

Chicken Tetrazinni

8 oz (4 cups cooked) spaghetti

1 c. water

2 T flour

1/3c. dry milk

3/4 c. water

1 chicken bullion cube

2 T butter or marg.

1/4 tsp. pepper

1 c. cut up chicken

1 sm can mushroom

Buttered bread crumbs

Heat oven to 350 degrees. Cook spaghetti. Mix water and flour in sauce pan until smooth. Stir in milk and bouillon cube. Heat to boiling, stirring consistently. Boil and stir one minute. Stir in butter or marg: pepper, chicken, mushrooms, and spaghetti. Put on buttered bread crumbs. Bake uncovered 30 minutes- serves 4

Lazy chili

1 1/2 cup water

2 T dry onion

1/2 tsp dry garlic

1 lb. hamburger

1 can kidney beans – drain

1 can crushed or diced tomatoes (15 oz)

1 can tomato sauce (15 oz)

1-2 T chili powder

Salt and pepper

Chili Mac Hamburger helper

1 lb browned and drained hamburger

Add:

2 t chili powder

3/4 T dried onion

1/4 t cumin

¼ t garlic powder
1 t salt
¼ t pepper
¼ sugar
2-15 oz tomato sauce
1 can water
1 c uncooked pasta

Bring to a simmer. Cook uncovered simmering 10 minutes. Then stir in macaroni and simmer slowly for 15 minutes. Can add water if needed.

1 Pot Spaghetti
1 lb browned drained hamburger
1 T dry onion
½ c. green peppers
1 t. oregano
2 t chili powder
2 small cans tomato sauce (8 Oz size)
½ of 8 oz package spaghetti (break up)
Place all together and cook until noodles are done.

Celery-Roni (1 pan)
Brown drain 1 lb. hamburger
Add:
1 T dry onion
½ tsp dry garlic
3 c water
2- 8 Oz cans tomato sauce
1 T parsley
2 t chili powder
½ t pepper
½ tsp salt
¼ tsp dried basil
¼ tsp oregano
1 package curly pasta
Parmesan cheese optional

Cook all together except parmesan cheese and pasta till boil. Add pasta and return to a boil. Cover and stir occasionally till tender. Turn down heat and cook till thick uncovered.

Texas hash
Brown and drain 1 lb hamb. Put in casserole
Add:
1 T dry onion
½ large green pepper
1-16 oz can tomatoes

½ c. uncooked reg rice
2 tsp salt.
2-3 tsp chili pepper
1/8tsp pepper
Bake in over 1 hour covered 4-6 servings

Anna's Sloppy Joes
1 lb browned drained hamb.
1 c. catsup
4 T water
2 T brown sugar
2 tsp Worcestershire sauce
2 tsp mustard
½ tsp garlic powder
½ onion powder
½ tsp salt
Simmer all together

Spaghetti sauce
1 lb browned drained hamb.
Add:
46 oz tomato juice
24 oz tomato puree
12 oz tomato paste
12 oz water
1tsp oregano
1 T dry onion
1 T chili powder
½-1 tsp dry garlic
1 tsp sugar
Salt and pepper to taste
Cook and simmer all day or until thick

Tara's chicken a la King
1 pint chicken cut up
1 can cream of mushroom soup
1 undrained mushroom
Mix together and put into greased muffin tins and top with biscuits
Bake at 400 degrees until biscuits are done

Mile high biscuits
3 c. flour
2 T sugar
1 T plus 1 ½ tsp baking powder
¾ tsp cream tarter
¾ tsp salt

3/4 c. shortening
1 egg- can use gelatin
3/4 c. milk

Mix egg with milk. Mix dry ingredients. Cut in shortening. Mix in wet- pat out, cut and bake 425 or use on above.

Ranchero bean casserole

1 lb browned drained hamburger
1 envelope onion soup mix
1 cup water
2/3 c. catsup
2 T mustard
2 cans pork and beans
2 cans red kidney beans
Stir together- bake 350 for 1 hour

Chilighetti

1 lb hamburger drained and browned
1 T dry onion
2 tsp chili powder
1 1/2 tsp salt
1/2 tsp pepper
1 can kidney beans
1 1/2 c. broken spaghetti noodles- uncooked
2 c tomato juice (have used tomato sauce (1/2) and water (1/2))
Add all but noodles and tomato juice. Mix well and layer mixture with beans and noodles, beginning and ending with beef. Pour tomato juice over all and bake 1 hour 350 degrees.

Sister Shook's Goulash

Cook 1 lb. hamb and drain
Cook 1 package pasta- drain
Mix together and add:
1 T onions
Salt and pepper to taste
3-4 cans tomato sauce
2 heaping T chili powder
Heat and serve

Laura's version of Sister Shook's goulash

Cook 1 lb hamb and drain
Cook 1 pkg pasta drain
Put together and add:
1 T dry onion
2 L tomato sauce
1 pkg taco seasoning

Sprinkles cayenne pepper or chili powder
Mix and serve

Chicken Casserole

1 can or pint jar chicken
1 can cream celery soup
1 can cream chicken soup
1 chicken bouillon in 1 can water
1 1/3 c min rice unprepared
Mix all up and add buttered bread crumbs. Bake 350 till bubbly

Hamb/green bean casserole

Brown and drain 1 lb hamb
1/4 t onion salt
Salt and pepper to taste
Reg can of drained green beans
1 can tomato soup
Mix together
Top with mashed potatoes
Bake 350

Maidrites

1 lb. browned and drained hamb
1 tsp dry onion
1 can chicken broth
Cook till broth is gone

Chicken or turkey casserole

9x13 pan
1 jar turkey or chicken
2 cans mushroom soup
1/2 can milk
Mix up and put over stuffing (homemade or stovetop)
Bake 350 20-30 minutes

Anyday dressing

12 slices bread
4 T butter
1/2 med onion or 2 tsp dry
1/2 tsp salt
1/4 tsp pepper
1/4 tsp sage
1/2 c. chopped celery
1 can chicken and rice soup
1/2 can water with 2 chicken bouillon cues
Mix well and bake uncovered 45 min 325 or 1/2 hour 350 min

Turkey or chicken or beef potpie

1 can chicken broth

1 potato diced

1 carrot diced

$\frac{3}{4}$ tsp salt

$\frac{1}{4}$ tsp pepper

1 c. peas diced

$\frac{1}{4}$ tsp basil leaves

1 $\frac{1}{2}$ T flour

2 T water

2 C cooked chicken or turkey

Measure $\frac{1}{3}$ cup broth set aside.

In pan combine all else (except peas) boil 10 minutes, add peas, cook 5 minutes

Blend flour and water and add to veggies, stirring till thick. Add meat and pour into pie crust

Bake at 350 degrees until pie crust is done

Variation: beef and beef broth

Pie crust

4 c. flour

1 $\frac{1}{2}$ tsp salt

1 $\frac{1}{2}$ C shortening

$\frac{1}{3}$ c. of the set aside broth

p.s. add 1 T sugar to crust for sweet pies (use water instead of the broth)

Make like pie crust- top and bottom crust- bake pot pie.

Beef and gravy

Jar of beef cubes

Add jar water

2-3 beef bouillon cubes

Thicken with corn starch- serve over rice, noodles or potatoes

Beef and noodles

1 jar beef (hamburger)

6-7 c. water

6-7 beef bouillon cubes

Add homemade noodles and cook- thicken with cornstarch.

Chicken and gravy

Jar chicken cut up

4-6 c. water

4-6 chicken bouillon cubes

Thicken with cornstarch

Chicken gravy

Jar chicken cut up

Cream mushroom soup

½ can milk
Can add mushrooms

Hamburger gravy
Just like chicken gravy

Hamburger Gravy
1 lb browned drained hamburger ½ stick margarine or ¼ c. butter
Flour

Mix to make a Rue
Then add like 4 c. milk. Stir and cook to thicken add more milk if needed.

