## ASIAN CHICKEN \& RICE

## Recipe Ingredients

- 1-6 to 9 oz package of Rice-ARoni Chicken Flavor
- 2 T of Margarine or Butter
- 1 lb Boneless, skinless chicken breast cut into thin strips
- 1/2 C Teriyaki Sauce
- $1 / 2$ t of Ground Ginger
- 1-16 oz package Frozen Asianstyle Mixed Vegetable



## Recipe Instructions

In a large skillet over medium heat

## LIME <br> SALAD

## Recipe Ingredients

- 13 oz lime Jello
- $130 z$ lemon Jello
- 2 C hot fruit juice and water(cool with ice)
- 1 can of evaporated milk
- 1/2 cup mayonnaise
- 1 can crushed pineapple (drained 28 oz cream cheese
- 1 c walnuts and pecans



## Recipe Instructions

Combine Jell-O and 2 cups hot water/ juice (cool with ice.) beat in evaporated milk and mayo. then the pineapple. Then beat in cream cheese till it looks like cottage cheese. add nuts. Refrigerate overnight.

## MARINATED CARROTS

## Recipe Ingredients

- 2 cans sliced carrots
- 1 t salt
- 1 med. onion chopped
- 1 can tomato soup
- 1 cup sugar
- 1/4t pepper
- 1/ c oil
- 3/4 c vinegar



## Recipe Instructions

Combine all ingredients except carrots. pour mixture over carrots. Put in $1 / 2$ gallon Ball canning jar and refrigerate.

Will last 1 month.

## Virginia Bish

## WEIGHT WATCHERS PECAN BARS

## Recipe Ingredients

- 1 tube refrigerated crescent rolls
- 1 egg
- 2 c. chopped pecans
- 1/2 c. sugar
- 1/2 C. Karo
- 1 T. melted butter
- $1 / 2$ t. milk


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## QUICK \& EASY FUDGE

## Recipe Ingredients

- 1 c. Butterscotch Chips
- 12 oz. Chocolate Chips
- 1 can Eagle Brand Milk
- 1 t. Vanilla



## CHILI-DELICIOUS

## Recipe Ingredients

- $7 / 2 \mathrm{lb}$ Ground Sirloin
- 1 large Onion
- 1 large Green Pepper
- lots of Garlic!
- 3 Celery Stalks
- 1 reg. size can Diced Tomatoes
- 1 reg. size can of Kidney Beans
- 1 t Italian Seasoning
- 2 t of Chili Powder
- Parsley Flakes




## Recipe Instructions

Saute ground meat, onions peppers, garlic, and celery altogether.

Add tomatoes and beans cook till hot.

Last, add the Italian seasonings, chili powder, and parsley flakes.

## PUMPKIN ICE CREAM PIE

## Recipe Ingredients

- 1 cup pumpkin, cooked
- ½ cup brown sugar
- 1/2 tsp. cinnamon
- $1 / 2$ tsp. nutmeg
- 1 quart vanilla ice cream, softened a bit
- 1 graham cracker crust



## Recipe Instructions

Cook pumpkin and mash it or use canned. Add sugar, cinnamon, and nutmeg. Cool.

Fold in ice cream, then fill crust and freeze.

## RHUBARB COFFEE CAKE

## Recipe Ingredients

- $11 / 4$ cup brown sugar
- 1/2 cup oil
- 1 egg beaten
- 2 tsp vanilla
- 1 cup buttermilk
- 2 cups diced rhubarb
- ½ cup chopped nuts
- $21 / 2$ cup flour
- 1 tsp baking soda
- ltsp baking powder
- 1/2 tsp salt



## Recipe Instructions

Mix brown sugar, oil, egg, vanilla, and buttermilk. Stir in rhubarb and nuts. Beat well. Add flour, soda, baking powder, and salt. Stir until moistened. Pour into greased 9 $\times 13$ pan or muffin tins.

