



The Community Cookbook:
Recipes foraged from the Pantry



Amy Shannon

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By
Amy Shannon



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Preface

Food insecurity is a reality for many people, whether you're living paycheck to paycheck, relying on Social Security, or stretching your SNAP benefits as far as they'll go. Those benefits are designed to cover only about three weeks of food, and often they don't even manage that. Too many families are forced to choose between paying bills and buying groceries. There is no shame in that struggle. The shame belongs to a system where basic foods have become increasingly out of reach.

I grew up poor, though I didn't fully understand it at the time. My mother raised five children, cared for my father, and watched other people's kids for seven dollars a day, a price she never raised. Even on that tiny income, she made sure we had breakfast, lunch, and dinner. Dinner was sacred: all of us at the table, hands held for a quick prayer, and then a meal she crafted with intention and love.

She taught me to cook by letting me do it. I still remember the first dinner I made on my own at eight years old, spaghetti and meatballs, with her stepping in only to drain the pasta and pull the meatballs from the oven. Her meatballs were almost the same as her meatloaf, just brightened with parsley and oregano. Simple, comforting, unforgettable.

My mother didn't learn from her own mother; she learned from Home Economics classes and from experimenting. She believed recipes were suggestions, not rules. One day, halfway through making a cake, she realized we were out of flour. Without hesitation, she grabbed a box of pancake mix and said, "We'll make it work." And we did. The cake was tender and sweet, better than the original. That moment shaped how I cook: with creativity, courage, and a willingness to adapt.

Our treats were homemade, applesauce cake, muffins, popcorn shaken in a pot on the stove, or a spoonful of peanut butter. Snacks were simple, but they were ours. Only as an adult did I understand how hard my mother worked to keep us fed, or why she'd get frustrated when my brother ate an entire box of cereal during Saturday morning cartoons.

We grew up in the era of canned vegetables, frozen fruit, boxed macaroni, instant potatoes, and jarred spaghetti sauce. My mother stretched every ingredient. A can of mushroom soup became gravy for baked chicken thighs. Tomato soup mixed with rice became a filling side. Ground beef and

chicken, especially thighs and drumsticks, were the proteins we lived on. She didn't buy chips or packaged snacks; she made what she could from scratch.

As an adult, I have lived on both sides of the pantry door. There were times I made a good living, and times I relied on food stamps and food pantries to get through the month. When money was tight, I planned my routes around which pantries were open on the same day, gathering enough to last longer than the intended three days. Some days I was lucky, fresh vegetables, dairy, baked goods, even protein. Most days, it was canned and boxed staples, rice, noodles, and bread donated by local stores.

I don't rely on food pantries now, but I haven't forgotten what it felt like to open a bag and find ingredients I didn't recognize and still needed to turn them into dinner. That experience, combined with my research into historical foodways and how families of different means made the most of what they had, inspired this cookbook.

This book is for anyone who wants to turn what they have, whether from a pantry visit or a \$20 grocery run, into meals that feel like supper, not survival. It's filled with stories from my childhood, recipes from my own kitchen, and practical ways to transform simple ingredients into nourishing, comforting dishes your whole family can enjoy.

Food is fuel, yes, but it's also dignity, creativity, and connection. Even the simplest ingredients can become something delicious. All you need is a little salt, a little pepper, and the belief that you can make it work.

Preparations

Preparing canned vegetables

Canned vegetables like corn, green beans, peas, mixed vegetables, and potatoes can be turned into a delicious and nutritious meal. Many times, canned vegetables are packed in water and can in some cases be “mushy.”

To prepare canned vegetables, drain the vegetables into a bowl, removing the water it is packed in. Soak the vegetables in cold water and stir around. After about five minutes, drain the vegetables and rinse again. By this time, the vegetables should have lost that “canned” taste.

Once they are rinsed, you can use them for a recipe or freeze them in a zip-top bag. Then your vegetables will be close to the frozen variety bought at the market.

Canned Beans

To prepare canned vegetables, drain the beans into a bowl, removing the water it is packed in. Soak the beans in cold water and stir around. After about five minutes, drain the beans, and rinse again. By this time, the beans should have lost that “canned” taste. To be honest, personally I am not a fan of beans because of their texture, but if you’re like me, if you blend them and add them to a soup or stew, you can use them as a thickener.

Canned Tomatoes

Diced or peeled whole tomatoes can be blended into a sauce or added directly to a pot and heated up with seasonings, to make a tomato red sauce.

Tomatoes that are pureed can also be turned into sauce by heating it with seasoning, removing the “canned” taste.

A dash of sugar, salt, vinegar or lemon juice can be added to remove the canned taste. Any sauce made with tomatoes can also be frozen. Fresh tomatoes of any variety can be frozen before they get mushy or old, and then later, blended to make a sauce or tomato soup.

Canned Yams or Sweet Potatoes

To prepare canned Yams or Sweet Potatoes, drain the vegetables into a bowl, removing the water it is packed in. Soak the vegetables in cold water and stir around. After about five minutes, drain the vegetables and rinse again.

Some grandmothers and mothers made sweet potato casserole by adding marshmallows and brown sugar to beaten potatoes and baked.

For a simple, and less sweet method, boil the potatoes, heat them up, and then drain. Mash the potatoes with butter or margarine and salt and pepper to taste.

Quick Tips

- Instead of refrigerated Milk, use evaporated milk, as it doesn't need refrigeration until opened. I've used it for a cheese sauce of pasta, and it came out better than if I used regular Milk.
- Cheese can be frozen, if it will be used for cooking or adding to a meal, but not if going to be used for a cold sandwich or a cracker snack.
- Fresh vegetables can be frozen if partially cooked, dried and placed in a zip top freezer bag.
- Bread and bread products like rolls, whole loafs, English muffins, Bagels can be frozen.
- Got a hard whole loaf of bread (not cut). Sprinkle water on it and put it in the oven at 350°F and heat it up.
- Wilted Greens or lettuce- Got limp greens or slightly wilted. Put in cold water for 30 seconds, and it will revive the green. To store greens in the refrigerator, dry the greens completely, and then put a paper towel at the bottom of a gallon size freezer or storage bag, then wrap the greens in paper towels, and put them into the refrigerator. The greens will last longer.
- Save the juice/brine from green olives, pickled vegetables, and pickles. These can be used to make more pickled vegetables, such as pickled radishes and pickled cucumbers (pickles), or chow-chow (various vegetables like carrots, onions, and cauliflower together).
- Save any "mixes" that come in a packet. The Gravy mixes are good for flavor, but not so good for thickening gravy. (see Gravies)
- Save Seasoning packets from boxed products you might not use.
- If you are using Ramen noodles, and more than one packages, you only need one seasoning packet for four packages. The other three, save for later use. It is just like bouillon.
- Sardines in a can. You can use the oil for flavor in sauces or soups. The sardines can be mashed or pulverized and also added to sauces for a depth of flavor.
- Quick tip (my son showed me) for draining grease from ground beef. Tilt the pan slightly move the meat to one side of the pan and use

paper towels to sop up the grease. Then toss the towels. Or you could save the grease in order to make ground beef gravy.

It worked for our grandmothers, and their grandmothers ...

- Save the fat from cooked bacon, and save the drippings, unless making a gravy, from meat, even ground beef.
- If cooking a whole chicken, boil the chicken in water and with vegetable pieces, skins, rinds, or whatever you have handy (the bottom of celery has great flavor). Save the broth and then bake the chicken in the oven for roasted chicken. Use the drippings to make gravy.
- Save cooking oil, but don't use oil that cooked fish to cook other items, or they will taste like fish.
- Save "starchy" water from pasta, potatoes, or rice, which can help thicken sauces and gravies.

Homemade Simplicity

Pie Crust

Pie crust can be made very easily with flour, salt, and cold butter. This can be used as a base for any savory or sweet pies. If you are using it for a sweet pie, a pinch of sugar and cinnamon work just fine.

I use the food processor for ease of creating a soft pie crust dough.

- 3 CUPS FLOUR
- ICE COLD WATER
- COLD BUTTER STICK DICED

Optional for sweet pies: 1 T white Sugar and 1 T cinnamon.

Add the four to the food processor, while it is running, slowly add the cold butter to the dough (through the chute of the cover). After the butter is added, pulse the dough, and slowly add ice cold water, until it has created a ball. Turn off the machine, wrap the dough in plastic wrap and let sit in the refrigerator for at least an hour.

Cream Cheese Frosting

- 1 PACKAGE OF SOFTENED CREAM CHEESE.
- 1 T MILK
- 1 16 OZ BAG OF CONFECTIONERS' SUGAR
- ½ TSP VANILLA EXTRACT

Blend cream cheese (softened) with milk. Gradually add sifted confectioners' sugar; blend well. Mix in vanilla extract.

Simple recipes from the 20th Century

During the Depression in the 1930's, many families had to live with food insecurities, and some knew how to do it their entire lives, and others were "new" to being poor and without money, and food. Our great grandmothers and grandmothers knew how to make a dime stretch. So, here are some depression era recipes that stand the test of time, but may have been forgotten, or never passed on, because they were out of necessity, and didn't need a recipe. It is not about "making do," it's about feeding your family and knowing they will leave the table will full bellies.

In the Great Depression, some started what were called "victory gardens," which meant growing whatever you could in your back yard. Some foods were less picky as to what could be grown. They saved seeds, or for root vegetables that started to sprout. Onions, herbs, and potatoes were easy to plant and maintain. Some families started bartering, exchanging food for services, or even items. Some areas had community meal, where families would put whatever ingredients they had in a pot, and the community ate whatever came out of that steaming pot.

Bread and Milk

A warm and soft, nourishing anytime meal

- SLICES OF BREAD
- MILK

Heat the milk in a pot or microwave until warm (do not overheat). Stir the milk to prevent hot spots. Pour over slices of bread. Add a pinch of sugar or cinnamon or just eat as a custard.

Dinner Oatmeal

A warm, steady bowl for the end of the day

- 1 CUP OATS (QUICK OR OLD-FASHIONED BOTH WORK)

- 2 CUPS WATER OR SHELF-STABLE MILK
- PINCH OF SALT
- 1–2 TSP OIL, BUTTER, OR MARGARINE, OPTIONAL

Optional Add-Ins

- CANNED FRUIT, DRAINED
- PEANUT BUTTER
- CINNAMON OR NUTMEG
- A SPOONFUL OF JAM
- A DRIZZLE OF HONEY OR MAPLE SYRUP
- A HANDFUL OF RAISINS OR DRIED FRUIT
- A SPLASH OF EVAPORATED OR SHELF-STABLE MILK

Bring the water or milk to a gentle boil. If you're using milk, keep the heat a little lower so it doesn't scorch. Stir in the oats and a pinch of salt. The salt doesn't make it salty; it brings out the flavor. Lower the heat and let it simmer.

Quick oats take about 2–3 minutes. Old-fashioned oats take 5–7. Stir occasionally so it doesn't stick.

Add the oil, butter, or margarine if you're using it. This gives the oatmeal a smoother texture and helps keep you full longer.

Taste and adjust. If it's too thick, add a splash more water or milk. If it's too thin, let it cook another minute.

Finish it your way. Stir in fruit, peanut butter, spices, whatever you have and whatever your family enjoys.

Pot Likker

Saving leftover broth or water (from boiling greens).

The water left over after boiling greens or other vegetables should be saved. The water has more nutrients than the vegetables themselves. In the early 20th Century, and even before then, people would drink the Pot Likker. However, it can be used as a broth for braising, soup making, or adding to vegetables instead of plain water, or adding meat, baking in the oven or in

a slow cook.

Potato Flake Pancakes

Potato flakes are one of those pantry items people often overlook, but they're incredibly useful. They're light to store, quick to prepare, and they stretch into meals that feel comforting and familiar. These pancakes are soft, warm, and satisfying, the kind of food that brings everyone to the table without fuss. They're also forgiving. They are real potatoes, they are just dehydrated and flaked. You can also use canned potatoes.

- 1 CUP INSTANT POTATO FLAKES
- 1 CUP WATER OR MILK (OR A MIX OF BOTH)
- 2 EGGS
- ½ CUP FLOUR
- 1–2 T OIL OR MELTED BUTTER
- ½ TSP SALT
- 1 TSP BAKING POWDER, OPTIONAL

In a bowl, mix the potato flakes with water or milk. Let them sit for a minute so the flakes soften and thicken. Add the eggs, oil or butter, salt, and baking powder if using. Stir until smooth.

Add the flour and mix gently. The batter should be thick with bubbles. If it feels too thick, add a splash more water or milk. Warm a lightly oiled skillet over medium heat. Spoon the batter onto the pan, shaping small pancakes. Cook 2–3 minutes per side until golden brown and crisp on the edges.

Serve warm with whatever you have, applesauce, syrup, canned fruit, or a sprinkle of cinnamon.

Tomato and Bread Soup

This soup becomes a gentle, reliable meal. Canned tomatoes bring brightness. Stale or day-old bread becomes the body of the soup, giving it richness with no need for cream.

- 1 CAN DICED OR CRUSHED TOMATOES
- 2 CUPS WATER OR BROTH (ANY KIND)
- 1–2 CUPS BREAD, TORN INTO SMALL PIECES (FRESH OR STALE)
- 1–2 T OIL OR BUTTER
- 1 SMALL ONION, DICED (OPTIONAL BUT ADDS FLAVOR)
- 1 CLOVE GARLIC, MINCED OR ½ TSP GARLIC POWDER
- SALT AND PEPPER TO TASTE

Optional Add-Ins: Choose what you have

- A pinch of dried basil, oregano, or Italian seasoning
- A splash of milk or evaporated milk for creaminess
- A spoonful of grated cheese
- A drizzle of olive oil on top
- A handful of canned vegetables (corn, carrots, mixed veg)
- Red pepper flakes for a little heat

Warm the oil or butter in a pot over medium heat. If you're using onion or garlic, cook them until soft and fragrant. This step builds flavor, but the soup works even without it.

Add the tomatoes and water or broth. Stir well and bring to a gentle simmer. Add the torn bread. Drop it in by handfuls. The bread will soften and thicken the soup as it cooks. Simmer for 10–15 minutes.

Stir occasionally, breaking up the bread with your spoon. The soup should become thick, hearty, and almost stew-like.

Taste and season. Add salt, pepper, and any herbs you like. If the soup is too thick, add a splash more water. If it's too thin, let it simmer a few minutes longer.

Finish it your way. A swirl of milk, a sprinkle of cheese, or a drizzle of oil can make the bowl feel extra comforting.

Vinegar Pie

A bright, custard-smooth pie born from creativity, not scarcity

Vinegar Pie has deep roots in American kitchens, especially in communities where cooks relied on what they had rather than what they wished for. When lemons were hard to come by, a splash of vinegar brought the same brightness.

- 1 UNBAKED 9-INCH PIE CRUST (READY-MADE OR SCRATCH PIE CRUST)
- 1 CUP SUGAR
- 3 T FLOUR
- ¼ TSP SALT
- ¾ CUP WATER OR MILK
- 2 T WHITE VINEGAR OR APPLE CIDER VINEGAR
- 2 EGGS, BEATEN
- 2 T BUTTER OR MARGARINE, MELTED
- 1 TSP VANILLA, OPTIONAL

Preheat your oven to 375°F. Place the unbaked pie crust in a pie dish and set aside.

In a bowl, whisk together the sugar, flour, and salt until well combined. Add the water or milk, vinegar, beaten eggs, melted butter, and vanilla. Whisk until the mixture is smooth.

Pour the filling into the pie crust. It will be thin; that's exactly right for this custard-style pie.

Bake for 35–40 minutes, or until the center is set and the top is lightly golden. The pie will firm up more as it cools.

Let the pie cool completely before slicing. Serve plain or with a small spoonful of whipped topping if you have it.

Beans

Black Beans

Black Bean Tostadas

- 2 CANS BLACK BEANS, RINSED, DRAINED
- 1 TSP SALT
- ½ TSP CHILI POWDER
- ½ TSP BLACK PEPPER
- ½ TSP GROUND CUMIN
- 8 TOSTADAS
- 2 CUPS SHREDDED PEPPER JACK
- THINLY SLICED AVOCADOS AND HOT SAUCE, FOR SERVING

Arrange a rack in center of oven; preheat to 350°F. In a small saucepan over medium heat, bring beans, salt, chili powder, pepper, and cumin to a simmer. Cook, stirring occasionally, until beans are warmed through, about 10 minutes. Smash with a wooden spoon, adding more water if needed to help create a smoother consistency, until most of the beans are smashed with some whole remaining; season with salt, if needed.

Meanwhile, arrange tostadas on a large baking sheet. Sprinkle with cheese. Bake tostadas until cheese is melty, about 5 minutes. Top tostadas with bean mixture and avocado slices. Drizzle with hot sauce.

Black Bean & Corn Salad

- 1 CAN BLACK BEANS, RINSED AND DRAINED
- 1 AVOCADO, CHOPPED
- ¼ MEDIUM RED ONION, FINELY CHOPPED
- 1 JALAPEÑO, SEEDS REMOVED, FINELY CHOPPED
- 1 CUP FROZEN CORN, THAWED
- ½ CUP QUARTERED CHERRY TOMATOES
- ¼ CUP FINELY CHOPPED FRESH CILANTRO

- 1 GARLIC CLOVE, FINELY CHOPPED
- JUICE OF 1 LIME
- 2 T OLIVE OIL
- 1 ½ TSP HONEY
- ½ TSP GROUND CUMIN
- SALT
- BLACK PEPPER
- ¼ CUP CRUMBLED COTIJA

In a large bowl, toss beans, avocado, onion, jalapeño, corn, tomatoes, and cilantro. In a small bowl, whisk garlic, lime juice, oil, honey, and cumin; season with salt and pepper. Pour dressing over bean mixture and toss to combine. Add cotija and toss again to combine; season with salt and pepper, if needed.

Kidney Beans

Garlic Kidney Beans with Tomatoes

- 2 T EXTRA VIRGIN OLIVE OIL
- 1 ONION (FINELY DICED)
- 6 CLOVES GARLIC (ROUGHLY CHOPPED)
- 1 TSP PAPRIKA
- ½ TSP GROUND CUMIN
- 1 T SHERRY VINEGAR (OR OTHER VINEGAR)
- 2 ½ CUPS CANNED KIDNEY BEANS, DRAINED & RINSED
- 1 CAN DICED TOMATOES
- 1 TSP DRIED OREGANO
- PINCH SALT
- DASH BLACK PEPPER
- HANDFUL FINELY CHOPPED PARSLEY

Heat a large fry pan with a medium heat and add in extra virgin olive oil. Once hot add in onion and cloves garlic roughly chopped, mix with the

olive oil, after the ingredients are lightly sauteed, add in paprika and cumin, quickly mix together, then add sherry vinegar and mix.

Add diced tomatoes, kidney beans, oregano and season with salt & black pepper, gently mix together, then lower the fire to a low-medium heat and simmer

After simmering the beans for 10 minutes and everything has slightly thickened, remove the pan from the heat, transfer into shallow bowls and sprinkle with finely chopped parsley.

Pinto Beans with Salt Pork

- 1-LB. DRIED PINTO BEANS
- 7 CUPS OF WATER
- ¼-TO-½ -LB. SALT PORK
- 3 LARGE CLOVES GARLIC, CRUSHED

Wash and pick over beans. Make several cuts into the salt pork down to, but not through, the rind.

Combine all ingredients in a heavy saucepan or Dutch oven. Bring to a boil, then reduce heat to low simmer. Cook very slowly, covered. Stir beans up from the bottom occasionally and add water if they start looking dry.

Cook for at least 2 hours. When beans are soft (not mushy), but still hold their shape, they are done.

