

Elisabeth's Cookbook!

With Recipes I Love The Most



By
Elisabeth Leigh Rushton
Age 14

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In Dedication...



Dear friends, family, and loved ones,

I would like to thank every one of you who have been a part of my life this past year. You all have been such a blessing. Thank you for being there for me!

I would like for all of you to have this book because I was thinking of you and how special you are to me when I wrote it!

As you make these recipes, think of me and how much I love you!

Love ya lots,

Elisabeth

"Liz"

1 Corinthians 13: 4-13



"And let the beauty and delightfulness and favor of the Lord our God be upon us; and confirm and establish the work of our hands—yes, the work of our hands, confirm and establish it."

Psalm 90:17 (Amplified)

Breakfast Recipes...



"Thus says the Lord, The God of Israel: Write all the words which
I have spoken to you in a book."
Jeremiah 30:2

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.*

Oatmeal Apple Raisin Muffins



1 egg
3/4 cup milk
1 cup raisins
1 chopped apple
1/2 cup oil
1 cup all-purpose flour
1 cup quick oats
1/3 cup sugar
3 tsp. baking powder
1 tsp. salt
1 tsp. nutmeg
2 tsp. cinnamon

Beat egg; stir in remaining ingredients, mixing just to moisten. Pour into 12 greased muffin cups until 3/4 full. Bake at 400 degrees for 15-20 minutes. Serve cool or piping hot with butter.

Minute Bran Muffins

*These are a staple at the Rushton's. I usually make up a full recipe keeping half for me for my breakfast and snacks...and sharing half with a friend, neighbor or my pastor. These are taken from a class that I took on Wholesome Food Preparation and the recipe can be found in the cookbooks **Soups and Muffins** and **15 Minute Meal Planner** by Sue Gregg. If you like this muffin, check out her cookbooks for other delicious recipes!*



Preheat oven. Grease or spray muffin pans. Pour batter into bran mixture; fold in just If two average-size 12-cup muffin pans are until mixed. available, use the pan with deeper cups.

Thoroughly stir water into bran in a large mixing bowl; let stand for 5 minutes to soften the bran:

- 1 $\frac{1}{2}$ cup unprocessed wheat bran
- $\frac{1}{2}$ cup boiling hot water

Optional...stir into the moistened bran $\frac{1}{2}$ cup raisins and $\frac{1}{2}$ cup walnuts

Place in blender in order given; blend on high speed 3-4 minutes:

- 1 cup buttermilk
- 1 egg or 2 egg whites
- $\frac{1}{3}$ cup honey (warm 20 seconds in the microwave, if needed to make pouring easier)
- 1 cup whole-wheat pastry grain

Blend in briefly just to mix in:

- 1 $\frac{1}{4}$ teaspoons baking soda
- 1 teaspoon salt

Evenly fill 10 muffin cups, leaving the 2 center ones empty. Fill the center cups with water (if you use muffin papers you will need to fill all 12 cups with the batter.)

Bake at 350 degrees for 20 minutes. Cool muffins in pan for 5-10 minutes for easy removal (gently tug on the side of each muffin).

Serve with a spread of honey butter...mix $\frac{1}{2}$ honey with $\frac{1}{2}$ butter.

Option...

Mix in 1 cup chopped dates or date slices, 1 cup raisins, 1 cup chopped walnuts, 1 cup shredded coconut

Oatmeal Apple Raisin Muffins



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1 cup raisins
1 chopped apple
1/2 cup oil
1 cup all-purpose flour
1 cup quick oats
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3 tsp. baking powder
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Thoroughly stir water into bran in a large mixing bowl; let stand for 5 minutes to soften the bran:

Dishes for Dinner...



"Thus says the Lord, The God of Israel: Write all the words which
I have spoken to you in a book."
Jeremiah 30:2

Easy and ALWAYS Perfect Crock-Pot Roast...



1 Pot Roast—your choice (I get the largest cut I can fit in my large crock-pot)

Potatoes and Carrots (I cut up enough to fill the crock-pot around my pot roast—sometimes I cut more to cook on the stove top with the roast juices)

1 large can of Cream of Mushroom Soup

Water (After all other ingredients are added, I mix the Cream of Mushroom Soup with Water so it is smooth and ready to pour into the crock-pot. I add enough water to completely cover the meat and vegetables—up to top of crock-pot.)

