

A Taste of our Home

*The Crigger – Thomas
Family & Friends
Recipe Book*



Introduction

There's no denying that we are a family that loves to eat. We also love to party, which is obvious from the sheer number of appetizer and dessert recipes in this cookbook, and we all know that eating and cooking go hand and hand.

Over the years, we have each built countless memories of cooking as a family. There was never a wedding, anniversary, birthday, or party for any other reason that didn't find us having a grand time in the kitchen. Together we have laughed over the stories behind "party slugs" and "potty mints," and grumbled about endless sausage balls and pecan tassies, when we just couldn't believe that three-hundred were done and yet there didn't seem to be a dent in the bowl of ingredients. Each Christmas we all eagerly anticipated Mona's Christmas cookies of all varieties, though we each had our favorites, and Mom's peanut butter balls, which were always a reminder of Kristy informing us all that "sugar smoke makes her wild!" None of us will ever forget the careful attention that went into Grammy's deviled eggs and the enjoyment of the elaborate process of mixing, adding, and (of course) taste-testing that created each perfectly paprika'd batch. I believe that our love of food and our enjoyment of cooking can be easily traced back to Grammy, our very own "Queen of the Kitchen." Whether it was speculation over the secret ingredient in Grammy's meatloaf (yes, the recipe is here, but we all know there's something missing) or chuckles over the yearly "Oyster War" that she had with Daddy each Christmas, Grammy was always involved in some way when it was time to cook. Whenever possible, Grammy was also physically in the center of things, standing in the middle of the kitchen munching on party mix or dry toast and black coffee, where she could keep an eye on the rest of us kitchen novices. But sadly those times have passed, and Grammy's presence in the kitchen with us will be forever missed.

Papaw also spent a great deal of time in the kitchen, but most of that time was spent not necessarily cooking, but at his particular spot at the kitchen table. Like Grammy, Papaw loved to eat and has passed that along to the rest of us. Whether it was fried fish (that he had caught, of course) or angelfood cake and strawberry Jello from whatever birthday we were celebrating, Papaw enjoyed it thoroughly. Now Papaw's chair is empty and his presence at the table is deeply missed as well.

Papaw and Grammy will both live on through us, our gatherings as a family, and our love for each other. Each time we get together, we will think of them, remember them affectionately, and miss them unbearably. I feel sure that they are keeping each other company in heaven and keeping watch over each of us.

This family cookbook is dedicated to the memories of Grammy and Papaw.

Betty Lou Sexton Moore
September 27, 1926 – July 11, 2005

Rufus Robert Crigger
January 18, 1918 – November 21, 2005

You are both so loved and so missed.

The history of our grandparents is remembered not with rose petals but in the laughter and tears of their children and their children's children.

It is into us that the lives of grandparents have gone.

It is in us that their history becomes a future.

~Charles and Ann Morse

Thank you, Mom, for instilling in me such a great love of cooking, for always preparing my favorite meals, and for passing those recipes on to me.

Thank you, Darnell, for showing me a different way to cook and introducing me to a whole new world of recipes.

Thank you, Mamaw, Grandma Thomas, and Grandma Cassell, for keeping track of the many treasured family recipes that we have all requested you prepare time and time again. Thank you all for sharing those recipes with me to include in the cookbook.

Finally, thank you to everyone else who sent me their recipes. Obviously, there would be no cookbook without you.

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Hints, Tricks, and Tips

Liquid and Dry Measure Equivalents

Dry Ingredients Measured In Cups Will Vary In Weight – Check Ingredient Types.

All equivalents are approximate. To convert ounces to grams, multiply the number of ounces by 30 (1 oz. = 30 g).

Pinch or Dash = $\frac{1}{16}$ teaspoon

$\frac{1}{2}$ tablespoon = $1\frac{1}{2}$ teaspoons

1 tablespoon = 3 teaspoons

$\frac{1}{4}$ cup = 4 tablespoons

$\frac{1}{3}$ cup = 5 tablespoons plus 1 teaspoon

$\frac{1}{2}$ cup = 8 tablespoons

$\frac{3}{4}$ cup = 12 tablespoons

1 cup = 16 tablespoons = 8 fluid ounces = $\frac{1}{2}$ pint

1 pound = 2 cups = 1 pint

1 quart = 4 cups = 2 pints

4 quarts = 1 gallon

1 stick butter or margarine = $\frac{1}{4}$ lb. or $\frac{1}{2}$ cup

1 cup whipping cream = 2 or more cups after whipping

2 large eggs = 3 small eggs



Substitutions

This is great information for when you're out of that one ingredient!

- 1 cup buttermilk or sour milk = 1 tablespoon vinegar or lemon juice with enough whole milk to fill cup. Let stand 5 minutes.
- 1 teaspoon baking powder = $\frac{1}{4}$ teaspoon baking soda plus $\frac{1}{2}$ teaspoon cream of tartar
- 1 tablespoon cornstarch (for thickening) = 2 tablespoons all-purpose flour
- 1 cup honey = $1\frac{1}{4}$ cups sugar plus $\frac{1}{4}$ cup water
- 1 cup corn syrup = 1 cup sugar plus $\frac{1}{4}$ cup water
- 1 ounce unsweetened chocolate = 3 tablespoons unsweetened cocoa powder plus 1 tablespoon shortening or cooking oil
- 1 cup cake flour = 1 cup minus 2 tablespoons all purpose flour
- 1 cup sour cream = 1 cup evaporated milk plus 1 tablespoon vinegar, or 1 cup plain yogurt
- 1 cup granulated sugar = 1 cup firmly packed brown sugar or 2 cups sifted powdered sugar
- 1 teaspoon pumpkin spice = $\frac{1}{2}$ teaspoon ground cinnamon, $\frac{1}{4}$ teaspoon nutmeg and $\frac{1}{8}$ teaspoon ground ginger or cloves
- 8 ounces mascarpone cheese = 8 ounces regular cream cheese
- 1 cup molasses = 1 cup honey
- 1 cup whole milk = $\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water or 1 cup water plus $\frac{1}{3}$ cup nonfat dry milk powder
- 1 cup light cream = 1 tablespoon melted butter plus enough milk to make 1 cup
- 2 cups tomato sauce = $\frac{3}{4}$ cup tomato paste plus 1 cup water
- 1 cup tomato juice = $\frac{1}{2}$ cup tomato sauce plus $\frac{1}{2}$ cup water
- 1 small onion, chopped ($\frac{1}{3}$ cup) = 1 teaspoon onion powder or 1 tablespoon dried minced onion
- 1 teaspoon dry mustard (in cooked mixtures) = 1 tablespoon prepared mustard

Section 1:
Appetizers



Helpful Hints

- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts and seeds can be used directly from the freezer.
- Cheeses should be served at room temperature, approximately 70°.
- To prevent cheese from sticking to a grater, spray the grater with cooking spray before beginning.
- Push animal shaped cookie cutters lightly into icing on cakes or cupcakes. Fill depressed outlines with chocolate icing or decorating confections.
- Fill flat bottomed ice cream cones half full with cake batter and bake. Top with icing and decorating confections.
- To make cookie crumbs for your recipes, put cookies into a plastic bag and run a rolling pin back and forth until they are the right size.
- To decorate cookies with chocolate, place cookies on a rack over waxed paper. Dip the tines of a fork in melted chocolate and wave the fork gently back and forth over the cookies, making wavy lines.
- Some holiday cookies require an indent on top to fill with jam or chocolate. Use the rounded end of a honey dipper to make the indent.
- Tin coffee cans make excellent freezer containers for cookies.
- When a recipe calls for packed brown sugar, fill the correct size measuring cup with sugar and then use the next smaller size cup to pack the brown sugar into its cup.
- Dipping strawberries in chocolate? Stick toothpicks into the stem end of the berry. Coat the berry with chocolate, shaking off any excess. Turn the berries upside down and stick the toothpick into a block of Styrofoam until the chocolate is set. The finished berries will have chocolate with no flat spots. Another easy solution is to place dipped berries dipped side up in the holes of an egg carton.
- Cut-up dried fruit sometimes sticks to the blade of your knife. To prevent this problem, coat the blade of your knife with a thin film of vegetable spray before cutting.
- Cutting dessert bars is easier if you score the bars as soon as the pan comes out of the oven. When the bars cool, cut along the scored lines.

Cheese Crisps

Helen Crigger

2 C. Rice Crispies cereal
1 package (12-16 oz.) shredded sharp cheddar cheese

2 C. all-purpose flour
2 sticks margarine, softened

Mix all ingredients together. Shape into bite-sized balls and flatten with a fork. Bake 12 minutes at 350°.

Cheesy Ham Rolls

Debbie Wilkerson

8 oz. ham, cut into 24 slices
8 oz. swiss cheese, cut into 24 slices
1 24-count foil tray pre-baked rolls
½ C. butter or margarine, melted

1 Tbsp. mustard
2 tsp. Worcestershire sauce
¼ tsp. garlic powder
1 tsp. poppy seeds

Remove rolls from foil tray and slice rolls into halves. Place 1 slice ham and 1 slice cheese on bottom half of each roll, replace tops of rolls. Return to foil tray. Mix remaining ingredients in bowl and spoon over rolls. Bake covered with foil at 350° for 10 minutes. Remove foil and bake for an additional 1-2 minutes.

Chex Party Mix

Andrea Thomas

3 C. Corn Chex cereal
3 C. Rice Chex cereal
2 C. Wheat Chex cereal
1½ C. Cheerios cereal
1½ C. pretzels
1½ C. mixed nuts

6 Tbsp. butter or margarine
3 Tbsp. Worcestershire sauce
1½ tsp. seasoning salt
¾ tsp. garlic powder
½ tsp. onion powder
Light sprinkling of Old Bay

Layer cereal in baking pan. Melt butter and add Worcestershire sauce, seasoning salt, and garlic powder. Pour over cereal and mix thoroughly. Bake in 250° oven for 1 hour, stirring every 15 minutes. Spread on paper towels to cool and then store in an airtight container.

Cheese and Salsa Dip

Dawn Crigger

1 lb. sausage
16 oz. Velveeta cheese, cubed

1 can Rotel Tomatoes with Chilies

Brown and drain sausage. Add cheese and Rotel. Microwave for about 5 minutes or until cheese is melted. Can also be baked or heated in a crock pot. Serve with tortilla chips.

Note: If dip seems too thick as it cools, stir in few tablespoons of milk.

Cheese and Salsa Dip

Helen Crigger

1 lb. Jimmy Dean Mild Sausage 1 C. mild salsa
16 oz. Velveeta cheese, cubed

Brown and drain sausage. Heat cheese in microwave until melted, about 5 minutes, stirring frequently. Mix melted cheese, sausage, and salsa in a crockpot on low heat. Serve with tortilla chips.

Cinnamon Cucumber Rings

Debbie Wilkerson

Note: Use large, yellow cucumbers, which you would normally throw away. This recipe makes five quarts or ten pints.

5 or 6 large cucumbers (peeled, 2 C. lime
cored, and sliced in rings about ¼ 8½ quarts water
inch thick; this should equal about 2
gallons of cucumbers)

Soak cucumbers in lime water for 24 hours. Drain and wash well. Cover with ice water and soak 3 hours.

Drain cucumbers again. Mix the following:

1 C. vinegar 1 small bottle red food coloring
1 Tbsp. alum

Add enough water to cover cucumbers. Put on stove and simmer for two hours. Do not boil. Drain and throw water away.

Heat the following and pour over cucumbers:

2 C. vinegar 8 cinnamon sticks
2 C. water 2 (9 oz.) packages Red Hots candy
10 C. sugar

Mix water and Red Hots first and let the candy melt before adding the remaining ingredients. For the next two mornings, drain off the juice and reheat it. Do not let it boil. Pour over cucumbers. Keep the lid over the cucumbers to hold in the heat and steam. The third morning, reheat the cucumbers and juice together. Heat the cinnamon sticks with the juice each time, but do not pack sticks in jars. Put cucumbers in jars and seal.

Ranch Cheese Ball

Debbie Wilkerson

2 (8 oz.) packages cream cheese 2 C. shredded cheddar cheese
1 package dry ranch dressing mix 1 C. finely chopped pecans

Mix cream cheese, dressing mix, and shredded cheese together. Form into a ball. Roll in pecans.

Cheese Ball

Opal Cassell

1 (8 oz.) package cream cheese ½ C. diced sweet onion
1 bar cheddar cheese, shredded 1 C. chopped pecans

Mix cream cheese, cheddar cheese, and onion together and form into a ball. Roll in chopped pecans. Chill until ready to serve.

Deviled Eggs

Betty Moore "Grammy"

12 boiled eggs, halved 1 tsp. apple cider vinegar
4 Tbsp. mayonnaise 2 tsp. sugar
2 tsp. yellow mustard Paprika

Separate yolks from eggs and mash. Add mayonnaise, mustard, vinegar and sugar to yolks. Add additional amounts of ingredients to taste, but don't add too much vinegar or eggs will be runny. Spoon yolk mixture back into egg whites. Sprinkle lightly with paprika.

Party Pinwheels "Fiesta Slugs"

Andrea Thomas

¼ C. finely chopped green olives ¼ C. finely chopped celery
¼ C. finely chopped green onion 1 (8 oz.) package cream cheese
¼ C. finely chopped red bell pepper ½ package dry ranch dressing mix
¼ C. finely chopped yellow bell pepper 8 large flour tortillas

Finely chop olives, onion, celery, and peppers. Combine cream cheese, dressing mix, and chopped vegetables. Spread cream cheese mixture thinly over tortillas and roll each tortilla up. Slice each rolled tortilla (about ½ inch slices) to form pinwheels. Refrigerate for at least 4 hours before serving.

Note: Filling also makes a nice spread for crackers.

Hamball

Helen Crigger

4 small packages of sliced ham	1 Tbsp. parsley
2 small packages of corned beef	3 Tbsp. minced onion
2 (8 oz.) packages cream cheese, softened	1 Tbsp. Worcestershire sauce

Chop ham and corned beef in food processor. Mix all ingredients together and form into one large or two small balls. Best served with Triscuits.

Taco Dip

Joey Wilkerson

2 cans refried beans	Grated cheese
8 oz. sour cream	Chopped tomatoes
1 (8 oz.) package cream cheese	Shredded lettuce
1 package taco seasoning	Other taco toppings (optional)

Line a glass dish with the refried beans. Mix sour cream, cream cheese, and taco seasoning together. Layer on top of beans. Top with grated cheese, tomatoes, lettuce, and whatever other toppings you choose. Serve with tortilla chips.

Party “Potty” Mints

Mona Darlington

1 (8 oz.) package cream cheese, softened	Dash of flavoring (mint, raspberry, strawberry, lemon, etc.)
1 (16 oz.) box powdered sugar	Granulated sugar

Mix cream cheese, flavoring, and powdered sugar together, continue adding powdered sugar until mixture is no longer sticky. Roll into small balls. Roll each ball in granulated sugar and press into candy molds. Allow to chill until candy can be easily removed from molds.

