

Beef Macaroni



1 lb ground beef
2 eggs
 $\frac{1}{2}$ cup ketchup
1/3 cup milk
1/4 cup onion chopped small
2 tsp salt divided
8 to 12 cooked macaroni (depending on how much your family eats)
Peas (optional - we don't use)
2 tsp. mustard
1/4 tsp. pepper
 $\frac{1}{2}$ cup (or less) mayo
2 tbsp. melted butter
 $\frac{1}{2}$ cup bread crumbs

Mix cooked Macaroni with mustard, 1 tsp salt, pepper and mayo. Add peas to macaroni now, if using. Put in 2 qt. casserole. Make meat loaf from beef, egg, ketchup, milk, onion, rest of salt. Place on top of Macaroni and top with buttered bread crumbs. Cook 350 degree oven until done, approx 45 minutes.

Variation: Use browned and drained ground beef in meatloaf, use less mayonnaise, and cook 30 minutes.

Serve with side of mixed vegetables or add mixed vegetables in place of peas in recipe.

Sweet Potato Casserole



3 cups cooked sweet potatoes
1 cup sugar
1/3 cup Country Crock margarine
2 eggs, slightly beaten
1 tsp. Vanilla
1/2 cup evaporated milk

Combine these ingredients and pour into greased 9 X 13 casserole dish.

Prepare topping:

1 cup brown sugar
1/2 cup flour
1/3 cup Country Crock margarine, melted
1 tsp. Apple Pie Spice
1/2 cup chopped pecans

Sprinkle topping over casserole. Back at 350 for 25 minutes. Option: Add marshmallows and brown (marshmallows will melt too! DELICIOUS!).

Broccoli-Rice Casserole



1 package frozen broccoli
1 stick of margarine/butter
1 medium onion, finely chopped
1 small jar Jalapeno Cheez Whiz
1 can cream of chicken soup
1/2 can milk
1 1/2 cup cooked rice
1 small package of sliced almonds

Cook broccoli according to directions and drain. IN saucepan, melt margarine, and sauté onion. Add Cheez Whiz, soup, and milk. Stir. Add cooked rice and broccoli and stir. Pour into a casserole dish and top with sliced almonds. Bake at 350 degrees for 30 minutes.

Soups and Stews...



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

Way TOO EASY and YUMMY Chicken Noodle Soup...



1 whole chicken

1 large can Cream of Chicken Soup

One bag of Egg Noodles

Prepare your chicken by boiling in a large soup pot. Save your stock. You will use it in the soup. If you prefer salt, pepper, garlic salt or any other seasoning, add to your stock. Usually takes about one hour to fully cook your chicken.

Allow your chicken and stock to cool. De-bone your chicken and drain out all fat and bones. I usually pour my stock through a drainer several times.

Mix stock juice and can of Cream of Chicken Soup together in cleaned soup pot. Bring to a rolling boil. Add chicken. Bring to a rolling boil again. Add noodles to your preference—we add LOTS! Bring back to a boil. Reduce heat to a simmer. Cook until noodles are fully cooked. Serve! Note: this soup can also be made in the Crock-pot. It will take a bit longer, but it is still yummy!

Cheese Chicken Chowder



3 cups chicken broth
 $\frac{1}{4}$ teaspoon pepper
2 cups diced potatoes
 $\frac{1}{4}$ cup margarine
1 cup diced carrots
 $\frac{1}{3}$ cup flour
1 cup diced celery
2 cups milk
 $\frac{1}{2}$ cup diced onion
2 cups grated cheddar
 $1\frac{1}{2}$ teaspoons salt
2 cups cooked chicken

In a 4-quart pan, bring chicken broth to a boil. Add vegetables, salt and pepper. Cook 15 minutes until tender. Melt margarine in medium saucepan, add flour, and gradually stir in milk until slightly thickened.

Stir in cheese until melted and add to vegetable mixture with chicken. Do not boil.

Our Always YUMMY North Alabama Chicken Stew...

I had never had this stew until we moved to North Alabama for Harold to go to college. We adapted QUICK! :) In fact, this has become a family staple. Way too easy! OH! This is even the time of year that it becomes the PERFECT dinner staple!



