# **Antipasta Skillet**

1 ½ c zucchini, thinly sliced **OR** 3 c spinach

Prego

3 oz Mozzarella

Zucchini: saute’ in a little bacon grease. Add sauce and mozzarella, broken into small pieces. Melt.

Spinich: Combine spinach, sauce and cheese. Cook.

1 serving

# **Apple Berry Crisp**

1 apple, chopped

1 c frozen blueberries

1 T flour

2 T orange juice

½ c oatmeal

¼ c brown sugar

1 T flour

Dash cinnamon

2 T butter, melted

Mix first column in greased 4”x8” pan. Mix second column and sprinkle on top. Bake at 350° for 30-35 minutes.

# **Apple Crisp**

2 medium, or 1 ½ large apples, sliced thinly

2 T flour

3 T brown sugar

3 T oats

1 ½ T butter, melted

Place apples in a greased 5x9 pan. Sprinkle with flour. Mix remaining and drizzle over top. Bake at 350° for 35 minutes.

# **Apple Donuts**

½ large apple, cut into 8 pieces

1 can crescent rolls

3 T sugar

cinnamon

Wrap each apple piece in crescent dough. Roll in sugar and cinnamon. Bake on a greased pan at 350° for 18 minutes.

# **Bacon Chicken**

8 slices of bacon

1 onion, chopped

8 oz fresh mushrooms, chopped

2 c cooked, chopped chicken

3 t minced garlic

½ t salt

1½ c shredded cheddar cheese

Cook bacon; remove and chop. Saute onion and mushrooms; add remaining except cheese and heat through. Place in greased casserole dish and top with cheese. Bake at 350° for 10-15 minutes.

# **Baked Potatoes and Onions**

2 T butter

1 onion, chopped

5 small or 3 medium or 2 large potatoes, thinly sliced

1 c shredded cheddar cheese

½ c chicken broth

Microwave broth, butter and onion for 3 minutes. Layer potatoes and onion broth in greased casserole dish. Bake covered at 350° for 1 hour. Uncover, top with cheese and bake 20 minutes.

# **Baked Stuffed Pork Chops**

15 oz can apple pie filling

6 oz box or 3 c Stove Top Stuffing

1½ c water

3 T butter

4 boneless center cut pork chops, ¾“ thick

Prepare stuffing per directions. Spread fried apples in bottom of greased 11x7 baking dish. Place pork chops on top of apples. Spread stuffing on top. Bake covered 60 minutes at 350˚, then uncover and bake 30 minutes.

# **BBQ Pork Chops**

4 boneless pork chops

¼ t salt

½ c BBQ sauce

½ c cola soda

Place pork chops in a greased baking dish; sprinkle with salt. Mix BBQ sauce and cola and pour over pork chops. Bake covered at 350° for 30 minutes; uncover and bake 60 minutes, turning if necessary.

# **Beef and Biscuits**

1½ lbs roast, cut up

2 onions, chopped

8 baby carrots, chopped

1½ T sugar

8 oz can tomato sauce

2 c water

1 T garlic salt

12 oz can biscuits, each quartered

Simmer roast, sugar, water, salt and one onion for 1 hour. Add remaining except for biscuits and simmer 30 minutes. Put biscuits on top and bake at 350° for 25 minutes.

# **Beef and Broccoli**

16 oz frozen broccoli

1 lb strip steak

½ c chicken broth

2 T Dari-free OR 1/3 c instant dry milk powder

1 T flour

½ t salt

1 T soy sauce

1 T vinegar

2 t chopped garlic

¼ t chili powder

Cut steak into small pieces; brown in bacon grease or vegetable oil. Mix remaining and simmer meat in sauce for 10 minutes. Cook broccoli in microwave with 1 T water for 8 minutes, stirring halfway. Serve meat over broccoli.

# **Beef Stew**

Leftover beef, potatoes, carrots and liquid from Onion Soup Roast, cut into 1” cubes

1 can beef broth

2 c water

1 t garlic salt

1 c bisquick

1/3 c milk

Add first column and simmer. Mix second column. Drop by spoonfulls into broth. Cook uncovered 10 minutes; cover and cook 10 minutes.

# **Beef Stew 2**

1½ lbs beef, cubed

oil

1 onion, chopped

3 c water

1 T salt

1 T lemon juice

1 T sugar sub

1 T Worcestershire sauce

12 baby carrots

4 potatoes, cubed

½ c water

3 T flour

Brown beef in oil. Add remaining in first column; cover and simmer 2 hours. Add vegetables; simmer 30 minutes. Combine remaining water and flour and stir in until stew is thickened.

