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.

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Alfredo Sauce (as good as Olive Garden's)

Submitted by Julie Beck

½ c (1 stick) butter

1 cloves 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.

Tuna Burgers

Submitted by Shelli Rima

4 Hamburger Buns

Small Can of Tuna

1/2 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.

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.

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.

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° .

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 ½ 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

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)

½ 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.

Tuna Casserole

Submitted by Susan Day

3 cups noodles

½ 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

½ tsp onion salt

1/4 tsp salt

1/4 tsp pepper

1 cup grated cheese

½ cup chopped green pepper

Potato chips

Mix all ingredients and stir into noodles.

Crumble potato chips on top

Bake 350 degrees 45 minuntes.

(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
- ½ to 1 cup salsa
- 2 16oz. Cans Mexican style tomatoes

Salt and pepper to taste

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!

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)
- ½ 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.

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

½ 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.

YUMMMMMMMMMMMMMMY!

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
- ½ 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 to 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 $\frac{1}{2}$ cup of sour cream.

Chocolate Butterscotch Peanut Butter Rice Crispy Treats

Submitted by Carole Burrahm

I 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

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!!!

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

BBQ PORK (great for Sunday dinner!)

Cut up:

6-8 Pork Loins (boneless)

Mix together:

½ Sweet Onion (chopped)

2 Cups Catsup

1 ½ Cups Water

¼ 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

CHICKEN TETRAZINI

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

In pan on stove:

Melt ¼ up Butter and add ¼ Cup Flour. Stir until thickened.

Then add:

½ to 1 small can green chilies (mild) to taste

1 Cup Chicken Broth

1 Cup $\frac{1}{2}$ & $\frac{1}{2}$ 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

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 $1/2 \ \text{cup milk}$

- 3 c. cooked rice (use Success rice and cook in microwave) 2 cups cubed fully cooked ham
- 1 (10 oz) package frozen chopped spinach, thawed and squeezed dry

In a microwave-safe bowl, combine the cheese and milk. Microwave, uncovered, on high for 2 minutes or until cheese is melted; stir until smooth. Stir in the rice, ham and spinach. Transfer to a greased 1-1/2-qt. baking dish. Cover and bake at 350 F. for 25-30 minutes or until heated through.

Dorm Room Casserole (Microwave)

- 4 cups water
- 4 ounces spaghetti
- 1 (10.75 ounce) can reduced fat reduced sodium condensed cream of mushroom soup 1 (10 ounce) package frozen broccoli florets

1/2 cup French fried onions

Place 4 cups water in a 2 quart microwave-safe dish. Heat on high until bubbling, about 15 minutes. Break pasta in half, and drop into heated water. Microwave on high for 10 to 15 minutes, or until tender. Drain and set aside (keep warm). Cook broccoli according to microwave directions. Add cooked broccoli to noodles, reserving liquid. Stir in 1/4 cup fried onions and mushroom soup. Add reserved broccoli liquid. Toss thoroughly, and top with remaining onions. Cover, and microwave on high about 15 minutes, or until top is crunchy. Let stand for a few minutes.

CHEESY NOODLE CASSEROLE (Microwave)

1 cup boiling water

- 1 (3 ounce) package any flavor ramen noodles
- 1 (3 ounce) can water-packed tuna, drained
- 2 slices American cheese

Pour water into a microwave safe bowl, and cook in the microwave until very hot, about 2 minutes at high heat. Add ramen noodles, and microwave 2 minutes more to cook. Drain and discard water from noodles, then stir in seasoning packet, tuna, and American cheese. Place back into microwave, and cook until hot, 1 to 2 minutes more. Stir before serving.

Sticky Popcorn Balls

16 cups popped popcorn

1 pakage (about a pound) favorite chocolate-coated candy

1 jar (16 oz) dry roasted peanuts

8 ounces (1 stick) unsalted butter

½ cup corn oil

1 package marshmallows

Melt oil and butter in saucepan over medium heat. Add marshmallows and stir with a wooden spoon until completely melted.

In a large mixing bowl, pour the melted marshmallow mixture over popcorn and mix well to combine.

Add the chocolate-covered candies and peanuts.

Using a large spoon or your hands, scoop out 1-cup portions of the popcorn mixture onto a backing sheet.

Let the scoops cool slightly before serving.

Crepes

1 2/3 cups all-purpose flour

1 tsp. salt

2 1/3 cups milk

2 Tbs. granulated sugar

3 eggs

1 Tbs. unsalted butter, melted

In a large mixing bowl, combine the flour and salt and make a well in the center.

Add 1 1/3 cups of the milk and the sugar, and gently whisk together. Add eggs, whisking until just blended.

Whisk in the remaining 1 cup of milk. Cover with plastic wrap and refrigerate for 30 min.

Heat frying pan over medium-high heat.

Brush the bottom and sides of the pan with melted butter. Using a ¼ cup measure, pour the batter into the center of the pan. Quickly shake pan from side to side until batter evenly coats the bottom.

Cook until the underside is golden and the edges are starting to curl. Gently flip over and cook the other side until golden brown.

Remove the crepe from the pan with a spatula. Repeat process with remaining melted butter and batter until all crepes are made.

Homemade Pancakes

Carol Hendricks

Mix in a large bowl: 1 c. flour

1 Tbsp. baking powder

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.

Goulash

Carol Hendricks

1 lb. browned hamburger

1 chopped browned onion

3 cups cooked elbow macaroni

 ${\bf 3}$ cans purred tomatoes or 2 cans Italian tomatoes with ${\bf 1}$

can diced tomatoes

1 can kidney beans

1 can corn

½ tsp. salt

1-2 Tbls. Chili powder & a dash of garlic

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.