

A woman wearing a white lace top and dark pants is holding a stack of books and a small woven basket. The basket contains a red apple and some white lace. The books are stacked vertically, with the top one being a blue book titled 'The Carousel' by Richard Paul Evans, published by Simon & Schuster. Below it is a red book titled 'Toryettes' by Zobell, published by Bookcraft. The other books in the stack are black and red with gold lettering. The background is a warm, reddish-brown color.

Your Homebased Mom
College Cookbook

College Cookbook

TORYETTES ZOBELL BOOKCRAFT

RICHARD PAUL EVANS
THE Carousel
SIMON & SCHUSTER

College Cookbook

This cookbook was put together for my daughter Cali as she begins her sophomore year of college.

College students tend to be BUSY and BROKE which can make cooking difficult. When they are use to having all their meals prepared by mom or the dorm cafeteria this transition to having to cook all their meals, every day can be a hard transition.

Being the mother of 3 college students (one recently graduated – yeah) I know a little bit about college cooking. I have received numerous calls over the years asking questions on how to cook something etc. The funny thing is though – I have no memory of cooking in college myself. I am sure I did but I have no idea what I cooked. I did date a lot so maybe I just let my dates feed me!

It is important for college students to know that there is a world beyond Mac and Cheese and Top Ramen!! Although, they make a great standby and should be part of every college kid's pantry!! Add a little protein like some strips of chicken, a can of tuna fish or some canned chili to it to make it a little healthier.

I consider a George Foreman grill to be an essential college cooking appliance. You can make a quesadilla, grilled cheese sandwich, burger or chicken breast in minutes. Every college apartment should have one. They are fairly inexpensive and essential!

Another necessary appliance is a microwave. When your only option is eating something that comes out of a can, a microwave can quickly heat up a can of soup, chili or even spaghetti-o's! It doesn't get much easier than a microwave, can opener and a bowl!! But this option can get old real fast.

The other essential kitchen appliance is a crockpot. Using some of your extra time on the weekend to cook up some meat/protein (chicken, pot roast, pork carnitas) is a great idea. It can feed you for the rest of the week. You can eat it with potatoes, pasta or rice. Use it to make a taco, quesadilla or burrito. All you need to make a burrito/taco is some meat, a tortilla and maybe some beans and cheese!

In addition to many of our easier family favorites this cookbook contains a few No Recipe Cooking ideas too!

No Recipe Cooking

Easy Chicken Ideas

Oven Barbequed Chicken

Can be made on a grill or in the oven. Just place your chicken pieces in a pan, cover with BBQ sauce and bake at 350 degrees for 45 minutes or until meat is cooked all the way through. Cooking time will vary depending on the type and size of chicken you used (thighs, legs, breast with bone or boneless) Baste the chicken again with the sauce part way through the cooking process.

Seasoned Chicken

Same as above but instead of BBQ sauce use salt and pepper and some favorite seasonings on the chicken – garlic seasoning, Italian seasoning etc.

Teriyaki Chicken

Another quick and easy version. Just buy some bottled teriyaki sauce and marinate the chicken over night in a ziploc baggie with the sauce. Grill or bake chicken at 350 degrees for 45 min. Throw away the marinade once you remove the chicken. You can use it to baste the chicken as it cooks. Do not ever use leftover marinade as a sauce. Once raw chicken has been in it there is bacteria and it is unsafe. Throw it away.

Chicken Stir Fry

Use a large frying pan or wok. Cut chicken into bite size pieces. Cook chicken over a medium flame in a frying pan with a little butter/oil, onions and spices. After chicken is browned add some chicken broth. Cook about 5 minutes more until chicken is cooked through and then add the vegetables. (fresh or frozen) The vegetables will cook quickly – cook just until tender – not mush! Probably about another 5 minutes.

Chicken Fajitas

Slice onions, peppers (red and green) and chopped garlic. Sauté onions, and garlic in a little oil. Add a sprinkle of chili powder and cumin. Cut uncooked chicken breasts into strips. (Be sure to wash knives and cooking boards very well after cutting the raw chicken). Add peppers. And chicken to the onions, garlic and spices and sauté until the chicken is cooked (10-15 min.) Serve with flour tortillas, salsa, sour cream, guacamole, olives or anything else you might have in the fridge!

Easy Egg Ideas

One of the quickest and easiest meals to prepare and one that is full of protein and not expensive is eggs. Breakfast for dinner is a great college option, inexpensive and quick to prepare.

Hard-Boiled Egg

If you can boil water you can boil an egg. Boil a pot of water with the eggs in it for about 10 min. Then immediately place eggs into cold water to stop the cooking process. You can eat them just the way they are (peel them of course) or slice them to put them on a salad.

Scrambled Eggs

Scrambled eggs are good anytime of day. Just beat the eggs until the white and yolk are combined. You can add a little salt and pepper or seasoning if you like. Melt a teaspoon of butter into a small frying pan and add your eggs. Continue to stir the eggs until they are set up and cooked to the consistency you like them (dry or shiny). Add in some cheese or left over meat (ham, bacon etc.) before eggs are completely cooked.

Fried Eggs

To fry an egg, put about a teaspoon of butter in small frying pan. Crack your egg into pan, add seasoning (salt and pepper) and cook on low-medium heat. You can test the firmness of your egg by gently shaking the pan. Do not allow it to cook too long or it can become rubbery. Before egg is completely cooked the way you like gently flip it over in the pan using a spatula allow the other side to cook for a minute or so.

Bird in a Nest Eggs

Similar to a fried egg but with a piece of bread. Melt butter in a small frying pan. Cut a hole in a piece of bread – can just use a knife or a round cookie cutter or the rim of a glass. Place your bread with the hole into the pan then crack an egg into the hole. Salt and pepper and cooked according to the fried egg directions above

Egg Sandwich

Fry your egg or scramble as described above. Serve between two pieces of bread, a bagel, or English muffin. Add a slice of cheese if you'd like!

