***Mom’s Recipes (loose sheets)***

**Flour Tortillas**

2 C flour

1/2 tsp salt

1/4 C solid shortening (oil is ok)

1/2 C tepid water

Work shortening into flour, add enough water. Make 12-18 balls and roll flat. Let stand 15 min. Fry on medium heat.

**Irish Soda Bread**

Preheat oven to 350.

2 C white flour

1/2 tsp baking soda

1/2 tsp cream of tartar

1/2 tsp salt

1/3-1/2 C sugar

1/4 C melted margarine

1 & 1/3 C seedless raisins

3/4 C buttermilk

Sift dry ingredients into large bowl. Add butter, raisins, and buttermilk. Mix well, making a soft, moist dough. Dust with additional flour if too sticky to handle.

Transfer the dough to a lightly floured surface. Knead vigorously for 3-4 minutes until firm and mold into a round loaf. Brush loaf with buttermilk and dust with flour. Score top with an X.

Place the bread on a buttered and floured baking sheet and bake for 35-45 minutes until nicely browned. Cool on a wire rack. Every oven is different—watch bread closely.

**Crock Pot Bread for Crisco Can**

In 1 C measuring cup, dissolve:

1/4 C (110 degree) water

1 pkg dry yeast

1/2 tsp sugar

1/8 tsp ginger or nutmeg

Cook 3 hrs…if all wheat, add:

1/2 C mashed potatoes

Heat in saucepan:

1/ C milk

1 Tbs shortening (oil)

1 & 1/2 tsps salt

2 Tbs sugar

Pour into large mixing bowl and add:

2 Tbs molasses or honey

1/2 C water

1/2 C whole wheat flour

(Add 1/4 – 1/2 C mashed potatoes to whole wheat)

Note: only a 1 lb loaf will fit

Stir in dissolved yeast mixture. With electric mixer gradually beat in 1/2 C more flour (whole wheat or rye) for 2 min. Stir in 1 – 1 & 1/2 C more whole wheat flour until mixture pulls away from bowl. Make ball with dough, put into greased Crisco can (3 lb can). Cover can with foil. Put 1 & 1/2 C water in bottom of 3 & 1/2 qt crock pot. Set foil-covered Crisco can down inside. Put crock pot lid over all. Cook high 3 hrs.

Notes: Too much rye flour and it won’t rise. Use white flour and caraway seeds. If you make all white bread, omit foil over can and make a big foil dome over crock pot in lieu of lid. For flax seed bread make it half wheat half white.

**Baking Powder Bisquits**

2 C flour

2 & 1/2 tsp baking powder

1/2 tsp salt

Cut in 1/3 C shortening until crumbly, add 3/4 C milk, blend little.

475 degrees. 12 min.

**Linguine with Spinach Pesto**

1/4 C olive oil

2 Tbs spiced mustard

1 Tbs basil leaves

2 cloves garlic, peeled

1/8 tsp pepper

1/4 C margarine

2 C fresh spinach, coarsely chopped

2/3 C grated parmesan cheese

12 oz linguine, cooked

Place oil, mustard, basil, garlic and pepper in processor or blender, blend until smooth. Add butter, spinach, cheese, blending well after each addition. Toss with hot linguine. Serves 4.

**Diet Pesto Sauce**

2 C low fat cottage cheese

2 cloves garlic

1 C fresh parsley

1 C fresh basil or raw spinach (plus 1 Tbs dried basil)

1 C boiling water

10 Tbs parmesan cheese

3 C cooked spaghetti

Puree all except spaghetti. Toss with hot spaghetti.

**Anna’s Vegetable Beef Soup for crockpot**

1 lb beef shanks, etc.

28 oz can tomatoes

1/2 medium onion

3 C water

1 tsp salt

4 whole peppercorns

3 beef bouillon cubes

1 lb package frozen mixed veggies (best if added during last 2 hrs)

1/4 C barley

handful of celery leaves

Put in pot. Cover and cook on low 12-24 hrs or high 4-6 hrs.

Start before going away overnight or if you’re planning to be gone a day!

Recipe for 3 & 1/2 qt pot. Double for larger pot.

