

At Home with Molly Christensen...

Here's what we do for snacks.



Molly's Snack Plan...

We have also found it easier in our homeschool if we eat at about 7:30 to 8 a.m., have a big snack at 11 a.m. and then lunch at 1:30 p.m. That way we can finish everything we want to by lunch time, including read aloud time. When we stopped for lunch at noon, we had a really hard time getting back to our lessons! Because we have lunch so late, we don't usually have to have an afternoon snack.

	Snacks...
Monday	Vegetables and/or crunchy snack (like Chex Mix or Goldfish, etc.)
Tuesday	Muffins and milk - different flavor every week
Wednesday	Fruit (with yogurt, kabobs, fresh, canned, fruit salad, etc)
Thursday	Popcorn or any other special snack
Friday	Fruit Shake

One of my kid's favorite snack recipes that we created:

Banana Wham!

Two frozen bananas
6 TBS Powdered milk
2 cups water
chocolate chips (optional)

Blend the bananas, powdered milk and a cup of water. Slowly add the remaining water until it blends well. You can adjust the amount of water to make it thicker or thinner as you like. (We like it really thick so it's like soft-serve icecream.) Sprinkle a little handful on top.

Alternative: Skip the powdered milk and water and just add milk. **Tip:** Choose bananas to freeze when they are ripe - slightly browned, but not brown enough for banana bread. Remove the peels, place in a freezer bag and freeze.

A Note From Judy Oswalt...



Hi,

I have something really easy that my family loves.

Curried Tuna-egg Melt

2 cans tuna, drained
8 boiled eggs, peeled and mashed
minced onion or green onion, choose own amount
1 tsp curry or to taste
salt and pepper
cheddar cheese
whole wheat bread slices or pita bread

Mix all ingredients except cheese and spread onto bread. Top with cheddar cheese and broil until bubbly.

Quick and easy!
Judy Oswalt

At Home with Peggy...



	BREAKFAST	LUNCH	DINNER
Sunday	Baked Oatmeal	Meatloaf, scalloped potatoes and my canned corn	Sauerkraut, mashed potatoes, hot dogs, apple pie
Monday	Pancakes and scrambled eggs	Chicken Nuggets/Fries/Applesauce	Taco Salad, homemade peanut butter cookies
Tuesday	Crème-a-Wheat topped with brown sugar and raisins	Big tossed Salad w/egg and ham	Loose Sausage/Fried potatoes and onions, my canned green beans
Wednesday	Egg Muffins w/cheese	Chicken Noodle Soup w/fruit cup	Chicken Stir-Fry
Thursday	Cold Cereal	Turkey and Swiss cheese sandwiches and cup of yogurt	Cheesy Potato/Cauliflower Soup
Friday	Fried Mush and eggs and my canned applesauce	Fish sticks w/macs and cheese	Ham Bean Soup w/cornmeal muffins
Saturday	French Toast	My jarred deer venison, baked potatoes and my canned red beets	Homemade Pizzas

Peggy's Homemade Bread Recipe...



Most meals are served with my homemade bread.

wheat, as my family does not like the strong flavor of red)

This is the main one I use when making bread for my family.

Stir well 2 min.

Place in a large bowl:
3 and a half cup of warm water
1 T. powdered lecithin
One half cup canola oil
One half cup honey
1 T. Gluten
2 T. instant yeast

Stir in 4-5 more cups of flour until the dough is firm enough to knead. Dough should be soft, yet easy to handle. Knead for 5 minutes. Repeat 2 times at 15 min. intervals. Grease hands and counter for last kneading to prevent adding too much flour. Shape into 4 loaves, put into loaf pans. Let rise until doubled in size. Carefully put them into your oven without bumping at 350 for around 25 min.

Stir to mix; let stand 10 min.

Add:
1 T. salt
1 beaten egg
6 cups whole-wheat flour(I use white whole

Happy bread baking!

A Note from Sarah...



Hey Cindy (and ALL),

I want to share my favorite pie recipe for your book.

My mother passed this down to us and it has been requested for every family get-together that I can remember from my childhood. She changed it a few years ago to use a commercial baking mix and made it even better.

Now, my hubby and children HAVE to have it at least once a month. I think you will love it. Give it a try and let me know what you think!

All for Him,
Sarah

Always Yummy Buttermilk Pie

1/2 cup Bisquick
1 1/2 cups sugar
1/3 cup butter, melted
3 eggs
1 cup buttermilk
1 tsp. vanilla extract

- ⇒ Pre-heat oven to 350 degrees.
- ⇒ Beat all ingredients together until smooth.
- ⇒ Pour into pre-greased pie plate.
- ⇒ Bake until knife comes out clean (about 30-40 minutes).
- ⇒ Let cool at least 5 minutes before serving.

At Home with Wendy Dewerse...

Hey Cindy! Okay, your mission to write out menus got me started on an idea for next year's Christmas gifts: a homemade cookbook of my favorite recipes. (You know how to make those! Ü) I think I'll just send you as much of this cookbook as I have finished (just a rough version in Word) in lieu of rewriting everything as a weekly menu. I know I'll never get around to that! This cookbook does include recipes for breakfasts, lunches, dinners, snacks, and desserts. I definitely want the CD that includes everyone else's recipes! I, like you, want to get out of the rut of cooking the same old things all the time.



Appetizers & Snacks

Hot Chocolate Mix

8 quart box Carnation dry milk
1 lb. Nestlé Quik
1 cup powdered sugar
2 cups coffee mate

Combine all. Add 1/3 cup mix to 1 cup hot water.