Dried beef gravy
Make above rue and when milk is thickened add washed and torn dried beef. Serve over toast.

Chili- veggie soup
Small jar or ½ lb hamb cooked and drained
1 T dry onion
1 ¾ c (15 oz) Tomato sauce
1 ¾ c. (15 oz) Beef broth
1 ½ c. water
1-2 T chili powder
½ c salsa
1 cup dried veggies
1 can kidney beans drained
Crock Pot 6-8 hours

Pumpkin soup
1 can pumpkin
5 c chicken stock
2 T onion
2 c mixed powdered milk
Mix and bring 1st 3 ingredients. Puree if needed. Stir in milk. Season to taste with salt and pepper. Can serve in a pumpkin. Garnish with parsley.

Busy Day soup mix
Into pint jar-
6 beef or chicken bouillon cubes
¼ c lentils
¼ c ABC pasta
1 1/2 c. yellow split peas
1/8 c. barley
¼ c. green split peas
¼ c. wide noodles
¼ c. dried onions
I add a few bowtie pasta to top of jar and put on lid. Will serve 4-5

To make: add the ingredients of the pint jar to 6 c. boiling water (that you cooked either 1 Lb cut up chicken or hamburger.) simmer 1 hour- season to taste.

Laura's chicken noodle soup

Fill stock pot $\frac{3}{4}$ full with water add:

Garlic pinch, salt, pepper, sweet basil, parsley, add 1 chicken- cut up chicken 1st, add dry veggies, 6 chicken bouillon cubes. Simmer 1 hour or until veggies are done

Rice pilaf

$\frac{1}{4}$ cup butter

$\frac{1}{4}$ cup finely broken vermicelli

1 cup white rice

1 small garlic minced

1 can beef broth or chicken broth

1 can water

Brown vermicelli in butter

Stir constantly0 it brown quickly.

The add rice garlic and broth and water

Put on the cover and simmer 20-25 minutes

Delightful French bread

In mixer put: 2 $\frac{1}{2}$ c warm water (105-115 degrees)

2 T yeast

2 T sugar

Mix and proof

Then add:

1 T salt

2 T oil

3 c. sifted flour

Mix well and add:

3 more cups sifted flour

Mix well and let sit 10 minutes

Mix well and let sit 10 minutes- do this a total of 5 times

Shape into 2 loaves and put in sprayed French bread pan sprinkled with cornmeal

Spray covered saran cover

Let rise $\frac{1}{2}$ way, then slash and let finish rising.

Brush with egg mixed with 2 T water. Brush with egg and sprinkle with sesame seed.

Let raise. Bake in preheated 400 25-30 minutes

Can be used for hamburger buns

Perfect Cornbread (Jane Russell)

1 C. flour

1 cup sugar

4 tsp baking powder

$\frac{3}{4}$ tsp salt

1 cup yellow cornmeal

2 eggs
1 cup milk
¼ c. oil

Mix together and put into greased cast iron pan. Bake 375.

Egg substitution

1 egg: 1 tsp unflavored gelatin- add ¼ c. cold water and stir until dissolved. Add 2 T 1 t hot water. Remove ¼ c. liquid.

2-3 eggs:
2 T water or milk
½ tsp baking powder
1 ½ tsp veg oil
2 T flour

Coffee cake

1 ½ c sugar
½ cup soft shortening
2 eggs
1 c milk
3 c flour
4 tsp baking powder
1 tsp salt

Topping:

4 T melted marg or butter
1 c brown sugar
4 tsp flour
1 tsp cinnamon
1 C nuts

Mix both separately- put ½ batter in greased 9x13- put less than ½ topping. Rest of batter and rest of topping. Bake 375 for 25-30 minutes

Oatmeal: 2/1—2 c. water 1 cup oats, pinch salt

Rice: 2/1—2 c. water, 1 cup rice

Potato pearls: 2/1—2 c water, 1 cup potato pearls

Instant Oatmeal packets

3 c. quick cooking oats

Salt

8 plastic sandwich bags

Put ½ cup oats in a blender and whirl at high speed until powdery; reserve in a small bowl and repeat procedure with an additional ½ cup oats. If you're using a food processor, powder then 1 cup of oats in one motion. Into each sandwich bag, put ¼ c. unpowdered oats, 2 T powdered oats, and a pinch of salt. Store in a box or airtight container.

To serve: empty packet into a bowl. Add $\frac{3}{4}$ cup boiling water; sit and let stand for 2 minutes. For thicker oatmeal, use less water; for thinner, use more water. You may microwave for 1 $\frac{1}{2}$ - 2 $\frac{1}{2}$ minutes or until done on high)

Apple cinnamon oatmeal: to each packet add 1 T sugar, $\frac{1}{4}$ t cinnamon and 2 T chopped dried apples

Cinnamon Spice oatmeal: to each packet add 1 T sugar, 14 t cinnamon, scant $\frac{1}{8}$ tsp nutmeg

Fruit and cream: 1 T dry milk, 2 T dried fruit or fresh fruit after cooking, or jam

Oatmeal with raisins and brown sugar: 1 T packed brown sugar and 1 T raisins

Sweetened oatmeal: 1 T sugar

Wheat Germ Oatmeal: 2 T any kind of wheat germ

Brown Sugar/cinnamon oatmeal: 1 T brown sugar and $\frac{1}{4}$ tsp cinnamon

Fun fruit oatmeal: 6-7 pieces fruit snack type dehydrated fruit

Confetti Oatmeal: 1 tsp decorated cake/cookie sprinkles

S'More oatmeal: 6 miniature marshmallows, 1 T choco chips

Cookies and Cream Oatmeal: 1 crushed Oreo cookie, 1 T non-dairy coffee creamer, 1 tsp sugar

Exploding oatmeal: 1 tsp sugar, $\frac{1}{2}$ tsp Pop Rocks

Bart-man Oatmeal: 2 T Butterfinger BBs

Sister Shook's granola (she triples this)

5 c. oats

$\frac{3}{4}$ cup brown sugar

$\frac{1}{3}$ cup apple juice

$\frac{1}{2}$ c dry milk

$\frac{1}{3}$ cup honey

1 T cinnamon

$\frac{1}{2}$ tsp salt

$\frac{1}{2}$ c dried fruit

Mix sugar, juice, dry milk and honey in sauce pan. Heat until sugar dissolves; combine other dry ingredient in bowl. Pour this over, stir well, spread on cookie sheet. Bake 375 20-30 minutes, stirring every 10 minutes. Add cinnamon and fruit when cool.

Granola Bars

1 $\frac{1}{2}$ c any granola

$\frac{1}{4}$ c. honey

$\frac{1}{8}$ c. Chopped nuts, nuts or chocolate chips

1 egg or substitute

Combine well, press in greased 8x8 pan about $\frac{1}{2}$ inch thick. Bake 350 for 20 minutes. Slice into bars after it cools.

Granola

10-12 c. rolled oats

1 $\frac{1}{2}$ cup apple juice

Raisins, dates, dried apples and fruits

Mix oatmeal and juice. Spread on cookie sheet. Bake 200 till dry. When cool, add fruit.

Banana- granola muffins

2 c. flour
½ c. granola
1/3 c. sugar
1 tsp b. powder
1 tsp baking soda
¼ tsp salt
1 c. sour milk or sour cream
½ c. mashed banana (I omitted 1/3 c. milk)
2 T veg oil
1 tsp vanilla
1 egg

Mix together. Preheat oven 400, mix like for muffins. 12 muffins cups with papers. Sprinkle with granola and a little sugar. Bake.

