

### **Apple Butter from Apple Sauce**

4 cups sweet cider or mild vinegar  
8 cups apple sauce  
4 cups brown sugar (or white)  
2 tsp cinnamon  
2 whole cloves

**Cook in oven at 325 til smooth, dark, & thick. Stir frequently. bake about 1 hour. Put in sterilized jars & seal.**

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Lillian Eckels

Card # 1

### **Apple Butter from Apples**

2 quarts cooked apple pulp  
4 cups sugar  
2 tsp cinnamon  
1/4 tsp cloves

**Add all together, cook 15 minutes. Good!**

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Card # 2

### Apple Cider Bread Pudding

12 slices whole wheat bread  
butter  
4 eggs  
1/2 cup sugar  
1/2 cup brown sugar  
1 tbsp vanilla  
1 tsp nutmeg  
1 cup cider

2 cups milk  
2 cups applesauce

Cut crusts off bread. Butter on one side & cut into 1/2 inch strips. Cover bottom of greased 2 quart baking dish with bread strips. Beat together remaining ingredients. Alternate layers of bread strips and mixture in dish. Place dish in pan of hot water. Bake at 325 for 60 minutes, or until pudding is firm & fluffy. Serve with brandied whipped cream or custard sauce.

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Card # 3

### Apple Crisp

4 cups sliced tart apples  
2 tbsp lemon juice  
1/2 cup sugar

3/4 cup flour  
1/2 tsp cinnamon  
1/4 tsp salt  
1/2 cup sugar  
6 tbsp margarine

Combine apples, lemon juice & sugar. Place in baking dish. Mix together flour, cinnamon, salt, 1/2 cup sugar. Cut in margarine. Mixture will be coarse. Spread over apples. Bake at 375 for 30 minutes.

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Card # 4

### Apple Crisp - Oatmeal

4 cups sliced, apples  
1 tbsp lemon juice  
1/3 cup flour  
3/4 Quick oats  
3/4 tsp cinnamon  
1/3 cup margarine, melted  
2/3 cup brown sugar

Place apples in greased square pie pan. Sprinkle with lemon juice. Combine flour, brown sugar, cinnamon & oats. Add melted margarine. Mix until crumbly. Sprinkle over apples. Bake at 375 for 25-30 minutes, or til apples are tender and top is brown.

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Card # 5

### Apple Frosting

1 cup sugar  
1 egg white  
1 grated apple  
speck salt

Beat egg whites until stiff. Add sugar gradually. Add grated apple. Continue beating about 15 minutes. Must be used same day.

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Lourey family

Card # 6

### Apple Pan Dowdy

3 cups sliced apples  
1/3 cup molasses  
1 1/2 cup flour  
2 tsp baking powder  
1/4 tsp nutmeg  
4 tbsp oleo  
1/4 tsp cinnamon  
1/2 cup sugar

1/4 & 1/2 tsp salt  
1 egg & 1/2 cup milk

Mix together apples, molasses, nutmeg, cinnamon & 1/4 tsp salt. Turn into greased 9 inch pie plate. Bake at 350 for 10 minutes. Cool slightly. Sift together flour, baking powder 1/2 tsp salt. Cream oleo & add sugar. Beat until fluffy, then beat in egg. Alternately stir in milk & flour mixture until batter is smooth. Pour over apples, return to oven & bake 25 minutes more or until top is brown & set. Serve warm with heavy cream.

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Abigail Adam's recipe

Card # 7

### Apple Squares with Icing

1/2 cup butter  
1 cup brown sugar  
1/2 cup white sugar  
2 eggs  
1 tsp vanilla  
2 cups flour  
2 tsp baking powder  
1/2 tsp salt

1 cup unsweetened applesauce  
ICING:  
4 tsp melted butter  
2 cups icing sugar  
1 tsp cinnamon

Mix together: butter, brown sugar, white sugar, eggs & vanilla. Add and mix well: flour, baking powder, salt. Add 1 cup applesauce, pour into cookie sheet with 1 inch edge. Bake at 350 for 25 minutes. ICING: 4 tsp melted butter, 2 cups icing sugar, 1 tsp cinnamon. (or try Cream Cheese Frosting)

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Card # 8

### Apple Torte

1 egg  
1/2 cup sugar  
1 tsp vanilla  
1/8 tsp salt  
1/2 cup chopped walnuts  
1 cup apple  
1/2 tsp baking powder  
1/3 cup flour

**Beat egg & add sugar, vanilla, nuts & apple. Mix in everything else. Use 8x8x3 pan. Bake at 350 for 35 minutes. Serve with whipped cream.**

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Card # 9

### Applesauce Cake

1 cup sugar	1 tsp cloves
1 cup brown sugar	2 tsp soda
1 cup shortening or oil	2 cups flour
2 eggs	2 cups applesauce
1 cup raisins	
1 tsp salt	
1 tsp cinnamon	
1 tsp nutmeg	

**Cream together sugar, brown sugar & shortening. Beat in eggs, raisins, salt, cinnamon, nutmeg & cloves. When mixture is nice & fluffy add soda, flour & applesauce. Beat 3 minutes at medium. Turn into a 9x11x2 inch pan. Bake at 350 for 45 minutes, or until toothpick inserted in the center comes out clean.**

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Card # 10

### Applesauce Crisp

1 can applesauce  
1/2 cup brown sugar  
1/4 cup raisins  
1/2 tsp cinnamon  
1 cup Bisquick  
1/2 cup white sugar  
1/4 cup margarine  
1/2 cup chopped walnuts

Mix applesauce, brown sugar, raisins and cinnamon. Place in 5x9 pan. Combine Bisquick, white sugar and margarine until crumbly. Sprinkle over applesauce mixture. Spread chopped walnuts on top. Bake at 375 for 30-35 minutes.

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Niel La Pann

Card # 11

### Bahama Mama

1 oz Captain Morgan spiced rum  
1 oz Bacardi light rum  
3 oz pineapple juice  
3 oz orange juice  
3/4 oz grenadine  
1 cup ice

Combine all ingredients in a blender. Blend until smooth. Serve with orange wedge.

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Red Lobster

Card # 12

### Baked Beans

1 large can pork & beans  
1/2 cup catsup  
2 tsp vinegar  
1/2 cup brown sugar  
1 package onion soup mix

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**Bake at 350 for 30 minutes.**

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Card # 13

### Baked beans from scratch

1 16oz package of navy or white beans  
3/4 pound ham - cubed  
1 large onion - chopped  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 cup brown sugar  
1/3 cup molasses

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**Soak beans overnight. Add beans to bean pot with 6 cups of water. Bring to boil and allow to simmer until tender (about 1 hour). Add remaining ingredients and bring back to boil. Place uncovered in 350 degree oven for 4 hours. Stir occasionally.**

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Doug's recipe

Card # 14

### Banana Chocolate Chip Muffins - Whole Wheat

1 1/2 cup 100% whole wheat flour	1/4 cup canola oil
1 tsp baking soda	1 tsp vanilla extract
1/2 tsp salt	3/4 cup semi-sweet chocolate chips
1/2 cup sugar substitute (brown)	
1/4 cup white sugar	
1 cup mashed bananns	Bronze Chief 100% Whole Wheat Flour
1 large egg at room temp	Swerve The Ultimate Sugar
1/4 cup apple sauce	Replacement (Brown)

**Mix dry ingredients (whole wheat, baking soda, salt). Cream wet ingredients, (sugars, mashed bananas, egg, apple sauce, and oil). Hand mix wet and dry ingredients. Fold in chocolate chips. Paper-line muffin tray and half fill.. Bake at 375 for 18-20 minutes. Check with toothpick to see if done.**

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Misty's recipe

Card # 15

### Banana frosting

Pulp of 1 large banana  
2 cups powdered sugar  
1/3 tsp vanilla extract

**Sift sugar, slowly add to mashed banana. Blend to a smooth paste. Add vanilla extract.**

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Lourey family

Card # 16



### Banana Nut Bread

2 eggs  
1 cup crushed bananas  
2 cups sifted flour  
1/2 tsp salt  
1 cup sugar  
1/2 cup margarine, melted  
1 tsp baking soda  
1 tsp vanilla  
1/2 cup chopped nuts

Beat eggs until light and fluffy, continue beating while adding sugar. Add bananas and margarine. Sift dry ingredients together and add to mixture. Add vanilla and nuts. Bake in greased loaf pan, (line bottom with waxed paper), at 350 for about 1 hour, or until toothpick stuck in the center comes out clean.

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Lillian Eckels

Card # 17

### Banana Oatmeal Bread

1 1/2 cups flour  
1 cup rolled oats (old fashioned)  
1/2 cup sugar  
2 tablespoon baking powder  
1/2 teaspoon salt  
1 egg  
3/4 cup milk  
1/3 cup vegetable oil  
1 teaspoon vanilla  
1 cup mashed banana's  
1/2 cup applesauce  
1/2 cup raisins  
1/2 cup chopped walnuts

Pre-heat oven. Beat egg, oil, sugar, salt, vanilla, applesauce, milk and banana's in medium bowl. Mix flour, oats, baking powder and soda in large bowl. Pour liquid mixture into dry mixture and mix until well blended. Fold in raisins and chopped walnuts. Pour into greased deep baking dish and bake at 400 for 45 minutes.

