

# Easy Recipes that Warm the Heart



supported by:



community ambassadors



On behalf of TELUS, we are pleased to provide you with this collection of recipes we hope you will enjoy.

Sharing recipes is a way of connecting with each other, even if we haven't met.

Sometimes we don't realize how creative we can be with the food items we have in our kitchens. Even if we only make one creative meal a week, it delights not only the chef, but also the people who share the meal.

Bon Appétit!

## Index

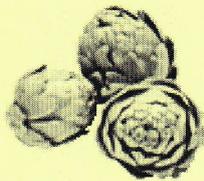
Deluxe Dinner Salad .....	6
Tuna Pasta Salad .....	6
Summer Chicken Salad .....	7
Jellied Green Salad.....	7
Potato Salad .....	7
Fruit Salad.....	8
Easy Broccoli Salad .....	8
4 Bean Salad .....	8
Cole Slaw.....	9
Bean Salad .....	9
Rootie Toot Fruit Salad .....	10
French Dressing .....	10
Cole Slaw.....	10
Apple Coleslaw.....	11
Quick Crazy Salad.....	11
Vegetable and Salmon Chowder.....	13
Yellow Split Pea Soup.....	13
Mexican Minestrone.....	14
Hearty Vegetable Soup.....	14
Vegetable Beef Soup.....	15
Hamburger Soup .....	15
Chicken Rice Soup.....	16
Vegetable Soup .....	16
French Onion Soup .....	17
Gord's Hamburger Soup.....	17
Cream of Cauliflower & Carrot Soup .....	18
Vegetable Soup .....	18
Quick Noodle Soup.....	19
Cream of Tomato Soup .....	19
Atlantic Corn Chowder.....	20
Quick Potato Soup.....	20
Cauliflower Soup .....	21
Creamy Corn Chowder.....	21
Creamy Potato Soup.....	21
Souperburgers .....	23
Potato Crunchies .....	23
Scallop Potatoes .....	24
Potato Latkes.....	24
Party Pork Barbecue.....	25
Pennsylvania Knockbuckle.....	25
Seashell Melt.....	26
Fish Loaf.....	26
Tomato Sauce for Fish Loaf .....	26
Baked Bean Casserole .....	27
Vegetables 'n' Taters.....	27

Whole Chicken Stew .....	28
Consommé Chicken with Rice.....	28
Tuna Casserole.....	29
Rice Casserole.....	29
Chicken a la King.....	29
Chicken & Vegetable Rice Skillet .....	30
All-In-One Macaroni.....	30
Fred's Fancy .....	31
Hawaiian Beef.....	31
Meatloaf.....	32
Meatloaf with Tomatoes.....	32
Porcupine Meat Balls .....	32
Spanish Rice .....	33
Texas Hash.....	33
Easy Ham Casserole.....	33
Two by Four Stew.....	34
Tuna Casserole.....	34
Chicken Bake.....	35
Chicken Cacciatore .....	35
Pork Steak in Mushroom Sauce.....	36
Steak With Mulling Spices .....	36
Parmesan Chicken.....	37
Meat Loaf .....	37
Sauce .....	37
Mushroom Steak Dinner.....	38
Pork Chops & Veggies.....	38
Salisbury Steak With Mushroom-Onion Sauce.....	39
Cabbage Casserole .....	39
Savory Pork Chops.....	40
Herb Roasted Chicken, Mushrooms and Veggies .....	40
Hash.....	41
Shipwreck .....	41
Fish Casserole .....	42
Tuna Casserole.....	42
Egg Casserole.....	43
Hawaiian Chili .....	43
White Sauce .....	44
Taco Pizzas .....	44
Bubble & Squeak .....	45
Beef and Egg Noodles.....	45
Curry in a Hurry.....	46
Fried Rice .....	46
Sweet & Sour Meatballs.....	47
Cheesy Hashbrowns .....	47
Toad in the Hole.....	48
Bean Burritos .....	48

Cottage Cheese Loaf .....	49
Lentil Stew.....	49
Impossible Cheeseburger Pie.....	50
Chinese Hamburger.....	50
Simply Beef Stroganoff.....	51
Parmesan Chicken.....	51
Chicken Divan .....	52
Apricot Chicken.....	52
Rice Cheese Casserole (makes 9 servings).....	52
Tamale Pie .....	53
Baked Beans .....	53
Spinach Bake .....	54
Green Bean Casserole .....	54
Glazed Carrots .....	54
Roasted Root Vegetables.....	55
Mexican Rice .....	55
Potatoes Romanoff.....	56
Quick Scalloped Potatoes .....	56
Greek Potatoes .....	56
Braised Cabbage .....	57
Baked Sweet Potatoes or Yams .....	57
Main Dish Casserole .....	58
Mushroom Rice.....	58
Garlic Rice.....	58
Swedish Meatballs .....	59
Tuna & Green Bean Casserole.....	59
Garlic Potatoes.....	59
Roasted Red Potatoes .....	60
Potato and Egg Burrito .....	60
Mashed Carrot and Turnip.....	61
Egg Salad Sandwich.....	61
Corn Meal Dumplings.....	61
Dumplings.....	61
Dutch Pancakes With Apples .....	63
Pineapple Upside Down Cake .....	63
Rice Pudding.....	64
Oat Cakes.....	64
Jam Muffins .....	65
Blueberry Cake .....	65
Oranges to Go – Jello Dessert.....	66
Jello with Fruit.....	66
Peanut Butter Muffins .....	67
Fruit Crisp.....	67
Baking Powder Biscuits .....	68
Rice and Raisin Dessert.....	68
Butterscotch Confetti Squares .....	69

Cornmeal Bread .....	69
Blueberry Muffins.....	70
Zucchini Bread.....	70
Prize Gingerbread Cake.....	71
Lemon Sauce.....	71
French Toast .....	71
Homemade Pancakes.....	72
Quick Garlic Bread.....	72
Land of Nod Cinnamon Buns .....	73
Polenta .....	73
Cloud Biscuits .....	74
Low Fat Drop Cheese Biscuits .....	74
Ridiculously Simple Banana Bread .....	75
Banana Bread.....	75
Black Devils Food Cake.....	76
Fruit Cocktail Cake .....	76
Bread Pudding.....	77
Peanut Butter Chocolate Chip Cookies .....	77
Snickerdoodles.....	78
Ralf's Shortbread .....	78
Lunch Box Cookies.....	79
Pineapple Dream .....	79
Banana Roll-Ups .....	80
Stirred Custard .....	80
Banana Vanilla Wafer Pudding .....	81
Custard Pie.....	81
Crumb Cake .....	81
Checklist for Safe Food Handling.....	82

# Salads



Easy Recipes that Warm the Heart

### Deluxe Dinner Salad

1 can garbanzo beans, drained	
4 cups torn iceberg lettuce	1 small cucumber, finely chopped
2 medium tomatoes, cut into wedges	1 – 250 ml plain yogurt
1 cup sliced cauliflower flowerets	¼ cup milk
1 cup thinly sliced carrots	1 tablespoon sugar
1 small cucumber sliced	¼ tsp garlic salt
4 hard-cooked eggs, sliced	1 tbsp sesame seeds, toasted
½ small onion, thinly sliced	

Drain beans. Place lettuce on 4 serving plates or large shallow bowls; top with beans, tomato, cauliflower, carrot, cucumber, egg and onion; chill in refrigerator.

#### Dressing:

Combine remaining ingredients, *except* sesame seeds; pour over salads. Top with sesame seeds. Makes 4 servings.

### Tuna Pasta Salad

Tin of tuna	2 ribs celery
2 cups of noodles (any type)	1 medium onion
1/2 cup of mayonnaise	Salt & Pepper to taste
Cayenne (optional)	

Boil noodles and while boiling, cut up celery & onion. Add everything into the noodles once cooked, let cool and serve.

### Summer Chicken Salad

5 cups red or green leaf lettuce  
2 small zucchini sliced  
1 green pepper cut into chunks  
dressing

2 chicken breasts  
1 red pepper, cut into chunks  
¼ cup peppercorn ranch salad

Marinate chicken in half of the salad dressing. Marinate zucchini, peppers in remaining dressing. Clean lettuce and tear into pieces. Cook chicken zucchini and peppers on barbecue or broil in the oven until cooked. Add to salad just before serving. Use dressing if desired on salad.

### Jellied Green Salad

1 pkg lime or apple jello  
1 carrot, peeled & finely sliced  
1 cup finely sliced cabbage  
½ tsp white vinegar

Follow recipe on jello package. Let jello sit in fridge until starting to thicken, approx 1 hour. Add carrot, cabbage & vinegar. Stir until mixed. Place in lightly greased bowl or jello pan. Chill until firm. Dip Bowl in warm water for a few seconds only. Invert onto plate.

### Potato Salad

4 large potatoes, cooked until tender  
2 green onions, chopped  
1 ½ cups mayonnaise  
1 tbsp pickle juice (optional)

3 eggs  
2 radishes, sliced (optional)  
salt & pepper to taste  
1 cup chopped celery

Cool potatoes. Boil the eggs for 10 minutes. Cool and remove shell. Cut up potatoes and eggs. Add celery, green onions and radishes. Add mayonnaise and pickle juice. Season with salt and pepper.

Fruit Salad

1 orange, peeled	1 banana
1 grapefruit, peeled	1 small can chunks of pineapple
2 apples	2 kiwi, peeled
½ cantaloupe (option), peeled	1 cup seedless grapes

Cut the orange, grapefruit, cantaloupe into bite size chunks. Remove the apple core and cut apple into chunks. Slice the kiwi and add with pineapple. Add grapes. Peel and slice banana and add just before serving. Great for breakfast or dessert.

Easy Broccoli Salad

1 stalk celery	2 stalks raw broccoli
½ red onion	1/8 cup white sugar
1 Tbsp red wine vinegar	1 cup mayonnaise

Cut broccoli into smaller than bite sized pieces. Mix sugar, vinegar and mayonnaise. Pour over vegetables and mix.

4 Bean Salad

1 540 ml red kidney beans	1 cup sugar
1 540 ml chick peas	1 ½ cups vinegar
1 398 ml cut wax beans	½ cup vegetable oil
1 398 ml cut green beans	1 ½ tsp salt
2 tins sliced mushrooms (optional)	¼ tsp pepper
1 red and 1 green pepper	1 large onion

Drain and rinse beans and mushrooms. Slice onions and peppers about ¼ inch thick. In a large bowl add beans, mushrooms, onions and peppers.

In large measuring cup combine sugar, vinegar, oil, salt and pepper. Mix well.

Pour over veggies to marinate. Chill overnight. Stir periodically to coat.

Summer Chicken Salad

5 cups red or green leaf lettuce  
 2 small zucchini sliced  
 1 green pepper cut into chunks  
 dressing

2 chicken breasts  
 1 red pepper, cut into chunks  
 ¼ cup peppercorn ranch salad

Marinate chicken in half of the salad dressing. Marinate zucchini, peppers in remaining dressing. Clean lettuce and tear into pieces. Cook chicken zucchini and peppers on barbecue or broil in the oven until cooked. Add to salad just before serving. Use dressing if desired on salad.

Jellied Green Salad

1 pkg lime or apple jello  
 1 carrot, peeled & finely sliced  
 1 cup finely sliced cabbage  
 ½ tsp white vinegar

Follow recipe on jello package. Let jello sit in fridge until starting to thicken, approx 1 hour. Add carrot, cabbage & vinegar. Stir until mixed. Place in lightly greased bowl or jello pan. Chill until firm. Dip Bowl in warm water for a few seconds only. Invert onto plate.

Potato Salad

4 large potatoes, cooked until tender  
 2 green onions, chopped  
 1 ½ cups mayonnaise  
 1 tbsp pickle juice (optional)

3 eggs  
 2 radishes, sliced (optional)  
 salt & pepper to taste  
 1 cup chopped celery

Cool potatoes. Boil the eggs for 10 minutes. Cool and remove shell. Cut up potatoes and eggs. Add celery, green onions and radishes. Add mayonnaise and pickle juice. Season with salt and pepper.

