

Vegetables & Sauerkraut



John and Louise Zeisset Swart's daughter, Lillie, was married to Tom Johnstone. In the late 1920s they moved to Donna, Texas, which is just north of the Mexican border and not far from the gulf coast. Here in the Rio Grande Valley, the Johnstone family farmed the land that John and Louise Swart had purchased. They raised citrus fruits, beets, cabbage and carrots among other crops. Some of the descendants of Tom and Lillie still live in the area.

Vegetables & Sauerkraut

Vegetables

Baked Beans from Scratch

Dail Nelson,
Grandson of Lizzie

2 c. Northern sm. white beans	1 sm. onion
1/2 c. molasses	1/2 c. catsup
1 T. mustard	1/4 tsp. liquid smoke
2 T. brown sugar, heaped	

Soak beans overnight in water. Place beans in pressure cooker, cover beans with 1-inch water and add some salt. Cook 7 or 8 minutes when pressure gets up. Add rest of ingredients, cook until beans are done. Microwave until the consistency you like.

Best Potatoes Au Gratin

Betty Taylor Weller,
Granddaughter-in-Law of Lizzie

2 lb. frozen hash browns	1/2 c. melted butter
1 tsp. salt	1/4 tsp. pepper
1/2 c. chopped onion	2 c. grated cheese
1 c. milk	1 c. sour cream
1 can cream of chicken soup	

Put hash browns in 9x13-inch buttered pan. Mix salt, pepper, onion, melted butter and cheese; pour over potatoes. Mix soup, sour cream and milk. Pour over casserole. Top with 2 cups crushed corn flakes and 1/4 cup melted butter. Bake at 350° for 1 hour.

Butternut Squash Bake

Doris Dachenhauser Swart,
Granddaughter-in-Law of Louise

1/2 c. butter or margarine, softened
2 eggs
1 tsp. vanilla extract

3/4 c. sugar
1 (5 oz.) can evaporated milk
2 c. mashed cooked butternut squash

TOPPING:

1/2 c. rice cereal
1/4 c. chopped pecans

1/4 c. packed brown sugar
2 T. melted butter

Cream butter and sugar. Beat in eggs, milk and vanilla. Stir in squash. Pour into greased 7x11-inch pan. Bake in 350° oven for 45 minutes, or until almost set.

Topping: Combine cereal, brown sugar, pecans and butter. Sprinkle on squash. Bake 5 to 10 minutes longer, or until bubbly. Yield: 6 to 8 servings.

Broccoli Casserole

Linda Nelson King,
G-Granddaughter of Lizzie

2 c. Minute Rice, cooked
1 can cream of mushroom soup
1 can milk (use cream of mushroom
can to measure)

1 (12 oz.) jar Cheez Whiz
1 pkg. frozen broccoli, cooked

Mix together. Bake at 350° until warm. Also can be made in microwave. Just put all ingredients in at the same time and remember to add water as if you cooked the rice separate. Cook until mixture thickens and rice done, about 20 minutes.

Broccoli-Rice Casserole

Ruth Smith Swart,
Granddaughter-in-Law of Louise

1/4 c. butter
1/2 c. chopped celery
1/2 c. chopped onions

1 pkg. frozen or fresh broccoli
2 c. cooked rice
1 can cream of mushroom soup

Sauté onions and celery in butter; mix all ingredients together. Bake in a 2-quart casserole at 350° for 45 minutes.

May add chopped pimentos for added color.

Carrots

Linda Nelson King,
G-Granddaughter of Lizzie

4 c. cooked carrots
1/2 c. chopped onion
1/4 c. butter

1 c. Velveeta cheese
1/4 c. brown sugar

Mix together, then bake, covered, for 35 to 45 minutes at 350°.

Carrot Casserole

Norma Billings,
Friend of Louise's family

2 lb. carrots, cut in chunks or baby carrots	1/3 c. butter
1/2 c. sugar	1 tsp. salt
1/4 tsp. cinnamon	1/2 c. boiling water

Mix sugar and cinnamon. Combine ingredients and pour boiling water on top. Cover and bake at 350° for 1 1/2 hours. May use microwave on lower setting and reduce cooking time.