Quick Stovetop Pinto Beans

- 1 LB. DRIED PINTO BEANS, RINSED
- 8 CUPS WATER (OR CHICKEN BROTH)
- ½ YELLOW ONION, DICED
- 3-4 CLOVES GARLIC, SMASHED
- 2 BAY LEAVES
- ½ TSP BAKING SODA
- 1 TSP SALT

Place all ingredients except salt in a large pot or Dutch oven. Bring to a boil, then reduce heat to low, cover, and simmer for 1 to 1.5 hours, or until

beans are tender. Once tender, stir in salt and let simmer for another 10 minutes. Remove bay leaves and garlic before serving

Chickpeas

Buffalo Ranch Chickpea Wraps

- 2 CANS CHICKPEAS, DRAINED, RINSED
- 2 T VEGETABLE OIL
- 1 TSP SALT, DIVIDED
- 1 PACKET RANCH DRY SEASONING POWDER
- ¼ HEAD OF NAPA CABBAGE, SHREDDED
- 1 MEDIUM CARROT, PEELED, GRATED
- 3 CELERY RIBS, THINLY SLICED
- 2 T THINLY SLICED CHIVES OR SCALLIONS
- ¼ CUP RANCH DRESSING, PLUS MORE FOR SERVING
- 2 T APPLE CIDER VINEGAR
- 6 T HOT SAUCE
- 2 T HONEY
- 2 T UNSALTED BUTTER, MELTED
- 4 (10") TORTILLA WRAPS, WARMED
- 4 T CRUMBLER BLUE CHEESE, OPTIONAL

In a large bowl, drizzle chickpeas with oil; season with salt and toss to combine. Sprinkle with ranch seasoning and toss to coat. Transfer chickpeas to an air-fryer basket; reserve bowl for sauce.

Cook at 400°F, shake basket halfway through, until crisp and starting to brown, 15 to 20 minutes. Meanwhile, in another large bowl, toss cabbage, carrot, celery, and chives; season with remaining ½ Tsp salt. Add ranch dressing and vinegar and toss to coat.

In reserved bowl, whisk hot sauce, honey, and butter. Add chickpeas and toss to coat. Divide chickpea mixture and cabbage mixture among tortillas. Top with cheese (if using). Fold in left and right sides of each tortilla, then fold end closest to you over filling. Tightly roll up from bottom end, keeping sides tucked in, to form a burrito shape. Cut each wrap in half.

Creamy Garlic or Plain Hummus

Hummus

- 1 CUP DRY CHICKPEAS (OR 2 CANS CHICKPEAS)
- 2 TSP BAKING SODA, DIVIDED
- 1 T LEMON JUICE
- ½ CUP TAHINI
- 1 TSP CUMIN
- 1 ½ TSP SALT
- ½ TSP RED PEPPER FLAKES
- BLACK PEPPER
- ¾ CUP OLIVE OIL, PLUS MORE FOR TOPPING
- PAPRIKA, GARNISH
- CHOPPED PARSLEY, GARNISH

For the roasted garlic, optional

- 1 WHOLE GARLIC
- 2 TSP OLIVE OIL
- SALT
- BLACK PEPPER

Place chickpeas and 1 Tsp baking soda in a large bowl and cover with water by at least an inch. Let soak overnight. Preheat oven to 400°. Strain chickpeas and place in a large pot. Add remaining Tsp of baking soda and cover with water by at least an inch again. Bring to a boil then cover and reduce heat. Let simmer until tender and falling apart, 1 hour. Skim foam off the top as necessary.

If using, roasted garlic: Cut the top off the head of garlic. Drizzle with olive oil and season with salt and pepper. Wrap in foil and place in a shallow dish. Roast until golden and soft, for 40 minutes. Let cool then remove garlic cloves.

Drain chickpeas and place it in the bowl of a food processor. Add garlic

(if using), lemon juice, tahini, cumin, salt, red pepper flakes, and pepper. Blend until smooth. With the food processor running, slowly stream in oil until hummus is at desired consistency. Spoon hummus into a bowl and top with more oil, paprika, and parsley.

Canned Soups

More than just serving soup as soup. Or adding grilled cheese or crackers to make the soup heartier. Recipes that call for a “cream” soup, can be any “cream of” soup, such as mushroom, celery, or chicken. Also, these recipes don’t require a specific brand, just the type of soup. Any condensed soup can be thinned with water or milk. The label should say “condensed” but if it is ready to eat, no extra liquid is required.

Cheddar Cheese Soup

Cheeseburger Soup

There used to be a Cheeseburger soup on the market, but it is no longer available. I had an idea for a cheeseburger soup that would be hearty and filling as a meal, so I created my own soup.

- 1 RED ONION DICED
- 1 LB. GROUND BEEF
- 2 CANS CHEDDAR CHEESE SOUP
- 1 T MILK
- ½ C CHICKEN OR BEEF BROTH
- ¼ TSP ROSEMARY
- ¼ TSP THYME
- ¼ TSP PEPPER
- SPRINKLE OF SALT
- DICED COOKED POTATOES, OPTIONAL (BOIL UNTIL FORK TENDER AND DICE THEM)

In a deep fry pan, sauté onion, then add ground beef. Using a spatula, break down the ground beef as it cooks. Once it is completely cooked, drain the grease and return to the pan. On low to medium heat, add the broth to the ground beef and onion pan. Simmer for about ten minutes. Add two cans of Cheddar Cheese Soup and whisk in the pan until all is incorporated. Add

the seasonings and taste.

Simmer another five to ten minutes and add the milk. Let simmer while whisking the milk into the soup. If it's too thick, add a little bit more milk to make it the consistency of soup. Simmer another 10 to 15 minutes.

Serving ideas:

- ADD COOKED MACARONI TO THE SOUP FOR A CHEESEBURGER MACARONI SOUP.
- ADD TACO SEASONING WHEN COOKING THE GROUND BEEF TO MAKE TACO SOUP. SERVE CRISPY TORTILLAS ON THE SIDE OR ON TOP. ADD A DOLLOP OF SOUR CREAM.
- ADD CHILI SEASONING TO THE GROUND BEEF FOR A CHILI SOUP. (ADD COOKED BEANS OR PASTA, OPTIONAL).

Macaroni and Cheese

- ¼ CUP CHOPPED ONION
- 1 T BUTTER OR MARGARINE
- 1 CAN CONDENSED CHEDDAR CHEESE SOUP
- ½ CUP MILK
- 3 CUPS OF COOKED MACARONI

Cook onion in butter until tender. Blend in soup; gradually add milk. Heat; stir often. Mix in macaroni.

Cream of Mushroom Soup

Salsbury Steak

Patties:

- 1-2 LBS. GROUND BEEF
- 1 EGG
- 1 CUP BREADCRUMBS
- ¼ CUP MINCED ONION
- SALT/PEPPER TO TASTE.

Gravy:

- 1-2 CANS CREAM OF MUSHROOM SOUP
- ½ CUP - 1 CUP BEEF BROTH
- 1 CUP SLICED MUSHROOMS, OPTIONAL
- WORCESTERSHIRE SAUCE.

Combine beef, egg, breadcrumbs, onion, and seasonings. Shape into 4-8 oval patties. Heat oil in a large skillet and brown patties on both sides (about 5 min per side).

Add cream of mushroom soup and broth/water to the skillet. Cover and cook on low for 10-20 minutes in a skillet, until the patties are cooked through and the gravy is thick.

Mock Beef Stroganoff

- 1 ½ LBS. ROUND STEAK, CUT IN THIN STRIPS (OR USE WHATEVER BEEF TYPE YOU HAVE, INCLUDING GROUND BEEF)
- ¼ CUP FLOUR
- PEPPER
- ¼ CUP BUTTER OR MARGARINE
- 1 CAN SLICED MUSHROOMS, DRAINED
- ½ CUP CHOPPED ONION
- 1 SMALL CLOVE GARLIC, MINCED
- 1 CAN CONDENSED CONSOMMÉ
- 1 CUP SOUR CREAM
- 3 CUPS COOKED NOODLES

Dust meat with flour and pepper. In skillet, brown meat in butter. Add mushrooms, onion, and garlic; brown lightly. Stir in soup. Cover; cook for 1 hour or until meat is tender; stir often. Gradually blend in sour cream; cook over low heat for 5 minutes. Serve over noodles.

Tomato Soup

Tomato Porcupine Meatballs

- 1 CAN CONDENSED TOMATO SOUP
- 1LB. GROUND BEEF
- 1 ⅓ CUPS PACKAGED PRE-COOKED RICE
- 1 EGG, SLIGHTLY BEATEN
- ¼ CUP FINELY CHOPPED ONION
- 1 TSP SALT
- 1 SMALL CLOVE GARLIC, MINCED
- 2 T SHORTENING
- ½ SOUP CAN WATER
- 1 TSP PREPARED MUSTARD

Mix ¼ cup soup with beef, rice, egg, onion, and salt. Shape into 16 meatballs. Brown meatballs and garlic in shortening; pour off fat. Blend in remaining soup, water, and mustard. Cover; simmer for 20 minutes or until done. Stir occasionally.

Tomato Soup Meatballs

- 1 CAN CONDENSED TOMATO SOUP
- 1 LB. GROUND BEEF
- 1 EGG, SLIGHTLY BEATEN
- ¼ CUP FINELY CHOPPED ONION
- 1 TSP SALT
- 1 SMALL CLOVE GARLIC, MINCED
- 2 T SHORTENING
- ½ SOUP CAN WATER
- 1 TSP PREPARED MUSTARD

Mix ¼ cup soup with beef, egg, onion, and salt. Shape into 16 meatballs. Brown meatballs and garlic in shortening; pour off fat. Blend in remaining soup, water, and mustard. Cover; simmer for 20 minutes or until

done. Stir occasionally.

Tomato Soup Cake

- 2 CUPS SIFTED FLOUR
- 1 ⅓ CUPS SUGAR
- 4 TSP BAKING POWDER
- 1 TSP BAKING SODA
- 1 ½ TSP ALLSPICE
- 1 TSP CINNAMON
- ½ TSP GROUND CLOVES
- ½ CUP SHORTENING
- 1 CAN CONDENSED TOMATO SOUP
- 2 EGGS
- ¼ CUP WATER

Preheat oven to 350°F. Grease and flour two round layer pans, 8 or 9 x 1 ½" or an oblong pan, 13 x 9 x 2".

Sift dry ingredients together into large bowl. Add shortening and soup. Beat at low to medium speed for 2 minutes, scraping sides and bottom of bowl constantly. Add eggs and water. Beat 2 minutes more, scraping bowl frequently. Pour it into pans. Bake 25 to 30 minutes. Let stand in pans for 10 minutes; remove and cool on rack.

Frost with Cream Cheese Frosting.

Quick Tomato Spice Cake

- 1 PACKAGE (2 LAYER) SPICE CAKE MIX
- 1 TSP BAKING SODA
- 1 CAN CONDENSED TOMATO SOUP
- ½ CUP WATER
- 2 EGGS

Combine ingredients. Mix and bake cake as directed on package.

Frost with Cream Cheese Frosting or lightly dust with confectionary sugar.

Casseroles

In some areas, casseroles were called “hot dish.” For each casserole, when it comes out of the oven, let it rest for at least 5 minutes. No time for a casserole, then you can also cook these in a skillet, or a slow cooker, but leave out any pasta or noodles, or toppings until it has been cooked.

Beef and Potato Casserole

- 1 LB. GROUND BEEF
- 1 MEDIUM ONION, DICED
- 3–4 MEDIUM POTATOES, PEELED AND THINLY SLICED
- 1 CUP MILK
- 1 CUP BEEF BROTH
- 2 T FLOUR
- 2 T BUTTER
- 1 TSP SALT
- ½ TSP BLACK PEPPER
- ½ TSP PAPRIKA
- 1 CUP SHREDDED CHEESE

Preheat the oven to 350°F. Grease a medium casserole dish. In a skillet over medium heat, brown the ground beef with the diced onion until the meat is cooked through and the onions are soft. Drain excess fat.

In a small saucepan, melt the butter. Stir in the flour to make a roux, cooking for 1 minute. Slowly whisk in the milk and beef broth until smooth. Add salt, pepper, and paprika. Simmer until slightly thickened.

Layer half of the sliced potatoes in the bottom of the casserole dish. Spoon half of the cooked beef mixture over the potatoes. Repeat with the remaining potatoes and beef.

Pour the warm sauce evenly over the top, letting it seep down through the layers. Cover with foil and bake for 45 minutes. Remove foil, add cheese if using, and bake an additional 15–20 minutes, or until the potatoes are tender and the top is lightly browned.

Chicken and Rice Casserole

- 2 CUPS COOKED CHICKEN, SHREDDED OR DICED
- 1 CUP UNCOOKED LONG-GRAIN WHITE RICE
- 1 CAN CREAM OF CHICKEN SOUP
- 1 CAN CREAM OF MUSHROOM SOUP
- 1 ½ CUPS CHICKEN BROTH
- 1 CUP MILK
- 1 MEDIUM ONION, DICED
- 1 CUP FROZEN PEAS, OPTIONAL
- 1 TSP SALT
- ½ TSP BLACK PEPPER
- ½ TSP GARLIC POWDER
- 1 CUP SHREDDED CHEDDAR CHEESE
- 1 T BUTTER

Preheat the oven to 350°F. Grease a medium casserole dish with butter. Spread the uncooked rice evenly across the bottom of the dish.

In a bowl, whisk together the cream of chicken soup, cream of mushroom soup, chicken broth, milk, salt, pepper, and garlic powder until smooth. Stir in the diced onion and peas (if using). Add the cooked chicken to the casserole dish, spreading it evenly over the rice.

Pour the soup mixture over the top, making sure all the rice is covered. Cover tightly with foil and bake for 50–60 minutes, or until the rice is tender.

Remove the foil, sprinkle the cheddar cheese on top if desired, and bake an additional 10 minutes until melted and bubbly.

Chili Mac Casserole

- 1 LB. GROUND BEEF
- 1 MEDIUM ONION, DICED
- 2 CLOVES GARLIC, MINCED
- 2 CUPS ELBOW MACARONI, UNCOOKED
- 1 CAN DICED TOMATOES

- 1 CAN KIDNEY BEANS, DRAINED AND RINSED
- 1 CAN TOMATO SAUCE
- 1 CUP BEEF BROTH
- 1 T CHILI POWDER
- 1 TSP CUMIN
- 1 TSP SALT
- ½ TSP BLACK PEPPER
- 1–2 CUPS SHREDDED CHEDDAR CHEESE
- 1 T BUTTER

Preheat the oven to 350°F. Grease a medium casserole dish with butter. In a large skillet, brown the ground beef over medium heat. Add the diced onion and garlic, cooking until softened. Drain excess fat. Stir in the chili powder, cumin, salt, and pepper. Add the diced tomatoes, kidney beans, tomato sauce, and beef broth. Bring to a simmer.

Stir in the uncooked macaroni, mixing well so the pasta is coated and submerged. Transfer the mixture to the casserole dish and cover tightly with foil.

Bake for 30 minutes, then remove the foil, stir gently, and top with shredded cheddar cheese.

Return to the oven uncovered for 10–15 minutes, or until the cheese is melted and bubbly and the pasta is tender.

Cowboy Casserole

- 1 LB. GROUND BEEF
- 1 MEDIUM ONION, DICED
- 2 CLOVES GARLIC, MINCED
- 1 CAN CREAM OF MUSHROOM SOUP
- 1 CUP SOUR CREAM
- 1 CUP SHREDDED CHEDDAR CHEESE
- 1 CAN CORN, DRAINED
- 1 TSP SALT
- ½ TSP BLACK PEPPER
- ½ TSP PAPRIKA

- 1 BAG (32 OZ) FROZEN TATER TOTS
- 1 T BUTTER

Preheat the oven to 350°F. Grease a casserole dish with butter. In a skillet over medium heat, brown the ground beef with the diced onion and garlic. Drain excess fat. Season the beef with salt, pepper, and paprika. Stir in the cream of mushroom soup, sour cream, corn, and half of the cheddar cheese. Mix until combined.

Spread the beef mixture evenly in the casserole dish. Arrange the tater tots in a single layer over the top.

Bake for 35–40 minutes, or until the tater tots are golden and crispy. Sprinkle the remaining cheddar cheese over the top and bake an additional 5–10 minutes until melted.

Deviled Egg Casserole

- 12 HARD-BOILED EGGS, PEELED AND CHOPPED
- 1 CUP MAYONNAISE
- 2 T YELLOW OR DIJON MUSTARD
- ½ CUP SHREDDED CHEDDAR CHEESE
- ¼ CUP CHOPPED GREEN ONIONS
- ½ TSP PAPRIKA
- ½ TSP SALT
- ¼ TSP BLACK PEPPER
- 1 CUP CRUSHED POTATO CHIPS (OPTIONAL TOPPING)
- 1 T BUTTER

Preheat the oven to 350°F and grease a small casserole dish with butter. In a large bowl, combine the chopped eggs, mayonnaise, mustard, salt, pepper, and paprika. Mix until evenly coated. Fold in the shredded cheddar cheese and green onions.

Spread the mixture evenly into the prepared casserole dish. Top with crushed potato chips if using. Bake for 20–25 minutes, or until heated through and lightly golden on top.

Hashbrown Casserole

- 1 PACKAGE OF FROZEN HASH BROWN POTATOES, THAWED
- 1 CAN OF CREAM OF CHICKEN SOUP
- ½ ONION, DICED
- 3 TSP OF CRUSHED GARLIC
- 2 TSP OF PAPRIKA
- 1 TSP BLACK PEPPER
- 16 OZ. OF SOUR CREAM
- 2 T OF BUTTER, MELTED
- 8 OZ. OF SHARP CHEDDAR CHEESE, SHREDDED
- SALT AND PEPPER TO TASTE

Preheat your oven to 350°F and grease a 5-quart casserole dish. Pour your hashbrown potatoes and generously season them with salt and pepper. In a large bowl, combine the remaining ingredients except for the cheddar cheese. Pour the mixture over the shredded potatoes and top with cheddar cheese. Bake for 50 minutes or until it's bubbly and golden brown.

Ham & Beans Casserole

- 2 CUPS COOKED HAM, DICED
- 2 CANS WHITE BEANS, DRAINED AND RINSED
- 1 MEDIUM ONION, DICED
- 2 CLOVES GARLIC, MINCED
- 1 CAN CREAM OF MUSHROOM SOUP
- ½ CUP MILK
- 1 TSP SALT
- ½ TSP BLACK PEPPER
- ½ TSP PAPRIKA
- 1 CUP SHREDDED CHEDDAR CHEESE
- 1 T BUTTER

Preheat the oven to 350°F. Grease a medium casserole dish with butter. In a skillet over medium heat, sauté the diced onion and garlic until

softened.

In a large bowl, combine the ham, beans, cooked onions, garlic, cream of mushroom soup, milk, salt, pepper, and paprika. Mix well.

Spread the mixture evenly into the prepared casserole dish. Cover with foil and bake for 30 minutes. Remove the foil, sprinkle cheddar cheese on top if using, and bake an additional 10–15 minutes until bubbly and lightly browned.

Mashed Potato Casserole

- 4 CUPS MASHED POTATOES (FRESH OR LEFTOVER)
- 1 CUP SOUR CREAM
- 1 CUP SHREDDED CHEDDAR CHEESE, DIVIDED
- 4 T BUTTER, SOFTENED
- ½ CUP MILK
- ½ TSP SALT
- ½ TSP BLACK PEPPER
- 4 SLICES BACON, COOKED AND CRUMBLED, OPTIONAL
- 2 T CHOPPED CHIVES OR GREEN ONIONS, OPTIONAL

Preheat the oven to 350°F and lightly grease a medium casserole dish. In a large bowl, combine the mashed potatoes, sour cream, butter, milk, salt, and pepper until smooth. Stir in half of the shredded cheddar cheese. Spread the mixture evenly into the prepared casserole dish. Top with the remaining cheddar cheese.

Bake for 30–35 minutes, or until the cheese is melted and the edges are lightly golden. Sprinkle with bacon and chives before serving, if desired.

Pineapple Casserole

- 2 CANS PINEAPPLE CHUNKS, DRAINED
- 1 CUP GRANULATED SUGAR
- 1 CUP SHREDDED CHEDDAR CHEESE
- 6 T FLOUR
- 1 SLEEVE RITZ CRACKERS, CRUSHED

- ½ CUP BUTTER, MELTED

Preheat the oven to 350°F. Grease a medium casserole dish. In a mixing bowl, combine the drained pineapple, sugar, flour, and shredded cheddar cheese. Stir until evenly coated. Pour the pineapple mixture into the prepared casserole dish and spread evenly.

In a separate bowl, mix the crushed Ritz crackers with the melted butter until the crumbs are fully coated.

Sprinkle the buttery cracker topping evenly over the pineapple mixture. Bake for 25–30 minutes, or until the topping is golden brown and the casserole is bubbling around the edges.