Crumb Topping: ½ c brown sugar, $1 / 2$ tsp cinnamon, ½ cup chopped pecans

Place crumbs on top and bake at 375
degrees for 30 minutes or until done.

## EASY CHICKEN POT PIE

## Recipe Ingredients

- 2 cups frozen mixed vegetables
- 1 can cream of chicken soup
- 1 cup chicken cut up
- 1 cup bisquick
- 1 egg



## Recipe Instructions

Mix vegetables, chicken, soup, and $1 / 4$ cup milk in a greased pie plate (deep) or $9 \times 9$ pan.

Stir in $1 / 2$ cup milk, Bisquick, and egg. Pour on top of the vegetable mixture.

Bake for 30 minutes at 400 degrees until golden brown.

## DELICIOUS DESSERT CRUST PIE

## Recipe Ingredients

- Crust: 1 cup flour
- $1 / 2$ cup butter
- 1/2 cup chopped nuts
- Filling 8 oz. cream cheese
- 1 cup powdered sugar
- 1 cup whipped cream or 8 oz
- Cool Whip.

Topping: Prepared pudding or pie filling.


## Recipe Instructions

Mix flour, nuts, and butter. Press into an $8 \times 11$ ungreased pan and bake at 350 degrees for 15 minutes. Let cool.

Make the filling by creaming powdered sugar and cream cheese. Fold in cool whip and spread on top of cooled crust.

Layer pudding on pie filling or one can of any flavor of the fruit. Chill well before serving.

## GRAPE SALAD

## Recipe Ingredients

- 3 to 4 pounds red or green
seedless grapes
- $80 z$ softened cream cheese
- 8oz sour cream
- 1 tsp vanilla
- ½ cup sugar
- 3/4 c fine chopped pecans
- $1 / 4$ c brown sugar



## Recipe Instructions

Mix cream cheese and sour cream. Add sugar and vanilla. Fold in grapes and put in a $9 \times 13$ pan or large flat bowl.

## Topping

Sprinkle topping over grapes and refrigerate until serving.

## SWEET GEORGIA PEACH CUSTARD PIE

## Recipe Ingredients

- 6 Tsugar
- 1 T all-purpose flour
- 2 large eggs
- 3/4 C sour cream
- 3/4 t vanilla
- 1/8 t fine lemon zest
- $1 / 8 \mathrm{t}$ fresh grated nutmeg
- 1/8 t salt
- 6 ripe peaches peeled and sliced in $1 / 4$ inch slices
- 3/4 C melted apple jelly


## Crust

- 1.5 C all-purpose flour
- 1/2 t baking powder
- 1 stick of butter, softened
- 1 large egg



## Recipe Instructions

Preheat oven to 350 degrees. In a food processor combine all the crust ingredients and process until combined. DO NOT LET THE DOUGH FORM A BALL. Pat mixture into a greased 9 in pie plate pressing evenly and up the sides.

In a deep bowl mix together all the filling ingredients except the peaches and jelly, then pour the mixture evenly into the pie shell. Arrange the sliced peaches over the filling in a swirl pattern. Bake for 20 minutes. remove from the oven and spoon warm apple jelly over the pie to glaze. Bake another 30 min until glaze is set.

Cut into wedges and serve with whipped cream or a scoop of vanilla bean ice cream. Enjoy!

## KOREAN BEEF BULGOGI

## Recipe Ingredients

- 1 lb flank steak, thinly sliced
- 5 tbsp soy sauce
- $21 / 2$ tbsp sugar (brown sugar is even better)
- 1/4 cup chopped green onion
- 2 tbsp minced garlic
- 2 tbsp sesame seeds
- 2 tbsp sesame oil
- $1 / 4$ tsp black pepper


## OPTIONAL

Red pepper flakes - to personal taste



## Recipe Instructions

Combine soy sauce, sugar, green onions, garlic, sesame seeds, sesame oil and black pepper in a bowl. Place beef in a shallow dish (or ziplock bag) and pour marinade over the beef. Cover (or close) and refrigerate for about an hour or overnight. Cook on high on outside grill or on stove in a skillet until cooked through.