Championship Bean Dip

1 can (16 oz.) refried beans
1 cup picante sauce
1 cup (4 oz.) shredded Monterrey Jack cheese
1 cup (4 oz.) shredded cheddar cheese
 $\frac{3}{4}$ cup sour cream
1 package (3 oz.) cream cheese, softened
1 tablespoon chili powder

$\frac{1}{4}$ teaspoon ground cumin

Tortilla chips & salsa

In a bowl, combine the first eight ingredients; transfer to a slow cooker. Cover and cook on high for 2 hours or until heated through, stirring once or twice. Serve with tortilla chips and salsa. Yield: 4- $\frac{1}{2}$ cups

Peanut Butter Popcorn

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

1 cup brown sugar

1/3 cup Karo syrup (light)

$\frac{1}{2}$ cup peanut butter

Combine margarine, Karo, & brown sugar. Stir and cook until hot & bubbly; add peanut butter. Blend and pour over 6-8 quarts of popped corn; cool.

Brunch & Breads

monds, and 3 tablespoons brown sugar and 2 teaspoons cinnamon for apricot preserves.

Apricot-Almond Coffee Cake

- 1 cup butter or margarine, softened
- 2 cups sugar
- 2 large eggs
- 1 teaspoon almond extract
- 2 cups flour
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- 1 (8-oz.) carton sour cream
- 1 cup sliced almonds
- 1 (10-oz.) jar apricot preserves

Beat butter at medium speed with an electric mixer about 2 minutes or until creamy. Gradually add sugar, beating at medium speed 5 to 7 minutes. Add eggs, one at a time, beating mixture just until yellow disappears. Stir in almond extract.

Combine flour, baking powder, and salt; add to butter mixture alternately with sour cream, beginning and ending with flour mixture. Mix at low speed just until blended after each addition.

Place about one-third of batter into a greased and floured 12-cup Bundt pan. Sprinkle with half of almonds, and dot with half of apricot preserves. Top with remaining batter; sprinkle with remaining almonds, and dot with remaining preserves. Bake at 350° for 50 to 55 minutes, or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 to 15 minutes; remove from pan, and let cool completely on wire rack.

Note: You may substitute vanilla extract for almond extract, $\frac{1}{2}$ cup chopped pecans for al-

Golden Delight Pancakes

- 1 cup cottage cheese
- 6 eggs
- $\frac{1}{2}$ cup flour
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup oil
- $\frac{1}{4}$ cup milk
- $\frac{1}{2}$ teaspoon vanilla

Put all ingredients into blender. Cover and blend at high speed for 1 minute, stopping to stir once. Grill on hot griddle, turning once. Top with your favorite topping.

Makes 20 - 4-inch pancakes.

Pull Apart Cake

- 3 cans Hungry Jack biscuits (10 count each)
- $1\frac{1}{2}$ sticks melted butter
- $1\frac{1}{2}$ cups brown sugar
- 2 teaspoon vanilla
- 1 tablespoon cinnamon
- Nuts (optional)

Combine butter, sugar, cinnamon and vanilla. Grease a bundt pan. Quarter the biscuits. Sprinkle nuts in the bottom of the pan; cover with one can of biscuits and pour over $\frac{1}{3}$ of sugar mixture. Repeat. Bake in a 350° oven for 30 minutes.

Delicious Pumpkin Bread

- 5 eggs
- $1\frac{1}{4}$ cups vegetable oil
- 1 can (15-ounce) solid-pack pumpkin

- 2 cups flour
- 2 cups sugar
- 2 packages (3-ounces *each*) cook-and-serve vanilla pudding mix
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon salt

- In a mixing bowl, beat the eggs. Add oil and pumpkin; beat until smooth. Combine remaining ingredients; gradually beat into pumpkin mixture. Pour batter into five greased 5 X $2\frac{1}{2}$ X 2-inch loaf pans. Bake at 325° for 50-55 minutes or until a toothpick inserted near the center comes out clean. Cool on wire racks. *(Note: Bread may also be baked in two greased 8 x 4 x 2 inch loaf pans for 75-80 minutes.)*

San Filipe Eggs

- 1 can (4 oz.) chopped green chilies, drained
- 1 lb. shredded Monterrey Jack cheese
- 3 eggs
- 1 cup Bisquick
- 2 cups skim milk

- Spread green chilies in the bottom of a greased 9 X 9 pan. Sprinkle half of cheese on top of chilies. Beat eggs, Bisquick, and milk; pour over cheese. Sprinkle remaining cheese over top. Bake at 350° for 30-40 minutes.

Broccoli Cornbread

- 2 boxes Jiffy Cornbread Mix
- 1 box frozen chopped broccoli, thawed and water squeezed out
- 4 eggs
- 1 cup margarine, melted
- 1 small carton small curd cottage cheese

Mix melted margarine and eggs with cornbread mix. Add broccoli and cottage cheese. Bake in greased 9 X 13 pan at 375° for about 30 minutes.

Banana Nut Muffins

- 1 cup margarine, melted
- 1 $\frac{2}{3}$ cups sugar
- 2 eggs, lightly beaten
- 4 large bananas (very ripe)
- $\frac{1}{4}$ teaspoon vanilla
- 2 cups unbleached flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{4}$ cup sour cream
- 1 cup walnut pieces

In large bowl of mixer, combine margarine, sugar, and eggs. Cream at low speed until light and fluffy. Place bananas and vanilla in food processor and puree. Add puree to creamed mixture and beat to incorporate. Add flour, baking powder, baking soda and salt and beat to incorporate. Add sour cream and walnuts and beat until well blended. Fill greased muffin pans (or muffin pans lined with foil baking cups) $\frac{3}{4}$ full and bake in a preheated 350° oven for 20-25 minutes or until a toothpick inserted in the center comes out clean. Makes 18-24 muffins.

Baked Oatmeal

- $\frac{1}{2}$ cup butter, melted
- 1 cup brown sugar
- 2 eggs, beaten
- 3 cups quick oats
- 2 teaspoons baking powder

1 cup milk
1 teaspoon salt

Cream together the first 3 ingredients. Add the rest of the ingredients; stir well. Lightly grease a 9 X 13 baking dish. Turn the mixture into the dish and bake at 350° for 20-25 minutes. This can be prepared the night before and baked the next morning. Serve with milk and fruit if desired. Serves about 6.

Soups & Salads

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.