Peanut Butter Balls

Helen Crigger

2 sticks butter or margarine, melted	½ block paraffin wax
1½ C. creamy peanut butter	6 oz. chocolate chips
1 (16 oz.) box powdered sugar	

Mix melted butter and peanut butter together. Sift in powdered sugar. Shape into balls and place a toothpick in each. Chill. Melt the wax and then add chocolate chips. Dip balls into chocolate. Chill and remove toothpicks.

Pimento Cheese Dip

Mona Darlington

3 Tbsp. vinegar
¼ C. sugar

1 medium jar chopped pimento
2 (8 oz.) packages cream cheese,
softened

Boil vinegar, sugar, and pimentos until syrupy. Pour over cream cheese. Beat with mixer until smooth.

Pineapple Cheeseball

Mona Darlington

2 (8 oz.) packages cream cheese,
softened
1 small box instant French vanilla
pudding

1 small can crushed pineapple,
drained
¾ C. chopped pecans

Mix all ingredients together except pecans. Form two cheese balls. Roll in chopped pecans. Serve with cinnamon graham crackers.

Sausage Balls

Helen Crigger

10 oz. sharp cheddar cheese,
shredded

1 lb. spicy sausage
3 C. Bisquick

Allow sausage and cheese to reach room temperature. Mix all ingredients together. Shape into balls. Bake at 350° for 10 minutes and broil at 500° for 2 minutes. Let cool completely before storing.

Veggie Pizza

Mona Darlington

2 cans crescent dinner rolls
1 package Hidden Valley Ranch
dressing mix
1 package shredded mild cheddar
cheese

¾ C. mayonnaise
2 (8 oz.) packages cream cheese,
softened
Variety of chopped fresh vegetables
(broccoli, cauliflower, shredded
carrots, chopped olives, etc.)

Lay crescent rolls flat on an ungreased cookie sheets, pinching edges together. Bake and let cool. Mix mayonnaise, dressing mix, and cream cheese together and spread on crescent roll crust. Sprinkle with vegetables and cheese. Refrigerate for at least an hour before serving. Makes 2 9 x 13 inch sized pizzas.

PC Mini Cheesecake Squares

Pam Henley

1½ cans crescent rolls	⅓ C. powdered sugar
1 can cherry pie filling	1 egg, separated
1 (8 oz.) package cream cheese	½ tsp. vanilla

Spread crescent roll dough out on a greased cookie sheet and pinch all seams. Beat cream cheese, sugar, egg yolk, and vanilla together. Spread over dough. Spread pie filling over that. Bake at 350° for 10-15 minutes, until the edges of the dough are golden brown. Cut into squares to serve.

PC Mini Ham Puffs

Pam Henley

1 (1.5 oz.) package processed ham	⅛ tsp. ground black pepper
1 small onion	1½ tsp. Dijon mustard
½ C. shredded swiss cheese	1 (8 oz.) package refrigerated crescent rolls
1 egg	

Chop ham and onion finely with food chopper. In a bowl, combine chopped ham and onion, cheese, egg, pepper, and mustard. Spray a mini-muffin pan with vegetable oil spray. Unroll crescent rolls and press dough pieces into one large rectangle. Cut dough into 24 pieces using a knife or pizza cutter. Place dough pieces in muffin pan cups and shape into a cup. Place filling into cups and bake at 350° for 15 minutes or until lightly browned.

Variation: Mini Ham Squares – Spread crescent roll dough on a 13 inch baking stone or cookie sheet, pinching seams to seal. Spread ham mixture on crust and bake at 350° for 20 minutes. Cut into small squares to serve.

BBQ Cocktail Wieners

Helen Crigger

1 large package cocktail wieners	1½ C. BBQ sauce (or enough to coat all wieners)
1 C. brown sugar	

Mix all ingredients and cook in a crockpot until wieners are hot.

Note: Cocktail wieners can be replaced with a package of frozen meatballs and cooked in the same method for BBQ meatballs.

PC Cheesy Bacon Bites

Pam Henley

4 oz. cream cheese, softened
¼ C. real bacon pieces
2 Tbsp. chopped onion

⅛ tsp. ground black pepper
1 (8 oz.) package refrigerated
crescent rolls

Preheat oven to 375°. In small bowl, combine cream cheese, bacon, onion and black pepper; mix well. Unroll crescent dough; separate into 2 rectangles on cutting board. Press perforations together to seal. Spread cream cheese mixture on each rectangle. Starting at longest side, roll up each rectangle, jelly-roll fashion; press seams together to seal. Cut each roll into 16 slices using a serrated bread knife. Place slices, cut side down, on flat baking stone or cookie sheet. Bake 15-17 minutes or until golden brown. Serve warm.

PC Touchdown Taco Dip

Pam Henley

2 (9 oz.) cans bean dip or 1 can
refried beans
1 (8 oz.) package cream cheese,
softened
1 C. sour cream
2 Tbsp. taco seasoning mix
2 garlic cloves, pressed
½ C. shredded cheddar cheese

2 Tbsp. finely chopped fresh cilantro
or parsley
Variety of 'taco' toppings (tomato,
lettuce, green onions, green pepper,
sliced ripe olives, etc.)
Additional sour cream (optional)
Tortilla chips

Preheat oven to 350°. Spread bean dip over bottom of baking dish (8" square or 9" round). In a separate bowl, combine cream cheese, sour cream, garlic, and taco seasoning mix. Mix well. Spread cream cheese mixture evenly over bean dip. Layer cheddar cheese over top. Bake 15 to 20 minutes or until cheese is melted. Sprinkle chopped tomato, onions, olives and cilantro (or whatever toppings you decide to use) over dip. Garnish with additional sour cream, if desired. Serve with tortilla chips.

Baked Artichoke Dip

Angie Potts

1 (14 oz.) can artichoke hearts or
hearts of palm, drained and chopped
1 C. grated parmesan cheese
¾ C. mayonnaise

1 clove garlic, minced
¼ tsp. Worcestershire sauce
⅛ tsp. hot sauce

Combine all ingredients, stirring well; spoon into a lightly greased 1-quart casserole. Bake uncovered, at 350° for 20 minutes or until bubbly. Serve with melba toast rounds. Yield: 2 cups.

PC Fruit-Topped Triple Chocolate Pizza

Andrea Thomas

1 (18 oz.) package refrigerated
chocolate chip cookie dough
2 (1 oz. each) squares white
chocolate for baking
2 Tbsp. milk
¼ C. powdered sugar

1 (8 oz.) package cream cheese,
softened
1 C. frozen whipped topping, thawed
1 quart strawberries
¼ C. semi-sweet chocolate morsels
1 tsp. vegetable oil

Preheat oven to 350°. Shape cookie dough into a ball and place in center of a cookie sheet. Flatten dough to about ¼ inch thick. Bake 12-15 minutes or until edges are set. (Cookie will be soft, do not overbake.) Allow cookie to cool completely. Place white chocolate and milk in small bowl. Microwave on high 1 minute; stir until chocolate is melted and mixture is smooth. Microwave an additional 10-20 seconds, if necessary. Cool slightly. In large bowl, combine cream cheese and powdered sugar; mix well. Gradually stir in white chocolate mixture; mix until smooth. Fold in whipped topping. Spread cream cheese mixture evenly over cookie. Slice strawberries in half and arrange as desired over cream cheese mixture. Place chocolate morsels and vegetable oil in small bowl; microwave, uncovered, on high for 30 seconds or until chocolate is melted and smooth. Drizzle over fruit. Refrigerate at least 30 minutes before slicing.

Pecan Tassies

Mona Darlington

2 sticks margarine, divided
1 (8 oz.) package cream cheese
2 C. all purpose flour, sifted

2 eggs, lightly beaten
1½ C. brown sugar
½ lb. pecans, chopped

Cream all but 2 tablespoons margarine with cream cheese and flour to make pastry. Form into tart shells in tart or mini muffin pans. Combine remaining 2 tablespoons margarine with eggs, brown sugar, and pecans. Fill each tart with pecan mixture. Bake 20-25 minutes at 350°.

Hot Wing Dip

Angie Potts

4-5 boneless chicken breasts (cooked
and diced)
1 (12-16 oz.) jar hot wing sauce

2 (8 oz. each) packages cream cheese
1 C. ranch dip
2½ C. shredded cheddar cheese

Heat all ingredients, except shredded cheddar cheese, in a skillet until cream cheese is melted. Put in a 9 x 13 inch baking dish. Layer 1 cup shredded cheese on top. Bake at 350° for 25 minutes. Add remaining 1½ cups shredded cheese and bake another 25 minutes. Serve with tortilla chips or crackers.

Chocolate Chip Cheeseball

Andrea Thomas

- | | |
|---|---|
| 1 (8 oz.) package cream cheese,
softened | 2 Tbsp. brown sugar |
| ½ C. butter (no substitutes),
softened | ¾ C. miniature semisweet chocolate
chips |
| ¼ tsp. vanilla extract | ¾ C. finely chopped pecans or
additional chocolate chips |
| ¾ C. powdered sugar | Graham crackers or Nilla Wafers |

In a mixing bowl, beat the cream cheese, butter, and vanilla until fluffy. Gradually add sugars; beat just until combined. Stir in chocolate chips. Cover and refrigerate for 2 hours. Place cream cheese mixture on a large piece of plastic wrap; shape into ball. Refrigerate for at least 1 hour. Just before serving, roll cheese ball in pecans or additional chocolate chips. Serve with graham crackers or Nilla Wafers.

Chicken Salad Croissants

Andrea Thomas

- | | |
|--|-------------------------------------|
| 2 C. white-meat, chunk chicken salad
(homemade or store-bought) | 1 C. red grapes, chopped |
| 2 stalks celery, chopped | 1 tsp. sugar or to taste (optional) |
| 1 C. pecans, chopped | ½ C. mayonnaise (optional) |
| | 10-12 mini croissants, halved |

Add celery, pecans, sugar, and mayonnaise (if mixture seems dry) to prepared chicken salad and mix well. Add grapes and mix just until combined. Spoon chicken salad between croissant halves and chill until ready to serve.

Spinach Dip

- | | |
|--|---|
| 1 (10 oz.) package frozen chopped
spinach | 1 package Knorr Vegetable Soup mix |
| 16 oz. sour cream | 1 (8 oz.) can water chestnuts, drained
and chopped |
| 1 C. mayonnaise | 3 green onions, chopped |

Thaw spinach and squeeze to remove any excess moisture. Combine all ingredients and chill for at least 2 hours. Serve with Frito's Scoops.

PC Creamy Garlic Spread

Andrea Thomas

- | | |
|--|-------------------------|
| 1 (8 oz.) container chive and onion
cream cheese spread, softened | ½ C. mayonnaise |
| ¾ tsp. Italian seasoning | 1 garlic clove, pressed |

Combine all ingredients and whisk until smooth. Chill to combine flavors. Best if
(continued)

refrigerated overnight. Serve with canapé bread slices, crackers, or vegetable dippers.

Note: Original recipe call for garden vegetable cream cheese spread, but I prefer this recipe made with the chive and onion spread.

Chocolate Covered Coconut Balls

Helen Crigger

2 boxes powdered sugar	1 can condensed milk
4 C. chopped pecans (optional)	1 (12 oz.) package semi-sweet chocolate chips
3½ oz. shredded coconut	½ block or less paraffin wax
2 sticks margarine, melted	

Combine all ingredients except chocolate and wax; mix well. Additional powdered sugar and/or coconut may need to be added until mixture is not sticky and holds its shape. Roll coconut mixture into bite-sized balls, stick a toothpick into each, and chill well on wax paper covered cookie sheets. Once balls have cooled, melt chocolate chips and paraffin wax in double boiler. Dip balls in melted chocolate. Cool again until chocolate is firm.

Pecan Graham Cracker Bars

Helen Crigger

24 graham cracker squares	2 sticks margarine
1 C. chopped pecans	½ tsp. vanilla
1 C. light brown sugar, packed	

Layer graham crackers on a greased cookie sheet. Combine all other ingredients, except pecans, and bring to a boil. Let boil for 1 minute, stirring constantly. Pour over crackers, spreading evenly. Sprinkle with pecans. Bake at 350° for 8-10 minutes, or until bubbly. Cool slightly and cut into squares.

Notes

Section 2:
Soups & Salads



Helpful Hints

- Fresh lemon juice will remove onion scent from hands.
- To save money, pour all leftover vegetables and water in which they were cooked into a freezer container. When full, add tomato juice and seasoning to create a “free” soup.
- Instant potatoes are a good stew thickener.
- Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.) will make them easier to digest.
- When cooking vegetables that grow above ground, the rule of thumb is to boil them without a cover.
- A lump of sugar added to water when cooking greens helps vegetables to retain their fresh color.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- To cut down on odors when cooking cabbage, cauliflower, etc. add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try cutting them under cold running water or briefly placing them in the freezer before cutting.
- Perk up soggy lettuce by soaking it in mixture of lemon juice and cold water.
- Vinegar can remove spots caused by tomatoes. Soak the spot with vinegar and wash as usual.
- Eggs shells can easily be removed from hard-boiled eggs if they are quickly rinsed in cold water after they are boiled. Also, add a drop of food coloring to help tell the cooked ones apart from the raw ones in your refrigerator.
- Keep bean sprouts and jicama fresh and crisp for up to five days by submerging them in a container of water, then refrigerating them.
- Your fruit salads will look perfect if you use an egg slicer to slice strawberries, kiwis, or bananas.

Chili Beans

Darnell Thomas

32 oz. tomato juice
1 lb. ground beef, browned and drained

2 cans light red kidney beans
1 package chili seasoning mix

Mix all ingredients and cook on medium heat for at least 30 minutes.

Cabbage Soup

Betty McDonald

1½ lbs. hamburger, browned and drained
1 tsp. garlic powder
2 stalks celery (optional), chopped
4 beef bouillon cubes
1 can kidney beans, drained
1 small head cabbage, shredded

1 20 oz. can or 1 quart tomatoes
1 can tomato soup
1 can water or 1 can Rotel tomatoes (for spicier soup)
1 medium onion, chopped
Dash of Pepper

Mix all ingredients on stove or in crock pot. Cook until hot and flavors are blended.

Potato Soup

Mona Darlington

4-5 large potatoes, cubed
1 large onion, diced
2-3 stalks celery, diced
2 chicken bouillon cubes
Water
1 C. milk

1 stick butter or margarine, melted
½ C. flour
Garlic salt to taste
Seasoning salt to taste
Celery salt to taste

Add potatoes, onion, celery and bouillon cubes to large soup pot, cover with water. Cook until potatoes and other vegetables are tender. Add milk. Combine melted butter and flour to form a paste (additional flour may be added if needed), add to soup. Stir to combine, mashing potatoes somewhat in the process. More milk may be added if soup is too thick. Add seasonings to taste.

Potato Soup

Dawn Crigger

2 cans cream of potato soup
2 cans diced potatoes

2 cans half and half

Put all ingredients into a crock pot and let cook on low for 3-4 hours. Add shredded cheese, bacon and green onions as desired. You can make larger batches of soup by adding equal amounts of each ingredient.

Note: Use the soup cans for measurement.