# **Beef Stew and Rice**

½ c rice, cooked according to package directions

oil

2 T flour

1 lb beef, cut into chunks

1½ c water

1 t salt

2 T soy sauce

1 onion, chopped

16 baby carrots, halved

½ c frozen peas

Coat meat in flour and brown in oil. Add water, salt and soy sauce and onion and simmer covered for 1¼ hours. Add carrots and simmer 25 minutes. Add peas and simmer 5 minutes. Serve over rice.

# **Beef and Thyme Stew**

oil

1 lb beef, cut into cubes

3 c water

1 T salt

1 onion, chopped

1-2 leeks, chopped

16 baby carrots, chopped

1-2 parsnips, peeled and chopped

¼ t thyme

Brown beef in oil and add remaining. Simmer for 90 minutes.

# **Berry Smoothie**

1 banana

1 avocado

1/2 c grape juice

1/2 c or 3 large frozen strawberries

8 oz crushed pineapple, chilled

½ c frozen blueberries

Blend.

**Black Forest Trifle**

1 13x9 brownie mix, prepared

1 can cherry pie filling

2 c whipping cream

3 T sugar

Chill pie filling. Cut 2/3 of brownies into ½” pieces and chill. Whip cream with sugar. In large bowl, layer brownie pieces, whipped cream and pie filling. Chill.

# **Broccoli Chicken Pasta**

1½ c penne pasta

1 onion, chopped

1½ c frozen broccoli

1 chicken breasts, cooked and chopped

2 t minced garlic

1 c chicken broth

1 can cream of chicken soup

1 can mushrooms, drained

½ t salt

½ c mozzarella cheese

Cook pasta and onion for 15 minutes. Add chicken and broccoli and cook 5 minutes. Drain. Stir in remaining ingredients except cheese and heat through, stirring often. Add cheese and heat through.

# **Broccoli Pasta**

1 c penne pasta

1 pkg frozen broccoli

1 t garlic

2 T olive oil

½ t salt

1/3 c shredded mozzarella

Cook pasta and broccoli; drain. Add remaining and toss.

**Broccoli Stuffing Casserole**

2 chicken breasts, cooked and diced

2 cans cream of chicken soup

1 can cream of celery or broccoli soup

1 box or 3 c Stove Top Stuffing mix

1½ c water

4 T butter

16 oz frozen broccoli, thawed

# Cook stuffing as directed. Combine with remaining ingredients. Bake at 350 degrees for 45 minutes.

# **Brownie Cookies**

1 13x9 Brownie Mix

Melted butter equaling the amount of (Oil+Water) per directions

Eggs per directions

3 c quick rolled oats

Mix. Drop by rounded teaspoonfuls onto baking sheet. Bake at 325˚ for 10 minutes. Makes 3 dozen.

Brownie Trifle

1 13x9 brownie mix, prepared

6 fun size Butterfingers, crushed

8 oz Cool Whip

4.25 oz Symphony bar (use 13 of 16 rectangles), cut up

3/4 c mini marshmallows

1/4 c milk

1 c whipping cream, whipped

Cut 2/3 of brownies into ½” pieces. Over low heat, melt marshmallows, Symphony and milk, stirring constantly. Cool. Fold into whipped cream. In large bowl, layer brownie pieces, chocolate mousse, Cool Whip and Butterfingers. Chill.

# **Burritos**

1 lb ground chuck

1 pkt mild taco seasoning

½ can refried beans

cheddar cheese

lettuce

tomato

tortillas

Brown ground chuck and drain. Prepare with taco seasoning according to package directions. Add refried beans. Serve with cheese, lettuce and tomato on warmed tortillas.

# **Buttery Garlic Chicken**

3 boneless chicken breasts

2 eggs, beaten

28 ritz crackers, crushed

½ t garlic salt

¼ c butter, melted

Mix crumbs and salt. Dip chicken in eggs and then crumbs, and arrange in a greased pan. Drizzle with butter. Bake uncovered at 400° for 60 minutes.

