

THINGS TO KNOW:

In the beginning...

I created this recipe book to help individuals create healthy, delicious, and sweet meals and snacks while receiving help from the welfare food program provided by the Church of Jesus Christ of Latter-day Saints. I used recipes from various blogs, recipe sites, and other welfare program cookbooks made by others for the same audience. None of us is receiving credit for this recipe book. I'm so thankful to all authors and compilers who allowed use of their recipes and work to make this recipe book.

Ingredients + Equipment

I tried to limit the recipes to ones that use strictly welfare food program ingredients. However, some of the recipes call for ingredients that are used sparingly and, thus, will last awhile before the need arises to buy more, e.g. molasses, corn syrup, green onions, Worcestershire sauce, etc. Some ingredients are used heavily in some recipes, e.g. nuts or chocolate chips, but are either provided seasonally by the welfare food program or are cheap enough to buy when needed for said recipes.

Some common equipment used by these recipes include a pressure cooker, slow cooker, cookie sheet pans, a waffle maker, a griddle, large containers for storage or mixing, and Ziploc bags or glass jars.

Very few recipes have been included that use shortening or any form of pork. This was a personal decision as I believe these are some of the least healthy options. I choose to replace these ingredients with healthier options. HOWEVER, this recipe book comes in Word format, so you can add in recipes that include shortening or pork-based ingredients for your own personal reference.

Altitude

Some recipes have been adapted for higher elevations. Please adjust accordingly, if needed.

Variations

Some recipes offer variations that may call for non-welfare food program ingredients. As stated previously, I tried to limit the recipes to ones that use strictly welfare food program ingredients.

Information

Some recipes call for making an additional recipe for the meal to be complete. Check this recipe book to find those additional recipes that you'll need. At the end of this recipe book you'll find a section called Information. It offers non-food recipes for welfare food program ingredients and lists of various uses for things like dish detergent, vinegar, shampoo, etc.

Table of Contents:

BASICS:

- Quick Mix
 - Two wheats
- Everlasting Yeast
- Magic Mix
- Basic Muffin Mix
- Basic Oatmeal Mix
- Basic Pancake Mix
 - Apple Pancakes
 - Nutty Pancakes
- Basic Waffle Mix
 - Orange Waffles
- Basic Cake Mix
- Basic Cookie Mix
- Basic Pizza Dough
- Bisquick Substitute
- All-purpose Ground Beef Mix

BREADS:

- Bread Machine Recipe
- 2-Hour Whole Wheat Bread
- Honey Wheat Bread
- Oatmeal Bread
- Carrot Raisin Bread
- Basic French Bread
- Sourdough Starter
- Sourdough Bread
- Applesauce Quick Bread
- Raisin Bread
- Navajo Fry Bread
- Apple Nut Bread
- Banana Bread
- Cornbread
- Zucchini Bread
- Breadsticks
- Freezer Breadsticks
- Cinnamon Machine Bread
- Cinnamon Granola Bread (Machine)
- Sweet Milk Bread
- Whole Wheat Spice Bread
- Best Machine Bread Ever

PANCAKES & WAFFLES:

- Wheat Waffles
- Whole Wheat Pancakes
- Oatmeal Griddle Cakes
- Puff Oven Pancakes
- Perfect Pancakes
- Sourdough Pancakes
- Hoot N' Nanny's
- Dutch Baby Apple Pancakes
- French Toast #1
- French Toast #2
- Lemon Oatmeal Pancakes

BISCUITS & ROLLS:

- Drop Biscuits
 - Cheese & Herb Biscuits
 - Buttermilk Biscuits
 - Country Dumplings
 - Orange Biscuits
- Fruit Cobbler
- Baking Powder Biscuits
- Rolled Biscuits
 - Cinnamon Rolls
 - Pizza dough
 - Meat Pinwheels
- Pot Pie
- Basic Whole Wheat Rolls
- Refrigerator Rolls
- Overnight Rolls
- Wonderful Rolls
- Cinnamon Rolls
- Cinnamon Apple Rolls
- Imitation Cinnamon Rolls
- Pecan Buns
- Beignets
- Breakfast Burritos

MUFFINS:

- Wheat Muffins
- Apple Muffins
- Apple Oatmeal Muffins
- Applesauce Muffins
- Fruit in the Middle Muffins
- Corny Bacon Muffins
- Melt-in-Your-Mouth Muffins
 - Jelly Muffins
 - Butterscotch-Pecan Muffins
 - Cheese Muffins
 - Banana Muffins
 - Apple Muffins
- Sourdough English Muffins
- Surprise Muffins
- Oatmeal Raisin Muffins
- Omelet Muffins
- Morning Glory Muffins
- Donut Muffins
- Banana Chocolate Chip Muffins
- Pumpkin Muffins
- Peanut Butter & Jelly Muffins
- Peanut Butter Banana Muffins
- Pear Muffins
- Gingerbread Muffins

GRANOLA, CEREAL, & OATMEAL:

- Crunchy Wheat Cereal
 - With spices
 - Poultry Stuffing
 - Salad Toppers
- Breakfast Cereal
- Granola
- Granola Bars
- Oatmeal - Thermos
- Oatmeal - Gas Range
- Oatmeal - Slow Cooker
- Oatmeal - Instant Packet
 - Microwave directions
- Conventional directions
- Hot Oatmeal Cereal

CAKE & CUPCAKES:

- Cupcakes
- Banana Cupcakes
- White Cake
- Sunny Yellow Cake
 - Orange Cake
- Whole Wheat Carrot Cake
- Spice Cake
- Applesauce Cake
 - Toppings
- Brunch Cake
- Upside-Down Cake
- Swedish Coffee Ring
- Hummingbird Cake
- Coffee Cake
- Apple Coffee Cake
- Friendship Scone
- Funnel Cake

COOKIES & BROWNIES:

- Easy No-Bake Cookies
- Oatmeal Cookies #1
- Oatmeal Cookies #2
- Soft Oatmeal Raisin Cookies
- Original Chocolate Chip Cookies
- Temple Chocolate Chip Cookies
- Applesauce Oatmeal Cookies
- Chocolate Chip Oatmeal Cookies
 - Additional add-ins
- Wheat and Raisin Chocolate Chip Cookies
- Peanut Blossoms
- Jan Hagels
- Cake Mix Cookies
- Peanut Butter Cookies #1
- Peanut Butter Cookies #2
- Vanilla Cookies
- Sugar Cookies
 - Flavor Drop Cookies
 - Shaped Cookies
 - Rolled Cookies
- Lollipop Cookies
- Snickerdoodles
- Whole Wheat Brownies
- Chewy Peanut Butter Brownies
- Chocolate Peanut Butter Bars
- Cinnamon Bar Cookies
- Hello, Dolly! Cookie Bars
- Honey Spice Oatmeal Cookies
- Jell-O Cookies
- Russian Teacake Cookies

CRACKERS & MISCELLANEOUS:

- No-fry Doughnuts
- Oatmeal Butterscotch Wafers
- Pastry Bars
- Cookie Bars
- Dad's Cookie Bars
- Orange Nut Braid
- Elephant Ears
- Graham Crackers #1
- Graham Crackers #2
- Graham Crackers #3
- Wheat Thins
- Pie Crust #1
- Pie Crust #2
- Foolproof Crust
- Croutons

DRINKS:

- Cocoa Mix
- Cherry Hot Chocolate
- Chocolate Covered Strawberry Hot Cocoa
- Mexican Hot Chocolate
- Peppermint Cocoa
- Raspberry Cocoa
- Salted Caramel Cocoa
- (Not so) Secret Hot Cocoa
- Texas Hot Chocolate
- White Hot Chocolate
- Carnival Drink Mix
- Creamsicle Drink Mix
- Lemonade Syrup (Concentrate)
- Fruit Smoothies
- Orange Banana Milk
- Orange Julius
- Spiced Cranberry Cider Mix

SANDWICHES, SALADS, & SIDES:

- Common Sandwiches
- Grilled Turkey and Cheese Waffle Sandwiches
- Monte Cristo Sandwich
- Lunch Kebabs
- Maple Bacon Chicken & Waffles Sandwich
- Chef Salad
- Pasta Salad
- Fruit Gelatin Salad
- Rice
- Browned Rice
- Fried Rice
- Rice Pilaf
- Rice Casserole
- Magic Mix - Macaroni & Cheese
- One-Step Macaroni and Cheese
- Macaroni Salad
- Cheesy Vegetable Macaroni
- Scalloped Potatoes
- Au Gratin Potatoes
- Potato Casserole
- Chili Beans
- Refried Beans
- Barbecued Lima Beans
- Real Baked Beans
- Hot Bean Salad
- Southwestern Bean Salad
- Deviled Eggs
- Company Carrots
- Lemon Glazed Carrots
- Crispy Healthy Baked Zucchini Fries
- Potato Wedges
- Onion Rings

SOUPS & STEWS:

- Soup Night & Ideas
 - Baked Potato Soup
 - Chicken Gumbo Soup
 - Tomato Florentine Soup
 - Vegetable Soup
 - Hearty Chicken Noodle Soup
- Hamburger Soup
- Quick Vegetable Soup
- Minestrone
- Hearty Beef & Vegetable Soup
- Creamy Vegetable Soup
- Taco Soup
- Macaroni and Cheddar Soup
- Mexican Meatball Soup
- Beef Chili Soup Mix
- Black Bean Soup Mix
- Dad's Bean Soup
- Minestrone
- Pioneer Stew
- Three Bean Stew
- Oven Stew
- Mom's Chicken & Noodles
- Loaded Potato Soup
- Chili #1
- Chili #2
- Turkey Chili
- Corn Chowder
- Tuna Chowder
- Sausage & White Bean Soup
- White Chicken Chili
- Dreaming of a White Christmas Soup
- Instant Potato Soup
 - Ham and/or cheese
- Mexican Bean Soup
- Painted Desert Chili
- Texas Two-Step Soup
- Turkey Noodle Soup
- Veggie Black Bean Chili

MAIN DISHES:

- Chicken Cacciatore
- Easy Chicken Pot Pie
- Inside Out Ravioli
- Hawaiian Haystacks
- Homestyle Noodles & Chicken
- Upper Crust Chicken
- Tamale Pie
- Tuna & Noodle Casserole
- Tetrazzini
- Chicken and Dressing
- Baked Chicken #1
- Baked Chicken #2
- Beef Stroganoff
- Ten-Minute Casserole
- Macaroni Casserole
- Rice Hot Dish
- Spanish Delight
- Seven-Layer Casserole
- Mock Chicken Casserole
- Super Tuna Noodle Bake
- Indian/Navajo Tacos
- Hungarian Goulash
- Taco Casserole
- Baked Chicken and Spaghetti
- Italian Chicken and Pasta
- Zesty Spaghetti
- Cheddar Spaghetti and Vegetables
- Breakfast Burritos
- Chicken Pot Pie
- Shepherd's Pie
- Shredded Beef Enchiladas
- Easy Enchiladas
- Charlie's Brunch Casserole
- Mexican Lasagna
- Oven BBQ Chicken
- Super-Fast Quesadillas
- Bean Quesadillas
- Tortilla Pizza
- Greek Style Beef and Macaroni Bake

- Delicious Roast
- Homemade Fries and Hamburgers
- Burritos or Chimichangas

- Sloppy Joes
- Old School Chicken and Rice Casserole

- Chicken Burrito Bowls
- Beef Noodle Dinner
- Corn Dogs

MISCELLANEOUS:

- Apple Butter
- Honey Butter
- Streusel Topping
- Apple Raisin Crunch
- Gravy
- Basic White Sauce
- Magic Mix – White Sauce
- Buttercream Frosting
- Vanilla Frosting

- Chocolate Frosting
- Orange Buttercream Frosting
- Quickie Fudge Icing
- Orange Icing
- Sweetened Condensed Milk
- Honey Salad Dressing
- Nonno's Red Meat Sauce
- Sweetened Condensed Milk

- Evaporated Milk
- Regular Milk
- Heavy Whipping Cream
- Yogurt
- Mozzarella Cheese
- Beef Stew Seasoning
- Onion Soup/Dip Mix
- Fiesta Dip Mix

DESSERTS:

- Apple Pie
- Peanut Butter Cream Pie
- Pecan Pie
- Amazing Lemon Cream Pie
- Chocolate Cream Pie
- Peach Cobbler
- Apple Pie Filling
- Apple Crisp #1
- Apple Crisp #2
- Honey Candy
- Missionary Candy

- Simple Fruit Crisp & Ideas
 - Nuts or mixed fruit
 - Christmas Cranberry Crumble
 - Lemon Blueberry Crumble
 - Peach Melba Crumble
- Oh, Harry Bars
- Tootsie Rolls
- Peanut Butter Chews
- Chocolate Pudding Pops

- Peanut Butter Snap, Crackle, and Pop
- Rice Pudding #1
- Rice Pudding #2
- Spiced Pecans
- Foolproof Chocolate Fudge
 - Rocky Road Fudge
- Hard Candy
- Mint Sugar Candies
- Milkshakes
 - Flavor varieties

INFORMATION

- Non-food Recipes
 - Edible Playdough
 - Salt Dough
 - Bubbles
 - Hummingbird Food
- Tips for Using Rice
- Tips for Using Wheat Flour
- Use Regular Milk
- Use Powdered Milk
 - Whole Milk
 - Evaporated Milk
 - Whipped Evaporated Milk
 - Condensed Milk
 - Buttermilk or Sour Milk

- Drinkable Powdered Milk
- Whipped Topping
- Tips for Cooking Beans
 - Overnight Soaking
 - Quick Soaking
 - Cook Soaked Beans
 - Cook Old, Hard Beans
- Baking Soda
 - Personal Care
 - Cleaning
 - Deodorizing
- Homemade Wood Cleaner
- Vinegar
 - House Cleaning

- Laundry
- Other Uses For...
 - Shaving Cream
 - Shampoo
 - Bar Soap
 - Canola Oil
 - Yeast
 - Bleach
 - Laundry Detergent
 - Shortening
 - Aluminum Foil
 - Plastic Wrap

BASICS

QUICK MIX The most versatile of all mixes!

8½ c all-purpose flour 2 Tbsp. cream of tartar 1 tsp. baking soda
 3 Tbsp. baking powder 1½ c instant nonfat dry milk 2¼ c vegetable shortening
 1 Tbsp. salt

In a large bowl, sift together all dry ingredients. Blend well. With pastry blender, cut in shortening until evenly distributed. Mixture will resemble cornmeal in texture. Put in a large airtight container. Label. Store in a cool, dry place. Use within 10-12 weeks.

Variation:

Use 4¼ cups each all-purpose flour and whole-wheat flour instead of 8½ cups all-purpose.

EVERLASTING YEAST

1 qt warm potato water ½ Tbsp. dry yeast 1 tsp. salt 2 Tbsp. sugar 1-2 c white or whole wheat flour

Stir all ingredients together. Place mixture in a warm place to rise until ready to mix for baking. Leave a small amount of everlasting yeast as a start for next time. Between uses, keep in covered jar in refrigerator until a few hours before ready to use again. Add same ingredients, except yeast, to the everlasting yeast start for the next baking. By keeping the everlasting yeast start and remaking some each time, yeast can be kept on hand indefinitely.

MAGIC MIX Makes 5 c Magic Mix.

4 c instant dry milk 1 c flour or 2/3 c cornstarch 1 c (2 sticks) butter

Combine ingredients in a large bowl; mix until it looks like cornmeal. Keep tightly covered in fridge.

BASIC MUFFIN MIX Makes about 10 cups of MUFFIN MIX.

8 c all-purpose flour 2/3 c sugar 1/3 c baking powder 1 Tbsp. salt 1 c shortening

In a large bowl, combine all but shortening. Mix well. Cut shortening into dry ingredients until evenly distributed. Put in a large airtight container. Label. Store in a cool, dry place. Use within 10-12 weeks.

BASIC OATMEAL MIX Makes about 9 cups of OATMEAL MIX.

3 c all-purpose flour ½ c granulated sugar 1½ c veg. shortening
 3½ tsp. baking powder 1 c brown sugar 3 c rolled oats
 1½ Tbsp. salt

In a large bowl, sift together flour, baking powder, salt, and granulated sugar. Stir in brown sugar; mix well. Cut in shortening until evenly distributed. Stir in oats; mix well. Put in a large airtight container. Label. Store in a cool, dry place. Use within 10- 12 weeks.

BASIC PANCAKE MIX

	6 pancakes	12 pancakes	20 pancakes
Mix	1 c	2 c	3 c
Water	¾ c	2 c	3 c
Oil	2 Tbsp	¼ c	6 Tbsp.
Eggs	1	2	3

Mix ingredients together until dry ingredients are moistened (batter will be lumpy). Bake on hot griddle or lightly greased skillet. Variations:

Apple Pancakes: Stir in ½ cup finely chopped apples. Sprinkle with cinnamon or nutmeg to taste.

BASICS

Nutty Pancakes: Sprinkle 2 tablespoons broken nuts over pancake before turning.

BASIC WAFFLE MIX Makes 6 waffles.

2 c pancake mix ¼ cup oil 1 egg 1½ cups milk

Mix all ingredients together until dry ingredients are moistened. Pour batter onto center of hot waffle iron. For even baking, close lid quickly and wait for signal light or until steam stops before opening.

Variations:

Orange Waffles: Add 1 tablespoon grated orange peel to batter.

BASIC CAKE MIX Makes about 16 cups of BASIC CAKE MIX.

8 c cake flour 6 c sugar ¼ c baking powder 1½ Tbsp. salt 2½ c shortening

In a large bowl, sift together cake flour, sugar, baking powder, and salt. Mix well. With pastry blender, cut in shortening until evenly distributed (mix should resemble cornmeal). Put in a large airtight container. Label. Store in cool, dry place. Use within 10-12 weeks.

BASIC COOKIE MIX Makes about 16 cups of BASIC COOKIE MIX.

8 c all-purpose flour 2 c brown sugar, firmly packed 1½ tsp. baking soda
2½ c granulated sugar 4 tsp. salt 3 c shortening

In a large bowl, combine all but shortening until well blended. With a pastry blender, cut in shortening until evenly distributed. Put in a large airtight container. Store in a cool, dry place. Use within 10-12 weeks.

BASIC PIZZA DOUGH

1 c warm water 1 Tbsp. sugar 2 Tbsp. oil
1 Tbsp. yeast 1 tsp. salt 3-3½ cups flour

Mix all but the flour together. Add flour, and then knead in mixer for 3-5 minutes. Roll out on pizza pan covered with corn meal. (Add pizza sauce and toppings of your choice.) Bake for 15 minutes at 425F.

BISQUICK SUBSTITUTE MIX

2 c Vegetable shortening 9 c All-purpose flour, sifted 1 Tbsp Salt ¼ c baking powder

Blend all ingredients thoroughly store in tightly covered container. To prevent bugs, freeze for 24 hours. Use in recipes calling for Bisquick.

ALL-PURPOSE GROUND BEEF MIX

2 c chopped onion 2 c chopped celery 1 Tbsp salt
1 c diced green pepper 5 lbs. ground beef or turkey 1 tsp pepper

Drizzle a large skillet with olive oil. Add the onions, peppers, and celery, and sauté until the onions are translucent. Add the meat, season with salt and pepper, and brown it until it's no longer pink. Remove from heat; drain if needed. Cool. Measure 2 cups of mix into a freezer bag, seal, label, and freeze. Repeat until all the mix is used up. Use this mixture in any recipe calling for a pound of ground beef or turkey; adjust the cooking time slightly since meat will be pre-cooked!

BREADS

BREAD MACHINE BREAD

2 tsp salt	3½ c bread flour	2 Tbsp oil
¼ c sugar	½ c wheat flour	1 tsp lemon juice
2 Tbsp dry milk	1 1/3 c warm water	2 tsp yeast

Measure salt, sugar, milk, and both flours into a Ziploc bag or jar; mix by shaking. Add the mix and the remaining ingredients in the order your machine manufacturer recommends. Prepare Regular cycle with light/medium setting as you prefer.

2-HOUR WHOLE WHEAT BREAD Makes 4 loaves

2 Tbsp. yeast	1/3 c oil	6 c whole wheat flour
5 c warm water	2 eggs	1 Tbsp. salt
1/3 c honey	1/3 c potato flakes	4-5 c unbleached flour

Dissolve yeast as per package instructions. Make a sponge using all ingredients down to and including salt. Use bread mixer or hand-held electric beaters. Let rest about 10 minutes. Add unbleached flour gradually as needed to make a soft dough. Knead on floured board; cover with plastic wrap and let rise until double. Punch down; shape into four loaves; place in greased bread pans. Cover and let rise again until double. Bake at 350F for 30-40 minutes. Put hot bread on a towel to cool for a soft crust.

HONEY WHEAT BREAD

1 c warm water (110-115F)	2 Tbsp. brown sugar	1½ c whole wheat flour
1 Tbsp. milk	1 tsp. salt	2 tsp. instant active dry yeast
2 Tbsp. oil	1½ c all-purpose flour	OR active dry yeast
2 Tbsp. honey		

Combine first 6 ingredients in a large mixing bowl; stir. Add flours and yeast, and knead until dough is smooth and elastic, about 10-15 minutes. Place dough in a greased bowl, turning once to grease top. Cover with a clean towel and let rise until doubled in size, about 40 minutes. Punch dough down; knead for a few minutes until smooth and then form into a loaf. Place into a greased loaf pan and cover. Let rise in a warm place until almost doubled in size, about 30 minutes. Bake at 350F for 30-45 minutes. If loaf starts browning too soon, lightly lay a piece of foil on top of the loaf to prevent too much darkening. Remove bread from oven and allow to rest in pan for a few minutes. Remove to a wire rack and cover with a cloth. Leftover bread can be store in an airtight bag or frozen until needed.

OATMEAL BREAD Makes 2 loaves

½ c warm water	1 c buttermilk (or substitute)	1 Tbsp. salt
2 Tbsp. active dry yeast	1/3 c vegetable oil	½ tsp. soda
¾ cup water, boiling	½ c honey or molasses	3-3½ c all-purpose flour
¾ cup rolled oats	2 c all-purpose flour	

In small bowl, stir yeast into ½ cup warm water; allow to stand until yeast dissolves and bubbles up. In medium saucepan, bring ¾ cup water to boiling; stir in oatmeal and cook several minutes. Remove from heat; add buttermilk, oil, and honey or molasses. Sift flour, salt, and baking soda into a large mixing bowl. Add yeast mixture and oats mixture and beat with wire whip or slotted spoon; let stand 5 minutes. Gradually add enough of remaining flour until dough is stiff enough for kneading. Turn out onto floured surface and knead 8-10 minutes or until a soft, elastic ball forms. Place dough in clean greased bowl, cover with plastic wrap and allow to rise until double in bulk, about 1½ hours. Punch down dough and divide into two portions; cover with bowl or towel and allow to rest 10 minutes. Form into loaves and place in greased 8 x 4" pans. Cover and let rise until double in bulk. Bake at 350-375F for 45-50 minutes or until done. Remove from oven and turn out to cool on wire rack.

BREADS

CARROT RAISIN BREAD

2 2/3 c sugar	2/3 c water	1/4 tsp ground cloves	2 tsp baking soda
2/3 c shortening	2 c shredded carrots	1 tsp cinnamon	1 tsp salt
4 eggs	3 1/2 c flour	1 tsp baking powder	1 c raisins

AND: 6 wide-mouth pint-size canning jars, metal rings and lids. Don't use any other size jars.

Sterilize jars, lids and rings according to manufacturer's directions. Grease inside, but not the rim of jars. Cream sugar and shortening together, beat in eggs and water, and add carrots. Sift together flour, cloves, cinnamon, baking powder, baking soda, and salt; add to batter. Add raisins and mix. Pour one cup of batter into prepared jars. Do not use more than one cup or batter will overflow and jar will not seal. Place jars evenly spaced on a cookie sheet. Place in a pre-heated 325°F oven for 45 minutes. While cakes are baking, bring a saucepan of water to a boil and carefully add jar lids. Remove pan from heat and keep hot until ready to use. Remove jars from oven one at a time keeping remaining jars in oven. Make sure jar rims are clean. (If they're not, jars will not seal correctly.) Place lids on jars and screw rings on tightly. Jars will seal as they cool. Cakes will slide right out when ready to serve. Must refrigerate. Not shelf-stable.

BASIC FRENCH BREAD

2 Tbsp. dry yeast	2 1/2 c warm water	3 tsp. salt	2 Tbsp. shortening	6-7 c flour
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Dissolve yeast in 1/2 cup warm water. While yeast is rising mix shortening, salt and remaining water. Add yeast mixture and mix. Gradually add flour to form stiff dough. Knead 5-10 minutes. Cover and let rise until double in bulk (1 hour+). Punch down and let rise again bowl until double in bulk (3/4 hour+). Punch down again and remove from bowl and form two long loaves. Slash top and place on cookie sheets sprinkled with corn meal. Bake at 400 for 15 minutes and then 350F for about 45 minutes longer.

SOURDOUGH STARTER

2 c warm water	2 c flour	1 pkg dry yeast	1 Tbsp. sugar
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Put warm water into crock. Sprinkle yeast over water and stir with wooden spoon until dissolved. Add flour and sugar. Mix until smooth. Cover and set aside 36-45 hours. Stir each time you are in kitchen. Use 1 1/2 cups of the starter in a sourdough bread recipe. To store remainder, beat 2 cups flour and 2 cups warm water into remaining starter batter. Let stand in warm place at least 5 hours. Cover and store in refrigerator. Allow water needed in bread to warm to room temperature before using. Never add anything to starter but the flour and water needed to keep it going. Do not use metal spoons or containers.

SOURDOUGH BREAD

1 pkg dry yeast	2 Tbsp. sugar	2 tsp. salt
1 1/2 c sourdough starter	3 1/2-4 c flour	1 egg

Mix starter, yeast and 1 cup warm water. Let stand until yeast is dissolved. Add remaining ingredients, except egg. Punch down. Form into loaves. Cover and let rise until doubled. Beat egg and brush over unbaked loaves. Bake in 400F oven for 30-35 minutes.

APPLESAUCE QUICKBREAD MIX

2 c shortening	7 c flour	4 tsp baking powder	2 tsp cinnamon
4 c sugar	4 tsp salt	2 tsp baking soda	2 tsp nutmeg

Combine all ingredients until thoroughly mixed and seal in Ziploc bag or jar. Preheat oven to 350F. Combine 3 1/3 c. of mix + 2 eggs + 1 c. applesauce; blend well. For Loaf: (greased pan) Bake at 350F for 40-50 minutes. For Muffins: Bake at 350F for 20-30 minutes.

BREADS

RAISIN BREAD Yield: 3 loaves

1½ c milk	3 eggs	1 c raisins	1 c white sugar
1 c 110-115F water	½ c white sugar	8 c all-purpose flour	3 Tbsp. ground cinnamon
2 (¼ oz.) pkgs active dry yeast	½ c butter, softened	2 Tbsp. milk	2 Tbsp. butter, melted
	1 tsp. salt		

Warm the milk in a small pot on the stove until it just starts to bubble, stirring occasionally. Remove from heat. Let cool until lukewarm, about 120-125F. Dissolve yeast in warm water and set aside until frothy, approximately 10 minutes (yeast won't activate if temperature is wrong.) SLOWLY mix in eggs, sugar, butter, salt, and raisins. Add flour gradually to make a stiff dough. Knead the dough on a lightly-floured surface until smooth. Place in a large, buttered mixing bowl; turn to grease the dough surface. Cover with a warm, damp cloth and let rise until doubled, about 1½ hours. Roll out on a lightly-floured surface into a large rectangle ½" thick. Rub the dough all over with 2 tablespoons milk using your hands. Evenly sprinkle a 1 cup sugar + 3 tablespoons cinnamon mixture all over dough. Roll up tightly (the long way), about 3 inches in diameter. Cut into thirds, tuck under ends, and pinch bottom together. Place loaves into well-greased 9" x 5" pans and lightly grease tops. Let rise again in warm place, uncovered, for about an hour. Bake at 350F for 45 minutes or until loaves are lightly browned and sound hollow when tapped. Remove from oven and let cool on rack. Take melted butter and spread over tops of loaves. After about 20 minutes, lay loaves on their sides and remove from pans. Allow to cool before slicing.

NAVAJO FRY BREAD

4 c all-purpose flour	1½ Tbsp. baking powder	3 Tbsp. oil
1 tsp. salt	1½+ c warm water	Additional oil for frying

In a large mixing bowl, stir together the flour, salt, and baking powder. Gradually add in the water, mixing with a spoon or your hands until combined. It will be sticky. Cover and let rest 2 hours. This is not a risen dough, so the dough will not rise but needs to rest. Drizzle olive oil over the dough. Pull off golf ball sized pieces of dough and stretch or roll out until very thin, without ripping it. The thinner the better. Pour enough vegetable oil into a pot to cover bottom with 2 inches of oil; heat to 350F. Working one at a time, fry the dough in the hot oil until golden brown, flipping halfway through. Transfer to a paper towel-lined plate to drain.

APPLE NUT BREAD Makes 5 loaves

1 c brown sugar, packed	3 Tbsp. baking powder	1 c butter, softened
2 Tbsp. salt	4 c white flour	2 qts. canned applesauce
8 c whole wheat flour	2 c chopped nuts	2 c dark corn syrup
1 Tbsp. baking soda	4 eggs	

Sift dry ingredients together. Add nuts and mix well. Combine eggs, butter, applesauce and corn syrup; mix well. Add to dry ingredients and stir only until evenly combined. Divide batter into 5 lightly greased loaf pans. Let stand 15-20 minutes before baking. Bake at 350F for 1 hour and 15 minutes or until bread tests done. Remove from pans and place on racks to cool. Cover tightly and place in refrigerator overnight before slicing.

BANANA BREAD Makes one loaf.

2 c. flour	½ tsp. baking soda	2 eggs, beaten	1 c. sugar
1½ tsp. baking powder	¼ tsp. ground cinnamon	1½ c. mashed bananas	½ c. cooking oil

Mix all dry ingredients together. Beat eggs before adding to dry ingredients. Spray 9" x 5" pan really well; if needed, sprinkle with flour. Cook at 325F for 40-50 minutes.

BREADS

CORNBREAD Makes one loaf

1 c. milk	10 Tbsp. of butter	½ tsp. baking powder	½ c. sugar
2 eggs, beaten	½ c. cornmeal	2 c. Bisquick	

Combine milk, eggs, and butter; mix well. Add remaining ingredients. Pour into greased 8- x 8-inch pan or muffin tins. Bake at 350F for 30 minutes. (For double recipe, place in 13" x 9" pan.)

ZUCCHINI BREAD

3 eggs	2 c grated zucchini	½ tsp. baking powder	3 tsp. cinnamon
1 c oil	3 Tbsp. vanilla extract	1 tsp. baking soda	¾ c chopped nuts
2 c sugar	3 c flour	1 tsp. salt	

Beat eggs thoroughly; stir in oil, sugar, zucchini, and vanilla. Add dry ingredients and cinnamon. Mix well. Add nuts and mix again. Pour into 2 well-greased 9" x 5" loaf pans. Bake at (preheated) 325F for 60 minutes.

BREAD STICKS

1 Tbsp. yeast	1 Tbsp. milk	1 tsp. salt
1½ c warm water	1 Tbsp. honey	4 c flour

Dissolve yeast in warm water. Add the rest of the ingredients. Mix well and knead. Shape into 10" long sticks. Put on greased cookie sheet and brush with melted butter. Let rise 20 minutes. Bake at 400F for 15-20 minutes.

FREEZER BREAD STICKS Makes 4 dozen

3-3½ c flour	2 Tbsp. yeast	1 beaten egg white
¼ tsp. sugar	1 Tbsp. butter, softened	1 Tbsp. cold water
1½ tsp. salt	1¼ c very warm water	Sesame or Poppy seeds

Mix 1 cup flour with sugar, salt, yeast and butter. Gradually add water. Mix well. Add more flour until soft dough. Divide into 16 pcs. Roll each into an 18 inch long rope. Cut into 3 - 6 inch ropes. Place on greased cookie sheets. Roll rope to grease all sides. Freeze. To bake: remove from freezer and thaw 30 minutes. Let rise additional 15 minutes. Brush with egg white and water. Sprinkle with seeds. Bake at 375F for 20-25 minutes.