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Doug's recipe

Card # 18

### Bar B Q Ham Loaf

1 pound lean lamb  
1 pound ground lean pork  
1 can tomato soup  
1 cup dry bread crumbs  
1/2 cup chopped celery  
1/4 cup minced onion  
2 eggs, lightly beaten  
1/2 tsp salt  
1/4 tsp pepper  
Optional: 1/4 cup green pepper  
1 cup milk

**Mix together and bake at 350 for 2 hours. Optional: Omit tomato soup and celery and add 1/4 cup chopped bell pepper and 1 cup milk**

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Card # 19

### Bar B Q Lima Beans

2 quarts lima beans  
1 1/2 pound chopped bacon  
1 cup chopped onions  
1 1/4 tsp minced garlic  
3 tbsp prepared mustard  
1/2 tsp salt  
2 tbsp worcestershire sauce  
2 tsp chili powder  
2 1/2 cups tomato soup  
1/4 cup vinegar  
4 tbsp brown sugar  
2 cups bean liquid

**Brown: bacon, onions, garlic. Add mustard, salt, worcestershire sauce, chili powder, tomato soup, vinegar, brown sugar and bean liquid. Place drained cooked lima beans in large baking dish. Cover with sauce and bake at 350 for 30 minutes. Serves 16**

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Card # 20

### Bar B Q Spareribs

3 pounds spareribs  
1 bottle catsup (12oz)  
1 tbsp mustard  
1 1/4 cup water  
3/4 cup vinegar  
3 tbsp worcestershire sauce  
3 tbsp brown sugar  
3 tsp chili powder

Mix Bar B Q sauce. Pour over ribs and bake at 350 for 90 minutes, or until tender. Baste 3 times. Optional: If you fix these on a Bar B Q grill, bake only 1 hour in oven and finish cooking on the Bar B Q grill, (otherwise they'll fall apart). P.S. Started using this recipe in Aug. 1955.

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Lillian Eckels - 1955

Card # 21

### Bean Salad

1 can kidney beans  
1 can green beans  
1 can garbanzo beans  
1/2 onion, chopped  
1/2 green pepper, cubed  
1/2 cup salad oil  
1/2 cup vinegar  
1/2 cup sugar

Drain liquid from beans. Mix beans with onion and green pepper. Combine salad oil, vinegar, sugar and salt. Pour over bean salad. Refrigerate.

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Card # 22

### Beans - Pressure cooking time for beans

Black beans: soak 4hrs, cook 12min      Split peas: no soak, cook 10min  
Black eyed peas: no soak, cook 10min      Pinto beans: soak 4hrs, cook 12min  
Garbonzo: soak 8hrs, cook 14min      Red beans: soak 4hrs, cook 12 min  
Great northern: soak 4hrs, cook 12min      Small red beans: soak 4hrs, cook 12mi  
Lentils: no soak, cook 7min  
Kidney beans: soak 4hrs, cook 12min  
Lima: soak 8hrs, cook 4min  
Navy beans: soak 4hrs, cook 9min

**These times seem too short. I soak red beans overnight and cook them under pressure for 60 minutes, and I cook split peas under pressure for 30 minutes. So I use this chart as a comparison guide.**

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Doug's recipe

Card # 23

### Beef 'n Beans

1 pound hamburger      1/4 tsp pepper  
1/4 cup diced bell pepper      1 large can kidney beans (30 oz)  
1/2 cup minced onion      1 tsp dry mustard  
1/2 cup diced celery      2 tbsp wine vinegar  
1/2 cup tomato sauce      1 tbsp brown sugar  
1/2 cup water  
1 clove minced garlic  
1 tsp salt

**In large skillet saute lightly: hamburger, bell pepper, onion, celery. When vegetables are tender add: tomato sauce, water, garlic, mustard, wine vinegar, brown sugar, salt, pepper, and kidney beans. Bake in a 1 1/2 quart casserole at 375 for 45 minutes. Serves 4**

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Card # 24

### **Beef Bayou Teche**

2 pounds round steak, 1 1/2" thick  
1 clove garlic, split  
1 tbsp flour  
1 tbsp cornstarch  
3 tbsp oil  
2 tbsp water  
3/4 cup coffee  
1/4 cup sour cream  
2 tbsp molasses  
1/2 tsp salt  
1/4 tsp cinnamon  
1 pound white onions, peeled

**Pound steak to 1 inch thickness. Coat with flour. Brown in oil on both sides. Stir in coffee, molasses, salt & cinnamon. Cover & simmer for 90 minutes, turning occasionally. Add onions & garlic. Cook 30 minutes more. Remove meat & onions. Combine cornstarch & water. Stir into coffee mixture to make gravy. Stir until mixture boils & thickens. Remove from heat & stir in sour cream. Pour over heat & onions.**

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Lillian Eckels

Card # 25

### **Beef Enchiladas**

2 pounds ground or shredded beef  
3 dozen corn tortillas  
1 bunch scallions (green onions)  
2 large cans enchilada sauce

**Prepare enchilada sauce. Add chili seasoning if desired - (helps flavor). Fry tortilla in corn oil - (about 10 seconds each side). Dip tortilla in sauce. Put handful of cooked beef with a tablespoon of chopped scallions, in middle; roll. Use the chive part of the onions too. Bake at 350 for 10 to 15 minutes. Do not use cheese with this recipe.**

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Linda's recipe

Card # 26

### **Beef Gravy, Beef & Broccoli - experimental**

1 1/2 lb ground beef  
1 small onion - diced  
1 clove garlic - pressed  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/4 cup water  
Beef Gravy, Oriental Style from recipe  
1 tablespoon soy sauce - add to gravy

2 cups broccoli - steam cook  
1 bell pepper - sliced  
3/4 cup brown rice - cook in rice cooker

**Make Beef Gravy, Oriental Style** Add soy sauce and simmer. Brown the ground beef with salt, pepper, onion, garlic and 1/4 cup water. Drain grease. Combine with gravy and place in a covered casserole and bake at 350F for 30 minutes. Cook rice in rice cooker (brown rice takes about an hour). Steam broccoli and bell pepper in vegetable steamer for 10 minutes. Combine Beef with Beef Gravy with Broccoli and serve over rice.

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Doug's recipe

Card # 27

### **Beef Gravy, Oriental Style - experimental**

1 tablespoon peanut oil  
1 tablespoon sesame oil  
2 tablespoons flour  
3 tablespoons finely diced onion  
2 teaspoons beef broth base  
1 cup water  
1 garlic clove - pressed  
2 teaspoons soy sauce

1/4 teaspoon fish sauce  
1/4 teaspoon worchestershire sauce  
1/4 teaspoon red pepper flakes  
1/2 teaspoon brown sugar

**Make a roux with oil and flour. Stif for four minutes. Lower heat and add onion (careful not to burn). Saute for three minutes. Add beef broth base to 1 cup hot water. Stir well. Add to roux. Bring to a boil stirring constantly. Add remaining ingredients and simmer on low for ten minutes.**

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Doug's recipe

Card # 28

### Beef Mexicana

1 pound hamburger  
1 large onion, sliced thin  
1 tsp salt  
1/4 tsp pepper  
1/2 tsp chili powder  
1 cup canned tomatoes

**Brown together in a large heavy skillet: hamburger, onion, salt, pepper, chili powder. When well browned, stir in canned tomatoes. Simmer until thick. Serve on buns, rice, or corn bread. (add 1 can well drained kernel corn with tomatoes when serving on corn bread)**

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Lillian Eckels

Card # 29

### Beef Teriyaki

1/2 cup soy sauce  
1/4 cup wine  
1 clove garlic, chopped  
2 tbsp sugar  
1/2 tsp ginger  
2 - 3 pounds steak

**Combine ingredients & marinate steak for 2 - 3 hours. Broil or Bar B Q.**

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Lillian Eckels

Card # 30

## Beef Tongue

2 pounds beef tongue  
1 tsp salt per 1 quart water  
1/2 cup pickling spices  
2 tbsp chili powder

Wash tongue well in warm water. Put in a large kettle & cover with water. Add 1 tsp salt per quart of water. Toss in handful of pickling spices & chili pepper. Gently simmer until tender. (about 1 hour per pound) Remove meat & cool. Remove skin & roots. Cut tongue into thick slices, about 1/4 inch thick & package for the freezer.

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Card # 31

## Beef Tongue & Lima Skillet

2 tbsp shortening  
2 tbsp onion, finely chopped  
2 cups tongue, cooked & diced  
1 tsp salt  
1/4 tsp pepper  
2 cups canned lima beans  
1 tsp vinegar  
1/4 cup catsup

In small amount of fat, pan fry chopped onion. Add tongue, salt & pepper, vinegar, catsup & lima beans. (do not drain lima beans) Simmer until heated through, about 5 minutes. Serve with rice or potatoes.

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Card # 32



### Beer Cake

2/3 cup butter	8 oz jar of cherries
2 cups sugar	1/4 cup cherry juice
2 eggs	nuts
2 squares chocolate, melted	Frosting:
2 1/4 cups flour	1 tbsp butter, soft
2 tsp soda	1 sq chocolate, melted
1 cup beer	1 1/2 tbsp warm water
3/4 cup buttermilk	1 cup powdered sugar

**Cream together sugar & butter. Add eggs and melted chocolate. Stir in beer, buttermilk & cherry juice. Mix in flour, soda. Stir in cherries and nuts. Bake at 350 until toothpick inserted in center comes out clean. Allow to cool. Frosting: combine butter, chocolate. Mix in powdered sugar adding water until smooth. Frost cool cake. (limit of two pieces for designated driver)**

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Lourey family

Card # 33

### Biscuits on Creamy Chicken

1 pkg (10 oz) frozen green peas	1/2 cup cold water
2 cups chicken, cooked and cut	1 1/4 cup shredded cheddar cheese
1 can cream of chicken soup	
1/2 cup sour cream	
1/2 cup milk	
1/2 tsp salt	
1/8 tsp pepper	
2 cups Bisquick	

**Heat oven to 425. Mix together soup, chicken, peas, sour cream, milk, salt & pepper. Bring to boil, stirring frequently. Stir Bisquick & water to soft dough; beat vigorously 20 strokes. Gently smooth dough into ball on floured board. Knead. Roll dough 1/2 inch thick. Cut with round cutter. Pour heated chicken mixture into baking dish. Sprinkle with cheese. Put biscuits on cheese. Bake til biscuits are brown, about 20 minutes.**

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Lillian Eckels

Card # 34

## Bisquits

2 cups flour  
1 tablespoon baking powder  
1 tablespoon sugar  
1 teaspoon salt  
6 tablespoons butter  
3/4 cup milk

Combine all dry ingredients and set aside. Shred cold butter. Mix into dry ingredients. Add milk. Flatten out on floured surface with hands. Fold over six times. Shape and bake in preheated oven (425) for twelve minutes

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New recipe

Card # 35

## Black Russian Cake

1 yellow cake mix	3/4 cup water
2 small pkgs instant chocolate pudding	
4 eggs	
1/2 cup sugar	
1/2 cup canola oil	-----
3/4 cup applesauce	Glaze:
1/2 cup Kahlua	1/2 cup powdered sugar
1/4 cup vodka	1/4 cup Kahlua

Mix all 9 ingredients in a bowl and beat for 4 minutes on high. Pour into greased and floured bundt pan. Bake at 350 for 55 to 60 minutes, or until a toothpick comes out clean. Remove from pan when cool enough to handle. Make glaze. Poke holes over top of cake with a straw and slowly drizzle glaze.

