

Appetizers & Sauces

*Dip, Hummus

Erin MacCormick

1 20 oz can of Chickpeas (not drained)
2-4 Cloves of garlic

2/3 cups tahini
40 ml Lemon Juice

20 ml Sea Salt
1 tbsp Extra Virgin Oil

1. Microwave chickpeas and garlic in a medium bowl.
 2. Transfer to food processor.
 3. Add the remaining ingredients.
 4. Serve with Naan bread and veggies.
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*Dip, Surprise Spread

Gayle Pawlak

½ cup sour cream
¼ cup mayonnaise
¼ cup cream cheese

Ground beef
Salsa
Chips / Crackers

Tomatoes, chopped
Green onion, chopped
Pepper
Shredded Cheese

1. Blend first three ingredients well.
2. Layer in a casserole dish
3. Top with cooked beef mixed with salsa (to your liking)
4. Top with veggies and cheese

Serve with crackers and/or chips

*Garlic Bites

1 package Pillsbury Country Biscuits
1 clove fresh garlic

½ cup butter
Grated Parmesan Cheese

Italian seasoning

1. Open biscuits and cut each into quarters using pizza cutter.
 2. Melt butter and garlic in sauté pan. Turn off heat
 3. Toss biscuits into butter mixture
 4. Sprinkle with parmesan and seasoning.
 5. Bake at 350 F 15-20 minutes or until golden brown.
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*Potato Skins

3 lb russet baking potatoes (approx.. 6)
Olive oil
Canola oil or grapeseed oil
Kosher salt or seasoning salt

Freshly ground pepper
6 strips of bacon
4 oz grated cheddar cheese
½ cup sour cream

2 green onions, thinly sliced,
including the greens of the
onions

1. Scrub and rub with margarine. Bake potatoes at 400 F for 60 minutes.
 2. While the potatoes are cooking, cook the bacon strips in a frying pan on medium low heat for 10 to 15 minutes, or until crisp. Drain on paper towels. Let cool. Crumble.
 3. Remove the potatoes from the oven and let cool enough to handle. Cut in half horizontally. Use a spoon to carefully scoop out the insides, reserving the scooped potatoes for another use, leaving about 1/4 of an inch of potato on the skin.
 4. Increase the heat of the oven to 450°F. Brush or rub grapeseed oil or canola oil (or another high smoke point oil) all over the potato skins, outside and in. Sprinkle with salt. Place on a baking rack in a roasting pan (don't use a cookie sheet, it will warp, use a roasting pan or broiler pan that can take the heat). Cook for 10 minutes on one side, then flip the skins over and cook for another 10 minutes. Remove from oven and let cool enough to handle.
 5. Arrange the potato skins skin-side down on the roasting pan or rack. Sprinkle the insides with freshly ground black pepper, cheddar cheese, and crumbled bacon. Return to the oven. Broil for an additional 2 minutes, or until the cheese is bubbly. Remove from oven. Use tongs to place skins on a serving plate. Add a dollop of sour cream to each skin, sprinkle with green onions.
 6. Serve immediately.
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*Salsa, Fresh / Pico de Gallo

4 cups chopped, peeled fresh tomatoes
¼ cup finely chopped onion
1-4 jalapeno peppers, seeded, finely chopped

1 tbsp olive oil
1 tbsp vinegar
1 tsp ground cumin

1 tsp salt, optional
1 garlic clove, minced

1. In a bowl, combine all ingredients; mix well.
2. Let stand for about 1 hour and then serve at room temperature
3. Store in a covered container in the refrigerator.

Yield: 3 ½ cups

*Salsa, Slow Cooker Peach Salsa

Website

4 lbs tomatoes (about 12 medium),chopped
1 med onion, chopped
4 jalapeno peppers, seeded and finely chopped
½ to 2/3 cup packed brown sugar
¼ cup minced fresh cilantro

4 garlic cloves, minced
1 tsp salt
4 cups chopped peeled fresh peaches (about 4 med), divided
1 can (6 oz) tomato paste

1. In a 5-qt. slow cooker, combine the first 7 ingredients; stir in 2 cups peaches.
2. Cook, covered, on low 3-4 hours or until onion is tender.
3. Stir tomato paste and remaining peaches into slow cooker. Cool.
4. Transfer to covered containers. (If freezing, use freezer-safe containers and fill to within ½ " of tops.)
5. Refrigerate up to 1 week or freeze up to 12 months.

