

Meats, Main Dishes & Casseroles



Henry Zeisset and Lou Hoerman

Women were expected to provide meals for the extra men hired to help with harvest. When the threshing was done, there could be many extra men. In Gladys Llewelyn's notebook, she received advice from her sister, Louise Hoerman Cott, regarding meal planning for such occasions. Both dinner and supper were served for about three days. A sample menu consisted of mashed potatoes, chicken and gravy, creamed peas with carrots, cooked cabbage, pickles, bread and butter, caramel dumplings with whipped cream, ice tea and coffee. "For 14 men it takes about 4 fried chickens and 8 pounds of roast or steak, 2 1/2 heads of cabbage for 14 men." They always had pickles.

Meats, Main Dishes & Casseroles

Cheese and Macaroni

B.J. Morris Weyer,

G-Granddaughter of Lizzie

1 (1 lb.) pkg. macaroni
1/2 stick butter
1 lb. sharp cheese, grated
1 tsp. salt

Pepper, to taste
3 sm. eggs, beaten
1/2 c. milk
1 c. half & half

Boil macaroni in water until tender. Wash and drain thoroughly. Butter a casserole and layer the ingredients: macaroni, slices of butter, salt and pepper and cheese. Make 2 layers. Pour the eggs combined with milk and cream over the layers. Bake at 350° for 45 minutes to 1 hour, or until custard is set. Yield: 10 servings.

Note: This can be made the day before and cooked just before serving. Chopped onion and green pepper may be added for additional flavor.

Beef

BBQ Beef

Diane Potts,

G-Granddaughter of Jake

1 (3 lb.) beef brisket
1/2 c. water
3 T. vinegar

2 T. Worcestershire sauce
1 tsp. ground cumin or chili powder
Bottled BBQ sauce, to taste

Cut brisket to fit crock-pot. Mix rest of ingredients, except barbecue sauce. Pour over brisket. Cover and cook on low for 10 to 12 hours, or on high for 4 to 5 hours. Discard liquid. Remove meat, trim any fat and shred. Return to crock-pot and stir in barbecue sauce. Cover and warm through.

I like KC Masterpiece barbecue sauce.

Barbecups

Kathryn Lewis Perea,
G-Granddaughter of Jacob

Brown and drain 3/4 pound of ground beef.

Add:

1/2 c. barbecue sauce	1 (8 oz.) can refrigerated tender flake biscuits
1 T. instant minced onion	
2 T. brown sugar	

Press each into an ungreased muffin cup, making sure dough goes up to edge of cup. Spoon meat mixture into cups and sprinkle with 3/4 cup shredded Cheddar cheese. Bake at 400° for 10 to 12 minutes. Yield: 12 servings.

Barbecups

Sheila Morris Mollere,
G-Granddaughter of Lizzie

3/4 lb. ground beef	1 T. instant minced onion
1/2 c. barbecue sauce	1 can refrigerator biscuits
2 T. brown sugar	3/4 c. Cheddar cheese, shredded

In large skillet, brown ground beef; drain. Add barbecue sauce, brown sugar and onion. Separate dough into biscuits. Press each biscuit in an ungreased muffin cup, pressing dough up sides to edge of cup. Spoon meat into cups. Bake 10 to 15 minutes in 400° oven until golden brown. Sprinkle with cheese.

BBQ Meat Balls

Mary Ann Cotts Fowles,
Granddaughter-in-Law of Bettie

3 lb. ground beef	1 lg. can evaporated milk
2 c. cracker crumbs	1 onion, chopped
1/2 tsp. garlic powder	1 tsp. salt
2 eggs	2 tsp. chili powder

Combine all ingredients and form into balls. Place in large baking dish or may use 2 smaller ones.

2 c. ketchup	1 c. brown sugar
2 T. liquid smoke	1/2 tsp. garlic powder
Sm. amount of water	

Pour sauce over prepared meat balls. Bake at 350° for 45 minutes, covered. Uncover and bake 15 minutes more.

Beef and Barley Stew

Lee Swart,
Grandson of Louise

2 lb. beef stew	1 lg. onion, chopped
1/4 c. flour	1 lg. carrot, diced
2 T. cooking oil	1 stalk celery, diced
Salt & pepper, to taste	1 (4 oz.) can sliced mushrooms
1 (10 oz.) can beef broth	1/4 c. barley
1 (10 oz.) can water	

Place the beef and flour in a sack; shake until the meat is coated. Heat the oil on medium heat in a deep heavy kettle and add the meat. Season with salt and pepper. Stir until meat browns. Add the beef broth and water; stir in the onion, carrot and celery. Add the mushrooms and liquid. Add the barley. Simmer, covered, for 1 1/2 to 2 hours. Stir occasionally and add more water, if necessary. Yield: 4 to 6 servings.

Variations: Add 2 bay leaves, 1/2 teaspoon basil, 1/2 teaspoon thyme, additional diced carrot and celery stalk. Remove bay leaves before serving.

This stew freezes well.

Beef Bourguignon

Bettie Swart Burns,
Granddaughter of Louise

2 slices bacon	1/2 c. burgundy or other red wine (opt.)
1 1/2 lb. beef cubes, about 1" cubes	2 T. chopped parsley
1 (10 1/2 oz.) can golden mushroom soup	1 med. bay leaf
1 1/2 c. (12) sm. whole white onions, canned or frozen	1 clove garlic, minced

In large heavy pan (or electric skillet), cook bacon until crisp; remove. In bacon drippings, brown beef cubes. Add soup, wine, garlic, bay leaf, parsley and crumbled bacon. Cover and cook over low heat for 1 hour, stirring frequently. Add onions; cook 1 hour longer, or until tender. Remove bay leaf. Yield: 4 to 6 servings.

Serve over rice.

Leftover roast beef, cubed, works fine also.

Beef Enchiladas

Ashley Leihsing,
GG-Granddaughter of Louise

Mix together and heat in shallow pan:

1 can cream of mushroom soup	1 can Cheddar cheese soup
1 can enchilada sauce	1 can chopped green chilies

Brown:

2 1/2 lb. ground beef (drain)	1 chopped onion
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Dip tortilla in sauce, fill with meat and grated cheese. Roll and place in shallow pan. Pour remaining sauce over tortillas and top with grated cheese. Bake at 325° for 35 to 40 minutes.

Beef or Chicken Stir-Fry

Pamela Swart Leihsing,
G-Granddaughter of Louise

2 lb. thinly-sliced beef or chicken	Frozen peas
Vegetable oil	1 lb. spaghetti, broken in 1/4 size pieces, cooked & drained
1 T. minced garlic	4 pkg. brown gravy mix (for beef) or
Broccoli (fresh or frozen flowerets)	4 pkg. chicken gravy mix (for chicken), prepared
1 pkg. carrots, sliced into coins	
Onion, sliced	

Sauté the chicken or beef in the oil with the garlic. Add carrots, broccoli, onions and peas in desired amounts. When vegetables are cooked, add the gravy and cooked spaghetti. You may omit vegetables your family doesn't like or add vegetables they do (squash, water chestnuts, etc.).

Beer Brisket

Debbie Rowley Mercer,
G-Granddaughter of Louise

1 (4 lb.) brisket	Salt & pepper, to taste
1 med. onion, peeled & thinly sliced	

SAUCE:

1/4 c. chili sauce	2 T. brown sugar
1 clove garlic or 1/2 tsp. prepared	1 (12 oz.) btl. beer
2 T. flour	

Trim the fat from the brisket. Season with salt and pepper. Place the meat in a baking pan, cover with onion slices.

Sauce: Combine ingredients and pour over meat. Cover the brisket with foil. Bake in preheated 350° oven for 5 to 6 hours. Uncover during the last 30 minutes and baste with juices. Yield: about 8 servings.

