
7 bean chili

Tom Henderson

Bloomington Amateur Radio Club Virtual Year End Dinner

Servings: 10

Tom's vegetarian 7 bean chili

16 ounces crushed tomatoes
1 large sweet onion, peeled and chopped
15 1/2 ounces kidney beans, canned
62 ounces black beans, 4 cans
15 1/2 ounces red beans, 1 can
15 1/2 ounces garbanzo beans, canned, 1 can
1/2 cup lentils, soaked and then drained over night
1 small chili pepper , finely chopped
red and green one
4 ounces green chili peppers, canned
1 poblano pepper
1 teaspoon chipotle powder
1 teaspoon white pepper
1 tablespoon ground cumin
1 tablespoon ground coriander
1 tablespoon olive oil, can also use peanut oil
optional two squeezes of lime juice

Thoroughly drain the black beans

Peel and chop the onion

Saute onion and peppers until they start to brown

In a big pot like a stock pot add the remaining and then stir well.

Heat to about the temp of hot water from a sink and then simmer on a medium low temp for 4 hours

Monitor to make sure it doesn't get dried out. You can add water or if preferred beer if it starts to get dry

Per Serving (excluding unknown items): 907 Calories; 5g Fat (5.2% calories from fat); 57g Protein; 164g Carbohydrate; 45g Dietary Fiber; 0mg Cholesterol; 367mg Sodium. Exchanges: 10 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 1/2 Fat.

Native American/Pilgrim Cranberries

From Rosalie KISTO

My favorite holiday food is from when my sisters and I did an overnight sis party at Clifty Falls State Park, a day after Thanksgiving, 20 years ago. We hiked and picnicked for 2 days. But for supper, we had the inn's Thanksgiving dinner--as close as could be to a Native American/Pilgrim Thanksgiving meal. Plain vegetables, fruits, and protein items, and everything tasted great! They cooked cranberries without anything else and no sugar; I loved it and have eaten them that way ever since.

2 pounds cranberries

the 2 lbs is so that there is a value for calculating the information. Use what you want and then enough water to cover the bottom of the pan

2/3 cup water

Rinse the cranberries

Take a standard pan and add water (this should be enough to well cover the bottom of the pan. Will differ pan to pan)

Cook on medium high heat.

Now this is cooking by ear. As the water boils and heats the berries they will start popping. When this starts happening turn the heat to low.

Stir and make sure the bottom remains covered with water while stirring. No water on the bottom means burnt berries and that is bad.

Note the pectin in them will cause them to start thickening as they cook.

It should take about 10 minutes for the berries to soften.

Turn off the stove and let cool.

Store in a covered glass jar in the refrigerator.

Should keep well for a week.

You can add sugar or maybe honey if you desire. Find what you like The version that comes to our event has none.

Serving Ideas: You can also eat these on top yogurt, cottage cheese, or vanilla ice cream

Per Serving (excluding unknown items): 445 Calories; 2g Fat (3.3% calories from fat); 4g Protein; 115g Carbohydrate; 38g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 7 1/2 Fruit.

Pineapple pie

Carol Emmons

1 can crushed pineapple
make sure to include all the juice
1 Box vanilla instant pudding
8 ounces sour cherry, frozen
1 graham cracker pie crust, 9 inch
4 tablespoons whipping cream
Or what you think is best. This is like salt and pepper to taste

Mix it all together and place in the pie crust

refrigerate until pudding sets

Top with whipping cream

Per Serving (excluding unknown items): 1640 Calories; 83g Fat (44.1% calories from fat); 14g Protein; 222g Carbohydrate; 9g Dietary Fiber; 82mg Cholesterol; 1392mg Sodium. Exchanges: 1 1/2 Lean Meat; 4 Fruit; 0 Non-Fat Milk; 15 1/2 Fat; 10 1/2 Other Carbohydrates.

