

Roberta Spencer Family & Friends COOKBOOK

The Spencers

2021-05-05

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Chapter 1

Introduction

This is the Spencer Family & Friends Cookbook

dedicated to our mother Roberta Belle Spencer who taught us the joy of:

Cooking

Sharing

Eating

Left-overs

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ACKNOWLEDGEMENTS / DISCLAIMERS

Acknowledgments

Thank you to all that have participated providing recipes for this book. Recipes have been contributed by family and friends and by many that might not know that we sneaked their recipes, but good food is worth copying.

Disclaimer

If there is something you didn't like, you must have made it wrong because we do not make mistakes and we certainly have great taste. Typing was done by Alvin Spencer who has no ability to spell, count, type or duplicate. All complaints must be directed to his email Trash Bin within 30 days from the date the recipe was typed.

COOK and ENJOY

NOTES {#notes}

What's the Difference Between Chop, Dice, and Mince?

I don't know but try these comments

Sometimes the words chop and dice are used interchangeably, but technically the word dice is used for smaller pieces and the word chop is used for larger pieces. You seldom see the term large dice, but you will see large chop and small dice rather frequently. Dice can also refer to cutting vegetable into cubes of a specific size while chop is less precise. In general, chop is more casual and has more leeway while dice is more specific. The word mince means a very small dice.

How Big is a Dice? How Small is a Mince?

How do you know how big or small something is supposed to be? If the recipe writer feels it matters, usually they will also include a measurement, like 3/4" dice. Again, we see the word dice here to indicate that this is a very specific direction. But if the sizing has some leeway, they will say either large, medium or small chop. Unfortunately, these sizes aren't standardized so it's hard to give measurements.

- Large chop – For me, when a recipe says large chop, I usually make it roughly the size of a nickel.
-
- Medium Chop – Medium chop is about half the size of a nickel.
-

- Diced (Small Chop) – Small chop is about half of medium chop, perhaps a quarter inch to a side.
 -
 - Minced – Mince is very fine, as small as I can get it.
-

Chapter 2

Appetizers and Beverages

ARTICHOKE DIP

Chef: Debbie Wescott

Ingredients

- 2 8oz packages of cream cheese - softened
- 1/2 cup mayonnaise
- 3 to 5 cloves of garlic - or 3 tablespoons of Minced garlic
- 14 oz can artichoke hearts drained and chopped - marinated
- 10 oz package of frozen spinach - softened
- 2 tablespoons of lemon juice
- 1/2 cup grated parmesan cheese
- 1 cup of mozzoretta cheese - grated

Directions

Cream the cream cheese, mayonnaise and garlic together and set aside. Mix remaining ingredients down the list to Parmesan cheese. Combine parts 1 and 2 and spread into a baking dish. Bake at 375 deg for 20 minutes then layer on Mozzoretta cheese, Bake 5 more minutes until light golden brown. Serve with fresh veggies or crackers. YUM!

COWBOY CAVIAR

Chef: Patricia Blair

Ingredients

- 15oz can black eyed peas - drained
- 15oz can shoepeg corn - drained
- 2/3 cup cilantro - chopped
- 2/3 cup green onion - chopped
- 1/4 cup olive oil dressing
- 1/4 cup red wine vinegar
- 2 cloves garlic - minced
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 teaspoon cumin
- 2 large tomatoes - diced
- 2 avacados - diced

Directions

Except the tomatoes and avacados marinate all other ingredients together for 6+ hours. Add diced tomatoes and avacados 30 minutes before serving.

CREAM OF COCONUT FRUIT DIP

Chef: Jennifer Gustin

Ingredients

- 1 package instant vanilla pudding (4.6 oz)
- 1 container cream of coconut (found in alcohol mix section)
- 16 oz whipped cream (Cool Whip)

Directions

Combine all three ingredients together and chill for one hour so pudding dissolves completely. Serve with fruit. Great with sliced apple.

CUCUMBER SANDWICHES

Chef: Patricia Blair

Ingredients

- 8 oz cream cheese
- 2 tablespoons mayonnaise
- 2 green onions - diced
- 1/2 teaspoon Bon Appetit seasoning
- 1/2 teaspoon dill weed
- 1/2 teaspoon garlic salt
- cucumbers - peeled and sliced
- tomatoes - sliced
- bread - crust removed

Directions

Combine together: cream cheese, mayonnaise, green onions, Bon Appetit, dill weed, and garlic salt. Spread mixture on bread and layer with sliced cucumber and tomato. Cover and refrigerate until ready to use.

DAD'S SUNDAY EVENING POPCORN

Chef: Alvin Spencer

Ingredients

- 1/2 cup of popcorn - uncooked
- 1 to 3 teaspoons of olive oil
- 1/4 cup of butter or margarine
- 1/4 teaspoon of popcorn salt

Directions

Best cooked in a Whirley-pop popcorn popper. This requires only 1 teaspoon of oil.

Cook over medium high heat until kernels stop popping or until smoke fills the kitchen. Place in a large bowl and sprinkle melted butter lightly over popcorn

while stirring. Olive oil can be substituted for margarine. Sprinkle salt over popcorn and stir. Eat while warm and while watching a good movie with the family gathered around you.

FIVE LAYER AVOCADO DIP

Chef: Patricia Blair

Ingredients

- 1 can refried beans
- 1 can chip bean dip
- 2 large avocados - mashed
- 1 small can green chilies - diced
- 1/2 pint sour cream
- 1/4 jar favorite salsa
- garlic / onion salt and pepper
- 1/2 cup green onions - chopped
- 1 can sliced black olives
- 1 lb. favorite shredded cheese

Directions

Layer in 9x13 pan. – First Layer: 1 can refried beans and 1 can chip bean dip. – Second Layer (Mix together) avocados, green chilies, sour cream, salsa, seasonings. – Third Layer: Green onions, – Fourth Layer: sliced olives. – Fifth Layer: cheese.

Serve with chips

HOT BUTTERED ‘RUM’ DRINK

Chef: Jennifer Gustin

Ingredients

- 1 1/2 cups brown sugar

- 1 3/4 cups powdered sugar
- 2 pints vanilla ice-cream
- 1/2 teaspoon nutmeg
- 1 teaspoon cinnamon

Directions

Soften ice-cream 30 minutes in refrigerator. Mix dry ingredients together. Cream together dry ingredients with softened ice-cream. Store in freezer. To serve, use 1 1/2 tsp of batter to a cup of hot water or milk. Add more to taste.

HOT CHOCOLATE MIX

Chef: Roberta Spencer

Ingredients

- 1 25.6 oz package of instant nonfat dry milk (10 2/3 cups)
- 1 6 oz jar powdered non-dairy creamer
- 2 cups powdered sugar
- 1 16 oz can instant chocolate drink mix

Directions

Combine all ingredients, Mix well. Put in a large air tight container. Label. Store in cool, dry place. Use within 6 months. Makes about 17 cups of hot chocolate mix.

– For hot chocolate – add 3 tablespoons of mix to 1 cup hot water.

JALAPENO POPPER DIP

Chef: Jennifer Gustin

Ingredients

- 2 packages light cream cheese

- 1 cup mahyonnaise
- 4 oz chopped green chillies
- 3 finely chopped jalepenos (The more seeds you use the spicier it is)
- 1 cup parmesan cheese
- 1 cup panko bread crumbs

Directions

Stir together cream cheese and mayonnaise until smooth. Stir in green chilies and jalapenos. Pour mixture into oven-safe dish (8X8 works well) and sprinkle with parmesan cheese and bread crumbs.

ORANGE JULIUS DRINK

Chef: Lori Hilton

Ingredients

- 1/2 cup concentrated orange juice
- 3/4 cup milk
- 1 egg
- 1/2 teaspoon vanilla
- 1/4 cup sugar
- 1 1/2 cups ice

Directions

Put all ingredients in a blender and blend until ice is broken up smooth. Alter amount of ice to change consistency of the drink.

TORTILLA APPETIZER

Chef: Patricia Blair

Ingredients

- 8 oz cream cheese

- 3 green onions - diced
- 4 oz can diced green chilies
- 1 teaspoon garlic salt
- Olives - cut (desired amount)
- Cheddar cheese - shredded (desired amount)
- Flour tortillas
- Toothpicks

Directions

Combine all ingredients. Spread mixture on tortillas. Roll tortilla up and slice into desired thickness. hold together with a toothpick.

WARM CREAMY BACON DIP

Chef: Debbie Wescott

Ingredients

- 1 16 oz sour cream
- 1 3 oz bacon bits (or make your own)
- 2 cups grated cheddar or cheddar jack cheese
- 1 cup diced green onions

Directions

Heat oven to 400 deg. Combine all ingredients. Spread in a 1 quart baking dish. Heat 25 – 30 minutes until hot. Serve with veggies or crackers. Great served in a bread bowl. Easy to double recipe!

WEDDING PUNCH

Chef: Patricia Blair

Ingredients

- 1 can frozen orange juice - large

- 1 can frozen lemonade - large
- 1 cup of sugar
- 1 teaspoon vanilla extract
- 1 gallon water
- 1 2 liter bottle 7-up

Directions

Mix all the ingredients EXCEPT the 7-up. Freeze in freezer bags.

