

What's Cookin'?



Contents

PAGE 4	JANUARY
PAGE 6	FEBRUARY
PAGE 8	MARCH
PAGE 10	APRIL
PAGE 12	MAY
PAGE 14	JUNE
PAGE 16	JULY
PAGE 18	AUGUST
PAGE 20	SEPTEMBER
PAGE 22	OCTOBER
PAGE 24	NOVEMBER
PAGE 26	DECEMBER

January

BROCCOLI CHEDDAR SOUP

INGREDIENTS

- 1 tablespoon butter
- 1/2 chopped onion
- 1/4 cup melted butter
- 1/4 cup flour
- 2 cups milk
- 2 cups chicken stock
- 1 tablespoon butter
- 1/2 chopped onion
- 1/4 cup melted butter
- 1/4 cup flour
- 2 cups milk
- 2 cups chicken stock

DIRECTIONS

Melt 1 tablespoon butter in a skillet over medium-high heat. Sauté onion in hot butter until translucent, about 5 minutes. Set aside. Whisk 1/4 cup melted butter and flour together in a large saucepan over medium-low heat; cook until flour loses its granular texture, adding 1 to 2 tablespoons of milk if necessary to keep the flour from burning, 3 to 4 minutes. Gradually pour milk into flour mixture while whisking constantly. Stir chicken stock into milk mixture. Bring to a simmer; cook until flour taste is gone and mixture is thickened, about 20 minutes. Add broccoli, carrots, sautéed onion and celery; simmer until vegetables are tender, about 20 minutes. Stir Cheddar cheese into vegetable mixture until cheese melts. Season with salt and pepper to taste.



ZUPPA TOSCANA SOUP

INGREDIENTS

- 1 pound bulk mild Italian sausage
- 1 1/4 teaspoons crushed red pepper
- 4 slices bacon, cut into 1/2 inch pieces
- 1 large diced onion
- 1 tablespoon minced garlic
- 5 (13.75 oz.) cans chicken broth
- 6 potatoes, thinly sliced
- 1 cup heavy cream
- 1/4 bunch fresh spinach, tough stems removed

DIRECTIONS

Cook the Italian sausage and red pepper flakes in a Dutch oven over medium-high heat until crumbly, browned, and no longer pink, 10 to 15 minutes. Drain and set aside. Cook the bacon in the same Dutch oven over medium heat until crisp, about 10 minutes. Drain, leaving a few tablespoons of drippings with the bacon in the bottom of the Dutch oven. Stir in the onions and garlic; cook until onions are soft and translucent, about 5 minutes. Pour the chicken broth into the Dutch oven with the bacon and onion mixture; bring to a boil over high heat. Add the potatoes, and boil until fork tender, about 20 minutes. Reduce the heat to medium and stir in the heavy cream and the cooked sausage; heat through. Mix the spinach into the soup just before serving.

HAMBURGER SOUP

INGREDIENTS

- 1 1/2 lbs ground beef
- 1 minced onion
- 4 minced carrots
- 3 celery ribs, thinly sliced
- 1/2 cup barley
- 1 (28 oz.) can diced tomatoes
- 2 cups water
- 3 (10 oz.) cans beef broth
- 1 (10.75 oz.) can condensed tomato soup
- 1 bay leaf
- 1 tablespoon parsley
- 1 teaspoon minced garlic
- 1/2 teaspoon dried thyme
- Ground black pepper to taste

DIRECTIONS

Heat a large soup pot over medium-high heat and crumble in ground beef. Cook and stir until beef is evenly browned and no longer pink. Drain and discard excess grease. Stir in onion, carrots, celery and barley. Pour in diced tomatoes, water, broth and tomato soup. Season with bay leaf, parsley, garlic, thyme and pepper. Bring to boil. Reduce heat and cover. Simmer for 2 hours, stirring frequently. Remove bay leaf before serving.

February

SOFT GINGER COOKIES

INGREDIENTS

- 2 1/4 cups all-purpose flour
- 2 teaspoons ground ginger
- 1 teaspoon baking soda
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/4 teaspoon salt
- 3/4 cup margarine, softened
- 1 cup white sugar
- 1 egg
- 1 tablespoon water
- 1/4 cup molasses
- 2 tablespoons white sugar

DIRECTIONS

Preheat oven to 350 degrees F. Sift together the flour, ginger, baking soda, cinnamon, cloves and salt. Set aside. In a large bowl, cream together the margarine and 1 cup sugar until light and fluffy. Beat in the egg, then stir in the water and molasses. Gradually stir the sifted ingredients into the molasses mixture. Shape dough into walnut sized balls, and roll them in the remaining 2 tablespoons of sugar. Place the cookies 2 inches apart onto an un-greased cookie sheet, and flatten slightly. Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely. Store in an airtight container.