Pizza Casserole

- 1 IB. UNCOOKED PASTA (ROTINI OR PENNE)
- 1 LB. GROUND BEEF
- 1 MEDIUM ONION, DICED
- 2 CUPS PIZZA SAUCE OR MARINARA
- 1 TSP ITALIAN SEASONING
- ½ TSP SALT
- ½ TSP BLACK PEPPER
- 2 CUPS SHREDDED MOZZARELLA CHEESE
- 20–30 SLICES PEPPERONI
- 1 CUP OPTIONAL TOPPINGS (BLACK OLIVES, MUSHROOMS, PEPPERS)

Preheat oven to 350°F. Grease a 9×13 casserole dish. Cook pasta according to package directions until al dente. Drain and set aside.

In a skillet, brown the ground beef with the diced onion. Drain excess fat. Stir in pizza sauce, Italian seasoning, salt, and pepper. Simmer 2–3 minutes. Combine cooked pasta with the meat sauce, mixing until evenly coated. Spread half the mixture into the casserole dish. Top with half the mozzarella and a layer of pepperoni.

Add the remaining pasta mixture, then top with the rest of the cheese and more pepperoni. Add optional toppings if using. Bake for 25–30 minutes, or until the cheese is melted and bubbly.

Sausage and Cornbread Casserole

- 1 LB. BREAKFAST SAUSAGE (MILD OR HOT)
- 1 MEDIUM ONION, DICED
- 1 CUP SHREDDED CHEDDAR CHEESE
- 2 CUPS CRUMBLED CORNBREAD
- 1 CAN CREAM-STYLE CORN
- ½ CUP MILK
- 2 LARGE EGGS
- ½ TSP SALT
- ½ TSP BLACK PEPPER
- 1 T BUTTER

Preheat the oven to 350°F. Grease a medium casserole dish with butter. In a skillet over medium heat, cook the sausage and diced onion until the sausage is browned and the onion is soft. Drain excess fat.

In a large bowl, whisk together the eggs, milk, salt, and pepper. Stir in the cream-style corn, crumbled cornbread, and half of the shredded cheese. Fold the cooked sausage and onions into the mixture until evenly combined. Pour the mixture into the prepared casserole dish and spread evenly. Top with the remaining cheddar cheese. Bake for 30–40 minutes, or until the center is set and the top is golden brown.

Shredded Wheat Casserole

- 6 LARGE BISCUITS SHREDDED WHEAT (PLAIN, UNFROSTED)
- 2 CUPS MILK
- 2 EGGS, BEATEN
- ¼ CUP BUTTER, MELTED
- ⅓ CUP BROWN SUGAR
- 1 TSP VANILLA EXTRACT
- ½ TSP CINNAMON

- ¼ TSP SALT

Preheat the oven to 350°F and lightly grease a medium casserole dish. Crumble the shredded wheat biscuits into a large bowl, breaking them into coarse pieces.

In a separate bowl, whisk together the milk, eggs, melted butter, brown sugar, vanilla, cinnamon, and salt until smooth. Pour the milk mixture over the shredded wheat and gently fold until evenly moistened.

Transfer the mixture to the prepared casserole dish and spread evenly. Bake for 25–30 minutes, or until the top is lightly golden and the center is set.

Sloppy Joe Casserole

- 1 LB. GROUND BEEF
- 1 MEDIUM ONION, DICED
- 1 GREEN BELL PEPPER, DICED, OPTIONAL
- 2 CLOVES GARLIC, MINCED
- 1 CAN SLOPPY JOE SAUCE (SUCH AS MANWICH)
- 1 CAN DICED TOMATOES, DRAINED
- 2 CUPS UNCOOKED ELBOW MACARONI
- 1 CUP BEEF BROTH
- 1 TSP SALT
- ½ TSP BLACK PEPPER
- 1 TSP CHILI POWDER, OPTIONAL
- 2 CUPS SHREDDED CHEDDAR CHEESE
- 1 T BUTTER

Preheat the oven to 350°F. Grease a casserole dish with butter. In a large skillet over medium heat, brown the ground beef with the diced onion, bell pepper, and garlic. Drain excess fat. Stir in the sloppy joe sauce, diced tomatoes, salt, pepper, and chili powder if using. Add the uncooked macaroni and beef broth, stirring to coat the pasta evenly.

Transfer the mixture to the prepared casserole dish and cover tightly with foil. Bake for 25–30 minutes, or until the pasta is tender.

Remove the foil, sprinkle the shredded cheddar cheese over the top, and bake an additional 10–15 minutes until melted and bubbly.

Taco Casserole

- 1 LB. GROUND BEEF
- 1 MEDIUM ONION, DICED
- 2 CLOVES GARLIC, MINCED
- 1 PACKET TACO SEASONING
- 1 CAN DICED TOMATOES, DRAINED
- 1 CAN BLACK BEANS, DRAINED AND RINSED
- 1 CUP CORN (FROZEN OR CANNED, DRAINED)
- 2 CUPS TORTILLA CHIPS, LIGHTLY CRUSHED
- 2 CUPS SHREDDED CHEDDAR OR MEXICAN-BLEND CHEESE
- 1 CUP SOUR CREAM (OPTIONAL TOPPING)
- 1 CUP SHREDDED LETTUCE (OPTIONAL TOPPING)
- 1 T BUTTER

Preheat the oven to 350°F. Grease a casserole dish with butter. In a large skillet over medium heat, brown the ground beef with the diced onion and garlic. Drain excess fat. Stir in the taco seasoning, diced tomatoes, black beans, and corn. Simmer for 5 minutes to blend flavors.

Spread half of the crushed tortilla chips in the bottom of the casserole dish. Spoon the beef mixture evenly over the chips. Top with the remaining crushed chips and sprinkle the shredded cheese over the top.

Bake for 20–25 minutes, or until the cheese is melted and bubbly. Let rest for 5 minutes, then top with sour cream and shredded lettuce if desired before serving.

Tater Tot Casserole

- 1 LB. GROUND BEEF
- 1 MEDIUM ONION, DICED
- 2 CLOVES GARLIC, MINCED
- 1 CAN CREAM OF MUSHROOM SOUP

- 1 CUP SOUR CREAM
- 1 CUP SHREDDED CHEDDAR CHEESE
- 1 CAN CORN, DRAINED
- 1 TSP SALT
- ½ TSP BLACK PEPPER
- ½ TSP PAPRIKA
- 1 BAG (32 OZ) FROZEN TATER TOTS
- 1 T BUTTER

Preheat the oven to 350°F. Grease a casserole dish with butter. In a skillet over medium heat, brown the ground beef with the diced onion and garlic. Drain excess fat. Season the beef with salt, pepper, and paprika.

Stir in the cream of mushroom soup, sour cream, corn, and half of the cheddar cheese until combined. Spread the beef mixture evenly in the casserole dish.

Arrange the tater tots in a single layer over the top. Bake for 35–40 minutes, or until the tater tots are golden and crispy. Sprinkle the remaining cheddar cheese over the top and bake an additional 5–10 minutes until melted.

Tuna Noodle Casserole

- 12 OZ EGG NOODLES
- 2 CANS TUNA, DRAINED
- 1 CAN CREAM OF MUSHROOM SOUP
- 1 CUP MILK
- 1 CUP FROZEN PEAS, OPTIONAL
- 1 CUP SHREDDED CHEDDAR CHEESE
- ½ CUP BREADCRUMBS
- ½ TSP SALT
- ½ TSP BLACK PEPPER
- 1 T BUTTER

Preheat the oven to 350°F and grease a casserole dish with butter. Cook the egg noodles according to package directions; drain well.

In a large bowl, mix the cream of mushroom soup, milk, salt, and pepper until smooth. Stir in the tuna, peas, and half of the cheddar cheese. Fold in the cooked noodles until everything is evenly coated.

Transfer the mixture to the casserole dish and spread evenly. Top with the remaining cheddar cheese and sprinkle breadcrumbs over the top.

Bake for 25–30 minutes, or until bubbly and golden on top.

Condiments

Salad dressings

Ranch Dressing:

Ranch Dressing has many uses. It's not just a salad dressing. It can be used as a dip for vegetables, and even chips. Spice it up with a little hot sauce. Marinade chicken in it for a baked or skillet meal.

Italian Dressing:

Italian dressing can also be used to marinate proteins, like chicken or turkey. It adds a tangy flavor to anything you add it to.

For Pasta:

You can boil any type of pasta and then add the dressing to it. Eat it hot or cold. Add extra ingredients if you want, like cheddar cheese, diced, salami, pepperoni, or even black olives. Whatever you like.

Worcestershire Sauce

Worcestershire Sauce is one of those sauces that give extra depth to food, such as meats, like ground beef or a roast. Also, if you are sauteing mushrooms, you can add it to the mushrooms to give those mushrooms a more meaty flavor.

Dry dressing mixes

Dry dressing mixes can also be used for marinade if add to oil and vinegar.

For a tangy dip, mix the package with sour cream. Or you can mix it with cream cheese and ½ Tsp of butter, softened.

Ketchup

It's not just a topping for fries or burgers. It's an ingredient in meatloaf and meat balls, as well as BBQ sauce.

If you mix it with Balsamic vinegar, it's a great topping for a meatloaf.

Mustard

Besides a topping for a hot dog or burger, and maybe you like it with your fries, it is a nice complement to Kielbasa or Pork Sausage.

Mix Mustard and honey, along with ground cloves and baste over a ham or ham steak. Save half for it just before it comes out of the oven.

Dairy

Cheese

Classic Cheese Ball

The best part of making a cheeseball is that you can use whatever types of cheeses you want or have on hand. And you can create your own version, by adding or not adding the ingredients below. Avoid using pre-shredded cheese, since it has a stabilizer in it.

- 6 OZ CREAM CHEESE, SOFTENED
- 2 CUPS GRATED SHARP CHEDDAR CHEESE
- 2 GREEN ONIONS, CHOPPED
- 1 TSP WORCESTERSHIRE SAUCE
- 1 TSP HOT PEPPER SAUCE
- 1 TSP DRIED PARSLEY FLAKES
- ½ TSP GARLIC POWDER
- ½ TSP DRIED OREGANO
- BLACK PEPPER
- ⅔ CUP PECANS, FINELY CHOPPED

Place cream cheese in a mixing bowl then mix until smooth. Add cheese, green onion, Worcestershire sauce, hot sauce, parsley, garlic powder, oregano, and pepper then mix well to combine.

Use a rubber spatula to scrape the sides of the bowl and gather the mixture into one lump. Lightly grease your hands and form the mixture into a round ball.

Place the pecans on a plate. Hold the cheese ball in one hand and use the other hand to scoop the pecans onto the outside of the ball, pressing them in gently and turning the ball to coat all sides.

Cover the cheeseball in cling wrap and refrigerate for about 1 hour to allow it to firm up. Remove from fridge about 20 minutes before serving to allow it to soften just slightly. Serve with crackers, pretzels, vegetables or anything else you'd love to dip in cheese!

Other options are to get premade cheese spreads and mix it in with the

cream cheese.

Cheesy Breadsticks

- 4 SLICES OF BREAD (THICK IF POSSIBLE AND CRUSTY IF POSSIBLE)
- 1 ½ CUPS SHREDDED CHEDDAR OR MOZZARELLA CHEESE
- ¼ TSP GARLIC POWDER
- ½ TSP DRIED ITALIAN SEASONING
- 2 Ts BUTTER, SOFTENED
- CHOPPED FRESH PARSLEY GARNISH, OPTIONAL

Preheat your oven to 400°F. Place the bread slices on a baking sheet lined with parchment paper and spread a thin layer of softened butter on each slice.

Sprinkle shredded cheese evenly over the bread. Add garlic powder and Italian seasoning for extra flavor.

Place the baking sheet in the oven and bake for 8–10 minutes, or until the cheese is melted, bubbly, and the edges of the bread are golden brown.

Cheese and Bacon Potato Skins

- 4 MEDIUM RUSSET POTATOES
- 2 T OF OLIVE OIL
- A PINCH OF SALT
- 6 STRIPS OF BACON, COOKED TO CRISPY PERFECTION AND CRUMBLED
- 1 CUP OF SHREDDED CHEDDAR CHEESE
- SOUR CREAM
- 2 GREEN ONIONS, THINLY SLICED

Preheat your oven to 400°F. Scrub the potatoes clean, then pat them dry. Rub each potato with olive oil and a pinch of salt, then place them directly on the oven rack. Bake for about 50 minutes, or until they're tender when poked with a fork.

Let the potatoes cool just enough to handle, then slice them half lengthwise. Scoop out the insides, leaving about a ¼-inch border.

Brush the insides and outsides of the potato skins with more olive oil, then return them to the oven for about 10 minutes to crisp up.

Sprinkle the inside of each skin with shredded cheddar cheese and crumbled bacon. Pop them back in the oven for another 5 minutes, or until the cheese is bubbly.

Top with a dollop of sour cream and a sprinkle of green onions.

Cheese Dreams

- 1 LOAF STURDY WHITE SANDWICH BREAD
- 2 CUPS FINELY SHREDDED SHARP CHEDDAR
- 1 CUP SALTED BUTTER, SOFTENED
- 1 LARGE EGG
- ¼ CUP HEAVY CREAM, AT ROOM TEMPERATURE
- 1½ TSP WORCESTERSHIRE SAUCE
- 1 TSP GARLIC POWDER
- ½ TSP MUSTARD POWDER
- SALT
- 1 TO 2 TSP HOT SAUCE, TO TASTE, OPTIONAL
- MARINARA SAUCE, FOR DIPPING, OPTIONAL

Heat oven to 375°F. Line a baking sheet with parchment paper. Trim the crust off the bread. Cut each slice into 4 squares. In a medium bowl, beat Cheddar and butter with a hand mixer on medium speed until well combined. Add the egg; beat until combined. Add the heavy cream, Worcestershire sauce, garlic powder, mustard powder, ¼ Tsp salt and hot sauce (if using) and beat until combined.

Spread about 1 Tsp of the cheese mixture on one side of a bread square. Top with a second bread square so it looks like a sandwich. Spread the cheese mixture on the top and sides (not the bottom) of the sandwich and place on the baking sheet, cheese-side up. Repeat with the remaining bread and cheese mixture, arranging them about 1 inch apart.

Bake until the sandwiches are golden brown, 15 to 20 minutes. Serve immediately, with marinara sauce for dipping, if desired.

Cheese Quesadillas

- 2 LARGE FLOUR TORTILLAS
- HANDFUL OF SHREDDED CHEDDAR CHEESE
- 1 T OLIVE OIL
- 2 T BUTTER

Heat a large skillet over medium heat (about 350°F, or until a drop of water sizzles away). Spread a thin layer of olive oil in the skillet, then place one tortilla in the pan.

Sprinkle the shredded cheese evenly over the tortilla, leaving a small border to prevent cheesy escapees. Place the second tortilla on top like a cheesy hat and press down gently with a spatula. Cook for about 2-3 minutes, or until the bottom tortilla is golden and crispy. Tip: Peek underneath; if it looks like a golden sunset, it's ready to flip. Carefully flip the quesadilla with the spatula. Add a pat of butter to the pan for extra crispiness and flavor.

Cook the other side for another 2-3 minutes until equally golden and the cheese is melty perfection.

Cream Cheese Stuffed Mushrooms

- 24 MEDIUM WHITE MUSHROOMS
- 8 OZ CREAM CHEESE, SOFTENED
- ¼ CUP GRATED PARMESAN CHEESE,
- 1 CLOVE GARLIC, MINCED
- 1 T OLIVE OIL
- A PINCH OF SALT AND PEPPER
- 1 T FRESH PARSLEY, CHOPPED

Preheat your oven to 375°F, Pop the stems off those mushrooms like you're plucking daisies, but keep the caps intact.

In a bowl, mix the cream cheese, Parmesan, garlic, salt, and pepper until it's smoother than your pickup lines.

Stuff each mushroom cap with the cream cheese mixture. Drizzle a

baking sheet with olive oil, then arrange the stuffed mushrooms on it. Bake for 20 minutes or until the tops are golden and the mushrooms are tender. Tip: Keep an eye on them after 15 minutes to prevent a cheese meltdown. Sprinkle with fresh parsley right before serving to add a fresh kick.

Parmesan Crisps

- 2 CUPS OF GRATED PARMESAN CHEESE
- 1 T OLIVE OIL

Preheat your oven to 400°F. Lightly grease a baking sheet with that splash of olive oil, or line it with parchment paper for an even easier cleanup. Drop small mounds of the grated Parmesan onto the baking sheet, about a table each, and flatten them slightly. Remember, they spread, so give them some personal space. Bake for 3-5 minutes, or until the edges are golden brown and the centers are bubbly

Let them cool on the baking sheet for a minute before transferring them to a wire rack. They'll crisp up even more as they cool.

Eggs

Skillet Egg-in-a-Hole

- 1 SLICE OF BREAD (ANY KIND)
- 1 EGG
- 1 T BUTTER
- SALT & PEPPER TO TASTE

Cut a hole in the center of your bread using a cookie cutter or glass (save the cut-out). Melt butter in a skillet over medium-low heat. Add bread to skillet and crack egg into the hole. Cook for 2–3 mins, then flip gently and cook another 1–2 mins, or until whites are set and yolk is still runny.

Toast the bread cut-out alongside for dipping.

Baked Egg-in-a-Hole

- 2–4 SLICES OF BREAD
- 2–4 EGGS
- OLIVE OIL SPRAY OR MELTED BUTTER
- SALT & PEPPER

Preheat oven to 375°F. Line a baking sheet with parchment. Cut holes in bread and place slices on the sheet. Lightly brush both sides with oil or butter. Crack eggs into the holes. Bake for 10–14 mins, until whites are set. Season and serve warm.

Egg and Rice

- 1 T OIL
- ½ TO 1 CUP COOKED RICE PER PERSON
- 1 TO 2 EGGS PER PERSON
- CONDIMENTS OF CHOICE

Add oil to a heavy bottomed skillet and heat to medium-high. Add rice (add a little water if dry) and place a lid on the skillet while the rice heats, about five minutes.

Remove lid, make a well in the rice for each serving of egg (one or two eggs per person) and crack egg into well. Reduce heat to medium. Cover again and cook for four to seven minutes until egg is cooked to your liking.

A little toasting on the bottom of the skillet is wonderful but if you detect any burning, move the skillet off heat for a minute, then continue to cook at a lower heat level.

Cold Spaghetti Omelet

- LEFTOVER SPAGHETTI, WITH ANY SAUCE
- 4 EGGS
- 2 OZ GRATED PARMESAN CHEESE
- 3 OZ BUTTER
- SALT & BLACK PEPPER

Combine the pasta, eggs and cheese, stirring well. Season. Heat half of the butter in a large heavy bottomed frying pan. Pour in the egg mixture, lower the heat and cook for 10 minutes until the eggs are just set but still very soft. Slip a knife around the edge to loosen the omelet, then using a spatula turn the frittata cooked side up on to a plate (patch up the pieces if it breaks).

Heat the rest of the butter in the pan, slide the frittata back into the pan, soft side down and cook for a few minutes. You can also cook the top side by just dotting with butter and grilling, but I prefer the pan method.

Cut into wedges and serve.

Custard

- 2 CUPS MILK
- 2 LARGE EGGS, BEATEN
- ½ CUP WHITE SUGAR
- 1 PINCH SALT
- 1 DASH VANILLA EXTRACT
- 1 PINCH GROUND NUTMEG, OPTIONAL

Preheat the oven to 325°F. Whisk milk, eggs, sugar, salt, and vanilla together in a bowl until completely combined. Pour egg mixture into 6 custard cups; sprinkle tops with nutmeg. A measuring glass pouring egg mixture into a ramekin. Place cups in a baking pan and fill the pan with enough hot water to reach halfway up the sides of the custard cups.

Dips

Cheddar Horseradish Dip

- 3/4 CUP CANNED EVAPORATED MILK
- 2 CUPS SHREDDED CHEDDAR CHEESE
- 6 OZ CREAM CHEESE
- 1 T HOT SAUCE
- 1 TSP DIJON MUSTARD
- ½ TSP SALT
- ¼ CUP PREPARED HORSERADISH

In a medium saucepan, bring evaporated milk to a simmer over medium, 4 to 6 minutes. Reduce heat to medium-low. Add cheddar cheese, cream cheese, hot sauce, mustard, and salt. Stir until mixture is smooth, 1 to 2 minutes. Stir in horseradish.