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Doug's recipe

Card # 36

### Blackeyed Peas

1 16oz package black-eyed peas  
1 small/medium smoked ham shank  
1 medium onion - diced  
1 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon dried red pepper  
8 cups water

Soak beans overnight or presoak for one-hour. Boil ham shank in eight cups of water for one-hour. Add peas, salt, pepper and red pepper. Boil for one-hour. Sautee onion in olive oil for five-minutes and add to pot. Cook for three-hours at a slow bubble.

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Doug's recipe

Card # 37

### Bleu Cheese Dressing

3 eggs  
4 tsp salt  
2 3/4 tsp garlic powder  
3 tsp dry mustard  
1 tsp paprika  
1 pt sour cream  
3/4 pound bleu cheese, grated  
1 3/4 cup Wesson oil

Place all ingredients, except Wesson oil, into bowl. Beat with mixer until thoroughly blended. Add slowly 1 3/4 cup Wesson oil.

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Lillian Eckels - 1960

Card # 38

### Blue Cheese Salad Dressing

1 cup mayonnaise  
1/2 pound blue cheese, crumbled  
2 tbsp cream  
2 tbsp vinegar  
salt & pepper  
dash of Tabasco

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**Gradually add mayonnaise to cheese. Blend til smooth. Add cream & vinegar. Mix well. Add more cream to thin.**

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Mae Miller

Card # 39

### Borsch

1/2 pound chopped cabbage  
3 1/4 cups water  
1/3 cup tomato paste  
1/2 cup Watkins Borsch Soup Base  
Optional: 8 oz can diced beets

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**Add cabbage to water & boil. Add tomato paste, beets, & soup base. Simmer 10-15 minutes.**

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Lillian Eckels

Card # 40

### Braised Oxtails with Vegetables

2 pounds oxtails	3 carrots, diced
1/2 cup flour	1 cup diced celery
2 tbsp oil	1 large bell pepper, diced
1 medium onion, diced	5 small potatoes, cut in half
2 tsp salt	
1/2 tsp pepper	
2 cups water	
1 tbsp worcestershire sauce	

Roll separated oxtails in flour. Saute in oil until nice & brown on all sides. Drain off fat and add onion, salt, pepper, water, worcestershire sauce. Cover tightly & simmer 3 - 4 hours. Then add carrots, celery, bell pepper and potatoes. Cook 1 more hour until vegetables are tender. Use broth for gravy.

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Card # 41

### Bran Muffins

1 1/2 cups wheat bran	1 teaspoon vanilla
1 cup buttermilk	1 cup all-purpose flour
1/3 cup vegetable oil	2 tablespoons baking powder
1/3 cup applesauce	1/2 teaspoon salt
2 eggs	1/2 cup raisins
1/3 cup brown sugar	1/2 cup chopped walnuts
1/3 cup white sugar	1/2 cup chopped dates
1/3 cup molasses	

Preheat oven to 375. Grease large muffin pans. Mix wheat bran and buttermilk and let stand for 10 minutes. Beat oil, eggs, sugars, salt, molasses, applesauce and vanilla. Add bran buttermilk to mixture. Mix flour and baking powder. Add dry mixture to wet mixture and mix lightly. Fold in walnuts, raisins and dates. Pour 1/2 cup mixture into each muffin cup and bake for 20 to 25 minutes, or until toothpick comes out clean. Makes 12 large muffins.

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Doug's recipe

Card # 42

### Broccoli Corn Casserole

1 can creamed corn  
1 (8 oz) frozen chopped broccoli  
1/2 cup bread crumbs  
3 tbsp melted oleo  
1 egg, beaten  
1/2 tsp thyme  
1/4 grated onion  
2 strips bacon

1/2 cup shredded cheese

Mix all ingredients, (except bacon & cheese), together. Place in buttered baking dish. Put cheese & bacon on top. Bake 350 for 60 minutes. Serves 6

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Lillian Eckels

Card # 43

### Brown Rice Pilaf

3/4 cup rice  
Water to line 1 in rice cooker  
2 chicken boullion cubes  
1 1/2 cups hot water  
2 tablespoons butter  
1 medium onion finely chopped  
1 teaspoon minced garlic  
1 1/2 cups frozen mixed veg.

1/2 teaspoon black pepper  
2 tablespoons dried parsley  
2 beaten eggs  
1/2 cup nuts

Cook rice in rice cooker. Saute onion and garlic in frying pan. Dissolve boullion cubes in hot water. Add all ingredients except eggs and nuts to medium sauce pan. Simmer. When mixture is boiling, stir in beaten eggs. Place in greased casserole dish and bake uncovered at 350 for twenty-five minutes. Remove from oven and stir in nuts. Serve.

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Doug's recipe

Card # 44

### Buttermilk Pancakes

1 cup flour  
1 1/2 cup warm water  
6 tablespoons buttermilk mix  
2 tablespoons melted butter  
1 egg  
1 1/2 teaspoons sugar  
1/4 teaspoon salt  
1 teaspoon baking powder

Mix all liquid ingredients including buttermilk mix, sugar and salt. Mix dry ingredients. Combine liquid and dry ingredients and mix.

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Martha Stewart's recipe

Card # 45

### Butter Cookies

2 cups flour  
1 teaspoon baking powder  
1 cup sugar  
1 egg  
3/4 cup butter  
1 teaspoon vanilla

Sift flour and baking powder together. Melt butter and mix with sugar. Mix until fluffy. Mix in egg and vanilla. Add flour mixture and mix until combined. Roll between floured wax paper until 1/2 inch thick. Chill in refrigerator for several hours or until firm. Cut into squares using a cooking cutter. Bake in pre-heated oven at 375 for 12 to 15 minutes. Cool on cooling rack.

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Doug's recipe

Card # 46

## Cabbage Rolls

1 lb hamburger  
1 cup cooked rice  
1/4 cup chopped onion  
1 egg  
1 tsp salt  
1/4 tsp pepper  
1 can tomato soup

Mix together: hamburger, rice, onion, egg, salt & pepper, & 2 tablespoons tomato soup. Cook 6 large cabbage leaves in boiling water a few minutes. Drain well. In center of each leaf add a portion of beef mixture. Roll up & fasten with a toothpick. Place side-by-side in a dutch oven. Pour remaining tomato soup over rolls. Cook LOW heat for 40 minutes. Baste with soup.

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Card # 47

## Cake Surprise

1 can cherry pie filling  
1 box white cake mix  
1 can whipped cream

Mix cake per directions. Pour mix in pan. Spoon in pie filling, being sure to spoon it all over cake. Bake at 350 for about 45 minutes. Can be baked in small custard cups too! Serve with whipped cream topping.

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Card # 48



## Candied Yams

5 medium yams  
1 stick butter  
1 tsp cinnamon  
1/2 tsp nutmeg  
1/4 tsp clove  
1 cup white sugar  
1/4 cup brown sugar  
1 tablespoon vanilla extract

**Wash and peel yams. Cut into 1/2 inch slices and place in a oven-safe baking dish. Melt butter in a sauce pan. Add sugar and spices (except vanilla) and stir until mixed. Remove from heat and add vanilla. Pour mixture over yams coating all surfaces. Bake covered for 30 minutes in 350 degree oven. Baste with mixture and bake for an additional 20 minutes. Cover with marshmallows and bake until marshmallows are golden brown**

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Inspired by others recipe

Card # 49

## Carne Asada

Beef sliced thin  
Liquid Smoke  
Salt  
Vegetable oil  
Black pepper  
Cumin  
Cayenne pepper

**Slice beef thin. Coat with liquid smoke and salt. Marinate for two to five hours. Pat dry and coat with vegetable oil. Lightly coat with with black pepper, cumin, and cayenne pepper. Grill on a pre-heated grill or broil in oven on high.**

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Doug's recipe

Card # 50

## Carrot & Potato Steamer Pudding 1

PART 1  
1/4 cup shortening  
1 cup brown sugar  
2 eggs  
1 cup grated raw carrot  
1 cup grated raw potato  
1 1/4 cup sifted flour  
1 tsp soda  
1/4 tsp salt  
1 tsp cinnamon  
1/2 tsp cloves

Cream together shortening & brown sugar. Add eggs. Add carrot & potato. Sift together flour, soda, salt, cinnamon, cloves. Take 1/2 of flour mixture & dredge the fruits & nuts. Add the flour & spices to the shortening & egg mixture gradually, beating well after each addition. Combine with fruit & flour mixture, stir well until blended. Fill well greased 1 1/2 quart mold 2/3 full. Cover tight & set on rack in a kettle. continued...

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Lillian Eckels

Card # 51

## Carrot & Potato Steamer Pudding 2

PART 2  
FRUIT & NUT MIXTURE  
1/3 cup finely chopped citron  
1/3 cup finely chopped...  
...candied lemon peel  
1 cup seedless raisins  
1 cup chopped walnuts

Fill kettle with boiling water to depth of 2 inches. Cover kettle & steam pudding for 3 hours at 350. Use a covered casserole dish for pudding. Place inside a roaster on a rack. 2 inches of water in roaster, cover roaster.

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Lillian Eckels

Card # 52

### Carrot Cake

2 cups flour  
2 tsp soda  
2 cups sugar  
1 tsp cinnamon  
3/4 cup oil  
3 cups grated carrots  
4 eggs

Combine flour, soda, sugar & cinnamon. Add carrots and eggs. Beat 4 minutes. Bake at 350 for 45 minutes. Frost with Mock Whip Cream Frosting. See recipe.