Omelets

Don't let the idea of cooking an omelet intimidate you – It's just a little fancier version of scrambled eggs. You don't need an omelet pan – you can just use a regular small frying pan. Beat eggs (2-3) in a bowl and add salt and pepper. Cut or grate cheese and additional fillings before you start cooking the eggs. You can use left over ham, bacon, green onion, peppers, mushrooms, tomatoes etc. Clean out the refrigerator!

Melt butter over a low heat in a frying pan, then add eggs. When eggs start to cook, using a spatula to push the cooked parts away from the side and let uncooked egg flow around to the bottom of the pan. Continue doing this until the majority of the egg is "set" (cooked). Add cheese and extras, then flip half of the egg over the top of the filling. Let cook another few minutes, then flip and cook a few more minutes on the other side. The omelet will be done when it is light brown and egg cooked through.

Easy Ground Beef/Hamburger Ideas

The possibilities for a pound of ground beef/ hamburger are endless! The more expensive the ground beef the less fat it will have. If you choose to buy hamburger that has a higher percentage of fat just know that the fat will cook down and you will end up with less meat than in a lower fat percentage one. Brown your ground beef in a frying pan and add your desired seasonings.

Browned ground beef can be used in burritos, tacos, spaghetti sauce, chili, sloppy joes, stroganoff or over a baked potato.

Ground Beef can also be used for:

Hamburgers

Use your George Foreman grill to make your hamburgers. Add seasoning into your uncooked ground beef – dried or fresh onion, garlic powder, onion powder etc. Mix until well combined. Divide mixture into hamburger patties and broil for about 5-10 min. on each side (depending on how well done you like your burger).

Tacos

Add packaged taco seasoning mix per the directions on the package to your ground beef or season it yourself with chili powder, salt and pepper and some cumin. Serve in corn or flour tortillas or make a taco salad and serve over tortilla chips and lettuce. Add your favorite toppings.

Burritos

Fill your flour tortilla with your cooked ground beef and some canned beans – black or refried beans. Add cheese and other favorite toppings and roll up! These can also be frozen and cooked in the microwave later.

Sloppy Joes

Sloppy Joes are also quick and easy to make with ground beef. You can buy packaged sloppy joe seasoning at the store – just add it to your meat along with some tomato sauce (those directions should be on the package.) Serve over a baked potato or on a hamburger bun.

Spaghetti

Spaghetti is another great way to use your browned beef. You can use a jar of marinara/spaghetti sauce and just add your meat to make your spaghetti a more substantial meal or make your own spaghetti sauce using tomato sauce, onions, garlic and mushrooms if you like. The longer a spaghetti sauce simmers the better the flavor is. Adding a can of tomato paste will thicken the sauce more. Add a little parmesan cheese on top for some extra flavor.

Easy Stroganoff

Brown your hamburger and onions, and drain fat. Add a can of cream of mushroom or cream of onion soup and 1/2 can of water. Add salt and pepper if needed. The soup already has salt in it so be careful not to over salt. Continue cooking until it thickens – 5-10 minutes or so.

Recommended Spices and Seasoning

Spices can be expensive and something you will want to add gradually to your college kitchen unless you can "borrow" some from your mother's kitchen. Here is a list of basics that you might want consider having in your college kitchen.

pepper
salt
garlic powder
whole garlic
paprika
basil
bay leaf
oregano
minced onion
onion powder
chili powder
parsley
cumin
curry powder
cloves
cinnamon
Italian Seasoning
Taco Seasoning

Important Kitchen tools – beyond the basics

George Foreman Grill
Rice Cooker
Crock Pot
Microwave
Toaster Oven can be handy too!

Last Resort: Call Mom!! She'll love to hear from you and can give you an idea or two on what to fix for dinner!

Beverages

Spiced Cider Wassail

6 C apple cider
1-1/2 C orange juice
1/2 C sugar
2 lemons, sliced
6 inch cinnamon stick
12 whole cloves
12 whole allspice

Bring to boil – simmer, covered, for 10 minutes.

Bread

Challah Bread

2 packages yeast
2½ C warm water
6 Tbsp sugar
2 tsp salt
1/3 C salad oil
3 eggs plus white of glaze egg
6½ to 8 2/3 C flour- until slightly sticky

Glaze: 1 egg yoke mixed with 1 tsp. cold water.

Dissolve yeast in warm water in large glass bowl. Add sugar, salt, oil, eggs, and flour. Stir until slightly sticky. Cover and let rise in a warm location until doubled in size. Divide dough in half. Then take each half and divide into 3 pieces. Roll each piece into a rope and braid. Place both braids on a greased cookie sheet – let rise. Brush with egg white mixed with a little water. Bake 350 degrees for 20 to 25 minutes.

Cheese Toasts

½ C Mayonnaise (do not use light or non-fat)
½ C Kraft grated parmesan cheese
2-3 green onions, sliced
Baguette Sliced

Combine first three ingredients and spread on bread slices. Broil until bubbly and golden brown.



Magleby's Rolls

1 package frozen Rhodes rolls
½ C mayo
½ C melted butter
freshly grated Parmesan Cheese

Place mayo, butter and cheese in three separate bowls. Take the frozen ball of dough and dip the top of the frozen roll in each bowl; starting with the mayo, butter and cheese. Then place roll in well greased muffin tin. Sprinkle with garlic salt and parsley and let dough rise. Bake according to directions on frozen roll package.