### Cole Slaw

½ head of cabbage, finely chopped  
1 cup mayonnaise  
salt and pepper to taste

2 carrots, grated  
2 tsp pickle juice (optional)

Combine cabbage and carrots in medium bowl. Mix mayonnaise and pickle juice. Add to cabbage mixture. Stir until blended. Add salt and pepper to taste.

### Bean Salad

1 can kidney beans  
1 can yellow wax beans  
1 can green wax beans  
1 can baby lima beans  
2 green peppers, chopped

1 large onion, chopped  
1 tsp each salt and pepper  
1/3 cup oil  
2/3 cup vinegar  
½ cup sugar

Mix all ingredients in large bowl. Let stand in fridge at least 24 hours, stirring occasionally. Drain before serving.

Rootie Toot Fruit Salad

2 cups low fat sour cream  
 2 tbsp honey  
 1 tbsp frozen orange juice concentrate  
 1 tsp grated orange zest

6 cups chopped fresh fruit (try  
 combination of bananas, oranges  
 kiwi fruit, strawberries, apples)

Mix first four ingredients together in a small bowl. Cover and refrigerate for 1 hour. Stir sauce and fruit together in a large bowl. Serve immediately. Makes 6 servings.

French Dressing

1 cup salad oil  
 ½ cup vinegar  
 1 ½ tsp salt  
 1 tbsp sugar

1 tsp paprika  
 ½ tsp dry mustard  
 1 to 2 garlic cloves

Combine all ingredients in a jar or plastic container with a seal. Cover, shake well and chill. Shake before serving. Good on tossed green salad and keeps well. Store in refrigerator.

Cole Slaw

Cole Slaw can be purchased in bag a grocers.

Add:

2 chopped green onions  
 ½ cup chopped celery  
 ½ cup sunflower seeds (not raw)

Dressing:

½ cup Miracle Whip or salad dressing of any kind  
 2 tsp Ranch Dressing  
 1 tsp Vinegar

Pour over veggies. Toss until well mixed. Serve

### Apple Coleslaw

2 cups cabbage, finely shredded  
1/3 cup lemon yogurt  
2 apples, unpeeled and coarsely shredded or chopped

1/3 cup raisins

Combine all ingredients in a bowl. Toss gently to combine, chill and serve. Makes 4 servings.

#### VARIATIONS:

- Use vanilla yogurt with grated lemon peel.
- Add marshmallows in place of raisins.
- Add chunk or crushed pineapple, drained, in place of apples or in addition to one of the apples.

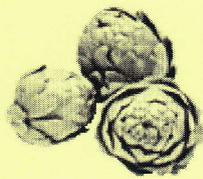
### Quick Crazy Salad

5 boiled potatoes  
2 boiled carrots  
4 boiled eggs  
fresh beans

1 small onion, sliced  
8-inch sliced cucumber  
1 can tuna  
black olives

Boil potatoes, carrots and eggs in same pot. Chop all ingredients into bite-size pieces and mix. Pour some oil and vinegar (more oil than vinegar). Salt, pepper and oregano to taste. Serves 4 people

# Soups



Easy Recipes that Warm the Heart

Vegetable and Salmon Chowder

1 1/2 cup onions, diced	1/2 cup carrots, sliced
1/2 cup celery, diced	2 cups canned potatoes, drained
1 (10 oz.) package frozen corn or 8 oz. can corn, drained	
4 cups chicken broth	
1/2 (14 oz.) can salmon, drained, flaked, skin and bones removed	

Spray large saucepan with nonstick cooking spray; add onions, carrots and celery and cook over medium heat for 3 to 4 minutes or until tender. Add corn and chicken broth; heat to boiling. Reduce heat; simmer for 10 minutes. Add salmon and canned potatoes; cook for 5 minutes. Serves 4.

## VARIATIONS:

- Substitute 2 small diced potatoes for the canned potatoes. Add with the corn and the chicken broth.

Use frozen, chopped spinach instead of corn for a different flavor and appearance

Yellow Split Pea Soup

1 1/2 cups dried yellow split peas	1 tbsp oil
5 cups vegetable stock	1 bay leaf (optional)
1/2 medium onion, chopped	1/4 cup barley
1 garlic clove, minced	2 tbsp vinegar
3/4 cup celery stalks & leaves, chopped	salt & pepper to taste
Parmesan cheese (optional)	

Wash split peas and place in a large pot with vegetable stock. Bring to a boil and reduce heat. Simmer, covered for 1 1/2 - 2 hours.

In a non-stick frying pan sauté onion, garlic and celery in oil for 2-3 minutes. Add to soup along with other ingredients (except cheese) and simmer for 1 hour.

Add more seasonings and water if needed. Sprinkle parmesan cheese on soup before serving.

Mexican Minestrone

2 (15 oz.) cans chicken broth	1 (8 oz.) can tomato sauce
1 (15 oz.) can kidney beans, rinsed and drained	1 cup chunky salsa
1 cup corn kernels, frozen or canned	1 cup red or green pepper
1 cup cabbage, sliced	
1/2 cup macaroni, uncooked	

Combine all ingredients in a large pan. Bring to a boil, reduce to a simmer and cook until macaroni is tender – about 15 minutes. Stir occasionally to prevent macaroni from sticking to the bottom of the pan.

Serves 4-6.

## VARIATIONS:

- Other pasta shapes and different beans may be used in this recipe. Try shell macaroni and drained and rinsed black beans.

Chicken bouillon granules or cubes may be used in place of canned chicken broth. Reconstitute according to container directions

Hearty Vegetable Soup

3 cans of vegetable broth	1 pkg (2 cups) frozen green beans
1/2 tsp dried basil leaves, crushed	1 1/2 cups sliced carrots (3 carrots)
2 cups shredded cabbage	1 cup sliced celery (2 stalks)
2 cups zucchini cut in half lengthwise and sliced (about 2 medium)	1/4 cup uncooked long-grain rice

In large saucepan mix broth, basil, cabbage, zucchini, beans, carrots and celery. Over medium heat, heat to a boil. Stir in rice. Reduce heat to low. Cover and cook 20 minutes or until rice is done. Makes about 8 cups or 8 servings

Vegetable Beef Soup

2 tsp cooking oil  
 ½ lb lean ground beef

1 – 14 oz can tomatoes, with juice, chopped  
 1 ½ cups frozen mixed vegetables  
 1 cup diced onion  
 ¼ tsp pepper

1 tsp beef bouillon powder  
 4 cups water  
 1 tsp salt

Place cooking oil and ground beef in large saucepan over medium heat. Scramble-fry ground beef until browned and crumbly and no pink remains. Add remaining 9 ingredients. Stir. Bring to a boil. Cover. Boil slowly, turning down heat as needed. Simmer for about 20 minutes until vegetables are tender. Serve with crackers or crusty rolls. Makes about 8 ½ cups

Hamburger Soup

½ lb lean ground beef  
 ¼ cup chopped onion  
 ¼ cup chopped celery  
 1 medium carrot, cut in half lengthwise,  
 then thinly sliced

1 medium potato  
 3 oxo cube  
 1-10 oz can tomato soup  
 4 cups water

Scramble-fry ground beef in medium saucepan until no longer pink. Drain. Stir in onion and celery. Scramble-fry for 3 minutes. Stir in carrot, potato, water and bouillon. Bring to a boil. Reduce heat. Cover. Simmer for 20 minutes. Stir in soup. Heat through. Makes 5 cups.

Chicken Rice Soup

2 – 3 boneless, skinless chicken breast halves	1 med carrot, diced
1 tbsp chicken or vegetable bouillon powder	2-14 oz cans diced tomatoes/juice
6 cups water	½ tsp salt
1 cup chopped celery	1 ½ cups chopped onion
½ cup uncooked long grain white rice	sprinkle of pepper

Combine chicken, bouillon powder and water in large pot. Bring to a boil. Cook, uncovered, for about 30 minutes until chicken is tender. Remove chicken and cut into bite size pieces. Return to pot. Add next 6 ingredients. Cook, uncovered for 20 minutes.

Add rice and cook for 15 to 20 minutes, until rice is tender. Makes 8 ½ cups.

Vegetable Soup

2 cups diced potato	1 cup chopped onion
1 cup chopped cabbage	½ cup thinly sliced carrot
¼ cup diced turnip	¼ cup diced parsnip
2 cups water	1 tsp salt
¼ tsp pepper	2 cups vegetable cocktail juice

Combine all ingredients, except vegetable cocktail juice in large saucepan. Bring to a boil. Cover. Simmer for about 30 minutes until vegetables are tender. Add cocktail juice. Stir. Heat through. Makes about 9 cups.

French Onion Soup

3 large onions sliced	1 tbsp margarine
3 cubes beef bouillon	3 cups boiling water
1 tsp lemon juice	1 hoagie bun (optional)
Mozzarella Cheese (1/2 cup grated)	

Fry onions in margarine in large pan or pot on low heat until caramelized (a deep caramel colour). Stir frequently. Add bouillon cubes to boiling water. Stir until completely dissolved. Add 1 tsp lemon juice. Let simmer for 20 minutes. Divide the soup into small oven proof bowls or 1 large bowl. Slice hoagie bun and place 1 slice on soup in each small bowl or place several on soup in large bowl or pan. Grate some mozzarella cheese on top and bake at 325 F for 20 minutes. This soup is good without the bread or cheese.

Gord's Hamburger Soup

1 ½ lb hamburger	2 cups water
796ml can of tomatoes	1 can tomato soup
3 cans beef consommé or 3 oxo cubes dissolved in 3 cups hot water	1 ½ cups chopped celery
4 carrots	1/4 cup barley
1 medium onion	3 stalks celery
1 tsp thyme	2 bay leaves

Brown hamburger, drain fat. Add onions and cook 10 minutes. Add broth, tomatoes, soup and water, bay leaves and thyme. Add carrots and celery. Add barley, salt and pepper. Simmer 2 to 3 hours.

### Cream of Cauliflower & Carrot Soup

1 head of cauliflower	¼ cup flour
3 carrots	2 cups milk
1 onion, chopped	¼ cup margarine
2 cups water	salt & pepper to taste
1 litre chicken broth	

Cut cauliflower in pieces. Scrape carrots & cut into chunks. Bring water to boil in large pot. Add cauliflower, carrots and onions and simmer, covered until vegetables are tender. (approx 8 – 10 minutes) Pour mixture into a blender & whirl until smooth. (You could use an egg beater carefully). Return to soup pot and add chicken broth. Sprinkle with chopped parsley. Season with salt and pepper. Whip flour into cold milk and stir mixture into hot soup. Add margarine and stir until soup comes to a simmer and is slightly thickened. Season to taste.

### Vegetable Soup

5 tbsp margarine	½ cup chopped potatoes
½ chopped carrots	2 ½ cups beef bouillon
½ cup chopped turnips	2 ½ cups water
½ cup chopped celery	salt & pepper to taste
½ cup thinly sliced onions	½ tbsp finely chopped parsley

Melt 4 tbsp margarine in large pot. Add vegetables (except potatoes) and sauté 10 minutes, stirring constantly. Add potatoes, cover and sauté 2 more minutes. Add liquid, bring to boil and simmer for 1 hour or until vegetables are soft. (add more water if necessary). Season to taste with salt and pepper. Add remaining margarine and parsley. Serves 6 – 8.

### Quick Noodle Soup

1 pkg Mr. Noodle soup mix  
2 cups water  
1 carrot, sliced

1 green onion, sliced  
1 stalk of celery, sliced fine  
grated cheese, optional

Add water, vegetables to small pot. Bring to boil for 3 minutes. Add noodles, cook for 2 more minutes. Add seasoning package. Top with grated cheese when serving.