CINNAMON MACHINE BREAD

1 c milk	4 c regular flour	1½ tsp active dry yeast	2 Tbsp softened butter
2 eggs	¼ c sugar	2 tsp ground cinnamon	2 tsp powdered sugar
¼ c butter	1 tsp salt	½ c packed brown sugar	

Combine first seven ingredients in bread machine according to order manufacturer recommends. Set bread machine on dough cycle. Once dough is completed, transfer to floured surface; punch dough down. Let rest for 10 minutes. Divide dough in half and roll into two 9" x 14" rectangles. Mix together cinnamon and brown sugar. Spread 1 tablespoon softened butter on top of rectangle; sprinkle with cinnamon sugar mixture. Roll dough into loaf starting with short ends and pinch seams closed. Grease 2 loaf pans and place loaves in pans. Cover and let rise another 30 minutes until doubled in size. Bake at 350F for 30 minutes. Sprinkle with powdered sugar and cool slightly before enjoying.

BREADS

CINNAMON GRANOLA MACHINE BREAD

2¼ c whole wheat flour	1/3 c dry milk	2½ tsp active dry yeast	4 oz. applesauce
1¼ c flour	4 tsp brown sugar	1 c water	1 Tbsp. vegetable oil
¾ c granola	¾ tsp cinnamon		

Pour everything into your bread machine pan as instructed by the machine instructions & select 'Whole Wheat', desired crust color, rapid or normal baking cycle, and 1½ lb. loaf size. Select start.

SWEET MILK BREAD Makes 1.5 lb. loaf.

¾ c 110F water	2 Tbsp vegetable oil	1¼ tsp salt	2¾ tsp active dry yeast
2/3 c sweetened condensed milk	¾ c flour	14 oz. sweetened condensed milk	

Measure water, 2/3 cup of milk, and oil into bread mixer. Add flour, salt, and remaining milk. Top with yeast. Set your bread maker to "Sweet" Regular, Basic, or Wheat with light/medium setting as you prefer.

WHOLE WHEAT SPICE BREAD

1¼ c very warm water	1½ c whole wheat flour	¾ tsp salt	½ tsp nutmeg
2 Tbsp vegetable oil	1½ Tbsp dry milk	½ c raisins	½ tsp ginger
1½ tsp vanilla extract	2 Tbsp brown sugar	1 tsp cinnamon	2½ tsp active dry yeast
1½ c flour			

Pour the water, oil, and vanilla in the bottom of the bread machine pan. Add the remaining ingredients, and top with yeast. Set your bread maker: Regular, Basic, or Wheat with light/medium setting as you prefer.

BEST MACHINE BREAD EVER

1 c 110-115F water	2 Tbsp honey	3 c all-purpose flour
1 Tbsp milk	2 Tbsp brown sugar	2 tsp (instant?) active dry yeast
2 Tbsp oil	1 tsp salt	

NOTE: You can substitute half of the all-purpose flour for whole wheat flour. Put ingredients in the order above into bread machine. Set bread machine on dough setting, and let it make the dough for you. Once dough is made (about 1.5 hours), remove dough and place in loaf pan. Let rise for 30-60 minutes. Bake in 350F oven for 30 minutes.

PANCAKES & WAFFLES

WHEAT WAFFLES Makes 8 waffles.

1 c white + 1 c wheat ½ tsp. salt 1¾ c milk 2 eggs
4 Tbsp. baking powder 2 Tbsp. honey or sugar 4 Tbsp. vegetable oil

Mix dry ingredients together, including nonfat dry milk. Stir in remaining ingredients. For lighter waffles, separate eggs, beat egg whites, and carefully fold in.

WHOLE WHEAT PANCAKES

1½ c whole wheat flour ¾ tsp. salt 1½ c milk 3 Tbsp. oil
1 Tbsp. baking powder ½ tsp. baking soda 1 Tbsp. vinegar 2 egg whites, beaten
3 Tbsp. sugar 2 egg yolks

Sift dry ingredients together. Mix everything but egg whites with dry ingredients and beat for 1 minute. Fold in egg whites and fry on greased, hot griddle.

OATMEAL GRIDDLE CAKES Makes 8 to 10 pancakes.

1½ c old fashioned ¼ tsp cinnamon 1 c vanilla yogurt 1 tsp vanilla extract
oats, divided 1 tsp baking soda 1 egg ½ c finely chopped
½ c chopped almonds pinch of salt 1 Tbsp coconut oil peaches

Preheat an electric skillet or griddle pan to medium heat (about 350 degrees). In a food processor or blender, pulse 1 cup of oats until finely ground, resembling flour. In a mixing bowl, add oat flour to remaining dry ingredients. In a separate bowl, combine wet ingredients. Mix vigorously until well combined; pour wet ingredients into dry ingredients, and mix to incorporate. Fold in chopped peaches. Spray cooking surface with nonstick spray. Use an ice cream scoop to scoop batter onto pre-heated skillet to make 5 large cakes. Use a spatula to gently flatten the batter to resemble patties. Cook for 3-4 minutes, then flip cakes and cook for another 3-4 minutes. Cakes are done when both sides are golden brown and center is set. You may need to cover skillet when cooking. Remove cakes from heat and keep warm (a preheated 200F oven works well.)

PUFF OVEN PANCAKES Makes 2 large pancakes.

4 Tbsp butter 4 eggs 2/3 c Basic Pancake Mix 2/3 c milk

Preheat oven to 450F. Split butter between two 9" pie plates. Put in preheating oven to melt butter. In a blender, combine remaining ingredients; pour batter into pie plates. Bake about 18 minutes, or until pancakes are puffy and browned. Do not open oven while pancakes are cooking.

PERFECT PANCAKES Makes 10-12 4" pancakes.

1½ c Pancake Mix 1 c water 1 egg, slightly beaten 3 Tbsp vegetable oil

Put Pancake Mix in a medium bowl. Combine remaining ingredients in a small bowl. Add egg mixture to Pancake Mix. Blend well; let stand 5 minutes. Cook on a hot, oiled griddle about 3-4 minutes, until browned on both sides.

SOURDOUGH PANCAKES

1 c sourdough starter 2 c milk 2 tsp. baking soda 3 Tbsp. butter, melted
2 c flour 1 tsp. salt 2 eggs (beaten) 2 Tbsp. sugar

About 12 hours before planning to serve pancakes, mix sourdough starter with the flour, milk, and salt. Let stand in bowl, covered with cheesecloth in warm place. Just before baking pancakes, remove 1 cup of

PANCAKES & WAFFLES

batter to replenish starter in crock. To remaining batter in bowl, add soda, eggs, shortening, and sugar. Mix well. Bake on lightly greased hot griddle. For thinner pancakes, add more milk.

HOOT N' NANNY'S (GERMAN PANCAKES)

¼ c butter	6 large eggs	½ tsp. salt	1 Tbsp. sugar
1 c milk	1 c flour	½ Tbsp. cinnamon	

Melt butter in a 9" x 13" pan on 450F. Mix remaining ingredients. Remove pan from oven; pour mixture over melted butter. Bake in oven for 15-20 min. until golden. Serve with syrup, powdered sugar, or peanut butter for toppings.

DUTCH BABY APPLE PANCAKES

2 Tbsp butter	6 eggs, beaten	¼ c sugar	¼ tsp. ground cloves
3 apples, cored, chopped into ¼" pieces	½ c milk ½ c flour	½ tsp. ground cinnamon	¼ tsp. salt

Preheat oven to 425F. Melt butter in cast iron skillet over medium heat, then toss in chopped apples. Fry apples in butter until tender when pierced by a fork, about 6-8 minutes. Beat eggs and milk together in separate bowl until smooth and uniform; beat in remaining ingredients. Continue beating batter until smooth with no lumps (batter will be all liquid). Remove skillet from heat, pour batter over cooked apples and bake at 425F for 35-45 minutes until puffed and golden. Serve pancake immediately.

FRENCH TOAST #1

2 eggs, well beaten	½ tsp. sugar	Dash of nutmeg	Butter
3 Tbsp. milk	Dash of salt	6 day-old bread slices	Maple syrup

In shallow dish, combine eggs with milk, sugar, salt, and nutmeg. Add bread slices, one at a time, to egg mixture; let stand about 30 seconds on each side to coat completely. In medium skillet, use about 1 Tbsp. butter for each slice and sauté bread slices until golden on both sides, about 1½ minutes. Serve hot with maple syrup.

FRENCH TOAST #2

4 eggs	2 Tbsp. of cinnamon	Butter
2/3 c milk	8 slices of slightly stale bread	Maple syrup

Beat eggs, milk, and cinnamon together. If using, add orange zest until well blended. Pour into shallow bowl. Dip each slice of bread into egg mixture, allowing bread to soak up some of the mixture. Melt some butter (or use vegetable oil) over a large skillet on medium high heat. Add as many slices of bread onto the skillet as will fit at a time. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter and maple syrup.

LEMON OATMEAL PANCAKES Makes 12-14 pancakes.

2 c Bisquick substitute	½ c quick-cooking oats	2 tsp. grated Dried lemon zest	1¼ c water
½ c nonfat milk powder	2 Tbsp sugar		2 slightly beaten eggs

Combine dry ingredients in a bowl mixing well, then add water and eggs, stirring just until moistened. Cook as you would any pancakes.

BISCUITS & ROLLS

DROP BISCUITS Makes 12 large drop biscuits.

3 c QUICK MIX

$\frac{3}{4}$ cup milk or water

Preheat oven to 450F. Grease a baking sheet. Combine QUICK MIX and milk or water in a medium bowl. Stir until just blended. Drop dough by tablespoonfuls onto prepared baking sheet. Bake 10-12 minutes, until golden brown.

Variations:

Cheese & Herb Biscuits: Add $\frac{1}{3}$ cup grated Cheddar cheese and chopped parsley, chives, or herbs to taste while stirring dough.

Buttermilk Biscuits: Substitute $\frac{3}{4}$ cup buttermilk for milk or water.

Country Dumplings: Drop dough by tablespoon over top of boiling beef or chicken stew. Boil gently 10 minutes, uncovered. Cover and cook over medium-high heat 10 more minutes, until cooked through. Makes 12 dumplings.

Orange Biscuits: Add 1 tablespoon grated orange peel. If desired, substitute 2 tablespoons orange juice for part of milk or water.

Fruit Cobbler: Spoon dough over top of hot, sweetened fruit or berries and bake in an 8" square pan about 20-25 minutes until golden brown.

BAKING POWDER BISCUITS Makes 12-16 biscuits.

2 c flour

3 Tbsp. baking
powder

1 tsp. salt

$\frac{1}{3}$ c shortening

$\frac{3}{4}$ c milk

Preheat oven to 425F. Combine flour, baking powder and salt. Add shortening and use fork to cut in to resemble coarse meal. Add milk stir until blended. Transfer dough to lightly floured surface. Knead gently, 8-10 times. Roll dough $\frac{1}{2}$ " thick. Cut into biscuits with biscuit cutter or use drinking glass that is floured so the dough comes away from the glass. Bake on ungreased baking sheet for 12-15 minutes.

ROLLED BISCUITS Makes 12 large biscuits.

3 c Quick Mix

$\frac{2}{3}$ c milk or water

These light biscuits separate into layers. Preheat oven to 450F. Combine Quick Mix and milk or water in a medium bowl. Blend. Let dough stand 5 minutes. On a lightly floured board, knead dough about 15 times. Roll out to $\frac{1}{2}$ " thickness. Cut with a floured biscuit cutter. Place about 2 inches apart on unbuttered baking sheet. Bake 10-12 minutes until golden brown.

Variations:

Cinnamon Rolls: Preheat oven to 400F. Roll out dough to a rectangle. Brush with melted butter. Sprinkle with brown sugar and cinnamon. Roll dough like a jelly roll and cut into $\frac{1}{2}$ " slices. Bake 10-15 minutes. Glaze with mixture of powdered sugar and a few drops of water.

Pizza dough: Use dough as crust for one large individual pizza or two 12" pizzas. Pat dough to $\frac{1}{8}$ " thickness. Top with tomato sauce, spices, cheese, meat and choice of toppings.

Meat Pinwheels: Preheat oven to 450F. Roll out dough to a rectangle. Chop cooked meat: and combine with gravy. Spread over dough. Roll dough like a jelly roll and cut into $\frac{1}{2}$ " slices Bake 10-12 minutes Serve with gravy, soup or cheese sauce.

BISCUITS & ROLLS

Pot Pie: Use as the top crust of a chicken or meat pot pie.

BASIC WHOLE WHEAT ROLLS

2 Tbsp. yeast	1/3 c vegetable oil	2 eggs, beaten	1/2 c dry powdered milk
1/3 c warm water	1/3 c brown sugar	1/2 tsp. salt	4 1/2-5 c whole wheat flour

Mix yeast and warm water; set aside for 5 minutes. Mix together oil, brown sugar, eggs and salt. Add enough flour to make a soft dough which leaves the side of the board. Turn onto well-floured bowl, turn dough over to coat with flour and knead 10 minutes or until smooth and satiny. Place in a greased bowl cover and allow to rise until almost double in bulk (1-2 hours). Shape and place in greased pans. Let rise again then bake at 400F for 15 minutes.

REFRIGERATOR ROLLS Serves 12-15.

6-6 1/2 c flour	2 tsp. salt	1 stick butter, softened	1 egg
1/2 c sugar	2 Tbsp. yeast	2 c hot tap water	

Combine 2 1/2 cups of flour with sugar, salt, and yeast. Add butter; with mixer at low speed, gradually pour 2 cups hot tap water into dry ingredients. Add egg and increase the mixer speed to medium. Beat two minutes. Add enough additional flour (about 4-4 1/2 cups) to make soft dough (will be slightly stretchy and no longer shiny). Shape into about 27 rolls and place into three 8" or 9" round or square greased cake pans. Cover with wax paper and refrigerate 3+ hours (up to 24 hours). Do not remove rolls from fridge until oven is preheated to 325F. Bake 20-25 minutes. NOTE: Divide dough into three pieces. Roll each into round circle about 1/4" thick. Slice into pie-shaped triangles and roll each triangle starting at wide edge to form crescent rolls. Or, shape rolls into smooth balls, about 3/4" in diameter. Dust hands with flour before trying to shape the rolls, as dough is slightly sticky.

OVERNIGHT ROLLS

1 Tbsp. yeast	1 c cold milk	2 beaten eggs	1/2 c butter, melted
1/2 c sugar	2 c flour	1 tsp. salt	2 c flour

Mix together yeast, sugar, milk, and flour; let stand for 30 minutes. Then, add remaining ingredients. Mix together again, cover, and let stand overnight. No refrigeration needed. In the morning, knead in a little more flour. Roll out, cut, or shape as desired. Place on greased cookie sheet. Let stand until ready to bake at 375F for 8-10 minutes.

WONDERFUL ROLLS Yields 2 dozen

2 Tbsp. yeast	1 1/4 c warm milk	1/2 c sugar	1 egg
1/2 c warm water	1/4 c butter	1/2 tsp. salt	5 3/4 c flour

Dissolve yeast in warm water; mix together with all but flour. Add half of the flour; mix well with electric mixer. Add remaining flour and mix well. Knead just until it forms a ball. Let rise about 30 minutes. Form into rolls; let rise again until double. Bake at 350F for about 15 minutes or until lightly brown on the top and bottom. Butter tops of rolls when you remove them from the oven.

CINNAMON ROLLS Makes 24 rolls.

5 1/2-6 c flour	1/2 c sugar	1/4 c butter	3/4 c sugar
2 pkgs yeast	1 c milk	2 eggs	1 1/2 tsp. cinnamon
1 1/2 tsp. salt	1 c water	1/3 c butter, melted	1/2 c chopped nuts

Glaze

3 Tbsp. butter melted	2 c powdered sugar	1/2 tsp. maple or vanilla extract
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BISCUITS & ROLLS

Preheat oven to 375F. In large bowl, combine 2 cups flour, yeast, ½ cup sugar, and salt. Mix well. In saucepan, heat milk, water, and butter until warm. Add to flour mixture. Add eggs. Mix until moistened; Then beat 3 minutes at medium speed. By hand, gradually stir in enough remaining flour to make a soft dough. Knead on floured surface until smooth and elastic, about 5 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place until light and doubled in size, about 1 hour. Punch down dough. Divide into 2 parts. On lightly floured surface, roll or pat each half into a 12" x 9" rectangle. Brush each part with melted butter. Combine ¾ cup sugar, cinnamon, and nuts. Sprinkle over buttered surface (add raisins if desired). Starting with shorter side, roll up lightly, pressing dough into a roll with each turn. Pinch edges to seal. Cut each roll into 12 pieces. Place cut-side down in greased 13" x 9" pans. Cover; let rise in warm place until almost doubled, about 30 minutes. Bake at 375F for 20 minutes until golden brown. Combine Glaze ingredients; blend until smooth. Drizzle over hot rolls.

CINNAMON APPLE ROLLS Makes about 8 rolls.

3 c flour	1 tsp. salt	2 c chopped apples	1 tsp. cinnamon
2 Tbsp. white sugar	1 c milk	1 ½ c brown sugar	½ c chopped nuts
4 tsp. baking powder	1 c oil		

Combine flour, white sugar, baking powder, and salt. Add milk and ½ cup oil; stir just enough to hold dough together. Place on lightly floured surface and knead. Roll to ¼" thick rectangle. Cover dough with combined apples, ½ cup brown sugar, and cinnamon. Roll up jelly-roll fashion. Cut into 1" thick pieces. Combine 1 cup brown sugar, remaining oil, and nuts in bottom of 13" x 9" x 2" pan. Place rolls in pan. Bake at 425F for 15-20 minutes. Immediately turn upside down onto large platter or cookie sheet.

IMITATION CINNABON ROLLS

½ c warm water	1 pkg vanilla pudding (+ milk)	1 tsp. salt
2 pkg dry yeast	½ c butter, melted	8 c flour
2 Tbsp. sugar	2 eggs, beaten	½ c butter, melted

Topping:

2 c brown sugar
2 Tbsp. cinnamon

Frosting:

½ c butter, softened
1 tsp. vanilla extract
3 c powdered sugar
1 Tbsp. milk

In a small bowl, combine water, yeast, and sugar. Stir until dissolved. Set aside. Yeast should bubble. In a large bowl, make pudding mix according to package directions. Mix until slightly thickened; add butter, eggs, and salt. Mix well; add to yeast mixture and blend. Gradually add flour and knead until smooth. Place in a large greased bowl. Cover and let rise in a warm, draft-free place until double in size, about 1 hour. Punch down and let rise again, about 45 minutes. On a lightly floured surface, roll out 34" x 21" rectangle. Spread remaining (melted) butter over the surface of the dough. In a small bowl, mix topping (brown sugar and cinnamon) and sprinkle over the top of dough. Starting at the long edge of the dough, roll up very tightly. With a knife, put a notch every 2". With string or thread place under roll by notch and crisscross string over to cut roll. Place four rolls into each baking pan, 2" apart. Cover and let rise in a warm, draft-free place until double. Bake at 350F for 15-20 minutes; remove when golden brown. Combine all frosting ingredients and mix until smooth. Spread on warm rolls. Serve warm.

PECAN BUNS

1 Tbsp. yeast	¼ c sugar	½ c sugar	¼ c butter
¼ c warm water	1 tsp. salt	2 tsp cinnamon	1 Tbsp corn syrup
1 c hot milk	3½ c flour	½ c brown sugar	pecans or walnuts
¼ c shortening	1 egg		

BISCUITS & ROLLS

Soften yeast in warm water in bowl. In a pot, combine milk, shortening, sugar, and salt, and heat until shortening melts. Cool; when cool, add 1 cup flour and mix well. Add yeast and egg. Add rest of flour to make soft dough. Brush top with butter, cover and let rise until doubled. Punch down and turn out on floured board. Divide into 2 rolls (12" x 8" rectangles). Brush with melted butter. Mix sugar and cinnamon; sprinkle on dough. Roll up jellyroll style and cut into 8 pieces. In 2 9" cake pans, heat the last 4 ingredients together (nuts as desired). Top with cut rolls (cut side down). Cover and let rise 25-45 minutes. Bake at 375F for 35 minutes or until brown. Cool 3 minutes and invert pan on to serving platter.

BEIGNETS

1 c all-purpose flour	¼ tsp cinnamon	¼ c butter	4 large eggs	Powdered sugar as topping
½ c sugar	1/8 tsp nutmeg	¾ c water	Vegetable oil for frying	
	¼ tsp salt	3 tsp sugar		

Combine all until well mixed. Drop batter by spoonfuls into hot oil; fry until golden brown. Top with sugar.

BREAKFAST BURRITOS

Choose one or more of the following from each category:

MEATS

Cooked bacon
Hamburger
Diced Ham
Sausage, cooked

VEGETABLES:

Finely Diced Onion
Chopped green pepper
salsa
Tomatoes, diced
Hash Browns

CHEESE:

Cheddar
American
Swiss
Provolone
Monterey Jack
Pepper Jack

AND a package of flour tortillas

To make: sauté chosen veggies in a frying pan; add in a couple eggs, scrambling until cooked through. Add chosen meat and a handful of chosen cheese, a sprinkle of salt and pepper, and fill the flour tortilla(s). Flash freeze them (and then vacuum seal?). To reheat, toss in microwave for 45-60 seconds.

MUFFINS

WHEAT MUFFINS Makes 12 muffins

2 c whole wheat flour	¼ tsp. salt	1 c milk	1 tsp. vanilla extract
¼ c brown sugar	1 tsp. baking soda	1 egg	

Mix dry ingredients together in a medium-sized bowl. (If you are using powdered milk, mix dry milk with dry ingredients.) In large measuring cup, combine liquid ingredients; pour over dry ingredients and stir just until moistened. Spoon into greased muffin tins and bake at 350F for 15 minutes.

APPLE MUFFINS Makes 12 large muffins.

2 1/3 c Muffin Mix	¼ tsp. cinnamon	¼ c milk
½ c chopped nuts	1 c sweet applesauce	1 egg beaten

Preheat oven to 400F. Butter muffin pans. In a medium bowl, combine dry ingredients. Combine wet ingredient in separate bowl; add all at once to dry ingredients. Stir until just moistened (batter should be lumpy). Fill prepared muffin pans 2/3 full. Bake 15-20 minutes until golden brown.

APPLE OATMEAL MUFFINS Makes 10-12 muffins.

½ c pancake mix	1½ Tbsp. cinnamon	¼ c vegetable oil
1 c uncooked oats	1 c milk	½ c peeled chopped apple
½ c brown sugar	1 egg	1/3 c raisins

Heat oven to 415F. Combine dry ingredients (not fruits). Add remaining ingredients; mix just until dry ingredients are moistened. Fill oil-greased muffin tin cups ¾ full. Bake 15-20 minutes.

APPLESAUCE MUFFINS

1 c sugar	1 Tbsp. baking soda	1 Tbsp. cinnamon	1 c applesauce
1 egg	½ c butter	½ Tbsp. cloves (opt.)	1 c raisins
½ Tbsp. salt	1¾ c flour		

Mix all but applesauce and raisins together; gently mix in last 2 ingredients. Bake in greased 9" x 9" pan at 350F for 35-45 min.

FRUIT IN THE MIDDLE MUFFINS Makes 12 muffins.

2 c Basic Pancake Mix	1 c milk	1/3 c vegetable oil
1/3 c sugar	1 egg, beaten	Fruit preserves or jam

Heat oven to 415F. Grease bottoms of muffin tin with vegetable oil. Combine Mix and sugar in a medium bowl. Add milk, egg, and oil; mix just until dry ingredients are moistened. DO NOT BEAT. Fill each muffin cup ½ full with batter. Spoon 1 teaspoon preserves into center of each muffin cup of batter. Top with remaining batter, filling each cup 2/3 full. Bake 17-20 minutes or until golden brown.

CORNY BACON MUFFINS Makes 12 muffins.

6-8 slices bacon	4 Tbsp. baking powder	2 eggs, beaten
1 c enriched flour	¾ tsp. salt	1 c milk
¼ c sugar	1 c yellow corn meal	¼ c vegetable oil

Cook bacon until crisp; drain and cut in small pieces. Sift together the flour, sugar, baking powder, and salt. Stir in corn meal, then add eggs, milk (wet or powdered), and vegetable oil. Stir until just smooth, add bacon bits, and fill greased muffin pans 2/3 full. Bake at 425F for 20-25 minutes.

MUFFINS

MELT-IN-YOUR-MOUTH MUFFINS Makes 12 large muffins.

2 1/3 c Basic Muffin Mix 1 c milk 1 egg, beaten

Preheat oven to 400F. Butter muffin pans. Put Mix in a medium bowl. Combine egg and milk in a separate, small bowl. Add all at once to Mix. Stir until just moistened; batter should be lumpy. Fill prepared muffin pans 2/3 full. Bake 15-20 minutes until golden brown.

Variations:

Jelly Muffins: Fill each muffin cup 1/3 full with batter. Drop 1 teaspoon jelly on top of batter. Fill cups 2/3 full with batter.

Butterscotch-Pecan Muffins: Melt 6 tablespoons butter in small saucepan. Stir in 6 tablespoons brown sugar. Place 1 tablespoon of brown sugar mixture and 2-3 pecans in bottom of each muffin cup. Fill cups 2/3 full with batter.

Cheese Muffins: Add 1 cup grated Cheddar cheese to Mix before adding liquid ingredients.

Banana Muffins: Add ½ teaspoon cinnamon to Mix. Mash 1 banana and add to liquid ingredients before adding liquid to Mix.

Apple Muffins: Add 1 chopped apple and ½ tablespoon cinnamon.

SOURDOUGH ENGLISH MUFFINS Makes 12-14 muffins.

2 c sourdough starter 2¾-3 c flour 1 tsp. baking soda
¾ c buttermilk 6 Tbsp. yellow cornmeal ¼ tsp. salt

Mix together sourdough starter and buttermilk. Combine remaining ingredients but only 4 tablespoons of the cornmeal, and add to the buttermilk mixture. Use hands when necessary. Turn onto lightly floured surface: knead until smooth, adding more flour if necessary. Roll dough to 3/8" thickness. Cover and let rise a few minutes. Using a 3" circular cutter, cut muffins. Sprinkle sheet of waxed paper with remaining cornmeal. Cover and let rise until very light, about 45 minutes. Bake on medium-hot, lightly-greased griddle about 30 minutes, turning often. Cool and split. Toast and serve with butter.

SURPRISE MUFFINS Makes 12

3 c flour 1 tsp. salt 1 cup milk
4 tsp. baking powder ¼ c butter 1 c raisins (optional)
¼ cup sugar 3 eggs ½ c any flavor jelly

Sift together flour, baking powder, sugar, and salt. Add butter to mixture, and cut in with fork. Mix eggs and milk (and raisins); blend into flour mixture. Stir lightly, just enough to dampen flour. (If too dry, add a few drops of milk.) Spoon into greased muffin tins. Push 1 spoonful of jelly down into batter of each muffin tin of batter before baking. Bake in preheated oven 425F for about 20 minutes.

OATMEAL RAISIN MUFFINS

1 egg ½ cup vegetable oil ½ tsp. ground nutmeg 1 c white or whole
¾ cup milk 3 Tbsp. baking powder ¼ tsp. ground cinnamon wheat flour
1 c raisins ½ tsp. salt 1 c rolled oats 1/3 c sugar

Heat oven to 400F. Grease bottoms of 12 medium muffin cups or line with cupcake liners. Beat egg; stir in milk, raisins, and oil. Stir in remaining ingredients all at once just until moistened (batter will be lumpy). Fill muffin cups about ¾ full. Bake until golden brown, about 20 minutes. Remove from pan immediately.

MUFFINS

OMELET MUFFINS

*Eggs

*Mix in options...

- minced turkey and cheese
- minced cooked chicken & salsa
- onions and tomatoes
- salsa and cheddar
- tomatoes and peppers
- ham, bell pepper and onion

The options are endless! Onions and peppers will be softer if you sauté them in butter or oil first. Oil your muffin tins; put in your desired omelet mix in meats, veggies, or cheese. Pour beaten eggs or egg whites over the mix ins. Bake at (preheated) 350F for about 20-30 minutes, or until set in the middle; remove and enjoy! Can be stored in the fridge for up to one week or frozen and used later.

MORNING GLORY MUFFINS

1 egg + 2 egg whites	1½ c white flour	2 tsp. baking powder	1 apple, peeled, cored, and chopped
½ c Apple Butter	½ c wheat flour	½ tsp. baking soda	1 c raisins
¼ c oil	1¼ c white sugar	½ tsp. salt	
1 Tbsp. vanilla extract	1 Tbsp. cinnamon	2 c grated carrots	

Preheat oven to 375F. Use shortening to grease 18 muffin cups. In a bowl, whisk egg, whites, apple butter, oil, and vanilla. In another bowl, stir together flours, sugar, cinnamon, baking powder, baking soda, and salt. Stir in carrots, apple, and raisins. Stir into egg mixture until just moistened. Spoon batter into prepared muffin cups, filling about ¾ full. Bake at 375F for 15-20 minutes or until tops are golden.

DONUT MUFFINS

2 c. all-purpose flour	½ c. sugar	1 c. milk, room temperature
½ tsp salt	1 large egg	½ tsp of nutmeg
3 tsp. baking powder	¼ c. melted butter	chopped nuts, if desired

In a medium bowl, mix together all dry ingredients; in a separate bowl, mix together all wet ingredients. Add wet to dry mix, and add nuts (if desired), stirring until moistened and most lumps gone, but AVOID OVER-STIRRING. Spoon into greased muffin tins, and lightly sprinkle with cinnamon and sugar. Bake at 400F for 12-17 minutes.

BANANA CHOCOLATE CHIP MUFFINS

4 very ripe bananas	1 egg	1 tsp baking soda
1/3 c melted butter, cooled	1 tsp vanilla extract	1½ cups all-purpose flour
2/3 c sugar	a pinch of salt	1 c semisweet chocolate chips

Preheat oven to 350F. Grease muffin tins. Mash peeled bananas and butter with fork in medium bowl. Blend until creamy and smooth (no chunks). Add sugar, egg, and vanilla; mix just until combined. Stir in salt and baking soda. Add flour and chocolate chips; mix until just combined. Do not overmix! Divide into muffin tins. Bake for about 18-20 minutes or until toothpick pulls out cleanly.

PUMPKIN MUFFINS

 Makes 12 regular size or 6 extra-large muffins.

2 eggs	1 c water	½ Tbsp pumpkin pie spice
1½ tsp. vanilla extract	2¾ c Basic Muffin Mix	¼ c chopped nuts
½ c oil	1 c solid pack pumpkin	¼ c chopped raisins

Preheat oven to 350F. Mix all ingredients together (batter should be slightly lumpy). Fill muffin tins ¾ full. Bake for 18-20 minutes, or until muffins are golden brown. Muffins freeze well. To reheat frozen muffins, microwave on high 30 seconds per muffin.

MUFFINS

PEANUT BUTTER & JELLY MUFFINS Makes 12 regular size or 6 extra-large muffins.

2 eggs ½ c oil 2¾ c Basic Muffin Mix ¼ c chopped peanuts
1½ tsp. vanilla extract 1 c water ½ c peanut butter

Preheat oven to 350F. Mix all ingredients together (batter should be slightly lumpy). Fill muffin tins ¾ full. Drop 1 tablespoon any flavor jam into each muffin before baking for 18-20 minutes or until muffins are golden brown. Muffins freeze well. To reheat frozen muffins, microwave on high 30 seconds per muffin.

PEANUT BUTTER BANANA MUFFINS Makes 12 regular size or 6 extra-large muffins.

2 eggs ½ c oil 2¾ c Basic Muffin Mix ¼ c chopped peanuts
1½ tsp. vanilla extract 1 c water ½ c peanut butter 1½ mashed bananas

Preheat oven to 350F. Mix all ingredients together (batter should be slightly lumpy). Fill muffin tins ¾ full. Bake for 18-20 minutes, or until muffins are golden brown. Muffins freeze well. To reheat frozen muffins, microwave on high 30 seconds per muffin.

PEAR MUFFIN MIX Makes 12 regular size or 6 extra-large muffins.