Pour dip into a serving bowl and refrigerate until chilled and firm, 2 to 4 hours. If desired, drizzle additional hot sauce on top when ready to serve.

Cream Cheese and Ranch Dip

- 1 8-OUNCE SOFTENED CREAM CHEESE
- ½ STICK OF BUTTER, SOFTENED.
- 1 PACKAGE OF DRY RANCH SEASONING

Blend cream cheese with butter until smooth, and slowly add the dry ranch seasoning until well blended. Serve with chips, vegetables or crackers.

Onion Soup Mix Dip

- 1 PACKAGE OF DRY ONION SOUP MIX
- 1 8-OUNCE CONTAINER SOUR CREAM

Blend the two together until completely mixed. Serve with crackers, such as saltines. Refrigerate unused dip.

“Salsa”

Canned tomatoes with chilis, blend or mix until chunky. It becomes a salsa or the topping for tacos or anything else you like it on. You can add other ingredients, such as onions or hot sauce, or jalapeños.

Simple Ranch Dip (Sour Cream)

- 16 OZ SOUR CREAM
- 1 PACKET OF DRY RANCH SEASONING

Mix the two together until completely blended.

Simple Ranch Dip (Greek yogurt)

- 16 OZ GREEK YOGURT
- 1 PACKET OF DRY RANCH SEASONING.

Mix the two together until completely blended.

Dry Goods

Canned Chili

- USE AS TOPPING FOR HOT DOGS
- DIP CRACKERS OR BREAD INTO IT.
- ADD TO MACARONI, WITH SOME CHEDDAR CHEESE.

Cereal

"Cereal" Mix

This is a versatile recipe where O's cereals can be a replacement or an add-on for Cereal squares or Lattice-type cereal. Also, corn cereal and other types of sturdy cereals can be added.

- 6 TS BUTTER
- 2 TS WORCESTERSHIRE SAUCE
- 1½ TSP SEASONED SALT
- 1 TSP GARLIC POWDER
- ½ TSP ONION POWDER
- 3 CUPS CORN CEREAL SQUARES OR LATTICE-TYPE
- 3 CUPS RICE CEREAL SQUARES OR LATTICE-TYPE
- 3 CUPS WHEAT CEREAL SQUARES OR LATTICE-TYPE
- 1 CUP PEANUTS (OR YOUR FAVORITE NUT, OR LEAVE OUT THE NUTS)
- 2 CUPS PRETZELS (TWISTS OR STICKS)
- 2 CUPS CHEESE CRACKERS (ANY TYPE)

Preheat oven to 250°F. Place 6 Ts butter in the bottom of a large roasting pan. Put in oven until butter is melted. Add the Worcestershire sauce, seasoned salt, garlic powder and onion powder to the melted butter and stir to combine. Stir in the cups of Cereal squares or Lattice-type cereal, peanuts, pretzels, and cheese crackers until everything is coated with the spiced butter mixture. Bake the cereal mixture for an hour, stirring every 15 minutes.

Spread baked cereal mix out over wax paper and allow to cool

completely before placing in an airtight container to store.

Peanut Butter Corn Flakes

- 1 16 OZ JAR OF PEANUT BUTTER (CREAMY WORKS BEST)
- 1 STICK OF BUTTER
- 1 18 OZ BOX CORN FLAKE CEREAL
- POWDERED SUGAR

In a pot on low heat, add the peanut butter from the jar. Using a silicon spatula works to get all the peanut butter from the jar. Once the peanut butter is melted, add the stick of butter and stir until completely melted and combined. Keep stirring while melting so it doesn't burn. Remove from heat, and slowly add the cereal to the peanut butter and stir until the cereal is coated. Sprinkle powdered sugar and mix until it is lightly sweetened.

Spread out on a baking sheet or wax or parchment paper, until it cools completely.

Cornflake Brittle

- 2 CUPS OF GRANULATED SUGAR
- 1 CUP OF LIGHT CORN SYRUP
- ½ CUP OF WATER
- 1 CUP OF BUTTER
- 3 CUPS OF CORNFLAKES.
- 1 TSP OF BAKING SODA

In a large pan, combine sugar, light corn syrup and water. Cook this mixture over medium heat, stir and wait for the sugar to dissolve. Once again, bring the mixture to a boil, then add butter. Bring all the ingredients to boil, then stir the mixture frequently when the syrup begins to thread, at about 230°F.

When the temperature of the mixture is about 280°F, known as the soft-crack stage, add cornflakes. Keep stirring until the mixture reaches 300°F, or the hard-crack stage. Remove from the heat and quickly stir in baking

soda.

Pour the mixture onto two buttered baking sheets or pans. As the brittle begins to cool, stretch it out across the pan by pulling and lifting the edges with forks. As soon as possible, loosen the peanut brittle from the pan and turn it over. Break the peanut brittle into smaller pieces and store it in an airtight container. This recipe makes about 2 Lbs.. Brittle.

Crackers

Ritz Crackers Mock Apple Pie

This is a depression-era recipe that made a delicious flavored “apple” pie without apples.

- 2 CUPS WATER
- 1 CUP WHITE SUGAR
- 2 TSP CREAM OF TARTAR
- 30 BUTTERY ROUND CRACKERS
- ½ TSP GROUND CINNAMON
- 1 T LEMON JUICE
- 1 (9 INCH) PREPARED PIE SHELL

Topping:

- 1 CUP CRUSHED BUTTERY ROUND CRACKERS
- ½ CUP PACKED BROWN SUGAR
- ½ TSP GROUND CINNAMON
- ⅓ CUP BUTTER, MELTED
-

Preheat the oven to 425°F. Bring water, sugar, and cream of tartar to a boil in a medium saucepan over medium-high heat. Drop in whole crackers and boil for 5 minutes. Remove from the heat and pour mixture into pie shell; sprinkle with cinnamon and drizzle with lemon juice.

Mix crushed crackers, brown sugar, melted butter, and cinnamon together in a small bowl; sprinkle over pie filling.

Bake in the preheated oven for 15 minutes. Reduce the heat to 375°F

and continue to bake for 15 to 20 more minutes. Serve warm.

Egg Noodles

- USE FOR CASSEROLE BASES
- MIX WITH CREAM OF MUSHROOM, CELERY OR CHICKEN SOUP.
- ADD MUSHROOMS AND CHICKEN, ALONG WITH MUSHROOM SOUP.
- ADD GROUND BEEF OR BEEF CUBES.
- CREATE A SEASONED BUTTER SAUCE.

Instant Potatoes

Potato Cakes

- 1 BOX INSTANT POTATOES (COOKED)
- ¼ CUP FLOUR
- 1 EGG, LIGHTLY BEATEN
- 2 TS MELTED BUTTER OR OIL
- ¼ CUP CHOPPED ONION, OPTIONAL
- ¼ CUP CHOPPED FRESH HERBS
- SALT AND PEPPER TO TASTE
- OIL FOR FRYING

Follow the instructions on the box. Once the potatoes are finished, remove from heat, and let cool completely.

Add the flour, egg, and melted butter/oil to the potato mixture. Stir well to combine. The mixture should be thick enough to hold its shape but still slightly moist.

If using, stir in the chopped onion and herbs. Season generously with salt and pepper. Remember, the seasoning is crucial; don't be afraid to taste and adjust.

Lightly flour your hands. Scoop about ¼ cup of the potato mixture and gently form it into a flat, round cake about ½ inch thick. Repeat with the remaining mixture.

Heat a thin layer of oil in a large skillet over medium heat. Once the oil

is hot, carefully place the potato cakes in the skillet, being careful not to overcrowd.

Cook for 3-4 minutes per side, or until golden brown and crispy. Flip gently with a spatula.

Remove the potato cakes from the skillet and place them on a plate lined with paper towels to drain excess oil. Serve immediately while hot and crispy.

Irish Potatoes

- 1 BOX INSTANT POTATOES (COOKED)
- A BUNCH OF GREENS (YOUR CHOICE)

Follow the instructions on the box. Add butter and salt to taste. Cut greens (a sturdy green, such as collard greens, Chard, dandelion greens or kale), into tight ribbons, and then slice so they are small. (Tight ribbon cutting- roll the green's leaf up tightly, without the stem, and then slice them thinly. It'll make ribbons).

Add the greens to the cooked mashed potatoes, and let the heat cook the greens. Add butter and salt to taste, or another herb.

NOTE: The stems can be frozen and saved for making a broth.

“Jiffy” Cornbread

Cornbread with Jalapeños

- 1 BOX JIFFY CORNBREAD
- 1 T OF CHOPPED JALAPEÑOS

Follow the instructions on the box and add chopped pickled or raw jalapeños.

Cornbread with bacon

- 1 BOX JIFFY CORNBREAD
- 1 T OF CHOPPED BACON

Follow the instructions on the box and add chopped cooked bacon.

Corncakes

- 1 BOX JIFFY CORNBREAD

Follow instructions on the box, and spoon small circles into a skillet, and once cooked on one side, flip to the other side.

Corndogs

- 1 BOX JIFFY CORNBREAD
- SKEWERS
- HOT DOGS
- HOT OIL
- FLOUR

Follow instructions on the box, and then put the hot dogs on the skewers. Fill a pot of oil and heat until it reaches 350 °, or until the oil sizzles with a hint of flour. Dip the hot dogs into the cornbread mix. A tip is to use a tall container that will fit the entire dog. If not, spooning the cornmeal over the hot dog will suffice. Once the hot dog is covered, hold the skewer while the dog cooks for about 3 minutes, you may need to twirl the dog to get all sides evenly cooked. Drain, and enjoy.

Macaroni & Cheese

Creamy Mac and Cheese

- BLUE BOX OF MACARONI AND CHEESE
- MILK

- BUTTER

Cook the macaroni according to the box's instructions. In a separate pan, add about a cup of milk and half stick of butter. Once the milk starts to simmer (do not boil), whisk in the cheese flavor package and stir until completely smooth. Add the cooked and drained macaroni, and mix together. This is a tip that prevents the cheese powder from clumping. You can add additional cheese, or to kick it up, add some browned ground beef for a cheeseburger macaroni.

Oatmeal

Peanut Butter and Oatmeal Bars

- 1 CUP WHITE SUGAR
- 1 CUP BROWN SUGAR
- 2 EGGS (WHISKED)
- 1 TSP BAKING SODA
- 1 TSP BAKING POWDER
- 1 STICK BUTTER (¼ CUP)
- 1 TSP VANILLA EXTRACT
- ¼ CUP FLOUR
- 3 CUPS OATS
- 1 CUP PEANUT BUTTER

Mix items in order, using a paddle attachment for the mixer. Grease a casserole or baking pan. Add the batter (it will be very thick), and spread it out all over the pan. Bake at 350 °For 20–30 minutes. Let rest after baking. Cut into squares and enjoy.

Pancake mix

- Make biscuits
- Make pancakes, and then freeze the extras. When reheating, just pop into the toaster.

- Tip for pancakes: Great with bananas or powdered sugar. Or, melt butter or margarine with a little bit of syrup so the pancakes stay warm.

Pasta

Egg Noodles:

Egg Noodles with Mushroom Gravy and Meatballs

- 1 PACKAGE OF EGG NOODLES
- 1 JAR OR CAN OF MUSHROOM GRAVY (YOU CAN USE BEEF GRAVY AND ADD FRESH OR CANNED MUSHROOMS TO IT).
- MEATBALLS (HOME MADE OR FROZEN)

Boil the water and cook the egg noodles based on the instructions on the bag. In a separate pot, add the mushroom gravy, or if using beef gravy, heat it thoroughly and add mushrooms to it, until the gravy is hot and ready to pour.

Drain the egg noodles, and pour into the gravy mixture. For a little depth, you can add a bit of sour cream to the sauce.

Egg Noodles with Mushroom Sauce

- 1 PACKAGE OF EGG NOODLES
- 1 CAN OF CREAM OF MUSHROOM SOUP
- 1 SMALL CAN OF PIECES AND STEMS CANNED MUSHROOMS

Boil the water and cook the egg noodles based on the instructions on the bag. In a separate pot, add the can of cream of mushroom soup, and thin it with water or milk until your desired consistency. Heat it thoroughly and add mushrooms to it, until the sauce is hot and ready to pour.

Drain the egg noodles, and pour into the mushroom soup. For a little depth, you can add a bit of sour cream to the sauce.

NOTE: The egg noodle recipes are versatile, so you can even add bits of meat, leave out the mushrooms, or used fresh mushrooms instead of canned. You can substitute elbow macaroni instead of egg noodles. If cooking for one, use only a cup of egg noodles, and mix in the sauce or gravy, saving the left overs for another meal. This meal is also good reheated for the next day's lunch.

Macaroni

Macaroni and Cheese (not the box)

This recipe can either be just eaten after heating on the stove, or it can be baked for extra crispy cheese on top.

- 3 LBS. ELBOW MACARONI (FOLLOW INSTRUCTIONS ON THE BOX TO COOK, AND THEN DRAIN THE PASTA, SHAKING OUT THE EXCESS WATER)

Cheese Sauce

These cheeses are just suggestions, but if you want your own blend of cheeses, do not use more than 5 cheeses, as one cheese will end up dominating the flavor.

The cheese that you use should be good melting cheese. Do not use shredded cheese, as it has a stabilizer in it. Use blocks and shred either with your food processor shredding wheel, or a hand shredder.

- EXTRA SHARP CHEESE
- 3-4 SLICES OF AMERICAN CHEESE
- SWISS CHEESE SLICES, TORN INTO PIECES
- 2 CUPS OF MILK
- 1 STICK OF BUTTER
- SALT
- PEPPER
- HOT SAUCE
- WORCESTERSHIRE SAUCE
- DIJON MUSTARD

Other cheeses: Colby Jack, Jarred Cheese Sauce (variety of flavor), Jarred cheese dip (if you wish for a spicier mac and cheese, add Pepper Jack Cheese and Queso dip)

In large pot, add milk and turn the heat on medium. Add the butter and once melted, whisk it together with the milk. Add Salt, Pepper, Hot Sauce, Worcestershire sauce to taste (a couple of shakes should do) and add three squeezes of Mustard and whisk it together in the sauce.

Once the sauce is coming together and it is warm, slowly add the cheese, and whisk until melted. If the sauce isn't thick enough, you can add a bit of flour or corn starch, or you can add more cheese. (If you're baking the Mac and Cheese, save some cheese to sprinkle over the top).

Once the sauce is finished, add the macaroni and stir until incorporated. If you're just eating it from the stove top, let it simmer for 5 minutes so the macaroni can absorb some of the cheese. If you're going to bake it, pour it into a baking dish, sprinkle the left-over cheese on top (and if you like breadcrumbs on it, sprinkle seasoned breadcrumbs) and bake it at 350 for about a half hour. After it is finished baking, remove it from the oven, and let it rest for 10-15 minutes.

Macaroni and Lemon Pepper butter sauce

- COOKED ELBOW MACARONI
- LEMON PEPPER SEASONING
- BUTTER OR MARGARINE
- SALT
- PEPPER

Over the warm, cooked and drained macaroni, add butter until the macaroni is coated. Then, sprinkle the lemon pepper seasoning and mix completely. Add salt and pepper to taste. You can also use other pasta or egg noodles.

Pasta Salad (with Italian dressing)

This can be served warm or cold.

- ELBOWS, ZITA, PENNE, PASTA BOWS OR PASTA WHEELS
- SALAMI
- CHEDDAR CHEESE
- ITALIAN DRESSING
- PEPPERONI

Cook pasta based on instructions on the box. If making a cold salad, completely cool the macaroni before adding the other ingredients. If serving it warm (and later it can be eaten cooled), you can add the ingredients to the drained pasta.

Cut pepperoni, salami and cheese into squares or edible size pieces that are similar in size to the pasta. Add to the pasta. Add the entire bottle of Italian dressing and stir, mixing everything. If eating cold, you may need to add more Italian dressing, as the pasta absorbs the dressing.

Pasta and Potatoes

- 5 CUPS SIMMERING WATER
- 1 SMALL ONION FINELY DICED
- 3 T. OLIVE OIL
- 3 LARGE POTATOES, PEELED AND CUBED
- ½ CUP TOMATOES CAN BE EITHER A FRESH TOMATO OR CANNED WHOLE, DICED OR TOMATO PUREE
- SMALL PASTA SUCH AS ORZO, FARFALLE, COUSCOUS OR ELBOWS
- SALT AND PEPPER TO TASTE
- GRATED PARMIGIANO CHEESE OR PECORINO ROMANO

Bring water to a simmer in a small saucepan. Heat olive oil in a large saucepan. Add diced onion and sauté on medium high heat until soft and golden, about 5 minutes.

Add cubed potatoes, a pinch of salt, and cook stirring to coat the potatoes in the oil, 2 minutes. Stir in the tomatoes, a pinch of salt, and cook for 2 minutes. Add 2 cups of simmering water or enough to cover the potatoes. Bring to a boil, then lower to a simmer and cook covered for 20

minutes or until the potatoes are fork tender.

Uncover and add the pasta, a pinch of salt and 1 cup of water. Cook at a gentle boil, stirring frequently until the pasta is al dente. Add more simmering water, as needed, to cook the pasta and according to taste. Drizzle a little olive oil or melted butter on top and serve hot with grated Parmigiano or Pecorino Romano cheese.

Macaroni and Tomato Soup

- 1 BOX ELBOW MACARONI
- 1 CAN CONDENSED TOMATO SOUP
- CHEDDAR OR MOZZARELLA CHEESE, OPTIONAL

Cook the pasta according to the instructions on the box. Don't drain the water once the macaroni is cooked, add the condensed soup directly into the pot, and stir until completely smooth. (You can substitute other pasta, Ramen Noodles or even rice). Sprinkle with cheese and serve.

Rice

- SERVE WITH BUTTER, SALT AND PEPPER.
- MIX WITH COOKED AND DRAINED GROUND BEEF AND TOMATOES OR TOMATO SAUCE.
- ADD TO TOMATO OR CREAM OF MUSHROOM SOUP.

Ramen

- SERVE AS THE INSTRUCTIONS SUGGEST
- ADD VEGETABLES OR EGG TO THE COOKED BROTH AND NOODLES
- ADD TOMATO SAUCE OR SOUP TO THE RAMEN AND ITS BROTH
- DRAIN COMPLETELY AND ADD TOMATO SAUCE AND CHEESE TO RAMEN NOODLES.
- BREAK UP THE UNCOOKED NOODLES, COAT WITH CINNAMON AND SUGAR FOR A TREAT.

Spaghetti Pie

- 1 BOX SPAGHETTI
- 1 T OLIVE OIL
- 1 ONION, CHOPPED
- 2 CLOVES GARLIC, MINCED
- 1 LB. GROUND BEEF
- 2 CUPS MARINARA SAUCE
- 1 CUP RICOTTA CHEESE
- 2 CUPS MOZZARELLA CHEESE, SHREDDED
- ½ CUP PARMESAN CHEESE, GRATED
- 2 LARGE EGGS
- 1 TSP DRIED OREGANO
- 1 TSP SALT
- ½ TSP BLACK PEPPER

Preheat your oven to 350°F. Cook the spaghetti according to package instructions, drain, and set aside.

In a skillet, heat olive oil over medium heat. Add onion and garlic, sauté until translucent. Add ground beef to the skillet, cook until browned, then drain excess fat. Stir in marinara sauce and let simmer for 5 minutes.

In a large bowl, combine ricotta, 1 cup mozzarella, Parmesan, eggs, oregano, salt, and pepper. Mix in the cooked spaghetti and beef mixture until well combined. Grease a 9-inch pie dish and transfer the spaghetti mixture into it, smoothing the top. Sprinkle with remaining mozzarella cheese. Bake in the preheated oven for 25-30 minutes until cheese is bubbly and golden.

Shelf-stable milk or powdered milk

- USE MILK CREATED FROM POWDERED MILK TO COOK WITH.
- USE MILK CREATED FROM POWDERED MILK AND MIX IT HALF AND HALF WITH REGULAR MILK.

