



Dishes from the Deep



The Arizona Subvets Perch Base

DISHES FROM THE DEEP

Sponsored by

ARIZONA PERCH BASE LADIES AUXILIARY "THE PERCHETTES"

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Gayle and Bubba Loftus

U.S. Submarine Veterans Perch Base

Phoenix, Arizona

MEETING PLACE:

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8447 N. 61st Avenue
Glendale, Arizona 85301**

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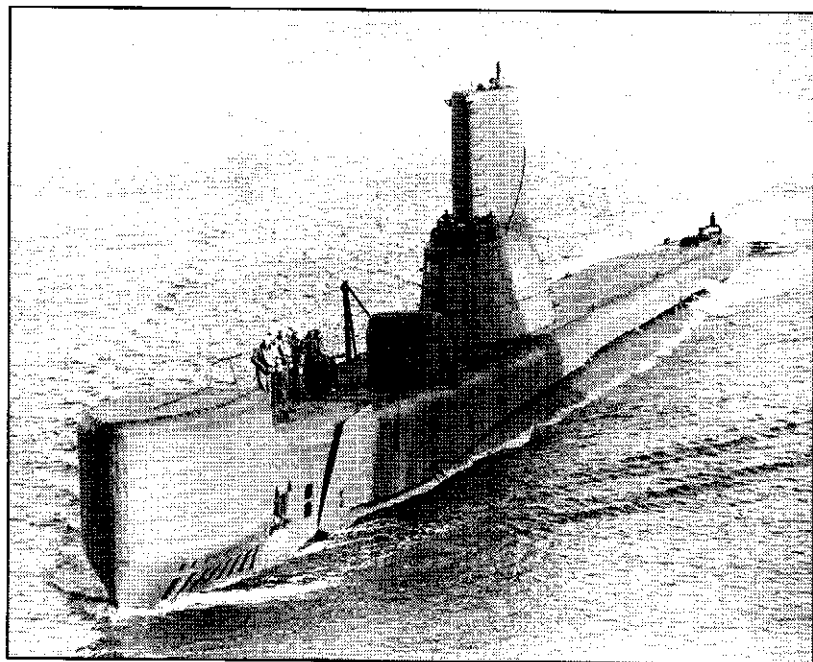
“To perpetuate the memory of our shipmates who gave their lives in the pursuit of duties while serving their country. That their dedication, deeds and supreme sacrifice be a constant source of motivation towards greater accomplishments. Pledge loyalty and patriotism to the United States government.”

The membership further subscribes to traditional American values, namely, a democratic form of government, a strong national security, equal educational opportunity, freedom to worship God, community service, and adequate, compassionate care for veterans, their widows and orphans.

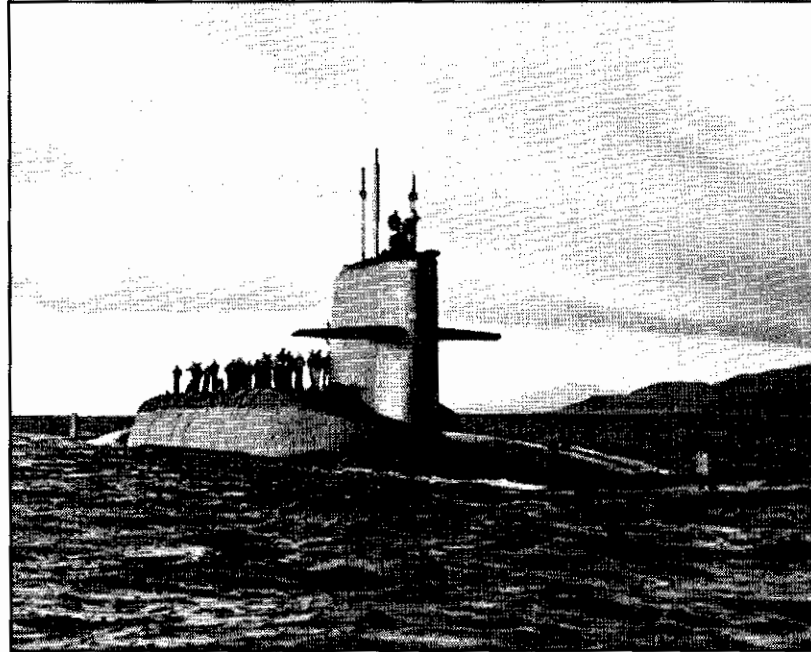
Expression of Appreciation

In appreciation of all the efforts put forth to complete and organize all of the material necessary to put this book together, we would like to single out Judy Patterson (Treasurer/Membership Chairperson) who, at a very difficult time in her life, demonstrated comradeship, loyalty, devotion and service, the four principles which without, an organization like ours could not survive.

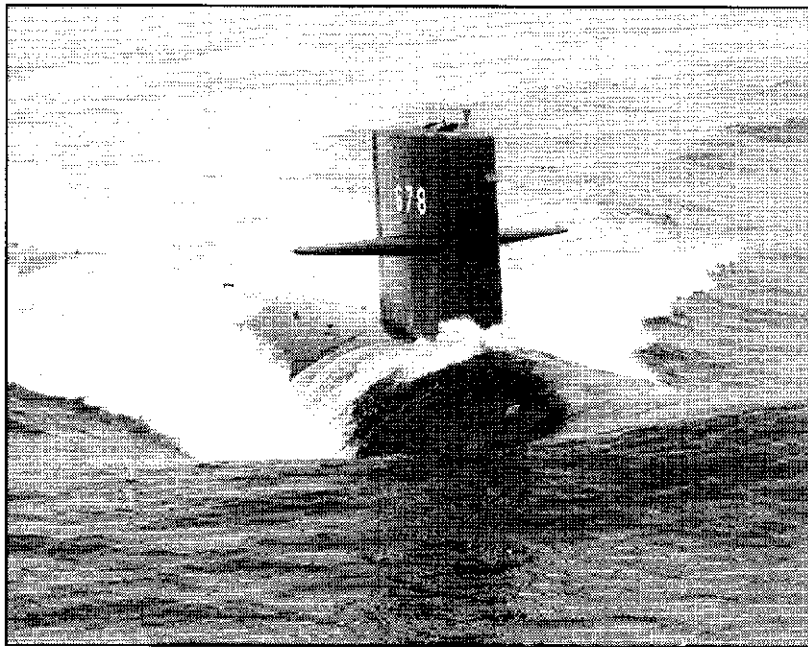
Thank you, Judy.



**USS Sea Owl (SS405)
(Diesel Boat)**



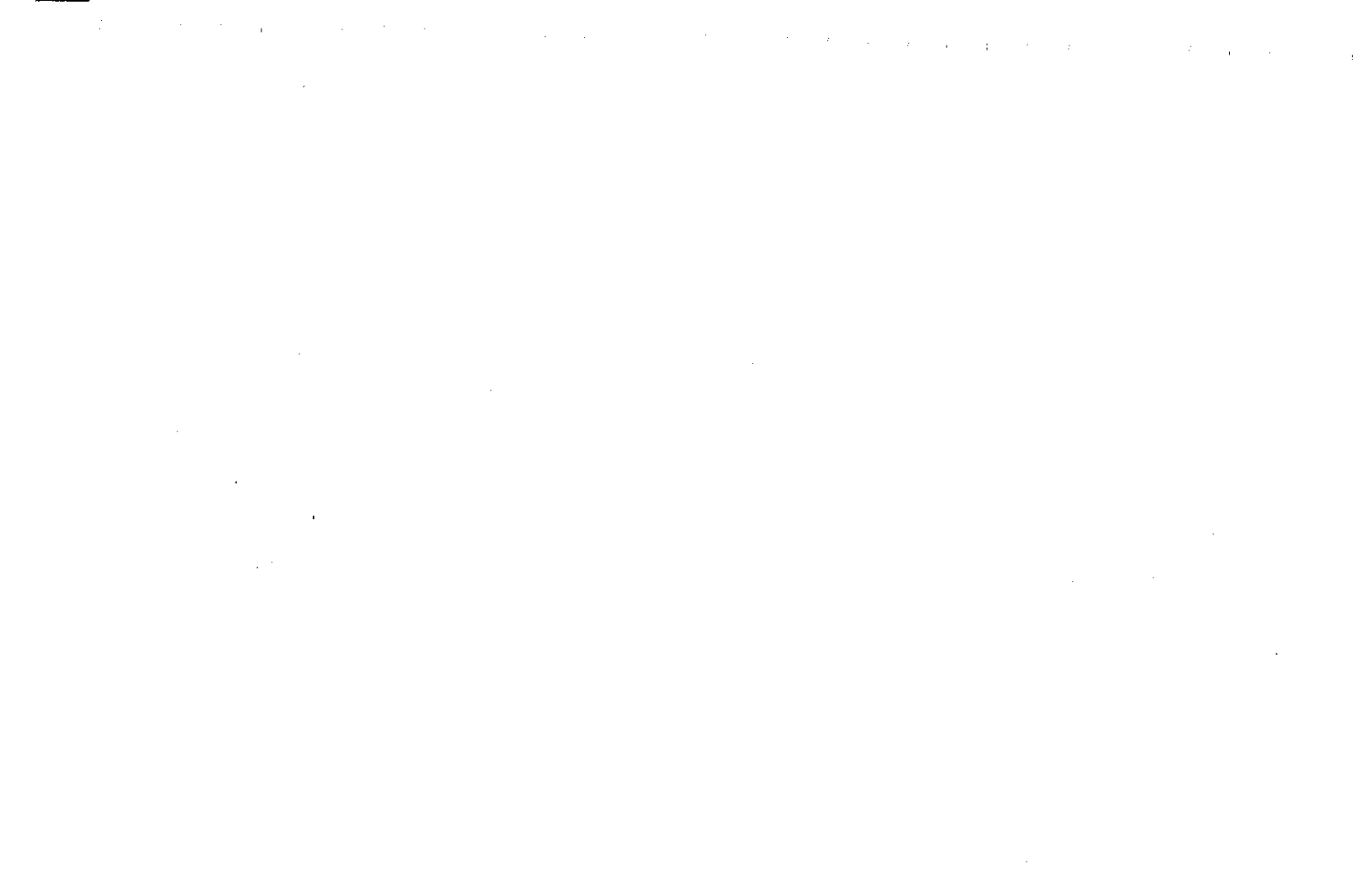
USS Patrick Henry (SSBN 599)
Nuclear “Boomer”



USS Archer Fish (SSN 678)
Nuclear Fast Attack

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These recipes have been typed and proofed by:

Shannon Thomason, Typist

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Published and Printed By
Fundcraft Publishing
P.O. Box 340
Collierville, TN 38027

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ARTICHOKE BITES

(A Real Party Treat)

- 1 loaf party rye bread
- ½ stick melted butter
- 1 can artichokes (not in oil)
- 2 c. shredded mild cheddar cheese
- 1 to 1 ½ c. real mayonnaise
- 12 tsp. dill weed
- ¼ tsp. garlic salt
- ¼ tsp. lemon pepper

Place the party rye bread onto cookie sheet. Brush each little bread with the melted butter. Open artichoke can; drain and cut each artichoke into sixths.

Mix together into a spread, the cheddar cheese, mayonnaise, dillweed, garlic salt and lemon pepper. Assemble by placing one piece of artichoke on each piece of the buttered party rye breads and placing one tablespoon full of the cheese spread on top of the artichoke piece. Broil about two minutes or brown.

Brian and Shannon Thomason



Shopping List

*rye bread
butter
artichokes
mild cheddar cheese
real mayonnaise
dill weed
garlic salt
lemon pepper*



CHEESE WAFERS

½ lb. butter or margarine
½ lb. grated sharp cheese
2 scant c. sifted all-purpose flour
dash of red pepper
dash of garlic salt
dash of onion salt
dash of Worcestershire sauce

Let butter and grated cheese stand at room temperature for about an hour before mixing with remainder of ingredients into a stiff dough. You may use a cookie press or make small balls and flatten to form wafers. Bake for 10 to 12 minutes at 375°.

Bubba Loftus



Shopping List

*butter or margarine
sharp cheese
all-purpose flour
red pepper
garlic salt
onion salt
Worcestershire sauce*

MEXICAN DIP

- 1 10 oz. pkg. cream cheese
- 1 can no bean chile
- 1 pkg. (about 8 oz) Jalapeno Monterey Jack Cheese

Spread cream cheese all over bottom of casserole dish. Layer chili on top, then put (grated) cheese on top. Bake at 350° for 15 minutes (until cheese melts). Serve with your favorite tortilla chips.

Lee Cousin



Shopping List



cream cheese
no bean chile



Jalapeno Monterey Jack Cheese



MEXICALE DIP

1 8 oz cream cheese
1 clove garlic
1 tsp. Lawry's season salt
¼ tsp. worcestershire sauce
1 4 oz. can green chilies

Cream cheese and mild should be at room temp. Add all parts together in blender and mix until smooth. Refrigerate for about 1 hour.

Shannon Thomason



Shopping List

*cream cheese
garlic
Lawry's season salt
worcestershire sauce
green chilies*



CHILI DIP

15 oz. can Chili Con Carne (without beans)
8 oz. cream cheese (softened)

Mix chile and cream cheese together in a microwavable bowl. Stir well. Microwave on high for approx. 5 minutes stirring often. Serve hot in dip bowl with your favorite tortilla chips.

Judy Patterson



Shopping List

Chili Con Carne
cream cheese



VESTRY DIP

1 can refried beans
1 small carton avocado dip
½ envelope taco seasoning
1 8 oz. carton sour cream
2 medium tomatoes, chopped
1-½ c. shredded cheddar cheese
Black olives, sliced
Green onions, chopped

Layer ingredients in the order given in an 8x8 inch dish. Cover and chill. Serve with knife or spoon to spread on tortilla chips.