Pumpkin Chocolate Chip muffins (make several days early for best flavor)

½ c. sliced almonds
1 2/3 c. flour
1 c sugar
1 T pumpkin pie spice
1 tsp baking soda
¼ tsp baking powder
¼ tsp salt
2 large eggs
1 c. plain pumpkin
½ c butter melted
1 c. 6 oz chocolate chips

Preheat 350. Put almonds on a baking sheet or pie pan and bake about 5 minutes, just until lightly browned- watch carefully so almonds don't burn (you can also toast them in a toaster oven) cool quickly, grease muffin cup or use foil or paper greased muffin cups or use foil or paper cups- thoroughly mix flour sugar, pie spice, baking soda, baking powder and salt in a large bowl. Break eggs into another bowl. Add pumpkin and butter and whisk until well blended stir in Chocolate chips in with a rubber spatula just until dry ingredients are wet. Scoop batter evenly into muffin cups. Bake 20-25 min till springy. Cool then wrap in a bag 1-2 days before serving

Pumpkin pie spice:

½ c. cinnamon
¼ c. ginger
2 T nutmeg
2 T cloves

Cinnamon rolls- this also my white bread 2 loaves 375 degrees

In bowl and proof:

1 c. warm water 105-115 degrees
3 ½ T yeast
6 T sugar

Then add:

2 T salt

3 ½ C warm water

4 T oil

4 T potato flakes

Mix and knead, let raise, punch down and rise 30 min- shape

Carmel crunch sweet roll filling

Mix with fork or pastry blender ¼ c. brown sugar, ¼ c flour, 18tsp salt, ¼ tsp cinnamon. Cut in 2 T butter or marg until mixture is crumbly. Sir in 2 T chopped nuts. Spread on roll dough and roll up like cinn rolls and make bars.

Liza's stake wheat bread

½ c. lukewarm water

1 T yeast

½ cup sugar

Mix and set aside!

2 ½ c warm water

½ T liquid lethicin

½ C honey

3 T veg oil

½ T sea salt

Gluten (¼ c. plus 2 T gluten)

Stir and add yeast mixture. I used 2-3 c. whole wheat flour and the rest was white flour. Knead like reg bread then raise 1 hour, punch down, shape into 2 loaves and let raise till 2 inches above top of pan. Bake 375 till done- sounds hollow

Whole wheat pita bread

1 pkg dry yeast

1 T sugar divided

2 ½ C warm water (105-115)

2 T veg oil

1 tsp salt

5 ¼ c all purpose four, divided

3 C whole wheat flour

Veg cooking spray

Dissolve yeast and 1 tsp sugar in warm water in a large bowl. Let stand 5 minutes. Add remaining 2 tsp sugar, oil, salt 2 cup all purpose flour and wh. Wheat flour- beat at med speed of a n electric mixture till well blended. Gradually stir in 3 c. all purpose flour to make a soft dough. Sprinkle 3 T four evenly over work surface and knead until smooth and elastic: 8-10 minutes. Place dough in a large bowl coated with cooking spray turning to coat top- cover dough with plastic and a towel. Let dough rest 2- minutes. Punch down dough. Divide into 24 equal portions. Shape each portion into a ball. Place balls on 3 baking sheets coated with cooking spray. Cover and let rise 30 min or double in bulk. Line bottom rack of oven with tiles- preheat 500 degrees.

Roll each ball dough into 5 inch circle on a floured surface. Place circles directly on to tiles using long metal spatula. Bake 3-4 min. Pockets will puff up and brown.

Remove from oven onto a rack, cut pockets in ½ - be careful to steam inside them to hot package into plastic bags while still warm to remain softness. Repeat procedure with remaining pockets.

Works fine in the kitchen aid mixer.

Choco choco chip muffins- GREAT!

1 stick marg or ½ c. butter

¼ c. cocoa powder

1 cup sugar

1 egg

1 tsp salt

2 tsp vanilla

1 c. sour milk

2 c. flour

1 tsp b. soda

1 c. choc chips

Preheat oven 400. Mix like muffins. Can use paper if not greased tin. Bake and serve warm or cold. Makes 12 regular muffins or lots of mini muffins.

English muffin bread

Makes 2 loaves

2 pkg yeast.

6 cup unsifted flour

1 T sugar

2tsp salt

2 c. milk

¼ tsp b. soda

¾ c water

Cornmeal

Combine 3 c. flour, yeast, sugar, salt and soda. Heat liquids until very warm (120-130) add to dry mixture. Beat well. Stir in rest of flour to make a stiff batter. Spoon into 2- 8 ½ x4 ½ pans that have been greased and sprinkled with cornmeal- sprinkle tops with cornmeal. Cover and let rise in warm place for 45 min. Bake at 400 for 25 min. remove from pans to cool.

Sister Shook's Apricot bars

1 ½ c. flour

1 ½ c. oats

1 c. brown sugar

1 tsp B. powder

¼ tsp salt

¾ c. melted marg or butter

1 c. apricot jam (or any flavor)

Combine dry ingredients. Pour melted marg or butter on and moisten all of mixture. Pat $\frac{3}{4}$ of mixture on bottom of 9x13 pan. Spread jam and top with remaining mixture pat down. Bake 30 min. 350

Tapioca

Can double this

3 T tapioca

$\frac{1}{3}$ c. sugar

$\frac{1}{8}$ tsp salt

1 beaten egg

$2\frac{3}{4}$ c. milk

All in pan and let stand 5 minutes. Bring to full boil. Stir constantly. Remove from heat. Stir in $\frac{3}{4}$ tsp vanilla once after 20 minutes.

Sister Shook's chocolate Cake

Pour $1\frac{1}{2}$ c. boiling water over $\frac{3}{4}$ c. oleo or butter or try butter, flour, shortening

2 c. sugar

Stir until melted.

Add 2 c. flour

2 tsp B. soda

$\frac{1}{4}$ tsp salt

$\frac{1}{2}$ c. cocoa powder

Mix well and add:

2 eggs (or replacements)

1 tsp vanilla

Blend well (batter will be thin)

Bake 350 degrees.

Brownie mix

6 cup flour

4 tsp b. powder

4 tsp salt

5 lb. bag (8 cup sugar)

1-8oz c. cocoa unsweetened.

2 c. veg shortening

Mix together and store airtight continually

To make: 8x8 pan

2 eggs, beaten

1 tsp vanilla

$2\frac{1}{2}$ c. mix

Nuts if desired

If you want a more cake like- add 2 T milk to batter

Yogurt

2/3 c. powdered milk

1 qt. warm water

3 T plain active yogurt

Save some for next time

Pour in jars put in ice chest- have them covered- leave 1 qt. with HOT tap water uncovered, put lid on chest, wait over night if not set up- refill hot water jar, and repeat a couple more hours.

Croutons- Our favorite from the Tightwad Gazette

Can double this

4 slices bread

2 T parmesan cheese

¼ tsp oregano

¼ tsp celery salt

2 T oil

Cut bread into cubes and place in bowl. Add seasonings and oil- toss well- place on cookie sheet.

Bake at 300 until crisp- cool store in glass jar.

Grandma's mapleine cookies- Terrific like a bakery cookie

2 c. brown sugar

1 cup shortening

2 eggs

1 tsp baking soda in 2 T cold water

1 tsp cream of tartar in the water

2 tsp maple flavoring to cold water

1 c. nuts

3 c. flour

Cream shortening, sugar together and then add eggs. Add soda and cream of tartar, maple flavoring mix and nuts- then flour. Roll in log, chill in the fridge over night. Bake 350.

