

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!

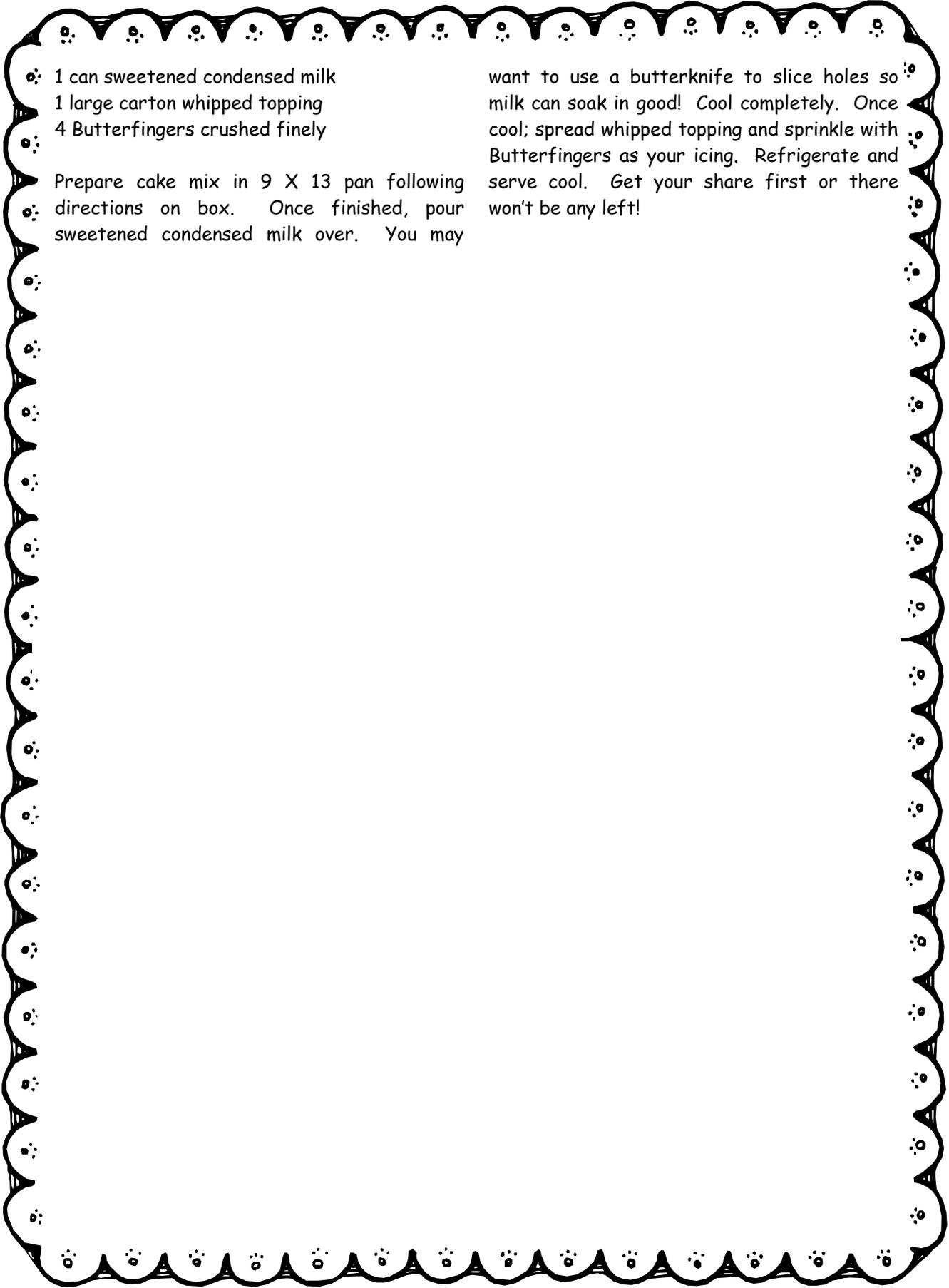
## Sausage Balls

- 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!

# Our Bread Recipes...



## Basic Whole-Wheat Bread

2 Tablespoons of Dough Enhancer

### 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

### 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 that 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

- 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...

### 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!)

$\frac{1}{3}$  cup oil

**2 tsp. salt**

**3 cups water**

2 TBS yeast

2 TBS dough Enhancer

## Tips for Baking Great Bread!

- Mix  $\frac{1}{2}$  Golden 86 and  $\frac{1}{2}$  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 glutes 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!
- 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

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!