1 fresh whole chicken

1 large can Campbell's Tomato Soup (Yep! It makes a difference in this recipe! Non-brands or other brands make this soup a bit too runny and do not have the same taste as Campbell's soup.)

Fresh cubed potatoes

2 cans of whole kernel corn

1 bag frozen butter beans

1 can of cream corn

changes! :)

Bring to a rolling boil again, watch carefully—this stew has a tendency to burn to the bottom of your pot. Immediately reduce heat to a simmer once it reaches a boil. Cook until vegetables are fully cooked (If I am in a hurry, I cook potatoes while I am cooking chicken. Then they can both be added together for the stew and cooked quickly!).

Prepare your chicken by boiling in a large soup pot. Save your stock. You will use it in the creamed corn. Warm completely, stirring VERY soup. If you prefer salt, pepper, garlic salt or frequently. Remember that at this point, the any other seasoning, add to your stock. Usually stew will thicken and be very likely to burn takes about one hour to fully cook your chicken.

the Crock-pot after I have cooked my chicken and added my vegetables. I hardly ever burn

Allow your chicken and stock to cool. De-bone this stew when using the Crock-pot, unless I your chicken and drain out all fat and bones. I add the Creamed Corn too early. When using usually pour my stock through a drainer sev- the Crock-pot, do not add the Creamed Corn until you are almost ready to serve. Give enough time for the entire soup to warm up

Mix stock juice (I use enough to mix with the with the Creamed Corn added.

Tomato Soup so it dilutes the Soup. Then, I add enough to fill my Crock-pot after I have Serve! Serve with either Saltine crackers or added all ingredients. I leave just enough room rice or cornbread or alongside a sandwich of for easy stirring and addition of the Creamed your choice (see our Pecan Chicken Salad—Corn.) and can of tomato soup together in makes a great sandwich with this stew!). cleaned soup pot. Bring to a rolling boil. Add chicken and all vegetables EXCEPT Creamed Note: this soup can also be made in the Crock-Corn. I add enough vegetables to make this pot. It will take a bit longer, but it is still stew very hardy. If your soup pot or Crock-pot yummy!

is large, you may have to add more vegetables than I recommended. Just be ready. Make a note on this page if your pot requires any

Tortilla Soup

This recipe has become a family favorite. It was originally shared by Janet Birkey for our Time for Tea Magazine. It has since become one that I return to over and over and over. You will LOVE this one! Try it tonight!



Chicken thighs (or any parts...we just like dark meat)...cook and save the water you cook them in. How many will depend on your family.

I usually also add 1/2 can of tomato sauce or a can of tomato paste.

After cooking chicken, I always **de-bone** it.

Add the de-boned chicken back in the pot, sprinkle liberally with garlic.

Add :

2 cans green beans

2 cans corn

1 can Ro-tel tomatoes (or 2 cans if you like!)

Serve by crushing tortilla corn chips in a bowl, put soup on top and sprinkle liberally with cheddar cheese.

EASY Chili



1 lb ground beef

small onion

2 cans chili beans

2 cans diced tomatoes with roasted garlic

Chop the onion and cook with the ground meat.

Add beans and tomatoes and heat through.

Broccoli Cheese Soup



1-10 oz. package frozen chopped broccoli
1/2 cup onion, chopped
1/2 cup celery, chopped
2 T butter
1 can cream of mushroom soup
1 cup milk
3/4 cup water
3/4 to 1 lb. Velveeta, cubed

Cook broccoli according to package directions.
Sauté onion and celery in butter until tender.
Add broccoli and all other ingredients. Stir
over low heat until cheese is melted and soup
is heated through.

My Favorite Holiday 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

Our Holiday Favorites...



Mulled Apple Cider...

I LOVE this recipe! When the holidays roll around, I try to have a big pot of Mulled Apple Cider simmering every day. Besides the great excuse for a yummy break, this recipe smells fantastic. What a great memory of the holiday season!