Scottish shortbread

1 ¼ c. flour

3 T cornstarch

¼ c. sugar

½ c. firm butter cut into pieces

In a mixing bowl, stir together:

Flour, cornstarch, 1 ¼ c. sugar. Rub in butter with your fingers with your fingers until mixture is very crumbly and no large particles remain. With your hands, gather mixture into a ball and place in an ungreased 8-9 inch round spring form pan. Firmly press out dough into an even layer with the tines of a fork, make impressions around the edge of dough; then prick surface evenly. Bake in a 325 degree oven for about 40 minutes or until pale golden brown. Remove from oven and while hot, cut with sharp knife into 8-12 wedges sprinkle with about 1 T sugar. Let cool. Store airtight.

P-nut butter cookies

1 C. shortening ½ of it margarine

1 c. p-nut butter

1 c. sugar
1 c. brown sugar
2 eggs
2 ½ c. flour
1 tsp b. powder
1 ½ tsp soda
½ tsp salt
Mix and press with fork dipped in sugar- bake 350 degrees.

Diane's no bake cookies

2 c. sugar
1 stick oleo
½ cup milk
½ c. cocoa—cook all one minute after it boils
Then add:
1 tsp vanilla
Dash salt
3 tsp p-butter
3 c. oatmeal
Drop on wax paper

Molasses Crinkles

¾ c. shortening
1 c. brown sugar
1 beaten egg
3 T dark molasses
¼ tsp salt
2 ¼ cup flour
2 tsp baking soda
½ tsp cloves
1 tsp cinnamon
1 tsp ginger
Cream shortening and egg together. Add beaten egg and molasses, beating well. Sift dry ingredients together and add mixing thoroughly. Form dough into walnut sized balls. Dip top of each in granulated sugar and place, sugar side up, on greased sheet 375- watch close because they burn easily.

Snickerdoodles

3 c. sugar
2 c. shortening
4 eggs
5 ½ c. flour
4 tsp cream of tarter
2 tsp soda
1 tsp salt
Cinn/sugar mixture

Mix and roll into walnut sided balls and roll in cinnamon and sugar. Bake 425.

Great Pumpkin cookies

2 cup flour
1 cup oats
1 tsp b. soda
1 tsp cinnamon
½ tsp salt
1 c. marg (soft)
1 cup sugar
1 egg
1tsp vanilla
1 cup pumpkin
1 c. choc chips

Frosting

Preheat oven 350- bake 20-25 minutes

Can add raisins instead of chocolate chips.

Chocolate snaps

1 cup melted chocolate chips
2/3 c. shortening
½ c. sugar
1 ¾ c. flour
2tsp soda
¼ c. corn syrup
1 egg
1tsp cinnamon
¼ tsp salt

Cream shortening, sugar, and add egg. Blend in choc and syrup. Add flour and other dry ingredients. Mix thoroughly0 cover and chill 1 hour. Roll one tsp of dough into ball and roll in white sugar. Place on greased cookie sheet. Bake 15 minutes at 350- remove from sheet while still warm- makes 3 dozen.

Diane's sugar cookies

350 degrees

Cream:

1 c. sugar
1 cup marg

Add:

1 egg, 1 tsp vanilla
2 ½ c. flour
1 tsp soda
1 tsp cream of tartar

Drop and smash with glass with sugar on bottom. After baking sprinkle with sugar while hot.

Oatmeal cookies

¾ c. shortening
1 c. brown sugar
½ c. sugar
1 egg
¼ c. water
1 tsp vanilla
Beat together and add:
3 c. oatmeal
1 c. flour
1 tsp salt
½ tsp baking soda
1 c. raisins
Drop and bake 350

Chocolate chip cookies

Cream:

½ c. marg
½ c. plus 1/3 c. shortening
1 c. brown sugar
1 c. sugar

Mix well:

2 eggs
2 tsp vanilla

Add:

3 cups flour
1 tsp b. soda
1 tsp salt
1 c. chopped nuts
1 pkg choc chips
Drop and bake 350.

Sour dough Pancakes

½ c. starter
1 c. warm water
1 ½ c. flour
1 tsp b. soda
1 c. powdered milk mixed thick
2 eggs
1/s tsp salt
2 T sugar

Quick cobbler

Melt 1 stick oleo or butter in 9x13 pan
½ c. sugar
Mix:

1 c. flour
1 c. juice from peaches or other canned fruit
2 T b. powder
1/8 tsp salt

Pour over melted oleo or butter.

DO NOT STIR IN.

Dot the fruit in the can over top. Sprinkle with sugar and cinn. Bake 375 30-45 min.

Rolled wheat bread- 2 loaves

3 c. water, boiling

1 1/2 T salt- yes the amount it right

1 C. cracked wheat

Add together, cook to porridge WHILE cooling add:

1/2 stick marg

4 T sugar

2-3 ice cubes

Proof:

3/4 c. Luke warm water

1 pkg yeast (2 1/4 tsp)

1 tsp saga

5-6 c. white flour

Rise 1 hour- punch down

Rise 30 minutes

Shape and rise 2 inches above rim of pan. Preheated oven 375 for 45 minutes

Snack Cake mix

8 cups flour

2 T b. soda

1 T salt

6 c. sugar

Mix and store in an airtight container

Double chocolate snake cake:

2 1/4 c. mix above

2 T cocoa powder

3/4 c. water

1 egg

1/3 c. veg oil

1 tsp vanilla

1/2 c. chocolate chips

1/2 c. chopped nuts

Mix together till smooth- put in 8-9 inch ungreased square pan. Bake 30-40 min 350

Oatmeal spice cake

2 1/4 c. mix above

3/4 c. oats- soak in 1 1/4 c. boiling water

1 egg
1/3 c. veg oil
1 tsp cinnamon
1/2 tsp nutmeg
1 tsp vanilla
1/2 c. chopped nuts
1/2 c. raisins
Boiled topping
325 in same pan as above- 45 minutes

Boiled topping

Cook in sauce pan:

4 T butter or marg
1/4 c. brown sugar
2 T milk

Add:

1/2 tsp vanilla
1/2 c. shredded coconut
1/2 c. chopped nuts

Spread over cake and broil 2 min or till bubbly

Carrot Snack Cake

2 1/4 c. mix
1 egg
1/3 c. oil
1 c. grated carrots
3/4 c. orange juice
1 tsp ground cinnamon
1/2 c. chopped nuts

Cream cheese frosting

Cream cheese frosting:

*3 T butter softened
1 (3 oz) cream cheese softened
1 2/3 c. powdered sugar
1/2 tsp vanilla*

Bake cake in same pan 35-45 minute at 350- cool and frost.

Banana walnut snack cake

2 1/4 c. mix
1 egg
1/3 c. veg oil
1/2 c. mashed banana
1/2 c. buttermilk, milk, or water
1/2 c. chopped walnuts
350, 30-35 min, same pan

Applesauce snack cake

2 1/4 c. mix
1 egg
1/3 c. veg oil

¾ c. applesauce
1 ½ tsp cinn
½ tsp allspice
1/8 cloves
½ c. chopped nuts
1 c. raisins
Same pan. 325 35-45 minutes

Favorite pancakes

1 egg
1 c. buttermilk
1 c. flour
1 tsp b. powder
2 T oil
1 T sugar
1 tsp b. soda
½ tsp salt
Mix to make pancakes

Make your own buttermilk

1 c. powdered milk
4 water
½ c. real butter milk
Save ½ cup to use in next batch

Amish Yeast Bread

Proof:
2 C. warm water
5 T sugar
1 ½ T yeast
Add to:
1 ½ tsp salt
¼ c. oil
5-6 c. flour (1 can be wheat plus 2 tsp gluten)
Make like bread:
Rise double- 1 hour
Shape, raise 2 inches above pan
350-30 minutes

Potluck pan rolls

1 package active dry yeast
1/3 c. plus 1 teaspoon sugar divided
1 ½ cup warm water (110-115) divided
½ cup butter or margarine melted
2 eggs
¼ c. instant nonfat dry milk powder

1 ¼ t salt

5 ½ to 6 cups all purpose flour

In a mixing bowl, dissolve yeast and 1 teaspoon sugar in ½ cup water. Add butter, eggs, milk powder, salt, 3 cups flour and remaining sugar and water. Beat on medium speed for 3 minutes or until smooth. Stir in enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 ½ hours. Punch dough down. Divide into 27 pieces; shape into balls. Place 18 balls in a greased 9x13 pan and all remaining balls in a 8 inch square baking pan. Cover and let rise until doubled, about 45 minutes. Bake at 375 for 17-20 minutes or until golden brown.