# **Cashew Chicken**

2 chicken breasts, cooked and chopped

1/2 c water

1/2 envelope onion soup mix

¼ c brown sugar

1 T soy sauce

Dash ginger

16 oz frozen broccoli

½ c cashews

Warm all but broccoli and cashews. Microwave broccoli separately with ¼ c water for 8 minutes, stirring once. Drain. Serve with rice and cashews.

# **Cheddar Chicken Casserole**

2 chicken breasts, cooked and chopped

¼ t paprika

¼ t thyme

½ t garlic salt

16 oz bag frozen broccoli

2 c cheddar cheese

Cook broccoli with ¼ c water, paprika and thyme in microwave for 6 minutes, stirring once. Add chicken and stir; cook 2 minutes. Drain. Stir in garlic salt. Add cheddar cheese and cook 2 minutes or until cheese is melted. Serve over rice.

# **Cheesy Potato Soup**

3 potatoes, cubed

1 c frozen broccoli and cauliflower

2 c chicken broth

8 oz Velveeta cheese, sliced

1 can cream of chicken soup

Boil potatoes in chicken broth 10 minutes. Add vegetables and boil 10 minutes. Add remaining, stir constantly over low heat until cheese is melted.

**Chex Party Mix**

6 T butter

½ T seasoned salt

2 T worchestershire sauce

1 t garlic powder

5 ¾ c rice Chex (or 1/3 box) or just use 13-14 cups Crispix

3 c wheat Chex (or 1/3 box)

5 c corn Chex (or 1/3 box)

Melt butter and mix in seasonings. Pour over cereal. Bake 1 hour at 250 degrees, stirring every 15 minutes.

# **Chicken Alfredo**

2 boneless chicken breasts, cut up

5 slices bacon

½ onion, chopped

¾ c Alfredo sauce

3 c frozen broccoli/cauliflower

¼ t chicken bouillon in ¼ c water

Fry bacon, remove. Cook onions and chicken in bacon grease. Add bouillon, sauce and bacon; cook until thickened. Cook veggies in microwave. Place veggies on plate and spoon over chicken with slotted spoon. Serves 2.

**Chicken and Broccoli Casserole (with Cheddar Biscuits)**

16 oz frozen broccoli

1 can cream of chicken soup

½ c milk

2 c chopped cooked chicken

1½ c bisquick

½ c milk

¾ c shredded cheddar cheese

1/4 t garlic salt

# Mix bisquick, milk, cheese and salt. Drop lumps on a greased baking sheet. Bake 20-25 minutes at 400 degrees.

Cook broccoli in 2 c water on stovetop for 5 minutes. Drain. Add soup, milk and chicken and heat through. Serve with biscuits.

# **Chicken and Dumplings**

1 can chicken broth

1/2 c water

1 c cooked chicken

1/2 t salt

½ c peas

2/3 c bisquick

milk

Heat broth, water, chicken and salt. Combine bisquick and milk. Add peas to broth and bring to boiling. Drop dough by tablespoons into boiling broth. Reduce heat, simmer uncovered 10 minutes, then covered for 10 minutes.

# **Chicken and Noodles**

3 qt chicken broth

3 c cooked chicken

Spices: sage, garlic powder, salt, pepper, slight Italian seasoning

2 carrots

1-2 stalks celery

1 onion

2 bags Reames frozen noodles

2 T flour per bag of noodles

Slow cooker:

Add chicken broth to slow cooker. Add vegetables and spices to slow cooker. Add frozen chicken to slow cooker. Add flour to each bag of noodles, shake well. Add both bags of noodles to slow cooker. Stir, add spices to taste. Cook on low all day, or on high for 4 hours.

# **Chicken and Rice Soup**

2 c chicken broth

½ c water

¼ c butter

2 t garlic

1 c rice

1¼ t salt

1 onion, chopped

4 baby carrots, sliced

1 stalk celery, chopped

2 c cooked chicken

2 c milk

1/4 c cornstarch

Cook first column 30 minutes. Mix milk and cornstarch; pour into rice mixture and add chicken. Cook until thickened.

# **Chicken Fajitas**

2 boneless chicken breasts, cut into thin strips

1 onion, chopped

1 t chili powder

½ t cumin

½ t paprika

1 t garlic salt

dash pepper

lettuce

cheddar cheese, shredded

tomatoes

3 tortillas

Cook chicken in oil about 5 minutes. Add onions and cook until tender. Add spices and cook until thickened. Serve on warm tortillas with cheddar cheese, lettuce and tomato, if desired.