## 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

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!

## 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.

## 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!)

## 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.

## 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.

# At Home with Julie Bertsch...

*This is a great idea.....I am excited about it and hope to "spice" mine up with all the ideas.*



*Breakfasts and Lunches are similar around our house, except for the weekend. Here is a listing of our most eaten ones. Recipes are included at the end. The ones that have an asterick have a recipe to follow.*

BREAKFAST	LUNCH	SNACKS
Toast English muffin/peanut butter Eggs Poptarts Pumpkin/Zucchini Bread** Cold cereal	Macaroni and cheese Lettuce salads Leftovers Sandwiches Noodles with shredded cheese or Ragu Alfredo on top Homemade Vegetable Soup** Melted cheese in tortilla Refried Beans with melted cheese, sour cream, hot sauce on top  <b>Saturday lunch:</b> Hot dogs/buns Lettuce salad Chips  <b>Sunday lunch:</b> Turkey sandwiches (deli like: pickles, lettuce, tomato, cheese) Leftover Bean soup	Popcorn Nachos (made with Ragu Cheddar Cheese sauce and can of mild green chillies) Grapes Apples Oranges Crackers Cookies

## Julie's Evening Meals

<b>Sunday</b>	Sweet and Sour Meatballs** (can be made ahead and froze) Rice (made fresh in rice cooker)
<b>Monday</b>	Crock pot Roast Mashed Potatoes/Gravy Winter Acorn Squash with butter and brown sugar Blueberry Pie
<b>Tuesday</b>	Waffles Eggs Toast Orange Juice
<b>Wednesday</b>	(Because of travel time to church, we have to take a meal on the run.) Leftover Roast Beef sandwiches Chips Juice/water
<b>Thursday</b>	Tator Tot with a Twist Casserole** Spring Mix Lettuce Salad**
<b>Friday</b>	Pizza roll ups** (can be made ahead and froze) Pizza sauce Cut up vegetables with dip (cucumber/peppers/celery/carrots/anything in season)
<b>Saturday</b>	Bean soup**

# Julie's Recipes...



## Pumpkin/Zucchini Bread

(from *Eat Well for \$50 a Week*)

### Cream together in bowl:

2 cups sugar  
1 cup oil  
Add:  
3 eggs  
2 tsp. vanilla

Beat well. Grate 3 cups pumpkin or zucchini. Add to sugar and oil mix. Blend well.

### In a separate bowl combine:

1 1/2 c. white flour  
1 1/2 c. wheat flour  
1 tsp. cinnamon  
1 tsp. salt  
1 tsp. baking powder  
1 tsp. baking soda

Combine the mixtures and blend well. Bake for one hour in 325 degree oven. Makes two loaf pans.

## Homemade Vegetable Soup

1/2 c. peas  
1 cup chopped carrots  
1 stalk celery  
1 cup chopped potato  
1/4 c. rice  
1 cup chopped cabbage  
1 cup chopped tomatoes  
1 cup cut up beans

Add water to cover all. Season with salt, pep-

per and dill weed. Cook until all vegetables are tender and rice is cooked.

## Tator Tot With-A-Twist Casserole

Brown 1 lb. ground beef and drain liquid. Place on the bottom of a 9 x 13 pan. Add one can of Veg-All. Place one bag (2lbs) of Tator Tots on top. Mix together one can of Cream of Chicken Soup and one can of Cheddar Cheese (or Nacho Cheese) soup with one can of milk. Pour over the complete casserole. Bake for one hour at 350 degrees.

## Spring Mix Lettuce Salad

1 pkg. spring mix lettuce  
8 strips of cooked bacon, crumbled  
1 orange, cut in small bite size pieces  
1/2 cup sliced almonds

Toss all together.

**Make dressing for salad:** (can lightly toss complete salad with dressing or serve on side)

1/3 c. balsamic vinegar  
2/3 c. oil  
1/2 c. honey  
2 T. poppy seeds  
salt to taste

Mix in blender. Serve with above salad.

## Pizza Roll-ups

Loaf of frozen bread dough (or homemade white bread recipe)

pepperoni  
mozzarella cheese  
pizza seasoning

Thaw bread dough or made homemade dough. Roll out in large rectangular shape. Add pepperoni, mozzarella cheese and sprinkle pizza seasoning. Roll up in jelly roll fashion. Cut in 1 inch pieces. Lay on side on cookie sheet and bake for 15-20 minutes or until golden brown. Dip in warmed pizza sauce.