Broccoli Soup

Ron Thomas

1 head broccoli	4 C. milk
¼ C. butter	4 C. chicken broth
2 small onions, chopped	½ tsp. thyme
2 C. chopped celery	½ tsp. marjoram
1 clove garlic, minced	Salt and pepper to taste
½ C. flour	

Cut broccoli into ½ inch pieces and steam in salted water. In soup pot, sauté celery, onions, and garlic in butter. Add flour gradually to form a paste. Add remaining ingredients and cook over medium heat until hot.

Vegetable Soup

Helen Crigger

Leftover broth from beef roast, fat skimmed	1 small onion, chopped
Leftover beef roast, shredded	1 C. chopped cabbage
Leftover carrots and potatoes	3-4 stalks of celery, chopped
2 beef bouillon cubes	Additional carrots and potatoes (optional), chopped
1 quart (16 oz.) stewed tomatoes	1 C. macaroni
½ C. ketchup	Water
Large package frozen vegetables	

Cook beef roast prior to preparing soup. Be sure to cook extra potatoes and carrots with the roast. Cut potatoes and carrots into chunks. Reheat broth, carrots, and potatoes on stove after skimming the fat from top. Add beef bouillon cubes to broth. Add all chopped vegetables. Add water to cover. Simmer at least 2 hours on low to medium heat, stirring frequently and adding water as necessary. Scrape bottom of pan to keep ingredients from sticking. Add macaroni in the last 30 minutes of cooking. Cover to finish cooking.

Taco Soup

Angie Potts

3 C. water	1 can black beans, drained
1 lb. ground beef, browned and drained	1 can corn, drained
1 can stewed tomatoes	1 can pinto beans
1 can Rotel Tomatoes with Chilies	2 packages ranch dressing mix
	2 packages taco seasoning mix

Mix all ingredients together and cook at least 30 minutes. Cook longer if thicker soup is desired. Serve with tortilla chips, sour cream, and shredded cheese.

Note: For less spicy soup, use mild Rotel.

Cabbage and Beef Soup

Sue Denney

1 lb. ground beef	1 can kidney beans, drained
¼ tsp. garlic salt	½ medium cabbage head, chopped
¼ tsp. garlic powder	28 oz. canned tomatoes
¼ tsp. black pepper	1 pint water
2 celery stalks, chopped	4 beef bouillon cubes

Brown beef and add other ingredients, bring to a boil. Reduce heat and simmer for one hour, covered. You may cook cabbage and celery about 15 minutes before adding other ingredients. You may add more garlic to taste.

Cream of Broccoli Soup

Mona Darlington

1 bag frozen broccoli cuts	1 quart milk
1 onion, finely chopped	1 stick butter or margarine, melted
2 chicken bouillon cubes	½ C. flour

Cook broccoli, onion, and bouillon together until onions are soft. Make a paste of the melted butter and flour (additional flour may be added if needed) and stir into the broccoli mixture. Stir continuously until paste is completely dissolved. Add milk and cook on low until thick.

Spicy Potato Soup

Sue Denney

1 lb. hamburger	4 C. water
4 C. cubed potatoes	2 tsp. salt
1 small onion, chopped	1 tsp. pepper
3 (8 oz.) cans tomato sauce	½ tsp. hot pepper sauce

In large kettle, brown hamburger and drain. Add potatoes, onion, and tomato sauce. Stir in water, salt, pepper, and hot sauce. Bring to boil. Reduce heat and simmer for 1 hour or until the potatoes are tender and the soup has thickened.

Vegetable Soup

Ron Thomas

1 lb. hamburger	1 quart (16 oz.) stewed tomatoes or tomato juice
1 onion, chopped	
2 stalks celery, chopped	1 package frozen corn
4-6 medium potatoes, chunked	1 package frozen peas and carrots
1 C. chopped carrots	Water
2 beef bouillon cubes	

Brown and drain hamburger, onions, and celery. Add all remaining ingredients and water to cover. Simmer at least 1 hour on medium heat, stirring frequently, or until vegetables are tender.

Italian Pasta Salad

Andrea Thomas

1 box multi-colored rotini pasta	1 head fresh broccoli, cut very small
½ small red onion, diced	1 C. Italian dressing
1 small green pepper, diced	Dash of cayenne pepper (optional)
1 small tomato, diced	Sliced green or black olives (optional)

Cook pasta and rinse with cold water. Add all other ingredients to taste and mix well. Chill to blend flavors.

Macaroni Salad

Helen Crigger

1 box small shells macaroni	1 small white/yellow onion, diced
1 green pepper, diced	1 C. mayonnaise
1 cucumber, diced	1 Tbsp. vinegar
1 tomato, diced	1 Tbsp. sugar
1 (8 oz.) package cheddar cheese, cubed	Dash of celery salt

Cook pasta and rinse with cold water. Add vegetables and cheese. Add enough mayonnaise to lightly cover all other ingredients and mix well. Add spices to taste. Don't add too much celery salt or pasta salad will turn bitter. Chill to blend flavors.

Pasta Salad

Margaret Thomas

Salad:

½ head lettuce, shredded	2 cucumbers, cubed
1 small head cauliflower, broken into small bunches	1 small white or red onion (optional), chopped
1 small head broccoli, broken into small bunches	1 small box multi-colored rotini pasta, cooked and cooled

Dressing:

1 package dry Italian dressing mix	½ C. oil
¼ C. vinegar	3 Tbsp. water

Topping:

Salad Supreme Salad Topping

Mix all salad ingredients together and set aside. Mix dressing contents vigorously until blended together. Mix salad and dressing together until salad ingredients are covered with dressing. Sprinkle salad topping over salad. Let stand overnight in refrigerator.

Broccoli and Cauliflower Salad

Helen Crigger

1 head broccoli	1 red onion, chopped
1 head cauliflower	Ranch dressing

Separate broccoli and cauliflower into florets. Add red onion and enough ranch dressing to lightly cover all other ingredients. Mix well and let chill before serving.

Scalded Lettuce

Elizabeth Crigger "Mamaw"

10-15 pieces fresh leaf lettuce	3 Tbsp. vinegar
4 green onions, chopped	½ C. condensed or regular milk
¼ C. sugar	Salt to taste
1½ Tbsp. bacon grease	

Tear lettuce into bite sized pieces. Bring all ingredients, except lettuce and onions, to a boil. Pour hot liquid over lettuce and onions just before serving.

Citrus Salad

Sue Denney

9 C. Romaine lettuce	$\frac{2}{3}$ C. vegetable oil
6-8 small green onions	1 tsp. mustard
4 stalks celery	$\frac{1}{4}$ C. vinegar
1 (15 oz.) can Mandarin oranges	1-2 Tbsp. poppy seeds
$\frac{3}{4}$ C. broken walnuts	1 tsp. salt
$\frac{1}{2}$ C. sugar	

Cut up lettuce, onions, and celery in a large bowl. Add drained can of Mandarin oranges. Mix remaining ingredients, except walnuts, in a small jar and shake well for dressing. Just prior to serving, add the walnuts to the lettuce mixture. Pour dressing over all.

Note: Makes a very large salad.

Seven Layer Salad

Debbie Wilkerson

Six assorted types of chopped raw vegetables (onions, tomatoes, celery, cucumbers, cauliflower, carrots, thawed frozen peas, etc.)	Chopped lettuce Parmesan or cheddar cheese Mayonnaise Ranch dressing
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You can use any type of raw vegetables that you like. Layer lettuce and all other vegetables in a large bowl. Sprinkle top layer with grated parmesan or shredded cheddar cheese. Combine mayonnaise and ranch dressing to taste and spread over top of salad. Chill until ready to serve.

Party Salad

Helen Crigger

1 can condensed milk	1 (15 oz.) can crushed pineapple, drained
1 large container Cool Whip	1 C. coconut
1 (22 oz.) can cherry pie filling	1 C. miniature marshmallows
$\frac{1}{2}$ C. chopped pecans	

Mix together milk and Cool Whip. Chill for one hour. Add all other ingredients and mix well. Chill again before serving.

Waldorf Salad

Helen Crigger

4-5 medium apples, cored and cubed 1 Tbsp. sugar
½ C. raisins ½ C. mayonnaise
½ C. chopped pecans or walnuts

Mix all ingredients and chill before serving.

Orange Jello Salad

Helen Crigger

1 small carton cottage cheese 1 small package orange Jello
1 small can mandarin oranges, sliced 1 small can crushed pineapple,
and drained drained
1 (8 oz.) container Cool Whip

Mix dry Jello with cottage cheese. Add oranges and pineapple and stir. Add Cool Whip, mix well, and chill before serving.

Fruit Salad

Helen Crigger

1 small box instant vanilla pudding 2 apples, cut into chunks
1 large can fruit cocktail, drained 2 bananas, sliced
1 medium can chunk pineapple, 1 small can sliced peaches, drained
reserve juice

Mix fruit together. Combine pineapple juice and pudding. Pour over fruit and mix well.

Section 3:
Main Dishes



Helpful Hints

- Use little oil when preparing sauces and marinades for red meats. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs and pot roast, can be parboiled before grilling to reduce the fat content.
- When trying to reduce your fat intake, buy the leanest cuts you can find. Fat will show up as an opaque white coating or can also run through the meat fibers, as marbling. Although most of the fat (the white coating) can be trimmed away, there isn't much that can be done about the marbling. Stay away from well-marbled cuts of meat.
- Home from work late with no time for marinating meat? Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer, and add marinade. Refrigerate for about 20 minutes, and you'll have succulent, tender meat.
- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn and rearrange. Cleanup is easy; just toss the bag.
- It's easier to thinly slice meat if it's partially frozen.
- Tomatoes added to roasts will help to naturally tenderize them. Tomatoes contain an acid that works well to break down meats.
- Whenever possible, cut meats across the grain; they will be easier to eat and have a better appearance.
- When frying meat, sprinkle paprika over it to turn it golden brown.
- Thaw all meats in the refrigerator for maximum safety.
- Refrigerate poultry promptly after purchasing. Keep it in the coldest section of your refrigerator for up to two days. Freeze poultry for longer storage. Never leave poultry at room temperature for more than two hours.
- If you're microwaving skinned chicken, cover the baking dish with vented clear plastic wrap to keep the chicken moist.
- Lemon juice rubbed on fish before cooking will enhance the flavor and help maintain a good color.
- Scaling a fish is easier if vinegar is rubbed on the scales first.

Stuffed Peppers

Darnell Thomas

1 lb. hamburger	1 small can corn, drained
½ C. diced onion	1 C. Pepperidge Farm stuffing mix
1 lb. hot sausage, browned and drained	Tomato juice
½ C. rice	½ can (8 oz.) pinto beans (optional)
1 large tomato, peeled and diced or small can stewed tomatoes	Salt and pepper to taste
	8 green peppers, halved

Cook rice following package directions. Combine hamburger and onion, brown and drain. Add all other solid ingredients and mix. Add tomato juice just until moist. Microwave green peppers just until tender, approximately 30 seconds. Spoon filling into pepper halves. Place peppers in single layer in foil-lined casserole dish. Bake 350° until browned and warmed through, approximately 30 minutes.

Chicken and Rice

Darnell Thomas

3 lbs. chicken, cut into bite-size pieces	2 green onions and tops, cut into 1" pieces
¼ C. soy sauce	1½ C. water
2 Tbsp. vegetable oil	2 Tbsp. cornstarch
2 Tbsp. dry sherry	4 Tbsp. soy sauce
1 large clove garlic, minced	2 tsp. sugar
2 celery stalks, cut into ¼" slices	

Rub chicken pieces thoroughly with ¼ cup soy sauce. Let stand 15 minutes. Brown slowly in oil. Add onions, celery, and garlic and simmer 30 minutes. Combine remaining ingredients in a separate bowl. Stir into pan and cook until thickened. Serve over white rice.

Chicken Legs

Darnell Thomas

1 package chicken legs	Flour
¼ C. oil	Salt to taste
1 stick butter or margarine	Pepper to taste

Remove skin from chicken. Mix flour, salt, and pepper. Coat chicken in flour mixture. Add butter and oil to frying pan, heat until oil is hot (but not splattering) and butter is melted. Add chicken to hot oil and butter. Cover, brown one side, turn, cover again, and reduce heat to medium low. Cook for 1 hour.

Chicken and Potato Casserole

Darnell Thomas

2 C. diced potatoes	1 can cheddar cheese soup
2 C. cubed uncooked, boneless, skinless chicken breasts	1 can cream of chicken soup
	1 tsp. each salt and pepper

Grease small casserole dish. Mix all ingredients and add to dish. Bake at 325° for 1 hour or until all ingredients are cooked through.

Beef Stew

Betty McDonald

3 lbs. beef round stew beef, well-trimmed, cut into cubes	4 medium carrots, cut into 1" lengths or slices
½ C. flour, seasoned with salt and pepper	3 stalks of celery, sliced
⅓ C. vegetable oil	4 C. beef broth
2 large onions, cut into wedges or thick rounds	2 Tbsp. tomato paste
1¼ lbs. small potatoes, chunked	½ tsp. salt or to taste
	Fresh ground pepper to taste

Coat meat in seasoned flour and brown in hot oil for about 10 minutes. Reduce heat to medium low and drain off all but 1 tablespoon pan drippings. Add onion, carrots, potatoes, and celery and cook 5 minutes, stirring once or twice until lightly browned. Add broth and tomato paste, stirring to scrape up browned bits. Cover and simmer for 1 hour, stirring once or twice. Add salt and pepper to taste. Cover and simmer for an additional hour until thickened, stirring once or twice.

Chicken and Dumplings

Margaret Thomas

2 bone-in chicken breasts	1 can butter flavored biscuits
6 C. water or amount to cover chicken	1 can (12 oz.) evaporated milk
	1 stick butter or margarine

Boil chicken until tender and remove from broth. Add canned milk and butter to broth. Pull apart biscuits and add to broth. Cook on medium low until biscuits are cooked through. Shred chicken and add to broth and biscuits. Simmer until warm. Salt to taste

Shrimp Boil

Ron Thomas

1 lb. frozen shrimp	½ stick butter, melted
3 large potatoes	1 Tbsp. garlic salt
1 small bag baby carrots	2 Tbsp. Old Bay seafood seasoning
4 small cobs of corn	Water
2 stalks celery	

Cut potatoes, carrots, and celery into large chunks. Add shrimp, potatoes, carrots, corn, and celery to large pot. Add water to cover. Cook over medium heat until potatoes and carrots are tender. Drain water. Add butter, garlic, and Old Bay, and stir to combine. Serve immediately.

Meatloaf

Betty Moore "Grammy"

1½ lb. hamburger	1 C. stewed tomatoes or tomato juice
¾ C. uncooked oatmeal	½ C. ketchup
¼ C. chopped onion	1 egg, beaten
1½ tsp. salt	Pinch of oregano
½ C. chopped green pepper	Pinch of nutmeg
¼ tsp. black pepper	Ketchup, to cover

Combine all ingredients. Pack firmly into an ungreased 8½ x 4½ x 2½ inch loaf pan or casserole dish. Bake at 350° for 1 hour and 15 minutes. Cover with ketchup in the last 15 minutes of cooking. Let stand 5 minutes before slicing.

