

Part Two
Main Dishes, Breads and Rolls

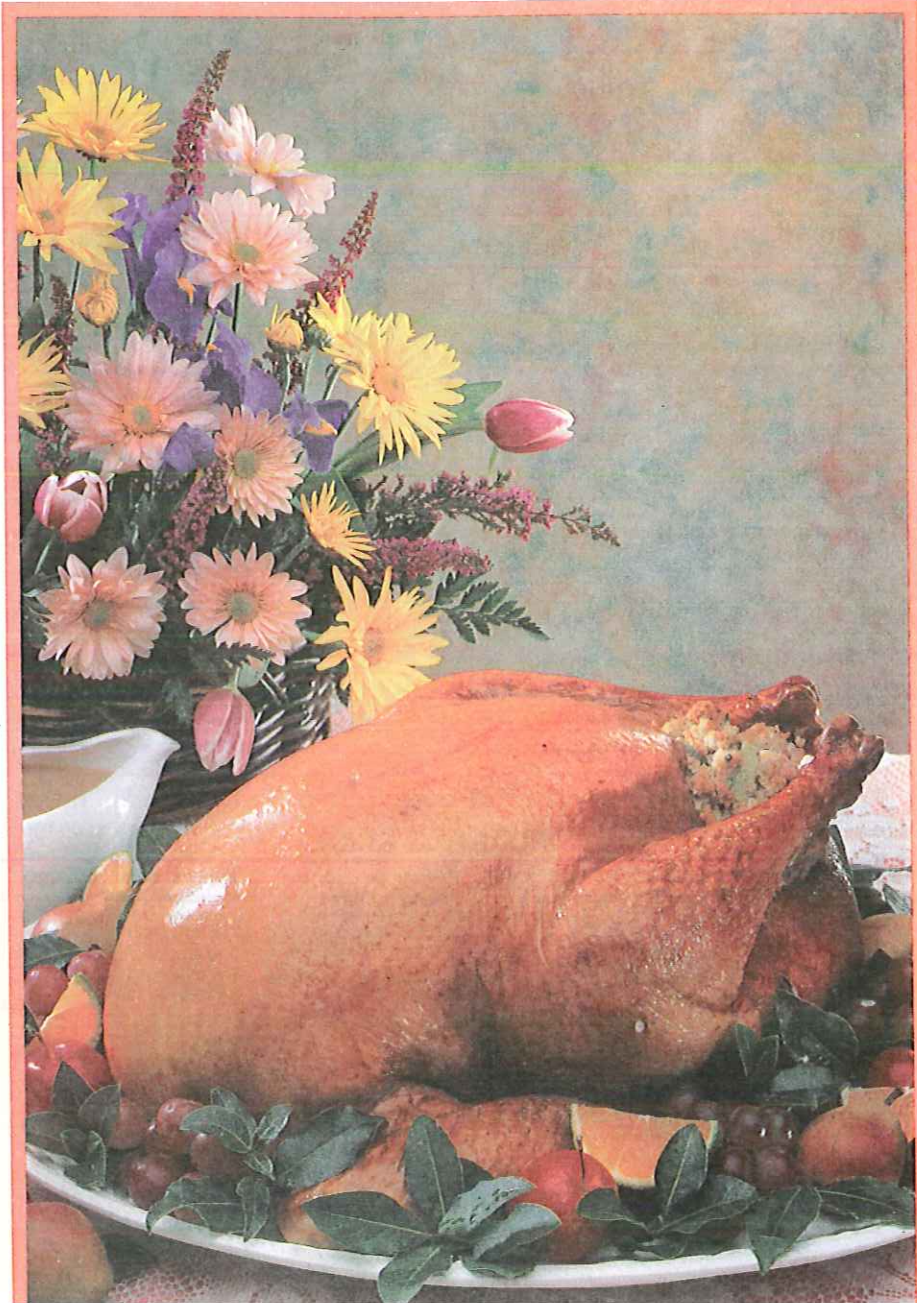
Unicoi Springs
Favorite Recipes



Helen, Georgia
Year 2000

Notes

Main Dishes



MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing rib roast (10 inch) ribs (If using shorter cut (8-inch) ribs, allow 30 min. longer)	4	1¾	140° (rare)
		2	160° (medium)
		2½	170° (well done)
	8	2½	140° (rare)
		3	160° (medium)
		4½	170° (well done)
Rolled ribs	4	2	140° (rare)
		2½	160° (medium)
		3	170° (well done)
	6	3	140° (rare)
		3¾	160° (medium)
		4	170° (well done)
Rolled rump (Roast only if high quality. Otherwise, braise.)	5	2¼	140° (rare)
	3	160° (medium)	
		3¾	170° (well done)
Sirloin tip (Roast only if high quality. Otherwise, braise.)	3	1½	140° (rare)
		2	160° (medium)
		2¼	170° (well done)
		LAMB	
Leg	6	3	175° (medium)
		3½	180° (well done)
	8	4	175° (medium)
		4½	180° (well done)
VEAL			
Leg (piece)	5	2½ to 3	170° (well done)
Shoulder	6	3½	170° (well done)
Rolled shoulder	3 to 5	3 to 3½	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lb.	325°	2½ to 3 hr.
	8 to 12 lb.	325°	3 to 3½ hr.
	12 to 16 lb.	325°	3½ to 4 hr.
	16 to 20 lb.	325°	4 to 4½ hr.
	20 to 24 lb.	300°	5 to 6 hr.
CHICKEN (Unstuffed)	2 to 2½ lb.	400°	1 to 1½ hr.
	2½ to 4 lb.	400°	1½ to 2½ hr.
	4 to 8 lb.	325°	3 to 5 hr.
DUCK (Unstuffed)	3 to 5 lb.	325°	2½ to 3 hr.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

MAIN DISHES



BAKED BEANS

Barbara Morris

½ to ¾ lb. ground beef
¾ Tbsp. salt
1 onion, chopped
½ c. bell pepper, chopped
¾ c. brown sugar

⅛ tsp. pepper
½ to ¾ c. ketchup
3 to 4 Tbsp. mustard
1 large can pork and beans

Brown ground beef; drain. Mix all ingredients and pour into a 9x13 inch glass dish. Cook, uncovered, at 325° for 1 hour. Let sit for 15 minutes before serving.

BAKED BEANS

Virginia Walsingham

2 Tbsp. butter to brown
1 lb. ground beef
1 garlic clove

Add:

1 c. catsup
½ c. water
1 pkg. Lipton onion soup mix
¾ c. brown sugar

2 Tbsp. prepared mustard
2 Tbsp. vinegar (optional)
1 (15 oz.) can pork and beans

Brown ground beef with butter and garlic clove. Drain well. Mix remaining ingredients with ground beef and pour into casserole dish. Bake at 350° for one hour.

BAKED BEANS

Gail Smith

1 lb. ground beef
1 onion, chopped
1 can kidney beans
1 pkg. Lipton onion soup mix

3 Tbsp. apple cider vinegar
½ c. catsup (or more)
1 Tbsp. mustard
5 or 6 strips bacon

Brown ground beef and onion; drain. Mix all other ingredients, except bacon, and put in a casserole dish. Put bacon strips on top and bake at 350° until bacon is done.

BAKED BEAN AND BEEF CASSEROLE

Marnie Braswell

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|---|------------------------------|
| 2 (1 lb.) cans baked beans
with brown sugar and
bacon | 4 strips bacon |
| ½ lb. ground beef | ½ c. mushrooms, chopped |
| ½ lb. hot dogs (5 or 6 -
optional) | ½ c. dark Karo syrup |
| 1 large onion, chopped | ½ c. ketchup |
| 1 large green pepper,
chopped | ½ c. sugar |
| | ½ tsp. dry mustard |
| | 1 Tbsp. Worcestershire sauce |

Brown in pan separately the ground beef, hot dogs, bacon, onion, green pepper, and mushrooms. While the above items are cooking, in a medium bowl, combine the syrup, ketchup, sugar, mustard, and Worcestershire sauce; mix well. In a large Dutch oven pot (or crock pot), add baked beans and above items from the bowl. Now, add onion, green peppers, and mushrooms. Diagonally cut the hot dogs into bite-size pieces. Chop bacon into small pieces. Now, add the ground beef, hot dogs, and bacon pieces into pot. Bake Dutch oven at 350° for 1 hour in oven or 4 hours in crock pot.

For main course meal, serve with warm loaf of bread or rolls. Can also be used as a side dish for a cookout or party.

STUFFED GREEN PEPPERS

Synthia Loner

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|-----------------------|-----------------------------|
| 4 large green peppers | 1 tsp. seasoned salt |
| ¾ lb. ground beef | 2 tsp. Worcestershire sauce |
| 2 Tbsp. chopped onion | 1 tsp. dried parsley |
| 1 egg, beaten | ¼ tsp. garlic powder |
| ¼ c. instant rice | ¼ tsp. pepper |
| ½ c. ketchup | 1 (8 oz.) can tomato sauce |
| 1 Tbsp. sugar | |

Remove tops and seeds from green peppers. Place peppers in an 8x8x2 inch baking dish. Mix remaining ingredients except tomato sauce. Spoon into green peppers. Top with tomato sauce. Bake at 350° for 1¼ to 1½ hours or until peppers are tender. Serves 4.

STUFFED GREEN PEPPERS

Angie Dalton

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|---------------------------|-----------------------------|
| 6 large green peppers | 1 tsp. salt |
| 5 c. boiling salted water | ⅓ tsp. garlic salt |
| 1 lb. ground beef | 1 c. cooked rice |
| 2 Tbsp. chopped onion | 1 (15 oz.) can tomato sauce |

Heat oven to 350°. Cut thin slice from stem end of each pepper. Remove all seed and membrane. Wash inside and outside. Cook peppers in boiling salted water 5 minutes. Drain. Cook onions and ground beef in medium skillet until onions are tender. Drain off fat. Stir in salt, garlic salt, rice, and 1 cup of the tomato sauce. Heat thoroughly.

Lightly stuff each pepper with ½ cup meat mixture. Stand pepper upright in ungreased 8x8x2 inch baking dish. Pour remaining tomato sauce over peppers. Cover and bake 45 minutes. Uncover and bake 15 minutes longer. Serves 6.

CORNBREAD SKILLET CASSEROLE

Rachael B. Payne

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|------------------------------------|-----------------------------|
| 1 lb. ground beef | ¼ c. vegetable oil |
| 2 eggs, beaten | 2 c. Cheddar cheese, grated |
| 1 c. self-rising flour <i>meal</i> | 2 to 4 jalapeno peppers |
| 1 can cream style corn | 1 onion, chopped |
| 1 c. milk | |

Brown ground beef and drain. In separate bowl, mix eggs, corn meal, corn, milk, and oil. Pour half of mixture in greased 10½ inch cast iron skillet, then evenly spread ground beef, cheese, onions, and peppers. Pour other half of meal mixture on top. Bake at 350° for 45 to 50 minutes. Let sit 5 minutes before cutting.

LASAGNA CASSEROLE

Cecelia Padgett

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|----------------------------------|------------------------------------|
| 1 lb. ground chuck | 2 tsp. seasoned salt |
| 2 cloves garlic, crushed | 1 small onion, chopped |
| ½ tsp. pepper | 1 (No. 2½) can tomatoes |
| 1 (8 oz.) can tomato sauce | 1 pkg. spaghetti sauce mix |
| ½ lb. lasagna noodles,
cooked | ½ lb. Mozzarella cheese,
sliced |
| ½ c. drained cottage cheese | ½ c. Parmesan cheese |

Season meat with salt and brown in skillet. Add garlic, onion, and pepper; simmer slowly, uncovered, for 10 minutes. Stir in tomatoes, tomato sauce, and spaghetti sauce mix; cover and simmer for 30 minutes. Pour ⅓ of sauce into

12x8 inch baking dish; cover with strips of lasagna. Add slices of Mozzarella and spoonful of cottage cheese. Repeat layers, ending with meat sauce; top with Parmesan cheese. Bake for 20 minutes at 350°. Yields 6 to 8 servings.

MARLENE'S ENCHILADA CASSEROLE

Lorraine Trefethen

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|--|--|
| 1½ lb. ground beef | ¾ c. milk |
| 1 small onion, chopped | 1 small can pitted black olives, drained |
| 1 (10 oz.) can enchilada sauce | 1 pkg. tostada shells |
| 1 (3½ oz.) can diced green chilies | 1 c. grated Cheddar cheese |
| 1 (10 oz.) can cream of chicken soup (1 can mushroom soup) | |

Preheat oven to 350°. Brown ground beef and onion in skillet; drain liquid. Mix all remaining ingredients except tostada shells and cheese. In 9x13 inch pan, layer hamburger mixture and broken tostada shells, ending with hamburger mixture. Bake, covered, for about 45 minutes. Uncover and top with cheese. Bake 15 more minutes until cheese is melted. Serve with a side dish of sour cream or guacamole.

MEXICAN CASSEROLE

Peggy Brown

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|------------------------------|--------------------------------------|
| 1 can mild enchilada sauce | 1 lb. ground beef |
| 1 can red hot chili beans | 1 c. shredded cheese |
| 1 can diced tomatoes | (Mexican combo - Colby, Jack, queso) |
| 1 can cream of chicken soup | Tortilla chips |
| 1 can chicken with rice soup | |

Brown and drain ground beef. Mix everything (but cheese) in 2 quart casserole. Crumble tortilla chips and mix in. Stir in cheese. Bake at 350° for 40 minutes. Crumble more chips on top and serve.

PIZZA CUPS

Sylvia Crumbley

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|----------------------------|-----------------------------|
| ¾ lb. ground beef | ½ tsp. salt |
| 1 (6 oz.) can tomato paste | 1 can biscuits |
| 1 Tbsp. minced onion | 1 or ¾ c. Mozzarella cheese |
| 1 tsp. Italian seasoning | |

Brown ground beef. Drain off fat. Add other ingredients and cook until thick. Take biscuits and put in muffin pan. Shape to fit muffin pan. Add ground beef mixture on top of biscuits. Bake at 400° for 12 minutes or until biscuits are done.

TACO RING

Shirley Miller

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|------------------------------|---|
| 2 pkg. crescent rolls | 1 Tbsp. or more salsa |
| 1 to 1½ lb. ground chuck | ½ tsp. mustard (optional) |
| 1 onion | 1½ Tbsp. catsup (optional) |
| 1 pkg. taco seasoning packet | 1 Tbsp. Worcestershire sauce (optional) |
| 1 pkg. 4 Mexican cheese | |

Place crescent rolls on a pizza pan, putting wide part of roll to the center, leaving a circle in the middle. Brown meat and onions; add taco mix and optional ingredients. Add cheese and salsa; take off burner. It will stick quickly. Place mixture on inner part of rolls. Roll tips up. Bake at 375° for 15 to 20 minutes. Serve with salsa, sour cream.