CABBAGE JAMBALAYA

INGREDIENTS

- 1 pound ground beef
- 1 pound smoked sausage, cut into 1/4-inch slices
- 1 onion, chopped
- 3 stalks celery, chopped
- 1 clove garlic, chopped
- 1 medium head cabbage, chopped
- 1 (14.5 oz.) can stewed tomatoes
- 14 1/2 fluid ounces water
- 1 cup uncooked rice
- 1 pinch garlic salt, or to taste

DIRECTIONS

Combine ground beef, smoked sausage, onion, celery and garlic in a large stock pot over medium-high heat. Cook and stir until beef is evenly browned, about 5 minutes. Stir in cabbage, tomatoes, water and rice. Season with garlic salt. Bring to a boil; reduce heat to low. Cover and cook, stirring once, until rice is tender, 35 to 40 minutes.

CHICKEN POT PIE

INGREDIENTS

- ¼ cup butter
- 1 small onion, chopped
- 3 celery ribs, chopped
- 3 carrots, chopped
- 2/3 cup frozen peas
- 3 tablespoons chopped fresh parsley
- ¼ teaspoon dried thyme
- ¼ cup all-purpose flour
- 2 cups lower-sodium chicken broth
- 2/3 cup half-and-half cream
- salt and ground black pepper to taste
- 3 cups cooked chicken, cut into bite-size pieces
- 1 (16.3 ounce) can refrigerated flaky-style biscuits
- 1 egg yolk, beaten
- 1 tablespoon water

DIRECTIONS

Preheat oven to 350 degrees F. Melt butter in a skillet over medium-low heat, and cook the onion, celery and carrots until the celery and carrots are tender, about 15 minutes, stirring occasionally. Stir in peas, parsley, thyme and flour, and cook, stirring constantly, until the flour coats the vegetables and begins to fry, about 5 minutes. Whisk in chicken broth and half-and-half, and cook until the sauce is thick and bubbling. Season to taste with salt and black pepper, and mix in the chicken meat. Transfer the chicken, vegetables, and sauce into a 2-quart baking dish. Arrange biscuits on top of the filling. In a small bowl, beat egg yolk with water; brush egg yolk on the biscuits. Bake in the preheated oven until the biscuits are golden brown and the pie filling is bubbling, 20 to 25 minutes.

March

BAKED CHICKEN THIGHS

INGREDIENTS

- cooking spray
- 8 bone-in chicken thighs with skin
- ¼ teaspoon garlic salt
- ¼ teaspoon onion salt
- ¼ teaspoon dried oregano
- ¼ teaspoon ground thyme
- ¼ teaspoon paprika
- ¼ teaspoon ground black pepper
- Salt

DIRECTIONS

Preheat oven to 350 degrees F. Line a baking sheet with aluminum foil and spray with cooking spray. Arrange chicken thighs on prepared baking sheet. Combine garlic salt, onion salt, oregano, thyme, paprika and pepper together in a small container with a lid. Close the lid and shake container until spices are thoroughly mixed. Sprinkle spice mixture liberally over chicken thighs. Bake chicken in the preheated oven until skin is crispy, thighs are no longer pink at the bone and the juices run clear, about 1 hour. An instant-read thermometer inserted near the bone should read 165 degrees F.



CHICKEN NOODLE CASSEROLE

INGREDIENTS

- 4 skinless, boneless chicken breast halves
- 6 ounces egg noodles
- 1 (10.75 oz.) can condensed cream of mushroom soup
- 1 (10.75 oz.) can condensed cream of chicken soup
- 1 cup sour cream
- salt to taste
- ground black pepper to taste
- 1 cup crumbled buttery round crackers
- ½ cup butter

DIRECTIONS

Poach chicken in a large pot of simmering water. Cook until no longer pink in center, about 12 minutes. Remove from pot and set aside. Bring chicken cooking water to a boil and cook pasta in it. Drain. Cut chicken into small pieces and mix with noodles. In a separate bowl, mix together mushroom soup, chicken soup and sour cream. Season with salt and pepper. Gently stir together cream soup mixture with the chicken mixture. Place in a 2 quart baking dish. Melt butter in a small saucepan and remove from heat. Stir in crumbled crackers. Top casserole with the buttery crackers. Bake at 350 degrees F. for about 30 minutes, until heated through and browned on top.