Bierrock Casserole

Linda Nelson King,

G-Granddaughter of Lizzie

1 1/2 lb. ground beef
1/2 med. onion, diced
1 sm. head cabbage, thinly sliced

1 (10 oz.) can mushroom soup
2 c. grated Cheddar cheese
2 tubes crescent rolls

Unroll 1 tube crescent rolls flat and press into greased 9x13-inch pan. Brown ground beef and onions together; drain and return to skillet. Add soup, thinly-sliced cabbage and salt and pepper to taste. Cook until cabbage is tender. Pour mixture over rolls in pan. Sprinkle Cheddar cheese over top. Unroll second tube of crescent rolls flat over cheese layer. Bake at 350° for 20 to 25 minutes, or until rolls are browned.

Calico Beans

Sheila Morris Mollere,

G-Granddaughter of Lizzie

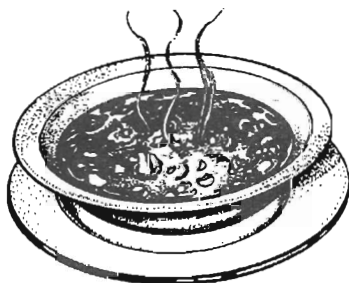
1 can pork & beans
1 can red kidney beans
1 can butter beans (not limas)
2/3 c. brown sugar
1/2 c. ketchup
1 tsp. dry mustard
3 T. vinegar
1 c. chopped onions

1/2 lb. bacon, fried (I use 1/2 jar Hormel bacon pieces)
1/2 lb. ground beef, browned & drain grease
Pinch of white pepper
2 T. molasses
1/2 tsp. salt (I seldom add any salt)

Brown beef and onion together. Remove from heat and add remaining ingredients to a crock-pot or baking dish. Bake at 225° for 2 hours. If using crock-pot, cook on high for 3 hours.

Keeps in refrigerator for some time.

I double all the above ingredients and it will fit in a 5-quart crock-pot. Also, I drain all the beans and reserve the juice if needed for later should beans become too dry when baking.



Cranberry Pot Roast

Hazel Wilson Morris,

Granddaughter-in-Law of Lizzie

1 (2 1/2 to 3 lb.) pork loin
1 can jellied cranberry sauce
1/2 c. sugar

1/2 c. cranberry juice
1 tsp. dry mustard
1 tsp. cloves

Place roast in crock-pot. Mash cranberry sauce. Stir in sugar, cranberry juice, mustard and cloves. Pour over roast. Cover and cook on low 6 to 8 hours, or until meat is tender. Remove meat and keep warm.

GRAVY:

2 T. cornstarch
2 T. cold water

Salt, to taste

Skim fat from juice. Measure 2 cups, adding water if necessary. Pour into pan. Bring to a boil over medium heat. Combine cornstarch and cold water. Make paste. Stir into gravy. Cook and stir until thickened.

Easy Lasagna

Pamela Swart Leihsing,

G-Granddaughter of Louise

2 lb. ground beef, cooked
2 lb. (32 oz.) frozen cheese-stuffed
ravioli

1 (32 oz.) jar spaghetti sauce
1 (16 oz.) ctn. cottage cheese
3 c. shredded Mozzarella cheese

Brown beef and drain fat. Boil the ravioli and drain. Add sauce and cottage cheese to the meat mixture. In 9x13-inch pan, layer 1/3 of the meat mixture, 1/3 of the cheese ravioli and 1/3 of the Mozzarella cheese. Repeat layers. Cover with foil. Bake at 350° for 55 to 60 minutes. Remove foil and let stand 10 minutes before serving.

I have served this for many athletic team dinners. The mothers always ask for my recipe which I only had in my head.



Enchilada Bake

Janet Nelson Hill,
G-Granddaughter of Lizzie

1 1/2 lb. ground beef
1 c. chopped onions
1 1/2 tsp. ground cumin
1/2 tsp. pepper
2 cloves garlic
4 tsp. chili powder

1 1/2 tsp. salt
2 c. taco sauce
12 (8") flour tortillas
1 lb. shredded Monterey Jack or
Cheddar cheese
1 c. sour cream

Cook beef and onion over medium heat until meat is brown; drain. Add cumin, garlic, chili powder, salt and pepper. Simmer 10 minutes, uncovered. Meanwhile, pour 1/2 cup taco sauce into 9x13-inch casserole. Arrange half of the tortillas to cover sauce. Pour 1/2 cup additional taco sauce over tortillas. Spoon on beef mixture. Top with sour cream and half of the shredded cheese. Top with remaining tortillas. Spread remaining taco sauce and cheese over tortillas. Cover with foil and bake at 350° for 40 minutes. Remove foil and bake another 5 minutes.

Enchilada Casserole

Diane Potts,
G-Granddaughter of Jake

2 lb. hamburger
1 can cream of chicken soup
2 (10 oz.) cans mild or hot enchilada
sauce
1 can chopped green chilies
1/2 c. milk

1 med. onion
1 can cream of mushroom soup
1 1/2 to 2 lb. shredded Cheddar
cheese
1 pkg. frozen corn tortillas

Brown hamburger with chopped onion; drain grease. Add to meat, soups, enchilada sauce, chilies and milk. Heat through. Grease 9x13-inch baking pan and layer meat sauce, tortillas, sauce and cheese. Repeat layering, ending with cheese on top. Bake at 350° for 30 minutes, uncovered. Serve with chips.

Another favorite of Roger.

Hamburger Casserole

Ruth Swart,
Granddaughter-in-Law of Louise

8 to 10 oz. noodles
1 lb. ground beef
1 (8 oz.) can tomato soup or juice
1 c. cottage cheese
1 sm. pkg. cream cheese

1/2 c. sour cream
1/3 c. chopped green onions
1 T. chopped green pepper
2 T. melted butter

Combine cottage cheese, cream cheese, sour cream, onions and green peppers. Brown hamburger. Add tomato and remove from heat. Butter casserole and spread with half the noodles. Cover with cheese mixture. Add rest of noodles. Drip butter over all. Top with hamburger mixture. Bake at 350° for 20 to 30 minutes.

Lasagna

Gladys Swart Rowley,
Granddaughter of Louise

2 (16 oz.) pkg. bite-size lasagna
noodles
3 lb. hamburger
1 onion, chopped
1 bell pepper, chopped
1 tsp. oregano
3 tsp. salt, or to taste
Garlic powder, to taste

Bay leaves
1 (12 oz.) can tomato paste
1 (16 oz.) can tomato paste
1 (16 oz.) ctn. small-curd cottage
cheese
1 (16 oz.) pkg. Mozzarella cheese,
shredded

Brown meat and drain. Add onion, bell pepper, oregano, salt, garlic powder, tomato paste and bay leaves. Simmer for 1 hour. Cook the lasagna noodles per instructions on package. Mix together the cottage and Mozzarella cheese. In a 9x13-inch casserole baking dish, alternate layers of noodles, hamburger mixture and the cheese mixture, putting about one half of each mixture for each layer. Bake at 350° for about 30 minutes, or until cheese is melted and brown.

If desired, substitute 12-ounce can of tomato sauce for 12 ounces of tomato paste.