$\frac{1}{2}$ cup brown sugar
1 teaspoon whole allspice
1 teaspoon whole cloves
 $\frac{1}{4}$ teaspoon salt
dash or two of ground nutmeg
1 3-inch cinnamon stick
1 quarts apple cider
orange slices

Combine all ingredients in a large crock pot or saucepan. Slowly bring to a boil. Cover and simmer for 20 minutes. Strain off spices. Drop orange slices on top. Serve.

Cranberry Tea...

This is another FAVORITE! If we do not have Mulled Apple Cider going, this is the treat that you will find! You can mix this up ahead of time and just add ginger ale last minute if you would like to have this throughout the season. It will be a hit!

$\frac{1}{4}$ cup instant tea
 $\frac{1}{4}$ tsp. ground cloves
1 quart water
1 quart ginger ale
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{4}$ tsp. ground cinnamon
1 quart cranberry juice

Combine sugar, tea, cinnamon, cloves, water, and juices. Heat thoroughly, but do not boil... stirring occasionally. Add ginger ale before serving.

Swiss Miss Cocoa Mix

This is one of my ALL-TIME favorite mixes! Add a bit of whipped cream on top and you are ready for a great read-aloud! One of our family favorites!

1 16-oz. box of non-fat dry milk
1 C. Sugar
3/4 C. cocoa

Sift all ingredients together three times. Store this mixture in a tightly sealed container in a cool place. When ready to use, you can add a couple of heaping tablespoons to hot water.

Haystacks

1 (6 ounce) package butterscotch morsels
2 tsp. Salad oil
1 (3-ounce) can chow mein Chinese noodles (2 cups)
1 small can salted peanuts

In top of Double boiler over hot (not Boiling) water, melt butterscotch morsels. Stir in salad oil. In a large bowl, mix chow mein noodles and peanuts. Pour on butterscotch and mix thoroughly with a fork. Drop mixture by teaspoonfuls on waxed paper or greased cookie sheet.

Sharon's Peanut Blossom Cookies...

1 (14 ounce) can sweetened condensed milk
¾ cup creamy peanut butter
1 tsp. Vanilla extract
2 cups Pioneer Buttermilk Biscuit and Baking Mix
1/3 cup sugar
1 (9 ounce) package milk chocolate kisses

Stir together sweetened condensed milk, peanut butter, and vanilla. Stir until smooth. Add Biscuit Mix, stirring well. Shape dough into 1-inch balls. Roll in sugar. Place on ungreased baking sheet. Make an indentation in the center of each ball with thumb or spoon handle. Bake at 375 degrees for 8-10 minutes. After the cookies cool a little, place unwrapped chocolate kisses in the center of each cookie. For fantastic peanut butter cookies, just leave off the chocolate kisses! THESE ARE GOING TO BE ADDICTIVE!

Debi's MILLION \$\$\$ Chocolate Chip Cookies

This recipe is taken from Deborah (aka...Dsimple online!) Taylor-Hough's new book Frozen Assets.

This recipe is only a sample of the wonderful recipes found in this fantastic book. This book is a MUST for holiday cooking because it has plans for cooking ahead the entire holiday meal thus making your holiday time a delight! Don't miss this book!

2 cups butter (I use Butter-Flavored Crisco for all my cookies)
2 cups sugar
2 cups brown sugar
4 eggs
2 teaspoons vanilla
1 teaspoon salt
2 teaspoons baking powder

2 teaspoons soda
4 cups flour
5 cups blended oatmeal(measure it out then blend into a fine powder in a grain mill or blender)
24 ounces chocolate chips
1 8-ounce chocolate bar (grated)
3 cups chopped walnuts

Cream butter (or shortening) and both sugars. Add eggs and vanilla. Sift together and then stir in salt, baking powder, baking soda and flour. Stir in blended oats. Mix in chips, grated chocolate bar and nuts. Roll into balls, and place two inches apart on cookie sheets. Bake 10 minutes at 375 degrees. (The recipe can be halved, or you can freeze the extras for later!)

Sugar Cookies...

Ala Perfection!!! These are ALWAYS perfect! I got this recipe from a cookie making kit that is produced by Wilton. We use these recipes for our cookies that we make for gift baskets. These will be a HIT with your loved ones!