Scones

¼ C butter
1 tsp salt
2 packages dry active yeast
4 Tbsp sugar
2 C hot water
4-6 C flour

Add butter to hot water to melt. Add yeast, sugar and salt and mix well. Add enough flour to make stiff, thick dough. Knead 8-10 minutes. Let rise until triple, about 1 hour. Punch down by kneading again several times. Roll out like pie dough, ¼ inch thick, and cut into strips. Drop into hot oil and deep fry ½ minute and turn to fry on the other side until golden brown. Scones should "pop" up when done correctly. Serve with honey and butter or jam.

Angel Biscuits

Teresa Wilkes

1 package yeast
5 C flour
1 tsp baking powder
1 tsp salt
2 C milk
¾ C vegetable shortening
2 Tbsp sugar and yeast dissolved in ½ cup lukewarm.

Sift dry ingredients together cut in shortening until mixed thoroughly. Add milk and dissolved yeast. Work together with a large spoon until flour is moist. Cover bowl and refrigerate until ready to use as needed. Keeps for several weeks in the refrigerator. Biscuits will raise by themselves as they bake. Good also for scones. Bake at 350 degrees for 30 minutes or until golden brown.



Sour Cream Banana Bread

1 C sugar
½ C oil
2 eggs
1 C mashed ripe bananas
½ C dairy sour cream
1 tsp vanilla
1½ C flour
1 tsp baking soda
½ tsp. salt

Heat oven to 350 degrees. Grease and flour bottom only of 9 by 5 inch loaf pan. In large bowl, beat together sugar and oil. Add eggs, bananas, sour cream, and vanilla; blend well. Lightly spoon flour into measuring cup; level off. Add flour, baking soda and salt; stir just until dry ingredients are moistened. Pour into prepared pan. Bake at 350 degrees for 50 to 60 minutes or until toothpick inserted in center comes clean. Cool 5 minutes; remove from pan. Cool completely. Wrap tightly and store in refrigerator. Makes 1 loaf.



Quick Cheese Bread

My Kitchen Cafe

- 3 ounces Parmesan cheese, shredded on large holes of cheese grater (about 1 cup)
- 3 C (15 ounces) all-purpose flour
- 1 Tbsp baking powder
- 1/4 tsp cayenne pepper
- 1 tsp salt
- 1/8 tsp black pepper
- 4-5 ounces sharp or extra-sharp cheddar cheese, cut into 1/2-inch cubes
- 1 1/4 C whole milk (2% milk may be substituted but don't use skim milk)
- 3 Tbsp butter, melted
- 1 large egg lightly beaten
- 3/4 C sour cream

Adjust an oven rack to the middle position in the oven and preheat oven to 350 degrees. Spray a 5 by 9-inch loaf pan with nonstick cooking spray, then sprinkle 1/2 cup of the Parmesan cheese evenly in bottom of pan.

In a large bowl, whisk flour, baking powder, cayenne, salt, and pepper to combine. Using a rubber spatula, mix in cheddar cheese cubes, breaking up clumps, until cheese is coated with flour. In a medium bowl, whisk together milk, melted butter, egg, and sour cream. Using

a rubber spatula, gently fold wet ingredients into dry ingredients until just combined (the batter will be heavy and thick). Do not overmix. Scrape batter into prepared loaf pan; spread to sides of pan and level surface with a rubber spatula. Sprinkle remaining 1/2 cup Parmesan evenly over surface.

Bake until deep golden brown and toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes. Cool in pan on wire rack 5 minutes; invert loaf from pan and continue to cool until warm, about 45 minutes. Cut into slices and serve.



Black Angus Garlic Cheese

- 1 loaf French bread
- 1/2 cup butter
- 1 cup shredded jack cheese
- 1 cup shredded asiago cheese
- 1 cup mayonnaise
- 1 bunch green onions — chopped
- 2 cloves garlic — pureed

Split French bread loaf into halves horizontally. Mix butter, cheeses, mayonnaise, green onions and garlic in a bowl, blending well. Spread the cut side of bread with spread.

Bake at 350 degrees for 7 minutes, then place under broiler about 3 minutes longer. Cut into slices and serve.

Breakfast



Yellow Pancake

Tessa's favorite breakfast

1 egg
¼ C milk
1 tsp vanilla
2 Tbsp all-purpose flour
1 tsp melted butter
Powdered sugar

In a bowl whisk the egg. Add the milk, vanilla, flour, and melted butter. Spray a medium skillet with nonstick spray and place over medium heat. When the pan is heated, pour batter into pan to make one large pancake. Cook until set and no longer runny. Watch carefully not to burn. Turn pancake over and cook 1 minute. If you have trouble turning the pancake over, cut in half and turn each half. Put on plate, dot with butter, if you wish, and sprinkle with powdered sugar. Makes 1 serving. Easy to increase.



Oven Puff Pancake

1/3-1/2 C butter
5 eggs
1¼ C milk
1tsp vanilla
1¼ C flour

Melt butter in 9 by 13 - Mix eggs, flour, and milk with wire whisk or use blender. Add batter to dish bake at 425 degrees for 20-25 minutes.

Serve with powdered sugar, lemon juice.



Raised Waffles

Merrill Watts

- 1/2 C warm water
- 1 package dry yeast
- 2 C milk, warmed
- 1/2 C butter (1 cube), melted
- 1 tsp salt
- 1 tsp granulated sugar
- 2 C all-purpose flour
- 2 eggs
- 1/4 tsp baking soda

Use a big mixing bowl- the batter will rise to double its original volume. Put the water in the mixing bowl and sprinkle in the yeast. Let stand to dissolve for 5 minutes. Add the milk, butter, salt, sugar, and flour to the yeast mixture and beat until smooth and blended (I often use a hand rotary beater to get rid of the lumps). Cover the bowl with plastic wrap and let stand overnight at room temperature. Just before cooking the waffles, beat in the eggs, add the baking soda, and stir until well-mixed. The batter will be very thin. Pour about 1/2 to 3/4 cup batter into a very hot waffle iron. Bake the waffles until they are golden and crisp. This batter will keep well for several days in the refrigerator. Makes about 8 waffles

Cinnamon Syrup

- 1 C sugar
- ½ C light corn syrup
- ¼ C water
- ½ tsp cinnamon
- ½ C whipping cream

In medium saucepan, stir all ingredients together EXCEPT cream. Stirring constantly, bring to a boil over medium heat. Boil 2 minutes. Remove from heat, stir in cream. Cool 30 minutes. Syrup will thicken as it cools.



