

crust. Brush with the liquid from a jar of marinated artichokes. Bake at 425 for 10 minutes. Top crust with chopped salami, chopped green pepper, chopped red onion, chopped artichokes, parmesan cheese, sliced roma tomatoes, and mozzarella cheese. Continue baking for 10 more minutes or until cheese is bubbly.

Chicken Tortellini Soup

6 $\frac{1}{2}$ cups water
3 cans chicken broth
2 cans cream chicken soup
2 cups cooked chicken, cubed
1 cup chopped onion
1 cup sliced celery
2 cups sliced carrots
2 cloves garlic
 $\frac{1}{2}$ tsp each basil and oregano
9 oz package tortellini
9 oz pkg thawed, frozen broccoli

Combine first nine ingredients; bring to boil. Add tortellini and simmer uncovered for 40 minutes. Add broccoli and simmer additional 10-15 minutes. Serve with grated parmesan cheese, if desired.

Out of this World Pie

1 can pitted cherries and juice (not pie filling)
1 cup sugar
1 small can crushed pineapple with juice
1/3 cup flour
1 small pkg orange jello

Mix cherries, sugar, pineapple, and flour and cook till thick. Stir in jello. Let cool 20-30 minutes. Add 1 tsp vanilla and 4-6 bananas (sliced) pour into 3 graham cracker crusts.

Chill. Before serving, top with cool whip.

Berry Banana Smoothies

1 small banana, sliced and frozen
 $\frac{1}{4}$ cup fresh or frozen berries
1 cup orange juice
3 Tbsp vanilla yogurt

Blend in blender. Makes 2 servings.

Melon Chicken Salad

$\frac{1}{4}$ cup plain lowfat yogurt
 $\frac{1}{4}$ cup mayonnaise
1 Tbsp fresh lemon juice
1 Tbsp snipped chives
 $\frac{1}{4}$ tsp salt
5 cups cantaloupe chunks (1 melon)
2 $\frac{1}{2}$ cups shredded, cooked chicken
1 cup green grapes, halved
1 cucumber, quartered length-wise and sliced thin

Whisk first 5 ingredients together until blended. Add remaining ingredients and stir to mix.

Jagerschnitzel

6 lean boneless pork chops
salt, pepper, paprika
2 Tbsp flour
1 3gg and 3 Tbsp milk beaten together
 $\frac{3}{4}$ cup fine breadcrumbs
1/3 cup margarine
1 package of mushroom gravy, prepared

Flatten chops with a meat pounder a little. Sprinkle with seasonings. Coat with flour, dip

into milk mixture and roll in breadcrumbs. Fry in hot margarine over medium heat 8 minutes on each side. Turn only once. Arrange on platter. Serve with mushroom gravy.

8 oz grated co-jack cheese

425 oven. Boil noodles. Drain. Whisk milk and egg. Put this and the noodles in a buttered 9x13 dish. While noodles boil, cook beef, onion, gr. pepper, and garlic about 6 minutes in skillet. Drain. Add seasoning. Cook 2 minutes. Add tomato sauce. Cook 2 minutes. Spread over pasta; sprinkle with cheese. Bake in lower third of oven about 10 minutes. Let stand 5 minutes.

Cucumber Salad

2 cucumbers, peeled and sliced thinly
1 Tbsp sugar
Dill Weed
2 Tbsp oil
3 Tbsp lemon juice
1 tsp salt
 $\frac{1}{4}$ tsp pepper

Sprinkle the cucumbers with sugar and dill weed. Mix oil, lemon juice, salt, and pepper and pour over cucumbers. Toss well.

Greek Pork Pitas

Cut 1 lb boneless pork loin into thin strips. Combine 4 Tbsp each olive oil and lemon juice, 1 Tbsp prepared mustard, 2 cloves minced garlic, and 1 tsp dried oregano. Pour over pork. Refrigerate 1-8 hours. Stir together 1 cup plain yogurt, 1 c hopped, peeled cucumber, $\frac{1}{2}$ tsp crushed garlic and $\frac{1}{2}$ tsp dill weed. Cover and refrigerate. Remove pork from marinade. Stir-fry in non-stick pan over medium heat for 2-3 minutes. Halve pita pockets and fill with pork. Top with cucumber mixture.

Black Forrest Cake

Prepare devil's food cake mix. Bake in two 9 inch cake pans. Cool. Slice to make two layers out of each cake. Place cool whip and cherry pie filling between the layers and on top of the cake.

Winter Pot Roast

8 oz spaghetti
1 egg
1 lb ground beef
1 med onion, chopped
1 med. Green pepper, chopped
1 clove garlic, minced
1 Tbsp chili powder
 $\frac{1}{2}$ tsp oregano
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ tsp black pepper
16 oz can tomato sauce

4 lb chuck roast
2 Tbsp steak sauce
2 med onions, sliced
2 8oz cans tomato sauce
1 cup catsup
1 tsp salt
1 tsp sugar
 $\frac{1}{4}$ tsp pepper
1 12 oz pkg wide egg noodles
1 Tbsp caraway seeds

Put everything but the last two ingredients in crock pot and cook on low for 10 hours or on

high for 5 hours. Shred meat with a fork. Serve over wide egg noodles that have been cooked and drained and tossed with caraway seeds. Top with sauce from crock pot.

Trail Mix

Mix:

Corn Chex
Small Pretzels
M & M's
Raisins
Peanuts

Chocolate Chip Pie

$\frac{1}{2}$ cup butter
1 cup sugar
 $\frac{1}{2}$ cup flour
1 tsp vanilla
2 eggs
1 cup chocolate chips
1 cup chopped pecans (optional)
2 shallow frozen pie crusts

Melt butter; add sugar, eggs, vanilla, and flour; mix thoroughly. Add chocolate chips and pecans. Pour half in each of the crusts. Bake at 350 for 45 minutes.

Smiles

Slice red apples into wedges. Take two wedges and place peanut butter in between along with some mini marshmallows.

At Home with Heather Thornton...