TACO CASSEROLE

Maudie Wright

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|---------------------------|---------------------------------------|
| 1 bag Tostitos chips | 1 jar picante sauce |
| 1 lb. ground beef | 1 (8 oz.) bag shredded Cheddar cheese |
| 1 (8 oz.) ctn. sour cream | |

Brown ground beef, salting to taste; drain and set aside. Crush enough Tostitos to cover bottom of casserole dish. Layer ground beef on top of chips. Spread sour cream over ground beef, then layer picante sauce and top with Cheddar cheese. Bake until cheese melts. Delicious served with salad and extra chips.

TATER TOT CASSEROLE

Kristi Kendrick

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|--------------------------------|-----------------------------|
| 1 lb. ground beef | 1 can evaporated milk |
| 1 pkg. shredded cheese (8 oz.) | 2 Tbsp. mayo |
| 1 pkg. tater tots | 1 can cream of chicken soup |

Brown ground beef; drain. In a 13x9 inch pan, spread out beef on bottom. Mix evaporated milk, mayo, and cream of chicken soup in a bowl. Pour over beef. Spread cheese over the liquid mix. Lay tater tots over cheese until covered. Bake at 350° for 25 minutes or until cheese is melted.

TEXAS HASH

Mardell Puckett

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|-------------------------|--------------------------|
| 1 lb. ground beef | 1/2 c. uncooked rice |
| 3 large onions, chopped | 2 tsp. salt |
| 1 green pepper, chopped | 1 to 2 tsp. chili powder |
| 1 (16 oz.) tomatoes | 1/8 tsp. black pepper |

Brown ground beef, onion, and green pepper. Drain and stir in tomatoes, rice, salt, and pepper. Pour into ungreased 2 quart casserole dish. Cover and bake at 350° for 1 hour.

E-Z BEEF ROAST

Betty Puckett

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|--|------------------------------------|
| Boneless shoulder roast | 4 potatoes, peeled and quartered |
| 1 onion | 2 carrots, peeled and quartered |
| Dash of salt | 1/4 c. wine, water, or apple juice |
| Pepper to taste | |
| 1 can cream of mushroom soup (undiluted) | |

Place roast in slow cooker. Top with all other ingredients in order given. Cover and set on HIGH for about 15 or 20 minutes to get in cooking fast. Turn dial to LOW and cook for 8 to 10 hours.

ROAST BEEF

Betty Curry

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|-----------------------------------|--------------------|
| 1 (2 lb.) eye of round roast | Water to make 1 c. |
| 1/2 c. sweet pickle juice | Oil to brown roast |
| 2 or 3 Tbsp. Worcestershire sauce | |

Brown roast on all sides. Mix pickle juice, Worcestershire sauce, and water to make one cup. Pour over roast. Cook in electric fry pan until tender. Cook at 250°, covered.

ALL DAY POT ROAST

Sharon and Jesse Ferguson

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|---|------------------------------|
| 1 large (2 1/2 to 3 lb.) frozen pot roast | 1 can cream of mushroom soup |
| 1 can French onion soup | |

Put frozen pot roast in pan. Dump both soups on top. Cover tightly with foil. Bake at 300° for approximately 7 hours. Add potatoes and carrots the last 1 1/2 hours. The smaller the roast, the less time it will take.

SLOW COOKER POT ROAST

Doris Simpkins

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|--------------------------------------|-------------------------------------|
| 1 (2 1/2 to 3 lb.) chuck round roast | 1/2 c. white wine (or cooking wine) |
| 1 onion, chopped fine | 1 Tbsp. sherry (cooking sherry) |
| 3 potatoes, cubed | 3 Tbsp. tomato paste |
| 8 to 10 or more baby carrots | 2 c. beef stock |
| 1/2 c. celery, chopped | <i>flour, to thicken gravy</i> |
| 2 garlic cloves, minced | |

Sprinkle roast with allspice, cloves, black pepper, red pepper, and Cajun seasoning. Rub roast well all around and let set in refrigerator for one hour. Brown roast on all sides in small amount of olive oil in fry pan. Put all other ingredients in crock pot and place roast on top. Cover and cook 10 to 12 hours on LOW (5 to 6 hours on HIGH) or until roast is tender. Makes the most delicious roast served with only tossed salad and rolls.

COUNTRY STYLE CROCK POT ROUND STEAK

Betty Puckett

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|--|-------------|
| 1 to 1 1/2 lb. round steak | 1/2 c. milk |
| Flour | 1 onion |
| 1 can cream of mushroom, chicken, or celery soup | |

Flour steak and brown. Place in crock pot. Mix soup and milk. Pour over meat. Add sliced onion on top. Cook on LOW heat for 6 or 8 hours. Recipe may be doubled.

CREAMED DRIED BEEF

Sylvia Crumbley

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|--------------------------------------|------------------------------|
| 1 (2.25 oz.) jar dried beef, chopped | 4 Tbsp. flour |
| 4 Tbsp. butter | 2 c. milk |
| | 1 Tbsp. Worcestershire sauce |

Cook milk, flour, and butter until thick. Add chopped beef and Worcestershire sauce. Eat over toast.

HAMBURGER QUICHE

Janice Englett

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|---------------------|-----------------------|
| 1/2 lb. ground beef | 1 Tbsp. cornstarch |
| 1/2 c. mayonnaise | 1 1/2 c. sharp cheese |
| 1/2 c. milk | 1/2 c. onions |
| 2 eggs | 1 deep dish pie crust |

Brown and drain ground beef. Grate cheese and chop onions. Combine ingredients in blender. Bake at 350° for 35 to 40 minutes.

BEEF STROGANOFF

Marcie Pittman

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|------------------------------|-----------------|
| 1 lb. round steak, sliced | 1 c. sour cream |
| 1/2 c. flour | Rice or noodles |
| 1/4 c. oil | |
| 1 can cream of mushroom soup | |

Thinly slice steak. Dip in flour and fry in oil until brown. Remove from pan and set aside. Pour off oil and using same pan, put soup and sour cream in. Stir well. Using soup can, add one can water to pan and stir well. Return steak to pan. Add salt and pepper and simmer approximately 30 minutes. Serve over rice or noodles.

HAMBURGER STROGANOFF

Maxine Hornick

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|-----------------------------|---------------|
| 1 lb. ground beef | 1/4 c. butter |
| 1/2 c. chopped onions | 2 Tbsp. flour |
| 1 can sliced mushrooms | 1 tsp. salt |
| 1 can cream of chicken soup | 1 tsp. pepper |
| 1 c. sour cream | |

In large saucepan, cook onions in butter until transparent. Add ground beef and cook until light brown. Add flour, salt, pepper, mushrooms, and soup. Cook for five minutes. Add sour cream and simmer for 15 minutes. Serve over rice and sprinkle with paprika.

HAMBURGER SURPRISE

Lorna Bedford

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|----------------------------------|----------------------|
| 1 lb. ground beef | 2 c. sour cream |
| 1 (32 oz.) Prego spaghetti sauce | Garlic salt to taste |
| 2 (8 oz.) pkg. cream cheese | Pepper to taste |
| 2 c. elbow macaroni | Sharp Cheddar cheese |
| 1 onion, chopped | Pam |

Cook macaroni and drain. Brown ground beef. Mix soft cream cheese and sour cream together. Spray pan with Pam. Layer ground beef, sauce, cream cheese, and sour cream mixture over sauce. Sprinkle with onion. Repeat until pan is filled. Sprinkle with Cheddar cheese and bake at 350° for 30 minutes.

GRILLED BURGERS, LOW FAT

Gail Smith

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|--------------------|---------------------------|
| 1 lb. ground round | 2 Tbsp. Italian seasoning |
| 1/4 c. ketchup | 1 tsp. garlic powder |
| 1 onion, chopped | 6 hamburger buns |

Mix all ingredients and grill over medium coals until inside is no longer pink. Serve on buns.

DINTY MOORE BEEF STEW CASSEROLE

Vicki Smith

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|-----------------------------------|-------------------|
| 1 small can Dinty Moore beef stew | 1 stick margarine |
| 1 c. Bisquick | 1 c. milk |

Put beef stew in casserole dish. Mix Bisquick and milk together. Melt butter and put in mixture. Pour over stew and bake at 350° until top is brown.

FRENCH STEW

Peggy Brown

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|-----------------------|---------------------------------|
| 1 1/2 lb. beef stew | 1 can mushrooms (canned medium) |
| 2 cubes beef bouillon | 2 Tbsp. bread crumbs |
| 2 c. water | |
| 2 Tbsp. tapioca | |

Put all ingredients in a casserole. Cover with foil. Bake at 325° for 4 hours. Serve over noodles or rice. Makes 8 servings.

QUICK BEEF STEW

Barbara Morris

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|--|-------------------------------|
| 1½ lb. lean stew beef, cut into 1 inch cubes | 1 can water |
| 6 medium potatoes, cut into cubes | 1 c. sliced celery (optional) |
| 1 medium onion, chopped | 1 pkg. beef stew seasoning |
| 1 can beef broth | Salt to taste |
| 3 carrots, cut into 1 inch slices | 1 can peeled tomatoes |

Coat cooker with nonstick spray and brown meat and onions. Add broth, water, and seasonings. Bring to high pressure on medium heat and cook 6 minutes. Quick-cool cooker under water, open, and add vegetables and can of tomatoes. Again, bring to high pressure and cook another 3 minutes. Quick-cool. Add salt to taste. You may thicken if you desire.

I added a can of green peas to mine. You can add peas, corn, etc.

SWISS STEAK STEW

Louise Baker

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|---|---|
| ¼ c. all-purpose flour | ¾ c. water |
| ½ tsp. seasoned salt | 3 c. quartered, unpeeled, small, red potatoes |
| 1½ lb. boneless beef round steak, cut into 6 serving size pieces | 1 large onion, thinly sliced |
| 1 (14.5 oz.) can diced tomatoes with basil, garlic, oregano (undrained) | 1 medium green bell pepper, sliced |
| | 1 c. Green Giant Niblets frozen corn |

In medium bowl, mix flour and seasoned salt; coat beef patties. Spray large nonstick skillet with cooking spray. Heat over medium-high heat until hot. Add beef. Cook until brown on both sides.

Meanwhile, add tomatoes and water to any remaining flour and mix well. In 3½ to 4 quart crock pot slow cooker, layer potatoes, browned beef, onion, and bell pepper. Pour tomato mixture over top. Season with salt and pepper. Cover and cook on LOW setting for 7 to 8 hours or until beef is tender. Add corn and mix well; cover and cook an additional 30 minutes or until corn is tender.

BBQ ROUND STEAK

Ruth C. Johnson

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|----------------------------|------------------------------|
| 2 lb. ground steak | 2 Tbsp. Worcestershire sauce |
| Seasoned flour | ¾ c. chili sauce |
| 2 or 3 Tbsp. Crisco or oil | ¼ c. water |
| 1 c. chopped onions | 1 tsp. salt |
| 2 Tbsp. vinegar | ¼ tsp. pepper |
| 2 Tbsp. brown sugar | ¼ tsp. chili powder |

Cut meat in ½ inch thick pieces serving size. Pound seasoned flour into meat. Brown slowly in hot oil. Mix other ingredients. Place meat and other ingredients alternately in deep dish. Cover and bake at 350° for 1 hour or until tender. Uncover last 15 minutes of baking time.

SLOPPY JOES

Jennifer Foster

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|---------------------|-------------------------|
| 2 lb. ground beef | 2 Tbsp. vinegar |
| 1 onion | 2 tsp. prepared mustard |
| ½ c. ketchup | 1 tsp. Worcestershire |
| 2 Tbsp. brown sugar | 1 tsp. salt |

Brown ground beef and onion; drain and add all other ingredients. Simmer about 20 minutes and serve on hamburger buns.

GOULASH

Sylvia Crumley

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|--------------------------|------------------------|
| 2 lb. ground beef | 1 large chopped onion |
| 2 cans tomatoes, chopped | ½ bell pepper, chopped |
| ½ can tomato sauce | 2 c. macaroni |

Season:

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|------------------------------|----------------------|
| 1 tsp. celery salt or powder | 1 tsp. garlic powder |
| 1 tsp. salt (or to taste) | 1 tsp. chili powder |

Cook 2 cups macaroni in salted water. Lightly brown meat in heavy skillet. Take off stove; drain fat. Add onions and pepper to meat. Cook and stir on medium heat until onions and pepper change color. (Do not overcook.) Add spices and stir well. Add tomatoes, including juice, and tomato sauce. Taste. If it needs more tomatoes, spices, or salt, add. Stir in macaroni. Put in baking dish. Cover top with grated cheese. Bake at 350° long enough to melt cheese.

MORRIS' CHILI

William and Barbara Morris

2 lb. ground beef	¾ tsp. ground sage
1 (28 oz.) can peeled tomatoes	½ tsp. red pepper (cayenne)
1 (8 oz.) can tomato sauce + 1 can water	¾ c. chili powder
1 medium yellow onion, chopped	½ Tbsp. garlic powder
½ green bell pepper, chopped	½ Tbsp. oregano
1 (16 oz.) can red kidney beans	½ Tbsp. paprika
	½ Tbsp. cumin
	¾ tsp. salt
	1½ Tbsp. masa flour

Brown beef in a Dutch oven. Add tomato sauce and water, beans, chili pepper, and all the spices except the red pepper and masa flour. Simmer this slowly for about 1½ hours. Mix the masa flour with a little water to make a thin paste, getting all lumps out. Stir this into the chili and add the red pepper. Simmer for another 15 minutes. Store overnight. If you like a little hotter, you can add a little more red pepper or your favorite pepper sauce.

CHILI

Grover Vickery

13 lb. ground chuck	1 gal. pinto or kidney beans
1 gal. all-purpose tomatoes	7 large onions
1 gal. tomato puree	4.37 oz. chili powder
1 gal. tomato sauce	

Brown beef and drain. Add all other ingredients and simmer about one hour.

JOYCE'S CHILI

Joyce Andrews

1¼ lb. hamburger	1 can tomatoes
1 can Van Camp's Mexican style chili beans	Salt and pepper
1 pkg. Chili-O mix	1 small diced onion

Brown hamburger. Add all ingredients. Mix well. Cook on low-medium heat 45 minutes.