Party Lasagna Casserole

Lee Swart,
Grandson of Louise

4 c. noodles
1 T. butter
1 lb. ground chuck
1 (8 oz.) can tomato sauce
1 c. cottage cheese
1 (8 oz.) pkg. cream cheese

1/4 c. sour cream or milk
1/3 c. minced onions
1 T. minced green pepper
2 T. butter
Salt, pepper & a little garlic powder

Cook and drain noodles. Sauté hamburger in butter until brown. Add tomato sauce and set some place to cool for a while. Mix cottage cheese, cream cheese, sour cream, onions and peppers. Put half of noodles on bottom of an 8x8-inch baking dish, cover with cheese mixture. Top with rest of noodles. Pour melted butter over the noodles, then put meat mixture on top. Chill. When nearly ready to serve, bake at 375° for 45 minutes, or until bubbly hot. Yield: 8 servings.

Serve with tossed salad and hot rolls.

This recipe is Bryona Wiley, Lee's "house mother" during his days at the University of Kansas. She served this to the Swart family when they were in Lawrence for Lee's graduation on June 1, 1959.

Mexican Casserole

Joan Carlson Morley,
Granddaughter of Lizzie

1 1/2 lb. ground beef

1 sm. onion, chopped

Brown meat and onions. Drain and put into a 9x13x2-inch dish. Add the following ingredients in the order given.

1 can Ranch-style beans

1 can cream of mushroom soup

1 can Ro-Tel chili tomatoes

5 oz. Cheddar cheese, grated

1/2 pkg. corn tortillas, tear in pieces

Cover with foil and bake 30 minutes at 350°. Uncover and bake 10 minutes longer, or until it bubbles. Let stand a few minutes before serving.

Hamburger Stir-Fry

Linda Nelson King,
G-Granddaughter of Lizzie

1 lb. hamburger

1/2 c. stir-fry sauce

2 1/2 c. water

3 c. mixed vegetables

2 pkg. Ramen Oriental noodles (use
1 seasoning pkg.)

Cook hamburger until brown. Add water, seasoning mix, stir-fry sauce and mixed vegetables. Cook for 5 minutes, then add noodles and cook for 5 to 8 minutes, until done.

Hamburger Stroganoff

Audrey Leihising,
GG-Granddaughter of Louise

2 lb. ground beef, cooked & drained

1/2 c. sour cream

1 onion, chopped

Salt & pepper, to taste

2 cans cream of mushroom soup

1 pkg. egg noodles

Brown ground beef with onion; drain. Mix in the soup and sour cream. Serve over cooked egg noodles.

Italian Pot Roast

Debbie Rowley Mercer,
G-Granddaughter of Louise

1/4 tsp. cinnamon
1/4 tsp. ground cloves
1/4 tsp. ground allspice
1/4 tsp. ground pepper
1 (3 1/2 lb.) beef pot roast, trimmed of
excess fat
1 yellow onion, finely chopped

1 tsp. minced garlic
2 celery stalks, sliced
2 carrots, peeled & sliced
1/2 c. hearty red wine, red cooking
wine or water
1 (28 oz.) can diced or crushed
tomatoes

Combine the spices, vegetables and wine in a mixing bowl. Pour sauce over the meat in a slow-cooker. Cover and cook on low for 8 hours, until the meat is tender and falls away from the bone. Yield: 4 to 6 servings.

Serve with a baked potato or rice.

Impossible Taco Pie

Linda Nelson King,
G-Granddaughter of Lizzie

1 lb. ground beef
1/2 c. chopped onion
2 (1 1/4 oz.) env. taco seasoning mix
3/4 c. Bisquick baking mix
3 eggs

1 1/4 c. milk
1 c. shredded Cheddar cheese
1/4 head lettuce, shredded
1 tomato, diced
1/3 c. sliced ripe olives

Heat oven to 400°. Grease a square 8x8x2-inch baking pan. Cook and stir ground beef and onion in 10-inch skillet until beef is brown; drain. Stir in seasoning mix. Spoon into plate. Beat Bisquick, milk and eggs until almost smooth, about 1 minute. Pour into plate. Bake until knife inserted in center comes out clean, about 25 minutes. Sprinkle with cheese. Bake until cheese is melted, about 2 minutes. Cool 5 minutes.

Garnish with lettuce, tomato, olives and, if desired, sour cream. Yield: 6 to 8 servings.

Porcupine Meat Balls

Ashley Leihnsing,
GG-Granddaughter of Louise

1 lb. hamburger
1 can water
1 onion, finely chopped

1 can tomato soup
1/2 c. uncooked rice
Salt & pepper

Mix soup with water. Combine rice, meat, onion, seasonings and 4 tablespoons of soup mixture. Mix well and form into balls. Place in casserole dish; cover with remaining soup. Bake, covered, at 350° about 1 hour. Remove the cover for the last 15 minutes of baking.

Prime Rib-Beef Rib-Eye Roast

Janet Nelson Hill,
G-Granddaughter of Lizzie

Roll roast in cracked pepper, salt to taste, and parsley. Put oil in very hot skillet, brown or sear all meat with ends included. Bake at 300° for 1 hour, then at 200° for 3 hours or until 160° on thermometer. Serve with horseradish sauce.

HORSERADISH SAUCE:

1 c. sour cream	1/8 tsp. salt
4 T. horseradish	1/8 tsp. pepper
2 T. onion	1 T. chives

Ranch Burger

Pauline Morris,
Granddaughter-in-Law of Lizzie

1/2 c. water	1/2 c. milk
3 T. sugar	5 c. flour
1 1/2 tsp. salt	1/4 c. shortening (I use oil)
2 eggs	1 T. yeast

Whip eggs. Add water, milk and oil; heat. Add dry ingredients and mix. Let set until double.

FILLING:

2 lb. ground beef	1/2 c. chopped onion
1 tsp. salt	3/4 tsp. pepper
1 T. chili powder	1/2 tsp. garlic powder
1 (15 oz.) can kidney beans	10 oz. Velveeta cheese, chopped

Brown beef and onion; drain. Add seasonings, beans and cheese; heat for 15 minutes. Roll dough out and cut into squares. Put 1/3 cup filling on square, bring opposite corners together and pinch closed. Place this side down on sheet pan. Bake at 400° for 15 minutes, or until golden brown. Brush with butter. Yield: 17 servings.

Ruth's Stir-Fry

Ruth Smith Swart,
Granddaughter-in-Law of Louise

1 lb. sirloin steak, partly frozen	Chinese noodles
1 sliced onion	1 can mixed Chinese vegetables
1 sm. can mushrooms	Cooked rice
1 can tomato soup or sauce	Sour cream
1 can water chestnuts	

Slice steak into thin slices and dip in flour. Brown in skillet with butter or oil. Add sliced onions, mushrooms, tomato soup/sauce. Simmer until meat is tender. Add drained mixed Chinese vegetables and stir and heat. Serve over rice; sprinkle noodles on top. May add soy sauce.

Salisbury Steak

Janet Nelson Hill,
G-Granddaughter of Lizzie

1 lb. hamburger
1 c. cracker crumbs
1 egg, beaten
1/4 c. catsup
1 T. onion
1 tsp. salt
1/8 tsp. pepper

1 T. parsley
1/2 tsp. Worcestershire sauce
1/8 tsp. marjoram
1/2 can cream of celery soup
1/4 tsp. garlic salt
1/2 c. milk

Mix well the first 10 ingredients. Mold into patties and place in a baking dish. Heat the soup, garlic salt and milk; pour over patties. Bake in oven at 350° for 40 minutes.

Sandwich Pockets

Sheila Morris Mollere,
G-Granddaughter of Lizzie

1 lb. ground beef, cooked & drained
1 lb. Velveeta Mexican cheese

1 box frozen chopped broccoli
Earth Grain sourdough rolls

Brown meat; drain. Cut cheese into cube-size pieces. Cook broccoli according to package directions. Add cheese and broccoli to meat mixture and cook until cheese has melted. Cut rolls into half (not lengthwise) and remove bread from roll so you have a hollow bread shell. Fill bread shell with meat.

