt butter; saute onions until golden. In a casserole dish beat eggs, mix in bread crumbs, milk, half & half, salt, and pepper. Blend in mushrooms and onions. Bake 60 minutes or until set.

## Cucumber Salad

1 cucumber, peeled and sliced	2 tbsp. olive oil
1/2 c. plain yogurt	Salt and pepper
1 garlic clove, smashed	

Combine yogurt, garlic, olive oil, salt, and pepper and pour over sliced cucumber.

## Lime-Pineapple Salad

1 large package lime Jello	1 can crushed pineapple, drained
1 (16-oz.) carton cottage cheese	1/2 c. chopped nuts (optional)
2 c. boiling water	

Dissolve Jello in the boiling water. Cool slightly. Stir in pineapple, cottage cheese, and nuts. Refrigerate until Jello sets.



## Broccoli Bake

2 boxes frozen broccoli  
1 egg, slightly beaten  
1 can cream of mushroom soup  
1/2 c. mayonnaise  
1 medium onion, chopped and sauteed

### Topping:

1/2 package herb seasoned stuffing mix  
1/2 stick butter  
1/2 c. Parmesan cheese

Cook broccoli according to directions on package; drain. Combine remaining ingredients and mix into broccoli. Salt and pepper to taste. Place in greased casserole dish. For topping, melt butter and pour over stuffing mix (along with contents of seasoning packet). Stir well and spread over broccoli. Sprinkle Parmesan cheese on top. Bake at 350 degrees for 45 minutes.

## Orange Glazed Carrots

1 can sliced carrots	1/4 tsp. ground ginger
1/4 tsp. salt	1 tsp. cornstarch
1 tbsp. butter	1/4 tsp. orange juice
1 tbsp. sugar	

Heat carrot slices in medium sized sauce pan. In another small sauce pan combine sugar, cornstarch, salt, and ginger. Add orange juice. Cook and stir until thickened and bubbly. Cook and stir 1 to 2 minutes longer. Stir in butter. Drain heated carrots. Pour glaze over hot carrots, stirring lightly to coat.

## Sour Milk Biscuits

2 c. flour	1 tsp. baking powder
1/2 tsp. salt	4 tbsp. shortening
1/2 tsp. baking soda	1 c. thick sour milk

Sift dry ingredients together. Cut in shortening until mixture resembles coarse crumbs. Add milk and mix. Knead lightly and roll out 1/2-in. thick on floured board and cut with floured biscuit cutter. Bake at 450 degrees for 12 to 15 minutes or until browned. Makes about 12 biscuits.

## Sweet Potato Casserole

6 large sweet potatoes	1/2 tsp. cinnamon
1/4 lb. butter, softened	1/2 tsp. salt
1 c. milk	1/2 tsp. nutmeg

Preheat oven to 375 degrees. Bake sweet potatoes for 40 minutes or until tender (or cook in microwave). Reset oven to 350 degrees. Mash sweet potatoes; add butter and milk. Add seasonings and place in buttered baking dish. Dot with butter and bake 25 minutes.

## Herbed Green Beans

3 cans French style green beans	Fresh sage, 3-4 leaves (optional)
2 garlic cloves, slivered thinly	Other fresh herbs
2 tbsp. olive oil or margarine	

Heat your green beans until heated through. Drain well. In a large skillet heat oil or margarine. Add garlic and sauté lightly about 2 minutes. At this point you can add the beans and heat through while stirring, then season with salt and pepper. If you have fresh herbs you can chop and add them in for 30 seconds before you add the beans. Sage works well, but so does basil, oregano or thyme. If you don't grow your own herbs, look in the produce section where they may sell bundles of many herbs.

This recipe brought to you by:

by Brenda Hyde

<http://www.seedsofknowledge.com> and

The Family Corner.com

<http://www.thefamilycorner.com/family/food/inthekitchen/thanksgiving.shtml>

## Spanish Rice

6 slices bacon, diced	1 tin mushrooms, drained
2 onions, chopped	2 cans canned tomatoes, drained
1 green pepper, chopped	2 c. "cooked" rice
1/4 tsp. pepper	1 tsp. salt

Cook bacon till crisp. Remove from pan (set aside), add onions, green pepper and mushrooms to frying pan, saute until tender. Add remaining ingredients and simmer gently until heated through. Place in casserole and sprinkle with the crisp bacon. Serves 6.

## Three Bean Salad

1 can green beans	1/2 c. vinegar
1 can kidney beans	1/2 c. vegetable oil
1 can wax beans	1/2 tsp. salt
3/4 c. sugar	

Drain beans. Heat remaining ingredients in a saucepan until heated through. Pour over beans and refrigerate before serving.