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Lourey family

Card # 53

### Carrot Pie

2 cups carrot puree  
3 eggs  
1 cup brown sugar  
1/4 tsp salt  
1/2 tsp nutmeg  
1/4 tsp ground ginger  
1 tsp cinnamon  
2 tbsp melted oleo

2 tbsp corn syrup  
1 cup light cream

Note: See Carrot Puree Recipe

Pre-heat oven to 400. In a large bowl beat together carrot puree & eggs. Stir in sugar, spices, oleo, corn syrup & cream. Blend well. Pour into pie shell. Set pan on baking sheet & put on lower shelf of oven. Bake for 35-45 minutes, or until firm in center. Cool to room temp.

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Card # 54

## Carrot Puree

Carrots

Scrub carrots and cut into 1/2 inch dice. Cover with salted water & bring to a boil. Cover & cook over medium heat until very tender. Drain well & puree in blender. Scrape puree into large skillet & stir over medium heat until dry - about 2 minutes. Can be frozen.

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Card # 55

## Cheese Cake

2 pkgs (8 oz) cream cheese  
4 eggs  
1 cup sugar  
dash of salt  
1 tsp vanilla  
1 pt sour cream  
1/4 cup sugar  
1/2 tsp almond extract  
Graham cracker pie shell

Beat cream cheese til fluffy, add eggs beating thoroughly. Blend in 1 cup sugar, salt and vanilla. Pour mixture into a graham cracker pie shell. Bake 65 minutes in 250 oven. Cool. top with sour cream that has 1/4 cup sugar, almond extract added and mixed thoroughly. Return to oven and bake 15 minutes at 250. For filling: add 20 minutes.

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Lillian Eckels

Card # 56

### **Cheese Cake - 1960**

2 8 oz pkgs Phila cream cheese  
4 eggs  
1 cup sugar  
dash of salt  
1 tsp vanilla  
1/4 cup sour cream  
1/2 tsp almond extract  
1 graham cracker pie shell

**Beat cream cheese til fluffy: add eggs beating thoroughly. Blend in 1 cup sugar, salt, & vanilla. Pour mixture into a graham cracker pie shell. Bake 45 minutes at 250. Cool. Top with sour cream that has had 1/4 cup sugar & almond extract added & mixed thoroughly in. Return to oven & bake 15 minutes at 250.**

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Lillian Eckels - 1960

Card # 57

### **Cheese Cake Topping (Blueberry Glaze)**

1/3 cup sugar  
1 tbsp cornstarch  
1/3 cup water  
1/4 cup mashed blueberries  
1 tbsp lemon juice  
2 cups blueberries

**Combine sugar, cornstarch in saucepan: stir in water, blueberries & lemon juice. Cook til clear and thickened, stirring occasionally. Strain, cool. Stir in 2 cups blueberries. Spoon over cheesecake. Chill**

Lillian Jane Eckels recipe index

Lillian Eckels - 1960

Card # 58

### **Cheese Enchiladas**

- 1 1/2 pound monterey jack cheese
- 1 1/2 pound medium cheddar cheese
- 3 dozen corn tortillas
- 1 bunch scallions (green onions)
- 2 large cans enchilada sauce

Prepare enchilada sauce. Add chili seasoning if desired - (helps flavor). Fry tortilla in corn oil - (about 10 seconds each side). Dip tortilla in sauce. Put handful of both cheeses, with a tablespoon of chopped scallions, in middle; roll. Bake at 350 for 10 to 15 minutes.

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Linda's recipe

Card # 59

### **Chicken & Corn Chowder**

- 3 tbsp margarine
- 1 medium onion, chopped
- 2 medium potatoes, diced
- 6 cups chicken bouillon
- Salt & Pepper to taste
- 2 cups corn puree
- 2 cups cooked, diced chicken
- 2 cups milk or lite cream

Heat margarine in heavy sauce pan. Saute onions til soft (about 5 minutes). Add potatoes & stir until coated. Add bouillon and bring to boil. Cover and simmer until potatoes are tender but firm (about 20 minutes) Season with salt & pepper. Stir in corn puree, chicken & milk. Heat almost to boiling point. Serve with sprinkle of paprika.

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Lillian Eckels

Card # 60

### Chicken - Honey & Garlic - experimental

1 1/2 pound chicken breasts  
2 tablespoons honey  
2 tablespoons brown sugar  
2 tablespoons Soy sauce  
6 cloves garlic - pressed  
1/2 teaspoon red pepper flakes  
1/2 cup water

Add all ingredients to crockpot and cook on high for 3 to 4 hours.

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Doug's recipe

Card # 61

### Chicken - Oven Baked

1 chicken  
3/4 cup flour  
3/4 cup bread crumbs  
1 tbsp Lemon Pepper

Boil chicken 15 minutes; drain. Mix in a bag; flour, lemon pepper, & bread crumbs. Add chicken to bag. Shake to coat. Sprinkle generous amounts of Lemon Pepper on both sides of chicken before baking. Cover with foil. Bake at 425 for about 1 hour. Turn chicken after first side looks cooked. Other side will brown faster.

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Lillian Eckels

Card # 62

### Chicken Adobo - Prepared in Dutch Oven

2 chicken quarters  
2 jalapeno peppers  
8 -10 gloves garlic (yep, lots of garlic)  
2 tablespoons olive oil  
1/3 cup vinegar  
1/3 cup soy sauce  
3 bayleaves  
1/4 teaspoon pepper  
1 tablespoon brown sugar

**Brown chicken quarters on both sides in olive oil for about 10 minutes. Remove and set aside. Add remaining ingredients and bring to a boil then reduce to a simmer. Add back chicken and cook for 40 minutes. Half way through cooking, flip chicken. When done, remove chicken and thicken sauce by bringing it to a boil for about five-minutes. When thickened, add back chicken to coat both sides. Serve over rice.**

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Doug's recipe

Card # 63

### Chicken and Rice Soup

Chicken Broth  
Rotisserie Chicken  
Onion  
Celery  
Carrots  
Garlic  
Corn on the cob  
Dry Dill  
Tony Cachere's seasoning  
Pepper  
Rice

**Cook rice in rice cooker. Cut chicken into bite size pieces. Add all ingredients except rice into soup pot and simmer for about 30 minutes.**

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Misty's recipe

Card # 64



### Chicken Broccoli Bake

Boiled Chicken  
1 can cream of chicken soup  
1/2 cup mayonnaise  
steamed broccoli  
grated cheese  
1 tsp lemon juice  
little chicken broth

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Layer 1st broccoli, then chicken, then soup mixture. Top with grated cheese.

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Lillian Eckels

Card # 65

### Chicken Broccoli Casserole

2 or 3 chicken breasts  
1 box frozen broccoli spears                      or fresh broccoli spears  
1/3 cup mayonnaise  
1 can cream of chicken soup  
1 tsp lemon juice  
dash salt & pepper  
Parmesan cheese

---

Boil chicken til tender, drain and cool. Boil broccoli til tender, drain. Combine mayonnaise, soup, lemon juice, salt & pepper. Skin and bone chicken, lay in bottom of greased casserole. Lay broccoli spears side by side over chicken. Sprinkle cheese over top. Bake at 350 for 30 minutes. Serves 4.

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Lillian Eckels

Card # 66

### Chicken Enchiladas

3/4 pound monterey jack cheese  
3/4 pound medium cheddar cheese  
3 dozen corn tortillas  
1 bunch scallions  
2 large cans enchilada sauce  
1 chicken, cooked and deboned  
1 tsp chili seasoning

Preheat oven to 350. Shred cheeses. Prepare enchilada sauce and spice. Fry tortilla's in corn oil about 10 seconds on each side. Dip fried tortilla in sauce. Place 1/4 cup chicken, 1/4 cup cheese, 1 tablespoon scallions in middle and roll. Place rolled tortilla's in greased cooking dish. Cover with remaining sauce. Bake at 350 for 15 minutes.

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Linda's recipe

Card # 67

### Chicken Enchiladas

3/4 pound monterey jack cheese  
3/4 pound medium cheddar cheese  
3 dozen corn tortillas  
1 bunch scallions (green onions)  
2 large cans enchilada sauce  
1 chicken, boiled & deboned

Prepare enchilada sauce. Add chili seasoning if desired - (helps flavor). Fry tortilla in corn oil - (about 10 seconds each side). Dip tortilla in sauce. Put handful of chicken & both cheeses, with a tablespoon of chopped scallions, in middle; roll. Use the chive part of the onions too. Bake at 350 for 10 to 15 minutes.

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Linda's recipe

Card # 68

### Chicken Gravy - Oriental Style - experimental

1 tablespoon peanut oil	1/2 teaspoon fish sauce
1 tablespoon sesame oil	1/2 teaspoon worchestershire sauce
2 tablespoons flour	1/2 teaspoon red pepper flakes
3 tablespoons finely diced onion	1/2 teaspoon daughters red wine
2 teaspoons chicken broth base	1 teaspoon brown sugar
1 cup water	
1 clove garlic - pressed	
1 tablespoon soy sauce	

**Make a roux with oil and flour. Stir for 4 minutes. Lower heat and add onion (careful not to burn ). Saute for three minutes. Add garlic. Saute for one minute. Add chicken broth base dissolved in 1 cup hot water and bring to a boil. Add remaining ingredients and simmer for 2 minutes. Set aside.**

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New recipe

Card # 69

### Chicken Liver Sauce

1/4 pound bacon, minced	1/2 tsp ground sage
1 small onion, minced	
1/4 cup parsley, minced	
1/2 pound chicken liver, quartered	
1/4 pound mushrooms, thinly sliced	
1/4 cup marsala wine	
1/2 cup tomato puree	
salt & pepper	

**Chop together bacon, onion & parsley to make a paste. Put into deep skillet & cook, stirring, for 5 minutes. Add chicken livers & mushrooms. Cook over medium heat until livers are browned. Add remaining ingredients & cook 10 minutes. Serve over spaghetti.**

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Lillian Eckels

Card # 70

### Chicken Soup

1 medium chicken  
1/2 tsp salt  
1/2 tsp granulated garlic  
1 large onion, very thinly sliced  
1 cup celery with tops, chopped  
1/2 head cabbage, quartered  
2 yellow squash, sliced thick  
3 zucchini squash, sliced thick

Fill stock pot with chicken, salt, garlic, onion, celery & water to cover. Bring to full boil. Let simmer 45 minutes. Remove chicken, add vegetables, de-bone chicken, add 1/4 de-boned chicken meat back to soup. Cook until vegetables start to become tender. Use remaining chicken meat for tacos or tostados.