Bobbie Albright



Shopping List

*refried beans
avocado dip
taco seasoning
sour cream
tomatoes
cheddar cheese
Black olives
Green onions*



SHRIMP DIP

1 can condensed cream of shrimp soup
1 8 oz. pkg. cream cheese
1 tsp. lemon juice
1 can tiny shrimp
dash garlic powder
dash paprika

With electric mixer or rotary beater, gradually blend soup with all ingredients except shrimp. Beat just until smooth. Overbeating will make dip too thin. Fold in shrimp. Chill. Serve with crackers, chips or veggies.

Bobbie Albright



Shopping List

cream of shrimp soup
cream cheese
lemon juice
tiny shrimp
garlic powder
paprika



MADELINE'S PICKLES

- 7 c. sliced cucumbers
- 1 c. sliced onions
- 2 Tbsp. kosher salt
- 1 ½ c. sugar
- 1 c. white vinegar
- 1 Tbsp. mustard seed
- 1 Tbsp. celery seed

Slice cucumbers and onions and soak overnight with the kosher salt. Drain well. Mix celery seed, mustard seed and sugar with vinegar. Pour over cucumber and onions and refrigerate a day or overnight to blend flavors. This can be frozen and used when wanted or just refrigerated.

Madeline Braastad



Shopping List

cucumbers
onions
kosher salt
sugar
white vinegar
mustard seed
celery seed



MARINATED MUSHROOMS

16-20 fresh mushrooms
Italian-style salad dressing

Place mushrooms in a bowl & cover with dressing. Place a small plate on top to hold them under the dressing. Refrigerate for two to three hours.

Carolyn Newman



Shopping List

mushrooms
Italian-style salad dressing



MARINATED CARROTS

Cooked carrots (sliced thin)
1 small green pepper (sliced crossways)
1 med. onion (sliced thin)
1 10 ½ oz. can tomato soup
½ c. oil
1 c. sugar
¾ c. vinegar
4 ½ tsp. pepper
1 tsp. salt
1 tsp. prepared mustard
1 tsp. worcestershire sauce

Layer carrots with onions and peppers. Cover with sauce and refrigerate for a few hours.

Linda Eddy



Shopping List

*carrots
green pepper
onion
tomato soup
oil
sugar
vinegar
pepper
salt
mustard
worcestershire sauce*



FRIED MOZZARELLA STICKS

1 lb. fresh mozzarella
1 egg, beaten
vegetable oil (for deep frying)
flour (for dredging)
1 ½ c. Italian style bread crumbs

Cut the cheese into long narrow strips about ½ by 1 by 2 inches. Place flour in a shallow dish and dredge mozzarella strips, shaking off any excess. Dip strips, one at a time, into egg and then cover completely with bread crumbs. Refrigerate 30 minutes. In a medium skillet pour oil to a depth of 1 inch. Heat oil to 375° and fry mozzarella sticks a few at a time, turning once, until the bread crumbs are brown and crispy, about 5 minutes.

Luis Tejera



Shopping List

mozzarella

egg

vegetable oil

flour

Italian style bread crumbs

extra



CRAB MEAT DIP

6 oz. pkg. frozen crabmeat
1 c. mayonnaise
8 oz. cream cheese

Defrost crabmeat and soften cream cheese. Combine the three ingredients. Put in a baking dish. Put sliced almonds on top. Bake at 350° for ½ hour until heated through. Serve warm with crackers.

Luis Tejera



Shopping List

*crabmeat
mayonnaise
cream cheese*



VEGETABLE DIP

Raw Vegetables

¼ c. Hellmann's Real Mayonnaise

¼ c. chopped parsley

2 pkg. 8 oz. cream cheese

1 pkg. 6 oz. Italian salad dressing mix

1 jar 4 oz. pimento, drained and chopped

Combine above ingredients, mixing well. Chill in refrigerator for several hours. Put in serving bowl and arrange vegetables around bowl.

Luis Tejera



Shopping List

Vegetables

Hellmann's Real Mayonnaise

parsley

cream cheese

Italian salad dressing mix

pimento

SPINACH DIP

- 1 c. sour cream
- 1 c. mayonnaise
- 2 Tbsp. Parmesan cheese
- 1 pkg. Knorr vegetable soup mix
- 1 Tbsp. finely chopped onion
- 1 8 oz. can water chestnuts, chopped coarsely

Combine all ingredients and refrigerate overnight. Serve with favorite chips or bread pieces.

Carolyn Newman



Shopping List

sour cream

mayonnaise

Parmesan cheese

Knorr vegetable soup mix

onion

water chestnuts



CHILE CON QUESO

- ¼ c. chopped onion
- 2 Tbsp. butter or margarine
- 1 can stewed tomatoes (8 oz.)
- 1 can diced green chili (4 oz.)
- 1 pkg. cream cheese, cubed (8 oz.)

Cook onion in butter until soft. Add tomatoes and chilies. Cook 10 minutes over low heat. Add cheese. Keep warm. Serve with chips or vegetables.

Jessie Samuels



Shopping List

*onion
butter or margarine
stewed tomatoes
green chili
cream cheese*



SWEET & SOUR SMOKIES

64 oz. ketchup
1 c. whiskey
1 lb. brown sugar
3 pkg. Lit'l Beef Smokies sausages

Combine all ingredients together and simmer for 1 hour. Serve hot.
Serves about 15.

Darlene Walker



Shopping List

ketchup

whiskey

brown sugar

Lit'l Beef Smokies sausages



SPINACH BACON TOSS

½ lb. fresh spinach
¼ c. cider vinegar
1 Tbsp. soy sauce
½ tsp. Lawrys Seasoned Salt
8 slices bacon
3 Tbsp. salad oil
1 tsp. sugar

Wash and dry spinach and remove stems. Cut bacon in 1 inch pieces and saute until very crisp. Remove bacon and pour drippings into cup. Return 4 Tbsp. drippings to frying pan. Stir in remaining ingredients except spinach. Heat, stirring just to boiling point. Turn off heat, but leave pan on burner. Add some spinach to pan and toss with dressing until leaves are coated. Remove to bowl. Repeat as necessary.

Lee Cousin



Shopping List

*spinach
cider vinegar
soy sauce*

*Lawrys Seasoned Salt
bacon
salad oil
sugar*



BEST MEAT SAUCE IN THE COUNTRY

- 2 lg. cans crushed Italian tomatoes
- 4 Tbsp. olive oil
- 4 cloves garlic, chopped
- 4 stalks fresh parsley
- ½ lb. ground beef
- 1 sm. can tomato sauce
- 1 c. grated Romano or Parmesan cheese (imported)
- 1 sm. carrot
- 2 Tbsp. basil
- 2 Tbsp. Italian Seasoning

Place olive oil in pot. Brown meat and cook garlic and parsley. Add tomato sauce, then cheese and saute for a few minutes until cheese completely melts. Add remaining ingredients and cook 2 to 2 ½ hours.

Lee Cousin



Shopping List

Italian tomatoes
olive oil
garlic
parsley
ground beef
tomato sauce

Romano or Parmesan cheese
carrot
basil
Italian Seasoning



TACO SOUP

1 lb. ground beef
 1 sm. onion, diced
 1 16 oz. stewed tomatoes
 1 4 oz. diced green chilies
 2 c. water
 1 15 oz. dark kidney beans
 1 15 oz. pinto beans
 1 15 oz. can tomato sauce
 1 1 ¼ oz. pkg. taco seasoning
 1 8 oz. green chili salsa
 1 clove garlic or ¼ tsp. garlic powder
 salt
 pepper

Brown meat and spices in large pot. Add remaining ingredients and heat thoroughly. Serve hot with shredded Long Horn cheese or cheddar and crushed corn chips if desired. Cost is approximately \$6.75 plus chips, but it makes a lot of soup.

Viola (Sandy) Bernard



Shopping List

ground beef
onion
stewed tomatoes
green chilies
dark kidney beans
pinto beans
tomato sauce
taco seasoning
green chili salsa
garlic or garlic powder
salt
pepper



BARLEY & MUSHROOM SOUP

2 qt. chicken stock
4 oz. dried mushrooms
2 carrots, diced
1 potato, diced
1 st. celery, diced
1 c. barley
sour cream

In large pot bring stock, carrots, barley, potatoes and celery to a boil. Soak mushrooms then chop and add to soup. Turn down heat to simmer until done.

Add a Tbsp. sour cream to each bowl of soup.

Susanne Kloch



Shopping List

chicken stock
mushrooms
carrots
potato
celery
barley
sour cream



CHICKEN RICE-A-RONI SALAD

1 can small shrimp
1 can water chestnuts, cut up
3 stalks celery, cut up
green onion to taste
1 pkg. Rice-A-Roni Chicken
mayonnaise

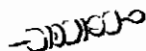
Make Rice-a-Roni as to pkg. directions and cool. make in morning to serve later in the day. Add the ingredients and mix with enough mayonnaise to hold together.

Viola (Sandy) Bernard



Shopping List

shrimp
water chestnuts
celery
green onion
Rice-A-Roni Chicken
mayonnaise



APPLE NUT SALAD

- 3/2 c. mayonnaise
- 2 tsp. lemon juice
- 2 red apples (unpeeled & chopped)
- 1 green apple (unpeeled & chopped)
- 1 c. celery (chopped)
- 1/2 c. walnuts (chopped)
- 1/4 c. raisins

Mix mayonnaise and lemon juice. Place rest of ingredients in bowl and toss to mix. Add mayonnaise and stir to coat. Serves 4 to 6.

Carolyn Newman



Shopping List

*mayonnaise
lemon juice
red apples
green apple
celery
walnuts
raisins*



POPPYSEED SALAD DRESSING

- 1 ¼ c. plain nonfat yogurt
- ¼ c. coffee rich light
- ⅓ c. honey
- 2 Tbsp. dijon mustard
- 2 Tbsp. lemon juice
- 1 Tbsp. poppy seed

Combine all ingredients until smooth. Serve over salad or use as a vegetable dip.

Note: Makes 32 - 2 Tbsp. servings. Per serving: Calories 40, Fat 0.5 g., Cholesterol 0 mg.

Carolyn Newman



Shopping List

*yogurt
coffee rich
honey
dijon mustard
lemon juice
poppy seed*



CHINESE CABBAGE SALAD

- 1 head cabbage (chopped)
- 1 c. toasted almond slivers
- 4 tsp. toasted sesame seeds
- 2 pkg. Top Ramen noodles (broken up)
- 8 green onions (chopped fine)

Toast almonds and sesame seeds until golden. Chop cabbage and onion. Combine cabbage, onion, almonds, sesame seeds, Ramen noodles. Mix dressing and put aside until ready to serve so noodles and seeds stay crunchy. All parts may be prepared ahead of time.

Dressing:

- 4 Tbsp. sugar
- 4 Tbsp. rice wine vinegar
- ½ c. salad oil

Add dressing to salad at time of meal, mix well and serve.

Shannon Thomason



Shopping List

*cabbage
almond
sesame seeds
Top Ramen noodles
green onions
sugar
rice wine vinegar
salad oil*



CHICKEN WALDORF SALAD

- 1/3 c. mayonnaise
- 1 Tbsp. cider vinegar
- 1/2 tsp. salt
- 2 1/2 c. cut up cooked chicken
- 1/2 c. sliced celery
- 1/2 c. minced green peppers
- 1 tsp. grated onion
- 1 c. diced unpeeled red apples
- 1/3 c. chopped walnuts

In large bowl mix, mayonnaise, vinegar and salt. Add chicken and remaining ingredients. Serves approx. 5

Recipe may be doubled for Pot Luck.

Kathryn Otreba



Shopping List

mayonnaise
 cider vinegar
 salt
 chicken
 celery
 green peppers
 onion
 red apples
 walnuts



LETTUCE & CAULIFLOWER SALAD

1 head lettuce, shredded
½ lg. onion, sliced small
1 lb. bacon, cooked and crumbled
1 head cauliflower, raw & broken up

Layer in above order. Cook top with ½ inch mayonnaise. Sprinkle with Parmesan cheese and sugar. Refrigerate overnight. Toss when ready to serve.

Sunny Greene



Shopping List

lettuce
onion
bacon
cauliflower



COBB SALAD

- 6 c. chopped iceberg lettuce
- 2 hard boiled eggs, chopped
- 2 tomatoes, peeled, seeded and chopped
- 2 c. finely diced cooked chicken breast
- ½ c. crumbled blue cheese
- 1 avocado, peeled and diced
- 8 slices bacon, cooked and crumbled

Toss all ingredients with blue cheese or Italian dressing right before serving.

Bobbie Albright



Shopping List

*iceberg lettuce
eggs
tomatoes
chicken breast
blue cheese
avocado
bacon*



GREEN PEA SALAD

- 1 box "early" or "baby" frozen little peas
- 1 c. finely chopped celery
- ¼ c. finely chopped scallions
- ½ c. mayonnaise (Best Foods)
- Few slices bacon, cooked and crumbled

Microwave peas in opened box for 2-4 minutes. Drain and cool thoroughly. Mix with chopped celery, chopped scallions, mayonnaise. Microwave bacon, cool and crumble. Cover salad with crumbled bacon.

Lee Cousin



Shopping List

peas
celery
scallions
mayonnaise
bacon



OVERNIGHT FRUIT SALAD

1 small can Mandarin orange slices
1 small can pineapple tidbits
6-8 maraschino cherries (cut up)
¾ c. chopped nuts
1 pt. sour cream

Combine above and mix well. Stir in sour cream. Let chill overnight.

Judy Patterson



Shopping List

*Mandarin orange
pineapple tidbits
maraschino cherries
nuts
sour cream*



CAULIFLOWER & BROCCOLI SALAD

cauliflower
broccoli
red onions
green peppers
½ c. sugar
½ c. oil
½ c. vinegar
1 c. Miracle Whip

Cut up broccoli and cauliflower. Slice red onions and green peppers. Warm together sugar, oil and vinegar. Then add Miracle Whip. Pour over the vegetables and toss.