Breakfast Pizza

- 1 lb. pork sausage (we use Jimmy Dean)
- 1 pkg. (8) refrigerated crescent rolls
- 1 C frozen loose-pack hash brown potatoes, thawed
- 1 C shredded cheddar cheese
- 5 eggs
- ¼ C milk
- ½ tsp salt
- 1/8 tsp pepper
- 2 Tbsp grated parmesan cheese (the Kraft variety, comes in a green jar)

In a skillet cook sausage until well browned; drain fat.

Separate crescent dough into 8 triangles. Place in an ungreased 12 inch pizza pan with points toward the center. Press over bottom and up sides to form a crust; seal perforations. Spoon sausage over the crust. Sprinkle with potatoes, and top with cheddar cheese. (You can make it this far the night before and refrigerate to save time).

In a bowl beat together eggs, milk, salt and pepper. Pour over crust. Sprinkle parmesan cheese over all. Bake 375 degree oven for 25-30 minutes. 6-8 servings.

Desserts

Lemon Cake

Ashley Lyn Scholl

1 lemon or yellow cake mix
1 small box lemon Jello
½ C vegetable oil
¾ C water
1 Tbsp lemon juice
4 eggs

Mix all ingredients, except eggs, about one minute then add eggs one at a time.

Pour in greased and floured 9 x 13 pan. Bake 350 deg. 35 minutes.

While cake is hot poke holes mix the following and pour over cake:

1 C powdered sugar
2 Tbsp lemon juice

Skor Cake

1 pkg. 2 layer German Chocolate cake mix.

Bake according to package directions. Pour into greased and floured 9 x 13 pan.

1 (14 oz) can sweetened condensed milk
1 (19½ oz) Mrs. Richardson's Butterscotch-Caramel topping.
Frozen Cool Whip (thawed)
Crushed Skor candy (comes in a bag in baking section)

While cake is still warm, poke about a dozen holes across the top with the handle of a wooden spoon. Let cool a bit.

Pour Sweetened Condensed milk over top, let stand a few minutes.

Pour Butterscotch-caramel topping over top. Sprinkle with crushed Skor candy. Serve with Cool Whip.



Apple Crisp

Jayna Nelson

- 4-6 large Granny Smith apples, peeled, cored and sliced
- 8 graham cracker squares
- $\frac{3}{4}$ C brown sugar, packed
- $\frac{1}{2}$ C rolled oats
- $\frac{1}{2}$ C flour
- 1 tsp cinnamon
- $\frac{1}{2}$ tsp nutmeg
- $\frac{1}{2}$ C butter, melted

Combine crumbs, sugar, oats, flour, cinnamon and nutmeg. Add butter; mix well. Spoon mixture over apple slices. Bake at 350 degrees for 30-35 minutes.

Crowd Pleaser Dessert

Tracy Best

Crush 25 Oreo cookies
Add ¼ C melted butter
Press into 9 x 13 pan

½ gallon vanilla ice cream, slice and lay on top of crust
Cover with chopped pecans. Put into freezer.

Sauce:

4 oz German sweet chocolate
2/3 C evaporated milk
½ tsp salt
2/3 C sugar
½ C butter
1 tsp vanilla

Boil sauce ingredients 4 minutes, stirring constantly.
Add vanilla and cool syrup. Cover with non-dairy whipped topping.
freeze. Eat and enjoy!

Microwave Caramel Corn

16 C popped corn (air popped is best)
1 C brown sugar
¼ C Karo syrup
½ C margarine.

Cook sugar, syrup and margarine on high 1 minute. Stir, repeat for a total of 5 minutes. Should be hot and bubbly.

Add:

½ tsp baking soda
½-1 tsp vanilla.

Mix until foamy. Put popped corn in bag. Pour syrup into bag. Stir to coat. Fold bag over. Microwave 1 minute and shake. Repeat.
Microwave 30 seconds and shake. Repeat.

Lay out to cool on wax paper.

Texas Sheet Cake

Allison Ellsworth

2 C flour
2 C sugar
1 tsp salt

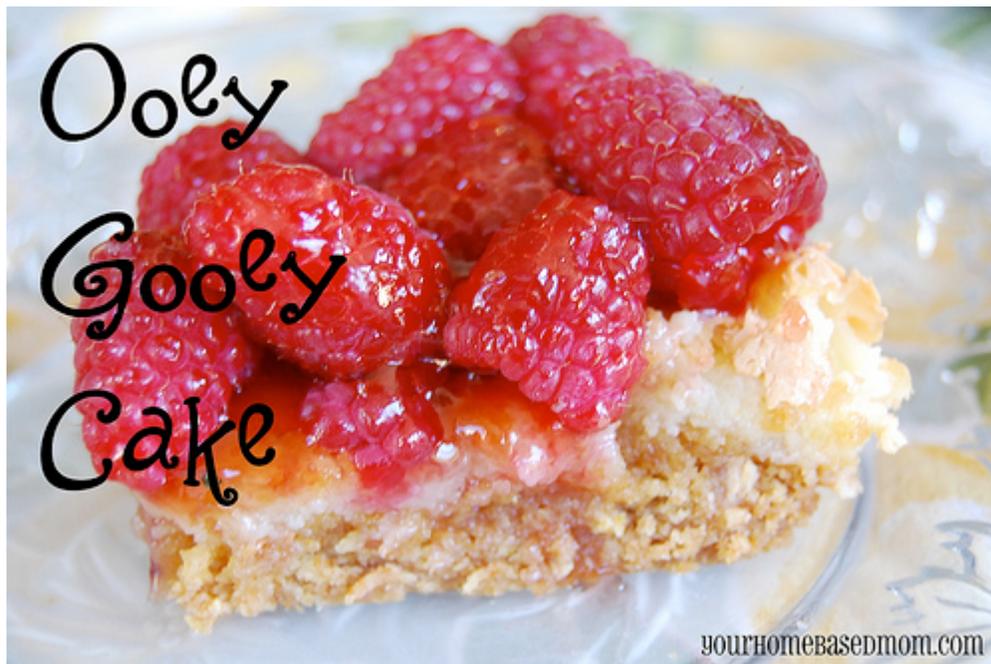
Mix in bowl.
2 cubes butter, (1 C)
¼ C cocoa
2 eggs
½ C buttermilk
1 C water
1 tsp baking soda
1 tsp vanilla
1 Tbsp vinegar