## Bean Soup

**Fry and don't drain.....**

1 pkg. bacon, cut up  
1 large onion  
1 large green pepper  
1/2 lb. ground beef

**Mix together in crock pot with remaining ingredients:**

1 can green beans  
1 can kidney beans  
1 can garbanzo beans  
1 can lima beans  
1 can wax beans  
1 can corn  
1 can pork and beans  
1 small bottle ketchup  
1/2 c. brown sugar  
2 T. vinegar  
2 T. Worcestershire sauce  
1 T. mustard  
Liquid smoke to taste

Cook in crock pot all day on low or can be done over stove top until warmed through.

## Sweet and Sour Meatballs

(from *Dinners in the Freezer*)

**Meatballs:**

2 lbs. ground beef  
Salt  
Pepper  
1 egg

Mix and form into balls. Brown in skillet. Remove from pan and drain. Saute 1 green pepper, cut into strips, until crispy tender. Remove from pan.

**Sauce:**

2 cans (16 oz) pineapple chunks, drained and juice reserved  
2 T. cornstarch or flour  
1 1/4 c. to 1 1/2 cups reserved pineapple juice  
4 T. vinegar (I use cider)  
2 T. sugar (I use brown)  
1 T. soy sauce

In skillet, dissolve cornstarch in juice. Add remaining ingredients. Bring to boil, stirring constantly, until mix become thick. Add meatballs, pineapple chunks and green pepper. Heat through. I make the meatball mix ahead of time and then thaw and warm. Make fresh rice prior to serving.

## A Note From Angela...



Cindy,

This easy meal idea is not new, but it is for a quick lunch when we have a lot going on. We make Cheese Quesadillas with tortillas and shredded cheese in the microwave; the skillet style tastes better, of course, but we still enjoy them microwaved. We add a tasty salad (pre-mixed from a discount grocery store), and we have a balanced meal!

Another idea I stumbled across two weeks ago: I took a chicken breast left over from the previous night's supper and shredded it in the food processor. It was already seasoned, so I added mayo to make it spread onto tortillas. Then I added shredded cheese, rolled them burrito-style, and nuked them. I served them with salsa for a quick lunch.

**Budget101.com** suggested mashing pork and beans from a can to replace refried beans in Mexican dishes, but I haven't tried that cheap, quick tip yet.

Keep up the good work!

Angela in MS

# At Home with Annemarie Rozelle...

*Greetings! Here are our family's Menu Plans. We don't do formal breakfast and lunches, but I included what we usually do and our favorites. Lunch is got to be the most informal, so I don't have much there, but included our favorite bread recipe. I include a 6-day Supper Menu Plan.*

*We do eat simple these days, even though I love to cook and try new recipes frequently. Being low on money and time, these are what we came up with. I have and use many recipes but these are our favorites. Oh, call us boring, but we rarely have dessert. I don't make them, so I can't eat them :-)*



## The Rozelle Family Eating Plan

*We don't have a menu plan for breakfast, but these are our favorite breakfast recipes. I try to make a hot breakfast a few times a week, Otherwise we have just cereal.*

### Butterscotch Oatmeal

2 beaten eggs  
3 cups milk  
2/3 cups brown sugar  
3 cups oatmeal (my family prefers quick oats with this recipe)  
1/4 cup butter  
1/2 tsp salt

Mix eggs, milk, salt and sugar. Cook and stir until bubbly. Stir in oatmeal and cook until bubbly again. Add butter and remove from heat. Let stand 5 minutes. Stir and serve with milk

(Next three: Thanks to *Real Food Digest*)

### Quinoa Pudding

2 cups quinoa cooked (basic recipe)\*  
3 cups milk  
1/3 cup honey or 1/2 cup sucanat  
3 eggs, beaten  
1/8 TSP salt  
1 TBS butter

1 TSP vanilla  
1/2 cup raisins  
1/2 cup shredded coconut  
1/2 cup almonds or walnuts, ground  
1/2 TSP cinnamon  
1/2 TSP lemon or orange rind, grated  
1 TSP lemon juice

Combine all ingredients. Pour into greased baking dish or greased individual custard cups. Bake in 350 degree oven until set, about 45 minutes. Serve hot or cold, topped with yogurt, cream or apple juice. Serves 4-6.