2 eggs ½ c oil ½ large can pears, 2¾ c Basic Muffin Mix
1½ tsp. vanilla extract 1 c water drained and chopped

Preheat oven to 350F. Mix all ingredients together (batter should be slightly lumpy). Fill muffin tins ¾ full. Bake for 18-20 minutes or until muffins are golden brown. Muffins freeze well. To reheat frozen muffins, microwave on high 30 seconds per muffin.

GINGERBREAD MUFFINS Makes 12 regular size or 6 extra-large muffins.

2 eggs ½ c oil ¼ c. molasses 2¾ c Basic Muffin Mix
1½ tsp. vanilla extract 1 c water 1 c raisins 1 Tbsp. ground ginger

Preheat oven to 350F. Mix all ingredients together (batter should be slightly lumpy). Fill muffin tins ¾ full. Bake for 18-20 minutes or until muffins are golden brown. Muffins freeze well. To reheat frozen muffins, microwave on high 30 seconds per muffin.

GRANOLA, CEREAL, & OATMEAL

CRUNCHY WHEAT CEREAL Makes approximately 5 cups cereal and 2 cups crumbs.

6 c whole wheat flour 1 tsp. baking soda ½ tsp. salt 1 c brown sugar 2 c buttermilk (or substitute)

Mix ingredients thoroughly. Press evenly into two ungreased cookie sheets. Bake at 350F until golden brown around edges. Turn over with spatula, break into small pieces, and return to oven (temp lowered to 200F) to dry out thoroughly. Grind chunks in food/meat chopper on coarse blade. Put ground chunks in strainer to sift out small, granular pieces. Larger pieces may be used for cereal and casseroles. Finer pieces may be used in place of graham cracker crumbs for pie crusts and other desserts.

Variations:

Add cinnamon to the dough before baking. Add nutmeg to give a custard or eggnog flavor.

Poultry stuffing can be made by eliminating sugar and adding sage, poultry seasoning, celery salt, and bouillon granules.

Make salad toppers by adding garlic salt, onion powder, salt, or other favorite condiments.

BREAKFAST CEREAL

Use crunchy wheat cereal recipe. Add in raisins, honey, or brown sugar.

GRANOLA Makes about 2 quarts

6 c rolled oats 1 c coconut ½ c oil 1/3 c honey
¼ c sunflower seeds 1 c chopped nuts 2 Tbsp. vanilla extract ½ c raisins
½ c brown sugar 1/3 c sesame seeds

Mix first 6 ingredients. Stir in remaining ingredients except raisins; coat thoroughly. Spread on cookie sheet and bake at 350F for 30 minutes. During last five minutes, add raisins and/or other dried fruit.

GRANOLA BARS Makes 24.

¼ C butter 1 10-oz. pkg marshmallows or 4 cups mini marshmallows 5 cups Rice Krispies (substitute with granola)

(Use the recipe for Rice Krispie Treats; substitute with granola cereal.) Melt butter in saucepan over low heat. Add marshmallows and stir until completely melted. Cook over low heat for 3 minutes longer, stirring constantly. Remove from heat; add granola. Stir until well coated. Press mixture evenly into buttered 13" x 9" x 2" pan. Cut into 2" squares when cool.

OATMEAL - THERMOS METHOD

1 c whole wheat 2 c boiling water ½ tsp. salt

Place in quart-size thermos. Screw top lightly. Leave overnight.

OATMEAL - GAS RANGE METHOD

1 c whole wheat 2 c boiling water ½ tsp. salt

Place ingredients in a pan over the pilot light all night.

GRANOLA, CEREAL, & OATMEAL

OATMEAL - SLOW COOKER METHOD

Cook 6 to eight hours or overnight on low.

OATMEAL - INSTANT PACKET METHOD

Makes 10 packets of Instant Oatmeal
Blend ½ cup of oats until powdery. Into each of the 10 packets (perhaps individual Ziploc sandwich bags), combine the following ingredients:

¼ c oats 2 Tbsp. powdered oats ¼ tsp. salt 1 tsp. sugar (optional)

Close the top and store in a dry place.

Microwave directions for cooking: Empty packet into microwaveable bowl. Add 2/3 cup water or milk. Microwave at HIGH about 1½ minutes; stir.

Conventional directions for cooking: Empty packet into bowl. Add ½ cup boiling water; cook and stir over heat until thickened.

HOT OATMEAL CEREAL

	1 serving	2 servings	6 servings
Water	1 c.	1½ c.	4 c.
Salt	¼ tsp.	½ tsp.	¾ tsp.
Oats	1/3 c.	2/3 c.	2 c.

Bring water and salt to a boil. Add oatmeal and stir; cook 2 minutes, stirring occasionally. Serve with milk and sugar. Add brown sugar and cinnamon, or add raisins with oatmeal to boiling water. Add fruit (berries or bananas) upon serving the cereal.

CAKE & CUPCAKES

CUPCAKES Makes 12 cupcakes.

1½ c flour	1 Tbsp. baking soda	½ Tbsp. salt	1 Tbsp. vinegar
1 c sugar	3 Tbsp. cocoa	1 Tbsp. vanilla extract	1/3 c oil

Mix dry ingredients together. Make 3 holes in the mix and add the wet ingredients. Add 1 C. cold water and mix well. Put papers in cupcake pan. The cups will look fuller than usual. Bake at 350F for 20-25 minutes.

BANANA CUPCAKES

1 egg	1/3 c milk	1 banana, peeled	2 Tbsp brown sugar, packed
1/3 c granulated sugar	2 c Bisquick Substitute	2 Tbsp butter, melted	

Beat egg, sugar, and milk, adding Bisquick substitute gradually. Pour batter into butter-greased muffin tins until 1/2 full. Add banana slices; sprinkle brown sugar on top of banana. Add more batter over the banana slices. Bake at 400F for 15 minutes.

WHITE CAKE

2 1/3 c all-purpose flour	¾ tsp salt	3 egg whites
1/3 c nonfat dry milk	1½ c white sugar	1 tsp clear vanilla extract
3 tsp baking powder	½ c + 1 Tbsp shortening	1 c water

Preheat oven to 350F. Grease and flour a 9" x 13" cake pan or two round 8" pans. Combine dry ingredients in medium bowl. In separate bowl, beat egg whites until foamy; add extract, water and dry ingredients, mixing well for about 2 minutes. Pour batter into pan(s). Bake for 25-30 minutes. Cool.

SUNNY YELLOW CAKE Makes one 2-layer cake.

3 1/3 Basic Cake Mix	¾ c milk	2 eggs, beaten	1 tsp. vanilla extract	Frosting
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Preheat oven to 375F. Grease and lightly flour two 8" round cake pans. In a large bowl, combine Basic Cake Mix and milk. Beat at medium speed 2 minutes. Add eggs and vanilla; beat 2 more minutes. Pour into prepared pans. Bake 25-30 minutes or until a toothpick inserted in center comes out clean. Cool in pans 10 minutes, then cool on wire racks. Prepare Orange Buttercream Frosting. Frost cooled cake.

Variations:

To make orange cake, add 1 teaspoon grated orange peel to Basic Cake Mix. Substitute ½ tablespoon lemon extract for vanilla. Frost with Orange Buttercream Frosting.

WHOLE WHEAT CARROT CAKE

4 eggs, beaten	2 c whole wheat flour	1 tsp. salt	1 c raisins (optional)
1 c oil	1 tsp. baking soda	2 tsp. cinnamon	3 c carrots, grated
1½ c sugar	1 tsp. baking powder		

Add eggs to oil; beat well. Add dry ingredients, then fold in raisins and carrots. Bake in greased 9" x 12" pan at 350F for 35 minutes.

CAKE & CUPCAKES

SPICE CAKE

2 1/3 c all-purpose flour	3/4 tsp salt	1 tsp cinnamon	2 eggs
1/3 c nonfat dry milk	1 1/2 c white sugar	1/4 tsp ground cloves	1 c water
3 tsp baking powder	1/2 c + 1 Tbsp shortening	1/4 tsp ground allspice	1 tsp vanilla extract

Preheat oven to 350F. Combine all ingredients in bowl, mixing well; pour into greased and floured 9" x 13" cake pan. Bake for 25-30 minutes. Cool and frost as desired.

APPLESAUCE CAKE

1 c sugar	1 Tbsp. baking soda	1 Tbsp. cinnamon	1 c raisins (or nuts or chocolate chips)
1 egg	1/2 c butter	1/2 Tbsp. cloves (opt.)	
1/2 Tbsp. salt	1 3/4 c flour	1 c applesauce	

Mix together all but last 2 ingredients. Then, add the applesauce and raisins (and/or nuts/chocolate chips). Bake in greased 9" x 9" pan at 350F for 35-45 min.

Variations:

Serve with sliced apples sprinkled with cinnamon, whipped topping, or ice cream.

BRUNCH CAKE

2 c granola	1 egg	3/4 c sugar	1 tsp. cinnamon
1 c orange juice	2 bananas, mashed	1/2 c raisins	1/2 tsp. salt
1/4 c oil	1 1/2 c all-purpose flour	1 tsp. baking soda	

Heat oven to 350F. Grease square pan. Mix granola and juice in large bowl; let stand until softened, about 2 minutes. Mix in oil, egg, and bananas. Stir in remaining ingredients; spread in pan. Bake until top springs back when touched, about 40-45 minutes. Sprinkle Streusel Topping over warm coffee cake. Set oven control to broil and put cake pan bake in oven for about 1 minute until bubbly.

UPSIDE-DOWN CAKE

 A fruit-side up cake.

Brown Sugar Topping	1 1/3 c sugar	3 eggs, slightly beaten	1 large can of pineapple rings
3 c Quick Mix	1 c milk	1 1/2 Tbsp. vanilla extract	

Lightly grease a 13" x 9" baking pan or two 8" square pans. Prepare Brown Sugar Topping (below) and set aside. Preheat oven to 350F. Combine Quick Mix and sugar in large bowl; mix well. In small bowl, combine milk, eggs, and vanilla. Add half of milk mixture to dry ingredients. Beat 2 minutes until batter is smooth. Add remaining milk mixture; beat 2-3 minutes more. Pat Brown Sugar Topping evenly over bottom of pan. Line bottom of pan with pineapple rings on top of topping. If desired, place a maraschino cherry in middle of each pineapple ring. Spread batter over pineapple. Bake 45-50 minutes or until center springs back when lightly touched. Cool in pan 10 minutes, then invert onto a serving plate. Serve warm with fruit side up.

Brown Sugar Topping:	1/2 c butter	1 c brown sugar	Combine and mix until crumbly.
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SWEDISH COFFEE RING

 Makes 1 large ring

1/2 c powdered sugar	1/4 c raisins	3 Tbsp. melted butter	3 pkg buttermilk biscuits
1 1/4 tsp. cinnamon	1/2 c chopped walnuts	1/3 c sugar	

CAKE & CUPCAKES

Preheat oven to 375F. Grease cookie sheet. Combine sugar, cinnamon, raisins and walnuts. On lightly-floured surface, arrange biscuits overlapping ½" to form a 15" x 7½" rectangle. Transfer rectangle to cookie sheet; brush with butter. Spread filling over dough to within ½" of edges. Roll in jelly-roll fashion; seal edges. Shape into circle with seam down; seal ends together. Make cuts in dough 1½" apart, cutting 2/3 of the way into center of ring. Turn each section slightly in same direction; brush with butter. Bake 30 minutes and cool. Combine powdered sugar with hot water; drizzle over cooled ring.

HUMMINGBIRD CAKE

2 c flour	¾ tsp salt	1 c vegetable oil	3 beaten eggs
1 1/3 c sugar	1 tsp cinnamon	8 oz. can crushed pineapple, undrained	2 ripe bananas, mashed
1 tsp baking soda	2/3 c pecans, chopped		1½ tsp vanilla extract

Preheat to 350F. Combine all in large mixing bowl: DO NOT BEAT—stir just until moistened. Spread into greased 9" pans or Bundt pan. Bake for 34-40 minutes. Cool.

COFFEE CAKE

2 c Bisquick substitute	2/3 c milk or water	2 Tbsp sugar	1 egg	Streusel Topping
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Preheat oven to 375F. Grease 9" round pan. Make Cinnamon Streusel; reserve. Stir remaining ingredients until blended; mix in ¼ of Streusel topping and spread in pan. Cover with remaining Cinnamon Streusel. Bake 18-22 minutes or until golden brown, testing with a toothpick.

APPLE COFFEE CAKE

2 c Bisquick substitute	2 Tbsp sugar	1 tsp cinnamon
2/3 c applesauce	2 Tbsp butter, melted	1 tsp vanilla extract
¼ c milk	2 apples, peeled, cored, diced	1 egg, lightly beaten

Combine all ingredients. Spread in lightly-greased 3½ qt. slow cooker. Sprinkle top with Streusel Topping. Cook on high for about 2½ hours or until a toothpick inserted in center comes out clean.

FRIENDSHIP SCONES

1¾ c. all-purpose flour	1 c. quick-cooking oats	½ c. chopped walnuts	¼ c milk
1 Tbsp. baking powder	1/3 c. mini semi-sweet chocolate chips	½ c butter	1 egg
½ tsp. salt			

Preheat oven to 375F. Mix well dry ingredients with butter in bowl. In separate bowl, beat wet ingredients until well combined; pour into other mixture. Stir with fork until mix forms a ball; knead the dough. On a floured surface, roll the dough into an 8" circle. Cut dough into wedges (8) and place on greased cookie sheet 1½" apart. Bake 9-11 minutes (should be light golden brown).

FUNNEL CAKE

1 c. all-purpose flour	¼ tsp. salt	1 egg
1 tsp. baking powder	½ tsp. ground cinnamon	¾ c milk

Combine all ingredients together; blend well. Pour 1/4-1/3 cups of batter into funnel (pour batter into hot oil from funnel bottom). Fry 1 minute on each side (or until golden brown); turn only once or they will be greasy.

CAKE & CUPCAKES

RED VELVET CAKE

2/3 c. mayonnaise	1 Tbsp. vanilla extract	3 c. white flour	2/3 c. unsweetened
3 c. white sugar, split	2 tsp. red food coloring	1 tsp. baking soda	cocoa powder
3 eggs	2 c. applesauce	½ tsp. baking powder	1/8 tsp. salt

Beat together mayonnaise and half of sugar until fluffy. Add remaining sugar, eggs, vanilla, food coloring, and applesauce. Add remaining ingredients to applesauce mixture a little at a time; beat well after each addition. Pour batter into prepared cake pans; bake at 350F for 25-30 minutes or until cake springs back when lightly touched in center.

COOKIES & BROWNIES

EASY NO-BAKE COOKIES

2 c white sugar	2/3 c milk	3½ c oats
¾ c butter	1 pkg instant pudding	½ tsp vanilla extract

Mix together sugar, butter, and milk in a large pot. Bring to a boil for 2 minutes. Turn off heat and add in remaining ingredients. Mix well; let stand for 5 minutes. Drop by spoonfuls onto wax paper. Cool.

OATMEAL COOKIES #1 Makes 3 dozen cookies.

1 c boiling water	2 eggs, beaten	½ tsp. cinnamon	2 c oatmeal
1 c raisins	2 c flour	½ tsp. nutmeg	1 c nuts
¼ c butter	½ tsp. salt	½ tsp. cloves	1 c chocolate chips (opt.)
1 c sugar	1 tsp. soda	1 tsp. baking powder	

Pour boiling water over the raisins, butter, and sugar. When mixture is cool, mix in eggs and add remaining ingredients. Drop by tablespoons on cookie sheet. Bake at 350F for 12 minutes.

OATMEAL COOKIES #2 Makes 24 cookies.

¼ c milk	1 egg	½ Tbsp. cinnamon
1 tsp. vanilla extract	3 c oatmeal mix	½ c. raisins

Preheat oven to 350F. Lightly grease baking sheet. Combine all ingredients; stir until blended. Drop by teaspoonful on baking sheet. Bake 10-15 minutes, until edges are browned.

SOFT OATMEAL RAISIN COOKIES

½ c butter, softened	¾ c all-purpose flour	½ tsp. baking soda	¾ c raisins
2/3 c brown sugar	½ tsp. ground cinnamon	¼ tsp. salt	½ c walnuts, chopped (opt.)
1 egg		1½ c rolled oats	
½ tsp. vanilla extract			

Preheat oven to 350F. In large bowl, cream together butter, sugar, egg, and extract until smooth. In separate bowl, whisk flour, baking soda, cinnamon, and salt together. Stir flour mix into butter-sugar mixture. Stir in last 3 ingredients. Either chill the dough in fridge and then scoop it or scoop dough onto a sheet and then chill whole tray before baking. Cookies should be 2" apart on parchment-lined baking sheet. Bake for 10-12 minutes or until golden-edged. Let sit on hot baking sheet for five minutes before transferring to a rack to cool.

ORIGINAL CHOCOLATE CHIP COOKIES Makes 5 dozen cookies.

2¼ c. flour	1 c. butter, softened	1 tsp. vanilla extract	1 c. chopped nuts
1 tsp. salt	¾ c. white sugar	2 eggs	2 c. chocolate chips
1 tsp. baking soda	¾ c. brown sugar		

Preheat oven to 375F. Mix together flour, salt, and baking powder in small bowl. Add and cream together butter, sugars, and vanilla; add eggs one at a time to creamed mixture. Slowly, add flour mixture to creamed mixture, mixing well; add chocolate chips and nuts. Scoop dough in teaspoon sizes onto ungreased cookie sheet. Bake for 9-11 minutes or until golden brown. Let them rest on cookie sheet for 2 minutes before removing. Place cookies on wire rack to cool.

COOKIES & BROWNIES

TEMPLE CHOCOLATE CHIP COOKIES

1 c. shortening	2 eggs	1 tsp. baking soda	1 c. (6 oz) chocolate chips
1 c. white sugar	2 tsp. vanilla extract	1 tsp. salt	
½ c. brown sugar	2 c. flour	1 c. nuts (optional)	

Cream together first 5 ingredients. Slowly add the last 5 ingredients. Drop dough by large tablespoons onto ungreased cookie sheets. Bake at 350F for 9 minutes. Transfer to wire rack while still slightly warm.

APPLESAUCE OATMEAL COOKIES

1 c shortening	2 tsp. soda	1 tsp. salt	1 c chopped nuts
2 c sugar	1 tsp. cinnamon	3½ c flour	1 c chocolate chips (opt.)
2 eggs	1 tsp. nutmeg	2 c oatmeal	1 c raisins (opt.)
2 c. applesauce	1 tsp. cloves		

Cream shortening and sugar. Add eggs and applesauce. Add remaining ingredients; mix well. Drop by spoonfuls on greased baking sheet. Bake at 350F 10-12 minutes.

CHOCOLATE CHIP OATMEAL COOKIES

 Makes 3 dozen cookies

1 c butter, melted	2 eggs	Pinch of salt	2 c rolled oats
2/3 c granulated sugar	1 tsp. vanilla extract	½ tsp. baking soda	6 oz. chocolate chips
2/3 c brown sugar	1½ c flour, leveled	1 Tbsp. hot water	½ c nuts, chopped

In large bowl, cream butter, add sugars, and cream again until fluffy. Beat in eggs and vanilla. Add flour, salt, and baking soda that has been dissolved in hot water; blend. Stir in remaining ingredients. Drop by teaspoonfuls onto ungreased baking sheet about 1½" apart. Bake at 375F for 10 minutes or until barely brown and still a little puffy. For crispier cookies, bake until cookies flatten.

Variation:

Coconut, raisins, and/or peanuts may be added to this basic cookie dough, or 1 cup coarsely-grated carrots, cooked in 2 tablespoons boiling water for 5 minutes, may be added.

WHEAT AND RAISIN CHOCOLATE CHIP COOKIES

 Makes 6 dozen cookies

1 c butter, softened	4 eggs	½ tsp. salt	1 c chopped nuts
1 c brown sugar, packed	2½ c all-purpose flour	2 Tbsp. baking soda	1 c raisins
1 c sugar	2½ c whole wheat flour	2 Tbsp. hot water	12 oz. chocolate chips
2 Tbsp. vanilla extract			

Preheat oven to 350F. Beat butter in large bowl until soft. Gradually add sugars, beating until light and fluffy. Add vanilla. Add eggs, one at a time, beating well. Blend both kinds of flour and salt on sheet of waxed paper. Gradually add flour mixture to sugar mixture, beating at low speed until well mixed. Dissolve baking soda in hot water and add to sugar-flour mixture. Stir in nuts, raisins, and chocolate chips. Using 1 generous tablespoon of dough for each cookie, place on greased cookie sheet. Bake for 10-12 minutes. Allow to cool.

PEANUT BLOSSOMS

 Makes 3 dozen.

1¾ c. flour	½ c. butter	½ c. brown sugar
1 tsp. baking soda	1/3 c. peanut butter	1 egg, unbeaten
½ tsp. salt	½ c. sugar	1 tsp. vanilla extract

Sift together flour, baking soda, and salt. Cream together the butters and sugars in separate bowl. Add in egg and vanilla. Now, add all ingredients together. Shape dough into balls, roll in sugar, and place on

COOKIES & BROWNIES

greased cookie sheet. Bake at 375F for 8 minutes. Remove from oven. Top each with a Hershey Kiss, pressing down firmly so cookie cracks around edge. Return to oven for 2-5 minutes or until golden brown.

JAN HAGELS (DUTCH COOKIES)

1 c. butter, softened	1 egg, separated	½ tsp. cinnamon	½ c. nuts, finely
1 c. sugar	2 c. flour	1 Tbsp. water	chopped

Preheat oven to 350F. Grease 15" x 10" x 1" inch jelly roll pan. Mix butter, sugar, and egg yolk; blend in flour and cinnamon. Pat into pan. Beat water and egg white until frothy (not stiff); brush over dough and sprinkle with nuts. Bake for 20-25 minutes or until lightly browned. Cut immediately into narrow strips about 3" long and ½" wide.

CAKE MIX COOKIES Makes about 4 dozen small cookies.

any flavor cake mix	1 egg	¼ c oil	¼ c water
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Optional—1 cup of chopped nuts, oats, coconut, chocolate chips, chopped marshmallows, dried fruit, etc.

Preheat the oven to 350F. Combine all ingredients. Beat well until blended. Stir in optional ingredient(s). Drop by tablespoon about 1" apart on greased cookie sheet. Bake for 15 min or until done.

PEANUT BUTTER COOKIES #1

½ c shortening	½ c brown sugar	½ c peanut butter	½ tsp. baking soda
½ c white sugar	1 egg (or substitute)	1½ c white or wheat flour	¼ tsp. salt

Cream shortening. Gradually add sugars, beating until smooth and fluffy. Add egg; beat well. Add peanut butter; mix thoroughly. Sift remaining ingredients into mixture. Drop by teaspoonfuls onto ungreased cookie sheet. Press down with floured fork. Bake at 350F for 10-12 minutes until lightly browned. Cool.

PEANUT BUTTER COOKIES #2

1 yellow cake mix	2 large eggs	1/3 c oil	¾ c peanut butter
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Preheat oven to 350F. Mix ingredients thoroughly. Roll dough into balls and place on cookie sheet. Press each cookie with a fork in crisscross pattern to flatten cookie. Bake 10-12 minutes or until golden. Remove cookie from sheet and let cool.

VANILLA COOKIES Makes about 24 cookies.

3 c Basic Cookie Mix	1 egg	3 Tbsp. milk	1½ tsp. vanilla extract	Sugar or frosting, if desired
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Preheat oven to 375F. Lightly grease baking sheets. In large bowl, combine all ingredients. Blend well. Drop by teaspoonfuls onto prepared baking sheets. Sprinkle with sugar, if desired. Bake 10-15 minutes or until edges are golden. Frost, if desired.

SUGAR COOKIES Makes 30- 36 cookies.

3 c Quick Mix	1 c sugar	1 egg, slightly beaten	½ c milk or water	1 tsp. extract
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Preheat oven to 375F. Lightly grease baking sheets. Combine Quick Mix and sugar in medium bowl. Blend well. In small bowl, combine egg, milk or water, and extract. Add to dry ingredients. Blend well. Drop by teaspoonfuls onto prepared baking sheets. Bake 10-12 minutes until lightly browned.

COOKIES & BROWNIES

Variations:

Flavor Drop Cookies: Add 1 cup nuts, raisins, small gumdrops, chocolate chips, butterscotch chips, or dates. For coconut cookies, add 1½ cups shredded coconut. For peanut butter cookies, add ½ cup peanut butter. For orange cookies, omit extract and add 1 tablespoon orange peel and ½ cup raisins. For molasses cookies, substitute 3 tablespoon molasses for milk or water and add 1/8 tsp. nutmeg.

Shaped Cookies: Decrease milk or water to 3 tablespoons. Shape dough into 1" balls. Place about 3" apart on prepared baking sheets. Flatten each ball with the bottom of a glass dipped in sugar.

Rolled Cookies: Decrease milk or water to 3 tablespoons. On lightly-floured surface, roll out dough to 1/8" thickness. Sprinkle with sugar and cut into shapes. Place about 1" apart on prepared baking sheets.

LOLLIPOP COOKIES

½ c white or brown sugar	2 eggs	½ tsp. salt
½ c butter	2½ c sifted flour	lollipop sticks, frosting, and
1 tsp. vanilla extract	2 tsp. baking powder	cake decorations

Cream sugar and butter together, then stir in vanilla and eggs. Gradually blend in flour, baking powder, and salt. Mix well. Shape dough into 1½" diameter roll. Wrap securely with foil and chill for one hour. Remove dough from refrigerator. Cut dough into slices ¼" thick and place on greased cookie sheet. Bake at 375F. for 7-12 minutes. After cookies have cooled, stick cookies with lollipop sticks, frost with your choice of frosting(s), and decorate.

SNICKERDOODLES

1½ c sugar	2 eggs	2 tsp. cream of tartar	¼ tsp. salt
1 c butter	2¾ c flour	1 tsp. baking soda	

Heat oven 400F. Mix sugar, butter, and eggs thoroughly; measure flour and blend with remaining ingredients. Shape dough in 1-2" balls; roll in cinnamon and sugar mixture (2 Tbsp. sugar and 2 Tbsp. cinnamon). Place balls 2" apart on ungreased pan; bake 8-10 minutes.

WHOLE WHEAT BROWNIES

1 c butter, melted	4 eggs, beaten	1 c sugar	4 Tbsp. cocoa	2 c whole wheat
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Beat together; spread in greased, floured 9" x 13" pan. Bake at 350F for 25 minutes.

Frosting:

½ c melted butter	2 c. powdered sugar	2 Tbsp. cocoa	1 tsp. vanilla extract
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Mix with milk to spreading consistency. Top brownies with frosting.

CHEWY PEANUT BUTTER BROWNIES Makes 16 squares.

½ c peanut butter	½ c packed brown sugar	1 c all-purpose flour
1/3 c butter, softened	2 eggs	1 tsp. baking powder
2/3 c white sugar	½ tsp. vanilla extract	¼ tsp. salt

Preheat oven to 350F. Grease a 9" x 9" baking pan. In a medium bowl, cream together peanut butter and butter. Gradually blend in sugars, eggs, and vanilla; mix until fluffy. Combine all remaining ingredients until well blended; stir into butter mixture. Bake for 30-35 minutes or until top springs back when touched.

COOKIES & BROWNIES

CHOCOLATE PEANUT BUTTER BARS

½ c butter, melted 1 c powdered sugar ¾ c + 2 Tbsp creamy peanut
1 c graham cracker crumbs 1 c semi-sweet chocolate chips butter

Line an 8" x 8" or 9" x 9" square baking pan with aluminum foil; set aside. In a medium bowl, mix the butter, crumbs, and sugar together until combined. Stir in the ¾ cup of peanut butter; spread into prepared baking pan. In small bowl, microwave the 2 tablespoons of peanut butter with chocolate chips until melted. Stir until smooth; spread over peanut butter layer. Chill until completely firm, at least 3 hours. Allow to sit at room temperature for 10 minutes before cutting. Bars stay fresh for 5-7 days stored in fridge. Serve chilled. Bars can be frozen up to 2 months. Thaw overnight in the refrigerator.

CINNAMON BAR COOKIE MIX Makes 48.

1 c sugar 1½ Tbsp ground 1 tsp salt 1 egg, separated
2 c sifted flour cinnamon 1 c. butter, (2 sticks) 1½ c chopped walnuts

Combine all dry ingredients (except nuts) until well blended. Preheat oven to 325F. Grease and flour a cookie sheet baking pan. Beat butter and egg yolk together. Add dry mix to butter mix; mix well. Press batter into the pan. Beat egg white until foamy; spread sparingly over top of batter. Sprinkle nuts on top; press on. Bake for 30 minutes. Cut into bars.

HELLO, DOLLY! COOKIE BARS Makes 48 squares.

2 c graham cracker 1 stick butter, melted ¾ c flaked coconut 1 14-oz. can sweetened
crumbs ½ c chopped pecans 1½ c chocolate chips condensed milk

Combine crumbs with melted butter in medium bowl. Press crumb mixture evenly into greased 9" x 13" pan. Sprinkle pecans, coconut, and chocolate chips over crust. Drizzle sweetened condensed milk evenly over top. Bake at 350F for 20-25 minutes. Cool. Cut into ½" squares.

HONEY SPICE OATMEAL COOKIES

2¾ c all-purpose flour 1 tsp baking soda ¼ tsp nutmeg 1 large egg
1 Tbsp ground ginger ½ tsp salt 2 sticks butter, softened 1½ c uncooked oats
2 tsp ground cinnamon ¼ tsp ground cloves ¾ c honey (quick or old fashioned)

Blend all ingredients well; cover and chill overnight. Shape into 1" balls, flatten with measuring cup dipped in sugar, and bake on ungreased cookie sheets at 350F for 5-8 minutes.

JELL-O COOKIES Makes about 2½ dozen cookies.

1 3-oz. pkg Jell-O 1 tsp. baking powder 2½ c flour 2 eggs
½ c sugar 1 tsp. salt ¾ c shortening 1 tsp. vanilla extract

Any flavor Jell-O works. Combine all ingredients until well blended. Roll cookies into small balls. Place them on greased cookie sheets; dip a glass bottom in sugar and press onto dough until flat. Bake at 350F for 7-10 minutes until done, NOT browned.

RUSSIAN TEACAKE COOKIES Makes 4 dozen.

½ c powdered sugar 1 c chopped pecans ¼ c butter or margarine Powdered sugar
2 c all-purpose flour ¾ c solid shortening 2 tsp vanilla extract

Combine all ingredients until well blended. Preheat oven to 325F. Grease cookie sheets. Roll dough into 1" balls; place on prepared cookie sheet. Bake for 20-25 minutes or until lightly browned. Cool; roll in powdered sugar.

CRACKERS & MISCELLANEOUS

NO-FRY DOUGHNUTS Makes 2 dozen

2 Tbsp. yeast	1 tsp. salt	½ tsp. cinnamon	1/3 c shortening
¼ c warm water	½ c sugar	2 eggs	2½ c. flour
1½ c lukewarm milk	1 tsp. nutmeg		

Dissolve yeast in warm water. Beat together remaining ingredients, but add flour last. Cover; let rise to double (about 50-60 minutes). Roll, cut with doughnut cutter, and place on greased cookie sheet. Cover; let rise to double (about 20 minutes). Bake at 425F for 8-10 minutes. Brush with melted butter; shake cinnamon sugar over each.

OATMEAL BUTTERSCOTCH WAFERS

¾ c sifted flour	½ tsp. baking soda	1½ c rolled oats	¼ c boiling water
¾ c brown sugar	½ tsp. salt	½ c shortening, melted	1 tsp. vanilla extract
¼ c granulated sugar	½ Tbsp. cinnamon	½-1 c. nuts	

Mix and sift flour, sugars, baking soda, salt, and cinnamon. Add rolled oats, shortening, and nuts. Add water and vanilla; blend well. Chill thoroughly. Place teaspoonfuls of dough 3" apart on greased cookie sheet. Bake at 350F for about 10 min. Cool slightly before removing from pan.

PASTRY BARS Makes about 4 dozen bars.

¾ lb. butter	2 eggs	3¾ c all-purpose flour,	1 Tbsp. salt
1¼ c sugar	1 Tbsp. vanilla extract	divided	12 oz. raspberry jam

Heat oven to 350F. In large bowl, cream together butter and sugar until light and fluffy. Beat in eggs and vanilla until combined. Gradually add 3½ cups flour to butter mixture to form thick batter. Spread ¾ of the batter evenly over surface of 11" x 17" jellyroll pan or rimmed cookie sheet. Spread jam in even layer on top. Blend remaining flour with rest of dough. Crumble on top. Bake 35 minutes or until crust is golden brown. Cool completely and cut into bars.