Mix together. Add all ingredients together and mix well. Pour into greased 15x10x1 pan. Bake at 350 degrees for 25 minutes.

Frosting:

1 cube butter (1/2 C), softened
6 Tbsp milk
¼ C cocoa
3-3/4 C powdered sugar
1 tsp vanilla

Mix butter, milk and cocoa together. Add powdered sugar and vanilla. Beat well and spread on hot cake as it comes from oven.



Ooey Gooey Cake

Paula Deen

1 (18.25 ounce) package yellow cake mix
½ C melted butter
1 egg
1 (8 ounce) cream cheese package
2 eggs
3-¾ C powdered sugar

Grease and flour one 13x9 pan. Preheat oven to 350 degrees.

Mix together cake mix, melted butter, and 1 egg. Press into prepared pan.

In separate bowl mix cream cheese, 2 eggs, and powdered sugar. Pour over first layer.

Bake at 350 degrees for 40 minutes.

Snicker Doodle Cookies

1 C shortening
1½ C sugar
2 eggs

Cream all these ingredients together. Sift in:

2¾ C flour
2 tsp Cream of tarter
½ tsp salt
1 tsp soda

Mix together and roll into balls (size of walnuts.) Mix 2 Tbsp sugar and 2 tsp cinnamon. Place about 2 inch apart on cookie sheet. Bake in 350 degree oven 10 minutes

Easy Cake Mix Cookies

Tricia Wilkes

Try different flavors of cake mix and candies

1 cake mix
2 eggs
½ C oil
M&Ms or your favorite flavor of chips

Mix cake mix, eggs and oil. Add in candy choice. Drop onto cookie sheet and bake at 350 degrees for 20 minutes. Favorite flavor combo is German Chocolate cake mix with mint M&Ms.



Best Big, Fat Chewy, Chocolate Chip Cookies

All Recipes

- 2 C all-purpose flour
- 1/2 tsp baking soda
- 1/2 tsp salt
- 3/4 C unsalted butter, melted
- 1 C packed brown sugar
- 1/2 C white sugar
- 1 Tbsp vanilla extract
- 1 egg
- 1 egg yolk
- 2 C chocolate chips (I use 1/2 white and 1/2 milk chocolate)

Preheat the oven to 325 degrees. Grease cookie sheets or line with parchment paper. Sift together the flour, baking soda and salt; set aside. In a medium bowl, cream together the melted butter, brown sugar and white sugar until well blended. Beat in the vanilla, egg and egg yolk until light and creamy. Mix in the sifted ingredients until just blended. Stir in the chocolate chips by hand using a wooden spoon. Drop cookie dough onto the prepared cookie sheets. Cookies should be about 3 inches apart.

Bake for 15-17 minutes (depending on size of cookie) in the preheated oven, or until the edges are lightly toasted. Cool on baking sheets for a few minutes before transferring to wire racks to cool completely.

Caramel Layer Chocolate Squares

Aunt Tricia Rigby Wilkes

14 oz. package light caramels (about 50)
2/3 C evaporated milk, divided
1 package German Chocolate cake mix
3/4 C margarine, melted
1 C chopped nuts
1 C semi-sweet chocolate chips

In sauce pan over medium-low heat, melt 1/3 cup evaporated milk and caramels. Grease and flour a 13 by 9 pan. Mix cake mix, margarine, 1/3 cup evaporated and nuts. Stir. Press 1/2 the dough into bottom of pan. Bake at 350 degrees for 6 minutes. Sprinkle chocolate chips over crust, spread caramel on top of that, and sprinkle remaining dough on top. Bake 15-18 minutes. Refrigerate 30 minutes to set caramel layer. Cut into squares to serve.

Aunt Dottie's Chocolate Pudding Cookies

Dottie Stechman

1 C butter
1/4 C sugar
2 eggs
1 tsp vanilla
3/4 C brown sugar
1 small box instant chocolate pudding
2 1/4 C flour
1 tsp soda

Cream butter and sugar. Add remaining ingredients and mix well.

Add 1 cup chopped nuts and 1 package of semi-sweet chocolate chips

Bake at 375 degrees for 8-10 minutes. Do not over bake. Cookies should be soft.



Banana Bars

Jane Densley.

Be careful not to over bake or they will be dry.

1 1/2 C sugar

1/2 C butter

2 eggs

1 C sour cream

1 tsp vanilla

2 C flour

1 tsp soda

1/4 tsp salt

1 medium, ripe banana

Cream sugar, butter and eggs, add sour cream and vanilla, when add flour, baking soda and salt. Stir in bananas. Bake at 350 degrees for 20-25 minutes in jelly roll pan.

Frosting:

8 oz cream cheese, softened

1/2 C butter, softened

2 tsp vanilla

4 C powdered sugar

Cream together until smooth and spread over cooled cake.