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Linda's recipe

Card # 71

### Chicken Wild Rice in Crockpot (experimental)

1 cup wild rice - cooked  
1 lb boneless skinless chicken breast  
2 stalks celery - diced  
1 medium onion - diced  
2 cans Cream of Chicken Soup  
2 cans water  
1 teaspoon poultry seasoning  
1/2 teaspoon black pepper

1/2 cup butter  
2 cups whole milk  
Optional: 1/2 teaspoon seasoned salt  
Optional: 1/2 teaspoon sage  
Optional: 1/4 teaspoon thyme

Cook rice in rice cooker: 1 cup rice and 1 1/2 cups water. Cube chicken into 1/2 inch pieces. Place all ingredients into crockpot. Cook on high for 4 to 6 hours.

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Doug's recipe

Card # 72

### Chicken Wild Rice Soup

1/4 chicken cooked in air fryer  
3.5oz wild rice  
1 pkg chicken gravy  
3/4 cup almond milk  
2 cups water  
3 cubes chicken bullion

**Precook chicken quarter 20 minutes in air fryer. Cook wild rice in water with chicken. Add almond milk, chicken gravy and bullion. Add additional or milk as needed.**

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Captain Fantastic

Card # 73

### Chili

1 cup dried pinto beans	2 1/2 lean ground beef
5 cups canned tomatoes	1 pound ground pork
1 pound green peppers, chopped lg	1/3 cup chili powder
1 1/2 tbsp oil	2 tbsp seasoned salt
1 1/2 pounds onions, chopped lg	1 1/2 tsp pepper
2 cloves garlic, crushed	1 1/2 tsp cumin seed
1/2 cup fresh parsley, minced	
1/2 cup butter	

**Soak beans overnight. Add fresh water to cover beans 2 inches. Simmer for 2 hours. Add tomatoes, simmer 5 minutes. Saute green pepper in oil. Add onions and cook til tender. Add garlic & parsley. In second skillet saute butter, beef, and pork. Add green pepper, onions, chili powder. Simmer 10 minutes. Combine beans, meat and all remaining ingredients. Simmer 1 hour covered. Remove cover, simmer 30 minutes. Stir occasionally.**

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Abby Curtis - 1980

Card # 74

### Chili from scratch in crock pot

1 16oz package kidney beans  
2 lbs hamburger  
1 large onion  
3 stalks celery - diced  
1 green pepper - diced  
1/2 teaspoon garlic salt  
1/2 teaspoon salt  
3 tablespoons brown sugar  
4 tablespoons chili powder  
1 teaspoon cumin  
1 large can petite diced tomatoes  
1 large can tomato sauce  
1 large can crushed tomatoes

**Soak beans overnight. Discard water. Fry hamburger, onion, celery, green pepper, salt, garlic salt, until hamburger is fully cooked. Place all remaining ingredients in crockpot and cook on high for six hours.**

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Kerrin's recipe

Card # 75

### Chili with Turkey

1 lb ground turkey  
1 tablespoon olive oil  
1/2 white onion diced  
1/2 bell pepper diced  
4 stalks celery chopped  
2 cloves garlic  
2 28oz cans crushed tomatoes  
1 can black beans  
1 can kidney beans  
1 can chili beans  
2 tablespoons chili powder  
1/4 teaspoon cumin  
1/4 teaspoon Tony Cachere's seasonin  
1/4 teaspoon crushed red pepper  
Salt and pepper to taste

**Saute onion, bell pepper and celery in olive oil. Add meat and brown. While browning, add a little salt & pepper, and a dash of chili powder. When browned, add remaining ingredients and simmer for about 1 hour. Garnish with: grated cheese, finely diced white onion, and sour cream.**

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Misty's recipe

Card # 76

### Chinese Fried Rice in Rice Cooker

3/4 cup white rice  
2 tablespoons soy sauce  
2 tablespoons daughters red wine  
1 teaspoon better than bullion  
1 tablespoon sesame oil  
1 1/2 cups water  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
no bullion

Add all ingredients to rice cooker. Stir. Cook using White Rice setting.

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Doug's recipe

Card # 77

### Chinese Fried Rice with Pork, chicken or fish

One scoop brown rice (3/4 cup)  
Water to line #1 in rice cooker  
1 cup frozen mixed vegetables  
1 medium onion - chopped  
1 egg  
Sesame oil  
Soy sauce  
Peanut oil  
2 pork chops or  
2 fish fillets or  
2 chicken breasts

Cook rice in cooker. Fry onion in 2 tablespoons peanut oil until golden brown. Set aside. Scramble 1 egg, 1/4 teaspoon sesame oil and 1/4 teaspoon soy sauce. Set aside. Cook meat in air fryer. When done, chop into small pieces. Fry meat, onion and mixed vegetables with an additional tablespoon peanut oil for about 5-6 minutes. Add rice and 2 tablespoons soy sauce. Fry an additional 5-6 minutes. Add egg and stir. Place in covered pot and bake at 325 for 30 min.

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Doug's recipe

Card # 78

### Chinese Hot Mustard

1/4 cup dry mustard  
1/4 cup boiling water  
1 tsp sugar  
1 tbsp salad oil

Combine dry mustard, boiling water, sugar & salad oil. Mix well. Cover and let stand 1 day before using. Makes 1/3 cup

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Lillian Eckels

Card # 79

### Chocolate Chip Cookies

1 1/8 cup shortening  
1 cup sugar  
1 cup brown sugar (cream)  
1 tsp vanilla  
2 eggs  
3 cups flour  
1 tsp soda - salt  
1 cup chocolate chips

Cream together shortening and sugar. Add eggs, vanilla, and dry ingredients. drop on cookie sheet. Bake at 350 for 8-10 minutes.

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Lourey family

Card # 80



### Chop Suey

1 pound pork  
1/4 pound veal  
1 1/2 cup celery  
1 1/2 cup onions  
2 tbsp flour  
1 cup water  
3 tbsp soy sauce  
2 tbsp butter  
salt & pepper

**Brown meat. Add vegetables, butter, salt & pepper. Simmer until vegetables are tender, but still crisp. Mix flour and soy sauce. Add to vegetables to thicken.**

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Lourey family

Card # 81

### Coleslaw - needs improving

1 package Cole Slaw  
1 cup mayonaise  
1 pineapple fruit cup  
2 teaspoons lemon juice  
2 teaspoons white vinegar  
3/4 teaspoon black pepper  
1/3 teaspoon salt  
1/2 teaspoon celery seed

**Mix all spices and miracle whip. Add to package of cole slaw. Refridgerate at least 30 minutes for best flavor.**

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Doug's recipe

Card # 82

### Collard Greens & Sausage in pressure cooker

2 packages collard greens  
3 andouille sausage - sliced  
1 tablespoon olive oil  
4 garlic cloves chopped  
1 teaspoon seasoned salt  
1/2 teaspoon sugar  
1/4 teaspoon pepper  
1/2 onion diced

Add all ingredients to pressure cooker and cook under pressure for sixty-minutes. Optional: Save water and use to cook cabbage. Cube cabbage and cook under pressure for fifteen minutes.

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Doug's recipe

Card # 83

### Corn Puree

Cob corn

Cut kernels from cob & puree in blender without cooking. Can be frozen by cooking puree over medium heat for 5 minutes and adding 1/2 tsp salt to 1 cup puree.

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Card # 84

## Cornbread

1 1/4 cups corn meal  
1 cup flour  
1 cup sugar  
2 tablespoons baking powder  
1/2 teaspoon salt  
1 cup milk - warm to room temp  
1/4 cup melted butter  
2 eggs

1/2 cup sour cream

Why so much baking powder?  
The sugar and corn meal weighs down the mixture. Getting the mixture to rise requires the extra tablespoon of baking powder.

**Preheat oven to 400. Mix butter, eggs, milk, salt, sugar, and sour cream in medium bowl. Mix cornmeal, flour, and baking powder in a large bowl. Combine wet and dry mixtures and lightly mix. Batter will be lumpy. Pour into two greased baking dishes and bake at 400 degrees for 20 to 25 minutes, or until toothpick comes out clean.**

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Doug's recipe

Card # 85

## Cornbread - All Corn Meal - BEST RECIPE!

1 cup corn meal  
1 cup self-rising corn meal  
1 tablespoon baking powder  
1 cup milk - warm to room temp  
2 eggs  
1/2 teaspoon salt  
1/2 cup sugar  
1/4 cup melted butter or 1/4 cup veg oil

**Preheat oven to 400. Use electric mixer and mix corn meals and baking powder in a large bowl. Use electric mixer and mix sugar, salt, milk, butter (or oil), and eggs in a medium bowl. Pour wet mixture into bowl with corn meals and mix well. Pour into two greased baking dishes and bake at 400 degrees for 20 to 25 minutes, or until toothpick comes out clean.**

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Doug's recipe

Card # 86

### **Cornbread - using self-rising cornmeal**

2 cups self-rising cornmeal  
2 eggs  
1 cup milk  
1/4 cup sugar  
2 tablespoons melted butter  
1/4 teaspoon salt

**Pre-heat oven to 400. Mix all ingredients using electric mixer. Pour into greased baking dish. Bake for 30-35 minutes.**

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Doug's recipe

Card # 87

### **Cornbread Stuffing with Sage**

1/2 batch cornbread (no sugar)  
1 1/2 cups chicken broth  
2 tablespoons butter  
2 celery stalks - chopped  
1 medium onion - chopped  
1 teaspoon sage  
1/4 teaspoon salt  
1/4 teaspoon pepper