COOKIE BARS

2 Tbsp. butter	1 c brown sugar, packed	1/8 tsp. baking powder	1 tsp. vanilla extract
2 eggs	5 Tbsp. flour	1 c nuts	

Preheat oven to 350F. Melt butter in 9" pan. Beat eggs slightly; add in remaining ingredients. Pour over butter—DO NOT STIR. Bake 20 minutes. Cut into squares while warm; roll in powdered sugar or leave plain. Serve warm for breakfast.

DAD'S COOKIE BARS Makes 12 bars.

2 2/3 c. dry milk	1 Tbsp. vanilla extract	1 tsp. baking soda	1/8 tsp. nutmeg
2 c. applesauce	4 Tbsp. peanut butter	½ cup raisins	1/8 tsp. allspice
2 2/3 c. quick cook oats	8 tsp. sugar	1/8 tsp. cinnamon	

Mix together well. Grease 9" x 13" pan. Bake at 350F for 20 minutes. Cut before cooling.

ORANGE NUT BRAID Makes 1 large or 2 small braids.

1 Tbsp. dry yeast	½ c sugar	4½-5 c flour
¼ c warm water	½ c soft butter	2 beaten eggs
1¼ c milk, scalded	½ tsp. salt	2 Tbsp. grated orange rind

Dissolve yeast in warm water; let stand about 5 minutes. Combine next 4 ingredients; cool to lukewarm. Add 1 cup of flour to yeast mix, eggs, and rind; beat. Add enough flour to make dough soft. Knead until

CRACKERS & MISCELLANEOUS

smooth and elastic. Place in greased bowl; turn to grease top. Cover; let rise until double. Divide into 3 parts; make roll about 20" long. Braid starting from center. Place on greased cookie sheet; let rise until double. Bake at 375F for 30-35 minutes. If desired, fill with canned pie filling or nuts. Spread top w/ Orange Icing.

ELEPHANT EARS

1½ c. milk	1 tsp. salt	2 Tbsp. dry yeast	Oil for frying
2 Tbsp. sugar	6 Tbsp. shortening	4 c. flour	

Combine first 4 ingredients in saucepan; heat until melted. DO NOT BOIL. Cool to lukewarm. Add yeast and stir until dissolved; stir in flour (2 cups at a time), beating after each addition until smooth. Pour into greased bowl, cover, and let rise until double (about 30 minutes). Dust hands with flour and pinch off golf-ball size pieces. Stretch each piece into thin, 6-8" circles. Fry, one at a time, in 350F oil until dough rises to the surface. Drain on an absorbent paper; sprinkle generously with ½ cup sugar and 1 teaspoon cinnamon mixture.

GRAHAM CRACKERS #1 Makes 10 4" x 4.5" graham crackers or 48 2" squares.

2½ c + 2 Tbsp. all-purpose flour	¾ tsp. salt	1/3 c mild-flavored honey
1 c brown sugar	7 Tbsp. butter in 1" frozen pieces	5 Tbsp. milk (full-fat is best)
1 tsp. baking soda		2 Tbsp. pure vanilla extract

Topping (optional): 3 Tbsp. granulated sugar 1 tsp. ground cinnamon

Combine dry ingredients; cut together very well. In small bowl, whisk together honey, milk, and extract. Add to flour mixture; carefully mix until dough barely comes together (very soft and sticky). Lay out a large piece of plastic wrap; dust lightly with flour, then turn dough out onto it and pat into rectangle about 1" thick. Wrap and chill until firm, about 2 hours (or overnight). Meanwhile, prepare the topping (if using) by combining ingredients in small bowl and setting aside.

Divide dough in half; return one half to fridge. Sift an even layer of flour onto work surface; roll dough into long rectangle about 1/8" thick (flour the sticky dough as necessary). Trim rectangle edges to 4" wide. Working with shorter side of rectangle parallel to work surface; cut strip every 4½" to make 4 crackers. Place crackers on 1-2 parchment-lined baking sheets (sprinkle with the topping). Chill until firm, about 30-45 minutes in fridge or 15-20 minutes in freezer. Repeat with second dough batch. Gather together any scraps into a ball, chill until firm, and re-roll. Adjust oven rack to upper and lower positions; preheat oven to 350F.

Mark a vertical line down middle of each cracker; DO NOT cut through dough. Using toothpick or skewer, prick dough to form two dotted rows about ½" for each side of dividing line. Bake for 15-25 minutes, until browned and slightly firm to touch, rotating sheets halfway through time to ensure even baking.

GRAHAM CRACKERS #2

½ c oat flour (grind rolled oats)	1 c whole wheat flour	½ tsp. baking soda	1 Tbsp. honey
	1/3 c + 1 Tbsp. sugar	1/3 c butter	1 Tbsp. milk

Sift flours, sugar, and baking soda into a mixing bowl. Heat butter, honey, and milk in saucepan until butter melts. Pour into dry ingredients; stir until smooth. Let chill 30-45 minutes. Roll out dough to ¼". Cut in squares. Bake at 350F for 15 minutes. Prick crackers with fork immediately after removing from oven.

GRAHAM CRACKERS #3 Makes 60 crackers.

Mix together ½ cup evaporated milk and 2 Tbsp. lemon juice or vinegar. Mix following ingredients in order listed. Blend well to keep oil in emulsion: 1 cup brown sugar, ½ c honey or white sugar, 1 cup oil, 2 Tbsp.

CRACKERS & MISCELLANEOUS

vanilla, and 2 eggs, beaten slightly. Combine above two mixtures. Add 6 cups whole wheat flour, 1 tsp. salt, and 1 tsp. baking soda. Divide mixture into 4 equal parts. Place each part on greased, floured cookie sheet. Roll from center to edges until about 1/9" (0.3 cm) thick. Prick with fork. Bake at 375F for about 15 minutes or until light brown. Remove from oven and immediately cut in squares.

WHEAT THINS

1¼ c whole wheat flour 1½ c white flour 1/3 c oil, emulsified w/ ¼ tsp.
salt + 1 c water

Mix dry ingredients. Add oil-salt-water mixture. Knead as little as possible (makes smooth dough). Roll as thin as possible on ungreased cookie sheet (not more than 1/8" width). Mark with knife to size of crackers desired; DO NOT CUT through. Prick each cracker a few times with fork. Sprinkle dough lightly with salt or onion salt, as desired. Bake at 350F until crisp and light brown (30-35 minutes).

PIE CRUST #1

1 egg 1 tsp. vinegar ¾ c shortening
1/3 c ice water 2 c flour 1 tsp. salt

Whip egg with fork; add water and vinegar. Mix well and put in freezer. Measure flour into bowl; add salt. Measure and level shortening. Mix with flour using pastry cutter or forks until mixture resembles crumbs. Take egg/water mixture out of freezer; stir up with flour/shortening mixture. Let sit for 3 minutes. Wet counter with water; place large sheet of wax paper over wetness. Sprinkle about ¼ cup flour over wax paper. Divide dough into 2 equal parts; cover unused dough half with plastic wrap (refrigerate if not using and baking immediately). Carefully form dough into ball and roll onto flour-sprinkled wax paper. With floured rolling pin, softly roll dough ball into large, round circle. (Continue sprinkling top of dough with flour to prevent from sticking to rolling pin. Don't use too much flour as crust will dry.) When ready to put dough in pie plate, fold dough in half; lightly fold one more time to make triangle shape (easier to pick up and transport). Unfold dough into pie plate. Pat dough into contours of pan. Cut off excessive overhang; flute edge as desired and either fill or bake (for uncooked pies) at 400F. Bake until lightly browned.

PIE CRUST #2 For a 2-crust pie.

2 c flour 1 tsp. salt ¾ c shortening ¼-½ c. chilled water

Mix flour and salt in small mixing bowl. Cut in shortening with pastry blender until mixture resembles fine meal. Sprinkle water over different parts of mixture. Mix thoroughly with fork until particles stick together to form dough ball. Roll out half the dough for lower crust, other half for upper crust.

FOOLPROOF PIECRUST Makes 2 9" double crusts pies and 1 9" shell.

4 c flour 1¾ c shortening 1 Tbsp. sugar ½ c cold water
2 tsp. salt 1 Tbsp. vinegar 1 egg

Mix dry ingredients with fork. In separate bowl, beat remaining ingredients. Combine mixtures, stirring with fork until all ingredients moistened. Mold dough into ball with hands. Chill at least 15 minutes before rolling into pie crusts. Dough can be left in fridge up to 3 days; can be frozen. NOTE: Dough will remain soft in fridge and can be taken out and rolled immediately.

CROUTONS Yield: 4 cups

10 slices of bread ¼ c oil Seasoning(s)

Seasonings may include garlic salt, parmesan cheese, powdered dressing mix, celery salt, lemon pepper, and Italian herb seasoning. Brush both sides of bread with oil. Sprinkle with seasoning(s). Cut into ½" cubes. Bake on cookie sheet at 300F for 30 minutes. Stir several times.

DRINKS

COCOA MIX

5 c powdered milk 1/3-1/2 c sugar 1/3 c cocoa 1 tsp. salt

Makes enough for 3½ quarts or about 13 1-cup servings. To use mix, stir ½ cup of mix into 1 cup hot water (warm drink) or ice-cold water (chocolate milk).

CHERRY HOT CHOCOLATE MIX

1 c hot cocoa powder 3/4 tsp. cherry flavored Kool-Aid powder

Combine all ingredients in jar or Ziploc bag. Add 2-3 heaping teaspoonfuls of mix to 1 mug of hot water.

CHOCOLATE COVERED STRAWERRY COCOA MIX

1 c. powdered milk ½ c. mini chocolate chips 1 pkg Strawberry Kool-Aid powder
1 c. sugar ½ c. cocoa powder

Combine all ingredients in Ziploc bag, seal, and shake until well blended. Stir 2 heaping tablespoons into mug of hot water.

MEXICAN HOT CHOCOLATE

1/3 c light brown sugar 1½ tsp. vanilla powder 2½ c powdered milk
¾ tsp. ground cinnamon ¼ c cocoa

Measure all ingredients in Ziploc bag; shake well. Add 1-2 tablespoons of mix to mug of boiling water.

PEPPERMINT COCOA

3 (4½") peppermint sticks 1 c powdered sugar 1 c powdered milk ¾ c unsweetened cocoa

Measure all ingredients into blender; grind until powdery and well blended. Store mix covered. Per Mug: Put ¼ cup mix in a mug with enough boiling water to fill.

RASPBERRY COCOA

3 c. Cocoa Mix 1 pkg. raspberry Kool-Aid mix

Combine all ingredients in large Ziploc bag or jar; seal and shake well until blended. Stir 2 heaping tablespoons into mug of hot water.

SALTED CARAMEL COCOA

2½ c granulated sugar 1½ c cocoa powder ¾ c brown sugar 10-oz. bittersweet choc.
3 Tbsp vanilla extract 1 c powdered milk 1 tsp sea salt or choc. chips

Cover rimmed baking sheet with parchment paper (mixture may spread). In heavy saucepan, heat granulated sugar over medium heat—DO NOT STIR (will turn grainy if stirred). Once sugar begins to melt, gently swirl contents using saucepan handle. Swirl until contents melt into deep amber color, like caramel, about 15 minutes or so; remove from heat. Add vanilla; whisk just to combine, then pour directly into center of prepared cookie sheet. DO NOT TOUCH for about an hour. Once it's cool and hardened, break into chunks and process in a blender or food processor until fine powder. Add cocoa powder, powdered milk, and brown sugar; process until well mixed and smooth. Add sea salt and chocolate; process until fully combined (makes about 2 ½ lbs., fills 6 half-pint jars). Combine 3 heaping tablespoons of mix to 1 mug of Hot Milk.

DRINKS

(NOT SO) SECRET HOT COCOA

4 c nonfat dry milk powder $\frac{2}{3}$ c unsweetened cocoa powder 1 (4-oz.) package instant chocolate pudding
1½ c sugar

Combine all ingredients into Ziploc bag or jar; mix well to fully combine. To use, add 2-3 heaping tablespoons of mix per mug and fill with hot water, stirring to dissolve.

TEXAS HOT CHOCOLATE

½ c sugar 1 tsp ground cinnamon 1/8 tsp ground allspice
¼ c cocoa $\frac{3}{4}$ tsp ground cloves ¼ tsp salt

Combine all ingredients in jar or Ziploc bag. Add 3-4 heaping teaspoons of mix to mug of hot milk.

WHITE HOT CHOCOLATE

3 tsp vanilla powder 3 tsp dried orange peel 1½ c grated white chocolate

Combine all ingredients in Ziploc Bag; shake well, transfer to a jar, and store up to 1 year. To use, combine 1½ cups hot milk and ¼ cup mix.

CARNIVAL DRINK MIX

2½ c powdered milk 2 c multicolor mini marshmallows 1 c strawberry-flavored drink mix ½ c powdered sugar

Add ingredients to Ziploc bag, seal, and shake to combine. To use, add 1/3 cup mix to mug of hot water, or add to blender with scoops of vanilla ice cream.

CREAMSICLE DRINK MIX

1 part orange-flavored instant drink mix (Tang) 1 part powdered milk 2 parts instant vanilla pudding

Combine all ingredients in Ziploc bag or jar; shake well. Add 2-3 heaping teaspoons per cup of mug of cold water.

LEMONADE SYRUP (CONCENTRATE)

2 Tbsp. grated lemon rind 2 c. fresh lemon juice 2 c. granulated sugar 1½ c. water

Blend all but water; stir until sugar dissolves. Add water, cover tightly, and keep in fridge. To serve, put 1-2 tablespoons syrup (to taste) in large glass with ice; fill with water.

FRUIT SMOOTHIES Serves 4.

2 c bottled fruit with juice $\frac{3}{4}$ c non-fat powder milk 1-2 drops almond flavoring
OR 1 Tbsp. lemon juice

Put in blender and blend until smooth. Add ½ tray ice cubes and blend until smooth.

Variation:

To use fresh fruit, use 1 cup fruit and 1 cup water and sweeten to taste. (Use almond flavoring with cherries and large stone fruits, lemon juice with berries.)

DRINKS

ORANGE BANANA MILK Serves 4

6 oz. frozen orange juice concentrate 1 medium banana 3 cups ice water ½ cup milk 1 Tbsp. sugar or honey

Put in blender and blend until foamy.

ORANGE JULIUS Makes 3 6-ounce servings

2 c orange juice 2 Tbsp. sugar ½ c powdered milk ½ tsp. vanilla extract ½ c crushed ice

Put all ingredients in blender and blend until ice is totally crushed.

SPICED CRANBERRY CIDER MIX Serves 12-14.

½ c dried cranberries 2 Tbsp. whole allspice 1 qt. water
12 cinnamon sticks 2 qts. apple cider 2 oranges, sliced
½ tsp. crushed whole cloves

Combine all in saucepan; simmer on low, but don't boil. Serve warm.

SANDWICHES, SALADS, & SIDES

COMMON SANDWICHES

Welfare food program ingredients can be used to make everyday sandwiches, such as:

- Peanut butter & jelly
- Peanut butter & banana
- Peanut butter & honey
- Peanut butter & sugar
- Tuna sandwich
- Egg salad sandwich
- Chicken Salad sandwich
- Chicken and cheese sandwich
- Turkey and cheese sandwich
- BLT (w/ or w/o cheese) sandwich
- Grilled cheese (w/ or w/o tomato soup) sandwich
- Club sandwich

GRILLED TURKEY & CHEESE WAFFLE SANDWICHES

Bread Cheese slices Turkey or chicken slices Butter

Butter bread; place on waffle maker. Place cheese and meat on bread. Place buttered bread slice on top. Close waffle maker and wait until light shows it's ready. Serve with ketchup.

MONTE CRISTO SANDWICH

Mustard Cheese sliced 4 large eggs ½ c milk
8 slices bread Meat, thinly sliced ¼ tsp. each salt & pepper 4 Tbsp. butter

Spread mustard on bread. Layer 4 bread slices with cheese, ham, and cheese again. Place remaining bread slices on top. In shallow dish or pie plate, whisk together eggs, milk, salt, pepper. Dip each sandwich in egg mixture, turning to coat well. In a large skillet, melt half the butter over medium-low heat. When butter is foamy, add two sandwiches, and cook, turning once, until golden brown on both sides, 6-8 minutes total. Repeat with remaining sandwiches. Serve immediately.

LUNCH KEBABS

Choose meat(s), cheese, and other options like lettuce, tomato, bacon, and condiments. Layer with sandwich bread pieces on a kebab stick.

MAPLE BACON CHICKEN & WAFFLES SANDWICH

FOR THE WAFFLES	FOR THE FRIED CHICKEN	FOR THE MAPLE SYRUP
3 large eggs, whites and yolks separated	1 lb. chicken breasts, halved	8 oz. pure maple syrup
Approx. 2 c cornbread mix	1 c. buttermilk	3 Tbsp. butter
½ c. all-purpose flour	1 Tbsp. Hot sauce	OPTIONAL
½ c. baking soda	1½ c. all-purpose flour	Bacon slices
1 c. milk	2 tsp. garlic powder	
2 Tbsp. honey	1 tsp. paprika	
4 Tbsp. butter, melted	Salt & pepper, to taste	
	Vegetable oil, for frying	

Make the waffles: Preheat the waffle iron. Whisk egg whites to soft peaks and set aside. Whisk all other waffle ingredients together and fold in egg whites. Depending on the size of your waffle iron, use a 1/3-1/2 cup measure to pour batter onto hot iron. Cook until crispy and browned.

Fry the chicken: In a bowl, marinate chicken in buttermilk with a few dashes of hot sauce. In a separate bowl, mix flour with garlic powder and paprika, and season with salt and pepper. Dredge chicken in the flour. In a cast-iron pan over medium-high heat, add 1 inch of oil and fry chicken cutlets. Once golden brown and cooked through, remove to a paper towel to drain.

Make the syrup: In a small saucepan, heat maple syrup on medium-high heat for 2-3 minutes. Remove from heat and whisk in butter. Let cool to room temperature or slightly warm before serving.

Assemble the sandwiches: Place a piece of fried chicken in between two waffles and top with butter-syrup sauce. Serve with bacon (optional).

SANDWICHES, SALADS, & SIDES

CHEF SALAD

Lettuce or salad blend	Cucumber cubes	(Croutons)
Whole raw eggs	Pepper dices	(Your favorite dressing)
Shredded or diced carrots	Cheddar cheese	

Place several eggs in a pot. Cover with water. Bring to a boil. Boil for 1 minute, cover, and turn off. Let sit for 12-15 minutes. Wash and chop lettuce; place in large bowl. Peel, chop, and wash carrots, cucumbers, and peppers; place on top of lettuce. Slice a few slices of cheese about ¼-½" thick. Slice, turn, and slice again to get cheese cubes. Put in bowl with everything else. When eggs are done, run under cold water and peel. Chop into chunks and place in bowl. Or alternately cut into quarters or slices and place on top of finished salad. Toss salad and serve.

PASTA SALAD

Assorted vegetables (broccoli, carrots, cucumbers, peppers, tomatoes, etc.)	Refrigerated or defrosted chicken breast chunks	1 lb. noodles Italian dressing
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Peel and chop vegetables into bite-sized chunks. Defrost chicken if frozen, cook if raw, and cut into chunks. Boil water for pasta (cook according to package directions). Place drained and rinsed pasta, chopped vegetables, and chicken into large bowl. Toss with ½-¾ bottle Italian dressing. Refrigerate.

FRUIT GELATIN SALAD

1 pkg (3 oz.) gelatin	1 c boiling water	1 c fruit juice or cold water
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Dissolve gelatin in boiling water. Stir in juice or cold water. Refrigerate until partially set. Add 1 cup fresh fruit or canned fruit cut up. (Do not use fresh pineapple.) Chill until firmly set.

RICE One cup of uncooked rice equals 2-3 cups of cooked rice.

1 c uncooked rice	1 tsp. salt	2 c boiling water
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Combine ingredients. Bring to boil in covered pan, stirring several times. Lower heat to simmer. Cook about 15 minutes without removing lid or stirring, or until liquid is absorbed and rice is tender.

BROWNE RICE Makes 6 to 8 servings

¼ c shortening	¼ c chopped onion, celery, other veggies	1 tsp. salt
1 c rice		¾ c water

Heat shortening in skillet. Add rice. Cook, stirring constantly, about 10 minutes or until lightly browned. Add vegetables and continue cooking 2-3 minutes (optional). Add salt and water. Simmer over low heat 20-25 minutes or until rice is tender and excess liquid has evaporated.

FRIED RICE

Butter to coat pan	4 eggs, beaten	2-3 c. leftover rice	1 c. frozen peas	soy sauce
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In large frying pan, melt enough butter to coat. Pour a small amount of egg in pan; rotate pan to spread eggs thinly. When set, flip. When starting to brown, remove from pan and put on cutting board. Repeat with remaining eggs. When eggs are all cooked, chop roughly into squares and return to pan; rice and peas. Sprinkle with soy sauce until coated. Heat through on medium heat. Serve.

SANDWICHES, SALADS, & SIDES

RICE PILAF Makes 8 servings

2 c rice	4 c chicken/beef broth	¾ c chopped carrots	¾ c green onions, chopped
4 Tbsp of butter	¾ c chopped celery	1 c slivered almonds	Salt and pepper to taste

Brown rice lightly with butter in skillet. Place in casserole with boiling broth. Cover and bake for 30 minutes at 375F. Remove from oven; add vegetables and nuts, stirring and mixing well with fork. Return to oven for 30 minutes more.

RICE CASSEROLE

1½ c rice	Salt and pepper	Crumbled sausage
Chopped tomatoes	Chopped onion	Cheese

Rinse 1½ cups of rice and set aside to drain. Grease medium casserole dish. Layer: ingredients and repeat. Cover layers with water; bake uncovered at 350F for about 1 hour 20 minutes.

MAGIC MIX - MACARONI AND CHEESE Serves 4

1 c uncooked macaroni	1 c white sauce from Magic Mix	1 c grated cheese	1/2-1 tsp. salt or garlic salt (optional)
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Cook macaroni in boiling water until tender. Drain. Combine all ingredients. Heat through.

ONE-STEP MACARONI AND CHEESE Serves 6

2 c. uncooked elbow macaroni	1 tsp. Worcestershire sauce	2½ c cheddar cheese, shredded
3½ cups milk	½ tsp. salt	

In greased 12" x 8" x 2" baking dish, stir everything together except for 1 cup of cheese. Cover tightly with foil. Bake in 350F oven for 50 minutes. Uncover and top with remaining 1 cup cheese. Bake 10 minutes more or until cheese is melted. Let stand 10 minutes before serving.

MACARONI SALAD Makes 6 servings

1 c uncooked macaroni	4 c boiling water	1 c chopped vegetables
1 tsp. salt	1 can tuna fish	Salad dressing

Bring water and salt to a boil. Add macaroni; oil until tender (10 minutes). Drain, rinse in cold water, and drain again. Chill. Mix with tuna and vegetables. Marinade with salad dressing to taste (about 1/3 cup).

CHEESY VEGETABLE MACARONI

4 medium zucchini, sliced	2 containers spaghetti sauce	1 c mozzarella cheese, shredded
2 Tbsp. olive oil	1 c parmesan cheese, grated	
	8 c macaroni, cooked	

Cook zucchini in hot oil until tender-crisp, stirring occasionally. Add spaghetti sauce and parmesan cheese. Heat to boiling, reduce heat to low, and simmer for 10 minutes. Stir occasionally. Toss sauce with macaroni; sprinkle with mozzarella cheese before serving.

SCALLOPED POTATOES

Peel and slice 6 potatoes. Combine with 2 diced onions, 4 cheese slices, 1 can mushroom soup, ½ cup milk, and salt and pepper to taste. Cover and bake at 350F for 45 minutes or until tender.

SANDWICHES, SALADS, & SIDES

AU GRATIN POTATOES Serves 12

8 c potatoes, cubed & peeled	¼ c butter	¾ tsp. salt	1½ c milk
	2 Tbsp. flour	1/8 tsp. pepper	1 lb. cheddar cheese

Cook potatoes until done. Drain and place in a 2½ quart baking dish. Melt butter in saucepan; add flour, salt, and pepper, then add milk, stirring constantly. Add cheese; stir until melted. Pour sauce over potatoes; cover and bake at 350F for 45-50 minutes.

POTATO CASSEROLE

2 lbs. potatoes, shredded or sliced, lightly fried	½ Tbsp. pepper	2 c cheddar cheese, grated	1 Tbsp. salt
1 pt. sour cream	1 can cream of chicken soup		½ c chopped onions

Combine potatoes with sour cream. Blend with remaining ingredients. Put in greased 3 qt. casserole. Bake at 350F for 45 minutes.

CHILI BEANS

2 c dried beans (red, kidney, or pinto)	1 tsp. salt	1 onion, chopped (optional)
4 c boiling water	1 Tbsp. mustard	1 c tomato sauce or ketchup (opt.)
	2 Tbsp. sugar	1 Tbsp. chili powder

Soak beans overnight. Drain; add other ingredients. Cook for ½ hour on top of stove. Put in bean pot and cook in slow oven (200-250F) for 3 hours, or cook in a heavy saucepan on low heat until tender.

REFRIED BEANS

bag of pinto or black beans	1-2 onions	salt to taste	turkey or roast (any leftover meat)
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Heavily wash and carefully sort and rinse beans. Pour beans into large mixing bowl; fill with water. Let beans soak in water overnight. Next morning, drain beans; pour into slow cooker. Add remaining ingredients. Cover with water about 1½ inches over the beans. Cover and let cook on low 4-6 hours (they get softer the longer they cook). On the stove, add more water and cook for less time. Keep water at a simmer. After beans are cooked, remove beans with slotted spoon. Blend in a blender or mash with potato masher. As you mash beans, add small amounts of bean liquid to get to desired consistency. You can freeze small containers of these beans to use throughout the week or month.

BARBECUED LIMA BEANS Makes 8 to 10 servings

2 c dried lima beans	1 clove garlic, minced	1 tsp. mustard	2 Tbsp. brown sugar
8 c water	¼ cup butter	1½ Tbsp. chili powder	2 Tbsp. vinegar
¼ lb. bacon, ½" pieces	2 Tbsp. Worcestershire sauce	1 can (8 oz.) tomato sauce	¼ lb. bacon slices
1 onion, chopped			

Sort and rinse beans; do not soak. In 4-quart saucepan, combine rinsed beans, water, and bacon. Bring to a boil; reduce heat. Cover and simmer until beans are almost tender (1-1½ hours), checking several times. Add hot water as needed to keep beans just covered while cooking. Drain, reserving ½ cup liquid. Cook onion and garlic in butter until soft. Add remaining ingredients except beans and bacon. Cook 5 minutes; add to lima beans. Place in greased 2-quart casserole; top with bacon. Cover; bake for 2 hours, adding reserved bean liquid if necessary.

SANDWICHES, SALADS, & SIDES

REAL BAKED BEANS Makes 8 to 10 servings

1 lb. white navy beans	1 tsp. salt	2 c brown sugar	2-3 Tbsp. Worcestershire sauce
2 onions, sliced	¼ tsp. pepper	1/3 c vinegar	
2 bay leaves	2 c ketchup	1-2 Tbsp. mustard	

Soak covered beans in cold water overnight (water should cover beans completely). Next day, drain beans; rinse under cold water. Dump into 6 quart pot; cover with 5 cups water. Add onion, bay leaves, salt, and pepper. Bring to boiling; reduce heat and simmer 1 hour or until beans are tender. Add more water as needed. Remove bay leaves. Preheat oven to 350F. Drain bean mixture, reserving liquid. Turn beans into 4 quart baking dish; add remaining ingredients. Mix well to combine. Add enough reserved liquid to cover beans. Bake covered for 3 hours.

HOT BEAN SALAD

2 strips bacon	½ tsp mustard	¼ c water	salt and pepper, to taste
1/3 c onion	3 c dry beans, cooked	¼ c vinegar	

Brown bacon in skillet, add onion and cook until done. Add beans and remaining ingredients and simmer until beans have absorbed all of the bacon liquid. Season to taste and serve hot. Serves 4.

SOUTHWESTERN BEAN SALAD Makes 10 servings.

16 oz kidney beans	14.5 oz	1 tomato, diced	1 onion, chopped
15 oz black beans	garbanzo beans	1 c frozen corn	½ c celery, chopped

DRESSING:

¾ c thick, chunky salsa	1½ tsp. chili powder	¼ c lime juice
¼ c oil	1 tsp. salt	½ tsp. ground cumin

Drain beans; mix all ingredients together in large bowl. Mix dressing ingredients together until well blended; pour over beans and mix well. Chill at least 6 hours before serving.

DEVILED EGGS

6 hard-boiled eggs	1 tsp. vinegar	½ tsp. salt
¼ c. mayonnaise	1 tsp. mustard	Dash of pepper

Halve hard-boiled eggs lengthwise. Remove yolks to bowl and mash with fork. Mix with remaining ingredients and refill egg whites. Sprinkle with paprika (optional). Other additions could include horseradish, parsley, chopped chives, and chopped, cooked bacon.

COMPANY CARROTS

2 lbs. baby carrots	¼ c butter, cut in pieces	1 tsp. dried oregano
¼ c water	½ tsp. salt	

Add carrots, water, and butter to baking dish. Sprinkle with spices. Cover; bake for 1½ hours at 325F.

LEMON GLAZED CARROTS

1½ lb. carrots, in ½" slices	3 Tbsp. brown sugar	¼ tsp. salt
3 Tbsp. butter, melted	3 Tbsp. lemon juice	

In a heavy saucepan, cover carrots with water; bring to a boil. Reduce heat; simmer for 10-12 minutes. Melt butter in separate sauce pan; add remaining ingredients. Drain carrots; add butter mixture. Toss gently and serve. (Optional - add grated lemon peel to the top.)

SANDWICHES, SALADS, & SIDES

CRISPY HEALTHY BAKED ZUCCHINI FRIES Makes 40-45 fries.

2-3 small zucchinis, sliced in fry shapes	$\frac{1}{4}$ c flour $\frac{1}{4}$ tsp. salt	$\frac{1}{4}$ tsp. garlic powder $\frac{1}{2}$ c milk	1 c breadcrumbs
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Preheat oven to 420F. Lightly grease a cooling rack, place it on a baking tray, and set aside. Set up an assembly line: flour and spices in one bowl, milk in a second, and breadcrumbs in a third. Dip each zucchini stick in the flour, then the milk, and then the breadcrumbs. Place on the cooling rack. Bake 18-19 minutes, or until desired crispiness is reached.

POTATO WEDGES

6 potatoes, rinsed	1-3 tsp. salt	shredded parmesan cheese, divided
$\frac{1}{4}$ c olive oil	1 tsp. paprika	
3 tsp garlic powder	2 Tbsp. fresh chopped parsley	

Preheat oven to 390F. Line 2 large cookie pans with parchment paper; set aside. Cut each potato in half lengthways, then cut each half in half lengthways again, and then cut each of those halves in half lengthways again until you have 8 wedges. (Make sure they are about the same thickness and size). In large bowl, combine oil, garlic, salt, and paprika. Add wedges; toss to coat evenly. Arrange potato wedges in single layer on cookie pans, skin side-down. Sprinkle with half of cheese and extra salt, if needed. Bake for 35 minutes, turning wedges half way through baking time, until golden, crisp, and cooked through when tested with a fork. Sprinkle with parsley and remaining parmesan cheese to serve.

ONION RINGS

$1\frac{1}{2}$ c Pancake Mix	1 c ice water	1 egg, slightly beaten	3 Tbsp vegetable oil	1 onion, thinly sliced
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Preheat oil in deep-fryer to 375F Put Pancake Mix in medium bowl. Combine egg, water, and oil in a small bowl. Add egg mixture to pancake batter. Dip thinly-sliced, separated onion rings into batter, then fry about 2 minutes, until golden.