**Potato Casserole**

6 large potatoes

2 cans cream of chicken soup

2/3 C sour cream

2 C corn flakes

2 C shredded cheddar cheese

1/2 C chopped green onions

Bake, boil, or microwave potatoes, then cool, peel, grate. Add soup, 2/3 sour cream, onions. Crunch corn flakes. Mix in shredded cheddar cheese.

**Black Bean Tortilla Casserole**

1 medium onion, chopped

2 cloves garlic minced

L large green pepper, chopped

1 large red pepper, chopped

1/2 C old El Paso Thick ‘n Chunky Salsa, medium

1 & 1/2 tsp ground cumin

1 & 1/2 tsp salt

4 C cooked black beans

1 (1 lb) can whole tomatoes, chopped, undrained

12 (6”) corn tortillas

1 & 1/2 C (6oz) shredded Monterey jack cheese

1/2 head iceberg lettuce, shredded

(sour cream)

Sauté onion and garlic until tender. Add green and red peppers, sauté until tender. Add picante sauce, cumin, salt, beans, and tomatoes, cook 5 min, stirring occasionally. Remove from heat, set aside.

Oil 13” X 9” X 2” baking dish. Add small amount of bean mixture to mostly coat bottom of pan. Arrange 6 tortillas over beans, top with 1/2 amount of shredded cheese. Spoon 1/2 of remaining bean mix over cheese. Top with last 6 tortillas, cover tortillas, with rest of bean mix. Top with rest of cheese. Cover and bake 30 minutes. Top with lettuce. Serves 8-10, 366 calories per 4 & 1/2 inch square. Cholesterol 23.

**Vegetables**

*Basic in white sauce:*

Cabbage

Peas

Celery

Or cauliflower and peas.

*Saucy eggplant:*

Soak sliced eggplant 1/2 hr in warm salty water and squeeze dry. Sauté diced onions, garlic, and eggplant. Add chopped tomatoes or canned and cook until thick.

*Eggplant French Fries:*

Cut eggplant in fingers, soak 1/2 hr in salted water, pass through flour, then egg, then bread crumbs, and fry in medium high oil.

*Sautéed Zucchini:*

Grate zucchini. Sauté diced onion, add zucchini and oregano. Sauté all until done. Top spaghetti or lasagna.

*Zucchini (or Broccoli) Cheese Bake:*

Grate zucchini (or broccoli) and onion, add salt and 1/2 – 1 C grated meltable cheese, 2 beaten eggs, bake in slow oven.

*Cream of Spinach Soup:*

1pkg fresh spinach

1 or 2 carrots, diced

1 small onion

1-2 chicken bouillon

Cook in pressure cooker with 4 C water. Run through blender. Add 1/2 C milk, 2 Tbs flour, and 1 Tbs margarine. Cook until a little thick. Serve with parmesan cheese on top. Serves 4.

*Celery Soup:*

3 or 4 stalks celery

handful tender celery leaves

1-2 carrots

1 medium potato

1 small onion

Cook in pressure cooker, run through blender. Thicken with 2 Tbs flour and water, no milk. Add 1 Tbs margarine.

*Cuchuco from Colombia:*

Soup meat

1 diced carrot

1/2 C fresh peas (or leave canned or frozen until last minute)

2 or 3 diced green beans

Diced potato

Cracked wheat or half ground (soak in water)

A few chopped spinach leaves

Cook meat first in pressure cooker and wheat in its own pot, lots of water, then put all together and let veggies cook. (Veggies are for color, mostly.)

*Spaghetti hint or “ñogui hint”:*

Grate carrots into sautéing vegetables for sauce.

*Sweet and sour carrots:*

Boil thin carrot sticks, or slices. Add margarine, sugar, lemon juice, sauté.

**Chicken Enchiladas – White Sauce**

12 tortillas

2 small cans chopped mild green chilies

1 lb sour cream

3 (10oz) cans cream of chicken soup (or reduced fat)

3 boneless chicken breasts

3-4 C grated cheddar or Colby cheese

Cook and cube chicken, add green chilies and 1 C of the grated cheese. Add 8oz (1/2 container) of sour cream, 1 can soup. Mix and pat on tortillas. Roll and place seam side down in 9 X 13 pan. Mix rest of soup and sour cream. Sprinkle rest of cheese on top of tortillas in pan, cover with soup and sour cream mix. Bake 350 degrees, 40 minutes.