### \*Quinoa

(The Basic Recipe)

*The light and wholesome grain may be prepared quickly and easily with the basic method.*

2 cups water  
1 cup quinoa

Rinse quinoa thoroughly, either by using a strainer or by running fresh water over the

quinoa in a pot. Drain excess water. Place quinoa and water in a 1 ½ quart sauce pan and bring to a boil. Reduce to a simmer, cover, and cook until all of the water is absorbed (about 15 minutes). You will know that the quinoa is done when all the grains have turned from white to transparent, and the spiral-like germ has separated. Makes 3 cups

## Morning Cookies

*My family loves having cookies for breakfast!!!*

1/4 cup Butter  
½ cup sucanat  
3/4 cup WW flour or spelt  
3/4 cup applesauce  
½ cup rolled oats  
1/3 cup wheat bran  
1/4 cup nonfat dry milk powder  
1 egg white  
½ tsp baking soda  
½ tsp cinnamon  
1/4 baking powder  
1/4 tsp sea salt  
1/8 to 1/4 tsp cloves (ground)  
½ cup raisins (optional)  
½ cup walnuts  
½ cup soft style cream cheese or natural peanut butter (we use peanut butter)

In a mixer bowl beat butter and Sucanat with an electric mixer till well combined. Add flour, applesauce, oats, bran, milk powder, egg white, soda, cinnamon, baking powder, salt cloves. Beat on low speed just till combined. Stir in raisins and nuts. Spray a baking sheet with olive oil coating. Drop rounded tablespoons of dough, 2 to 3 inches apart, onto baking sheet. Spread dough so each cookie is about 2 inches across. Bake 375F oven for 10 minutes or until set. Cool on wire rack. Spread bottom half of cooled cookies with 1

tablespoon cream cheese or peanut butter. Top with remaining unfrosted cookies. Chill till serving or wrap and freeze. If frozen, let thaw in refrigerator overnight. Makes 8 sandwich cookies. *(This makes a good dessert, too.)*

## Whole-Wheat Cinnamon Toast Cake

*What is better than cookies for breakfast.... CAKE!*

Preheat Oven to 350F.

Place in a blender container:

1 1/3 cups WW pastry berries  
3/4 cup honey  
1 cup milk  
1 tsp. vanilla  
1/4 cup melted butter  
2 eggs

Blend on High 3 to 5 minutes until wheat is COMPLETELY ground. Add to blender:

2 tsp baking powder  
1 tsp salt

Blend until incorporated into batter ½ to 1 minute. Pour into greased 13 X 9 pan. Bake 20 to 30 minutes until toothpick inserted comes out clean. Stir together 1/4 Cup Sucanat with 1 teaspoon cinnamon. Melt 2 tablespoons butter. Set aside. While cake is hot out of the oven, poke it all over with a tooth pick; spoon the 2 tablespoons melted butter on top, sprinkle with Sucanat and cinnamon mixture.

## Breakfast Casserole

2 cups WW bread cubes  
½ to 1 lb Turkey bacon or sausage  
8 eggs

- 1 cup cheddar cheese
- 2 cups milk
- 1 tsp salt
- 1 tsp dry mustard

Put bread at bottom of sprayed 9 X 13 pan. Sprinkle meat on top. Beat eggs and milk and seasonings together and add to bread and meat. Sprinkle cheese on top of all. Bake 45

to 60 minutes until done.

**Other favorites:**

Blender batter waffles (From Urban Home-maker website: [www.urbanhomemaker.com](http://www.urbanhomemaker.com))



## Rozelle Lunch Menu and Recipes...

*For lunch we don't make menu plans either. We often have left overs. Other options include toasted cheese sandwich, egg salad (secret is a "squirt" of spicy mustard to egg and mayo) peanut butter sandwich, yogurt and fruit, or spaghetti with sauce.*

*One thing I like to make if we are out of bread is the following recipe:*

### Tuna Salad Main Dish

- 1 lb WW pasta cooked
- 1 7 oz can tuna ( you can add another can if you prefer)
- 1 cup chopped celery
- 1 chopped small onion
- 6 hard boiled eggs
- 3/4 cups chopped sweet pickles
- 1/2 to 1 cup mayo (I try to use as little as possible)
- 2 Tablespoons sweet pickle juice
- 1 Tablespoon prepared mustard
- 1/2 tsp salt to taste
- dash pepper

Combine, chill, and serve in bed of lettuce.