Sunny Greene



Shopping List

*cauliflower
broccoli
red onions
green peppers
sugar
oil
vinegar
Miracle Whip*



TACO BEEF SOUP

1 lb. ground beef
¼ c. chopped onion
1 ½ c. water
1 16 oz. can stewed tomatoes, cut up
1 16 oz. can kidney beans
1 8 oz. tomato sauce
½ envelope (2 Tbsp.) taco seasoning
1 small avocado, peeled, seeded & chopped
shredded cheddar cheese
corn chips
dairy sour cream

In large sauce pan, cook ground beef and onion till meat is browned. Drain off excess fat. Add water, undrained kidney beans, tomato sauce and taco seasoning. Mix. Simmer covered for 15 minutes. Add avocado. Place corn chips in bottom of bowl, add soup. Sprinkle on shredded cheese. Add globs of sour cream. Serves 6.

Muriel Grieves



Shopping List

ground beef
onion
stewed tomatoes
kidney beans
tomato sauce
taco seasoning
avocado
cheddar cheese
corn chips
sour cream



HAM AND CABBAGE SOUP

1 ½ to 1 ¾ lb. meaty ham bone or smoked ham hocks
8 c. water
8 black peppercorns
5 whole cloves
1 tsp. salt
2 lg. potatoes, thinly sliced (3 c.)
1 clove garlic, halved
½ head cabbage, coarsely chopped (3 ½ c.)
3 lg. carrots, pared & thinly sliced (2 c.)
1 med onion, chopped (½ c.)

In 4 ½ qt. Dutch oven, combine ham bone, water, peppercorns, cloves, salt & garlic. Bring to boiling. Reduce heat, cover and simmer 2 ½ hours. Remove ham bone when cool enough to handle. Cut meat from bone. Strain broth. Return meat and broth to Dutch oven. Add cabbage, potatoes, carrots and onion. Cover and simmer 40 min. until vegetables are tender.

Lee Cousin



Shopping List



ham bone or smoked ham hocks
black peppercorns
cloves
salt
potatoes
garlic
cabbage
carrots
onion

BROCCOLI SALAD

- 3/4 c. mayonnaise
- 3 Tbsp. sugar
- 3 Tbsp. red wine vinegar
- 2 bunches broccoli, chopped
- 8 strips bacon, cooked and crumbled
- 1 c. shredded sharp cheddar cheese
- 1 red onion, chopped

In small bowl combine mayonnaise, sugar and vinegar, chill for at least 1 hour. In a salad bowl, layer broccoli, bacon, cheese and onion. Pour dressing over salad and toss before serving. Yield: 6 servings.

Jessie Mitchell



Shopping List

mayonnaise
sugar
red wine vinegar
broccoli
bacon
sharp cheddar cheese
red onion



TOMATO CORN CHOWDER

6 slices bacon
¼ c. onion, chopped
2 c. raw potatoes, cubed
1 c. water
1 ½ tsp. salt
¼ tsp. pepper
1 12 oz. can whole kernel corn, drained
2 c. tomato juice
¼ c. flour
½ c. milk

Partially cook bacon in large sauce pan. Add onion and cook until bacon is crisp. Drain, reserving 2 Tbsp. drippings, return drippings to sauce pan. Add potatoes, water, salt and pepper, bring to boil. Reduce heat and simmer for 20-25 minutes, or until potatoes are tender. Stir in corn and tomato juice. Combine flour and milk in a separate bowl. Pour into sauce pan, increase heat stirring constantly, bring to boil until mixture thickens.

Jessie Mitchell



Shopping List

bacon

onion

potatoes

salt

pepper

whole kernel corn

tomato juice

flour

milk



THAI CHICKEN FETTUCINE SALAD

- 1 c. Pace Picante sauce
- ¼ c. chunk-style peanut butter
- 2 Tbsp. honey
- 2 Tbsp. orange juice
- 1 tsp. soy sauce
- ½ tsp. ground ginger
- 6 oz. dry fettucine
- ¼ c. very thin short red bell pepper strips

Cook fettucini according to package directions. Combine Pace Picante sauce, peanut butter, honey, orange juice, soy sauce and ginger in a small sauce pan. Cook and stir over low heat until blended and smooth. Reserve ¼ c. Picante Sauce mixture. Toss remaining Picante sauce mixture with hot cooked fettucini. Cook chicken in oil in large skillet until brown and thoroughly cooked, about 5 minutes. Add reserved Picante sauce mixture, mix well. Line large lettuce (if desired). Arrange fettucini mixture over lettuce. Top with chicken mixture, sprinkle with cilantro, peanut halves, and pepper strips. Cool to room temperature before serving. Serve with additional Picante Sauce.

Yield: 4 servings.

Variation: Can also be served as a hot main dish without lettuce.

Jessie Mitchell

SOUPS, SALADS & SAUCES



Shopping List

Pace Picante sauce
chunk-style peanut butter
honey
orange juice
soy sauce
ground ginger
dry fettucine
red bell pepper



QUICK CREOLE JAMBALAYA

- ¾ lb. unpeeled med. sized shrimp
- ¾ c. chopped onion
- ¼ c. chopped green peppers
- 1 Tbsp. minced parsley
- 1 clove garlic, minced
- 2 Tbsp. butter or margarine, melted
- 1 28 oz. can chopped tomatoes, undrained
- 1 10 oz. can condensed beef broth, undiluted
- 2 c. hot links (sausage) cubed
- 1 ¼ c. water
- ½ tsp. Thyme
- ½ tsp. chili powder
- ¼ tsp. pepper
- hot pepper sauce to taste
- 1 c. long grain rice, uncooked

Peel shrimp and set aside. Cook onions and next 4 ingredients in butter, in dutch oven, stirring constantly until vegetables are tender. Stir in tomatoes and next 7 ingredients, bring to a boil. Stir in rice, cover, reduce heat and simmer for 25 minutes. Add shrimp to rice mixture, bring to a boil, cover, reduce heat and simmer for 10 minutes, or until shrimp turns pink.

Laurel Atkinson

SOUPS, SALADS & SAUCES



Shopping List



- shrimp
- onion
- green peppers
- parsley
- garlic
- butter or margarine
- tomatoes
- beef broth
- hot links
- Thyme
- chili powder
- pepper
- hot pepper sauce
- long grain rice

MARINADE SAUCE

¼ c. vegetable oil
¼ c. soy sauce
¼ c. dry sherry
1 tsp. ginger
1 clove garlic, minced

Mix together and marinate your favorite meat. To baste while cooking add 2 Tbsp. molasses to mixture.

Barbara Thomason



Shopping List

*vegetable oil
soy sauce
dry sherry
ginger
garlic*



LINGUINI SALAD

- 1 box linguini noodles
- 2 bell peppers
- 2 onions
- 1 lg. can mushrooms or fresh sliced
- 1 jar salad sprinkle
- 1 lg. jar Catalina dressing
- 1 lg. cucumber
- 1 c. diced black olives

Mix all ingredients together. Put in glass bowl, cover and refrigerate for at least 1 hour.

Jeanette O'Rose



Shopping List

- linguini noodles*
- bell peppers*
- onions*
- mushrooms*
- salad sprinkle*
- Catalina dressing*
- cucumber*
- black olives*



MEATLOAF SAUCE

- 3 Tbsp. brown sugar
- ¼ c. ketchup
- ¼ tsp. nutmeg
- 1 tsp. dry hot mustard

Mix all ingredients together and pour over meatloaf.

Carla Walker



Shopping List

- brown sugar*
- ketchup*
- nutmeg*
- dry hot mustard*



BROCCOLI SALAD

4 c of broccoli stems and flowerettes
8 strips of crisp bacon
½ c of raisins
½ c of red onions, chopped

Mix all ingredients together and refrigerate.

Dressing:

½ c. mayonnaise
¼ c. sugar
2 Tbsp. vinegar

Mix together and add with salad.

Pat Gaytas



Shopping List

broccoli
bacon
raisins
red onions
mayonnaise
sugar
vinegar



TATER TOT CASSEROLE

1 bag Tater Tots
1 can mushroom soup
1 c. sour cream
½ c. milk
1 c. grated cheddar cheese
¼ c. chopped onions
pepper
garlic powder

Mix all ingredients together in large bowl. Pepper and garlic, season to taste. Bake at 350° for 45 minutes.

Barbara Thomason



Shopping List

*Tater Tots
mushroom soup
sour cream
milk
cheddar cheese
onions
pepper
garlic powder*



BISQUICK QUICHE

½ c. Bisquick
1 ½ c. milk
3 eggs
1 c. shredded Swiss cheese
½ c. sliced bacon, shrimp ham, crab, or salmon
pepper to taste
chopped onion of desired

Preheat oven to 350°.

Beat together eggs, Bisquick, milk and pepper. Pour into greased pie plate. Sprinkle with shredded Swiss cheese and ½ c. of the cooked meat or fish of your choice. Add chopped onion if desired. Bake for 45 minutes. Let stand 10 minutes. Double the recipe for a 9x13 pan.

Sunny Greene



Shopping List

Bisquick
milk
eggs

Swiss cheese

bacon, shrimp ham, crab, or
salmon
pepper
onion



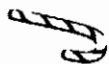
TACO CHICKEN CASSEROLE

- 1 can cream of chicken soup (undiluted)
- 1 can cream of mushroom soup (undiluted)
- 1 12 oz. can milk (condensed)
- 1 lb. ground beef (lean)
- 1 med. onion
- 1 can chopped green chilis
- 1 doz. tortillas
- 1 c. or more Longhorn cheese

Brown meat in skillet. In separate pan cook for 3 minutes soups and milk. Tear tortillas in small pieces, add to soup mixture. Next, add meat and chilis and $\frac{1}{2}$ the cheese. Put into casserole dish, cover with remainder of cheese.

Bake for 30 minutes at 350°. Let cool 5 to 8 minutes before serving.

Linda Eddy



Shopping List

- cream of chicken soup*
- cream of mushroom soup*
- milk*
- ground beef*
- onion*
- green chilis*
- tortillas*
- Longhorn cheese*



AMERICAN CHOP SUEY

1 lb. hamburger
1 lg. chopped onion
2 chopped green peppers
2 chopped celery stalks
1 c. instant rice
soy sauce
water
salt
pepper

In frying pan brown hamburger, drain and add onions, green peppers, and celery. Cook for 10 minutes. Add enough water to cover. Put in rice, let sit for 10 minutes. Add soy sauce to taste.

Susanne Kloch



Shopping List

*hamburger
onion
green peppers
celery
instant rice
soy sauce
salt
pepper*



HAMBURGER TATER TOT CASSEROLE

1 ½ lb. hamburger
1 onion
Velveeta cheese
1 can cream of mushroom soup
1 ½ c. milk

Brown hamburger and onion. Drain, put in large casserole dish. Add slices of Velveeta cheese on all of hamburger. Mix mushroom soup and milk together and pour over cheese. Cover with tater tots. Bake at 375° for 45 minutes.

Marilyn Setu



Shopping List

hamburger

onion

Velveeta cheese

cream of mushroom soup

milk



MUSHROOM STUFFED CHICKEN ROLLS

- ½ c. chopped celery
- ½ c. chopped mushrooms
- ½ c. dry breadcrumbs
- ¼ lb. cooked ham, julienned
- 2 tsp. parsley
- 1 tsp. basil leaves
- 7 Tbsp. butter, melted
- 3 whole chicken breasts, boned, skinned, flattened & halved

Combine celery, mushrooms, breadcrumbs, ham, parsley, basil. Mix well. Add 4 Tbsp. melted butter and toss. Spoon 2 ½ Tbsp. mushrooms stuffing in center of each chicken breast. Roll up and secure each with toothpicks.

Preheat oven to 400°. Fry chicken rolls in remaining 3 Tbsp. butter for 10 minutes. Transfer chicken rolls into baking dish and spoon in remaining stuffing. Bake at 400° for 25 minutes.

Lee Cousin



Shopping List

celery
mushrooms
dry breadcrumbs
ham
parsley
basil leaves
butter
chicken breasts



SLOPPY JOE'S

- 1 ½ lb. ground round
- 1 can chicken gumbo soup
- ½ c. chopped onion or scallion (to taste)
- 1 tsp. mustard
- 1 tsp. ketchup

Brown meat in oil if necessary. Add remaining ingredients and simmer 20 minutes. Then transfer to crock pot or continue to simmer on stove for 1 ½ to 2 hours.

Lee Cousin



Shopping List

ground round
chicken gumbo soup
onion or scallion
mustard
ketchup



CHICKEN BREAST AND STUFFING

4 chicken breast
4 slices Monterey Jack cheese
1 can cream of chicken soup
½ soup can of white wine or milk
½ pkg. dressing mix for turkey

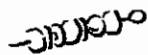
Butter a square baking pan. Arrange the chicken breasts in pan. Place one slice of Monterey Jack cheese on each breast. Mix together the cream of chicken soup and white wine or milk. Pour over chicken breasts. Sprinkle with dressing mix. Bake at 350° for 50-55 minutes.

Sunny Greene



Shopping List

*chicken breast
Monterey Jack cheese
cream of chicken soup
white wine or milk
dressing mix for turkey*



MINCED BEEF-S.O.S.-U.S. NAVY RECIPE

- 3 lb. ground beef
- 1 c. chopped onion
- 1 c. flour
- 1 28 oz. can crushed tomatoes
- 1 tsp. nutmeg
- 1 tsp. salt
- ½ tsp. black pepper
- 1 c. water

Braise beef in its own fat with onions. Sprinkle flour over beef and continue cooking until flour is absorbed. Add tomatoes, spices and water. Stir to mix well. Simmer 10-15 minutes.

This well known Navy breakfast is usually served with hash brown potatoes and biscuits with the SOS being poured over the potatoes and biscuits of toast.