Crockpot Turkey

Helen Crigger

1 large frozen turkey breast	Water
1 C. salt	1 stick butter or margarine

Combine salt and cool water in a large pot. Add the turkey and soak overnight to thaw. Drain and rinse turkey. Add butter and turkey to large crockpot. Cover with foil and lid. Let cook on high overnight (8-10 hours).

Lasagna

Helen Crigger

9 lasagna noodles	1 C. water
2 lb. hamburger	1 small container cottage cheese
½ C. chopped onion	1 lb. Velveeta processed cheese
½ tsp. garlic salt	Grated parmesan cheese
1 tsp. oregano or to taste	6 slices American cheese
1 (6 oz.) can tomato paste	1 package mozzarella cheese slices
1 (15 oz.) can tomato sauce	

Boil lasagna noodles in 2 quarts water with ½ teaspoon salt and ½ teaspoon oil until tender, about 12 minutes. Drain in a colander and run cold water over noodles. Spread noodles out on a cookie sheet in layers, separated by wax paper. Cook hamburger and onion; drain. Add spices, tomato paste, tomato sauce, and water to hamburger. Simmer (25 minutes on stove, 10 minutes in microwave) until sauce begins to thicken. In a 9 x 13 inch greased pan, place 3 of the noodles, add a layer of sauce, then spoonfuls of cottage cheese. Tear slices of American cheese and lay them on top of the cottage cheese. Sprinkle with parmesan. Add 3 more noodles and then more sauce. Cut slices of the Velveeta cheese and place them on top of sauce. Add 3 more noodles, top with sauce, cottage cheese, American cheese, and parmesan cheese. Cover this layer with slices of mozzarella cheese. Bake for 30 minutes in 350° oven.

Beef Roast

Helen Crigger

1 2-3 lb. sirloin tip roast, london broil, or lean chuck roast	10 medium potatoes, peeled and halved
2 Tbsp. oil	1 lb. bag carrots, peeled and sliced
2 beef bouillon cubes	Water
2 medium onions, sliced	

Trim fat from roast. Warm oil in a large pot. Sear roast on all sides in the oil to brown. Add 1 onion and caramelize in oil. Add bouillon cubes and water to cover. Bring to a boil and then reduce heat. Cook over low to medium heat at least 4 hours, replenishing water as needed to keep roast covered. May also be cooked in a crockpot on high for first 2 hours and then low for remaining 4 to 6 hours. Remove roast from broth, cut, add salt and pepper, and serve or place in an ovenproof dish and broil for 5 to 10 minutes to brown before serving. Add carrots, potatoes, and remaining onions. Cook until vegetables are tender, approximately 30 minutes on medium to high heat.

Salisbury Steak

Helen Crigger

Steak:

1 lb. hamburger
2 slices white bread
½ C. milk

¼ C. diced onion
1 egg
Salt and pepper to taste

Gravy:

1 beef bouillon cube
2 Tbsp. flour
1½ C. water

1½ C. milk
2 Tbsp. butter (optional)
Salt, pepper, and celery salt to taste

In a bowl, pour ½ cup milk over the bread slices and let it absorb until the bread is soft. If the bread still seems dry, more milk may be added. Add the hamburger, onions, and egg to bowl and mix well. Pat into the desired number of steak patties and fry in a skillet over medium heat until cooked through. A small amount of butter or oil may be added to skillet if meat is lean. Remove steaks from skillet when done. To make gravy, add flour to remaining grease in pan and stir to create a thick paste. If there wasn't enough grease, add butter and mix with flour. Add bouillon cube to skillet. Add the water and milk, in equal amounts, a little at a time, stirring continuously. To help thicken the gravy when the milk and water are first added, the temperature may be increased to high and then turned down after gravy begins to boil. Once gravy has thickened to the desired consistency, add the steaks back to the gravy to rewarm. Add additional salt, pepper, and celery salt to taste, if necessary.

Chicken and Dumplings

Helen Crigger

1 (13 oz.) can of chicken or 2 C.
cooked shredded chicken
2 chicken bouillon cubes
2-3 C. milk

Bisquick and biscuit ingredients
listed on box
Water

Fill a large pot halfway full with water. Add chicken and bouillon cubes. Cook on medium heat; do not allow to reach a rolling boil. Prepare biscuits according to Bisquick box recipe and roll out on floured board, double recipe for extra dumplings. Add 2-3 cups milk and reduce heat to low. Warm milk and broth, but do not boil. Cut biscuit dough into 1" by 3" pieces to form dumplings. Drop dumplings into heated milk and broth. Cover with lid and cook until dumplings are fluffy, approximately 10 minutes.

Homemade Pizza

Mona Darlington

Dough:

1 C. warm water	3 Tbsp. shortening
1 package yeast	1 tsp. salt
3 Tbsp. sugar	4 C. flour (approximately)

Sauce:

1 can tomato sauce	1 tsp. oregano
1 can tomato paste	1 tsp. garlic powder
2 cans water	1 lb. sausage/hamburger, browned and drained
1 small onion, finely chopped	

Other ingredients:

Mozzarella cheese, grated	Any other desired toppings
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Mix yeast and water in a large bowl, stir until dissolved. Add remaining dough ingredients, except flour. Slowly add flour until dough is workable. Knead for 5 minutes. Put dough in greased bowl, cover and let raise for 1 hour and 30 minutes. Spread out dough on baking sheet. Combine all sauce ingredients and spread on dough. Add all other desired toppings and layer with cheese. Bake at 350° for 20 minutes.

Salmon Cakes

Helen Crigger

1 large can salmon, drained	2 eggs
1 sleeve Saltine crackers, crushed	Butter or margarine

Remove skin and bones from salmon. Flake into a mixing bowl. Add beaten eggs and crushed crackers. Form into patties and fry in butter or margarine until brown.

Hamburger Philly

Ron Thomas

1 lb. hamburger	Shredded cheddar cheese
1 large onion	4 un-sliced sub rolls
1 large green pepper	Garlic salt to taste
1 can cheddar cheese soup	Salt to taste

Brown and drain hamburger. Slice onion and pepper into strips and add to hamburger, sauté until tender. Add cheese soup and salt to taste. Hollow out sub rolls and spoon hamburger mixture into rolls. Sprinkle with shredded cheese. Bake at 350° until rolls are browned and cheese is melted.

Sloppy Joes

Elizabeth Crigger "Mamaw"

1 lb. hamburger	$\frac{3}{4}$ C. ketchup
1 large onion, chopped	1 Tbsp. prepared mustard
1 green pepper, chopped	

Brown and drain hamburger, onion, and pepper over medium heat. Add ketchup and mustard. Cover and let simmer for about 10 minutes. Serve on hot buns.

Soupy Chicken

Elizabeth Crigger "Mamaw"

1 can cream of mushroom soup	$\frac{3}{4}$ C. regular rice
1 can cream of chicken soup	12 assorted chicken pieces
1 can cream of celery soup	Salt to taste
$\frac{1}{4}$ C. butter, melted	Pepper to taste
1 $\frac{1}{2}$ soup cans milk	Paprika to taste

Combine soups, butter, milk, and rice. Spread mixture into a greased 9 x 13 inch pan. Top with skinned chicken pieces. Sprinkle with salt, pepper, and paprika to taste. Dot with additional butter. Bake at 325° for 1 $\frac{1}{2}$ to 2 hours.

Beef Stew

Helen Crigger

1 lb. stew beef	1 onion, sliced
Flour	$\frac{1}{4}$ C. ketchup
Salt and pepper to taste	1 tsp. Worcestershire sauce (optional)
2 Tbsp. oil or shortening	1 tsp. soy sauce (optional)
Water	2 Tbsp. flour
3 medium potatoes, diced	2 Tbsp. cold water
3 carrots, sliced	

Cut steak into chunks and roll in flour. Brown in shortening, adding salt and pepper to taste. Add to crockpot, layering potatoes, carrots, and onion on top. Add enough water to cover contents. Cook on high for 6 hours or low for 8 hours. In the last hour of cooking, add ketchup, Worcestershire sauce, and soy sauce and stir in. Mix flour and water together before adding to stew to thicken it. Let continue to cook until sauce is the desired consistency.

Note: Helen does not use the soy sauce or Worcestershire sauce when she prepares this recipe.

Beef Stroganoff

Helen Crigger

1 lb. steak	2 C. boiling water
1 onion, chopped	1 can golden mushroom soup
4 Tbsp. butter, divided	1 C. sour cream
2 beef bouillon cubes	Salt to taste

Sauté chopped onion in 2 tablespoons butter and remove from pan. Remove fat and bone from steak and cut into strips. Toss meat in flour, coating thoroughly. Brown in remaining 2 tablespoons butter. Place steak and sautéed onions in crockpot. Add salt, bouillon cubes, mushroom soup, and water to steak. Cook on high for 6 hours or low for 8 hours. Just before serving, stir in sour cream. Serve over cooked egg noodles.

Note: For Grammy's Stroganoff, leave out chopped onion and substitute green onion dip for the sour cream.

Cubed Steak and Gravy

Helen Crigger

1 lb. cubed steak	2 Tbsp. flour
Flour	Water
Salt and pepper to taste	¼ C. milk
2 Tbsp. oil or butter	1 tsp. salt

Dip cubed steak in flour and brown in butter or oil, adding salt and pepper to taste. Add 2 tablespoons flour to remaining grease and brown. Cover steak with water, cover with lid, and steam for 20 minutes. Add milk and salt and simmer until meat is tender and gravy is the desired consistency. Serve with rice or mashed potatoes.

Bacon Quiche

Kristy Crigger

½ C. melted butter	6 eggs
3 C. milk	1 C. Bisquick baking mix
1 tsp. salt	2 C. shredded swiss cheese
Dash of pepper	1 C. crumbled bacon (12-14 slices)

Mix butter, milk, salt, pepper, and eggs together and beat well with a wire whisk. Stir in Bisquick. Pour into a 9 x 13 inch casserole dish. Sprinkle bacon and cheese on top of mixture (do not mix in). Bake at 350° for 45 minutes.

Sausage & Hash Brown Breakfast Casserole

Angie Potts

1 lb. mild sausage	½ tsp. pepper
1 lb. hot sausage	1 C. shredded cheddar cheese
1 (30 oz.) package frozen hash browns	6 large eggs
1½ tsp. salt	2 C. milk

Cook sausage over medium heat, stirring until crumbled. Drain well. Prepare hash browns according to package directions using ½ teaspoon each salt and pepper. Stir together hash browns, sausage, and cheese. Pour into a lightly greased 9 x 13 inch baking dish. Whisk together eggs, milk, and remaining 1 teaspoon salt. Pour evenly over sausage and potato mixture. Bake at 350° for 35 to 40 minutes.

Baked Spaghetti

Cindy Burton

6 oz. spaghetti	¼ C. chopped green pepper
2 Tbsp. butter	1 (8 oz.) can tomatoes, cut up
2 eggs, beaten	1 (6 oz.) can tomato paste
⅓ C. grated parmesan cheese	1 tsp. sugar
1 C. cottage cheese	1 tsp. dried oregano, crushed
1 lb. ground beef	½ tsp. garlic salt
½ C. chopped onion	½ C. shredded mozzarella cheese

Cook spaghetti according to package directions; drain (should be about 3 cups). Stir butter into hot spaghetti. Stir in beaten eggs and parmesan cheese. Form spaghetti mixture into a crust in a greased 10" pie plate. Spread with cottage cheese. In skillet, cook ground beef, onion, and pepper until meat is browned and vegetables are tender. Drain off fat. Stir in undrained tomatoes, tomato paste, sugar, oregano and garlic salt. Heat through. Spoon meat mixture into spaghetti crust. Cover edges with foil. Bake at 350° for 20 minutes. Sprinkle with mozzarella cheese. Bake an additional 5 minutes or until cheese is melted.

Breakfast Casserole

Debbie Wilkerson

6-8 bread slices	5 eggs
1 lb. sausage, browned and drained	2 C. milk
1-2 C. shredded sharp cheddar cheese	1 tsp. ground mustard
	Salt and pepper to taste

Grease a 9 x 13 inch baking dish with cooking spray. Line with bread slices. Sprinkle with crumbled sausage and cheddar cheese. Mix milk, eggs, salt, pepper, and mustard. Pour over bread and place in refrigerator overnight. In the morning, bake at 350° for 30-40 minutes.

Impossible Cheeseburger Pie

Suzanne Scott

1 lb. ground beef	3 eggs
1½ C. chopped onion	¾ C. buttermilk baking mix
½ tsp. salt	2 tomatoes, sliced
¼ tsp. pepper	1 C. shredded cheddar or processed American cheese
1½ C. milk	

Preheat oven to 400°. Grease 10 x 1½ inch pie plate. Cook and stir ground beef and onion over medium heat until beef is browned; drain. Stir in salt and pepper. Spread in pie plate. Beat milk, eggs, and baking mix until smooth, about 1 minute with hand mixer. Pour over ground beef mixture in pie plate. Bake 25 minutes. Top with tomatoes; sprinkle with cheese. Continue to bake until knife inserted into center comes out clean, 5 to 8 minutes longer. Cool 5 minutes before serving.

Teriyaki Pot Roast

Sue Denney

¾ C. soy sauce	2 tsp. sherry
6 Tbsp. sugar	1 garlic clove, minced
½ C. water	1 medium-sized beef pot roast
1 tsp. ginger	

Combine all ingredients except roast and set aside. Coat roast with flour and brown in a very hot skillet. Place roast in a crockpot and pour combined mixture over it. Cook all day on slow heat. Serve with rice. Broth may be thickened to make gravy.

Sesame Beef

Suzanne Scott

1 lb. beef boneless sirloin steak	3 green onions (with tops), finely chopped
2 Tbsp. sugar	1 Tbsp. sesame seeds
2 Tbsp. vegetable oil	1 Tbsp. vegetable oil
2 Tbsp. soy sauce	3 C. hot cooked rice
¼ tsp. pepper	
2 cloves garlic, crushed	

Trim fat from steak and cut diagonally across grain into ⅛ inch slices. (For ease in cutting, partially freeze beef, about 1½ hours.) Mix sugar, 2 tablespoons oil, soy sauce, pepper, onions, and garlic in glass or plastic bowl; stir in beef until well coated. Cover and refrigerate 30 minutes. Drain beef. Cook and stir sesame seeds in a 10 inch skillet over medium heat until golden brown; remove from skillet. Heat 1 tablespoon oil in skillet until hot; add beef. Cook and stir beef in oil over medium-high heat until light brown, 3 to 4 minutes. Sprinkle with sesame seeds. Serve over rice.

Note: This recipe can also be prepared using chicken or pork.

Salsa Chicken

Suzanne Scott

1 oven baking bag, large size 14 x 20 inch	1 (16 oz.) jar mild, chunky-style salsa
2 tsp. flour	4 skinless chicken breast halves
1 green pepper, sliced into rings	

Preheat oven to 350°. Shake flour in oven bag and then place in 2½ quart dish. Add salsa to bag and squeeze bag to blend in flour. Add chicken to bag and turn bag to coat chicken with sauce. Arrange chicken in an even layer. Place pepper rings over chicken. Close bag with nylon tie and cut six ½ inch slits in top. Bake 35 minutes or until tender.