**Prepare cornbread without using sugar. Allow to sit overnight. Cut into 1/2 inch squares and crumble. Sautee butter, celery and onion. Combine all ingredients and mix. Bake at 350 for 30min**

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Doug's recipe

Card # 88

### **Corned Beef Brisket**

1 corned beef brisket  
1 tablespoon peanut oil  
1/8 teaspoon allspice  
1/8 teaspoon ground cloves  
1/8 teaspoon ground mustard  
1/8 teaspoon cayenne pepper  
2 tablespoons water

**Preheat oven to 275. Brown brisket in peanut oil for 6 minutes on each side. Sprinkle spices over brisket and place inside aluminum foil envelope. Add water and seal the bag. Bake for 6 hours at 275. Spicing could be improved.**

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Doug's recipe

Card # 89

### **Cream of Wheat**

1/4 cup wheat farina  
1/4 cup powdered milk  
1/4 cup Wheat Germ/Flax Seed mix  
1/4 cup maple syrup  
1 1/4 cup cold water

**Add all ingredients to sauce pan and stir until mixed well. Bring to a boil stirring constantly. Boil until mixture thickens.**

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Doug's recipe

Card # 90

### Creole Seasoning - Salt Free

3 tablespoons onion powder  
3 tablespoons garlic powder  
1 tablespoon black pepper  
1 tablespoon white pepper  
6 tablespoons paprika  
1 tablespoon basil  
1 tablespoon thyme  
1 tablespoon dried parsley  
1 tablespoon oregano  
1 tablespoon cayene pepper

Combine all ingredients in small electric food processor. Run until well blended.  
Ok to add salt if desired.

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Doug's recipe

Card # 91

### Crisp

3/4 cup packed brown sugar  
1 cup flour  
3/4 tsp cinnamon  
1/2 tsp nutmeg  
3/4 cup margarine

Combine ingredients with forks until crumbly. Can store refrigerated.

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Lillian Eckels

Card # 92

### Curing Olives

30 pounds olives  
5 gal water  
1 can lye

Soak about 60 hours. (blank for 48 hours) Stirring at least 3 to 5 times a day. Drain off lye water, soak in clean running water 36-48 hours or until water is clear. Make brine of 3 cups salt to 5 gal water. Soak olives in brine 24 hours. Rinse off in clear water & can. 1 tablespoon salt to 1 qt water. Heat brine, add olives & bring to a good boil. Can & seal in sterilized jars. 1 1/4 gal of olives makes 5 qts of olives.

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Lillian Eckels

Card # 93

### Date Graham Torte

5 eggs, separated	1/2 cup pumpkin puree
1/2 cup sugar	1 cup heavy cream
1 cup graham cracker crumbs	
1 tsp baking powder	
1/2 tsp ginger	
1/4 tsp allspice	
1/2 tsp nutmeg	
1/2 pound dates, chopped	

Beat egg whites with a pinch of salt til stiff. Without washing beater, beat yolks with sugar til thick. Combine crumbs, baking powder & all spice and mix with yolks. Stir in dates & pumpkin, blending well. Fold in whites. Turn into greased 8 inch spring form pan. Bake at 325 for 40 minutes. Cool on rack. Remove sides of pan & when completely cool, split into 2 layers and fill & frost with whipped cream. Can substitute squash for pumpkin.

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Lillian Eckels

Card # 94

### Detestable Debbie

- 1 horse-shit attitude
- 2 cups selfishness
- 1 spare key
- 1 thief mentality

**Sneak into mom's home after she passes away and help yourself to anything you want. Glare, growl and scream into submission anyone who disagrees with you. Never share, never be nice, never apologize. Keep that horse-shit attitude forever.**

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Debbie's recipe

Card # 95

### Dirty Martini

- full shotglass of gin or vodka
- 1 tablespoon of vermouth
- 1 tablespoon of olive brine
- 2 green olives

**Mix in glass with ice. Strain into chilled martini glass. Serve with olives.**

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Doug's recipe

Card # 96



### **Dog Food, aka Lucy Food**

3 pounds ground beef  
2 cups white rice  
3 cups quick oats oatmeal  
16 oz can pumpkin  
3 cups water

Cook ground beef with 3 cups water. Cook rice, cook oatmeal. Use electric mixer to finely chop cooked ground beef. Add rice, oatmeal and pumpkin. Mix well with electric mixer. Best if frozen before use. Freezing improves the texture. Thaw in refrigerator. Serving size: 1/4 cup for 9 lb dog.

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Doug's recipe

Card # 97

### **Eggnog**

6 eggs  
1 quart whole milk  
1 1/4 cup sugar  
1 cup whipping cream, whipped  
1 tsp vanilla  
dash of salt

Beat eggs, milk sugar, & salt. Fold in whipping cream and vanilla. Chill. Pour into punch bowl along with 1 cup rum; brandy; whiskey; or fruit juice.

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Card # 98

## Eggplant Parmigiano

1 med eggplant  
6 tbsp margarine  
1/4 cup grated parmesan cheese  
1 tbsp grated onion  
1 tbsp lemon juice  
1/2 tsp salt  
1/8 tsp pepper  
1/2 cup cheddar cheese, shredded

**Preheat oven to 500. Peel eggplant & cut crosswise into slices about 1/2 inch thick. Melt margarine in 13X9 baking pan in oven. Stir in parmesan cheese, onion, lemon juice, salt & pepper. Dip both sides of eggplant in margarine mix. Bake 12-15 minutes or til tender, turning once. Sprinkle cheddar cheese on top, return to oven for 2-3 minutes to melt cheese.**

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Lillian Eckels - 1960

Card # 99

## Eggplant Shells & Puree

Eggplant

**Shells: Halve eggplant lengthwise. Scoop out pulp leaving 1/2 inch rim on sides. Puree: Put pulp in saucepan with about 1/2 inch salted water in bottom. Cover and steam for 10 minutes, or until very soft. Stain, pressing out excess liquid.**

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Lillian Eckels - 1960

Card # 100

### **Eggplant, Greek Dish**

1 pound raw shrimp  
2 tbsp veg oil  
2 medium onions, chopped  
1 clove garlic, minced  
2 medium green peppers, diced  
1/4 cup cooked rice  
1/2 cup tomato sauce  
3 tbsp chopped parsley  
1 tsp basil  
1/2 tsp thyme  
1 1/2 cup eggplant puree  
salt & pepper to taste  
1/4 pound feta cheese

**Cook shrimp and set aside. Heat oil in large skillet, add onion, garlic & peppers. Saute til soft - 10 minutes. Stir in rice, tomato sauce, seasonings & eggplant. Add shrimp. Crumble feta cheese and stir in. Pile mixture onto eggplant shells - (see Eggplant Shells recipe). Set shells in greased making dish. Bake 30 minutes.**

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Lillian Eckels - 1960

Card # 101

### **Eggplant, Southern Style**

2 slices bacon, diced  
1 small onion, diced  
1 bell pepper, diced  
1/2 tsp salt  
1/4 tsp pepper  
1 cup canned tomatoes  
1 medium eggplant, cubed

**Fry bacon until crisp. Remove bacon. In bacon fat, saute onion & bell pepper. Add salt, pepper, tomatoes & cubed eggplant. (1/2 inch cubes) If eggplant is young & tender it is not necessary to peel. simmer for 15 minutes, or until eggplant is tender. Add bacon & serve.**

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Lillian Eckels

Card # 102

## Eggs Rancheros

Corn tortillas  
Eggs  
Salsa Casera

Fry corn tortilla until flat and crunchy. Fry egg over medium. Place egg on top of tortilla, top with 2-3 tbsp Salsa Casera. Serve with re-fried beans on the side.

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Linda's recipe

Card # 103

## Enchilada Sauce - experimental

2 cups boiling water  
2 chicken bullion cubes  
1 15oz can tomato sauce  
1 6oz can tomato paste  
1 teaspoon chili powder  
1 teaspoon cumin  
1/2 teaspoon onion powder

Boil water and add bullion cubes. Stir until mixed well. Add remaining ingredients and bring to boil stirring constantly. Lower heat, cover, and allow to simmer for 20 minutes.

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Doug's recipe

Card # 104

## Enchirito

1 lb ground beef  
1 can refried beans  
1/2 onion - finely diced  
1 small can chopped olives (sliced OK)  
3 tablespoons taco seasoning  
6 flour tortillas  
1 small can enchilada sauce  
2 cups Mexican style shredded cheese

**Brown ground beef. Drain grease. Add taco seasoning and 1 cup water. Simmer in uncovered sauce pan for 20 minutes. Warm refried beans. Warm enchilada sauce. Warm tortillas. Spread 1/3 cup refried beans on center of tortilla. Sprinkle 1 teaspoon diced onion on top of beans. Spread 1/3 cup ground beef on top of onions. Sprinkle olives on top of beef. Fold edges of tortilla over center. Flip and place on a plate. Cover with 3 tablespoons enchilada sauce and 1/4 cup cheese.**

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Doug's recipe

Card # 105

## Fish Chowder

2 large sway filets - cut into pieces  
1/2 cup lemon juice  
1 medium onion - quartered and sliced  
1 celery stalk - diced  
12 small red potatoes - halved and slice  
1/2 teaspoon black pepper  
1/2 teaspoon salt  
4 cups water  
1 tablespoon bacon grease  
2 tablespoon veg oil  
3 tablespoons flour  
2 strips bacon - fried and cut  
1 cup milk

**Thaw fish covered with water and 1/4 cup lemon juice. Cut bacon into small pieces and fry. Boil potatoes in 1 quart of water with 1 1/2 teaspoons salt until tender (about 12 minutes). Rinse with fresh water and set aside. Make a roux with bacon grease, veg oil and flour. Bring 4 cups water to boil in soup pot. Add roux and stir briskly. Add onion, celery, salt, pepper, bacon and fish. Simmer until fish is cooked (about 15 minutes). Add potatoes and milk. Simmer for 5 minutes.**