Nurdy Bars

1/2 C butter
1 6 oz. pkg. butterscotch chips (this is half of a regular size bag)
1/2 C brown sugar
2 eggs
2 tsp baking powder
1/2 tsp salt
2 tsp vanilla
1 6 oz. pkg. semi sweet chocolate chips
2 C miniature marshmallows
1 1/2 C flour
nuts if desired.

In medium saucepan melt butter, brown sugar and butterscotch chips. Stir until melted. Remove from heat and add eggs, flour, baking powder, salt and stir until smooth. Add vanilla. Set aside to cool. When cool stir in chocolate chips, marshmallows and nuts. Spread in greased 9 x 13 pan. Bake 25 minutes in 350 degree oven.



Butterscotch Blondies

- ¾ C butter or margarine, softened
- ¾ C packed light brown sugar
- ½ C granulated sugar
- 2 eggs
- 2 C all-purpose flour
- 1 tsp baking soda
- ½ tsp salt
- 1 2/3 C butterscotch chips
- 1 C chopped nuts (optional)

Preheat oven to 350 degrees. Grease 9 x 13 baking pan. Beat butter, brown sugar, and granulated sugar in large bowl until creamy. Add eggs; beat well. Stir together flour, baking soda, and salt; gradually add to butter mixture, blending well. Stir in butterscotch chips and nuts, if desired. Spread into prepared pan. Bake 30-35 minutes or until top is golden brown and center is set. Cool completely in pan on wire rack. Cut into bars.

Hot Fudge Sauce

Grandma Mary Anne Best

2 C semi-sweet chocolate chips (Aunt Tracy likes milk chocolate chips)
1 can (1-1/3 cup) evaporated milk
1/2 C butter
2 C powdered sugar
1 tsp vanilla

Melt chips, butter, milk, and powdered sugar. Bring to a boil. Cook for 4 minutes – stirring constantly. Take off heat when thickened and add vanilla.



Pink Lemonade Pie

1/2 gallon vanilla ice cream
1 (6oz) can frozen pink lemonade concentrate, thawed
1 9 inch graham cracker crust, store bought or homemade

Blend ice cream in a large bowl until mushy, using medium speed on electric mixer. Add thawed lemonade concentrate and pour into pie crust. Sprinkle top with shaved chocolate, if desire. Freeze. (Will keep for several weeks if placed in a plastic bag after being frozen)



Apple Pie
Kim Shaw

2 C flour
1 C sugar
1 egg yolk
1 tsp baking powder

Mix and add:

2 cubes (1 C) melted butter

Press 1/2 of dough into glass pie dish

7-8 apples - slice, core and peel. I like to use a tart apple such as Granny Smith apples.

Place apples into crust. Sprinkle with cinnamon (1-2 tsp) and 1 1/2 Tbsp sugar. Crumble rest of dough onto top. Bake at 350 degrees for 1 1/2 hours or until apples are tender.



Chocolate Chip Cookie Pie

Just like a warm gooey chocolate chip cookie

- 1/2 C butter, melted and cooled
- 1 C sugar
- 1/2 C flour
- 2 eggs well beaten
- 1 tsp vanilla
- 1 C walnuts or pecans, can omit
- 1 C semi-sweet chocolate chips
- 9" unbaked pie shell

Mix all ingredients and pour into pie shell. Bake 35 minutes at 350 degrees. Serve warm or at room temperature.

Main Dishes



Salsa Verde Carnitas

Simply Recipes

- 3 1/2 lb. pork butt (pork shoulder or pork carnitas)
- 1 C salsa verde (the green salsa)
- 1 onion, finely chopped
- 3 C chicken broth
- 2 tsp coriander seeds
- 1 tsp dried oregano
- 1/2 C fresh cilantro, chopped
- 2 tsp cumin seeds
- salt

Trim the excess fat from the roast. Put meat in a large pan with salsa verde, onion, stock, cumin seeds, coriander seeds, and oregano. Bring to a boil over high heat; reduce heat, cover and simmer until meat is very tender when pierced, about 3 hours.

Preheat oven to 400 degrees. Remove meat from liquid and put meat into a roasting pan. With 2 forks tear meat into large shreds. Roast meat for 15-20 minutes until parts are brown and crispy. While the meat is roasting, skim and discard fat from liquid in the large pan. Boil juices, stirring, until reduced to 2-1/2 cups, 8-10 minutes.

Return meat to the juices and stir in chopped cilantro. Season with salt.

12-16 corn tortillas, heated and drained
1/2 grated Monterey Jack
sour cream
Chopped cilantro leaves for garnish

Café Rio Sweet Pork

3 lb. pork roast or pork carnitas (the most inexpensive cut you can find)
1 C brown sugar
2 C fresh salsa

Mix sugar and salsa, pour over pork. Cook in crock pot for 8 hours on low. When very tender shred with two forks and return to juice in crock pot. Great in flour tortillas.

Taco Bake

Filling:

1lb ground beef
½ C chopped onion
1 pkg. Taco seasoning
¾ C water

Mix together and simmer 25 minutes.

Topping:

1 C grated cheese
1 C lettuce
1½ C tomato

Crust:

1-¾-2 C flour
1 pkg. Quick-rise Yeast
1Tbsp sugar
2 tsp chopped onion
¾ tsp salt
2/3 C warm water
2 Tbsp oil
½ C crushed corn chips.

Combine 1 cup flour, yeast, sugar, onion, and salt and mix well. Add very warm water (120-130deg.) and oil to flour mix. Mix by hand until almost smooth. Stir in chips and enough flour to make stiff batter. Spread in well-greased 10 inch pie pan – form a rim. Cover, let rise about 10 minutes. Add meat. Bake at 375 degrees for 30-35 minutes. Sprinkle with cheese, lettuce and tomatoes.