Day/ Date	Main Dish	Side/vegetable	Dessert	Lunch Dad/kids
Monday:	Spaghetti Pizza Bake	Garlic Bread Green Salad: Croutons, bacon bits, grated cheese, Olives	Ice cream	Dad: Tuna Sandwich, carrots, pickle wedge Kids: Chicken noodle soup and grilled cheese
Tuesday	Roasted Chicken	Grilled Potatoes, car- rots Noodle Rice pilaf	Chocolate Peanut but- ter pudding	Dad: Left over Spag- hetti bake Kids: Mac and cheese, green beans
Wednesday	Hawaiian Volcanoes: *Chicken & gravy *Rice	Grated cheddar Cheese, Sliced green onions, Chow mien noodles, raisins, peanuts, coco- nut, Pineapple tidbits,	Fruit Kabobs: pineap- ple chunks, apples, grapes, banana	Dad: sandwiches Kids: Hot pizza sand- wiches
Thursday	Mexicalli Bake	Green Salad	Heather Brownies: chocolate chips sprin- kled on top before baking.	Dad: Left Volcanoes Kids: Fish sticks, car- rot sticks, apple wedges
Friday	Home made pizza Bread machine pizza dough	Cheese, pepperoni, sausage, olives, pine- apple Green Salad	Sundays with left over brownies	Dad: Left over mexi- calli bake Kids: Vegetable soup, crackers, apples/ oranges
Saturday Breakfast: Break- fast burritos- Scrambled eggs, sausage, and grated cheese in warm flour tortilla	Corn dog bake	Green beans Chili beans	Cookies & milk	Baked potato bar: Chile, cheese, sour cream,
Sunday: Late lunch early dinner	Tacos: Flour tortillas, Corn shells Ground seasoned meat Refried beans	Lettuce, tomatoes, Grated cheese, on- ions Sour cream, Spanish rice	Cookies & Milk	

Heather's Recipes...



Spaghetti Bake

- 1 Lb spaghetti -cooked, and drained
- 2-3 cups spaghetti sauce
- 2 cups mozzarella cheese, grated
- pepperoni, or other pizza toppings
- 2 eggs
- $\frac{1}{2}$ cup grated parmesan cheese
- garlic
- onion pd.
- Place cooked spaghetti noodles in bowl while still hot, beat eggs in a bowl and pour over noodles, toss to coat, add parmesan cheese, garlic, and onion pd., mix together to blend.
- Place noodle mixture in 9x13 glass pan.
- Spread sauce over top of noodles. Cover with cheese and any toppings. Bake 350, 20-30 min until heated through. Cut in squares and serve.

If you plan right, with a big enough chicken, you will have enough left over chicken for the Hawaiian volcanoes.

Noodle Rice Pilaf

- 1/4 cup margarine or butter (not spread)
- 1 cup long grain rice
- $\frac{1}{2}$ cup thin noodles (we use little stars.) Any little noodle will do, alphabets, thin spaghetti-broken in small pieces etc.
- 2 3/4 cup chicken broth (I use water, and 2-3 chicken bullion cubes)
- 2 T. parsley.
- Dash of garlic
- Dash of onion pd.

Melt butter/marg in sauce pan, add noodles and rice and brown. Add broth/water and seasonings, bring to boil, put on lid, reduce heat to simmer/low and cook for 20-25 min. Makes 4 servings

Roasted Chicken

- Wash and pat dry chicken, rub with olive oil and liberally season with steak seasoning and or spices of choice.
- Wash and dry $1 \frac{1}{2}$ potatoes for each person, and 1 carrot per person. Chunk carrots, and cut potatoes in large chunks. Toss with olive oil and steak seasoning and paprika. Place in single layer on cookie sheet and place sheet on rack above chicken while cooking.

My kids love this stuff, and it is so economical... you can vary the taste by using different broth flavors, and by browning the rice lighter or darker. The darker the rice gets the deeper the flavor....just be careful not to burn them.

Chocolate Peanut Butter Pudding

To a large package of instant pudding add a $\frac{1}{4}$ cup creamy peanut butter. Add to milk first, then mix in pudding mix. Put in dessert

dishes, and sprinkle crushed Nutter Butter cookies on top. Chill until ready to serve.

Hawaiian Volcanoes

- 2 cups cooked and cubed chicken
- 1 large can cream of chicken soup (family size)
- Cooked rice-enough to generously feed your family as main dish (I use a rice cooker, and usually use 6 cup level in cooker. I don't know how much actual rice that would be but we like leftovers and it is a lot)

Toppings:

- Coconut
- Cashews
- Peanuts
- Raisins
- Green onions-sliced thin
- Shredded cheddar cheese
- Chow mein noodles
- Pineapple tidbits
- Mandarin oranges
- Chopped red/green onion
- Chopped green pepper

Cook rice, to be ready and hot. In a medium pot, place cream of chicken soup, add only enough water to make gravy consistency, ($\frac{1}{2}$ - $\frac{3}{4}$ can water) and heat through. When heated add chicken. Prepare toppings, and place in individual serving dishes. When rice and chicken sauce is hot and ready, place a serving of rice in middle of plate, top with chicken and sauce. Pass toppings around the table so everyone can have their choice of toppings. Coconut is usually the snow on top of volcano. Volcanoes rapidly grow as toppings are added so watch out. This is a great dish to serve company because most ingredients are readily available in your cupboards normally.

*** Other toppings that might be used are:
chopped - tomato, celery, lettuce****

Mexicalli Bake

- 1 jar spaghetti sauce
- 1 medium can tomato sauce (or 2 small)
- 2 cups cooked ground hamburger
- 1 pkg. chili seasoning (dry)
- 1 can olives, drained
- 1 can corn, drained
- 1 can red kidney beans
- 1 box spiral noodles
- 2 cups shredded cheese
- dash garlic
- dash onion powder
- salt and pepper to taste

Heat: sauce, seasonings, meat, in large sauce pan. Cook pasta, and drain. Grease a casserole with Pam. Place noodles in casserole pan. Add olives, corn, kidney beans, to sauce to heat and then pour over noodles. Lightly stir to mix. Sprinkle cheese over top. Bake 350 for 30 min, or until cheese melted and heated thoroughly. Serves 6-10.