Copper Pennies

Karen Park Gilpin,
G-Granddaughter of Louise

2 lb. raw carrots, sliced	3/4 c. apple cider vinegar
1 sm. green pepper, diced	3/4 c. sugar (may use 1/2 c. sugar substitute & 1/4 c. sugar)
1 sm. onion, diced	1 tsp. Worcestershire sauce
1 can tomato soup, undiluted	Salt & pepper, to taste
1/2 c. salad oil	

Cook carrots until just tender. Do not overcook. Cool. Mix all ingredients and pour over sliced carrots. Refrigerate for 24 hours. Serve cold with meats. Will stay good for several days. This is a favorite recipe of Karen and husband, Jim.

Cornbread Casserole

Sheila Morris Mollere,
G-Granddaughter of Lizzie

1 can creamed corn	3 eggs
1 can whole kernel corn, undrained	1 c. sour cream
1 pkg. Jiffy cornbread mix	1 stick butter

Preheat oven to 350°. Melt stick of butter in the microwave. In a bowl, combine all remaining ingredients; add the melted butter. Pour into a medium-size baking dish. Bake until golden brown and set in the middle, approximately 45 minutes.

Doubling the recipe makes a very full 9x13-inch dish. Great at Thanksgiving and with barbecued brisket, etc.

Corn Casserole

Betty Taylor Weller,

Granddaughter-in-Law of Lizzie

1/2 c. margarine
 1 c. sour cream
 1 (8 1/2 oz.) pkg. cornbread mix
 2 eggs, slightly beaten

1 (17 oz.) can corn with liquid
 1 c. sharp Cheddar cheese, grated
 1 (17 oz.) can creamed corn

Melt margarine in 9x13-inch pan. Add whole corn, creamed corn and cornbread mix. Gently mix with fork; add eggs and mix. Drop sour cream by tablespoons in different areas on top of corn mixture. Fold in gently. Sprinkle with Cheddar cheese. Bake at 350° for 20 to 30 minutes, until mixture is firm. Let cool slightly before cutting into squares. Yield: 12 servings.

Corn Casserole

Karen Park Gilpin,

G-Granddaughter of Louise

1/2 c. butter or margarine
 1 can whole kernel corn
 1 can creamed corn
 1 pkg. Jiffy cornbread mix

2 eggs, slightly beaten
 1 c. Cheddar cheese, grated
 1 c. sour cream

Melt butter. Add both cans of corn and cornbread mix. Beat lightly with fork and stir in eggs. Pour in a 9x13-inch casserole dish. Drop mounds of sour cream on top and push down lightly. Put cheese on top and bake at 350° for 20 to 30 minutes, or until mixture is firm. Yield: 12 servings.

This is a favorite recipe of the Gilpin family.

Corn Casserole

JoAnn Nanninga,

Granddaughter-in-Law of Bertha

1 can whole kernel corn
 1 can cream-style corn
 1 to 1 1/2 c. raw shell macaroni

1/2 stick oleo
 1 c. Velveeta cheese

Bake 30 minutes at 350°. Stir. Bake an additional 30 minutes.

Corn Casserole

Carol Nelson Morrison,

Step G-Granddaughter of Louise

1 (16 oz.) can creamed corn
 1 c. Bisquick
 1 egg, beaten
 1 T. oil

1 T. sugar
 1 (4 or 5 oz.) can green chilies
 6 oz. Monterey Jack cheese, grated

Mix first 5 ingredients well. Pour into well-greased 9x9-inch baking dish. Layer cheese and chilies over mixture. Top with remaining mixture. Bake at 350° for 30 minutes. Serve while hot.

Creamed Turnips and Cabbage

Ruth Smith Swart,

Granddaughter-in-Law of Louise

Turnips
Cabbage
Milk

Cornstarch
Salt &/or sugar

Depending on number of people eating, as to how many turnips and cabbage are needed. For 2 servings, peel and dice 2 medium-size turnips and place in pan of water. When turnips start cooking, add chunked cabbage in about same amount as the turnips. Cook until tender. Drain. Add cream sauce "around" 1 to 2 tablespoons cornstarch, 1/4 to 1/2 cup milk, dash of salt. Maybe sprinkle of sugar. Cook and stir until the sauce thickens to your liking. May sprinkle on a dab of paprika for color.

Years ago when Uncle Horace and Aunt Dena Duncan (Horace was married to Betty, daughter of Louise Zeisset Swart and dies in child birth) would come to visit in October, they would stop at a truck stop somewhere in Nebraska to eat creamed turnips and cabbage, a specialty of the café during "turnip season". We tried it and liked it.