Bottled Butter

Use real butter (marg will work)

Heat pint jars in oven 1t 250 for 20 min. Heat lids in boiling water for 3 minutes.

Slowly stir and melt the butter in a pan after it has boiled for 5 minutes. Stir then scoop the butter into the jars. Use a funnel to keep butter off rims. Place hot lid and ring on and wait for the “plink” shake jars several times over the next 15-20 minutes – the separation will stop. While still slightly warm, put the jars in fridge- check every 10-15 minutes. Shaking jars each time.

Eventually the butter will harden. Leave in fridge 1 more hour.

Bottled butter can store on your shelf for at least 3 years.

My homemade taco mix

1 ¼ c. chili powder

1 c. paprika

7/8 c. cumin

½ c. onion powder

Less or more ½ c. garlic powder

2 tsp cayenne pepper

2 tsp salt

Mix and store in an airtight jar. I use like regular store package.

Brother Shook's mom's French dressing

1 cup oil

1 cup catsup

1 c. sugar

½ cup vinegar

¼ tsp each:

Garlic powder

Celery seed

Parsley

Minced onion

Shake well.

Indian fry bread #1

4 c. flour

1 T b. powder

2 T powdered milk
1 tsp salt
1 3/4 – 2 c. very warm milk
Mid till smooth let set 45 min. Then roll out and fry in oil.

Indian fry bread #2

3 c. sifted flour
1 tsp salt
3 tsp b. powder
1 heaping tsp sugar
1 cup lukewarm water
Add b. powder, salt, sugar to water to make dough. Use more flour if needed. Roll out 1/2 inch thick and fry.

Navajo fry bread

2 c. flour
1/2 tsp salt
1/2 c. powdered milk
1 T b. powder
1 1/2 T solid shortening
2/3-3/4 c. water
Veg oil for frying
Mix dry ingredients. Cut in shortening as for pastry. Add water gradually mixing to for a firm ball. Divide into 12 balls; let rest, covered for 10 minutes. Roll each ball into 6 inch circle. Cut 1/2 hole in each. Heat oil (1 inch) in pan. Fry each side 1 min.

Stew

2 lb. beef cubes
1 c. tomato juice
1 T tapioca (mix in juice)
1 1/2 tsp salt
1 T Worcestershire sauce
1 T sugar
2 C potatoes (large pieces)
2 c. carrots (large pieces)
1 c. celery (may omit if needed)
1 onion (may use 1 T dried if needed)
Cook all in Crockpot or Dutch oven- can use all canned and head shorter time

Lynette Oliphant's Peach Cake- GREAT!

2 1/3 c. flour
4 tsp b. powder
1 tsp salt
1 1/4 c. sugar
2/3 c. oil or shortening
1 tsp vanilla

1 ¼ c. milk
2 eggs
Mix together- put in greased 9x13 pan
1 can peaches- drain—cut up and place over it
Mix 1 stick marg
1 c. sugar
1 cup flour
Cut together and put over top.
Bake 350 30-40 minutes

Cake flour
7/8 c. all purpose flour
2 T cornstarch
This equals 1 c. cake flour or pastry flour. This will, however make a slightly drier cake than if cake or pastry flour is used

Refried beans
Make refried beans (church ones)
¼ tsp cumin in the water
½ tsp chili powder in the water

Pancake syrup—Tightwad gazette
3 c. sugar
1 ½ c. water
3 T molasses
1 tsp vanilla
1 tsp butter flavoring
1 tsp maple flavoring
Bring all to a boil stirring till sugar dissolves. A good rolling boil. Turn off burner but leave pan on burner till bubbling stops.

Jumbo Oatmeal Muffins
1 ½ c. flour
1 c. quick oatmeal
1 ½ tsp b. powder
¾ tsp b. soda
¼ tsp salt
1 ½ tsp cinnamon
1 + ½ c. firmly packed br. Sugar
¼ c. marg (soft)
1 egg
1 ¼ c. milk
¾ c. raisins
½ c. chopped nuts

BBQ sauce

1 c. catsup
1 cup tomato paste
½ c. vinegar
1 c. brown sugar
1 tsp prepared mustard
Salt and pepper to taste
3 T Worcestershire sauce
1 tsp liquid smoke
1 tsp chili powder
2 buds garlic minced
Simmer about ½ hour or until as thick as wanted.

Anna's mom's 1 egg cake 9x9 pan

For success do these FIRST

1. Have all ingred. Room temp.
2. Preheat oven 350
3. Grease and dust with flour 9x9 pan
4. Measure level
5. Sift flour, then spoon lightly

1 3/8 (1 ¼ plus 2 T) sifted flour

1 c. sugar

2 tsp b. powder

½ tsp salt

Add:

1/3 c. shortening

2/3 c. milk

1 tsp vanilla

Beat with spoon 2 min then add:

1 large egg (unbeaten)

Continue beating 2 more min. Bake 30-35 minutes. Will make 9 cupcakes.

Snack cake mix

6 c. flour

4 c. sugar

3 T b. powder

2 tsp salt

1 ½ c. shortening

Store in an airtight container- use in 1 month. Makes about 13 cups

Chocolate cake

2 C. snack mix

¼ c. cocoa

1 egg

1 tsp vanilla

¾ c. ice water

1 T powdered sugar (optional)

Mix in pan- Bake 375 30 min. Dust with powdered sugar.

Nut raisin chocolate cake mix

2 c. snack cake mix
½ c. chopped walnuts
½ c. chopped raisins
1 square unsweetened chocolate (chopped fine)
1 egg slightly beaten
½ c. milk
1 tsp vanilla
Mix in square cake pan 375 for 30 min.

Raisin Spice cake

2 cups snack cake mix
1 tsp cinn
1 tsp ginger
½ tsp cloves
½ c. chopped nuts
½ c. chopped raisins
1 egg slightly beaten
½ c. milk
Mix in 8 inch square cake pan 375 for 30 min

Swedish coffee cake

2 cups snack cake mix
1 tsp gr. Cardamom or cinnamon
1 egg
2/3 c. milk
Topping:
3 chopped nuts mixed with 1 T sugar and 1 T cinnamon)
Mix, pour in 8 inch pan, sprinkle with nut topping. Bake 375 for 30-35 minutes.

Applesauce cake with almond sugar topping

2 c. snack cake mix
3/4 tsp nutmeg divided.
½ tsp cinnamon
1 egg
½ c. applesauce
Topping:
1/3 c. sliced almonds
1 tsp sugar
Mix for square cake pan. Stir with ½ tsp nutmeg. For topping add ¼ tsp left over nutmeg sugar and almond. 375 for 30 min.