# **Chicken Lasagna**

1½ c penne pasta

1 onion, chopped

2 chicken breasts, cooked and chopped

¼ c milk

1 can cream of chicken soup

2 c mozzarella cheese

1 c cheddar cheese

Cook pasta and onion for 17 minutes, adding chicken so that it is heated. Drain. Add milk and soup and heat through. Pour into casserole dish, alternating with cheeses. Bake 30 minutes at 350˚.

# **Chicken Parmesan**

2 chicken breasts, cooked and chopped

1 jar Prego

3 c mozzarella cheese, shredded

1½ c penne pasta

1 t salt

Boil pasta in water with salt according to package directions (about 15 minutes). Stir in sauce and chicken; heat through. Alternate layers with cheese in a greased 2-qt casserole dish, topping with cheese. Bake at 350˚ for 35 minutes; let stand 10 minutes.

**Chicken Pot Pie**

1 chicken breasts, cooked and chopped

3-4 potatoes, chopped

1-2 carrots, sliced

1 can chicken broth

1 ½ T flour

½ c peas

3/4 t salt

1½ c bisquick

½ c milk

# Boil potatoes and carrots 20 minutes. Mix bisquick and milk and set aside. Add chicken and peas to heat through. Drain. Mix broth and flour, stir in and cook until thickened. Drop bisquick dough by teaspoonfuls on top. Bake at 400 about 25 minutes, until biscuits are brown.

# **Chicken Strips / Fish / Fries / Hamburgers**

Preheat oven to 425°. Turn over halfway through. Blot hamburgers.

Schwans Chicken Bites (25 minutes)

Mrs. Paul’s Crispy Fish Fillets (32 minutes)

Kroger Fries (25 minutes)

Schwans Hamburgers (25 minutes)

# **Stouffer’s French Bread Pizza**

Preheat oven to 425°. Bake 15 minutes; add cheese and bake 10 minutes.

# **Chicken Taco Dip**

1 can diced tomatoes, undrained

1 can black beans, rinsed and drained

1 c frozen corn, thawed

2 c cooked, chopped chicken

1 pkt mild taco seasoning

½ c water

Mix and heat. Serve with tortilla chips and cheddar cheese.

# **Chocolate Smoothie**

2 bananas, chopped and frozen

1 c water

4 T DariFree or 2/3 c instant dry milk

3 T cocoa

¼ t vanilla

2 big spoonfuls peanut butter

Blend.

# **Chunky Vegetables and Rice**

1½ c chicken broth

½ T oil

½ t salt

½ onion, chopped

9 baby carrots, chopped

½ c rice

dash basil

1 chicken breast, cooked and chopped

1 c frozen broccoli

Simmer chicken broth, oil, salt, onion and carrots for 10 minutes. Add rice, basil and chicken and simmer 20 minutes. Add broccoli and simmer until broth is absorbed, about 5-10 minutes.

**Cider Beef Stew**

1½ lb beef, cut into chunks

2 T oil

1 T vinegar

1 t salt

1/2 t thyme

dash red pepper

3 c apple cider

1 c water

1 medium onion, sliced

1 carrot, cut into chunks

1 celery rib, cut into chunks

3 potatoes, cut into chunks

1/2 c water

3 T flour

Brown beef in oil. Add remaining in first column, simmer 1 hour and 45 minutes. Add vegetables and simmer 30 minutes. Combine water and flour, add and simmer 15 mintues.

# **Cider Chicken**

3-4 chicken breasts

¼ c cider

¼ c soy sauce

¼ c oil

2 T minced onion

1 t vanilla extract

¼ t ginger

¼ t garlic powder

Marinate chicken. Bake at 350° covered for 75 minutes; uncover and bake 45 minutes.

# **Cookie Cobbler**

½ can whole cranberry sauce

1 apple, chopped

¼ c brown sugar

1 T flour

½ package Kroger refrigerated oatmeal cranberry cookie dough

Mix all but cookie dough. Place all but dough in greased 6”x6” dish. Bake fruit at 400° for 20 minutes. Top with cookie dough and bake 15 minutes with foil on top. Remove foil and bake 10 minutes.

# **Crispy Potato Cubes**

4 potatoes, cut into big chunks

1/3 c flour

2 t garlic salt

dash thyme

dash marjoram

2 T butter

¼ c butter

Shake potatoes in bag with dry ingredients. Melt 2 T butter in 13”x9” pan. Pour in potatoes; bake covered at 450˚ for 20 minutes. Drizzle with ¼ c melted butter and bake uncovered 20 minutes. Stir and bake 10 minutes.