Slow-Cooker Vegetable Soup

1 lb. boneless round steak, cut into $\frac{1}{2}$ -inch

cubes

1 can (14- $\frac{1}{2}$ ounces) diced tomatoes, undrained
3 cups water
2 medium potatoes, peeled and cubed
2 medium onions, diced
3 celery ribs, sliced
2 carrots, sliced
3 beef bouillon cubes
 $\frac{1}{2}$ teaspoon dried basil
 $\frac{1}{2}$ teaspoon dried oregano
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
1 $\frac{1}{2}$ cups frozen mixed vegetables

In a slow cooker, combine the first 12 ingredients. Cover and cook on high for 6 hours. Add frozen vegetables; cover and cook on high 2 hours longer or until the meat and vegetables are tender. Yield: 8-10 servings.

(Notes: Any kind of stew meat works fine, I prefer to cook it for a longer time on low, and I never use the frozen vegetables.)

Broccoli Salad

5-6 crowns of broccoli, cut into small bite size pieces
 $\frac{1}{2}$ cup raisins
 $\frac{3}{4}$ cup sunflower seeds
 $\frac{1}{4}$ cup red onion, chopped
 $\frac{1}{2}$ pound bacon, cooked and crumbled

Mix everything together except the bacon - toss it in when ready to serve.

Dressing:

$\frac{3}{4}$ cup mayonnaise
3 Tbs. apple cider vinegar
3 Tbs. sugar
2 tsp. milk

Mix and pour over broccoli. Mix thoroughly

and refrigerate overnight before serving.

Mexican Salad

1 can Mexicorn, drained and rinsed
1 can black beans, drained and rinsed
2 tomatoes, chopped
2 avocados, chopped
 $\frac{1}{2}$ purple onion, chopped
1 cup picante sauce (or salsa)
Cilantro (optional)
Juice of one lime

Mix everything together and enjoy! :)

Side Dishes

Corn And Green Bean Casserole

2 cans (17 $\frac{1}{2}$ oz. each) French-style green beans, drained
2 cans (12 oz. each) gold and white whole kernel corn, drained
 $\frac{1}{3}$ cup chopped onion
Salt & pepper
1 can (10 $\frac{3}{4}$ oz.) cream of celery soup
1 carton (8 oz.) sour cream
1 cup shredded American cheese
 $\frac{1}{2}$ cup margarine, melted
 $\frac{1}{3}$ cup almonds, slivered

Combine green beans, corn, onion, salt, and pepper and place in ungreased 9 X 13 casserole dish. Mix soup, sour cream, and cheese and spread on top of vegetable mixture. Combine crackers, margarine, and almonds and sprinkle over top. Bake at 350° for 30 minutes.

Tex-Mex Squash Casserole

2 small yellow squash, sliced
2 small zucchini, sliced
1 medium onion, sliced
1 teaspoon garlic, minced
2 tablespoons oil
4 ounces green chilies, chopped
2 cups yellow corn
 $\frac{1}{2}$ cup Cheddar, grated
 $\frac{1}{2}$ cup Monterey Jack, grated
1 teaspoon cumin

Lightly sauté the squash, zucchini, onion, and garlic until just soft. Toss with the remaining ingredients. Place in a lightly oiled 2-quart casserole dish. Bake at 400° for 20 minutes. Serve warm. Serves 4.

Sweet Potato Casserole

3 cups mashed sweet potato
 $\frac{1}{2}$ cup sugar
2 eggs
1 teaspoon vanilla
 $\frac{1}{3}$ cup milk
 $\frac{1}{2}$ cup butter

Beat above ingredients together until smooth.

Combine and sprinkle on top:

1 cup brown sugar
 $\frac{1}{3}$ cup flour
 $\frac{1}{3}$ cup butter
1 cup finely chopped pecans

Bake at 350° for 30 minutes.

Main Dishes

Fiesta Spaghetti

- $\frac{1}{2}$ cup cooking oil
- 2 large onions (chopped)
- 2 stalks celery (chopped)
- 2 cloves of garlic (crushed)
- 1 lb. ground beef
- 4 oz. can mushroom stems and pieces (drain and reserve)
- 3 cans tomato paste
- 2-3 tablespoons chili powder
- 2 teaspoons salt (or to taste)
- Mushroom liquid
- 1 cup tomato juice or water
- $\frac{1}{2}$ lb. grated American cheese
- $\frac{3}{4}$ cup evaporated milk
- 1 lb. spaghetti, cooked and drained

Sauté onion, celery, and garlic in oil until limp. Add ground beef, cooking until done. Add mushrooms and tomato paste and "fry" lightly. Stir in chili powder, salt, mushroom liquid, and tomato juice. Blend in spaghetti.

Layer spaghetti mixture in large greased casserole with grated cheese (reserve some cheese for top). Pour evaporated milk over casserole and top with reserved cheese.

Bake at 350° for 20-30 minutes (until heated through). Makes 8 large servings.

Easy Cowboy Stew

- 2 lbs. ground beef
- 4 cans Minestrone soup
- 2 cans Ranch-style beans
- 2 cans Rotel tomatoes
- 2 cans whole kernel corn, drained
- Brown and drain ground beef. Throw in other ingredients and heat until warm. Spoon stew on top of crushed tortilla chips (in individual

bowls) then top with shredded cheese, sour cream, and sliced avocados.

Meat Loaf With Creole Sauce

- $1\frac{1}{2}$ lbs. ground meat
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon dry mustard
- Dash black pepper
- $\frac{1}{2}$ cup finely chopped red onion
- $\frac{3}{4}$ cup bread crumbs
- 1 can (5.3 oz.) evaporated milk
- 1 tablespoon cornstarch
- 2 eggs, slightly beaten

Creole Sauce:

- 1 green pepper, chopped
- 1 small onion, chopped
- 1 can (2 oz.) sliced mushrooms
- 2 tablespoons butter or margarine
- $1\frac{1}{2}$ cups tomato juice
- 1 tablespoon cornstarch
- Dash hot pepper sauce
- $\frac{1}{2}$ teaspoon dried thyme leaves
- Salt, if needed

In a bowl, combine all the ingredients for the meat loaf. Mix and blend well to a smooth consistency. Place meat in a greased pâté dish or loaf pan. Smooth top. Bake at 350° for about 1 hour or until meat loaf is done.