Turkey Hash

Darnell Thomas

1 bone-in turkey breast	Salt and pepper to taste
Water to cover	Sage to taste
1 onion, diced	Thyme to taste
3 stalks celery, diced	2 Tbsp. cornstarch

Cover turkey breast with water in a large pot. When turkey is done, remove meat from bone and shred. Add diced celery and onion to broth and cook until tender. Re-add shredded turkey to broth. Season to your taste with sage, thyme, black pepper, and salt. Add cornstarch and continue to cook until thickened. More cornstarch may be added, if needed. Serve over toast.

Section 4:
Side Dishes



Helpful Hints

- When preparing a casserole, make an additional batch to freeze. It makes a great emergency meal when unexpected guests arrive. Just take the casserole from the freezer and bake it in the oven.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don't refreeze cooked thawed foods.
- A few drops of lemon juice added to simmering rice will keep the grains separated.
- Green pepper may change the flavor of frozen casseroles. Clove, garlic, and pepper flavors get stronger when they are frozen, while sage, onion, and salt get milder.
- Don't freeze cooked egg whites; they become tough.
- For an easy no-mess side dish, grill vegetables along with your meat.
- When freezing foods, label each container with its contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.
- Store dried pasta, rice (except brown rice), and whole grains in tightly covered containers in a cool, dry place. Always refrigerate brown rice, and refrigerate or freeze grains if they will not be used within 5 months.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions, or slightly crushed seasoned croutons.
- Soufflé dishes are designed with straight sides to help your soufflé climb to magnificent heights. Ramekins are good for serving individual casseroles.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To quickly bake potatoes, place them in boiling water for 10 to 15 minutes. Pierce their skins with a fork and bake in a preheated oven.
- To avoid toughened beans or corn, add salt midway through or after cooking.

Hotdog Chili

Helen Crigger

1 lb. hamburger, browned and drained	1 medium onion, chopped
1 quart canned tomatoes	1 package Chili-o chili seasoning mix
½ C. ketchup	2 Tbsp. vinegar
1 C. brown sugar	Garlic salt to taste

Combine all ingredients. Cook over medium heat for at least 20-30 minutes or in a crockpot for at least 4 hours.

Potato Cakes

Helen Crigger

3-4 C. mashed potatoes	Pepper to taste
2 eggs	Garlic salt to taste
Self-rising flour	

Mix all ingredients. Add enough flour to make mixture slightly thicker than pancake batter. Fry in butter until golden brown on both sides.

Corn Pudding

Helen Crigger

2 C. canned corn, drained	2 Tbsp. sugar
2 eggs, beaten	1 C. evaporated milk
¾ tsp. salt	1 Tbsp. butter or margarine

Mix all ingredients together. Pour into a greased baking dish. Bake until firm, about 1 hour at 350°.

Crockpot Macaroni and Cheese

Angie Potts

8 oz. macaroni, cooked and drained	1 large can evaporated milk
1 stick butter or margarine, melted	3 C. cubed Velveeta cheese

Layer all ingredients in crockpot. Add 1 cup cheese to top. Cook on low for 2 to 3 hours, until Velveeta cubes have melted completely. Do not lift lid until done.

Macaroni and Cheese

Helen Crigger

1 (16 oz.) box of elbow or small shell macaroni	1½ C. milk
¼ stick butter or margarine	24 oz. Velveeta cheese, cubed
2 Tbsp. sugar	8 slices American cheese

Cook macaroni in salted water according to package directions. Drain and place back in pan on hot eye (stove should be off but eye will be hot from earlier cooking of macaroni). Add butter and let melt. Sprinkle with sugar and add milk. Add Velveeta cheese and stir until melted over low heat. Pour into greased 9 x 13 inch baking dish. Cover with American cheese slices and bake at 350° for 30 minutes.

Scalloped Potatoes

Darnell Thomas

4 Tbsp. butter or margarine	3½ C. milk
4 Tbsp. flour	10 C. sliced potatoes
1 tsp. salt	Grated cheese

Melt butter. Add flour, salt, and milk. Cook until thickened, stirring constantly. Fold in potatoes and bring to a boil. Turn down temperature and simmer until potatoes are tender. Place in a greased 9 x 13 inch casserole dish. Cover and bake at 350° for 35 to 40 minutes. Uncover and sprinkle with cheese. Return to oven to melt cheese.

Spanish Rice

Mona Darlington

2 C. rice	2 C. tomato juice
1 stick butter or margarine	1 Tbsp. bacon drippings or oil
1 green pepper, chopped	Salt and pepper
1½ C. cubed Velveeta cheese	

Sauté green pepper in melted butter until transparent. Cook rice according to package directions. Leave rice in saucepan. Add green pepper and butter to rice. Add cheese and stir until melted. Add tomato juice, bacon drippings, and salt and pepper to taste. Stir and cook until thickened.

Dressing

Andrea Thomas

1 large bag Pepperidge Farm seasoned bread crumbs	4 C. chicken or turkey broth (may substitute water and bouillon cubes)
2 stalks celery, coarsely chopped	1½ sticks butter or margarine
1 large onion, coarsely chopped	2 eggs

Sauté onion and celery in butter until onions are clear. Pour as much of the broth as possible into sauté pan with onion and celery mixture to heat. Once heated (and any bouillon cubes are dissolved, if used), pour all broth over bread crumbs and mix well. Stir in eggs. Bake at 350° for 30 minutes in a greased 9 x 13 inch baking dish.

Sunday Beans

Larry Crigger

1 lb. hamburger	1 small onion, diced
1 lb. beef hotdogs, sliced	⅓ C. brown sugar
4 (15 oz. each) cans pork and beans	½ C. ketchup
1 large green pepper, diced	Salt and pepper to taste

Brown and drain hamburger. Add salt and pepper to taste. Add green pepper, onion, brown sugar, and ketchup to hamburger. Let simmer until pepper and onion are tender. Add beans and hotdogs; heat thoroughly.

Broccoli Casserole

Helen Crigger

1 bag frozen broccoli cuts/florets	1½ sticks margarine
1 small onion, chopped	1 can cream of mushroom soup
2 eggs, beaten	½ bag Pepperidge Farm stuffing
2 C. shredded cheddar cheese	

Steam broccoli until just tender, do not overcook. Drain well and add to a 2 quart casserole dish. Mix in ½ stick of margarine. Add onion, cheese, eggs, and soup. Mix well. Melt remaining stick of margarine and combine with stuffing. Mix until stuffing is coated. Top broccoli mixture with stuffing. Bake at 350° for 25-30 minutes.

Note: Do not use 'chopped' broccoli.

Sweet Potato Casserole

Debbie Wilkerson

Filling:

3 C. cooked, mashed sweet potatoes (canned is fine, but drain well)	1 tsp. vanilla
1 C. sugar	1/3 C. milk
2 eggs	1/2 C. butter or margarine

Topping:

1 C. firmly packed brown sugar	1/3 C. butter or margarine
1/3 C. all-purpose flour	1 C. chopped pecans

Combine sweet potatoes, sugar, eggs, milk, vanilla, and 1/2 cup butter. Beat with an electric mixer until smooth. Spoon into greased 2 quart casserole dish. Combine brown sugar, flour, 1/3 cup butter, and pecans. Sprinkle over top of casserole. Bake at 350° for 30 minutes.

Baked Beans

Betty Moore "Grammy"

1 can pork and beans	4 Tbsp. brown sugar
1/4 C. finely chopped onion	2 slices cooked bacon
1/4 C. ketchup	

Mix all ingredients except bacon. Crumble bacon on top. Bake at 350° for approximately 20 minutes to 1 hour.

Potato Salad

Helen Crigger

6-7 medium potatoes, cubed and cooked	1 Tbsp. vinegar or to taste
1/2 C. minced onion	1/2-1 C. sweet pickle cubes with juice
1 stalk celery, minced	2 Tbsp. yellow mustard
6 hardboiled eggs, finely chopped	1/2 Tbsp. sugar
1-1 1/2 C. mayonnaise or to taste	1 tsp. celery salt or to taste

Combine all ingredients, except egg. Mix well. Add eggs, stirring just until blended. Chill before serving.

Loghouse Stuffed Squash

Darnell Thomas

5-6 whole yellow squash
¼ tsp. ginger
¼ C. chopped onion
Salt and pepper to taste

5-6 Saltine crackers
¼ C. mayonnaise
¾ C. shredded sharp cheddar cheese
Salad Seasoning

Boil whole squash in water until tender with ¼ teaspoon ginger. Cut squash lengthwise and shell out. Cook the inside of the squash with the chopped onion and salt and pepper to taste until the onion is tender. Finely crush Saltine crackers and add to squash mixture. Spoon squash mixture back into hollowed shells. Mix mayonnaise and sharp cheese and spread on top of each squash. Sprinkle with Salad Seasoning. Bake at 350° for 10 minutes.

Sautéed Vegetables

Andrea Thomas

2 Tbsp. olive oil
2 small yellow squash
2 small zucchini squash
1 medium red onion

1 C. baby carrots
1 capful Mrs. Dash Garlic & Herb
Seasoning Blend
1 tsp. garlic salt

Halve each yellow and zucchini squash lengthwise and then cut widthwise into ½ inch slices. Cut onion into thick strips. Baby carrots may be thickly sliced or left whole. Add oil, carrots, onion, squash, garlic salt, and Mrs. Dash seasoning to a large skillet with a lid. Cover and cook over medium heat, stirring occasionally, until all vegetables are tender.

Note: The carrots will take the longest to cook and may be cut more thinly to decrease cooking time.

Impossible Broccoli Pie

Suzanne Scott

2 packages (10 oz. each) frozen
chopped broccoli
3 C. shredded cheddar cheese
⅔ C. chopped onion
1⅓ C. milk

3 eggs
¾ C. buttermilk baking mix
¾ tsp. salt
¼ tsp. pepper

Heat oven to 400°. Grease a 10 x 1½ inch pie plate. Rinse broccoli under running cold water to thaw; drain thoroughly. Mix broccoli, 2 cups cheese, and onion in pie plate. Beat milk, eggs, baking mix, salt, and pepper until smooth, about 1 minute with a hand mixer. Pour into pie plate. Bake until knife inserted in center comes out clean, 25 to 35 minutes. Top with remaining cheese. Bake just until cheese is melted, 1 to 2 minutes longer. Let stand 5 minutes. Garnish with tomato slices if desired.

Macaroni and Cheese

Suzanne Scott

1 to 1½ C. uncooked elbow macaroni, rigatoni, or spinach egg noodles (about 6 oz.)	¼ C. all-purpose flour
¼ C. margarine or butter	1¾ C. milk
1 small onion, chopped (about ¼ C.)	8 oz. process sharp American or swiss cheese, process American cheese loaf, or process cheese spread loaf, cut into ½ inch cubes
½ tsp. salt	
¼ tsp. pepper	

Cook macaroni according to package directions. Cook and stir margarine, onion, salt, and pepper over medium heat until onion is slightly tender. Stir in flour. Cook over low heat, stirring constantly, until mixture is smooth and bubbly; remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute; remove from heat. Stir in cheese until melted. Place macaroni in ungreased 1½ quart casserole. Stir cheese sauce into macaroni. Bake uncovered in 375° oven for 30 minutes.

Ham Macaroni and Cheese variation: Stir 1 cup cut-up fully cooked smoked ham into cheese sauce.

Olive Macaroni and Cheese variation: Stir ¼ cup chopped pimento-stuffed olives into cheese sauce.

Pepper Macaroni and Cheese variation: Stir ⅓ cup chopped green and/or red peppers or 1 can (4 oz.) green chilies, drained and chopped, into cheese sauce.

Tomato Macaroni and Cheese variation: Stir ¼ cup sliced ripe olives into macaroni in casserole. Arrange 1 large tomato, cut into 5 slices, around edge of casserole before baking.

Tuna Macaroni and Cheese variation: Stir 1 (6½ oz.) can tuna, drained, into cheese sauce.

Note: Use more cheese than recipe calls for; shredded sharp cheddar is the best. Double the recipe for family dinners.

Hashbrown Casserole

Darnell Thomas

1 (2 lb.) package frozen shredded hash brown potatoes	1 stick butter, cubed
1 (16 oz.) container sour cream	½ C. chopped onion
1 can cream of chicken soup	2 C. grated sharp cheddar cheese
	Salt and pepper to taste

Place hash brown potatoes in a greased 9 x 13 inch baking dish. Season with salt and pepper. In a separate bowl, mix onions, sour cream, and cream of chicken soup. Pour soup mixture over potatoes and sprinkle with cheese and butter. Bake at 350° for 45 minutes, or until casserole is heated through and the cheese begins to melt.

Potato Salad

Pam Henley

4 quarts cooked and salted cubed potatoes	½ C. finely chopped celery
½ C. bread and butter pickles, chopped	1 C. mayonnaise
¼ C. pickle juice	3 Tbsp. vinegar (or to taste)
1 medium onion, finely chopped	5 hard boiled eggs, cut up
	1 hard boiled egg, sliced (for garnish)

Mix all ingredients together except for eggs. After ingredients are thoroughly mixed, fold in cut up eggs. Transfer potato salad to a serving bowl. Smooth top and place eggs slices on top for garnish.

Note: Ingredients may need to be varied depending on individual taste.

Baked Beans

Debbie Wilkerson

1 can pork and beans	½ C. brown sugar
1 can baby limas, drained	2 Tbsp. bacon grease (optional)
1 can kidney beans	1 tsp. ground mustard
1 tsp. garlic	Pepper to taste
½ C. ketchup	

Mix all ingredients and bake at 350° for 45-50 minutes. More garlic may be added to taste.

Section 5:
Breads



Helpful Hints

- Over-ripe bananas can be peeled and frozen in a plastic container until it's time to bake bread or a cake.
- When baking bread, a small dish of water in the oven will help keep the crust from getting too hard or brown.
- Use shortening, not margarine or oil, to grease pans as margarine and oil absorb more readily into the dough or batter (especially bread).
- Use a metal ice tray divider to cut biscuits in a hurry. Press into the dough, and biscuits will separate at dividing lines when baked.
- To make self-rising flour, mix 4 cups flour, 2 teaspoons salt, and 2 tablespoons baking powder, and store in a tightly covered container.
- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm. If you cannot feel either hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- When baking in a glass pan, reduce the oven temperature by 25°.
- When baking bread, you get a finer texture if you use milk. Water makes a coarser bread.
- If your biscuits are dry, it could be from too much handling, or the oven temperature may not have been hot enough.
- Nut breads are better if stored 24 hours before serving.
- To make bread crumbs, toast the heels of bread and chop in a blender or food processor.
- Cracked eggs should not be used because they may contain bacteria.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.
- For a quick, low-fat crunchy topping for muffins, sprinkle the tops with Grape-Nuts cereal before baking.
- Dust a bread pan or work surface with flour by filling an empty glass salt shaker with flour.