Gingerbread

2 c. snack cake mix
1 tsp cinnamon
1 tsp ginger
¼ tsp cloves
¼ tsp nutmeg
¼ tsp b. soda
2 eggs

¼ c. molasses

¼ c. milk

Whipped topping (optional)

Mix in pan- bake 375 for 30-35 minutes

Crumb top cake

2 ½ cup snack mix divided

1 egg

½ c. milk

1 tsp vanilla

Topping:

¼ c. chopped nuts

1 tsp cinnamon

Mix for a square cake pan- using 2 cups of snack mix above. Mix ½ c. of remaining snack mix chopped nuts and cinnamon for topping. Bake 375 for 30-35 minutes

Chocolate Chip and nut cake

2 c. snack cake mix

1 egg

½ c. milk

1 tsp vanilla

1/3 c. chocolate chips

1/3 c. nuts

Mix and put into square pan. Bake 375-30 min.

***Every Day Cake**

2 C. snack cake mix

1 egg

1 tsp vanilla

½ C. milk

Mix in a square cake pan

Bake 30 minutes at 375 degrees

Serve plain or with fruits and whipped cream

***Snack Cake (microwave directions)**

In an 8" square glass pan—put cake on high rotating twice about 5 minutes, or until done (edges should look slightly moist). Let stand 10 minutes on counter. Serve warm.

***Fruited Carrot Cake**

*2 ½ C. snack cake mix

1 tsp. cinnamon

½ tsp. cinnamon

½ C. chopped nuts

1/3 C. dried fruit bits or raisins

1 egg, slightly beaten

1 C. (cooked mashed carrots)
1 Tbsp. lemon juice
**Confectioners sugar (optional)

Mix and bake at 375 degrees for 30-35 minutes.
**dust with powdered sugar

*Pecan-glazed cake

*2 C. snack cake mix
1 egg
2 tsp. vanilla (divided)
½ C. plus 1 Tbsp. milk (divided)
¼ c. butter or margarine, softened
¼ c. packed brown sugar
1 Tbsp. flour
¾ C. chopped pecans

In 9" cake pan, stir mix, egg, 1 tsp. vanilla and ½ C. milk until blended. Bake 30 minutes in 375 degree oven. Meanwhile, in small bowl mix well: butter, sugar, flour, and 1 tsp. vanilla and 1 Tbsp. milk. Fold in pecans. Remove cake from oven and spread with butter/nut mixture. Bake 8 minutes or until glaze is bubbly. Run spatula around edge to lose cake. Cool in pan on rack.

*Apple Cake

1 medium apple (peeled or not), quartered and cut in very thin wedges
2 Tbsp. sugar
2 tsp. lemon juice
¼ tsp. cinnamon
¼ tsp. nutmeg
*2 C. snack cake mix
1 egg, slightly beaten
1/3 C. milk
Vanilla ice cream, softened (optional)

In bowl, toss apples with sugar, lemon juice, cinnamon, and nutmeg. Set aside in pan. Stir cake mix, egg and milk. Press apple slices (rounded side up) into batter in rows. Drizzle any melted sugar mixture remaining in bowl over apple slices. Bake in preheated 375 degree oven for 30 minutes. Can serve with ice cream.

Honey Butter

1 C. butter or margarine
¼ C. powdered sugar
¼ C. honey

Whip butter until softened. Add vanilla and honey gradually, continuing to whip. Makes 1 cup.

Glazed orange cake

2 c. snack cake mix

¼ c. finely chopped candied orange peel (divided)

1 egg

¼ c. thawed frozen orange juice (divided) ½ c. water

1 c. powdered sugar

Mix can in 8 inch pan with 1 T peel. Stir in egg, 2 T orange concentrate and water.

Bake 375 for 30 min.

In bowl mix powdered sugar and 2 remaining T orange concentrate until smooth and set aside.

Cool cake in pan on rack 1- min. Spread with orange glaze. Sprinkle with remaining 3 T peel.

Cool.

Blender wheat pancakes

1 c. milk (1/3 c. powder +1 cup water)

1 c. whole wheat kernels

2 eggs

2 T oil

2 tsp b. powder

3 T honey or sugar

½ tsp salt

Blend on high for 4-5 minutes.

Homemade grape nuts

3 ½ cup graham flour

1 cup brown sugar

¾ c. syrup

2 c. buttermilk or sour milk

1 tsp salt

1 tsp soda

Mix flour, salt, soda and sift. Add sugar and mix. Add buttermilk, beat till smooth. Spread dough

¼ inch thick onto flat greased pans. Bake at 375 degrees for 1 approx 15 min or until crisp and

golden. Let cool and grind through food chopper. Crisp in oven just before serving.

Flour Tortillas

3 c. flour

2 tsp b. powder

¾ tsp salt

1 c. warm water or more

Mix flour, b. powder and salt in large bowl. Gradually stir in enough water so dough is crumbly; work with hands until holds together. Knead on board until smooth. Divide into 12 equal pieces and shape each into smooth ball.

Cover lightly with plastic wrap and let rest for 15 minutes. Keep remaining dough covered; flatten a ball into 4-5 inch round. Use floured rolling pin to work from center edges, roll into 9 inch round, turn tortilla often and stretch dough as you carefully peel it off the board. Repeat.

Heat griddle or wide frying pan over medium high heat. When hot, add a tortilla (tiny blisters will appear immediately) turn over and cook until blisters turn golden brown. Place on folded cloth inside a plastic bag. Repeat.

Close bag and let tortillas steam. Serve when softened. Can refrigerate up to a week or freeze. Makes 12 tortillas.

Spudnuts

2 c. milk

½ c. sugar

½ c. shortening or margarine

Heat the milk and margarine in pan until the margarine is just melted. Watch so it doesn't get too warm.

In a bowl mix the following:

2 T yeast

3 eggs

1 c. mashed potatoes

1 T b. powder

1 T salt

2 c. flour

Add the milk and margarine, mix until smooth. Add about 6 more cups of flour, enough for a soft dough. Let rise, punch down and let rise again. Roll out and cut donuts with donut cutter, or glass and small jar. Cook in hot oil until golden brown. Glaze or frost.

Canning bacon

1 lb of bacon for each quart jar.

Parchment paper

Roasting pan or other pan for the oven

Quart jars, lids, rings and pressure cooker

Boil jars, lids and rings for 10 minutes, keep simmering

Get water in pressure cooker boiling?

Trim long sheets of parchment paper so they will fit, rolled up in a quart jar. The paper would not be any wider than the jars are tall from their bottom to their necks.

Lay strips of bacon on a baking pan or roasting pan and pre-cook in a 350 oven until they are about 2/3 their original length, but do not cook them until they are crisp. If they are crisp when they are placed in the jars, they will crumble.

After pre-cooking, place the strips of bacon, still limp, on a sheet of trimmed parchment paper.

Roll the paper and bacon up and insert this roll into a hot, sterilized quart jar.

Pour the grease from the bacon into the jar; do not fill more than 2/3 full of grease.

Process at 10 pounds pressure for 1 ½ hours. Higher elevations should use 11 pounds pressure.

To cook: open sealed jar, unroll paper and remove bacon. Cook bacon in a skillet until crisp.

Pg 65

Becky's Apple Marmalade

1 orange

6 medium apples, peeled, cored and coarsely chopped (6 cups)

3 T lemon juice

5 cups sugar

Quarter unpeeled orange (remove any seeds) thinly slice orange. In a 8-10 quart kettle combine 1st 3 ingredients and add 2 cups water.

Bring mixture to boiling. Reduce heat; simmer until apples are tender, about 10 minutes. Add sugar. Bring to full rolling boil stirring constantly. Continue cooking and stirring until thickened and clear (220 on candy thermometer)

Remove from heat. Skim off foam. Pour at once into hot sterilized jars; seal. Makes 6- ½ pints. Steam can for 10 minutes.