**Mexican food goes very well with chocolate.*

Heather Brownies

To a prepared brownie mix, sprinkle liberally on top 1-2 cups chocolate chips. (I usually keep a jar in the cupboard with a mixture of chocolate chips-dark and milk, butter scotch chips, peanut butter chips, and M&M's.) I use this to sprinkle on brownies before baking. I always set the timer to the shortest time and take them out immediately. This helps to make very moist and gooey textured brownies. Everyone always raves about my brownies, and they are sooooo simple to make. When I take a dessert to Bible study functions, the guys always request, and ask me if I brought the Heather Brownies!

Corn Dog Bake

- 1 cup corn meal
- 1 cup flour
- $\frac{1}{2}$ cup sugar
- 1 tbs. baking powder
- 1 tsp. salt
- 1/3 cup oil
- 1 egg
- 1 cup milk
- $\frac{1}{2}$ can canned corn drained
- $\frac{1}{2}$ can creamed corn
- 1 package hotdogs sliced (you can add more or less)

• Butter 9X13 pan. Mix dry ingredients in large bowl, mix wet ingredients in another bowl and add to dry. Add cut up hotdogs. Mix until it is just blended. Bake 425 degrees 30-50 min or until golden brown. You may need to lower temperature to 400 if it is getting too brown. Serves 4-6. Serve with catsup and mustard, and carrots/celery sticks. Also good with chili or chili beans. Double for a deep lasagna size pan, bake as above. Double recipe serves 8-10 maybe more.

Breakfast Burritos

- 1 dozen eggs, (more for hearty eaters.)
 - 1 lb. bulk sausage
 - $1 \frac{1}{2}$ cups grated cheddar cheese
 - Salsa
 - Hot sauce
- In large skillet, fry sausage. Drain most of the grease. Crack eggs in to a bowl and gently mix. Pour over sausage in the skillet and

scramble until done. When almost done, heat flour tortillas in microwave until warm. Place spoonfuls of eggs in center of tortilla sprinkle liberally with cheese and salsa/hot sauce, and roll into burrito.

* You can add hash brown potatoes to this also, or ham, or peppers.

Tacos

I usually buy $2 \frac{1}{2}$ lbs of ground meat and fry. Remove the grease and add 2 pkg. of taco seasoning to the meat. Heat tortillas, and prepare toppings.

Spanish Rice

Grandma Sally Duran
9-1-95

- $1 \frac{1}{2}$ cup rice
- $\frac{1}{2}$ cup tomato paste or 1 small can tomato sauce
- 3 cup water
- 3 stalks celery
- 1 tomato chopped
- Garlic pd. to taste
- Onion pd. to taste or 1 chopped onion
- 2 tbs. chicken bullion= 4 cubes
- 2 tbs. oil

Brown rice in oil in deep skillet or pot. Add onion if using fresh, and brown with the rice. Add the celery, tomato, and all ingredients to browned rice. Put lid on and simmer for about 20-25 minutes over low heat. Do not lift lid any more than necessary

Heather's Shopping List...



Staples

- Milk
- Flour
- Cornmeal
- Sugar
- Yeast
- Baking powder
- Chicken bullion
- Spaghetti seasoning
- Onion pd
- Garlic powder
- Steak seasoning- Sam's club
- Olive oil
- Salad dressing
- Ketchup
- Mustard

Spaghetti Pizza Bake

- Spaghetti sauce
- Seasoning
- Spaghetti noodles
- 2 eggs
- Parmesan cheese
- Mozzarella cheese
- Pizza toppings: pepperoni, etc.
- Garlic bread

Green salad

- Salad greens
- Croutons
- Bacon bits
- Grated cheese
- Olives

Ice cream/toppings

Roasted Chicken

- Chicken large enough to serve family with extra for Volcano night.
- Potatoes
- Carrots
- Rice
- Chicken bullion/broth
- Fine noodles or stars
- Chocolate pudding mix
- Peanut butter

Hawaiian Volcanoes

- *Chicken - left over or 2 cups cooked and cubed/chunks
- *Rice large can of Cream of Chicken soup, may want to add 1 small can also

Fruit Kabobs

- Pineapple chunks
- Apples
- Grapes
- Banana

Toppings

- Coconut
- Cashews
- Peanuts
- Raisins
- Green onions-sliced thin
- Shredded cheddar cheese
- Chow mein noodles
- Pineapple tidbits
- Mandarin oranges
- Chopped red onion
- Chopped green pepper

Mexicalli Bake

1 jar spaghetti sauce
1 medium can tomato sauce (or 2 small)
2 cups cooked ground hamburger
1 pkg. chili seasoning (dry)
1 can olives drained
1 can corn drained
1 can red kidney beans
1 box spiral noodles
2 cups shredded cheese
1 box brownie mix
Chocolate chips/mix

Hamburger meat (enough to serve family, 1-4 lbs.)
Taco seasoning packages
Refried beans
Lettuce
Tomato for taco
Spanish rice
Green onion
Sour cream
Shredded cheese
Rice
Tomato paste sm. Can

Home made pizza

Bread machine pizza dough
Flour, yeast, salt,
Spaghetti sauce/pizza sauce
Mozarella cheese

Lunches

Dad: Tuna Sandwich, carrots, pickle wedge
Kids: Chicken noodle soup and grilled cheese
Dad: Left over Spaghetti Bake
Kids: Mac and cheese, green beans
Dad: Sandwiches
Kids: Hot pizza sandwiches—Use toppings from pizza bake to make pizza sandwiches in sandwich maker
Dad: Leftover Volcanoes
Kids: Fish sticks, carrot sticks, apple wedges
Dad: Left over Mexicalli Bake
Kids: Vegetable soup, crackers, apples/oranges

Pizza toppings

Cheese
Pepperoni
Sausage
Olives
Pineapple

Green salad

Corn dog bake

$\frac{1}{2}$ can canned corn drained
 $\frac{1}{2}$ can creamed corn
1 package hotdogs sliced (you can add more or less
Chili beans, cheese, condiments
Carrots/celery sticks
Green beans
Cookies & milk

Baked Potato Bar

Chile
Cheese
Sour cream

Tacos

Flour tortillas, Corn shells

At Home with Julie Hunt...