## Herbed Potato Skins

Submitted by The Practical Kitchen  
<http://www.practicalkitchen.com/>

3 medium baking potatoes, scrubbed oil	1/2 tsp. basil
4 oz. feta cheese, crumbled	1/4 tsp. rosemary
1 1/2 tsp. oregano	1/2 tsp. garlic salt

Preheat oven to 400 degrees. Prick potatoes and rub with oil. Bake 1 hour or until done. Cool slightly. Cut potatoes in half lengthwise. Leaving a 1/4-in. shell, scoop out pulp, (save for another use). Cut skins in half lengthwise again, then cut in half crosswise. Place skins on baking sheet and brush with oil. Bake 5 minutes. Combine remaining ingredients. Remove skins from oven and top with cheese mixture. Drizzle with more oil. Broil 2-3 minutes or until cheese is bubbly. Makes 24 skins.

## Sesame Green Beans

Submitted Molly McGuire-Davis

3/4 lb. fresh green beans	1 tbsp. soy sauce
1/2 c. water	2 tsp. sesame seeds, toasted
1 tbsp. butter or margarine	

In a sauce pan, bring beans and water to a boil; reduce heat to medium. Cover and cook for 10-15 minutes or until the beans are crisp-tender; drain. Add butter, soy sauce and sesame seeds; toss to coat.



## Pretzel Salad

2 c. crushed pretzels	1 medium container Cool Whip
3/4 c. melted margarine	2 small boxes strawberry Jello
3 tbsp. sugar	2 c. boiling water
8 oz. cream cheese	1 pkg. frozen strawberries
1 c. sugar	

Mix pretzels, margarine, and sugar together and press into a 13x9x2-in. baking dish. Bake at 375 degrees for 8 minutes. Cool 10 minutes. Cream 1 c. sugar and cream cheese until smooth. Fold Cool Whip into cream mixture. Spread over cooled pretzels. Mix Jello and boiling water. Stir, then add frozen strawberries. Let sit 10 minutes. Strawberries will thaw and cause Jello to set up. Pour over top of cream mixture and chill overnight.

## Fruit Salad

Submitted by Gloria Winter

1 pint cottage cheese  
1 pint Cool Whip  
2 cans mandarin oranges, drained  
1 small package any flavor Jello (do NOT add water, just use powder)  
1 c. chopped pecans

Mix all ingredients, refrigerate for one half hour and serve.

## Layered Salad

1/2 head lettuce	1 to 2 tomatoes, chopped
1 c. celery, chopped	2 c. mayonnaise
2 to 4 carrots, grated	1 tbsp. sugar
1 to 2 bunches green onion, chopped	Grated cheddar or Parmesan cheese
1 pkg. frozen peas	

Layer salad in glass bowl: first lettuce, celery, carrots, onions, peas, tomatoes. Spread mayonnaise over top making sure salad is sealed with mayonnaise. Sprinkle sugar over mayonnaise then sprinkle with cheese. Seal bowl with plastic wrap or foil and refrigerate 24 hours.

## Cottage Cheese Jello Salad

- 1 (3 oz.) package strawberry Jello
- 1 (8 oz.) carton Cool Whip
- 2 c. cottage cheese
- 1 c. frozen strawberries, thawed and drained

Mix dry Jello into Cool Whip. Add fruit and cottage cheese. Set for an hour or two, then serve.

## Pea Salad

- |                                 |                            |
|---------------------------------|----------------------------|
| 1/2 head lettuce, shredded      | 1/2 medium onion, chopped  |
| 1 lb. bacon, crisply fried      | 1 c. salad dressing        |
| 2 c. frozen peas, thawed        | 1 c. shredded Swiss cheese |
| 6 eggs, hard boiled and chopped |                            |

Mix peas, eggs, onion, and salad dressing together well. Spread on top of lettuce and sprinkle with Swiss cheese; chill.

## Taco Chip Dip

Submitted by Penny

My family likes to eat refried beans and melted cheese with taco chips. This is a great quick dinner for us.

- 1 or 2 cans of refried beans
- 1 c. of shredded cheese (your choice)
- 1 bag taco chips

Optional ideas:

- shredded lettuce
- sour cream
- cut-up tomatoes

Heat up beans and melt in cheese. Top with items listed above and scoop out with taco chips.

## Frozen Salad

1 (3 oz.) package cream cheese  
1/2 c. mayonnaise or salad dressing  
1 c. crushed pineapple  
1 bottle maraschino cherries  
2 c. miniature marshmallows  
1 c. whipping cream, whipped

Cream salad dressing and cream cheese. Add fruit and marshmallows. Fold in whipped cream. Place in shallow pan and freeze at least 6 hours. Serve frozen on lettuce.

## Fresh Cucumbers

1/2 c. white vinegar  
2 tbsp. water  
2 tbsp. sugar  
1/4 tsp. salt  
Pepper to taste

Mix all ingredients together and pour over 1 large, sliced cucumber. Let stand 2-3 hours for best flavor.