Note: You can make these up ahead of time and then reheat in the oven until warm in the center.

Skillet Lasagna

Alta Kaiser Morris,
Granddaughter-in-Law of Lizzie

1/2 lb. ground beef
1/2 c. chopped onion
1 (15 oz.) can tomato sauce
1/4 tsp. garlic powder
1 1/2 c. water
1/2 tsp. oregano

1/2 tsp. basil
8 oz. uncooked mini lasagna noodles
1 (10 oz.) pkg. frozen chopped
spinach, thawed
1 c. low-fat or no-fat cottage cheese
2 oz. shredded Mozzarella cheese

Brown meat and onion in large frying pan; drain fat. Add tomato sauce, water, garlic powder, oregano and basil. Mix and bring to a boil. Add noodles. Mix, cover and simmer for 5 minutes. Break up thawed spinach and add to pan. Cover and simmer for 5 minutes. Stir mixture. Spread cottage cheese on top, sprinkle on Mozzarella cheese. Cover and simmer for about 10 minutes, until noodles are tender. Yield: 6 servings.

I use regular lasagna noodles and break them up.

Sloppy Jo

Linda Nelson King,
G-Granddaughter of Lizzie

3 T. flour
3 T. sugar
1 T. dry mustard
1 T. chili powder
1/2 c. water

1 T. vinegar
1 (8 oz.) can tomato sauce
1 lb. hamburger
1/4 c. chopped onion

Brown hamburger and onions; drain off fat. Add flour, sugar, dry mustard and chili powder to meat and onions. Stir. Add water, vinegar and tomato sauce. Cook until thick and serve on buns.

Sloppy Joe

Eunice Weller Klahr,
G-Granddaughter of Lizzie

4 lb. hamburger
2 c. catsup
4 T. sugar
4 T. prepared mustard

2 med. onions
4 T. Worcestershire sauce
2 T. vinegar

Brown hamburger and onions, then drain off grease. Return hamburger to pan and add remaining ingredients. Cook for 5 to 10 minutes, then serve on hamburger buns.

Swedish Meat Balls

Ethel Swart Smoots,
Granddaughter of Louise

2 c. bread crumbs, packed
1 c. beef bouillon or milk
2 eggs
1 sm. onion, minced
1 tsp. salt

1/4 tsp. pepper
1/4 tsp. nutmeg
2 lb. lean ground beef
2 T. olive oil
Flour

Soak bread crumbs in enough liquid to moisten. Beat eggs; add onion, salt, pepper and nutmeg. Mix in bread crumbs. Add the beef; mix well. Shape into 1-inch balls. Roll in flour. Brown in heavy skillet with olive oil. Add additional oil as needed. Cover and simmer for 30 minutes.

Note: For a crowd, multiply the quantities by 3, 4 or more. May be prepared ahead of time. Freeze. Defrost. Heat in cookie pan in oven. Serve in crock-pot on low heat.

Sweet and Sour Cabbage Rolls

Gladys Swart Rowley,
Granddaughter of Louise;

PART I:

2 lb. lean ground beef	2 tsp. salt
1 c. rice, cooked slightly	1 tsp. pepper
2 lg. onions	1 lg. head green cabbage

PART II:

2 cans tomato soup	4 T. white sugar
Juice of 2 lemons	Salt & pepper

Steam cabbage until soft. Remove hard center on each leaf. Mix together rest of ingredients in Part I. Place meat mixture in each leaf (amount varies according to size of leaf). Roll and tuck in both ends. Place in deep roasting pan. Combine ingredients of Part II and pour over cabbage rolls. Cover. Bake for 4 hours at 300°.

Note: Cabbage rolls freeze well. When making extra to freeze, reduce baking time to 3 hours. Allow to cool, then bag in serving sizes. To prepare frozen cabbage rolls, thaw partially, then bake at 300° for 2 hours. For extra sauce, double the amount of ingredients in Part II, especially when making enough to freeze.

Taco Casserole

Sheila Morris Mollere,
G-Granddaughter of Lizzie

1 lb. ground beef	4 (8 oz.) pkg. shredded Cheddar cheese
1/2 c. chopped onion	
2 garlic cloves, minced	4 (8 oz.) pkg. shredded Mozzarella cheese
1 pkg. taco seasoning mix	1 pt. sour cream
1 (4 oz.) can chopped green chilies	1 bag Doritos nacho cheese chips, crushed
1 (4 oz.) can chopped black olives	
1 (14 oz.) can stewed tomatoes (Mexican is fine)	

Sauté the meat, onion and garlic. Drain any excess liquid. Add to the meat mixture the tomatoes, taco mix, olives and chilies. Simmer for 10 minutes. Pam a 9x13-inch baking dish. Cover the bottom with a layer of crushed Doritos chips. Add meat mixture. Cover with sour cream and top with a layer of Mozzarella cheese. Add another layer of crushed chips. Bake at 350° for 30 minutes. Remove from oven, top with a layer of shredded Cheddar cheese. Return to oven and bake an additional 5 minutes, or until cheese has melted.

Tater Tot Casserole

Ashley Leihising,

GG-Granddaughter of Louise

2 lb. ground beef
2 cans green beans, drained
1 (2 lb.) pkg. Tater Tots

2 cans cream of mushroom soup
1 onion, chopped
2 c. grated cheese

Cook hamburger and onion; drain. Mix with soup and green beans. Put into 9x12-inch baking dish. Cover with cheese and place Tater Tots on top. Bake at 350° for 1 hour.

Working Person's Roast

Karen Park Gilpin,

G-Granddaughter of Louise

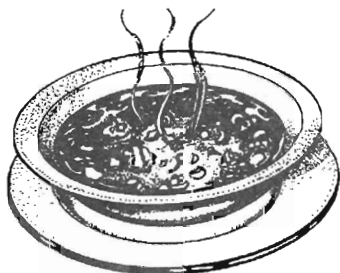
1 (2 to 3 lb.) roast
1 env. Lipton onion soup mix
2 T. Worcestershire sauce
1 can cream of mushroom soup
1 clove garlic, sliced

1 lb. fresh mushrooms or 1 can sliced
1/2 c. Coke or Pepsi (tenderizer)
1 1/2 tsp. seasoned salt
1/2 tsp. pepper

Place the roast in center of large sheet of aluminum foil. Cut slits in roast and push in sliced pieces of garlic. Mix together remaining ingredients; pour over roast. Place in cake pan or roaster and bake at 250° for 8 hours.

Note: Can put together the night before and refrigerate until morning and place in crock-pot while at work. Your roast will be tender and juicy and gravy is delicious for dinner.

You may add potatoes, carrots and cook with the roast for last 3 hours.



Chicken

California Chicken

1/2 c. dry couscous
 1/2 c. water
 2 pieces chicken
 1/4 tsp. lemon pepper
 1/2 green pepper, seeded & cut in wedges
 2 tomatoes, cored, cut into wedges
 1/2 c. sm. ripe pitted olives, sliced

Debbie Rowley Mercer,
 G-Granddaughter of Louise
 1 firm, ripe, avocado, pitted, peeled & sliced or cubed
 1/2 onion, chopped
 1 tsp. celery salt
 1/4 tsp. dried marjoram
 1/4 tsp. dried basil
 1 T. dry sherry or cooking sherry or water
 1 T. lemon juice

Preheat oven to 450°. Spray inside of 2-quart Dutch oven or baking dish with cooking spray. Pour dry couscous into pot/dish. Add 1/2 cup water and evenly distribute grains across bottom. Arrange chicken on top of couscous. Season with lemon pepper. Add layers of green peppers, tomatoes and olives. Again season with lemon pepper. Add layer of avocado. In small bowl, combine the onion, celery salt, basil, marjoram, sherry or water and lemon juice; pour into pot over all ingredients. Cover and bake for 45 minutes. Yield: 2 servings.