Thaw frozen salsa in refrigerator before serving.

*Snack Mix

½ box Shreddies
½ box Cheerios
½ box Crispex
½ box Corn Bran Squares

1 pound mixed nuts
1 package pretzels
Goldfish and or bugles

1 ½ cup peanut oil
2 tbsp Worcestershire sauce
2 tsp celery salt
2 tsp onion salt
2 tsp garlic salt

1. Combine cereals, nuts and pretzels together in a large roasting pan.
 2. Mix oil and seasonings together.
 3. Pour over the cereal mixture.
 4. Bake, uncovered at 200 F for 2 hours, stirring every 20 minutes.
 5. Cool and pack in containers to store, can be frozen.
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Bruschetta

2 tomatoes, cubed
1 tps dried basil

4 tbsp grated Parmesan cheese
2 tbsp olive oil
1 clove garlic, crushed

Seasoning salt to taste
Ground black pepper to taste

1. In a medium bowl, mix tomatoes, dried basil, Parmesan cheese, olive oil, garlic, seasoning salt and ground black pepper.
 2. Cover and chill in the refrigerator 8 hours
 3. Toast baguette at 350 for 5 minutes, top with mixture and toast for 3 more minutes
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Dip, Artichoke

Shannon Williams

1 – 14 oz can of Artichoke
hearts (found in pickle section)

½ cup Parmesan
1 cup mayo

1 dash lemon juice
2 garlic cloves

1. Mix, heat, serve with bread
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Dip, Bacon

1 ½ lb bacon, crumbled and divided

2 cups shredded mozzarella cheese

2 (8 oz) pkgs of cream cheese, softened

½ cup sour cream

¼ cup mayonnaise

1 cup cheddar cheese (shredded)

½ tsp Italian seasoning

½ tsp garlic powder (or to taste)

1 tbsp mustard

2 cups tomatoes, chopped,
seeded

1 ½ cup shredded iceberg lettuce

Pepper and salt to taste

Toasted bread rounds, crackers,
or pita chips

1. Preheat oven to 350.
2. Spray a 1 ½ quart baking dish with non-stick cooking spray.
3. Set aside ¾ cup crumbled bacon
4. In a large bowl, combine remaining bacon, cream cheese, shredded cheeses, sour cream, mayo, Italian seasoning, garlic powder, salt, pepper, and mustard.
5. Spoon mixture into prepared baking dish.
6. Bake for 25-30 minutes or until hot and bubbly.
7. Sprinkle chopped tomatoes, remaining ¾ cup crumbled bacon and lettuce over hot dip.
8. Serve immediately with toasted bread rounds, crackers or pita chips

Additional Instructions or Notes

Dip, Guacamole

Shannon Williams

2 large, 3 medium avocados

1 large, firm tomato, peeled,
seeded, chopped

1-2 hard boiled eggs, finely
chopped

½ cup finely chopped onions

2 cans mild chopped chilies

1 tbsp. lime juice

2 tsp salt

1. Peel the avocados by cutting each into lengthwise quarters
2. Remove the seed and pull off the skin in one good pull, beginning at the narrow end of each quarter
3. Place the avocados in a bowl
4. Peel the tomato by covering with boiling water first.
5. Let stand 1-2 minutes. Skin slips off.
6. Cut the tomato in quarters, remove the seed and coarsely chop.
7. Add the tomato, 1 chopped egg, the onions, chilies, lime juice and salt into a bowl.
8. Mix together gently but thoroughly.
9. If desired, garnish with a second chopped egg and fresh cilantro

Additional Instructions or Notes

Dip, Hot Broccoli

Mandy Clarke

6 oz fresh broccoli florets (about 1 cup chopped)	2 tbsp red pepper, chopped	1 cup grated cheddar cheese
	2 tbsp onion, chopped	½ cup sour cream
1/3 cup divided, fresh grated parmesan cheese	1 garlic clove, pressed	½ cup mayo

1. Heat oven to 375
2. Mix all ingredients in bowl
3. Spoon into baking / serving tray
4. Bake 20-25 minutes or until heated through
5. Remove from oven, sprinkle on parmesan cheese, serve with crackers

Dip, Tzatziki

1 long English cucumber	½ tsp salt	1 cup sour cream
3 minced garlic cloves	2 cups plain yogurt	1 tsp chopped parsley