Pumpkin Chocolate Chip muffins

Make 1-2 days ahead for best flavor

½ c. sliced blanched almonds

1 2/3 c. all purpose flour

1 c. granulated sugar

1 T pumpkin pie spice

1 tsp b. soda

¼ tsp baking powder

¼ tsp salt

2 Large eggs

1 cup plain pumpkin (half of a 1 lb. can)

½ c. butter, melted

1 cup chocolate chips

Heat oven to 350. Put almonds on a baking sheet or pie pan and bake about 5 minutes just until lightly browned; watch carefully so almonds don't burn. (You can also toast them in a toaster oven) Slide almonds off the baking sheet so they cool quickly.

Grease muffin cups, or use foil or paper baking cups.

Thoroughly mix flour, sugar, pie spice, baking soda, baking powder, and salt in a large bowl. Break eggs into another bowl. Add pumpkin and butter, and whisk until well blended. Stir in chocolate chips and almonds. Pour over dry ingredients and fold in with a rubber spatula just until dry ingredients are moistened. Scoop batter evenly into muffin cups. Bake 20-25 minutes or until puffed and springy to the touch in the center. Turn out on a rack to cool. Wrap in a plastic bag and keep for 1-2 days. Reheat before serving.

Rice stir-ins

Easy, cheesy rice: add butter and parmesan cheese to hot, cooked rice

Emerald isle: add peas and finely chopped fresh mint to hot, cooked rice

Bake, but not potato: add crumbled bacon and sour cream to hot, cooked rice

Lemon zinger: add butter, fresh lemon juice and lemon zest to hot, cooked rice

Hot sweet it is: add cinnamon, sugar and butter to hot, cooked rice

Maui Wawi: add crushed pineapple and green bell pepper slices to hot, cooked rice

Sesame Treat: Add toasted sesame seeds, sesame oil and thinly sliced green onions to hot, cooked rice

Country Bumpkin: add cream gravy to hot, cook rice

Health nut: add toasted sunflower seeds and raisins to hot cooked rice

Dracula's 'shroom: add mushrooms and garlic sautéed in butter to hot cooked rice

Cantonese Please: add broccoli flowerets, sesame oil, chopped toasted peanuts or cashews to hot cooked rice

Pass the parmesan, peas: add garlic sautéed in butter, peas and parmesan cheese to hot, cooked rice

Polish BBQ: add Kielbasa sausage and barbecue sauce to hot cooked rice

Unkissable crunch: add sautéed garlic and onions, and toasted walnuts to hot, cooked rice

Moo Goo rice: add sautéed mushrooms, snow peas and sliced water chestnuts to hot cooked rice

Mama mia: add tomato basil sauce, cooked zucchini and Italian sausage to hot cooker iced and top with Parm

Rice old: add black beans, minced red onion, chopped bell pepper, chopped cilantro, and vinaigrette to hot cooked rice

Corn on the range: add corn and barbecue sauce to hot cooked rice

Porky peas: add crumbled bacon and peas to hot cooked rice

Hoppin' John: add black0eyed peas and sliced green onions to hot cooked rice

Veggie medley: add garbanzo beans, shredded carrots, ripe olives, parsley, and ricotta cheese to hot cooked rice, top with Parm

Mock apple cobbler: add sliced apples, cinn, br. Sugar, chopped nuts, and vanilla yogurt to hot cooked rice

Rice Parmigiana: add mixed veggies, your fav spice or herb, butter and parm to hot cooked rice

South of the border: diced tom, sliced gr. Onions, shredded Monterey jack cheese, chopped cilantro

Hearty rice: marinated artichoke hearts, grated parm

Little bit of Italy: asparagus tips, toasted pine nuts, red and yellow peppers, top with parm

USS Rice : add naval slices, chopped red onions, scallions, vinaigrette

Feeling slightly Mexican: fresh avocado, tomato chunks, fresh cilantro, lemon

Steam it up: steamed zucchini and carrots, butter, parm

Nuts about Garlic: sautéed garlic, toasted pine nuts to hot cooked rice

Trail blazer, yogurt and fresh fruit, top with granola

Let's salsa: add cooked beans, salsa, and shredded cheese

Pooh Bear's favorite: add milk, raisins, a little sugar, dash of vanilla, simmer until thickened and drizzle with honey

Farmer's scramble: add scrambled eggs, sausage and gr. Onions

Rice cream: add vanilla ice cream, dash of cinn

Indian gold: cook with pinch of saffron, add cooked gr. Beans

Tea time: toss in herbal tea bag while rice cooks

Beefed up rice: cook rice in beef broth. Add sautéed onions cashews, and raisins, top with gr. Onions.

Rice worth crowing about : cook rice in chicken stock. Add sautéed onions, mushrooms, gr. Peppers and toasted pine nuts.

It's Greek to me: cook rice in chicken broth with chopped onion and a clove of minced garlic.

Fold in feta cheese and chopped parsley.

Curry in a hurry: sauté curry and turmeric in saucepan. Add rice and stir to coat. Add water and cook rice. Top with chopped peanuts or cashews.

Zest of the best: sauté uncooked rice, dried currants and orange zest in butter. Add water and cook until rice is tender.

Rice Pudding

½ c. uncooked rice

3 cups boiling water

½ tsp salt

One 14- oz can sweetened condensed milk

4 T butter

½ cup raisins

1 T vanilla

Measure rice, boiling water, and salt into top of double boiler. Cook over rapidly boiling water until rice is tender, about 40 minutes. Stir in condensed milk, butter, and raisins. Cook, stirring frequently, over boiling water until slightly thickened, about 20 minutes. Remove from heat and stir in vanilla. Serve warm or cold

Note: I didn't cook over a double boiler. I just cooked it on very low and watched and stirred it carefully.

Sharon's Spanish rice

3 c. rice

6 cups water

1 T butter

1 ½ tsp salt

1 Lb hamburger- cooked and drained

Old El Paso mild enchilada sauce

1 ½ c. sharp cheese

Cook rice in water. Over to heat through 350 for 30 min.

Spanish rice recipe

3 T olive oil

1 onion chopped fine

1 garlic clove, minced

2 cups of medium or long-grained white rice

3 cups chicken stock (or 3 cups water with 3 bouillon cubes)

1 cup slightly watered down salsa

Pinch of oregano

1 tsp salt

In large skillet, brown rice in olive oil, medium/high heat. Add onion and garlic. Cook onion rice mixture, stirring frequently, about 4 min or until onions are softened.

Add stock, salsa, oregano and salt. Bring to a simmer. Cover and reduce heat. Cook 15-25 min.

Turn off heat and let sit for 5 min. serves 4-6.

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Bread bowl beef stew

1 lb meat (hamb or beef cubes)

1 tsp oil- used to brown hamb.

¾ tsp garlic salt

¼ tsp pepper

1 pkg brown gravy mix
1 1/3 c. water
1 can whole potato drained and quartered
1 pkg frozen carrots 9 oz
1 1/2 c. frozen peas
1/4 c. chopped onions
1 can biscuits or make biscuits

Heat oven to 350. Grease bottom of 8 large muffin tin. When beef is cooked add garlic, salt, and pepper and gravy mix and water. Bring to a boil and add veggies and onions. Mix well and simmer for 5 min. Set aside. Form biscuits over bottom of greased muffin tin to form a bowl. Bake 14 min. cover with foil. Bake 5 more min or till they are golden brown and beef mix is thoroughly heated.

Chilie Cornbread

1 tsp unflavored gelatin
1 c. cornmeal
1 c. all purpose flour
1/4 c. sugar
1 T b. powder
1 tsp salt
1/4 c. shortening
1 c. milk
1 can (4 oz) chopped green chilies

Place 3 T of cold water in a small mixing bowl. Sprinkle the unflavored gelatin on the water to soften; beat until slightly frothy. Add 2 T plus 1 tsp boiling water and beat until dissolved. Place in the freezer o thicken, about 10 minutes. Take from the freezer and beat until frothy. Combine cornmeal, flour, sugar, baking powder, and salt in a medium bowl. Cut in shortening. Stir in milk and beaten gelatin until well mixed. Stir in chilies. Pour batter into a greased and floured 8 inch square baking pan. Bake at 400 for 25 min.