**Aunt Karen’s BBQ Sauce**

2 Tbs vinegar

1 tsp chili powder

1 tsp salt

1/4 C ketchup

2 Tbs lemon juice

1 Tbs mustard

1/3 C brown sugar

8 oz can tomato sauce

1 Tbs minced onion

1 Tbs Worcestershire sauce

**Basque Dressing**

Per head of lettuce, blend:

1 & 1/2 Tbs mayo

1/4 C olive oil

2 Tbs red wine vinegar

2 eggs, chopped

Salt and pepper to taste

Cut up lettuce. Add mayo. Stir until all leaves are well coated. Add rest of ingredients. Toss. Salt and pepper to taste.

**Lentil Cabbage Soup**

2 C lentils, dry, washed

28 oz can whole tomatoes, or crushed

1/2 whole cabbage, chopped

3 carrots

3 celery stalks

4 chicken bouillon cubes (or beef)

1/4 tsp pepper

1/4 – 1/2 tsp crushed red pepper

1 lb can tomato paste

2 cloves garlic, minced

1 tsp salt

enough water to fill crock pot (about 2 qts water)

Stove top – 1 hr? ; Crock pot – 6 hrs high

If you want to add meat, use 1/4 cabbage or 1 C lentils.

**Lentils with Spinach**

2 C dry lentils

1 box frozen spinach, chopped, 10 oz

1/2 tsp garlic powder or 3 garlic cloves, minced

1 tsp salt

2-3 medium onions, cut into 6 pieces

5 C water

(1/2 lb sliced sausage)

Put all in large pot. Bring to boil. Reduce to simmer. Cook until lentils are soft, 1 hr. Serves 6.

**Spicy Lentils – Stove Top**

2 C dry lentils

1 lb hot sausage

Bay leaf

1-2 chopped celery stalks with leaves

2 tsp salt

Soak 2 C lentils, drain, or use dry. Add 4 C water (6 C water if using dry, unsoaked lentils), or for soup, use 6 C water (or 8 C if using dry, unsoaked lentils). Place in large pot. Slice and brown sausage. Break in half and add to lentils. Add remainder ingredients. Stir. Cover, bring to boil. Reduce and simmer 1 hr.

Crokpot:

Add all ingredients. Cook on high 2 & 1/2 – 3 hrs. (unsoaked – 4 hrs).

**Curried Lentils**

(good for stuffing pitas or squash)

2 C lentils

6 C water

10 oz pkg frozen spinach, chopped

1 medium onion, chopped

2 carrots, shredded

2-3 tsp curry powder

2 tsp salt

Place in large pot. Bring to boil, chop up spinach. Reduce to simmer. Cook 1 hr.

**Easy Mexican Beans**

3 C dry pintos

3 garlic cloves

1 tsp cumin

3 Tbs chili powder

2 cans tomato soup

1 medium onion, coarsely chopped

1 green pepper, coarsely chopped

Salt to taste

Soak beans over night. Put in crock pot., cover with water 1” over beans. Cook high 5 hrs, add rest ingredients except salt. Cook high 5 more hours. Salt to taste. Serve over rice. Serves 10-12 as main dish.

**Garbanzo Beans**

*Cold Salad:*

Soak beans all night. Cook 1 lb on low crock pot 8-9 hrs. Dice tomatoes, mince onions, parsley, lemon juice. Marinade over night.

*With rice:*

1 can tomato sauce

1/2 tsp cumin

1 & 1/2 tsp curry

Worchestershire

Yellow color

Garlic

Bay leaf

2 C cooked garbanzos

Simmer 20 min. Mix with rice.

*Hummus:*

2 cloves garlic

1 can (15 oz) chickpeas, drained

1/4 C tahini paste

3-4 Tbs fresh lemon juice

1 Tbs olive oil

1/4 tsp ground cumin, ground coriander

Pinch salt

Finely diced tomato, red onion

Warm pita bread in triangles

Mince garlic in processor. Add chickpeas, tahini, 3 Tbs lemon juice, olive oil, cumin and coriander, mix til smooth. Add remaining lemon juice if needed and salt.

Transfer to serving dish and serve with bread.