Notes: Do not let marinate more than 24 hours and do not overcook as meat will be tough.

Serve on top of rice or in lettuce cups.

## BRAZILIAN FISH STEW

## Recipe Ingredients

- 3 tablespoons lime juice
- 1 tablespoon ground cumin
- 1 tablespoon paprika
- 2 teaspoons minced garlic
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- $11 / 2$ pounds tilapia fillets, cut into chunks
- 2 tablespoons olive oil
- 2 onions, chopped
- 4 large bell peppers, sliced
- 1 (16 ounce) can diced tomatoes, drained
- 1 (16 ounce) can coconut milk
- 1 bunch fresh cilantro, chopped or lemon (Optional)



## Recipe Instructions

Stir together the lime juice, cumin, paprika, garlic, salt, and pepper in a bowl. Add the tilapia and toss to coat. Cover and refrigerate at least 20 minutes, up to 24 hours.

Heat the olive oil in a large pot over medium-high heat. Quickly fry the onions in the oil 1 to 2 minutes. Reduce heat to medium. Add the bell peppers, tilapia, and diced tomatoes to the pot in succeeding layers. Pour the coconut milk over the mixture. Cover the pot and simmer 15 minutes, stirring occasionally. Stir in the cilantro and continue cooking until the tilapia is completely cooked through, another 5 to 10 minutes.

## OATMEAL CAKE

## Recipe Ingredients

- $11 / 3$ cup boiling water
- 1 cup instant oats
- $1 / 2$ cup shortening (lard is the best)
- 1 cup brown sugar
- 1 cup white sugar
- 2 well beaten egg
- 11/3 cup flour
- 1 teaspoon soda
- 1 teaspoon cinnamon
- $1 / 2$ teaspoon salt

Frosting:

- 6 Tablespoons melted butter
- ½ cup brown sugar
- $1 / 4$ cup canned milk
-1/2 teaspoon vanilla
- 1 cup flake coconut
- ½ cup nuts




## Recipe Instructions

Pour boiling water over oats. Let stand. Cream sugars with shortening. Add eggs, flour, and flavorings. Bake at 350 degrees for 30 minutes in a $9 \times 13$ pan.

Frosting: Mix together.Spread on warm cake. Broil till brown. Watch carefully.

Variation 1: Add 1 cup nuts with the egg instead of included in the frosting.

Variation 2: Add $1 / 2$ teaspoon of nutmeg.

## SAUSAGE EGG CASSEROLE <br> Recipe Ingredients

- 6 slices bread cubed
- Cook llb sausage or ham and place on bread.
- 6 eggs
- 2 C Milk
- 1 t salt
- 1 t dry mustard


## Additional Suggestions:

Chopped onions
Chopped green peppers
Mushrooms


## Recipe Instructions

Cook 1 lb sausage or ham and place on bread. You may put chopped onions, green peppers, or mushrooms over sausage. Sprinkle on 1 cup grated cheese.

Beat 6 eggs. Add 2 cups milk, ltsp salt, ltsp dry mustard.Mix together and place in $9 \times 13$ baking pan. Refrigerate overnight. Bake at 350 degrees for 45 minutes.

## SUGAR FREE CRANBERRY SALAD

## Recipe Ingredients

- 2 to 3 oz sugarfree Strawberry Jello
- $1 ½$ cup hot water
- $1160 z$ pkg cranberries
- 3 apples peeled
- 2 oranges peeled ( $1 / 2$ orange rind)
- 1 ½ cup Splenda



## Recipe Instructions

Dissolve Jello in water and set aside. Grind or process all of the fruits and add the Splenda.Add to cooled jello. Pour into dish and let set in refrigerator. Makes 8 servings.