Sweet and Sour Chicken

Stephanie's Kitchen

4 boneless, skinless chicken breasts, cut into cubes
6 Tbsp flour seasoned with $\frac{1}{2}$ tsp salt and $\frac{1}{2}$ tsp pepper
 $\frac{1}{4}$ C olive oil

Sauce:

$\frac{1}{8}$ C cornstarch
1 tsp salt
 $\frac{1}{4}$ tsp pepper
 $\frac{1}{4}$ C brown sugar
 $\frac{1}{4}$ C vinegar
1 20 oz. can pineapple tidbits (save juice)
 $\frac{1}{2}$ C pineapple juice (saved juice)
 $\frac{1}{2}$ C chicken broth
1 Tbsp soy sauce
1 red bell pepper, sliced
 $\frac{1}{4}$ C onion sliced

Coat chicken in flour and fry in olive oil until browned. Drain and set aside. In same skillet, combine cornstarch, salt, pepper, brown sugar, vinegar, pineapple juice, and soy sauce. Cook and stir until boiling. Reduce heat and cook for 2 minutes. Add chicken, peppers, onions and pineapple. Cook until heated through. Serve over rice.



Quick Asian Lettuce Wraps

Picky Palate

- 2 Tbsp olive oil
- 1 C onion, finely chopped
- 1 pound ground chicken or turkey breast
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/4 tsp garlic salt
- 1 12oz. bag of Broccoli slaw
- 1 small can water chestnuts, drained
- 1/2 C Teriyaki sauce
- 1 tsp sesame oil

Place oil into a large 5 qt. skillet or pan over medium heat. When hot, add onion and cook 5 minutes to soften. Add ground turkey or chicken, salt, pepper and garlic salt. Brown and crumble until cooked through.

When cooked, stir in broccoli slaw, water chestnuts, teriyaki sauce and sesame oil. Cook for another 10-15 minutes or until heated through. Reduce heat to low until ready to serve. Serve spoonfuls inside lettuce leaves.



Hawaiian Haystack

Calista Wilkes

- 1 can condensed cream of chicken soup
- 1 C chicken broth
- 2 C chopped, cooked, chicken
- 4 C hot cooked rice

Combine soup with chicken broth. Stir to blend. Add chicken. Simmer 8 to 10 minutes, until heated through. Serve over rice and add any or all of the following toppings: Chow Mein noodles. Chopped tomatoes, celery, green pepper, and/or green onion. Pineapple chunks. Shredded Cheddar cheese. Slivered almonds, flaked coconut.

Lemon Grilled Chicken

- 1 pound chicken breasts
- juice of one lemon
- 3 Tbsp oil
- 1 tsp minced garlic
- 1 tsp salt
- 1/4 tsp pepper
- 1/2 tsp oregano

Marinate chicken over night. Grill. Yum! This is perfect for salads also.



Mediterranean Chicken and Bow Ties

Jeannena Mitchell

- 4 quarts water
- 1 Tbsp chopped fresh basil or 1 tsp dried basil leaves
- 1 tsp chicken flavor instant bouillon
- 8 oz uncooked bow tie pasta

Bring first three ingredients to a boil. Add bow tie pasta; cook to desired doneness as directed on package. Drain; keep warm.

Chicken:

- 2 Tbsp. olive oil or vegetable oil
- 1 lb. boneless chicken breast, cut into 2 x ½ inch strips
- 1 garlic clove, minced
- ½ C water
- 1 tsp cornstarch
- ½ C diagonally cut green onions (1/2 inch pieces)
- 1 (2 ½ oz) can sliced ripe olives
- 1¼ C chopped fresh basil or 1 tsp dried basil leaves
- ½ tsp chicken-flavor instant bouillon
- 1 C cherry tomato halves

While pasta cooks. Heat the oil in large skillet, over med-high heat. Add chicken and garlic; cook and stir 6-9 minutes or until chicken is no longer pink. In a small bowl, combine ½ cup water and cornstarch; blend well. Stir into chicken. Add onions, olives, ¼ cup basil and ½ tsp bouillon; cook and stir 2-3 minutes or until mixture is slightly thickened and glazed. Pour over cooked bow tie pasta; add tomatoes and toss to coat.

Sesame Chicken

2 skinless chicken breasts
1/2 C sugar
3/4 C white vinegar
2 Tbsp cooking wine or chicken broth
1/4 C soy sauce
2 Tbsp sesame oil
2 Tbsp sliced green onion
1-2 Tbsp sesame seed

Thinly slice chicken breasts diagonally across grain. Put 2 Tbsp oil in frying pan. Heat and add chicken and stir fry for 3-4 minutes or until just cooked through. Remove from pan and keep warm. Stir together sugar, vinegar, wine, soy sauce, sesame oil, green onion and sesame seed. Bring to a boil and boil 5-6 minutes or until sauce thickens and becomes sticky. Add chicken to sauce and mix well. Serve over rice.

Hawaiian Chicken

Karen Scholl

4-6 chicken breasts
2 C barbeque sauce
1 (16 oz) can crushed pineapple with juice

Preheat oven to 400 degrees. Grease pan. Bake chicken for 45 minutes. Pour mixture over top and bake for 15 minutes.

Costa Vida Chicken

5 lbs chicken breast
1 small bottle Kraft Zesty Italian Dressing
1 Tbsp chili powder
1 Tbsp cumin
3 cloves garlic, minced

Cook all together in a crock pot on high for 4 hours. Shred meat and cook 1 additional hour. Serve over rice, in a burrito, taco or on a green salad.



Sticky Coconut Chicken (Tar Chicken)

6-8 boneless chicken thighs
¾ C canned coconut milk
1 Tbsp minced ginger
1 tsp fresh ground pepper
1 tsp hot chili flakes

Marinate chicken in coconut milk, ginger, pepper and chili flakes at least one hour. Grill on barbeque.