BUFFALO CHICKEN DIP

INGREDIENTS

- 2 (10 oz.) cans chunk chicken, drained
- 2 (8 oz.) packages cream cheese, softened
- 1 cup Ranch dressing
- ¾ cup pepper sauce
- 1½ cups shredded Cheddar cheese
- 1 bunch celery, cut into 4-inch pieces
- 1 (8 oz. box chicken-flavored crackers)

DIRECTIONS

Heat chicken and hot sauce in a skillet over medium heat, until heated through. Stir in cream cheese and ranch dressing. Cook, stirring until well blended and warm. Mix in half of the shredded cheese, and transfer the mixture to a slow cooker. Sprinkle the remaining cheese over the top, cover, and cook on low setting until hot and bubbly. Serve with celery sticks and crackers.

April

BEEF CHILI

INGREDIENTS

- 1 tablespoon vegetable oil
- 1 onion, diced
- 2 pounds lean ground beef
- 2 teaspoons salt, plus more to taste
- 3 cloves garlic, minced
- 3 tablespoons ground ancho chile powder
- 1 tablespoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon ground black pepper
- 1/8 teaspoon ground cinnamon
- 1 (12 oz.) bottle beer
- 1 teaspoon unsweetened cocoa powder
- 1/4 teaspoon dried oregano
- 1/4 teaspoon ground cayenne pepper
- 2 cups water, or as needed
- 1 cup tomato puree
- 2/3 cup diced poblano pepper
- 2 (12 oz.) cans pinto beans, drained and rinsed well

DIRECTIONS

Place a pot over high heat. Drizzle in vegetable oil. Add diced onion, ground beef, and salt. Break up meat with wooden spoon into small pieces as it browns. After meat browns and releases its juices, continue stirring until the released liquid evaporates, about 4 minutes. Reduce heat to medium-high. Add garlic, chile powder, cumin, paprika, black pepper, and cinnamon. Cook and stir until mixture begins to darken, 3 or 4 minutes. Stir in beer. Add cocoa powder, oregano, cayenne, water, and tomato puree; stir well. Bring to a simmer; adjust heat to medium-low. Simmer 30 minutes. Stir in diced green pepper and pinto beans. If mixture becomes too thick, add a bit more water. Simmer until peppers are tender and flavors have blended, about 30 more minutes.



BEEF POT ROAST

INGREDIENTS

- 1 tablespoon vegetable oil
- 3 1/2 pounds beef chuck pot roast
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 cup diced carrots
- 1 cup diced celery
- 1 cup diced onion
- 1/4 cup butter
- 1 teaspoon dried rosemary

DIRECTIONS

Preheat the oven to 275 degrees F. Pour vegetable oil into a large oven-safe pot over medium-high heat. Season the chuck roast with salt and black pepper. Brown the meat on both sides in the hot oil, and transfer to a plate. Stir carrots, celery, and onion into the pot, and cook and stir until vegetables start to release their juices, about 3 minutes; loosen any brown flavor bits on the bottom of the pot. Add butter, and cook until the onions are translucent, about 5 minutes. Then sprinkle in rosemary, stir the vegetables, and return the roast to the pot. Cover the pot with a lid. Roast in the preheated oven until the chuck roast is tender, about 2 1/2 to 3 hours. Season vegetables with additional salt and black pepper, if desired.

BEEF ENCHILADAS

INGREDIENTS

- 1 1/2 pounds ground beef
- 1 (1 oz.) packet taco seasoning mix
- 1/2 cup chopped sweet onion
- 4 green onions, or to taste, chopped
- 1 (8 oz.) package cream cheese, softened
- 1 cup chunky salsa
- 12 corn tortillas
- 1 cup shredded pepperjack cheese, divided
- 2 1/2 cups enchilada sauce
- 4 ounces sliced black olives

DIRECTIONS

Preheat oven to 350 degrees F. Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes. Stir taco seasoning mix into the beef; transfer to a large bowl, reserving drippings in the skillet. Cook and stir sweet onion and green onion in the hot drippings until tender, 5 to 7 minutes; add to seasoned ground beef along with cream cheese and salsa. Stir the mixture until the cream cheese melts completely. Arrange tortillas onto a flat work surface. Spoon even amounts of the beef mixture in a line down the center of each tortilla. Top beef with even portions of the pepperjack cheese. Roll tortillas around the filling and arrange into a baking dish. Pour enchilada sauce evenly over the tortillas; top with olives and remaining cheese. Bake in preheated oven until cheese melts completely, about 20 minutes.