Fruits & Vegetables

Apples (Fresh)

Apple Dumplings

- 1 DOUBLE-CRUST PIE PASTRY, THAWED (OR USE REFRIGERATED DOUGH OR CRESCENT DOUGH).
- 6 LARGE GRANNY SMITH APPLES, PEELED AND CORED
- ½ CUP BUTTER, DIVIDED
- ¾ CUP BROWN SUGAR
- 1 TSP. GROUND CINNAMON
- ½ TSP. GROUND NUTMEG
- 3 CUPS WATER
- 2 CUPS WHITE SUGAR
- 1 TSP. VANILLA EXTRACT

Preheat the oven to 400°F. Butter a 9x13-inch pan. Roll pastry into a 24x16-inch rectangle on a lightly floured surface. Cut into six 8-inch squares. Place an apple on each pastry square with cored opening facing upward. Cut butter into 8 pieces; place 1 piece into each apple; reserve remaining butter for sauce.

Divide brown sugar between apples, poking some inside each core, and remaining around apple base. Sprinkle evenly with cinnamon and nutmeg. Peeled and cored apples on squares of pastry dough, filled with butter and topped with brown sugar, cinnamon, and nutmeg.

Dampen fingers. Bring one corner of pastry to top of apple. Bring opposite corner to top; press together. Repeat with remaining two corners; seal. Slightly pinch dough at sides to seal in apple. Repeat with remaining apples; transfer to the prepared baking dish.

Combine water, white sugar, vanilla extract, and reserved butter in a large saucepan. Bring sauce to a boil over medium heat. Reduce the heat to low and simmer until sugar dissolves, about 5 minutes. A small pan of simmering vanilla syrup sauce. Carefully pour sauce over dumplings.

Bake in the preheated oven until pastry is golden and crisp, 50 to 60

minutes.

Apples:

- SLICED APPLES SPRINKLED WITH SALT
- CUT APPLES DIPPED INTO PEANUT BUTTER
- SAUTÉ APPLES IN A PAN WITH BUTTER, SUGAR AND CINNAMON (FRIED APPLES)

Applesauce (Jar or Can)

“Red Hot” Applesauce

This is what my grandmother made me for a special treat, when apple sauce was just too plain.

- 1 CAN APPLESAUCE
- 1 OR 2 BOXES OF RED HOT CANDIES
- WATER

Boil the water and add the red hot candy to it, until the candy has completely melted, and the water reduced. Then stir in the applesauce, until completely mixed. Serve warm or refrigerate after the applesauce has completely cooled.

Applesauce Cake

This is the recipe I grew up on, because it was a main staple for a snack or dessert made by my mother. Sometimes she made them into muffins.

- ¼-CUP BUTTER, SOFTENED
- 1-CUP SUGAR
- 1 CUP UNSWEETENED APPLESAUCE
- 1 T BAKING SODA
- 1 T CINNAMON
- ½ TSP NUTMEG

- ½ TSP ALL SPICE
- 1 TSP VANILLA
- 2 CUPS FLOUR

Preheat oven to 350°F. Butter and flour a 9 x 13 inch pan (or muffin tins), In a large bowl, cream butter and sugar gradually.

In a separate bowl, mix baking powder and applesauce. Add to butter/sugar mixture. Add spices and flour and mix until smooth. Pour mixture into pan (or muffin tins)

Bake 30 - 45 minutes.

Tips for Applesauce:

- Serve as a side to pork chops

Apple pie filling (Can)

- Heat over low heat and serve with vanilla ice cream.
- Put on the bottom of a pan and add biscuit dough to the top and bake until golden brown.
- Make small hand size crusts, and stuff with apple pie filling, and bake until golden brown.

Bananas

Banana Bread

- 2 CUPS FLOUR
- 1 TSP. BAKING SODA
- 1/4 TSP. SALT
- 1/2 CUP BUTTER
- 3/4 CUP BROWN SUGAR
- 2 EGGS, BEATEN
- 2 1/3 CUPS MASHED OVERRIPE BANANAS

Preheat oven to 350°F. Lightly grease a 9x5 inch loaf pan. In a large bowl, combine flour, baking soda and salt. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan.

Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.

Carrots (Fresh or Can)

Glazed Carrots

- 2 LBS. CARROTS, PEELED AND CUT INTO STICKS (OR CANNED CARROTS DRAINED TWICE)
- ¼ CUP BUTTER
- ¼ CUP PACKED BROWN SUGAR OR TO TASTE
- ¼ TSP SALT
- ⅛ TSP PEPPER

Raw carrot sticks in a bowl alongside brown sugar, butter, salt, and pepper. If using canned carrots, drain the can completely, and then put in a pot and heat to get the remaining liquid out of the carrots. Then continue with the rest of the recipe. Place carrots into a large saucepan; pour in enough water to reach depth of 1 inch and bring to a boil. Reduce heat to low, cover, and simmer carrots until tender, 8 to 10 minutes. Drain and transfer to a bowl.

Melt butter in the same saucepan over low heat. Stir in brown sugar, salt, and white pepper until dissolved. Add carrots to the saucepan and toss until coated in the brown sugar mixture. Cook and stir until carrots are heated through and fully coated with glaze, 1 to 3 more minutes.

Cauliflower (Frozen or Fresh)

Chow-Chow

- 2 HEADS CAULIFLOWER, CUT INTO SMALL FLORETS
- 6 RIBS CELERY CUT DIAGONALLY
- 2 SHALLOTS THINLY SLICED
- 2 CARROTS JULIENNED
- 1 LARGE RED BELL PEPPER FINELY DICED
- 3 T SALT DIVIDED
- 16 OUNCES CIDER VINEGAR
- 16 OUNCES WATER
- 1 T MUSTARD POWDER
- 1 TSP. TURMERIC
- ½ CUP BROWN SUGAR
- ½ TSP. CLOVES
- 6 BAY LEAVES
- 2 T FRESH GINGER GRATED
- 2 TEASPOONS ALLSPICE
- ¼ TSP. CRUSHED RED PEPPER

Combine vegetables and 2 T of salt in a large mixing bowl and mix well. Transfer into a colander and place over bowl to drain for at least 8 hours or overnight. Sanitize jars.

Bring remaining ingredients to a simmer (including remaining salt), then cook for 5 minutes. While vinegar solution cools slightly, fill jars with vegetable mixture. Pour vinegar solution over vegetables, cover with lids, and refrigerate. The chow-chow will be ready to eat in 3 days and keeps refrigerated for 2–3 months.

Puree

- CAULIFLOWER
- WATER
- 1 T BUTTER
- 1 TSP CURRY POWDER, OPTIONAL
- SALT TO TASTE

- PEPPER TO TASTE

In a pot, add the cauliflower (frozen florets or cut fresh florets), and cover with water. Add the butter, salt and pepper and optional curry powder. Bring to a boil and then simmer until the florets are soft. Drain the florets and in a food processor blend until smooth.

If you want to spice it up a little, add a little bit of horseradish sauce or ranch dressing to the cauliflower in the food processor and blend until smooth.

Mashed/Blended

- CAULIFLOWER
- WATER
- 1T BUTTER
- 1 TSP CURRY POWDER, OPTIONAL
- SALT TO TASTE
- PEPPER TO TASTE

In a pot, add the cauliflower (frozen florets or cut fresh florets), and cover with water. Add the butter, salt and pepper and optional curry powder. Bring to a boil and then simmer until the florets are soft. Drain the florets and in a food processor blend wanted consistency. Or mash the cauliflower with a potato masher.

If you want to spice it up a little, add a little bit of horseradish sauce or ranch dressing to the cauliflower in the food processor or mash it together.

Greens (Collard, Kale, Chard, Dandelion)

Boiled greens

- WATER
- SALT
- 3 GARLIC CLOVES, PEELED AND BRUISED
- 2 BUNCHES KALE, COLLARD, CHARD OR A MIX OF GREENS

- 2 T OLIVE OIL OR BUTTER

Bring a large pot of heavily salted water to a boil with the garlic cloves.

Add the greens and boil, pressing it down with a spoon or plate so it stays submerged, until a leaf taken between your fingers can be crushed to a paste, about 15 minutes.

Drain the greens and the garlic in a colander. Allow it to drip and steam dry completely before placing it on a platter and drizzling with olive oil. Taste and, if needed, add a sprinkle of salt before serving.

NOTE: Save the water the greens were boiled in. (Referred to as Pot Likker)

Sauteed greens

- 1 HEAD ESCAROLE, KALE, CHARD, DANDELION GREENS, COLLARD GREENS, SPINACH.
- 2 T OLIVE OIL
- 2 CLOVES GARLIC, THINLY SLICED
- RED PEPPER FLAKES
- SALT

Cut off the end of the greens and clean thoroughly and then dry with a paper towel. Roughly chop the greens.

In a large skillet over medium heat, place the oil, garlic, and crushed red pepper flakes. Cook for about a minute or until the garlic is sizzling. At the first sign of the garlic starting to color, add the greens, turn the heat to medium-high, and season with a pinch of salt. Use tongs to rearrange the greens in the skillet and to help them wilt down. In 1-2 minutes, the greens will be done.

Remove the skillet from the heat. Let the greens cool briefly. Taste for salt and adjust as needed.

Southern Style Collard Greens

- 1 T. OLIVE OIL

- 1 CUP WHITE ONION, CHOPPED
- 6-8 CLOVES OF GARLIC, CHOPPED
- 3 CUPS CHICKEN BROTH
- SMOKED TURKEY OR BACON, OR EVEN CHICKEN (FULLY COOKED LEG, TAIL OR NECK)
- COLLARD GREENS (THOROUGHLY WASHED, STEMS REMOVED AND CUT INTO STRIPS)
- SALT AND PEPPER TO TASTE

In a large, deep pot, heat olive oil on medium heat. Add onions and cook until tender. Add in chicken broth, garlic and smoked turkey. Bring to a boil and reduce heat. Cover and simmer for about 20-30 minutes. Add collards to the pot, pushing them down if necessary. Add salt and pepper to season if desired. When the greens begin to wilt down, cover and simmer for about an hour or until your desired texture is reached, stirring occasionally.

NOTE: Greens can be sauteed and mixed in with pasta or potatoes for a heartier meal.

Potatoes (Can)

Fried Potatoes

- 1 CAN OF DRAINED POTATO SLICES (OR DICED)
- 1 T OF OIL OR BUTTER
- 1 SMALL DICED ONION
- SALT AND PEPPER TO TASTE
- THYME OR ROSEMARY OR AN HERB YOU HAVE ON HAND.
- 3 CUT PIECES OF RAW BACON, OPTIONAL

Drain the can of potatoes and rinse with cold water. Drain that and dry the potatoes with paper towels to remove the excess moisture. Heat the oil in a frying pan or skillet. If you don't have oil, use butter or margarine. The taste will be slightly different. Add salt and pepper to the dried potatoes and mix well before adding to the pan. Add the herbs to the oil and let the flavors

bloom. If using bacon and onions, add those to the pan first, cooking until the bacon is almost rendered and the onions are tender. Add the potatoes, and continually stir them in the pan for even cooking. When the potatoes are golden brown and fork tender, they are ready. Drain the mixture on a brown paper bag or a towel, or you can strain and save the oil for a future use.

Potatoes (Russett)

Baked Potatoes

- DESIRED NUMBER OF LARGE RUSSET POTATOES
- EACH ONE PRICKED WITH A FORK ALL OVER TO LET THE STEAM OUT.
- WRAP IN ALUMINUM FOIL, OPTIONAL

Heat oven to 350°F. Place the wrapped or unwrapped potatoes directly on the oven grate on the middle rack. Large potatoes usually cook for an hour in the oven. Check the potatoes for fork doneness.

If using a microwave, wet each potato (do not wrap in foil), prick each potato with a fork. Potatoes cook for about 7-10 minutes in the microwave. Check periodically so they don't overcook.

“Funeral” Potatoes

These potatoes are called funeral potatoes because they were the type of casserole that women from the church auxiliary would bring to the home of someone who lost a loved one. It was easy to assemble, but each one contained a lot of love and effort.

- FROZEN HASH BROWNS, (DICED OR SHREDDED), COMPLETELY THAWED
- 2 CUPS SOUR CREAM
- CAN CREAM OF CHICKEN SOUP
- 10 T BUTTER, DIVIDED, MELTED
- 1 TSP SALT

- 1/4 TSP BLACK PEPPER
- 1 TSP DRIED MINCED ONION
- 2 CUPS SHREDDED CHEDDAR CHEESE
- 2 CUPS CORN FLAKES CEREAL

Allow potatoes to thaw in your fridge overnight or spread them on a baking sheet and warm them in the oven at 200°F for about 20 minutes, until thawed.

Preheat oven to 350°F. Combine sour cream, cream of chicken soup, 6 T of melted butter, salt, pepper and dried onion in a bowl. Mix well. Add potatoes and shredded cheese and stir to combine. Spoon mixture into a single layer in a 9x13" pan. Add cornflakes to a large Ziplock bag and crush gently with your hands or a rolling pin. Add remaining 4 T of melted butter to the crushed cornflakes and combine well. Sprinkle mixture over potatoes. Bake uncovered at 350 F for 40-50 minutes.

To Freeze the potatoes:

To freeze funeral potatoes, make as directed, but do not add the cornflake topping. Cover and store in freezer for up to 3 months. When ready to bake, thaw in the fridge overnight. Add cornflake topping before baking.

Mashed Potatoes

- 5 LB. BAG OF POTATOES (RUSSETS OR GOLDEN WORK BEST)
- 1 T SALT
- 1 CUP OF MILK
- 1 STICK OF BUTTER
- SALT AND PEPPER TO TASTE
- HALF A BRICK OF CREAM CHEESE, OPTIONAL
- SOUR CREAM, OPTIONAL
- CHEDDAR CHEESE, OPTIONAL

Wash and peel the potatoes. Dice or slice in similar size pieces for even cooking. Place in a large pot enough for the potatoes and at least an inch of salted COLD water over the potatoes. (Don't use hot or warm water because the potatoes won't cook evenly.) Put the pot on a medium high heat burner.

Once the water starts boiling, cook for about 20-30 minutes, checking the potatoes until they are fork tender. (Some would save this water for using it as a starch water for future cooking, this is optional). Drain the potatoes in a colander. Either return to the pot or add to a large metal bowl.

In a microwavable cup, add butter and milk, and heat until the butter is melted and blended with the milk. Add slowly to the potatoes, and mash them with a fork or a potato masher. You can also use a ricer if you have the time or have a ricer. You can serve as the “smashed” potatoes, but if you want creamier potatoes, use a mixer to blend the potatoes. Don’t use a blender or food processor to mix, as the potatoes will come out unevenly and hard, because blenders and food processors produce heat. If using for a holiday meal, and you have one, add potatoes to a slow cooker or crock pot on low, to keep them warm.

Cheesy Mashed Potatoes

- 6 LARGE POTATOES, PEELED AND QUARTERED
- 1 PACKAGE CREAM CHEESE, SOFTENED
- 1 CUP SHREDDED CHEDDAR CHEESE
- 1/2 CUP SOUR CREAM
- 1/3 CUP CHOPPED ONION
- 1 LARGE EGG
- 2 TEASPOONS SALT
- 1/2 TSP. PEPPER
- ADDITIONAL SHREDDED CHEDDAR CHEESE, OPTIONAL

Place potatoes in a large saucepan; cover with water. Cover and bring to boil. Cook for 20-25 minutes or until very tender; drain well.

In a bowl, mash potatoes. Add cream cheese, cheddar cheese, sour cream, onion, egg, salt and pepper; beat until fluffy. Transfer to a greased 2-qt. Baking dish. Cover and bake at 350°F or 40-45 minutes or until heated through. Sprinkle with additional cheese if desired.

Potato and Egg Pie

- 2 T BUTTER
- 1 T FLOUR
- 1/2 TSP SALT
- 1/8 TSP FRESH PEPPER
- 1/2 CUP MILK
- 3 CUPS SEASONED MASHED POTATOES (DAY-OLD MASHED POTATOES WORK BEAUTIFULLY HERE)
- 4 HARDBOILED EGGS, SLICED
- 2 T CRISP BACON, CRUMBLED
- 2 T MINCED PARSLEY
- 1/4 CUP CHEDDAR CHEESE, GRATED
- 2 T MILK

Preheat your oven to 400°F. In a medium saucepan, melt the butter over medium heat. Keep a close eye on it to prevent burning.

Blend the flour, salt, and pepper into the melted butter. Whisk constantly to create a smooth roux. This is the base of our creamy white sauce.

Slowly mix in the milk, stirring continually until the mixture is thick and bubbly. Continue stirring as it thickens to prevent lumps from forming. This should only take a few minutes.

Remove the saucepan from the heat and set aside. This prevents further cooking and ensures the sauce doesn't become too thick.

Line the bottom and sides of a greased 9-inch pie plate with half of the seasoned mashed potatoes. Gently press the potatoes to create an even layer.

NOTE: If the mashed potatoes are too stiff, add a T or two of milk or cream to make them more pliable.

Potato Salad (American)

- 2 LBS. POTATOES (PEELED AND DICED)
- 1½ TEASPOONS CELERY SALT
- 3 T DILL PICKLES DICED

- 1 T YELLOW MUSTARD
- 1 T WORCESTERSHIRE SAUCE
- 1 CUP MAYONNAISE
- ½ SMALL RED ONION
- ¼ TSP. PEPPER
- 4 LARGE HARD BOILED EGGS (PEELED), CUT INTO ¼-INCH DICE
- HOT SAUCE, OPTIONAL
- DILL, OPTIONAL

Place the potatoes in a large saucepan with cold water to cover by 1-inch. Bring to boil over high heat, add 1 tsp. Salt, reduce heat to medium-low, and simmer until potatoes are tender, 10 to 15 minutes.

Drain the potatoes thoroughly and let cool in a large bowl. Mix Worcestershire Sauce and mustard together in small bowl, drizzle the mixture over potatoes, and toss until evenly coated. Refrigerate until cooled, about 30 minutes.

In a food processor add pickles and onions, and blend until chunky. In a small bowl, mix the remaining ingredients of mayo, pickles and onion mixture, remaining celery salt and pepper. Add to potatoes and toss gently to coat. Cover, and refrigerate until well chilled, about 30 minutes. Cut eggs length wise on both sides, then slice. Gently stir in eggs, if using, just before serving.

Potato Salad (German)

- 2 LBS. RED POTATOES OR YUKON GOLD POTATOES (EACH ABOUT THE SAME SIZE FOR EVEN COOKING)
- 6 SLICES BACON, CHOPPED
- 2 CUPS CHOPPED RED ONION
- 2 TSP MINCED GARLIC
- 1/2 CUP CHICKEN BROTH
- 1/4 CUP APPLE CIDER VINEGAR
- 1 T DIJON MUSTARD
- 2 TSP GRANULATED SUGAR
- SALT AND PEPPER TO TASTE

- 1/2 CUP CHOPPED FRESH PARSLEY
- 2 T OLIVE OIL

Place red potatoes on a steamer basket set in a pot with about 1 ½ inches of water. Bring water to a simmer over medium-high heat.

Cover pot with a snug lid and let steam until potatoes are tender, about 20 - 25 minutes (test for doneness by piercing potatoes through center with a knife, it should glide through). Set aside to cool just until warm enough to cut into chunks.

While potatoes are steaming, cook bacon in a 12-inch non-stick skillet over medium-high heat until crisp (about 6 - 7 minutes). Remove bacon, set aside and leave drippings in skillet.

Add onions to skillet with drippings and cook 5 minutes. Add garlic and cook 30 seconds longer.

Pour in chicken broth, vinegar, Dijon mustard and sugar. Bring to liquid to a simmer and let reduce by about half for a minute or two.

Add chopped potatoes, bacon and olive oil and toss. Season mixture with salt and pepper to taste.

Remove from heat, toss in parsley. Serve warm (or see notes to serve chilled). If mixture seems to be just slightly dry you can either toss in a little more olive oil or chicken broth.

Radish (Fresh)

Pickled Radish

- 1 JAR OF PICKLE JUICE OR VINEGAR
- PICKLING SPICES
- SALT
- PEPPER
- FRESH RADISHES

Slice the radishes and fill a jar or two, depending on how many you want. If using pickle juice (save it from when you ate that last pickle), add the radishes to the jar until filled. Close lid and refrigerate for a week, or

more before eating.

If using vinegar and pickling spices, you can add whatever spices you want such as dried dill, Italian seasoning, coriander seeds etc. Fill a jar with radishes. Pour the vinegar into the jar until the radishes are covered. Add the seasonings and close the lid. Shake until the seasonings are mixed. Refrigerate for a week, or more before eating.

(You can use other vegetables that will stand up to pickling, such as cucumbers, onions, beets, or even fresh green beans and cauliflower.)