1 cup butter
1 cup sugar
1 large egg
2 tsp. baking powder
1 tsp. vanilla
3 cups flour

Preheat oven to 400 degrees F. In a large bowl, cream butter and sugar with an electric mixer. Beat in eggs and vanilla. Add baking powder and flour, one cup at a time, mixing after each addition. The dough will be very stiff; blend last flour in by hand (if dough becomes too stiff and does not hold together in a ball, add water, a teaspoon at a time). Divide dough into 2 balls. Do not chill.

Working with one cookie dough at a time, roll

each out on a floured surface to 1/4 inch thick. Cut out shapes. Bake on ungreased cookie sheet on middle rack of oven. Small and medium shapes 6-7 minutes, larger shapes 10-15 minutes or until light brown. Remove cookies from sheet immediately onto wire racks to cool. If you do not plan to ice cookies for 1-2 days, store in an airtight container to prevent drying. Use Royal Icing, Buttercream Icing, or Quick Pour Icing. THESE ARE ALSO VERY EDIBLE! Make plenty...they won't last long!

Quick Pour Icing for Sugar Cookies...

9 cups confectioner's sugar, sifted
3/4 cup water
3 tablespoons light corn syrup
1 1/2 teaspoons almond extract
Icing coloring desired

Place sugar in a saucepan. Combine water and corn syrup. Add to sugar and stir until well mixed. Place over low heat. Do not allow temperature to exceed 100 degrees F. Remove from heat; stir in flavor and icing color. When icing cookies, place on a wire rack over a drip pan. Pour the icing, starting in the center of the cookie, then work towards edges with spatula and cover sides. Let dry completely, approximately 1 hour. Excess icing can be reheated and poured again.

Sausage Balls

1 lb. uncooked sausage
2 cups shredded cheddar cheese
2 cups Bisquick

Mix all ingredients and form into balls that are about 1 in. Bake in preheated 350-degree oven on ungreased cookie sheet until lightly brown, about 10 minutes.

Our Holiday Meal Menu...



Every year we have the following meal for our lunch meal at Thanksgiving and Christmas. I make plenty to have left-overs for a week! This is pretty much the same menu that my mother always has for her holiday menu, only I have added in a few Rushton favorites to my menu! Hope you enjoy!

Breakfast...

Cinnamon Rolls...Tomberlin Style (see our Bread Recipes)

Lunch...

Perfectly Baked Turkey (REALLY!)

Southern Turkey Dressing with Chilled Cranberry Sauce and Giblet Gravy

Broccoli-Rice Casserole

Green Bean Casserole

Sweet-Potatoes

Creamed Corn

Butter-beans

Sweet Peas

Homemade Whole-Wheat Bread (see our Bread Recipes)

Dessert...

An Array of Favorites...Daddy's Favorite Dump Cake, Perfect Apple Pie, Mama's Perfect Pecan Pie, Sausage Balls, Butterfinger Cake, Cookies (see our recipes earlier), and Easy Candies (see our recipes earlier)



PERFECT TURKEY Every time (REALLY!)

12-15 lb. turkey

Oil or butter-flavored Crisco or butter

Salt/pepper to taste

Defrost turkey...Refrigerator is the safest place, allow 5 hours per pound to thaw. You can place in cold water to thaw, but remember to

keep water fresh and COLD!

For roasting, I have always had a perfect turkey using roasting bags to keep in the juices. I usually start mine the evening before on around 350 degrees for about an hour and then turn the oven back to about 200 degrees for the rest of the night. It is always juicy and perfectly cooked by morning! The next morning all I have to do is carve the turkey, prepare the dressing, and make my giblet gravy!

Southern Turkey Dressing

1 pan of cornbread (I use Aunt Jemima Buttermilk Corn Meal Mix for perfect Cornbread!)
2 cans cream of chicken soup
2 cans cream of celery soup
2 cans cream of mushroom soup
1/2 cup finely chopped onions
3 boiled eggs, chopped finely
2 eggs, beaten

Mix ingredients together, add deboned turkey and turkey juice until texture is like a mixed cake mix. Bake in 350-degree oven about 45 minutes or until golden brown.