Chicken Breasts

8 chicken breasts, boned
 3 cans cream of mushroom soup
 2 sm. cans mushroom pieces

Doris Dachenhauser Swart,
 Granddaughter-in-Law of Louise
 Parmesan cheese
 1 (4 oz.) can pimentos

Divide each chicken breast in two. Roll up each half and brown lightly in butter. Place chicken in a 9x12-inch baking dish and sprinkle liberally with Parmesan cheese. Pour undiluted soup over chicken; add mushroom pieces. Sprinkle with pimentos and again with Parmesan cheese. Bake 2 hours, or until done. Yield: 8 servings.

Note: This recipe may be made in advance and kept in refrigerator until you are ready to bake. The slow cooking adds to the flavor.

This is a family recipe which has been used many times for dinner parties. We serve it with rice, veggies, salad and rolls.

Chicken Casserole

Pauline Morris,

Granddaughter-in-Law of Lizzie

5 c. diced chicken
2 (10 oz.) cans mushroom soup
1 sm. onion, diced
2 cans pimentos or red pepper
1 can water chestnuts, chopped
Salt & pepper, to taste

2 1/4 c. uncooked shell macaroni
2 c. chicken broth
1 c. green pepper, diced
1/2 c. celery, diced
1 c. shredded Cheddar cheese

Combine all ingredients well, cover with foil and set overnight in refrigerator. Bake in 9x13-inch pan. Bake at 350° for 1 1/2 hours. Yield: 15 servings.

Chicken Broccoli Casserole

Ethel Swart Smoots,

Granddaughter of Louise

1 (20 oz.) pkg. broccoli spears,
defrosted
4 c. chicken or turkey, cooked &
cubed
1/2 c. Hellmann's low-fat mayonnaise
1 tsp. lemon juice

1/2 tsp. curry powder
2 cans cream of chicken soup,
undiluted
1 c. corn flakes
3/4 c. grated cheese

Combine mayonnaise, lemon juice and curry powder with undiluted soup; set aside. Place defrosted broccoli spears in the bottom of a buttered casserole. Spread chicken on top of broccoli. Add soup mixture. Top with corn flakes, then grated cheese. Bake at 325° for about 60 minutes, or until real bubbly and the cheese is crusty. Yield: 8 servings.

Chicken Spaghetti

Coleen Hohman Weller,

G-Granddaughter-in-Law of Lizzie

1 chicken or 6 chicken breasts,
cooked & deboned
1 (16 oz.) pkg. spaghetti, cooked &
drained

2 cans cream of chicken soup
1 can cream of celery soup
1 can Ro-Tel

1/4 c. oleo
1/2 onion, chopped

1/2 green pepper, chopped

Sauté onion and green pepper in oleo until tender, then add to first group of ingredients.

6 oz. Velveeta cheese, cubed

1 1/2 c. chicken broth

Mix in large bowl. Put in 2 greased baking dishes. May top with shredded Cheddar cheese. Bake at 350° until hot and bubbly, about 45 minutes. I usually freeze one to use later.

Chicken Supreme

Sheila Morris Mollere,
G-Granddaughter of Lizzie

DRESSING:

12 oz. Stove Top chicken-flavored stuffing mix, with seasonings	3/4 c. Miracle Whip
1/2 c. butter, melted	3/4 tsp. salt
1 c. water	2 eggs
	1 1/2 c. milk

CHICKEN:

2 1/2 c. cooked chicken, cubed	1/2 c. chopped celery
1/2 c. chopped onion	

TOPPING:

1 can cream of chicken soup	1 c. shredded Mozzarella or Cheddar cheese
1 soup can water	

Dressing: Combine all ingredients and place half of mixture in a greased 11x17-inch baking dish.

Chicken: Mix chicken, onion, celery, Miracle Whip and salt. I add a can of sliced mushrooms to the chicken mixture. Spoon over dressing. Cover chicken mixture with remaining dressing. Beat eggs and milk; pour over dressing. Refrigerate overnight.

Topping: One hour before serving, dilute soup with water; pour over dressing. Bake in a preheated 350° oven for 50 minutes. Remove from oven and top with cheese. Bake an additional 10 minutes, or until cheese is melted. Serve hot. Yield: 12 servings.

Note: This casserole will not fit in a 9x13-inch pan. It can be divided and baked in 2 (8x10-inch) dishes.

Chicken in Tomato-Basil Cream

Hazel Wilson Morris,
Granddaughter-in-Law of Lizzie

1 T. butter	1 tsp. basil
1/2 c. onions, chopped	1 tsp. salt
1 (14 oz.) can diced tomatoes	1 tsp. pepper
1/2 c. half & half	1 lb. rigatoni, cooked
3 chicken breasts	

Cut chicken into bite-size pieces. Heat butter in skillet. Add onions. Cook 5 minutes. Increase to high. Add tomatoes. Cook until liquid is almost evaporated, 5 to 10 minutes. Add half & half; bring to a boil. Add spices and cook 3 minutes. Arrange chicken in shallow baking dish. Pour sauce over chicken. Bake at 450° for 20 to 30 minutes. Toss with cooked rigatoni.

Chicken Tetrazzini

Karen Park Gilpin,
G-Granddaughter of Louise

4 lb. chicken or turkey	1/2 c. sour cream
1 1/2 sticks butter	1 c. cream of mushroom soup
6 tsp. flour	1 (4 oz.) jar diced pimentos
2 c. milk	1 (4 oz.) can sliced mushrooms
1/2 lb. Velveeta cheese	3/8 tsp. garlic powder
1 sm. chopped green pepper	8 oz. spaghetti, broken

Boil chicken or turkey and remove meat. Skin and dice. Keep broth. In large saucepan, melt butter; mix flour and milk for sauce to make roux. Add cheese, soup, pimentos, peppers, mushrooms and sour cream, salt, pepper and garlic to taste. Set aside. Boil spaghetti in chicken broth to al denté and drain. Mix chicken, sauce and spaghetti; pour into 9x13-inch pan. Top with shredded Cheddar cheese, paprika and sliced almonds, if desired. Bake 1 hour at 350°.

Can also add a can of cream of chicken soup if it needs more liquid or if you used more noodles than recipe required. Freezes well.

Chicken Enchiladas

Marie Weller Burdick,
G-Granddaughter of Lizzie

Combine:

1 c. cooked chicken	1/4 c. chopped green pepper
1/4 c. chopped green chilies	1 sm. pkg. flour tortillas
2 T. chopped onion	

Divide this mixture evenly between tortillas. (Heating the tortillas for 10 seconds per tortilla in microwave, makes them easier to roll up.) Roll up and place seam-side down in shallow baking dish. Melt 2 tablespoons margarine. Stir in 2 tablespoons chopped onion and 1/2 cup chopped mushrooms. Add 2 tablespoons flour, 1/2 teaspoon salt and a dash of pepper. Cook over moderate heat about 2 minutes, stirring constantly. Gradually add 1 cup milk and cook, stirring continuously until thickened. Add a dash of Worcestershire sauce and half can Ro-Tel tomatoes, drained. Pour this mixture over enchiladas. Sprinkle with 4 ounces of cheese. Bake at 350° for 30 minutes, or until heated thoroughly. Yield: 8 enchiladas.