May

ROASTED RACK OF LAMB

INGREDIENTS

- 1/2 cup fresh bread crumbs
- 2 tablespoons minced garlic
- 2 tablespoons chopped fresh rosemary
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons olive oil
- 1 (7 bone) rack of lamb, trimmed and frenched
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 tablespoons olive oil
- 1 tablespoon Dijon mustard

DIRECTIONS

Preheat oven to 450 degrees F. Move oven rack to the center position. In a large bowl, combine bread crumbs, garlic, rosemary, 1 teaspoon salt and 1/4 teaspoon pepper. Toss in 2 tablespoons olive oil to moisten mixture. Set aside. Season the rack all over with salt and pepper. Heat 2 tablespoons olive oil in a large heavy oven proof skillet over high heat. Sear rack of lamb for 1 to 2 minutes on all sides. Set aside for a few minutes. Brush rack of lamb with the mustard. Roll in the bread crumb mixture until evenly coated. Cover the ends of the bones with foil to prevent charring. Arrange the rack bone side down in the skillet. Roast the lamb in preheated oven for 12 to 18 minutes, depending on the degree of doneness you want. With a meat thermometer, take a reading in the center of the meat after 10 to 12 minutes and remove the meat, or let it cook longer, to your taste. Let it rest for 5 to 7 minutes, loosely covered, before carving between the ribs.



SLOPPY JOES

INGREDIENTS

- 1 pound lean ground beef
- ¼ cup chopped onion
- ¼ cup chopped green bell pepper
- ½ teaspoon garlic powder
- 1 teaspoon prepared yellow mustard
- ¾ cup ketchup
- 3 teaspoons brown sugar
- salt to taste
- ground black pepper to taste

DIRECTIONS

In a medium skillet over medium heat, brown the ground beef, onion, and green pepper; drain off liquids. Stir in the garlic powder, mustard, ketchup, and brown sugar; mix thoroughly. Reduce heat, and simmer for 30 minutes. Season with salt and pepper.

RHUBARB STRAWBERRY CRUNCH

INGREDIENTS

- 1 cup white sugar
- 3 tablespoons all-purpose flour
- 3 cups sliced fresh strawberries
- 3 cups diced rhubarb
- 1 1/2 cups all-purpose flour
- 1 cup packed brown sugar
- 1 cup butter

DIRECTIONS

Preheat oven to 375 degrees F. In a large bowl, mix white sugar, 3 tablespoons flour, strawberries, and rhubarb. Place the mixture in a 9x13 inch baking dish. Mix 1 1/2 cups flour, brown sugar, butter, and oats until crumbly. You may want to use a pastry blender for this. Crumble on top of the rhubarb and strawberry mixture. Bake 45 minutes in the preheated oven, or until crisp and lightly browned.

June

MINI CHERRY PIES

INGREDIENTS

- 1 pastry for a 9 inch single crust pie
- 1 (15 oz.) can pitted sour cherries, drained
- 2 tablespoons quick-cooking tapioca
- ½ cup white sugar
- teaspoon almond extract

DIRECTIONS

Preheat oven to 400 degrees F. Unroll the pie crusts, and cut 2 6-inch rounds from the dough; cut the remaining dough into 1/8-inch strips for a lattice crust. Fit the rounds into 2 5-inch mini pie dishes. In a bowl, stir together the cherries, tapioca, sugar, and almond extract; let the filling stand for 5 minutes to soften the tapioca. Stir the filling again, and spoon into the pie shells. Use the strips to weave a lattice crust on each pie, and pinch the crusts together. Bake in the preheated oven until the crusts are golden brown and the filling is bubbling and thickened, about 30 minutes. Allow to cool before serving.