Crock-Pot Corn

Minnie Nelson,

Granddaughter-in-Law of Lizzie

2 (16 oz.) pkg. frozen corn
1 (8 oz.) pkg. cream cheese, cubed
1 stick oleo, cubed

2 T. sugar
2 T. water

Put all ingredients in crock-pot in this order: cream cheese, oleo, sugar and water. Put on lid and cook on high 45 minutes. Stir with wooden spoon occasionally. Turn heat to low. Cook 3 1/4 hours, stirring every so often.

Eggplant Parmesan

Debbie Rowley Mercer,

G-Granddaughter of Louise

1 med. eggplant
1/3 c. bread crumbs
1/3 c. Parmesan cheese
1 tsp. parsley flakes
1 tsp. Italian seasoning, or 1/4 tsp.
each oregano, rosemary, basil &
thyme

1 tsp. minced garlic
1 (15 oz.) can no-salt tomato sauce
1 (8 oz.) can no-salt tomato sauce
1 (8 oz.) pkg. (2 c.) Mozzarella cheese,
shredded

Peel and slice eggplant in 1/4-inch slices. Mix bread crumbs, Parmesan cheese and spices. Mix tomato sauce and minced garlic. In a greased 2-quart baking dish or 9x13-inch baking dish, place a small amount of tomato sauce and spread. Layer eggplant, bread crumbs mixture, tomato sauce and Mozzarella cheese. Cover with foil. Bake at 325° for 40 minutes. Remove foil and bake 20 minutes more.

Serve with a tossed garden salad. Yield: 4 servings.

Fresh Frozen Country**Creamed-Style Corn** Gladys Swart Rowley, Granddaughter of Louise;

Lee Swart, Granddaughter of Louise

1 (2 1/2 lb.) pkg. frozen corn

3/4 c. whipping or coffee cream

1 tsp. salt

2 to 3 tsp. cornstarch

3 tsp. sugar

Cook corn in small amount of water. Add salt, sugar and cream. Bring to a boil and thicken with mixture of cornstarch and a little cream.

This recipe came from the Brookville Hotel, Brookville, Kansas, now they have moved to Abilene, Kansas.

Grinter House Cabbage

Ilene Swart Enneking,

G-Granddaughter of Louise

4 c. cabbage

2 T. flour

1 tsp. salt

3/4 c. milk

Dash of pepper

1 T. butter

2 tsp. sugar

Cracker crumbs

1/3 c. grated cheese

Boil cabbage about 10 minutes; drain. Put half of cabbage in buttered casserole dish. Stir in half mixture of combined salt, pepper, sugar and all the flour. Put half butter in. Sprinkle cheese over mixture. Top with rest of cabbage with balance of salt mixture stirred in. Top with cracker crumbs. Pour milk down the insides of casserole. Bake at 400° for about 45 minutes.

Harvard Beets

In Memory of Zula Gilkerson Swart,

Daughter-in-Law of Louise

1/2 c. sugar

1 T. cornstarch

1/2 c. vinegar

1 doz. sm. beets

Cook together sugar, vinegar and cornstarch. Add about 1 dozen small beets that have been cooked and skinned (may use can of beets). Should stand about 1/2 hour for vinegar to season through.

This recipe is from the 1950 Grinnell Methodist Church WSCS Cookbook.

Harvard Beets

Minnie Nelson,

Granddaughter-in-Law of Lizzie

1/4 c. sugar
2 tsp. cornstarch
1 tsp. salt
1/8 tsp. pepper

1/4 c. beet liquid
1/4 c. vinegar
1 (1 lb.) can sliced beets, drained

In 2-quart pan, combine sugar, cornstarch, salt and pepper. Add beet liquid and vinegar. Simmer, uncovered, over low heat and stir until clear and thickened, about 5 minutes. Add beets and heat until hot.

Make-Ahead Mashed Potatoes

Cherie Nanninga,

G-Granddaughter of Bertha

5 lb. potatoes, peeled & quartered
(about 15 med.-sized potatoes)
6 oz. light cream cheese
1 c. light sour cream
2 tsp. onion powder

1 tsp. salt
1/2 tsp. pepper
2 egg whites, slightly beaten
1 T. margarine or butter

Cook potatoes until tender. Drain water and mash until there are no lumps. Add cream cheese, sour cream, onion, salt, pepper and egg whites; blend well. Can warm up in microwave or conventional oven.