*Here is my Whole-Wheat Bread recipe:*

### Whole Wheat Bread (With a Mixer)

3 Loaves

Combine:

- 3 1/2 cups water (110 to 120 degrees)
- 1 1/2 tablespoons saf-instant yeast
- 3 cups WW flour (we use Prairie Gold)

Mix and let sponge for 15 minutes.

- 1/3 cup oil
- 1/3 cup honey
- 1/3 cup wheat gluten
- 1 tablespoon sea salt
- 2 tablespoons dough enhancer
- 4 to 5 cups flour (a little more if necessary)

Mix all ingredients except flour all at once,

add to sponge mixture. Add enough flour until bread no longer sticks to the sides of bowl. Knead about 7 min. Let rise covered in a greased or oiled bowl, until doubled about one hour.

Punch down bread. Let Rest 5 to 10 minutes. Roll out, shape and put in greased/oiled pans. Let rise until double.

Bake 350F oven for 25 minutes.

(You can skip the first rise and put directly into pans, but I prefer to let rise twice in addition to the sponge. Makes a very light and airy bread)



## Rozelle Family Favorite Dinner Menus for Six Days...

*We have been busy this year with toddlers (three of them), home schooling and taking my daughter to physical therapy 4 to 5 times a week. Simple menus are essential. Here is a list of our favorites. We like to use whole wheat pasta and tortillas and organic ingredients when possible. We also use little meat.*

*I like to make a list a recipes for food I have in the house and pick through them throughout the week. Carrying over what we don't use. I don't always feel like having what I planned or have the time, so this works out better.*

### List of recipes:

- 1- Bean Burritos
- 2- Seafood fettuccine
- 3- Salmon Potato Soup
- 4- Pork chops and Mashed potatoes
- 5- Beef Macaroni
- 6- Quick Hoppin' John

### Grocery List:

- 2 cans refried beans
- 2 cans black eyed peas or equiv.
- 2 - 7 oz cans of Salmon fillets (Members Mark from Sam's Club preferred) OR 1 -15 oz

- can of Salmon
- 1 lb turkey kielbasa
- 1 lb ground beef
- 15 oz Can of Chicken broth or equiv.
- Pork chops (enough to feed your family)
- Large Jar of Alfredo Sauce
- Bottle of Barbeque sauce - your favorite (or equiv. Homemade)
- Jar of Salsa (need one cup)
- 8 oz. Sharp cheddar Cheese
- 5 to 10 lbs of potatoes
- 3 carrots
- 6 onions
- Celery (optional for hoppin john)
- 2 to 3 cups brown rice
- 1 ½ to 2 lbs Whole wheat pasta (or whatever you like)

1 to 2 packages tortillas (depending on your families need)  
10 oz package of Salad shrimp (peeled, tail off etc.) OR imitation crab meat  
1 lb. Frozen corn, mixed vegies, optional peas

**Things most of us have around the house:**

Milk  
Bread crumbs  
Mustard  
Mayo  
Ketchup  
Salt  
Pepper  
Dill  
Several cloves of garlic  
Bay leaf

*Most recipes serve 6 to 8 well.*

## Bean Burritos

2 cans refried beans  
1 cup salsa  
1 to 2 cups cooked brown rice (to meet your needs)  
4 to 8 oz cheese shredded (we like 8 ozs.)

Combine, heat through, serve on individual tortilla. **Options:** sour cream, shredded lettuce etc.

*\*I try to have on hand instant brown rice just in case I am in a hurry, this meal then whips up real quick.*

## Seafood Fettuccine

1 lb pasta of choice cooked  
1 jar favorite Alfredo sauce or equivalent  
Choice of 10 oz bag salad shrimp or imitation

crab meat  
Combine and heat through. Serve with salad and Italian bread if desired.