Tomatoes (Can)

Diced, crushed, peeled whole or other canned tomatoes. Tomatoes can be frozen and used later. Tomato based sauce or soups can also be frozen. Make sure the container is airtight.

Tomato Sauce

Make a quick sauce (mix diced tomatoes or crushed, or whole and peeled in a blender or food processor) add Italian seasonings and a tsp of Balsamic vinegar, or a pinch of sugar to lessen acidity. Blend completely and serve as you would any tomato sauce. Don't store fresh tomatoes in the refrigerator.

Tomato Soup

- 1 CAN OF TOMATOES (OR AS MANY AS YOU WANT DEPENDING ON HOW MUCH SOUP YOU WANT).
- WATER MIXED WITH BOUILLON CUBES OR SPICE
- OR USE BEEF BROTH.

In a large pot, add broth and warm it up, and add the cans of tomatoes. Mix with a hand blender or pour little by little in a blender or food processor. (Be careful because it is hot). Add back to pot (if necessary and use a tsp tomato paste to make soup thicker). Adjust as needed to get the consistency you want.

Tomato paste is used to thicken sauces that are tomato based, so it can

be used in pasta or pizza sauce, or even chili, instead of using cornstarch or flour.

Tomatoes (Fresh)

If your fresh tomatoes are starting to get too soft, they are losing their flavor and sturdiness. Add in a freezer bag and put in the freezer. You can use frozen tomatoes for soups or sauces. (Not for eating fresh).

Zucchini (Fresh)

Zucchini Bread

- 1 ½ CUPS WHOLE WHEAT FLOUR
- ¾ CUP SUGAR
- ¼ TSP BAKING SODA
- ½ TSP BAKING POWDER
- ¼ TSP SALT
- 1 ½ TSP CINNAMON
- 2 EGGS
- 2 ¼ CUPS ZUCCHINI (ABOUT 2 MEDIUM)
- ¼ CUP OIL
- 1 ½ TSP VANILLA
- ¼ CUP WALNUTS

Preheat oven to 350°F. Mix dry ingredients. Mix wet ingredients. Combine. Add to greased (I use cooking spray) bread pan. Bake for 40-45 minutes or until knife comes out clean.

Zucchini and Carrot Fries

An unbelievably easy and delicious way to cook carrots and zucchini.

- OLIVE OIL
- ZUCCHINI
- CARROTS

- SEASONINGS OF YOUR CHOICE.

Preheat oven to 425°F. Cut vegetables into 3-inch sticks, making sure they are even in thickness. Line a baking tray with baking paper and a light layer of olive oil.

Go with the usual salt & pepper and branch out to one or two of the following

Lightly toss the vegetable batons with olive oil (and the herbs and spices).

Spread your seasoned vegetables over your lined tray and roast, tossing halfway through, for about 20 minutes or until golden and slightly browned at the edges.

Zucchini Fritters

- 1 ½ LBS. ZUCCHINI, GRATED
- 1 TSP SALT
- ¼ CUP FLOUR
- ¼ CUP GRATED PARMESAN
- 2 CLOVES GARLIC, MINCED
- 1 LARGE EGG, BEATEN
- KOSHER SALT AND BLACK PEPPER, TO TASTE
- 2 T OLIVE OIL

Place grated zucchini in a colander over the sink. Add salt and toss to combine; let sit for 10 minutes. Using a clean dish towel or cheese cloth, drain zucchini completely.

In a large bowl, combine zucchini, flour, Parmesan, garlic and egg; season with salt and pepper, to taste.

Heat olive oil in a large skillet over medium high heat. Scoop T of batter for each fritter, flattening with a spatula, and cook until the underside is nicely golden brown, about 2 minutes. Flip and cook on the other side, about 1-2 minutes longer.

Zucchini Muffins

- 1 T OLIVE OIL
- 1 ONION, FINELY CHOPPED
- 3 SLICES BACON, FINELY SLICED
- 1 LARGE CARROT, GRATED
- 1 LARGE ZUCCHINI, GRATED
- 3 EGGS
- 1 CUP CHEESE, GRATED
- ¼ CUP CREAM
- ½ CUP FLOUR
-

Heat the oil in a large pan and sauté onion until translucent. Add the bacon and fry until it starts to color. Add the carrot and zucchini and cook for about 2 minutes.

Transfer mixture to a bowl to cool. Beat the eggs, cream and cheese together; season to taste. Stir the egg mixture into the cooled zucchini mixture. Stir in the flour.

Grease and flour little muffin/bun tins. Spoon mixture into the holes. Bake at 350°F for 15-20 minutes.

Homemade Gravies & Sauces

Make a “slurry”

Add flour or cornstarch to the liquid of the food that you will be using to make the gravy and stir until smooth.

Ground Beef/Hamburger Gravy

- 1 LB. GROUND BEEF
- 1 ONION, DICED
- 1 CLOVE OF GARLIC, THINLY SLICED.
- 2 T FLOUR
- 2 CUPS MILK OR BEEF BROTH
- SALT
- PEPPER
- WORCESTERSHIRE SAUCE

Brown ground beef with diced onions and garlic. Sprinkle flour and cook for 1-2 minutes. Gradually whisk in beef broth or milk, then simmer for 5 minutes until thickened. Season with salt, pepper, and Worcestershire Sauce. Serve over potatoes, biscuits, or pasta.

Buffalo Sauce

- 1 BOTTLE OF YOUR FAVORITE HOT SAUCE
- 1 STICK OF BUTTER OR A ¼ CUP OF MARGARINE
- 1 SPOONFUL OF HONEY
- 1 TSP CUMIN
- 1 TSP CAYENNE PEPPER
- 1 T GARLIC HOST SAUCE

In a pot, add the butter and seasonings. If you want a spicier sauce, add more cayenned or use other pepper seasonings. Once the seasonings have blended with the butter, add the rest of the ingredients, and whisk on low

heat until incorporated. Simmer for about 10 minutes. Let cool completely and put in a container. Put it in the refrigerator (lasts for about 2 weeks), and use for wings or other food you want to cook with buffalo sauce.

Red Eye Gravy with Country Ham

- 1 LB. UNTRIMMED CENTER-CUT COUNTRY HAM SLICES, PREFERABLY BONE-IN
- 1 T UNSALTED BUTTER, DIVIDED
- 1/2 CUP STRONG BLACK COFFEE
- 1/4 CUP WATER
- 1/4 TSP. LIGHT BROWN SUGAR
- PINCH BLACK PEPPER

In a large baking dish or large bowl, place ham slices and cover with cold water until fully submerged. Soak for 30 minutes. Pat ham dry as best as possible with paper towels. Trim fat from ham; reserve fat trimmings and ham slices separately.

In a skillet, heat the reserved fat trimmings and butter over medium-low heat, stirring occasionally, until fat has rendered, 6 to 8 minutes. Reserve drippings (rendered fat) in skillet and transfer any additional drippings to a small bowl; set aside.

Increase heat to medium, push rendered trimmings to one side, and place 1 slice ham in skillet. Cook, until browned on both sides, 2 to 3 minutes per side. Transfer to a plate and repeat with remaining ham slices, adding a tsp. Of the reserved drippings as needed to the skillet in between slices if skillet is dry. Remove and discard crispy trimmings.

Pour any remaining reserved drippings into the skillet and swirl to coat. Pour in coffee and water and bring to a simmer over medium heat, scraping bottom of skillet with a flat wooden spoon to release any browned bits. Simmer, stirring occasionally, until mixture has reduced to about ½ cup, 3 to 5 minutes. Remove from heat and whisk in sugar, pepper, and remaining ½ T butter until melted and incorporated. Serve immediately with reserved fried country ham slices.

Tomato Gravy

(serve over rice or potatoes, or even hamburger)

- 3 T. BACON FAT (OR WHATEVER TYPE OF FAT YOU HAVE LIKE BUTTER OR SHORTENING)
- 3 T. FLOUR
- 1 CUP CHICKEN OR VEGETABLE BROTH
- 1 (14 OZ.) CAN DICED TOMATOES
- 1/2 TSP. SALT
- 1/4 TSP. PEPPER
- 1/4 CUP HEAVY CREAM OR MILK

In a skillet, warm the bacon fat over medium-low heat. Whisk in the flour. Cook, whisking often, until it turns a dark beige, or light brown color, 3-4 minutes. Turn off the heat. Slowly drizzle in the broth, a little at a time, whisking to keep the mixture smooth.

Stir in the diced tomatoes, salt, and pepper. Turn heat to medium and cook, stirring occasionally, until the mixture is thick enough that you can see the bottom of the skillet for a moment when you swipe your wooden spoon through it, 2-3 minutes. Turn heat to low. Stir in the cream or milk. Stir and cook for 30 seconds to heat through.

Taste and add more salt and pepper, if desired.

Water Gravy

- 4 T OF MELTED BUTTER OR HOT OIL
- 4 T OF FLOUR
- 2 BOUILLON CUBES (OR GRANULES)
- 1-2 CUPS OF WATER
- SALT
- PEPPER
- ONION POWDER

To make gravy with water, create a roux by whisking 2-4 T of flour into butter or oil in a pan over medium heat until golden. Slowly whisk in

water and bouillon cubes (or granules), stirring continuously until it simmers and thickens to the desired consistency. Season with salt, pepper, and onion powder to taste.

Water & Pan Drippings Gravy

- 3 T OF FAT (HAMBURG, BACON, HAM OR OTHER FAT FROM PROTEIN)
- 3 T OF FLOUR
- 2-3 CUPS OF WATER

Whisk in 3 T of flour to create a paste (roux) in the pan with fat. Gradually add 2-3 cups of water while stirring continuously, letting it simmer and thicken.

White Gravy

- ¼ CUP UNSALTED BUTTER OR BACON FAT
- ¼ CUP FLOUR
- 2-2½ CUPS MILK
- 1-2 PINCHES OF CAYENNE PEPPER
- SALT AND BLACK PEPPER TO TASTE

Melt the butter in a large skillet over medium-low heat (or heat the bacon fat). Add the flour, whisking continuously for about 3 minutes or until lightly browned. Slowly whisk in the milk until smooth and creamy. Whisk in the cayenne pepper, salt, and black pepper. Continue cooking while whisking frequently until the gravy has thickened to your desired consistency.

Homemade Soups & Stews

These homemade soups can be made from fresh ingredients or canned ingredients. Many of the soups can also be frozen for another meal or refrigerated for up to 5 days (depending on the ingredients).

Egg Drop Soup (American Version)

- 3 CUPS CHICKEN BROTH
- 1/2 TSP. SALT
- 2 T COLD WATER
- 1 T CORNSTARCH
- 1 EGG (SLIGHTLY BEATEN)
- 1 SCALLION, WITH TOPS, FINELY CHOPPED

Bring chicken broth to a boil in soup pot. Add 1/2 tsp. Salt & mix. Combine water and cornstarch; stir into boiling broth. Stir a small amount of hot broth into slightly beaten egg. Add egg mixture into hot broth slowly, stirring all the time. Cook until clear and slightly thickened, stirring constantly. Garnish with scallion.

Potato Soup

This can be frozen and reheated with milk or cream.

- 6 LARGE POTATOES, PEELED AND CUBED
- 2 CANS CHICKEN BROTH
- 3 CELERY STALKS, DICED
- 1 LARGE ONION DICED
- 1 PINT HEAVY CREAM OR HALF AND HALF
- 5 SLICES OF BACON, DICED, COOKED UNTIL CRISPY
- SHREDDED CHEDDAR CHEESE
- 1 T THYME
- 1 T ROSEMARY
- 1 T ITALIAN SEASON

Boil potatoes in part water and 1 can of chicken broth in one pot. In another pot, cook onions and celery until soft. Once the potatoes are cooked to fork tender, divide the potatoes to 3:1 ratio. But the 3-part potatoes in with the onions and celery and mix.

Add the second can of chicken broth and the seasonings. Bring to Boil and Cook. With a hand blender or stand blender, blend the mixture until smooth. Slowly simmer and add heavy cream until thick and smooth. Slowly add the saved cubed potatoes. Sprinkle bacon in mixture. Garnish with cheddar cheese.

Tomato Soup

- 4 CUPS DICED TOMATOES (OR FOUR LARGE CANS OF TOMATOES)
- 1 SLICED ONION
- 1 TSP BLACK PEPPER
- 1 CAN TOMATO PASTE
- 1 T HOT SAUCE

In large pot, boil whole tomatoes. Once boiled and the skin starts to peel, place them in a cold water bath. Peel and seed the tomatoes. Blend tomatoes with a hand blender or standup blender.

If using canned tomatoes, they don't need to be boiled, just blended until smooth. In another pot, cook onions until clear and soft, add tomatoes and blend together. Slowly add broth, and mix thoroughly. Add hot sauce, and pepper. Simmer for about an hour. Add tomato paste to thicken, cream if you want it creamier, and let simmer for another hour. If the tomato soup is thinner than you want add more tomato paste.

Vegetable Beef Soup (Mom's recipe)

This is my mother's recipe for using what she had on hand. She used canned vegetables, but fresh will work just as good. She also used water with bouillon cubes soaked until dissolved, but you can also use broth.

- 2 CUPS WATER WITH FOUR SOAKED BOUILLON CUBES (OR 2 CUPS OF VEGETABLE OR BEEF BROTH)
- VARIETY OF VEGETABLES (CANNED OR FRESH) (MOM USED

CARROTS, CELERY, ONIONS, AND POTATOES)

- COOKED CUBED BEEF, CHICKEN OR EVEN GROUND BEEF.
- 1 LARGE CAN OF TOMATO JUICE
- SALT
- PEPPER

In a pan, sauté cubed beef until medium rare in butter or oil. You can use whatever protein you want, such as chicken or beef.

In a large pot, add bouillon water or broth. Add the entire can of tomato juice, on low heat, and stir until mixed thoroughly. Once mixed, add the vegetables (If using can, drain and rinse thoroughly before adding them to the pot). Mom cooked this on the stove, but it can also be cooked slowly in the crock pot. Turn the stove up to medium heat until everything is hot and liquid almost at a boil, then turn the heat down to low or simmer, cover the pot, stirring occasionally, until all the vegetables are tender.

This can also be used as a vegetable soup, omitting the protein.

NOTE: Soups can be made into hearty stews by adding a thickener to the liquid. Make a “slurry” as indicated in the section on Gravies.

One Pot Meals

American Goulash

- 1 LB. GROUND BEEF
- 2 LB. OF ELBOW MACARONI
- 1 JAR OF PASTA SAUCE

Cook the macaroni as per the instructions on the box. Brown the ground beef until cooked and then drain the grease. Add the macaroni back to the pot after draining and then add the ground beef and pasta sauce. Stir until everything is mixed and hot. Serve. (I always add a bit of cheese, such as mozzarella before serving).

Simple Chicken 'n Dumplings

- 2 CANS CONDENSED CREAM OF CHICKEN SOUP
- 3 CANS CHICKEN BROTH
- 3 CUPS SHREDDED COOKED CHICKEN MEAT
- 2 CANS REFRIGERATED BISCUIT DOUGH

Stir condensed soup, chicken broth, and shredded chicken together in a large saucepan over medium-high heat until it begins to simmer.

Cut each biscuit into quarters, and gently stir into the simmering soup.

Reduce heat to medium-low, cover, and simmer until biscuits are no longer doughy in the center, 10 to 15 minutes.

Simple Chicken Ala King

- ½ CUP BUTTER
- 1 CAN MUSHROOMS, DRAINED, LIQUID RESERVED
- 1 GREEN BELL PEPPER, CHOPPED
- ½ CUP FLOUR
- 1 TSP. SALT

- ¼ TSP BLACK PEPPER
- 1 ½ CUPS MILK
- 1 ¼ CUPS HOT WATER
- 1 ½ TEASPOONS CHICKEN BOUILLON POWDER
- 4 COOKED, BONELESS CHICKEN BREAST HALVES, CHOPPED
- 4 OUNCES CHOPPED PIMENTO

Melt butter in a large skillet over medium heat. Add drained mushrooms and bell pepper and cook, stirring, for 5 minutes. Remove from the heat. Stir in flour, salt, and black pepper. Cook over low heat, stirring constantly, until mixture is bubbly. Stir in milk, water, bouillon, and reserved mushroom liquid. Increase heat to medium-high and bring to a boil, stirring constantly. Boil and stir for 1 minute. Stir in chicken and pimento and heat thoroughly.

Chili Con Carne Bake

- 2 LBS. GROUND BEEF
- 1 T OIL
- 1 ONION, DICED
- 4 GARLIC CLOVES, MINCED
- 3 T CHILI POWDER
- 2 TSP CUMIN
- 2 TSP OREGANO
- 2 CANS TOMATO SAUCE
- 1 CAN TOMATOES WITH GREEN CHILES.
- 2 CANS KIDNEY BEANS, DRAINED AND RINSED
- 2 CUPS COOKED RICE
- 3 CUPS SHREDDED CHEDDAR/MONTEREY JACK
- 1 BAG CORN CHIPS

Preheat oven to 350°F and grease a casserole dish. Sauté onions and garlic in oil, add beef and brown. Stir in spices, tomato products, and beans. Simmer for 20 minutes. Layer rice in the dish, followed by the chili mix, cheese, and corn chips. Bake for 20 minutes until bubbly.

Hamburger Hash

- 1 LB. GROUND BEEF
- 1/2 CUP RED BELL PEPPER DICED
- 1/2 CUP GREEN BELL PEPPER DICED
- 1/2 CUP ONION DICED
- 2 LARGE POTATOES PEELED AND DICED
- 2 T OLIVE OIL
- 1 TSP GARLIC POWDER
- 1/2 TSP PAPRIKA
- 1/2 TSP ITALIAN SEASONING
- 1 TSP SALT
- 1/2 TSP PEPPER
- 1/2 CUP BEEF STOCK (OR BEEF BROTH)
- 2 CUPS SHREDDED COLBY JACK (OR YOUR FAVORITE MELTING CHEESE)

In a large skillet, add the ground beef, red bell pepper, green bell pepper, and onion. Cook over medium heat, breaking up the beef with a spoon, until the beef is browned and the vegetables are starting to soften, about 8-10 minutes. Add the diced potatoes to the skillet. Drizzle with oil, then sprinkle with garlic powder, paprika, Italian seasoning, salt, and pepper. Stir to combine.

Pour in the beef broth and stir. Cover the skillet with a lid and let it cook for about 15-20 minutes, stirring occasionally, until the potatoes are tender and the liquid is mostly absorbed. 1/2 cup beef stock .

Sprinkle the shredded cheese over the top of the hash. Cover the skillet again and let it sit for a few minutes until the cheese is melted.

Pork Chops Rice Skillet

- 4 THIN BONELESS PORK CHOPS
- 1 TSP. PAPRIKA
- 1 TSP GARLIC POWDER

- 1 TSP DRIED OREGANO
- 1 TSP SALT
- ½ TSP BLACK PEPPER
- 2 T OLIVE OIL
- 1 SMALL ONION, DICED
- 1 CAN CONDENSED CREAM OF MUSHROOM SOUP
- ½ CUP SOUR CREAM
- ½ CUP CHICKEN BROTH
- 4 CUPS COOKED LONG-GRAIN WHITE RICE

In a small bowl, combine smoked paprika, garlic powder, dried oregano, salt, and black pepper. Season both sides of the pork chops with the spice mixture.

Heat olive oil in a large skillet over medium-high heat. Add the pork chops and sear for 2-3 minutes per side or until browned, set aside on a plate.

In the same skillet, add the diced onion and sauté for 2-3 minutes, until softened.

Reduce the heat to low and stir in the condensed cream of mushroom soup, sour cream, and chicken broth. Mix well until the sauce is smooth and combined.

Add the cooked rice and thawed peas to the skillet, stirring gently to combine with the creamy sauce.

Place the seared pork chops on top of the rice mixture, nestling them into the rice mixture. Cover the skillet and simmer for 4-5 minutes, (Cook pork chops to an internal temperature of 145°F, then allow them to rest for at least 3 minutes before serving).