Zucchini Bread

Mona Darlington

3 eggs	1 tsp. salt
1 C. Wesson oil	3 tsp. cinnamon
2 C. sugar	1 tsp. vanilla
2 C. grated raw zucchini	¼ tsp. baking powder
3 C. flour	1 C. coarsely chopped nuts
1 tsp. baking soda	

Combine oil, sugar, eggs, zucchini, and vanilla. Blend well. Stir in flour, baking soda, salt, baking powder, and cinnamon. Do not beat. Stir in nuts. Spoon into 2 well greased loaf pans. Bake at 350° for 1½ hours.

Refrigerator Rolls

Mona Darlington

2 packages dry yeast	6½-7 C. all-purpose flour, sifted
2 C. warm water (110°)	1 egg, beaten
½ C. sugar	¼ C. oil
2 tsp. salt	

Soften yeast in warm water. Add sugar, salt, and about 3 cups flour. Beat thoroughly by hand for about 2 minutes. Add egg and oil. Gradually add rest of flour until right consistency. Mix by hand until smooth. Place in bowl and grease top. Cover lid and place in refrigerator (can be stored up to 3-4 days). Shape into golf ball sized rolls. Place in greased pan and cover with a towel. Let rise about 2 hours. Bake at 400° for about 15 minutes. Makes 35 rolls.

Three Hour Light Bread

Darnell Thomas

2 C. all-purpose flour	1 C. water
1 package dry yeast	1 Tbsp. sugar
½ C. water	4 Tbsp. oil or 2 Tbsp. regular Crisco
1 C. milk	2 tsp. salt

Dissolve yeast in ½ cup water. Mix milk, water, sugar, oil, and salt in saucepan until warm and dissolved. Mix in flour and yeast. Beat on high speed 2 to 3 minutes. Add more flour, using spoon until dough is very stiff. Using hands, knead until dough reaches a smooth consistency. Put in a large, greased bowl, oiling top of dough. Let rise until double, work down. Let rise again, then work down. Divide into 2 parts and knead some more. Put in 2 loaf pans. Let rise and bake 30 to 35 minutes in 350° oven.

Amish Friendship Bread Starter

1 package active dry yeast
¼ C. warm water (110°)
3 C. all-purpose flour

3 C. white sugar
3 C. warm milk (110°)

Before beginning, please remember: Do not use metal utensils. Do not refrigerate. The starter takes 10 days to ferment.

Day 1: In a small bowl, soften yeast in warm water for about 10 minutes. Stir well. In a 2 quart glass or ceramic container, combine 1 cup sifted flour and 1 cup sugar. Mix thoroughly or flour will lump when milk is added. Slowly stir in warm milk and dissolved yeast mixture. Cover tightly with lid or plastic wrap. The mixture will get bubbly. Consider this Day 1 of the cycle.

Day 2: Stir with wooden or plastic spoon

Day 3: Stir with wooden or plastic spoon

Day 4: Stir with wooden or plastic spoon

Day 5: Stir with wooden or plastic spoon. Add 1 cup sifted flour, 1 cup sugar and 1 cup warm milk; stir.

Day 6: Stir with wooden or plastic spoon

Day 7: Stir with wooden or plastic spoon

Day 8: Stir with wooden or plastic spoon

Day 9: Stir with wooden or plastic spoon

Day 10: Stir with wooden or plastic spoon. Add 1 cup sifted flour, 1 cup sugar and 1 cup warm milk and stir. Remove 1 cup to make your first loaf of bread using recipe below. Give 1 cup to a friend with this recipe and the Amish Friendship Bread recipe below. Use the remaining cup to begin the 10 day process over again. You can freeze the remaining cup for later use. Frozen starter takes at least 3 hours at room temperature to thaw before use. Do not thaw starter in microwave.

Amish Friendship Bread Instructions

Remember: Do not use a metal spoon or bowl for mixing. Do not refrigerate. If air gets in the bag, let it out. It is normal for batter to thicken, bubble, and ferment.

Day 1: This is the day you receive the starter, do nothing.

Day 2: Squeeze the bag.

Day 3: Squeeze the bag.

Day 4: Squeeze the bag.

Day 5: Squeeze the bag.

Day 6: Add 1 C. all-purpose flour, 1 C. sugar, and 1 C. milk

Day 7: Squeeze the bag.

Day 8: Squeeze the bag.

Day 9: Squeeze the bag.

Day 10: Combine the starter, 1 C. all-purpose flour, 1 C. sugar, and 1 C. milk in large bowl. Mix with a wooden or plastic spoon. Pour 3 1-cup starters each into a ziplock bag. Keep one starter for yourself and give the other two to your friends along with these instructions (the starter recipe should be given as well).

To the remaining batter in the bowl add the following:

1 C. oil	½ tsp. baking soda
2 C. all-purpose flour	3 large eggs
1 C. sugar	1 large box instant vanilla pudding
½ C. milk	2 tsp. cinnamon
1 tsp. vanilla	½ tsp. salt
1½ tsp. baking powder	2 C. chopped pecans or ½ C. raisins (optional)

Mix well. Add pecans or raisins, if desired. Pour into 2 large, well-greased and cinnamon-sugared loaf pans. Sprinkle extra cinnamon-sugar on top. Bake at 325° for 1 hour.

Red Lobster Biscuits

2 C. buttermilk baking mix	½ stick butter, melted
½ C. shredded cheddar cheese	½ tsp. garlic powder
⅔ C. milk	½ tsp. parsley

Combine baking mix, cheese, and milk together and mix for a minute. Drop by tablespoons onto a lightly sprayed baking sheet. Bake at 450° for 8-10 minutes or until lightly browned. Meanwhile, add parsley and garlic powder to melted butter. Remove biscuits from oven and brush with butter mixture.

Section 6:
Desserts



Helpful Hints

- Egg whites need to be at room temperature for greater volume when whipped. Remember this when making meringue.
- When preparing several batches of pie dough, roll dough out between sheets of plastic wrap. Stack the discs in a pizza box, and keep the box in the freezer. Pull out the required crusts as needed.
- Place your pie plate on a cake stand when placing the pie dough in it and fluting the edges. The cake stand will make it easier to turn the pie plate, and you won't have to stoop over.
- Many kitchen utensils can be used to make decorative pie edges. For a scalloped edge, use a spoon. Crosshatched and herringbone patterns are achieved with a fork. For a sharply pointed effect, use a can opener to cut out points around the rim.
- Keep strawberries fresh for up to 10 days by refrigerating them (unwashed) in an airtight container between layers of paper towels.
- When grating citrus peel, bits of peel are often stuck in the holes of the grater. Rather than waste the peel, you can easily brush it off by using a new, clean toothbrush.
- To core a pear, slice the pear in half lengthwise. Use a melon baller to cut out the central core, using a circular motion. Draw the melon baller to the top of the pear, removing the interior stem as you go.
- When cutting butter into flour for pastry dough, the process is easier if you cut the butter into small pieces before adding it to the flour.
- To keep the cake plate clean while frosting, slide 6" strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting set, pull the strips away leaving a clean plate.
- When decorating a cake with chocolate, you can make a quick decorating tube. Put the chocolate in a heat-safe zipper-lock plastic bag. Immerse in simmering water until the chocolate is melted. Snip off the tip of one corner and squeeze the chocolate out of the bag.
- Professionally decorated cakes have a silky, molten look. To get that appearance, frost your cake as usual, then use a hair dryer to blow-dry the surface until the frosting slightly melts.
- To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.

Banana Split Dessert

Opal Cassell

Crust:

2 C. graham cracker crumbs
½ C. butter, melted

¼ C. powdered sugar

Filling:

½ C. butter, softened
2 C. powdered sugar
1 (8 oz.) package cream cheese
1 Tbsp. milk
1 tsp. vanilla

3 large bananas, sliced
2 quarts strawberries, sliced
2 cans (8 oz. each) crushed pineapple,
drained

Topping:

2 containers (8 oz. each) Cool Whip
½ C. powdered sugar

1½ C. chopped pecans or black
walnuts (use less if desired)

Combine cracker crumbs, butter, and sugar. Press into ungreased 9 x 13 inch baking dish. Chill. Beat ½ cup softened butter, cream cheese, 2 cups powdered sugar, milk, and vanilla until smooth. Spread over crust and chill 30 minutes. Layer bananas, pineapple, and strawberries over filling. Mix whipped cream and powdered sugar until firm. Spread over fruit. Sprinkle with chopped nuts. Chill until ready to serve.

Banana Pudding

Margaret Thomas

1 box vanilla wafers
2 (3 oz.) boxes banana cream instant
pudding

2 or 3 large bananas, sliced
1 (8 oz.) container Cool Whip, thawed
Ingredients to make pudding

Prepare pudding as directed on box. Then add Cool Whip to pudding and mix well. In dish, layer wafers first, then bananas, and then pudding. Continue to layer as above. Cover and refrigerate until ready to serve.

Fluffy Cocoa Frosting

Elizabeth Crigger "Mamaw"

¾ C. cocoa
4 C. powdered sugar
½ C. butter

1 tsp. vanilla
½ C. evaporated milk

Sift cocoa and sugar together. Cream butter with the cocoa and sugar mixture. Blend in vanilla and milk. Beat well.

Fudgy White Frosting

Elizabeth Crigger "Mamaw"

5 Tbsp. flour	1 tsp. vanilla
1 C. milk	Dash of salt
1 C. shortening	6-7 C. powdered sugar, sifted
1 C. granulated sugar	

Combine flour and milk in saucepan. Cook over low heat, stirring constantly, until a thick paste forms. Set aside to cool. Whip shortening, granulated sugar, vanilla, and salt until very fluffy. Add flour paste and beat 1 minute longer. Beat in powdered sugar until frosting will hold shape when beaters are lifted. Yield: frosting for a 9 x 13 inch cake

Mocha Frosting

Helen Crigger

6 Tbsp. cocoa	1 tsp. vanilla
6 Tbsp. hot coffee	3 C. powdered sugar
6 Tbsp. butter	

Combine cocoa and coffee. Add butter and vanilla and beat until smooth. Slowly add powdered sugar. If too thick, add more coffee. If too thin, add more powdered sugar.

Easy Southern Banana Pudding

3 C. cold milk	3 bananas, sliced
2 (4-serving size each) packages vanilla instant pudding	1 (8 oz.) tub Cool Whip whipped topping, thawed
30 Nilla Wafers	

Pour milk into large bowl. Add dry pudding mixes. Beat with wire whisk 2 minutes or until well blended. Let stand 5 minutes. Arrange half of the wafers on bottom and up side of 2-quart serving bowl. Add layers of half each of the banana slices and pudding. Repeat all layers. Spread whipped topping over pudding. Refrigerate 3 hours or until ready to serve.

Died and Gone to Heaven Cake

Helen Crigger

Crust:

1 box yellow cake mix
1/2 C. melted butter

1 egg

Filling:

1 (8 oz.) package cream cheese,
softened

2 eggs

1 lb. box powdered sugar

Mix crust ingredients with fork and press into greased 9 x 13 inch pan. Beat cream cheese and eggs for 5 minutes with mixer, gradually adding powdered sugar. Pour over cake mix. Bake 30 to 40 minutes at 350°.

Sour Cream Pound Cake

Opal Cassell

1 box butter cake mix
1 C. all-purpose flour
1 C. milk
3 eggs

1 C. sugar
1 stick margarine, melted
8 oz. sour cream
1 tsp. vanilla or lemon flavoring

Sift cake mix and flour together. Add remaining ingredients and beat well. Pour into a greased bundt or fluted cake pan and bake at 350° for 55 minutes.

Lemon Lush

Darnell Thomas

1 C. all-purpose flour
1 stick butter, melted
1 C. finely chopped pecans
1 (8 oz.) package cream cheese,
softened
1 C. powdered sugar

8 oz. Cool Whip (reserve some
additional for topping)
2 small packages lemon instant
pudding
3 C. milk

Mix flour, butter, and pecans. Spread into baking dish and bake at 400° for 15 minutes. Cool. Mix cream cheese, sugar, and Cool Whip thoroughly and spread over crust. Mix lemon pudding and milk. Pour over cream cheese mixture. After pudding sets, spread Cool Whip on top and sprinkle with a few chopped pecans.

Note: Other flavors of instant pudding can be substituted for lemon. Chocolate is also very nice in this.

Pina Colada Cake

Darnell Thomas

- | | |
|---|--|
| 1 package yellow cake mix | 2 C. whipped cream or non-dairy
whipped topping |
| 1 (15 oz.) can cream of coconut | 2 Tbsp. coconut, toasted (optional) |
| 1 (8 oz.) can crushed pineapple,
drained | Ingredients to make cake |

Prepare cake mix according to package directions and bake in a 9 x 13 inch pan. After cooling, poke holes in top of cake with a fork. Spread cream of coconut evenly over cake. Sprinkle pineapple over top and spread whipped cream over all. Sprinkle with coconut, if desired. Chill until ready to serve.

Fresh Apple Cake

Darnell Thomas

Cake:

- | | |
|------------------------|--------------------------------|
| 1 C. oil | 2 tsp. vanilla |
| 3 C. all-purpose flour | 1 tsp. baking soda |
| 2 C. sugar | ½ tsp. salt |
| 1 C. chopped walnuts | 1 tsp. allspice |
| 2 eggs | 3 C. chopped raw, fresh apples |

Glaze:

- | | |
|------------------|----------------------|
| 1 C. brown sugar | ¼ C. evaporated milk |
| ½ C. margarine | 1 tsp. vanilla |

Combine oil, sugar, vanilla, and well-beaten eggs. Measure and sift flour, salt, and soda. Add to first mixture. Stir in apples and nuts, mix well. Batter will be very stiff. Pour in 9 x 13 inch baking pan. Bake 1 hour at 325°. Prepare glaze by placing margarine and sugar in double boiler, allow to melt. Add milk and bring to a full boil. Cool. Add vanilla. Pour over cake.

Lemon Jello Cake

Mona Darlington

Cake:

- | | |
|-------------------------|-----------------------|
| 1 small box lemon Jello | ¾ C. vegetable oil |
| 1 C. boiling water | 4 eggs |
| 1 box white cake mix | 1 Tbsp. lemon extract |

Topping:

- | | |
|---------------------|---------------------|
| 1 C. powdered sugar | 4 Tbsp. lemon juice |
|---------------------|---------------------|

Add Jello to boiling water. Stir well and set aside to cool. Mix cake mix with oil. Add eggs, one at a time, beating well. Then add lemon extract. Finally, add Jello and mix well. Place in a greased and floured bundt or tube pan. Bake 1 hour at 325°. Remove from pan. Mix powdered sugar and lemon juice together and spoon over warm cake.

Strawberry Delight

Helen Crigger

1 angel food cake	1 pint strawberries, sliced
1 large box instant vanilla pudding	16 oz. Cool Whip
1 package strawberry glaze or ½ C. sugar	

Mix vanilla pudding according to directions on box. If using sugar instead of glaze, mix sliced strawberries with the sugar and set aside. Tear angel food cake into bite-sized pieces and layer in bottom of 9 x 13 inch glass baking dish. Pour pudding over cake pieces. If using strawberry glaze, pour that over pudding. Layer sliced strawberries over the ingredients already in the dish. Add Cool Whip over the top.