Chicken Pot Pie

Audrey Leihsing,

GG-Granddaughter of Louise

2 lb. chicken, stewed & boned or cut up (reserve liquid for gravy)
Chicken stock or chicken bouillon, to make gravy

2 pkg. frozen mixed vegetables
Cornstarch, for thickening
Salt & pepper, to taste
1 can lg. biscuits

Mix chicken, vegetables and broth (as much as needed to cover meat and vegetables). Thicken with cornstarch to desired consistency. Place mixture in a casserole dish and cover with biscuits. I usually peel the biscuits into pieces to lessen the thickness to allow for proper baking time. Bake at 350° until the biscuits are browned and the mixture is bubbly.

Chicken and Rice Casserole

Linda Nelson King,

G-Granddaughter of Lizzie

3 cans chicken
1/2 c. onion
1 c. celery
1 pkg. Rice-A-Roni (chicken flavored)

1 c. mayonnaise
1 can mushroom soup
Crushed potato chips

Mix Rice-A-Roni according to box. Add rest of ingredients. Bake at 350° for about 1 hour, or until thickened. Add crushed potato chips to top and put back into oven until brown.

Chicken Rice Supreme

In Memory of Elizabeth Schurr Swart,

Granddaughter-in-Law of Louise

1 c. rice, uncooked
1 pkg. dry onion soup
1 can cream of mushroom soup

1 1/2 soup cans water
1 fryer, cut into pieces
Salt & pepper, to taste

Mix onion soup, mushroom soup and water. Put rice in 9x13-inch baking dish. Pour half of liquid over rice. Place chicken, skin-side up, on rice. Salt and pepper to taste and add the rest of the liquid. Cover and bake 1 1/2 hours in 350° oven. Remove cover the last 20 minutes to brown chicken.

Chicken and Rice Casserole

In Memory of Janice Nelson Swart,
Granddaughter-in-Law of Louise

1 can cream of mushroom soup	1 c. uncooked rice
1 can cream of celery soup	6 to 12 chicken breasts, boned
1 can cream of chicken soup	4 c. water

Mix all ingredients together; pour into 9x13-inch casserole dish. Separate the chicken breasts so they are in a single layer, not touching. Bake in a 300° oven for 1 1/2 hours.

No seasoning is required in that the soup contains a goodly amount of seasoning.

Chicken Tetrazzini

Bettie Swart Burns,
Granddaughter of Louise

2 (3 lb.) chickens	1/2 c. milk
Water	1 tsp. lemon pepper, or more, to taste
1/2 c. margarine or butter	2 (2 oz.) jars sliced mushrooms, undrained
1 med. onion, chopped	1/2 c. white wine or more, to taste
3/4 T. flour	Garlic powder, to taste
2 (10 3/4 oz.) cans cream of mushroom soup	1 lb. Velveeta cheese, sliced
1 (3 oz.) jar chopped pimentos	1 (7 3/4 oz.) can ripe olives
1 (8 oz.) can water chestnuts, sliced or chopped	1 (12 oz.) pkg. green noodles
	1 (12 oz.) pkg. noodles

Cook chickens in water. Reserve broth. Bone and chop chickens. Set aside. Melt margarine in Dutch oven. Add onions and sauté. Add flour, stirring until smooth. Add soups, milk, pimentos, mushrooms, water chestnuts, olives, seasonings, wine, cheese and chicken. Cook noodles in reserved broth until tender; drain. Add noodles to chicken mixture and toss gently. Bake at 350° until bubbly. Serve at once. Will feed a large group (20).

Freezes well.

Chicken in Wine Sauce

Joan Carlson Morley,
Granddaughter of Lizzie

4 lg. skinless boneless chicken breasts	1/2 c. white wine
6 oz. Swiss cheese slices	Salt & pepper, to taste
1 (10 1/2 oz.) can condensed cream of chicken soup	1 1/4 c. herb-flavored Pepperidge Farm stuffing mix, crushed
	5 T. butter, melted

Preheat oven to 350°. Place chicken in shallow buttered casserole. Layer cheese on top. Mix soup, wine, salt and pepper; pour over cheese. Sprinkle stuffing mix on top and drizzle with melted butter. Bake for 45 to 60 minutes.

Easy Chicken-Rice Divan

Carlene Swart Jones,
G-Granddaughter of Louise

2 (10 oz.) pkg. frozen broccoli spears (if I only have 16 oz. chopped, that is what I use, have also used fresh broccoli & even mixed broccoli & cauliflower)	1 c. cooked rice
1/2 c. grated Parmesan cheese	2 T. butter
2 c. cubed cooked turkey or chicken	2 T. flour
	1 c. milk
	1 T. lemon juice
	1 (8 oz.) ctn. (1 c.) sour cream

Cook broccoli; arrange in sprayed 2-quart baking dish. Sprinkle with half cheese. Top with chicken or turkey. Season meat with salt and pepper; spoon rice over. Melt butter in a glass bowl (needs to be large enough to hold 2 to 3 cups). Stir in flour, then add milk. Cook in microwave until bubbly (I cook for 30-second intervals, stirring after each). When beginning to thicken, stir in lemon juice, then fold in sour cream. Pour sauce over chicken, then sprinkle with remaining cheese. Bake at 400° for 15 to 20 minutes.

If in a hurry, I will heat in microwave for 3 minutes, then bake until bubbling in center of pan.

Feta Chicken Bake

Deborah Rowley Mercer,
G-Granddaughter of Louise

6 boneless, skinless chicken breast halves (about 2 lb.)	1 (4 oz.) pkg. crumbled Feta cheese
2 T. lemon juice, divided	1/2 red and/or green pepper, diced
1/4 tsp. black pepper	1/4 c. parsley

Preheat oven to 350°. Arrange chicken in a 9x13-inch baking dish prepared with nonstick cooking spray. Drizzle with 1 tablespoon lemon juice. Season with pepper. Top with peppers, parsley and Feta cheese. Drizzle with remaining 1 tablespoon lemon juice. Bake 35 to 40 minutes, or until chicken is cooked through.

Firehouse Chicken Wings

Linda Nelson King,
G-Granddaughter of Lizzie

1/2 c. Worcestershire sauce	1/2 c. soy sauce
1 stick butter	1 1/2 c. brown sugar
1 T. garlic salt	1 T. onion salt

Bring to gentle boil. Pour over 6 pounds chicken wings that are placed on a jellyroll pan or metal cake pan. Bake at 325° for 1 to 1 1/2 hours. About half of cooking time, turn chicken wings to coat on both sides. Last 10 to 15 minutes, turn oven up to 400° to brown. Cook, uncovered.

Honey Dijon Pecan Chicken

Conni Swart,

GG-Granddaughter-in-Law of Louise

DRESSING:

1/3 c. honey
1/3 c. Dijon mustard
1/3 c. vinegar

1 lb. boneless chicken breast
1/2 c. seasoned bread crumbs
1/4 oz. crushed pecans

Pound out chicken if thick. Cover chicken with dressing, then mixture of bread crumbs and pecans. Bake at 375° for 20 minutes, or until chicken is done.

King Ranch Chicken

Pamela Swart Leihnsing,

G-Granddaughter of Louise

2 1/2 to 3 lb. chicken, stewed & boned
1 c. chopped green pepper
1 c. chopped onion
1 T. margarine
2 cans cream of chicken soup
2 cans cream of mushroom soup

1 (10 oz.) can Ro-Tel tomatoes &
green chilies
12 soft corn tortillas, torn in bite-size
pieces or 1 bag Doritos
1 1/2 c. shredded Cheddar cheese or
1 lb. Velveeta

In 3-quart shallow baking dish (9x13x2-inches), arrange alternate layers (3) of tortillas (crushed Doritos), chicken and mushroom soup mixture, cheese and ending with a topping of cheese. Bake at 325° for 40 minutes, or until hot and bubbly and cheese is browned. Yield: 10 to 12 servings and can be frozen before or after cooking.