**Vegetable Beef Soup – Crock Pot**

1 lb beef shanks

28 oz can tomatoes

1/2 medium diced onion

3 C water

1 tsp salt

4 whole peppercorns

3 beef bouillon cubes

1 lb frozen mixed veggies (add last 2 hrs if desired)

1/4 C barley

Handful celery leaves

Put in pot, cover and cook low 12-24 hrs or High 4-6 hrs.

**Quick Oatmeal Cookies**

Cream with mixer:

1/2 C brown sugar

1/4 C sugar

1/2 canola oil

Beat with above with spoon:

1 egg

1 tsp vanilla

1 Tbs milk

Beat with above with spoon:

1 C flour

1/2 tsp baking soda

1/2 tsp baking powder

1/4 tsp salt

1 C quick oats

Chill. Spray with Pam. Use melon baller to place cookie dough balls on cookie sheet or make ball with hands. Bake 350 degrees until pale light brown (8 minutes). Let rest on cookie sheet a few minutes, then remove and cool on towel.

**Gingerbread People**

1 & 1/2 C dark molasses

1 C packed brown sugar

2/3 C cold water

1/3 C shortening

7 C flour

2 tsp baking soda

1 tsp salt

1 tsp ground allspice

2 tsp ground ginger

1 tsp ground cloves

1 tsp ground cinnamon

Mix molasses, brown sugar, water and shortening. Mix in remaining ingredients. Cover and refrigerate at least 2 hrs. Heat oven to 350 degrees. Roll dough 1/2 inch thick on floured board. Cut with floured gingerbread cutter or other cutter. Place about 2” apart on greased cookie sheet. Bake 10-12 min.

**Gingerbread (Aunt Sissy)**

350 degrees, 20-30 min

1 1/2 C flour

1 egg

1/2 C shortening

1/2 C blackstrap molasses

1/2 C sugar

1 tsp baking soda

3-4 tsp ground ginger

1/2 tsp salt

1 tsp cinnamon

1 C boiling water

1 1/2 hr before serving, measure all ingredients. Mix at low speed. Bat at medium speed 2 minutes. Bake in greased 9” square pan.

**Crazy Crunch**

3 qts popcorn

1 C margarine

1/2 C light corn syrup

1 1/3 C sugar

1 1/3 C pecans

2/3 C peanuts, almonds

Mix corn syrup, sugar, and butter over medium heat until reaches soft ball stage. Add 1 tsp vanilla. Pour over warm popcorn mix, then press onto cookie sheet, let cool, then break into pieces. Store in airtight container.

**Chocolate Chip Cookies**

Cream:

1 1/2 C sugar

1/2 lb butter

2 C brown sugar

Add:

3 eggs

2 Tbs dark molasses

2 Tbs vanilla

Beat. Then add:

1 1/2 tsp baking soda

1 1/8 tsp salt

4-5-6 C flour

Fold in 3 C chocolate chips.

1 1/2 inch “cookie scoop” or 1/8 C measuring cup – 67 cookies

2 1/2 inch diameter. 350 degrees. 10-12 min.

Do not use Cuisinart type processor (adds too much air). You can whip it up by beaters and then stir in dry ingredients by hand after it gets too stiff for beaters, or do it all in a Kitchen Aid type processor. Use cookie scooper. Flatten slightly. Remove to kitchen towels when light brown.

**Zucchini (or Carrot) Bread**

3 eggs (carrot: 1-3 eggs)

1 1/4 C sugar (carrot: 1 C)

2 tsp cinnamon

3/4 tsp nutmeg (1 tsp ginger, 1 tsp cloves, or allspice)

2 tsp vanilla (grated rind of orange) (2 tsp orange extract)

2 C grated zucchini (with skin) (cooked mashed carrots)

1 C oil (2/3 C)

3 C flour

1 tsp salt

1/4 tsp baking powder

1 tsp baking soda

Beat eggs and sugar. Add spices and vanilla. Add oil and zucchini. Sift flour, salt, soda and baking powder. Mix thoroughly. Bake at 250 degrees for 35-45 min. Makes 2 loaves (medium pan).

**Pumpkin Cake**

(bundt pan) (lightly sweet, great every time)

3 1/2 C flour

1 tsp baking powder

3 tsp baking soda

1/2 tsp salt

1 tsp allspice

1 tsp cinnamon

1 tsp nutmeg

1/2 tsp cloves

4 large eggs

2 C sugar

1 C oil

2 C pumpkin

2/3 C water

In medium bowl, mix dry ingredients (not sugar). In large bowl, beat eggs until foamy. Add sugar, oil, pumpkin to eggs. Beat til blended. Add flour mix, 1/2 at a time, alternating with water. Beat until smooth. Pour into bundt pan (greased and floured). 350 degrees, 1 hr.