In the meantime, prepare sauce. Melt butter in a saucepan. Add green pepper, onion, and mushrooms. Sauté for a few minutes until onion is soft, but not browned. In a bowl, mix cornstarch with a little tomato juice. Add remaining tomato juice to pan with pepper-mushroom mixture. Return to heat. Bring to a boil. Add cornstarch mixture, stirring well. Add pepper sauce, thyme leaves and salt, if needed. Bring to a boil. Boil for 1 to 2 min-

utes until sauce thickens.

Serve meatloaf with sauce and steamed rice or noodles.

Awesome Slow Cooker Pot Roast

2 cans cream of mushroom soup
1 (1 oz.) package dry onion soup mix
1 $\frac{1}{4}$ cups water
5-6 pound pot roast

In a slow cooker, mix soups and water. Place pot roast in slow cooker and coat with soup mixture. Cook on high for 3 to 4 hours or on low for 8 to 9 hours.

Crock-pot Stroganoff

2 lb. round steak
 $\frac{1}{4}$ c. flour
 $\frac{1}{2}$ teaspoon pepper
 $\frac{1}{2}$ teaspoon salt
1 teaspoon garlic bits
3 tablespoons butter
1 small onion, chopped
1 tablespoon soy sauce
2 beef bouillon cubes
1 can cream of mushroom soup
1 cup water
1 (8 oz.) package cream cheese, cubed

Cut steak into 1 x $\frac{1}{2}$ -inch strips. Mix with flour, pepper, salt and garlic. Add to crock pot with butter, onion, soy sauce, bouillon, soup, and water. Cook on low for 5 hours, stirring occasionally. Add cream cheese for the last half hour of cooking time. Serve over cooked wide noodles.

Slow Cooker Pepper Steak

2 lbs. beef sirloin, cut into 2-inch strips
Garlic powder to taste
3 tablespoons vegetable oil
1 cube beef bouillon
 $\frac{1}{4}$ cup hot water
1 tablespoon cornstarch
 $\frac{1}{2}$ cup chopped onion
2 large green bell peppers, coarsely chopped
1 (14 $\frac{1}{2}$ oz.) can stewed tomatoes, undrained
3 tablespoons soy sauce
1 teaspoon white sugar
1 teaspoon salt

Sprinkle strips of sirloin with garlic powder to taste. In a large skillet over medium heat, brown the seasoned beef strips in hot oil. Transfer to slow cooker.

Mix bouillon cube with hot water until dissolved, then mix in cornstarch until dissolved. Pour into the slow cooker. Add onion, green pepper, tomatoes, soy sauce, sugar, and salt.

Cover and cook on high for 3 to 4 hours or on low for 6 to 8 hours. Serve over rice, egg noodles, or chow mein.

Chicken Tetrazzini

1 (8 oz.) package spaghetti
 $\frac{1}{4}$ teaspoon pepper
1 cup sliced fresh mushrooms
 $\frac{1}{2}$ teaspoon poultry seasoning
1 small onion, thinly sliced
2 cups chicken broth
 $\frac{1}{4}$ cup butter or margarine
 $\frac{1}{2}$ cup whipping cream
 $\frac{1}{4}$ cup flour
3 $\frac{1}{2}$ cups diced cooked chicken

- 1 teaspoon salt
- 1 cup (8 oz.) shredded cheddar

• Cook spaghetti according to package directions; drain and set aside.

• Sauté mushrooms and onion in butter in a large saucepan until tender. Add flour, salt, poultry seasoning, and pepper; stir well. Cook 1 minute, stirring constantly. Gradually add broth; cook over medium heat, stirring constantly until thickened and bubbly. Add cream and stir until smooth. Stir in chicken.

• Place half of spaghetti in a greased, shallow 2-quart casserole. Spoon half of chicken mixture over spaghetti. Repeat layers. Bake, uncovered, at 350° for 20 minutes. Sprinkle with cheddar cheese, and bake an additional 5 minutes. Yield: 6 servings.

San Antonio - Style Chicken

- 3 lbs. chicken pieces
- $\frac{1}{2}$ cup flour
- Salt and pepper
- 3 tablespoons vegetable oil
- 1 large green pepper, cut into thin strips
- 1 large onion, coarsely chopped
- 1 clove garlic, minced
- 3 medium tomatoes, peeled & coarsely chopped
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- Pinch of ground cumin
- 2 cups hot water
- Hot cooked rice or cous cous

• Dredge chicken in flour seasoned with salt and pepper; brown in hot oil. Transfer chicken to a shallow $2\frac{1}{2}$ -quart casserole, reserving pan drippings.

• Add green pepper, onion, and garlic to pan

drippings; sauté until tender. Stir in tomatoes, salt, pepper, cumin, and water. Pour mixture over chicken; cover and bake at 350° for 1 hour or until chicken is tender. Serve over rice or cous cous.

Chicken Divan

- 3-4 chicken breasts (cooked and boned)
- 1 pkg. frozen broccoli (or 2-3 fresh bunches), cooked
- 2 cans cream of chicken soup
- 1 cup mayonnaise
- 2 teaspoons curry powder
- 1 tablespoon lemon juice
- 1 tablespoon butter, melted
- 1 cup bread crumbs
- Shredded cheddar cheese

• Lay broccoli in buttered casserole. Cover with chicken. Mix other ingredients, pouring on top, then top with cheese and buttered bread crumbs.

• Bake for 45 minutes in 350° oven. Serves 5-6.