### Cream of Tomato Soup

2 tbsp butter  
1 onion, chopped  
2 tbsp white flour

1 litre tomato juice  
salt to taste  
2 cups milk

In a large pot, over medium heat, sauté onions in butter until translucent. Remove from the heat. Stir in the flour so no lumps remain, then slowly whisk in the tomato juice. Return to the heat and add salt to taste. Cook until just boiling, but turn off the heat before it boils. Let cool 10 minutes then slowly stir in milk. Serve immediately.

### Atlantic Corn Chowder

3 potatoes, cubed  
1 onion, diced

1 ½ cups 2% evaporated milk  
1 can cream-style corn

Place potatoes in a large pot with water to cover. Stir in onions. Bring to a boil over medium heat, then reduce heat to medium-low and simmer until potatoes are tender, about 15 minutes. Stir in evaporated milk and corn. Heat through, about 10 minutes. Serve.

### Quick Potato Soup

4 large potatoes, cut up  
2 medium carrots, sliced  
3 cups water  
1 small onion, chopped

2 cups milk  
1 tsp salt  
pepper

Prepare vegetables. Combine water and vegetables in a large pot and bring to a boil. Reduce heat and cook in covered saucepan for 15 minutes. Do not drain. Mash vegetables. Add milk and seasonings. Heat, but do not boil. You can add 1 can of cream of mushroom soup for a variation.

Cauliflower Soup

1/4 fresh cauliflower	2 cups stock
1 medium onion, chopped	1 tbsp corn flour
1 medium potato, chopped	1/4 cup skim milk

Prepare all the ingredients, except the skim milk and corn flour and place in a saucepan. Bring to the boil and simmer for 25 minutes. With a potato masher, gently mash the ingredients to a chunky consistency. To thicken, add the corn flour and skim milk mixed to a paste.

Creamy Corn Chowder

3 tbsp butter	1/2 tsp salt
1/4 cup chopped celery	1/8 tsp pepper
3 tbsp flour	2 cups milk
1 tsp dried chives or onion flakes	1 (17 oz) can creamed corn

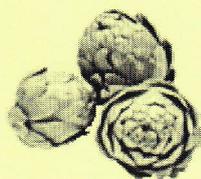
Microwave directions: Heat butter and celery 1 1/2 to 2 minutes on high. Stir in flour, chives, salt and pepper; gradually add milk, stirring until smooth. Stir in corn. Heat at high 7 1/2 to 9 minutes or until soup is slightly thickened, stirring twice. Let stand, covered, 3 minutes before serving.

Creamy Potato Soup

1 tbsp butter	1/8 tsp pepper
2 tbsp finely chopped onion	3 1/2 cups milk
1 1/2 tsp salt	1 1/3 cups instant mashed potato
1/4 tsp celery salt	

Heat butter, onion, salt, celery salt, pepper and milk to scalding. Stir in instant mashed potatoes; continue cooking until smooth, stirring constantly. If desired, garnish each serving with paprika and parsley.

# Main Dishes & Vegetables



Easy Recipes that Warm the Heart

### Souperburgers

¾ lb lean ground beef	1 tbsp ketchup
½ cup chopped onion (about 1 med)	1/8 tsp pepper
1 can cream of celery soup	6 hamburger buns, split and
¼ cup water	toasted

In medium fry pan over medium-high heat, cook beef and onion until beef is browned, stirring to separate meat. Pour off fat. Add soup, water, ketchup, and pepper. Reduce heat to low and heat through. Spoon ½ cup meat mixture on each roll. Makes 6 servings.

### Potato Crunchies

2 cups mashed potatoes	2 tbsp margarine
½ tsp salt	1 cup crushed corn flakes
1/8 tsp pepper	

Mix potato, salt and pepper in medium bowl. Shape into eight 1 ½ inch (3.8 cm) balls using ¼ cup for each.

Melt margarine in small saucepan. Roll ball in margarine with fork to coat.

Put cereal in medium bowl. Roll each potato ball in cereal to coat. Transfer to ungreased baking sheet. Bake at 350 degrees for 15 to 20 minutes until browned.

Scallop Potatoes

4 large potatoes, peeled  
 1 medium onion, sliced  
 salt & pepper to taste  
 ¼ cup margarine

1 ½ cup milk  
 1 tbsp flour  
 ¼ cup grated cheese (optional)

Heat oven to 350 degrees. Grease casserole dish. Thinly slice potatoes. Layer in casserole dish. Top with layer of onions. Sprinkle with salt and pepper. Add small pieces of margarine dotted on layer. Alternate layers of potatoes and onions. Finish with layer of potatoes. Combine milk and flour. Stir until mixed with no lumps. Pour over potato mixture. Sprinkle with salt and pepper. Cover with grated cheese. Cover with lid or tin foil. Bake in oven for 1 hour or until potatoes tender. Remove lid/tin foil and let cook another 15 minutes to brown. Serve.

Potato Latkes

4 cups of peeled potatoes, grated  
 1 medium onion, peeled and grated  
 2 large eggs, beaten  
 1 cup cooking oil

½ cup white flour  
 1 ½ tsp salt  
 ¼ tsp pepper

Squeeze and drain grated potato very well. Place in large bowl. Add next 5 ingredients. Mix

Heat cooking oil in large heavy frying pan. Drop potato mixture by ¼ cupfuls into pan. Flatten to 3 to 4 inch patty. Fry for about 3 minutes per side until golden brown and crispy. Drain on paper towels. Makes 12 latkes.

Party Pork Barbecue

1 lb cubed pork	1 med green pepper, cut in 2-inch thin strips
¼ cup flour	1 small onion, sliced
1 ½ tsp salt	1 can (596 ml) pineapple tidbits, undrained
1/8 tsp pepper	¾ cup ketchup
2 tbsp cooking oil	1 tbsp Worcestershire sauce
1 cup sliced celery	
1 tbsp prepared mustard	
4 cups cooked rice	

Coat pork with a mixture of flour, salt and pepper. Brown in oil in large frying pan, using all the flour. Add celery, green pepper, onion, pineapple, ketchup, mustard and worcestershire sauce. Simmer, covered, for 30 minutes. Serve over rice.

Pennsylvania Knockbuckle

½ pound wieners, cut in ¼ inch diagonal slices	1 can (8 oz) spaghetti sauce
¼ cup green pepper, chopped	½ can mushroom stems/pieces
½ onion, chopped	¼ cup water
2 cups mashed potatoes	

Heat oven to 400 degrees. Combine wieners, green pepper, onions spaghetti sauce, mushrooms and water in a 1 qt casserole dish. Cover and bake for 30 minutes. Remove and drop mashed potatoes around edge of casserole. Sprinkle with parmesan cheese if you wish. Bake for another 20-25 minutes until potatoes are golden brown.

### Seashell Melt

2 cups seashell pasta, uncooked  
1 cup cracker crumbs

1 can of cream of chicken soup  
¼ cup grated cheddar cheese

Cook pasta. Drain. Mix in cream of chicken soup. Place in casserole dish and sprinkle with cracker crumbs and grated cheese. Broil for 5-10 minutes until crumbs are golden brown

### Fish Loaf

2 cans salmon  
1 cup breadcrumbs  
1/2 tsp salt  
1/4 tsp paprika (optional)  
1/2 tsp chopped onion

½ tsp lemon juice  
2 eggs  
½ cup milk  
1 tbsp finely chopped parsley

Mix together all ingredients (more milk may be added if fish is dry). Turn into buttered loaf pan. Cover with tin foil. Cook in oven until firm in the centre - approx 1/2 hour.

### Tomato Sauce for Fish Loaf

1 whole onion chopped. Brown in butter in frying pan. Add 1 heaping tbsp of flour while cooking the onion. Add 1 can (796) of whole or diced tomatoes. Season with salt and pepper. Cook until thickened. Serve hot over fish loaf.

Baked Bean Casserole

3 cans beans	1 can (396 ml) of tomato sauce
1/2 - 1 lb hamburger	1/2 cup of crushed pineapple
1/2 lb bacon chopped - (optional)	1/2 cup ketchup
1 medium onion chopped	1/4 cup brown sugar
1/2 cup celery chopped	2 tbsp white vinegar
1/2 cup green pepper chopped	

Brown the hamburger and bacon. Add the onions and cook until they are soft. Add remaining ingredients. Cook on the top of the stove for 15 minutes or bake in the oven at 350 F for 30 minutes.

Vegetables 'n' Taters

1 can cream of celery soup	1/4 tsp dried basil leaves,
1/4 tsp garlic powder	1/8 tsp pepper
1 cup cooked broccoli flowerets	3/4 cup shredded cheddar cheese
1/2 cup frozen/canned whole kernel corn	4 hot potatoes, split

In medium saucepan mix soup, basil, garlic powder, pepper, broccoli, corn and 1/2 cup cheese. Over medium heat, heat to a boil. Reduce heat to low. Cover and cook 5 minutes, stirring constantly. Serve over potatoes.

Whole Chicken Stew

1 whole <u>frying</u> chicken	3 carrots, sliced
2 cans cream of mushroom/chicken soup	1 can niblet corn
1 onion chopped	1 cup frozen or canned peas
1 cup of celery sliced	¼ tsp salt
3 potatoes, peeled & cut in chunks	¼ tsp pepper

In large pot place whole chicken, soup, carrots, onion, celery & potato. Cook for 1 1/2 hours in the oven at 350 F or on the stove top on low. Add corn, peas, salt and pepper. Cook for another 1/2 hour or until chicken is no longer pink.

Consommé Chicken with Rice

8 pieces of chicken (legs, thighs or breasts)	
¼ cup flour	2 cups rice
1/4 tsp pepper	2 cans consommé or beef broth soup
1/2 tsp salt	1 onion chopped
3 tbsp oil	3 tsp tumeric spice

Mix flour, salt and pepper. Roll chicken in the mix and brown in pan with oil. Cook rice for 15 minutes. Drain. Mix rice with soup, onion and tumeric in casserole dish. Add chicken. Cook at 350 F for 40 minutes.

Tuna Casserole

2 cups macaroni	1 can mushroom pieces
1 can tuna, drained	¼ cup shredded cheddar cheese
1 can mushroom soup	

Cook macaroni and drain. Place in casserole dish. Add drained tuna, mushroom soup and drained mushroom pieces. Sprinkle with cheese. Bake for 20 minutes or until cheese melted.

Rice Casserole

3 cups cooked rice	1 onion chopped
1 can cream soup (mushroom, celery or chicken)	1 can mushrooms sliced/pieces
1 can of peas or 1 cup of frozen peas	

Cook onions in margarine at low temperature until soft or lightly browned. Combine rice, onions, soup, peas and mushrooms. Place in casserole dish and bake for 1/2 hour at 350 F.

Chicken a la King

1 tbsp vegetable oil	2 cups cubed, cooked chicken
½ cup chopped red or green pepper	1 cup frozen or canned peas
½ cup chopped celery	dash pepper
1 can condensed cream of mushroom soup	4 cups cooked rice or pasta
1/3 cup milk	

Heat oil at medium-high in large skillet. Added pepper and celery and stir fry until tender crisp. Reduce heat to medium. Stir in mixture of soup and milk. Add chicken, peas and pepper. Heat through, stirring occasionally. Serve over rice or pasta. Serves 4

Chicken & Vegetable Rice Skillet

1 tbsp vegetable oil	1 ¼ cup minute rice
2-3 boneless, skinless chicken breast halves, cut in cubes	2 cups sliced carrots
1 can condensed cream soup (chicken, celery, mushroom, etc.)	2 sliced green onions
1 cup water	

Heat oil at medium-high heat in large skillet. Add chicken and cook until browned on all sides. Reduce heat to medium. Stir in mixture of soup, water and carrots. Heat to a boil. Reduce heat to low. Simmer covered, until chicken is cooked through. Add rice and green onions and let stand 5 minutes until rice is cooked. Serves 4

All-In-One Macaroni

1 lb lean ground beef	½ tsp sugar
½ cup chopped onion	1/8 tsp pepper
1 tbsp cooking oil	1 tbsp soy sauce
½ tsp garlic powder	1 tsp salt
1 – 14 oz can tomatoes, with juice mashed	¼ tsp dried basil
	2 cups macaroni

Scramble-fry ground beef, onion, and garlic powder large saucepan until onion is soft and beef no longer pink.