Variation: Ingredients may also be layered in a trifle dish for a beautiful dessert. Simply reserve half of each ingredient and layer each twice in the same order as above.

Strawberry Delight

Ruth Smith

1 stick butter, melted	8 oz. Cool Whip
1 C. flour	4 C. strawberries, sliced
1 C. chopped pecans or walnuts	1 C. strawberries, mashed
1 (8 oz.) package cream cheese	1 package strawberry pie glaze
2½ C. powdered sugar	

Mix melted butter, flour, and nuts together. Press into a 9 x 13 inch pan and bake at 350° for 15 minutes or until lightly browned. Let cool. Mix cream cheese, powdered sugar, and Cool Whip. Spread over cooled crust. Layer the sliced strawberries over the previous layer of filling. Mix the mashed strawberries and pie glaze and spread over sliced strawberries. Keep refrigerated.

Monkey Bread

Helen Crigger

½ stick butter	1 C. sugar w/ cinnamon
1 can refrigerated biscuits	

Preheat oven to 425°. Melt butter in small saucepan. Cut biscuits into two pieces each. Dip each piece into butter and roll in the cinnamon sugar. Place close together in a baking dish or bundt cake pan. Pour any extra butter over biscuit pieces and sprinkle with sugar. Bake 10 to 12 minutes. Best served hot.

Cinnamon Streusel Cake

Elizabeth Crigger "Mamaw"

Cake:

1 box yellow cake mix
1 small package vanilla instant pudding
 $\frac{1}{3}$ C. butter flavored Crisco

$1\frac{1}{3}$ C. water
3 eggs

Streusel Mix:

$\frac{1}{2}$ C. brown sugar
 $\frac{1}{2}$ C. self-rising flour

2 Tbsp. margarine, melted
2 tsp. ground cinnamon

Beat cake ingredients at medium speed for 2 minutes. Combine streusel ingredients and mix until crumbly. Pour $\frac{3}{4}$ of cake batter into a greased tube cake pan. Spoon $\frac{3}{4}$ of streusel mix over the batter. Add the rest of the cake batter and then the rest of the streusel mix. Bake at 350° for 45-50 minutes. Glaze if desired.

York Peppermint Brownies

Andrea Thomas

1 box brownie mix for 9 x 13 inch pan
Ingredients to make brownies

1 bag York Peppermint Patties

Prepare brownies as directed on box. In the last 5 minutes of cooking, cover the brownies with a layer of unwrapped peppermint patties and return to the oven just long enough to melt the patties. Use a knife to swirl the melted patties and completely cover the top of the brownies. This creates a 'fudgy' layer of peppermint on top of the brownies.

Variation: Prepare brownies as directed on box. Pour half of batter into greased cake pan. Layer unwrapped peppermint patties over batter in pan. Pour the remaining batter over the layer of patties. Bake as directed. This causes the patties to melt into the brownies, leaving a mild peppermint taste throughout. Do not overcook or brownies will be very tough.

Overnight Cinnamon Rolls

Dawn Crigger

1 (16 oz.) package frozen rolls
1 large box cook and serve vanilla pudding
 $\frac{3}{4}$ C. brown sugar

1 stick butter
Cinnamon
Chopped pecans (optional)

Grease bundt pan. Place frozen rolls in bottom of pan. Sprinkle pudding mix on top of rolls. Sprinkle cinnamon, brown sugar, and pecans (if desired) over rolls. Melt butter and pour over rolls. Cover and refrigerate overnight. Bake at 350° for 30 minutes.

Buttery Cinnamon Apples

Darnell Thomas

1/3 C. butter
1/2 to 3/4 C. sugar
2 Tbsp. cornstarch
1 1/2 C. water

1/4 to 1/2 tsp. cinnamon
4 medium cooking apples, cored,
peeled, and cut in half

In a skillet, melt butter over medium heat. Stir in sugar and cornstarch, mix well. Add remaining ingredients. Cover, cook over medium heat, spooning sauce over apples occasionally until apples are fork tender and sauce is thickened (12 to 15 minutes). To serve, place 2 apple halves in individual dessert dish, spoon 1/2 cup sauce over halves.

Rum Cake

Betty McDonald

Cake:

3/4 C. chopped pecans
1/2 C. oil
3/4 C. water
1/4 C. light rum

1 package classic yellow cake mix
1 small package instant vanilla
pudding
4 eggs

Glaze:

1 stick butter
1 C. sugar

1/4 C. + 1/8 C. water
1/8 C. rum

Grease and flour bundt pan. Sprinkle 1/2 cup nuts in bottom. Combine cake mix, water, oil, pudding, and rum. Add one egg at a time, beating after each. Add remaining nuts and pour into pan. Bake at 325° for 50-60 minutes. Approximately 10 minutes before cake is done, prepare glaze by combining butter, sugar, water and rum. Simmer a few minutes. Remove cake from oven. Loosen edges with a knife and punch holes in cake with a fork. Pour glaze over cake. Let stand 1 hour before removing from pan.

Brown Sugar Nut Bars

Betty Moore "Grammy"

1 1/2 C. sifted flour
3/4 tsp. baking powder
1/4 tsp. salt
1/2 C. butter or shortening

3 eggs
1 1/2 C. dark brown sugar
1 1/2 tsp. vanilla
1 C. nuts

Sift flour, baking powder, and salt together. Cream butter. Add sugar and beat until fluffy. Add vanilla and eggs. Add flour. Mix well. Add nuts. Spread 1 inch thick in a greased, shallow pan. Bake at 375° for 30 minutes.

German Chocolate Upside-Down Cake

Opal Cassell

1 C. coconut	1 stick margarine
1 C. pecans, chopped	1 lb. box powdered sugar
1 (8 oz.) package cream cheese	Ingredients to make cake
1 box German Chocolate cake mix	

Mix coconut and pecans together, sprinkle in bottom of greased 9 x 13 inch cake pan. Prepare cake mix according to package directions, pour cake batter over pecans and coconut. In a saucepan, heat margarine and cream cheese until just warm enough to beat in powdered sugar. Mix well and pour over cake batter. Gently swirl the cream cheese mixture with the cake batter. Bake at 350° for 45 minutes. Cool before cutting.

Favorite Fudge

Mona Darlington

2 sticks butter or margarine	1 jar marshmallow crème
1 can Carnation evaporated milk	2 tsp. vanilla
3½ C. sugar	2 bags (24 oz. each) semi-sweet chocolate chips

Bring margarine, milk, and sugar to a boil, stirring constantly. Boil exactly 9 minutes. Take pan off stove, add marshmallow crème, vanilla, and chocolate chips. Stir until all ingredients are melted and well blended. Pour into buttered 9 x 13 inch pan and chill until firm.

Variations:

- Add 1 C. chopped walnuts or pecans.
- Add peanut butter to taste.
- Change chocolate chips to butterscotch chips and add ¼ C. coffee.

If cooked too much, add a little milk and stir until smooth.

Peanut Butter Fudge

Betty Moore "Grammy"

2 lbs. powdered sugar	1 (7 oz.) jar marshmallow crème
½ C. butter or margarine	1 (18 oz.) jar peanut butter
1 large can evaporated milk	

Cook sugar, butter, and milk over medium heat, stirring until ingredients melt. Cook to soft ball stage (325°). Remove from heat and quickly stir in marshmallow crème and peanut butter. Stir well and pour into a buttered 9 x 13 inch baking dish. Cool and cut into squares

Creamsicle Fudge

Debbie Wilkerson

$\frac{3}{4}$ C. margarine	3 tsp. orange extract
3 C. sugar	1 tsp. vanilla flavoring
1 (7 oz.) jar marshmallow crème	9 drops red food coloring
$\frac{2}{3}$ C. evaporated milk	13 drops yellow food coloring
12 oz. vanilla chips	

Mix sugar, milk, and margarine in heavy saucepan. Bring to a boil over medium heat while stirring. Boil for 5 minutes at 234° (use candy thermometer). Remove from heat, stir in vanilla chips, vanilla flavoring, and marshmallow crème. Stir until chips are melted. Remove about 1 cup of mixture and set aside. Add orange extract and food coloring to the remaining mixture left in the pan. Mix well and pour into a 9 x 13 inch greased baking dish. Stir in the extra cup of mixture, swirling with a knife. Refrigerate until completely cool. Cut in small squares to serve.

Mint Chocolate Fudge

Cindy Burton

1 (14 oz.) can sweetened condensed milk	20 chocolate covered mint candies, approximately 6 oz.
12 oz. semi-sweet chocolate	

Line an 8-inch square baking pan with foil (foil must overhang on two sides). Lightly spray foil with cooking spray. In large microwave-safe bowl, combine chocolate, condensed milk, and mint candies. Heat mixture in microwave on high for 1 minute, then stir. Return to microwave and heat 1 minute longer. Stir until mixture is melted and smooth. Pour mixture into foil-lined pan, spread evenly. Refrigerate about 4 hours or until firm. Remove fudge from pan using foil handles to lift from pan. Peel off foil. Serve immediately or chill until ready to serve.

Chocolate Fudge

Opal Cassell

2 C. packed brown sugar	1 tsp. vanilla
1 C. white sugar	26 marshmallows, chopped
1 C. evaporated milk	$\frac{3}{4}$ C. nuts
$\frac{1}{2}$ C. margarine	1 C. semi-sweet chocolate pieces

In large saucepan, mix sugars and milk. Heat to boiling over medium-high heat. Boil 14 minutes. Remove from heat and add butter. Stir in vanilla, marshmallows, and chocolate pieces. Continue stirring until melted. Quickly add nuts. Spread in a buttered dish and allow to cool well before cutting.

Boiled Custard

Opal Cassell

4 C. milk	1 tsp. vanilla
1 C. sugar	1 tsp. cornstarch (optional)
4 egg yolks	

Beat egg yolks with a small amount of milk. Add egg mixture and remaining milk to double boiler. Heat until thickened. If it does not thicken to correct consistency, add cornstarch. When done, add vanilla and stir in. Chill before serving.

Fruitcake Cookies

Mona Darlington

1 lb. dates, chopped	½ tsp. baking powder
¼ lb. candied cherries, chopped	½ tsp. cinnamon
¼ lb. candied pineapple, chopped	½ C. butter
½ lb. pecans, chopped	¾ C. white sugar
1¼ C. all-purpose flour	1 egg

Cream butter, sugar, and egg. Add flour, baking powder, and cinnamon. Mix well. Stir in all other ingredients. Drop by spoonfuls onto a lightly greased cookie sheet and bake at 350° for 10 minutes.

Date Pinwheel Cookies

Mona Darlington

1 lb. pitted dates, chopped	1 C. white sugar
½ C. water	2 eggs, well beaten
½ C. white sugar	1 tsp. vanilla
1 C. chopped nuts	4 C. all-purpose flour, sifted
1 C. butter or margarine	1 tsp. baking soda
1 C. brown sugar	1 tsp. salt

Combine dates, water, and ½ cup sugar in a saucepan and cook until thick (2-3 minutes), stirring constantly. Cool. Stir in nuts to create filling. Thoroughly cream butter and remaining sugars and then add eggs. Beat well. Add vanilla and stir in. Sift together the dry ingredients and add to creamed mixture. Stir until smooth. Chill. Divide dough in half; roll one part on lightly floured surface until ¼ inch thick. Spread half of filling on dough evenly. Roll like a jelly roll and wrap in waxed paper with seam on bottom. Repeat with remaining dough and filling. Chill rolls until firm. Cut into ¼ inch slices. Place on lightly greased baking sheet. Bake at 400° for 8-10 minutes.

Butterscotch Thin Cookies

Mona Darlington

1 large package butterscotch morsels	2¾ C. flour
1 C. butter or margarine	1½ tsp. baking soda
1⅓ C. brown sugar	⅔ C. finely chopped nuts
2 eggs	1½ tsp. vanilla

Combine morsels and margarine, then melt in microwave and stir until smooth. Add brown sugar and egg and beat until light and fluffy. Stir in flour and baking soda, blend well. Add nuts and vanilla. Form into log-shaped rolls. Chill. Slice cookies ¼ inch thick. Bake at 375° on an ungreased cookie sheet for 5-6 minutes.

Fruit Cobbler

Helen Crigger

1 C. self-rising flour	⅔ stick butter or margarine
2 C. sugar	21 oz. can of fruit (cherry pie filling, sliced peaches, etc.), undrained
1⅓ C. milk	

Mix flour, sugar, and milk together. Melt margarine in 9 x 13 inch baking dish. Pour flour mixture into dish. Top with fruit and at least 1 cup of fruit juice. Bake at 350° for 30-40 minutes.

Easy Fruit Cobbler

Ron Thomas

1 C. self-rising flour	1 egg
1 C. sugar	2 C. fruit of your choice
1 C. milk	¾ stick margarine

Preheat oven to 350°. Place margarine in a medium casserole dish. Place dish in oven to allow butter to melt. Mix all remaining ingredients, except fruit, and pour into dish. Spoon fruit over batter. Additional sugar may be sprinkled over fruit or fruit may be sweetened prior to adding, if desired. Bake for 35 to 40 minutes or until golden brown. Serve warm with vanilla ice cream.

Note: Double recipe to bake in a 9 x 13 inch dish.

Vanilla Cream Cheese Frosting

Pam Henley

3 oz. cream cheese, softened	½ tsp. vanilla
1 Tbsp. milk	3 C. powdered sugar, sifted

Combine cream cheese, milk, and vanilla, mixing until well blended. Gradually add sugar, mixing well after each addition, until correct consistency is reached.

Banana Cake

Elizabeth Crigger "Mamaw"

Cake:

½ C. butter	½ tsp. salt
2 eggs, beaten	½ tsp. baking powder
1 C. sugar	¼ C. buttermilk
1 tsp. vanilla	2 C. flour, rounded
¾ tsp. baking soda	1 C. mashed ripe bananas

Icing:

1 banana, mashed	2 Tbsp. butter, melted
1 Tbsp. lemon juice	1 to 1½ C. powdered sugar

Cream butter and sugar. Add well-beaten eggs and vanilla. Sift flour, soda, salt, and baking powder together. Add buttermilk, then add dry ingredients alternately with mashed banana. Bake in layers or in loaf pan. For icing, add melted butter and lemon juice to mashed banana. Then continue adding powdered sugar until correct consistency is obtained. Use to ice cake.

Pineapple Upside-Down Cake

Elizabeth Crigger "Mamaw"

1 (20 oz.) can sliced pineapple in juice	1 (2 layer size) package yellow cake mix
2 (4 serving size each) packages vanilla instant pudding	4 eggs
10 maraschino cherry halves	1 C. water
½ C. packed brown sugar	¼ C. oil

Drain pineapple, reserving juice. Arrange slices in 9 x 13 inch cake pan; place cherry halves in center of each. Combine 1 package pudding mix and pineapple juice; pour over pineapple slices and sprinkle with brown sugar. Combine cake mix, remaining pudding mix, eggs, water, and oil in large bowl. Blend, then beat at medium speed until mixed. Pour into pan over pineapple slices and liquid. Bake at 350° for 55 to 60 minutes or until done. Do not underbake. Cool in pan for 5 minutes. Invert onto platter and let stand for 10 minutes; then remove pan. Serve warm.