Poppy Seed Chicken

Carlene Swart Jones,

G-Granddaughter of Louise

3 c. diced cooked chicken
8 oz. sour cream
1 (10 3/4 oz.) can cream of chicken
soup

3 T. poppy seeds
4 oz. crackers, crumbled
1/2 stick butter

Combine chicken, sour cream, sup and poppy seeds. Put into a sprayed 2-quart casserole dish; mix crumbled crackers with melted butter. Sprinkle cracker mixture on top of chicken. Bake at 350° for 35 to 45 minutes. However, if in a hurry, as most working moms, I usually put in microwave for 3 to 5 minutes, then bake in 400° oven for 20 minutes.

Spinach Chicken Lasagna

Debbie Rowley Mercer,
G-Granddaughter of Louise

6 c. cooked lasagna noodles (half of 1 lb. pkg.) or 8 oz. cooked wide egg noodles	1/2 tsp. salt
1 (10 oz.) pkg. thawed chopped spinach, rinsed & patted dry	1/4 tsp. pepper
2 c. cooked chicken, shredded	1 T. soy sauce
2 c. shredded Cheddar cheese	1 (10 3/4 oz.) can cream of mushroom soup
1/3 c. chopped onion	1 (8 oz.) ctn. sour cream (1 c.)
1 T. cornstarch	1 (4.5 oz.) jar/can drained mushrooms
	1/3 c. mayonnaise
	1/2 c. grated Parmesan cheese

Combine spinach, chicken and the remainder of the ingredients, except the noodles and Parmesan cheese. In a greased 9x13-inch casserole dish, alternate noodles and chicken mixture. Sprinkle with Parmesan cheese. Bake at 350° for 50 to 60 minutes. Yield: 6 servings.

Serve with a tossed salad and French bread.

Yummy Chicken

Gwen Nanninga Waddell,
G-Granddaughter of Bertha

8 chicken breast halves or 1 whole chicken	1 can mushroom soup
1 pkg. Good Seasons zesty Italian dressing	4 oz. cream cheese

Put frozen chicken in crock-pot. Add salad dressing mix. Cook 6 to 8 hours on low (4 hours on high). Mix 4 ounces cream cheese with 1 can mushroom soup (mixes well if heated on low in microwave). Thirty minutes before serving, remove chicken and add soup mixture to stock in crock-pot. Return chicken to crock-pot and serve over noodles or rice.



Pork

Green Chili Casserole

Deborah Rowley Mercer,
G-Granddaughter of Louise

1 lb. ground sausage, browned &
drained
1 (4 oz.) can diced green chilies

1 can cream of mushroom soup
8 to 10 eggs, beaten
1 c. shredded sharp Cheddar cheese

Combine the sausage, chilies and soup in a bowl. Spread evenly in the bottom of a 9x13-inch baking dish that has been prepared with nonstick cooking spray. Add the eggs and finally the cheese. Bake for 45 minutes at 350°, or until set. Let stand 5 minutes before slicing and serving.

Delicious served with fresh fruit and muffins. From the Timbers at Chalma (Bed and Breakfast Inn located near Chalma, New Mexico).

Ham Balls

In Memory of Wanda Swart Aeschliman,
Granddaughter of Louise

1 lb. ham
1 lb. pork
2 eggs, beaten
1 c. milk

1 c. cracker crumbs
1 tsp. salt
Pepper

SAUCE:

1 1/2 c. brown sugar
1 1/2 c. water

1 tsp. dry mustard
1/2 c. vinegar

Ground ham and pork together. Mix all ingredients together and roll into 24 balls.

Sauce: Mix all ingredients and pour over the ham balls.
Bake 2 hours at 350°.

Ham and Potato Casserole

Norma Billings,
Friend of Louise's family

2 lb. frozen hash brown potatoes
1 can cream of chicken soup
1/2 c. Miracle Whip
1/4 c. melted butter or margarine

2 cans French-cut green beans,
drained
1 to 2 c. diced ham
1 c. shredded Cheddar cheese

Thaw hash browns. Mix soup and other ingredients in large mixing bowl. Salt and pepper to taste. Spread in 9x13-inch pan. Sprinkle with paprika and bake for 1 hour at 350°.

Layered Casserole

Linda Nelson King,
G-Granddaughter of Lizzie

In the bottom of a casserole baking dish, place several strips of uncooked bacon. Next a layer of carrots, then a layer of potato slices and a layer of hamburger balls. Repeat the layers (add onions, if you desire). Over all the layers, pour a can of mushroom soup or a white sauce with cheese. Bake at 350° for 40 to 45 minutes.

Pon Haus (Also known as Scrapple)

Diane Potts,
G-Granddaughter of Jake Zeisset

Pon Haus (also known as scrapple, the word I couldn't think of last night). My cousin Gay Stewart found this recipe from another source, it was something Nellie made without a recipe, especially when her children were still at home as well as when her grandchildren were younger, just after butchering a hog. The original method, of course, was to boil the hog's head and other bony parts to get the meat and some of the bone gel. The following recipe is more "modern".

Modern Method: Cook 2 pounds lean boneless pork in 2 quarts boiling salted water (2 teaspoons salt). Chop cooked pork finely and save. Bring stock to boiling again. Mix together 1 1/2 cups cornmeal with 2 cups cold water. Stir into boiling stock. Cook until thick, about 45 minutes, stirring often. Add 1/4 teaspoon black pepper, 1/4 teaspoon savory, 3/4 teaspoon sage. Stir in meat thoroughly. Pour into 5x9x3-inch loaf pan. Chill. Slice into 1/3-inch slices.

Fry in lightly-greased pan until brown, about 5 minutes each side. This is traditionally a breakfast dish served with syrup (the Zeisset's/Lindquist's always used white Karo syrup) and poached or fried eggs. Good for supper too.

Pork Chops with Mushroom Gravy

Marlene Swart Geyser,
G-Granddaughter of Louise

1/2 c. flour	1 med. onion, chopped
1 to 2 tsp. paprika	1/2 c. chopped green pepper
1 1/2 tsp. salt	1 (4 oz.) can mushroom stems & pieces, drained
1/4 tsp. pepper	2 c. milk
4 to 6 boneless pork loin chops, 1" thick	2 T. lemon juice
1/4 c. butter	

In large resealable plastic bag, combine the first 4 ingredients, reserving 3 tablespoons flour mixture. Add pork chops, one at a time; shake to coat. In large skillet, sauté chops in butter until golden brown; transfer to a greased 9x13x2-inch baking dish. In the same skillet, sauté the onion, green pepper and mushrooms until tender. Stir in reserved flour mixture and until blended; gradually add milk. Bring to a boil; cook and stir for 2 minutes, or until thickened. Remove from heat; stir in lemon juice. Pour over chops. Cover and bake at 350° for 50 to 60 minutes, until meat is no longer pink.

Serve with hot mashed potatoes.

Saucy Baked Pork Chops

Gladys Swart Rowley,
Granddaughter of Louise

6 pork chops, 1" thick	2 tsp. Worcestershire sauce
1/2 c. chopped onion	3 T. catsup
1 can cream of chicken soup	

Brown pork chops; drain. Place in baking dish. Mix remaining ingredients and pour over pork chops. Bake in 350° oven for 1 to 1 1/2 hours. Yield: 6 servings.