Serves 10.

Gary Patterson



Shopping List



ground beef



onion

flour



tomatoes

nutmeg



salt

black pepper

CHICKEN BREASTS SUPREME

6 boneless chicken breast halves

¾ tsp. seasoned salt

Paprika

1 chicken bouillon cube

1 c. boiling water

¼ c. sauterne

½ tsp. instant minced onion

½ tsp. curry powder

Sprinkle chicken with seasoned salt and paprika. Place in 11x7x1 ½ inch baking dish. Dissolve chicken bouillon cube in boiling water, add wine, onion and curry powder. Pour over chicken. Cover with foil and bake at 350° for 30 minutes. Uncover and bake 45 minutes longer or until tender. Remove chicken to heated platter. Strain pan juices and reserve.

Mushroom Sauce:

2 Tbsp. flour

¼ c. cold water

1 3 oz can mushrooms, drained

Mushroom sauce: In sauce pan blend flour with cold water. Slowly stir in reserved pan juices. Cook and stir over low heat till thickened and bubbly. Boil 3-4 minutes longer. Add mushrooms, drained. Heat through. Spoon sauce over chicken. 6 servings.

Bobbie Albright



Shopping List

chicken breast
seasoned salt

Paprika
chicken bouillon
sauterne

instant minced onion
curry powder
flour
mushrooms



POTATO SAUSAGE BAKE

1 can of potatoes, sliced
½ lb. sausage (hot is best)
1 sm. onion, chopped
1 c. cubed day old bread
½ c. milk
1 egg
½ c. water
salt
pepper

Brown together chopped onion and sausage. Add potatoes and cubed bread. Add milk, egg and water. Salt and pepper to taste. Mix and pour into greased baking dish.

Bake at 350° for 30 minutes.

Laureta Michaud



Shopping List

potatoes
sausage
onion
bread
milk
egg
salt
pepper



CHINESE CHICKEN

- ½ med. green pepper, cut in strips
- 1 c. sliced celery
- 2 Tbsp. butter or margarine
- 1 10 ½ oz. can condensed cream of chicken soup
- ¼ c. water
- 2 Tbsp. soy sauce
- 2 c. cubed cooked chicken
- 1 16 oz. can chop suey vegetables, drained

Cook green peppers and celery in butter till crisp tender. Stir in soup, water and soy sauce. Add chicken and vegetables, heat through. Serve with hot cooked rice and chow mein noodles. 6 servings.

Bobbie Albright



Shopping List

- green pepper*
- celery*
- butter or margarine*
- cream of chicken soup*
- soy sauce*
- chicken*
- chop suey vegetables*



HUNGARIAN SHORT RIBS

- 4 lb. beef short ribs
- 2 Tbsp. cooking oil
- 2 med. onions, sliced
- 1 15 oz. can tomato sauce (2 c.)
- 1 c. water
- ¼ c. brown sugar
- ¼ c. vinegar
- 1 tsp. dry mustard
- 1 tsp. salt
- 1 tsp. Worcestershire sauce

In dutch oven, brown meat in hot oil. Add onions. Blend together tomato sauce, water, brown sugar, vinegar, salt, dry mustard, and Worcestershire sauce. Pour over meat. Cover and simmer 2 to 2 ½ hours or till meat is tender. Skim off fat. Serve with noodles.

Muriel Grieves



Shopping List

beef short ribs
oil
onions
tomato sauce
brown sugar
vinegar
dry mustard
salt
Worcestershire sauce

BEEF STROGANOFF

- 1 ½ lb. round cut in ¼ inch pieces
- 2 Tbsp. fat
- ½ c. chopped onions
- 1 clove garlic, minced
- 1 6 oz. can mushrooms
- 1 c. sour cream
- 1 10 oz. can condensed tomato soup
- 1 Tbsp. Worcestershire sauce
- 6-8 drops Tabasco sauce
- ½ tsp. salt
- ⅛ tsp. pepper
- 1 8 oz. pkg. spaghetti, cooked

Dip meat in flour, brown in hot fat. Add onions, garlic and mushrooms. Combine remaining ingredients except spaghetti. Pour over meat. Simmer till done, about 1 hour. Sprinkle with parmesan cheese. Serves 4-6.

Muriel Grieves



Shopping List



round



fat



onions



garlic



mushrooms



sour cream



tomato soup



Worcestershire sauce



Tabasco sauce



salt



pepper



spaghetti

PORK CHOP SKILLET DINNER

- 4 pork chops
- 1 Tbsp. shortening
- 4 Tbsp. rice, uncooked
- 4 slices onion
- 4 slices green pepper
- 2 c. canned tomatoes (16 oz.)
- 1 tsp. salt
- ½ tsp. pepper

Brown chops in heated shortening. Pour off excess fat. On each chop, place a Tbsp. rice, a slice of onion and green pepper and a section of tomato. Add seasoning and cover with liquid from tomatoes. Cover. Cook over low heat until chops are tender, about 1 hour. Serves 4.

Muriel Grieves



Shopping List

pork chops
shortening
rice
onion
green pepper
tomatoes
salt
pepper

OVEN BAKED B B Q PORK RIBS

4 lb. pork spare ribs
1 sm. onion chopped
small amount of oil
1 bottle chili sauce
¼ c. water
2 Tbsp. Worcestershire sauce
2 Tbsp. brown sugar
2 Tbsp. vinegar
1 tsp. salt
¼ tsp. Paprika

While ribs are rendering fat in 450° oven, prepare sauce on stove top, in cast iron fry pan. Brown onion. Then add 1 bottle chili sauce, ¼ c. water, Worcestershire sauce, brown sugar, vinegar, salt and paprika. After ½ hour reduce oven to 375°. Drain fat from ribs and baste ribs with ½ BBQ sauce. Return to oven and after 15 minutes, turn ribs and baste other side, finish baking in about 10 minutes. For easy clean up line roasting pan with foil.

Kathryn Otreba



Shopping List

*pork spare ribs
onion
oil
chili sauce
Worcestershire sauce
brown sugar
vinegar
salt
Paprika*



SAUERBRATEN (GERMAN SOUR BEEF)

3-4 lb. bottom round beef roast

Marinade Sauce:

2 c. red wine vinegar
2 c. water
1 tsp. salt
1 Tbsp. sugar
4 peppercorns
4 whole cloves
3 bay leaves
1 lg. onion, chopped
1 c. diced carrots
1 c. diced celery
crushed ginger snaps

Marinate in large bowl, (non-metallic) turning meat several times. To cook remove meat from marinade, pat dry, brown meat in small amount of oil in large dutch oven on top of stove. Then add marinade and simmer for 3 hours on low heat. To make gravy remove bay leave, (for a milder gravy, add a little water). Thicken with crushed ginger snaps. Serve with red cabbage and potato dumplings.

Kathryn Otreba



Shopping List

bottom round beef roast
red wine vinegar
salt
sugar
peppercorns
cloves
bay leaves
onion
carrots
celery
ginger snaps



CREAMY BEEF & MACARONI

- 1 lb. ground beef
- 1 jar spaghetti sauce (30 oz.)
- 1 pkg. elbow macaroni (7 oz.)
- ½ c. Miracle Whip
- 1 c. shredded sharp cheddar cheese

Brown ground beef. Drain. Stir in spaghetti sauce, macaroni and Miracle Whip. Heat thoroughly, stirring occasionally. Sprinkle with cheese. Serves 6.

Carolyn Newman



Shopping List

*ground beef
spaghetti sauce
elbow macaroni
Miracle Whip
sharp cheddar cheese*



BLACK BEAN ENCHILADAS

- 2 Tbsp. oil
- 1 onion, finely chopped
- 2 cloves garlic, chopped
- 2 16 oz. cans black beans
- 1 c. frozen corn, defrosted, drained
- 8 lg. flour tortillas
- 2 c. cheddar cheese, shredded
- 2 10 oz. cans enchilada sauce

Heat oil in medium sauce pan over low heat. Add onion and garlic. Saute until soft. Drain one can of black beans and rinse. Leave juice in other can. Add both cans of beans and cook for 7 minutes. Lightly mash the beans leaving half unmashed. Stir in corn. Spoon equal amounts of mixture into tortillas. Top each with cheddar cheese, dividing cheese evenly. Roll tortillas and place them in a 13 x 9 inch glass casserole dish. Pour sauce on top and sides of enchiladas. Garnish with chopped black olives and shredded cheddar cheese (optional). Bake at 350° for 35 minutes.

Jessica O'Donnell



Shopping List

*oil
onion
garlic
black beans
corn
flour tortillas
cheddar cheese
enchilada sauce*



MACHACA BEEF

- 2 c. roast beef (shredded)
- 1 c. chunky salsa (mild to hot)

Heat beef and salsa together. May be served alone or with small flour tortillas to wrap the beef in.

Carolyn Newman



Shopping List

roast beef
chunky salsa



LOW-FAT MEATLOAF

- 1 lb. lean hamburger
- 4 gardenburger meatless patties (not soy)
- 1 pkg. onion soup mix

In a large bowl mix all ingredients together. Place in a loaf pan.
Cook for 45 minutes at 350°.

Dianne Benedict



Shopping List

hamburger
gardenburger meatless patties
onion soup mix



TUNA-FISH CASSEROLE

- 1 12 oz. can tuna fish, drained
- 1 can cream of mushroom soup
- 1 can milk
- 1 can sweet peas, drained
- 1 tsp. garlic powder
- 1 tsp. pepper
- ½ c. bread crumbs
- ½ c. parmesan cheese
- 1 lb. pkg. elbow noodles, cooked as directed

Mix first 6 ingredients together. In 4 qt. casserole dish layer as follows: noodles, tuna mixture, dust with bread crumbs, dust with grated parmesan cheese. Repeat until all ingredients are gone. Bake at 350° for 25-30 minutes. Let set for about 10 minutes, cut into squares and serve.

Variation: Substitute Tuna Fish with shredded Chicken.

Gayle Loftus



Shopping List

*tuna fish
cream of mushroom soup
milk
sweet peas
garlic powder
pepper
bread crumbs
parmesan cheese
elbow noodles*



CHUNKY PASTA SAUCE WITH MEAT

8 oz. linguini or spaghetti
6 oz. ground beef
6 oz. mild or hot Italian sausage links, sliced
½ med. onion, coarsely chopped
1 clove garlic, minced
2 cans (14 ½ oz.) Del Monte Pasta style chunky tomatoes
1 8 oz. can tomato sauce
¼ c. red wine (optional)
shredded or grated parmesan cheese

Cook pasta according to pkg. directions, drain. In large sauce pan, brown meat and sausage, drain, reserve 1 Tbsp. drippings. Return meat, sausage and drippings to sauce pan, add onion and garlic. Cook over med. Heat until onion is tender. Add tomatoes, tomato sauce and wine. Cook uncovered for 15 minutes stirring frequently. Serve sauce over pasta and top with parmesan cheese. Yield: 4 servings. Preparation and cook time 30 minutes.

Jessie Mitchell



Shopping List



linguini or spaghetti
ground beef



mild or hot Italian sausage links
onion
garlic



Del Monte Pasta style chunky
tomatoes



tomato sauce
red wine



parmesan cheese

LOW-FAT PIZZA

- 1 lg. pkg. Boboli shell with sauce
- ¾ lb. frozen vegetables (cauliflower, broccoli & carrots)
- 6 lg. mushrooms, sliced
- 1 2 oz. can black olives
- 1 8 oz. pkg. of low-fat mozzarella cheese

Layer Boboli shell with sauce, sprinkle with cheese sparingly. Generously layer vegetables, mushrooms and olives. Generously sprinkle remaining cheese over toppings. Yield: 4 servings.

Dianne Benedict



Shopping List

*Boboli shell with sauce
vegetables
mushrooms
black olives
mozzarella cheese*



TEXAS CHILI

- 2 lb. boneless round steak, cut into 1 inch cubes
- ¼ c. all-purpose flour
- 2 Tbsp. vegetable oil
- 1 c. each: chopped onion and celery
- ¾ c. chopped red or green pepper
- ¼ c. chili powder
- 2 cloves garlic, minced
- 1 16 oz. can whole tomatoes in tomato juice, chopped
- 1 8 oz. can tomato sauce
- 1 Tbsp. firmly packed dark brown sugar
- 1 Tbsp. red wine vinegar
- ½ tsp. salt
- ¼ tsp. each: pepper and ground cumin
- ½ c. chopped pitted ripe olives
- 1 c. shredded Monterey Jack cheese

Toss beef with flour to coat. Heat oil in a large skillet. Add beef and cook until browned, about 10 min. Remove with slotted spoon, set aside. Add onion, celery, and pepper to skillet, saute over medium-low heat 12 min. Add chili powder, garlic and browned beef, cool 2 min. Add tomatoes with juice, tomato sauce, brown sugar, vinegar, salt, pepper and cumin. Simmer slowly, covered, 2 hours or until meat is tender, stirring occasionally. Add olives and heat through. Serve sprinkled with cheese.

Bob May

MEATS & MAIN DISHES



Shopping List

- round steak*
- all-purpose flour*
- vegetable oil*
- onion*
- celery*
- red or green pepper*
- chili powder*
- garlic*
- tomatoes*
- tomato sauce*
- dark brown sugar*
- red wine vinegar*
- salt*
- pepper*
- ground cumin*
- olives*
- Monterey Jack cheese*



TACOS

- ¾ lb. ground beef
- 1 med. onion, chopped
- ½ tsp. ground cinnamon
- ½ tsp. ground cumin
- 1 can (14 ½ oz.) Del Monte Mexican Recipe Stewed Tomatoes
- ⅓ c. seedless raisins
- ⅓ c. toasted chopped almonds
- 6 flour tortillas

In large skillet combine meat, onion and spices. Brown over medium heat, season to taste with salt and pepper. Stir in tomatoes and raisins, cover and cook for 10 minutes. Remove cover and cook over medium heat for 5 minutes or until thickened, stirring occasionally. Just before serving stir in almonds. Fill tortillas with meat mixture, roll to enclose. Garnish with lettuce, cilantro and sour cream if desired. Serve immediately. Yield: 6 servings.

