

**2009 Graduating Laurel Recipe Book!!! From: The  
Pheasant Ward Relief Society**

**Absolutely the BEST Taco Soup - EVER**

Submitted by Julie Beck

1 lb. ground beef  
1 medium onion, chopped  
1 pkg mild taco seasoning mix  
1 16-oz can cut corn (with liquid)  
1 16-oz can kidney beans, drained and rinsed  
1 28-oz can stewed tomatoes  
1 8-oz can tomato sauce  
Tortilla chips  
Grated Cheese

Brown ground beef in heavy saucepan. Drain.  
Saute' chopped onion; add to ground beef. Stir in  
taco seasoning, corn with liquid, kidney bean,  
stewed tomatoes, and tomato sauce. Simmer 20-30  
min. (If soup becomes too thick, add a little  
water until it looks right to you. We like it thick.)  
Serve over bowl of tortilla chips add grated cheese.  
alt method of serving - add tortilla chips on top of soup, add  
cheese.

Makes 8 servings

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**Alfredo Sauce (as good as Olive Garden's)**

Submitted by Julie Beck

½ c (1 stick) butter  
1 clove garlic, minced  
2 c Heavy Cream  
1/8 t ground black pepper  
Pinch salt  
½ c grated Parmesan cheese (good stuff)  
2 T cream cheese (softened – room temperature)

Melt butter in a medium saucepan over medium/low  
heat. Add the garlic, cream cheese, cream, pepper  
& salt. Bring to a simmer, \*\*\* Don't let it get  
too hot or rapid boil – keep it from curdling  
Add the Parmesan Cheese. Continue to simmer sauce  
for about 8 minutes or until thick.

Serve over Alfredo noodles, add chicken, small broccoli  
florets, etc...  
Should make 4- 6 servings - depending on how much  
sauce you use.

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**Tuna Burgers**

Submitted by Shelli Rima

4 Hamburger Buns  
Small Can of Tuna  
½ Cup Diced Celery  
1/4 Cup Grated Cheese  
2 Tablespoons Mayonnaise  
2 Tablespoons Onion  
Combine Tuna, Celery, Cheese, Mayonnaise,  
Onion. Split Buns and Butter. Fill with Tuna  
Mixture. Replace Tops and Wrap in Foil. Put on  
a Cookie Sheet Away from Sides of the Oven.

Heat at 350E for 15 to 20 Minutes.

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**Easy Chicken Pot Pie**

Submitted by Shelli Rima

1 16 Oz. Package Frozen Mixed Vegetables, Thawed  
1 Cup Cut-up Chicken or Can of Chicken  
1 10 1/4 Oz. Condensed Cream of Chicken Soup  
1 Cup Bisquick Baking Mix  
½ Cup Milk  
1 Egg

Heat Oven to 400E. Mix Vegetables, Chicken and  
Soup in Ungreased 2-qt Casserole. Stir Remaining  
Ingredients in Small Bowl, Using Fork, until Blended. Pour  
into Casserole.

Bake Uncovered 30 Minutes or until Golden Brown.

6 Servings.

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**Hobo Dinner**

Submitted by Shelli Rima

1 Lb Ground Beef Patties  
5 Potatoes, Sliced  
1 Lb Bag of Baby Carrots  
1 Onion, Sliced and Ringed  
Lowery's Seasoning Salt

Preheat Oven to 400°.

Place in Foil Cooking Bag on Cookie Sheet or Line  
a 9 X 13 Baking Pan and Then Cover and Seal:  
Meat, Then Potatoes, Carrots and Onions. Season  
to Taste with Salt, Pepper, Garlic, Etc.,

Bake for 1 Hour.

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**Corn Bread**

Submitted by Vicki Hoth

2 Eggs Well Beaten  
1 Cup Milk  
1 Cube Melted Margarine or Butter  
2 Cups Bisquick  
3/4 Cup Sugar  
1/2 Teaspoon Baking Soda  
1/4 Cup Cornmeal

Mix All Together. Bake in 9x9 Greased Pan for 20 to 30 Minutes at 350°.

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**Black & White Mexican Bean Soup**

Submitted by Donna Craven

I like the idea that all ingredients can be in my food storage and easy and quick to make in case company drops in.

1 tablespoon Vegetable oil  
1 cup chopped white onion  
1 clove garlic, minced or 1/2 tsp bottled garlic  
1/4 cup flour  
1 package taco seasoning  
2 cups milk  
1 can (14 oz) chicken broth  
1 package (16 oz) frozen corn  
1 can great Northern Beans  
1 can (15 oz) black beans, rinsed and drained  
1 can (4 oz) diced green chilies.

Heat oil in large pan over med-high heat. Add onion and garlic; cook until onion is tender.

Stir in flour and taco seasoning mix; Add remaining ingredients. Bring to a boil, stirring constantly. Reduce heat to low; simmer for 15 minutes or until thickened, stirring occasionally. Stir in fresh cilantro for a fresh touch.