Slow Cooker Pulled Pork

- 2 LARGE ONIONS QUARTERED
- 2 T BROWN SUGAR
- 1 T SMOKED PAPRIKA MIXED WITH CAYENNE PEPPER
- 2 T SALT
- ½ T BLACK PEPPER

- 1 PORK BUTT, SHOULDER ROAST, OR EVEN BONE IN PORK CHOPS
- 1 T CHIPOTLE SAUCE
- 1 CUP CIDER VINEGAR
- 1 T WORCESTERSHIRE SAUCE
- 1 ½ CRUSHED RED PEPPER FLAKES
- 2 TSP SUGAR
- ½ TSP DRY MUSTARD
- ½ TSP GRANULATED GARLIC

Turn on the crockpot/slow cooker to high. Place onions in slow cooker. Blend bound sugar, paprika, cayenne pepper, salt and pepper and rub all over the pork. Place the pork in the crockpot. Add chipotle sauce over the roast. Combine vinegar, Worcestershire Sauce, red pepper flakes, sugar, mustard and garlic. Drizzle ½ of the seasoning over the roast. Cover and refrigerate remaining mixture. Cook pork on low for 8 hours. Remove meat and onions. Shred meat. Add juices from the crock pot and mix it with the remaining vinegar mixture. Pour over the shredded meat. Let leftover meat cool completely before putting it in the refrigerator. Makes great sandwiches the next day.

Pizza

Pizza is versatile, so even without a traditional crust, you can make pizzas with various bases. You add your favorite sauce, cheeses and toppings.

For the following “pizza” base, make sure that they are heated or toasted before using as a base.

- TORTILLA PIZZA
- ENGLISH MUFFIN PIZZA
- BAGEL PIZZA

After the base has been toasted, add sauce, a small amount of shredded cheese, and then add your favorite toppings, make sure they are spread out evenly, so they heat properly. Top with sliced or shredded mozzarella cheese and put under the broiler and watch until the cheese is melted.

For the following pizza bases, these items are to be spread out, raw on a baking sheet. You can make your own dough or buy dough. You can make mini pizzas or one large one (or whatever size you want).

Add sauce, a small amount of shredded cheese, and then add your favorite toppings, make sure they are spread out evenly so they heat properly. Top with sliced or shredded mozzarella cheese. Preheat oven to 400°F. Baking time is between 10 and 20 minutes, so keep an eye on the pizzas, and make sure the cheese is melted and the dough is cooked through.

- BISCUIT PIZZA
- HOMEMADE CRUST
- REFRIGERATED DOUGH (POP OUT DOUGH)

Protein

Canned Tuna

Tuna Salad

- 1 CAN TUNA, IN WATER OR OIL, DRAINED
- 1 SQUIRT OF DIJON MUSTARD
- 1 TSP WORCESTERSHIRE SAUCE
- MAYONNAISE (TO YOUR TASTE)
- CELERY SALT (TO YOUR TASTE)
- PEPPER (TO YOUR TASTE)
- SWEET OR DILL RELISH, OPTIONAL

In a bowl, add the tuna and mash it with a fork. Add the individual ingredients to taste. Mix well with a fork (works best). Refrigerate for one hour. Makes a great sandwich, or put on a bed of lettuce, or in a hollowed-out tomato. You decide.

Canned Chicken

Chicken Salad

- 1 CAN CHICKEN (OR LEFTOVER CHICKEN CUBES, OR EVEN ROTISSERIE FROM THE GROCERY STORE).
- 1 SQUIRT OF DIJON MUSTARD
- 1 TSP WORCESTERSHIRE SAUCE
- MAYONNAISE (TO YOUR TASTE)
- CELERY SALT (TO YOUR TASTE)
- PEPPER (TO YOUR TASTE)
- CHOPPED AND DICED CELERY

In a bowl, add the chicken and mash it with a fork. Add the individual ingredients to taste. Mix well with a fork (works best). Refrigerate for one hour. Makes a great sandwich, or put on a bed of lettuce, or in a hollowed-

out tomato. You decide.

Canned Salmon

Salmon Patties

- 2 CANS OF SALMON, DRAINED
- 1 TSP. DRY MINCED ONION
- 1 T CHOPPED FRESH PARSLEY
- 1 TSP. LEMON JUICE
- BLACK PEPPER, TO TASTE
- 2 T SOUR CREAM
- 1 LARGE EGG
- 1/4 CUP BREADCRUMBS
- 2 T OLIVE OIL

In a large bowl combine salmon, onion, parsley, lemon juice and black pepper. Stir in sour cream, egg and breadcrumbs. Shape into 4 patties. Cook your patties. For the best crispy salmon patties, pan-fry them in olive oil.

Skillet Cooking: Heat oil in a skillet over medium heat and cook cakes for about 4 minutes on each side, or until lightly browned, turning gently.

Oven Baking: Preheat your oven to 425°F, line a baking sheet with parchment or aluminum foil, and cook for 10-15 minutes (flipping halfway through) until crisp on the exterior and warm throughout.

Salmon Loaf

- 1 CAN SALMON
- 1 CUP SALTINE CRUMBS
- 2 T MINCED ONIONS
- 1 T LEMON JUICE
- 2 T MELTED BUTTER
- ½ TSP SALT
- 1 EGG (BEATEN)
- 2/3 CUP MILK

- 1 DASH PEPPER

Drain and flake salmon. Add all other ingredients and mix lightly. Pour mixture into well-greased 8"X4" loaf pan. Bake at 375°F for 40 minutes.

Chicken (legs, thighs, or whole)

Baked Chicken Drumsticks

- 1 PACKAGE CHICKEN DRUMSTICKS (PATTED DRY WITH PAPER TOWEL)
- SALT
- PEPPER
- ROSEMARY
- THYME
- BUTTER OR MARGARINE

Butter the chicken under the skin and on top of the skin. Add seasoning under the skin and on top of the skin, (Or you can remove the skin). Put in a baking dish and bake at 375°F for forty minutes.

NOTE: You can use whatever seasonings you have on hand, serve with a side of rice or potatoes. Leftover chicken can be used for chicken salad. Or shred the chicken, mix in melted cheese, and heat tortillas and add the mixture to make quesadillas.

Baked Chicken Thighs

- 1 PACKAGE CHICKEN THIGHS (PATTED DRY WITH PAPER TOWEL)
- SALT
- PEPPER
- ROSEMARY
- THYME
- BUTTER OR MARGARINE.

Butter the chicken under the skin and on top of the skin. Add seasoning under the skin and on top of the skin, (Or you can remove the skin). Put in a baking dish and bake at 375°F for forty minutes.

NOTE: You can use whatever seasonings you have on hand, serve with a side of rice or potatoes. Leftover chicken can be used for chicken salad.

Chicken Skins

Remove the skin from the chicken parts and fry in oil until crunchy.

Frozen Chicken Patties

Chicken Patty Sandwich

- BOX OR BAG OF FROZEN CHICKEN PATTIES *
- MAYONNAISE (TO TASTE)
- ICEBERG LETTUCE (OR OTHER GREEN)
- SALT
- SLICED TOMATO, OPTIONAL
- BREAD, ROLLS OR BUNS

Cook the patties in the oven as recommended on the outside of the bag or box. Lightly salt the tomato and lettuce before putting on the bread. Toast bread, add mayonnaise, lettuce and tomato on the top piece of bread, mayonnaise on the bottom piece of bread, and place the hot patty in the bottom, and put it together.

*May substitute frozen chicken tenders or even fish sticks, or fish filets.

Chicken Patty Parmigiana

- BOX OR BAG OF FROZEN CHICKEN PATTIES *
- 1 CAN OF TOMATOES OR RED PASTA SAUCE
- MOZZARELLA CHEESE OR CHEESE THAT MELTS SMOOTHLY.

Add the chicken patties to a baking dish or even sheet pan. Pour red

sauce lightly over each patty. If using canned tomatoes, if diced or peeled, blend in food processor, blender or crush to break up the chunks of tomatoes. Sprinkle shredded cheese or cheese slices over each patty. Bake at the directions on the box for the chicken patties.

*May substitute frozen chicken tenders (Also works with eggplant).

Hot Dogs

Hot Dogs with Canned Chili

- HOT DOGS
- 1 CAN OF CANNED CHILI (WITH OR WITHOUT BEANS, YOUR CHOICE)
- HOT DOG BUNS

Prepare the hot dogs. (Boil, Steam or cook with butter in a frying pan). Heat the chili in a microwave or on the stove top. Add the hot dogs to the bun, and spoon on the chili. Add shredded cheese, if you wish.

Stuffed Hot Dogs

You can slice the hot dog, but not all the way, and put your favorite stuffing in it. Such as cheese, bacon, or whatever you want. You slice the dog length wise, but not all the way through.

Ground Beef

Ground Beef and Rice

- 1 LB. GROUND BEEF
- SALT
- PEPPER
- 1 CUP COOKED RICE (CAN USE BOIL IN A BAG, REGULAR RICE, LEFT OVER RICE, OR INSTANT RICE)
- 1 CAN DICED TOMATOES OR TOMATO SAUCE
- 1 SMALL ONION DICED, OPTIONAL

- MUSHROOMS, OPTIONAL

In a pan brown the ground beef and then drain off the grease. Add the rice to the ground beef and mix. Add the tomatoes or sauce and heat until hot.

Hamburgers

- 1 LB. GROUND BEEF, THAWED
- SALT
- PEPPER
- CELERY SALT
- STEAK SEASONING
- WORCESTERSHIRE SAUCE

Put the ground beef in a bowl and mix in the seasoning. Divide the ground beef evenly and roll into balls. Heat a pan with salt and a little bit of oil. Add the balls to the pan, and then using a spatula press down to make them flat. This browns on one side, and when you see the edges starting to brown, flip the burgers, so the other side with brown. Turn the heat down to medium and cook the burgers to your desired doneness. Don't use rare meat, medium to well done is good enough. If adding cheese, put the cheese on top of the burger, and cover with a lid until the cheese melts. Let the burgers rest a few minutes before serving.

Swedish Meatballs

- 2 T OLIVE OIL, DIVIDED IN HALF
- ½ CUP YELLOW ONION, FINELY DICED
- 2 CLOVES GARLIC, MINCED
- ½ CUP PANKO BREADCRUMBS
- ¼ CUP PARMESAN CHEESE
- 1 LARGE EGG, WHISKED
- 1/3 CUP MILK
- 1 TSP. SALT

- ¼ TSP. EACH DRIED OREGANO, GROUND ALLSPICE, GROUND NUTMEG, PEPPER
- ¾ LB. GROUND BEEF, 80% LEAN
- ½ LB. GROUND PORK
- 4 T BUTTER
- 4 T FLOUR
- 2 CUPS BEEF BROTH
- 2 TEASPOONS WORCESTERSHIRE SAUCE
- 1 TSP. DIJON MUSTARD, CAN SUB MUSTARD POWDER
- ½ CUP SOUR CREAM, AT ROOM TEMPERATURE

Heat ½ of the olive oil in a large, high-walled skillet over medium heat. Add onions and garlic. Soften for 5 minutes. Set aside and let cool.

In a large bowl, combine the breadcrumbs, Parmesan cheese, whisked egg, milk, cooled onions/garlic, salt, oregano, allspice, nutmeg, and pepper. Gently incorporate the meat until evenly combined, but without overworking it (otherwise the meatballs will be tough instead of tender).

Roll into 1 ½-inch meatballs and place on a plate. (A small cookie scoop makes it easier to roll balls of uniform size.) Transfer to the fridge and let them chill for 15 minutes, or up to overnight. Cover if chilling overnight.

While the meatballs chill, combine the beef broth, Worcestershire sauce, Dijon, and parsley in a large measuring cup. Set aside.

Heat remaining olive oil in a large skillet over medium-high heat. Brown the meatballs in batches, leave plenty of room around each so that you can easily rotate them with a spoon to brown on all sides. Brown for about 1 minute per side. Remove and set aside. Decrease heat slightly as needed throughout cooking. Drain any excess oil when finished.

Melt the butter in the same skillet over medium heat. Stir in the flour with a whisk and cook for 2 minutes, stirring continuously, until it begins to brown. Add the beef broth mixture in small splashes, stirring continuously. Bring to a boil, then reduce to a simmer.

Place the sour cream in a medium bowl. To prevent curdling, slowly stir in about ¼ cup of the warm sauce until smooth. Pour the tempered sour cream back into the pot and stir over low heat until incorporated.

Add the meatballs back to the skillet along with any juices from the

plate. Spoon the sauce on top. Allow them to heat through over low heat for 10-15 minutes (or until cooked through), partially covered. Serve over mashed potatoes or egg noodles.

Meatloaf

(This recipe can be used for meatloaf or meatballs)

- 1 1/2 GROUND BEEF
- 4 SQUIRTS KETCHUP
- 2 SQUIRTS MUSTARD
- 4 T HOT SAUCE
- 1/2 TOMATO SAUCE
- 1 SMALL DICED ONION
- CHOPPED MUSHROOMS
- 2 SHAKES OF BALSAMIC VINEGAR
- CAN OF DRAINED TOMATOES
- SALT
- PEPPER
- OREGANO
- PARSLEY
- THYME
- ROSEMARY
- 1 EGG
- BREADCRUMBS

In a large bowl, add the ground beef and break apart with your hands. Add ketchup, mustard, hot sauce and tomato sauce, and combine (using your hands is best).

Sautee diced onions and mushrooms and then add to the meat mixture. Combine the meat mixture. Add drained tomatoes and all the herbs. Beat an egg and add it to the mixture. Slowly add breadcrumbs, so the meat is not too wet and not too dry.

Add meat to a loaf pan or form into a loaf in a regular baking dish. In a separate bowl, mix 1 cup of tomato sauce and 1 T balsamic vinegar. Pour and spread over the meat for a glaze. (If making meatballs, form meat into

balls. For dinner meat balls, large balls, and for sandwiches or pasta, smaller balls.)

Bake at 350 for 45-60 minutes. Let rest for five minutes before serving.

Rice Meatballs

Use the meatloaf recipe but add cooked rice into the meat mixture.

Form into balls and put them in a baking dish. Top with tomato sauce or the glaze for the meatloaf.

Shepard's Pie

Potato Topping

- 3 LBS. RUSSET POTATOES, PEELED, CUT INTO 2-INCH PIECES
- 1 CUP (2 STICKS) UNSALTED BUTTER, SOFTENED
- 1 CUP WHOLE MILK
- 1 TSP. GRANULATED GARLIC POWDER
- 1 TSP. KOSHER SALT
- ½ TSP. CRACKEDBLACK PEPPER

Filling

- 2 LBS. GROUND BEEF OR GROUND LAMB
- 1 ½ TEASPOONS SALT
- 1 T OLIVE OIL
- 1 SMALL YELLOW ONION, FINELY CHOPPED
- 2 LARGE CARROTS, PEELED AND FINELY DICED
- 1 CUP FINELY CHOPPED FENNEL, FROM 1 SMALL BULB.
- 2 GARLIC CLOVES, MINCED
- 2 T FLOUR
- 2 T TOMATO PASTE
- 2 CUPS BEEF BROTH
- ½ TSP BLACK PEPPER, PLUS MORE FOR SERVING
- 1 TSP. FINELY CHOPPED FRESH THYME, PLUS MORE FOR SERVING

- 1 TSP. FINELY CHOPPED FRESH ROSEMARY
- 1 CUP FROZEN PEAS OR CARROTS, OPTIONAL

Preheat the oven to 400°F with a rack in the center position.

Fill a large pot with salted water. Add the potatoes and bring to a boil over high heat. Cook until fork-tender, about 15 minutes. Drain.

Mashed potatoes being stirred in a pot made with milk, butter, garlic powder, salt and pepper

Using the same pot, combine the butter and milk over medium-low heat. Cook, stirring, until the butter is melted, about 2 minutes. Using a potato ricer, rice the potatoes over the hot butter mixture. (Alternatively, mash the potatoes directly into the liquid, taking care not to overwork them.) Season with the garlic powder, salt and pepper.

Make the filling. In a large skillet over medium-high heat, add the ground beef and season with 1 tsp. Of the salt. Cook, breaking up the meat with a wooden spoon, until cooked through, about 8 minutes. Drain any excess grease and transfer to a plate.

Using the same skillet, reduce the heat to medium and add the olive oil. Once the oil is glistening, add the onions, carrots, and fennel. Season with remaining ½ tsp. Of salt and cook, stirring often, until the vegetables are softened, about 5 to 7 minutes. Stir in the garlic and cook until fragrant, about 2 more minutes.

Stir in the flour and tomato paste and cook, stirring continuously, until the tomato paste has darkened, about 1 minute. Stir in the beef stock, pepper, thyme, and rosemary and bring to a simmer. Add the browned beef and any collected juices and frozen peas and simmer, stirring occasionally until sauce has thickened and liquid is mostly absorbed, about 10 minutes.

Transfer the filling to a 9x13-inch baking dish and spread out evenly. Top with the mashed potatoes, and smooth out into an even layer using the back of a spoon. Bake until the filling is bubbling and potatoes are golden brown, about 20 minutes.

Top with additional pepper and thyme and let cool for 15 minutes before serving.

Homemade Sloppy Joes

(If using the Sloppy Joe sauce from the can, follow the instructions on the

label.)

- 1 LB. GROUND BEEF
- 1 CUP MINCED SWEET ONION
- 1 CUP MINCED GREEN BELL PEPPER
- 1 CAN UNSALTED TOMATO SAUCE
- 1/4 CUP BARBECUE SAUCE
- 1/4 CUP KETCHUP
- 1 T WORCESTERSHIRE SAUCE
- 2 TEASPOONS PACKED BROWN SUGAR
- 1 TSP. DRY MUSTARD
- 4 HAMBURGER BUNS OR 8 SLIDER BUNS

Heat large nonstick skillet over medium heat until hot. Add onion, cook 3 to 5 minutes until golden brown. Add Ground Beef and bell pepper; cook 8 to 10 minutes, breaking beef into 1/2-inch crumbles and stirring occasionally.

Stir in tomato sauce, barbecue sauce, ketchup, Worcestershire sauce, brown sugar and mustard; increase heat to medium-high. Bring to a boil; cook for 5 to 10 minutes or until sauce is thickened, stirring occasionally. Season with salt, as desired.

Divide beef mixture evenly among buns. Top with pickles, coleslaw and cheese, if desired. Close sandwiches.

Stuffed Cabbage Rolls (deconstructed)

- 2 LBS. GROUND BEEF
- 1 LARGE ONION, CHOPPED
- 1 SMALL HEAD CABBAGE, CHOPPED
- 2 CANS DICED TOMATOES
- 1 CAN TOMATO SAUCE
- 1/2 CUP WATER
- 2 CLOVES GARLIC, MINCED
- 2 TEASPOONS SALT
- 1 TSP BLACK PEPPER

Heat a Dutch oven or large skillet over medium-high heat. Cook and stir beef and onion in the hot Dutch oven until browned and crumbly, 5 to 7 minutes; drain and discard grease.

Add cabbage, tomatoes, tomato sauce, water, garlic, salt, and pepper and bring to a boil. Cover Dutch oven, reduce heat, and simmer until cabbage is tender, about 30 minutes.

NOTE: if you don't have a Dutch oven, which is a large pot that is oven safe with a lid, you can use a baking dish and cover with foil.

Ground Turkey or Chicken

Turkey or Chicken Burgers

- 1 LB. GROUND TURKEY
- OLIVE OIL
- CURRY POWDER
- THYME
- ROSEMARY
- CANNED TOMATOES, OPTIONAL
- SALT
- PEPPER

In a large bowl, add the ground turkey. Turkey doesn't have any fat, so it can be dry. Add a splash of olive oil, and all of the seasonings and mix together, using your hands (gloved if possible). To know if you have enough seasoning for the burgers, smell the mix to see if you can smell the seasonings. If you need to add more, do so. You can add a bit of canned tomatoes to the mix, or pour it on the burger after they have been cooked. I like topping my burgers with diced tomatoes.

Create equal patties and put on a plate. Salt and Pepper both sides of the patty. In a skillet or frying pan, add olive oil to the pan and heat until it is sizzling. Add the burgers to the pan. Cook on one side for about seven minutes, and then flip the burgers to the other side. The burgers should be cooked thoroughly. If you press down in the middle of the burger, you can

feel if it is firm or not. Too soft and its not cooked. If it's firm, pull a bit of the turkey from the top away, and make sure it is cooked.

Sandwiches

These recipes can use bread, rolls, biscuits, crackers, and flour tortillas.

Cold Sandwiches

Cream Cheese and Olives

- GREEN OLIVES, CHOPPED FINELY
- SOFTENED CREAM CHEESE

Blend the two together, and then spread on white bread for the sandwich.