Porcupine Meat Balls

Meatballs in tomato sauce from Dave Stolz KD9KZS

1 pound ground beef

3/4 cup rice, *see Note

not minute rice

1/2 cup chopped onions, finely chopped

16 Ounces tomato sauce

1 cup water

1/4 teaspoon salt

1/4 teaspoon ground pepper

salt and pepper is to taste

1/2 tablespoon butter

mix beef, rice, onions, salt, and pepper (thoroughly) and form into 1" diameter meat balls

fry the meatballs in butter or other oil (may not be needed with a ceramic skillet) Want them thorough browned on all sides

Drain all of the excess grease

Then add the water and tomato to a sauce pan and thorough mix (can use the skillet if you have a good lid for it)

bring to a boil

cover and cook on low to medium heat stirring occasionally for about 45 minutes

Per Serving (excluding unknown items): 2132 Calories; 128g Fat (54.2% calories from fat); 92g Protein; 151g Carbohydrate; 10g Dietary Fiber; 401mg Cholesterol; 3661mg Sodium. Exchanges: 7 Grain(Starch); 11 Lean Meat; 6 1/2 Vegetable; 19 1/2 Fat.

Pork Shoulder or Butt Smoking

From bobby Bristoe KB9UVW

This is a step by step process for 12 hour smoking and cooking of 2 pork shoulders or Butts. You will need a smoker grill, your favorite pellets or smoking wood, an injection syringe, and cooking gloves for turning the meat. These are large shoulders and you need both hands to turn them. You will also need some food prep trays.

2 pounds butter, unsalted

Can also be salted --- your choice

1 shot bourbon (kentucky)

2 teaspoons garlic powder

2 tablespoons honey (raw)

1 tablespoon brown sugar

2 teaspoons balsamic vinegar

2 teaspoons liquid smoke flavoring

30 pounds pork sholder or butt. Normally 2.

Melt all but the meat all together on low heat. **DON'T BRING TO A BOIL**

In a deep aluminum casserole pan, use and injector and inject the meat. Save any leftovers for basting

Cover with foil or plastic and place in the frig overnight



Set the alarm for 5:00 am

At 5:00 am turn on your coffee pot. You are up at 5:00 am after all Start the smoker. We are going to assume you know how to start the smoker. Set for 275

Take the meet and place uncovered in the smoker, place a temperature probe in each one. Make sure you have the probe properly placed away from any bones, and in the middle of the meat

By now your coffee should be ready. Time for a cup, and something nice to read. Turn the meat every hour or so. Bast the meat each time you turn it.

Will tke about 7 hours. Target inside temperature should be 170 degrees.

When they are done remove from the smoker, and coat with more of the butter mixture

Wrap in foil, shiny side in. Shiny side in is important. Shiny side helps keep the heat in, it's a scientific thang. Place in the smoker with the temperature probe in place

Place in the smoker with the temperature probe in place. You probably had to remove it when you wrapped the foil around it. So you probably have to put it back.

No more turning needed. The coffee is long gone anyway, right

Turn the smoker down to lowest temperature

Let go for another 4-5 hours. Wait for the temp to reach 200

Cook at least 12 hours total. The goal is to maintain 200 degrees, but just maintain at or above 180 degrees.

Shred and serve with your favorite sauce

Serving Ideas: Let everyone put on his or her own favorite sauce. This is a Kentucky style BBQ pork shoulder. It is best eaten between 2 slices of bread grilled in a Panini Press till golden brown. This is the original Fanger Lickin' Good.

Per Serving (excluding unknown items): 30872 Calories; 2574g Fat (76.2% calories from fat); 1764g Protein; 49g Carbohydrate; trace Dietary Fiber; 9238mg Cholesterol; 6778mg Sodium. Exchanges: 1/2 Grain(Starch); 245 Lean Meat; 0 Fruit; 371 Fat; 3 Other Carbohydrates.

Potato Bake

From Bill Evans N9SYI ---- Thanks to Karen Evans

7 potatoes

1 cup miracle Whip®

1 cup cheddar cheese, shredded

8 pieces bacon

1 onion, chopped fine

salt and pepper to taste

Preheat oven to 350 degrees

Mix all of the ingrediants

place in a greased 9/12 baking pan

bake 20-30 minutes

Per Serving (excluding unknown items): 1909 Calories; 174g Fat (81.7% calories from fat); 45g Protein; 43g Carbohydrate; 2g Dietary Fiber; 241mg Cholesterol; 3032mg Sodium. Exchanges: 6 Lean Meat; 1 1/2 Vegetable; 31 Fat; 2 Other Carbohydrates.