## Potatoes Au Gratin

1 (12 oz.) package frozen hashbrowns, thawed  
1 c. milk  
2 tbsp. butter  
1/2 tsp. pepper  
1 tsp. seasoned salt  
1/4 c. sliced green onions  
1 1/2 c. grated cheese

Preheat oven to 350 degrees. Spread potatoes evenly in a shallow casserole dish. Heat the butter, milk, salt, and pepper until just boiling. Sprinkle onions and cheese over the potatoes and pour milk mixture over all. Bake, covered, for 25 to 30 minutes. Serves 4.

## Orange Delight Salad

1 small package orange Jello  
2 c. boiling water  
1 (8-oz.) package cream cheese  
1 (8-oz.) container Cool Whip  
1 c. grated carrots

Dissolve Jello in boiling water. Let cool until syrupy. Beat cream cheese and add to cooled Jello with Cool Whip and carrots. Chill until set.

## Roasted Red Potatoes

Submitted by one of our readers

1 lb. small red potatoes  
1 tablespoon olive or vegetable oil  
1/2 teaspoon salt  
1/8 teaspoon pepper  
2 tablespoons grated Parmesan cheese

Cut potatoes into 1/4-inch thick slices, toss with oil. Place in a single layer in a greased 13x9x2-in. baking pan. Sprinkle with salt, pepper, and cheese. Cover tightly with foil, bake at 350 degrees 40 minutes, or until tender.

## Club Salad

Submitted by Beth Sine

1 iceberg lettuce, washed, cored and torn into bite-sized pieces  
1 package pre-cooked bacon, crumbled  
1 package ready-to-serve chicken strips (like the Louis Rich Carver's kind)  
10 cherry tomatoes, washed and halved  
1 small bottle Italian salad dressing

Mix ingredients. Chill and serve. Enjoy!

## Crunchy Pea Salad

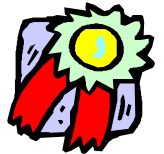
1 pkg. (10 oz.) petite peas (thawed)  
1/4 c. green onions, chopped  
1 c. cashews, chopped  
1 c. sour cream  
1/4 c. crisp bacon bits  
1 celery, chopped  
1/2 tsp. salt  
1/4 c. mayonnaise or salad dressing

Combine all ingredients. Serves 6.

## Mandarin Orange Jello

3 c. boiling water  
1 small box orange Jello  
2 small boxes instant tapioca pudding mix  
2 small cans mandarin oranges  
1 (8-oz.) carton Cool Whip

Mix together boiling water, Jello, and pudding. Place in refrigerator until mixture begins to thicken. Stir in Cool Whip, and then add mandarin oranges. Chill until set.



## Fruit Salad

Submitted by Julie Lawyer

1 large golden delicious apple, cut in small pieces  
1 can mandarin oranges, drained  
1 can fruit cocktail, drained  
1/2 cup whipping cream or vanilla or lemon yogurt  
1/4 cup finely chopped walnuts or sunflower seeds  
1/2 tsp. vanilla  
1 tsp. sugar if you are using whipped cream, none with yogurt

Mix this all together and it makes a nice breakfast for Thanksgiving, Christmas, or New Year's (or any time!).

## Microwave Corn Bread

Submitted by Teresa Smith

1 cup flour	1 egg, beaten
1 cup corn meal	1/4 cup margarine
4 tsp. baking powder	1 cup of water
Pinch or two of salt	
1/4 cup PLUS 2 tablespoons sugar	

Mix all ingredients together. Pour into a sprayed microwaveable dish (and you will need the lid). Set the microwave timer to: Cook covered 8 minutes on Medium, 8 minutes on Medium High, and Then UNCOVER and microwave on High for 60 seconds or 1 minute, remove from microwave and cover. Place on a hotpad and cover with a heavy dish towel. The corn bread will stay warm for several hours. The corn bread came out soft, light.



## Broccoli-Cauliflower Casserole

Submitted by Mary Ann Mient

1 bag frozen cauliflower  
1 bag frozen broccoli  
1 bag (Pepperidge Farm Herb Stuffing Mix)  
1 can (mixed with 1 can of water) of cream of mushroom soup  
1 bag of shredded cheddar cheese

Cook cauliflower and broccoli as stated on package (drain). Layer bottom of casserole dish with a layer of vegetables (drained) then layer:

stuffing mix  
cream of mushroom soup  
shredded cheddar cheese  
vegetables  
Keep repeating

Keep layering these ingredients until the top is layered with stuffing mix. Bake in 350 degree oven for 45 - 50 minutes until top is golden brown.