SOUPS & STEWS

SOUP NIGHT

Soup night doesn't have to be boring. Some ideas to spark up soup night include the following:

BAKED POTATO SOUP

Start with condensed cream of potato soup prepared as directed. Microwave 1 medium potato per person until cooked; chop in 1/2" cubes. Add to cream soup with 1 tsp. pepper; simmer for 15 minutes. Serve topped with regular baked potato add-ins: sour cream, cheese, bacon bits, chives, etc.

CHICKEN GUMBO SOUP

Start with condensed cream of chicken soup: add ¼ lb. per person cooked chicken and 2-4 cups long grain and/or wild rice (not pre-cooked). Add in desired seasonings.

TOMATO FLORENTINE SOUP

Cook condensed tomato soup as directed. Add ½ lb. drained hamburger browned with ¼ tsp. rosemary, ¼ tsp. basil, ¼ tsp. pepper, and ¼ tsp. oregano. Add 1 cup pasta/rice and 1 can mixed vegetable.

VEGETABLE SOUP

Prepare as directed but add a chicken Caesar salad or bacon, lettuce, and tomato sandwich.

HEARTY CHICKEN NOODLE SOUP

Prepare soup as directed but add 1-2 cups of carrots. Simmer on low heat until carrots are tender.

HAMBURGER SOUP

1 lb. hamburger	¼ c rice	½ cup celery	½ c onions
½ c carrots	2 c potatoes, cubed	1½ qt. water	¼ Tbsp. pepper
2 c tomatoes	1½ Tbsp. salt		

Brown beef in pot; add other ingredients. Bring to boil; simmer 45-60 minutes. Add beans, corn, peas, etc., if desired, for flavor.

QUICK VEGETABLE SOUP Serves 4 - 6.

1 lb. ground beef	1 large can tomato puree	2 carrots, diced	1/8 tsp. pepper
½ c diced celery	2 c potatoes, diced	¼ c uncooked rice	1¾ c water
1 onion, chopped	1 Tbsp. salt		

Brown ground beef in large kettle; drain off fat. Add remaining ingredients. When mixture steams, reduce heat and cook for 45-60 minutes.

MINISTRONE

2 onions, finely chopped	2 cans diced tomatoes, undrained	1 c macaroni
4 cloves garlic, minced	4 c chicken broth or water	2 c white beans, cooked (opt.)
4 carrots, scraped and cut into ¼" slices	herbs (oregano, marjoram, and basil)	6 c chopped cabbage

Combine first 3 ingredients in large pot; cook over low heat for 10-15 min. Stir occasionally, add water (if needed) to prevent scorching. Add tomatoes (undrained), stock/water, and spices. Boil; add macaroni and cook until tender, about 10 min. Add (optional) beans and cabbage; cook another 5-10 minutes.

HEARTY BEEF AND VEGETABLE SOUP 12 hearty servings - 1 gallon of soup

1½ lbs. ground beef	1 qt. water	1 Tbsp. salt
3 onions, chopped	2 medium carrots, diced	Pepper, to taste
2 celery ribs, diced	5 potatoes, diced	garlic salt

SOUPS & STEWS

1 can (2½ cups) tomatoes	1 can kidney beans	1 can tomato sauce
1 can whole kernel corn	1 can green beans	1 cup bouillon (optional)

In heavy, 6-quart kettle, brown ground beef. Add onion, carrots, potatoes, and celery; cook until tender. Add remaining ingredients. Cover and simmer until tender.

CREAMY VEGETABLE SOUP

1 c diced carrots	1 c diced cauliflower	2 c diced potatoes
1 c diced celery	1 c diced broccoli	½ c diced onion

Mix all ingredients together in pot; add ¼ cup butter. Season with salt and pepper. Add 1-2 cups shredded cheese for cheese-flavored soup, if desired.

TACO SOUP 8 servings

1 lb. ground beef	1 can corn	1 can tomato sauce
1 onion chopped	1 can kidney beans	tortilla chips - optional
1 pkg. taco seasoning or chili powder to taste	1 can (28 oz.) tomatoes	grated cheese - optional

Brown beef with onions, drain. Add everything but chips and cheese; simmer for 20-30 minutes. Serve topped with chips and cheese, if desired.

MACARONI AND CHEDDAR SOUP

8 Tbsp. butter	¼ tsp. pepper	2 onions, finely diced
½ c flour	4 c grated cheddar cheese	2 c macaroni, cooked al dente
4 c chicken broth or water	2 carrots, peeled and finely diced	1 can peas, drained
4 c milk	2 celery stalks, finely diced	1 can corn, drained
2 tsp. salt		

Melt 6 tablespoons of butter in large saucepan. Add flour; stir over medium heat for 1 minute. DO NOT brown the flour. Add chicken broth/water and milk. Use wire whisk to continue whisking until mixture comes to a boil, about 20 min. Add salt, pepper, and cheese; stir until cheese is melted. Remove from heat, cover, and set aside. Melt remaining butter in separate saucepan over low heat. Cook carrots, celery, and onions until onions are soft and translucent, about 10 minutes. Add onion mixture to cheese soup mixture, along with macaroni, corn, and peas. Cook; stir until heated.

MEXICAN MEATBALL SOUP

2 onions, chopped	4 c tomatoes, coarsely chopped with juice	2 tsp. pepper
1 Tbsp. garlic, minced	1 tsp. cumin OR chili powder	1 tsp. salt
2 Tbsp. oil		¼ c rice, uncooked
12 c beef broth or water		

In large stock pot, sauté onion and garlic in oil until transparent. Add remaining ingredients, except rice; boil. Reduce heat; simmer about 20 minutes and make the meatballs. Bring soup to rolling boil. Drop meatballs into boiling soup. Add rice; lower heat to medium for 20 min. until rice and meatballs are done.

Meatballs:

1 lb. ground beef	1 Tbsp. cumin	2 eggs
½ c rice, uncooked	1 tsp. each salt & pepper	2 Tbsp. flour

Mix all ingredients together. Form meat mixture into tablespoon-sized meatballs.

SOUPS & STEWS

BEEF CHILI SOUP MIX 8 servings

2 lbs. ground beef	½ c dry black beans	2 tsp ground cumin
6 c water	1/3 c dried onions, minced	1 tsp salt
½ c dry red kidney beans	2-3 Tbsp chili powder	½ tsp dry garlic, minced
½ c dry navy beans	2 Tbsp dried cilantro	3 (14½ oz) cans tomato juice

Brown beef; drain. Add remaining ingredients except tomato juice; bring to a boil, reduce heat, cover, and simmer for 1½-2 hours or until beans are tender. Add tomato juice; bring to a boil, reduce heat, cover, and simmer for 15 minutes. (NOTE: Substitute 2 lbs. stewing meat for ground beef: brown half of meat in 1 Tbsp. vegetable oil; remove meat, brown other half, and drain off oil. Proceed with above directions.)

BLACK BEAN SOUP MIX

1 lb. dry black beans	½ tsp black pepper	4 beef bouillon cubes, crumbled
2 Tbsp. vegetable oil	1 bay leaf	8 c. water
1 onion (chopped)	1 tsp dried thyme leaves	Salt and pepper, to taste
½ lb. polish sausage	1 tsp cumin powder	

In large stockpot, soak beans in water overnight. Drain; reserve. In same pot, heat oil, add onion and sausage, and sauté mixture over medium-high heat until onion is translucent. Add remaining ingredients except water. Stir mixture; add water, simmer, and cook partially-covered for 2 hours. Season to taste with salt and pepper.

DAD'S BEAN SOUP Serves 8

2 c 10-bean soup mix	1 clove garlic, minced (or ½ tsp. garlic powder)	2 tsp. salt*
6 c water	½ tsp. pepper	1 can (28 oz) tomatoes, chopped
2 onions, chopped		

Place beans and water in large pot; bring to boil. Cover and boil 2 minutes. Remove from heat; let stand 1 hour. Add all other ingredients; return to boil. Reduce heat and simmer for at least 1½ hours. (NOTE: you can soak beans overnight in enough water to cover the beans. Drain off the water and add 6 cups as stated above.) *You can replace the salt with other seasonings, like Mrs. Dash.

PIONEER STEW Makes 8 servings

1 ¼ c (½ pound) dried pinto or kidney beans	½ c chopped onion	1 can (16 oz.) tomatoes, undrained
3 c cold water	½ c finely diced green pepper	¾ tsp. salt
1 tsp. salt	1 can (16 oz.) whole kernel corn, undrained	½ c shredded sharp American cheese
½-1 lb. ground beef	½ tsp. chili powder	

In large saucepan, place washed and drained beans, cold water, and salt. Bring to boil. Cover and simmer 2 minutes. Remove from heat; let stand for 1 hour. Return to heat; simmer 1 hour 15 minutes. In skillet, cook beef, onion, and pepper until meat browns and vegetables are tender. Drain off fat. Add meat mixture, corn, tomatoes, chili powder and salt to beans. Simmer 20 minutes. Combine 1 tablespoon flour with 2 tablespoons water; stir into stew. Cook and stir until thickened and bubbly. Stir in cheese.

THREE-BEAN STEW Makes 6 servings

1 8-oz. package dry navy beans	1 garlic clove, minced	6 c water
½ c dry baby lima beans	1-½ Tbsp. brown sugar	1 14-oz. can diced tomatoes
½ c dry red kidney beans	2 Tbsp. salt	1 6-oz. can tomato paste
1 Tbsp. vegetable oil	¼ tsp. pepper	1 lb. smoked Polish sausage, in ½" chunks
1 green pepper, diced	1/8 tsp. ground cloves	
1 onion, diced		

SOUPS & STEWS

Use quick-soaking method to prepare beans; drain water. In heavy pan or Dutch oven, heat vegetable oil over medium heat. Add peppers, onions, and garlic. Cook until tender, stirring occasionally. Add beans; stir in sugar, salt, pepper, cloves, and water. Heat to boiling; reduce heat to low, cover, and simmer about 1 hour or until beans are tender, stirring occasionally. Stir in tomatoes (undrained), paste, and sausage. Stir to mix well. Cover and simmer 30 minutes.

OVEN STEW

2½ lbs. stew meat, cut	8 potatoes, pared and cut	2 cans tomato soup
8 carrots, pared and cut	2 onions, sliced	

Put half each of meat and vegetables in large pan. Make another layer using remainder of meat and vegetables. Spread soup over top—no water. Cover and bake in oven at 250F for 6-8 hours.

MOM'S CHICKEN & NOODLES

1 whole chicken	3 large carrots, peeled	Salt & Pepper to taste
1 large onion, peeled	1 stalk of celery	1-2 lbs. egg noodles

Place all in large pot; cover completely with water (plus ½" more). Cook over medium-high heat for 1 hour or until chicken completely cooks and falls off bone. Pour through strainer, reserving chicken broth. When cool enough to touch, pull chicken from bone, discarding bone and skin. Chop chicken and return to broth. (NOTE: onion, carrots and celery are very tasty; serve on separate platter alongside main dish.) Reheat chicken broth to boiling; add noodles to chicken and broth. Cook until tender. To thicken broth: put 2-3 Tbsp. flour into glass of cold water, stirring until flour is no longer lumpy. Add "floured" water to boiling broth, stirring constantly until broth thickens.

LOADED POTATO SOUP

4 large baking potatoes	6 c milk	4 green onions, chopped	1¼ shredded cheddar
2/3 c butter	¾ tsp. salt	12 slices bacon, cooked	cheese
2/3 c flour	½ tsp. pepper	& crumbled	8 oz. sour cream

Bake potatoes at 400F for 1 hour. Remove pulp; discard skins. Melt butter; add flour, gradually adding milk. When thickened, add potato, salt, pepper, half each of green onions and bacon, and 1 cup cheese. Heat soup thoroughly; stir in sour cream, adding extra milk, if necessary. Serve garnished with remaining onion, bacon, and cheese on the top.

CHILI #1

Combine 2 cans chili with 1 can diced tomatoes. Add ½ lb. browned hamburger with ½ diced onion.

CHILI #2

1 lb. chili beans	3-4 ribs celery	1 large onion chopped	½ tsp. cumin
2 lbs. ground beef	Chili powder, to taste	46 oz. tomato juice	

Soak beans overnight. Bring beans to boil; simmer until tender. Leave enough water in pot to cover beans; add tomato juice. Brown beef; add to pot with remaining ingredients. Let simmer to blend.

TURKEY CHILI Serves 8

2 Tbsp. oil	2 Tbsp. chili powder	1 tsp. salt
2 lb. ground turkey	28 oz diced tomatoes	Pepper, to taste
½ c onions, chopped	1 Tbsp. paprika	46 oz tomato juice
2 garlic cloves, minced	2 tsp. cumin	30 oz kidney beans

SOUPS & STEWS

Cook turkey and onion in oil; drain off fat. Stir in garlic, chili powder, tomatoes, seasonings, and tomato juice. Bring to boil; add beans, undrained. Simmer for 1 hour.

CORN CHOWDER

Chop and sauté 2 oz. bacon and 2 onions. Add the following, cover, and simmer until potatoes are done:

1½ cup potatoes, diced	3 c hot water	2½ c creamed corn
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Add and reheat:

3 Tbsp. butter	1 c evaporated milk	2½ Tbsp. salt	pepper to taste
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TUNA CHOWDER Makes 1½ quarts.

¾ c chopped onion	3 c potatoes, diced	1½ Tbsp. flour
¾ c sliced celery	2½ c water	2 c milk
3 Tbsp. butter	1½ tsp. salt	2 cans tuna, drained

Brown onion and celery in butter until tender. Add potatoes, water, and salt. Heat to boiling; cook over medium heat about 15 minutes. Mix together flour and milk; stir into potato mixture and cook until thick, stirring constantly. Add tuna fish. Serve immediately.

SAUSAGE AND WHITE BEAN SOUP

14 oz smoked turkey sausage, sliced into medallions	1 lb. dry white beans	7 c vegetable broth
1-2 Tbsp olive oil	3 carrots, peeled and chopped	3 c fresh baby spinach
½ onion, diced	2 celery stalks, chopped	1+ tsp salt
2 cloves garlic, minced	1 tsp fresh thyme, chopped	¼ tsp black pepper

Sauté sausage in oil in pressure cooker until browned. Add onions; sauté until translucent. Add garlic, sautéing for 1 minute. Rinse beans; add to the pot with remaining ingredients. Set to pressure cook (manual) on high 20 minutes. When finished, quick release steam valve. Open; season with additional salt and/or pepper to taste. To thicken soup, use a wooden spoon to smash some beans against side of pot. Serve with warm, crusty bread.

WHITE CHICKEN CHILI

2 chicken breasts, cut in pieces	4½ oz. chopped green chilies	green onions, chopped (opt.)
30 oz. white beans	1 can cream of chicken soup	cheddar cheese (opt.)
1 can corn	14 oz. chicken broth	
1 envelope taco seasoning	½ c sour cream	

Place chicken in 4 qt. slow cooker; top with beans and corn. Combine next 4 ingredients in separate bowl; pour over slow cooker ingredients. Cover; cook on low 8-10 hours. Before serving, stir gently to break up chicken, then stir in sour cream. Serve, topped with green onions and cheese, if desired.

DREAMING OF A WHITE CHRISTMAS SOUP

1 pkg (3 oz.) country gravy mix	2 Tbsp dried celery flakes	8 c water
2 Tbsp chicken bouillon granules	2 tsp dried parsley flakes	3 chicken breasts, cooked and chopped
2 Tbsp dried onion, minced	2-3 c egg noodles, uncooked	

Place all but chicken into 4 qt. saucepan or Dutch oven; heat to boiling on high. Reduce heat to medium; add chicken, cover, and simmer 5-6 minutes or until noodles are tender, stirring occasionally.

SOUPS & STEWS

INSTANT POTATO SOUP

1¾ c instant mashed potatoes	2 Tbsp dried minced onion	¼ tsp dried thyme or sage
1½ c dry milk	1 tsp dried parsley	1/8 tsp curry powder or Cumin
2 Tbsp instant chicken bouillon	½ tsp ground white pepper	1 tsp seasoning salt

Mix together all ingredients in jar or Ziploc bag. Add ½ cup soup mix in soup bowl; add 1 cup boiling water. Stir until smooth.

Variations:

- Add ham and/or cheese as desired (about ¼ cup per bowl).

MEXICAN BEAN SOUP

¾ c dried pinto beans	½ c uncooked white rice	2 Tbsp onion flakes	2 tsp ground cumin
2 c water	1 c macaroni pasta	2 Tbsp parsley flakes	1 tsp dried oregano
8 c water	1 can red kidney beans	1 Tbsp chili powder	6 chicken bouillon cubes

Rinse and pick over pinto beans. Put into 4-5 qt. heavy pot with water; bring to boil, cover, and remove from heat. Let sit 1 hour. Drain beans; return to pot. Add additional water and remaining ingredients except rice and pasta. Bring to boil, reduce heat, cover, and simmer 1 hour or until beans are firm-tender. Stir in rice; simmer. Cover; simmer 15 minutes. Uncover, stir in pasta and ½ cup water. Simmer 10 minutes or until pasta is tender.

PAINTED DESERT CHILI

¼ c dried parsley	2 Tbsp paprika	1 c dry pinto beans	1 large can tomato paste
2 Tbsp granulated garlic	2 Tbsp white cornmeal	¼ c dry white beans	½ c cider vinegar
2 Tbsp taco seasoning	2 Tbsp taco seasoning	¼ c black beans	½ c brown sugar
2 Tbsp onion flakes	2 Tbsp granulated garlic	1 can kidney beans	49 oz. tomato juice
2 Tbsp taco seasoning	2 Tbsp chili powder	1 onion, diced	2 lbs. ground beef
2 Tbsp cumin	2 Tbsp dried parsley	4 cans diced tomatoes	

Brown beef in 12 qt. pot; all remaining ingredients. Fill remainder of pot with water; bring to boil. Let simmer for 2½-3 hours. Add salt and pepper to taste.

TEXAS TWO-STEP SOUP

1 2-oz. pkg brown gravy mix	½ tsp garlic salt	½ lb. ground beef
2 Tbsp mild red chili powder	10-12 tortilla chips, coarsely crushed	7 c. water
2 tsp dried oregano leaves	1-1½ c macaroni, uncooked	1 can corn
1 tsp ground cumin		1 can diced tomatoes
1 tsp dried minced onion		

Simmer all ingredients a couple hours or until macaroni is fully cooked, simmering allows the seasonings to give their best flavor.

TURKEY NOODLE SOUP

1 c egg noodles, uncooked	1½ tsp pepper	1 bay leaf
1 Tbsp minced onion	¼ tsp dried thyme	8 c water
2½ Tbsp chicken bouillon granules	1/8 tsp celery seeds	1 carrot, diced
	1/8 tsp garlic powder	3 c cooked, diced turkey

Combine all but turkey in a large pot. Bring to a boil; cover, reduce heat, and simmer 15 minutes. Discard bay leaf. Stir in turkey; simmer an additional 5 minutes.

SOUPS & STEWS

VEGGIE BLACK BEAN CHILI

3 c black beans, sorted	¼-½ tsp cayenne pepper	1½ c white rice
3 Tbsp dehydrated onion	1 Tbsp olive oil	Dried cilantro
3 Tbsp granulated garlic	3 c water	Finely chopped green onion
1 tsp crushed oregano	1 tsp salt	Squeeze of lime juice
2 tsp salt		

Wash beans; put in pot with seasonings. Add oil; cover beans with 2 inches of water. Bring to boil; simmer until very well done, about 2 hours (beans should be very soft). Add water as needed to keep beans from sticking; some liquid should remain on beans when done. To cook rice, add water and additional teaspoon of salt into pot; when it boils, add rice. Lower heat, cover, and steam 20 minutes. Serve ½ cup rice in bowl; ladle beans over top. Sprinkle with cilantro, green onion, and lime juice.

MAIN DISHES

CHICKEN CACCIATORE

1 chicken breast, diced	6 cloves garlic, cut & mashed	1 (8 oz) can tomato sauce
Olive oil	Pinch of marjoram	½ large onion, chopped
Salt & Pepper	3 clusters of sage	1 can black olives (optional)

Fry chicken pieces in olive oil; sprinkle with salt and pepper to taste. Add garlic. Sprinkle with marjoram and sage. Brown chicken well. Simmer about 15 minutes. Remove chicken from frying pan; add tomato sauce and onion to juice in pan. Simmer until onion is cooked. Return chicken to sauce; simmer over low heat about 10 minutes. Add olives for added flavor.

EASY CHICKEN POT PIE

1 Pie Crust, prepared	½ tsp. salt	2 c cooked chicken, cubed
1/3 c butter	¼ tsp. pepper	10 oz frozen peas & carrots
1/3 c onion, chopped	1¾ c chicken broth	Additional veggies, as desired
1/3 c flour	2/3 c milk	

Melt butter. Add onion, then flour, salt and pepper. Add broth and milk. Boil one minute; add chicken and veggies. Pour into pie crust; top with pie crust lid. Bake at 425F for 30-35 minutes until golden brown.

INSIDE OUT RAVIOLI Makes 8 to 10 servings.

1 lb. ground beef	1 container spaghetti sauce	¼ c vegetable oil
1 onion, chopped	8 oz. tomato sauce	7 oz elbow macaroni, cooked
1 clove garlic, minced	½ tsp. salt + dash pepper	1 c shredded sharp cheese
1 Tbsp. oil	½ c soft bread crumbs	

Brown beef, onion and garlic in oil. Combine spaghetti sauce, tomato sauce, and seasonings in separate pot. Simmer 10 minutes. Combine breadcrumbs, oil, and macaroni. Spread into 13" x 9" baking dish. Top with meat sauce. Bake at 350F for 30 minutes. Top with cheese; cook until cheese is bubbly, barely browning. Let stand 10 minutes before serving.

HAWAIIAN HAYSTACKS Serves 5

1 can cream of chicken soup + 1 equivalent can of water	4 c hot cooked white rice	1-2 cans pineapple tidbits
3-4 c cooked, cubed chicken	2 tomatoes, chopped	1-2 c Chinese noodles (opt.)
	1 can black olives, sliced	1 c finely grated cheddar cheese

Cook chicken and rice separately. Whisk together and heat cream of chicken soup with water. Place remaining ingredients in individual bowls. Have guests build their own haystacks in the following order: rice, chicken, and gravy, and then the remaining ingredients in any order desired.

HOMESTYLE NOODLES & CHICKEN Makes 8 to 10 servings.

3-4 chicken breasts	1 lb. egg noodles	1 c chopped celery	2 cans cream of mushroom soup
2 c chicken broth	1 onion, chopped	2 Tbsp. butter	

Boil chicken until cooked. Reserve 2 cups broth. Cook noodles per directions; drain. Sauté onion and celery in butter. Add all ingredients together. Pour into 2 2-qt. casseroles. Bake at 350F for 30 minutes.

UPPER CRUST CHICKEN

10 slices white bread	1 c. celery, sliced thin	1 c. mayonnaise	½ tsp. poultry seasoning
2 c. chicken, chopped and cooked	2 c. cheddar cheese, shredded	2 eggs, slightly beaten	1½ c. milk
		½ tsp. salt	

MAIN DISHES

Trim crust from bread, reserving crust. Cut slices diagonally into triangles; set aside. Cut reserved crust into cubes. Combine bread cubes, chicken, celery, and 1¾ cups cheese. Mix well. Spoon into a 9" x 13" baking dish. Arrange bread triangles over chicken mixture. Combine mayonnaise, eggs, and seasonings, mixing well. Gradually add milk; mix until well blended. Pour over bread; sprinkle with remaining cheese. Cover; refrigerate several hours or overnight. Bake uncovered at 375F for 30 minutes. (Allow casserole to warm in cold oven as oven warms to 375F.)

TAMALE PIE Serves 8 to 10

1 lb. hamburger	6 oz. tomato paste	2-3 Tbsp. chili powder	3 c cold milk
1 c green pepper, diced	12 oz. corn, drained	Dash of pepper	1 c yellow corn meal
1 onion, chopped	1 can olives, sliced (opt.)	1½ c cheddar cheese,	1 tsp. salt
1 clove garlic, minced	1 Tbsp. sugar	grated	1 Tbsp. butter
16 oz. diced tomatoes	1 tsp. salt		

Brown first four ingredients together. Drain the fat; add tomatoes, tomato paste, corn, olives, sugar, salt, chili powder, and pepper. Simmer 20 minutes until thick. Add cheese; stir until melted. Pour into 9 x 13" baking dish. Make corn meal topping: heat milk in double boiler, add salt, and slowly stir in corn meal. Cook; stir until thick (about 20 minutes). Add butter; spread over top of meat mixture. Bake at 375F for 40 minutes.

TUNA AND NOODLE CASSEROLE Makes about 6 servings.

8 oz. egg noodles	1 can tuna fish	1 can condensed chicken soup	2/3 c milk	½ c buttered crumbs
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Cook noodles according to package directions. Rinse; drain. Arrange noodles and fish in layers in casserole. Combine soup and milk. Pour over noodles and fish. Top with buttered crumbs and dash of paprika (if desired). Bake at 375F about 25 minutes or until browned.

TETRAZZINI

6 oz spaghetti	2 Tbsp. chopped onion	1 c. chopped broccoli	½ c. water
1 tsp. salt	Turkey or chicken	1 can cream of chicken soup	½ c. grated cheddar cheese
1 Tbsp. butter	1 c. diced peppers (opt.)		

Boil the spaghetti (with salt) for 8-10 minutes or until al dente; drain. While spaghetti boils, melt butter in skillet over medium heat. Stir in onion, meat, and veggies until cooked, about 5 minutes. Stir in remaining ingredients. Heat; stir until cheese melts and distributes. Add to drained spaghetti; stir to combine.

CHICKEN AND DRESSING

2-4 chicken breasts	3 onions, diced	Sage or poultry seasoning
2-4 c cans chicken broth	1½ loaves bread, torn and dried	1 can cream of chicken soup (opt.)
Salt and pepper, to taste	¼ lb. butter	
6-7 celery stalks	Salt and pepper, to taste	

Cook chicken in broth salt, pepper, half of celery, and 1 onion (diced). When done, remove chicken from broth, cool chicken, remove from bone, and dice. SAVE THE BROTH. Make dressing from dry bread: dice remaining celery and onions; sauté in butter until tender. Add to bread with enough broth, salt & pepper, and sage/poultry seasoning to hold bread together. Start with about 2 cups broth, then add more as needed until correct consistency. Lightly grease 9" x 12" baking or casserole pan, put ½ of dressing in pan; add diced chicken. Pat on rest of dressing; bake at 350F until done, about 45 minutes. If gravy is desired: add ½ can chicken broth to 1 can cream of chicken soup.

MAIN DISHES

BAKED CHICKEN #1

2-4 chicken breasts, cut in pieces ½ cup water 1 onion, sliced into rings
1 can cream of chicken soup salt and pepper to taste

In baking dish, place chicken pieces; pour soup mixed with water on top. Add salt and pepper. Top with onion rings. Bake at 350F for 1½ hours.

BAKED CHICKEN #2

Dip pieces of chicken in melted butter; roll in crushed, toasted oats (crush with rolling pin in plastic bag). Season with salt, pepper, and garlic powder (if desired). Put on foil in shallow pan or cookie sheet. Bake for 1½ hours at 350F. Does not need to be turned.

BEEF STROGANOFF

1 can beef chunks 1 can mushroom soup 1 onion, diced and sautéed

Heat ingredients together; add 1 cup sour cream. Stir; DO NOT BOIL. Serve over rice or noodles.

TEN-MINUTE CASSEROLE Yield: 4 servings

1 lb. hamburger 1 onion, minced 3 c. cooked spaghetti 1 can tomato soup

Brown hamburger and onion. Add cooked spaghetti and tomato soup. Mix well and heat thoroughly.

MACARONI CASSEROLE Serves 6 to 8 people

2 c. macaroni noodles 1 onion ¼ lb. cheddar cheese, 2 cans diced tomatoes
3 qts. water + 2 Tbsp. 1-2 Tbsp. butter diced ½ lb. sausage
salt

Pour macaroni into rapidly boiling water; add salt. Boil 6-8 minutes or until tender. Drain; rinse with cold water. Peel and dice onion; sauté in butter. Dice cheese. Fry out almost all grease from sausage. In 9" x 13" baking dish, combine macaroni, onions, cheese, and tomatoes. Add salt and pepper, to taste. Arrange sausage on top, cover with aluminum foil, and bake at 350F for 45 minutes.

RICE HOT DISH

1 lb. hamburger 1 c celery, chopped 1 can chicken noodle 1 can cream of chicken
½ c onion, diced ½ c rice, uncooked soup soup

Brown hamburger, onions, and celery. Add uncooked rice, soups, and 2 cups water. Bake 1 hour at 350F.

SPANISH DELIGHT

1½ lb. hamburger 1 can tomato sauce 1 can corn ½ green pepper (opt.)
1 onion 1 can tomato soup 1½ Tbsp. salt ½ lb. noodles

Fry hamburger and onion. Add remaining ingredients; simmer until done. Cook noodles. Layer in baking dish; cover with cheese and bake 45 minutes at 350F.

SEVEN-LAYER CASSEROLE

1 c rice 1 can tomato sauce ½ c onion, finely ¾ lb. ground beef
1 can corn, drained ¼ can water chopped salt and pepper

MAIN DISHES

Layer all ingredients in 2-quart baking dish; cover tightly. Bake at 350F for 1 hour. Uncover; continue baking for 30 minutes.

MOCK CHICKEN CASSEROLE

1 Tbsp. poultry seasoning	1 loaf soft bread crumbs 2 onions, chopped	2 Tbsp. butter 1 can tuna	1 can cream of chicken soup
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Put seasoning into bread crumbs; fry onions until transparent in butter. Pour over bread; mix lightly with fork. Place 1 layer dressing mixture in casserole dish; next, layer of tuna. Finish with can of soup. Top with remaining dressing & salt/pepper, if desired. Bake 30 minutes at 350.

SUPER TUNA NOODLE BAKE

½ can chopped onion	½ c milk	2 c cooked medium noodles
2 Tbsp. butter	½ can drained chopped canned tomatoes	1 c cooked peas
1 can cream of mushroom soup		2 cans tuna, drained and flaked

In saucepan, cook onion in butter until tender; stir in remaining ingredients. Pour into 2 qt. shallow baking dish. Bake at 400F for 20 minutes or until hot; stir. Top with sliced cheese, if desired. Bake until cheese melts. Makes about 5½ cups.

INDIAN/NAVAJO TACOS Serves 6 to 8

1 lb. lean ground beef	8 oz. tomato sauce	4-5 c coarsely shredded lettuce
½ c chopped onion	2 Tbsp. chili powder or to taste	½ c sliced onions
1 can red kidney beans or chili beans, drained (reserve liquid)	1 tsp. salt + ¼ tsp. pepper	2 tomatoes chopped
	Indian or Cornmeal Fry Bread	1½ c shredded cheddar cheese

In skillet, sauté meat until lightly browned. Add onion; sauté until tender. Stir in beans, tomato sauce, chili powder, salt, and pepper. Add reserved bean liquid if too thick; simmer 15 minutes. Discard any accumulated grease. To serve, spoon meat mixture over rounds of Navajo Fry Bread; top with lettuce, onions, tomatoes, and cheese.

HUNGARIAN GOULASH Makes 6-½ cup servings.

2-3 cans beef chunks	1 Tbsp paprika	1 onion, sliced	1/3 c evaporated milk
3 Tbsp. oil	½ tsp. salt + pepper	16 oz. diced tomatoes	Egg noodles
1/3 c flour	¼ tsp. garlic powder	1/3 c water	

Brown meat in hot oil in large saucepan. Mix together flour, paprika, salt, pepper and garlic powder. Add all but milk. Cover. Simmer 1 hour, stirring occasionally. Gradually stir in evaporated milk. Simmer 15 minutes, stirring frequently. Serve over hot buttered noodles.

TACO CASSEROLE 6 servings

1 lb. ground beef	½ c mayonnaise	2 c crushed tortilla chips	1 tomato chopped
1 c salsa	2 tsp. chili powder	1-2 c shredded cheese	2 c shredded lettuce

Brown beef; drain. Mix salsa, mayonnaise, and chili powder. In ungreased 2-qt baking dish, layer half of meat mixture, chips, and cheese. Repeat layers. Bake uncovered at 350F for 20-25 minutes or until heated through. Just before serving, top with tomato and lettuce.