Add remaining 9 ingredients. Bring to boil. Cover and simmer for about 15 minutes, stirring occasionally, until pasta is tender but firm. Serves 4.

Fred's Fancy

1 lb lean hamburger  
 1 medium onion  
 1 can tomato soup

1 can small peas  
 2 small can whole kernel corn  
 1 stalk celery

Fry hamburger; pour off any fat. In a large pot, add finely chopped onion and celery and tomato soup. Simmer for 5 minutes. Add corn and peas with liquid. Cook over low heat for 25 minutes. Serve on buttered toast. Serves 4 – 6 very well. Add more ingredients for larger groups.

Hawaiian Beef

1 lb ground beef  
 1 onion, chopped  
 1 tsp salt  
 1 cup ketchup  
 ¼ cup brown sugar

2 tsp dry mustard  
 1 can kidney beans, drained  
 1 can baked beans, drained  
 1 can pineapple chunks, drained  
 2 Tablespoons white vinegar

Combine beef with chopped onion and salt. Form into walnut size balls. Brown on all sides in a hot skillet or fry pan. Stir in ketchup, brown sugar, vinegar and dry mustard and bring to a boil. Put beans and pineapple, mixed together into a buttered 2 quart casserole. Top with meatballs. Pour sauce over all. Bake in a moderate 350 F oven for 30 – 40 minutes until done. Makes 6 to 8 servings. (Hint) If you don't have dry mustard use 1 tsp of prepared mustard.

### Meatloaf

1 lb hamburger	2 green onions, chopped
1 cup bread crumbs	½ cup ketchup or barbecue sauce
½ tsp salt	¼ tsp pepper

Mix hamburger and onions in a bowl. Add bread crumbs, ketchup or barbecue sauce and salt and pepper. Mix well.

Place in loaf pan and bake in the oven at 350 F for 40 minutes.

### Meatloaf with Tomatoes

1 lb hamburger	1 can 398 g of tomatoes
1 cup bread crumbs	2 green onions, chopped
1/ tsp salt	

Mix all ingredients and place in loaf pan and bake in oven at 350 F for 40 minutes.

### Porcupine Meat Balls

1 lb ground beef	1 chopped onion
1 cup of cooked rice	Dash Worcestershire sauce
Salt and pepper, to taste	1 tsp prepared mustard
1 can tomato soup	½ can water

Mix ground beef, onion, cooked rice, sauce, salt & pepper & mustard. Shape into 1 inch balls. Mix soup and water in pot. Carefully add meatballs. Cover and simmer for ½ hour.

Spanish Rice

1 cup cooked rice  
 1 tbsp butter  
 salt & pepper to taste

1 medium onion, chopped  
 1 – 384 ml tin of diced tomato  
 3 tbsp cheese whiz (optional)

In large skillet sauté onion until transparent. Add rice, tomatoes, salt & pepper. Cover and simmer for 20 minutes on low heat. Add cheese whiz and cover for 5 additional minutes.

Texas Hash

1 lb hamburger  
 1 onion, chopped  
 1 tbsp vegetable oil

1 can (384ml) pork & beans  
 3 drops Tabasco sauce (optional)

Brown hamburger and onions in oil. Add beans and Tabasco sauce if you wish. Simmer for 15 minutes. Serve with toast or buns.

Easy Ham Casserole

4 cups frozen hash brown potatoes,  
 thawed  
 1 ½ cups chopped cooked ham  
 1 cup grated cheddar cheese  
 1 small onion, chopped  
 ½ cup mayonnaise or miracle whip

½ cup milk  
 ¼ tsp pepper  
 ½ cup fresh bread crumbs  
 (optional)  
 1 Tbsp margarine, melted

Mix potatoes, ham, cheese and onion. Mix mayonnaise, milk and pepper. Add to potato mixture. Mix lightly. Spoon into quart casserole dish. Combine bread crumbs and butter. Sprinkle over mixture. Bake at 350 F for 40 minutes. Makes 6 servings.

### Two by Four Stew

1 kg of hamburger  
2 cans (384 ml) diced tomatoes

2 cans (19 oz) minestrone soup  
2 cans (384 ml) ranch-style beans

Place beef in a large saucepan over medium heat. Cook, stirring occasionally until evenly brown and crumbled. Drain excess grease. Reduce heat to low and stir in the diced tomatoes, ranch-style beans and minestrone soup. Stir occasionally until heated through.

### Tuna Casserole

2 cans tuna (in water)  
2 cups crushed potato chips  
1 can of cream of celery soup

Grease a casserole dish. Arrange ingredients in layers by placing 1 can of tuna covered with  $\frac{1}{2}$  can of soup then 1 cup of potato chips. Repeat and bake at 350 F for 35 minutes. Makes 4 – 6 servings.

Chicken Bake

2 chicken breasts	1 small onion
or 4 chicken legs/thighs	½ cup celery
1 can 384ml French cut beans	1 can cream of chicken soup
2 slices bacon, cut up	2 cups fresh bread crumbs
4 tbsp margarine	salt & pepper to taste

In a frying pan cook chicken until tender with onion, celery, salt and pepper over medium heat. Remove chicken from bones. Place chicken in bottom of buttered shallow casserole dish. Add drained green beans, soup and cut bacon. Saute breadcrumbs in butter; place over bacon. Bake at 350 degrees F for 30 minutes. Cover lightly with tin foil and bake another 30 minutes at 300 degrees. Serves 4.

Chicken Cacciatore

8 chicken legs or thighs	3 garlic cloves, pressed
½ cup flour	1 jalapeno pepper, chopped
½ tsp salt	3 tbsp vegetable oil
¼ tsp pepper	1 tsp oregano
1 medium onion, chopped	2 large cans of tomatoes
1 green pepper, chopped	500 g of spaghetti

Mix flour, salt and pepper in bowl. Rinse chicken and dip in flour. Place oil in large frying pan or pot. Brown the chicken. Add the onion, green pepper, garlic, jalapeno pepper, oregano and tomatoes. Cover and simmer for 1 hour or bake in the oven for 1 hour at 350 degrees F. Serve over spaghetti.

Pork Steak in Mushroom Sauce

2 pork steaks, cut in half  
 1 tbsp vegetable oil  
 1 small onion, chopped

1 can cream of mushroom soup  
 ¼ cup water

In frying pan, brown pork steaks in vegetable oil. Drain any fat. Add 1 can cream of mushroom soup and water. Add onion. Simmer covered for 20 minutes. Serve over rice or noodles. Serves 4.

Steak With Mulling Spices

1 tsp vegetable oil  
 1 lb. outside round steak  
 Salt & Pepper  
 28 Oz. can diced tomatoes  
 1 small white onion, thinly sliced into rings  
 1 small green pepper, cut into strips

2 stalks celery, chopped  
 ¼ cup each of vinegar & ketchup  
 2 tbsp. Packed brown sugar  
 ¼ tsp ground cinnamon  
 1/8 tsp ground cloves  
 2 tsp cornstarch

In a roasting pan heat oil over medium-high heat. Season steaks with salt & pepper & brown on both sides. Combine remaining ingredients except cornstarch. Pour over steak. Simmer covered in oven at 325 F for 1 ¼ hours. Remove steak from pan and set aside. In a small cup mix cornstarch with 1 tbsp cold water until smooth. Heat sauce on stovetop over medium heat. Gradually stir in cornstarch mixture; stir and boil for 1 to 2 minutes or until thickened. Season to taste. Return steak to pan. Reheat and serve.

Parmesan Chicken

*¼ cup fine dry bread crumbs*  
*4 tbsp grated Parmesan cheese*  
*Dash garlic powder*  
*½ cup milk*  
*1-10 oz can cream of mushroom soup*

*2 lb chicken thighs*  
*¼ tsp oregano leaves, crushed*  
*Dash pepper*  
*Paprika*

Combine crumbs, 2 tbsp Parmesan, Oregano, Garlic and pepper. Roll chicken in mixture. Arrange in 2 quart shallow baking dish. Bake at 400 F for 20 minutes. Turn chicken and bake another 20 minutes. Meanwhile blend soup and milk. Pour over chicken. Sprinkle with paprika and remaining Parmesan. Bake 20 minutes more or until done. Arrange chicken on dishes, stir sauce and pour over chicken.

Meat Loaf

*2 lbs ground beef (extra lean)*  
*2 tablespoons A1 Steak Sauce*  
*2 tsp salt*  
*1 cup dry bread crumbs*  
*2 eggs*

*¾ cup milk*  
*3 tablespoons parsley flakes*  
*1 small minced onion*  
*¼ cup shredded carrot*

Sauce

*Mix 2 tablespoons A1 Steak Sauce*

*1 can (10 oz) tomato sauce*

Mix all meatloaf ingredients together with one-half sauce mixture. Blend well. Pat meatloaf into 9x5x3 loaf pan or shape into loaf in a shallow baking pan. Spread remaining sauce mixture over top of meatloaf. Bake in 400 degree oven for 1 hour.

### Mushroom Steak Dinner

1.5 lbs. Chuck or Blade Steak  
1 10 oz. Can mushroom soup

Flour  
3 medium sliced onions

Dredge steak with flour. Place in a greased dish. Spread with onion slices and spoon undiluted soup over top. Cover and bake 1.5 hours at 350 degrees

### Pork Chops & Veggies

4 Pork Chops  
1 tsp salt  
¼ tsp pepper  
1 Package shake and bake for pork

4 Medium white potatoes  
4 Medium carrots  
2 Medium onions  
1 ½ tbsp olive oil

Preheat oven to 425 degrees F. Add olive oil to a baking dish. Cut onions into wedges and place in dish. Peel potatoes and cut into one inch pieces. Peel carrots and slice. Sprinkle with salt and pepper. Cover tightly with foil and bake for 15 min. Cover chops with shake and bake. Place chops in a single layer on top of partially cooked veggies. Bake uncovered for 45 min or until done. Garnish with parsley.

Salisbury Steak With Mushroom-Onion Sauce

<i>2 Medium onions</i>	<i>1 ½ cups sliced mushrooms</i>
<i>1 lb. Lean ground beef</i>	<i>2 tbsp butter</i>
<i>½ cup soft bread crumbs</i>	<i>1 tsp cornstarch with ½ cup water</i>
<i>¾ tsp salt</i>	<i>1 beef bouillon cube</i>
<i>Dash of nutmeg</i>	<i>Pepper to taste</i>

Mince ½ onion and mix with beef, crumbs, salt and nutmeg. Shape into 4 patties and sauté 4 minutes or to desired doneness. Remove meat from skillet and keep warm; drain fat. Slice remaining onions and sauté with mushrooms in margarine until tender. Add cornstarch mixture and bouillon cube. Cook and stir until bouillon is dissolved and mixture is thickened. Add pepper and spoon over steaks.

Cabbage Casserole

<i>1 small cabbage</i>	<i>1/8 tsp. Pepper</i>
<i>½ cup raw rice</i>	<i>1 tsp. Salt</i>
<i>½ cup chopped onion</i>	<i>1 can spaghetti sauce</i>
<i>1 lb ground beef (extra lean)</i>	<i>3 cups water</i>

Shred cabbage and spread ½ in buttered bake dish. Fry onion and rice in olive oil. Spoon over cabbage. Fry beef lightly and drain off fat. Spread over rice mixture. Sprinkle with salt and pepper and the rest of the cabbage. Heat spaghetti sauce and water and pour over cabbage. Bake at 400 degrees for 1 hr & 45 minutes with cover on and 15 more minutes without cover.