1. Grate cucumber into a bowl, set aside to allow liquid to drain off
2. Place garlic and salt in a serving bowl
3. Add yogurt and sour cream
4. Squeeze out excess liquid from cucumber, add to yogurt mixture
5. Mix well, Sprinkle parsley on top

Additional Instructions or Notes

Nuts, Spiced Pecans

1 lb pecan halves	2 tsp water	½ tsp ground cinnamon
4 tbsp unsalted butter	1 tsp kosher salt	½ tsp dried grated orange peel
¼ cup packed brown sugar.	½ tsp ground cumin	
2 tbsp packed dark brown sugar	½ tsp cayenne pepper	

1. Add pecans to a cast iron pan that has heated for 10 minutes on medium.
 2. Add butter and stir until melted.
 3. Add next three ingredients and stir until thick.
 4. Toss the seasonings onto the pecans.
 5. Cool on parchment.
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Nuts, Sweet & Spicy Almonds

Moms & Tots

½ cups unblanched almonds
1 ½ tsp coarse salt

1 tbsp honey
¼ cup sugar

1 tsp cayenne pepper
1 tsp olive oil

1. On a cookie sheet toast almonds until fragrant; about 10 minutes.
2. In a large bowl combine sugar, salt, and cayenne pepper.
3. In a large skillet over med heat, cook honey, water and olive oil, stirring until combined, 1 minute.
4. Add almonds; toss to coat
5. Transfer to sugar mixture, toss to coat.
6. Cool in a single layer.

Eat on own or serve in a salad.al Instructions or Notes

Nuts, Toasting Tips

When toasting nuts, seeds or coconut, cooking times will vary for each type of nut—so never toast them together. For small amounts, place ingredient in an ungreased shallow frying pan. Heat on medium for 3-5 minutes, stirring often, until golden. For larger amounts spread ingredient evenly in an ungreased shallow pan. Bake in a 350F oven for 5-10 minutes, stirring or shaking often, until golden.

Most Common:

Sesame Seeds

Almonds

Rub, Marinade – Shredded Beef

The Chunky Chef website

2-3 tbsp brown sugar, packed
(1/2 cup)

2 ½ tsp paprika (2 ½ tbsp)

2 tsp garlic powder (2 tbsp, 1 tsp)

2 tsp onion powder(2 tbsp, 1 tsp)

1 ½ tsp kosher salt (1 ½ tbsp)

1 tsp black pepper (1 tbsp)

4 lb chuck roast

2 tbsp yellow mustard

2/3 cup beef broth

1tsp liquid smoke

¾ tbsp unsalted butter (sliced)

1. Combine brown sugar, paprika, garlic powder, onion powder, salt and pepper in a small bowl. Set aside.
2. Add chuck roast to slow cooker, drizzle with mustard and rub into the meat.
3. Sprinkle with half of the rub. Rub into the meat, flip the roast over and rub the remaining rub into the meat.
4. Pour in beef broth and liquid smoke (if using), being careful to pour it around the roast, not over it. You don't want to wash away that rub and mustard! Top with butter slices.
5. Cover and cook on LOW for 8-10 hours, or until roast is fork tender.
6. Remove roast from slow cooker to a large cutting board and shred, discarding large fat pieces.
7. Drain cooking juices from the slow cooker and return shredded beef to the slow cooker.

If made in bulk (x3), add 5.5 tbsp of mix to liquids

Salsa, Peach Picante

2 to 3 ripe peaches, pitted and diced
½ red bell pepper, diced
¼ cup diced red onion
¼ cup chopped fresh cilantro

Juice and zest of 1 lime
1 small garlic clove, grated
½ jalapeño pepper, minced
¼ teaspoon sea salt, plus more to taste

1. In a medium bowl, mix together the peaches, bell pepper, onion, cilantro, lime juice and zest, garlic, jalapeño, and salt.
 2. Season to taste and chill until ready to use.
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Salsa, Picante

Brenda Coghlin (Company's Coming)

4.5 lbs Ripe tomatoes, scalded and peeled, stem ends and cores removed, chopped
3 Canned whole green chilies, chopped
1 lg Spanish onion, chopped
1 lg green pepper, seeded and chopped
1 med red pepper, seeded and chopped

3-6 Canned whole jalapeno peppers, chopped
5.5 oz Canned tomato paste
¾ cup White vinegar
¼ cup Brown sugar
1 tbsp Coarse(pickling) salt

2 tsp Paprika
½ tsp Garlic powder (or 2 cloves,minced)

1. Combine all ingredients in a large pot.
2. Bring to a boil, uncovered over medium heat stirring occasionally.
3. Boil gently for 60 minutes, stirring occasionally until thickened to desired consistency.
4. Close to the end of cooking, taste to see if you would like to add more jalapeno peppers. Add as many more as you like.
5. Fill hot sterilized pint jars to within ½ inch of top.
6. Place sterilized metal lids on jars and screw metal bands on securely.
7. For added assurance against spoilage, you may choose to process in a boiling water bath for 5 minutes.
8. Serve with nachos that have melted chesses, sour cream and green onions on them. Also with quesadillas and sour cream or burgers.