– To serve – soften slightly, put in punch bowl, add the bottle of 7-up.

Chapter 3

Soups and Salads

BLACK BEAN SOUP

Chef: Patricia Blair

Ingredients

- 2 16oz cans black beans - undrained
- 1 cup reduced sodium chicken broth
- 1 small onion - chopped
- 1 teaspoon garlic - minced
- 1 16oz jar salsa - thick and chunky
- 4 teaspoons lime juice
- 2 teaspoons ground cumin
- 1/4 teaspoon crushed red pepper (optional)
- 1/3 cup plain yogurt (optional)
- fresh cilantro leaves - chopped (optional)
- nonstick cooking spray

Directions

Place 1 can of beans with liquid and chicken broth in blender or food processor, cover, blend until smooth. Coat large saucepan with cooking spray, heat over

medium – high heat. Add onion and garlic: cook for 4 to 5 minutes or until onion is tender. Add blended bean mixture, remaining beans and liquid, salsa, lime juice, cumin, and crushed red pepper. Bring to boil. Reduce heat to low and cover. Cook, stirring occasionally for 25 to 30 minutes. Serve topped with yogurt, garnish with cilantro.

BROCOLI SALAD

Chef: Jennifer Gustin

Ingredients

- 2 bunches broccoli
- 1/2/ red onion - chopped
- 1/4 lb bacon
- 3 oz sunflower seeds
- 1/2 cup raisins
- 1 cup light mayonnaise
- 1/2 cup sugar
- 2 tablespoons white vinegar

Directions

Cut broccoli into bite size pieces, Chop onion, Cook Bacon and crumble. Combine Broccoli, onion, bacon, and raisins in bowl. In separate bowl, mix mayonnaise, sugar, and vinegar. Toss with salad. Marinate in refrigerator for one hour. Mix in sunflower seeds before serving.

BROCOLI, CHEESE AND POTATO SOUP

Chef: Roberta Spencer

Ingredients

- 4 medium potatoes - peeled and diced
- 4 carrots - peeled and sliced

- 1 stalk celery - diced
- 6 chicken bouillon cubes
- 6 cups water
- 3 stalks broccoli - cut in bite-sized pieces
- 1 quart half/half or milk
- 1 to 1 1/2 cups flour
- 1/2 cup butter or margarine
- 1 to 2 cups cheddar cheese grated

Directions

In a large soup pan add potatoes, carrots, onions, celery, water and bouillon cubes. Bring to a boil, then simmer until vegetables are tender. Add the broccoli and simmer until tender.

White Sauce: In another pan add milk and melted butter. Add the flour, beat with wire whisk. Stir until it becomes thick. (Should be thick like paste). Add to vegetables. Stir until mixed well with vegetables. Add desired amount of cheese. If too thick add more milk.

BUTTERMILK RANCH DRESSING WITH BIBB LETTUCE

Chef: Jennifer Gustin - by Barefoot Contessa

Ingredients

- 3 scallions white and green parts - chopped
- 1/2 cup fresh basil leaves - lightly packed, chopped
- 2 tablespoons lemon juice - freshly squeezed
- 1 1/2 Tablespoons dijon mustard
- 1 tablespoon good olive oil
- 2 garlic cloves - chopped
- 2 1/2 teaspoons salt
- 1 teaspoon black pepper
- 1 cup good mayonnaise
- 1/2 cup Greek style yogurt
- 1/2 cup buttermilk - shaken

Directions

Place the scallions, basil, lemon juice, mustard, olive oil, garlic, salt, And pepper in the bowl of a food processor fitted with the steel blade. Puree for 15 to 20 seconds to make a smooth mixture. Add the mayonnaise, Yogurt, and buttermilk and blend until smooth. Transfer the dressing to a container, cover, and refrigerate for 1 hour for the flavors to develop. Arrange the lettuce, tomatoes and onion artfully on salad plates and drizzle With the dressing. Sprinkle with salt and pepper and serve.

CARROT CHOWDER

Chef: Roberta Spencer

Ingredients

- 1 lb ground beef - browned & drained
- 1/2 teaspoon salt
- 1/2 cup celery - chopped
- 1/2 cup green pepper - diced
- 1/2 cup onion - diced
- Add all above to ground beef cover & simmer on low for 10 minutes.
- Add beef mixture listed above to the combined soup base listed below.
- 4 cups tomato juice
- 1 1/2 cups water
- 2 cans cream of celery soup
- 2 1/2 cups carrots - grated
- 1/2 teaspoons garlic powder
- 1/2 teaspoon salt
- 1/8 tsp marjoram

Directions

Bring all to a boil & simmer for 30 minutes

Serve by placing a slice or chopped Swiss or Monterey jack cheese in bowls and pour “hot” soup over the cheese.

Tastes much like a hearty tomato soup.

FRITO CORN CHIP SALAD

Chef: Jennifer Gustin

Ingredients

- 1/2 cup purple onion - diced
- 1/2 cup green bell pepper - diced
- 1/2 cup red bell pepper - diced
- 1/4 cup celery - optional - diced
- 1 1/2 cup cheddar cheese - shredded
- 1 (15 oz) can whole kernel corn
- 1 (10 oz) bag chili chese Fritos
- 3 tablespoons Ranch dressing
- 1/2 cup mayonnaise

Directions

In large bowl, mix all ingredients together except chips. Chill for 2 hours. Add chips before serving. Makes 10-12 servings

ITALIAN MEATBALL SOUP

Chef: Patrica Blair

Ingredients

- 3/4 lb ground Beef
- 3/4 lb pork sausage
- 2 eggs - beaten
- 1/2 cup parmesan cheese - binely grated
- 1/4 cup Italian bread crumbs
- 1 tablespoon garlic - finely chopped
- 1teaspoon Italian Essence
- 1 teaspoon salt
- 2 pinches crushed red pepper
- Mix the above together and roll into small balls
- 2 tablespoons olive oil
- 1/2 cup onion - chopped
- 1/4 cup celery - chopped

- 2 tablespoons tomato paste
- 1 (14.5 oz) can crushed tomatoes
- 3 1/2 cup beef stock
- 3 cups water
- 1/2 cup ditalini or other small pasta
- 2 tablespoons fresh basil leaves - chopped

Directions

In a 4 1/2 quart soup pot add 1 tablespoons olive oil. Brown the meatballs (about 4 minutes). Transfer to a plate and set aside. Add onion, celery, stirring until vegetables are soft. Add tomato paste, crushed tomatoes, beef stock and water. Return the meatballs to the soup and bring to a boil. Simmer for 30 minutes. Using a spoon, carefully skim any fat that has accumulated on the top of the soup and discard. Add ditalini or other small pasta to the hot soup. Stir well and cook for 15 minutes or until the pasta is cooked through. Stir in basil and serve garnished with grated parmesan cheese.

MANDARIN SALAD

Chef: Roberta Spencer

Ingredients

- 1/2 cup sliced almonds
- 2 tablespoons sugar
- 1/2 head iceberg lettuce
- 1/2 head romaine lettuce
- 1 cup celery - chopped
- 2 whole green onions - sliced
- 11 oz can mandarin oranges

Directions

In a small pan over medium heat, heat almonds and sugar, stirring constantly until almonds are coated and sugar is dissolved. Watch carefully as they will burn easily. Cool and store in airtight container. Mix lettuces, celery and onions. Just before serving, add almonds and oranges. Toss with dressing. (Excellent with sesame seed dressing).

MEXICAN 2 BEAN CHILI

Chef: Jennifer Gustin

Ingredients

- 1 can (15 oz) black beans - drained and rinsed
- 1 can (15 oz) pinto - drained and rinsed
- 1 can (8.5 oz) whole kernel corn - drained
- 1 can (16 oz) chunky salsa
- 1 can (8 oz) tomato sauce
- 3 cups shredded cooked chicken
- 2 - 3 garlic cloves - minced
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 2 cups chicken broth

Directions

Drain and rinse beans and corn. Combine chicken broth, salsa, tomato sauce in large sauce pan. Add beans, corn chicken, garlic, chili powder and cumin. Bring to a boil, reduce heat And simmer 30 minutes to 1 hour. Serve.

ORIENTAL SALAD

Chef: Patricia Blair

Ingredients

- 1 pound cole slaw
- 1 cup scallions - chopped
- 1 cup sunflower seeds - shelled
- 1 cup almond slivers
- 2 package origional Ramon noodles
- DRESSING:
- 1 cup vegetable oil
- 1/3 cup vinegar
- 1/2 cup sugar
- seasoning packets from noodles

Directions

Toast almond slivers in a pan with a bit of oil.

Combine salad ingredients in a large bowl. In a separate bowl combine dressing Ingredients, whisk and chill. Add dressing to salad 2 minutes before serving

SESAME SEED DRESSING

Chef: Roberta Spencer

Ingredients

- 3/4 cup honey
- 1 teaspoon salt
- 1/2 teaspoon pepper (white is good)
- 1/2 cup oil
- 6 tablespoons vinegar
- 3 tablespoons sesame seeds - toasted

Directions

Mix all ingredients with wire whisk until thickened. Very good on salads made with green onion, thinly sliced celery, slivered almonds, red grapes and mandarin oranges.