Egg Casserole

- 16 slices bread, divided
- $\frac{1}{2}$ # grated cheese, cheddar, Monterrey jack or mixture of favorites
- $\frac{1}{2}$ # cooked, chopped ham, ground or link sausage, bacon
- 2 sticks butter, melted
- 8 eggs, beaten
- 2 C milk

Grease 9x12 pan. Lay $\frac{1}{2}$ of bread on bottom, sprinkle with cheese and meat. Cover with remaining bread. Mix eggs, milk, and butter and pour over bread. Bake 45 minutes at 350°.

Seasoned Spread

- Mix 1 envelope Good Seasons Italian Salad Dressing Mix and 1 stick butter or margarine, softened until well blended. Serve on corn, hot cooked vegetables or pasta. Makes $\frac{1}{2}$ cup

Dried Limas and Ham

I don't like lima beans - and I LOVE this!

- 1# dried lima beans
- 1 - 2 pods garlic
- 1 onion
- 1 canned jalapeño pepper
- 2 tsp tomato base
- $\frac{1}{2}$ - 1 tsp Tony Chachere's seasoning
- salt and pepper to taste
- ham bone and ham pieces

Pre-soak dried beans overnight. Drain and wash. Place in slow cooker. Chop garlic, onion

and jalapeño in Quick Chef and add to slow cooker. Add seasonings and ham to slow cooker. Add 4 cups water and stir well. Cook on high 4-6 hours until beans are tender.

Sunday Crock-Pot Chicken

- 6 chicken breasts, more or less
- 1 small bottle Russian Dressing (found at Kroger's)
- 1 Can whole berry cranberry sauce
- 1 envelope Lipton onion soup mix (dry)

Put all in crock pot in above order. Cook on low 6-8 hours or until done. Makes good juice to serve over rice.

Fun Buns

- About 12 dinner rolls (we got golden dinner rolls in a bag of 36 from Sam's)
- 8 oz. Sliced ham (Black Forest ham is very good)
- 6 oz. Sliced Swiss or cheddar cheese

Slice dinner rolls in half with bread knife. Place bottoms in a greased 9x13 pan. Layer with ham and cheese (ok for ham to stick out and overlap from one roll to the next). Then, mix:

- 1 stick butter, melted
- $\frac{1}{2}$ tsp Worcestershire sauce
- $1\frac{1}{2}$ Tbsp prepared mustard
- 1 Tbsp dehydrated onion flakes

Pour over tops of rolls and sprinkle with poppy seeds. Can let set uncovered until butter sets,

or even put in fridge overnight before baking. Cover pan with foil and bake at 350° for 20 minutes. Cut rolls/ham apart with bread knife and serve warm. Great as a snack, appetizer, or even lunch for the kids!

Brisket or Spare Ribs

Day 1 -

Trim fat/Split ribs
Sprinkle with Liquid smoke and Meat tenderizer. Refrigerate overnight.

Day 2:

In a bowl combine:

1 C brown sugar
1 - 2 Tbsp paprika
and 1 tsp of each of the following:
celery salt
garlic salt
onion salt
hickory smoke salt
seasoned salt

Rub generously on meat. Smoke brisket in smoker or bake in oven - 1 hr at 325° then turn down to 225° for 4 - 8 hrs depending on size of meat. Grill ribs, then bake in oven an hour or so at 325°.

For brisket: reserve juice, when cool remove fat from drippings and mix juice 1 part juice: 1 part BBQ sauce and pour over sliced meat. Serve more sauce with meat. Great as leftovers!

Fiesta Chowder

3 Tbsp flour
1 - 14 oz. Pkg fajita seasoning—divided
4 skinned and boned chicken breast, cubed

[shrimp, optional]
3 Tbsp. Vegetable oil
1 med onion, chopped
1 tsp minced garlic
1 - 15 $\frac{1}{4}$ oz. Whole corn with red and green peppers, drained
1 - 15 oz. Can black beans, rinsed and drained
1 - 14 oz. Can Mex style stewed tomatoes
1 4.5 oz. Can chopped green chilis
3 C water
1 C uncooked instant brown rice
1 - 2 $\frac{1}{4}$ oz. Can sliced ripe olives
1 - 10 $\frac{3}{4}$ oz. Nacho cheese soup condensed
3 Tbsp chopped fresh cilantro
1 Tbsp lime juice
Garnish chopped cilantro

COMBINE flour & 2 Tbsp fajita seasoning in bag. Add chicken, seal & shake. **COOK** chicken in hot oil in large Dutch oven over high heat, stirring often, 4 min. Or until browned. Reduce heat to med, add onion and garlic, saute 5 min. Stir in remaining fajita seasoning, corn and next 5 ingredients and olives if desired. Bring to boil, reduce heat to med low, cover & simmer 5 min. Remove lid and stir in nacho cheese soup, chopped cilantro & lime juice.

Orange Crispy Cookies

1 box white cake mix
 $\frac{1}{2}$ C butter, melted
1 egg, beaten
2 tsp grated orange peel
2 tsp orange extract
1 C crisped rice cereal
1 C chopped walnuts
6 oz. white chocolate chips

In mixing bowl, combine the first five ingredients, mix well. Stir in cereal, walnuts and chocolate. Bake at 350° for 12 minutes or until lightly browned (will crumble if get too much color to them). Cool for 1 minute before

removing to wire racks to cool. About 4 dozen.

Chocolate cookies

German choc cake mix
6 oz choc chips
 $\frac{1}{2}$ C rolled oats
 $\frac{1}{2}$ C oil
2 eggs beaten

Mix, bake 350° for 8-10 minutes. Cool 1 minute before removing from cookie sheet. About 4 dozen.