Sausage and Rice Casserole

Sheila Morris Mollere,
G-Granddaughter of Lizzie

1 lb. sausage (hot or mild)	1 can water chestnuts, sliced
1 lg. onion, chopped	1/2 c. half & half
1 lb. fresh mushrooms, sliced	2 T. flour
1 pkg. Uncle Ben's white/brown rice	15 Ritz crackers, crushed
1 1/4 c. chicken broth	4 T. butter

Cook rice as directed, using packet of seasoning. Brown sausage (drain excess fat). Sauté onion and mushrooms in remaining fat. Add flour to half & half; mix well. Add to chicken broth and cook until thickened. Add water chestnuts and above mixture to the sausage mixture. Combine with rice, place in a casserole dish. Top with crushed crackers which have been sautéed in the butter. Bake at 350° for 40 minutes.

Scrapple

Take the head, heart and any lean scraps of pork and boil until the flesh slips easily from the bones. Remove the fat gristles and bones, then chop fine. Set the liquor in which the meat was boiled, aside until cold. Take the cake of fat from surface and return to the fire. When it boils, put in the salt and pepper. Let it boil again, then thicken with cornmeal as you would in making cornmeal mush; let slip through fingers slowly to prevent lumps. Cook 1 hour, stirring constantly. Pour into long square pan and mold. When cold, fry like mush.

Note: In cold weather, this can be kept several weeks.

Seafood

"Chee-Sea" Muffins

Debbie Rowley Mercer,

G-Granddaughter of Louise

4 oz. cream cheese, softened
 1/4 c. mayonnaise
 1/4 c. Parmesan cheese
 1/4 c. green onions, chopped
 1 tsp. Worcestershire sauce
 4 drops liquid hot pepper seasoning

1/4 tsp. pepper
 1 (8 oz.) pkg. Sea Stix Salad Style,
 thawed, or 8 oz. crabmeat
 4 English muffins, split
 Paprika

Blend together cream cheese, mayonnaise, Parmesan cheese, onions, Worcestershire sauce, hot pepper seasoning and pepper. Blend in Sea Stix. Place split muffins on a cookie sheet. Spread with "Chee-Sea" mixture and sprinkle with paprika. Bake in a 400° oven for 10 to 12 minutes. Serve with a tossed green salad. Yield: 8 open-face sandwiches (yield: 4 servings).

Pasta with Asparagus and Shrimp

Marlene Swart Geyser,

G-Granddaughter of Louise

5 garlic cloves, minced
 1 tsp. dried red pepper flakes
 2 to 3 dashes hot pepper sauce
 1/4 c. olive oil
 1 T. butter

1 lb. fresh asparagus, cut into 1 1/2"
 pieces
 Salt & pepper, to taste
 1/4 c. shredded Parmesan cheese
 Cooked & drained pasta

In a skillet, cook garlic, red pepper flakes and hot pepper sauce in oil and butter for 2 to 3 minutes. Add asparagus, salt and pepper; sauté for 3 to 4 minutes. Add shrimp and sauté for an additional 4 to 5 minutes, until shrimp and asparagus is cooked. Add Parmesan cheese; mix well. Pour over hot pasta and toss to coat. Serve immediately.

Shrimp and Chicken Alfredo

Marlene Swart Geyser,
G-Granddaughter of Louise

1 (8 oz.) pkg. cream cheese
1/2 c. butter
1 c. milk
1/3 to 1/2 c. Parmesan cheese
1/2 to 1 tsp. garlic salt

Dash of pepper
1/2 tsp. minced garlic
1/2 lb. cooked shrimp or 2 cooked,
diced chicken breasts

Mix all the ingredients together, except the shrimp or chicken, in a saucepan over medium heat, until heated through. Add meat to above nutrients. Can add more or less of the shrimp or chicken, depending on what you like.

Serve over pasta.

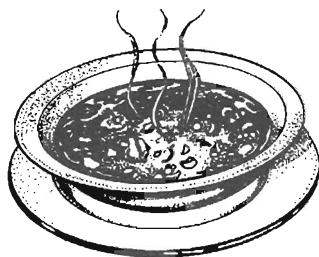
Wild Rice and Shrimp

Joan Carlson Morley,
Granddaughter of Lizzie

1 (6 oz.) pkg. Uncle Bob's wild rice &
long-grain rice, cooked (remove
seasoning mix from box & do not
use)
2 lb. shrimp, cooked & cleaned
(peeled)
1 (10 3/4 oz.) can cream of mushroom
soup

1 (10 3/4 oz.) can cream of celery soup
1 (2 oz.) jar pimentos & liquid
2 (2 1/2 oz.) cans whole mushrooms &
liquid
1 sm. onion, chopped
1 rib celery, chopped
Seasoning salt & pepper

Combine all ingredients and season to taste with seasoning salt and pepper. Dot with butter and bake, uncovered, in 350° oven for 30 to 40 minutes.



Turkey

Barbecued Turkey Breast

Sue Carlat Morris,
Granddaughter-in-Law of Lizzie

1 (about 6 lb.) turkey breast, thawed

Mix:

1 scant c. vinegar

1 stick margarine or butter

3 T. Worcestershire sauce

1 T. salt

1 T. pepper

1 T. garlic powder

3 T. catsup

2 med. chopped onions

1/4 to 1/2 sm. btl. Texas Pete

Bring ingredients to a boil in a Dutch oven on top of stove. Add turkey breast. Reduce heat and cover. Cook for 3 hours, turning often. Pull part with 2 forks. Yield: 10 to 12 servings.

Serve on rolls.

Spinach-Stuffed Turkey/ Beef Loaf

Debbie Rowley Mercer,
G-Granddaughter of Louise

MEAT MIXTURE:

1 1/2 lb. ground turkey and/or ground
beef

1/2 c. Italian bread crumbs

1/2 c. milk or tomato juice

2 T. instant minced onion

1/2 tsp. garlic salt

1/2 tsp. black pepper

1 egg

FILLING:

1 (10 oz.) pkg. frozen chopped
spinach, thawed & drained

1 c. shredded Cheddar cheese

2 T. Parmesan cheese

TOPPING:

1/2 c. ketchup

1 T. brown sugar

1 tsp. prepared mustard

Meat Mixture: Combine ingredients in large bowl; mix well.

Filling: Combine ingredients; mix well.

Put half of meat mixture in a baking pan. Pat down gently. Cover with spinach mixture. Top with second half of meat mixture. Pat down again gently. Cover with foil and bake at 350° for 1 hour.

Topping: Combine ingredients, remove foil. Spoon over meat loaf.

Recover with foil and bake 30 minutes longer, or until no longer pink in the center. Yield: 6 to 8 servings.

Turkey Curry

Ethel Swart Smoots,
Granddaughter of Louise

1 c. mushrooms
1/3 c. green onion
1 apple
3 T. olive oil
3 c. turkey, cooked

3 T. flour
1/2 tsp. salt
1 1/2 tsp. curry powder
1 1/2 c. turkey broth
1/2 c. fresh parsley leaves

Sauté fresh mushroom slices in olive oil for 2 to 3 minutes in heavy skillet. Add finely-sliced green onion and apple cubes. Add diced turkey. Continue to sauté for a total of 10 minutes, or until nearly tender. Remove from heat. Blend in flour, salt and curry powder. Add turkey broth and cook until thickened, stirring constantly. Turn heat to low, cover and cook for an additional 15 minutes. Add more seasonings, if needed. Add parsley leaves.

Serve over hot long-grain brown rice (cooked in additional turkey broth.) Garnish with broccoli spears (microwave 3 1/2 minutes).

Turkey Meat Loaf

Cherie Nanninga,
G-Granddaughter of Bertha

1 lb. fresh ground turkey
1 egg, beaten
1 (15 oz.) can tomato soup
1 c. herb-seasoned stuffing mix

1 clove fresh garlic
4 to 5 T. chopped onion
1 c. grated Mozzarella cheese or
whatever kind you prefer

Mix all together and bake at 350° to 375° for 55 to 65 minutes.