## Fluffy Fruit Salad

Submitted by one of our readers

Mix together:

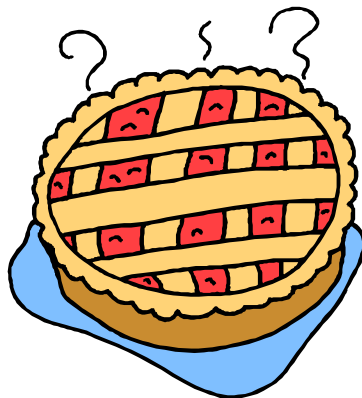
1 large container of low-fat (or non-fat) cottage cheese  
1/2 tub of lite Cool Whip  
1 small package of sugar free jello powder (I like to use Raspberry, Strawberry, or Orange)  
1 small can of mandarin oranges, drained (I also use strawberries or pineapple tidbits depending on which jello flavor I used)

And... it's ready to go!! This takes only a few minutes to get together, and it's delicious, low-calorie plus you're getting fruit, & calcium/protein!!

## Mixed Fruit Salad

This is a great salad, easy to make and quick to throw together. The best thing is it lasts for 2 or 3 days in your fridge. We almost always have a bowl of it around, and when someone wants a snack they can help themselves. Drain 1 (15 oz.) can pineapple chunks (in pineapple juice), save the juice. Drain 2 (11 oz.) cans mandarin oranges or cut up 3 oranges. Add enough orange juice to the pineapple juice to measure 2 cups. Add 1 1/2 teaspoons cinnamon. Mix together and add the pineapple chunks and the oranges. Dice 3 red apples and 3 golden apples, fold this into the other fruit. Store in an airtight container.

# Desserts



## Stacy's Kentucky Derby Pie

1 c. sugar	1 stick melted and cooled butter
1/2 c. flour	10 oz. chocolate chips
1 c. pecans	1 tsp. vanilla
2 eggs, slightly beaten	
Ready-made graham cracker pie crust	

Mix all ingredients together and pour into the graham cracker pie crust. Bake in a preheated oven at 325 degrees for 50-60 minutes until top is golden brown. Tastes wonderful with vanilla ice cream.

## Raspberry Yogurt Pie

1 (3 oz.) package raspberry Jello  
1/4 c. sugar  
1 (8 oz.) carton plain yogurt  
1 pkg. frozen raspberries, thawed  
1/3 c. Cool Whip  
1 prepared pie shell (graham cracker or cookie pie crust)

Dissolve Jello and sugar in 1/2 c. boiling water. Stir in yogurt and juice from raspberries. Stir in raspberries and Cool Whip, mixing well. Pour mixture into pie shell and refrigerate. Before serving, top with remaining Cool Whip.

## Strawberry Cheese Pie

1 3/4 c. graham cracker crumbs	2/3 c. sugar
1/4 c. sugar	1/8 tsp. vanilla
1/2 c. melted butter	1 tbsp. cornstarch
2 (8 oz.) packages cream cheese (room temp.)	Few drops red food coloring
1 (10 oz.) pkg. frozen strawberries, thawed	3 eggs

To make crust, combine graham cracker crumbs with 1/4 c. sugar; stir in melted butter. Press into 10-inch pie pan to make shell. For filling, beat cream cheese until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in 2/3 c. sugar and vanilla. Pour into pie shell. Bake at 325 degrees for 50 minutes. Cool and chill. For glaze, in small saucepan blend together a little of the strawberry liquid and cornstarch. Add remaining strawberries. Cook over medium heat, stirring constantly until thickened and clear. Remove from heat; stir in red food color. Spread over pie and chill.

# Caramel Apple Cobbler

Submitted by Leanne Tanner

1 3/4 c. flour  
1 c. quick-cooking oats  
1/2 c. brown sugar  
1/2 tsp. baking soda  
1/2 tsp. salt  
1 c. cold butter (yes, you can use margarine, but honestly, the butter tastes better!)  
24 caramels, unwrapped  
1 (14 oz.) can sweetened condensed milk  
1 (20 oz.) can apple pie filling  
1 c. chopped nuts, optional (I like walnuts in this)

Combine flour, oats, sugar, baking soda, and salt. Cut in butter until crumbly. Reserve 1 1/2 c. of the crumble; press remainder into a 13x9x2-in. pan. Bake 15 minutes at 375 degrees. If desired, add nuts to reserved crumble. In a heavy saucepan, over low heat, melt caramels with sweetened condensed milk, stirring until smooth. Spoon apple pie filling over baked crust. Top with melted caramel mixture, then the reserved crumble. Bake 20 minutes or until set. Cool slightly and serve with vanilla ice cream. (This is also very good when reheated).

## Ice Box Pudding

1 large container Cool Whip  
1/2 pkg. of your favorite cookies (Oreos work well)

Crush the cookies into bite-size pieces. Arrange cookies and cool whip in layers in a casserole dish or 13x9x2-inch baking dish. Put it in the freezer overnight and then refrigerate. Serve with fresh fruit (strawberries or raspberries) if desired. This recipe can be easily doubled.