## VERY GOOD CHEESE BALL

## Recipe Ingredients

- 8 oz. cream cheese
- 8 oz. grated cheddar cheese
- 2 tablespoons margarine
- 2 tsp pimento
- 2 tsp chopped green peppers
- 2 tsp chopped onion
- 1 tsp Worcestershire sauce
- ½ tsp lemon juice



## Recipe Instructions

Mix well and shape into a ball. Roll in chopped nuts. Refrigerate well and serve with crackers of choice.

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## STUFFED PEPPER SOUP

## Recipe Ingredients

- 3 lb ground beef
- $11 ⁄ 2$ envelope onion soup mix
- 34.5 oz can diced tomatoes
- 42 oz can tomato sauce
- 3 cups cooked white rice
- 3 cups chopped green peppers
- 3 beef bouillon cubes
- $1 / 3$ cup brown sugar
- 1122 teaspoon black pepper
- 6 tablespoons vinegar
- $33 / 4$ cup water



## Recipe Instructions

In a large pan brown beef and drain. Add onion soup mix and stir. Add tomatoes, tomato sauce, rice, green peppers, bouillon, brown sugar, vinegar, pepper, and water. Cover and simmer 30 to 40 minutes or until peppers are tender. May also put all ingredients in a slow cooker and cook until tender. Makes 16 servings.

## TACO SOUP <br> W/ BEANS

## Recipe Ingredients

- 1 pound ground beef (cooked and drained)
- 30 ounces canned tomatoes
- 15 ounces canned corn (undrained)
- 15 ounce black beans
- 15 ounce red kidney beans
- 1 can chiles
- 1 small onion chopped
- 1 envelope Hidden Valley Ranch

Dressing Mix


## Recipe Instructions

Combine all ingredients and place in slow cooker and cook on low for 4 to 6 hours. Garnish with shredded cheese and sour cream when serving.

## BUTTERSCOTCH ICE BOX COOKIES

## Recipe Ingredients

- 2 cups brown sugar
- 1 cup butter
- 2 eggs
- 1 t. soda
- 1 t. cream of tartar
- 1 t. salt
- 1 cup nuts (pecans)
- 4 cups flour



## Recipe Instructions

Cream together brown sugar and butter. Add eggs. Add soda, cream of tartar, salt, nuts, and flour. Mix thoroughly. Shape into a roll. Wrap in Saran wrap and place into refrigerator over night. Slice. Bake in hot oven at 425 degrees for 8 min.

## CHRISTMAS COOKIES

## Recipe Ingredients

- 1 cup butter
- 1/4 cup sugar
- $1 / 2 \mathrm{t}$. salt
- 2 t. vanilla
- 2 cups flour
- $1^{1 / 2}$ cup chopped pecans
- 1 cup powdered sugar



## Recipe Instructions

Cream together butter, sugar, salt, and vanilla. Blend in flour and nuts. Scoop and roll into balls

- approximately walnut size.

Bake at 325 degrees for 22-25 minutes.

Remove from oven and roll into powdered sugar.

## TUNA FISH <br> CASSEROLE

## Recipe Ingredients

- 1 small package Inn Maid Noodles cooked and drained
- 1 can cream of mushroom soup
- $1 / 2$ can milk
- 1 can tuna fish
- 1 small package potato chips (crushed)



## Recipe Instructions

Mix and heat cream of mushroom soup, milk, and tuna fish.Place noodles in casserole
dish.Pour tuna mixture over the noodles.

Top with crushed potato chips.

Bake in oven at 350 degrees for 45 minutes.

## POT ROAST

STEW

## Recipe Ingredients

- 1-4lb. round bone pot roast
- 1- bunch carrots peeled
- 1- can peas or green beans
- 4- full pieces of celery
- 5- potatoes peeled



## Recipe Instructions

Mix and heat cream of mushroom soup, milk, and tuna fish.Place noodles in casserole dish.
Pour tuna mixture over the noodles.

Top with crushed potato chips.

Bake in oven at 350 degrees for 45 minutes.