BLUEBERRY PIE

INGREDIENTS

- ¾ cup white sugar
- 3 tablespoons cornstarch
- ¼ teaspoon salt
- ½ teaspoon ground cinnamon
- 4 cups fresh blueberries
- 1 recipe pastry for a 9 inch double crust pie
- 1 tablespoon butter

DIRECTIONS

Preheat oven to 375 degrees F. Mix sugar, cornstarch, salt and cinnamon, and sprinkle over blueberries. Line pie dish with one pie crust. Pour berry mixture into the crust, and dot with butter. Cut remaining pastry into 1/2 - 3/4 inch wide strips, and make lattice top. Crimp and flute edges. Bake pie on lower shelf of oven for about 50 minutes, or until crust is golden brown.

RHUBARB PIE

INGREDIENTS

- 4 cups chopped rhubarb
- 1 cup white sugar
- 6 tablespoons all-purpose flour
- 1 tablespoon butter
- 1 recipe pastry for a 9 inch double crust pie

DIRECTIONS

Preheat oven to 450 degrees F. Combine sugar and flour. Sprinkle 1/4 of it over pastry in pie plate. Heap rhubarb over this mixture. Sprinkle with remaining sugar and flour. Dot with small pieces of butter. Cover with top crust. Place pie on lowest rack in oven. Bake for 15 minutes. Reduce oven temperature to 350 degrees F and continue baking for 40 to 45 minutes. Serve warm or cold.

July

GREEN TOMATO RELISH

INGREDIENTS

- 24 large green tomatoes
- 3 red bell peppers, halved and seeded
- 3 green bell peppers, halved and seeded
- 12 large onions
- 3 tablespoons celery seed
- 2 teaspoons crushed garlic
- 3 tablespoons mustard seed
- 1 tablespoon salt
- 5 cups white sugar
- 2 cups cider vinegar

DIRECTIONS

In a grinder or food processor, coarsely grind tomatoes, red bell peppers, green bell peppers, and onions. Line a large colander with cheesecloth, place in sink or in a large bowl, and pour in tomato mixture to drain for 1 hour. In a large, non-aluminum stockpot, combine tomato mixture, celery seed, mustard seed, salt, sugar, and vinegar. Bring to a boil and simmer over low heat 5 minutes, stirring frequently. Sterilize enough jars and lids to hold relish. Pack relish into sterilized jars, making sure there are no spaces or air pockets. Fill jars all the way to top. Screw on lids. Place a rack in the bottom of a large stockpot and fill halfway with boiling water. Carefully lower jars into pot using a holder. Leave a 2 inch space between jars. Pour in more boiling water if necessary, until tops of jars are covered by 2 inches of water. Bring water to a full boil, then cover and process for 30 minutes. Remove jars from pot and place on cloth-covered or wood surface, several inches apart, until cool. Once cool, press top of each lid with finger, ensuring that seal is tight (lid does not move up or down at all). Relish can be stored for up to a year.



STUFFED PEPPERS

INGREDIENTS

- 1 serving cooking spray
- 1½ pounds ground sirloin
- ½ pound bulk pork sausage
- 6 Roma tomatoes, chopped, divided
- 1 small white onion, finely diced
- 1 tablespoon butter
- 2 teaspoons crushed garlic
- 1 teaspoon dried oregano, or to taste
- ½ teaspoon fennel seed, or to taste
- 1 pinch seasoned pepper to taste
- 4 large green bell peppers, tops and seeds removed
- 6 ounces crumbled feta cheese
- ½ cup grated Parmesan cheese
- ½ cup shredded mozzarella cheese

DIRECTIONS

Coat a casserole dish with cooking spray. Cook ground sirloin and sausage in a skillet over medium-low heat until browned and crumbly, stirring often, 5 to 10 minutes. Drain thoroughly. Mix in ¾ the tomatoes, onion, butter, garlic, oregano, fennel seed, and seasoned pepper. Simmer over low heat until meat mixture comes together, about 20 minutes. Preheat the oven to 350 degrees F. Fill bell peppers with meat mixture, alternating with layers of feta cheese and Parmesan cheese. Place stuffed bell peppers side-by-side in the prepared casserole dish; add remaining tomatoes around and under the peppers so they cook up and into the peppers. Sprinkle with mozzarella cheese. Bake in the preheated oven until browned and bubbly, about 30 minutes.