Hannah's Favorite Snack (this month)

In a large roasting pan combine:
1 pkg oyster crackers
about 3/4 bag small pretzel twists
(you are supposed to snack on the remaining 1/4 bag while you proceed)
1 box goldfish - Hannah likes the new rainbow ones

In small, lidded container combine:
7 oz. Canola oil
1 tsp butter flavoring
1 envelope ranch dressing mix
1 tsp dill seasoning
1 tsp garlic salt

Mix. Pour seasoning mixture over crackers and stir gently to mix. Bake at 300° for 30 minutes, stirring after 15 minutes. Allow to cool and store in covered container.

Basic Meatballs

Stir together:
1 C unseasoned breadcrumbs
 $\frac{3}{4}$ C Romano or Parmesan cheese, finely

grated (I used fresh and grated it)

$\frac{1}{2}$ C whole milk
 $\frac{1}{2}$ C low-sodium beef broth
 $\frac{1}{2}$ C chopped fresh parsley
2 eggs, beaten
2 T dried oregano
1 T garlic minced
1 T kosher salt
1 T ground black pepper
2 tsp dried basil
1 t crushed red pepper flakes
pinch nutmeg

Add; shape:

2 lb ground chuck *

Cover bottom of pan with:

1 C low-sodium beef broth

*this is where you scoop out meatballs for soup using a small (#100) scoop or a melon baller. With the remaining meat - proceed below. To shape for larger meatballs to cook in oven, shape with a large (#30) scoop to make approx. 2" diameter balls. Coat a baking pan with nonstick cooking spray. Space meatballs on the pan so they're not touching or crowded together. Cover bottom of pan with beef broth. Bake for 25 minutes or until the meatballs are just cooked through. Reserve pan juices for sauce.

Saucy Meatballs with Pasta:

Serves 4 - 6

Saute in $\frac{1}{4}$ C olive oil:

1 $\frac{1}{2}$ C yellow onion diced in Quick Chef

Stir in:

2 t garlic, minced with Garlic Wonder Gadget

Add and simmer:

3 cans (14 $\frac{1}{2}$ oz. each) whole plum to

matoes, crushed
 $\frac{1}{2}$ C reserved meatball pan drippings
 $\frac{1}{2}$ C minced fresh parsley
1 T sugar
1 t crushed red pepper flakes
Kosher salt to taste

Add and simmer:
12 cooked meatballs*

Stir in:
1 # cooked pasta

Before Serving Add:
 $\frac{1}{4}$ C fresh basil, cut in strips

Garnish with:
Parmesan cheese, grated

*Stop here for meatball subs!

Italian Wedding Soup

Makes 12 Cups

Sweat in 2 T olive oil:
1 C yellow onion diced
1 C celery, diced
1 C carrot, diced (Quick Chef will speed up all this dicing)
1 C ham minced (can sub Canadian bacon)
1 T garlic, minced in Garlic Wonder Gadget

Add and simmer 15 - 20 minutes:
6 C low-sodium chicken broth
2 t dried oregano
2 t crushed red pepper flakes
1 bay leaf

Drop in:
30 uncooked marble-sized meatballs.
Cook until they float to the top, 3 - 4 minutes.

Stir in:
1 can 15 oz white beans, drained and rinsed
2 C whole spinach leaves
 $\frac{1}{2}$ C chopped fresh parsley. Cook until spinach wilts, about 2 minutes.

Combine; Off Heat, Add:
2 eggs, beaten
 $\frac{1}{2}$ C Parmesan, grated

Whisk eggs and Parmesan together and stir into soup.

Meatball Subs

Prepare:
6 Hoagie buns, hollowed. Shave a thin layer off of each roll. Remove some of the bready interior so you're left with a "submarine". Preheat oven to 450°.

Brush:
Inside of buns with olive oil.
Fill buns with Mozzarella cheese. Fill bottom of each bun with cheese and place on baking sheet. Bake until buns are lightly browned and cheese melts.
Fill subs with hot tomato sauce then 2 - 3 meatballs.
Top subs with more sauce and sprinkle with grated Parmesan.

Meatball Snacks

Can of refrigerated flaky dinner rolls.

Split each roll in half - put cooked meatball and 1/3 stick of Mozzarella stick cheese in roll and seal. Bake according to directions on rolls - Serve with red sauce for dipping.

At Home with Betty Ann...

So pleasant to find your e-zine in the mailbox this morning. This meal planning book sounds fabulous. I know that for many moms, meal preparation is problematic, just because of the time issue. Simplifying the task and pre-planning will be tools that can solve some of the daily dilemmas ~ what for lunch? supper?

I'm not sure my input will be fresh. I have implemented lots of tips I've read online. Will share what I can think of, in hopes that it will be, in some way, useful.

I'm looking forward to the finished product. I'll just send these initial ideas, while I have time. Will continue to think about my quick tips and will email again.



Betty Ann's Tips...

Betty Ann's Tips for Making Your Shopping Lists...

- ♥ Keep an on-going list so that when something is soon to run out, you jot that on your shopping list, at that point, before you forget.
- ♥ Don't shop til you've read the weekly flyers.
- ♥ Remember which stores price match. You can usually get the specials there, without the disappointing 'none left on the shelf' at the store where they are advertised.
- ♥ Buy ground beef when cheap and cook in bulk. The beef can be easily cooked by using a big roast pan at 400*. Take out every 10 minutes to flip with spatula. Bake until thoroughly cooked. Make 1/2 lb packets in ziplock bags for the freezer. You can vary the amount of beef in a bag required for regular recipes and label as such: sloppy joes, spaghetti sauce, casseroles, loose fried with onions, etc.

Betty Ann's Useful Tips...

- ♥ Dice your veggies small or puree so that they are present for flavor but not discernable to the fussy child.
- ♥ A quick fix for your plain white minute rice (1) dissolve 1 veg OXO cube in boiling water, (2) add 1 cup frozen peas to the boiling water, return to boil, then add rice, and/or (3) cut 5 strips of bacon in 1 inch squares, fry in non-stick pan, add cooked minute rice. Sprinkle with onion powder and add soy sauce or any other spice or condiment. Nice flavour boost!