ZUPPA TOSCANA

Chef: Jennifer Gustin

Ingredients

- 1 pound hot Italian sausage
- 3 pounds potatoes - cubed with skin
- 1 large onion - chopped
- 2 cans chicken broth
- 3 cloves garlic - minced

- 2 cups kale - chopped
- 1 quart water
- 1 bag real bacon pieces
- 1 cup heavy cream
- salt and pepper to taste

Directions

Brown and drain sausage and set aside. In a large pot add water, broth, potatoes, onion, And garlic. Cook on medium heat until potatoes are don, add sausage, bacon pieces, Salt and pepper, and simmer for 10 minutes. Turn heat to low, add kale and heavy cream. Heat through and serve.

MORE

Chef: Who

Ingredients

- 2 T

Directions

Chapter 4

Vegetables & Side Dishes

SEA SALT SWEET POTATOES

Chef: Roberta Spencer

Ingredients

- 2 pounds (3 medium) yams - diced 3/4" cubes
- 1/2 teaspoon coarse sea salt
- 2 tablespoons vegetable oil
- 1/4 teaspoon pepper
- 1/4 cup maple syrup
- 1/4 cup pecan pieces - chopped coarse

Directions

Preheat oven to 425 deg and coat 9 x 13 baking pan with cooking spray. In a separate bowl, mix all ingredients together except pecans. Arrange mixture in baking pan. Bake for 25-30 minutes, stirring halfway through. Remove from oven sprinkle with pecans. Finish with a pinch of sea salt. Serves 4 to 6.

BROCCOLI - CHEESE ALMONDINE

Chef: Lori Hilton

Ingredients

- 2 to 3 cups broccoli florets and stem
- 2 tablespoon margarine
- 2 tablespoons onion - chopped
- 1/2 teaspoon salt
- 2 tablespoons rice flour
- 1 cup milk
- 1 cup cheddar cheese - grated
- 1 cup sliced almonds

Directions

Preheat oven to 350 deg. Cook the broccoli until barely tender. Drain and place it in a buttered 1 1/2 quart casserole dish. In a medium saucepan, melt the margarine and saute the onion until clear. Stir in the salt and flour. Add the milk slowly, stirring continually. Turn heat to medium and cook until Sauce has thickened. Add the cheese and stir until cheese melts. Spoon the cheese Sauce over the broccoli. Top with almonds. Bake for 30 minutes. Makes 3 or 4 servings.

CAULIFLOWER “MASH” POTATOES

Chef: Lori Hilton

Ingredients

- 1/2 Large head of cauliflower - broken florets
- 1/2 cup nonfat buttermilk
- 1/2 to 1/3 cup low-fat milk
- 1 pound Yukon gold potatoes - cut to 1/2 inch cubes
- 2 scallions - chopped
- 1 teaspoon salt
- 1/4 teaspoon pepper

Directions

Place the cauliflower in a steamer basket, set over boiling water, cover and steam for 15 minutes. Transfer to a food processor, add the buttermilk and ¼ cup of milk and puree until very smooth, about 2 minutes. Place potatoes in a saucepan, add cold salted water to cover by about 2 inches, bring to a boil, reduce heat, and simmer until tender, about 15 minutes Drain, return to the saucepan, and heat over medium heat for 1 to 2 minutes to dry, mash with a potato masher. Add the cauliflower puree, ¼ cup milk, 1 tsp salt and ¼ tsp pepper. Stir to blend and heat over medium low heat, adding more milk as needed for a creamy consistency. Stir in butter and scallions and serve.

“CROCK POT” GREEN CHILI BURRO SAUCE

Chef: Patricia Blair

Ingredients

- 1 medium onion - diced
- 2 pounds stew meat - cut into chunks
- 1 jar LaVictoria green taco sauce
- 1 jar LaVictoria green salsa
- 1 can green chilies - diced

Directions

Mix all ingredients in crock pot and simmer

GARLIC MASHED POTATOES

Chef: Patricia Blair

Ingredients

- 5 pounds potatoes

- 1/4 cup onion - grated
- 2 tablespoons butter
- 5 cloves garlic - minced
- 2 cups sour cream
- 1/4 cup butter - softened
- 2 teaspoons salt
- 1/2 teaspoon pepper

Directions

Peel potatoes and cut in large chunks. Cover with water and boil until tender. Drain water. Mash well and set aside. Microwave onion and the 2 tablespoons butter for 2 minutes. Add minced garlic to butter and onion. Microwave for 1 minute, then add to potatoes. Stir in sour cream, the 1/4 cup butter, salt, and pepper. Spoon into large casserole dish. Cover with foil, Bake at 325 degrees for 30 minutes. Makes 8 – 10 servings.

GREEN BEAN CASSEROLE

Chef: Roberta Spencer

Ingredients

- 2 cans green beans or 2 pkg. 9 oz frozen green beans
- 1 can of cream of mushroom soup
- 3/4 cup milk
- 1/8 teaspoon salt
- 1 1/3 cups Frenches Original French Fried Onions

Directions

In a 1 1/2 quart casserole pan, mix all ingredients except 2/3 cups french fried onions. Bake for 30 minutes at 350 degrees or until hot. Stir, top with 2/3 cups onions. Bake 5 minutes or until onions are golden. Serves 6

GREEN BEANS WITH LEMON AND PINE NUTS

Chef: Roberta Spencer

Ingredients

- 1 1/2 pounds green beans - fresh - trim and cut diagonally into 1/2" pieces
- 2 garlic cloves - finely minced
- 1/4 cup toasted pine nuts
- 2 tablespoons Italian parsley - fresh, finely chopped
- 1 large lemon - finely zest and juice
- 4 teaspoon extra-virgin olive oil
- salt and peper to taste

Directions

In a 4 quart sauce pan, boil in salted water, beans and minced garlic until just tender, about 5 minutes, drain. Transfer to a bowl and toss with nuts, parsley, zest, oil. Salt and pepper to taste. Makes 8 servings.

MOM'S CURRIED RICE

Chef: Patricia Blair / Roberta Spencer

Ingredients

- 1 cup white rice
- 6 tablespoons butter or margarine
- 1 cup onion - chopped
- 1 cup celery - chopped
- 1 teaspoon curry powder
- 1/8 teaspoon cayenne pepper - or to taste
- 2 cups chicken broth
- salt and pepper to taste

Directions

In a large frying pan, melt butter, onion, celery and sauté, stirring occasionally, until onion is translucent. Blend together the rice, curry powder, and cayenne pepper. Add to the onion mixture and stir while cooking until rice is coated, about 2 minutes. Pour in the broth. When it boils, cover the pan and reduce heat to low. Simmer until rice is tender and the broth is absorbed, 18 – 20 minutes. Add salt and pepper to taste.

OLD-FASHIONED CREAMED CABBAGE

Chef: Roberta Spencer

Ingredients

- 1 medium-sized head green cabbage
- 2 eggs, beaten
- 1 tablespoon butter or margarine - melted
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup cream or nondairy liquid - undiluted
- 1/2 cup grated cheddar cheese, for topping - optional

Directions

Preheat oven to 400 degrees. Wash, core, and shred the cabbage. In a saucepan cook until tender then drain. In a large bowl, combine the cabbage with the rest of the ingredients except the cheddar cheese. Pour mixture into a buttered 3 quart casserole or baking dish. Bake for about 15 minutes. Add the cheese topping, if desired, and return to oven for another 5 to 7 minutes. Makes 6 to 8 servings.

QUINOA WITH PINE NUTS AND APRICOTS

Chef: Roberta Spencer

Ingredients

- 1/4 cup dried apricots - chopped
- 1 bell pepper - chopped
- 1 bunch green onions - chopped
- 1 cup quinoa
- 1/2 cup pine nuts
- 1 teaspoon salt
- 1 tablespoon fresh lemon juice
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 2 tablespoons olive oil
-

Directions

Bring 2 cups water to a boil in medium saucepan. Stir in quinoa, Cover, and simmer 10 minutes. Turn off heat, and let quinoa remain Covered 10 minutes more to absorb water. Transfer quinoa to bowl And fluff every few minutes until grain cools. Toast pine nuts in dry skillet Over medium heat, stirring until nuts are golden brown (3 minutes). Add pine nuts, salt, lemon juice, cumin, coriander, oil, apricots, Green onions, and bell pepper to quinoa, and toss until coated. Serve warm or chill and serve cold.