**Pumpkin Dessert**

1 large can pumpkin

1/2 can canned milk

2 eggs beaten

3/4 cup sugar

1/4 tsp cloves

1/4 tsp ginger

2 tsp cinnamon

1 white cake mix

1/2 C margarine

Mix Pumpkin, milk, eggs, sugar, and spices together. Pour 1/2 of dry cake mix into the above and mix thoroughly. Then pour into lightly greased 9@13 pan. Crumble the rest of the dry cake mix on top of pumpkin mix, melt the 1/2 cup margarine and pour evenly over the top. Cover completely.

Bake @ 350 degrees, 60 min.

**Peanut Butter Oatmeal Muffins**

1 1/2 C white wheat flour

3/4 C quick cooking rolled oats

1 Tbs baking powder

1/2 tsp salt

3/4 C crunchy peanut butter (plus 1 Tbs oil if using the natural type)

1/4 C granulated sugar

1/4 C packed dark brown sugar

2 egg whites, lightly beaten

1 C skim milk

2 tsp vanilla

Mix flour, oats, baking powder, and salt in large bowl, set aside. Mix peanut butter, oil, and sugars in another bowl and mix well. Mix in egg whites. Add milk a little at a time, blending well after each addition. Pour liquid into dry ingredients and mix just until the dry ingredients are moistened. Immediately spoon batter into prepared muffin tins. Bake until golden, about 20 minutes. Cool 5-10 min, remove from tins. Bake at 350 degrees.

220 calories, 10 g fat, no cholesterol, 290 mg sodium.

**Parkin**

350 degrees, 35-40 minutes, makes 48 bars

1 C unsifted flour

1 tsp baking soda

1 tsp salt

1/2 C sugar

1 Tbs ground ginger

4 C quickcooking oats, uncooked

1/2 C butter or margarine, melted

1 C light molasses

2 eggs

1 C milk

Into a large mixing bowl turn the flour, baking soda, salt, sugar, ginger; stir together thoroughly. Stir in oats. Add melted butter, molasses, eggs, and milk; stir until well blended. Turn into a greased rectangular baking pan 9X13; spread evenly. Take out when sides pull away from pan. Sprinkle with extra sugar.

**Oatmeal Pumpkin Bread**

1 C quick oats

1 C hot milk

3/4 C cooked or canned pumpkin

2 beaten eggs

1/4 C melted butter (or oil)

2 C flour

2/3 C sugar

1 Tbs baking powder

1/4 tsp salt

1 tsp cinnamon

1/4 tsp nutmeg

1 C raisins

1/4 tsp cloves

1/2 tsp ginger

In large bowl combine oats and milk. Let stand 5 min. Stir in rest, mix well. Place in greased large oat pan. Bake about 55-60 min, 350 degrees. Makes 1 large loaf. Store in fridge.

If using fresh pumpkin, add egg, beat more if runny.

**Fruit Muffins**

1/2 C raisins

1/4 C milk

1 1/2 C flour

1/4-1/2 C sugar (honey)

12 tsp baking powder

3/4 tsp cinnamon

1/2 tsp salt

1 egg, slightly beaten

1 1/4 C mashed banana, pumpkin, etc (for fresh pumpkin, mix less, add egg)

1/3 C margarine

Combine dry ingredients. Add rest, mixing thoroughly but not too much. Fold in raisins. Fill cups 2/3 full. Bake 400 degrees, 13-15 minutes.

**Cowboy Coffeecake**

350 degrees, 25-30 min

2 1/2 C flour

1/2 tsp salt

2 C brown sugar

2/3 C shortening

2 tsp baking powder

1/2 tsp baking soda

1/2 tsp cinnamon

1/2 tsp nutmeg

1 C sour milk

2 well-beaten eggs

Combine flour, salt, sugar, shortening, mix until crumbly. Reserve 1/2 C to sprinkle over batter. To remaining crumbs, add baking powder, baking soda, spices; mix well. Add milk. Stir until all is dampened. Pour into two 8X8X2” pans, sprinkle with crumbs. Drizzle corn syrup (and nuts) on top, swish as for a marble cake to let corn syrup seep through.