Betty Ann's Recipes...



Two Can Beefy Chili...

(serves 4)

- 1 can chili-flavored tomatoes (I puree in blender)
- 1 can kidney beans
- 1/2 lb cooked lean ground beef

- ⇒ Simmer until beans are cooked and kitchen smells delicious.
- ⇒ Serve with buttery microwaved day-old rolls from the freezer and an ice cold glass of milk.

- ⇒ Sprinkle onion powder, celery salt and black pepper to taste.
- ⇒ Drain potatoes, add clam mixture plus enough milk to cover potatoes.
- ⇒ Stir in a dollop of butter.
- ⇒ Simmer but don't boil your chowder.
- ⇒ Serve with buttery microwaved day-old rolls from the freezer and an ice cold glass of milk.

Easy Nova Scotian Clam Chowder...

- 4 potatoes
- 1 tbsp butter
- 1 can drained clams
- 2 tbsp flour
- 1 cup milk
- Onion powder
- Celery salt
- Black powder
- Milk
- butter

- ⇒ Peel, dice into bite-size pieces and boil **4 potatoes** for 25 min.
- ⇒ In a separate pan, melt **1 tbsp butter**.
- ⇒ Saute **1 can of drained clams** for 3 min on med-high.
- ⇒ Add **2 tbsp of flour** and stir for 30 sec.
- ⇒ Add **1 cup milk** and cook but don't boil for 1 - 2 min.

Cooked sausage

Hot buns

Condiments

- ⇒ Keep **cooked sausages** in the freezer.
- ⇒ Defrost and pop in **hot buns** with **condiments** to taste.
- ⇒ Serve with ice cold milk.

Easy Tuna Hash...

- 4 potatoes
- 1 can of flaked tuna
- Butter

- ⇒ Boil **4 potatoes**. Mash.
- ⇒ Drain **1 can of flaked tuna** and stir into potatoes.
- ⇒ Serve with **butter** and a glass of ice cold milk.

All-Purpose Sweet and Sour Sauce...

1/2 cup water
1/2 cup vinegar
1/2 cup sugar
2 tbsp ketchup

- ⇒ Bring to boil and add 2 tbsp **corn starch**- dissolved in 2 tbsp cold water .
 - ⇒ Cook 1 minute longer til thickened.
 - ⇒ Add to it cubed cooked **pork, chicken or beef**.
 - ⇒ Serve with **rice and veggies**.
-

Some Cool Snacks

- ♥ Peanut butter/rice crispie sandwiches ~ nice sound and texture to an old favorite.
- ♥ Caramel sauce with your fruit for dessert (fun dipping it and still getting the benefit of fresh fruit).

A Note From Sherry Kelly...



I hit a good one tonight that was so easy and was also a big hit with my family. I named it
CROCKPOT MOZZARELLA CHICKEN . . .

Crockpot Mozzarella Chicken...

- I put 3 washed, boneless chicken breast in the bottom of the crockpot. Sprinkled garlic and Italian seasoning on the chicken. Then chopped about 1/4 cup each of green bell pepper and onion, placed this on top of the chicken. Poured a 15 ounce can of diced tomatoes on top of it all with about 8 ounces tomato sauce. Put more garlic and Italian seasoning on the top of the tomato mixture. Let simmer in crockpot all day.
- When ready to serve, I put a chicken breast on each plate and put a couple of slices of mozzarella cheese on top of the chicken breast, then put the diced tomato mixture on top of the cheese to melt it. Served with brown rice and english peas. This was delicious, and would be easy to adapt to different amounts of servings.
- Hope this helps!

God bless you real good,
Sherry

At Home with Suzette Pokone...

Here
is
one
week of our daily menus.



Breakfast: Oatmeal, sliced banana, homemade yogurt
Lunch: Grilled cheese sandwich, chips
Dinner: Grilled Salmon, brown rice, steamed asparagus

Breakfast: Eggs, barley biscuits
Lunch: Quesadillas, tortilla chips
Dinner: Chicken stir fry, brown rice

Breakfast: Buckwheat waffles
Lunch: Muffins (I usually have a variety made ahead of time in the freezer
to choose from), homemade yogurt with granola sprinkled on top and blueberries (frozen)
Dinner: Mexican tortilla wraps, chips and salsa

Breakfast: French toast
Lunch: Peanut butter and jelly sandwiches, pretzels
Dinner: Lasagna, garlic bread, green beans, salad

Breakfast: Spelt pancakes
Lunch: Nachos (tortillas chips with cheese sprinkled on top and melted in oven, refried beans,
tomatoes)
Dinner: Bar-b-que chicken, corn, muffin (choice from my freezer), and salad

Breakfast: Breakfast puffs
Lunch: Soup and crackers
Dinner: Spaghetti and salad

Breakfast: Cold cereal
Lunch: Leftover spaghetti, bread
Dinner: Chicken Caesar salad and muffin

Suzette Pokone's Recipes...



Here are some of our favorite recipes from the menu above:

$\frac{3}{4}$ t salt
 $\frac{1}{4}$ cup sucanat

Spelt Pancakes

2 eggs

1 $\frac{3}{4}$ cup milk

$\frac{1}{2}$ cup butter (when I double this recipe I do not double the butter. I use $\frac{1}{2}$ c butter and $\frac{1}{2}$ cup olive oil)

2 cups spelt flour (when using spelt the cups need to be heaping)

4 t baking powder

1 T sucanat

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

I usually double this for my family. I make the dough the night before and place it in the refrigerator. Then in the morning I put it in a large baking dish and place it in the oven at 350 until done. The easy way to make pancakes and have mom eating with the family instead of standing over the stove.

I cook them in our waffle maker.