Dump Cake

Pam Henley

1 box yellow cake mix	1 can cherry pie filling
1 large can crushed pineapple	1 stick margarine

Grease a 9 x 13 inch cake pan. Spread crushed pineapple in bottom of pan. Then spread pie filling over the pineapple. Pat dry cake mix on top of the pie filling. Melt margarine and pour on top. Bake at 350° for 45-55 minutes.

Tangy Lemon Frosting

Pam Henley

3¼ C. powdered sugar, divided	½ tsp. grated lemon rind
1 egg white	2 Tbsp. lemon juice
⅛ tsp. salt	Yellow food coloring
2 Tbsp. butter or margarine, melted	

Blend 1½ cups sugar, egg white, salt, butter, and lemon rind in large mixing bowl. Add 1 tablespoon lemon juice. Blend remaining sugar into mixture gradually. Stir enough of remaining lemon juice into icing to reach desired consistency. Tint with food coloring.

Lemon Bars

Pam Henley

1¼ C. all-purpose flour	2 eggs
1 C. sugar	3 Tbsp. lemon juice
⅓ C. margarine, softened	Powdered sugar (optional)

Combine 1 cup flour and ¼ cup sugar; cut in margarine until mixture resembles coarse crumbs. Press mixture onto bottom of 8 inch square baking pan. Bake at 350° for 15 minutes or until lightly browned. Blend eggs, lemon juice, remaining flour and sugar; pour over crust. Bake 15 minutes more until set. Cool slightly; sprinkle with powdered sugar, if desired. Cool completely and cut into 2" x 1" bars.

Snickerdoodles

Helen Crigger

1 C. shortening	2 tsp. cream of tartar
2 eggs	½ tsp. salt
1½ C. sugar	1 tsp. baking soda
1 tsp. vanilla	2 Tbsp. sugar
2¾ C. flour	2 Tbsp. cinnamon

Combine shortening, eggs, sugar, and vanilla and mix thoroughly. Sift in remaining ingredients, except the 2 tablespoons each sugar and cinnamon. Mix well. Roll dough into balls and roll each ball in cinnamon and sugar mixture. Place 2 inches apart on an ungreased cookie sheet. Bake at 375° for 8-10 minutes.

Sugar Cookies and Icing

Helen Crigger

Cookie Dough:

1 $\frac{1}{3}$ C. shortening
1 $\frac{1}{2}$ C. sugar
2 tsp. vanilla
2 eggs

8 tsp. milk
4 C. all-purpose flour, sifted
3 tsp. baking powder
 $\frac{1}{2}$ tsp. salt

Icing:

$\frac{1}{2}$ stick butter or margarine
 $\frac{1}{4}$ C. milk

1 (16 oz.) box powdered sugar
Food coloring

Thoroughly cream shortening, sugar, and vanilla. Add eggs and beat until light and fluffy. Stir in milk. Sift together dry ingredients and blend into creamed mixture. Divide dough in half. Chill one hour.

On a lightly floured surface, roll dough to $\frac{1}{8}$ " thickness. Cut in desired shapes with cutters. Bake on greased cookie sheet at 375° about 6 to 8 minutes. Cool slightly and remove from pan. Makes about 4 dozen cookies.

Combine butter and milk in a saucepan on the stove. Heat on medium until butter is melted. Pour into a large bowl and add powdered sugar until the icing reaches a spreadable consistency. Separate into smaller bowls and add food coloring as desired. If icing becomes too hard, add additional milk and stir to combine.

Chocolate Covered Cherry Cake

Cake:

1 box chocolate cake mix
2 eggs

1 can cherry pie filling
1 tsp. vanilla

Icing:

1 C. sugar
 $\frac{1}{2}$ stick margarine
 $\frac{1}{2}$ C. milk

$\frac{1}{2}$ C. chopped nuts
1 (12 oz.) package chocolate chips

Mix cake mix, eggs, pie filling, and vanilla together and pour into a 9 x 13 inch glass dish. Bake at 350° for 25 to 30 minutes. Boil sugar, margarine, and milk together for 1 minute. Stir in chocolate chips and nuts. Pour over hot cake.

Applesauce Cake

Elizabeth Crigger "Mamaw"

2 eggs	2 C. sugar
3 C. applesauce	2 C. chopped black walnuts
1 box raisins	4 tsp. baking soda
5 C. flour	2 tsp. ground cinnamon
½ tsp. ground cloves	2 C. strawberry preserves
3 tsp. vanilla	1 large jar maraschino cherries, drained and quartered, reserving juice
1 C. butter, margarine, or butter flavored Crisco	

Preheat oven to 350°. Cream butter and sugar. Add vanilla and eggs; beat until smooth. Add applesauce, cherries, and preserves. Mix well. Sift together 4 cups flour, spices, and soda. Add about half of flour mixture to sugar and egg mixture. Gradually add raisins and nuts, which have been mixed with 1 cup flour. Then add remaining flour mixture. Mix well. Divide batter into two tube pans and bake approximately 1 hour until almost done. Remove from oven and pour cherry juice over top of cakes. Bake a little longer.

Note: Batter may also be baked in loaf pans. Reduce baking time slightly.

Butterscotch Oatmeal Cookies

Helen Crigger

¾ C. Crisco	1 C. flour
1 C. brown sugar	1 tsp. baking soda
½ C. sugar	½ tsp. salt
1 egg	3 C. oatmeal
1 tsp. vanilla	1 C. butterscotch chips
¼ C. water	

Beat Crisco, brown sugar, sugar, egg, vanilla, and water together until combined. Sift in flour, soda, and salt and mix well. Add oatmeal and butterscotch chips. Bake at 350° for 12-15 minutes.

Note: One cup chocolate chips or raisins can be substituted for the butterscotch chips, if desired.

Pumpkin Crunch

Debbie Wilkerson

1 box yellow cake mix	1 tsp. cinnamon
1 (15 oz.) can solid pack pumpkin	½ tsp. salt
1 (12 oz.) can evaporated milk	½ C. chopped pecans
3 eggs	1 C. butter
1½ C. sugar	Whipped topping

Combine pumpkin, milk, eggs, sugar, cinnamon, and salt in a large bowl. Pour into a greased 9 x 13 inch pan. Sprinkle dry cake mix evenly over pumpkin mixture. Top with pecans. Drizzle melted butter over pecans. Bake at 350° for 50-55 minutes or until golden brown. Cool and serve chilled with whipped topping.

14 Carat Cake

Debbie Wilkerson

Cake:

2 C. flour, sifted	4 eggs
2 tsp. baking powder	2 C. finely grated carrots
1½ tsp. soda	1 (8.5 oz.) can crushed pineapple, drained
1½ tsp. salt	½ C. chopped nuts
2 tsp. cinnamon	3½ oz. coconut (optional)
2 C. sugar	
1½ C. oil	

Frosting:

½ C. butter	1 tsp. vanilla
1 (8 oz.) package cream cheese	1 lb. powdered sugar

Sift together flour, baking powder, soda, salt, and cinnamon. Add sugar, oil, and eggs. Mix well. Add carrots, pineapple, nuts, and coconut. Blend thoroughly. Pour into three 9" round pans. Bake at 350° for 35 minutes. Combine frosting ingredients and blend well. Frost cake layers after they have cooled completely.

Slow Cooker Berry Cobbler

Darnell Thomas

1¼ C. flour	¼ C. fat-free milk
2 Tbsp. + 1 C. sugar	2 Tbsp. canola oil
1 tsp. baking powder	⅛ tsp. salt
¼ tsp. cinnamon	2 C. raspberries, unsweetened
1 egg, lightly beaten	2 C. blueberries, unsweetened

Combine 1 cup flour, 2 tablespoons sugar, baking powder, and cinnamon. In another bowl, combine egg, milk, and oil; stir into dry ingredients until moistened. Batter will be thick. Spread into bottom of a 5 quart slow cooker coated with non-stick cooking spray. In a bowl, combine salt and remaining flour and sugar. Add berries and toss to coat. Spread over batter. Cover and cook on high for 2 to 2½ hours or until a toothpick comes out without crumbs. Can be topped with whipped cream or yogurt.

Peanut Butter Pie

Debbie Wilkerson

1 baked pie shell	3 eggs, divided
½ C. peanut butter	2 Tbsp. butter
1 C. powdered sugar	1 tsp. vanilla
¼ C. flour	2 C. milk
⅔ C. sugar	Additional sugar, approx. 3 Tbsp.
¼ tsp. salt	

Combine peanut butter and powdered sugar; mix until crumbly. Place about half of mixture in pie shell. Mix flour, sugar, salt, egg yolks, butter, vanilla, and milk; cook until thick. Pour into pie shell. Beat egg whites and additional sugar to taste for meringue. Top with meringue and sprinkle remaining peanut butter crumbs on top. Bake at 400° for 10-20 minutes or until brown.

Section 7:

Beverages



Helpful Hints

- You won't need sugar in your tea if you drink jasmine tea or any of the lighter-bodied varieties, like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.
- Calorie-free club soda adds sparkle to iced fruit juices, makes them go further, and reduces calories per portion.
- For tea flavoring, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea brisk.
- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes or longer if you want stronger flavor.
- Always chill juices or sodas before adding to beverage recipes.
- To cool your punch, float an ice ring made from the punch rather than using ice cubes. Not only is this more decorative, but it also inhibits melting and diluting.
- Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.
- One lemon yields about $\frac{1}{4}$ cup juice; one orange yields about $\frac{1}{3}$ cup juice. This is helpful in making fresh orange juice or lemonade.
- Never boil coffee; it brings out the acid and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.
- Always use cold water for electric drip coffee makers. Use 1 to 2 tablespoons ground coffee for each cup of water.

Mango Mango Fizz

Mona Darlington

1 (2 liter) bottle Ocean Spray Mango
Mango juice
1 large can frozen passion fruit juice

1 quart raspberry sherbet
1 (2 liter) bottle ginger ale

Mix all ingredients just before serving.

Russian Tea

Debbie Wilkerson

$\frac{3}{4}$ C. sugar
2 C. Tang orange drink mix
 $\frac{1}{2}$ C. instant tea

1 Tbsp. cinnamon
 $\frac{1}{2}$ tsp. cloves
1 package lemonade mix

Mix all ingredients. Put two to three teaspoons in a cup of hot water to serve.

Hot Spiced Tea

Debbie Wilkerson

1 C. sugar
1 C. water
2 sticks cinnamon
 $\frac{1}{2}$ C. orange juice

$\frac{1}{2}$ C. pineapple juice
 $\frac{1}{4}$ C. lemon juice
6 C. water
6 tea bags

Combine sugar, 1 cup water, and cinnamon; boil for five minutes. Add fruit juices and tea made by steeping tea bags in 6 cups of hot water. Grated citrus rind may also be added.

White Punch

Helen Crigger

$\frac{1}{2}$ gallon vanilla ice cream
36 oz. white grape juice
1 (46 oz.) can pineapple juice

1 pint pineapple sherbet
2 (2 liters each) bottles ginger ale or
sprite

Mix all ingredients. Add ginger ale last.

Orange Kool-Aid

Betty Moore "Grammy"

1 package orange flavored Kool-aid
 $\frac{1}{2}$ C. sugar
12 packs Sweet and Low

$\frac{1}{3}$ container frozen orange juice
concentrate
Water

Mix Kool-aid, sugar, orange juice concentrate, and enough water to make $\frac{1}{2}$ gallon. Chill before serving.

Golden Fruit Punch

Helen Crigger

2 (3 oz. each) packages lemon Jello	4 C. water
1 (3 oz.) package orange Jello	1 (16 oz.) bottle lemon juice
9 C. water (3 C. per package of Jello)	2 (46 oz. each) cans pineapple juice
4 C. sugar	2 large bottles ginger ale

Boil sugar and 4 cups water together for 1 minute. Mix in Jello until it completely dissolves. Add all other ingredients, except ginger ale. Freeze punch mix in Ziploc bags or other containers. About 4 hours before serving, remove from freezer and allow to partially thaw. When ready to use, place partially thawed mixture in punch bowl and stir or mash with a wooden spoon. Add room temperature ginger ale (about 2 quarts) just before serving. Serves about 50.

Note: You may also freeze a ring mold of the punch mixture to place in punchbowl. As it melts, it will not dilute the punch as ice would.

Sweet Tea

Andrea Thomas

8 regular or 3 family-sized tea bags	Water
2 C. sugar	

In a small pan, combine water and tea bags. Heat on the stove over medium heat for 10 minutes. Remove from heat, cover, and let stand for an additional 10 minutes. Add sugar to a gallon sized pitcher. Pour hot tea mixture from pan into pitcher and stir to dissolve sugar. Cover tea bags in pan with cool water and then add that to the pitcher. Add enough water to make 1 gallon. Chill before serving.

Hot Apple Cider

Andrea Thomas

1 (3 qt.) bottle apple juice	2 medium oranges
½ C. light brown sugar	2 tsp. whole cloves
4 cinnamon sticks	

Wash and dry oranges. Stud oranges with cloves (more cloves may be used if desired). Add apple juice and brown sugar to crockpot, stirring until sugar is dissolved. Add cinnamon sticks. Thickly slice oranges, squeezing some juice into the crockpot. Add clove-studded orange slices to the crockpot. Cook on high for 2 hours or low for 4 hours to warm juice and combine flavors.

Section 8:
Miscellaneous



Helpful Hints

- To refinish antiques or revitalize wood, use equal parts of linseed oil, white vinegar, and turpentine. Rub into the furniture or wood with a soft cloth and lots of elbow grease.
- To stop the ants in your pantry, seal off the cracks where they are entering with putty or petroleum jelly. Also, try sprinkling red pepper on floors and counter tops.
- To fix sticking sliding doors, windows, and drawers, rub wax along their tracks.
- To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste. Store the paste in the refrigerator.
- Applying baking soda on a damp sponge will remove starch deposits from an iron. Make sure the iron is cold and unplugged.
- Remove stale odors in the wash by adding baking soda.
- To clean Teflon, combine 1 cup water, 2 tablespoons baking soda, and ½ cup liquid bleach. Boil in stained pan for 5 to 10 minutes or until the stain disappears. Wash, rinse, dry, and condition with oil before using the pan again.
- Corning Ware can be cleaned by filling it with water and dropping in two denture cleaning tablets. Let stand for 30 to 45 minutes.
- A little instant coffee will work wonders on your wood furniture. Just make a thick paste from instant coffee and a little water and rub it into the nicks and scratches on your dark wood furniture. You'll be amazed at how new and beautiful those pieces will look.
- For a clogged shower head, boil it for 15 minutes in a mixture of ½ cup vinegar and 1 quart water.
- For a spicy aroma, toss dried orange or lemon rinds into the fireplace.
- Add uncooked rice to the salt shaker to keep the salt free-flowing.
- Ice cubes will help sharpen garbage disposal blades.
- Separate stuck-together glasses by filling the inside one with cold water and setting them in hot water.

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