Jessie Mitchell



Shopping List

ground beef
onion
ground cinnamon
ground cumin
Del Monte Mexican Recipe
Stewed Tomatoes
seedless raisins
almonds
flour tortillas



SPANISH PORK CHOPS

- 4-6 boneless pork chops
- 2 Tbsp. chili powder
- 2 tsp. cayenne pepper
- 1 med. onion, chopped
- 1 28 oz. can chopped tomatoes (drain reserve liquid & add water enough to make 2 c.)
- 1 c. long grain white rice
- 1 c. grated cheddar cheese

In an electric skillet brown pork chops in oil. Sprinkle 1 Tbsp. chili powder and 1 tsp. cayenne pepper over both sides of the pork chops. Add onions, chopped tomatoes, liquid, rice, 1 Tbsp. chili powder and 1 tsp. cayenne pepper. Mix, cover and cook for 30 minutes at 325°. Uncover, add cheese, cover and cook for 5 minutes or until cheese melts. Serves 4.

Variation: Substitute Pork Chops with Boneless Chicken Breasts.

Laurel Atkinson



Shopping List

*pork chops
chili powder
cayenne pepper
onion
tomatoes
long grain white rice
cheddar cheese*



CRISPY COATED CHICKEN

- 4 skinless boneless chicken breasts
- 1 c. corn flakes (crumbs)
- 1/3 c. Italian flavored bread crumbs
- 1/3 c. parmesan cheese
- 1/2 - 1 tsp. cayenne pepper
- 1 sm. can evaporated milk
- 8 pats butter or margarine

Pour milk into shallow bowl. Wash & dry chicken. Mix all dry ingredients together in another shallow bowl. Dip chicken in milk and then in dry mixture, coat evenly. Place chicken pieces in a baking dish and top with butter pats, 2 each. Bake at 350° for 35-40 minutes.

Variation: Substitute Chicken for boneless pork chops.

Laurel Atkinson



Shopping List

- chicken breasts*
- corn flakes*
- Italian flavored bread crumbs*
- parmesan cheese*
- cayenne pepper*
- evaporated milk*
- butter or margarine*



FRITO PIE

- 1 lb. ground beef
- 1 pkg. Fritos (dip size)
- 1 med. sized onion, chopped
- 2 cans chili (hot or mild according to your taste)
- 1 pkg. Taco seasoning
- 3 c. grated cheese (Mexican three cheese or cheddar)

Pre-heat oven to 400°. Prepare meat according to directions on Taco mix packet. Heat chili in sauce pan. Spray with nonstick a large casserole dish or stoneware dish and layer ingredients in the following order:

Layer of Fritos, lightly mashed to settle, layer of prepared meat. Sprinkle onion over layer and spoon chili over the layer. Cover layer with cheese. Repeat layering until ingredients are all added. (Usually 2 or 3 layers). Moisture is the key to this dish. Do not cook the meat too dry and a ¼ c. water in the chili will add enough moisture. The Fritos should be soaked, but firm and crisp at serving. Bake covered for 20 minutes. Serve with Salad, avocados and salsa.

Frank "Rummy" Rumbaugh



Shopping List

ground beef

Fritos

onion

chili

Taco seasoning

cheese



1-2-3 ENCHILADAS

- 2 c. cooked & shredded chicken
- 3 c. shredded Monterey Jack cheese, divide usage
- ½ c. chopped onion
- 1 can green chile enchilada sauce
- 8 corn tortillas
- ¾ c. dairy sour cream
- 1 can chopped green chilies

In a small bowl, combine chicken, 2 c. cheese, green chilies and onion. In a small skillet, bring enchilada sauce to a boil, remove from heat. Dip each tortilla into sauce to soften. Spoon ½ c. chicken mixture, and 2 Tbsp. sour cream down center of each tortilla. Roll. Place tortillas seam side down in 12 x 8 inch baking dish. Pour remaining heated enchilada sauce over top. Sprinkle with remaining 1 c. cheese. Bake for 20 minutes at 350°. Makes 4 servings.

Frank "Rummy" Rumbaugh



Shopping List

chicken
Monterey Jack cheese
onion
green chile enchilada sauce
corn tortillas
sour cream
green chilies



ZUCCHINI BEEF CASSEROLE

- 6 c. sliced zucchini (about 2 lb.)
- 1 lb. ground beef (chuck)
- ½ c. chopped onion
- ¾ tsp. salt
- ⅓ tsp. pepper
- ⅓ tsp. oregano
- ¼ c. margarine or butter
- ¼ c. flour
- 2 c. milk
- 1 c. grated American cheese
- ¼ c. grated parmesan cheese

Wash and slice zucchini into ½ inch slices. Par-boil 3 minutes in small amount of salted water. Drain and set aside. Brown meat slightly in skillet. Add onion and cook until onion is limp. Add salt, pepper and oregano, mix well. Set aside. Melt margarine in saucepan, blend in flour and simmer, stirring for 1 minute. Add milk and cook until thickened. Stir in American cheese. Add seasonings to taste. In a 2 qt. buttered dish arrange in layers, zucchini, ½ meat mixture, ½ cheese sauce. Repeat layers and sprinkle with Parmesan cheese. Bake in 350° oven for 30 minutes or until heated through and bubbling.

Judy Patterson



Shopping List



zucchini
ground beef



onion
salt



pepper
oregano



margarine or butter



flour
milk



American cheese
parmesan cheese



FAORO'S CHILI-VALLEJO, CALIFORNIA

- 3 lb. coarse ground beef
- 1 ½ large onions, chopped
- 2 stalks celery, chopped
- 2 ¼ tsp. garlic powder
- 1 ½ tsp. cumin seed (comino)
- 1 ½ tsp. paprika
- ½ c. chili powder
- 2 c. tomato puree
- 1 6 oz. can tomato paste
- 2 ¼ tsp. oregano
- 1 Tbsp. crushed chili pepper
- ¾ handful salt
- 1 lb. pink beans (presoaked)
- water as needed

In a large 12 qt. pot, brown beef and drain fat. Add all remaining ingredients and simmer 4-6 hours, adding water as necessary. The amount of crushed red chili pepper may be varied to taste. Coarse ground beef is also referred to as Chili Grind. Makes about 2 ½ gal. Leftover chili can be refrigerated or frozen, and tastes even better than fresh made.

This recipe was provided by Mrs. Vi Faoro, who owned and operated Faoro's Bar and Grill in Vallejo, California. Her world famous hamburgers were also well known to submarine people that came into Mare Island Naval Shipyard.

Gary Patterson



Shopping List



- ground beef*
- onions*
- celery*
- garlic powder*
- cumin seed*
- paprika*
- chili powder*
- tomato puree*
- tomato paste*
- oregano*
- chili pepper*
- salt*
- pink beans*

SHRIMP SCAMPI

2 lb. shrimp
1 c. melted butter
1 c. Wesson oil
7 cloves garlic, finely chopped
dash of oregano
dash of thyme

Clean and butterfly the shrimp. Combine butter and oil. Add in spices and mix. Broil for 5-6 minutes, turn and broil another 5-6 minutes. Serves 2.

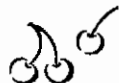
Luis Tejera



Shopping List

*shrimp
butter*

*Wesson oil
garlic
oregano
thyme*



BACON AND CHEESE OVEN OMELET

12 slices Swift's premium bacon
6 slices pasteurized processed cheese
3 eggs, beaten
1 c. milk

Cook bacon according to pkg. directions. Drain. Curl 1 slice, chop 4 slices and leave others as whole slices. Cut cheese slices into halves, arrange in the bottom of a lightly buttered 9 inch pie pan. Beat together eggs and milk with fork. Add chopped bacon. Pour over cheese and bake in preheated 350° oven for 30 minutes. Arrange whole bacon slices on top of omelet around bacon curl. Bake 10 minutes longer. Let stand for 5 minutes before cutting.

Luis Tejera



Shopping List

Swift's premium bacon
cheese
eggs
milk



ITALIAN FLAMED FISH

- 4 orange roughy fish fillets
- 1 bottle Italian dressing (Paul Newman's)

Put fish in glass baking dish. Pour Italian dressing over fish so it is completely covered. Marinate for a few hours. Place on preheated grill on high for 6 minutes or until the clear meat turns white. Turn over and cook for 5 more minutes. Serve immediately with steamed vegetables and/or rice.

Variation: Orange Roughy may be substituted for any firm fillet of fish.

Brian Thomason



Shopping List

orange roughy fish fillets
Italian dressing



HURRY UP STEW

- 1 lb. ground meat (browned, seasoned)
- 1 can veg-all (drained)
- 1 can tomatoes (chopped, peeled)
- 1 can corn (drained)
- 1 can green beans (single serve, use ½ liquid)
- 1 can small potatoes (drained)
- 1 beef bouillon cube
- garlic or onions (if desired)

Mix all ingredients in a large pot. Simmer for 10-15 minutes, or until hot. Serve in individual bowls. A salad and roll and you have dinner in about ½ hour. Great for a busy family. Serves at least 4 hungry people.

Carolyn Baldwin



Shopping List

- ground meat
- veg-all
- tomatoes
- corn
- green beans
- potatoes
- beef bouillon cube
- garlic or onions



STUFFED MUSHROOMS

20 mushrooms

¼ lb. butter

½ c. dry breadcrumbs

1 Tbsp. chopped parsley

1 Tbsp. minced onion

4 slices bulk sausage meat cooked

1 egg lightly beaten

Saute the onions in butter until soft. Chop the cooked sausage meat and mix with the breadcrumbs, egg, parsley and sauteed onion. Remove the stems of mushrooms and clean out caps. Wipe mushrooms with a damp cloth and arrange them cup side up on a buttered baking dish. Fill each cap with stuffing. Dot with butter and bake in 375° oven for about 15 minutes. Baste during cooking with additional butter to keep mushrooms moist.

Lee Cousin



Shopping List

mushrooms

butter

breadcrumbs

parsley

onion

bulk sausage meat

egg



LIMA-CHEESE BAKE

- 1 10 oz. pkg. frozen lima beans
- 1 11 oz. can condensed Cheddar cheese soup
- ½ c. milk
- ¼ c. sliced celery
- ¼ c. snipped parsley
- 1 3 ½ oz. can French-Fried onions

Pour boiling water over frozen limas and break apart. Drain. Blend cheddar cheese soup and milk. Add limas, celery and parsley. Stir in half can of French-Fried onions. Bake at 350° for 35 minutes. Trim with remaining onions and bake 10 minutes.

Judy Patterson



Shopping List

lima beans
Cheddar cheese soup
milk
celery
parsley
French-Fried onions



CHEESE PASTA & VEGETABLES

- 2 c. Rotini
- 1 pkg. frozen Mixed vegetables (16 oz.)
- 1 jar Cheez Whiz cheese sauce (8 oz.)
- ½ tsp. Italian seasoning

Cook Rotini as directed on pkg., adding vegetables during last 6 minutes of cooking time. Drain. Meanwhile microwave Cheez Whiz as directed on pkg. Toss with rotini, vegetables and seasoning until coated. Serves 4.

Carofyn Newman



Shopping List

Rotini
vegetables
Cheez Whiz cheese sauce
Italian seasoning



SWISS CORN BAKE

- 3 c. fresh corn or 2 9 oz. pkg. frozen corn
- 6 oz. evaporated milk
- 1 egg (beaten)
- 2 Tbsp. finely chopped onion
- ½ tsp. salt
- dash pepper
- 1 c. swiss cheese (shredded)
- ½ c. soft bread crumbs
- 1 Tbsp. butter (melted)

Cook fresh corn for 2-3 minutes until just tender, or cook frozen corn according to pkg. directions. Drain well. Combine corn, evaporated milk, egg, onion, salt, pepper, and ¼ c. shredded Swiss cheese. Turn into a 10x6x1 ½ inch baking dish. Toss the soft bread crumbs with melted butter and ¼ c. Swiss cheese. Sprinkle over top. Bake at 350° for 25 minutes.

Judy Patterson



Shopping List

fresh corn or frozen corn
evaporated milk
egg
onion
salt
pepper
swiss cheese
bread crumbs
butter



STUFFED PEPPERS ITALIENNE

3 lg. green peppers
 salt
 1 beef bouillon cube
 1 6 oz. can tomato paste
 1 c. water
 ¼ lb. ground beef
 ½ c. chopped onion
 1 clove garlic, minced
 1 ½ c. cooked rice
 1 tsp. Italian herb seasoning
 1 c. shredded Mozzarella cheese

In a 10 inch skillet cook beef, onions and garlic until beef loses redness. Cut peppers in half lengthwise, remove seeds and membrane. Sprinkle with salt. Place in 2 qt. baking dish. Dissolve bouillon cube in tomato paste and water in small bowl. Set aside. Add to mixture, the rice, Italian seasoning, ½ tsp. salt, 1 c. of paste mixture and half of Mozzarella. Fill peppers with equal amounts of beef mixture. Top with remaining paste mixture and Mozzarella. Cover. Bake at 375° for 45 minutes. Serves 6.

Muriel Grieves



Shopping List

green peppers
 salt
 beef bouillon cube
 tomato paste
 ground beef
 onion
 garlic
 rice
 Italian herb seasoning
 Mozzarella cheese



VEG-ALL CASSEROLE

- 1 lg can veg-all drained
- 1 c. chopped celery
- 1 c. grated cheese (cheddar or your choice)
- 1 chopped onion
- 1 can water chestnuts, sliced
- ½ c. mayonnaise
- 1 stack of butter crackers
- 1 stick of butter

Mix all together, except for crackers and butter. Pour into buttered casserole dish and top with crushed crackers and butter. Bake for 30 minutes at 350°.