## Blueberry Crunch

1 c. graham cracker crumbs	1/4 tsp. salt
1/2 c. sugar	1 (8 oz.) pkg. cream cheese
1/2 c. melted butter	1 tsp. vanilla
2 eggs	1 can blueberry pie filling
1/2 c. sugar	Whipped cream

Combine graham cracker crumbs, sugar, and butter for crust. Press crust in a 13x9x2-inch baking dish. Combine and cream eggs, sugar, salt, cream cheese, and vanilla. Spread on the crust and bake 15 minutes at 375 degrees. Let cool and spread with pie filling. Top with whipped cream.

## Pears Streusel Al a Mode

1 can pear halves, well drained  
6 gingersnaps, finely crushed  
2 tbsp. sugar

2 tbsp. softened butter or margarine  
Vanilla ice cream

Heat oven to 300 degrees. Place pears in a casserole dish. Combine gingersnaps and sugar in a small bowl and blend well. Add butter and work with your fingers until mixture is crumbly. Sprinkle over the pears. Bake 20 minutes. Serve warm with a scoop of ice cream. Serves 2.

## Cinnamon Peaches

1 can peach halves  
1 lemon  
2 tbsp. melted butter or margarine

1/4 c. sugar  
2 tsp. cinnamon

Drain peaches. Sprinkle with lemon juice and then brush with butter. Sprinkle with sugar, more lemon juice, and cinnamon. Place peaches on a baking sheet and broil until golden brown.

## Pineapple Cream Dessert

16 graham crackers, crushed  
1/2 c. milk  
2 c. crushed pineapple

1 pkg. marshmallows  
1 pint whipping cream

In a saucepan, combine milk and marshmallows. Cook over medium heat, stirring, until marshmallows dissolve. Cool. Whip whipping cream until it is thick. Stir in pineapple. Fold pineapple mixture into marshmallow mixture. Arrange half of the graham cracker crumbs in the bottom of a 13x9x2-inch baking dish. Pour pineapple mixture over the crumbs and sprinkle remaining crumbs on top. Refrigerate until firm.

## Fruit Pudding

3/4 c. sugar  
1 c. flour  
1 tsp. baking soda  
1/4 tsp. salt

1 egg, well beaten  
2 c. canned fruit, well drained  
1 c. brown sugar  
1/2 c. nuts (opt.)

Sift together sugar, flour, baking soda, and salt. Add egg and fruit. Pour into a greased 8x12-in. baking pan. Mix together brown sugar and nuts and sprinkle over batter. Bake 1 hour at 300 degrees. When cooled, serve with whipped cream.

## Fruit Pizza

### Crust

1/3 c. margarine  
1/3 c. sugar  
1 egg  
1/4 c. milk

1 1/4 c. flour  
Pinch of salt  
1/2 tsp. vanilla

Mix all ingredients together. Grease pizza pan and pat mix into pan. Bake at 350 degrees until golden. Let cool.

### Topping

Mix 1 c. powdered sugar into 8 oz. cream cheese. Fold in 1 c. Cool Whip. Spread on cooled crust. Top with assorted fruit (apples, kiwi, strawberries, bananas, etc.)

## Easy Rhubarb Custard Dessert

Submitted by Diane Heeney

Prepare one white or yellow cake mix according to package directions, pour in 13x9x2-in. pan. Sprinkle 2-4 c. inch-size rhubarb pieces, sugared to taste evenly over batter. Pour one small container of whipping cream or half and half over batter. It will disappear during baking to form a custard. Bake until a knife comes out clean, at 350 degrees. Serve with whipped topping or ice cream. This makes a rather fancy looking dessert with little effort, so it's your secret.

## Peach Shake

Fresh or frozen peaches  
Vanilla ice cream  
Milk

Thaw the frozen peaches somewhat. Put milk, peaches, and a spoonful of ice cream in the blender. I use more milk than anything else. The advantage to frozen peaches is you can let them get "perfectly ripe" before freezing...We can buy frozen peaches, but these are frozen before they are perfectly ripe, and the small packages have way too much sugar.

## Banana Milkshake

Submitted by Haley Peter

1 banana  
1/2 c. milk  
1 tsp. sugar

2 cubes ice (opt.)  
Other fruits (if desired)

Put all the ingredients in the blender, turn on and drink. Makes one serving.

## Five Layer Dessert

1 c. flour  
1 large container Cool Whip  
1 cube butter  
2 (3-oz.) package vanilla instant pudding  
1 (8-oz.) package cream cheese (room temp.)  
3 c. milk  
1 c. powdered sugar  
1 can crushed pineapple, drained

Mix butter and flour until crumbly and press into the bottom of a 13x9x2-in. baking dish. Bake at 350 degrees until brown (about 15 minutes). Cool. Combine cream cheese and powdered sugar. Stir in 1 cup Cool Whip. Spread over crust. Combine pudding mix and milk and spread over Cool Whip. Add a layer of pineapple and then top with a layer of Cool Whip. Refrigerate.