Easy GIBLET GRAVY...

1/2 pound chicken or turkey giblets and neck
Celery leaves, finely chopped
Onion slices, finely chopped
1/2 cup all-purpose flour
Dash pepper
2 hard-boiled eggs, chopped finely

Remove liver and set aside. In a saucepan, place the giblets and neck in lightly salted water to cover; add a few celery leaves and onion, if desired. Cover; simmer for 1 hour or till tender. Add the liver; simmer 5 to 10 minutes or till tender (turkey livers take about 20-30 minutes). Remove and chop the cooked giblets. Discard the neck.

For the gravy, add enough water to reserved broth to measure 3 cups. (If making gravy with a roasting bird, use drippings from it to measure 3 cups.) In a screw-top jar combine 1-cup of the broth mixture, flour, and pepper; shake well. In a saucepan combine flour mixture and remaining broth. Cook and stir

until thickened and bubbly. Cook and stir 1 to 2 minutes more. Stir in chopped giblets. If desired, stir in hard-boiled eggs. Heat through. Makes 3 1/2 to 4 cups.

Broccoli-Rice Casserole

1 package frozen broccoli
1 stick of margarine/butter
1 medium onion, finely chopped
1 small jar Jalapeno Cheez Whiz
1 can cream of chicken soup
1/2 can milk
1 1/2 cup cooked rice
1 small package of sliced almonds

Cook broccoli according to directions and drain. IN saucepan, melt margarine, and sauté onion. Add Cheez Whiz, soup, and milk. Stir. Add cooked rice and broccoli and stir. Pour into a casserole dish and top with sliced almonds. Bake at 350 degrees for 30 minutes.

Sweet Potato Casserole

3 cups cooked sweet potatoes
1 cup sugar
1/3 cup Country Crock margarine
2 eggs, slightly beaten
1 tsp. Vanilla
1/2 cup evaporated milk

Combine these ingredients and pour into greased 9 X 13 casserole dish.

Prepare topping:

1 cup brown sugar
1/2 cup flour
1/3 cup Country Crock margarine, melted
1 tsp. Apple Pie Spice
1/2 cup chopped pecans

Sprinkle topping over casserole. Back at 350 for 25 minutes. Option: Add marshmallows and brown (marshmallows will melt too! DELICIOUS!).

Daddy's FAVORITE Cake— DUMPCAKE...

1 can cherry pie filling
1 can crushed pineapples
1 yellow cake mix
Butter or margarine

In a 9 X 13 pan mix pie filling and pineapples and spread evenly as the first layer. Sprinkle dry cake mix on top. Dot butter on top of cake mix. (I usually coat it heavily with butter so all the mix is covered.) Bake at 350 degrees for about 45 minutes. You can top with whipped topping or ice cream and serve piping hot or cold...It is always perfect! For variations you can substitute 1 box of coconut for the pie filling, you can top with chopped nuts, you can substitute blueberry pie filling, or you can use apple pie filling, 1 cup brown sugar and a spice cake mix for a whole different taste! Have fun and enjoy!

Always PERFECT APPLE PIE!

Pillsbury Pie Crust
1 cup sugar
1 tsp. ground cinnamon
1/2 tsp. ground allspice
1/4 tsp. salt
Dash of nutmeg
2 tbs. all-purpose flour
6-8 cups thinly sliced apples
3 tbs. butter

If apples are not tart, sprinkle 1 tbs. lemon

juice, if desired. Combine sugar, flour, cinnamon, allspice, nutmeg, and salt. Add sliced apples and toss until apples are fully coated with the mixture. Set aside. Place piecrust in pie pan. Pour mixture into pie pan, dot with butter and cover with remaining piecrust. Use a butter knife to cut a couple of slices in top to ventilate while cooking. Seal edges and flute with fingers or fork tongs. Cover edge of pie with foil. Place on cookie sheet so juices will not flow over into your oven. Bake in a 375-degree oven for 25 minutes. Remove foil and return to oven to bake for 20-25 minutes or until the crust is golden brown. Cool and serve!