RATATOUILLE

Chef: Roberta Spencer

Ingredients

- 1 red onion
- 1 zucchini
- 1 yellow squash

- 1 bell pepper
- 10 button mushrooms
- 1 tablespoons garlic - diced
- Parsley - chopped
- extra-virgin olive oil
- salt and pepper to taste

Directions

Wash and chop the vegetables into 1/2 to 3/4 inch pieces for even cooking. Do not peel the vegetables. Be sure to dry the mushrooms well after washing. Wet mushrooms turn mushy when cooked. Place the dice vegetables in a large mixing bowl. Cover lightly with extra-virgin olive oil. Mix well to make sure all the pieces are covered in light oil, but avoid drenching. Too much oil leads to soggy vegetables. Season with salt, pepper, chopped parsley and diced garlic. Place a flat backing pan in a 500 degree oven. Allow the pan to roast in the oven until hot, about 5 minutes. Pour vegetables from the bowl onto the sizzling hot pan. The hot pan helps sear in the vegetables natural moisture. Bake at 500 degrees for 8 to 10 minutes, turning halfway through. The vegetables are done when the vegetables begin to turn brown on the edges. Ratatouille can be served hot as a vegetable entrée over rice or tossed with tomato sauce and served over pasta. It also can be served cold or at room temperature with bread or crackers.

SAVORY SPINACH SQUARES

Chef: Roberta Spencer

Ingredients

- 2 packages spinach - chopped
- 1 cup shredded American cheese
- 2 eggs
- 1/3 cup milk
- 1/4 cup butter - melted
- 1/2 onion - minced
- 2 tablespoons dry parsley flakes

- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/2 teaspoon thyme
- 1/2 teaspoon nutmeg
-

Directions

Cook the spinach and drain well. Beat eggs, add combined milk, butter, onion, parsley flakes and Worcestershire sauce, salt, thyme and nutmeg and mix well. Combine spinach and cheese, add egg mixture and mix all well. Pour into a greased shallow pan 9 x 13. Bake at 325 degrees for 1 hour. Let cool a minute and cut into squares and serve. 12 servings

MORE

Chef: Who

Ingredients

- 2 T

Directions

Chapter 5

Main Dishes



CREAMY SWISS CHICKEN BAKE

Chef: Roberta Spencer

Ingredients

- cooked rice
- 4 - 6 sliced chicken breast
- 6 - 8 slices swiss cheese
- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 3/4 cup parmesan cheese - divided 1/2+1/4
- 1 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/2 teaspoon pepper

Directions

Serve over cooked rice. Preheat oven to 375 degrees. In a bowl mix ingredients; mayonnaise, sour cream, parmesan cheese, salt, pepper and garlic powder. Spread over chicken and sprinkle with 1/2 cup parmesan cheese. Pat chicken dry and place in greased 9 x 13 pan. Spread mixture over chicken and sprinkle with parmesan cheese. Bake 1 hour at 375 deg. Serve over rice or serve alone.

APRICOT CHIPOTLE CHICKEN

Chef: Roberta Spencer

Ingredients

- 4 - 6 chicken breasts
- CHICKEN MARINADE
- 1 cup olive oil
- 2 tablespoons garlic - minced
- 2 tablespoons paprika
- 1 teaspoon salt
- 1 teaspoon pepper
- APRICOT CHIPOTLE SAUCE
- 1 1/2 oz jar of apricot preserves
- 2 1/4 cup chicken broth
- 3 chipotle peppers

Directions

Trim chicken breast and put in marinade. Let marinate 2 - 24 hours. APRICOT CHIPOTLE SAUCE: Heat the apricot preserves until warm and add chicken broth and chipotle peppers. Blend with hand blender until peppers are integrated. Chipotle peppers will make the sauce spicier, so begin with one pepper and taste the sauce. Add more if needed. Pour over chicken, cover and bake at 350 degrees for 1 1/2 hours. May cook in crock pot on low for 6-8 hours. Delicious served over rice.

BAKED CHICKEN AND RICE CASSEROLE

Chef: Roberta Spencer

Ingredients

- 6 - 8 pieces of chicken - drumsticks or thighs
- 1 cup white rice - uncooked
- 2 cups chicken broth

- 1 package Lipton onion soup
- 1 small onion - chopped
- 1 teaspoon granulated bouillon - or 1 cube

Directions

Brown chicken in pan with enough oil to brown it. Remove chicken to a plate. Put 1 cup of rice in pan and add 2 cups chicken broth, 1 package Lipton onion soup, chopped onion and bullion. Put chicken on top of rice and cover with a lid. Simmer on low until rice and chicken are done. You can add extra liquid if it needs more.

BAKED CHICKEN NUGGETS

Chef: Patricia Blair

Ingredients

- 4 chicken breasts - boneless - skinless
- 1 1/2 cup Italian seasoned bread crumbs
- 2/3 cup grated parmesan cheese
- 1 1/4 teaspoon dried thyme
- 3 teaspoon dried basil
- 1 1/4 teaspoon salt
- 2/3 cup butter, melted

Directions

Preheat oven to 400 deg. Cut chicken breasts into 1 1/2 inch pieces. In a Medium bowl, mix together the bread crumb, cheese, salt, thyme and basil. Mix well. Put butter in a bowl for dipping. Dip chicken pieces into melted butter first, then coat with the breadcrumb mixture. Place well coated chicken pieces on a lightly greased cookie sheet in a single layer, and bake in the preheated oven for 20 minutes.

BEEF AND BELL PEPPER SKILLET

Chef: Roberta Spencer

Ingredients

- 1 pound ground beef
- 2 green peppers - diced
- 1 cup onion - chopped
- 1 cup rice - uncooked
- 1 beef bullion cube - crushed
- 2 tablespoons soy sauce
- 2 1/2 cups water
- 1 small can of tomatoes - optional

Directions

Brown the beef in skillet, drain. Stir in green pepper, onion, rice, bullion water, and soy sauce. Bring to boil, reduce heat, cover and cook over low heat until liquid is absorbed, about 20 – 25 minutes. Also, this recipe is good with a small can of tomatoes. Drain tomatoes and fold in at the end of cooking. Heat and serve.

BEEF AND BROCCOLI STIR-FRY

Chef: Roberta Spencer

Ingredients

- 2 pounds top sirloin steaks - sliced 1/4" thick
- 1 medium onion - sliced thinly
- 2 medium heads broccoli
- 2 teaspoons ginger root - grated
- 1/2 cup soy sauce
- 2 tablespoons corn starch
- 1 tablespoon brown sugar - firm packed
- 1 clove Garlic - minced
- 1 teaspoon black pepper
- 2 tablespoons vegetable oil - divided

Directions

In small bowl combine soy sauce, brown sugar, garlic and pepper. Set aside. Heat 1 tablespoon vegetable oil in large skillet over medium high heat. Add beef, and stir-fry sauce, cook until almost cooked through, about 2 minutes. Transfer beef to a plate and cover to keep warm. Heat remaining oil in skillet, add onion and stir-fry sauce, cook for 5 minutes. Cut broccoli into florets (about 4 cups), add to skillet with soy sauce mixture, add ginger. Bring to boil and cook, stirring constantly, until sauce thickens, about 2 minutes. Serve with, rice and serve warm.

BOUNTY RICE

Chef: Patricia Blair

Ingredients

- 1 pound ground beef
- 1 can 14.5 oz diced tomato
- 1 tablespoon salt
- 1/2 teaspoon oregano
- 1/2 teaspoon basil leaves
- 1/2 teaspoon garlic powder
- 3 cups cooked rice
- 4 cups shredded cabbage
- 1/2 cup sour cream
- 1 cup onion
- 1 cup green bell pepper
- 1 cup mozzarella cheese

Directions

Sauté ground beef until lightly browned. Stir in tomatoes, seasonings, rice, and cabbage. Cover and cook 10 - 15 minutes or until cabbage is tender crisp. Stir in sour cream, onions, and green peppers. Heat through. Spoon into 3 quart casserole dish and sprinkle with cheese. Bake in oven at 350 degrees until cheese is melted

CAFÉ RIO

Chef: Debbie Wescott

THE PORK

- 1 pound pork tenderloin - up to 4-5 lbs
- 2 15 oz cans tomato sauce
- 1 1/2 cups brown sugar
- 1 can Coca-Cola
- 1 garlic clove - minced
- 1 /4 cilantro - diced

Place all ingredients in crock pot on medium for at least 4 hours. Shred cooked pork and put back in sauce. Drain excess sauce to desired consistency.

THE CREAMY DRESSING

- 1 packet Hidden Valley Ranch mix
- 8 oz salsa verde green salsa - LaVictoria brand
- 1/2 bunch cilantro with stems - diced
- 2 cloves garlic - minced
- 3/4 cup mayonnaise
- 3/4 cup sour cream
- 1/8 teaspoon hot sauce

Mix in blender. If needed, thin with buttermilk.

THE RICE

- 4 cups rice - uncooked
- 8 cups water
- 8 cubes chicken bouillon - or 8 teaspoons
- 2 teaspoons cumin
- 4 cloves garlic - minced
- 12 tablespoons butter - use 1/2 for healthier version
- 13 sprigs cilantro - chopped

Bring water with bouillon, cumin, and butter to boil. Add garlic, cilantro, and rice. Cook for about 20 minutes or until all water is absorbed. (I usually half the rice if I'm just cooking 1 pound of pork)

Great served with warm tortillas. Add beans if you wish.