CHILI MAC

Sybil Simpkins

1 can pinto beans	½ c. grated cheese
1 lb. ground beef	1 can tomatoes, chopped
1 pkg. taco seasoning mix	1 onion, chopped
2 c. cooked macaroni	

Brown beef in large skillet and drain. Add onion, tomatoes, beans, and taco seasoning and cook according to time on package. Add macaroni and cheese and mix well. Pour into large casserole dish and bake at 350° for 30 minutes.

CHILI SPAGHETTI

Laurie Spiess

1 lb. ground beef	6 oz. spaghetti, broken into 3 inch pieces
½ c. chopped onion	1 Tbsp. Worcestershire sauce
2 cloves garlic, minced	2 to 3 tsp. chili powder
3 c. tomato juice	1 tsp. salt
1 can kidney beans, rinsed and drained	½ tsp. pepper

In a skillet over medium heat, cook ground beef, onion, and garlic until beef is no longer pink. Drain. Stir in remaining ingredient and transfer to a baking dish. Cover and bake at 350° for 65 to 70 minutes or until spaghetti is just tender. Sprinkle with Parmesan cheese. Let stand, covered, for 10 minutes.

SPAGHETTI PIE

Marnie Braswell

1 (8 oz.) pkg. spaghetti, broken into 2 inch pieces	2 Tbsp. vegetable oil
2 Tbsp. butter or margarine	1 (15½ oz.) jar thick spaghetti sauce
½ c. Parmesan cheese	1 tsp. sugar
½ tsp. salt	½ tsp. oregano
¼ tsp. pepper	½ tsp. garlic salt
1 egg, well beaten	1 (8 oz.) container cottage cheese
1½ lb. ground chuck	4 oz. Mozzarella cheese, shredded
1 medium size onion, chopped	
¼ c. chopped green pepper	

Cook spaghetti in boiling salted water following label directions; drain. Place in a 13x9x2 inch baking dish. Stir in margarine, Parmesan cheese, salt, pepper, and egg until thoroughly combined. Spread mixture evenly in pan.

Saute the ground chuck, onion, and green pepper in oil in a large skillet until meat is brown; drain off excess fat. Stir in spaghetti sauce, sugar, oregano,

and garlic salt. Spread cottage cheese over spaghetti layer; top with meat mixture. Bake in 350° oven for 30 minutes. Sprinkle Mozzarella cheese over top and bake an additional 10 minutes or until cheese is melted. Let stand for 15 minutes before cutting.

UPSIDE-DOWN PIZZA

Barbara Morris

2 lb. ground round	1 (16 oz.) ctn. sour cream
1 c. onion, chopped	2 c. Mozzarella cheese, grated
2 (8 oz.) cans tomato sauce	1 (8 oz.) pkg. refrigerator crescent rolls
1 pkg. spaghetti sauce mix (regular or Italian)	

Brown beef and add onion, tomato sauce, and spaghetti sauce mix. Cook over low heat, stirring frequently, for 10 minutes. Spoon mixture into a 9x13 inch baking dish. Top with sour cream and sprinkle cheese evenly over top. Unroll crescent rolls and place on top of cheese. Bake at 350° for 20 minutes or until lightly browned.

PIZZA

Jan Foster

1½ to 2 lb. ground beef	½ tsp. taco seasoning
¼ tsp. chili powder	1 tsp. Italian seasoning
Salt and pepper to taste	1½ c. pizza sauce
½ c. Parmesan cheese	1 small onion
1 green pepper, diced	1 small jar mushrooms
¾ c. chopped ham	Pepperoni
1 pkg. Mozzarella cheese	

Brown ground beef and drain. Add taco seasoning, chili, salt, pepper, and Italian seasoning. Bake a pizza crust until partially baked. Layer in this order on crust: Pizza sauce, ¼ cup Parmesan cheese, ground beef mixture, onion, green pepper, mushrooms, ham, pepperoni, Mozzarella cheese, and ¼ cup Parmesan cheese. Bake at 350° for 20 minutes.

POTATO MEAT CASSEROLE

Pat Carver

Arrange evenly in 2 quart greased casserole:

2 c. sliced potatoes	1 tsp. salt
1 tsp. cut-up onions	⅛ tsp. pepper

Spread on bottom of dish.

Mix:

½ lb. ground beef	⅛ tsp. pepper
½ to ⅔ c. evaporated milk	⅛ c. ketchup
¼ c. fine saltines	⅛ c. onions
½ tsp. salt	

Spread over potatoes. Bake at 350° for 1 hour.

BEEF NOODLE BAKE

Wanda Brooks

1 lb. ground beef	1 (10½ oz.) can cream of mushroom soup
⅓ c. chopped onion	1 can water
8 oz. egg noodles	12 oz. cheese
½ tsp. salt	
1 c. chopped celery	

Brown and drain ground beef. Add onions. Cook and drain egg noodles. Cook celery and add salt. Mix all together. Stir in soup, water, and ½ cheese. Put in casserole dish, 9x12 inches. Top with remaining cheese. Bake in 350° oven for 20 minutes or until brown and bubbly.

HAMBURGER PIE

Debra Wright

1 to 1¼ lb. ground beef	1 small can (5) Hungry Jack biscuits
1 can cream of chicken soup	
1 (8 oz.) sour cream	

Brown and lightly salt ground beef; drain and mix with cream of chicken soup and sour cream. Pour into dish coated with nonstick cooking spray. Pull biscuits apart into thin layers and place over entire top to form crust. Bake at 350° till top is golden brown.

LITTLE CHEDDAR MEAT LOAVES

Jeanne West

1 egg	1 tsp. salt
¾ c. milk	1 lb. lean ground beef
1 c. (4 oz.) shredded cheese	⅔ c. ketchup
½ c. quick cooking oats	½ c. packed brown sugar
½ c. chopped onion	1½ tsp. mustard

In a bowl, beat egg and milk. Stir in cheese, oats, onions, and salt. Add beef and mix well. Shape into 8 loaves; place in greased 13x9x2 inch baking dish. Combine ketchup, brown sugar, and mustard; spoon over loaves. Bake, uncovered, at 350° for 45 minutes.

GREAT MEAT LOAF

Dot Jackson

1½ lb. ground beef	1 pkg. Lipton onion soup mix
1 c. milk (sweet)	1 c. chopped onion
2 slices white bread	1 Tbsp. mustard
2 eggs, beaten	Salt and pepper
¾ c. catsup	

Glaze:

2 Tbsp. brown sugar	1 Tbsp. mustard
¼ c. catsup	1 Tbsp. Worcestershire sauce

Mix milk, soup, catsup, mustard, eggs, crumbled bread crumbs, salt, and pepper. Add to ground (chuck) beef and mix well. Pour into sprayed baking dish. Spread on glaze. Bake at 350°F. for 1 hour or until done.

MEATLOAF

Jane Westmoreland

2 lb. ground round	1 tsp. Accent
2 eggs	½ c. warm water
1½ c. soft bread crumbs	1 pkg. onion soup mix
¾ c. catsup	

Combine all ingredients and mix thoroughly. Cover with bacon and pour 1 (8 ounce) can tomato sauce over all. Bake 1 hour at 350°.

MEAT LOAF

Barbara Morris

¾ c. oatmeal	3 Tbsp. onions, chopped
1 c. milk	1½ tsp. salt
1½ lb. ground beef	Pepper to taste

Sauce:

3 Tbsp. onion, chopped	1½ Tbsp. sugar
2 Tbsp. Worcestershire sauce	¾ c. catsup
1 Tbsp. vinegar	1 c. water

Mix sauce ingredients and cook until soft; set aside. Mix all ingredients in meat mixture and shape into loaf. Put in loaf pan or casserole dish. Bake in 325° to 350° oven for 30 minutes. Pour sauce over meat and cook an additional 30 minutes. Serves 8.

MICROWAVE MEAT LOAF

Annette Howe

1 lb. ground beef	2 Tbsp. onion soup mix
5 oz. (⅔ c.) evaporated milk	Salt and pepper to taste

Topping:

2 Tbsp. brown sugar	2 Tbsp. catsup
½ tsp. dry mustard	

In 1½ quart loaf baking dish, combine beef, milk, soup mix, salt, and pepper. Press evenly in pan. For topping, combine brown sugar, mustard, and catsup. Spread over top of meat mixture. Bake, covered with waxed paper, in microwave oven approximately 12 minutes. Let stand 5 minutes before serving.

MEAT BALLS

Eleanor Duncan

1 lb. ground chuck	1 can tomato paste
1 large onion, grated	2 Tbsp. vinegar
Catsup	2 Tbsp. mustard
Worcestershire sauce	3 Tbsp. brown sugar
Salt and pepper	1½ c. water

Mix ground chuck, onion, catsup, Worcestershire sauce, salt, and pepper. Shape into balls; set aside. Mix in pan the tomato sauce, vinegar, mustard, brown sugar, and water. Heat to boiling; add meat balls. Cover and cook on low until mixture thickens.

PARTY MEATBALLS

Sylvia Crumley

1 lb. ground chuck	1 tsp. salt
½ c. dry bread crumbs	⅛ tsp. pepper
⅓ c. minced onion	½ tsp. Worcestershire sauce
¼ c. milk	¼ c. shortening
1 egg	1 (12 oz.) bottle chili sauce
1 Tbsp. parsley	1 (10 oz.) jar grape jelly

Mix beef, crumbs, onions, milk, egg, and next 4 ingredients. Shape into 1 inch balls. Melt shortening in large skillet and brown meatballs. Remove from skillet; drain fat. Heat chili sauce and jelly in skillet until jelly melts, stirring constantly. Add meatballs and stir until coated. Simmer 30 minutes. Serve hot. Makes 4½ dozen.

CHICKEN CASSEROLE

Sheria Mooney

8 chicken breasts, cooked and chopped 1 large sour cream
1 can cream of chicken soup

Topping;

1½ pkg. crushed Ritz crackers 1 stick butter

Mix above together and put in a lightly greased casserole. Sprinkle crumbs on top of chicken mixture. Drizzle butter. Bake at 375° until bubbly (about 30 to 40 minutes).

CHICKEN CASSEROLE

Mary Skinner

4 large chicken breasts 1 small box Ritz crackers, crumbled
1 can cream of chicken soup 1 stick butter or margarine
1 small sour cream 1 can mushroom soup
1 c. chicken broth

Boil chicken and remove bones. Combine soups, sour cream, chicken broth, and chicken. Sprinkle ½ crackers in greased dish; cut ½ butter over crackers. Top with all chicken mixture. Repeat a second layer of the remaining crackers and butter. Bake 45 minutes at 350°.

CHICKEN CASSEROLE

Cecelia Padgett

1 whole chicken or 4 breasts 1 can cream of chicken soup
1 can celery soup

Rinse cans with ¼ cup water or broth. Add 1 can Minute rice; cook 7 minutes. Cook and remove meat from bone. Line bottom of casserole with meat. Pour soups and rice mixture over chicken. Top with French fried onion rings. Heat in 350° oven until bubbly.

CHICKEN CASSEROLE

Irene Walters

1 chicken 1 small can Carnation milk
1 can condensed cream of chicken soup 1 small can chow mein noodles
1 can condensed cream of mushroom soup 1 large onion, chopped
1 can condensed cream of celery soup 1 bell pepper, chopped
Pepperidge Farm dressing

Boil chicken; let cool and debone. In mixing bowl, add soups, onion, and bell pepper; mix well. Fold in bite-size chicken and chow mein noodles. Pour mixture into 13x9x2 inch baking pan. Sprinkle Pepperidge Farm dressing on top. Bake at 350°, uncovered, for 1 hour.

CHICKEN CASSEROLE

Ruth West

6 to 8 chicken breasts 1 stack pkg. Ritz crackers, crushed
8 oz. sour cream 1 stick melted margarine
2 cans cream of chicken soup (undiluted)
¾ c. Pepperidge Farm stuffing mix

Cook chicken until tender and pull off bone. Line greased casserole with bite-size pieces of chicken. Mix soup, sour cream, and stuffing mix and pour over chicken. Top with Ritz crackers and drizzle melted margarine over. Bake at 350° for approximately 30 to 40 minutes.

CHICKEN CASSEROLE

Sara Hodnett

4 to 5 chicken breast halves ½ c. chopped celery
1 bag Pepperidge Farm seasoning 1 medium onion, chopped
1 can cream of chicken soup 1 c. sour cream
1 can cream of celery soup ½ c. melted butter

Boil chicken, reserving 1¼ cups chicken broth. Chop chicken. Cover bottom of 9x13 inch dish with Pepperidge Farm seasoning. Combine remaining ingredients except seasoning mix. Layer chopped chicken and soup mixture, continuing until used up. Spread remaining Pepperidge Farm seasoning on top. Pour 1½ cups chicken broth on top. Let set overnight. Bake at 350° for 30 to 45 minutes or until lightly browned.

CHICKEN CASSEROLE

Betty Britt

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|-------------------------------------|---------------------------|
| 1 whole chicken | 6 oz. evaporated milk |
| 2 eggs | 1 (8 oz.) pkg. Pepperidge |
| 2 c. cream of chicken soup | Farm cornbread stuffing |
| 1 extra large onion, finely chopped | |

Season chicken with salt and pepper and boil in water until done and tender. Reserve stock for later use. In a large bowl, mix stuffing, eggs, onions, and milk; set aside. Remove chicken from bones and break in small pieces. Layer bottom of baking dish. Cover chicken with 2 cans cream of chicken soup and spread dressing mix over this. Pour no less than 3 or 4 cups of chicken broth (I use more). Bake at 350° for 1 hour.

RITZY CHICKEN CASSEROLE

Mattie Phillips

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|------------------------------|-----------------------|
| 6 to 8 chicken breasts | 1 c. sour cream |
| 2 cans cream of chicken soup | 1 stack Ritz crackers |
| | 1½ sticks margarine |

Bake chicken breasts 1 hour at 400°. (Use fresh or frozen chicken.) Place deboned chicken breasts in large buttered casserole dish. Mix chicken soup and sour cream and spread over chicken. Crumble crackers on top and pour melted margarine over crackers. Bake at 350° for approximately 45 minutes.

Oven temperatures vary as do the size of chicken breast. Stick a fork in thick ones for tenderness. *Do not overbake.*

CHICKEN BROCCOLI CASSEROLE

Wanda Brooks

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|------------------------------------|--------------------------------|
| 1 c. raw rice, cooked | 1 can mushroom soup |
| 10 oz. broccoli, cooked slightly | ½ c. mayonnaise |
| 1 c. or more diced, cooked chicken | 1 Tbsp. lemon juice (optional) |
| | 1 c. grated cheese |

Mix all together except cheese. Top with cheese in 9x12 inch casserole dish. Cover with foil. Cook at 350° for 30 minutes. Remove foil and serve.