MAIN DISHES

BAKED CHICKEN AND SPAGHETTI

10 oz. spaghetti	2 Tbsp. butter	2 Tbsp. sugar	2 c diced cooked chicken
1 onion chopped	1 can tomatoes	dash of pepper	½ c grated cheese

Cook spaghetti; drain. Sauté onion in butter; add tomatoes, sugar, and pepper. Heat to boiling. Stir in chicken and spaghetti. Toss gently with fork. Pour into greased baking dish; sprinkle with cheese. Bake at 375F for 20 minutes.

ITALIAN CHICKEN AND PASTA Makes 7-8 servings.

½ lb. chicken breast	2 containers spaghetti sauce	2 tsp. dried parsley flakes	¼ tsp. pepper
2 Tbsp. olive oil			8 c hot cooked spaghetti
1 onion, diced	¼ tsp. dried basil		

Dice and cook chicken in 1 Tbsp. olive oil until fully cooked. Cook onion in remaining oil until tender and liquid is evaporated. Stir in sauce, basil, pepper, and parsley. Cook until mixture boils. Add chicken; reduce heat to simmer for 10 minutes before serving on top of spaghetti. Sauce freezes well.

ZESTY SPAGHETTI Makes 7-8 servings.

½ lb. meat (ground beef, turkey, or chicken)	1 container spaghetti sauce	½ tsp. pepper
	¼ c grated Parmesan cheese	8 c hot cooked spaghetti

Cook meat until browned. Spoon off fat. Stir in sauce, cheese, and pepper. Heat to boiling. Reduce to low; simmer for 10 minutes. Serve immediately over spaghetti.

CHEDDAR SPAGHETTI AND VEGETABLES Makes 7-8 servings.

8 c spaghetti	2 peppers, chopped (opt.)	1 c milk
1 c broccoli	2 cans cream of mushroom soup	2 Tbsp. mustard
4 carrots	1 c cheddar cheese, shredded	

Cook spaghetti according to package directions. Add veggies during last 5 minutes of cooking time. Drain in colander. In same pan, combine soup, cheese, milk, and mustard. Over low heat, heat until cheese melts, stirring often. Add macaroni and vegetables, stirring occasionally.

BREAKFAST BURRITOS

12 oz. sausage	1 Tbsp. oil	½ onion, chopped	1½ c shredded cheese
1 Tbsp. butter	2 potatoes	12 eggs	12 flour tortillas

Brown sausage in skillet. Peel and dice two potatoes. Heat butter and oil in separate skillet over medium heat until butter melts. Add potatoes; sauté over medium heat, turning occasionally. DO NOT FORGET sausage in other skillet; turn when it starts to brown. Once cooked, remove from pan with slotted spoon, drain on paper towels, and crumble when cooled; reserve. DO NOT FORGET POTATOES. Return sausage skillet to stove; add onion. Cook until tender and translucent, stirring occasionally. Beat eggs in bowl until well combined. When potatoes brown, remove to large bowl using slotted spoon; return potato skillet to stove. Add in eggs; scramble over low heat. Transfer eggs, onions, and sausage to bowl. Stir gently; add 1 cup of the shredded cheese. Warm tortillas (heat in microwave on "high" for 10 seconds); place one in middle of plate. Add generous portion of filling; sprinkle with more cheese, if desired. Roll up burrito tightly. Serve with sour cream and salsa, or eat as is. To freeze: cool finished burritos, wrap well in foil, and freeze. UNWRAP from foil before microwave heating.

MAIN DISHES

CHICKEN POT PIE

2 chicken breasts, diced	2 Tbsp. butter	1 can vegetable soup
1 onion, minced	1 can cream of chicken or mushroom soup	Herbs (whatever you have on hand, like rosemary)
4 cloves garlic, minced		

Cook chicken; set aside. Sauté onion and garlic in butter until onions are soft. Mix remaining ingredients for filling; heat through.

1 egg	1/3 c ice water	1 tsp. vinegar	2 c flour	3/4 c butter	1 tsp. salt
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Whip egg in cup with fork; add water and vinegar. Mix well; freeze. Measure flour into plastic bowl; add salt. Cut butter into flour with pastry cutter or fork until mixture resembles crumbs. Take egg/water mixture out of freezer; stir with flour/butter mixture. Let dough sit for 5 minutes. Assembly—Divide dough in half. Roll out on floured counter. Roll into circle large enough to fit in bottom and up sides of pie pan. Cut off overhang; flute edges. Bake at 400F for 8 minutes. While baking, roll out remaining dough into circle for top crust. After oven crust is finished baking, remove from oven; pour in filling. Top with remaining pie crust. Cut off overhang; flute edges. Cut slits in top for venting. Return pie to oven. Bake until lightly browned, about 10-15 minutes. Watch carefully to prevent burned edges.

SHEPHERD'S PIE (PRESSURE COOKER)

1½ lbs. ground beef or turkey	1 can corn	¼ c milk
1 onion, diced	1 can green beans	1 packet brown gravy mix
2 c water	4 potatoes, peeled and cubed	1 c sour cream
2-3 carrots	2 Tbsp. butter	1 c shredded cheddar cheese

Place instant pot on sauté. Add ground beef and onion. Cook until beef is slightly brown and crumbles, and onion is slightly translucent. Add water and veggies. Place potatoes in veggie steamer on top. Place pot on Manual High pressure for 15 minutes. Do a quick release. Place pot on sauté. Remove potatoes to separate bowl; mash with butter and milk until creamy and smooth. Pour in packet of gravy mix and stir, keeping pot on sauté. Stir in sour cream. Pour mixture into baking pan; top with mashed potatoes. Top potatoes with cheese; place under broiler for 2 minutes or until cheese is melted.

SHREDDED BEEF ENCHILADAS

Beef roast + chili powder	1 Tbsp. flour	3 c shredded cheese
1 onion, chopped	2 c sour cream	tortillas

Place roast in slow cooker; sprinkle with chili powder. Cook on low heat 4-6 hours until cooked; save liquid. Shred beef. Mix shredded beef with reserved liquid. In large skillet, sauté onions until soft. Mix in flour, sour cream, and 2 cups cheese. Cook on low heat until cheese melts and is soft. Stir often while it melts. Set aside. Preheat oven to 375F. Warm tortillas in microwave or stove just until soft and flexible. Spread even amount of cheese and beef mixtures in center of tortilla. Roll; place seam side down in 13" X 9" baking dish. Continue until filling gone. Sprinkle with remaining cheese. Cover with foil; bake in oven for about 30 min or until cheese is hot and melted.

EASY ENCHILADAS

1 lb. ground beef	1 onion, diced	1 16-oz. jar salsa	2-3 c cheddar cheese, grated	10 flour tortillas
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Pre-heat oven to 350F. Brown beef with onions until cooked through. Pour half of salsa into beef mixture; stir well. Pour remaining salsa on top of rolled tortillas; sprinkle with cheese as desired. Bake at 350F for 20 min. or until heated through.

MAIN DISHES

CHARLIE'S BRUNCH CASSEROLE

8 eggs	¼ tsp. mustard	4 c croutons
4 c milk	½ tsp. grated onion	2 c cheese, grated
1 tsp. salt	sausage, cooked and crumbled	

Preheat oven to 325F. Grease 13" x 9" pan. In medium bowl, beat eggs, milk, and seasonings; add crumbled sausage. Spread croutons in bottom of prepared pan. Sprinkle cheese over croutons; pour egg mixture over croutons and cheese. Bake for 50 minutes.

MEXICAN LASAGNA

1 lb. ground beef	¾ tsp. garlic powder	2½ c salsa	1 can black olives, chopped (opt.)
3 c refried beans	12 uncooked lasagna noodles	1 c cheddar cheese, shredded	¾ c green onions, sliced (opt.)
2 Tbsp. oregano		16 oz sour cream	
1 tsp. cumin	2½ c water		

Brown beef; drain. Combine beef, beans, and spices. Place 4 lasagna noodles on bottom of 13" x 9" pan. Spread ½ of beef mixture over noodles. Top with 4 more noodles and remaining beef. Top with remaining noodles. Combine water and salsa; pour over the noodles. Cover with foil; bake at 350F for 1½ hours or until noodles are tender. Combine remaining ingredients; spread over lasagna. Top with more shredded cheese. Bake uncovered until cheese is melted (about 5 mins).

OVEN BBQ CHICKEN

3 Tbsp. catsup	2 Tbsp. butter	1 tsp. mustard	2 chicken breasts, large chunks
3 Tbsp. vinegar	3 Tbsp. brown sugar	1 tsp. chili powder	
4 Tbsp. water	1 tsp. salt	½ tsp. pepper	

Combine all ingredients, except chicken, in saucepan; boil. Dip chicken pieces in sauce; place on baking dish. Pour remaining sauce over all. Cover; bake 15 minutes at 500F. Reduce heat to 350F; bake for 1½ hours. Remove cover from dish; return chicken to oven for 20 minutes or until brown.

SUPER-FAST QUESADILLAS

12 tortillas	2 cans black beans	2 c. cheese grated	1 onion, chopped	2 Tbsp. canola oil
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Sauté onion with oil in small skillet; when soft, add beans. Heat through. Place 1 tortilla in separate skillet over medium heat; spread ¼-½ cup bean-onion mixture on tortilla. Sprinkle with cheese; top with second tortilla. Cook until lightly browned on both sides and cheese is melted. Place on plate; cut into wedges. Garnish with sour cream and salsa.

BEAN QUESADILLAS

1 Tbsp. vegetable oil	1 green pepper chopped	12 tortillas
1 onion finely chopped	2 tomatoes chopped	1 c cheddar cheese shredded
2 c cooked black beans	1 can corn, drained	¼ c vegetable oil

Heat 1 Tbsp. of oil in a skillet over medium heat, sauté the onion until it is soft. Mix in the beans, bell pepper, tomatoes and corn; cook until heated through. Spread 6 tortillas with equal amounts of the bean and vegetable mixture. Sprinkle with equal amounts of cheese and top with remaining tortillas. Heat ¼ cup oil in a large skillet over medium-high heat. Place quesadillas one at a time in the skillet and cook, turning once, until cheese is melted and both sides are lightly browned. Place browned quesadilla on a plate and cut into wedges to serve.

MAIN DISHES

TORTILLA PIZZA

6-8 tortilla shells 1 container spaghetti sauce 3 c cheddar cheese, grated Toppings

On tortillas, spread spaghetti sauce, then cheese, and then desired toppings. Bake at 400F for about 10 minutes or until cheese bubbles. Yum!

GREEK STYLE BEEF AND MACARONI BAKE Makes 4 servings.

½ lb. ground beef ¼ tsp. pepper ½ c milk 1 egg, slightly beaten
1 onion, chopped ½ c cream of mushroom soup ½ c grated Parmesan cheese 3 c cooked macaroni
¼ tsp. ground cinnamon 1 can olives, chopped

Over medium-high heat, cook beef, onion, and cinnamon until beef browns and onion is tender. Spoon off fat. Stir in tomato juice. Heat to boiling. Reduce heat to low; simmer 10 minutes. In medium bowl, combine soup, milk, cheese, and egg. Add macaroni; toss to coat. In a baking dish, layer beef mixture, followed by macaroni mixture, and top with chopped olives. Make at 350 for 30 minutes or until hot.

DELICIOUS ROAST

1 Beef Roast 1 pkg. brown gravy mix 1 c water 1 onion, sliced 5 potatoes, peeled and quartered

Place roast in slow cooker; pour water on cooker bottom. Sprinkle half of gravy mix on top of roast. Lay onions slices on roast. Place potato pieces around roast, and on top if needed. Sprinkle remaining gravy mix over top. Cook on high 3-4 hours. Use drippings to make a gravy, if desired. If not thick enough, thicken in sauce pan with a little flour or cornstarch.

HOMEMADE FRIES & HAMBURGERS

Peel potatoes; slice in fry style. Add slices, oil, and seasonings (onion salt, paprika, garlic powder, salt or seasoning salt, and parsley) to airtight bowl or gallon-size Ziploc bag. Close bowl/bag TIGHTLY. Shake until potatoes are coated. Spread out into one layer on a cookie sheet. Bake at 400 for about 30 minutes or until edges are golden and a bit crispy. Cooking time depends on slice thickness.

BURRITOS OR CHIMICHANGAS

½ bag pinto beans, cooked garlic powder, sprinkle 1 bag tortillas
onion powder, sprinkle salt, sprinkle oil for cooking

Optional:

shredded cheddar cheese chilis or jalapenos, diced guacamole
1 can beef chunks, mashed, olives, sliced or diced shredded lettuce
drained sour cream enchilada sauce

Blend beans, onion powder, garlic powder, a sprinkle of salt, and enough water to blend. Blend and taste, adjusting seasonings as necessary. Heat in sauce pan until hot. Add cheese, tabasco sauce, and/or any additional toppings, if desired. Heat tortillas in bag or paper towel for 1-2 minutes or until soft and flexible. Place cookie sheet next to cooking oil. Place cooling rack on top of cookie sheet. Heat oven to 200F. Heat a few tablespoons oil in large frying pan, enough to coat bottom. Lay warm tortilla in front; spread several spoonfuls of bean mixture in rectangle shape in tortilla middle. Take short ends and fold over beans. Take long end closest to counter edge and fold over beans. Continue to roll to other end. Continue with the remaining tortillas until beans or tortillas are gone. Place burritos in hot oil, seam side down. Cook for a few minutes or until browned. Flip and cook for a few minutes more until the other side is browned. Remove; place on wire rack. Move cookie sheet to oven until ready to serve. Serving idea: top

MAIN DISHES

burritos with heated enchilada sauce, additional shredded cheese, shredded lettuce, olives, sour cream, diced tomatoes, etc.

SLOPPY JOES

2 lbs. lean ground beef	1 can tomato soup	¼ c packed brown sugar	½ tsp. salt
½ c onion, chopped	¼ c ketchup	1½ Tbsp. Worcestershire sauce	¼ tsp. garlic powder
1 c celery, chopped	1 Tbsp. white vinegar		8 hamburger buns

Place ground beef in large skillet over medium heat. Cook until evenly browned, stirring to crumble. Add onion and celery, cover pan, and cook until tender and transparent, about 5 minutes. Drain grease. Stir tomato soup (undiluted), ketchup, vinegar, brown sugar, and Worcestershire sauce into beef mixture. Season with salt and garlic powder. Heat to simmer over low heat; cook until thoroughly heated. Stir to avoid burning bottom. Spoon hot beef mixture onto buns (toasted first, if desired); serve.

OLD SCHOOL CHICKEN AND RICE CASSEROLE

4 c diced chicken breast pieces	1 can cream of mushroom soup	¼ tsp. garlic powder	2 c instant rice
1 can cream of chicken soup	1-2 celery stalks	¼ tsp. pepper	¾ c cheddar cheese (opt.)
	½ tsp. onion powder	1 c water	
		1 c milk	

Preheat oven to 400°F. Lightly grease 9" x 13" pan. Set aside. In large bowl, combine chicken, soups, celery, onion powder, garlic powder, pepper, water, milk, and instant rice (uncooked). Pour into prepared pan. Top with grated cheddar cheese, if desired. Bake uncovered for 40-50 minutes.

CHICKEN BURRITO BOWLS

15 oz. diced tomatoes	3 tsp chili powder	2 chicken breasts	2½ c white rice
2 Tbsp of olive oil	2 tsp cumin	3 c chicken broth	1½ c cheddar cheese, shredded
3 tsp onion powder	salt/pepper, to taste	1 can black beans	
2 tsp garlic powder			

Mix tomatoes (drained), oil, powders, cumin, salt, and pepper. In slow cooker, cover chicken breasts with chicken broth and tomato-seasoning mix. Cook on low 4 hours or until 165F internally. Cook rice 30 minutes before the chicken finishes. Remove chicken from slow cooker; add in rice and beans. Return shredded chicken to slow cooker, top with cheese, and cook until cheese melts. Serve with fresh tomatoes (diced), sour cream, green onions, avocados, or guacamole.

BEEF NOODLE DINNER

1 c dry non-fat milk	1 tsp black pepper	¼ tsp ground celery seed	¼ tsp basil
1 Tbsp onion powder	1/8 tsp cayenne	2 Tbsp cornstarch	¼ tsp oregano
1 Tbsp garlic powder	4 Tbsp brown gravy mix	1 tsp salt	1 tsp paprika

Mix all ingredients in jar or Ziploc bag until well combined. Makes approximately 26 tablespoons. Label as Beef Noodle Seasoning Mix. To make Beef Noodle Dinner:

1½ lb. ground beef	7½ Tbsp Beef Noodle Seasoning Mix	1 can cream of mushroom soup
12 oz. egg noodles		6½ c water

Brown beef; drain. Stir in seasoning mix. Add noodles; bring to a boil. Reduce heat to simmer, cover, and cook 15-17 minutes. Remove lid; gently simmer until sauce has thickened, stirring occasionally.

MAIN DISHES

CORN DOGS

1 c flour

2/3 c corn meal

1½ tsp baking powder

2 Tbsp sugar

2 Tbsp shortening

1 egg

2/3 c. milk

1 lb., hotdogs

Combine all but hot dogs. Insert wooden sticks into hot dogs. Dip hot dogs into batter, coating thoroughly. Deep fry (temp between 375-385F) until batter is browned.

MISCELLANEOUS

APPLE BUTTER

5½ lbs. apples, 2 Tbsp. of cinnamon ¼ tsp. of cloves (opt.)
2-4 c white sugar or ¾ c honey ¼ tsp. salt

Place the peeled, cored, and finely chopped apples in slow cooker. In medium bowl, mix sugar (or honey), cinnamon and salt. Pour mixture over apples in slow cooker; mix well. Cover; cook on high 1 hour. Reduce heat to low; cook 9-11 hours, stirring occasionally, until mixture is thickened and dark brown. Uncover; continue cooking on low 1 hour. Stir with whisk, if desired, to increase smoothness. Spoon mixture into sterile containers, cover, and refrigerate or freeze.

HONEY BUTTER Makes 1 cup.

½ c butter, softened ¼ tsp. vanilla extract 1 egg yolk ½ c honey

Whip softened butter. Add vanilla and egg yolk. Add honey gradually while whipping.

STREUSEL TOPPING

½ c brown sugar, packed ½ tsp. cinnamon ¼ c butter
½ c chopped nuts ¼-¾ c flour

Mix all ingredients until crumbly.

APPLE RAISIN CRUNCH Makes 6 servings

6 slices white bread 3 Tbsp. butter 2/3 c. raisins ¼ tsp. salt
1 c. milk ½ c. granulated sugar ¼ tsp. ground cinnamon 1/3 c. firmly packed
3 eggs 1 c. apple, pared ¼ tsp. ground nutmeg brown sugar

Toast bread lightly. Cut into ½ inch cubes; place in slow cooker. Heat milk slowly with butter in medium-size saucepan until butter melts. Pour over bread cubes; let stand ½ hour. Beat eggs until thick in medium bowl; stir in sugar, diced apple, raisins, cinnamon, nutmeg, and salt. Pour over bread mixture, then fold in; sprinkle brown sugar over top. Cook on low 4 hours, or until apples are tender. Spoon into dessert dishes; serve warm with cream, whipped cream, or ice cream.

GRAVY Makes 1 cup

2 Tbsp. canola oil or drippings 2 Tbsp. flour 1 c liquid (water, broth, etc.)

Heat oil/drippings in pot; stir in flour. Remove from heat; stir in liquid. Cook over medium heat until smooth and thickened, stirring constantly. Season to taste.

BASIC WHITE SAUCE

2 Tbsp. butter ¼ c flour ½ tsp. salt 1/8 tsp. pepper 2 c milk

Melt butter. Mix in flour, salt, and pepper. Return to heat, slowly add milk, and stir constantly with whisk or spoon. Once smooth, continue cooking; stir until thick. Season with desired spices. Add to soup recipes to make creamy flavor. Add grated cheese to make cheese-flavored sauce.

MAGIC MIX – WHITE SAUCE Makes 1 cup

In saucepan, combine 2/3 cup Magic Mix and 1 cup cold water. Stir rapidly over medium heat until bubbly. NOTE: You can use Magic Mix for any recipe calling for a white or cream sauce.

MISCELLANEOUS

BUTTERCREAM FROSTING

1 c milk 4 Tbsp. flour 1 c butter, softened 1 c white sugar 1 tsp. vanilla extract

In small saucepan, cook milk and flour until ball forms, stirring constantly. Cool to room temperature. With electric mixer, beat butter and sugar until fluffy. Beat both mixtures together on high speed until fluffy and smooth. Add vanilla; beat until combined. Refrigerate for about ½ hour, until spreading consistency.

VANILLA FROSTING

½ tsp. salt 2 tsp. vanilla extract ¼ c soft butter 3 c powdered sugar ¼ c milk

Combine first 3 ingredients and only 1 cup powdered sugar. Add milk and remaining sugar alternately; mix until smooth and creamy. Add more sugar to thicken or milk to thin until spreading consistency.

CHOCOLATE FROSTING

¼ c butter, softened ¼ tsp. salt 1½ tsp. vanilla extract
½ c cocoa 1/3 c milk 3½ c. powdered sugar

Combine softened butter, cocoa, and salt; add milk and vanilla. Stir in sugar in 3 parts, mixing until smooth and creamy each time. Add more sugar to thicken or milk to thin until spreading consistency.

ORANGE BUTTERCREAM FROSTING

Makes enough frosting for one cake.

1/3 c soft butter 3 c powdered sugar 1½ Tbsp. orange peel 3 Tbsp. orange juice

In medium bowl, cream together butter and sugar. Add grated peel and juice. Beat until smooth.

QUICKIE FUDGE ICING

Use on 1 13" x 9" pan, NOT layer cake.

1½ Tbsp. butter, softened 1 Tbsp. milk 1½ c cocoa
2/3 c powdered sugar ¼ tsp. vanilla extract

Blend all ingredients together until smooth. Spread on hot-from-oven cakes; spreads beautifully.

ORANGE ICING:

¾ c powdered sugar 1½-2 Tbsp. orange juice

Mix sugar and juice. Icing should be thin; spread on warm (breakfast) roll.

HONEY SALAD DRESSING

Makes approximately 2 cups

1 tsp. paprika ½ tsp. salt ½ c melted honey ¼ c vinegar
½ Tbsp. mustard ½ tsp. celery salt 3 Tbsp. lemon juice 1 c vegetable oil

Mix dry ingredients. Add honey, lemon juice, and vinegar. Slowly add the vegetable oil, beating until well blended.

NONNO'S RED MEAT SAUCE

1 onion, chopped fine 2-3 garlic cloves 20 oz. can tomato puree
½ celery stalk, finely chopped 1½ lb. ground beef 7 oz tomato paste

MISCELLANEOUS

Sauté onion, celery, garlic (chopped and mashed), and beef until beef is done. Add salt and pepper, to taste. Add puree, paste, and 1 (tomato paste) can of water. Simmer at least 25-35 minutes.

SWEETENED CONDENSED MILK

In small bowl, combine 1 cup + 2 Tbsp. powdered milk and $\frac{1}{2}$ cup warm water. Add $\frac{3}{4}$ cup granulated sugar; stir until dissolved. If necessary, set bowl in hot water to quicken dissolving. Not as thick as regular sweetened condensed milk, but works well as a substitute.

EVAPORATED MILK Makes $\frac{3}{4}$ cup.

$\frac{2}{3}$ c powdered milk $\frac{3}{4}$ cup water Combine.

REGULAR MILK Makes 1 cup.

$\frac{1}{3}$ c powdered milk 1 c water Combine.

HEAVY WHIPPING CREAM Makes 1 cup.

$\frac{2}{3}$ cup of whole milk $\frac{1}{3}$ cup melted butter

Place metal mixing bowl and metal whisk into freezer for 10-15 minutes. Mix milk and butter in mixing bowl. Whisk just until the cream reaches stiff peaks. Store any unused portion in an airtight container for up to 10 hours. When ready to use, re-whisk for 10 to 15 seconds.

YOGURT

$\frac{1}{2}$ gallon milk $\frac{1}{2}$ c commercial yogurt with active cultures

Heat the milk; pour milk into Dutch oven; set over medium to medium-high heat. Warm to right below boiling, about 200F. Stir gently as milk heats to avoid scorching bottom and milk boiling over. (NOTE: This heating step is necessary to change milk's protein structure, so it sets as a solid instead of separating.) Cool the milk. Let the milk cool until just warm to the touch, about 112F-115F. Stir occasionally to prevent a skin from forming. Thin yogurt with milk: scoop out about a cup of warm milk with a large measuring cup and add the yogurt in it or in a separate bowl. Whisk until smooth and the yogurt is dissolved in the milk. Pour the thinned yogurt into the Dutch oven milk while whisking gently. Cover Dutch oven with lid; place the whole pot in a turned-off oven—turn on oven light or wrap pot in towels to keep milk warm as it sets (ideally around 110°F). Wait for yogurt to set for at least 4 full hours or as long as overnight—the exact time will depend on cultures used, yogurt temperature, and yogurt preferences. The longer the yogurt sits, the thicker and more tart it becomes. Start checking it after 4 hours and stop when it reaches a flavor and consistency you like. Avoid jostling or stirring the yogurt until it has fully set.

Cool the yogurt. Once yogurt has set to your liking, remove from oven. Drain off or whisk (consistent, creamy texture) back into yogurt any whey on yogurt surface. Transfer yogurt to storage containers, cover, and refrigerate. Homemade yogurt will keep for about 2 weeks in the refrigerator.

Next batch of homemade yogurt: use some of each batch to culture next batch. Just save $\frac{1}{2}$ cup to use for this purpose. If after a few batches, you notice some odd flavors in your yogurt or that it's not culturing quite as quickly, either some outside bacteria has taken up residence in your yogurt or this strain is becoming weak. As long as this batch still tastes good to you, it will be safe to eat, but go back to using some store-bought commercial yogurt in your next batch.

MISCELLANEOUS

MOZZARELLA CHEESE

¼ Rennet Tablet or ¼ tsp Single Strength Liquid Rennet	1½ tsp Citric Acid	1 gallon of milk, not ultra-pasteurized	1 tsp Cheese Salt (adjust to taste)
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Do not prepare any other food while you are making cheese. Put all food products away. Move all sponges, cloths, and dirty towels away from your work surface; wipe your sink and stove with soap and water. Use your antibacterial cleaner to wipe down all surfaces.

CRUSH rennet tablet; DISSOLVE in ¼ cup of cool, non-chlorinated water or ADD single strength liquid rennet to water. SET rennet mixture aside to use later. ADD 1½ tsp. of citric acid to 1 cup cool water; POUR this into your pot. POUR cold milk into the pot quickly to mix well with citric acid (this will bring milk to proper acidity to stretch well later). HEAT the milk slowly to 90F. As you approach 90°F, you may notice your milk beginning to curdle slightly due to acidity and temp. (NOTE: If you're having problems with milk forming a proper curd, you may need to increase this temp to 95F-100F.) At 90F, REMOVE the pot from the burner and SLOWLY ADD your rennet (which you prepared in step one) to the milk. STIR in a top to bottom motion for approximately 30 seconds, then STOP.

COVER the pot and LEAVE undisturbed for 5 minutes. CHECK the curd after 5 minutes—it should look like custard with clear separation between curds and whey. If curd is too soft or whey is milky, let it set longer, up to 30 more minutes. CUT curds into 1" checkerboard pattern. RETURN pot to stove and HEAT to 105°F while slowly stirring curds with ladle. REMOVE pot from burner and continue stirring slowly for 2-5 minutes—more time makes firmer cheese). With slotted spoon, SCOOP curds into colander or microwave safe bowl (if curd is too soft, let sit for 1+ minutes more). Once transferred, PRESS the curd gently with your hand, pouring off as much whey as possible. (If desired, reserve whey to use later in baking or as soup stock.) If in colander, TRANSFER curds to heat-safe bowl. Next, MICROWAVE the curd for 1 minute.

DRAIN off additional whey, like before. QUICKLY WORK cheese with spoon or hands until cool enough to touch (rubber gloves will help since cheese is almost too hot to touch at this point). MICROWAVE two more times for 35 seconds each; REPEAT kneading as in last step to aid in more whey drain off and ensure even heating of the curds. DRAIN off all of the whey as you go. Now the fun begins: KNEAD quickly like you would bread dough. REMOVE curd from bowl and continue kneading until smooth and shiny. RETURN to microwave if needed (if it cools before it's ready to stretch). ADD salt near the finish. At this point, if hot enough, cheese should be soft and pliable enough to STRETCH, STRETCH, and STRETCH some more (like taffy). This is what makes it Mozzarella. KNEAD cheese back into a big ball until smooth and shiny; ready to eat when cool enough. (To cool quickly, place in bowl of ice water and refrigerate.) When cold, wrap in plastic wrap; it'll last for several days but best when eaten fresh.

BEEF STEW SEASONING

2 c Flour	4¼ Tbsp salt	4¼ Tbsp Paprika	4¼ Tbsp Onion Powder
4 tsp Oregano	4¼ Tbsp black pepper	1 tsp cayenne pepper	2 tsp. rosemary
2 Tbsp basil	4¼ Tbsp Garlic Powder	2 Tbsp Celery Seed	

Measure all ingredients into large Ziploc bag; shake well. To use, add 2-3 tablespoons per 2 lbs. of meat.

ONION SOUP/DIP MIX

2 c. powdered milk	¾ c. cornstarch	¼ c. beef bouillon granules	2 Tbsp. onion flakes	1 tsp. dried basil
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Measure all ingredients in Ziploc bag; shake well. Use 1/3 cup onion mix per recipe. Blend with water for soup (either as soup or to pour over roast), with sour cream for dip, etc.

MISCELLANEOUS

FIESTA DIP MIX

½ c dried parsley
1/3 c minced onion
¼ c dried chives

1/3 c chili powder
¼ c ground cumin
¼ c salt

3 Tbsp. Mexican Fiesta Dip Mix
1 c mayo
1 c sour cream or low-fat yogurt

Blend all. Refrigerate dip until ready to serve with raw veggies or tortilla chips, or as baked potato topping.

DESSERTS

APPLE PIE

Pie Crust #2	1 c sugar	1/8 tsp. salt
6 c apples, peeled and thinly sliced	3/4 c cinnamon	1 tsp. lemon juice
	1/4 tsp. nutmeg	1 Tbsp. butter

Place apples in medium bowl. Mix remaining ingredients (except for butter). Sprinkle over apples; toss to coat. Place 1 pie crust in pie pan to cover bottom. Pour coated apples into pie crust. Slice butter into pieces; spread over apples. Poke remaining crust with fork; place on pie top. Bake 45-55 minutes at 425F. NOTE: To make crust more golden brown, whip egg white with fork until frothy, then brush over top of pie and bake.

PEANUT BUTTER CREAM PIE

1/4 c peanut butter	2 Tbsp. sugar	2 Tbsp. butter, melted	1 pkg instant vanilla pudding
4 c crushed corn flakes	1 Tbsp. flour	3/4 c milk	

Combine ingredients (peanut butter through butter); press into bottom and up sides of 9" pie pan. Bake at 350F for 8 minutes. Cool completely. Prepare pudding with milk. Let stand 5 minutes. Make Heavy Whipping Cream recipe. Fold into pudding. Pile pudding mixture into cooled crust. Chill until firm.

PECAN PIE

1 c pecans	3 eggs	1 c corn syrup	1 c sugar
Pie Crust #1	1 Tbsp. melted butter	1/2 tsp. vanilla extract	1 Tbsp. flour

Arrange pecans in bottom of pie shell. Beat eggs; add butter, corn syrup, and vanilla; stir well. Combine sugar and flour; pour over pecans until they rise to the surface. Bake at 350F for 45 minutes.

AMAZING LEMON CREAM PIE

Dash of salt	1/3 c wheat flour	2/3 c sugar	2 Tbsp. cold water
2 c water	1/3 c powdered milk	1 tsp. gelatin	1 pkg lemonade Kool-Aid

Bring salt and 1 cup of water to boil. Make paste with flour and 1/2 cup water. Slowly pour mixture into boiling salt-water mixture, stirring constantly. Let cook on low heat 7-8 minutes, stirring frequently. Remove from heat. In small mixing bowl, combine milk, sugar, and remaining 1/2 cup water. Set aside. Soften gelatin in water, heat on low, and stir until dissolved. Add gelatin to milk mixture; stir until thoroughly mixed. Add Kool-Aid; mix until dissolved. Combine with cooked wheat; mix well. Pour into 8" Crunchy Wheat pie crust; serve with whipped topping.