Chicken Tortilla Bake

- 3 cups shredded cooked chicken
- 2 cans (4 ounces each) chopped green chilies
- 1 cup chicken broth
- 1 can cream of mushroom soup, undiluted
- 1 can cream of chicken soup, undiluted
- 1 small onion, finely chopped
- 12 corn tortillas
- 2 cups (8 ounces) shredded cheddar cheese, divided

• In a bowl, combine the chicken, chilies, broth, soups and onion; set aside. Warm tortillas in the microwave according to package direc-

tions. Layer half of the tortillas on the bottom of a greased 9 X 13 baking pan, cutting to fit pan if desired. Top with half of the chicken mixture and half of the cheese. Repeat layers. Bake, uncovered, at 350° for 30 minutes. Yield: 6-8 servings.

Chicken and Dressing Casserole

Cover the bottom of a casserole dish with cut up cooked chicken.

Mix together:

1 stick butter, melted
1 can cream of mushroom soup, undiluted
1 cup sour cream

Pour over cooked chicken. Top with 1 box of Stove Top Stuffing (chicken flavor) and seasoning packet. Pour 1 cup warm water over the stuffing and bake at 350° for 30 minutes.

Cheesy Ham and Potato Casserole

2 tablespoons chopped onion
 $\frac{1}{4}$ cup butter or margarine
 $\frac{1}{4}$ cup flour
1 teaspoon salt
 $\frac{1}{2}$ teaspoon dry mustard
Dash black pepper
 $1\frac{1}{2}$ cups milk
2 cups grated cheddar cheese, *divided*
2 cups cubed cooked ham
2 cups cubed cooked potatoes

Sauté onion in butter in a large saucepan until tender. Add flour and seasonings, stirring un-

til smooth. Cook 1 minute, stirring constantly. Gradually add milk; cook over medium heat, stirring constantly, until thickened and bubbly. Add $1\frac{1}{2}$ cups cheese, stirring until cheese melts. Add ham and potatoes, tossing gently. Spoon into a greased 2-quart shallow baking dish. Bake uncovered at 350° for 25 minutes. Sprinkle with remaining $\frac{1}{2}$ cup cheese; bake an additional 5 minutes.

Desserts

Lemon Pudding Dessert

1 cup cold butter or margarine
2 cups all-purpose flour
1 package (8 oz.) cream cheese, softened
1 cup confectioners' sugar
1 carton (8 oz.) frozen whipped topping, thawed, *divided*
3 cups cold milk
2 packages (3.4 oz. *each*) instant lemon pudding mix

In a bowl, cut butter into the flour until crumbly. Press into an ungreased 9 X 13 baking pan. Bake at 350° for 18-22 minutes or until set. Cool on a wire rack. In a mixing bowl, beat cream cheese and sugar until smooth. Fold in 1 cup whipped topping. Spread over crust. In a mixing bowl, beat milk and pudding mix on low speed for 2 minutes. Carefully spread over the cream cheese layer. Top with remaining whipped topping. Refrigerate for at least 1 hour. Yield: 12-16 servings.

Double Chocolate Mocha Trifle

1 box brownie mix, 9 X 13 size
2 boxes instant white chocolate pudding mix

- : 1 $\frac{3}{4}$ cups milk
- : 1 carton (8 oz.) frozen whipped topping, thawed
- : 3 Skor or Heath bars, chopped
- : 4 tablespoons instant coffee
- : $\frac{1}{4}$ cup hot water

•: Bake brownies according to package directions. Cool and cut into small squares. Whisk the milk with the pudding mix until thick. Add whipped topping to pudding. Mix instant coffee with hot water, stir until dissolved, and add to pudding mixture. Layer 1/3 of brownies in large glass bowl, then 1/3 pudding mixture, then 1/3 of crushed candy bars. Repeat layers until all is used. Chill several hours. Makes 12-14 servings.

Layered Pudding Dessert

- : 1 cup crushed vanilla wafers, *divided*
- : 1 package (3 oz.) cook-and-serve vanilla pudding mix
- : 2 medium ripe bananas, *divided*
- : 1 package (3 oz.) strawberry Jell-O
- : 1 cup whipped topping

•: Spread half of the crushed wafers in the bottom of a greased 8-inch square pan. Prepare pudding mix according to package directions; spoon hot pudding over crumbs. Slice one banana; place over pudding. Top with remaining crumbs. Chill for 1 hour. Meanwhile, prepare Jell-O according to package directions; chill for 30 minutes or until partially set. Pour over crumbs. Slice the remaining banana and place over gelatin. Spread whipped topping over all. Chill for 2 hours. Yield: 9 servings.

Pumpkin Cake Bars

- : 2 cups sugar
- : 2 cups flour
- : 2 teaspoons baking powder
- : 1 teaspoon soda

- : $\frac{1}{2}$ teaspoon salt
- : 2 teaspoons cinnamon
- : $\frac{3}{4}$ cup vegetable oil
- : 15 oz. can of pumpkin
- : 4 eggs

•: Combine first 6 ingredients. Add oil, pumpkin, and eggs; beat 1 minute at medium speed of an electric mixer. Spoon batter into a greased 15 x 10 x 1-inch jellyroll pan; bake at 350° for 20 to 25 minutes. Cool completely and frost.

Fluffy Cream Cheese Frosting:

- : 1 (3-ounce) package cream cheese, softened
- : $\frac{1}{4}$ cup plus 2 tablespoons margarine, softened
- : 1 tablespoon orange juice or whipping cream
- : 1 teaspoon vanilla
- : 1 $\frac{3}{4}$ cups sifted powdered sugar

•: Beat cream cheese and margarine until light and fluffy; add orange juice and vanilla, and mix well. Gradually add powdered sugar, mixing until light and fluffy.