Savory Pork Chops

4 Pork Chops  
1 tsp salt

$\frac{1}{4}$  tsp pepper  
 $\frac{1}{4}$  tsp sage

Preheat oven to 350 degrees F. Arrange chops in a single layer in open roasting pan or fry pan that is oven proof. Sprinkle with salt, pepper & sage. Bake 1  $\frac{1}{4}$  hrs.

Herb Roasted Chicken, Mushrooms and Veggies

$\frac{1}{3}$  cup olive oil  
3 tsp dried rosemary, crushed  
 $\frac{1}{2}$  tsp ground black pepper  
1 large red bell pepper cut in 2 in chunks

1 lb small red potatoes halved\*\*  
3 medium onions cut in wedges  
2 tsp salt  
6 large garlic cloves, peeled

1  $\frac{1}{2}$  lbs boneless skinless chicken breasts or leg with thigh attached  
1 lb fresh white mushrooms sliced – or 1 can sliced mushrooms(drained)

Preheat oven to 425 degrees F. In a large bowl combine oil, rosemary, salt & pepper until well blended. Cut leg from thigh. Add chicken, mushrooms, potatoes, onions & garlic. Toss until well coated. Put in baking pan & roast until chicken and vegetables are tender- about 30 minutes, stirring occasionally.

\*\* You can use regular potatoes cut into chunks.

### Hash

500 Grams of lean ground beef	salt
1 yellow onion	pepper
1 can tomato soup	2 cups macaroni

Cook the ground beef in frying pan until brown. Add diced onion and tomato soup, salt & pepper to taste. Boil water & add 2 cups macaroni. Cook until tender – about 15 minutes. Mix with beef mixture and serve.

### Shipwreck

Grease a large casserole. Into it, place layers as follows & season each layer with salt & pepper.

3 med. potatoes, sliced  
1 med. onion  
1 ½ hamburger  
1 c. chopped celery  
½ diced carrots  
½ washed, uncooked rice

Mix:

1-10 oz can tomato soup	1 can water
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Pour over meat and vegetables. Tomato juice can be used instead of soup and water. Cook covered in oven for 2 hours.

### Fish Casserole

1 -213 g cans salmon or tuna, drained  
½ c. cooked rice  
¼ tsp each of salt, pepper and curry powder (optional)  
1 -14 oz can of tomatoes  
1 small onion – chopped

Mix salmon or tuna with cooked rice, salt, pepper, curry power (optional) tomatoes and onion. Put in casserole dish. Dot with margarine and bake for 30 minutes at 350 degrees.

### Tuna Casserole

2 cups shell macaroni (cooked)  
1 tin tuna, drained  
1 tin cream of chicken soup  
Salt and pepper  
½ cup grated cheddar cheese, (optional)

Mix the macaroni, tuna, chicken soup, salt & pepper. Place in 2 qt casserole dish. Dot with margarine. Sprinkle with grated cheese if you wish. Bake at 350 degrees for 30 minutes. Serve

Egg Casserole

6 oz. lean ham, diced	6 eggs, beaten
1/4 cup onion, finely chopped	3/4 cup nonfat or lowfat milk
2 slices French or other firm bread, torn into small pieces	
1/4 cup cheddar cheese, shredded	Nonstick cooking spray

Spray frying pan with nonstick cooking spray. Cook onions just to soften. Beat eggs with milk, add bread and pour into pan. When eggs appear to have thickened and cooked on the bottom, add diced ham and cheese. Mix, turn mixture and cook other side briefly. Fill sprayed 8x8 inch pan and bake covered for 30 minutes at 350 degrees. Mixture should be puffed and browned. Serves 6

Hawaiian Chili

1 lb hamburger	1 tsp salt
1 large onion, chopped	1/4 cup brown sugar
1 tbsp vegetable oil	1/2 cup ketchup
2 tbsp vinegar	1 can 384 ml kidney beans
2 tsp dry mustard	1 can pork and beans
1 can pineapple tidbits, drained	

Brown hamburger, onions in oil. Drain any excess fat. Add remaining ingredients and stir.

Then add: kidney beans, pork and beans, pineapple tidbits. Simmer for 1 hour. Serve with garlic bread or buns.

### White Sauce

2 tbsp margarine  
2 tbsp white flour  
1 cup milk

1/8 tsp pepper  
1/4 tsp salt

Melt margarine in saucepan over medium heat. Slowly stir in flour. Cook over heat for approx 3 minutes until mixture bubbles. Gradually stir in milk. Use a whisk if you have one. Add seasonings. Cook, stirring constantly, until mixture is smooth and thick. Makes 1 cup.

Variations:

### Creamed salmon:

Add 1 can of salmon to this mixture. Cook for 5 minutes over med heat. Add 1 tbsp of chopped parsley. Serve over toast.

### Creamed cheddar sauce:

Add 1 cup grated cheddar cheese. Cook until melted, stirring constantly. Serve over vegetables such as cauliflower, brussel sprouts and broccoli.

This cheese sauce can be mixed with 2 cups cooked rice.

### Taco Pizzas

4 – 8" taco shells  
1 small can pasta sauce  
1 green pepper, sliced  
100 g sliced pepperoni

1 small onion, sliced  
1 can sliced mushrooms  
1 cup grated mozzarella cheese

Spread pasta sauce on taco shell. Place green pepper, pepperoni, onion, and mushrooms on sauce. Sprinkle with grated mozzarella cheese. Bake at 350 degrees for 20 minutes or until cheese melted.

### Bubble & Squeak

1 package (500 g) of farfalle (bow tie) pasta  
1 medium head cabbage, quartered  
2 tbsp olive oil  
pepper to taste

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large skillet over medium heat, sauté cabbage in olive oil. If skillet gets dry add a little more oil. Saute about 10 minutes then add cooked pasta. Reduce heat to low and cook, stirring occasionally, for about 20 minutes more. Sprinkle on pepper to taste. Serve

### Beef and Egg Noodles

1 lb ground beef	1 can 796 ml tomatoes, undrained
1 pkg onion soup mix	2 cups egg noodles, uncooked
1 can 341 ml corn kernels, undrained	

In a large frying pan, cook ground beef until brown. Drain extra fat. Stir in remaining ingredients. Heat to boiling. Reduce heat. Cover and simmer about 20 minutes until noodles are tender. Stir occasionally. You could also use 1½ cups frozen corn. And you can add some chopped green pepper or celery.

### Curry in a Hurry

1 lb ground beef  
1 small onion, chopped  
salt & pepper

¼ cup flour  
2 cups milk  
1 tsp curry powder

In large frying pan, cook ground beef with onion until beef is browned. Drain extra fat. Sprinkle with salt and pepper.

Mix in flour. Add milk and stir until the mixture thickens. Season with curry powder.

### Fried Rice

1 tbsp oil  
1 small onion  
3 cups cooked rice  
salt & pepper

½ cup cooked ham, pork  
or chicken  
1 egg  
1 tbsp soy sauce

In large frying pan cook onion in oil for 2 minutes. Add rice. Cook and stir over low heat for 2-3 minutes. Add all remaining ingredients and stir until the egg is cooked and all is heated through. You can add mushrooms, peas, peppers.

Sweet & Sour Meatballs

1 lb ground beef	1/3 cup brown sugar
1 egg	1 tbsp cornstarch
1 pkg onion soup mix	1 cup pineapple tidbits & juice
1 small green pepper, chopped	1 tbsp soy sauce
2 tbsp vinegar	

Mix hamburger with egg and soup mix. Form into balls and place on cookie sheet. Bake in oven at 350 degrees for 15 minutes. Combine brown sugar and tbsp. Add pineapple, vinegar and soy sauce. Cook over heat until mixture is thickened. Add meatballs. Heat over low heat for 15 minutes. Serve over rice or noodles.

Cheesy Hashbrowns

4 cups hashbrowns, frozen	3 green onions, chopped
1 cup cheddar cheese, grated	1 cup light sour cream
1 can 284 ml mushroom or celery soup	1/2 cup milk

Heat oven to 350 degrees. Grease 9 x 13 baking pan. Mix all ingredients together and put into baking dish. Bake uncovered for 30-40 minutes. Serves 4.

Toad in the Hole

1 lb sausages or wieners  
3 eggs  
1 cup flour

1 cup milk  
½ tsp salt

Heat oven to 425 degrees. Place sausages or wieners in a 1.5 L baking dish and put in oven. Mix eggs, flour, milk and salt and beat well. Take meat dish from oven and drain fat. Pour batter over sausages/wieners. Return to oven and bake until puffy and golden brown. Cut in squares and serve right away. The batter rises during baking, but will fall when you take it from the oven.

Bean Burritos

1 tbsp oil  
1 small onion, chopped  
3 garlic cloves, chopped

2 tsp cumin  
5 cups pinto beans, cooked  
& mashed

10 flour tortillas  
2 cups cheese, grated

salsa  
lettuce, chopped

In a frying pan sauté onions, garlic and seasonings in oil for 2-3 minutes. Add beans and cook for 10 minutes, stirring all the time.

Spread ½ cup of refried bean mixture down center of a warm tortilla. Add cheese, salsa, and lettuce. Fold 2 " of the tortilla up over the filling and roll from side.

Cottage Cheese Loaf

1 small onion, chopped  
 ½ cup celery, chopped  
 1 small carrot, grated  
 2 tbsp oil  
 2 cups cottage cheese

1 cup dry bread crumbs  
 2 eggs  
 1 tsp salt  
 ½ tsp pepper

In large bowl, combine all the ingredients. Place in baking dish and bake for 35-40 minutes. You could add 2 tsp soy sauce for extra flavour.

Lentil Stew

3 vegetable bouillon cubes  
 3 cups boiling water  
 1 can 540 ml tomatoes with juice  
 1 ½ cups frozen corn  
 2 carrots, sliced  
 1 celery stalk, sliced  
 2 cups shredded cabbage  
 1 medium potato, cubed  
 1 medium onion, chopped

2 garlic cloves, crushed  
 ¾ cup green lentils, drained,  
 & rinsed  
 ¼ tsp dried basil  
 ¼ tsp dried oregano  
 ¼ tsp dried thyme  
 1 bay leaf  
 1 tbsp Worcestershire sauce  
 1 tbsp lemon juice

Combine bouillon cubes and boiling water. Add vegetables, lentils, basil, oregano, thyme and bay leaf in a large pot. Bring to a boil. Cover, reduce heat and simmer 1 hour, stirring occasionally.

Uncover and cook 10-15 minutes or until stew reaches is thickened to texture you like. Remove bay leaf and stir in Worcestershire sauce and lemon juice. Serve.

Impossible Cheeseburger Pie

1 lb ground beef  
 1 ½ cups chopped onion  
 ½ tsp salt  
 ¼ tsp pepper

1 cup shredded cheddar cheese  
 1 ½ cups milk  
 ¾ cup Bisquick baking mix  
 3 eggs

Heat oven to 400°F. Lightly grease pie plate, 10 x 1 ½ inches. Cook and stir ground beef until beef is brown; drain. Stir in salt and pepper. Spread in pie plate, sprinkle with cheese. Beat remaining ingredients until smooth, 15 seconds in blender at high speed or 1 minute with hand blender. Pour into pie plate. Bake until golden brown and knife inserted in center comes out clean, about 30 minutes. Let stand 5 minutes before cutting. Refrigerate any remaining pie. Makes 6 to 8 servings.