CHOCOLATE CREAM PIE

1 Tbsp. cocoa	1/2 tsp. vanilla extract
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Use above lemon pie recipe; add cocoa and vanilla to wheat mixture at end of cooking time. No Kool-Aid.

PEACH COBLER

1 stick butter	3/4 c sugar	1 c QUICK MIX	1 c milk	1 can peaches
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Melt butter in deep baking dish; add sugar, mix, and milk. Stir just a few times, then add peaches (undrained). Bake at 350F for 1 hour. Other fruit may be used—adjust sugar content.

DESSERTS

APPLE PIE FILLING

1 2/3 c dry apple slices	¼ tsp. salt	½ tsp. cinnamon	2½ c water
2 Tbsp. cornstarch	2/3 c sugar	¼ tsp. nutmeg	2 tsp. lemon juice (opt.)

Mix all dry ingredients together; add water and mix well. Bring to rolling boil, stirring occasionally. If baking in a pie, preheat oven to 425F, place filling in pastry shell, and bake 40 minutes or until golden brown.

APPLE CRISP #1

butter	2 Tbsp. butter, melted	2/3 c flour
6 large cooking apples, sliced	¼ c sugar	2/3 c sugar
Lemon juice	1 Tbsp. cinnamon	4 Tbsp. butter

Grease a casserole dish with butter. Make topping using last 3 ingredients (cut butter into flour-sugar mix until crumbly). Toss remaining ingredients; pour into dish. Sprinkle on topping. Bake at 350F for about 45 minutes or until apples are done and topping is golden brown.

APPLE CRISP #2

6 peeled apples	½ c brown sugar	4 Tbsp. butter
2 Tbsp. water	1 c rolled oats	½ c chopped nuts (opt.)
½ c sugar	½ tsp. cinnamon	1 tsp. lemon peel, grated

Slice apples; spread in greased 8" x 8" baking pan. Sprinkle water and sugar on top. Mix remaining ingredients; spread over apples. Bake at 350F for 45 minutes or until tender.

HONEY CANDY

2 c honey	1 c cream or evaporated milk
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Combine ingredients and cook slowly until temperature reaches hard ball or crisp stage when tested in cold water. Pour onto buttered platter. When cool enough to handle, grease or butter hands and pull candy until a golden color. Cut into pieces.

MISSIONARY CANDY

½ c butter	1¼ c oatmeal	1 c flaked coconut	½ c dried fruit, like
½ c honey	½ c whole wheat flour	1 tsp. cinnamon	apricots
½ c brown sugar	1/3 c sesame seeds	1 c walnuts, chopped	

Sift flour 2-3 times. Combine butter, honey, and sugar in pan; heat. Stir into remaining ingredients. Spread in 13" x 9" pan. Bake at 350F for about 25 minutes, stirring 2-3 times. Turn onto greased foil. Break in pieces when cooled.

SIMPLE FRUIT CRISP

1 c rolled oats	1 c brown sugar	1 can pie filling (any flavor)
1 c flour	¾ c melted butter	

Combine all but pie filling. Reserve ¼ of mixture. Press remaining ¾ into bottom of ungreased 8" x 8" baking pan. Spread filling over crust layer. Crumble remaining oat mixture over fruit top. Bake at 350F for 1 hour. Serve while still warm with vanilla ice cream or whipped cream. Also good cold. Store covered leftovers in refrigerator for up to 4 days.

Variations:

DESSERTS

Nuts or Mixed Fruit—Add ½ cup any variety chopped nuts into crumble. Or add ½ cup other fruit in mix.

Christmas Cranberry Crumble—Add ½ cup sliced almonds to crust, and ½ cup frozen cranberries and 1 tsp. orange zest to can of cherry pie filing. Make per instructions.

Lemon Blueberry Crumble—Add 1 tsp. lemon zest to can of blueberry pie filing. Make per instructions.

Peach Melba Crumble—Add ½ cup sliced almonds to crust, and 1 cup frozen or fresh raspberries to can of peach pie filing. Make per instructions.

OH, HARRY BARS

½ c melted butter	1 c brown sugar	½ c peanut butter	6 oz. chocolate chips
½ c Karo syrup	1 tsp. vanilla extract	4 c oats	

Mix butter through butter. Heat until dissolved. Stir in oats and chips. Press into greased 9" x 13" pan. Bake at 375F for 15 minutes. Don't overbake. Cut in bars.

TOOTSIE ROLLS

1 c honey	1 tsp. vanilla extract	½ c cocoa	1 c powdered milk
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Cook honey to 255F (hard ball). DO NOT overcook. Remove from heat. Add vanilla. Mix cocoa and powdered milk well; stir into honey. Pull like taffy until gloss is gone; roll in rolls like Tootsie Rolls.

PEANUT BUTTER CHEWS

1 c powdered sugar	2 c powdered milk	1 c peanut butter	1 c corn syrup or honey
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Mix sugar and milk thoroughly. Add peanut butter and syrup. May need to knead with hands. Press into cake pan or roll into walnut-sized balls. (NOTE: add nuts or rice krispies, or dip in chocolate, if desired.)

CHOCOLATE PUDDING POPS

4 c cold milk	1 pkg. chocolate pudding mix	2 Tbsp. vanilla extract	Sugar to taste
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Mix ingredients with electric mixer for 2 minutes. Pour into cups or popsicle molds. Run under hot water to unfreeze and remove; DO NOT pull out stick/spoon.

PEANUT BUTTER SNAP, CRACKLE, AND POP

¾ c powdered sugar	1 c peanut butter	1½ c Rice Krispies
½ c powdered milk	½ square butter, melted	

Mix sugar and milk thoroughly. Add peanut butter and butter. Stir in Rice Krispies. Form into walnut-sized pieces. (NOTE: dip pieces in chocolate, if desired).

RICE PUDDING #1 Makes 8 servings

3 eggs	1 tsp. cinnamon	1 c milk
4 Tbsp. sugar	½ tsp. vanilla extract	1½ c cooked rice
½ tsp. nutmeg	¾ c evaporated milk	½ c raisins

Beat eggs. Add sugar and spices. Mix well. Stir in remaining ingredients. Place in 2-qt casserole dish. Bake at 325F for 45 minutes. Stir after 25 minutes.

DESSERTS

RICE PUDDING #2 Serves 8.

1 c rice	$\frac{3}{4}$ c raisins	1 qt. milk (reconstituted, canned, or powdered)
$\frac{3}{4}$ c sugar	$\frac{1}{2}$ tsp. nutmeg	

Mix all ingredients in a 1½-qt. ovenware casserole. Bake at 300F for 1 hour. Serve hot or cold.

SPICED PECANS

1 egg white	2 c. pecan halves	$\frac{1}{4}$ c. sugar	2 tsp. ground cinnamon
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Beat egg white until foamy. Add pecans; toss until well coated. Combine sugar and cinnamon; sprinkle over pecans. Toss to coat. Spread in single layer on ungreased baking sheet. Bake at 300F for 30 minutes or until browned. Cool on waxed paper. Store in air-tight container.

FOOLPROOF CHOCOLATE FUDGE Makes 2 pounds.

18 oz. chocolate chips	1 can sweetened condensed milk	Dash of salt	$\frac{1}{2}$ -1 c. chopped nuts	$1\frac{1}{2}$ tsp. vanilla extract
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Over low heat in heavy saucepan, melt chips with milk. Remove from heat; stir in remaining ingredients. Spread evenly onto wax paper-lined 8-9" square pan. Chill 2 hours or until firm. Turn onto cutting board; peel off paper. Cut into squares. Store loosely covered at room temperature. Variations:

Rocky Road Fudge: Omit salt, nuts, and vanilla. Using only 12 ounces of chips, melt with milk and 2 tablespoons butter. Combine 2 cups dry roasted peanuts and 1 (10.5 oz) pkg mini marshmallows. Pour this mixture into chocolate mix; mix well. Spread onto wax paper-lined 13" x 9" pan. Chill 2 hours.

HARD CANDY

2 c. white sugar	1 c. corn syrup	$\frac{1}{2}$ c. water	1-2 tsp. any flavoring	Food coloring
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Mix first 3 ingredients well; cook to 300F (using candy thermometer). Add flavoring and coloring. Pour onto small, well-greased cookie sheet. Using a knife, continuously score candy sheet into pieces until it's almost completely hardened. Careful: pieces may be sharp.

MINT SUGAR CANDIES

$\frac{1}{4}$ c butter, softened	4 c powdered sugar, divided	food coloring
$\frac{1}{3}$ c light corn syrup	1-2 tsp extract or candy flavoring	$\frac{1}{2}$ c granulated sugar

Combine butter and corn syrup in small bowl. Add half of powdered sugar and extract $\frac{1}{2}$ tsp at a time until desired flavor; beat until well combined. Stir in another cup of powdered sugar. Dump mixture onto cutting board sprinkled with last cup of powdered sugar. Knead mixture until sugar is absorbed and completely smooth; divide into four portions. Tint each portion a different color using food coloring. Shape into $\frac{3}{4}$ " balls; roll in granulated sugar. Flatten gently with fork. Let uncovered candies stand at room temperature for 1 day. Store in an airtight container.

ICE CREAM

1 can sweetened condensed milk, cold	16 oz. whipping cream, cold	1-2 tsp. vanilla extract
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Refrigerate ingredients—MUST BE COLD. Beat cream until stiff peaks form. Stir slowly while adding in condensed milk; add extract, if desired. Whip quickly until mixture is thick and has stiff peaks. Place in large resealable container; freeze at least 6 hours or overnight before eating.

DESSERTS

VANILLA MILKSHAKE

2 c ice cream

¼ c milk

1-2 tsp. vanilla extract

Blend well. Variations:

- Strawberry: Make Vanilla Milkshake; blend in 2-4 tsp. strawberry powder or syrup and 1 c. strawberries.
- Mixed Berry: Make Strawberry Milkshake, replacing strawberries with ½ c. preferred berry mixture.
- Chocolate: Make Vanilla Milkshake; blend in 2-4 tsp. chocolate powder, ¼ c. of cream, and 3 Tbsp. chocolate syrup.
- Chocolate-Banana: Make Chocolate Milkshake; blend in 2 frozen bananas and ¼ c. chocolate milk.
- Peanut Butter–Banana: Make Chocolate-Banana Milkshake; blend in ½ c. peanut butter.
- Toasted Marshmallow: Broil 8 marshmallows on foil, turning, until browned. Add 6 of the toasted marshmallows to vanilla milkshake recipe. Top with remaining 2 marshmallows.
- S'mores: Broil 8 marshmallows on foil, turning, until browned. Blend Toasted Marshmallow milkshake with 2-4 tsp. chocolate powder or syrup, and add crushed graham crackers on top.
- Key Lime: Make Vanilla Milkshake; blend in zest and juice of 6 Key limes.
- Coconut Tres Leches: Make Vanilla Milkshake; blend in 2 Tbsp. each sweetened condensed milk and cream of coconut. Stir in ½ c. toasted pound cake cubes. Top with toasted shredded coconut.
- Maple-Walnut Blend: Make Vanilla Milkshake; blend in 2 Tbsp. maple syrup. Stir walnuts in additional syrup and pour into bottoms of glasses. Top with ice cream mixture.
- Mexican Chocolate: Make Vanilla Milkshake; blend in 1 Tbsp. sweetened condensed milk and ¼ tsp. cinnamon. Top with turbinado sugar.
- Cookies and Cream: Make Vanilla Milkshake; blend in 1 c. chocolate wafer cookies. Top with more cookies.
- Mint Cookies and Cream: Make Cookies and Cream Milkshake; blend in 1-2 tsp. mint extract and green food coloring, if desired.
- Chocolate–Peanut Butter: Make Chocolate Milkshake; blend in ½ c. each peanut butter. Add additional milk if too thick. Top with honey-roasted peanuts.
- Nutella: Make Vanilla Milkshake; blend in ½ c. Nutella.
- Coconut–Hot Fudge: Make hot fudge: Microwave ½ c. finely chopped bittersweet chocolate and ¼ c. each cream and sweetened condensed milk, stirring frequently, until melted. Blend 1 pint coconut ice cream and ¼ c. milk; layer in glasses with the hot fudge. Top with toasted shaved coconut.
- Peanut Butter Cup: Make the hot fudge from Coconut–Hot Fudge Milkshakes. Blend 1 pint vanilla ice cream, ¼ c. milk, 1 tsp. vanilla, and a pinch of salt; layer in glasses with the hot fudge and chopped chocolate–peanut butter cups.
- Triple Chocolate Stripe: Make the hot fudge for Coconut–Hot Fudge Milkshakes; add 3 Tbsp. to each glass. Melt 4 oz. white chocolate with 2 Tbsp. milk in a saucepan over low heat, whisking. Blend 1 c. chocolate ice cream and 3 Tbsp. chocolate syrup. Layer the white chocolate and ice cream mixtures in

DESSERTS

the glasses.

- Peach Melba Stir 1 c. crushed raspberries and 1-2 Tbsp. powdered sugar. Blend 1 pint peach ice cream and a $\frac{1}{4}$ c. milk; layer in glasses with raspberry mixture. Top with whole raspberries.
- Banana-Nut: Blend 1 banana, 1 pint butter pecan ice cream, $\frac{1}{2}$ c. toasted pecans, 2 Tbsp. milk, and $\frac{1}{4}$ tsp. vanilla.
- Ginger-Spice: Blend 1 pint vanilla ice cream, $\frac{1}{4}$ c. milk, $\frac{1}{4}$ tsp. cinnamon, and a pinch of salt with 6 crushed gingersnaps soaked in $\frac{1}{4}$ c. milk.

DESSERTS

EDIBLE PLAYDOUGH

2 c peanut butter 6 Tbsp. honey powdered milk

Mix peanut butter and honey. Add powdered milk by spoonfuls until desired play dough consistency.

SALT DOUGH

2 c plain flour 1 c salt 1 c water

Put flour and salt in bowl; mix well. Gradually add water until soft dough forms. If too sticky, add more flour. If too dry, add more water. Knead about 10 minutes to get nice, smooth texture. Store dough in airtight container or Ziploc bag for up to a week. Dry in oven at 100-150F or let creations sit out to air dry. The thicker the creation, the longer it takes to dry.

BUBBLES

1/3 c dish soap 4 c water 1 tsp. of glycerin (optional)

Mix ingredients. Bubble solution gets better with age; DO NOT throw away next day. Store in 5-gal. bucket, small trash can, or mopping bucket.

HUMMINGBIRD FOOD

½ c of white sugar 2 c of water

Combine in saucepan. Boil until all sugar dissolves. Cool; fill hummingbird feeder. No food coloring. Clean out feeders once a week, if not more frequently, and keep nectar fresh.

TIPS FOR USING RICE

Cook rice in beef or chicken broth instead of water.

Mix cooked rice with a variety of things--sliced mushrooms, sautéed onions, crumbled pieces of bacon, slivered almonds or grated cheese.

Try sour cream and chives mixed into cooked rice.

Substitute ½ cup fruit juice (orange, apple, cherry) for ½ cup water when cooking. Vegetable juice cocktail or tomato juice may also be exchanged for 1 cup of the water used in cooking.

Add one of the following herbs to the cooking water when preparing rice:

- 1/8 tsp. dried thyme, oregano, • ½ tsp. celery seeds or dried dill • ¾ tsp. dried marjoram
- sage, rosemary, basil or savory • Seasoned salt instead of salt • 1 small bay leaf

TIPS FOR USING WHEAT FLOUR

- Use wheat in recipes your family already likes. Then, it is not totally unfamiliar, and you know the recipe is good.

- Try wheat in desserts first--who can turn down a cookie?

- Do not feel you must use 100 percent whole wheat. Half white and half whole wheat gives excellent results.

- How to substitute whole wheat in Your favorite recipes

- Wheat flour is heavier than white flour and needs more leavening.

- In yeast breads, use more yeast and/or let it rise longer.

DESSERTS

- In baking powder leavened products, increase baking powder by 1 tsp. for each 3 cups of whole wheat flour.
- Recipes using baking soda need not be adjusted.
- In baked products using eggs, separate the eggs and beat the whites until stiff. Then fold in just before baking. For extra lightness, an extra separated egg may be added. Good for waffles and especially cakes.

USE REGULAR MILK

- Cleanser: Use milk as a gentle, daily, face cleanser, and makeup and oil remover.
- Exfoliator: Simply soak a cotton pad in milk, and sweep it over the face and down the neck for gentle exfoliation.
- Skin Softener: Add a couple cups of milk to warm water for a lavish soak to make skin soft and smooth.
- Toning Mask: Use yogurt as a mask to even skin tone, gently exfoliate, and soften skin. Apply a thin layer over skin, and let sit for 5-10 minutes before rinsing.
- Spot Treatment: Mix milk with flour to create a thin paste. Apply it before bedtime, leave it on overnight, and rinse in the morning.

USE POWDERED MILK

- Adding additional milk to the recipe will enhance the nutritive value of the recipe. In any recipe calling for milk, simply add the dry milk to other dry ingredients. Sift to blend, then add water for the milk called for in the recipe.
- For use in meat loaf, hamburgers, etc., use $\frac{1}{4}$ to $\frac{1}{2}$ c per pound of meat.
- In mashed potatoes; mash cooked potatoes, then add $\frac{1}{4}$ c dry milk for each cup of potatoes. Use either the water the potatoes were cooked in or fresh milk to give the right consistency.
- Cooked cereals: add $\frac{1}{4}$ - $\frac{1}{2}$ c dry milk to each cup of cereal before cooking.

Recipes call for many types of milk: whole milk, evaporated milk, condensed milk, buttermilk, scalded milk. All of these milk products can be made from powdered milk. Foods made with powdered milk will have fewer calories and less cholesterol than those made from whole milk.

WHOLE MILK

1 c water
1/3 c powdered milk
Combine.

EVAPORATED MILK

1 c water
2/3 c powdered milk
Combine.

WHIPPED EVAPORATED MILK Makes 3 cups

1 c evaporated milk
2 Tbsp. lemon juice
Thoroughly chill evaporated milk. Add lemon juice and whip until stiff. Sweeten and flavor as desired.

CONDENSED MILK

$\frac{1}{2}$ c hot water 1 c sugar 1 Tbsp. butter (opt.) 1 c powdered milk

Blend thoroughly in blender. Can be stored in refrigerator or frozen.

BUTTERMILK OR SOUR MILK

1 c water 1/3 c powdered milk 1 Tbsp. vinegar or lemon juice

Combine. Refrigerate.

DESSERTS

DRINKABLE POWDERED MILK

To improve the flavor of powdered milk, mix it 50% with whole or 2% milk. Another suggestion would be to try adding a little sugar or vanilla extract to enhance the flavor. Let chill several hours before drinking.

WHIPPED TOPPING

6 Tbsp. powdered milk	2 tsp. unflavored gelatin	2-4 Tbsp. sugar
1 c boiling water	2 Tbsp. cold water	1 tsp. vanilla extract

Dissolve milk in cup of water; scald. Soak gelatin in cold water. Combine scalded milk, dissolved gelatin, and sugar. Stir and chill in the refrigerator until it sets. Now beat the mixture until it acquires the consistency of whipped cream. Add the vanilla and whip again.

TIPS FOR COOKING BEANS

Soaking and cooking beans before mixing with other recipe ingredients helps to get the right tenderness and can minimize final cooking time.

OVERNIGHT SOAKING

For each 1-pound beans, dissolve 2 Tbsp. salt in 6 cups of water. Wash beans, add to salted water, and soak overnight.

QUICK SOAKING

For each 1-pound beans, bring 8 cups of water to boiling. Wash beans, add to boiling water, boil for 2 minutes. Remove from heat, cover and soak 1 hour.

COOK SOAKED BEANS

For each 1-pound dried beans, dissolve 2 Tbsp. salt in 6 cups hot water; bring to boiling. Add soaked beans; boil gently, uncovered, adding water if needed to keep beans covered, until tender. Yield 6 to 7 cups.

COOK OLD, HARD BEANS

Wash and sort to remove any discolored beans or foreign material. For each cup of dry beans, add 2½ cups of hot tap water and 2 Tbsp. of baking soda and soak overnight. Drain and rinse two times, then add water to cover and cook until tender and soft, about two hours, adding more water as needed. Adding a tablespoon of oil will cut down on foam as beans cook. Stored beans should be rotated regularly. They continue to lose moisture and will not reconstitute satisfactorily if kept too long.

BAKING SODA - PERSONAL CARE

1. Make Toothpaste A paste made from baking soda and a 3 percent hydrogen peroxide solution can be used as an alternative to commercial non-fluoride toothpastes. You can also just dip your toothbrush with toothpaste into baking soda for an extra boost.
2. Freshen Your Mouth Put one tsp. in half a glass of water, swish, spit and rinse. Odors are neutralized, not just covered up.
3. Soak Oral Appliance Soak oral appliances, like retainers, mouthpieces and dentures, in a solution of 2 Tbsp. baking soda dissolved in a glass or small bowl of warm water. The baking soda loosens food particles and neutralizes odors to keep appliances fresh. You can also brush appliances clean using baking soda.
4. Use as a Facial Scrub and Body Exfoliant Give yourself an invigorating facial and body scrub. Make a paste of 3 parts baking soda to 1 part water. Rub in a gentle circular motion to exfoliate the skin. Rinse clean. This is gentle enough for daily use.

DESSERTS

5. Deodorant Pat baking soda onto your underarms to neutralize body odor.
6. Use as an Antacid Baking soda is a safe and effective antacid to relieve heartburn, sour stomach and/or acid indigestion. Refer to baking soda package for instructions.
7. Treat Insect Bites & Itchy Skin For insect bites, make a paste out of baking soda and water, and apply as a salve onto affected skin. To ease the itch, shake some baking soda into your hand and rub it into damp skin after bath or shower.
8. Make a Hand Cleanser and Softener Skip harsh soaps and gently scrub away ground-in dirt and neutralize odors on hands with a paste of 3 parts baking soda to 1 part water, or 3 parts baking soda to gentle liquid hand soap. Then rinse clean.
9. Help Your Hair Sprinkle a small amount of baking soda into your palm along with your favorite shampoo. Shampoo as usual and rinse thoroughly—baking soda helps remove the residue that styling products leave behind so your hair is cleaner and more manageable.
10. Clean Brushes and Combs For lustrous hair with more shine, keep brushes and combs clean. Remove natural oil build-up and hair product residue by soaking combs and brushes in a solution of 1 tsp. of baking soda in a small basin of warm water. Rinse and allow to dry.
11. Make a Bath Soak Add $\frac{1}{2}$ cup of baking soda to your bath to neutralize acids on the skin and help wash away oil and perspiration, it also makes your skin feel very soft.
12. Soothe Your Feet Dissolve 3 Tbsp. of baking soda in a tub of warm water and soak feet. Gently scrub.

BAKING SODA - CLEANING

13. Make a Surface Soft Scrub For safe, effective cleaning of bathroom tubs, tile and sinks—even fiberglass and glossy tiles—sprinkle baking soda lightly on a clean damp sponge and scrub as usual. Rinse thoroughly and wipe dry. For extra cleaning power, make a paste with baking soda, coarse salt and liquid dish soap—let it sit then scour off.
14. Handwash Dishes and Pots & Pans Add 2 heaping Tbsp. baking soda (along with your regular dish detergent) to the dish water to help cut grease and foods left on dishes, pots and pans. For cooked-on foods, let them soak in the baking soda and detergent with water first, then use dry baking soda on a clean damp sponge or cloth as a scratch-less scouring powder.
15. Freshen Sponges Soak stale-smelling sponges in a strong baking soda solution to get rid of the mess (4 Tbsp. of baking soda dissolved in 1 quart of warm water).
16. Clean the Microwave Baking soda on a clean damp sponge cleans gently inside and outside the microwave and never leaves a harsh chemical smell. Rinse well with water.
17. Polish Silver Flatware Use a baking soda paste made with 3 parts baking soda to 1 part water. Rub onto the silver with a clean cloth or sponge. Rinse thoroughly and dry for shining sterling and silver-plate serving pieces.
18. Clean the Oven Sprinkle baking soda onto the bottom of the oven. Spray with water to dampen the baking soda. Let sit overnight. In the morning, scrub, scoop the baking soda and grime out with a sponge, or vacuum, and rinse.
19. Clean Floors Remove dirt and grime (without unwanted scratch marks) from no wax and tile floors using $\frac{1}{2}$ cup baking soda in a bucket of warm water—mop and rinse clean for a sparkling floor. For scuff marks, use baking soda on a clean damp sponge, then rinse.

DESSERTS

20. Clean Furniture You can clean and remove marks (even crayon) from walls and painted furniture by applying baking soda to a damp sponge and rubbing lightly. Wipe off with a clean, dry cloth
21. Clean Shower Curtains Clean and deodorize your vinyl shower curtain by sprinkling baking soda directly on a clean damp sponge or brush. Scrub the shower curtain and rinse clean. Hang it up to dry.
22. Boost Your Liquid Laundry Detergent Give your laundry a boost by adding $\frac{1}{2}$ cup of baking soda to your laundry to make liquid detergent work harder. A better balance of pH in the wash gets clothes cleaner, fresher and brighter.
23. Gently Clean Baby Clothes Baby skin requires the gentlest of cleansers, which are increasingly available, but odor and stain fighters are often harsh. For tough stains add $\frac{1}{2}$ cup of baking soda to your liquid laundry detergent, or a $\frac{1}{2}$ cup in the rinse cycle for deodorization.
24. Clean Cloth Diapers Dissolve $\frac{1}{2}$ cup of baking soda in 2 quarts of water and soak diapers thoroughly.
25. Clean and Freshen Sports Gear Use a baking soda solution (4 Tbsp. baking soda in 1 quart warm water) to clean and deodorize smelly sports equipment. Sprinkle baking soda into golf bags and gym bags to deodorize, clean golf irons (without scratching them!) with a baking soda paste (3 parts baking soda to 1 part water) and a brush. Rinse thoroughly.
26. Remove Oil and Grease Stains Use baking soda to clean up light-duty oil and grease spills on your garage floor or in your driveway. Sprinkle baking soda on the spot and scrub with a wet brush.
27. Clean Batteries Baking soda can be used to neutralize battery acid corrosion on cars, mowers, etc. because it's a mild alkali. Be sure to disconnect the battery terminals before cleaning. Make a paste of 3 parts baking soda to 1 part water, apply with a damp cloth to scrub corrosion from the battery terminal. After cleaning and re-connecting the terminals, wipe them with petroleum jelly to prevent future corrosion. Please be careful when working around a battery—they contain a strong acid.
28. Clean Cars Use baking soda to clean your car lights, chrome, windows, tires, vinyl seats and floor mats without worrying about unwanted scratch marks. Use a baking soda solution of $\frac{1}{4}$ cup baking soda in 1 quart of warm water. Apply with a sponge or soft cloth to remove road grime, tree sap, bugs and tar. For stubborn stains, use baking soda sprinkled on a damp sponge or soft brush.
- BAKING SODA - DEODORIZING**
29. Deodorize Your Refrigerator Place an open box in the back of the fridge to neutralize odors.
30. Deodorize the Cutting Board Sprinkle the cutting board with baking soda, scrub, rinse.
31. Deodorize Trashcans Sprinkle baking soda on the bottom of your trashcan to keep stinky trash smells at bay.
32. Deodorize Recyclables Sprinkle baking soda on top as you add to the container. Also, clean your recyclable container periodically by sprinkling baking soda on a damp sponge. Wipe clean and rinse.
33. Deodorize Drains To deodorize your sink and tub drains, and keep lingering odors from resurfacing, pour $\frac{1}{2}$ cup of baking soda down the drain while running warm tap water—it will neutralize both acid and basic odors for a fresh drain. (This a good way to dispose of baking soda that is being retired from your refrigerator.)
34. Deodorize and Clean Dishwashers Use baking soda to deodorize before you run the dishwasher and then as a gentle cleanser in the wash cycle.

DESSERTS

35. Deodorize Garbage Disposals To deodorize your disposal, and keep lingering odors from resurfacing, pour baking soda down the drain while running warm tap water. Baking soda will neutralize both acid and basic odors for a fresh drain.

36. Deodorize Lunch Boxes Between uses, place a spill-proof box of baking soda in everyone's lunch box to absorb lingering odors.

37. Remove Odor from Carpets Liberally sprinkle baking soda on the carpet. Let set overnight, or as long as possible (the longer it sets the better it works). Sweep up the larger amounts of baking soda, and vacuum up the rest. (Note that your vacuum cleaner bag will get full and heavy.)

38. Remove Odor from Vacuum Cleaners By using the method above for carpets, you will also deodorize your vacuum cleaner.

39. Freshen Closets Place a box on the shelf to keep the closet smelling fresh.

40. Deodorizing Cars Odors settle into car upholstery and carpet, so each time you step in and sit down, they are released into the air all over again. Eliminate these odors by sprinkling baking soda directly on fabric car seats and carpets. Wait 15 minutes (or longer for strong odors) and vacuum up the baking soda.

41. Deodorize the Cat Box Cover the bottom of the pan with baking soda, then fill as usual with litter. To freshen between changes, sprinkle baking soda on top of the litter after a thorough cleaning.

42. Deodorize Pet Bedding Eliminate odors from your pets bedding by sprinkling liberally with baking soda, wait 15 minutes (or longer for stronger odors), then vacuum up.

43. Deodorize Sneakers Keep odors from spreading in smelly sneakers by shaking baking soda into them when not in use. Shake out before wearing.

44. Freshen Linens Add ½ cup of baking soda to the rinse cycle for fresher sheets and towels.

45. Deodorize Your Wash Gym clothes or other odoriferous clothing can be neutralized with a ½ cup of baking soda in the rinse cycle.

46. Freshen Stuffed Animals Keep favorite cuddly toys fresh with a dry shower of baking soda. Sprinkle baking soda on and let it sit for 15 minutes before brushing off.

47. Camping Cure-all Baking soda is a must-have for your next camping trip. It's a dish washer, pot scrubber, hand cleanser, deodorant, toothpaste, fire extinguisher and many other uses.

48. Extinguish Fires Baking soda can help in the initial handling of minor grease or electrical kitchen fires, because when baking soda is heated, it gives off carbon dioxide, which helps to smother the flames. For small cooking fires (frying pans, broilers, ovens, grills), turn off the gas or electricity if you can safely do so. Stand back and throw handfuls of baking soda at the base of the flame to help put out the fire—and call the Fire Department just to be safe.

49. Septic Care Regular use of baking soda in your drains can help keep your septic system flowing freely. One cup of baking soda per week will help maintain a favorable pH in your septic tank.

50. Fruit and Vegetable Scrub Baking soda is the food safe way to clean dirt and residue off fresh fruit and vegetables. Just sprinkle a little on a clean damp sponge, scrub and rinse.

DESSERTS

HOMEMADE WOOD CLEANER

¾ c olive oil

¼ white vinegar

fragrant oil or lemon (opt.)

Mix It Up. Pour ¾ cup of olive oil into a clean plastic spray bottle. Add ¼ cup of vinegar. If you like, add fragrant oil or lemon juice. Shake well and enjoy...even on your salad. When done, be sure to store in a cool dark cabinet or pantry away from heat producing appliances such as stoves, toasters, microwaves, etc.

VINEGAR – HOUSE CLEANING

To shine chrome sink fixtures that have a lime buildup, use a paste made of 2 Tbsp. salt and 1 tsp. white distilled vinegar.

Make your own scouring cleanser by combining ¼ cup baking soda with 1 Tbsp. liquid detergent. Add just enough white distilled vinegar to give it a thick but creamy texture.

Clean and deodorize a drain by pouring in 1 cup baking soda, then one cup hot white distilled vinegar. Let this sit for 5 minutes or so, then run hot water down the drain

Clean the microwave by mixing ½ cup white distilled vinegar and ½ cup water in a microwave-safe bowl. Bring it to a rolling boil inside the microwave. Baked-on food will be loosened, and odors will disappear. Wipe clean.

Clean grout by letting full-strength white distilled vinegar sit on it for a few minutes and scrubbing it with an old toothbrush.

To make the toilet bowl sparkle, pour in a cup or more of diluted white distilled vinegar and let it sit several hours or overnight. Scrub well with the toilet brush and flush.