## Salmon Potato Soup

Saute 2 chopped medium onions in some butter. Combine and add to onions:

2 cups chicken broth  
4 to 5 cups mashed potatoes (prepared)  
1 ½ cups milk  
2 - 7 oz cans salmon fillets (preferred - available at Sam's club) or one 15 oz canned salmon drain and flake Salmon  
1 tsp salt  
1/8 tsp pepper  
1 tsp. dill

Heat through, simmer 10 minutes to blend flavors. Serve with crackers, carrot sticks or nice salad

## Pork Chops and Mashed Potatoes

This may sound too simple but here it goes:

Take thawed pork chops, place in crock pot and add ½ to whole jar of barbeque sauce depending on how many chops you have. If starting in morning put on low, after noon put on high. Should cook for at least 3 to 4 hours on high, twice that on low. The chops come out sooo tender cooked this way, and we really enjoy them. Make mashed potatoes like you usually do, only add in a few cooked carrots. Yummy! Serve with side of corn.

## Beef Macaroni

- 1 lb ground beef
- 2 eggs
- $\frac{1}{2}$  cup ketchup
- $\frac{1}{3}$  cup milk
- $\frac{1}{4}$  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
- $\frac{1}{4}$  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.

- 1 lb turkey kielbasa, cut into small chunks
- $1\frac{1}{2}$  cups onions (approx 3 medium onions) chopped small
- 1 cup celery (optional, we don't use)
- 1 clove garlic, minced (we always through in a couple extra)
- 2 cans black-eyed peas or equivalent drained
- 1 bay leaf
- 4 cups water
- 1 cup brown rice, raw
- $\frac{3}{4}$  tsp salt (optional, I would leave out with canned)
- $\frac{1}{4}$  tsp pepper.

Combine ingredients, bring to boil, simmer 45 to 60 minutes. When rice is done, you are ready to serve. Serve with Salad and corn bread.

## Quick Hoppin' Jon

## A Note From Carmen Wilkes...



Hi Cindy,

I have been trying for a long time to make the menu idea work at our house.

I finally came up with writing all my meals for a week on a white board that is in our family room that I walk by a bunch of times a day. I have often written out menus and put them with the recipes in a binder and I would make one or two things and forget where I put the book or just lose interest in what I thought sounded good a week ago. I also was able to easily erase what we didn't like.

I have planned each morning to make something different depending on how busy we are and if we need to go somewhere that day. This sounds logical now but it took me a while to figure out to do an easy breakfast with a small amount of clean up when we had to go somewhere.

Thanks,  
Carmen Wilkes

*Mom to 4 great children and wife to an awesome husband*

# At Home with Julie Bell...



## One Week of Recipes from the Kitchen of Julie Bell...

### Sunday

**Breakfast:** Sausage, biscuits with jelly, and scrambled eggs.  
**Lunch:** Chili\*, cornbread from mix.  
**Dinner:** Crock pot chicken\*, yellow rice, broccoli, and rolls.  
**Dessert:** Kathy's banana pudding\*.

### Monday

**Breakfast:** Muffins from packaged mix and fruit.  
**Lunch:** Deli sandwiches—ham and swiss on onion rolls, chips, cookies.  
**Dinner:** Enchilada Casserole\*, taco salad\*.  
**Dessert:** Lemon Pie\*.

### Tuesday

**Breakfast:** Quiche\*  
**Lunch:** Roast Beef Roll-ups\* with chips.  
**Dinner:** Grilled marinated flank steak\*, rice, and zucchini\*.  
**Dessert:** Cream Puffs\*.

### Wednesday

**Breakfast:** Cereal and fruit  
**Lunch:** Mediterranean Pizza\*  
**Dinner:** Chicken Tortellini Soup\*, bread made in bread machine.  
**Dessert:** Out of this World Pie\*

### Thursday

**Breakfast:** Berry Banana Smoothies\*  
**Lunch:** Melon Chicken Salad\* with crackers or bread.  
**Dinner:** German night: Jagerschnitzel\*, French fries, and cucumber salad\*.  
**Dessert:** Black Forrest Cake\*.

### Friday

**Breakfast:** Oatmeal, toast.  
**Lunch:** Grilled Cheese Sandwiches and soup, fruit cocktail.  
**Dinner:** Spaghetti Pie\*, garlic bread, tossed salad.  
**Dessert:** Banana Splits

### Saturday

**Breakfast:** Pancakes, bacon.  
**Lunch:** Greek Pork Pitas\*, chips.  
**Dinner:** Winter Pot Roast\*, egg noodles, green beans, rolls.  
**Dessert:** Chocolate Chip Pie\*

### Snack ideas:

Trail mix\*  
Smiles\*  
Popsicles

# Julie's Recipes...



## Uncle John's Chili

2 lbs. Ground beef  
4 Tbsp Worcestershire sauce  
dash garlic  
3 cups water  
½ tsp salt  
1 tsp pepper  
4 tsp chili powder  
4 tsp cornstarch  
1 can chili beans  
1 can kidney beans  
15 oz tomato sauce

Brown beef. Add all ingredients except cornstarch. Simmer 30 minutes. Dissolve cornstarch in a little water. Stir in. Simmer 15 more minutes, stirring often.