## SLOPPY JOES

## Recipe Ingredients

- 4 lbs. ground beef
- 2 c. catsup
- 1 tbs. mustard
- 1 tbs. worcestershire sauce
- 1 tbs. chili powder
- 1/3 c. vinegar
- 1/8 T sugar
- 1 green pepper chopped fine
- 1 chopped onion



## Recipe Instructions

Brown meat and add remaining ingredients and simmer for $1 / 2$ hour. Serve on buns.

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## STOVE TOP <br> BARBEQUED CHICKEN

## Recipe Ingredients

- 1 chicken, washed, cut in pieces
- 1 cup catsup
- 2 cup Pepsi Cola



## Recipe Instructions

Put all three above in large pot on top of stove. Bring to a rolling gentle boil. The mixture will cook away gradually and cover the chicken. Cook a little over 1 hour. Do not bake. Do not salt.

## MERINGUE CRUST SWEET CHOCOLATE PIE

## Recipe Ingredients

- 2 egg whites
- $1 / 8$ tsp. cream of tartar
- $1 / 2$ cup finely chopped pecans
- $1 / 8$ tsp. salt
- 1⁄2 cup sugar
- $1 / 2$ tsp vanilla
- $1 / 4$ sweet cooking chocolate
- 3 tbsp. water
- 1 tsp vanilla
- 1 cup heavy whipped cream
- Shredded chocolate



## Recipe Instructions

Prepare meringue shell with first six ingredients. Spread in a nine-inch pie tin
.Bake at 300 degrees for 50-55 minutes.

Filling: Melt chocolate and water. Cool. Add vanilla. Fold into whipped cream. Turn into cooled shell. Refrigerate.

Shave unsweetened bar of chocolate over pie.

## FRENCH LEMON BARS

## Recipe Ingredients

- 1 ½ cups flour
- 1/3 cup powdered sugar
- 3/4 cup butter
- 3 eggs
- 1 ½ cups sugar
- 1 tablespoon flour
- 3 tablespoon lemon juice
- Lemon rind
- $1 / 4$ teaspoon salt



## Recipe Instructions

Mix flour, powdered sugar and butter as would pie crust.

Put in bottom of $9 \times 13$ pan. Bake 20 minutes at 350 degrees. Beat eggs, sugar, flour, and lemon juice until mixed well.

Add salt and lemon rind. Pour this mixture over hot crust. Return to oven and bake 20 minutes more. When cool dust with powdered sugar and cut into desired size.

When done dust with powder sugar and cut into squares.

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- 1 ½ cups flour
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- 3/4 cup butter
- 3 eggs
- 1 ½ cups sugar
- 1 tablespoon flour
- 3 tablespoon lemon juice
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Mix flour, powdered sugar and butter as would pie crust.

Put in bottom of $9 \times 13$ pan. Bake 20 minutes at 350 degrees. Beat eggs, sugar, flour, and lemon juice until mixed well.

Add salt and lemon rind. Pour this mixture over hot crust. Return to oven and bake 20 minutes more. When cool dust with powdered sugar and cut into desired size.

## EASY PEANUT BUTTER FUDGE

## Recipe Ingredients

- 1-16 oz Peanut Butter
- 1- can cake frosting chocolate or vanilla



## Recipe Instructions

Microwave peanut butter 30 sec. Microwave cake frosting for 30 sec . Pour in a lined $9 \times 13$ pan. Refrigerate till cooled then slice.

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## SALAD

## Recipe Ingredients

- 1- can of water chestnuts
- 1- large can of chicken chunks
- Grapes (as many as you want)
- Canned peas (as many as you want)
- Chopped onions
- Cooked butterfly noodles


## Dressing (to taste)

Miracle Whip or mayonnaise
Sugar
Brown spice mustard
Parmesan cheese


## Recipe Instructions

Mix all ingredients and refrigerate to cool.