JEW CHICKEN

Rachael B. Payne

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|-------------------------|------------------------|
| 4 breast halves | 1 (No. 2) can tomatoes |
| 4 medium white potatoes | ½ stick butter |
| 1 c. chopped celery | Salt and pepper |

Place chicken breasts in casserole dish. Peel and quarter potatoes. Put on top of chicken. Add tomatoes, then celery. Put butter, salt, and pepper on top. Cover and bake at 400° for about 1 hour. Serve with tossed salad and rolls.

KATHY'S CHICKEN SPECTACULAR CASSEROLE

Kathy Rice

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|---|--|
| 3 c. cooked chicken, cut up | 2 c. French style green beans, drained |
| 1 pkg. Uncle Ben's mixed wild and long rice, cooked as directions say | 1 c. Hellmann's mayonnaise |
| 1 can cream of celery soup | 1 c. sliced water chestnuts, drained |
| 1 medium jar cut up pimentos | ¼ tsp. pepper |
| 1 onion, chopped | ¼ tsp. salt |

Add all ingredients in bowl. Spray baking dish and put ingredients in it. Bake 45 minutes or until bubbly at 350°.

You may top with almonds or Ritz crackers or onion rings or nothing.

POTATO AND CHICKEN CASSEROLE

Dot Jackson

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|--|---|
| Vegetable cooking spray | ½ tsp. pepper |
| 2 c. cooked, chopped chicken breast | 1 (32 oz.) pkg. frozen hash brown potatoes, thawed |
| ¾ c. sliced onions | 1 (10.75 oz.) can reduced-fat cream of chicken soup (undiluted) |
| 1 c. (4 oz.) reduced-fat shredded sharp cheese | 2 c. fat-free sour cream |
| 2 Tbsp. reduced-calorie margarine | 1 Tbsp. parsley |

Preheat oven to 350°. Coat a 9x13 inch baking dish with cooking spray. In a large bowl, combine chicken, onions, cheese, margarine, pepper, potatoes, soup, and sour cream. Spoon into baking dish. Bake 1 hour or until bubbly. Garnish with parsley. Yields 8 servings.

PEARLY STEW

Sarah Smith

- | | |
|-------------------------------|------------------------------|
| 1 hen, boiled in 2 gal. water | 6 cans cream corn |
| 1 lb. potatoes, cut up | 1 c. tomato juice |
| 1 lb. onions, cut up | 1 stick margarine (optional) |
| 1½ c. rice | 1 c. catsup |

Boil hen and chop meat fine. Add potatoes, onions, and rice and cook until done. Add margarine, corn, tomato juice, catsup, and salt and pepper to taste.

CHICKEN DIVAN

Doris Simpkins

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|---|-----------------------------------|
| 1 pkg. frozen broccoli (or 2 c. green beans) | 1 tsp. lemon juice |
| 2 c. diced chicken (or 2 cans Swansons white chicken) | ½ tsp. mild curry powder |
| 2 cans cream of chicken soup | ¾ to 1 c. shredded Cheddar cheese |
| ¼ c. mayonnaise | 1 Tbsp. melted butter |
| | ½ c. bread crumbs |

Punch holes in top of broccoli box and cook in microwave 8 minutes on HIGH. Drain. Arrange broccoli in 8x8 inch buttered casserole. Spread chicken over broccoli. Combine chicken soup, mayonnaise, lemon juice, and curry. Pour over chicken and spread evenly. Sprinkle cheese on top. Mix melted butter and bread crumbs; spread over cheese. Bake in microwave 12 to 13 minutes on HIGH.

ANDY'S CHICKEN

Wilbertine Sims

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|---|----------------------------|
| 2 c. chicken breast, cooked and cubed | 1 c. Hellmann's mayonnaise |
| 1 c. white rice, cooked | 1 can water chestnuts |
| 1 can Del Monte seasoned French style green beans | 1 c. chopped green onions |
| | 1 can cream of celery soup |

Mix all ingredients and spread in 8½ x 11 inch baking dish. Sprinkle with paprika. Bake at 350° for 35 minutes.

CHICKEN CHOW MEIN

Jan Foster

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|------------------------|-------------------------------|
| 4 Tbsp. oil | 1 tsp. salt |
| 1 can bean sprouts | 2 c. cooked, diced chicken |
| 2 c. thin onion strips | 2 tsp. sugar |
| 3 Tbsp. cornstarch | 1 or 2 cans chow mein noodles |
| 2½ c. diced celery | 1½ c. clear chicken stock |
| 3 Tbsp. soy sauce | |

Heat oil in skillet over low heat. Stir in onions and celery; sprinkle with salt and sugar. Add chicken stock; cover and simmer about 10 minutes. Drain bean sprouts. Mix cornstarch and soy sauce until smooth with ¼ cup of bean liquid. Add to skillet; cook and stir until thickened. Add bean sprouts and chicken; cook until heated thoroughly. Serve with chow mein noodles.

Can also be made with any meat preferred and also can be served over rice.

HOT CHICKEN CASSEROLE

Thelma Vickery

- | | |
|----------------------------------|---------------------|
| 3 c. chicken, boiled and deboned | 4 tsp. onion |
| 2 c. celery | 1 c. mayonnaise |
| 6 hard-boiled eggs | 1 c. cracker crumbs |
| 2 cans cream of chicken soup | 2 tsp. lemon juice |

Mix together. Top with grated cheese. Bake 30 minutes at 350°.

CHICKEN SALAD CASSEROLE

Lucille Karl

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|----------------------------|------------------------------------|
| 3 c. cooked chicken, diced | 1 c. mayonnaise |
| 2 c. celery, diced | 1 can cream of chicken soup |
| ¼ to ½ c. slivered almonds | 8 oz. water chestnuts, sliced thin |
| 2 Tbsp. lemon juice | |
| 1 c. (8 oz.) sour cream | |

Mix together all ingredients and place into a 2 quart oblong casserole. Top with either corn bread stuffing or crushed potato chips. Bake at 450° for 15 to 20 minutes.

CREAMY BAKED CHICKEN BREASTS

Willene Josey

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|--|--|
| 4 whole chicken breasts, split, skinned, and boned | ¼ c. dry white wine |
| 8 (4x4 inch) slices Swiss cheese | 1 c. herb-seasoned stuffing mix, crushed |
| 1 (10¾ oz.) can cream of chicken soup (undiluted) | ¼ c. oleo, melted |

Arrange chicken in a lightly greased 13x9x2 inch baking dish. Top with cheese slices. Combine soup and wine, stirring and mixing well. Spoon evenly over chicken and cheese, then sprinkle stuffing mix over top. Drizzle melted oleo over crumbs. Bake at 350° for 45 to 55 minutes. Yield: 8 servings.

RO-TEL CHICKEN

Betty Britt

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|--------------------------------|----------------------------|
| 3 c. cooked chicken, chopped | 1 lb. Velveeta cheese |
| 2 large onions, chopped | 1 can English peas |
| 2 large green peppers, chopped | 1 can mushrooms, chopped |
| 1 stick margarine | 1 Tbsp. Lea & Perrins |
| 1 can Ro-Tel tomatoes | 1 (12 oz.) pkg. vermicelli |

Cook chicken in salted water (enough to have 1½ quarts of broth). Saute onions and peppers in margarine. Cook vermicelli in strained broth. Add Ro-Tel tomatoes and Lea & Perrins. Cook until thickens. Add cheese, chopped in large pieces. Stir until melted. Add drained peas, mushrooms, chopped chicken, onions, and peppers. Salt and pepper to taste. Place in large casserole and bake at 350° for approximately 30 minutes.

CHICKEN AND DRESSING CASSEROLE

Dot Jackson

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|---------------------------------------|------------------------------|
| 1 stick margarine | Little pepper |
| ½ pkg. (2 c.) corn bread dressing mix | 1 or 2 chopped onions |
| ½ pkg. (2 c.) herb dressing mix | 1 chicken or 4 large breasts |
| Chicken broth | 1 can cream of chicken soup |
| | 1 can cream of mushroom soup |

Stew chicken until done. Do not salt. Take chicken off bone and cut up. Set aside. Save broth. Stir together dressing mixes, chopped onion, and melted margarine. In greased 13x9x2 inch baking dish, put a layer of dressing crumbs

and layer of mushroom soup diluted with a can of broth. Add a layer of crumbs, layer of chicken, and cream of chicken soup, diluted with broth. End with crumbs. Bake at 350° until brown, approximately 45 minutes to 1 hour.

CHICKEN SUPREME

Marion Reeves

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|---------------------------|-----------------------------|
| 4 chicken breasts | 1 can cream of chicken soup |
| 1 c. sour cream | ½ can water |
| 1 c. grated yellow cheese | |

Mix soup, sour cream, cheese, and water. Pour mixture into large casserole. Lay chicken breasts, skin side down, in casserole and bake at 350° for one hour. Serve gravy over rice.

CHICKEN SPECTACULAR

Ruby W. Killebrew

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|--------------------------------------|---------------------------------------|
| 3 c. diced chicken | 1 can French style beans, drained |
| 1 pkg. Uncle Ben's wild rice, cooked | 1 c. Hellmann's mayo (no substitutes) |
| 1 can cream of celery soup | 1 can water chestnuts, sliced |
| 1 medium pimento, chopped | Salt and pepper to taste |
| 1 medium onion, chopped | |

Mix all ingredients and bake at 350° for 25 to 30 minutes.

May be frozen uncooked and used at a later time.

SCALLOPED CHICKEN

Sybil Simpkins

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|------------------------------|---------------------|
| 16 slices white bread, cubed | ½ tsp. salt |
| 4 c. cooked chicken | ⅛ tsp. pepper |
| 1 c. chopped onions | ¼ tsp. curry powder |
| 1 c. chopped celery | 3 eggs, beaten |
| 1 c. mayonnaise | 3 c. milk |

Mix all together and put in 9x13 inch pan. Spread 1 can cream of mushroom soup over top. Bake at 325° for 2 hours. Sprinkle 1 cup grated cheese over top for the last 10 minutes.

This may be fixed day before and refrigerated overnight.

CHICKEN CONTINENTAL

Irene Walters

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|---|---|
| ¼ c. unsalted butter | 3 level tsp. dried celery flakes |
| 6 (5 oz.) boneless, skinned chicken breast halves | 2 tsp. dried thyme |
| 3 (10¾ oz.) cans condensed cream of chicken soup (undiluted) | 16 oz. pkg. yellow rice, cooked according to pkg. directions |

Preheat oven to 350°F. In large skillet, melt butter over medium heat. Add chicken and brown on both sides, about 6 minutes total. Remove chicken and set aside. Into the drippings in the skillet, whisk soup, celery flakes, and thyme until well blended. Heat through. Stir in rice.

Spoon mixture into 13x9x2 inch baking dish. Place chicken breast on top, pushing down into the rice mixture until almost covered. Cover dish with foil. Bake 30 minutes or until cooked through. Remove foil and bake another 10 minutes. Let stand 10 minutes before serving. Serves 6.

CHICKEN SALSA PIZZA

Lois Mouser

- | | |
|--|--|
| 1 prebaked Italian bread shell crust | 1 jar salsa |
| 2 c. (8 oz.) shredded Cheddar cheese, divided | 1 can (or c.) cooked chicken, drained |

Place shell on ungreased pizza pan. Sprinkle with ¾ cup of cheese. Top with salsa, chicken, and remaining cheese. Bake at 450° for 8 to 10 minutes until cheese is bubbly. Yield: 4 servings.

CHICKEN IN SAUCE OVER PASTA ALA CARL

Bill and Barbara Morris

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|--|---|
| 3 whole chicken breasts, sliced and cut into pieces | ¼ c. dry white wine |
| 1 clove garlic | 1 (6 oz.) marinated artichoke hearts |
| 2 Tbsp. margarine | 2 Tbsp. Parmesan cheese |
| 1 can cream of chicken soup | 2 Tbsp. parsley |
| 1 (8 oz.) sour cream | Corkscrew macaroni or any type pasta |
| ½ c. Mozzarella cheese | |

Rinse chicken and pat dry. In skillet, cook garlic 15 seconds. Add chicken and cook 5 minutes or until light brown; turn once. Stir together soup, sour cream, Mozzarella cheese, wine, and Parmesan cheese. Add to skillet. Cover and cook 5 to 7 minutes or until chicken is tender. Remove chicken; keep warm. Stir

sauce in skillet and add artichokes. Cover and cook 1 to 2 minutes longer. Return chicken to skillet. Serve over pasta. Sprinkle parsley over pasta and chicken.

Mushrooms may be substituted for artichokes.

CHICKEN PIE

Thelma Johnson

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|--|--|
| 1 whole chicken | 1 small can carrots, drained |
| 2 c. broth | 2 c. partially cooked potatoes, chopped |
| 2 cans celery soup | |
| 1 large can English peas, drained | |

Crust:

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|------------------------------------|------------------|
| 1½ sticks margarine, melted | 1 c. milk |
| 1½ c. self-rising flour | |

Boil chicken in water until done and debone. Chop coarsely. Save broth. Mix together and pour in 13x9x2 inch casserole. Mix margarine, flour, and milk and spoon over mixture. Bake at 350° for 1 hour or until brown.

CHICKEN PIE

Rachel Cordell

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|--|-------------------------------|
| 2 large chicken breasts, boiled | 1 can chicken broth |
| 1 can Veg-All, drained | 1 c. flour |
| 2 cans cream of chicken soup | 1 c. milk |
| | 1 stick butter, melted |

Cut chicken into bite-size and spread in 9x13 inch pan. Layer Veg-All over chicken. Mix soup and broth; pour on Veg-All. Mix flour, milk, and butter and pour on top. Bake for 1 hour at 400°.

CHICKEN POT PIE

Cecelia Padgett

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|-----------------------------------|------------------------------------|
| 3 c. chicken | 1 can cream of chicken soup |
| 2 c. chicken broth | 1 can Veg-All |
| 1 can cream of celery soup | |

Batter:

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|-------------------------------|----------------------------|
| 1 c. self-rising flour | ½ tsp. black pepper |
| 1 stick melted butter | 1 c. buttermilk |

Place cooked chicken in an 8x12 inch dish. Heat together the soups, Veg-All, and broth. Pour over chicken. Spoon batter evenly over all this.

Batter: Mix all ingredients together and spoon evenly over chicken. Cook pie at 425° for 35 minutes.