Some Substitutions for Eggs:

10 oz of soda (yes the drinking kind) for cake mixes. It works!- somewhat. The cake rises like cake should, but it is quite dense and does not cut well. It also does not taste as good as a regular cake. However, in a pinch, smothered in icing or some kind of chocolate sauce, it works.

Recipe 1- Eggless cake with soda

Open a 12 oz can of soda, take a few sips and pour the rest (10 oz) in with the cake mix, beat, and bake as directed on the box. They recommend this with Duncan Hines Cakes only. It is also recommended to use light soda with light cake and dark soda with dark cake.

Milled Flax- my favorite for an eggless cake. I used a Duncan Hines yellow butter cake. It tasted great and was light and fluffy. It did not cut as well as a normal cake, quite crumbly, but I was impressed with the taste and texture. You can buy flax and mill it yourself if you have a small grinder, or you can find milled flax in a box. I found mine in Wal-Mart in the flour section. Once you open a box of milled flax, it needs to be refrigerated.

Recipe 2- Eggless Cake with Milled Flax

Use 1 T of milled flax with 3 T of warm water for each egg. Mix the flax and water in a bowl and let it sit for 5 min before adding to the cake mix. Then follow the directions on the box for the rest of the ingredients.

Meringue Powder: can get at Michaels

Recipe 3- Eggless Macaroons

2/3 cup coconut

2/3 c. sugar

1/4 c. flour

1/4 c. salt

8t meringue powder mixed with 8 T water

1 t almond extract

1 c. chopped almonds

Combine coconut, sugar, flour, and salt in mixing bowl. Stir in meringue mixture and almond extract. Stir in almonds; mix well.

Drop from teaspoon onto lightly greased baking sheets. Bake at 325 for 20-25 minutes or until edges of cookies are golden brown. Remove from baking sheet immediately. Makes 2 1/2 dozen.

Recipe 4- Hot Fudge Cake

1 c. flour

3/4 c. sugar

6T baking cocoa, divided

2 t. baking powder

1/4 t salt

1/2 c. canned milk

2 T vegetable oil

1 t vanilla extract

1 c. brown sugar

1 3/4 c. hot water

In a medium bowl, combine flour, sugar, 2 T cocoa, baking powder and salt. Stir in milk, oil and vanilla until smooth. Spread in an ungreased 9 inch square baking pan. Combine brown sugar and remaining cocoa; sprinkle over batter. Pour hot water over all. Do not stir. Bake at 350 for 35-40 minutes. Serve warm with ice cream.

FRESH MILK AND CREAM SUBSTITUTES

If a recipe calls for cream, you can use undiluted evaporated milk. It can even be whipped. Chill the can for 24 hours and whip. It will whip like whipped cream, but it will not stay whipped. It needs some kind of stabilizer to keep it whipped for more than a few minutes. Jell-O is a stabilizer. So if you have any recipe that whips the whipping cream with jello or dissolved gelatin, it will work great.

Recipe 5- lemon Bisque

1 can evaporated milk, chilled

1 pkg lemon jello

1/3 c. sugar

1/8 t. salt

3 T lemon juice

Grated rind of lemon

2 1/2 c. graham cracker crumbs

Dissolve jello in boiling water; add sugar, salt, lemon jello and rind. Refrigerate until soupy. Whip milk until stiff. Add in jello mixture and whip together until stiff. Put ½ crumbs in bottom of 8 inch pan and cover with the mixture. Sprinkle last ½ crumbs on top. Refrigerate.

Sweetened Condensed milk

Recipe 6- Magic Cookie Bars

½ c. butter or margarine
1 ½ c. graham cracker crumbs
1 can sweetened condensed milk
6 oz semi-sweet chocolate chips
1 c. sweetened flaked coconut
1 c. chopped nuts

Preheat oven to 350. In a 9x13 pan, melt butter in the oven. Sprinkle crumbs over margarine; pour milk evenly over the crumbs. Top with remaining ingredients; press down. Bake 25-30 min or until lightly brown. Cool. Cut into squares.

Can make yogurt from powdered milk and buttermilk.

Canned coconut milk

Recipe 7- Samoan Sweet Rolls

Make your favorite roll recipe. Shape the balls for the rolls. Open 1 can of coconut milk and pour into the bottom of a 9x13 pan. Add about ½ c. of corn syrup to the pan. Mix and taste for sweetness. If you want it sweeter, add more corn syrup and mix. Place rolls in mixture. Fill pan with rolls and rise and bake according to your recipe. The rolls should be golden brown and cooked all the way through. Take from oven and let sit. The coconut milk should thicken more as it cools. Turn out on a platter, with coconut side up. Scrape any syrup from the bottom of the pan and put on rolls.

Substitutions for Butter- oil and shortening

Recipe 8- No butter Rice krispies

¼ c. vegetable shortening
10 oz marshmallows
5 ½ c. rice cereal

Melt shortening. Add marshmallows. Stir constantly until marshmallows are melted. Blend well. Remove from heat. Stir in cereal. Press into greased pan with fingers moistened with water and cut into squares.

Sister Shook's pineapple angel food cake

1 angel food 1 step cake mix (from store)
1 can crushed pineapple UNDRAINED

Mix together.

Bake as per cake directions. Use tube angel food pan or loaf angel food pan.

Liquid Laundry soap

½ bar natural type unscented
½ c. washing soda (detergent area)
½ cup Borax powder
5 gallon bucket

Grate soap into big sauce pan. Add 6 cup water and heat until melted. Then add washing soda and borax until it dissolves. Remove from heat. (Then Pour in 4 C HOT water into a bucket add

soap mixture and stir. Then add 1 gallon plus 6 c. water. Let sit for 24 hours- will get jellied. Put in empty laundry bottles. Use ½ c. per load.

How to make flour tortilla

2 c. all purpose flour

1 ½ tsp b. powder

1 tsp salt

2 tsp veg oil

¾ c. lukewarm milk

Stir together the flour and baking powder in a large mixing bowl. Add the salt and veg. oil to the lukewarm milk and whisk briefly to incorporate. Gradually add the milk to the flour, and work the mixture into a dough. It will be sticky.

Turn the dough out onto a surface dusted with flour and knead vigorously for about 2 minutes (fold and press, fold and press) the kneading will take care of the stickiness.

Return to the bowl, cover the dough with a damp cloth and let rest for 15 minutes. (will not rise)

Divide your dough into 8 balls, cover them, and let rest again for about 20 minutes. Don't let them touch.

Dust your work surface with flour. Working one at a time, remove each piece of dough and pat it into a 5 inch circle. With a rolling pin, roll out the tortilla, working from the center out, until you have a 7-8 inch tortilla a little less than ¼ inch thick.

Transfer the tortilla to a hot, dry skillet or griddle. It will begin to blister. Let it cook for 30 seconds, turn it and let the other side cook for 30 seconds. Remove the tortilla, place it in a napkin lined basket and cover with aluminum foil. Repeat for the remaining tortillas.

Can add: 1 T fresh herbs (oregano, rosemary) 1 tsp dried herbs, pepper, minced jalapenos, garlic powder

Flour tortillas- alternate recipe with shortening and water

3 cups all purpose flour

2 teaspoons and baking powder

1 tsp salt

4-6 T lard or veg short.

1 ¼ c. warm water

Powder laundry soap

1 bar Fels Naptha soap

½ c. Borax

½ c. washing soda

Grind soap till very fine in food processor. You want it to be close to powder as you can get it.

Stir all 3 items together. Store in a covered container. Use about 2 T per load.