Do not over bake.

Laureta Michaud



Shopping List

veg-all
celery
cheese
onion
water chestnuts
mayonnaise
butter crackers
butter



CHEESY POTATO STICKS

2 Tbsp. butter
2 Tbsp. all-purpose flour
¼ tsp. salt
dash pepper
1 c. milk
4 oz. sharp cheddar cheese (shredded, 1c.)
1 16 oz. pkg. frozen French Fried potatoes

Melt butter over low heat. Blend flour, salt and pepper. Add milk all at once. Cook quickly, stirring constantly until thickened and bubbling. Add half the shredded cheese. Stir until cheese melts. Place potatoes in 10x6x1 ½ casserole dish. Pour milk mixture over top. Top with remaining cheese. Bake at 350° for 45 minutes.

Lee Cousin



Shopping List

butter

all-purpose flour

salt

pepper

milk

sharp cheddar cheese

French Fried potatoes



BROCCOLI PUFF

1 10 oz. pkg. broccoli cuts
1 can cream of mushroom soup
2 oz. grated sharp cheddar (about ½ c.)
¼ c. milk
1 beaten egg
¼ c. mayonnaise
breadcrumbs

Cook frozen broccoli omitting salt. Drain. Place in baking dish. Stir together soup and cheese. Add milk, mayonnaise, and egg. Blend thoroughly. Pour over broccoli. Sprinkle with breadcrumbs. Bake at 350° for 45 minutes.

Lee Cousin



Shopping List

broccoli
cream of mushroom soup
sharp cheddar
milk
egg
mayonnaise
breadcrumbs



CHEESY VEGETABLE CASSEROLE

½ lb. American cheese
½ c. butter or margarine
1 bag (16 oz.) frozen vegetable blend
1 c. crushed butter crackers (Waverly crackers recommended)

Prep. time: 20 minutes. Baking time: 20-25 minutes. Oven temp. 350°.

Cut cheese into cubes. Place in a saucepan with ¼ c. butter. Heat over medium until melted and smooth, stirring often. Place vegetables in a 1 qt. casserole dish. Pour cheese mixture over and mix well. Melt remaining butter. Stir in cracker crumbs. Sprinkle over top of casserole. Bake, uncovered, at 350° for 20-25 minutes. Serve at once. Serves 4.

(Frozen vegetables should contain: broccoli, cauliflower, and carrots, thawed and drained.)

Judy Patterson



Shopping List

*American cheese
butter or margarine
vegetable blend
butter crackers*



OLD-FASHIONED CANDIED YAMS

3 med. yams
1 c. sugar
1 Tbsp. nutmeg
¼ stick butter or margarine
1 tsp. vanilla
pinch of salt
1 ½ c. water

Peel and cut yams in quarters. Sprinkle with sugar and nutmeg; add butter. Add vanilla, salt and water. Cover and simmer over medium heat until liquid forms a syrup. Remove from heat and serve.

Shannon Thomason



Shopping List

yams
sugar
nutmeg
butter or margarine
vanilla
salt



ITALIAN GREEN BEANS

1 lb. Italian green beans
olive oil
1 clove garlic
¼ tsp. oregano
salt & pepper to taste

Cook beans until partially tender. Drain and saute in olive oil, garlic and oregano. Add salt and pepper. Cook until tender.

Cary Thomason



Shopping List

*Italian green beans
olive oil
garlic
oregano
salt & pepper*



MARINATED SHREDDED POTATOES AND CREAM

1 bag Simply Potatoes shredded hash browns
1 pt. Whipping cream
Lawry's seasoning salt

In med. size baking dish, pour potatoes in and whipping cream. Mix together. Flatten with a fork so that potatoes are covered in cream. Sprinkle with seasoning salt. Cover and refrigerate overnight. Bake at 350° for 45 minutes, stirring occasionally.

Shannon Thomason



Shopping List

Simply Potatoes shredded hash browns

Whipping cream

Lawry's seasoning salt



HOLIDAY YAM BAKE

- 1 can yams (40 oz.)
- 1 can crushed pineapple, undrained
- 2 Tbsp. light brown sugar
- 2 Tbsp. melted butter
- 3 Tbsp. chopped pecans
- ¾ c. mini marshmallows

Drain yams, mash well. Drain pineapple; reserve juice. Add juice to yams. Add sugar and butter, beat well. Stir in pineapple and pecans. Coat inside of 1 ½ qt. casserole with Pam. Spoon in mixture. Bake for 20 minutes at 350°. Sprinkle with marshmallows. Bake for 10 minutes longer. Serves 8.

Shannon Thomason



Shopping List

*yams
pineapple
brown sugar
butter
pecans
mini marshmallows*

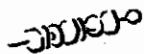


BAKED BEANS FOR A CROWD

- 1 lb. bacon scraps or ham pieces
- 3 1lb. cans of pork & beans, drained
- 1 pkg. dry onion soup mix
- 1 c. brown sugar
- ½ c. honey or corn syrup
- ¼ c. catsup or mild bbq sauce
- 2 Tbsp. mustard (spicy or regular)
- 2 Tbsp. Worcestershire sauce
- 2 Tbsp. garlic (fresh or jar)
- 1-2 tsp. season salt

Mix all ingredients well. Place in a large baking pan or roaster with lid, or cover tightly with foil. Allow for over flow. It will make liquid. Bake at 300° for at least 3 hours, the last hour heat can be turned down to 250° and stir well. Feeds at least 8.

Carolyn Baldwin



Shopping List

- bacon or ham*
- pork & beans*
- dry onion soup mix*
- brown sugar*
- honey or corn syrup*
- catsup or mild bbq sauce*
- mustard*
- Worcestershire sauce*
- garlic*
- season salt*



BAKED PANCAKES

1 stick butter
1 c. flour
1 c. milk
4 eggs

Melt butter in 9x13 pan. Mix together the flour, milk and eggs. Pour into pan. Should be lumpy. Bake at 425° for 15 minutes. Serve with jelly if desired. Sprinkle with powdered sugar after baking.

Sunny Greene



Shopping List

butter
flour
milk
eggs



SAILOR'S DUFF

- 2 Tbsp. sugar
- 2 Tbsp. soft butter or margarine
- 1 egg, beaten
- 1 tsp. baking soda
- ½ c. molasses
- ½ c. boiling water
- 1 ½ c. flour

Cream butter and sugar together until fluffy. Add egg and molasses. Add flour and baking soda, alternately with boiling water. Turn into greased mold and steam ½ - ¾ hours.

Sauce:

- 2 c. brown sugar
- 3 Tbsp. flour
- 1 ½ c. boiling water
- 4 Tbsp. margarine or butter
- Vanilla

Sauce: Mix sugar and flour. Add boiling water. Cook until thick. Add butter. Serve hot or cold Sailor's Duff.



Shopping List

- sugar
- butter or margarine
- egg
- baking soda
- molasses
- flour
- brown sugar
- Vanilla



Bobbie Albright

BREADS, ROLLS & PASTRIES

BANANA NUT BREAD

2 eggs, slightly beaten
2 sm. bananas, mashed
 $\frac{2}{3}$ c. sugar
 $\frac{1}{2}$ c. oil
1 $\frac{1}{2}$ c. flour
2 tsp. baking powder
 $\frac{1}{4}$ tsp. baking soda
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ c. raisins
 $\frac{1}{2}$ c. nuts (walnuts)

In large bowl, slightly beat eggs. Mash bananas. Add sugar and oil. Mix flour, baking powder, baking soda, and salt. Mix by hand into bowl with first 4 ingredients. Add nuts and raisins. Bake at 350° at least 45 minutes or until golden brown, in greased loaf pan. Recipe can be doubled for 2 loaves. 1 can be wrapped in foil and frozen.

Kathryn Otreba



Shopping List

eggs
bananas
sugar
oil
flour
baking powder
baking soda
salt
raisins
nuts



COCONUT PIE SHELL

1 c. shredded coconut

½ c. flour

½ stick butter or margarine (more if needed)

Put above items in frying pan and brown over medium heat. When coconut is brown, put in pie pan and shape with spoon on sides and bottom. Fill with your favorite filling. You can also use crushed nuts instead of coconut.

Laureta Michaud



Shopping List

coconut

flour

butter or margarine



ZUCCHINI BREAD

- 3 eggs
- 1 c. oil
- 1 c. sugar
- 1 tsp. vanilla
- 2 c. shredded zucchini (2 sm. or 1 lg.), unpeeled
- 1 8 ¼ oz. can crushed pineapple, drained
- ¾ tsp. nutmeg
- 1 c. chopped dates
- 3 c. flour
- 2 tsp. baking soda
- 1 ½ tsp. cinnamon
- 1 tsp. salt
- ¼ tsp. baking powder
- 1 c. chopped nuts

Beat eggs, oil, vanilla and sugar till thick. Stir in remaining ingredients. Pour into two greased 9x5 loaf pans. Bake at 300° for about 1 hour, or until tester comes out clean. Makes 2 loaves.

Viola (Sandy) Bernard



Shopping List



eggs

oil

sugar

vanilla

zucchini

pineapple

nutmeg

dates

flour

baking soda

cinnamon

salt

baking powder

nuts

BANANA BREAD

- ½ c. shortening
- 1 ½ c. sugar
- 2 eggs
- 2 or 3 ripe bananas
- 6 Tbsp. sour milk
- 1 tsp. baking soda
- 2 c. flour
- ½ tsp. baking powder
- ½ tsp. salt
- 1 tsp. vanilla

Cream shortening and sugar. Add beaten eggs, sour milk and then dry ingredients and vanilla. Bake at 350° in round tube or bundt pan for 40 minutes.

Sour Milk:

- 1 Tbsp. vinegar
- milk (to make ½ c.)

Lee Cousin



Shopping List



shortening



sugar



eggs



bananas



sour milk



baking soda



flour

baking powder

salt

vanilla

vinegar

milk

BAKED FRENCH TOAST

- 1 loaf of unsliced french bread
- 5 lg. eggs
- 1 c. milk
- 1 c. Half & Half
- 1 tsp. Vanilla
- 1 tsp. Cinnamon
- 1 tsp. sugar
- ¼ tsp. nutmeg
- ¼ c. butter or margarine, softened
- ½ c. brown sugar
- ½ c. chopped walnuts or pecans
- 1 Tbsp. light Karo syrup (or powdered sugar)

Slice loaf of bread into inch slices. Butter a 9 inch square baking dish. Arrange bread slices, overlapping to fill pan completely. Combine eggs, milk, half & half, vanilla, cinnamon, nutmeg and sugar. Mix well. Pour over bread slices. Cover and refrigerate overnight. Before serving bring to room temperature. Preheat oven to 350°. Combine butter, brown sugar, walnuts and corn syrup. Spread over bread. Bake until puffy and golden, about 45 minutes. Serve with syrup and powdered sugar.

Variation: Arrange a layer of sliced apples in the bottom of baking dish & double the amount of cinnamon.

Jessie Mitchell

BREADS, ROLLS & PASTRIES



Shopping List

french bread

eggs

milk

Half & Half

Vanilla

Cinnamon

sugar

nutmeg

butter or margarine

brown sugar

walnuts or pecans

Karo syrup



BANANA BREAD

- ½ c. Wesson oil
- 1 c. sugar
- 2 eggs, slightly beaten
- 2 c. flour
- 1 tsp. soda
- 1 tsp. baking powder
- ½ tsp. salt
- ¼ tsp. nutmeg
- ¼ tsp. cinnamon
- ½ c. milk
- 3 ripe bananas, mashed & mixed with milk
- ½ c. nuts (pecans are great)

Mix and bake at 375° in loaf pan for 1 hour or until done.

Madeline M. Braastad



Shopping List

- Wesson oil
- sugar
- eggs
- flour
- soda
- baking powder
- salt
- nutmeg
- cinnamon
- bananas
- milk
- nuts



BANANA-NUT BREAD

- 3 eggs
- 2 c. sugar
- 1 c. oil
- 2 tsp. vanilla
- 2 c. smashed bananas
- 3 c. flour
- 1 tsp. salt
- 1 tsp. baking powder
- 1 c. nuts

Beat eggs, sugar, oil and vanilla. Add bananas, then add flour sifted with salt and baking powder. Add nuts. Bake in two greased and floured loaf pans for 1 hour or until done. Bake at 350° for 25-35 minutes.

If using glass pans, reduce oven temperature to 325°. Bread is finished when a toothpick inserted in the center comes out clean. Let cool on rack for ten minutes before removing from bread pan.

Gayle Loftus



Shopping List

eggs

sugar

oil

vanilla

bananas

flour

salt

baking powder

nuts



CRANBERRY-ORANGE BREAD

- 2 c. flour
- ¾ c. sugar
- 1 ½ tsp. baking powder
- ¼ c. margarine or butter
- 1 Tbsp. grated orange peel
- ¾ c. orange juice
- 1 egg
- 1 c. fresh or frozen cranberries, chopped
- ½ c. chopped nuts
- ½ tsp. salt
- ½ tsp. baking soda

Preheat oven to 350°. Grease and flour bottom only of lg. loaf pan, (8 ½ x 4 ½ x 2 ½) or (9x5x3) inches. Mix flour, sugar, baking powder, salt and baking soda in a lg. bowl. Stir in margarine until mixture is crumbly. Stir in orange peel, orange juice and egg just until moistened. Stir in cranberries and nuts. Spread in loaf pan and bake for 1 ¼ hours, or until wooden toothpick comes out clean. Cool for 5 minutes. Loosen sides of loaf pan and remove from pan. Cool completely before slicing. Yield: 1 loaf (16 slices).