ZUCCHINI CAKES

INGREDIENTS

- 2½ cups grated zucchini
- 1 egg, beaten
- 2 tablespoons butter, melted
- 1 cup bread crumbs
- ¼ cup minced onion
- 1 teaspoon Old Bay Seasoning®
- ¼ cup all-purpose flour
- ½ cup vegetable oil for frying

DIRECTIONS

In a large bowl, combine zucchini, egg, and butter or margarine. Stir in seasoned crumbs, minced onion, and seasoning. Mix well. Shape mixture into patties. Dredge in flour. In a medium skillet, heat oil over medium high heat until hot. Fry patties in oil until golden brown on both sides.

August

BLACK BEAN AND CORN SALAD

INGREDIENTS

- 1/3 cup lime juice, raw
- 1/2 cup oil, olive or other
- 1 clove garlic, raw
- 1 tsp. salt
- 1/8 tsp. spices, pepper, cayenne
- 2 cans (15 oz.) Old El Paso Black Beans
- 1 1/2 cups corn, unprepared
- 1 avocado, raw
- 1 pepper, raw sweet or red bell
- 2 tomatoes, red, ripe, raw
- 6 onions, spring or scallions (tops and bulbs), raw
- 1/2 cup cilantro, raw

DIRECTIONS

Place lime juice, olive oil, garlic, salt, and cayenne pepper in a small jar. Cover with lid, and shake until ingredients are well mixed. In a salad bowl, combine beans, corn, avocado, bell pepper, tomatoes, green onions, and cilantro. Shake lime dressing, and pour it over the salad. Stir salad to coat vegetables and beans with dressing, and serve.



SQUASH AND CORN SAUTÉ

INGREDIENTS

- 2 ears sweet corn, raw
- 2 Tbsp. butter, with salt
- 2 summer squash, yellow, raw
- 1 Tbsp. parsley, raw
- ½ cup water
- 1 pinch salt

DIRECTIONS

Place corn into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, 10 to 15 minutes. Drain and cool corn. Cut corn off the cobs. Place squash into a skillet and add water. Cook squash over medium heat until tender, 5 to 10 minutes. Drain any excess water from skillet. Stir corn, butter, parsley, salt, and pepper into squash; cook, stirring occasionally, until heated through, about 5 minutes.

BAKED CORN ON THE COB

INGREDIENTS

- 1 quart water
- ½ cup white sugar
- ½ cup salt
- 2 ears sweet corn

DIRECTIONS

Stir water, sugar, and salt together until the sugar and salt dissolves in a container large enough to hold the corn. Submerge corn in the brine; soak at least 1 hour. Preheat oven to 350 degrees F (175 degrees C). Remove corn from the brine, shake to remove excess liquid, and cook directly on an oven rack for 1 hour. Always brine foods in a food-grade, non-reactive container such as a stainless steel or enameled stockpot, a brining bag, or a food-grade plastic bucket. Never use ordinary trash bags, plastic trash cans, or metal buckets or containers not meant for food use.

September

PEPPER STEAK

INGREDIENTS

- 2 pounds beef sirloin, cut into 2 inch strips
- Garlic powder to taste
- 3 tablespoons vegetable oil
- 1 cube beef bouillon
- ¼ cup hot water
- 1 tablespoon cornstarch
- ½ cup chopped onion
- 2 large green bell peppers, roughly chopped
- 1 14.5 oz. can stewed tomatoes, with liquid
- 3 tablespoons soy sauce
- 1 teaspoon white sugar
- 1 teaspoon salt
- ½ cup chopped onion

DIRECTIONS

Sprinkle strips of sirloin with garlic powder to taste. In a large skillet over medium heat, heat the vegetable oil and brown the seasoned beef strips. Transfer to a slow cooker. Mix bouillon cube with hot water until dissolved, then mix in cornstarch until dissolved. Pour into the slow cooker with meat. Stir in onion, green peppers, stewed tomatoes, soy sauce, sugar, and salt. Cover and cook on High for 3 to 4 hours, or on Low for 6 to 8 hours.



ZUCCHINI PATTIES

INGREDIENTS

- 2 cups grated zucchini
- 2 large eggs, beaten
- ¼ cup chopped onion
- ½ cup all-purpose flour
- ½ cup grated Parmesan cheese
- ½ cup shredded mozzarella cheese
- Salt to taste
- 2 tablespoons vegetable oil

DIRECTIONS

In a medium bowl, combine the zucchini, eggs, onion, flour, Parmesan cheese, mozzarella cheese and salt. Stir well enough to distribute ingredients evenly. Heat a small amount of oil in a skillet over medium-high heat. Drop zucchini mixture by heaping tablespoonfuls, and cook for a few minutes on each side until golden.