Makes 6 servings. Freezes well

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**Pumpkin Chocolate Chip Cookies**

Submitted by Gwen Murray

1 Box Spice Cake Mix  
1 Small Can of Pumpkin  
1 package chocolate Chips

Mix ingredients together, bake at 350 ° for 13 minutes! It can't get any easier than that! No eggs, no oil, no butter so I think they are extremely healthy for you.

**Quick Oven Chicken**

Submitted by Susan Day

2 skinless chicken breasts (bone in will be more juicy)  
1/2 can cream of chicken soup (put other half in a zip lock bag and freeze for next time)  
Chicken seasoning ( you can buy a bottle of chicken seasoning or make your own with lemon basil, thyme, pepper and paprika)  
Salt

Season chicken breast and salt them.

Place chicken breast in baking pan and cover with soup.

Bake 45 minutes to 1 hour in 350 degree oven.

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**Tuna Casserole**

Submitted by Susan Day

3 cups noodles  
1/2 tsp salt  
Cover noodles with water, add salt and cook until noodles are tender. Drain  
2 eggs well beaten  
1 cup milk  
1 can cream of mushroom soup  
1 can tuna  
1/2 tsp onion salt  
1/4 tsp salt  
1/4 tsp pepper  
1 cup grated cheese  
1/2 cup chopped green pepper  
Potato chips

Mix all ingredients and stir into noodles.

Crumble potato chips on top  
Bake 350 degrees 45 minutes.  
(Freeze half for next weeks dinner)

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**SOUTHWESTERN CHICKEN SOUP**

Submitted by Carole Burrahm

4 chicken breasts, cut into bite sized pieces  
1 (32 oz.) Can chicken broth  
1 med. Onion, chopped  
1 small can diced green chili  
1 green pepper, chopped  
1 (16oz) can black beans, drained  
2 cloves garlic  
1 (16 oz) can corn  
2 Tbsp olive oil  
1/2 to 1 cup salsa  
2 16oz. Cans Mexican style tomatoes  
Salt and pepper to taste

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Chopped

Saute chicken, onion, and garlic in oil. Add peppers and continue cooking until chicken is completely cooked. Add remaining ingredients. Simmer in pan for 1-2 hours. Serve with grated cheese, tortilla chips and sour cream. YUMMMMMMM!

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**MAKE AHEAD MEATBALLS**

Submitted by Carole Burrahm

- 4 eggs 1/4 tsp white pepper
- 2 /cups dry bread crumbs
- 4 lbs lean ground beef (or turkey)
- 1/2 cup finely chopped onion
- 1 tbsp salt
- 2 tsp Worcestershire sauce

In a small bowl beat eggs. In a large bowl put meat, eggs and next 5 ingredients. Mix well. Shape into 1 inch balls, about 12 dozen. Place in single layers in ungreased pans. Bake at 400 degrees for 15 to 20 minutes, turning twice; drain; cool. Place about 30 meatballs into freezer containers or bags. May be frozen for up to 3 months. Makes about 5 batches; 30 to a batch. This recipe may be cut in half for smaller quantities.

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**SWEET AND SOUR MEATBALLS**

Submitted by Carole Burrahm

- 1 can (20 oz) pineapple tidbits or chunks
- 3 tbsp corn starch
- 1/3 cup water 1 batch of meatballs
- 3 tbsp vinegar
- 1 large green pepper cut into 1" pieces
- 1 tsp soy sauce
- 1/2 cup packed brown sugar
- Hot cooked rice

Drain pineapple; reserving juice. Set pineapple aside. Add water to juice, if needed, to make 1 cup; pour into a large skillet. Add another 1/3 cup of water, vinegar, sou sauce, brown sugar and cornstarch; stir until smooth..Cook over medium heat until thick stirring constantly. Add pineapple, meatballs ad green peppers. Simmer, uncovered, for 20 minutes or until heated through. Serve over rice.

This can be easily doubled or tripled as

necessary. If doubling, etc., add a red, yellow or orange pepper for color and a can of drained (use juice for extra sauce), crushed pineapple with the chunks for more texture.  
YUMMMMMMMMMMMY!

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**CHICKEN AND STUFFING CASSEROLE**

Submitted by Carole Burrahm

- 3 or 4 cooked chicken breasts cut into large pieces
- 1 can cream of chicken soup
- 1 cup sour cream
- 1/2 to 3/4 can of milk
- 1 lb Swiss cheese sliced
- 2 boxes of stove top stuffing mix.

Prepare stuffing according to package directions. Press into the bottom of a greased 9x13" pan.

Place chicken pieces on stuffing. Place Swiss cheese slices over chicken and stuffing; pour soup mixture over all. Sprinkle dry stuffing mix on top of soup mixture and bake in 350 degree oven for 30 t0 35 minutes or until heated through and mixture is bubbly. Serve with steamed broccoli, rolls and salad.

HINT: If you like a creamier dish add another can of soup and another 1/2 cup of sour cream.