CHICKEN POT PIE

Ronnie Brantley

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|--|----------------------------|
| 2 or 3 c. chicken, chopped | 1 can cream of celery soup |
| 1 small onion | 1 c. Bisquick mix |
| 2 cans peas and carrots | 1 c. milk |
| 1¼ c. chicken stock or 2 cans
cream of chicken soup | 1 stick margarine, melted |
| | ¼ tsp. pepper |

In casserole dish, put chopped onion and peas and carrots, drained. Put chicken on top of vegetables. Mix chicken stock or soups and pour over chicken. Mix Bisquick, milk, margarine, and pepper and pour over chicken mixture. Bake at 375° for 30 to 40 minutes or until crust is brown.

To make extra crust, use 1½ times crust ingredients.

DEEP-DISH CHICKEN POT PIE

Irene Walters

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|---|----------------------------|
| 2 (10¾ oz.) cans condensed
cream of chicken soup | 2 c. cubed, cooked chicken |
| 2 pkg. (about 9 oz. each)
frozen mixed vegetables,
thawed | ½ c. milk |
| | 1 egg |
| | 1 c. Bisquick baking mix |

Preheat oven to 400°F. In 2½ quart casserole, mix soup, vegetables, and chicken. Mix milk, egg, and baking mix. Pour over chicken mixture. Bake 35 minutes or until golden. Serves 6.

CHICKEN BREASTS

Kathy Rice

Part I:

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|---|-------------------|
| 4 chicken breasts, boned and
skinned | 1 tsp. salt |
| 1 c. Parmesan cheese | 1 stick margarine |
| 1 c. Italian style bread
crumbs | |

Part II:

1 can chicken broth

1 (4 oz.) can mushrooms

Note: Part I can be done a day ahead.

Part I: Dip chicken into margarine until sticky, one piece at a time, then dip into cheese and crumbs that have been mixed together, one piece at a time. Roll chicken and place in sprayed pan. Bake 1¼ hours at 350°, covered with foil.

Part II: Thicken broth like gravy. Add mushrooms. Pour over baked chicken. Bake at 350° for 25 minutes, uncovered.

COCA-COLA CHICKEN

Sylvia Crumbley

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|-------------------|------------------------------|
| 1 stick margarine | 1 Tbsp. Worcestershire sauce |
| 1 can Coke | 1 onion |
| 18 oz. catsup | 1 chicken, cut into pieces |

Mix Coke, catsup, and Worcestershire sauce. Melt margarine in electric skillet. Place chicken in margarine. Pour Coke mixture over chicken. Cook at 250° for 2 hours. Cooks down and is very tender.

SLOW COOKER BLAZING WHITE CHILI

Doris Simpkins

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|--|--|
| 3 or 4 boneless chicken
breasts | 1 qt. chicken broth |
| 1 can Great Northern beans | ¾ tsp. seasoned salt or
Cajun seasoning |
| 1 can navy beans | 2 Tbsp. chili powder |
| 1 can garbanzo beans | ¼ tsp. cayenne pepper |
| 1 medium onion, chopped | 1 c. half & half milk (or
water) |
| 2 potatoes, cubed | |
| 2 cloves garlic, minced | |
| 2 to 4 green chilies, seeded
and chopped, or 2
jalapenos | |

Cube chicken and saute in small amount of oil. Remove and drain. Transfer to slow cooker. Drain and rinse beans and add to cooker. Add next 5 ingredients to cooker. In separate bowl, mix chicken broth, seasonings, and half & half (or water). Add to slow cooker with a dash or 2 of Louisiana hot sauce (optional). Cook on HIGH 1 hour and then on LOW 8 to 10 hours or on HIGH 4 to 6 hours or until chicken and potatoes are done. More liquid may be added if needed.

COQ AU VIN

Bill and Barbara Morris

(Microwave)

1/2 c. plain flour	1 clove garlic, finely minced
2 tsp. salt	1 stem celery in 1/2 inch pieces
1/4 tsp. cracked pepper	3/4 c. red wine
3 to 4 lb. chicken, cut in pieces	2 Tbsp. brandy
1 lb. fresh mushrooms, sliced	1 tsp. chopped parsley
4 slices bacon	1 bay leaf
3 small onions, halved	

Prepare in a simmer cooker. Combine flour, salt, and pepper in bag. Add chicken and shake to coat. Cut bacon in one inch pieces and place in cooker. Microwave, uncovered, 3 1/2 minutes on FULL power. Stir after half time; do not drain. Stir in flour from bag. Place all remaining ingredients in cooker. Stir to mix. Cover and microwave 15 minutes on FULL power or until chicken is tender and gravy slightly thickened. Stir gently and microwave one minute, uncovered, on FULL power. Remove bay leaf; cover and let stand 10 minutes.

For conventional oven: Bake at 350° for 1 hour and 10 minutes to 1 hour and 20 minutes, covered.

LEMON CHICKEN

Mildred Talmadge

1 to 1 1/2 lb. boneless, skinless chicken breast	1/2 c. butter or oleo
1 1/2 c. herb bread crumbs	1/2 tsp. garlic powder
1 c. milk	1/2 tsp. season salt
2 Tbsp. lemon juice	3/4 c. Parmesan cheese (from shaker)

Mix bread crumbs, garlic powder, season salt, and Parmesan cheese in a shallow pan. Cut chicken in serving size pieces. Dip in milk, then in the bread crumb mixture. Place in greased pan with edges touching. Mix melted butter and lemon juice. Pour over all of chicken. Bake at 350° for 35 to 45 minutes until chicken begins to brown.

Freezes good for reheating later.

LEMON-MUSTARD CHICKEN

Thelma Bossinger

1/4 c. Dijon mustard	1 Tbsp. olive oil
2 Tbsp. lemon juice	1 (2 1/2 to 3 lb.) chicken

Mix lemon juice (I use real), mustard, and olive oil in small bowl. Put chicken on broiler pan or rack in baking pan. Brush with lemon mixture. Season with salt and pepper. Bake at 425°F. for 40 minutes or until done and juices run clear.

MINESTRONE SOUP CHICKEN

Larry Herron

1 can minestrone soup	1/4 c. dehydrated onion
1 1/2 lb. breaded chicken fingers	1/4 c. parsley
1/2 c. chopped green pepper	1/4 tsp. garlic salt
1/2 lb. shredded Cheddar cheese	1/4 tsp. lemon pepper
1/4 c. bacon bits	1/4 tsp. cayenne pepper
	1/4 tsp. fried chicken seasoning

In large nonstick frying pan, heat soup and 1 can of water until mixture is diluted. Place chicken pieces on top of soup. Sprinkle all spices on top of chicken. Sprinkle peppers, bacon bits, and parsley on. Cook for 30 minutes, covered, at medium heat. Do not turn over. Check bottom after 15 minutes. If burning, turn heat down a little. Five minutes before dish is done, sprinkle on Cheddar cheese. Spices may be adjusted to taste.

ORANGE GLAZED CHICKEN

Maxine Hornick

3 lb. chicken pieces	1/2 tsp. salt
3/4 c. orange marmalade	1/4 tsp. pepper
1/4 c. fresh basil	1/4 tsp. red pepper flakes

Place chicken in greased casserole. Combine other ingredients and pour over chicken. Cover with foil and cook at 350° for 30 minutes. Reduce heat to 325° and cook 30 more minutes. Makes four servings.

PARMESAN OVEN FRIED CHICKEN

Synthia Loner

1/2 c. dry bread crumbs	1/4 tsp. pepper
1/3 c. grated Parmesan cheese	6 chicken breasts, skinned
2 Tbsp. chopped fresh parsley	1/4 c. Italian "fat free" dressing
1/4 tsp. garlic salt	Vegetable cooking spray

Combine first 5 ingredients; set aside. Dip chicken in dressing; dredge in bread crumb mixture. Place chicken, bone side down, in 13x9x2 inch baking pan coated in cooking spray. Bake, uncovered, at 350° for 45 minutes or until tender. Yield: 6 servings.

SHERRIED ALMOND CHICKEN

Shelia Robertson

- | | |
|---|--|
| 1½ lb. boneless, skinless chicken breasts | 6 Tbsp. soy sauce |
| 2 Tbsp. cornstarch | 6 Tbsp. water |
| 4 tsp. light brown sugar | ¼ c. oil |
| 2 tsp. ground ginger | 1 c. whole almonds |
| ⅔ c. sherry | 2 (6 oz.) pkg. frozen pea pods, thawed |

Cut chicken into 1 inch cubes; set aside. Combine cornstarch, brown sugar, ginger, sherry, soy sauce, and water. Mix well; set aside. Drain pea pods and blot dry with paper towels. Set aside.

Heat oil in skillet or wok over medium heat. Add almonds; stir-fry 3 minutes. Add chicken; stir-fry until chicken turns white. Add sherry mixture. Cook 3 minutes until sauce thickens. Add pea pods. Stir-fry 4 minutes until hot and glazed. Serve with fried rice. Serves 4.

Cashews can be substituted for almonds.

CHICKEN AND RICE

Jackie Campbell

- | | |
|---------------------------|--------------------------|
| 4 chicken breasts | Milk |
| 2 c. instant rice, cooked | Salt and pepper |
| 1 pkg. French onion soup | Foil, cut into 4 squares |
| Butter | |

Prepare oven to 350°. Cut foil into four large squares enough to cover chicken breasts. Place 2 tablespoons cooked rice on foil. Put a pat of butter and 2 tablespoons milk on rice. Sprinkle with soup mix on top of breast. Fold foil so that edges are crimped and milk will not run out. Repeat for other chicken breast. Bake for 45 to 60 minutes, depending on if large chicken breast is used.

SWEET AND SOUR CHICKEN

Sybil Simpkins

- | | |
|----------------------------------|--------------------------------------|
| 8 to 10 skinless chicken breasts | 1 large jar Thousand Island dressing |
| 1 jar apricot preserves | 1 env. onion soup mix (dry) |

Mix preserves, dressing, and dry onion soup mix. Place chicken in baking dish and pour mixture over. Let set overnight for several hours. Bake at 350° for 1½ hours.

GRILLED CITRUS CHICKEN

Gail Smith

- | | |
|--|-----------------------|
| 6 boneless, skinless chicken breast halves | 3 Tbsp. lime juice |
| ½ c. packed brown sugar | 3 Tbsp. Dijon mustard |
| ¼ c. cider vinegar | ¾ tsp. garlic powder |
| 3 Tbsp. lemon juice | ¼ tsp. pepper |

Place chicken in shallow glass dish. Combine remaining ingredients and pour over chicken. Cover and refrigerate at least four hours or overnight. Grill chicken over medium hot coals, turning once, until juices run clear, about 15 to 18 minutes.

BARBEQUED CHICKEN OR PORK CHOPS

Ann Goodson

- | | |
|-----------------|---|
| 1 c. water | 2 slices lemon |
| ½ c. vinegar | 2 medium onions, sliced |
| 4 Tbsp. sugar | 1 c. catsup |
| 2 Tbsp. mustard | 4 Tbsp. Worcestershire |
| 3 tsp. salt | 12 pork chops or 8 boneless, skinless chicken breasts |
| 1 tsp. pepper | |
| ½ tsp. cayenne | |

Bring first 9 ingredients to boil. Boil slowly for 15 minutes. Add catsup and Worcestershire. Place pork chops or chicken in baking dish and pour barbeque sauce over. Bake at 350° for 1 hour or longer.

TURKEY POT PIE

Ronnie Brantley

- | | |
|---------------------------------|---------------------------|
| 2 c. turkey, chopped | 1 c. sour cream |
| 1 can peas and carrots, drained | 1 small jar pimento |
| 1 can cream of mushroom soup | 1½ c. Bisquick |
| 1 can chicken broth | 1 c. milk |
| | 1 stick margarine, melted |
| | Pepper to taste |

Place turkey in casserole dish. Spread peas and carrots over turkey. Mix soup, broth, and sour cream with ½ soup can water. Add pimento and mix well; pour over turkey mixture. Mix the Bisquick, milk, margarine, and pepper and pour over turkey mixture. Bake at 350° approximately 1 hour or until crust is brown.

PERKEY TURKEY DINNER

Bill and Barbara Morris

- | | |
|---|---------------------------|
| 2 c. diced, cooked turkey | 2 Tbsp. all-purpose flour |
| 3 Tbsp. butter or margarine | ½ tsp. seasoned salt |
| 1 medium green pepper (thin strips) | ¼ tsp. onion salt |
| 1 (7 oz.) bottle lemon-lime carbonated beverage | 1 Tbsp. pimento strips |
| 1¼ Tbsp. Worcestershire sauce | Chow mein noodles or rice |

Heat in large skillet the butter. Add green pepper and cook 5 minutes. Stir occasionally. Blend in flour, salt, and onion salt. Cook and stir until bubbly. Remove from heat and slowly stir in lemon-lime beverage. Cook and stir until boiling. Cook 1 or 2 minutes. Stir in Worcestershire sauce and pimento. Add the diced turkey and heat thoroughly. Serve over noodles or rice.

FRIED RICE

Juanita Hansen

- | | |
|------------------------------|---------------------------------------|
| 1 lb. bacon or pork, chopped | 8 eggs, scrambled |
| ½ c. green pepper | 5 c. cooked rice (or less if desired) |
| ½ c. green onions | |
| ¼ c. carrots, chopped | |

Cut up bacon bite-size (or pork with oil) and cook until done. Saute carrots and pepper. Add onions last. Cook just until tender (not mushy). Scramble eggs and add to other ingredients. Add rice and mix well. Season with soy sauce, salt, and pepper to taste.

CHICKEN LICKING "GOOD" PORK CHOPS

Pat Carver

- | | |
|------------------------|--------------------------------------|
| 6 to 8 lean pork chops | ½ tsp. garlic powder |
| ½ c. flour | 2 Tbsp. oil |
| 1 Tbsp. salt | 1 (10 oz.) can chicken and rice soup |
| 1½ tsp. dry mustard | |

Dredge pork chops in mixture of flour, salt, dry mustard, and garlic powder. Brown in oil in large skillet. Place browned pork chops in crock-pot. Add can of soup. Cover and cook on LOW 6 to 8 hours (HIGH 3½ hours).

Chicken can be used in place of pork chops.

PORK CHOP RICE CASSEROLE

Mary DeDuck Phillips

- | | |
|---|---|
| 5 pork chops | 5 slices green pepper |
| 2 Tbsp. margarine | 2 tsp. salt |
| 5 Tbsp. uncooked rice | ⅓ tsp. pepper |
| 5 thick slices tomatoes or 1 can tomatoes | 2 c. boiling water or juice from tomatoes |
| 5 slices onion | |

In heavy skillet, brown chops in margarine. Place browned chops in single layer in large baking dish. On each chop, place one tablespoon rice. Slice tomato, onion, and green pepper. Sprinkle with salt and pepper. Add water and cover tightly. Bake 1½ hours at 350°, adding a little more water if necessary.