## Chocolate Lush

1 stick margarine or butter  
1/2 c. chopped nuts  
1 c. powdered sugar  
2 (3 oz.) pkg. chocolate pudding mix  
1 c. flour  
1 (8 oz.) package cream cheese  
2 c. whipped cream or Cool Whip

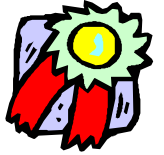
Melt margarine in 13x9x2-inch baking dish in 375 degree oven. Mix flour and nuts, sprinkle evenly over margarine. Bake 10-15 minutes, or until golden brown. Mix softened cream cheese, sugar, and 1 c. whipped cream together well and spread over cooled crust. Prepare pudding as directed on package and when cooled, pour over cream cheese mixture. Top with remaining whipped cream. Note: All ingredients should be cooled, or melting will occur. If making ahead of time, put whipped cream on right before serving. Coconut, banana, or vanilla pudding can be substituted.

## Pineapple Cream

2 boxes instant tapioca pudding  
1 1/2 c. Cool Whip  
1 c. crushed pineapple, drained

Prepare pudding according to directions on package. Chill in large bowl. Fold in Cool Whip and pineapple and pour into serving dish. Refrigerate.

## Rice Pudding



3/4 c. rice, uncooked	1 c. sugar
5 eggs, slightly beaten	2 tsp. vanilla
2 tsp. salt	3 c. milk

Cook rice until tender in salt water. Drain. Stir in eggs, and then stir in remaining ingredients. Pour into baking dish and bake 50 to 60 minutes at 350 degrees.

## Easy Peanut Butter Cups

1 c. margarine	1 1/2 c. peanut butter
2 1/2 c. powdered sugar	2 c. crushed graham cracker crumbs

Mix all ingredients together and press into greased 13x9x2-in. baking dish. Chill until firm. Melt 1 (12 oz.) package chocolate chips and frost candy in pan. Chill.

## Roman Apple Cake

1 c. sugar	1/2 c. shortening
1 1/2 c. flour	1/2 c. milk
1/4 tsp. salt	1 egg
1/2 tsp. baking powder	2 c. finely chopped apples
1 tsp. baking soda	

Sift dry ingredients together in a large bowl; add other ingredients and blend with mixer on medium speed. Pour into greased 8x8x2-inch baking dish and sprinkle with topping.

### Topping

1/2 c. brown sugar	2 tsp. cinnamon
2 tbsp. soft butter	1/2 c. chopped nuts (opt.)
2 tsp. flour	



Blend topping ingredients together and sprinkle on top of batter. Bake at 375 degrees for 45 minutes. Serve with whipped cream.



## Apple Pudding

1 c. sugar	1 c. flour
1/4 c. margarine	1 tsp. baking soda
1 egg	1/2 tsp. cinnamon
2 or 3 apples, chopped	1/2 tsp. nutmeg
1/2 c. walnuts (optional)	

Cream together sugar and margarine. Add egg, beating well. Stir in apple pieces. Sift together dry ingredients and add with walnuts to the apple mixture. Pour into a greased 8x8-inch baking pan and bake for 30 minutes at 350 degrees.

## Strawberry Pizza

1/2 c. butter, room temperature	1 tsp. baking powder
1 c. sugar	11 oz. cream cheese, room temp.
1 egg, beaten	1/2 c. sugar
1/4 c. milk	1 tsp. vanilla
1/4 tsp. vanilla	6 c. sliced strawberries
2 c. flour	

Cream together butter with 1 c. sugar. Add egg, milk, and vanilla. Sift flour and baking powder. Blend into butter mixture. Cover dough and refrigerate for 1/2 hour. Preheat oven to 375 degrees. Grease or butter a 14-in. round pizza pan. Press dough evenly into pizza pan. Bake 15 to 20 minutes, or until lightly browned. Cool to room temperature in pan. Combine cream cheese, 1/2 c. sugar, and vanilla. Spread over crust. Cover with strawberry slices, overlapping slightly. Cut into wedges and serve.



## Mandarin Orange Cake

1 white cake mix	4 eggs
1 can mandarin oranges, undrained	1/2 c. vegetable oil

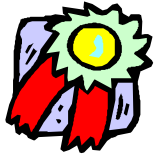
Mix together eggs and oil. Add cake mix and undrained oranges and beat well for 4 minutes. Pour into greased and floured 13x9x2-inch baking dish. Bake at 350 degrees for 30 minutes or until done. After cake has cooled ice with icing made from 1 (8 oz.) container Cool Whip, 1 box instant vanilla pudding, and 1 can drained crushed pineapple. Refrigerate.