Pineapple Chicken Stir Fry

$\frac{1}{4}$ cup soy sauce

2 T sucanat

1 T cider vinegar

1 T ketchup

$\frac{1}{2}$ t ground ginger

2 garlic cloves, mince

1 pound boneless, skinless chicken breasts, cut into strips

2 T oil

1 pkg. frozen broccoli

$\frac{1}{2}$ pkg. frozen pea pods

Pealed and sliced carrots

Celery, sliced

1 8oz can unsweetened pineapple, drained

Cooked brown rice. In a small bowl combine the first six ingredients, set aside. In a wok, stir fry chicken in oil for 5-6 minutes or until juices run clear. Add the vegetables; stir fry for 3-4 minutes or until crisp tender. Stir in pineapple and soy sauce mixture, heat through. Serve over rice. I usually sprinkle cashews over the top.

Yields: 6 servings

(When I make this recipe for our family I usually double the sauce)

Buckwheat Waffles

Beat together well:

2 $\frac{1}{2}$ cup milk

$\frac{3}{4}$ cup canola oil

2 eggs

Mix together and then add:

1 $\frac{1}{2}$ cups kamut flour

1 cup buckwheat flour

4 t baking powder

Lasagna

- $\frac{1}{2}$ pound whole wheat noodles cooked
- 1 - $1\frac{1}{2}$ pound ground turkey, browned
- 2 t garlic powder
- 1 large can tomatoes
- 1 6oz can tomato paste
- $\frac{1}{2}$ t pepper
- $\frac{1}{2}$ t oregano
- 2 t salt
- $\frac{1}{4}$ t basil
- $\frac{1}{2}$ lb thin sliced mozzarella cheese
- $\frac{3}{4}$ lb cottage cheese
- Parmesan cheese
- Grease 8 x 12 oblong baking dish. Bake 35 - 45 minutes. 350 degrees.
- Put in layers (2)
 1. Tomato sauce and meat
 2. Parmesan cheese
 3. Lasagna noodles
 4. Mozzarella cheese
 5. Cottage cheese
 6. End with meat sauce and Parmesan cheese.

Barley Biscuits

- 2 cups barley flour (I milled hulled not pearled barley)
- 4 t baking powder
- $\frac{3}{4}$ t salt
- 1 egg, beaten
- 1 cup milk
- 4 T butter
- Mix together flour, baking powder and salt. In separate bowl, beat egg, and incorporate milk into it. Cut butter into flour until pea sized.
- Pour wet ingredients into dry ingredients, and mix. Do not over mix.

Drop spoonfuls of batter on lightly greased cookie sheet and bake at 400 for 12 -13 minutes until lightly golden on the bottom.

Chocolate Chip Muffins

- 3 cup whole grain flour
- 1 t salt
- 3 t cinnamon
- $\frac{1}{2}$ t baking powder
- 1 t baking soda
- 2 eggs
- 1 cup olive oil
- 1 cups evaporated cane sugar
- 2 cups chocolate chips
- 3 t vanilla

Mix dry ingredients. In bowl beat eggs, oil, and sugar until creamed. Stir in chocolate chips and vanilla. Then add dry ingredients.

Spoon into muffin tins. Bake 375 for 15 minutes. When cool you may freeze.

Breakfast Puffs

Yield: 10-12 muffins

- 1/3 cup shortening
- 1/3 cup sugar
- 1 egg
- $\frac{1}{2}$ cup whole wheat flour
- 1 cup flour
- $1\frac{1}{2}$ t baking powder
- $\frac{1}{4}$ t salt
- $\frac{1}{4}$ t nutmeg
- $\frac{1}{2}$ cup milk
- 1/3 cup melted butter
- Cinnamon-sugar mixture

1. Thoroughly mix shortening, sugar, and egg.
2. Combine flours, baking powder, salt, and

nutmeg.

3. Stir dry ingredients into egg mixture alternately with milk.
4. Fill greased muffin cups 2/3 full
5. Bake at 350 for 20-25 minutes
6. Immediately after baking, roll top of puffs in melted butter, then in cinnamon-sugar mixture. Serve hot.

Taken from "Recipes from the Old Mill" by Sarah E. Meyers and Mary Beth Lind

ents:

1 cup whole wheat flour

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

2 T cocoa

2 t baking powder

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

$\frac{1}{2}$ cup milk

2 T oil

1 t vanilla

1 cup chopped nuts

Sprinkle over this mixture:

1 cup brown sugar

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

Pour over all:

1 $\frac{3}{4}$ cups hottest tap or boiling water

Bake 40 minutes at 350. Can serve immediately. Good alone or with ice cream.

Some of Our Favorite Snacks and Desserts

Blooming Dirt Dessert

by Karey Swan "Hearth and Home"

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

8 oz cream cheese

1 cup powdered sugar

1 - 20 oz package of Oreos

3 $\frac{1}{2}$ cup milk

2 - 3 oz packages instant vanilla pudding

1 - 12oz Cool whip

Cream butter and cream cheese. In separate bowl mix pudding and milk. Add cool whip.

Crush the Oreos and place 1/3 in a 10" clean pot. Add $\frac{1}{2}$ filling, 1/3 crumbs, rest of filling, and top with crumbs. Refrigerate over night.

Easy Cheesecake

Created by Rachel Jones

Serves 8

Mix at medium speed until well blended:

2 packages (8 oz each) cream cheese, softened

1/3 cup sucanat (I used evaporated cane sugar, as sucanat will make it a brownish color)

1 - 2 t vanilla, lemon, or orange extract

Then add, blending well:

2 eggs

Pour into pre-baked 9" graham cracker crust. Bake at 350 for 40 minutes or until center is almost set. Cool and refrigerate 3 hours or overnight before cutting.

Hot Fudge Sundae Cake

by Karey Swan "Hearth and Home"

In a 9 x9 baking dish, mix all these ingredi-

Graham Cracker Crust

By Rachel Jones

1 - 9" pie crust

Mix:

1 $\frac{1}{2}$ cup graham cracker crumbs
(about 20 rectangles)
 $\frac{1}{4}$ cup Sucanat
1/3 cup melted butter

Press into the bottom and sides of a 9" pie plate. Bake at 325 for 10 minutes. You do not need to cool before pouring in cheesecake batter.