TROPICAL PORK CHOPS

Rachael B. Payne

- | | |
|-------------------------------|-------------------|
| 4 thin pork chops | 1 c. orange juice |
| 1 small can crushed pineapple | |

Preheat oven to 325°. Place chops in shallow baking dish. Top with pineapple and orange juice. Bake for 1 hour, uncovered.

PORK RIBS WITH SAUERKRAUT

Joyce Nelson

- | | |
|--|---|
| 3 lb. country pork ribs | ¼ c. brown sugar |
| 2 lb. bag sauerkraut (from refrigerator section) | 1 can Campbell's French onion (concentrate) |

Remove excess fat from pork ribs; cut into sections. Drain kraut, but do not rinse. Place ribs in heavy 9x13 inch pan. Place drained kraut over ribs. Sprinkle with ¼ cup brown sugar. Pour can of concentrate soup on top. Cover with heavy foil. Place in 250°F. oven for 4 hours. Serve with red skin potatoes, mashed with skins left on and mixed with sour cream, salt, and pepper.

SWEET AND SOUR PORK

Sheria Mooney

- | | |
|--|--|
| 4 to 6 boneless pork chops | 2 Tbsp. soy sauce |
| 1 (No. 2) can pineapple chunks and juice | ¼ c. onion, thinly sliced |
| ½ c. brown sugar | 1 small red or green pepper, cut in strips |
| 2 Tbsp. cornstarch | ¼ c. vinegar |

Brown chops in small amount of oil. Add ½ cup water; cover and simmer until tender (about an hour). Drain pineapple, reserving juice. Combine sugar, cornstarch, pineapple juice, soy sauce, salt, and vinegar; add to pork. Cook, stirring, until gravy thickens. Add pineapple chunks, pepper, and onions; cook about 15 more minutes. Serve over rice.

SLOW-COOKED BAR-B-QUE

Carolyn Haile

1 (3 to 5 lb.) pork loin
½ c. your favorite bar-b-que sauce
½ c. water

Brown pork loin with Pam or olive oil on all sides. Add sauce and water. Bring liquid to a boil in slow cooker. (May want to do this on stove before placing in cooker.) Turn heat to 3 and cook for 6 to 7 hours or until meat is tender. Shred meat and add additional bar-b-que sauce.

LIN'S GRILLED LAMB CHOPS

Lin Marten

Salt and pepper to taste
1 tsp. garlic powder
4 to 6 lamb chops
(depending on size)
6 oz. can tomato paste
1 lemon
Oregano (optional)

Cut lemon into 2 halves. With one half, rub salt, pepper, garlic powder, and oregano (if desired) into both sides of chops. With other lemon half, rub tomato paste into both sides of chops. Let sit for ½ to ¾ hour before grilling. Grill according to thickness similar to steaks: 4 to 6 minutes/side for medium-rare, 5 to 7 minutes/side for medium, and 6 to 8 minutes/side for medium-well. Serves 4.

Note: Tomato paste can catch on fire on the grill so watch cooking process.

BAW-BAW QUICK BRUNSWICK STEW

Elinor (Ellie) Cross

2 (No. 2) cans tomatoes
1 (No. 2) can cream corn
7 oz. ketchup
1 lb. or more lean ground beef
1 tsp. salt (or to taste)
Pepper
1 c. water

In Dutch oven, put 1 cup cold water and beef. With a spoon, separate each particle of ground beef. Add tomatoes, salt, and ketchup. Simmer 1 hour or

until a thick sauce. Add creamed corn. Stir constantly. Cook 10 minutes after it comes to a boil. Serves 6.

QUICK AND EASY BRUNSWICK STEW

Clinelle Moody

1 can bar-b-q pork
1 can bar-b-q beef
1 can white chicken meat
1 large onion, chopped
2 cans tomatoes, chopped
1 can cream corn
1 can whole kernel corn
¼ bottle Kraft hickory smoked bar-b-q sauce

Mix all ingredients. Simmer for 45 minutes.

BRUNSWICK STEW

Bill and Barbara Morris

2 lb. cooked ground beef
1 lb. cooked lean ground pork
1 small chicken, cooked and chopped
3 or 4 diced potatoes
1½ pt. kernel corn
2 c. lima beans
2 or 3 diced carrots
⅓ c. Worcestershire sauce
Catsup
4 ribs celery, diced
1 green pepper, diced
2 to 3 bay leaves
2 to 3 chopped onions
1 large can tomatoes
2 tsp. chili powder
1 tsp. salt
1 tsp. cayenne pepper
3 tsp. black pepper
1 (8 oz.) tomato sauce
2 tsp. paprika and garlic powder

You can use rabbit (if available) instead of chicken. I prefer rabbit if domestic rabbit is available. The vegetables may be either raw or canned.

Mix everything together and simmer a long time until vegetables are done. Serve hot or it can be canned.

QUICK "MOCK" BRUNSWICK STEW

Carolyn Anderegg

1 lb. lean ground beef
2 (No. 2) cans tomatoes
1 (No. 2) can creamed corn
7 oz. catsup
1 tsp. salt
Pepper to taste
1 small onion
2 c. water

In Dutch oven, put 2 cups water and beef; mix thoroughly. Add chopped onion. Simmer. Add tomatoes, salt, pepper, and catsup. Simmer 1 hour or until a thick sauce. Add creamed corn, stirring constantly. Cook 10 minutes after it comes to a boil. Serves approximately 6.

BRUNSWICK STEW

Bonita Choate

1 lb. chopped or ground pork	2 (8 oz.) cans creamed corn
1 lb. ground beef	Garlic to taste
1 lb. diced chicken	1 can crushed tomatoes
1 (16 oz.) bottle ketchup	1 stick butter
Diced onion	2 c. water
½ c. white vinegar	

Cook ground pork, chicken, and beef together and drain. Add onions, creamed corn, tomatoes, ketchup, butter, garlic, and vinegar. Turn way down low so not to stick. Add enough water just for juice and slow simmer for 1 hour. Sticks real easy, so be careful.

HAM CHEESE QUICHE

Dot Jackson

1 deep dish pie shell	1½ c. grated sharp Cheddar cheese
3 eggs, beaten	1 Tbsp. flour
1 c. milk	½ tsp. garlic salt
1½ c. fine chopped ham, cooked	½ tsp. black pepper
½ c. thin sliced onion	1 Tbsp. parsley
1 Tbsp. margarine	Dash of salt

Mix all together. Bake in a deep dish pie shell at 400° for 40 minutes or until done. Place pan on foil or cookie sheet to bake.

SAUSAGE CASSEROLE

Thelma Johnson

1 box wild rice, cooked	2 chicken bouillon cubes
1 lb. sausage, browned and drained	2 Tbsp. flour
1 chopped onion	¼ c. milk
1½ c. water	Bread crumbs or grated cheese

Brown sausage and drain. Mix water and bouillon cubes after dissolved. Add flour to make a paste. Add milk, onions, and rice. Pour in greased casserole dish. Top with bread crumbs or cheese. Bake 30 to 45 minutes at 350°.

SAUSAGE CASSEROLE

Cecelia Padgett

1½ lb. sausage	1 tsp. salt
9 eggs, slightly beaten	3 slices bread, cut in cubes
3 c. milk	1½ c. grated cheese
1½ tsp. dry mustard	

Brown and scramble sausage. Drain well. Mix eggs, milk, mustard, and salt. Stir in browned sausage and cheese. Pour in a greased 13x10 inch Pyrex pan. Refrigerate overnight. Bake 1 hour at 350°, uncovered.

DO AHEAD COMPANY BREAKFAST

Ann Goodson

1 lb. sausage	2½ c. milk
6 slices sourdough bread	1 tsp. salt
1 lb. Cheddar cheese, grated	1 tsp. powdered mustard
6 eggs, beaten	

Brush both sides of bread slices with melted butter and place in bottom of Pyrex dish. Brown sausage and place on top of bread; sprinkle cheese on top of sausage. Whip eggs, milk, mustard, and salt together and pour over sausage mixture. Place in refrigerator until next morning. Bake at 350° for 45 minutes to 1 hour.

EGG AND SAUSAGE STRATA

Dot Jackson

12 slices white bread, crust removed and cubed	6 eggs
1½ lb. bulk pork sausage	3 c. milk
⅓ c. chopped onion	2 tsp. Worcestershire sauce
¼ c. chopped green pepper	½ tsp. salt
1 (2 oz.) jar chopped pimientos, drained	1 tsp. dry mustard
	¼ tsp. dried oregano
	¼ tsp. pepper

Line a greased 13x9x2 inch pan with bread cubes; set aside. In a skillet, brown sausage with the onion and green pepper; drain. Stir in pimientos; sprinkle over bread. In a bowl, beat eggs, milk, Worcestershire sauce, mustard, salt, pepper, and oregano. Pour over sausage mixture. Cover and refrigerate overnight. Bake, covered, at 325° for 1 hour and 20 minutes. Uncover and bake 10 minutes longer or until a knife inserted near the center comes out clean. Let stand 10 minutes before serving.

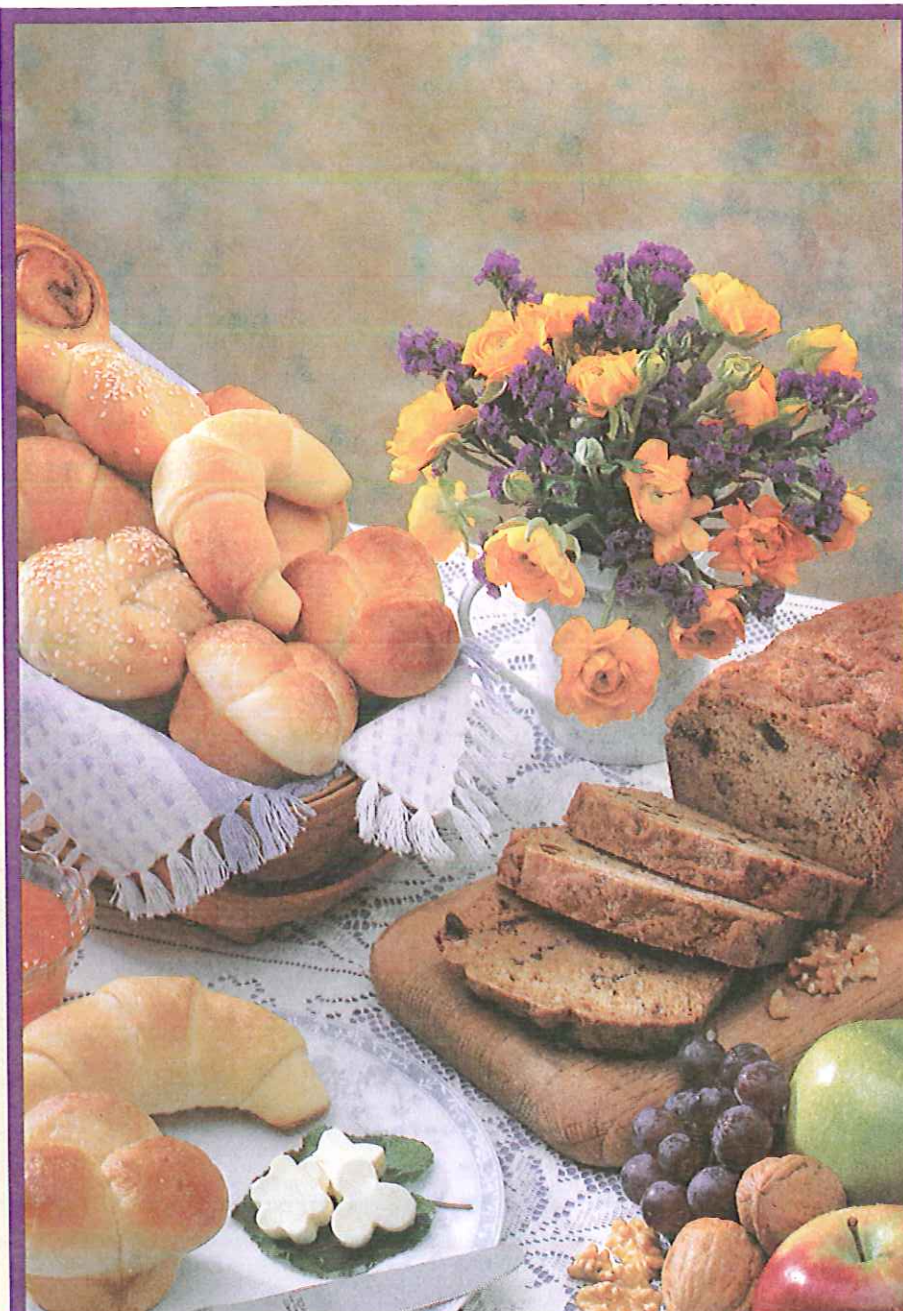
CORN DOG CASSEROLE

Betty Woodlief

2 c. thinly sliced celery	2 tsp. sage
2 Tbsp. butter	¼ tsp. pepper
1½ c. sliced green onions	2 (8½ oz.) pkg. cornbread mix
1½ lb. hot dogs	2 c. sharp Cheddar cheese, divided
2 eggs	
1½ c. milk	

In skillet, saute celery in butter for 5 minutes. Add onions and saute for 5 minutes. Place in large bowl and set aside. Cut hot dogs lengthwise into quarters, then cut into thirds. In the same skillet, saute hot dogs for 5 minutes or until lightly browned; add to vegetables. Set aside one cup of this mixture. In large bowl, combine eggs, milk, sage, and pepper. Add the remaining hot dog mixture. Stir in cornbread mixes. Add 1½ cups cheese. Spread in shallow 3 quart baking dish. Top with reserved hot dog mixture and remaining cheese. Bake, uncovered, at 400° for 30 minutes or until brown.