German Chocolate Brownies

- : 1 German chocolate cake mix
- : 1 package caramels
- : 1 package mini chocolate chips
- : 1 small can evaporated milk, *divided*
- : 1 $\frac{1}{2}$ sticks margarine, melted

•: Beat cake mix, 1/3 cup evaporated milk, and melted margarine until mixed well. Pour half of mixture into a buttered 9 X 13 pan. Bake this for 6 minutes at 350°. Pour 1/3 cup evaporated milk into unwrapped caramels and cook in microwave until melted. Pour this mixture on cake. Sprinkle chocolate chips on this and dab on the rest of cake mixture (will be very stiff). Bake at 350° for 18 minutes. The

cake mixture on top will be lumpy.

Chunky Blonde Brownies

$\frac{1}{2}$ cup butter or margarine, softened

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

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

2 eggs

2 teaspoons vanilla extract

$1\frac{1}{2}$ cups all-purpose flour

1 teaspoon baking powder

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

1 cup vanilla chips

1 cup semisweet chocolate chunks

1 jar ($3\frac{1}{2}$ oz.) macadamia nuts *or* $\frac{3}{4}$ cup blanched almonds, chopped, *divided*

In a mixing bowl, cream butter and sugars. Add the eggs and vanilla; mix well. Combine flour, baking powder, and salt; add to creamed mixture and mix well. Stir in vanilla chips, chocolate chunks and $\frac{1}{2}$ cup nuts. Spoon into a greased 9 X 13 baking pan; spread to evenly cover bottom of pan. Sprinkle with remaining nuts. Bake at 350° for 25-30 minutes or until golden brown. Cool on a wire rack. Yield: 2 dozen.

Touchdown Peanut Butter Marbled Brownies

1 cup butter or margarine

2 cups sugar

2 teaspoons vanilla extract

3 eggs

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

$1\frac{1}{4}$ cups all-purpose flour

$\frac{1}{2}$ teaspoon baking powder

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

1 cup milk chocolate chips

Peanut Butter Filling:

2 packages (3 oz. each) cream cheese, softened

$\frac{1}{2}$ cup peanut butter

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

1 egg

2 tablespoons milk

Prepare peanut butter filling by beating all filling ingredients together in a small mixing bowl until smooth and creamy. Set aside.

Melt butter in large microwave-safe bowl. Stir in sugar and vanilla. Add eggs, one at a time; beat well with spoon after each addition. Add cocoa; beat until well blended. Add flour, baking powder and salt; beat well. Stir in chocolate chips. Remove 1 cup batter. Pour remaining batter into greased 9 X 13 baking pan. Spread peanut butter filling over top. Drop reserved chocolate batter by teaspoonfuls over filling. Using knife, gently swirl through top layers for marbled effect. Bake at 350° for 35 to 40 minutes or until wooden pick inserted in center comes out almost clean. Cool completely in pan on wire rack. Cut into bars. About 36 brownies.

Pumpkin-Chocolate Chip Cookies

1 cup shortening

1 cup sugar

1 large egg

1 cup canned pumpkin

2 cups flour

1 tsp. baking soda

1 tsp. baking powder

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

1 tsp. cinnamon

1 tsp. vanilla

1 cup semi-sweet chocolate morsels

$\frac{1}{2}$ cup chopped pecans (optional)

Beat shortening at medium speed with an electric mixer until fluffy; gradually add sugar, beating well. Add egg and pumpkin, mixing well. Combine flour and next 4 ingredients; add to pumpkin mixture. Stir in vanilla, chocolate morsels, and pecans, if desired.

Drop dough by tablespoonfuls onto lightly greased cookie sheets. Bake at 350° for 13 minutes. Remove to wire racks to cool completely. Yield: 5 $\frac{1}{2}$ dozen.

Cream Cheese Sugar Cookies

1 cup white sugar
1 cup butter, softened
1 (8 oz.) package cream cheese, softened
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon almond extract
 $\frac{1}{2}$ teaspoon vanilla extract
1 egg yolk
2 $\frac{1}{4}$ cups all-purpose flour

In a large bowl, combine the sugar, butter, cream cheese, salt, almond and vanilla extracts, and egg yolk. Beat until smooth. Stir in flour until well blended. Chill the dough for 8 hours or overnight.

Preheat oven to 375°. On a lightly floured surface, roll out the dough, 1/3 at a time to 1/8-inch thickness, refrigerating remaining dough until ready to use. Cut into desired shapes with lightly floured cookie cutters. Place 1 inch apart on ungreased cookie sheets. Leave cookies plain for frosting or brush with slightly beaten egg white and sprinkle with colored sugar.

Bake for 7 to 10 minutes or until light and

golden brown. Cool cookies completely before frosting.

Ultimate Chocolate Chip Cookies

(The BEST ~ straight from the Crisco package!!)

$\frac{3}{4}$ cup Butter Flavored Crisco Shortening
1 $\frac{1}{4}$ cups firmly packed light brown sugar
2 tablespoons milk
1 tablespoon vanilla
1 egg
1 $\frac{3}{4}$ cups all-purpose flour
1 teaspoon salt
 $\frac{3}{4}$ teaspoon baking soda
1 cup semi-sweet chocolate chips
1 cup coarsely chopped pecans (optional)

Combine shortening, brown sugar, milk, and vanilla in large bowl. Beat at medium speed of electric mixer until well blended. Beat eggs into creamed mixture.

Combine flour, salt, and baking soda. Mix into creamed mixture just until blended. Stir in chocolate chips and pecan pieces, if desired.

Drop rounded tablespoonfuls of dough 3 inches apart onto ungreased baking sheet. Bake one sheet at a time at 375° for 8-10 minutes for chewy cookies or 11-13 minutes for crisp cookies. DO NOT OVERBAKE. Cool 2 minutes on baking sheet. Remove cookies to foil to cool completely. Makes about 3 dozen cookies.

Note: If nuts are omitted, add an additional $\frac{1}{2}$ cup semi-sweet chocolate chips.