**Brown Sugar Pound Cake**

350 degrees for 1 1/2 hrs

1 1/2 C butter

1 lb brown sugar

1 C white sugar

5 large eggs

1/2 tsp salt

3/4 tsp baking powder

3 C flour

1 tsp vanilla

Cream butter, sugar. Add eggs, milk, vanilla. Sift dry ingredients and add. Beat several minutes with beater.

**Banana Bread**

1 /34 C flour

1 1/2 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

2 C mashed bananas

(1 Tbs lemon juice)

1/2 C sugar

1/3 C margarine

2 eggs

1/3 C milk

(1/2 C chopped walnuts)

Mix. Bake 350 degrees, 45-50 min.

Microwave on medium high (70%) 8-10 minutes. Rotate loaf pan quarter turn 2-3 times. Increase power to high 100%. Microwave until center is done, 1/2 min.

**Best Choclate Cake (Aunt Sissy)**

350 degrees, 30-35 min.

2 C flour

2 C sugar

1 tsp soda

1 tsp salt

1/2 tsp baking powder

3/4 C water

3/4 C buttermilk (can substitute sweet milk plus 1 Tbs vinegar)

1/2 C shortening

2 eggs

1 tsp vanilla

Four 1 oz squares, unsweetened chocolate, or 3 tsp cocoa and 1 tsp butter for every square

Grease and flour pan. Measure all ingredients into large mixing bowl. Blend 1/2 min on low speed, scraping bowl. Beat 3 min high speed. Pour into pan.

**Spoon Bread (from Sis)**

1 C corn meal

2 C boiling milk

1 C cold milk

3 eggs, lightly beaten

1 tsp salt

2 Tbs butter

1 tsp baking powder

350 degrees until firm and lightly golden on top, about 1 hr, in 1 qt Pyrex or 15 min in 9X13 pan.

Boil 2 C milk and 1 tsp salt. Stir in very slowly, using whisk or rotary beaters, 1 C corn meal. Blend 1 minute, remove from heat, add 3 beaten eggs and 1 C cold milk. Beat again and pour into hot buttered baking dish. Bake and serve from dish.

**Pita Bread**

500 degrees, 3 minutes. Makes 12 pockets.

4 1/2 – 4 3/4 C flour

1 pkg of dry yeast

1 1/2 tsp sugar

1 1/2 tsp salt

1 3/4 C water

2 Tbs oil

In large mixing bowl, combine 2 C flour, yeast, sugar, salt; mix well. In saucepan heat water and oil until warm. Add to flour mixture. Beat on low speed until blended, then 3 min on medium speed. By hand, gradually stir in enough remaining flour to make a firm dough. Knead 10 min. Divide into 12 equal parts. Shape each part into a smooth ball, let rest 20 min. Punch down. Let rise 30 min. Roll each ball into 6” circle. Place 3 circles at a time directly onto oven rack.

**Pancakes**

3 eggs

2 C buttermilk

1 tsp salt

1 tsp baking powder

1 tsp soda

1/4 C oil

1-2 C flour

**Corn Bread (Better Homes and Gardens)**

1 C all-purpose flour

3/4 C cornmeal

2-3 Tbs sugar

2 tsp baking powder

1/2 teaspoon salt

1 Tbs butter

2 eggs, beaten

1 C milk

1/4 C cooking oil or melted butter

Honey (optional)

Preheat oven to 400F. in a medium bowl stir together flour, cornmeal, sugar, baking powder, and salt; set aside.

Add the 1 Tbs butter to a 10” cast-iron skillet, a 9X1 1/2 inch round backing pan, or an 8X8X2 inch square baking pan. Place in the preheated oven about 3 min or until butter melts. Remove pan from oven; swirl butter in pan to coat bottom and sides of pan.

Meanwhile, in a small bowl combine eggs, milk, and oil. Add egg mixture all at once to flour mixture. Sitr just until moistened. Pour batter into hot skillet or pan. Bake for 15-20 min or until a wooden toothpick inserted near center comes out clean. Cut into wedges or squares. Serve warm. If desired, drizzle with honey. Makes 8-10 pieces.