Breads, Rolls



MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing rib roast (10 inch) ribs (If using shorter cut (8-inch) ribs, allow 30 min. longer)	4	1¾ 2 2½	140° (rare) 160° (medium) 170° (well done)
	8	2½ 3 4½	140° (rare) 160° (medium) 170° (well done)
Rolled ribs	4	2 2½ 3	140° (rare) 160° (medium) 170° (well done)
	6	3 3¾ 4	140° (rare) 160° (medium) 170° (well done)
Rolled rump (Roast only if high quality. Otherwise, braise.)	5 3	2¼ 160° (medium) 3¼	140° (rare) 170° (well done)
Sirloin tip (Roast only if high quality. Otherwise, braise.)	3	1½ 2 2¼	140° (rare) 160° (medium) 170° (well done)
LAMB			
Leg	6	3 3½	175° (medium) 180° (well done)
	8	4 4½	175° (medium) 180° (well done)
VEAL			
Leg (piece)	5	2½ to 3	170° (well done)
Shoulder	6	3½	170° (well done)
Rolled shoulder	3 to 5	3 to 3½	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lb.	325°	2½ to 3 hr.
	8 to 12 lb.	325°	3 to 3½ hr.
	12 to 16 lb.	325°	3½ to 4 hr.
	16 to 20 lb.	325°	4 to 4½ hr.
	20 to 24 lb.	300°	5 to 6 hr.
CHICKEN (Unstuffed)	2 to 2½ lb.	400°	1 to 1½ hr.
	2½ to 4 lb.	400°	1½ to 2½ hr.
	4 to 8 lb.	325°	3 to 5 hr.
DUCK (Unstuffed)	3 to 5 lb.	325°	2½ to 3 hr.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

BREADS, ROLLS

ANGEL BISCUITS

Jack Wade

5 c. self-rising flour
1 c. shortening
2 pkg. yeast
2 c. buttermilk

⅓ c. sugar
1 tsp. soda
¼ c. lukewarm water

Combine dry ingredients and cut in shortening. Dissolve yeast in lukewarm water. Add yeast and milk to dry ingredients. Roll out and cut into biscuits. Bake at 450° until browned on middle rack of stove. Dough will keep in refrigerator for about one week.

ANGEL BISCUITS

Jan Foster

5 c. plain flour
3 tsp. baking powder
1½ tsp. salt
1 tsp. soda
¼ c. sugar

1 c. shortening
¼ c. warm water
1 pkg. yeast
2 c. buttermilk

Mix dry ingredients. Cut in shortening. Dissolve yeast in warm water and mix with buttermilk. Add to dry ingredients. Mix until smooth. Roll out and cut with biscuit cutter. Dip in melted butter and bake at 400° for 12 to 15 minutes.

BUTTERMILK CINNAMON RAISIN BISCUITS

Sylvia Crumbley

2 c. Pioneer baking mix
¼ c. sugar
1 tsp. cinnamon

½ c. raisins
¾ to 1 c. buttermilk

Frosting:

1¼ c. 10X sugar
¾ tsp. vanilla

4 to 5 tsp. milk

Heat oven to 400°. Combine Pioneer mix, sugar, and cinnamon. Mix well. Add raisins, stirring with a fork. Add enough buttermilk until mixture leaves the sides of a bowl and soft dough forms. Turn dough out onto a floured surface. Knead

lightly until no longer sticky. Roll out ½ inch thick. Cut with 2½ inch round floured cutter. Place on ungreased cookie sheet with sides touching. Bake 10 to 15 minutes at 400°. Cool 5 minutes.

Topping: In a small bowl, combine powdered sugar, flavoring, and enough milk for desired frosting. Frost biscuits.

CHEESE SAUSAGE BISCUITS

William and Barbara Morris

1 lb. mild bulk pork sausage	½ c. water
1 small onion, finely chopped	3 c. biscuit mix
1 (11 oz.) can Cheddar cheese soup (undiluted)	½ c. grated cheese (optional)

Crumble sausage into a large skillet; add onion and cook over medium heat until sausage is browned. Drain well on paper towels. Combine all ingredients, stirring until dry ingredients are moistened. Drop batter by heaping tablespoons on lightly greased baking sheets. Bake at 425° for 15 minutes or until lightly browned. Makes about 30 biscuits.

CHEESE BISCUITS

Synthia Loner

1 c. grated sharp cheese	1 tsp. salt
1 c. butter	1 tsp. paprika
1 c. flour	Dash of cayenne

Cream butter and cheese together. Add flour and seasonings. Roll and cut with small cutter or shape into rolls. Chill and then slice. Bake at 250° for 15 minutes.

CHEESE BISCUITS

Sybil Simpkins

2 c. sifted self-rising flour	6 Tbsp. melted butter
1½ c. grated medium sharp Cheddar cheese	½ c. milk
⅓ c. cooking oil	1 Tbsp. garlic powder

Preheat oven to 400°. Combine cheese, flour, oil, milk, and 3 tablespoons melted butter till doughy. Place in lined muffin pan and bake 10 to 12 minutes until golden brown. Combine remaining 3 tablespoons melted butter and garlic powder and brush over tops with biscuits are taken out of oven. Makes 12 to 14.

GRAHAM BISCUITS

Sylvia Crumbley

1 c. self-rising flour	½ tsp. salt
1 c. whole wheat flour	4 Tbsp. shortening
2 tsp. baking powder	¾ c. milk or 1 c. buttermilk

Sift together the dry ingredients. Cut in the shortening and add the milk. Knead, roll out on floured board, and cut out with biscuit cutter. Place on greased baking sheet and cook at 450° for 12 to 15 minutes.

SWEET POTATO BISCUITS

Mary DeDuck Phillips

2 c. self-rising flour	⅓ c. sweet milk
⅛ tsp. salt	⅓ c. shortening
1 c. baked mashed sweet potatoes	

Preheat oven to 400°. Grease cookie sheet. Sprinkle salt over potatoes. Sift flour. Cut shortening and potatoes into flour. Add milk gradually (more or less, according to potatoes). Mix well and roll out. Bake 12 to 15 minutes. Butter and serve hot.

APPLE BREAD

Dot Jackson

Vegetable cooking spray	1 tsp. baking soda
2 c. sugar	1 tsp. cinnamon
1 c. oil	2 tsp. vanilla extract
3 eggs	2 c. chopped, peeled apples
3 c. all-purpose flour	1 c. chopped pecans
1 tsp. salt	

Preheat oven to 325°. Spray 2 loaf pans with vegetable cooking spray. In a large bowl, using an electric mixer, beat together sugar, oil, and eggs. In a separate bowl, stir together dry ingredients. Add dry mixture to batter and mix just until blended. Stir in vanilla, apples, and pecans into batter. Pour batter into prepared loaf pans. Bake for 1 hour or until inserted knife comes out clean.

BISHOP'S BREAD

Margaret Dickens

3 eggs
1 c. sugar
1½ c. plain flour
1½ tsp. baking powder
¼ tsp. salt
1 c. chopped roasted peanuts

1 c. dates, coarsely chopped
1 c. maraschino cherries, coarsely chopped
1 (6 oz.) pkg. semi-sweet chocolate morsels

Cream together eggs and sugar. Mix flour, salt, and baking powder together. Mix peanuts, dates, cherries, and chocolate with dry ingredients and add to first mixture. Grease loaf pan and line bottom with greased wax paper. Bake at 325° for 1 hour or until golden brown and firm to the touch.

BROCCOLI CORN BREAD

Rachael B. Payne

1 box Jiffy corn bread mix
1 tsp. salt
1 Tbsp. flour
1 stick butter, melted

1 small onion, chopped
4 eggs
6 oz. cottage cheese
1 small frozen broccoli

Cook broccoli; drain and chop. Mix all ingredients; pour in well greased casserole dish. Bake at 350° for 20 to 25 minutes. Serve while hot.

BROCCOLI BREAD

Ethel Foster

1 (8½ oz.) pkg. corn bread muffin mix
1 onion, chopped
6 oz. cottage cheese
1 stick margarine

½ tsp. salt
4 eggs, beaten
1 pkg. frozen chopped broccoli, thawed and drained

Mix together and bake in 2 quart greased Pyrex dish at 400° for 45 minutes. May take a little longer.

CRUSTY GARLIC BREAD

Nikki Braswell

2 cloves garlic, minced
2 tsp. olive oil
2 Tbsp. chopped fresh parsley
2 Tbsp. chopped fresh thyme or 2 tsp. dried thyme
2 tsp. chopped fresh marjoram or ¾ tsp. dried marjoram

½ tsp. paprika
2 Tbsp. grated Parmesan cheese
2 small (4 oz.) loaves Italian or French bread

Preheat oven to 350°F. In a small bowl, combine the garlic and oil; mix well. In another small bowl, combine parsley, thyme, marjoram, and paprika. Add Parmesan; mix well. Cut each loaf crosswise into diagonal slices without cutting all the way through. Brush cut side of slices with garlic oil. Sprinkle herb mixture between slices. Wrap each loaf in foil; place on a baking sheet. Bake until heated through, about 10 to 15 minutes. Unwrap the loaves and place them on a breadboard or basket. Serve immediately.

PULL APART BACON BREAD

Bill and Barbara Morris

1 (16 oz.) smoked bacon
1 tsp. vegetable oil
¾ c. finely chopped green pepper

3 (7½ oz.) refrigerated buttermilk biscuits
½ c. margarine, melted
½ c. (2 oz.) shredded cheese

Cook bacon until crisp. Drain and crumble into small pieces. Set aside. Place oil in skillet; heat over medium heat till oil is hot. Add green pepper and onions; saute until tender. Cut biscuits in fourths and place in large mixing bowl. Add sauteed vegetables, crumbled bacon, margarine, and cheese; toss until thoroughly mixed. Place in 10 inch tube pan coated with vegetable cooking spray. Bake at 350° for 30 minutes. Immediately invert onto large serving plate. Serve warm.

BANANA NUT BREAD

Doris Simpkins

½ c. butter
1 c. sugar
2 eggs
3 bananas, mashed (1 c.)
2 c. flour

1 tsp. soda
⅓ c. buttermilk
½ tsp. salt
½ c. pecans, chopped

Cream butter and sugar; add eggs. Sift flour with soda and salt. Add milk and flour alternately. Add bananas and pecans. Bake at 350° until firm.

BANANA BREAD

Mary DeDuck Phillips

(Food processor)

2 medium bananas (very ripe)

1/2 c. margarine, chilled

1 1/2 c. plain flour

3/4 c. sugar

2 eggs

1/4 c. milk

2 tsp. lemon juice or vinegar

1 tsp. soda

1/2 tsp. salt

1/2 c. walnuts or pecans (optional)

Position knife blade in bowl. Cut bananas in 1 inch pieces and cut margarine into 6 pieces. Process until finely chopped, about 20 seconds. Add remaining ingredients and process about 10 seconds. Turn off. Scrape sides of bowl and add nuts if desired. Process 2 to 3 seconds longer. Do not overprocess as this will make bread coarse. Turn into 9x5 inch loaf pan. Bake at 350° for 55 to 60 minutes until bread springs back when touched lightly in middle. Cool before removing from pan.

BANANA-NUT BREAD

Betty Jane Cass

1 1/3 c. self-rising flour

1/2 tsp. soda

3/4 c. sugar

3 (very ripe) bananas, mashed (1 1/3 c.)

1/2 c. chopped pecans

1 tsp. baking powder

1/3 c. corn oil or margarine

1 large egg, beaten

1/4 tsp. coriander

Spray 9x5x3 inch loaf pan. Dust with flour. Sift flour, baking powder, and soda into bowl. In large mixing bowl, beat margarine. Blend in sugar; beat until creamy. On low speed, add bananas, coriander, and nuts. Blend in 1/2 flour mix. Remove bowl from mixer and add remaining flour by hand just until moistened. Pour into pan and bake at 350° for 50 minutes or until toothpick tests clean. Remove from oven. Place on rack. Cover with clean towel. Cool 10 minutes. Store in refrigerator.

RAISIN WHEAT-HONEY BREAD

Doris Latimer

4 pkg. yeast

1 Tbsp. sugar

2 c. warm water

3 c. white flour

1 c. raisins

1 c. water

1/2 c. honey

1/2 c. shortening

2 eggs

1 Tbsp. salt

8 c. whole wheat flour

1/4 c. wheat germ (optional)

Dissolve yeast and sugar in warm water. Add white flour. Let rise for 10 to 20 minutes. Blenderize raisins and water. Add yeast mixture together with raisins,

honey, shortening, eggs, salt, and 2 cups whole wheat flour. Mix well with mixer. By hand, put in the rest of whole wheat flour. Knead well. Let rise twice. Shape and put into greased pans. Let rise and bake at 350° for 20 to 25 minutes.

MONKEY BREAD

Barbara Thayer

4 cans biscuits

2/3 c. sugar

1/2 tsp. cinnamon

1 1/2 sticks margarine

1 c. sugar

1 1/2 tsp. cinnamon

Chopped nuts (to cover bottom)

Quarter each biscuit; butter tube pan. Place chopped nuts in bottom of pan. Mix 2/3 cup sugar with 1/2 teaspoon cinnamon into bag. Put biscuits in and coat. Drop biscuit pieces into pan. Do not press down. Mix margarine, 1 cup sugar, and 1/2 teaspoon cinnamon. Heat to boiling. Boil 2 to 3 minutes (enough to dissolve sugar). Pour over biscuits and bake at 350° for 30 minutes. Invert and pull apart to eat.

MONKEY BREAD

Mardell Puckett

1 3/4 c. brown sugar

1 1/2 sticks margarine

3 tsp. cinnamon

3 cans biscuits (10 count)

Raisins, coconut, cherries, nuts, or crushed pineapple (if desired)

Place sugar and cinnamon in large bowl with lid. Seal and shake to mix. Cut biscuits in quarters and add to sugar mixture, a few at a time. Seal lid and shake to coat biscuits. Grease tube pan with butter; sprinkle a little sugar mixture and melted butter over bottom of pan. Layer biscuits in pan. After each layer, drizzle with sugar mixture and butter. If using fruit, layer this also. When all biscuits are layered in pan, add remainder of sugar mixture to melted butter and pour over bread. Bake at 350° for 45 minutes.

FRESH ZUCCHINI BREAD

Mary DeDuck Phillips

(Food processor)

1 c. walnuts

1 medium zucchini (about 1 1/2 c.)

1 c. vegetable oil

1 c. sugar

2 eggs

2 tsp. vanilla

1/2 tsp. soda

1/2 tsp. cinnamon

1/2 tsp. salt

1/4 tsp. baking powder

1 1/2 c. plain flour

Position knife blade in bowl and chop walnuts. Set aside. Cut zucchini to fit in food chute and shred. Position knife blade in bowl. Add sugar, eggs, vanilla, baking soda, cinnamon, salt, and baking powder. Process 15 seconds. Add flour to bowl; pulse 2 to 3 times to mix. Stop and scrape sides of bowl. Pulse 1 or 2 times more. Remove knife blade. Add nuts and zucchini and stir in by hand. Pour batter into greased and floured 9x5 inch loaf pan. Bake at 350° until loaf tests done, about 1¼ hours.