CHEESE MANICOTTE

Chef: Lori Hilton

Ingredients

THE SAUCE

- 1 large onion - chopped
- 1 garlic clove - minced
- 2 tablespoons olive oil
- 12 ounces tomato paste
- 24 ounces water
- 2 tablespoons oregano - fresh
- 1 bay leaf
- 1 teaspoon salt
- 1/2 teaspoon pepper

THE FILLING

- 1 1/2 cup ricotta cheese - grated
- 6 eggs
- 4oz mozzarella cheese - grated
- 6oz parmesan cheese - grated
- 6 tablespoons butter
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons fresh basil - chopped

Directions

Preheat oven to 350°. To make the sauce, gently sauté the onion and garlic in olive oil in saucepan over medium heat until onion is translucent. Add the tomato paste and stir. Slowly add the water and stir. Add the seasonings and allow the sauce to simmer while preparing the manicotti and filling. FOR

MANICOTTI: Bring a large pot of water to a boil, add olive oil, and drop in manicotti. Cook al dente, about 12 minutes. Drain and refresh under cold running water. FOR FILLING: Beat the ricotta with the eggs until combined in the large bowl with an electric mixer. Add the grated cheeses and softened butter, beat until everything is combined. Gently fill the cooked manicotti with the cheese mixture and arrange in two greased 9x13 pans. Cover the pasta in each pan with half the sauce. Bake for 35 minutes until the cheese is thoroughly melded and the sauce is bubbling.

CHEESY BUCKWHEAT WITH GREEN CHILES

Chef: Jennifer Gustin

Ingredients

- 4 cup cooked Cream of Buckwheat
- 1 cup onion - chopped
- 1/4 cup buter
- 1 cup low fat sour cream
- 1 cup cottage cheese
- 2 cup (8oz) sharp cheddar cheese - shredded
- 2 4oz cans green chilies - chopped
- 1 teaspoon salt
- 1/2 teaspoon pepper

Directions

Prepare Cream of Buckwheat, using either milk or water. Sauté onion in butter then combine with buckwheat, sour cream, salt and pepper. In 2 quart casserole dish layer buckwheat mixture, cheddar cheese and chilies and repeat layers. Bake uncovered at 375° for 30 minutes, or until bubbly and golden. Let stand about 10 minutes before serving. Serves 6

CHICKEN ENCHILADA QUICHE

Chef: Jennifer Gustin

Ingredients

- 1 pie crust
- 4 eggs
- 1 cup half-and-half or milk
- 1 can 12.5oz chunk chicken breast in water -drained = 1 1/2 cup
- 2 cup (8oz) monterey jack cheese - shredded
- 1 cup (4oz) cheddar cheese - shredded
- 1 cup Old El Paso Thick N' Chunky salsa
- 1 can (4.5oz) chopped green chilies
- 1/2 teaspoon salt
- Pepper to taste
- 1 1/2 cup broken tortilla chips

Directions

Heat oven to 350°. In medium bowl beat eggs with wire whisk. Beat in half-and-half. Stir in chicken, both cheeses, salsa, green chilies and salt. Fold in broken tortilla chips. Pour into pie crust, sprinkle pepper over top of filling. Bake 55 – 64 minutes or until crust is lightly golden brown and knife inserted in center comes out clean. Let stand 10 minutes. Serve

CHICKEN FAITA LETTUCE WRAPS

Chef: Roberta Spencer

Ingredients

FOR FILLING:

- 2 tablespoons olive oil
- 1 pound chicken - cut in bite-size pieces
- 1 tablespoon fajita spice
- 1 cupsliced onions
- 1 cup sliced peppers
- 2 cloves of garlic - chopped
- 1 tablespoon cilantro - chopped
- 1 teaspoon cumin

Heat oil in the pan over medium heat and add chicken and fajita spice. Cook for 5 minutes, and then add the rest of the filling ingredients. Simmer until chicken pieces are fully cooked.

FOR LETTUCE WRAPS:

- 8 iceberg lettuce leaves
- 1 cup sliced cabbage
- 2 avocados, sliced
- 2 cups salsa

Directions

Let each leaf from itself into a natural cup. Sprinkle sliced cabbage in the cups. Divide chicken filling among the cups and top each with avocado slices and salsa. Makes 4 servings of 2 fajitas each.

COCKTAIL MEATBALLS

Chef: Amanda Tunison

Ingredients

- 1 pound ground beef
- 1/2 cup dried bread crumbs
- 1/3 cup chopped onion
- 1/4 cup milk
- 1 egg
- 1 teaspoon Worcestershire sauce
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- 3 tablespoons olive oil
- 12oz tomato based chili sauce
- 1 1/4 cups grape jelly

Directions

In large bowl, combine ground beef, bread crumbs, onion, milk, egg, Worcestershire sauce, salt and pepper. Mix together and shape into meatballs. In a large

skillet, heat oil over medium heat. Add meatballs, in a large skillet, heat oil over medium heat. Add meatballs, and cook until browned, about 5-7 minutes. Remove from skillet, and drain on paper towels. Add chili sauce and jelly to skillet, heat, stirring until jelly is melted. Return meatballs to skillet and stir until coated. Reduce heat to low. Simmer uncovered for 30 minutes. Serve. Also delicious on rice.

COLORFUL KIELBASA

Chef: Roberta Spencer

Ingredients

- 1 can (10 3/4oz) condensed cream of celery soup
- 1 1/2 cups water
- 1 tablespoon butter or margarine
- 1 pound smoked kielbasa - cut into 1/2 inch pieces
- 3/4 cup long grain rice - uncooked
- 1 package (10oz) frozen peas
- 1 jar (4 1/2) sliced mushrooms - drained
- 1 cup (4oz) cheddar cheese - shredded

Directions

In skillet, combine soup, water, and butter: bring to a boil. Add kielbasa and rice. Reduce heat; cover and simmer about 18 minutes or until rice is almost tender. Stir in peas and mushrooms. Cover and simmer 15 minutes or until rice is tender and peas are heated through. Sprinkle with cheese: cover and let stand until melted. Serves 4 - 6

CORNISH PASTIES

Chef: Rebecca Bright

Ingredients

- 2 pounds beef or pork or combination of both

- 5 carrots - chopped
- 2 large onions - chopped
- 2 potatoes - peeled and chopped
- 1/2 rutabaga - chopped
- 1 - 2 tablespoons Worcestershire sauce
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 6 prepared pie dough round or you can make your favorite pastry rounds enough for six 10" pie rounds. Refer to recipe in "Curry Pasties".

Directions

Combine all ingredients, other than pastry, in large bowl. Set out pie crusts on a floured surface. Put 1 ½ cups of filling on half of the round. Moisten the edges and fold the unfilled half over the filling to enclose it. Pinch the edges together to seal them and crimp them decoratively with a fork. Transfer pastry to lightly greased baking sheet and brush with egg for a nice shiny glaze. Bake in a preheated 350° oven for 50-60 minutes until golden brown.

CURRY PASTIES

Chef: Rebecca Bright

Ingredients

FOR THE FILLING

- 1 pound ground beef
- 1 1/2 cups bread crumbs
- 1 large onion - chopped
- 1 cup chicken broth
- 1 teaspoon curry powder
- 1 tablespoon olive oil
- salt and pepper to taste

Sauté onions in 1 tablespoon olive oil. Add the three spices and cook until toasted and aromatic (only a couple minutes max) then add the meat, crumble and cook until brown. Add broth and then bread crumbs until the mixture sticks together but is not soggy. Add salt and pepper if needed.

FOR THE PASTRY

- 3 cups flour - sifted
- 1 1/2 cups cold butter - cut into 1/4 inch chunks
- 1 1/2 teaspoon salt
- 6 tablespoons ice cold water
- Sour cream, chives, paprika - for topping

In a large bowl, combine flour, butter and salt. Blend ingredients until combined and add ice-water one tablespoon at a time to form a dough. Toss mixture until it forms a ball. Knead dough lightly against a smooth surface with heel of the hand to distribute evenly. Form into a ball, dust with flour. Wrap in wax paper and chill for 30 minutes.

Directions

On a well-floured surface roll out dough pie crust thin and cut into 6-8 inch rounds. Fill with approximately $\frac{3}{4}$ filling on one half of the round, fold over and seal edges with water and crimp using a fork. Transfer pastry to lightly greased baking sheet and brush with egg for a nice shiny glaze. Bake in a preheated 350° oven for 25-30 minutes until golden brown. Serve with sour cream and chives with a dash of paprika

DUPIAZZA (INDIAN CURRY DISH)

Chef: Rebecca Bright

Ingredients

- 2 pounds chicken, beef or lamb - cubed
- 1 - 2 tablespoons olive oil
- 1 - 2 large yellow or sweet onions- chopped into large chunks
- 2 tablespoons garlic - minced
- 1 tablespoon ginger paste
- 1 - 2 grams masala - optional (1 gram=0.75oz or 1/4 teaspoon)
- 1 tablespoon turmeric
- 1 - 2 teaspoon cumin
- 1 tablespoon curry powder (I us half regular and half hot madras)
- 1 can 14oz or larger stewed fire roasted tomatoes
- 1 can chicken stock or chicken base and water
- 4 red chilies or 1/4 - 1/2 tablespoon red pepper
- 1 can coconut milk

Directions

Heat skillet with 1-2 Tablespoons olive oil on medium heat until it is hot, add onions, garlic, and ginger, and stir constantly until onions are about half cooked, then add all the spices except the chilies. Stir constantly for about 2 minutes until spices are heated and combined evenly over onions. Add cubed meat and stir until just browned on the outside. Add the tomatoes, stock and chilies, reduce heat, cover and simmer of 1/2 hour. Remove lid and raise heat and reduce liquid until it starts thickening, stirring about every 3-5 minutes (this may take another 1/2 hour or more). When it has started to thicken, add the coconut milk and stir until well blended. Reduce again until the consistency of gravy. Serve while hot over basmati rice and naan bread (Indian flat bread).