ZUCCHINI BLUEBERRY BREAD

INGREDIENTS

- 3 large eggs, lightly beaten
- 1 cup vegetable oil
- 3 teaspoons vanilla extract
- 2¼ cups white sugar
- 2 cups shredded zucchini
- 13 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- 1 tablespoon ground cinnamon
- 1 pint fresh blueberries

DIRECTIONS

Preheat oven to 350 degrees F. Lightly grease 4 mini-loaf pans. In a large bowl, beat together the eggs, oil, vanilla and sugar. Fold in the zucchini. Beat in the flour, salt, baking powder, baking soda and cinnamon. Gently fold in the blueberries. Transfer to the prepared mini-loaf pans. Bake 50 minutes in the preheated oven, or until a knife inserted in the center of a loaf comes out clean. Cool 20 minutes in pans, then turn out onto wire racks to cool completely.

October

PUMPKIN CHILI

INGREDIENTS

- 2 pounds ground beef
- 1 large onion, diced
- 1 green bell pepper, diced
- 2 (15 oz.) cans kidney beans, drained
- 1 (46 fluid oz.) can tomato juice
- 1 (28 oz.) can peeled and diced tomatoes with juice
- ½ cup canned pumpkin puree
- 1 tablespoon pumpkin pie spice
- 1 tablespoon chili powder
- ¼ cup white sugar

DIRECTIONS

In a large pot over medium heat, cook beef until brown; drain. Stir in onion and bell pepper and cook 5 minutes. Stir in beans, tomato juice, diced tomatoes and pumpkin puree. Season with pumpkin pie spice, chili powder and sugar. Simmer 1 hour.



ROASTED PUMPKINS

INGREDIENTS

- 4 small sugar pumpkins, seeded
- 2 cups applesauce
- ½ teaspoon ground cinnamon
- salt and pepper to taste

DIRECTIONS

Preheat oven to 325 degrees F (165 degrees C). Lightly grease a medium baking dish. In a small bowl, mix applesauce, cinnamon, salt, and pepper. Spoon 1/2 cup mixture into each pumpkin. Place pumpkins in the prepared baking dish. Cover with foil, and bake in the preheated oven 1 hour and 45 minutes, or until pumpkins are tender.

PUMPKIN AND PEANUT BUTTER DOG TREATS

INGREDIENTS

- 2½ cups whole wheat flour
- 2 large eggs
- ½ cup canned pumpkin
- 2 tablespoons peanut butter
- ½ teaspoon salt
- ½ teaspoon ground cinnamon

DIRECTIONS

Preheat oven to 350 degrees F (175 degrees C). Whisk together the flour, eggs, pumpkin, peanut butter, salt, and cinnamon in a bowl. Add water as needed to help make the dough workable, but the dough should be dry and stiff. Roll the dough into a 1/2-inch-thick roll. Cut into 1/2-inch pieces. Bake in preheated oven until hard, about 40 minutes.

November

MAC AND CHEESE

INGREDIENTS

- 8 ounces uncooked elbow macaroni
- 2 cups shredded sharp Cheddar cheese
- ½ cup grated Parmesan cheese
- 3 cups milk
- ¼ cup butter
- 2 ½ tablespoons all-purpose flour
- 2 tablespoons butter
- ½ cup bread crumbs
- 1 pinch paprika

DIRECTIONS

Cook macaroni according to the package directions. Drain. In a saucepan, melt butter or margarine over medium heat. Stir in enough flour to make a roux. Add milk to roux slowly, stirring constantly. Stir in cheeses, and cook over low heat until cheese is melted and the sauce is a little thick. Put macaroni in large casserole dish, and pour sauce over macaroni. Stir well. Melt butter or margarine in a skillet over medium heat. Add bread crumbs and brown. Spread over the macaroni and cheese to cover. Sprinkle with a little paprika. Bake at 350 degrees F. for 30 minutes. Serve sides are bubbling, about 40 minutes.