Banana Muffins

2 cups kamut flour
1 t salt
 $\frac{1}{2}$ cup butter, softened (when I double I use $\frac{1}{2}$ cup olive oil with the $\frac{1}{2}$ cup butter)
 $\frac{3}{4}$ cup honey
2 eggs
2 T buttermilk
1 t vanilla
1 $\frac{1}{2}$ cups mashed ripe bananas (3 -5 bananas)

Mix dry ingredients together and then mix the wet ingredients separately. Gradually stir the flour mixture to the wet ingredients just until blended. Pour batter into muffin tins or loaf pan if you would like bread. Bake at 350 for 1 hour and 15 minutes for the bread or 20 - 25 minutes for muffins. Let cool. Store for 1 day before eating. Or you can place them in the freezer for later.

Suzette's Helpful Tips.....



Helpful tips:

- ⇒ I make the waffle and pancake mixes ahead of time and freeze them. I just mix the dry ingredients together and place it in a bread bag. I label the bags with labels and write down the ingredients that I need to add when I make them.
- ⇒ For our snacks, we make cookie dough. We shape them into balls and place on cookie sheets. Then we set them in the freezer. After a time we take them out and place in freezer bags. Then whenever you want cookies you pull them out of the freezer and place on a cookie sheet and bake as the recipe calls for. I usually quadruple the recipes and mix them in my Bosch bowl. For making the balls uniform I use a scoop I purchased from Pampered Chef.
- ⇒ When we make lasagna I usually double the recipe. I make in two different dishes. I freeze one for another day and cook the other for that night's dinner.
- ⇒ When I make the waffles I usually

triple the recipe. Then when I am done cooking for the family I make the rest and freeze them. On another morning all you need to do is heat them In the toaster.

- ⇒ My easiest meal idea is the Mexican tortilla wraps. I usually make tortillas in bulk and freeze them in bread bags. Then on those nights I need an easy meal I just heat up the tortillas on an iron skillet, heat up some refried beans, cut up tomatoes and onions, and set out cheese. Everyone is able to make them the way they desire. I also set out tortilla chips and salsa.
- ⇒ You could also just heat up black beans and tortillas. Then place beans inside the tortilla and sprinkle cheese on top.

At Home with Mrs. Lovejoy...



Grace and peace from our LORD Jesus to used this quite a bit for cooking. (Then we moved &....)

I am sending you a few things that have helped our big family to remain sane. (hee!hee!)

Explanation: we drink mostly water, so I don't usually write drinks on our menus. And we make a lot of our stuff from scratch. But it is nice to have a few convenience meals. (especially while homeschooling a bunch of precious children and building a house)

Easy Lunches YOU Can Make was for my younger crew and to give us some direction in the middle of our home learning day.

I have a *file box with menus*: Breakfast, Looking to Him, Who is my All in all, Lunch, Snack, Dinner, Quick meals, and Company meals ...on the tabs. We seem to get the main dish, but what about the rest of the meal. I tell my children that we need 3 or 4 vegetables for dinner and one should be green. At least 2-3 vegetables for lunch.

On the wall is a *pocket chart* for dinner where I put up ideas for the week. (These are the above cards) And I have made charts for each meal. (Yes, I have tried about everything and I know WHO is the problem-me-I need to be consistent and stick to the plan.)

Another idea I tried a while back was a *Recipe Album*. Really it was a Photo Album that hold card (3x5 index) per page. In this book, I put the recipes of easy dishes under each category for the children to learn to make. My oldest 3

Freezer Inventory I just made this master list, put in a plastic sheet and hung it on the refrigerator. I use a wipe off marker to put tally marks by each thing. Then I can wipe off mark as we use it. (We have a deep freezer beside the refrigerator one.)

I am sending some of our *quick and favorite recipes*. I hope ya'll enjoy them. And I am attaching some of the files from above. Please email me if you need clarification. Thanks for all your wonderful ideas, articles, love, and help!!!!

P.S. I am reading a great book by Rex Russell, *What the Bible says about Healthy Living*. He has principles that I feel are very important and will help a lot with food decisions. I hope you can get permission to list them in your book. (You can go to his website, http://www.biblediet.net/HL_3P.asp)

Eat the foods God created for you.
Don't alter God's design
Don't let any food or drink become your god.

Mrs. Lovejoy's Easy Lunches You Can Make...



SANDWICHES: Ham, Turkey, Egg, Spam, Tuna Fish, PBJ, Chicken

Serve with: potato, macaroni, pasta salad or chips & dip,

Relish tray: carrot & celery sticks, ranch dip

Condiments: mayo, mustard, relish/pickles, lettuce/sprouts

BURITTOS: refried beans, meat, taco seasoning, shells,

Serve with: lettuce or sprouts, cheese, salsa, sour cream, carrots sticks

SOUP: Chicken, Vegetable, Cheeseburger, Potato, Tomato or Navy Bean with grilled cheese sandwiches,

Serve with: crackers or bread or rolls & butter, relish tray and Ranch dip, Jello salad or fruit

CASSEROLES & LEFTOVERS: Taco Chip, Tuna noodle, Tator Tot

Serve with: salad, veggies- fresh or cooked, bread & butter

CHILI DOGS, HOT DOGS, HAMBURGERS, SLOPPY JOES:

Serve with: potato, macaroni, pasta salad or chips & dip, pork n beans

Relish tray: carrot & celery sticks, cucumber, ranch dip

Cheese and condiments: ketchup, mustard, mayo, pickles, lettuce, sprouts, tomatoes,

NOODLES: Ramen & peas, any leftover cooked vegetables, Macaroni & ham or dogs & veggies or chili

Serve with: salad, carrot sticks, & bread or crackers

SET THE TABLE WITH APPROPRIATE DISHES & FLATWARE, etc. :

Bowls & spoons, Plates & forks, knives if needed

Cups for everyone, Pitcher of Water, Lemonade, Iced Tea, Milk Napkins, S & P, honey & butter if needed, other condiments (BBQ Sauce)