EGG CASSEROLE

Chef: Patricia Blair

Ingredients

- 1 large package shredded hash browns
- 2 cups milk
- 1 cup ham - diced
- 1 cup sausage - cooked
- 6oz mozzarella cheese - shredded
- 6oz cheddar cheese - shredded
- 8-10 eggs - remove shell
- 1/4 cup onion - diced
- salt and pepper to taste

Directions

Layer potatoes, cheeses, and meats in 9x13 baking dish. Combine onion, eggs, milk, salt, and pepper; pour over mixture. Refrigerate overnight. Bake uncovered at 350° for 1 hour. Serve hot.

FOIL DINNERS

Chef: Lori Hilton

Ingredients

- 3-4 medium potatoes - peeled, 1/2" cubes
- 2-3 carrots - peeled and sliced
- 1 large onion - sliced or chopped
- 2-3 celery stalks - sliced
- 1 pound hamburger
- 1 package Lipton onion soup mix
- salt and pepper to taste

Directions

Cut up vegetables and mix together with onion soup mix. Form hamburger into 4 patties. Place each patty on its own sheet of aluminum foil, sized large enough to wrap and seal the individual serving (shiny side up). If meat is lean add 1/2 teaspoon of oil or butter inside foil before sealing. Season hamburger with salt and pepper. Place vegetables on top of hamburger and season vegetables with salt and pepper. Seal foil by rolling the edges and cook in oven, on briquettes, or campfire coals. Use heavy duty foil or double layer over briquettes or campfire. Cooking time about 30 minutes. Serves 4. Serve with s'mores as dessert.

GREEN CHILE CHICKEN CASSEROLE

Chef: Patricia Blair

Ingredients

- 1 green bell pepper - chopped
- 3 ribs celery - chopped
- 3/4 cup chopped green onion
- 5 tablespoons butter
- 1 can chopped green chilies
- 1 1/2 cups rice - cooked
- 1 carton sour cream or Greek yogurt
- 3 boneless chicken breast - cooked and sliced

Directions

Preheat oven to 325°. Combine bell pepper, celery, green onions in skillet with butter and sauté for 5 minutes, transfer to bowl. Stir in green chilies, rice, sour cream, chicken broth, 1/4 cup water, salt and pepper. Pour into sprayed 9x13 baking dish, cover and bake 40 minutes. Uncover and continue to bake for 10 minutes.

GRITS, GREENS AND SAUSAGE

Chef: Roberta Spencer

Ingredients

- 1 link (about 3oz) andouille sausage or other spicy cooked sausage - sliced
- 2 medium chile peppers (mild or hot) or half a bell pepper - chopped
- 4 ounces (about 4 cups) collard greens - chopped
- 1/2 cup low-fat (1%) milk
- 1/8 teaspoon salt
- 1/2 cup quick-cooking grits
- 1/2 tablespoon unsalted butter
- 1/2 teaspoon olive oil
- crushed red-pepper flakes to taste

Directions

Bring a large pot of water to a boil. Thinly slice sausage and peppers. Cook greens in boiling water until tender, about 8 minutes. Meanwhile, in a small pot, combine milk, 1 cup water and salt over medium heat. When it starts to bubble, slowly stir in grits. Reduce heat to low and cook, stirring often, until grits are tender, about 5 minutes. Remove from heat and stir in butter. Cover and set aside. Drain collard greens and set aside. Return empty pot to medium heat. Add oil, sausage and peppers; cook about 2 minutes. Add cooked greens and toss until heated through. Dish grits into serving bowls and top with greens and sausage mixture. Season to taste with red-pepper flakes.

HANBURGER FRY-PAN SUPPER

Chef: Roberta Spencer

Ingredients

- 1 pound ground beef
- 1 medium onion - chopped
- 2 medium red potatoes - unpeeled, julienned (thin strips)
- 2 cups cabbage - shredded
- 2 cups celery - thinly sliced
- 1/2 cup water
- Salt and pepper to taste

Directions

In a large skillet, brown beef and onion; drain. Add remaining ingredients. Cover and simmer for 20 minutes or until vegetables are tender, stirring occasionally. Yield 6 servings.

LEMON ASPARAGUS CHICKEN

Chef: Mike Sharp, Susan Sharp

Ingredients

- 1 tablespoon vegetable oil
- 4 skinless chicken breast halves
- 1 can condensed cream of asparagus soup
- 1/4 cup milk
- 1 tablespoon lemon juice
- 1 teaspoon ground black pepper
- Lemon slices - for optional garnish

Directions

Heat oil in a ten inch skillet over medium high heat. Cook chicken for 10 minutes or until well browned on both sides. Stir in the soup, milk, lemon juice and black pepper in skillet. Heat to a boil, reduce the heat to low. Cover and cook for 5 minutes or until chicken is cooked through. Garnish with lemon slices if desired.

MEAT-LOAF

Chef: Roberta Spencer

Ingredients

- 1 1/2 pounds ground beef
- 3 slices bread - torn into small pieces. (I use 3/4 cups oatmeal to make it gluten free)
- 1 egg
- 1 cup milk
- 1 small onion - chopped
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon dry mustard
- 1/4 teaspoon rubbed sage
- 1/8 teaspoon garlic powder
- 1/2 cup ketchup - or chili sauce or barbecue sauce
- Omit the ketchup is doing mashed potato on top of meat-loaf

Directions

Mix all ingredients except catchup. Spread mixture in ungreased loaf pan or shape into loaf in ungreased rectangular pan. Bake uncovered in 350° oven until done (1-1 1/4 hours). Remove from pan, top with catchup. If desired cover with mashed potatoes and omit the ketchup. Make mashed potatoes and spread over meat loaf. Sprinkle 1/2 cup of cheddar cheese on top. Bake until cheese is melted, 2-4 minutes.

ALFREDO SAUCE - (OLIVE GARDEN)

Chef: unknown

Easy Style

- 1 stick of real butter

- 1 pint of heavy cream
- 2 tablespoons of cream cheese
- 3/4 cup parmesan cheese
- 1 teaspoon garlic powder

5.0.1 Real Style (Large batch)

- 2 tablespoons garlic paste or minced garlic - browned
- 1 pound butter
- 2 quarts heavy whipping cream
- 8oz milk
- 1 pound grated parmesan cheese
- 4oz grated fontina cheese
- 1 teaspoon salt
- 1/2 teaspoon pepper

Directions

In a saucepan melt butter. When melted add garlic, cream cheese (and stir in other cheese). When soft, add heavy cream (and milk). Simmer for 15-20 minutes. Season with salt and pepper. Serve over pasta with chicken or shrimp.

POLYNESIAN MEATBALLS

Chef: Jennifer Gustin

Ingredients

THE MEATBALLS

- 1 pound ground beef
- 1/2 cup bread crumbs
- 1 small onion chopped
- 1 teaspoon cornstarch
- 1/2 teaspoon salt
- dash of Allspice
- 1 egg - beaten
- 3/4 cup light cream (in a pinch substitute milk)

Combine ingredients meat into walnut size balls and place in a baking.

THE SAUCE

- 1 bottle chili sauce
- 1 cup grape jelly

Combine chili sauce and grape jelly and heat until bubbly. Pour over meatballs and bake at 325° for 1 hour. Excellent over rice.

SALISBURY STEAK WITH ONION GRAVY

Chef: Amanda Tunison

Ingredients

- 1 can (10.5oz) condensed French onion soup - undiluted, divided
- 1 egg
- 1/2 cup dried bread crumbs
- 1/4 teaspoon salt
- dash of pepper
- 1 1/2 pounds ground beef
- 1/4 cup water
- 1/4 cup ketchup
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon mustard
- 1 tablespoon flour
- 6 cups hot cooked egg noodles
- chopped fresh parsley, optional

Directions

In a large bowl, beat egg. Stir in 1/3 cup of soup, bread crumbs, salt, pepper. Crumble beef over mixture; mix gently. Shape into six oval patties. In a skillet, brown patties over medium heat for 3-4 min on each side. Remove and set aside; drain. Add the water, ketchup, Worcestershire sauce, mustard and remaining soup, to skillet. Bring to a boil. Return patties to skillet. Reduce heat; cover and simmer for 15 minutes or until meat is no longer pink. Remove patties. Combine flour and cold water until smooth. Stir into pan. Bring to boil; cook and stir for 2 minutes or until thickened. Serve patties and gravy over noodles. Garnish with parsley if desired.