(If baking at 350°, bake covered for 45 minutes, then drizzle butter and bake uncovered 30 minutes, stir and bake 30 minutes.)

# **Garlic Chicken**

butter or oil

1 onion, chopped

12 oz mushrooms, halved

2 T garlic

3/4 c water

2 T soy sauce

1 T vinegar

2 T cornstarch

½ t salt

1 chicken breast, cooked and chopped

1 can sliced water chestnuts, drained

Saute onions, mushrooms and garlic. Mix water, soy sauce, vinegar and cornstarch, stir in. Add chicken and water chestnuts.

# **Greek Lemon Chicken**

2 chicken breasts

½ c lemon juice

oregano, thyme, pepper

Mix and pour over chicken. Bake covered at 400˚ for 1 hour.

# **Grilled Chicken**

2 boneless chicken breasts

1 T olive oil

1 t minced garlic

½ t oregano

¼ t salt

½ T vinegar

1 t thyme

Mix and spoon over chicken. Grill for 15 minutes, turning several times.

# **Grilled Marinated Chicken**

2 chicken breasts

¼ c vinegar

½ stick butter

¼ c water

¼ t thyme

¼ t oregano

¼ t garlic powder

¼ t salt

dash pepper

Combine marinade in small saucepan. Bring to gentle boil; remove from heat and pour over chicken. Cover and refrigerate for 4 hours. Drain. Grill chicken for 30-40 minutes or bake at 400˚ for 60 minutes.

# **Grilled Orange Chicken Strips**

2 T oil

1 t minced garlic

½ t oregano

¼ t salt

2 T low-carb orange juice

1 t lemon juice

½ t thyme

½ t cumin

2 boneless chicken breasts, cut into strips

Combine and marinate 1 hour. Thread meat on bamboo skewers (don’t forget to soak them in water first for 20 minutes). Grill for 6-8 minutes, turning often.

**Gyros**

1 onion, sliced 1 T oil

2 steaks 1/8 t garlic powder

1 t oregano 1/4 t salt

dash pepper tomato slices

2 pitas, warmed creamy italian dressing

Cook onion 2 minutes. Add steak, cook 3-5 minutes. Add spices. Put meat in pitas with tomato and dressing.

# **Ham and Potato Soup**

3½ c chopped potatoes

1 stalk chopped celery

1 chopped onion

2 cans chicken broth

1 t garlic salt

1 c chopped ham

3 T flour

1 c milk

Cook vegetables in broth for 20 minutes. Add salt and ham. Shake flour and milk, add and cook until thickened.

# **Ham and Vegetable Soup**

½ onion, chopped

1 T olive oil

1 c frozen corn

2 roma tomatoes, chopped

1 t garlic salt

1 zucchini, chopped

8 oz fresh mushrooms, sliced

1-2 c ham, chopped

1 can chicken broth

mozzarella cheese

Saute onion, zucchini and mushrooms. Add remaining except cheese. Cover and simmer for 10 minutes. Garnish with cheese.

# **Ham and Zucchini Casserole**

1 onion, chopped

2 medium zucchini, chopped

1½ c chopped ham

2 eggs

1 roll ritz crackers, crushed

3 c cheddar cheese

½ t salt

Dash Italian seasoning

Boil onion 5 minutes. Add zucchini and boil 5 minutes. Drain. Stir remaining and pour into greased casserole dish. Bake covered at 350° for 30 minutes. Uncover and bake 5 minutes.

# **Herb-Baked Fish**

6 T butter

30 saltine crackers, crushed

½ t garlic salt

dash Italian seasoning

16 oz tilapia or flounder, thawed

Melt butter in 13”x9” pan at 400° oven. Combine dry ingredients. Dip fish in melted butter and then in crumbs. Arrange fish in pan and bake 30-40 minutes.

**Herbed Potatoes and Onions**

5-6 medium potatoes, thinly sliced (may put chedder cheese on top

1 onion, thinly sliced after cooking)

salt

3 T butter, melted

In greased microwave-safe dish, layer half of the potatoes and onions. Sprinkle with salt and drizzle with half of the butter. Repeat. Cover and microwave on high for 18 minutes. Let stand 2 minutes.