Mama's Always AWESOME Pecan Pie

1 pie shell
3 eggs, well beaten
1 cup of brown sugar
1 cup crushed pecans
1/2 c. corn syrup
1 tsp. vanilla flavoring
3 tsp. Margarine

Preheat oven to 450 degrees. Mix sugar, syrup, and margarine. Add eggs and mix well. Add remaining ingredients and pour into unbaked pie shell. Reduce oven to 325 degrees, place pie on cookie sheet while baking to avoid spills in your oven. Bake for 25-30 minutes. Pie will be done when it is completely puffed across top and when center of the pie is firm and shakes a little. Let cool completely before serving.

Super-duper Banana Pudding!

1 can condensed milk
1 3 oz instant banana pudding

1 1/2 cups milk
1 cups Cool Whip (divided)
3 bananas
Vanilla Wafers

Combine condensed milk, pudding, and milk. Stir until smooth. Add bananas and stir. Fold in 1 cup of Cool Whip. Cover the bottom of a 10 X 10 pan with vanilla wafers. Slowly pour mixture over wafers. Cover the top of mixture with Vanilla Wafers. Spread the remaining cup of Cool Whip on top. Refrigerate until set—about 1 hour. Options: Add 1 small can of well-drained pineapples to pudding mixture. Harold's FAVORITE!

Sweet Potato Pie

2 lbs sweet potatoes, cooked and peeled
1/2 cup margarine
3 large eggs
1 cup sugar
1/2 cup sweetened condensed milk
1/2 cup evaporated milk
1 tsp. Ground Nutmeg
1 tsp. Vanilla Extract
1 tsp. Lemon Extract
2-9 inch pie crust, defrosted

Cook sweet potatoes in boiling water for 30 minutes or until tender. Drain and peel. Beat sweet potatoes and margarine at a medium speed until smooth. Add eggs and next six ingredients, beating well. Divide mixture evenly between pies. Bake at 350 degrees on the lower rack in the oven for 45-50 minutes or until the pie is set. Garnish with whipped cream and grated nutmeg.

Pumpkin Pie

3- 9 inch Pillsbury pie shells
6 eggs

2 1/2 cups sugar
3 1/3 cups canned pumpkin
1 tsp. Salt
3 tsp cinnamon
2 tsp. Ginger
1 tsp. Allspice
1/4 tsp. Ground Cloves
3 1/2 cups milk

Mix all ingredients with a mixer, adding milk last. Pour into 3 unbaked pie shells. Bake at 325 degrees for one hour.

Million Dollar Strawberry Pie

1 can sweetened condensed milk
1-8 oz Cool Whip
1 large can crushed pineapples, drained
1/2 cup lemon juice
1 can strawberry pie filling
1-9 inch graham cracker pie crust

Mix all ingredients except pie crust. Add lemon juice a little at a time. Pour into pie crust. Chill. **Option:** Prepare in a 9 X 13 casserole dish. Top with spray Cool Whip and Chocolate drizzles! AWESOME!

Sausage Balls

1 lb. uncooked sausage
2 cups shredded cheddar cheese
2 cups Bisquick

Mix all ingredients and form into balls that are about 1 in. Bake in preheated 350-degree oven on ungreased cookie sheet until lightly brown, about 10 minutes.

Butterfinger Cake

1 butter cake mix prepared in a 9X13 pan

1 can sweetened condensed milk
1 large carton whipped topping
4 Butterfingers crushed finely

Prepare cake mix in 9 X 13 pan following directions on box. Once finished, pour sweetened condensed milk over. You may

want to use a butterknife to slice holes so milk can soak in good! Cool completely. Once cool; spread whipped topping and sprinkle with Butterfingers as your icing. Refrigerate and serve cool. Get your share first or there won't be any left!



Breads...



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

Mom's Bread Recipes...



Basic Whole-Wheat Bread

Ingredients that are a must...

Whole Wheat Flour (We substitute 1 cup of wheat flour for 1 cup of rolled oats in our recipes—we LOVE it!)