Some carpet stains can be removed with a paste of 2 Tbsp. white distilled vinegar and ¼ cup salt or baking soda. Rub into the carpet stain and let dry. Vacuum up the residue the next day. (Always test on an out-of-sight part of the carpet first).

Clean up pet accidents by first blotting up the area and then adding a white distilled vinegar-and-water solution. Blot until it is almost dry. Then sprinkle baking soda over the area and let it dry. Vacuum up the residue the next day.

Clean your grill by spritzing white distilled vinegar over wadded up aluminum foil and scrubbing the grill vigorously with it.

VINEGAR - LAUNDRY

Prevent lint from clinging to clothes by adding ½ cup white distilled vinegar to the wash cycle.

To remove soap residue that makes black clothes look dull use white distilled vinegar in your final rinse.

Get stained white socks and dingy dishcloths white again. Add 1 cup white distilled vinegar to a large pot of water, bring it to a rolling boil and drop in the articles. Let soak overnight.

Some stains on clothing and linens can be soaked out using equal parts milk and white distilled vinegar.

Get cleaner laundry! Add about ¼ cup white distilled vinegar to the last rinse. The acid in white distilled vinegar is too mild to harm fabrics, yet strong enough to dissolve the alkalis in soaps and detergents. Besides removing soap, white distilled vinegar prevents yellowing, acts as a fabric softener and static cling reducer, and attacks mold and mildew.

DESSERTS

OTHER USES FOR...SHAVING CREAM

- CHROME—Polish chrome fixtures with shaving cream.
- MAKEUP STAIN—Get makeup stains out of your clothes. Rub a dollop of shaving cream into the stain as a pre-treater before you wash.
- DEAD SKIN—Get dead skin off dry, cracked feet with a Listerine and shaving cream foot soak. Warning: It may make your foot feel very cold.
- MARBLING—Marble fabric by combining your favorite fabric paint with some shaving cream.
 - Use a similar technique to marble Easter eggs.
- PAINT—Make some bathtub paint for the kids. Cleanup is super easy... it comes right off!
- DEFOGGER—Fog-proof your car windows with shaving cream. It has a lot of the same ingredients as commercial defoggers.
 - Also works for house mirrors and glasses.
- BALLOONS—Fill balloons with shaving cream instead of water for lots of squishy fun!
- MIRRORS—Defog the mirrors in your bathroom with shaving cream.
- SOAP SUB—Use shaving cream instead of soap to get paint/grease off your hands.
- GLOVES—Break in a new baseball glove by rubbing shaving cream into the leather. Add a baseball, squeeze it shut and let it sit overnight.
- PLAYDOUGH—If you're not afraid of the mess, make some shaving cream playdough with the kids. The texture is very similar to moon sand.
- HAIR—Make your tousled locks hold up all day with a dollop of shaving cream worked into your hair.
- SUEDE—Get oily or dirty spots out of suede shoes. Rub some shaving cream into the material, let it sit for a few minutes and then remove with a damp washcloth and let dry. You may need to brush the nap back up after.
- CARPET STAIN— Drop something on your carpet that left a stain? Don't worry! You don't need a stain remover. Just apply shaving cream to the area, let it sit, and then dab (don't rub!) the stain. It should lift right out.
- NAIL POLISH— I don't know about you, but whenever I paint my nails at home, I end up with nail polish all over my fingers. It's hard to pick off, and using nail polish remover can screw up your nails if you're not careful. Wait until your nails are completely dry, then apply shaving cream onto your hands. Scrub, rinse, and your hands will be nice and clean!
- HINGES— I told you last week that conditioner can fix squeaky hinges, and shaving cream can do the same thing! Just spray a tiny bit in an annoying hinge, and it won't make any more noise.
- SUNBURNS—For minor sunburns with no blisters, you can use shaving cream for a bit of relief from the pain. Yes, it is a little messy and funny-looking. I apply it to the burn as if I was going to shave that area, then I let it sit. I leave it on until it has soaked in, then I wipe it off using cool water.
- SCHOOL— It's quick and easy to place a small dollop of shaving cream on students' desks with a paper towel to wipe it off. Lower elementary-age kids can practice writing sight words before wiping it away.
- JEWELRY—Shaving cream makes a pretty good cleaner, but it's not too aggressive. Just cover jewelry in shaving cream, rub it around, and then wipe clean.
- OVEN—If you need to clean a small spot in your oven, just grab the shaving cream and a scouring pad!

OTHER USES FOR...SHAMPOO

- Washing up liquid—Shampoo is twice as effective on dirt than regular dish soap and much gentler on skin.
- Brush cleaner—Keeping makeup brushes, hairbrushes, and paint brushes clean is essential for banishing hidden dirt and bacteria. Remove excess hair, residue, and paint from your brushes then leave them to soak in a bowl of warm water and shampoo for 10-15 minutes. Rinse and leave them to dry out for squeaky-clean brushes.

DESSERTS

- Clean delicates—Instead of forking out for expensive hand wash products, just use shampoo to wash your delicates instead. Use shampoo as you would normal hand wash detergent and rinse out.
- At-home manicure—You don't have to go to the salon to treat yourself to a manicure. Soak hands in shampoo and warm water for silky soft mitts and clean cuticles.
- Stop foggy mirrors—Squirt a bit of shampoo on a paper towel and rub it into the mirror then with a clean cloth wipe it away. Next time you shower your mirror will be fog free with no streaks.
- Body wash—If you've run out of shower gel or want to save space on packing, shampoo can easily be used as body wash.
- Stuck zipper—Put a drop of shampoo on a Q-tip and dab it onto the zipper. The shampoo will help the zipper to slide easily.
- Buff your shoes—In a pinch, you can revitalize leather shoes and purses by using a small amount of shampoo on a clean cloth. Rub into worn areas as you would shoe polish, and give it a buff. This also offers some protection from salt stains.
- Laundry stains—Treat the stain with a few drops of shampoo, rub them in, let soak, and then launder as usual.
- Bandage pain—Let a few drops of shampoo soak through the adhesive part and the bandage should peel off without pain and sticking.
- Bath time—In a pinch, shampoo can be used as a substitute for bubble bath.
- Shaving cream substitute—Lather up, shave away. Shampoo is much more nourishing/less drying than soap, which is what many women use on their legs.
- You can clean houseplant leaves using a few drops of shampoo in a bowl of water; dip a towel in the solution, wring it out, and wipe away dust.
- Floor spills—Try shampoo on rug and carpet spills, dab a few drops on with some water and blot with a towel. Repeat until spill is gone.
- Playtime—Diluted shampoo can take the place of bubble soap for bubble-blowing wands.
- Car wash—Add 1/4 cup shampoo to a pail of warm water and lather up the car as usual.
- Clean chrome—Shampoo mixed with baking soda into a paste can be used to clean chrome on vehicles; rinse thoroughly and buff to shine.
- Loosen up—Loosen stuck nuts and bolts with a drop of shampoo. Let it seep into the threads and the bolt should loosen easily.
- Body scrub—Make your own body scrub by mixing unwanted shampoo with sugar or salt. A word of caution: sugar is less abrasive and just as good an exfoliant as salt. Salt can scratch skin and sting like the dickens when it does, too!
- Feet—Revitalize your feet give them a pick-me-up while you sleep. Rub a little shampoo all over your feet and put on a light pair of cotton socks. When you wake up, your feet will feel smooth and silky.
- Walls—Remove hair spray from walls. Shampoo is tailor-made to handle hair product buildup.
- Paint, blood, and stains—It might sound impossible but try it if you have got paint on your clothes. It will take the paint right off the clothes. Shampoo can remove the blood from your white linens. Pour the shampoo directly onto the blood spot and cover the area with a wet towel. Let it sit for 15-20 minutes. See it for yourself what shampoo can do, and your detergent could not. It really works. Use to wash out pantyhose, tights, and stockings. To get the yellow off of the collar and cuffs from a shirt use shampoo as a pretreatment and see it working. Shampoo works well on laundry stains—treat the stain with a few drops of shampoo, rub them in, let soak, and then launder as usual.
- Bathroom—If you are out of toilet cleaner try using shampoo. It does work as a good tub cleaner.
- Fishing—Use it for cleaning the cork handles on old fishing poles.
- Oven—Clean the grill rack from the oven.
- Cemetery—Use shampoo and a soft bristled brush to clean family headstones. Rinse the suds clean, and the headstone will be clean and shiny.
- Grab the shampoo and a clean rag to spot clean the outside of your refrigerator and stove. It will remove greasy spots, as well as dirt and other food spills too.

DESSERTS

- Toilet—Shampoo can also be used to unclog a toilet. This is quite helpful in a hotel room. Pour a little shampoo in the water so it hits the side of the bowl and slides down next to the offending material. Wait 15 minutes. Flush.
- Fake plants—You can clean houseplant leaves using a few drops of shampoo in a bowl of water; dip a towel in the solution, wring it out, and wipe away dust.
- Shrunken sweater—Fill a basin with warm water, squirt in some baby shampoo, and swish once with your hand. Lay the sweater on top of the water and let it sink on its own and soak for 15 minutes. Gently take your sweater out without wringing it and put it in a container, then fill the sink again with clean water. Lay the sweater on top and let it sink again to rinse. Take the sweater out, place it on a towel, and roll the towel to take out most of the moisture. Lay the sweater on a dry towel on a flat surface and gently start to reshape it. Come back to the sweater while it's drying to reshape a little more each time.

OTHER USES FOR...BAR SOAP

- Protect furniture—Is your furry friend tearing your furniture to shreds? Or perhaps there's a horse next door that won't leave your tree alone? No one likes the taste of soap - animals included. Rub a bar of soap onto the object that's being bitten, and it will be left alone in the future.
- Hide holes—Use a bar of soap to hide holes. Soap could be just the trick to filling those unsightly holes left by hung pictures and mirrors. Rub a bar of similarly-colored soap into the hole to fill it out and disguise the gap - genius!
- Sewing—Make sewing easier using soap. Some fabrics can be really tricky to get through, even with a sharp needle. If you're really struggling, a great hack is to rub the end of the needle over a dry bar of soap. It will act as lubrication and make sewing easier.
- Gas leaks—If you're ever worried about gas leaks, soap can help you find the problem (or lack of). Rub soap over the pipe. If it bubbles, there's a problem and you should call for assistance immediately.
- Mosquito repellent—Bugs can be seriously pesky, especially in Summertime. If you're out of mosquito repellent, try spritzing soapy water onto skin instead.
- Squeaky floorboards—You know that one floorboard that always squeaks? You can fix it using soap! Rub soap around the edge of the floorboard in question to silence it once and for all.
- Make liquid soap—We really love this idea. Bar soap is often much cheaper than liquid soap - why not dilute it down and make your own?
- Smelly shoes—If your shoes are starting to smell, try using a bar of soap to freshen them up. Wrap a bar of soap in a piece of kitchen paper, place inside the offending shoes and leave overnight. Wake to find them smelling as fresh as the day you bought them!
- Homemade bug repellent—Mix up a soapy solution of soap and water (you can either do this by shaking soap shavings in a bottle of water or heating soap in water on the hob). Pour into a spray bottle and spritz onto the underside of your plant leaves.
- Pin cushion—Take a plain bar of soap, and wrap it in either fabric or wrapping paper. Push your pins into the block, and it will keep them firmly in place (and lubricated too). TOP TIP: Try using patterned paper/fabric for a really pretty end-product.
- DIY clothes freshener—Are you sick of pulling your Summer clothes out the drawer to find them smelling musty? To keep clothes smelling fresh, even when not in use, place a bar of soap wrapped in fabric and tied with string or elastic band in with them.
- Woodwork—Could the key to a perfectly-straight, DIY shelf be a bar of soap? Just as soap helps screws glide, rubbing a bar along the edge of your saw will yield impressively smooth, accurate results.
- Jewelry—Just lather up as you would when washing your hands, and the stuck ring(s) will slip straight off - lifesaver!
- Perfect Manicure—Choose a ramekin or bowl that is deep enough and wide enough to fit your fingers. Cover the base with dish soap. Soak for 1-2 minutes on both hands. Rinse and get to trimming or pushing back those cuticles.

DESSERTS

- De-Icing—1 teaspoon Dish Soap + 1 tablespoon Rubbing Alcohol + ½ gallon Hot or Warm Water. Get your hands on a deep bucket with an easy-pour lip. Mix your anti ice recipe together in the bucket. Pour the de-ice mixture on surfaces with ice or that are prone to ice.
- Body wash—6 cups water + 3 bars of soap. Put water into a pot on the stove and bring to a boil, then turn down to medium heat. Microwave the bars of soap for approximately 30 seconds at a time in a microwave-safe container. The soap will get soft and melty after about 90 seconds. When melted, immediately transfer to pot of water. Continue stirring occasionally over medium heat until all the soap is dissolved. It might take a while, but you want to make sure every piece of soap is completely dissolved before you transfer it to containers. When completely dissolved, transfer to a glass jar or bowl and allow to cool. Then pour it into a bottle for use! It will thicken as it cools and will continue to thicken for about 24 hours. If it gets too thick, simply add some water until it's the desired consistency.

OTHER USES FOR...CANOLA OIL

- Furniture Conditioner/Polisher—Cooking oils can make a great wood furniture polish and conditioner. I have used it on butcher block in the past. Combine equal parts oil with vinegar for an amazing mixture that can make old, scratched furniture look almost new.
- Remove paint—Get paint off your hands. Rub some oil into your skin, let it sink in for 5 minutes, and then wash thoroughly with soap.
- Protect furniture—It helps keep rattan and wicker furniture from cracking. Just gently rub some warm oil into the furniture with a soft cloth.
- Making Diesel—Old cooking oils can be processed and burned in diesel engines or taken to a recycling station that accepts oil for recycling purposes.
- Clean Pearls—Canola Oil can pick up dirt and grime while making the pearl shiny. Wipe the pearls down with a paper towel or cloth with the oil on it and let it sit for a while. Rinse it off with water and then wipe it down with paper towel or cloth again. You may also want wash with a mild dish soap before using again.
- Sticky Labels or Stickers—If you have a hard time removing adhesive from something that you peeled a label off of, just rub some Canola Oil on it and clean it off.
- Ant Bait/Poison—One part Canola Oil, two parts Borax, and one part honey (or white sugar) will make a good insect bait and poison. The oil and sugar will attract the insects and the Borax will dehydrate and kill the insects. If they carry it back to their nest, it will poison the rest of them as well. Keep in mind, though, that Borax will not be effective on insects that have piercing mouthparts such as ticks, bed bugs, lice, or aphids.
- Sticky Keyholes—If there is a lock in or out of your house that has a hard time unlocking, just dip the key in Canola Oil before putting the key in the lock and it should be easier to manipulate.
- Stress Shaker—1) Add in one part Canola Oil to an empty clear plastic bottle. 2) Add in a whole ton of sparkles and some food coloring if you need to get rid of that, too. 3) Add in one part water, allowing about 1/8 or so of the bottle empty. 4) Super glue the lid on, and shake whenever you get super stressed out. Set it down and watch the water and oil separate. What it does: Calms you down and makes your head and your wallet happy.
- Snow Shovels—Rub some Canola Oil on your shovel to make shoveling fast and easy.
- Mosquito Repellent—Rub the rim of your birdbath, bird feeder, birdhouse, or other outdoor objects with Canola Oil to repel mosquitoes.
- Lawnmower Grass—To keep wet and sticky cut grass from getting caught in the bottom of your lawn mower next summer, wipe the blades and the inside of the blade covering with Canola Oil.
- Car Cleaner—Put some Canola Oil on a paper towel and use it to wipe down any area that needs to remove dust, dirt, bugs, pollen, or anything else. It will work fine as a cleaner and polish.
- Wood Finish—I would recommend using this only for outdoor objects and not indoor furniture you come on contact with all the time. Mix a bottle of Canola Oil with 1/2 cup of vinegar or lemon juice and rub down unfinished wood with it.

DESSERTS

- Also...
 - Antistatic for paper and plastic wrap
 - Industrial lubricants
 - Dust suppressants
 - Biodiesel
 - Printing inks
 - Cosmetics
 - Sunscreen and suntan oil
 - Toothpaste
 - Pesticides
 - Oiled fabrics
 - Plasticizers
 - Bio-plastics
 - Softening agent for applying plastic casings on window panes
 - Mold releaser in metal fabrication

OTHER USES FOR...YEAST

- Against oily skin—Yeast is useful for purifying virtues and equilibration for a purifying mask, dilute the contents of one packet of yeast in a little warm water to make a smooth paste. Let stand 30 minutes before applying a thick layer on the face. Leave on for 20 minutes then rinse with warm water.
- Yeast Against Acne—A scientific committee has approved its use in the treatment of chronic forms of acne for its purifying properties and antibacterial.

OTHER USES FOR...BLEACH

- FLOWERS—Freshly cut flowers will stay fresh longer if you add 1/4 teaspoon bleach per liter of vase water. Another popular recipe calls for 3 drops of bleach per quart and 1 teaspoon of sugar in 1 liter water. This will help keep the water from getting cloudy and inhibit the growth of bacteria.
- WEEDS—Do weeds seem to thrive in the cracks and crevices of your walkways? Try pouring a bit of undiluted bleach over them. After a day or two, you can simply pull them out, and the bleach will keep them from coming back. Just be careful not to get bleach on the grass or plantings bordering the walkway.
- BUTCHER'S BLOCK—Scrub the surface with a brush dipped in a solution of 1 teaspoon bleach diluted in 2 liters water. Scrub in small circles, and be careful not to saturate the wood. Wipe with a slightly damp paper towel, then immediately buff dry with a clean cloth.
- LAUNDRY—To whiten my duvet covers and bed sheets, I set my washer to the hottest water setting and soak them in a solution of 1 cup Clorox® Regular-Bleach for my 40 gallon washer filled half way (20 gallons). I make sure the duvet is fully submerged and allow it to soak for 5 minutes. Then I wash the duvet in hot water, using detergent and 1/2 cup Clorox® Regular-Bleach. If your laundry machine doesn't have a bleach dispenser, be sure to add water and bleach to the washer before you add your items. This will help you achieve uniform whitening.
- TILE GROUT—The grout in our master bathroom always dulls around the toilet and shower area. I blame my husband for this. To whiten the grout, I mix 3 parts bleach and 7 parts water in a plastic spray bottle designed for cleaning. I spray the grout and allow it to penetrate for a few minutes before scrubbing it with an old toothbrush or bristle brush. I then rinse it with fresh water and dry with a rag. Ta da! I have grout that looks brand new. I have also heard that the Clorox® Bleach Pen Gel works great on grout lines, but I haven't tried that method yet.
- PLASTIC TOYS—I swear that we have enough Legos in our house to build a summer home! My boys LOVE Lego sets and over the years we have acquired a king's ransom worth of these suckers. All of those nooks and crannies in the Legos, and their germ harboring potential admittedly creep me out during bouts of illness in our family. To clean the Legos, I place 1/2 cup of Clorox in 1 gallon of warm water and allow them to soak for 5 minutes. I strain the Legos in a large colander, rinse them under water, and then run them through a salad spinner to remove excess water. I allow the Legos to dry completely in the colander before returning to the toy bin.
- CUSTOM CLOTHING—Did you know that bleach works as a great crafting medium on dark colored cotton clothing? You can see how to stamp a t-shirt using bleach in this post I did all the way back in 2009! I recommend buying second hand clothing for this project or using an item of clothing that does not hold much value to you. This is particularly fun to do with black clothing because the bleach will create a pink design. Who doesn't love black and pink? My husband

DESSERTS

made this shirt for me by dipping stamps in bleach and holding it on the material until it dried. He then washed the shirt as normal. Using bleach in this way will indeed weaken the fabric in the bleached areas, but for a fun and inexpensive second-hand t-shirt it makes a great gift!

- **SHOWER CURTAIN**—Get mold and mildew off your shower curtains. Wash them—along with a couple of bath towels (to prevent the plastic curtains from crinkling)—in warm water with 1/2 cup chlorine bleach and 1/4 cup laundry detergent. Let the washer run for a couple of minutes before loading. Put the shower curtain and towels in the dryer on the lowest temperature setting for 10 minutes, then immediately hang-dry.

OTHER USES FOR...LAUNDRY DETERGENT

- **OIL SPILLS**—You can purchase products specifically designed to clean up oil spills at home. Some can cost a significant amount of money, such as Ultratech's Ultra-Oil stain remover. However, if you have powdered laundry detergent handy, it can do an excellent job. As WikiHow demonstrates, you simply pour some of the powdered detergent on the stain, followed by a little water. After leaving it overnight, come back and spray the mixture off. The oil spill should be gone, or at the very least, be almost invisible.
- **CLEAN OVEN**—In a spray bottle, mix together liquid laundry detergent with bleach and water. It makes an awesome stove degreaser, especially for those ceramic hobs that catch all the grease splatters. Now, if you're worried about mixing bleach with anything, you're right to be concerned. It's very dangerous to mix bleach with other household chemicals...with one exception. Rick Sachleben of the American Chemical Society assures us it's safe; "Laundry detergent is formulated to be safely mixed with bleach." So, don't worry, it's perfectly safe, and effective.
- **CARPET STAINS**—For newly stained areas, work both baking soda and powdered detergent into the stain and let it sit for several minutes. Vacuum away the residue. For tough, set-in stains, mix water and 2 tablespoons of liquid laundry detergent together in a spray bottle. Spray the solution onto the stain and let it sit for several minutes. Use a clean cloth to blot the stain and clean it away. Repeat if necessary.
- **MOPPING SOLUTION**—Fill your mop bucket with warm water. Add 1/2 cap of liquid laundry detergent and mix it in. Use the solution to mop away dirt and grime from your hard floor surfaces.

OTHER USES FOR...SHORTENING

- **SQUEAKY HINGES**—Lightly apply a layer of Crisco to the metal hinge, and work it back and forth by opening and closing the door until the noise disappears.
- **COCKROACHES**—Make a paste of equal parts Crisco and Borax. Apply it to flat items from your recycle box, like plastic lids, cardboard squares, or shallow aluminum tins. Place in an area where annoying critters have taken up residence (garage, under the sink, etc.). This cheap, non-toxic alternative to expensive sprays and unsafe chemicals will make them disappear in no time.
- **LOCK LUBE**—If you have to maneuver a key back and forth in a lock to get it to open, it may be time to clean it. Place a little Crisco on the key, and pull it back and forth a few times in the lock. The friction should cause some Crisco to deposit inside the lock, lubing it and forcing any gunk that's inside to slide away. Just wipe the excess off your key before placing it back in your purse or pocket.
- **"MAGIC" LETTER BAG**—Take a cue from my child's preschool teacher, who struggles to get kids to learn to write upper and lowercase letters: make a cheap version of a Magna Doodle board using Crisco and a zip-top bag. Add 1/3-1/2 cup of Crisco to a zip-top bag (the measurement doesn't have to be exact) and press it closed. Add some duct or mailing tape to the top of the bag so that it can't be reopened. Place the bag on a flat surface, working the Crisco into an even layer. Kids can then use their fingers to "write" and erase letters of the alphabet one by one (note: hair gel can also be substituted and works well for this low-cost activity).
- **HEADLIGHTS**—When bugs and debris cloud your car's headlights, spread some Crisco on the outside, let it sit for a minute, then wipe away the gunk with an old cloth. Do the same on your car's license plates — it removes all kinds of messy buildup with ease.

DESSERTS

- **GREASE A PAN**—Instead of a costly spray oil like Pam, use what your grandmother used when she needed to grease a baking sheet: Crisco. Apply a thin layer with a repurposed butter wrapper or piece of Saran wrap. Dust lightly with flour. Whether baking brownies in a glass pan, preparing a Bundt cake pan, or dropping cookies onto a flat sheet, a canister of Crisco will stretch much further than an aerosol spray can.
- **STICKY GUM**—Whether it's a wad of chewing gum in bangs, a lollipop stuck to the back of a ponytail, or wax on an adult from a facial hair removal attempt gone wrong (all actual occurrences in my home!), a bit of Crisco worked into hair can remove just about anything. Just finish the job with a good shampooing afterwards.
- **SURVIVALIST CANDLE**—In a blackout, a long-burning candle is essential. Don't have one? Don't panic. You can make one from—you guessed it—a canister of Crisco! Simply add a taper candle (or actual wick, if you happen to have one) into the middle of the canister, light, and enjoy a candle that will last 45 days when burned for eight hours a day. Now that's a wonderful DIY survivalist staple! Note: be cautious of lighting the flame too near the cardboard outside, as that can catch on fire and burn.
- **DRY SKIN**—Crisco provides an easy way to get rid of dry patches of skin on problem areas like elbows, cuticles and heels. Rub a generous amount (maybe it's the foodie in me, but I love using butter-flavored Crisco for the smell) into the dry skin at night, and cover with a cloth (socks for feet, cotton gloves for hands, and an old Ace bandage around a joint like elbows or knees). In the morning, your skin will be smooth! Wipe away any excess or wash gently with soap and water to remove, and have clean, super-soft skin.
- **UNRULY BROW**—Have a couple of eyebrow hairs that won't stay down? Add a fine swab of Crisco to the hair and brush it back into place with an old, soft toothbrush.
- **SEASON COOKWARE**—If you've recently purchased new cast iron, you know it has to be seasoned. Rub the pan with some Crisco, bake it at 200 degrees for about 2 hours and you're on your way. You'll have to do this a few times, but then you'll have an awesome cooking tool!
- **SEASON CUTTING BOARD**—Just like the cast iron, Crisco will help season your new wooden cutting board {or bowl or spoon}. Simply rub some on, leave overnight and go on your merry little way.
- **RAIN BOOTS**—Clean those rubber boots with a little Crisco and a rag. They'll shine right up!
- **BABY'S BUM**—If your child has a mean diaper rash, spread a little Crisco on that bum when you change their diapers. Works to help keep moisture off their little bums and clears that rash right up!

OTHER USES FOR...ALUMINUM FOIL

- **AS A LINING**—Not only is the foil easy to clean with a damp sponge, but it will help reflect light in a cabinet's dark corners.
- **AS A POLISHER**—With this nifty trick, a chemical reaction causes tarnish to transfer from your silver flatware to the aluminum foil. Line a plastic bin with the foil (shiny side up), and place the silver pieces inside. Pour in a 1/4 cup washing soda, and a gallon of boiling water. Stir and let soak for 10 to 15 minutes. Get more details about this method [here](#).
- **AS A CLEANER**—A ball of foil makes quick work of de-gunking a grill of any burnt-on barbecue leftovers.
- **AS PIE PROTECTOR**—Worried about burning your famous apple pie? Cover the edges with a ring cut out of aluminum foil to keep the crust from getting too brown.
- **AS CARD CONCEALER**—If you have a "swipeless" credit card with an RFID chip (not a traditional card with a magnetic strip), it's possible that con artists can scan it and collect certain account information through your wallet. The risk is very minimal — these scans won't give thieves enough information to make a fraudulent purchase in your name. But if the thought still makes you uneasy, wrap your card in a piece of aluminum foil to deflect the scanner.
- **AS A DISH SCRUBBER**—Like steel wool, a ball of aluminum foil can help clean cookware you can give a good scrub, like glass casserole dishes or cast-iron skillet.
- **AS A SCARE TACTIC**—Chances are you love seeing brightly colored feathered friends around your garden, but if you have a fruit tree, you might not want birds feasting on your bounty. Like

DESSERTS

the reflective tape sold at garden stores, strips of aluminum foil hung in your tree can help keep them away.

- **AS A MOVER**—Wrap the feet of your couch in a few layers of heavy duty foil to help scoot it across carpeting (but avoid using this trick on delicate surfaces or furniture that the foil could scratch).
- **AS AN IRON AID**—Aluminum foil reflects heat, so try placing a sheet under your ironing boards cover, to smooth wrinkles a bit quicker.
- **AS A FUNNEL**—In a pinch, create a makeshift funnel (which you can even bend to fit in tight spaces) out of a piece of foil fashioned into a cone.
- **AS A SOFTENER**—When a recipe calls for a tablespoon of brown sugar, but you'd need a chisel to carve it out, a little heat can help. Wrap the sugar in a piece of aluminum foil and toss it in a 350-degree oven for five minutes.
- **AS A SAVER**—One of the worst parts of painting is cleaning the brushes, especially if you know you'll need them the next day. Instead of washing the brushes, wrap them up tightly in aluminum foil and stick them in your refrigerator. They may be a little cool to the touch, but they'll be ready to go.
- **AS A REPELLANT**—As much as we love our animals, there are certain pieces of furniture they shouldn't go near. When you can't be at home to shoo them away, try this trick: Place a sheet of aluminum on top of the couch, table or seat. The sound of the crinkling foil will remind them that this isn't the best place to hang out.
- **AS A SHARPENER**—Sure, we should routinely sharpen our shears professionally, but that means a. Finding a pro who can do that and b. Making time for that appointment. Instead, take the DIY route: Just use the blunt scissors to cut through a few sheets of aluminum foil.
- **AS A COOKING AID**—Tin foil is incredibly versatile, especially in the kitchen! Salmon filets in particular turn out perfectly moist and flaky when baked in tin foil pouches. ALSO, if you're baking something that you suspect may bubble while cooking, use tin foil to prevent a baked-on mess. Just line a cookie sheet with tin foil, and place the cookie sheet in the oven on the rack below what you're cooking. If the dish bubbles over, it will land on the tin foil and you can just toss it out later
- **AS A HEATER**—Tin foil is especially handy for keeping things warm, thanks to its reflective surface. If one part of your meal is ready before the rest of it, just wrap it up in tin foil to help keep it warm while the rest of the food finishes up.
- **AS A GARDEN AID**—If you're starting seeds indoors, they could use all the light they can get. One way to amplify the natural light is to line a shoebox with tin foil, and place your seedlings into the box. The foil will reflect the light (and heat!) onto the seedlings and help them grow.
- **AS A FREEZER AID**—Heavy-duty tin foil makes a great material to freeze things in because it doesn't allow air to pass through. It will keep the flavors in, and the smells from other foods out! Wrap and freeze bread products, casseroles, and more.
- **AS A DRYER AID**—Put a ball of foil in your tumble dryer and it acts like a dryer sheet.
- **AS A FIREPLACE CLEANER**—Looking for an easy way to clean the ashes out of your fireplace? Place a double layer of heavy-duty aluminum foil across the bottom of the fireplace or under the wood grate. The next day — or once you're sure all the ashes have cooled — simply fold it up and throw it away.

OTHER USES FOR...PLASTIC WRAP

- **FLOWERS**—Never again will you have to hand a friend a wilted bouquet of flowers, thanks to this genius freshness trick. By using a damp paper towel and plastic wrap to seal, your flowers will look like they came straight out of a flower shop.
- **FRUIT FLIES**—Get rid of those pesky fruit flies with this super easy trick from Somewhat Simple. All you need is a glass, apple cider vinegar, dish soap, plastic wrap, and a toothpick to make your home pest free.
- **BANANAS**—There's nothing worse than peeling a banana only to find out it's covered in mushy brown spots. Keep a bunch of bananas fresher for more days by covering the stem in plastic

DESSERTS

wrap. According to Good Housekeeping, some claim this can make them last up to 3 to 5 days longer.

- **ADHESIVE REMOVAL**—Got a sticker that just won't quit, even after what feels like years of scrubbing? Try plastic wrap. How to Clean Stuff recommends sealing a wet paper towel over the offending sticker with plastic wrap until it softens enough to be easily removed.
- **CLEAN FRIDGE**—The Virtuous Wife recommends sealing your refrigerator shelves with plastic wrap (ideally, the sealing kind). Instantly, fridge cleaning time is cut in half — just peel off the dirty wrap and apply another.
- **NAIL POLISH**—Get a marbled nail look by dabbing painted nails with plastic wrap dipped in a different color. Start with your first color and apply a coat to all your nails and let it dry completely. Apply a coat of your second color to each nail and blot it with a small piece of crumpled plastic wrap before moving on to the next nail. Repeat the process on each nail, let dry and apply one or two layers of top coat to seal.
- **PHOTOS**—Create cool photo effects. Wrap some plastic wrap around your lens for a cool blurred edge effect.

Kimberly Dunn
Owner/Editor Dunn Editing
Cell: (775) 453.8053

jkdunn_2@yahoo.com

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