## COCONUT COOKIES

## Recipe Ingredients

- 1- cup unsalted butter
- 1- cup sugar
- 1- egg
- 1-tsp coconut extract
- 1-pk of Martha White or Jiffy biscuit mix
- 1-pk Martha White spud flakes or instant mashed potatoes



## Recipe Instructions

Cream butter and sugar till light and fluffy. Stir in spud and biscuit mixes. Stir in coconut extract.

Shape into balls and place on an ungreased cookie sheet.

Bake on 350 degrees for 10 to 15 min .

## GRANDMA'S SUGAR CREAM PIE

## Recipe Ingredients

- 4-cups flour
- 1- cup sugar
- $11 / 2$ - cup cream or 1 cup milk and $1 / 2$ cup condensed milk
- 1-tsp vanilla extract
- 1-tsp butter extract
- Sprinkle of cinnamon
- Pinch of salt




## Recipe Instructions

Mix flour, sugar, and salt and put in pie shell.

Add cream, vanilla and cinnamon. Mix with finger tips. Cut butter into bits and lay on top of cream to melt as pie bakes.

Bake at 350 degrees till done.

## HAY'S COOKIE BARS

## Recipe Ingredients

- $11 / 2$ cup of flour
- $1 / 2$ tsp salt
- ½ cup butter
- 1 cup brown sugar
- 2 eggs
- $1 / 2$ white sugar
- $1 / 4$ to $1 / 2$ chopped nuts (prefer pecan)
- Powder sugar for dusting



## Recipe Instructions

Mix flour, $1 / 2$ brown sugar, butter. press into 9x9 pan or Pyrex.

Mix 2 eggs, white sugar, ½ cup brown sugar and chopped nuts.

Pour over flour mixture and sprinkle nuts.

Bake for 30 min. Remove aand sprinkle with powder sugar. Cut while still warm.

## BEEF AND BARLEY SOUP

## Recipe Ingredients

- 2 T Olive Oil
- 1 lb sirloin trimmed and cut into small chunks
- 3 Carrots
- 2 Ribs celery
- 3 Parsnips
- 1 Onion
- 2 Cans of beef broth
- 1 cup cooked barley (1/4 c uncooked)
- $1 / 2$ t salt
- $1 / 4$ t pepper




## Recipe Instructions

Sauté meat, when done remove from pan.

Add vegetables and sauté them. Return meat, add broth and stir.

## STRAWBERRY SHORTCAKE

## Recipe Ingredients

- 2 cups flour
- 1/3 cup sugar
- ½ cup margarine or butter
- 1 T and 1 t baking powder



## Recipe Instructions

Mix as for a pie dough with a pastry blender. Then dump into a bowl. Add $3 / 4$ cup half and half and mix quickly. Drop by spoonful onto greased cookie sheet. It makes 6 nice biscuits.

Bake at 350 degrees for 15-20 minutes. Top with strawberries and cream if desired.

## SAVORY CHICKEN BREAST

## Recipe Ingredients

- 8 Boneless skinless chicken breasts
- 4 Slices Swiss cheese
- 1 can cream of chicken soup
- $1 / 4$ C Milk
- 2 cups Pepperidge Farm stuffing mix



## Recipe Instructions

Place chicken breasts in an oiled 9x13 pan. Top with sliced cheese.

Combine soup, milk and pour over cheese and cover

Sprinkle the stuffing mix on top

Heat oven to 350 degrees cover with tin foil and bake for 30 minutes. Then uncover and 30 more minutes.

## BUTTERSCOTCH PIE

## Recipe Ingredients

- 2 C Milk scolded
- 2 Eggs
- Few grains of salt
- 3 T Cornstarch
- 1 C Brown sugar
- 3/4t Vanilla



## Recipe Instructions

Combine sugar, salt and cornstarch. Add eggs and mix thoroughly. Add milk slowly, stirring constantly. Cool over hot water until thick and smooth. Cool and add flavoring.

Pour into baked pastry shell. Serve with whipped cream. If desired, 1 T caramel syrup made from caramelizing 2 T sugar and dissolving in 1 t water may be added to intensify the flavor.