## Fudge Brownie Pie

1 c. sugar	1/3 c. baking cocoa
1/2 c. margarine, melted	1/2 tsp. salt
2 eggs	1 tsp. vanilla
1/2 c. flour	1/2 c. chopped pecans

In bowl, beat sugar and margarine. Add eggs; mix well. Add flour, cocoa, and salt. Stir in vanilla and nuts. Pour into a greased 9-inch pie pan. Bake at 350 degrees for 25 to 30 minutes or until almost set.

## Cherry Crunch



1 c. brown sugar	1 1/2 c. oatmeal
3/4 c. butter or margarine, melted	1 tsp. baking soda
1 1/2 c. flour	1 can cherry pie filling

Mix dry ingredients. Work in melted butter, mixing well. Divide mixture in half. Spread half of mixture in the bottom of a greased 8x8-inch baking pan, pressing down well. Spread on pie filling. Sprinkle with remaining mixture and bake at 375 degrees for 35 minutes. Serve warm with whipped cream or ice cream.

## No Bake Candy Cookies

3 c. quick oats	1/2 c. coconut
1/2 c. walnuts, chopped (optional)	1 cube butter
1/2 c. chocolate chips	2 c. sugar
1/2 c. evaporated milk	1 tsp. vanilla

Mix oats, coconut, and walnuts in a large bowl. Cook chocolate, milk, butter, and sugar in saucepan. Cook over medium heat until boiling for 1 minute (stirring constantly). Add vanilla. Pour over dry ingredients and mix well. Drop by spoonfuls onto waxed paper.

## Cranberry Grape Whip

Submitted by Barbara Bakie

2 c. cranberries, frozen	1/2 tsp. vanilla
2 c. red grapes	Powdered sugar to taste
1 c. whipping cream	

Use food processor to chop frozen cranberries. Half and seed grapes. Whip cream and add vanilla and powdered sugar to taste. Combine all. Keep chilled.

## Mexican Fruit Cake

2 c. flour  
2 c. sugar  
2 eggs  
2 tsp. baking soda  
1 c. chopped nuts (optional)  
20 oz. crushed pineapple (do not drain)

Grease and flour 13x9x2-in. baking dish. Mix all ingredients together and pour into baking dish. Bake at 350 degrees for 30 to 35 minutes.

### Icing:

5 oz. cream cheese  
2 c. powdered sugar  
1 stick butter  
1 tsp. vanilla  
1 c. nuts (optional)

Mix icing ingredients together with mixer and spread on cooled cake. I suggest refrigerating any leftovers.

## Sugar Cookies

Submitted by Jo Casto

1 c. butter, softened  
1 (8 oz.) package cream cheese, softened  
1 1/2 c. sugar  
1 egg  
1/2 tsp. vanilla extract  
1 tsp. almond extract  
3 1/2 c. flour  
1 tsp. baking powder

Beat together butter, cream cheese, and sugar. Add the egg and extracts. Then mix in the flour and baking powder. Chill 1 hour. Roll out dough 1/4-inch thick and cut out shapes. Rechill dough as needed to keep it firm. Bake at 375 degrees for 8-10 minutes.

## Chocolate Pie

Submitted by Rachael

1/2 c. butter  
2 eggs  
3/4 c. sugar  
2 c. Cool Whip  
2 squares unsweetened chocolate, melted  
9 inch pie shell, baked

Cream butter and sugar. Stir in cooled melted chocolate. Add eggs, one at a time, beating five minutes after each addition. Fold in Cool Whip. Pour into a cooled baked pie shell. Chill until firm, about 2 hours, or freeze.

## Fudge Brownie Pie

1 c. sugar	1/3 c. baking cocoa
1/2 c. margarine, melted	1/2 tsp. salt
2 eggs	1 tsp. vanilla
1/2 c. flour	1/2 c. chopped pecans (optional)

Beat sugar and margarine. Add eggs; mix well. Stir in flour, cocoa, and salt. Stir in vanilla and nuts. Pour into a greased 9-inch pie pan. Bake at 350 degrees for 25 to 30 minutes.

## Fluffy Cheesecake Dessert

Submitted by one of our readers

4 c. miniature marshmallows  
1/3 c. orange juice  
2 pkgs (8 oz. each) cream cheese, softened  
1 carton (12 oz.) frozen whipped topping, thawed  
2 1/2 c. crushed vanilla wafers  
1/2 c. butter or margarine, melted

In a large microwave-safe bowl, combine marshmallows and orange juice. Microwave, uncovered, on high for 1 1/2 minutes. Stir until smooth. In a mixing bowl, beat cream cheese. Add marshmallow mixture; beat just until smooth. Fold in the whipped topping. Combine wafer crumbs and butter; set aside 3/4 cup for topping. Press remaining crumbs into an ungreased 13-in. x 9-in. pan. Spoon cream cheese filling over crust. Sprinkle with reserved crumbs. Cover & refrigerate for 1 hr. or until set. 12-16 servings.