# **Herbed Pot Roast**

Beef roast

1 t salt

1 t thyme

½ t garlic powder

2 ½ c water

½ onion, sliced

1 T oil

1 t marjoram

½ t oregano

dash pepper

2 t beef bouillon

Brown roast in oil. Add remaining, cover and bake at 350˚ for 2 ½ hours.

# **Honey Stir-fry Chicken**

1 c cooked chicken

1 t garlic

3 T honey

2 T soy sauce

1/8 t salt

2 t cornstarch

1 T water

16 oz frozen broccoli

Mix all but broccoli and heat. Microwave broccoli in ¼ c water for 8 minutes, stirring once. Serve with rice.

# **Italian Herb Chicken**

2-3 chicken breasts

¼ c melted butter

1 envelope Italian salad dressing

2 T lemon juice.

Marinate. Bake covered 60 minutes at 350°. Uncover, and bake 60 minutes.

# **Italian Steak**

Steak

1 envelope Italian salad dressing

1 T olive oil

1 T lemon juice

Combine and marinate overnight. Grill 10 minutes per side.

# **Lemon Chicken Fajitas**

2 chicken breasts, cooked and chopped

2 T lemon juice

¼ c chicken broth

½ t garlic salt

3 tortillas

cheddar cheese, shredded

lettuce

tomato

Combine first four ingredients in covered microwavable dish and cook 2 minutes on high until hot. Drain. Serve in warm tortillas with cheddar, lettuce and tomato.

# **Lemon Chicken Skewers**

2 boneless chicken breasts, cut into 1 ½” pieces

1 zucchini, cut into 1 ½” pieces

½ onion, cut into 1 ½” pieces

12 cherry tomatoes

2 T olive oil

½ T vinegar

½ t salt

1/8 t oregano

1 t minced garlic

¼ t sugar

dash pepper

Combine all and marinate 4 hours. Thread chicken and vegetables on soaked bamboo skewers. Grill 12 minutes, turning often.

# **Lemon Herb Chicken**

2 chicken breasts

2 lemons, cut into wedges

4 t minced garlic

1 t thyme

¼ c oil

2 t basil

1 t salt

dash pepper

Squeeze lemons into Ziploc bag, then add lemons and remaining. Marinate 24 hours. Grill chicken for 30-40 minutes.

# **Lemon Tarragon Chicken**

2 chicken breasts

1 t tarragon

½ t paprika

½ onion, cut into wedges

¾ t salt

dash pepper

1 T lemon juice

Put all but lemon juice in covered casserole dish; bake 60 minutes at 375˚. Uncover and bake 60 minutes. Drizzle lemon juice just before serving.

# **Monkey Bread**

1 can crescent rolls

¼ c brown sugar

1½ T butter, melted

Cut up crescent rolls and place in greased 4”x9” loaf pan. Mix brown sugar and butter and pour over rolls. Bake at 350˚ for 20 minutes.

# **Onion Beef and Broccoli**

Oil

1 lb strip steak, sliced

1 envelope onion soup mix

1 c water

1 T brown sugar

1 T soy sauce

16 oz frozen broccoli

Brown steak in oil. Add remaining except broccoli. Microwave broccoli in ¼ c water 8 minutes, stirring once. Serve with rice.

# **Onion Soup Roast**

1½ lb beef roast

oil

1 package Lipton Onion Soup Mix

3 c water

3-4 potatoes

2 carrots

Place meat in covered dish with soup mix and water. Bake 2 hours at 350˚. Add potatoes and carrots and bake 1 hour.

# **Orange Berry Smoothie**

about 1½ c frozen strawberries

1 c orange juice

½ c milk

1 T Splenda

Blend.

**Orange-Glazed Chicken**

¼ c flour

1 t salt

dash pepper

1 T vegetable oil

2 boneless chicken breasts

3/4 c orange juice

2 t orange marmalade

dash nutmeg

Combine flour, salt and pepper. Coat chicken. In skillet, brown chicken in oil. Add orange juice and simmer 40 minutes. Spread marmalade on top of chicken, sprinkle with nutmeg, cook 10 minutes. Serve with rice.

# **Oriental Beef**

1-1½ lbs round steak, cut into pieces

2 T bacon grease

2 T soy sauce

1 t minced garlic

2 stalks celery

1 8 oz can mushrooms (do not drain)

1 can water chestnuts, sliced

Brown meat in grease. Add soy sauce, mushrooms and garlic, simmer 2 hours. Add celery and water chestnuts and cook 5 minutes.