## Crock Pot Chicken

Place whole, thawed chicken in crock pot. Sprinkle with salt, pepper, parsley, and basil. Add a few pats of butter. Cook on high for one hour. Switch to low and cook for 8-10 hours.

## Kathy's Banana Pudding

1 cup sugar  
¼ tsp salt  
1/3 cup flour  
2 cups milk  
4 eggs, separated

1 ½ tsp vanilla  
4 medium bananas  
1 box vanilla wafers

Blend the egg yolks, sugar, salt, and flour in a sauce pan; add the milk, stirring constantly. Continue cooking until thick. Stir in vanilla. Line a 2 quart dish with vanilla wafers. Top with half of the sliced bananas and pour half the pudding over the bananas. Repeat the layers. Top with meringue. Bake at 350 until golden brown.

**Meringue:** Beat egg whites until stiff. Add 4 Tbsp of sugar. Beat well.

## Enchilada Casserole

1 can refried beans  
Dash of minced, dried onion  
1 can enchilada sauce  
1 package flour tortillas  
2 cups shredded co-jack cheese

In a saucepan, combine refried beans with minced onion. Add 1/3 cup of water, stir and warm. Layer in a 9x13 dish. Start with a layer of enchilada sauce. Add a layer of tortillas then a layer of bean mixture. Sprinkle with a layer of cheese. Complete 3-4 layers. Bake at 350 for 30 minutes.

## Taco Salad

Mix together chopped lettuce, chopped toma-

toes, a rinsed can of red kidney beans, shredded cheddar chesse, and some crumbled corn chips. Brown a pound of ground beef and add a package of taco mix along with the required amount of water. Let cool a little and add to salad. Before serving, add Catalina dressing.

## Lemon Pie

1 crumb and butter pie crust or store-bought pie crust

Mix: 1 can sweetened condensed milk with  $\frac{1}{2}$  cup lemon juice and 2 egg yolks. Pour into pie crust. Beat the 2 egg whites. Add 2 tbsp of sugar. Beat until stiff peak can be formed. Cover pie with meringue and place in oven on 325 for about 15 minutes or until golden brown.

## Quiche

3 eggs  
 $\frac{1}{2}$  cup milk  
 $\frac{1}{2}$  lb sausage, cooked and crumbled  
1 Tbsp cornstarch  
1  $\frac{1}{2}$  cup cheddar, shredded  
 $\frac{1}{3}$  cup mayonnaise

Combine all ingredients in a greased 9 inch pie pan and bake at 350 for 30-45 minutes.

## Roast Beef Roll-ups

Spread cream cheese with chives and onions on tortillas. Add lettuce, slices of roast beef, and dill pickle slices. Roll up.

## Grilled Marinated Flank Steak

Marinate flank steak in Dale's sauce for several hours or overnight. Grill. Slice in thin, lengthwise slices.

## Zucchini

Wash zucchini. Slice in half diagonally. Boil, uncovered for 15 minutes. Place on platter, cut side up. Brush with butter and dill weed.

## Cream Puffs

$\frac{1}{2}$  cup water  
 $\frac{1}{4}$  cup margarine  
 $\frac{1}{2}$  cup flour  
 $\frac{1}{4}$  tsp salt  
2 eggs

Bring water to boil, add margarine, boil until melted. Turn heat low, add flour and salt. Stir with spoon until dough leaves side of pan, which will take only a very little while. Remove from heat and beat in eggs one at a time, until each is well blended. Beat dough for 2 minutes. With 2 wet spoons, heap dough onto a greased and lightly floured baking sheet. Make 8 heaping rounds set 2  $\frac{1}{2}$  in apart. Bake at 450 for 12 minutes, reduce heat to 375 and bake 30 minutes longer. Cool. Slice off tops and fill with vanilla pudding or whipped cream. Sprinkle with powdered sugar.

## Mediterranean Pizza

Start with a store-bought or homemade