## Banana Split Dessert

2 c. graham cracker crumbs	3 bananas
1 cube (1/2 c.) butter	1 (8 oz.) container Cool Whip
1 c. + 3 tbsp. sugar	Powdered sugar
1 (8 oz.) package cream cheese	Nuts and cherries
1 medium-sized can crushed pineapple	

In a 13x9x2-inch baking dish, cover bottom with graham cracker crust made with the graham cracker crumbs, butter, and 3 tbsp. sugar. Place in refrigerator for 1 hour. Sprinkle layer of powdered sugar. Blend cream cheese with 1 c. sugar and juice from the pineapples. Spread over the powdered sugar. Cover with layer of bananas, and then cover with crushed pineapple. Top with Cool Whip. Sprinkle with nuts and cherries. Refrigerate.

## Two-Step Creamy Cheesecake

Submitted by Karla Korkodilos

Prep time: 10 minutes    Chill time: 3 hours

Beat 1 package (250 gr) cream cheese (use Light if worried about calories!) and 1/3 cup sugar until smooth and creamy. Stir in 1 tub (1 L) thawed Cool Whip (use Light if still worried!) and spoon in ready-to-use graham cracker crust. Chill for 3 hours and top with fresh fruit, or canned variety.

## Banana Bread

1/2 c. margarine  
1 c. sugar  
2 eggs  
2 c. flour

1 tsp. baking soda  
1/2 tsp. salt  
3 bananas, mashed  
1/2 c. chopped nuts

Cream margarine and sugar. Add eggs and mix. Add bananas and blend well. Add dry ingredients and nuts. Mix thoroughly. Pour batter into a greased loaf pan. Bake at 350 degrees for 1 hour.

## Apple Crisp

5-6 apples  
1 c. uncooked oatmeal  
3/4 c. brown sugar  
1/2 c. flour

1/8 tsp. salt  
1/3 c. butter  
Cinnamon  
White sugar

Slice apples in baking dish (peeled or unpeeled). Sprinkle cinnamon and white sugar over apples. Mix remaining ingredients with a fork and sprinkle on apples. Bake at 350 degrees for 35 minutes or until done. Note: margarine can be substituted, but there's a big difference in the flavor!

## Quick Dessert

Submitted by one of our readers

- 1 Jiffy cake mix
- 1 can of your favorite pie filling
- 1 stick (1/2 c.) butter

Spray the inside of an 8 x 8-in. baking dish. Pour in the can of pie filling. (I have also used canned fruit with the juice for a different taste.) Cover with the cake mix. Dot with butter pats. Bake until crust is brown at 350 degrees F. I also sprinkle brown sugar, cinnamon, or other tastes in the fruit or on top depending on the flavor I am enhancing. You can use a large cake mix and a 9 x 13 pan for a family meal. My family and friends rave about this dish and it is a joke about how easy it is. They don't believe me when I tell them the recipe.

## Fudge Deluxe Pie

Submitted by one of our readers

- 1 (9-in.) baked pastry shell
- 3 (1 oz.) squares unsweetened or semi-sweet chocolate
- 1 (14 oz.) can Eagle Brand sweetened condensed milk
- 1/4 teaspoon salt
- 1/4 cup hot water
- 2 egg yolks
- 1 teaspoon vanilla extract
- 1 cup (1/2 pint) whipping cream
- Additional whipped cream

In heavy saucepan, over medium heat, melt chocolate with sweetened condensed milk and salt. Cook stirring rapidly until very thick and bubbly, 5 to 8 minutes. Add water and egg yolks; cook and stir rapidly until mixture thickens and bubbles again. Remove from heat; stir in vanilla. Cool 15 minutes. Chill thoroughly, about 30 minutes; stir. In large mixer bowl, beat 1 cup whipping cream until stiff; fold into cooled chocolate mixture. Pour into prepared pastry shell. Chill 3 hours or until set. Spread top with additional whipped cream; garnish as desired.

## Cinnamon Apples

Submitted by Shirley from Kansas

- 6 to 10 apples, enough to fill the bottom of an oblong baking dish
- 3/4 c. sugar
- 1/2 c. red hots, the little candies
- 1/4 c. water

Half and core apples. Sprinkle 3/4 c. sugar on the bottom on oblong baking dish. Sprinkle 1/2 c. red hots over sugar. Place apples, cut side down over sugar and red hots. Place close together so that entire bottom of pan is covered. Pour 1/4 c. water over apples. Cover with foil and bake at 350 degrees for 45 minutes or until apples are tender.