**Oven Fried Chicken**

2 chicken breasts

1/3 c instant mashed potatoes

1 t parsley

1/4 t garlic salt

1/4 t seasoned salt

1/4 t salt

dash pepper

1/4 c butter, melted

Dip chicken in butter; roll in combined remaining ingredients. Place in greased pan and bake covered at 350° for 60 minutes; uncover and bake another 60 minutes.

# **Oven Stew**

1-2 lbs beef

4-6 potatoes

12 baby carrots

2 stalks celery

2 onions

1 can stewed tomatoes

1½ c beef broth

4 T tapioca

1 t salt

Combine all but potatoes and carrots. Bake 90 minutes at 350˚. Add potatoes and carrots and bake another 90 minutes.

# **Paprika Beef**

Beef, cubed

3 T butter or bacon grease

1 onion, chopped

1 t paprika

1 T instant beef bouillon

2 c water

Saute onion in butter. Add remaining and simmer covered for 2 hours.

# **Peach Crisp**

1 can sliced peaches

1 T flour

½ c oatmeal

¼ c brown sugar

1 T flour

Dash cinnamon

2 T butter, melted

Drain peaches; reserve juice. Place peaches, flour and 2 T juice in greased 4”x8” pan. Mix second column and sprinkle on top. Bake uncovered at 350° for 30-minutes.

# **Peachy Chicken**

1 can peaches

½ c brown sugar

½ c orange juice

1 T butter

1/2 envelope onion soup mix

1 c cooked chicken

Mix all but chicken. Simmer 15 minutes. Add chicken and cook until warmed through. Serve over hot rice.

# **Pineapple Chicken**

2-3 chicken breasts

8 oz crushed pineapple

1 T vinegar

2 T soy sauce

1 t garlic

Marinate. Bake covered at 350° for 75 minutes. Uncover and bake 45 minutes.

# **Pizza Casserole**

2 c penne pasta

1 jar Prego

3 c mozzarella cheese

1 can mushrooms, drained

26 slices pepperoni, cut in half

Cook pasta with pepperoni. Drain, mix in Prego and mushrooms. Layer in casserole dish with mozzarella cheese. Bake at 350° for 35 minutes; let stand 10 minutes.

# **Poached Fish**

1 onion, cut into quarters

2 lemons, cut into quarters

1½ T salt

18 oz frozen cod fillets

Simmer all but cod in plenty of water for 30 minutes. Remove lemons. Add cod and simmer for 20 minutes with the lid off.

**Pork Chop Supper**

2-4 pork chops

1/4 c flour 2 large potatoes, cubed

1 T olive oil 2 medium carrots, sliced 1/4 inch thick

1/2 t thyme 1 medium onion, chopped

1/2 t salt 1 can beef broth

Simmer pork in beef broth and spices for 45 minutes. Add remaining, cover and simmer for 45 minutes.

**Pork Chops and Gravy**

3-4 boneless pork chops, cut into chunks

2 T butter

1 T oil

1 can chicken broth

1 envelope onion soup mix

1 T flour

1/2 c water

Brown pork in oil and butter. Add chicken broth, onion soup mix and simmer covered 1 hour. Mix water and flour, add and simmer 30 minutes. Serve with noodles or mashed potatoes.

**Pork Chops and Pears**

1 T oil

2 cans pears drained, reserving juice

1 T maple syrup

2-4 pork chops

½ t salt

1 T flour

½ c water

Pour oil in skillet, put in pork chops. Add juice, syrup and salt and cook 30 minutes. Add pears and cook 30 minutes. Combine flour and water. Cook and stir until thickened.

# **Pork and Potatoes**

4 pork chops

4 potatoes

1 onion

¼ y sage

¾ c apple juice

3 T soy sauce

¼ c water

¼ c brown sugar

2 t garlic

Bake 2 hours at 350˚.

# **Potato Stuffing Casserole**

2 potatoes, diced

4 baby carrots, sliced

1 onion, chopped

3 c stuffing mix (1 box)

1½ c water

3 T butter

2 eggs

1 c cooked chicken

½ t salt

Boil potatoes, carrots and onion 20 minutes; drain. In separate pot, boil water and butter; add stuffing mix, remove from heat and let stand 5 minutes. Stir in vegetables and remaining. Put in greased casserole dish and bake 30 minutes at 350°.