Lillian Jane Eckels recipe index

Doug's recipe

Card # 106

### Fish Cubion - 1878

2 large sway fillets	1 14oz can diced tomatoes
2 tablespoons butter	4 cups water
3 tablespoons flour	=====
1/2 teaspoon salt	1/4 cup dry white wine
1/2 teaspoon pepper	1/4 teaspoon file powder
1 onion - diced	1 lemon - sliced thin
1 teaspoon dried parsley	
pinch of thyme	Inspired from Gulf City Cook-Book

**Make a Rue with butter, flour, pinch of salt & pinch of pepper. In a soup pot add water, onion, parsley, thyme and tomatoes. Simmer for one hour. Add wine, file powder, and lemon. Simmer for 10 minutes. Cut fish into pieces that will fit into pot and simmer until done. About 12 minutes.**

Lillian Jane Eckels recipe index    Doug's recipe - experimental    Card # 107

### Five Hour Oven Stew

1 pound stew beef	1 onion, diced
3 large carrots, diced	
1/2 chopped bell pepper	
3 small potatoes, diced	
1 can cream of tomato soup	
1/2 cup water	
1 tsp salt	
1/4 tsp pepper	

**Cube beef. Add all ingredients to baking dish. Put in oven at 275 & bake for 5 hours. Doesn't need much watching.**

Lillian Jane Eckels recipe index    Lillian Eckels    Card # 108

### Fried Green Tomatoes

3 tomatoes sliced 1/2 inch  
1/2 cup milk  
1 egg  
1 cup flour  
1/4 cup cornmeal  
1 1/2 teaspoons baking powder  
1/2 teaspoon cajun seasoning  
Salt and Pepper

**Slice tomatoes 1/2 inch thick. Sprinkle with salt and pepper. Let sit for 5 minutes. Mix all ingredients to make batter. Dip slices in batter to coat both sides. Fry in skillet for 3 to 5 minutes on each side (or until brown)**

Lillian Jane Eckels recipe index

Barksdale

Card # 109

### Fruit Compote

1 apple, peeled & diced small  
2-3 bananas  
1 pkg frozen berries, half thawed

**Mix well & keep chilled. You can add peaches, (fresh or canned), or most any kind of fruit, except citrus fruits.**

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 110

### Fruit Conserve

1 cup sugar  
1 cup mashed fruit  
1 lemon  
2 oranges  
1 apple  
raisins  
1 cup chopped nuts

---

**Boil down.**

---

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 111

### Fruit Salad

1 cup sour cream  
1/2 cup coconut  
2 cans mandarin oranges  
1 can pineapple tidbits  
2 cups mini marshmallows

---

**Mix together and chill. Best if prepared the day before.**

---

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 112



### **Fudge, No-Beat**

2 (6 oz) pkgs semi-sweet chocolate  
3 cups miniature marshmallows  
1/2 cup chopped walnuts  
2 cups sugar  
1 can evaporated milk  
3 tbsp margarine

---

**Butter small square pan. Combine sugar, milk & margarine. Bring to boil, stirring constantly. Simmer for 6 minutes - (or 227 degrees on candy thermometer). Remove from heat. Immediately stir in chocolate and marshmallows. Stir til smooth, add nuts. Pour into square pan. Allow to cool. Store in refrigerator. Softer than classic beaten fudge.**

---

Lillian Jane Eckels recipe index

Lillian Eckels - 1960

Card # 113

### **Garlic Bread with Fresh Garlic**

1 tablespoon butter  
1 tablespoon olive oil  
1 clove garlic  
1 teaspoon parmesan cheese  
1/2 teaspoon dried parsley flakes  
2 pieces of bread

---

**Melt butter and mix with olive oil, pressed garlic, parmesan cheese and parsley flakes. Refridgerate until firm. Lightly toast bread. Cover with butter mixture and toast until brown.**

---

Lillian Jane Eckels recipe index

Doug's recipe

Card # 114

### Garlic Salad Dressing

1 cup mayonnaise  
2 tbsp catsup  
1/4 tsp garlic powder  
salt & pepper

---

Combine ingredients. Thin with canned milk.

---

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 115

### Glazed Yams

1 cup Karo dark corn syrup  
1/2 cup firmly packed brown sugar  
2 tbsp oleo  
12 med yams, cooked, peeled, halved

---

Bring to boil: Karo syrup, brown sugar and oleo. Reduce heat and simmer 5 minutes. Pour half into large shallow baking dish. Add yams. Top with remaining syrup. Bake at 350 for 20 minutes. Baste frequently.

---

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 116

## Greek Spaghetti

1 (16 oz) can tomato puree  
1 (16 oz) can tomatoes  
1 bunch fresh parsley  
4 cloves garlic, sliced or minced  
several oregano leaves  
4 - 5 pork chops, sliced thin  
1 pound ground beef  
1 cup water

In large pot mash together tomato puree, tomatoes & 1 cup water. Add all other ingredients, (except parsley & ground beef). Bring to boil. Add meatballs. (Mix ground beef and parsley and make meatballs 1 - 1 1/2 inch size.) Simmer 1 1/2 hours. Serve with Rigatoni and Parmesan cheese.

Lillian Jane Eckels recipe index

Abby Curtis recipe

Card # 117

## Guacamole

2 Ripe Avacados  
1 tbsp mayonnaise  
1/8 tsp garlic powder (or less)  
1/8 tsp salt (or less)  
1/4 cup chopped tomatoes

Remove skin and seed from avacado. (Save seed) Creme with fork. Add enough mayonnaise to make smooth. Add garlic powder, salt, pepper. Stir. Add tomatoes and stir.

Lillian Jane Eckels recipe index

Linda's recipe

Card # 118

## Guacamole

1 Avocado  
1/2 Jalapeno pepper - no seeds  
1 tablespoon finely chopped onion  
1 diced tomato  
1/4 teaspoon salt  
1 teaspoon chopped cilantro  
1 tablespoon lime juice

**Mix all ingredients.**

Lillian Jane Eckels recipe index

Doug's recipe

Card # 119

## Gumbo - Authentic Louisiana Style

1/4 cup canola oil	1/2 tsp salt
1/4 cup flour + 2 tablespoons	3 cloves garlic - pressed
1 medium onion - diced	1/2 jalapeno pepper - diced
1/2 bell pepper - diced	1/2 pound andouille sausage - sliced
2 celery stalks - diced	1/2 pound chicken - boneless & skinles
1/4 cup green onion - sliced	1 1/2 cups frozen okra
4 cups chicken stock (low sodium)	

**Cut chicken into pieces, lightly coat with salt and saute in 1 tablespoon oil. Saute sausage. Make a Roux with oil and flour. When color turns to brown add onion, bell pepper, celery, and green onion. Cook until vegetables begin to turn soft. Ok to thin with a little chicken stock if too thick to stir. Add sausage and chicken stock and bring to a rolling boil. Add salt, garlic, jalapeno, and chicken. Simmer for 30 min. Add okra and simmer for 30 min. Serve over rice.**

Lillian Jane Eckels recipe index Doug's recipe Naturally Seasoned Card # 120

### Gumbo - Part 1 of 2

4 chicken thighs  
1 medium onion  
2 celery stalks  
1 teaspoon salt  
12 black peppercorns  
3 garlic cloves  
1 Bay Leaf

Ok to cook a day ahead.  
Refridgerate broth and remove fat

Place all ingredients in a soup pot with 6 cups of water and simmer for 2 to hours or until chicken easily seperates from bone. Strain liquid from pot to be used as chicken stock/broth. Remove chicken fat. Separate chicken from bones and skin and set aside. Discard the rest. .

Lillian Jane Eckels recipe index Doug's recipe Naturally Seasoned Card # 121

### Gumbo - Part 2 of 2

1/4 cup canola oil  
1/4 cup flour + 2 tablespoons  
1 medium onion - diced  
2 andiouille sausage - sliced  
2 celery stalks - diced  
1/2 bell pepper - diced  
1/2 jalapeno pepper - diced (no seeds)

Chicken from part 1  
3 garlic cloves - pressed  
1 lb cooked shrimp  
1 1/2 cups frozen okra

Avoid overcooking okra

Place broth in soup pot and bring to a simmer. Make a Roux with oil and flour stirring constantly until color becomes like chocolate milk. Add onion and continue to stir until onion begins to soften. Add to pot. Lightly brown sausage. Add bell pepper, celery, and jalapeno and sautee with sausage. Add to pot and simmer for 30 min. Add shrimp and okra and simmer for 15 minutes. Cut up cooked chicken and add to pot. Serve over rice.

Lillian Jane Eckels recipe index Doug's recipe Naturally Seasoned Card # 122

### Ham & Rice Casserole

1 cup rice  
1 tsp salt  
1 tbsp margarine  
2 cups ground ham  
1 small onion, chopped  
1/2 bell pepper, chopped  
1 (2 oz) jar pimento  
1 large can canned tomatoes  
1/2 cup grated cheese

**Cook rice (see rice recipe). Add margarine to rice. Brown ham in skillet with a little oil to prevent sticking. Add chopped onion & bell pepper. When brown, add pimento & tomatoes. Stir in rice. Top with grated cheese. Bake at 350 for 30-45 minutes. Serves 4**

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 123

### Hamburger Stroganoff

4 oz noodles  
2 tbsp shortening  
3/4 cup onion, diced  
1 pound hamburger  
1/4 cup flour  
3/4 tsp salt  
1/4 tsp pepper  
1/4 tsp oregano  
1/2 cup catsup  
1 can cream of mushroom soup or...  
...cream of chicken soup  
1/2 cup milk

**Cook noodles. While they cook, melt shortening in skillet & brown together onion & hamburger. Remove from heat & blend in flour, salt & pepper, oregano, catsup, soup & milk. Mix well & simmer for 1-2 minutes. Add the cooked, drained noodles. Pour into an oiled casserole & bake 25-35 minutes at 325.**

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 124

### Hard Sauce

1 cup sugar  
1/2 cup butter  
1 tsp vanilla

LEMON HARD SAUCE  
1 tbsp lemon juice & bit of rind

ORANGE HARD SAUCE  
1 tbsp orange juice & bit of rind

DATE HARD SAUCE  
substitute brown for white sugar  
1 tbsp finely chopped dates

---

**Cream together sugar & butter. Add vanilla. Options: Date, Lemon or Orange  
Hard Sauce: Exclude vanilla**

---

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 125

### Hearty Beef Soup

1 pound pot roast  
1 (11 oz) can V8 Juice  
3 beef bouillon cubes  
2 carrots, sliced  
3 potatoes, cubed  
1/4 head cabbage, chop large  
1 large onion, chopped  
1/2 rutabaga, cubed

2 stalks celery, sliced  
1/8 tsp garlic powder  
1/4 tsp salt  
1/4 tsp pepper  
1 tbsp parsley flakes  
1/2 cup barley  
1/2 cup frozen corn  
1/2 cup elbow macaroni

---

**Cut roast into 1/2 inch cubes. Brown in a little water. Add V8, beef bouillon & spices. Simmer while cutting up vegetables. Add barley and all vegetables, except potatoes. Add water to cover. Simmer at medium heat for 1 hour. Add potatoes & macaroni. Simmer additional 20 minutes. Optional Crock Pot  
Directions: Add all ingredients to crock pot. Cook on low for 10 hours.**

---

Lillian Jane Eckels recipe index

Kerrin's recipe

Card # 126

### Hot Chocolate

1 tablespoon cocoa  
2 tablespoons sugar  
1/2 cup water  
1 cup milk  
1/4 teaspoon vanilla extract

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Heat cocoa, sugar and water. Add milk. Warm, but do not boil. Add vanilla.