Makes 5 pints

Sauce, Barbecue

The Chunky Chef website

1 lg Yellow onion, minced
4 Garlic cloves, minced
3 tbsp Butter
1 tsp Olive Oil

Salt & Pepper, to taste
20-24 oz Ketchup
1/3 – ½ cup Brown Sugar,
packed

¼ cup Apple cider vinegar
2-3 tbsp Molasses
½ tsp Worcestershire sauce

1. Add butter and olive oil to a saucepan and heat over MED heat.
2. Add onion and garlic and saute until soft and translucent, about 5-8 minutes.
3. Add ketchup, brown sugar, cider vinegar, molasses and Worcestershire sauce to saucepan and stir until combined.
4. Pour barbecue sauce into slow cooker with beef and stir well.
5. Cover and cook on HIGH for 30 minutes or so, to allow the sauce to really mesh together and slightly caramelize on the beef.

Serve hot and enjoy!

Sauce, Marinade - Best Steak

1/3 cup Soya Sauce
½ cup Olive Oil, Extra virgin
1/3 cup Lemon Juice
¼ Cup Worcestershire Sauce

1 ½ tbsp Garlic Powder
3 tbsp Dried Basil
1 ½ tbsp Dried Parsley Flakes
1 tsp White Pepper

1/8 tsp Cayenne Pepper
1 tsp Fresh Garlic. crushed

1. Mix all ingredients.
2. Pour over meat – refrigerate up to 8 hours turning container over regularly (4 hours minimum)
3. Cook meat as desired.

If made in bulk, add 6.5 tbsp of mix to liquids.

Sauce, Marinade - Big Meat (Steak on a Stick)

2 lbs Flank Steak
½ cup soya sauce
¼ cup water
2 tbsp Molasses

2 tsp Mustard Powder (10 tsp)
1 tsp Ground Ginger (5 tsp)
½ tsp Garlic Powder (2 ½ tsp)
½ tsp Onion Powder (2 ½ tsp)

1. In a large resealable bag, combine the soy sauce, olive oil, water, molasses, mustard powder, ginger, garlic powder and onion powder.
2. Seal and shake the bag to mix together.
3. Add steak strips to the bag and seal. Refrigerate for at least 8 hours to marinate.
4. Preheat the oven's broiler. Thread meat onto skewers and place on a broiling rack.
5. Broil the steak for 3-4 minutes on each side. (or grill for the same amount of time)
6. Arrange on a platter to serve.

If made in bulk, add 4 tsp of mix to liquids.

Sauce, Marinade - Greek

1 tbsp Red Wine Vinegar
¼ cup Olive Oil
1 tbsp Lemon Juice
1 tsp Honey

¼ tsp Pepper (1 ¼ tsp)
½ tsp Salt (2 ½ tsp)
2 tsp Dried Oregano (3 tbsp)

1 tsp Garlic Powder (5 tsp)
¼ tsp Paprika (1 ¼ tsp)

1. Mix all ingredients.
2. Pour over meat – refrigerate up to 8 hours turning container over regularly (4 hours minimum)
3. Cook meat as desired.

If made in bulk, add 1 tbsp + 1 tsp of mix to liquids

Sauce, Marinade - SW

¼ cup Olive Oil
1/3 cup Lime Juice
2 Cloves Garlic
¼ cup water

1 tsp Sugar (5 tsp)
1 tsp Kosher Salt (5 tsp)
½ tsp Cumin (2 ½ tsp)

1 ½ tsp Paprika (2 ½ tbsp)
1 tsp Onion Powder (5 tsp)
1-2 Tbsp Chili Powder (7 tbsp)

1. Mix all ingredients.
2. Pour over meat – refrigerate up to 8 hours turning container over regularly (4 hours minimum)
3. Cook meat as desired.

If made in bulk, add 50 ml of mix to liquids