**Potluck Chicken Casserole**

3/4 c rice

2¼ c water

¾ t salt

¾ T butter

1 chicken breast, cooked and chopped

1/3 c frozen peas

3/8 c milk

½ t garlic salt

¼ t lemon juice

1 T flour

3 T mayonnaise

½ c crushed corn flakes

½ T butter, melted

Cook rice, water, salt and butter for 25 minutes. Blend milk, salt, juice, flour and mayo. Add chicken, peas and sauce; heat through. Mix corn flakes and butter. Spoon into greased baking dish, top with cereal and bake uncovered at 350 degrees for 25 minutes.

**Rice**

Serves 1 1-2 2 2-3 3-4 5-6

water (c) 3/4 7/8 1-1/3 1-7/8 2-1/2 3-1/3

rice (c) 1/4 1/3 1/23/41 1-1/2

salt (t) 1/4 1/3 1/2 3/4 1 1-1/2

butter (T) 1/4 1/3 1/2 3/4 1 1-1/2

Bring water to boil. Stir in rice, butter and salt. Cover and simmer 20 minutes. Remove from heat and let stand 5 minutes.

# **Roast Beef and Rice**

2/3 c water

2/3 c chicken broth

½ c rice

¼ t salt

½ T oil

1/3 – 1/2 lb roast beef, trimmed and chopped

½ onion, chopped

Simmer 25-30 minutes.

# **Roast with Gravy**

2-3 lb roast, cut into pieces

1 T flour

½ pkg onion soup mix

1 c water

¾ can cream of mushroom soup

6 potatoes

2 onions

12 baby carrots

Shake flour, onion soup mix and roast in oven bag; add water and cream of mushroom soup. Close bag and cut six ½” slits in top. Bake at 350˚ for 60 minutes. Add vegetables and bake 90 minutes.

# **Sausage Skillet**

2 potatoes, chopped

1 onion, chopped

1 c beef broth

½ lb smoked sausage, sliced

½ t salt

2 T butter

1½ T sugar

Simmer potatoes, onion and broth for 10 minutes. Add sausage and salt, and simmer until broth is evaporated. Push to sides and add butter and sugar. Stir.

# **Shrimp Scampi**

1 lb cooked shrimp, thawed

3 T butter

2 T olive oil

½ t garlic salt

1 T lemon juice

½ T parsley

Combine and cook less than 5 minutes over medium heat. Do not overcook !

**Soup**

Leftover beef, potatoes, carrots and liquid from Onion Soup Roast

1 can beef broth

8 oz tomato sauce

frozen peas and corn

Kluski noodles

Heat leftovers, broth and tomato sauce; add salt and water if necessary. Add a handful of Kluski to simmering broth. Cook 15 minutes. Add frozen vegetables, bring to boil.

# **Spicy Chicken Wings**

16-18 frozen chicken wings

6 T butter

3/8 c hot sauce

3/8 c vinegar

Spray disposable roasting pan with Pam. Bake wings 30 minutes at 400˚. Add sauce and bake 1 ½ hours, turning every 30 minutes.

# **Steak**

Thickness

½”

¾”

1”

1¼”

1½”

1¾”

Grill

6 + 4 min

7 + 5 min

8 + 6 min

9 + 7 min

10 + 8 min

11 + 9 min

2”-3” from Broiler

9 + 7 min

10 + 8 min

11 + 9 min

12 + 10 min

13 + 11 min

14 + 12 min

# **Steakhouse Steak**

Steak

½ t garlic salt

½ t onion salt

1 t Splenda

dash pepper

oil

Mix seasonings. Brush steak with oil, sprinkle seasonings on both sides. Grill 10 minutes on each side.

# **Stuffed Pork Chops**

4 pork chops

½ T lemon juice

Dash coriander

¼ t salt

4 T olive oil

1 onion, chopped

1 zucchini, chopped

12 oz mushrooms, sliced

1 box stuffing, prepared with 1½ c water and 3 T butter

Sprinkle pork chops with lemon juice, spices and oil, and bake covered at 350° for 1 hour (needs no water). Boil onion 10 minutes; add mushrooms and zucchini and boil 4 minutes. Top pork chops with vegetables, and then stuffing. Bake uncovered 30 minutes.

# **Yogurt Berry Smoothie**

6 oz yogurt

3/4 c milk

1 T splenda

½ c frozen blueberries

6 frozen strawberries

Blend.