Cream Cheese and Olive Pinwheel

- CREAM CHEESE
- FLOUR TORTILLA
- GREEN OLIVES

Spread cream cheese evenly on a flour tortilla. Add the olives so they cover the cream cheese. Tightly roll the tortilla and refrigerate for an hour. After an hour, slice the tortilla thin, and you have beautiful pinwheels

Jelly Rolls

- SLICES OF WHITE BREAD
- JELLY OR JAM

Cut the crusts off the bread. Use a rolling pin or something similar to flatten out the bread. Spread the jam or jelly on the bread, and tightly roll. Serve whole or cut in to sections that look like pinwheels.

Peanut Butter and Pickles

- PEANUT BUTTER
- SLICED PICKLES (DILL FOR TART, BREAD AND BUTTER FOR SWEETNESS)
- BREAD

Spread the peanut butter on the bread. Add the sliced pickles and then sandwich them together. Cut in quarters.

Mayonnaise

- BREAD
- MAYONNAISE

Spread Mayonnaise on the bread, and sandwich the bread together.

Mayo and Tomato

- BREAD
- MAYONNAISE
- SLICED TOMATOES
- SALT

Sprinkle salt lightly over the tomatoes. Spread mayonnaise on each slice of bread. Add the tomatoes, and put the top on the sandwich.

Hot Sandwiches

BLT (Bacon, Lettuce and Tomato)

- BACON LETTUCE (ICE BERG OR ROMAINE)
- FRESH TOMATO (SLICED OR DICED)
- TOASTED BREAD
- MAYONNAISE
- AVOCADO, OPTIONAL, SLICED
- SALT AND PEPPER TO TASTE

Cook the bacon and toast the bread. Cook the bacon until crispy (tip,

you can put strips of bacon on a wire rack over a cookie sheet, and bake in the oven at 350 for 20-30 minutes, depending on the thickness of the bacon)

Once the bread is toasted, add the mayo to both pieces of the bread, spreading it edge to edge. Salt and Pepper the lettuce and tomatoes on both sides before assembling the sandwich. Add Lettuce to one side of the sandwich and tomatoes to the other and then add the bacon. You can add avocado to the sandwich, if you wish.

Fried Bologna Sandwiches

- THICK-CUT DELI BOLOGNA (ABOUT 2-3 SLICES PER SANDWICH)
- SOFT SANDWICH BREAD OR TEXAS TOAST
- AMERICAN CHEESE, CHEDDAR, OR PROVOLONE
- MAYONNAISE
- MUSTARD
- 1 TSP OF BUTTER OR COOKING OIL
- SHREDDED LETTUCE
- TOMATO
- POTATO CHIPS

Use a knife to cut 2 to 3 small slits from the outer edge of each bologna slice toward the center. This keeps the meat flat and prevents it from curling up in the pan. Heat a skillet over medium-high heat with a little butter or cooking oil. Add the bologna slices and fry for 1-2 minutes per side until nicely browned and slightly crispy.

During the last 30 seconds of cooking, place a slice of cheese on top of the bologna. Turn the heat down or cover the pan briefly to let it melt. While the bologna is cooking, lightly toast your bread in the skillet or a toaster.

Spread mayonnaise on one slice of bread and mustard on the other. Place the hot, cheesy bologna on one side, add your toppings (like lettuce or chips), and close the sandwich.

Grilled Cheese

- 4 T SOFTENED BUTTER
- 8 SLICES THICK WHITE BREAD
- SLICED CHEDDAR CHEESE OR AMERICAN CHEESE

Spread the butter on one side of each slice of bread.

Heat a large cast-iron skillet or griddle over low heat. Add 4 pieces of the bread, buttered side down. Top each piece of bread with the cheese. Top each sandwich with a second piece of bread, butter side facing up.

Cook, watching closely, until golden brown on the bottom, for about 8 minutes. Flip and cook on the other side until the cheese is melted and both sides are golden brown, for about 6 more minutes.

Patty Melt

- 1 LB. GROUND BEEF
- ½ TSP. SALT
- ¼ TSP BLACK PEPPER
- 2 T BUTTER
- 1 LARGE ONION, SLICED
- 6 TEASPOONS MAYONNAISE
- 6 SLICES BREAD
- 6 SLICES SHARP CHEDDAR CHEESE

Season ground beef with salt and pepper; divide into 3 equal-sized balls. Shape each ball as close as possible to the shape of the bread. Make an indentation in the center of each patty with your thumb to help keep them flat while cooking.

Melt butter in a skillet over medium heat. Add onion; cook and stir until soft and translucent, 5 to 7 minutes. Transfer onions into a bowl and set aside. Place beef patties into the same skillet and cook until desired doneness, 3 to 5 minutes per side.

Meanwhile, spread 1 tsp. Of mayonnaise on one side of each slice of bread. Place 3 slices bread mayonnaise-side down in the skillet. Top each with 1 slice of cheese, 1 beef patty, 1/3 of the onions, a second slice of cheese, and another slice of bread, mayonnaise-side up. Cook bread until golden brown and cheese has started to melt, 3 to 4 minutes. Flip each

sandwich over and cook an additional 3 to 4 minutes.

Tuna Melt

- 1 CAN OF TUNA (WATER OR OIL), DRAINED
- 1/4 CUP MAYONNAISE
- 1 STALK CELERY, FINELY DICED
- 1 T FINELY DICED RED ONION OR GREEN ONION
- 1 TSP DIJON OR YELLOW MUSTARD
- A SQUEEZE OF FRESH LEMON JUICE
- SALT
- PEPPER
- 4 SLICES OF HEARTY BREAD
- 2 T SOFTENED BUTTER
- 4 SLICES OF CHEESE (CHEDDAR, SWISS, OR PROVOLONE)

In a mixing bowl, combine the drained tuna, mayonnaise, celery, onion, mustard, lemon juice, salt, and pepper. Flake and mix with a fork until well combined. Butter one side of each slice of bread.

Place two slices of bread, buttered-side down, in a skillet over medium-low heat. Place a slice of cheese on each, add a generous scoop of tuna salad, and top with a second slice of cheese and your top piece of bread (buttered side up).

Cook for 3 to 5 minutes until the bottom is golden brown, then carefully flip and cook for another 3 to 5 minutes until the cheese is completely melted and bubbling.

Savory Snacks

Stuffed Celery

There are many things that can be added on celery for that “stuffed” feel. To make the celery pop more with flavor, sprinkle celery salt on the celery before stuffing.

Ants on a log

- CELERY HEARTS CUT IN TO SMALL SECTIONS
- PEANUT BUTTER
- RAISINS

(A tip for the raisins, soak them in warm water for about 15 minutes so they plump and aren’t hard).

Spread peanut butter on the celery, and then add the raisins.

Raisins can also be replaced with nuts or dried fruit, or removed all together.

Celery and Cream Cheese

- CELERY HEARTS CUT IN TO SMALL SECTIONS
- CREAM CHEESE

Spread cream cheese into the celery hearts.

Celery and Pickles

- CELERY HEARTS CUT IN TO SMALL SECTIONS
- CREAM CHEESE

Spread cream cheese into the celery hearts. Top with diced pickles.

Sweet Treats

Cake

Cake Mix Cookies

- 1 PACKAGE OF CAKE MIX (ANY FLAVOR EXCEPT FOR FUDGE MARBLE OR CARROT CAKE)
- ½ CUP OF SHORTENING
- ⅓ MARGARINE OR BUTTER
- ½ TSP VANILLA
- 1 EGG

Preheat oven to 375°F. Mix half of the cake mix with the shortening, butter, vanilla and egg in a large bowl. Once completely mixed, stir in the remaining cake mix. Drop dough rounded spoonfuls on a cookie sheet. Bake 9-11 minutes. Frost as desired.

Fruit Cocktail Cake

(can substitute any canned fruit)

- 1 CUP FLOUR
- 1 CUP WHITE SUGAR
- 1 EGG
- 1 TSP BAKING SODA
- 1-TSP VANILLA EXTRACT
- 1 CAN FRUIT COCKTAIL
- ½ CUP PACKED BROWN SUGAR

Preheat oven to 350°F. Lightly grease one 9x9 square baking pan.

Combine the flour, white sugar, egg, baking soda, vanilla, and undrained fruit cocktail. Mix until blended. Pour batter into prepared pan and sprinkle the top with brown sugar. Bake for 40 minutes or until golden brown and firm.

Kool-Aid Kake

- 1 ¼ CUPS FLOUR
- 1 ½ CUP SUGAR
- ½ TSP BAKING POWDER
- 1 TSP SALT
- 1 ¼ MILK
- EGGS
- 1 PACKAGE OF NON-SWEETENED DRINK MIX (KOOL AID OR FLAVOR AID) FLAVOR OF YOUR CHOICE.
- 1 STICK OF SOFTENED BUTTER
- 1 TSP VANILLA

Preheat oven to 350°F. Mix drink mix with the cup of milk until it's dissolved. Beat all ingredients in order, scraping the bowl, until everything is blended. Add to cake pan. Bake for 25-30 minutes.

Frost with your favorite frosting or mix a small amount of the drink mix with confectioner's sugar, and add T of milk, and mix until smooth. If it's too thin, add more sugar, too thick add a little more milk.

Peanut Butter Cookies (flourless)

- ½ CUP WHITE SUGAR
- ½ CUP LIGHT BROWN SUGAR (LIGHTLY PACKED)
- 1 LARGE EGG
- 1 TSP BAKING SODA
- 1 CUP SMOOTH PEANUT BUTTER

Preheat the oven to 350°F. Use a mixing bowl to combine white sugar with light brown sugar and egg and mix that together. Then add baking soda and creamy peanut butter and mix that until it's well combined. Because the dough has no flour in it, it can be a little on the sticky side so you'll want to use a couple of spoons to shape the dough into cookies, placing them onto 2 baking trays on top of parchment paper. You'll end up with about 2 dozen cookies total.

Use a fork to make a crisscross pattern in each cookie, pressing them

down to about ¼ to ½ -inch thick and place them into the oven. The cookies will take 10 - 12 minutes to bake and you'll want to switch the trays from top to bottom halfway through.

Pineapple Upside down Cake

- ⅓ CUP BUTTER
- ½ CUP BROWN SUGAR, PACKED
- 8 PINEAPPLE RINGS
- 8 MARASCHINO CHERRIES
- 1 CUP FLOUR
- 1 TSP. BAKING POWDER
- ¼ TSP. SALT
- ⅔ CUP WHITE SUGAR
- 2 EGGS
- ¼ CUP PINEAPPLE JUICE

Preheat the oven to 350°F. Melt butter in a 9-inch cast iron skillet over medium heat. Stir in brown sugar; heat until bubbly. Remove from heat. Arrange pineapple rings and cherries on top.

Sift flour, baking powder, and salt together in a bowl; repeat sifting twice more. Beat white sugar and eggs together in a bowl with an electric mixer until light and fluffy.

Alternate folding flour mixture and pineapple juice into egg mixture in 3 batches, beginning and ending with flour mixture. Pour over pineapple slices. Bake in the preheated oven until a toothpick inserted into center comes out clean, 30 to 35 minutes. Let cool in the skillet for 5 minutes. Invert carefully onto a serving platter.

Poke Cake (with pudding)

- 1 BOX CAKE MIX, YELLOW, WHITE OR CHOCOLATE
- 1 ROUND DOWEL OR THE END OF A WOODEN SPOON
- 1 BOX OF CHOCOLATE OR VANILLA PUDDING

Make the cake according to the instructions on a box (you can also use your own recipe for cake) but bake it in a rectangle baking dish instead of cake pans. Make the pudding according to the instructions on the box. When the cake comes out of the oven, let it cool completely in the baking dish.

Once the cake is completely cooled, poke holes in the a rows on the cake, but not going all the way through the cake. Once finished, pour the pudding over the entire cake, letting it fill in the holes and also be the cake topping.

Prune Cake

- 1 CUP PITTED PRUNES
- ½ CUP WATER
- 2 CUPS FLOUR
- 1 ½ CUPS WHITE SUGAR
- 1 T GROUND ALLSPICE
- 1 TSP. BAKING SODA
- 1 TSP. GROUND NUTMEG
- 1 TSP. GROUND CINNAMON
- ½ TSP. SALT
- 1 CUP VEGETABLE OIL
- 1 CUP BUTTERMILK
- 2 EGGS, LIGHTLY BEATEN
- 1 ½ CUPS CHOPPED PECANS, OPTIONAL

Icing:

- 1 CUP WHITE SUGAR
- ½ CUP MARGARINE
- ½ CUP BUTTERMILK
- 2 T CORN SYRUP, SUCH AS KARO
- 1 TSP. VANILLA EXTRACT

Heat prunes and water in a small saucepan over medium-high heat to a boil; reduce heat to low, and simmer until prunes tender, about 5 minutes. Drain and set aside.

Preheat the oven to 350 °F. Grease and flour a fluted tube pan (such as a Bundt).

Whisk flour, sugar, allspice, baking soda, nutmeg, cinnamon, and salt together in a mixing bowl. Combine vegetable oil, 1 cup buttermilk, and eggs in a separate bowl; stir into flour mixture until fully incorporated. Beat in drained prunes with an electric mixer (the mixer will break them up a bit). Stir in chopped pecans; pour into the prepared pan.

Bake in the preheated oven until a tester comes out clean, for about 45 minutes. Let cake cool on a wire rack for at least 10 minutes.

Meanwhile, combine sugar, margarine, buttermilk, corn syrup, and vanilla extract in a saucepan; bring to a boil over medium-high heat. Boil icing for a full 5 minutes, stirring occasionally.

Invert cake onto a platter; pour hot icing over top.

Wacky Cake

- 1 ½ CUPS FLOUR
- 1 CUP WHITE SUGAR
- 4 T UNSWEETENED COCOA POWDER
- 1 TSP. BAKING SODA
- ½ TSP. SALT
- 6 T VEGETABLE OIL
- 1 T CIDER VINEGAR
- 1 TSP. VANILLA EXTRACT
- 1 CUP WATER

Preheat the oven to 350 °F. F (175 °F. C).

Sift flour, sugar, cocoa powder, baking soda, and salt together in an 8x8-inch ungreased cake pan. Make 3 depressions in flour mixture; pour oil into one well, vinegar into second, and vanilla into third well. Pour water over all ingredients, then stir with a fork until well blended.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, 30 to 40 minutes.

“Ice Cream”

Banana “Ice Cream”

Bananas sliced and then lain flat on a sheet tray or pan, and freeze. One frozen, store in a zip top bag. Using a blender or food processor add the frozen banana slices and blend. Instant banana ice cream. To make it more like a milk shake, add a Tsp of vanilla extract and milk to desired thickness.

Adding yogurt and other frozen fruit, like berries will make it a smoothie.

Coffee “Ice Cream” Cups

Whipped cream, coffee, and sugar. Put in cups and freeze.

Muffins

Peanut Butter Muffins

- 2 ½ CUPS FLOUR
- 2 TEASPOONS BAKING POWDER
- 1 TSP. BAKING SODA
- ½ TSP. SALT
- ½ CUP UNSALTED BUTTER MELTED
- 1 CUP BROWN SUGAR
- 2 LARGE EGGS
- 2 TEASPOONS VANILLA EXTRACT
- 1 ½ CUPS WHOLE MILK
- ¾ CUP CREAMY PEANUT BUTTER
- ½ CUP PEANUT BUTTER CHIPS
- COARSE SUGAR OPTIONAL

Preheat oven to 400°F. In a large bowl, combine the flour, baking powder, baking soda, and salt, then set aside. In a separate bowl, whisk together the melted butter and brown sugar.

Whisk in the eggs and vanilla extract. Stir in the milk until smooth. Whisk in the peanut butter until creamy and well-combined. Fold in the dry ingredients, mixing until just combined. Add the peanut butter chips and fold in, being careful not to overmix.

Line a 12-count muffin tin with muffin liners or grease a muffin pan heavily. Fill each muffin cup most of the way, and sprinkle with coarse sugar (if using).

Bake in the preheated oven for 5 minutes, then turn the temperature down to 350°F. Bake for 14-15 more minutes until the centers are completely set, verified with a toothpick inserted in the center.

Allow the muffins to cool.

No Bake Desserts

Cheesecake

Crust:

- 8 3/4 OUNCES GRAHAM CRACKER CRUMBS, STORE-BOUGHT OR HOMEMADE
- 2 1/2 OUNCES UNSALTED BUTTER, MELTED
- SALT, TO TASTE

Filling:

- 16 OUNCES PLAIN, CREAM CHEESE
- 5 1/4 OUNCES SUGAR
- 3/4 OUNCE FRESH JUICE FROM 1 LEMON
- 1/4 TSP. VANILLA EXTRACT
- 1/8 TSP. SALT
- 1 1/2 CUPS HEAVY CREAM

Combine cracker crumbs and melted butter in a small bowl, then stir in a pinch of salt to taste. Sprinkle into a 9-inch tart pan or pie plate, spread into an even layer, then compress firmly with a flat-bottomed drinking glass or measuring cup; this will naturally push the crumbs up the sides of the pan. Keep pressing until the crumbs are in a compact, even layer across the bottom and sides of the pan. Refrigerate until needed.

Combine cream cheese, sugar, lemon juice, vanilla, and salt in the bowl of a stand mixer fitted with a paddle attachment. Mix at low speed to form

a thick paste, then increase to medium speed until soft and smooth. Scrape bowl and beater with a flexible spatula, then switch to the whisk attachment and pour in cream. Mix at low speed to combine, then increase to high and whip until the mixture can hold stiff peaks,

Scrape filling into prepared crust and spread into an even layer, using the back of a spoon to sculpt filling into swoops and swirls. Cover with plastic and refrigerate until the filling is firm and cold, about 6 hours.

Cow Piles

- CUP WHITE SUGAR
- 1 STICK OF BUTTER
- 1/3 CUP OF COCOA POWDER
- 1/2 CUP MILK
- 1 TSP VANILLA
- 1/2 CUP PEANUT BUTTER (CREAMY)
- 2-3 CUPS OF OATS

Mix sugar, butter, cocoa, milk, and vanilla in a large pot. Bring to a slow boil, until the sugar dissolves. Add Peanut butter mix thoroughly. Add the Oats slowly. Allow 10 minutes to cool. Scoop cookies on parchment paper or foil. Give an hour to set.

Ice box cake

This is a simple “cake” that is no bake and can be used with either crackers or cookies.

- CRACKERS OR COOKIES
- WHIPPING CREAM OR COOL WHIP TOPPING

Options for the cream: Whip heavy cream until it reaches a firm but not buttery stage. Add vanilla or other flavors, such as coffee or chocolate (extracts or flavoring). You can also use these flavorings in cool whip

topping or whatever type of cream you want.

Layer the crackers or cookies in a cake pan, then top with whipped cream, and then layer the cookies or crackers. Layer until the last layer at the top is whipped cream. You can also use a chocolate mousse or variety of pudding instead of the whipped cream. Let refrigerate until settled (about an hour).

Oatmeal Raisin Cookies

- 1 ½ CUPS RAISINS
- 1 ½ CUPS FLOUR
- ½ TSP SALT
- ½ TSP BAKING POWDER
- 1 TSP GROUND CINNAMON
- 8 OZ UNSALTED BUTTER, SOFTENED
- 1 CUP LIGHT BROWN SUGAR (PACKED)
- 1 CUP GRANULATED SUGAR
- 2 EGGS AT ROOM TEMPERATURE
- 2 CUPS ROLLED OATS

Adjust oven racks to middle and low position. Preheat oven to 350°F. Butter 2 large baking trays, or line with parchment/ baking paper.

Optional: Soak raisins in boiled water for 10 minutes. Drain then pat dry. (This makes them plumper).

Sift flour, salt, baking powder and cinnamon into a bowl. Using a stand mixer or electric mixer, beat butter until creamy. Then beat in sugar until fluffy - about 2 - 3 minutes. Beat eggs one at a time until incorporated. Use a wooden spoon to stir the flour mixture in. Stir in oats and raisins

Form into balls and place onto baking trays at least an inch apart. I use an ice cream scoop, slightly heaped.

Bake for 11 minutes. Then swap the trays between the shelves AND turn the trays around. Bake for a further 11 - 14 minutes, or until cookies are golden on the edges and light golden on the surface.

Cool on the trays for 5 minutes before transferring to a cooling rack. Cool for 30 minutes before serving.