Chinese Hamburger

1 can cream of mushroom soup  
 1 can cream of chicken soup  
 1 can chicken gumbo soup  
 1 can mushroom bits (drained)

1 large can dried noodles  
 2 stalks celery (chopped)  
 1 ½ lb ground beef  
 1 small onion

Brown beef with onion and celery in small amount of oil. Drain and spoon into large casserole. Add all canned ingredients and mix thoroughly. Sprinkle with a few extra dried noodles. Cook, uncovered, for 1 hour at 300°F

### Simply Beef Stroganoff

1 (8 oz) pkg egg noodles	1 Tbsp garlic powder
1 lb ground beef	½ cup sour cream
1 can cream of mushroom soup	salt & pepper to taste

Prepare the egg noodles according to package directions and set aside. In a separate large skillet over medium heat, sauté the ground beef over medium heat for 5 to 10 minutes, or until browned. Drain the fat and add the soup and garlic powder. Simmer for 10 minutes, stirring occasionally. Remove from heat and combine the meat mixture with the egg noodles. Add the sour cream, stirring well, and season with salt and pepper to taste.

### Parmesan Chicken

Skinless, boneless chicken breasts, Cut into chicken strip size	Equal amount oil as egg
1 egg beaten	½ cup graham crumbs
	½ cup Parmesan cheese

Preheat electric frying pan to 300°F. Mix beaten egg and oil together in one bowl. In second bowl, mix graham crumbs and Parmesan cheese together. Dip cut up chicken into egg and oil mixture, then dip into graham crumbs and parmesan cheese mixture. Fry in electric frying pan, lightly buttered, 5 to 10 minutes per side or until chicken is cooked.

Chicken Divan

3 med. chicken breasts, cut into 1" pieces	1 can cream of mushroom soup
3 cups broccoli florets, cut up	1/3 cup mayonnaise
1 cup grated cheddar cheese	1 tsp lemon juice
1 tsp oil	1 tsp curry powder
salt & pepper to taste	

Fry cut-up chicken pieces in oil. Meanwhile, steam broccoli florets for 2 minutes. Place broccoli in bottom of greased casserole dish. Top with cooked chicken. Mix together soup, mayonnaise, lemon juice, curry powder & all but ¼ cup of cheese. Spoon on top of casserole. Sprinkle remaining cheese on top. Bake at 350°F for 45 minutes. Serve over cooked rice or noodles. Delicious.

Apricot Chicken

½ cup apricot jam or marmalade	½ pkg. Onion soup mix
½ cup Russian red dressing or Catalina	3 lb. Chicken pieces

Heat first three ingredients until smooth. Place chicken on baking sheet and cover with rest of ingredients. Bake 1 hour at 350°F. For more sauce, bake in casserole dish.

Rice Cheese Casserole (makes 9 servings)

2 eggs, slightly beaten	1 tablespoon margarine, melted
2 cups water	2 cups cooked rice
1 cup instant nonfat dry milk powder	1 cup shredded cheese
1 tablespoon dried minced onion	
1 cup soft bread crumbs ( 1 – ½ slices of bread)	

Preheat oven to 325 F

Mix all ingredients together in a large bowl

Spread in a greased or sprayed 8" x 8" pan or 2 qt. Casserole

Bake for 40 – 50 minutes until centre is set and top turns golden brown

Tamale Pie

2/3 cup yellow corn meal	1 1/2 cup water
2/3 cup salsa	1/2 cup cheese, shredded
1 (15 oz.) can kidney beans, rinsed and drained	
1/3 can pork, cubed or shredded	

Combine cornmeal, water, and salsa in a saucepan. Bring to a boil and simmer 10-15 minutes, stirring occasionally until thick. Pour half the mixture into a 9-inch pan that has been sprayed with nonstick cooking spray. Layer beans over the top, add pork and cover with remaining cornmeal mixture. Sprinkle cheese on top. Bake in 350 degree oven for about 15 minutes or until heated through. Serves 4-6.

## VARIATIONS:

- Use rinsed and drained pinto or black beans instead of kidney beans.
- Monterey Jack or cheddar cheese works well. Mix the two, if desired.
- Leftover chicken or beef can be used.
- Eliminate the meat and use 3/4 cup cheese.
- Great way to use canned pork.

Baked Beans

3 (14 oz) cans beans in tomato sauce	1/4 cup brown sugar, packed
3/4 cup large onion, chopped	1 1/2 tsp Worcestershire sauce
1 cup ketchup	

Put all ingredients in 3-quart casserole. Stir to combine. Bake, uncovered, in 350°F oven for 1/2 hour until bubbling throughout and well browned around edges.

Spinach Bake

3 eggs	½ tsp salt
1 ½ cups cottage cheese	1/8 tsp pepper
1 ½ cups grated cheddar cheese	dash of nutmeg
¼ cup margarine, melted	1 pkg frozen spinach, thawed & drained

Heat oven to 350 degrees. Grease 2 L baking dish. Beat eggs in bowl, Mix in cottage cheese and cheddar cheese, margarine, salt, pepper and nutmeg. Add spinach to egg mixture. Pour in baking dish and cover. Bake in oven. Spinach bake is done when you insert knife in the middle and it comes out clean.

Green Bean Casserole

2 pkg. frozen green beans	1 can French fried Onion Rings (Durkee or French's)
1 can mushroom soup	

Mix together frozen beans and mushroom soup. Place in casserole. Top with crumbled French Onion Rings. Bake in 350°F. Oven for ½ hour. Serve.

*Note: Can substitute frozen peas for green beans.*

Glazed Carrots

½ lbs fresh carrots	½ tsp grated orange peel
1/3 cup brown sugar (packed)	2 Tbsp butter
½ tsp salt	

Prepare and cook carrots, cut lengthwise into strips. In large skillet, cook and stir brown sugar, salt, orange peel and butter until bubbly. Add carrot strips; cook over low heat, stirring occasionally, about 5 minutes or until carrots are glazed and heated through.

Potatoes Romanoff

6 large potatoes  
 600 ml sour cream  
 1 ½ tsp salt  
 ¼ tsp pepper

1 ½ cups grated cheddar cheese  
 1 bunch green onions (chopped)  
 paprika

Boil potatoes until tender. Cool. Grate. Stir in sour cream, 1 cup cheese, chopped green onions and salt and pepper. Put in buttered casserole dish. Sprinkle with remaining cheese and sprinkle with paprika. Refrigerate overnight or at least a couple of hours. Bake, uncovered, at 350°F for 30 to 40 minutes.

Quick Scalloped Potatoes

1 can cream of mushroom soup  
 ½ to ¾ cup milk  
 pepper to taste  
 1 tsp oregano

1 tsp parsley  
 4 c. peeled and sliced potatoes  
 1 onion, sliced  
 paprika

Mix soup, milk, pepper, oregano and parsley to make sauce. Spray casserole dish with cooking spray. Arrange potatoes, onion and sauce in alternate layers. Sprinkle with paprika. Cover and bake at 375°F for 1 hour. Grated cheese may be added to the top if desired.

Greek Potatoes

4 lb potatoes (or less), Yukon Gold  
 work best  
 1 cup water  
 ½ cup lemon juice  
 1/3 cup olive oil

3 cloves garlic, crushed  
 2 tsp salt  
 2 tsp oregano  
 1 tsp black pepper

Place quartered and peeled potatoes in baking dish. Whisk together remaining ingredients. Pour over potatoes. Bake at 325°F for 2 hours. Turn potatoes occasionally.

### Braised Cabbage

6 cups (1 1/2 lbs.) shredded cabbage  
1/8 tsp. cinnamon  
1/8 tsp. nutmeg

1 tbsp. brown sugar  
1/8 tsp. ginger  
3 tbsp. cider vinegar

Brush skillet with oil or spray with nonstick cooking spray and warm over medium heat. Add cabbage and stir fry, stirring frequently, until it begins to wilt. Add remaining ingredients and serve immediately. Serves 6.

#### VARIATIONS:

- 1/2 tsp. pumpkin pie spice may be used in place of the three spices or a larger amount of one spice may be used.

Red cabbage may be used instead of green cabbage

### Baked Sweet Potatoes or Yams

Scrub potatoes and prick with a fork in several places to allow steam to escape. This keeps the potato from exploding in the oven. Bake in a 400 degree oven for about an hour or until soft when pinched. Cooking time will vary depending upon the size of the potato.

Cooking Techniques: May be baked at a lower temperature when sharing oven space with other dishes. This will increase baking time.

--Potatoes can be eaten plain, straight from the oven. A topping of cinnamon and sugar or heated crushed pineapple and cinnamon may be added.

Main Dish Casserole

1 lb. lean ground beef, browned and rinsed with warm water  
 1 (15 oz.) can corn, drained  
 1 1/2 cups tomato sauce  
 1/2 tsp. chili powder  
 1 lb. fresh carrots, thinly sliced  
 1 tbsp. Italian seasoning, crushed

Topping:

1 1/2 cups biscuit mix  
 1/2 cup water

Preheat oven to 350 degrees. Stir first 6 ingredients together in a large frying pan. Cook, covered, for approximately 15 minutes. Pour into a 9 x 13-inch pan. Mix biscuits and spoon on top of casserole. Bake, uncovered, approximately 10 minutes or until biscuits are lightly browned. Serves 6.

## VARIATIONS:

- Use baby carrots in place of whole carrots.
- Make an Italian seasoning blend by mixing basil, oregano, and thyme.

Mushroom Rice

1/2 cup butter melted  
 1 1/2 cups uncooked rice  
 1 can onion soup  
 1 can beef consomme  
 1 cup sliced mushrooms

Melt 1/2 cup butter in a casserole dish. Stir in remaining ingredients. Cover and bake for 1 hour at 325°F. Stir twice.

Garlic Rice

1 cup of uncooked rice  
 2 chicken bouillon cubes  
 1-2 large garlic sections (chopped)  
 1 stick butter or margarine  
 1 cup hot water

Dissolve 1 bouillon in 1 cup of hot water; set aside. Melt butter in pan; add chopped garlic, rice and sauté 3 to 4 minutes. Pour into casserole dish. Cover mixture with hot bouillon, don't stir. Cover with lid and bake in a 300°F. oven for 15 minutes. Dissolve the second bouillon cube in hot water, add to mixture (don't stir) and bake 15 minutes. Remove from oven, let stand 5 minutes and serve.

Swedish Meatballs

3/4 pound ground beef  
 2 teaspoon of pepper  
 1/3 cup of butter  
 1/2 cup of cream

1/2 teaspoon of salt  
 1/4 teaspoon of thyme  
 1 1/2 teaspoon of flour  
 1 beef bouillon cube

Mix the ground meat with salt, pepper and thyme in a medium bowl. Shape into meatballs. brown the meatballs in melted butter, in a large frying pan. Place the meatballs in a casserole dish. Remove the drippings from pan leaving 1 tablespoon. Add the flour and stir until smooth. Stir in cream along with 1/2 cup of water and bring to a boil. reduce the heat. Add bouillon cube and simmer for 3 minutes. Pour over meatballs, cover and bake in a preheated 350°F. oven for 25 minutes.

Tuna & Green Bean Casserole

1 large can of green beans (drained)  
 1 can of mushrooms; drained and cut  
 3 cheese slices

1 can tuna, drained  
 2 tblsp of onion flakes

In mixing bowl, mix tuna, green beans, and onion flakes. Add cut up mushrooms. Mix well. Have individual casseroles; divide into 3 to 4 casseroles. Top each casserole with 1 slice of cheese. Bake in oven until cheese has melted.

Garlic Potatoes

5 large potatoes  
 4 garlic cloves, peeled

1 tbsp margarine  
 1/2 cup milk

Peel potatoes. Boil with garlic cloves until potatoes are soft. Drain and mash. Add margarine and milk. Mash again until creamy.

### Roasted Red Potatoes

Red potatoes	1 cup corn flake crumbs
½ tsp seasoning salt	½ cup butter
2 crushed garlic cloves	

Wash red potatoes (do not cut or peel). Put butter and garlic in bowl and melt in microwave or melt in fry pan. In another bowl, combine corn flake crumbs and seasoning salt. Stir. Dip potato in butter mixture and then roll in corn flake crumbs until covered. Place in casserole dish. Cover and bake at 350 degrees for 1 hour. The crumbs seal in the flavour of the potatoes and make great pan fries the next day.