Place roast in Crock-pot. Cut and add vegetables. Mix the Cream of Mushroom Soup with enough water that it is smooth and ready to pour into the Crock-pot. Then, add enough water to completely cover the meat and vegetables—up to top of crock-pot. Place on high for about an hour—if you have time. Cut back to low overnight (or throughout the day). Your roast and vegetables will be absolutely perfect! If you prefer the taste of garlic salt, salt or pepper, add to taste.

Options:

Stew: Same process, except be sure to cut up meat into smaller pieces and add extra vegetables. You can begin with Stew Meat and get a great Stew.

Sandwiches: Just cook meat, without vegetables. Use meat for sandwich meat.

Crockpot Roast



Roast (large enough for your family)
one pouch, onion soup mix
potatoes (one per person), peeled and cut in
half
carrots, peeled and cut in half or thirds

Depending on your crockpot, put potatoes and
carrots in bottom of the crock. Then place
the roast on top and sprinkle the onion soup
mix on top. Then pour in about 1/2-1 cup of
water. Cook on low all day.

Serve with a salad or rolls if you wish.

Pecan Chicken Salad...



- 4 cups cooked and diced chicken breast
- 1 cup finely diced celery
- 3 tablespoons lemon juice
- $\frac{3}{4}$ cup toasted crushed pecans

Combine and chill for 1 hour.

Dressing:

- 1 cup mayonnaise
- $\frac{1}{4}$ cup sour cream
- 1/2 -1 teaspoon salt
- White pepper to taste
- 1 teaspoon dry mustard

Mix dressing ingredients and combine with chicken mixture. Serve on a lettuce leaf with other tea goodies!

Tuna Salad



1 16 oz pkg. of tri color pasta
3 cans of water packed tuna
3 boiled eggs
1 cup of mayonnaise(use to your taste)
2 tb of mustard
1/4 cup of pickle relish

I also like to add a little onion (if I am serving to adults.. not children...mine don't like it).
Cook pasta according to directions. Put tuna, egg, mustard, pickle relish, and Mayo in bowl. After you drain your pasta, rinse with cool water. I like to add ice to make the process go faster. Add the noodles to your bowl Mix up and enjoy.

Nacho Night...

One of our mainstays during our busy days (like church or busy shipping seasons) has become our Nacho Bar. We pull out "fixins" for our Nachos, including our Nacho-Cheese Dip. Easy, yummy, and FAST!



Nachos/Tortilla Chips/Fritos (whichever you prefer!) **Nacho Cheese Dip—**

1 Kraft Velveeta Cheese Block (non-brand is ok)

Ground beef, browned

Rotel diced tomatoes (I highly recommend sticking with Rotel brand for this recipe! It makes a difference!)

Black Olives

Green Olives

Sour Cream

Taco Seasoned Ground Beef

Jalapenos (if you prefer)

Lettuce

Tomatoes

Guacamole

Salsa

Refried beans (if you prefer)

Kraft Velveeta Cheese Block (non-brand is ok)

Ground beef, browned

Rotel diced tomatoes

I cube our Kraft Velveeta Cheese block into small cubes. While I am cubing the cheese, I brown about 1-2 pounds of ground beef. Once cheese is cubed and ground beef is browned, I add a can of Rotel Diced Tomatoes, cheese cubes, and browned ground beef together in a large microwave-able dish. I warm in our microwave, stirring frequently. After the entire mixture is warmed through, the dip is ready to serve with chips (we prefer either Tortilla or Frito Chips).

We prepare any of the above goodies that we have on hand. While we are doing so, we also prepare our Nacho Dip (to follow) and Taco Meat (if we want it too). We set out all of our goodies on our food bar in our kitchen. Everyone fixes their nachos with whatever goodies they prefer. Fun, easy, and fast!

Note: One of our easy, easy meals just includes the Nacho Cheese Dip and chips. The rest can be added on those nights you want even more!

I love to make my Nachos with the following goodies layered:

Fritos or Tortillas

Taco seasoned beef

Sour Cream

Olives (I LOVE lots of Olives—black and green!)

Nacho Cheese Dip

More Olives!! (told ya!)

Easy Barbeque Beef

Oh! YES! Nothing can be easier than this recipe! You CANNOT mess this one up—well, it would be VERY hard to mess this one up!



1 Pot Roast

1 bottle of your favorite Barbeque Sauce (we love Honey/Smoked Barbeque Sauce)

Place Roast in Crock-pot. Pour barbeque sauce to cover Roast. Turn on low. Leave on all day or overnight. It will be falling apart! Absolutely fantastic! Serve with baked beans, potato salad, cole-slaw or serve on hamburger buns as a Barbeque Sandwich! Easy and YUMMY!