SALSA CON QUESO CHICKEN WITH ASPARAGUS

(easy cheesey chicken with asparagus)

Chef: Cody Gustin

Ingredients

- 1 1/2 pounds chicken breast - bonless, skinless
- 2 teaspoons vegetable oil
- salt and pepper to taste
- 1 cp salsa con queso - mild or spicy, found in chip isle
- 1 pound pencil thn asparagus spears

Directions

Pound out chicken breast till roughly 3/4 inch thick. Heat oil in 12 inch skillet over medium heat. Sprinkle chicken generously with salt and pepper. Cook chicken through, about 4 minutes on each side. Meanwhile, snap ends of asparagus and rinse. Place asparagus in a 2 quart microwave safe casserole dish with a lid. Add 1/4 cup water. Cover and microwave 4 minutes or till crisp tender. Remove from th microwave and set aside. Put cheese in microwave about 2 minutes, stirring half way through. Arrange chicken breast on top of the asparagus, top with cheese sauce.

SIMMERED CHINESE CHICKEN

Chef: Roberta Spencer

Ingredients

- 1 whole cicken
- 1 tablespoon oil
- 1/3 cup brown sugar
- 1/2 cup water
- 1 tablespoon ketchup
- 1/4 cup apple juice
- 1/2 teaspoon red pepper

- 1/3 cup soy sauce
- 1 clove garlic - minced
- 1 green onion - sliced
- 2 teaspoons cornstarch
- 1 tablespoon water
- 2 teaspoons sesame seeds - toasted

Directions

Heat oil in Dutch oven, brown chicken on both sides. Mix soy sauce, brown sugar, water, catchup, red pepper, garlic and green onion. Pour mixture over chicken. Cover, simmer 35-45 minutes. Remove chicken to platter. Drain juices back to pan and skim fat. Blend together cornstarch and water, stir into sauce. Cook stirring till thickened. Spoon sauce over chicken and sprinkle with sesame seeds. Serve with sauce and rice.

STUFFED BELL PEPPERS

Chef: Roberta Spencer

Ingredients

- 6 large bell peppers - green, red or yellow
- 1 pound ground beef
- 2 tablespoons onion - chopped
- 1 cup cooked rice
- 1 teaspoon salt
- 1/8 teaspoon garlic salt
- 1 (15oz) tomato sauce
- 3/4 cup (3oz) shredded mozzarella cheese

Directions

Cut thin slice from stem end of each pepper. Remove seeds and membranes; rinse peppers. Cook peppers 5 minutes in enough boiling water to cover; drain. Stir in rice, salt garlic salt and 1 cup of the tomato sauce; heat through. Stuff each pepper with beef mixture; stand up-right in ungreased 8"x8" baking dish. Pour remaining sauce over peppers. Cover dish and bake in 350° oven for 45 minutes. Uncover; bake 15 minutes longer. Sprinkle with cheese. 6 servings; 290 calories per serving.

SUPER NACHOS

Chef: Roberta Spencer

Ingredients

- 1 pound ground beef
- 1 large onion - chopped
- 2 small cans refried beans
- 1 can (4oz) diced green chilies
- 2-3 cups shredded cheddar cheese
- 1 cup salsa
- tortilla chips -
- garnish if desired, sour cream, ripe olives, lettuce

Directions

Grown and drain the hamburger and onion. Salt to taste. In 9"x13" pan spread refried beans, top with meat mixture. Sprinkle diced chilies over meat. Cover with cheese and drizzle with salsa. Bake uncovered at 350° for 25-30 minutes. Remove from oven and garnish with green onions, ripe olives and sor cream. Serve with chips and lettuce.

SHEPHERDS PIE TDF (To Die For)

Chef: Rebecca Bright

Ingredients

- 1 pound ground beef
- 1 pound ground elk, venison or other lean game meat
- 5 carrots - chopped into small pieces
- 1 large onion - chopped
- 1-2 tablespoons garlic - minced
- 1 1/2 cups beef stock
- 1 tablespoon Worcestershire sauce
- salt and pepper to taste

- 6 cups mashed potatoes
- 1/2-1 tablespoons marmite - melted into 1/4 cup VERRY HOT water
- 2 cups sharp cheddar cheese

Directions

Sauté onion and garlic in 1 tablespoon olive oil over medium high heat, add ground meat, crumble and cook until browned. Add carrot, stock marmite, Worcestershire, salt and pepper. Cover and simmer for 15 minutes. Pour this mix into a large deep baking dish or disposable aluminum tray. Spread the mashed potatoes on top of the meat, top with cheese and bake in preheated oven 375° for 30 minutes or until cheese is bubbly and gets slightly browned spots.

TOAD IN THE HOLE (YORKSHIRE PUD- DING)

Chef: Rebecca Bright

Ingredients

- 1 1/2 cups all purpose flour
- salt - about a teaspoon
- pepper - a pinch, freshly ground black pepper
- 3 eggs - beaten
- 1 1/2 cups milk
- 2 tablespoons butter- melted
- 1 tablespoon vegetable oil
- 1 pound (give or take) of sausage links - I like to use the Little Smokies but you can use full size and cut them into chunks. Use the fully cooked sausage unless you pre-cook them.

Directions

- (1) In a large bowl, whisk together the flour with the salt and a pinch of pepper. Make a well in the center of the flour. Pour in the eggs, milk, and melted butter into the well and whisk into the flour until smooth. Cover and let stand 30 minutes.

- (2) Coat the bottom and sides of an 8"x12" or 9"x9" (or we like to do individual ones in a cupcake pan) casserole dish with vegetable oil (we use olive oil). Place a rack in the bottom third of the oven. Put the empty dish on the rack. Preheat the oven with the dish in it to 425°F.
- (3) When an is hot add your sausages to the bottom, for individuals put one sausage into each cupcake well and put back into the oven until VERY hot, Smoking HOT is ideal.
- (4) Remove tray and quickly add your batter to the tray/wells and return to oven, cook until they rise nicely and are golden brown, about 25 minutes for a pan and a bit less for the individuals.

WESCOTT SWEET SPAGHETTI SAUCE

Chef: Debbie Wescott

Ingredients

- 1 can (14.5oz) diced tomato - Add any veggies you would like
- 1 1/2 cups sugar - reduce if you'd like
- 3/4 teaspoon yellow mustard
- 1 1/2 teaspoon Italian seasonings - more for stronger flavor
- 1/2 onion - chopped
- 1 tomato - diced
- 3 cans (28oz) crushed tomato
- 1-2 tablespoons chopped garlic - jar or fresh
- 2 tablespoons olive oil

Directions

Heat the olive oil in a larger Dutch oven size pot. Sauté garlic and onion until clear, add tomato and other veggies and sauté for a few minutes. Pour in the crushed tomato, add all other ingredients and mix well.

Heat just to a bubbling boil, cover and reduce heat to low (2-3) on my stove. Let cook for about 3 hours stirring occasionally. If you are doing meatballs... you may cook them right in the sauce for the last 45 minutes or so of the 3 hours cooking time. For meatballs I combine pork sausage with ground beef and salt and pepper about 1-1 1/2 lbs. all together. Form into smaller meatballs and drop directly into the sauce. 1-2 inch meatballs seem to absorb the flavor better, but do not over cook them or they are not as tender. Italian sausage is also great in the sauce too. This, I slice and cook in a separate pan before adding to the sauce.

WOW ASIAN LETTUCE WRAPS

Chef: Rebecca Bright

Ingredients

- 1 pound ground turkey
- 2 tablespoons FRESH ginger - minced
- 1/2 cup onion - diced
- 1 cup veggie blend (found in “This and That” section “HEALTHY FOOD TIPS” IN this cookbook)
- 1/2 cup millet - cooked
- 1/2 cup quinoa - cooked
- Yoshidas or other teriyaki sauce to taste
- chili sauce to taste
- iceberg lettuce or butterhead lettuce
- scallions for garnish

Directions

Cook turkey then add garlic, ginger, onions, veggie blend. This will cook quickly, you want veggies to be tender. Add the grains and teriyaki sauce. Serve in lettuce with a dash or more of chili sauce.

WOW LASAGNA

Chef: Rebecca Bright

Ingredients

- 1 bound Italian sausage - spicy for more flavor
- 1 cup dry quinoa
- 1 large jar spaghetti sauce - or make your own
- 1 cup veggie blend (found in “This and That” section “HEALTHY FOOD TIPS” IN this cookbook)
- 1 can great northern beans
- 1 box lasagna noodles - or make your own, it is even better

- mozzarella cheese
- 1/4 cup parmesan cheese (the real stuff)
- 16oz cottage cheese
- 2 eggs - beaten
- 2 tablespoons parsley
- 2 tablespoons garlic powder
- 1/2 teaspoon salt

Directions

Brown the sausage with dry quinoa in a pan. Once browned add 1 cup water, cover and simmer for 10 minutes. Once quinoa is cooked add 1 cup veggie blend, and great northern beans. In a separate bowl mix: cottage cheese, eggs beaten, parsley, Parmesan cheese, garlic powder, salt.

In pan, layer sauce, noodles (cooked), cheese mix, meat, repeating layers until all ingredients are used.

Cover top with mozzarella and Parmesan cheese. Bake at 375° until cheese is bubbly and turning golden.