Potato Casserole

Tom Cott,

G-Grandson of Bettie

2 lb. frozen hash browns
1/2 c. butter or oleo, melted
1 tsp. salt
1/4 tsp. pepper
1/2 c. yellow onion, chopped

1 can cream of chicken soup
1 pt. sour cream
10 oz. Cheddar cheese, grated
2 c. corn flakes, crushed
1/4 c. butter, melted

Defrost hash browns. Combine with 1/2 cup butter, salt and pepper. Add chopped onion, soup, sour cream and cheese. Mix thoroughly. Pour into quart casserole. Mix 1/4 cup melted butter and corn flakes to cover potatoes. Bake at 350° for 45 minutes.

Quick and Easy Hot Potatoes

Ethel Swart Smoots,
Granddaughter of Louise

2 lg. red potatoes
4 slices Mozzarella cheese

4 broccoli spears

Cut potatoes in half. Place, skin-down, on paper towel in microwave. Bake for 6 to 7 minutes. Pierce with a fork to test for doneness. Remove to 2 luncheon plates. Top with slices of Mozzarella cheese immediately. Cut broccoli spears the length of the potatoes. Microwave in glass container, with 1/4-inch of water and covered with lid ajar, for 3 1/2 minutes. Place a spear on each half of potato and press into cheese with fork. Yield: 2 servings with a plate of fresh vegetables and a glass of milk for lunch or supper.

Roasted Mixed Vegetables

Debbie Rowley Mercer,
G-Granddaughter of Louise

4 lg. red skin potatoes, cut into
wedges (about 2 lb.)
3 lg. carrots, peeled & cut into 1 1/2"
pieces (about 2 c.)
1 lg. red or green bell pepper, cut into
1/2" pieces (about 2 c.)

2 lg. onions, cut into wedges
1 T. dried rosemary leaves
2 tsp. garlic powder
1/4 c. butter or margarine, melted

Mix potatoes, carrots, bell pepper and onions with rosemary and garlic powder in large bowl. Drizzle with melted butter or margarine, tossing well to coat. Spread in a 9x13x2-inch baking pan. Bake at 450° for 40 to 45 minutes, or until fork tender, stirring occasionally. Yield: 8 servings.

You can use any combination of fresh vegetables you have on hand including zucchini, tomatoes, mushrooms, yams, etc.

Roasted Tomatoes

Debbie Rowley Mercer,
G-Granddaughter of Louise

12 plum tomatoes, halved
lengthwise, cored & seeds removed
4 T. olive oil
1 1/2 T. balsamic vinegar
2 lg. garlic cloves, minced

2 tsp. sugar
1/2 tsp. ground black pepper
Fresh spinach, finely sliced
Pine nuts

Preheat oven to 450°. Arrange the tomatoes on a foil-lined sheet pan, cut-sides up, in single layer. Drizzle with olive oil and vinegar. Sprinkle garlic, sugar and pepper over the tomatoes. Roast for 25 to 30 minutes, until the tomatoes are concentrated and beginning to caramelize. Serve warm or at room temperature.

*Serve plain or atop a bed of shredded spinach leaves and sprinkled with pine nuts. Yield: 4 to 5 servings.

Squash Casserole

Doris Dachenhauser Swart,

Granddaughter-in-Law of Louise

1 lb. squash, cooked in "dab" of water
with 1 onion
1/4 c. butter
1 T. sugar
2 eggs, beaten

1/4 tsp. soy sauce
3/4 c. shredded cheese
1/8 tsp. paprika
1/4 tsp. pepper
1/2 c. cracker crumbs

Mix all together, except the cracker crumbs. Pour in baking dish. Bake at 350° for 20 minutes. Add crumbs and bake another 5 to 10 minutes.

Squash Surprise

Ethel Swart Smoots,

Granddaughter of Louise

1 spaghetti squash
1 lb. ground turkey or ground beef

2 c. Prego spaghetti sauce
Fresh parsley

Scrub squash. Micro-preheat whole squash 1 minute. Cut into half lengthwise, remove seeds and membranes. Place cut-side down in shallow baking dish. Add 1/4-inch water. Microwave for 10 to 12 minutes, or until fork-tender. (Or bake in preheated oven at 350° for 30 minutes). Cook ground turkey or beef; drain off liquid. Add spaghetti sauce and heat.