Sloppy Joes



1 # ground beef
1 medium onion, chopped
1 small clove garlic (or 1/8 t garlic powder)
6 oz can V-8
1/4 cup ketchup
1 T brown sugar
2 t prepared mustard
1 t chili powder
1/2 t Worcestershire sauce
(4-5 hamburger buns)

In a large skillet, cook ground beef, onion, and garlic until meat is brown and onion is tender.
Drain off fat.

Options:

Use a crockpot - Combine browned meat and all ingredients in a crockpot and cook 10-12 hours on low or 3-5 on high.

Or, Stovetop - Add all ingredients to browned, drained meat and simmer for at least 15 minutes to combine flavors.

Easy Pork Chops



4-6 pork chops

1 cup of Dale's Sauce

1 cup of water

Spray a baking dish with Pam. Place pork chops in dish. Mix Dale's Sauce and water. Pour over pork chops. Cover with aluminum foil. Bake at 350 degrees for 50 minutes. Remove foil and cook for another 10-15 minutes. Yummy!

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.

Barbeque Meatballs...



Frozen Meatballs

12 ounces Barbeque Sauce

1/3 cup honey

Water

1 clove garlic

Water

French sandwich buns

- ⇒ In crockpot, put **frozen meatballs, 12 oz barbeque sauce, 1/3 cup honey,** and enough **water** to almost cover meatballs.
- ⇒ Cover and cook on low for 2-3 hours, or on high for 1 hour.
- ⇒ Serve over your favorite pasta or rice.
- ⇒ In crockpot, place **3 pound beef roast, 1/2 cup soy sauce, 1 bay leaf, 2-3 peppercorns,** and a **clove garlic.**
- ⇒ Sprinkle thyme on top of meat, add water to almost cover meat.
- ⇒ Cover and cook on low for 10 hours.
- ⇒ Serve on French sandwich buns, with gravy (au jus) in a bowl, for dipping sandwich.

French Dip...

3 lbs beef roast

1/2 cup soy sauce

1 bay leaf

2-3 peppercorns

Meatball Subs



Prepare:

6 Hoagie buns, hollowed. Shave a thin layer off of each roll. Remove some of the bread 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.

Lasagna



$\frac{1}{2}$ pound whole wheat noodles cooked
1 - $1\frac{1}{2}$ pound ground turkey, browned
2 † garlic powder
1 large can tomatoes
1 6oz can tomato paste
 $\frac{1}{2}$ † pepper
 $\frac{1}{2}$ † oregano
2 † salt
 $\frac{1}{4}$ † 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.

Chicken Pot Pie



- Cooked chicken (turkey works too!)
- Frozen mixed vegetables
- Cream of chicken soup
- Refrigerated pie crust (or make your own)

Mix chicken and vegetables in casserole dish.
Mix soup with milk and pour over. Top with
crust. Bake at 350 for approximately 30 min.

Fettucine Alfredo



4 quarts water
 $\frac{1}{4}$ teaspoon salt
8 oz. fettucine noodles
 $\frac{1}{4}$ cup melted butter
 $\frac{1}{4}$ cup chopped or slivered almonds
2 cloves garlic, minced
1 cup sour cream
 $\frac{1}{2}$ cup Parmesan cheese
1 teaspoon salt, to taste
 $\frac{1}{4}$ cup finely chopped fresh parsley

Bring water and $\frac{1}{4}$ tsp. Salt to a boil. Add noodles and boil 5-6 minutes until tender (Do not overcook) Drain and rinse in cool water. Saute almonds and garlic in butter. Blend sour cream, Parmesan cheese, and 1 tsp. Salt into almonds and garlic. Fold in cooked, drained noodles and parsley.

Macaroni and Cheese



1 16 oz. pkg. Elbow macaroni (cook about 5 min. in salted water)

$\frac{3}{4}$ lb. cheddar cheese, cut into 1 inch cubes

1 $\frac{1}{2}$ c. milk (or more if needed)

2 Tbsp. Butter

2 eggs, well beaten

salt to taste

Pour cooked macaroni into an oblong Pyrex dish; add butter and let melt. Stir. Add milk, cubed cheese; distribute well through macaroni. Pour the 2 well-beaten eggs on top, and stir just a little. Bake in 350 oven about 20-25 minutes, or until it bubbles up and is lightly browned on top. Do not overcook. Recipe from Calling All Cooks, Book 1