Chili glaze
¾ C rice vinegar
½ C sugar
3 Tbsp soy sauce
1 tsp hot chili flakes

Bring above ingredients to a boil over high heat and cook until mixture is reduced and thickened, about 10-15 minutes.

Glaze both sides of chicken and serve.



Taco Soup

1 lb. hamburger
½ C chopped onion

Brown together add:

3 C water
2 (26 oz) cans stewed tomatoes
1 (16 oz) tomato sauce
2 (16 oz) red kidney beans, undrained
1 pkg. taco seasoning

Simmer for 15 minutes. Top with grated cheddar cheese and small Fritos and dollop of sour cream chopped olives.

Side Dishes



Patrice's Potatoes

Patrice Botsford

Potatoes, thinly sliced
½ cube butter (1/2 C), melted
¼ C olive oil
½ tsp garlic powder
1 tsp cayenne powder
2 tsp mild chili powder
1 Tbsp Worcestershire sauce

Mix above together and toss with thin sliced potatoes.
Place on a cookie sheet. Bake at 500 degrees for 7-8 minutes then
turn potatoes and bake another 7-8 minutes until crispy.

Funeral Potatoes

2 lbs. raw hash browns, cubed type
½ C butter
1 Tbsp salt
½ tsp pepper
1 (10½ oz) can cream of chicken or celery soup
½ C chopped onion
1 pint sour cream
10oz. sharp cheddar cheese, grated

Mix all ingredients well and pour into greased 9 x 13 casserole. Bake, uncovered, in a 350 degree oven for 1 hour. Can be mixed and frozen for later use.

Rice Pilaf

Grandma Mary Anne Best

1 C uncooked rice
½ C vermicelli
1/3 cube butter (1/2 C)
1 can chicken consommé – add water to make 2 cups
1 tsp minced onion
1 tsp salt or I prefer ½ tsp salt and ½ tsp Lawry's seasoning salt

In a 2 quart saucepan, melt butter and brown broken up Vermicelli. Careful this burns easily. Add consommé, onions, spices. Bring to a boil – add rice and stir once. Cover and simmer slowly for 25 minutes.



Brown Butter and Balsamic Ravioli

Ravioli:

- 1 (12 to 16 oz.) pkg. fresh ravioli, any flavor filling (mom uses a chicken and mozzarella cheese one from Costco)
- 3 Tbsp butter, cut into small pieces
- 2 Tbsp balsamic vinegar
- 2 handfuls freshly grated Parmesan cheese

Salt and pepper

Bring a large pot of water to a boil for ravioli. Salt water and drop ravioli in water. Cook 8 minutes or until raviolis expand, float to top of water, and are al dente.

Melt butter into large frying pan and brown. Add cooked ravioli to browned butter and stir and cook a few minutes. Add balsamic vinegar and stir until coated. Sprinkle cheese over the top, salt and pepper to taste and serve.

Farfalle (Bow Tie) Noodles with Pine Nuts and Fresh Herbs

16 oz. farfalle (Bow Tie) or other noodles
2 Tbsp butter
2 Tbsp olive oil
1 tsp minced garlic (1-2 cloves)
2 Tbsp pine nuts
1 C fresh basil, chopped (or use a mixture of fresh basil and sage)
¼ tsp salt
¼-1/2 C grated Parmesan cheese, to taste.

Cook the noodles according to package directions until they are al dente. (not too soft)

Five minutes before the pasta is done, melt the butter in a large heavy skillet over medium heat. Add the oil, garlic and pine nuts and cook for about 2 minutes, stirring occasionally. (if you don't eat nuts the dish is still delicious with them).

Before draining the pasta, use a ladle to scoop out about ¼ to ½ cup of the cooking water. Add pasta to skillet with butter and garlic, the reserved cooking liquid, the basil, salt and Parmesan cheese and toss over low heat for 1-2 minutes, stirring occasionally. Serve it hot. (do not overcook the noodles)



Herbed Pasta

ala Mark Bittman

Salt

1/3 C extra virgin olive oil or more as needed

2 Tbsp minced garlic

1 or 2 small dried red chilies or to taste, or hot red pepper flakes to taste (optional)

1/2 C chopped nuts such as pine nuts, walnuts, almonds, hazelnuts, pecans.

1/2 C fresh herbs – combination of basil, parsley, thyme, chives, rosemary etc.

1 pound long, thin pasta, like linguine or spaghetti or any other pasta

1/2 C grated fresh Parmesan cheese

Bring a large pot of water to a boil and salt it. Add pasta when it comes to a boil.

Heat the oil. When hot, add the nuts and cook, stirring frequently, until they start to toast and become fragrant, just a minute or two.

Turn down the heat to medium -low and stir in the chilies, garlic and a large pinch of salt.

Let the garlic sizzle a bit, shaking the pan occasionally, just until it turns golden, about 3 minutes. Toss in the herb mixture (total of 1/2 - 1 cup) The herb mixture may absorb all the oil so if it does add a little more oil when you toss it with the pasta or add in some of the pasta water.

Turn off the heat if the pasta isn't ready.

Cook the pasta until it is tender but not mushy. When it is done, drain it, reserving a bit of the cooking water. Reheat the herb/garlic mixture briefly if necessary. Taste and adjust the seasoning, toss with Parmesan cheese and serve – yum!

Salads

Orange Jello Salad

Grandma Mary Anne Best

- 1 pkg. orange jell-o (3 oz.)
- 1 pkg. lemon jell-o (3 oz.)
- 1 C boiling water
- 1 C orange juice
- 1C Cool whip, thawed
- 1 can drained mandarin oranges

Dissolve jellos together in boiling water. Add orange juice, stir in Cool Whip. When slightly thickened add mandarin oranges. Serves 6-8