Jessie Mitchell



Shopping List

- flour
- sugar
- baking powder
- margarine or butter
- orange
- orange juice
- egg
- cranberries
- nuts
- salt
- baking soda



MONKEY BREAD

3 cans biscuits
1 Tbsp. cinnamon
½ c. sugar
1 stick butter
1 c. brown sugar
2 tsp. water
½ c. nuts (optional)

Quarter biscuits; roll in cinnamon and sugar that have been mixed together. Put in greased Bundt pan. Melt butter; add brown sugar and water; boil 2 minutes and pour over biscuits. Bake at 350° for 25 minutes. Optional: Place nuts in bottom of pan before adding biscuits.

Darlene Walker



Shopping List

biscuits
cinnamon
sugar
butter
brown sugar
nuts



HOLIDAY BREAKFAST BREAD

- 3 c. flour
- 2 c. sugar
- 1 tsp. soda
- 1 tsp. salt
- 1 tsp. cinnamon
- 3 eggs
- 1 ½ c. oil
- 1 c. chopped pecans
- 1 c. coconut
- 2 c. dried bananas
- 1 lg. can crushed pineapple, drained
- 1 ½ tsp. vanilla

Mix first 5 ingredients. Add blended eggs and oil. Add remaining 5 ingredients. Makes 2 loaf pans. Bake at 350° for 1 hour to 1 hour and 20 minutes.

Gayle Loftus



Shopping List



flour
sugar
soda
salt
cinnamon
eggs
oil
pecans
coconut
bananas
pineapple
vanilla

DATE-NUT BREAD

- 1 c. chopped dates
- 1 c. sugar
- 1 egg
- 2 Tbsp. shortening
- 1 c. nuts
- 1 c. boiling water
- 2 ¼ c. flour
- 1 tsp. baking soda
- 1 tsp. salt

Pour one c. boiling water over the dates, sugar, egg, and shortening. Set aside to cool. Combine the cooled mixture with the flour, nuts, soda and salt. Bake one hour at 350°.

It's delicious served alone or with butter or creamed cheese.

Jessie Samuels



Shopping List

dates

sugar

egg

shortening

nuts

flour

baking soda

salt



RAISIN COOKIES

1 ½ c. raisins
1 c. shortening
1 ½ c. sugar
3 eggs, beaten
3 ½ c. flour
1 tsp. soda
½ tsp. salt
1 tsp. vanilla

Boil raisins in 1 c. water until all water is evaporated. Mix shortening, sugar, eggs, flour, soda, salt and vanilla. Add raisins and make into balls and roll into granulated sugar. Put on greased or teflon cookie sheet. Bake at 375° for 7-10 minutes.

Linda Eddy



Shopping List

raisins
shortening
sugar
eggs
flour
soda
salt
vanilla



SELF FILLED CUPCAKES

1 pkg. 2 layer size chocolate cake mix
1 8 oz. pkg. cream cheese, softened
1/3 c. sugar
1 egg
dash salt
1 6 oz. pkg. semi-sweet chocolate pieces (1 c.)

Mix cake according to pkg. directions. Fill paper bake cups in muffin pan, 2/3 full. Cream the cheese with the sugar. Beat in egg and salt. Stir in chocolate pieces. Drop one rounded tsp. cheese mixture into each cupcake. Bake as pkg. direct. Makes 30 cupcakes. Not necessary to frost.

Muriel Grieves



Shopping List

chocolate cake mix
cream cheese
sugar
egg
salt
semi-sweet chocolate



BEST CHOCOLATE PIE EVER

- 1 pkg. sweet chocolate (4 oz.)
- 1/3 c. milk
- 1 pkg. cream cheese, softened (3 oz.)
- 3 1/2 c. cool whip, thawed

Heat chocolate and 2 Tbsp. of milk over low heat, stirring until chocolate is melted. Beat cream cheese and remaining milk. Add chocolate mixture. Beat until smooth. Fold in whipped topping. Spoon into prepared crust. Freeze until firm. Let stand at room temperature before serving.



Shopping List

sweet chocolate
milk
cream cheese
cool whip

Laureta Michaud

ADORE



PEANUT BUTTER PIE

- ½ c. confectioners sugar
- ½ c. peanut butter
- 8 oz. cream cheese (lite)
- 8 oz. cool whip (lite)
- 1 sliced banana
- 1 chocolate crumb crust (any brand)

Mix sugar, cheese and peanut butter until well blended. Beat in cool whip until smooth. Put slice banana in bottom of the pie crust and add beaten mixture. Refrigerate for 3 hours. Great to make ahead and put in freezer. Sometimes I have had 4-5 in the freezer for unexpected guests.

Madeline Braastad



Shopping List

*confectioners sugar
peanut butter
cream cheese
cool whip
banana
chocolate crumb crust*



MOMS TOMATO SOUP CAKE

- 1 ½ c. sugar
- ¾ c. butter
- 3 c. flour
- ¾ tsp. salt
- 3 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. cloves
- 1 ½ tsp. cinnamon
- 1 ½ tsp. nutmeg
- 1 c. tomato soup, undiluted
- ¾ c. water
- 1 ½ c. raisins
- 1 ½ c. chopped walnuts

Cream together: sugar and butter. Sift: Flour, salt, baking powder, baking soda and spices. Mix together: soup and water. Add alternately: flour mixture and soup mixture to cream mixture. Add raisins and nuts. Stir well. Put into ring pan. Bake at 350° for about 30 minutes or until done. Frost with cream cheese frosting. Sprinkle with nuts.

Linda Eddy



Shopping List



sugar
butter
flour
salt
baking powder
baking soda
cloves
cinnamon
nutmeg
tomato soup
raisins
walnuts

ORANGE AMBROSIA PIE

4 eggs, separated
½ can of frozen orange juice (3 oz.)
¾ c. sugar
⅛ tsp. salt
1 9 inch baked pie shell (sesame seeds baked in it)
¼ c. shredded coconut

Beat egg yolks in top of double boiler. Add orange juice, ¼ c. sugar and salt. Cook over hot water stirring constantly until thick. Remove from heat. Beat egg whites until stiff, beat in ½ c. sugar. Fold half of meringue into orange mixture. Turn into pie shell. Pile remainder of meringue around edge of pie. Bake in 400° oven for 2-3 minutes. Sprinkle coconut over meringue, brown 30 seconds more. Chill several hours before serving.

Linda Eddy



Shopping List

*eggs
orange juice
sugar
salt
pie shell
coconut*

BANANA SPLIT PIE

- 1 8 oz. pkg. Philadelphia Lite-fat free cream cheese, softened
- 3 ½ c. 1% or skim milk
- 3-4 bananas
- 2 1 oz. pkg. sugar free, fat free instant vanilla pudding
- 1 20 oz. can Dole crushed pineapple, drained
- 1 lg. graham cracker crust

Mix cream cheese and milk thoroughly. Line bottom and sides of pie crust with sliced bananas. Covering well. Add pudding mix to cream cheese and milk mixture. Whisk until thick. Pour into pie crust. Spread crushed pineapple evenly over pudding. Cover with whipped topping. Refrigerate for 3 hours or until ready to serve. Serves 8.

Carolyn Newman



Shopping List



*Philadelphia Lite-fat free cream
cheese*



1% or skim milk



bananas



*sugar free fat free instant
vanilla pudding*



*Dole crushed pineapple
graham cracker crust*

SHORTBREAD COOKIES

½ lb. butter (not margarine)
2 c. flour
½ c. sugar
¼ c. corn starch

Mix all ingredients together, kneading with hands. Press mixture into a 8x8 or 9x9 inch pan. Bake at 325° for 45 minutes to 1 hour. After cool, cut into squares. Sprinkle with confectioners sugar and/or jam.

Judy Patterson



Shopping List

butter
flour
sugar
corn starch



2 DAY DESSERT BARS

3/4 c. butter
 2 c. graham cracker crumbs
 12 oz. butterscotch chips
 12 oz. chocolate chips
 1 1/2 c. chopped walnuts
 1 can Borden condensed milk
 6 oz coconut

Heat oven to 350°. Melt butter over low heat in 9x13 pan. Add graham cracker crumbs, coconut, butterscotch and chocolate chips, and nuts to melted butter. Mix well. Pour the condensed milk over top of mixture. Bake 30-40 minutes. Cool and cut into 1 1/2 inch squares. Makes 6 doz.

Joyce Grizzle



Shopping List

butter
 graham cracker crumbs
 butterscotch chips
 chocolate chips
 walnuts
 Borden condensed milk
 coconut



MYSTERY PIE

3 egg whites, beaten stiff
1 c. white sugar
½ tsp. baking powder
Ritz cracker crumbs (about 20 crackers)
1 c. chopped pecans

Combine all ingredients. Pour into well greased pie pan. Bake at 325° for 30 minutes.

Jeanette Patterson



Shopping List

*egg
white sugar
baking powder
Ritz cracker crumbs
pecans*



SCOTCH SHORTBREAD (COOKIES)

1 lb. butter
1 c. confectioner sugar
5 c. flour

Put softened butter in bowl and work in sugar. Add sifted flour, 1 c. at a time into butter and sugar. Work with hands. When mixture is crumbly, press into a square pan. Then prick with a fork about every inch. Bake at 300° for 50 minutes. Cut in square when removed from oven.

Kathryn Otreba



Shopping List

butter
confectioner sugar
flour



CHEESE CAKE

15 oz. Ricotta cheese
16 oz. sour cream
2 8 oz. cream cheese
3 lg. eggs
3 Tbsp. flour
3 Tbsp. cornstarch
1 ½ c. sugar
5 tsp. fresh lemon juice
5 tsp. vanilla

Make sure all ingredients are room temperature. Beat ricotta cheese and sour cream together, mix well until smooth. Then add cream cheese until well blended. Add remaining ingredients and beat for about 5 minutes. Pour into 9 inch spring form. Bake at 350° for 1 hour. Then leave in oven for 1 hour on bottom shelf of oven.

Kathryn Otreba



Shopping List

*Ricotta cheese
sour cream
cream cheese
eggs
flour
cornstarch
sugar
lemon juice
vanilla*



HUMMINGBIRD CAKE

- 3 c. flour
- 2 c. sugar
- 1 tsp. baking soda
- 1 tsp. salt
- 1 tsp. cinnamon
- 3 eggs, beaten
- 1 c. vegetable oil
- 1 ¼ tsp. vanilla
- 1 8 oz. can crushed pineapple, undrained
- 1 c. chopped pecans
- 2 c. mashed bananas

Combine first 5 ingredients in large mixing bowl. Add eggs and oil. Stir until dry ingredients are moistened. Do not use mixer. Add vanilla, pineapple, pecans and bananas. Spoon into 3 greased and floured 9 inch pans. Bake at 350° until toothpick comes out clean.

Cream Cheese Frosting:

- 1 8 oz. cream cheese, softened
- ½ c. soft butter or margarine
- 1 16 oz. box confectioners sugar
- 1 tsp. vanilla
- ½ c. chopped pecans

Combine first 4 ingredients and beat well with mixer. Frost between layers of cake and on top only. Sprinkle pecans on top of cake.

Nellie Weeks

CAKES, COOKIES & DESSERTS



Shopping List



flour
sugar
baking soda
salt
cinnamon
eggs
vegetable oil
vanilla
pineapple
pecans
bananas
cream cheese
butter or margarine
confectioners sugar

LINZER TARTS

½ c. sugar

1 c. butter

1 egg

2 ¼ c. flour

¼ tsp. salt

Raspberry preserves (strawberry or apricot jam will work)

Cream butter with sugar. Add the egg, beating well. Sift the flour and salt together, then add all at once to the creamed mixture, beating with a spoon and finally mixing with the hands until dough is soft and pliable. Refrigerate at least 2 hours before rolling. Since this is an extremely short (rich) dough, roll on floured pastry cloth or between two pieces of waxed paper to ¼ inch thickness. Cut into 3 inch rounds. Cut the centers out of half the rounds. Use a small cookie cutter or if you have one around the house, a cylindrical plastic pillbox from the druggist. Bake rings and rounds at 375° for 7-10 minutes or until edges are lightly browned. Cool on rack. Place a dab of raspberry preserves on each round. Then place a ring on top. Dust the tarts with confectioners sugar. Makes about 2 doz. tarts.

Lee Cousin



Shopping List

sugar

butter

egg

flour

salt

Raspberry preserves



RHUBARB CUSTARD PIE

9 inch pie shell
4 c. Rhubarb, cut in pieces, fresh
3 eggs, beaten
2 $\frac{2}{3}$ Tbsp. milk
2 c. sugar
4 Tbsp. flour
 $\frac{3}{4}$ tsp. nutmeg

Add milk to eggs. Then add sugar, flour and nutmeg and beat well. Add the Rhubarb and blend well by hand. Pour into pie shell. Dot with 1 Tbsp. butter. Bake at 400° for 50-60 minutes.

Sunny Greene



Shopping List

pie shell

Rhubarb

eggs

milk

sugar

flour

nutmeg



RUM CAKE

- 1 c. chopped pecans or walnuts
- 1 18 oz. pkg. yellow cake mix
- 1 sm. pkg. instant vanilla pudding mix
- 4 eggs
- ½ c. cold water
- ½ c. cooking oil
- ½ c. rum

Preheat oven to 325°. Grease and flour 10 inch tube pan or 12 cup bundt pan. Sprinkle nuts over bottom of pan. Mix all cake ingredients together. Pour over nuts. Bake 1 hour. Cool. Invert on serving plate. Prick top with fork.

Glaze:

- ¼ lb. butter
- ¼ c. water
- 1 c. sugar
- ½ c. rum

Mix butter, water and sugar and boil 5 minutes stirring constantly. Remove from heat and stir in ½ c. rum. Spoon and brush glaze evenly over top and sides. Allow cake to absorb glaze. Repeat until glaze is used up. For boating or camping, I use 9x13 pan and cook the nuts on top of the batter, then pour on the glaze. It transports easier.