Candy Cereal Treats

$\frac{1}{2}$ cup butter or margarine, softened

- 2/3 cup packed brown sugar
- 2 egg yolks
- 1 teaspoon vanilla extract
- 1½ cups all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 3 cups miniature marshmallows

Topping:

- 2/3 cup corn syrup
- ¼ cup butter or margarine
- 1 package (10 oz.) peanut butter chips
- 2 teaspoons vanilla extract
- 2 cups Rice Krispies cereal
- 1 cup salted peanuts
- 1 cup plain M&Ms

• In a mixing bowl, cream butter and brown sugar. Beat in egg yolks and vanilla. Combine the flour, baking powder, salt, and baking soda; gradually add to the creamed mixture until mixture resembles coarse crumbs (do not

overmix).

Press into a greased 9 X 13 baking pan. Bake at 350° for 12-14 minutes or until golden brown. Immediately sprinkle with marshmallows; bake 2-3 minutes longer or until marshmallows are puffed. Cool on a wire rack.

For topping, combine the corn syrup, butter, and peanut butter chips in a saucepan. Cook and stir over medium heat until chips are melted and mixture is smooth. Remove from the heat; stir in the vanilla, cereal, nuts, and M&Ms. Spread over crust. Cool before cutting. Yield: 2 dozen.

A Note From Elveta Verhoeve...



One of our family's favorite meals in the winter is **Potato Soup**. I just peel and dice a whole bunch of potatoes, add a lot of water, then put in carrot, celery, onion, chicken bullion granules, salt, and pepper....cook for about 7-8 hrs on high. When everything is cooked through and soft, I add 1 can of evaporated milk and 8 oz shredded cheddar cheese. Once the cheese has melted, it's done! We serve with bacon bits and croutons sprinkled on top. When paired with fresh bread, you cannot beat this meal.

Breakfast (we rotate these ideas):

Oatmeal; pancakes; cold cereal; breakfast burritos; yogurt, fruit & toast; waffles; "skillet meal" (our version - hash browns with scrambled eggs and diced ham)

Lunch:

Often I try to cook extra-large dinner meals so I can send my hubby to work with a delicious lunch that is good for him. When the leftovers are scarce, then we fall back on the regular sandwich routine, but often spice things up by making wraps with tortillas - one of his favorites! You can stuff nearly just about anything into a tortilla and make it taste good!! Lunch is always the meal that is so troublesome; either I'm too busy, or I forgot all about it or some such thing....I also use bagels to make sandwiches sometimes, or serve soup with crackers or bread.

Dinner:

When we are in a rush and I haven't had time to plan anything too elaborate we usually end up with one of these:

- Taco soup
- Spaghetti
- Chicken and biscuits
- Tacos
- Meatloaf
- Roast

I hope that these ideas help some.

Blessings and Merry Christmas to you!
Elveta <>x

At Home with Kirsten Ekberg...

Hi, I don't have any menus really, but here are some of my favorite recipes or hints for making meals a little easier. What a great idea. THANKS!!



The Very Best Biscotti-- Almond Orange Biscotti

2 $\frac{1}{4}$ cup flour
1 $\frac{1}{4}$ cup sugar
pinch salt
3 eggs, lightly beaten
1 tablespoon oil
 $\frac{1}{4}$ tsp almond extract
finely grated zest of 1 orange
 $\frac{1}{2}$ cup chopped almonds
2 tsp baking powder

Preheat oven to 350 F. Grease and flour cookie sheet. In a large bowl, sift the flour, sugar, baking powder and salt. Make a well in the center of the mixture; add the remaining ingredients and mix well. Divide the dough in half. Shape each half into flat-bottomed cylinders (1-inch high x 2 1/2-inches wide x 8-inches long). Bake 30-35 minutes or until brown on top. Remove from oven and cool slightly. Cut into 3/4-inch slices. Return to oven with cut side down for 15 minutes or until slices are brown. Remove from oven and cool on racks.

Baking Powder Biscuit Mix (Bisquick type)

MIX:

8 c. flour

4 T. sugar
4 t. salt
16 t. baking powder
 $\frac{1}{2}$ c. butter powder
1 c. milk powder

TO MAKE:

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

Mix together. Drop on greased sheet. Bake at 400 degrees 10-12 minutes.

Helpful Hint-Dry Eggs

Have you ever wanted to make a recipe but couldn't because you didn't have eggs? Buy dry eggs. I know it sounds scary, but you can keep them in your freezer forever. Then you have them whenever you happen to run out of fresh eggs or you want to bake and don't have enough fresh eggs. They work like a charm and I really have not noticed any difference in my recipes. Give it a try!!!

Best Instant Oatmeal

1/4c. regular oats
2 T. powdered oats (put oats in blender)
1 T. powdered milk
1 T. brown sugar
1/8 t. cinnamon

1/8 t. salt

TO SERVE: Measure $\frac{1}{2}$ cup into a bowl. Add $\frac{3}{4}$ cup boiling water; stir and let stand for 2 minutes. For thicker oatmeal, use less water; for thinner, use more water.

Curried Pumpkin Soup

*I know it sounds scary...curry and pumpkin...
but give it a try, it is REALLY good!!*

4 tbsp. butter
1/2 cup onion, chopped
1 clove garlic, minced
2 cups pumpkin puree
4 cups chicken broth
1 bay leaf
1 pinch sugar
1/3 tsp. curry powder
1 pinch nutmeg
1/2 tsp. salt
1/4 tsp. pepper
2 cups light cream

Melt the butter in a medium (3 qt.) saucepan over medium heat. Add the onion and garlic, cover and cook until soft and translucent, about 8 minutes. Add the pumpkin puree and stock. Stir well to mix. Add bay leaf, sugar, curry powder and nutmeg. Bring to a boil, lower to simmer and cook for 30 minutes. While the soup is cooking, taste for seasoning. Add salt, if desired, and pepper.

Remove from heat and add cream. Return to heat only to bring temperature of the soup back to hot. Do not allow to simmer, rising steam only.

Taco Seasoning Mix

3/4 cup dried minced onion

1/4 cup salt
1/4 cup chili powder
1 Tbsp. dried oregano
2 Tbsp. cornstarch,
2 Tbsp. crushed dried red pepper,
2 Tbsp. dried minced garlic,
2 Tbsp. ground cumin

Add 2 Tbsp. dry mix to 1 lb. ground beef and 1/2 cup water. Heat through.