When squash is tender, it will be stringy, like spaghetti. Remove pasta-like strands with a fork onto dinner plates. Spoon hot spaghetti sauce on top and garnish with parsley. Yield: 4 servings.

Sunset Yams in Orange Sauce

Debbie Rowley Mercer,

G-Granddaughter of Louise

4 lb. yams, peeled & sliced
1/2 c. sugar
2 T. cornstarch

1 tsp. salt (opt.)
2 c. orange juice
2 T. butter or margarine

Peel and cut the yams into slices, overlapping rows in a shallow 3-quart casserole dish that has been coated with cooking spray. Make the sauce with sugar, cornstarch and salt. Mix together in small pan and stir in orange juice. Cook over high heat, stirring constantly, until the sauce is clear and thickened, about 3 minutes. Remove from heat and add butter or margarine. Stir until melted.

Pour sauce over yams and bake, covered, at 400° for 1 hour. Uncover and baste tops of yams with sauce. Continue baking, uncovered, basting 2 to 3 times, until the yams are tender when pierced, 15 to 30 minutes.

This recipe is fine to do a day ahead and reheat in the oven or microwave. Four pounds of yams serve 8 generously.

This recipe comes from my cousins, Don and Alice McDonald of Boulder, Colorado. This recipe was featured in a Sunset magazine in the 1960's when they were newlyweds and living in southern California.

Sweet-Sour Cabbage

Gladys Hoerman Llewelyn,
Daughter of Bettie

Boil cabbage in salted water; drain. Add equal parts sugar and vinegar and 2 tablespoons lard.

SOUR CABBAGE:

2 apples	2 c. water
1 onion	1/2 c. brown sugar
2 T. melted fat	1/2 c. vinegar
1/2 med.-sized head cabbage	1 T. butter

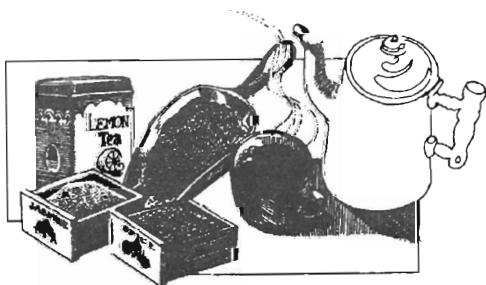
Chop the apples and onion fine. Put in frying pan with melted fat and fry for 10 minutes. Add the shredded cabbage and the water, adding a little at a time to keep steaming. Cook 15 to 20 minutes. When tender, add sugar and vinegar. Before serving, add salt, pepper and butter.

Vegetable Medley

Helen Sutton Weller,
Granddaughter-in-Law of Lizzie

1 bag frozen vegetables, thawed & drained (broccoli, carrots, cauliflower, etc.)	1 c. shredded Swiss cheese
1 can cream of mushroom soup	1/3 c. sour cream
	1/4 tsp. pepper
	1 (2.8 oz.) can French-fried onions

Combine vegetables, soup, 1/4 cup cheese, sour cream, pepper and 1/2 can onions. Pour in 1-quart casserole. Bake, covered, at 350° for 30 minutes. Top with remaining cheese and onions. Bake 5 minutes longer.



Sauerkraut

Sauerkraut

Barbara and Dolan Rundquist,
Granddaughter of Bertha Zeisset

Cabbages

1/4 c. pickling salt

Clean cabbage by removing outer leaves and wash in clean cold water. Using a sauerkraut cutter, cut 5 pounds of sauerkraut. Add a scant 1/4 cup pickling or canning salt. Mix well with hands. Place in clean crock. Keep adding additional layers of 5 pounds of salted sauerkraut until no more cabbage or 3 inches from top of crock. Place a muslin cloth over sauerkraut in crock. Place a plate or other such item as near the size of the crock's opening as possible. Put a quart or 2-quart jar of water on top of plate. Put the crock in a new garbage bag and tie at top. Keeps bugs, etc. out. Keep in temperature of 70° to 72° for 3 weeks. Check weekly and if dry, add quart of sterilized water to cover sauerkraut. Add 1 tablespoon of salt to crock every other time. May hot pack to preserve sauerkraut and stop process.