SLOW COOKER CHILI

Chef: unknown

Ingredients

- 1 pound ground beef
- 3/4 cup onion - diced
- 3/4 cup celery - diced
- 3/4 cup green bell pepper - diced
- 2 cloves garlic - minced
- 2 cans (10.75oz) tomato puree
- 1 can (15oz) kidney beans - with liquid
- 1 can (15oz) kidney beans - drained
- 1 can (15oz) cannellini beans - with liquid
- 1/2 tablespoon chili powder
- 1/2 teaspoon dried parsley
- 1 teaspoon salt
- 3/4 teaspoon dried basil
- 3/4 teaspoon dried oregano
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon hot pepper sauce

Directions

- 1) Place the beef in a skillet over medium heat, and cook until evenly brown. Drain grease.
 - 2) Place the beef in a slow cooker, and mix in onion, celery, green bell pepper, garlic, tomato puree kidney beans, and cannellini beans. Season with chili powder, parsley, salt, basil, oregano, black pepper, and hot pepper sauce.
 - 3) Cover, and cook 8 hours on low.
-

MORE

Chef: who

Ingredients**Directions**

Chapter 6

Breads and Rolls

CINNAMON ROLLS

Can Be Used For Rolls or Doughnuts

Chef: Rosetta Spencer

Ingredients

- 2 packages yeast
- 1/2 cup warm water - 98 degrees, no warmer
- 1 cup warm water
- 1/2 cup butter -softened
- 3 eggs
- 5 cups flour - sifted
- 2 teaspoons salt
- 1/2 cup sugar - use more if making doughnuts
- cinnamon
- Brown sugar and more butter

Directions

Dissolve 2 pkgs. Yeast in 1/2 cup warm water (over 100° will kill the yeast). Mix in 1/2 cup sugar 1/2 cup of butter, and 1 cup warm water, mix well. Add

3 eggs, mix. Add 5 cups flour and 2 teaspoons salt, mix.

Let rise, punch down. Let rise second time, punch down and divide in half. Roll out, spread with butter then spread with a 1/8" thick layer of brown sugar . Sprinkle with cinnamon, then roll up. Cut about 1 1/2 inch pieces and put end way in prepared pan, spaced loosely allowing room to raise. Prepare the baking pan with a heavy layer of butter then cover with brown sugar about 1/4" thick. Let the rolls rise. Bake in about 325° oven until brown, about 20 minutes. Frost while warm with thin frosting.

CRUMPETS-GLUTEN FREE

Chef: Roberta Spencer

Ingredients

- 1 1/2 cups gluten free flour mix
- 1 1/2 teaspoons baking powder
- 1 teaspoon xanthan gum
- 1/2 teaspoon gum
- 1 1/2 tablespoons sugar - divided
- 1 cup lukewarm water
- 1 tablespoon dry yeast granules
- 1 egg - room temperature
- 1 teaspoon dough enhancer - or 1/2 teaspoon vinegar
- 3 tablespoons margarine or butter - melted

Directions

Mix together the flour, baking powder, xanthan gum, salt, and egg replacer (if used). Set aside. Add 1 teaspoon of the sugar to the water and stir in the yeast. Set aside. Grease 6 English muffin rings and place them on a greased baking sheet. I use small Corning ware dishes for these. In a mixing bowl, blend together, using a mixer at low speed, the remaining sugar, egg, margarine, dough enhancer, and yeast water. Beat in half the flour mixture. With a spoon, stir in the remaining flour and beat until smooth. Pour batter into the prepared rings or dishes. Cover and let rise in a warm place until the batter doubles, 40 – 45 minutes for regular yeast; 20 – 25 minutes for rapid rise. Preheat oven to 375°. Bake for 18 to 20 minutes until browned lightly and pulled slightly away from the rings. Makes 6 crumpets.

DROP SCONES-GLUTEN FREE

and Pancakes

Chef: Roberta Spencer

Ingredients

- 1 cup gluten free flour
- 1/3 teaspoon xanthan gum
- 1 egg - beaten
- 1/2 cup milk or non dairy liquid
- 2 1/2 tablespoons sugar
- 1 teaspoon dark corn syrup
- 2 tablespoons butter or margarine - melted
- 2 teaspoons baking powder
- 1/4 teaspoon salt

Directions

In a medium bowl, blend the flour and xanthan gum. Add the egg and then beat into the flour mixture, gradually adding the milk. Beat to the consistency of thick cream. Add the sugar, syrup, butter, baking powder, and salt. Beat well. Drop the batter onto a medium-hot Teflon or lightly greased griddle by the tablespoon to make scones 2 1/2 inches in diameter. Cook as for pancakes, but since these are thicker, they will need to be on the heat longer, since these are thicker, they will need to be on the heat longer, so don't have the griddle extra hot, or you will have doughy centers. Serve hot. Split to fill with butter and jam, sausage, or cheese. Makes 5 or 6 scones. I use this recipe to make Dad's pancakes. I use about double the amount of milk to thin it enough for pancakes.

FRUIT BRAN MUFFINS

Chef: Jennifer Gustin

Ingredients

- 2 cups raisin bran
- 1 egg

- 1 (11oz) can mandarin oranges lightly chopped (save the juice)
- 1 banana - mashed
- 1/4 cup butter - melted
- prune juice (see directions for amount)
- 1 cup flour
- 1/3 cup brown sugar
- 1/2 tablespoon baking soda
- 2 tablespoons baking powder
- 1 tablespoon cinnamon
- 1/2 cup raisins
- 1/2 cup nuts (optional)

Directions

In a medium bowl, mix Raisin Bran, egg, oranges, banana, and melted butter. Add the prune juice to the mandarin oranges to make 1 cup. Mix the 1 cup juice into the Raisin Bran mixture. Let stand 5 minutes. In a medium bowl, mix flour, brown sugar, baking soda, baking powder, cinnamon, raisins, and nuts together until combined. Add the mixture to the Raisin Bran mix. Pour mixture into lined cupcake molds and bake for 25 minutes at 375°.

NAVAJO FRYBREAD

Chef: Susan Sharp

Ingredients

- 4 cups flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 2 tablespoons powdered milk
- 1 1/2 cup water

Directions

Put all dry ingredients in a large bowl. Using your hands slowly mix in water. Mix into a soft not sticky dough. Preheat shortening in a fry pan 1/2 inch to 1 inch of oil. Using your hands form a small amount of dough into a circle 6 to 8 inches in diameter or use a rolling pin. Place in hot oil. Turn when underside is golden brown.

SPICY CORN MUFFINS-GLUTEN FREE

Chef: Roberta Spencer

Ingredients

- 1 cup gluten free flour mix
- 1/2 teaspoon xanthan gum
- 3/4 cup yellow cornmeal
- 1 1/2 teaspoon baking powder
- 2 teaspoon egg replacer (optional)
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1/4 teaspoon cayenne pepper
- 2/3 cup liquid egg substitute
- 1 cup yogurt
- 1/4 cup vegetable oil
- 1/2 cup green onions - finely sliced

Directions

Heat oven to 425°. Spray 12 2 1/2" muffin cups with vegetable oil spray. In a medium bowl, blend flour mix, xanthan gum, cornmeal, baking powder, Egg Replacer (if used), salt, baking soda, and cayenne pepper. In a large bowl, beat the egg substitute slightly with a wire whisk. Add the yogurt and oil and whisk. With spoon, stir in the flour mix until just blended. Stir in the green onions. Spoon into prepared muffin cups. Bake 15 minutes or until tester comes out clean. Serve hot from the oven or cool to serve later. Makes 12 2 1/2" muffins.

MORE

Chef: Who

Ingredients

Directions

Chapter 7

Desserts



BLUEBERRY CRISP

Chef: Patricia Blair

Blueberry Mixture

- 6 cups blueberries - rinsed and lightly dried
- 1 tablespoon cornstarch
- 1/4 cup sugar
- pinch of salt

Combine blueberries, cornstarch, sugar and a pinch of salt together in bowl.
Place in a greased 2 quart baking dish.

Topping Mixture

- 1/2 cup all-purpose flour
- 1/2 cup quick cooking oats
- 1/4 cup packed light brown sugar
- 1/4 cup sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg

- 3/4 cups pecans - chopped
- 1/2 stick butter - unsalted, cubed, room temperature
- Whipped cream for topping - optional

Preheat oven to 375°. Combine flour, oats, brown and white sugar, cinnamon, nutmeg, and pecans in a bowl. Add butter and pinch into chunks. Mix until it looks crumbly. Place evenly over the blueberries in the bakng pan. Bake for 40 minutes. Serve with whipped cream or ice cream.

CRANBERRY-APPLE CRISP

Chef: Roberta Spencer

Filling Mixture

- 4-5 cups apples - peeled, cored and sliced
- 1 cup cranberries - fresh or frozen
-

Topping Mixture

MORE

Chef: who

Ingredients

Directions

Chapter 8

Literature

Here is a review of existing methods.

Chapter 9

Methods

We describe our methods in this chapter.

Chapter 10

Applications

Some *significant* applications are demonstrated in this chapter.

10.1 Example one

10.2 Example two

Chapter 11

Final Words

We have finished a nice book. What do you think?