CHICKEN POT PIE

INGREDIENTS

- 1 pound skinless, boneless chicken breast halves - cubed
- 1 cup sliced carrots
- 1 cup frozen green peas
- ½ cup sliced celery
- 1/3 cup butter
- 1/3 cup chopped onion
- 1/3 cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon celery seed
- 1 ¾ cups chicken broth
- 2/3 cup milk
- 2 (9 inch) unbaked pie crusts

DIRECTIONS

Preheat oven to 425 degrees F. In a saucepan, combine chicken, carrots, peas, and celery. Add water to cover and boil for 15 minutes. Remove from heat, drain and set aside. In the saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper, and celery seed. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick. Remove from heat and set aside. Place the chicken mixture in bottom pie crust. Pour hot liquid mixture over. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape. Bake in the preheated oven for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving.

APPLE CRISP

INGREDIENTS

- 6 apples - peeled, cored, and sliced
- 2 tablespoons white sugar
- ½ teaspoon ground cinnamon
- 1 cup brown sugar
- ¾ cup old-fashioned oats
- ¾ cup all-purpose flour
- 1 teaspoon ground cinnamon
- ½ cup cold butter

DIRECTIONS

Preheat oven to 350 degrees F. Toss apples with white sugar and 1/2 teaspoon cinnamon in a medium bowl to coat; pour into a 9-inch square baking dish. Mix brown sugar, oats, flour, and 1 teaspoon cinnamon in a separate bowl. Use a pastry cutter or 2 forks to mash cold butter into the oats mixture until the mixture resembles coarse crumbs; spread over the apples to the edges of the baking dish. Pat the topping gently until even. Bake in preheated oven until golden brown and sides are bubbling, about 40 minutes.

December

FRUIT CAKE

INGREDIENTS

- 1 ½ cups candied pineapple chunks
- 3 cups golden raisins
- 1 ½ cups candied cherries
- 1 cup dried currants
- 2 ounces candied orange peel
- 2 ounces candied citron peel
- ½ cup orange juice
- 2 cups butter
- 4 cups confectioners' sugar
- 8 eggs, separated
- 4 cups pecans, chopped
- 3 cups sifted all-purpose flour

DIRECTIONS

Chop pineapple, raisins, and cherries. Combine chopped fruit with currants, orange peel, and citron; soak in orange juice overnight. Preheat oven to 275 degrees F. Place a small pan of water in the oven. Line one 5x9 inch loaf pan and two 3x8 inch loaf pans with parchment or doubled waxed paper. In a large bowl, cream butter and confectioner's sugar. Stir in beaten egg yolks. Stir in fruit, juice, and pecans. Mix in sifted flour. In a clean bowl, beat the egg whites to peaks. Fold into batter. Fill pans 2/3 full. Bake for 2 to 2 1/2 hours until golden brown, or until toothpick comes out clean when inserted.



BAKED APPLES

INGREDIENTS

- 1 large Red Delicious apple
- 2 tablespoons brown sugar (optional)
- 1 tablespoon butter, softened
- 1 tablespoon finely shredded coconut
- 1 teaspoon ground cinnamon (optional)
- 1 pinch brown sugar, or to taste (optional)
- 1 pinch ground cinnamon, or to taste (optional)

DIRECTIONS

Preheat oven to 350 degrees F. Cut the core and seeds out of apple, leaving about a 1/2 in the bottom, creating a well-like hole. Mix 2 tablespoons brown sugar, butter, coconut, and 1 teaspoon cinnamon together in a bowl; fill well in the apple with brown sugar mixture. Place stuffed apple in a baking dish. Bake in the preheated oven until apple is tender, about 30 minutes. Transfer baked apple to a serving bowl and drizzle any remaining juices from baking dish over apple; sprinkle with 1 pinch brown sugar and cinnamon.

LYDIA'S SUGAR COOKIES

INGREDIENTS

- 1 cup Crisco
- 1 cup white sugar
- ½ cup brown sugar
- 3 eggs
- 1 tsp vanilla
- 4 cups flour
- 2 tsp baking powder
- 1 tsp baking soda
- 2/3 cup butter milk

DIRECTIONS

Combine first five ingredients and crème. Add in the rest of the ingredients to the mixture. Mix well. Put dough in the refrigerator for several hours or overnight. Roll out dough and cut into shapes. (Add sprinkles if desired) Bake at 375-degrees for 8-10 minutes. (Ice the cookies after they have cooled if desired.)

*What's
Cookin'?*