OR

Mix 2 Tbsp. dry mix, 4 chicken breasts, and $\frac{1}{2}$ c. water in a crockpot. Cook for 3-4 hours until chicken is tender. Shred and return to crockpot to season a little further.

Put either of these in quart sized freezer bags for hamburger or chicken tacos at a moment's notice.

Helpful Hints—Baked Goods

Are you in the mood to make a bunch of muffins or bread mixes or coffee mixes or cookies? If you want to make a bunch of things that have a lot of similar ingredients, get out a bunch of mixing bowls. Put the recipe in front of each bowl. Then do an assembly line. All the flour at once, all the sugar at once and so on...then at the end add in the unique ingredients. It saves a ton of time and makes baking not seem like such a big chore.

This is great to do for your bread machine... Do you have a favorite recipe? Mix up a bunch of batches of all the dry ingredients (except the yeast) and put in quart size ziploc bags. Then to make a loaf of bread all you have to do is dump it in the pan and add the wet ingredients and yeast. Makes it much easier... you make bread more often...AND you don't

buy the ridiculously expensive bread mixes.

fast and you have NO CLEANUP!!! YEAH!!!

Helpful Hint—Pancakes for Breakfast

Take your favorite pancake recipe...double or triple it...make them all in your electric skillet. Freeze them in sandwich bags in the quantities that your children would eat them (ie. My two girls will eat a total of 4, so 4 go in each Ziploc.) For breakfast take them out of the freezer and throw them in the microwave for 2 minutes. Your kids have a favorite break-

Helpful Hint—Try Dried Fruit With Your Kids

My kids will eat dried fruit that they would never eat fresh. They eat prunes, apricots, cherries, apples, pears, and the usual raisins and craisins.

At Home with Renee Abbott...

Our meals are made from scratch for a family of 10 (2 Adults and 8 children). My husband doesn't like for me to serve the same thing each day/week for meals, so we don't have a Sunday thru Saturday set menu. Here goes....



Breakfast Meals-

Each served with Turkey Sausage, Fruit and Milk

- ⇒ Oatmeal with brown sugar and cinnamon
- ⇒ Whole Wheat Pancakes with sunflower seeds
- ⇒ Apple or Blueberry Muffins
- ⇒ Biscuits with honey or gravy and Eggs
- ⇒ Breakfast Burritos
- ⇒ German Pancakes (see recipe)
- ⇒ Coffee Cake

Lunch Meals-

Served with Water or Juice

- ⇒ Peanut Butter Sandwich served with chips
- ⇒ Tuna Sandwich served with raw veggies
- ⇒ Grilled Cheese Sandwich served with raw veggies or chips
- ⇒ Cheese and Bean Nachos
- ⇒ Potato Soup served with rolls or crackers
- ⇒ Vegetable Soup served with corn bread or crackers

Snacks-

- ⇒ Fruit
- ⇒ Popcorn
- ⇒ Raw Veggies

Supper Meals -

- ⇒ Enchiladas, Burritos or Tacos served with Spanish Rice and Cheese Nachos or Chips and Sauce
- ⇒ Meats - served with Bread, Rice or Potato, Veggie and Salad. Meat Loaf, Roast, Salmon Patties, Baked Chicken, Fish, Brisket, Beef Sausage.
- ⇒ Casseroles - served with Bread, Veggie and Salad. When it comes to casseroles, I

just throw whatever I have together...Chicken or Beef...Rice, Potatoes or pasta...
Soups, green chilies, tomatoes and most importantly Cheese!!

Renee's Pancake Recipe...

German Pancake Recipe

6 eggs, beaten
1 cup flour
1 cup milk
3 T. melted butter
shake of salt

Mix together until not too lumpy and bake in
a 9 x 9 pan (greased) at 450 for 15 to 20
minutes until puffed and browned. Serve
hot with syrup.

A Note From Laura Beck...



Dear Cindy,

I LOVE to cook! I love to try new recipes. I often plan a month's worth of menus using all new recipes because I get bored having the same thing too often. For me it is fun to make something new. The problem is I don't have a lot of time to mess around with it in this season. I have four children ages 7, 5, 3, and 1. I homeschool two and sometimes three of them. Three of them have music lessons and AWANA, etc. I have had to simplify as much as possible to make it work and still be able to enjoy myself in the kitchen.

I also have been taking baby steps to improve our overall nutrition, using *Sue Gregg's* books and several others which I will recommend:

The Busy Women's Guide to Healthy Eating by Emilie Barnes and Sue Gregg

What the Bible Says About Healthy Living by Rex Russell, M.D.

The Supermarket Handbook by Nikki and David Goldbeck (not from a Christian perspective, but still informative and useful).

I only shop once a month and then cook as much as possible over the next few days. I might go back to the store for a real quick trip to pick up milk or toilet paper or fresh produce if necessary, however I buy extra milk and freeze it, and try to be stocked up on the necessities so I don't have to do this too often. I admit I do not really enjoy grocery shopping, especially with two carts and four little people "helping" and hanging on me, so if possible, we make do without until the next month.

I have a white board on my freezer and I write down all the meals, reads, desserts inside so I have a menu at a glance, and wipe them off when we take them out. I love to see that white board filled up! Talk about a stress reliever! I have been known to stand in front of the open freezer too, enjoying the fullness therein and rejoicing that the work is done. :o)

Some tips:

1. I ask my husband to go shopping with me when it is convenient for him. We each take a cart, two of the children and half of the grocery list. We meet at the other end of the grocery store in half the time it would take me alone.

2. I bake homemade bread but divide the dough equally into muffin tins to make rolls instead of loaves. Then I freeze all, pulling a few out at a time to warm up in the microwave, or wrapped in foil in the oven next to dinner. Fresh homemade bread with less mess, less work and less waste.