Sunny Greene

CAKES, COOKIES & DESSERTS



Shopping List

- pecans or walnuts*
- yellow cake mix*
- instant vanilla pudding mix*
- eggs*
- oil*
- rum*
- butter*
- sugar*



PINEAPPLE UP-SIDE DOWN CAKE

- 2 cans pineapple slices, drained (reserve juice)
- 6 tsp. butter or margarine
- 1 c. light brown sugar
- 1 pkg. yellow cake mix (with pudding in mix)
- 1 jar of cherries

Prepare cake mix according to directions, except use the reserved pineapple juice in place of water called for on the pkg. mix. Set aside. Melt butter on the bottom of oblong glass baking dish, sprinkle with brown sugar evenly. Place as many rings of pineapple side by side as possible on top of brown sugar. Place one cherry in the center of each pineapple ring. Pour cake mixture on top slowly so as not to disturb your pineapples or cherries. Bake at 350° for 25-23 minutes. Cake is finished when a toothpick inserted in the center comes out clean. Let cool on a rack for ten minutes and invert on to your serving platter.

Gayle Loftus



Shopping List

pineapple
butter or margarine
brown sugar
yellow cake mix
cherries



FUDGE

2 Tbsp. butter
1 ½ c. sugar
¾ c. evaporated milk
¼ tsp. salt
2 c. mini marshmallows (4 oz)
1 ½ c. semi-sweet chocolate morsels
1 c. chopped walnuts
1 tsp. vanilla

Bring butter, sugar, evaporated milk and salt to a boil in a med. size, heavy saucepan over med. heat, stirring constantly. Remove from heat. Stir in vanilla, marshmallow, chocolate morsels and walnuts. Stir vigorously for 1 minute or until marshmallows melt. Pour into foil-lined 8 inch square pan. Chill until firm. Cut into 2 inch squares. Yields: 2 lbs.

Variation: Substitute milk chocolate, butter-scotch, or mint chocolate morsels for semi-sweet morsels.

Jessie Mitchell



Shopping List

butter

sugar

evaporated milk

salt

mini marshmallows

semi-sweet chocolate morsels

walnuts

vanilla



STREUSEL TOPPING

2 c. flour
¼ c. sugar
½ tsp. cinnamon
4 tsp. butter or margarine

In a small bowl combine all dry ingredients using pastry blender, or two knives. Cut butter until mixture is moist.

Jessie Mitchell



Shopping List

flour
sugar
cinnamon
butter or margarine



APPLE STREUSEL MUFFINS

2 ½ c. flour
2 c. sugar
1 tsp. baking soda
½ tsp. salt
1 Tbsp. pumpkin pie spice
2 eggs lightly beaten
1 c. canned solid packed pumpkin
½ c. oil
2 c. peeled, finely chopped apples
streusel topping mix

In lg. bowl, combine flour, sugar, baking soda, salt and pumpkin pie spice. Set aside. In med. bowl, combine eggs, pumpkin and oil. Add liquid ingredients to dry ingredients and mix just until moistened. Stir in apples. Spoon batter into 18 greased or paper lined muffin cups, fill ¾ full. Sprinkle streusel topping over batter. Bake in preheated 350° oven for 35-40 minutes or until wooden toothpick comes out clean. Yields: 18 muffins.

Jessie Mitchell



Shopping List

flour

sugar

baking soda

salt

pumpkin pie spice

eggs

solid packed pumpkin

oil

apples

streusel topping mix



NEIMAN'S CHOCOLATE CHIP COOKIES

- 2 c. butter
- 2 c. sugar
- 2 c. brown sugar
- 4 eggs
- 2 tsp. vanilla
- 4 c. flour
- 5 c. blended oatmeal
- 1 tsp. salt
- 2 tsp. baking powder
- 2 tsp. baking soda
- 1 24 oz. pkg. chocolate chips
- 1 8 oz. Hershey bar, grated
- 3 c. chopped nuts

Blended oatmeal: Measure and blend in a blender to a fine powder. Cream butter and both sugars. Add eggs and vanilla. Mix together with flour, oatmeal, salt, baking powder and baking salt. Add chips, candy and nuts. Roll into balls and place two inches apart on a cookie sheet. Bake for 6 minutes at 375°.

CAUTION: This recipe yields 112 cookies. You may want to reduce it to half.

Frank "Rummy" Rumbaugh

CAKES, COOKIES & DESSERTS



Shopping List



butter



sugar



brown sugar



eggs

vanilla



flour

oatmeal



salt

baking powder



baking soda

chocolate chips



Hershey bar

nuts

CHOCOLATE CAKE

- ½ c. shortening
- 2 c. sugar
- 2 egg yolks or 1 whole egg
- 2 c. cold water
- 1 tsp. vanilla
- 3 c. flour
- ½ c. cocoa
- 2 tsp. baking soda
- ½ tsp. cream of tartar
- ¾ tsp. salt

Sift dry ingredients together. Cream shortening, sugar and vanilla. Add egg, then water alternating with dry ingredients. Batter will be thin. Pour into a greased and floured 9x13 inch cake pan. Bake for 1 hour in 300° oven.

Jessie Mitchell



Shopping List

shortening

sugar

egg

vanilla

flour

cocoa

baking soda

cream of tartar

salt



APPLE CAKE

5 c. apples, diced
2 c. sugar
2 c. flour
1 tsp. cinnamon
2 tsp. baking soda
½ tsp. salt
½ c. oil
½ tsp. vanilla
3 eggs

Mix all ingredients together. Pour in a baking dish and bake at 325° for about 1 hour.

Jeanette O'Rose



Shopping List

apples

sugar

flour

cinnamon

baking soda

salt

oil

vanilla

eggs



CHEESE CAKE

- 1 ¼ c. graham crackers
- ¼ c. sugar
- ¼ c. melted butter
- 3 8 oz. cream cheese
- ½ tsp. vanilla
- ¼ tsp. cream of tartar
- 4 eggs (whites)
- 1 c. sugar
- 1 pt. sour cream
- ¼ c. sugar
- ½ tsp. vanilla

Cream cheese until smooth. Add vanilla. Beat egg whites until fluffy, (but not stiff). Add sugar gradually and beat well. Add cream of tartar. Fold into cream cheese mixture. Pour into crust. Bake at 375° oven for 20 minutes. Cool 15 minutes. Turn oven to 475° for topping. Mix together all topping ingredients. Put on top of cream cheese mixture, starting on outside of pie and moving toward the center. Put in oven for 5 minutes. Cool for 1 hour, then refrigerate.

Carla Walker



Shopping List

graham crackers
sugar
butter
cream cheese
vanilla
cream of tartar
eggs
sour cream



CHOCOLATE MERINGUES

2 eggs (whites)
1 tsp. vanilla
1/8 tsp. salt
1/2 tsp. cream of tartar
3/4 c. sugar
3/4 c. chocolate chips

Best first 4 ingredients until soft peaks form. Add sugar gradually, beating after each addition. Beat until stiff peaks form. Fold in chocolate chips. Cover cookie sheet with plain paper. Drop by tsp. onto paper. Bake at 300° for 25 minutes. Cool slightly before removing from paper. Makes 2 1/2 doz.

Delise Snyder



Shopping List

*eggs
vanilla
salt
cream of tartar
sugar
chocolate chips*



PEANUT BUTTER COOKIES

¼ c. sugar
2 Tbsp. butter
½ c. peanut butter
1 egg
2 Tbsp. milk
½ c. flour
1 tsp. baking soda
½ tsp. salt

Cream sugar and butter in a bowl. Add peanut butter and beat. Add egg and milk. Mix together flour, baking soda and salt. Beat well. Drop with spoon on a greased cookie sheet. Bake at 375° for 15 minutes.

Dellse Snyder



Shopping List

sugar
butter
peanut butter
egg
milk
flour
baking soda
salt

CHEESY VEGETABLE CASSEROLE

- ½ lb. American cheese
- ½ c. butter or margarine
- 1 bag frozen vegetable blend (16 oz.)
- 1 c. crushed butter crackers (Waverly crackers recommended)

Microwave setting: High 100%/Medium 70%. Microwave cooking time: 14 min.

Cut cheese into chunks. Place in a microsafe 1 qt. casserole dish with ¼ c. butter. Microwave at medium high power (roast) for about 4 minutes or until melted. Stir every 1 ½ minutes. Add vegetables to casserole and mix. Melt remaining butter in a bowl at high power for 30 seconds. Stir in cracker crumbs. Sprinkle buttered crumbs on casserole. Microwave at medium high power, uncovered for about 10 minutes, rotating ½ turn after 5 minutes. Let stand 2-3 minutes before serving.

Judy Patterson



Shopping List

*American cheese
butter or margarine
vegetable blend
butter crackers*



SCORPIONS

- 2 fifths White Rum
- 1 fifth White Wine (Sauterne)
- 2 oz. Brandy
- 4 oz. Gin
- 8 oz. frozen orange juice
- 16 oz. frozen lemon juice
- 8 oz. Simply Syrup

Simply Syrup:

- 2 c. sugar
- 1 c. boiling water

Mix and allow to sit for several hours. Chill and pour over a cake of ice in a punch bowl. Goes down easy, but packs a wallop. Serves 20 (4 oz) glasses.

Bob May



Shopping List

White Rum
fifth White Wine
Brandy
Gin
orange juice
lemon juice
sugar



GLUHWEIN (GLOWWINE)

- 1 c. cider
- 2-3 Tbsp. sugar
- 2 c. red wine
- 4 lemon slices
- 2-3 cloves
- 4 cinnamon sticks or 4 pinches ground cinnamon

Combine cider and sugar, heat to boiling. Add wine, but do not boil. Pour into mugs, add lemon and cinnamon stick to each.

Susanne Kloch



Shopping List



*cider
sugar
red wine
lemon
cloves*

*cinnamon sticks or ground
cinnamon*



HOT BUTTERED RUM MIX

1 lb. powdered sugar
1 lb. brown sugar
1 lb. cheap margarine (or expensive butter)
1 qt. vanilla ice cream
allspice
nutmeg

Cut butter in small chunks, put in bottom of pan. Add sugars over low heat. When blended together, add ice cream. Blend that well over low heat.

The key is the spices. Start with about 3 Tbsp. allspice and 1 Tbsp. nutmeg for the entire batch. Test by putting hot water about $\frac{2}{3}$ c. into a cup with about 2 Tbsp. of mix. Zap it in the microwave, then add dark rum to taste. The spices can also be adjusted at that time. Put this in containers in the freezer (it will not freeze) and it will keep a year or so. A nice addition, top with whipped cream and sprinkle with nutmeg before serving.

Frank "Rummy" Rumbaugh



Shopping List

*powdered sugar
brown sugar
margarine
vanilla ice cream
allspice
nutmeg*



STRAWBERRY DAIQUIRI

1 can Minute Maid frozen pink lemonade, thawed
1 can (from lemonade can) Rum
1 pkg. frozen strawberries, thawed
10 ice cubes

Mix all ingredients in blender and serve in large goblet. Garnish with fresh strawberries (optional). Serves 4.

Luis Tejera



Shopping List

*Minute Maid frozen pink
lemonade
Rum
strawberries*



BAILEY'S IRISH CREAM

- 2 oz. heavy cream
- 1 can sweetened condensed milk
- 1 Tbsp. Hershey's chocolate syrup
- 4 eggs
- 1 tsp. vanilla
- 6 oz. rye whiskey

Blend in blender. Refrigerate for 24 hours.

Luis Tejera



Shopping List



cream

condensed milk

Hershey's chocolate syrup

eggs

vanilla

rye whiskey



CRANBERRY PUNCH

2 qt. cranberry juice
1 can pineapple juice (46 oz)
1 c. bottled lemon juice
2 qt. ginger ale

Chill all ingredients before combining. Combine juices. Add ginger ale last. Serve immediately after adding the ginger ale. If desired, omit 1 qt ginger ale and add a bottle of gin, vodka or light rum.

Brian Thomason



Shopping List

*cranberry juice
pineapple juice
lemon juice
ginger ale*



PARTY PUNCH

- 1 can pineapple juice (46 oz.)
- 1 can frozen orange juice (6 oz)
- ½ c. powdered sugar
- ¼ c. fresh lemon juice
- 1 lg. bottle ginger ale

Have all juices chilled. Combine pineapple and orange juices. Melt powdered sugar in lemon juice and add. Add ginger ale just before serving. Makes 2 ½ qts.

Shannon Thomason



Shopping List

*pineapple juice
orange juice
powdered sugar
lemon juice
ginger ale*



BEVERAGES, MICROWAVE & MISCELLANEOUS

MOCK CHAMPAGNE

- 4 c. sugar
- 4 c. water
- 4 c. grape juice or pineapple juice
- 2 c. orange juice
- 8 pt. chilled ginger ale

Boil sugar and water for 3 minutes and cool. Add rest of the juice and chill. Just before serving, add chilled ginger ale. Makes 50 servings.

Barbara Thomason



Shopping List

sugar
grape juice or pineapple juice
orange juice
ginger ale



REUBEN SANDWICH

8 slices pumpernickel bread
½ lb. corned beef, sliced thin
8 oz. can sauerkraut, well drained
2-3 Tbsp. Miracle Whip
4 slices Swiss cheese
2 Tbsp. margarine

Place corned beef, then sauerkraut, Miracle Whip and cheese on 4 slices of bread. Top with other bread slices. Spread butter on outside of bread. Grill in skillet or on griddle until browned and cheese melts.

Cary Thomason



Shopping List

pumpernickel bread
corned beef
sauerkraut
Miracle Whip
Swiss cheese
margarine



HOT CHOCOLATE

16 qt. box powered milk
1 16 oz. jar of creamer
2 lb. Nestle Quik
2 c. powdered sugar

Add all ingredients together. Mix $\frac{1}{4}$ c of mixture to 1 c. of hot water.
Makes 95 cups.

Sally Wade



Shopping List

*powered milk
creamer
Nestle Quik
powdered sugar*



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