BUTTERY SWEET BREAD

*Shannon Brantley Godfrey
Daughter of Ronnie and Howard Brantley*

(Bread machine)

½ c. milk	¼ c. sugar
⅓ c. water	1 tsp. salt
1 egg	½ stick margarine
3⅓ c. bread flour	2 tsp. bread machine yeast

Put wet ingredients in loaf pan as listed. Warm milk and water 30 seconds in microwave. Warm egg in cup of warm water, about 30 minutes. Add flour, sugar, and salt. With spoon, push dry mixture into corners of pan. Cut margarine (softened) into four pieces. Put one in each corner of pan. Put yeast in center of mixture. Bake according to bread machine directions.

SOUTHERN CORN BREAD DRESSING

*Sheria Mooney
Marion Reeves*

2 c. corn bread crumbs	5 ribs celery, chopped
2 c. biscuit and/or white bread crumbs	Butter or margarine
1 can cream of chicken soup	Chicken broth (enough to make it as thin or thick as you like it - add more crumbs if too thin)
1 c. canned cream or milk	Salt and pepper to taste
4 to 6 eggs	2 Tbsp. poultry seasoning
2 Tbsp. mayonnaise	
1 large onion, chopped	

Saute celery and onions in butter. Beat eggs. Add to other ingredients and mix well. Bake at 400° for 45 to 60 minutes, until light brown.

CORN BREAD DRESSING

Ethel Foster

1 c. meal (plain)	½ loaf bread (white)
½ c. flour	2 onions, chopped
3 tsp. baking powder	2 eggs, beaten
2 eggs	2 qt. chicken broth
Pinch of salt	1 Tbsp. salt
4 Tbsp. oil	½ tsp. pepper
¾ c. sweet milk	2 Tbsp. poultry seasoning

Make corn bread first. Mix together meal, flour, baking powder, eggs, salt, oil, and milk. Bake in oven at 400° for 25 minutes or until brown. Mix corn bread with loaf bread, onions, eggs, and broth; add salt, pepper, and poultry seasoning. Bake at 425° for 30 to 40 minutes.

MEXICAN CORNBREAD

Marie Spradley

2 c. cornmeal	1 large jalapeno pepper, chopped
¾ c. oil	½ bell pepper, chopped
1 c. buttermilk	1 c. whole kernel corn
3 eggs, well beaten	
1 c. shredded Cheddar cheese	

Mix all ingredients together. Put in large greased iron skillet. Bake 30 to 45 minutes or until brown.

MEXICAN CORN BREAD

Marion Reeves

1½ c. self-rising corn meal	1 c. buttermilk
3 hot chili peppers, chopped	1 medium onion, chopped
3 eggs, beaten	1½ c. grated cheese
1 c. cream style corn	Salt to taste
⅔ c. cooking oil	

Beat eggs together; add rest of ingredients and about 1 cup grated cheese. Pour into greased baking pan and sprinkle remaining cheese on top. Bake at 350° for 30 minutes or until brown.

VIDALIA CORNBREAD

Ethel Foster

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|---------------------------|------------------------------------|
| 2 c. self-rising cornmeal | 2 Tbsp. vegetable oil |
| 1 Tbsp. sugar | 2 c. sweet milk |
| 1 tsp. baking powder | 2 c. finely chopped Vidalia onions |
| 1 egg, slightly beaten | |

Combine all ingredients except onions (batter will be thin). Stir in onions, mixing well. Pour into a well-greased iron skillet and bake at 350° for 30 minutes or until light brown. Let cool 10 minutes before serving. Serves 8.

CHEDDAR MUFFINS

Sybil Simpkins

- | | |
|--|---|
| 1 $\frac{3}{4}$ c. plain flour | $\frac{1}{4}$ tsp. red pepper |
| $\frac{1}{2}$ c. (2 oz.) grated sharp Cheddar cheese | 1 beaten egg |
| $\frac{1}{4}$ c. sugar | $\frac{3}{4}$ c. milk |
| 2 tsp. baking powder | $\frac{1}{3}$ c. cooking oil |
| $\frac{1}{4}$ tsp. salt | 6 strips bacon, cooked crisp and crumbled |

Grease muffin tins or use paper liners. In bowl, stir together flour, cheese, sugar, baking powder, salt, and pepper. Make a well in the center. In a small bowl, combine egg, milk, and oil. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy). Fold in crumbled bacon. Fill prepared cups even with the top. Bake at 400° for 20 to 25 minutes or until muffins are golden. Remove from pan and serve warm.

RAISIN BRAN MUFFINS

Mary DeDuck Phillips

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|----------------------------|---------------------|
| 1 (15 oz.) box raisin bran | 3 tsp. soda |
| 5 c. plain flour | 2 tsp. salt |
| 3 c. sugar | 5 eggs, well beaten |
| 1 c. vegetable oil | 1 qt. buttermilk |

Sift together flour, soda, and salt. Mix with other dry ingredients and add oil, eggs, and buttermilk. Mix well. Fill greased muffin tins $\frac{2}{3}$ full. Bake at 350° for 20 to 30 minutes, or until done. Allow to cool a few minutes before removing from tins. Batter will keep in refrigerator for up to six weeks.

MUFFINS "CALAVAZA"

Mary DeDuck Phillips

(Spanish for pumpkin)

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|---|------------------------------------|
| 2 eggs | 1 tsp. soda |
| 1 c. sugar | 1 tsp. baking powder |
| $\frac{2}{3}$ c. oil | $\frac{1}{2}$ tsp. salt |
| 8 oz. ($\frac{1}{2}$ can) canned pumpkin | $\frac{1}{2}$ tsp. orange peel |
| 1 $\frac{1}{2}$ c. plain flour | $\frac{1}{2}$ tsp. lemon peel |
| 1 $\frac{1}{2}$ tsp. apple pie spice | $\frac{1}{2}$ c. raisins |
| | $\frac{1}{2}$ c. walnuts or pecans |

Beat eggs and add sugar, oil, and pumpkin. Sift together dry ingredients and add to pumpkin mixture, a little at a time. Fold in raisins and nuts. Fill small or miniature tins sprayed with Pam about $\frac{3}{4}$ full. Bake at 350° for 20 minutes. For large muffins, bake 25 minutes. For loaf pan, bake 40 to 50 minutes.

BRAN REFRIGERATOR ROLLS

Sylvia Crumbley

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|---------------------------|--------------------------------|
| 1 c. shortening | 1 c. lukewarm water |
| $\frac{3}{4}$ c. sugar | 2 pkg. yeast |
| 1 c. All-Bran | 2 beaten eggs |
| 1 c. boiling water | 6 $\frac{1}{2}$ c. plain flour |
| 1 $\frac{1}{2}$ tsp. salt | |

Add shortening, sugar, All-Bran, and salt to the boiling water and stir until well dissolved. Cool. Soften yeast in lukewarm water. Add it and the eggs to the first mixture. Add the flour and mix well. Place in greased bowl and put in refrigerator until ready to use. When ready to bake, roll out 1 to 2 hours before baking time. Bake at 400° until done. Makes 80 rolls.

NEVER FAIL DINNER ROLLS

Sybil Simpkins

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|-----------------------------|---|
| 2 pkg. yeast | 3 eggs, beaten |
| 2 c. lukewarm water | 6 $\frac{1}{2}$ c. flour (plain) or 2 c. whole wheat flour and 4 $\frac{1}{2}$ c. white flour |
| $\frac{1}{2}$ c. shortening | |
| $\frac{1}{2}$ c. sugar | |
| 2 tsp. salt | |

Dissolve yeast in water. Add sugar, salt, and 3 cups flour. Beat until smooth. Add shortening and eggs and beat well again, then stir in rest of flour or enough to make the dough easily handled. Knead well and place in greased bowl. Cover and set in warm place. Let rise until more than doubled in size (2 hours or longer). Shape into rolls and place in well greased pan. Cover and let rise until light (20 to 30 minutes). Bake at 375° for 25 minutes.

ONE-STEP SUPPER ROLLS

Sybil Simpkins

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|--|-------------------------|
| 1 (8 oz.) sour cream | Melted butter |
| 1 whole egg or 2 yolks | Sesame seeds if desired |
| 2 c. pancake mix or buttermilk biscuit mix | |

In mixing bowl, beat together with a fork the sour cream and egg. Add pancake mix and stir until moistened. Drop with tablespoon onto greased baking sheet or into muffin tins. Cover with melted butter and sprinkle with sesame seeds if desired. Bake at 375° for 10 to 12 minutes. Makes about 18 (2 to 2½ inch) drop rolls.

REFRIGERATOR ROLLS

Dot Winstead

- | | |
|-------------------------------|------------------|
| 1 pkg. yeast | 6½ to 7 c. flour |
| 1½ c. warm water | Melted butter |
| ⅔ c. sugar | |
| 1 c. lukewarm mashed potatoes | |

Dissolve yeast in water. Mix in sugar, salt, shortening, eggs, potatoes, and 4 cups flour. Beat smooth. Mix in remaining flour as needed to handle. Knead smoothly. Cover lightly and refrigerate 8 hours. Punch down and shape as desired. Let rise 45 to 60 minutes. Bake at 400°. Leftover dough will keep in fridge up to 5 days. Bake until brown.

REFRIGERATOR ROLLS

Cecelia Padgett

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|--------------------------------|-----------------------------|
| 1 pkg. RapidRise yeast | 3½ c. plain flour |
| ½ c. oil | ¾ tsp. salt |
| 1 c. warm water (105° to 115°) | 1 egg (at room temperature) |
| | ¼ c. sugar |

Dissolve yeast in warm water. Mix salt, oil, egg, and sugar. Add 1 cup flour, then add some yeast water and more flour until all is mixed well. Let rise in covered bowl about 2 hours; place in refrigerator until you want to cook rolls. Knead bread dough and make out your rolls. Let rise again about 2 or 3 hours and bake at 400° until brown.

This dough will keep in refrigerator for 2 or 3 days.

SPOON ROLLS

LaBrista Garrison

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|--------------------------------|------------------|
| 1 pkg. dry yeast | 1 egg, beaten |
| 2 c. warm water | ¾ c. cooking oil |
| 4 c. self-rising flour, sifted | 4 Tbsp. sugar |

Dissolve yeast in warm water. Combine ingredients. Keep in refrigerator. Cook in muffin pan at 450° until brown.

QUICK ROLLS

Mary DeDuck Phillips

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|------------------------|-----------------|
| 2 c. self-rising flour | 1 c. sweet milk |
| 4 Tbsp. margarine | 1 Tbsp. sugar |

Mix all ingredients about 2 minutes. Pour into a 12 cup muffin pan. Bake 10 minutes or until golden brown at 400°.

QUICK AND EASY CRUNCHY ROLLS

Dot Winstead

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|--|------------------------------------|
| 1¼ c. Rice Krispies cereal, crushed coarsely | 3 tsp. milk (cream or whole milk) |
| ¼ c. grated Parmesan cheese | 1 (6 oz.) can large flaky biscuits |
| ½ tsp. salt | |

Cut biscuits into fourths. Shape into balls (4 balls per biscuit). Combine first 3 ingredients. Dip balls in milk. Roll in cereal mixture and place 1 inch apart on a lightly greased or Pam coated baking sheet. Bake at 400° for 6 to 8 minutes or until brown. Yield: 20 rolls.

GRANNY FRENCH TOAST

Annie Ruth Seagraves

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|------------------|--------------------|
| 1 c. sugar | Dash of salt |
| Dash of cinnamon | Margarine |
| 3 eggs | Day-old loaf bread |
| 2 c. milk | |

Mix sugar, cinnamon, and salt; add the eggs and beat well. Mix in the milk. Heat frying pan with margarine. Dip the bread in the mixture. Put in pan and fry both sides of toast.

ORANGE BREAKFAST RING

Dot Jackson

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|----------------------------|--------------------------|
| 1 c. sugar (granulated) | 1 (5 count) Hungry Jack |
| 3 Tbsp. grated orange rind | buttermilk biscuits |
| 1 (10 count) Hungry Jack | 1/3 c. margarine, melted |
| buttermilk biscuits | |

Mix orange rind and sugar. Melt margarine. Dip biscuits in margarine, then roll in sugar mix. Stand biscuits on end in a Bundt pan and bake in a 350° oven for 30 minutes. Remove from oven and let cool some (not completely) before icing with the following.

Icing:

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|--|------------------------------|
| 1 (3 oz.) pkg. cream cheese,
softened | 1/2 c. sifted powdered sugar |
| | 2 Tbsp. orange juice |

STICKY BUNS

Ann Goodson

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|--|------------------------------------|
| 1 pkg. Rich's (or store brand)
frozen rolls | 1 c. brown sugar |
| 1 pkg. butterscotch pudding
mix (not instant) | 1 stick butter |
| | Pecans (to cover bottom of
pan) |

Night before: Cut frozen rolls in halves or 1/4 and layer over pecans in bottom of 11x14 inch pan which has been sprayed with Pam. Sprinkle dry pudding mix over rolls. Melt butter and stir in brown sugar. Pour over rolls. Leave on counter overnight to rise. In morning, bake at 400° for 15 to 20 minutes. Invert immediately or you'll never get the pan clean.

HUSH PUPPIES

Sylvia Crumbley

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|-----------------------------|-------------------|
| 1 c. cornmeal (self-rising) | 1 egg |
| 2 Tbsp. flour | 3/4 c. buttermilk |
| 1 large grated onion | |

Mix together and drop by teaspoon in hot oil. Cook until brown.

HUSH PUPPIES

Irene Walters

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|--------------------------------|--------------------------|
| 1 c. corn meal | 1 1/2 to 2 c. buttermilk |
| 1/2 c. flour | 1 tsp. salt |
| 1 tsp. baking powder | 2 to 5 Tbsp. hot oil |
| 1/2 tsp. baking soda | Dash of garlic powder |
| 1/2 c. green onions or parsley | (optional) |
| 2 eggs | |

Mix all dry ingredients in a bowl; add eggs and buttermilk to make stiff batter. Add 2 to 5 tablespoons of hot oil. Drop by spoonfuls into deep hot oil. Drain on paper toweling.

VEGETABLE HUSH PUPPIES

Maxine Hornick

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|--------------------------------------|----------------------------|
| Vegetable oil for deep fat
frying | 2 scallions (about 1/4 c.) |
| 1 (8 1/2 oz.) corn muffin mix | 1 egg |
| 1 plum tomato, diced | 2 Tbsp. seltzer |
| 1/3 c. yellow squash, diced | 1 1/4 tsp. baking powder |
| 1/4 c. bell pepper | 1/4 tsp. salt |
| | 1/4 tsp. pepper |

Heat oil in deep pot. Stir together all other ingredients until well combined. Drop by tablespoon into hot oil and cook until brown. Makes 24 hush puppies.