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**Chocolate Butterscotch Peanut Butter Rice Crispy Treats**

Submitted by Carole Burrahm

- 1 cup light corn syrup
- 1 cup sugar
- 1 cup peanut butter
- 6 cups crispy rice cereal
- 6 ozs. (1 cup) semisweet chocolate chips
- 6 ozs. (1 cup) butterscotch chips

Spray one 9x13 pan; set aside. Measure cereal into large mixing bowl; set aside. In a large sauce pan mix sugar and syrup; heat on medium high until sugar is melted and just to the boiling point. Remove from heat and stir in peanut butter until melted; pour over cereal and stir quickly until evenly coated. Press into the 9x13 pan.

Melt both kinds of chips in microwave for 1

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minute; remove, stir and return for 15 second interval stirring after each until smooth. Pour over mixture in pan and spread. Sprinkle with cup cake candy sprinkles. Let sit until Chocolate is set; cut into squares.

This will become a favorite and you will receive many requests for the recipe!!!

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**Delicious Chicken Enchilladas**

2 lb chicken tenders (or chicken breasts) cut into bite sized pieces  
I've even used leftovers and they taste just great  
1 pkg Nacho Doritos Chips  
2 cans crm of chicken soup  
1 can diced green chilies  
1 pt sour cream  
2 - 4 cups shredded cheese - I use the shredded colby, but any cheese you like is good

COOK: chicken any way you like and set aside  
MIX: soup, chilies, sour cream and set aside  
LAYER: in a 9 X 13 baking dish (cake pan) chicken, 1/2 sauce, 1/2 cheese, 2 to 3 cups crushed Doritos. rest of the sauce, rest of the cheese

BAKE: 350 F for about 25 minutes.  
SERVE: with salad or fruit or veges

Enjoy!! Anne Allred

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**BBQ PORK (great for Sunday dinner!)**

Cut up:  
6-8 Pork Loins (boneless)

Mix together:  
1/2 Sweet Onion (chopped)  
2 Cups Catsup  
1 1/2 Cups Water  
1/4 Cup Flour  
1/4 Cup Brown Sugar  
3 TBLS Worteshire Sauce  
4 TB:S Vinegar  
Garlic Salt & Pepper to taste

Stir Pork into sauce. Bake in covered Casserole dish. Bake at 350 degrees for 3 hours.

-Darla Ellis

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**CHICKEN TETRAZINI**

Cook 7oz. Whole Wheat Spaghetti Noodles. (drain)

In pan on stove:  
Melt 1/4 up Butter and add 1/4 Cup Flour. Stir until thickened.

Then add:  
1/2 to 1 small can green chilies (mild) to taste  
1 Cup Chicken Broth  
1 Cup 1/2 & 1/2 or Milk and season with garlic salt and pepper to taste.

Cut up or shred cooked chicken breasts (4-6) and stir into sauce.

Layer in baking dish or pan: Noodles then sauce w/chicken and top with  
2 Cup (fresh) grated Italian blend or Parmesan Cheese.  
Bake at 350 degrees for

30-40 minutes.

-Darla Ellis

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**Ramen Stir -Fry**

Meat (any kind, amount you need or would like)  
Vegetables (any kind, frozen work well too)  
Ramen noodle packages  
3/4 c. water for each package of noodles

Cut up meat into bite-size chunks. Put in a bowl, cover with water and 1 ramen seasoning packet (oriental is really good). Put aside to marinate. Put some oil in a fry pan and cook your veggies until slightly firm (2-3 minutes). Before veggies are all the way soft, add a seasoning packet, 3/4 cup of water (for each packet of noodles you use), and the noodles, making sure the noodles are in the water. Cover and cook until water is all absorbed, stirring and breaking apart the noodles occasionally. Place on a plate and cover to keep warm. Drain the meat and place in fry pan. Stir-fry until done. Pour on top of the noodles and enjoy.

-Mary Anne

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**Spinach Rice Ham Bake (Microwave)**

8 oz. Velveeta or other processed cheese, cubed  
1/2 cup milk



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½ tsp. salt  
1-2 Tbsp. sugar

Mix in a different bowl: 1 c. milk  
2 egg yolks  
1 tsp. oil

Combine 2 mixtures. Beat the egg whites and fold in.

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**Goulash**

Carol Hendricks

1 lb. browned hamburger

1 chopped browned onion

3 cups cooked elbow macaroni  
3 cans purred tomatoes or 2 cans Italian tomatoes with 1  
can diced tomatoes  
1 can kidney beans  
1 can corn  
½ tsp. salt  
1-2 Tbls. Chili powder & a dash of garlic

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**No Bake Cookies**

Elizabeth Hendricks

½ C. butter  
2 C. sugar  
½ C. milk  
1 tsp. salt  
2 Tb. Cocoa  
1 Tsp. Vanilla  
1 C. Peanut butter  
3 ½ C. Oatmeal

Melt butter, mix in with sugar, milk & salt. Bring to a boil  
and add cocoa and vanilla. Stir then add 1 cup of peanut  
butter (or until tastes best) melt the peanut butter then take  
off heat and add oatmeal till bumpy. Put ok cookie sheet to  
cool down for 15 min. Then enjoy.