### Potato and Egg Burrito

1 medium onion, halved and sliced	4 eggs
1 medium baking potato, peeled and cut into small pieces	
2 garlic cloves, minced	Salt and pepper to taste
1 small jalapeño pepper, seeded and sliced into rings	
4 (7-inch) flour tortillas	

Spray a medium skillet with nonstick cooking spray and add onion. Stir fry over medium heat about 2 minutes. Add potato and garlic. Stir and fry about 3 minutes longer. Cover and reduce heat to low. Cook 12-14 minutes longer, stirring occasionally, until potatoes are cooked through. Remove cover and turn and continue cooking potatoes until well browned, about 1 minute longer.

Beat eggs with salt and pepper to taste. Pour over potatoes. Push gently around skillet until large curds form around potatoes, about 1 minute. Remove from heat, fold in jalapeño peppers. Spoon into flour tortillas, roll up burrito style and eat. Serve with salsa, if desired. Makes 4 burritos.

#### VARIATIONS:

Serve burrito filling by itself with toast if tortillas are not available.

#### COOKING TECHNIQUES:

- Remove the seeds and ribs from inside of the pepper as these are the hottest part of the pepper.

Do not stir the eggs in this dish but do exactly as the directions state. PUSH the eggs around the skillet to cook instead of stirring. The egg mixture will cook in larger pieces by using this method.

Mashed Carrot and Turnip

1 small turnip  
3 carrots

1 tsp sugar  
1 tbsp margarine

Peel turnip and carrots. Cut turnip into small chunks and slice carrots into 1 inch slices. Boil until tender. Drain. Mash vegetables. Add sugar and margarine. Mix well.

Egg Salad Sandwich

6 scrambled eggs, well done  
5 tablespoons of sweet pickle, chopped fine  
1/2 cup chopped celery  
4 tablespoons of mayonnaise

1 teaspoon of salt

Chopped onion if desired

Chop eggs fine. Add remaining ingredients. Toss together lightly with mayonnaise. Use for party or luncheon sandwiches.

Corn Meal Dumplings

2 cups of corn meal  
2 tablespoons of oil

2 tablespoons of flour  
3 or 4 tablespoons of milk

Mix and drop by tablespoons into hot broth. Cook approximately 10 minutes covered.

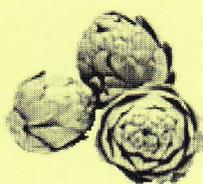
Dumplings

3 tablespoons of shortening  
2 teaspoons of baking powder  
3/4 cup of milk

1 1/2 cups of white flour  
3/4 teaspoon of salt

Cut shortening into flour, baking powder and salt with pastry blender until mixture resembles fine crumbs. Stir in milk. Drop dough by spoonfuls onto hot meat or vegetables in boiling stew (do not drop directly into liquid). Cook uncovered 10 minutes. Cover and cook 10 minutes longer. 10 dumplings, 105 calories per dumplings. \*If using self-rising flour, omit baking powder and salt.

# Desserts & Breads



Easy Recipes that Warm the Heart

Dutch Pancakes With Apples

2/3 cup water	3 tbsp. margarine
1 cup biscuit baking mix	4 eggs
2 peeled apples, thinly sliced	1/4 tsp. cinnamon
2 tbsp. sugar	

Heat oven to 400 degrees. Generously grease a 9x13 inch pan or baking dish with nonstick cooking spray. Heat water and margarine to boiling in a 2 quart saucepan. Add baking mix all at once. Stir vigorously over low heat until mixture forms a ball, about 1 minute.

Beat in eggs, two at a time, beating until smooth and glossy after each addition. You may need to use a mixer as the batter stiffens. Spread in pan but do not spread up the sides. Top with apples, sugar, and cinnamon. Bake until puffed and dry in center – 25 to 30 minutes. Serve immediately; it falls upon standing. Serves 8 to 10.

One could use peaches in this recipe.

Pineapple Upside Down Cake

4 tbsp margarine or butter	1 ½ cups white flour
½ cup brown sugar-tightly packed	1 ½ tsp baking powder
5 pineapple slices	1/8 tsp salt
Maraschino cherries (optional)	½ cup milk
1/3 cup margarine	½ tsp vanilla
2/3 cup sugar	1 egg

Heat oven to 350 degrees.

Melt margarine in 8x8 baking pan. Mix in brown sugar, stirring constantly until sugar is melted. Remove from heat, cool slightly. Arrange pineapple slices and decorate with cherries.

Batter:

Cream butter and sugar together, add egg and beat until light and fluffy. In separate bowl combine flour, baking powder and salt. Add alternately with milk to the creamed mixture of butter, sugar and egg. Add vanilla and beat well. Pour over pineapple. Spread evenly. Bake in oven for 40 minutes or until toothpick comes out clean. Invert onto plate. Serve with ice cream or whipping cream.

### Rice Pudding

1 cup rice  
3 cups cold milk  
1 tsp milk

4 tbsp steamed raisins  
1 tsp vanilla

Heat oven to 350 degrees.

Wash rice thoroughly, place in 3 qt casserole dish. Add milk and salt and soak for 10 minutes. Add raisins, sugar and flavouring and sprinkle top with cinnamon and/or nutmeg. Cover and place in oven for 1 hour.

### Oat Cakes

2 cups flour  
2 cups rolled oats  
2/3 cup white sugar  
1 1/4 tsp salt

3/4 tsp baking soda  
1 cup shortening  
1/3 cup of cold water

Mix flour, rolled oats, sugar, salt and soda. Cut shortening into mixture. Moisten with water. Roll thin on floured counter. Cut in squares. Bake at 375 F for 15 minutes. Serve hot with jam or peanut butter.

Jam Muffins

1 2/3 cup flour	1/3 cup shortening
1/2 cup sugar	3/4 cup milk
2 tsp baking powder	1 egg
1/2 tsp salt	1/2 tsp cinnamon/nutmeg
Apricot, raspberry or strawberry jam	Chopped nuts (optional)

Heat oven to 400 degrees

In mixing bowl, combine flour, sugar, baking powder, salt and nutmeg. Cut in shortening until particles are fine. Add milk and egg; mix just until thoroughly blended. Spoon into greased muffin cups. Place 1 tsp jam on top of each muffin, pressing into batter slightly. Sprinkle with nuts if you wish. Bake for 20-25 minutes until top springs back when touched lightly. Serve warm. You could use any jam you want.

Blueberry Cake

2 cups white flour	2 eggs
1 1/2 cups sugar	1 cup blueberries, frozen or fresh
2 tsp baking powder	1/4 cup sugar
1 tsp salt	1/2 tsp cinnamon
2/3 cup margarine, softened	
1 cup milk	

Heat oven to 350 degrees

In large mixer bowl, combine flour, sugar, baking powder, salt, margarine, milk and eggs. Blend at low speed until dry ingredients are moistened; beat at medium speed for 3 minutes. Pour into a greased 9 x 13 pan. Arrange blueberries on top. Combine sugar and cinnamon; sprinkle over the top. Bake for 40 – 50 minutes until cake springs back when touched lightly in the center. Cut into squares and serve warm or cold with whipped cream, ice cream or just on its own.

### Oranges to Go – Jello Dessert

4 large oranges	1 cup boiling water
1 pkg (85 g) orange jelly powder	2 cups vanilla ice cream

Cut oranges in half. Remove fruit from each half. Scrape shells clean with a sharp spoon. Finely chop fruit, removing membrane and set aside. Dissolve jelly powder in boiling water. Add ice cream by spoonfuls, stirring until smooth. Chill until mixture will mound, about 15 minutes. Fold in chopped fruit. Spoon into orange shells. Chill until set, about 30 minutes.

### Jello with Fruit

1 pkg (85 g) orange or strawberry jello	2 cups ice cubes
1 cup boiling water	1 cup of canned fruit cocktail

Prepare jelly powder according to Quick set method on package. Set aside 2/3 cup of slightly thickened jelly.

Stir fruit cocktail into remaining jelly; spoon into dessert dishes or small bowls. Beat reserved 2/3 cup jelly with mixer until fluffy and doubled in volume. Spoon over first fruited layer. Chill until set, 30 minutes.

(You could prepare this in a larger bowl and scoop out servings). Makes 4 servings.

Peanut Butter Muffins

1 ½ cups white flour  
 ¼ cup white sugar  
 3 tsp baking powder  
 ½ tsp salt  
 1 cup All Bran cereal  
 1 cup milk

1 egg  
 ½ cup peanut butter  
 ¼ cup cooking oil  
 ¼ cup milk

Heat oven to 400 degrees

Put flour, sugar, baking powder, and salt into large bowl. Stir to mix. Make a well in the center.

Combine cereal with 1 cup milk in medium bowl. Add egg and peanut butter to cereal mixture. Beat with spoon to mix well. Add oil and ¼ cup of milk. Stir. Pour into well. Stir just enough to moisten. Batter will be lumpy. Fill greased muffin cups ¾ full. Bake in oven for 20-25 minutes. Wait 5 minutes for easier removal of muffins. Serve warm. Makes 16.

Fruit Crisp

1 cup brown sugar  
 1 cup oatmeal  
 ¼ cup margarine  
 1 tsp cinnamon

1 tsp cinnamon  
 ½ cup flour

Combine sugar, oatmeal, flour and cinnamon in bowl. Add the margarine and cut into dry mixture until mealy texture. Place 3 - 4 cups of fruit in casserole bowl. Cover with dry mixture. Bake at 350 F for 1/2 hour or until fruit is tender when pierced with a fork.

Fruit can be apples, blueberries, peaches, pitted cherries or raspberries.

Baking Powder Biscuits

4 cups flour  
4 tsp baking powder  
1/2 tsp salt

3 heaping tbsp margarine  
3 heaping tbsp shortening  
2 cups milk

Mix flour, baking powder, salt. Cut in shortening and margarine until crumbly. Add milk slowly until mixture moist and sticky. Place onto floured counter and roll until 1/2 inch thick. Cut with sharp round cutter. Place in ungreased 9 x 13 pan. Cook at 350 F for 25 - 30 minutes or until light brown.

Rice and Raisin Dessert

1 cup minute rice  
1 1/2 cups milk  
1/4 cup raisins

1/4 tsp cinnamon or nutmeg  
3 tbsp sugar  
1/2 tsp salt

Combine all ingredients in saucepan. Bring to full boil, stirring constantly. Remove from heat. Cover and let stand 12 to 15 minutes, stirring occasionally. Serve warm with cream or ice cream. 4 servings

### Butterscotch Confetti Squares

1 cup margarine  
½ cup peanut butter  
1 cup butterscotch chips  
8 oz mini coloured marshmallows

Melt butter and peanut butter in large saucepan over low heat. Stir in chips until melted. Cool. Add marshmallows and stir until coated. Pack into 9 x 9 pan that has been greased. Let set and cut into squares.

### Cornmeal Bread

¾ cup cornmeal	1 tsp salt
1 ¼ cups milk	1/3 cup white sugar
1 cup flour	1 slightly beaten egg
3 tsp baking powder	¼ cup vegetable oil

Preheat oven to 400 F. Grease an 8 x 8 pan. Mix cornmeal and milk and let sit for 10 minutes. Combine flour, baking powder, salt, and white sugar. Stir into dry mixture slightly beaten egg and oil. Add liquid to the dry ingredients and stir until combined. The mixture will be lumpy. Bake 20 – 25 minutes. Good hot or cold with any kind of spread.

### Blueberry Muffins

2 cups flour	1 cup milk
½ cup sugar	1 egg
½ salt	4 Tbsp melted butter or oil
3 tsp baking powder	2/3 cup frozen/fresh blueberries

Stir the first 4 dry ingredients in a bowl. Add blueberries and stir again making a well in the center. Add the egg to the milk and stir until mixed. Pour into well. Stir the ingredients carefully until mixed. Fill 2/3 full in greased muffin tins or paper lined cups. Bake for 15 – 20 minutes at 400 F.