Yeast (SAF is recommended)

Water

Oil (Pure Olive Oil recommended... note...NOT Extra Virgin Olive Oil)

Honey

Salt

Dough Enhancer

2 Tablespoons of Dough Enhancer

- Add flour until the dough cleans the side of the bowl...the humidity will affect how much flour is added!
- Knead for 6 minutes with a mixer...until soft and pliable by hand. Remember Whole Wheat will be sticky!
- If you used a mixer...shape into loaves and place in baking pans. IF not you will want to look into tips for recommended rising time...place in a warm area in a large bowl if you must have several risings!
- While shaping loaves, you will want to grease your hands and the working surface (counter) with oil NOT flour!
- Divide dough into 3 equal parts...each part will then be divided into 2 separate loaves.
- Allow to rise till double!
- Bake for 25-30 minutes in a 350-degree oven or until it sounds hollow when tapped on the bottom and are golden brown on the top and the sides of the loaf!
- Allow to cool before slicing!
- If you do not have a bread mixer, you will need to use a smaller batch...Try using the following ingredients...

Instructions...(Don't forget to read the tips!)

In your mixing bowl mix...

6 cups of water

2 cups of whole wheat flour

3 Tablespoons of Yeast

Allow ingredients to sponge for 15 minutes.
(This activates the yeast and starts it working so much better than if you are using a machine...you only need one rise!)

Add remaining ingredients...

2/3 cup of oil (Pure Olive Oil)

2/3 cup of honey

1 1/2 T. salt

For 4 loaves...

Recommended especially if you are making your bread by hand! Although I have a mini-Bosch bread mixer, I still use this recipe

because it makes up enough for a nice pan of Cinnamon Rolls and two loaves of bread for our meals!

$\frac{1}{4}$ - $\frac{1}{2}$ cup of honey

8-10 cups of flour (remember only till it does not stick to the sides!)

1/3 cup oil

2 tsp. salt

3 cups water

2 TBS yeast

2 TBS dough Enhancer

- The benefits of grinding your own wheat are that it increases your nutrition and decreases your need for vitamin supplements.

- For storage of wheat once it is ground, freezing keeps most nutrients! At least keep it refrigerated!

- Freezing loafs after they are completely cooled keeps the loaves almost as fresh as just baked for up to 3 months.

- When you are ready to bake bread, be sure that your flour is able to reach room temperature to help the yeast work better!

- Yeast keeps well for 6 months to 1 year if kept in the freezer!

- If you put oil in your measuring cup before you put the honey...it will make it easier to get the honey out!

- When mixing your bread...add enough flour to just clean the edge of the bowl...use oil for working the bread not flour! Flour will make the bread crumbly and dry!

- Spray your pans with Pam before placing your dough in to rise. The smaller pans, which are available from The Urban Homemaker...1-800-55-BREAD, are most recommended for perfect bread!

- For any failures...use for bread crumbs or croutons!

- If you are working the bread by hand, you will need to place in a bowl for a rising of about 90 minutes...then punch down and allow to rise again for 60 minutes...then shape into loaves and allow to rise for 30 minutes and then bake!

- If your bread over-rises, punch down and

Tips for Baking Great Bread!

- Mix 1/2 Golden 86 and 1/2 Fresh ground Red Winter Wheat for best results. Red Winter Wheat makes the breads heartier...Golden 86 makes the bread softer.
- Remember 1 pound or 3 cups of wheat berries yields approximately 4 cups of wheat flour.
- If you do not have a good mixer like a Bosch or Kay Tech, prepare bread in smaller batches...like 2 loaves for hand kneading. The glutens are difficult to develop by hand kneading in larger batches! If the gluten is not developed fully the consistency will be affected.
- If you grind your wheat, it is important to stir while grinding. Get rid of any black pebbles—occasionally they get into the wheat!
- Use high protein wheat...higher than 14%.
- Whole Wheat Bread is great for giving you fiber in your diet, which attaches to toxins and takes them out of your body!

let it rise again!

- If you need to freeze the bread...freeze after the first kneading!
- Do not use Olive Oil in Cookies...it gives a bad taste!
- Never pull bread or tear bread during the kneading...you only need to stretch...punch down, flatten, fold over! No pulling apart until ready to divide into loaves!
- For spice breads or cinnamon rolls...use more spices with Whole Wheat Flour!

completely close any seams!

- ⇒ Slice starting in the middle using dental floss to slice neatly...you will slice in half...slice those halves in half...then slice those parts into thirds! Wala...12 equal pieces!
- ⇒ Place in 9 1/2 X 11 pan already sprayed with Pam.
- ⇒ Mash together once all are in the pan.
- ⇒ Allow to rise.
- ⇒ Bake in 350-degree oven until lightly browned!

Cinnamon Rolls... Tomberlin Style!

This recipe comes from a dear friend of mine...they are excellent for breakfast or for a wholesome snack! We make them on Christmas Morning and for our company from out of town! We make them many mornings when I get up and get the bread going before everyone is stirring...these are hits no matter when we make them!

1 dozen cinnamon rolls requires 2 loaves of dough from the above recipe.

- ⇒ You will roll out into a rectangle with a pastry roller.
- ⇒ Smooth Butter generously over the dough.
- ⇒ Sprinkle honey or Brown Sugar (recommended) all over very generously!
- ⇒ Sprinkle Cinnamon generously...add chopped nuts, dates, dried apples, apricots...whatever you prefer!
- ⇒ Roll up...pinch ends shut...and knead to

For topping...

Brown Sugar Topping...1/2 cup Butter/Margarine, 1 cup of brown sugar, and vanilla flavoring to taste... Cream together and spread on Cinnamon Rolls while hot. Yummy!

OR...

Powdered Sugar Topping...2 Cups of Powdered Sugar, 1-2 drops of butter flavoring, vanilla to taste (about 1 tsp.), and 2 Tablespoons of milk...until thin enough to spread! Enjoy!

Cinnamon Loaf...

Follow directions for Cinnamon Rolls. Rather than slicing into rolls, place into a loaf pan after it is rolled up, ends are pinched, and seams are closed. Bake in 350 degree oven following instructions for baking homemade bread loaves.

Cinnamon Sticks...

Roll out your Whole-Wheat Bread dough into several rectangles. Use your pizza cutter to cut long slices. Brush butter along top. Sprinkle with Cinnamon/Sugar mixture. Place on cookie sheet already sprayed with Pam. Bake in 350 degree oven till lightly browned.

Pizza Roll-ups...

Pizza Sauce

Your choice of Pizza Toppings (we love Pepperoni)

Cheese (again, we love ours VERY cheesy!)

Roll up...pinch ends shut...and knead to completely close any seams! Place on cookie sheet sprayed with Pam, allow to rise. Bake in 350 degree oven till lightly browned.

Garlic Bread Sticks...

Roll out your Whole-Wheat Bread dough into several rectangles. Use your pizza cutter to cut long slices. Brush garlic-butter along top. Sprinkle with Garlic Salt to preferred taste (you can wait to do this until they come out of the oven). Place on cookie sheet already sprayed with Pam. Bake in 350 degree oven till lightly browned.

Roll-ups...

Roll out your Whole-Wheat Bread dough into several rectangles. Layer to your preference the following ingredients:

Reuben Roll-ups...

Corned Beef

Sauerkraut (drained)

Swiss Cheese (we love ours VERY cheesy!)

Easy Pizza!

Roll out your Whole-Wheat or French Bread dough into several rectangles or to fit your pizza pan. I usually make an edge to the outside of our pizzas (we love the crust AND it holds the toppings better). I go back over my crust with the tines of the fork punching little holes (to keep the dough from bubbling while it cooks). Once dough is prepared on baking sheet, layer with your preference of toppings and the following ingredients:

Pizza Sauce

Your choice of Pizza Toppings (we love Pepperoni)

Cheese (again, we love ours VERY cheesy!)

Allow to rise just a bit. Bake in 350 degree about 10-20 minutes with just the Pizza Sauce only. Add the rest of your toppings and cook until cheese is completely melted and the crust lightly browned.



Desserts...



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