### Zucchini Bread

3 beaten eggs	3 cups flour
2 cups sugar	1 tsp baking soda
3 tsp vanilla extract	2 tsp baking powder
1 cup oil	1 tsp of cinnamon
2 cups grated zucchini	

Grease 2 loaf pans and set oven at 350 F. Mix eggs, sugar and vanilla. Add oil and beat. Add zucchini. Mix the dry ingredients in a separate bowl. Add to zucchini mixture and mix thoroughly. Put into loaf pans. Bake for 1 hour. Cool and turn out onto rack.

### Prize Gingerbread Cake

2 ½ cups flour	½ tsp salt
2 tsp baking powder	½ tsp nutmeg
1 tsp ginger	½ tsp cinnamon
½ cup shortening	1 cup boiling water
1 cup brown sugar	1 tsp baking soda
1 cup molasses	2 eggs, well-beaten

Stir flour, baking powder and ginger together. Cream shortening and brown sugar together in a large bowl. Blend in molasses, salt, nutmeg, and cinnamon. Pour boiling water over baking soda and add to molasses mixture. Stir in dry ingredients, blending well. Add well-beaten eggs and mix well. Pour batter into a greased and floured 9 x 13 pan or 2 8" square pans. Bake in a moderate oven at 325 degrees for 50 – 60 minutes for the large pan or 35-45 minutes for small pans. Serve warm with whipping cream or lemon sauce. This is also good cold with margarine.

### Lemon Sauce

Follow the recipe on jello lemon pie filling adding an additional ½ cup of water.

### French Toast

6 slices of bread	4 eggs
¼ cup milk	1 tbsp margarine or oil

Beat eggs. Add milk. Dip bread into egg mixture to ensure both sides are covered. Place in frying pan with oil. Cook until both sides are golden brown. Serve with margarine and jelly or syrup

### Homemade Pancakes

1 ¼ cup all-purpose flour  
2 tsp baking powder  
1 egg  
1 1/3 cup of milk

2 tbsp sugar  
¾ tsp salt  
3 tbsp vegetable oil

Combine all ingredients in a bowl. Stir. Then drop ¼ cup of batter onto a hot lightly oiled frying pan. Flip over when bubbles appear in the batter. Cook another minute. Serve with butter, syrup and/or jam.

### Quick Garlic Bread

¾ cup soft butter  
1 large loaf French bread cut  
in half lengthwise  
½ cup grated parmesan cheese

¼ cup mayonnaise  
4 garlic cloves, crushed  
3 Tbsp chopped parsley

Combine all ingredients and spread on each half of the bread. Wrap each half in foil and bake at 375°F for 20 minutes. Unwrap and brown slightly under the broiler. Serve immediately. Great with pasta.

### Land of Nod Cinnamon Buns

20 frozen dough rolls	1 to 2 tbsp cinnamon
1 cup brown sugar	$\frac{3}{4}$ cup raisins (optional)
$\frac{1}{4}$ cup vanilla instant pudding	$\frac{1}{4}$ to $\frac{1}{2}$ cup melted butter

Grease 10 inch bundt pan and add frozen rolls. Sprinkle with brown sugar, pudding powder, cinnamon and raisins. Pour melted butter over all. Cover with a clean damp cloth. Leave out at room temperature overnight.

In the morning, preheat oven to 350oF and bake for 25 minutes. Let sit for 5 minutes and then turn out on a serving plate. Tear apart and serve.

### Polenta

1 litre of water	pinch of salt
$\frac{1}{2}$ cup cornmeal	

Boil water first, then lower heat to medium and add a pinch of salt. Add cornmeal slowly and stir constantly. (You may want to keep a lid on hand because as it boils, it creates bubbles and splashes all over). It will harden as you stir. Ready to eat when it acquires a thick consistency (approx. 1 minute).

For breakfast: add a tsp of butter or margarine and a bit of salt and sprinkle with cheese.

For dinner: Top with spaghetti sauce and grated cheese.

### Black Devils Food Cake

1 ½ cups flour	½ cup vegetable oil
¾ tsp salt	2 eggs
1 tsp baking soda	1 cup strong coffee
1 ¼ cups sugar	
½ tsp baking powder	
½ cup cocoa	

Combine dry ingredients. Add oil, eggs and coffee. Mix. Pour into greased and floured pan. Bake at 350 degrees until toothpick comes out clean, approximately 30 minutes. Ice as desired. Makes a 9x9 inch or 7x11 inch cake. Very moist!!!

### Fruit Cocktail Cake

1 ½ cups sugar	Topping:
2 cups flour	¾ cup sugar
2 tsp baking soda	½ cup butter
½ tsp salt	½ cup canned milk
2 eggs	½ tsp vanilla
1 (14 oz) can fruit cocktail	

Beat eggs, add rest of cake ingredients, fruit cocktail last. Bake in greased 9 inch pan for 40 to 45 minutes at 325 degrees. When done, punch holes in top with a fork. Topping: bring sugar, butter and canned milk to just a boil. Add vanilla and pour over the cake.

### Bread Pudding

Stale bread  
1 cup raisins  
3 eggs  
2 cups milk

1 tsp vanilla  
1 cup sugar  
1 tbsp cinnamon

In greased casserole dish, place broken up pieces of bread, raisins, sugar and cinnamon. Beat eggs, milk and vanilla together. Pour over bread mixture. Bake at 350 degrees for 1 hour.

### Peanut Butter Chocolate Chip Cookies

½ cup butter  
½ cup peanut butter  
½ cup chocolate chips  
½ cup white sugar

1 egg  
1 heaping cup flour  
½ tsp baking soda

Preheat oven to 375 degrees. Cream together first 4 ingredients. Mix together egg, flour and baking soda and add to creamed mixture, beating until smooth. Roll dough into balls. Place 2 inches apart on a baking sheet and flatten with a fork. Bake for 10 minutes. Makes 2 dozen large cookies.

Snickerdoodles

1 cup butter, softened  
1 ½ cups white sugar  
2 eggs  
2 ½ cups all purpose flour

2 tsp cream of tartar  
1 tsp baking soda  
¼ tsp salt  
2 tbsp white sugar  
2 tsp cinnamon

Cream butter and first amount of sugar well. Beat in eggs 1 at a time. Mix in flour, cream of tartar, baking soda and salt. Shape into 1 inch balls. Stir remaining sugar and cinnamon together in small dish. Roll balls in mixture to coat. Place on ungreased cookie sheet. Bake at 400 degrees for 7 to 8 minutes. Makes about 4 dozen.

Ralf's Shortbread

4 cups flour  
1 cup white sugar

1 lb butter (room temperature)  
cherries for garnish

Knead flour, sugar and butter by hand. Roll out and cut with cookie cutters. Garnish with red/green cherries. Bake at 350 degrees until golden brown.

Lunch Box Cookies

1 cup shortening	1 ½ cups flour
¼ cup peanut butter	1 tsp baking soda
½ cup each white and brown sugar	½ tsp salt
2 eggs	2 cups rolled oats
1 tsp vanilla	1 cup chocolate chips

In a large mixing bowl, cream together the shortening, peanut butter, sugars, eggs and vanilla. Add the remaining ingredients and mix well. The dough will be quite stiff. Drop by teaspoons on a greased cookie sheet. For larger cookies, use a tablespoon and flatten the dough slightly with a fork dipped in flour or water. Leave about an inch between each cookie. Bake at 375 degrees for 8 to 10 minutes or until lightly browned. Makes about 4 dozen.

Pineapple Dream

<u>Crust:</u>	1 ¼ cups sifted icing sugar
½ cup soft butter	2 eggs
2 cups graham cracker crumbs	<u>Topping:</u>
<u>Middle Layer:</u>	½ pint whipping cream
½ cup soft butter	1 (19 oz) can crushed pineapple, well drained

Crust: Cream butter; fold in crumbs. Press firmly in a 13x9 inch pan. Bake at 300 degrees for 15 minutes. Cool.

Middle Layer: Beat butter, icing sugar and eggs to make a soft frosting. Spread over cooled crumb base. Chill.

Topping: Whip the cream; fold in the drained pineapple. Spread over middle layer. Sprinkle with crumbs, if desired. Refrigerate before serving, preferably overnight.

### Banana Roll-Ups

4 medium bananas  
4 tbsp. peanut butter (smooth or chunky)  
1 cup granola or Rice Krispies type cereal  
1/4 cup mini chocolate chips, optional

Mix granola and chocolate chips and place on a plate. Peel banana, cut in half and spread with peanut butter and roll in the granola mixture. Makes 4 whole or 8 half banana servings.

Enjoy now or refrigerate for later use.

### Stirred Custard

3 beaten eggs	2 cups of milk or light cream
1/4 cup of sugar	1 teaspoon of vanilla
Sponge cake or fresh fruit	

In a heavy saucepan combine the eggs, milk, or light cream and sugar. Cook and stir over medium heat. Continue cooking egg mixture until it just coats a metal spoon. Remove from heat. Stir in vanilla. quickly cool the custard by placing the saucepan in a sink or bowl of ice water for 1 to 2 minutes, stirring constantly. Pour the custard mixture into a bowl. Cover surface with clear plastic wrap. Chill until serving time. Serve over cake slices or fruit.  
Makes 3 cups, 6 servings

### Banana Vanilla Wafer Pudding

1 large box of vanilla instant pudding  
4 bananas

1 box vanilla wafers

Fix pudding according to package directions. Using a 9 x 13 inch pan - place 1 layer of cookies, layer of bananas and then pudding. Continue layers finishing with pudding on top. Decorate top of pudding with wafers. Anyway you want.

### Custard Pie

4 eggs, beaten  
1/2 teaspoon of salt  
Scald 2 1/2 cups of milk

1/2 cup of sugar  
1 teaspoon of vanilla

Mix together. Pour into unbaked pie crust. Sprinkle with nutmeg and bake for 5 minutes at 475°F., reduce heat to 425°F. and bake for 10 to 15 minutes until firm.

### Crumb Cake

3 cups of flour  
1 1/2 cup of sugar  
3 teaspoons of baking powder  
3/4 cup of (1 1/2 sticks) butter or margarine  
1 can of cherry or apple pie filling

1/4 teaspoon of cinnamon  
3/4 teaspoon of salt  
2 eggs

Sift together the first 5 ingredients. Add other items making a crumb mixture. Spread 1/2 of the mixture in a buttered baking dish, 13x9x2 inch. Spread one can of cherry or apple pie filling over the dough. Sprinkle the rest of the mixture over the top. Bake at 350°F. for 40-45 minutes until light brown. Once cooled sprinkle with powdered sugar. Cut into squares.

## Checklist for Safe Food Handling

### **Keep Yourself and the Kitchen Clean**

- Wash hands thoroughly before cooking. Proper hand washing requires soap, warm water, and at least 20 seconds of working the soap into the hands, including the fingernail area and between the fingers.
- Wash hands with soap and water after handling raw meat, poultry, and fish.
- Wash hands after touching anything else such as face, hair, clothes, and pets.
- Pull long hair back away from the face.
- Bandage open cuts and sores on hands.
- Wash counters with soap and water as you work.
- Use clean washing and drying cloths.
- Wash knives, cutting boards, and other utensils used with raw meat, poultry, and fish before using them with other foods. Using a solution of bleach and water or washing in the dishwasher is recommended after cutting boards are exposed to raw meat, poultry, and fish.

### **Keep Food at Proper Temperatures**

- Keep foods that need refrigeration below 40° Fahrenheit. Use a thermometer to check the temperature of your refrigerator.
- Let food sit at room temperature no longer than two hours.
- Thaw frozen foods in the refrigerator, under cold running water, in a microwave oven, or as part of the cooking process.
- Use food immediately after thawing, especially if cold running water or the microwave oven was used for thawing and the food is not refrigerated.
- Cook food thoroughly. Use a thermometer to check correct doneness.
- Cool food quickly by refrigerating in small quantities and in shallow dishes.