---

Lillian Jane Eckels recipe index

New recipe

Card # 127

### Huevos Rancheros

1/2 cup Huevos Rancheros sauce  
2 corn tortillas  
2 eggs  
1/2 cup oil  
a little non-stick cooking spray  
1 tablespoon butter

---

Warm Rancheros sauce. Fry the tortillas in oil for 25 seconds on each side. Lower heat and pour off oil. Wipe pan with paper towel and lightly spray with non-stick spray. Add 1 tablespoon butter to frying pan and let melt. Fry the eggs in a covered frying pan with 1 tablespoon water. The water will steam-cook the egg and you won't have to flip the eggs. Place tortillas on a plate. Put eggs on tortillas. Gently pour salsa over eggs.

---

Lillian Jane Eckels recipe index

Doug's recipe

Card # 128



### Huevos Rancheros Sauce

28oz can crushed tomatoes  
1 medium onion - sliced  
2 jalapeno peppers  
2 serano peppers  
1 garlic clove  
1 teaspoon finely chopped fresh cilantro  
1/2 teaspoon salt

Tastes best if made the day before.  
Stores in refridgerator for five days.  
  
Remove seeds from peppers for a mild sauce.

**Roast onion, garlic, jalapeno and serano peppers. Chop fine in food chopper. Combine with crushed tomatoes, salt and cilantro. Simmer for fifteen-minutes stirring frequently.**

Lillian Jane Eckels recipe index

Doug's recipe

Card # 129

### Ice

16 oz water  
2 ice cube trays  
1 freezer

**Fill ice cube trays with water. Place trays in freezer. Chill for 2 to 4 hours. Makes 2 to 4 servings.**

Lillian Jane Eckels recipe index

Linda's recipe

Card # 130

### Island Chicken Skewer

4 lb boneless chicken thighs  
1 (15 oz) Tomato sauce w/garlic  
1/2 cup lite brown sugar  
1/2 cup soy sauce  
1 tbsp minced ginger root  
16 (10 inch) skewers  
2 bell peppers, cubed  
2 large onions, cubed

Hot cooked rice.

**Saute bell peppers and onions. Skin & cube chicken. Mix tomato sauce, brown sugar, soy sauce & ginger. Add chicken. Cover & refrigerate for 2-4 hours. Skewer chicken, bell pepper & onion. Broil 6-8 minutes or till lightly browned. Turn & broil to desired taste. Serve over rice.**

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 131

### Jambalaya - Experimental

2 Andouille sausage (about 1/2 lb	1/4 tsp red pepper flakes
3/4 cup diced onion	1 tsp paprika
1/2 cup diced celery	2 bay leaves
1/4 cup diced green pepper	Pinch of tyme
2 1/2 cups chicken broth	Jalapeno pepper
1 cup white rice	1/2 tsp gumbo file
1 garlic clove	1 14oz can crushed tomatoes
1/2 tsp cajun seasoning	1 cup uncooked shrimp

**Cut sausage into small pieces and saute. Saute in butter, onion, celery and green pepper. Add garlic at end of saute. Add sausage, chicken broth and bring to a boil. Reduce heat and add spices and rice. Simmer for 10 minutes. Add uncooked shrimp. Simmer for 15 minutes. Remove from heat and allow to sit for 5 minutes.**

Lillian Jane Eckels recipe index

Doug's recipe

Card # 132

### Jambalaya, Shrimp, Fish & Sausage

1 andouille sausage - quartered and sliced    1 tablespoon veg oil  
2 cups shrimp    2 tablespoons whole wheat flour  
1 swai fish fillet    1/2 jalapeno pepper - no seeds  
1/4 onion - diced    2 chicken boullion cubes  
2 cloves garlic - pressed    5 cups water  
1/4 bell pepper - diced    1 can diced tomatoes  
1/2 stalk celery - diced    3/4 cup brown rice  
1 tablespoon bacon grease    1 cup frozen okra

Cook rice in rice cooker. Heat bacon grease and oil in frypan. Add flour making a Roux. Add onion and sautee in roux. Place in soup pot with water. Bring to a simmer and add boullion cubes. Lightly brown sausage. Add bell pepper and celery and sautee with sausage. Add to soup pot. Add diced tomatoes, garlic and jalapeno. Simmer for 30 to 45 minutes. Add rice, shrimp, fish and okra. Simmer for 15 minutes or until fish & shrimp are done. Ok to steam okra separately and add when serving.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 133

### Jiffy Salmon Patties

1 (15 oz) can salmon  
1/2 cup chopped onion  
1/4 cup chopped parsley  
1 cup fine dry bread crumbs  
1 egg, beaten  
1/8 tsp dried crushed tarragon  
2 tbsp lemon juice  
2 tbsp oil

Drain & flake salmon, reserve 1/3 cup liquid. Combine salmon with onions, parsley & bread crumbs. Add beaten egg, tarragon, lemon juice & 1/3 cup reserved liquid. Shape salmon mixture into patties. Fry patties in oil over medium heat until lightly browned on both sides. Makes 6 patties.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 134

### Kay's Apple Crunch

8 large apples  
3/4 cup sugar  
1 tsp cinnamon

1 1/2 cup graham crackers, crushed  
1/2 cup butter, melted  
1 cup flour  
1 cup light brown sugar

Peel and slice slice apples. Mix sugar & cinnamon and sprinkle on the apples. Place apples in 9x12 cake pan. Mix graham crackers, flour & brown sugar. Add melted butter. Mix. Spread over apples. Bake at 350 for 1 hour.

Lillian Jane Eckels recipe index

Lourey family

Card # 135

### Kay's Baked Chicken

1 chicken, skinned  
1 pkg saltine crackers, crushed  
1/2 cup milk  
3 tbsp butter, melted  
1 tsp seasoning salt  
1/4 tsp pepper  
pinch garlic salt

Crush crackers in zip-lock bag. Add seasoning salt, pepper & garlic salt. Melt butter & mix with milk. Line baking pan with foil. Dip chicken in milk & butter, place in bag with cracker mix, shake. Double dip if desired. Bake for 45-60 minutes. After 15 minutes drizzle 1 tsp melted butter on each piece. Turn once.

Lillian Jane Eckels recipe index

Lourey family

Card # 136

### Kay's Barbecue Sauce & Ribs

1 cup catsup  
1 cup water  
1 tbsp vinegar  
1 tsp worcestershire sauce  
1 tsp celery seeds or flakes  
1/4 tsp tabasco sauce  
1 tsp salt  
2 tbsp brown sugar

**Simmer all ingredients together for 20 minutes. Bake ribs for 1 1/2 to 2 hours. Drain grease. Pour sauce over ribs. Optional: Put raw sliced or diced onions on ribs before adding sauce.**

Lillian Jane Eckels recipe index

Lourey family

Card # 137

### KFC Fried Chicken Secret Recipe

2 cups all purpose flour	4 tablespoons paprika
2 teaspoons salt	2 tablespoons garlic salt
1 1/2 teaspoon thyme	1 tablespoon ground ginger
1 1/2 teaspoon basil	3 tablespoons white pepper
1 teaspoon oregano	Accent MSG (sprinkled on cooked chick
1 tablespoon celery salt	
1 tablespoon black pepper	
1 tablespoon dried mustard	

**Soak chicken in buttermilk. Coat once with spice mixture. Heat oil in pressure cooker to 350 degrees. Cook chicken until light brown. Cover and lock lid. Cook for 10 minutes at 12psi. Remove chicken and sprinkle with Accent.**

Lillian Jane Eckels recipe index

Claudia Ledington's scrapbook

Card # 138

## Lasagna

14 oz Pasta Sauce  
14 oz Crushed Tomatoes  
12 oz cottage cheese  
16 oz shredded mozarilla cheese  
1/2 cup grated parmesan cheese  
1 lb ground beef  
2 eggs  
lasagna noodles

**Brown beef with a little black pepper. Combine with pasta sauce and crushed tomatoes. Simmer for 20 minutes. Mix cottage cheese, mozarilla cheese, parmesan cheese and eggs in a bowl. Layer in a casarole: Sauce, noodle, sauce, cheese mix, sauce. Repeat layers until all ingreadients are used. Last layer should be sauce. Top with a little mozarilla chesse. Bake covered at 350 for 45 minutes. Remove cover and bake additional 10 minutes. Remove from oven and let rest for 15 minutes covered.**

Lillian Jane Eckels recipe index

Doug's recipe

Card # 139

## Lazy Daisy Cake

2 eggs  
1 cup sugar  
1 tsp vanilla  
1 cup flour  
1 tsp baking powder  
1/2 tsp salt  
1/2 cup milk  
1 tbsp butter

**Beat eggs til thick. Add sugar gradually & continue beating. Add vanilla. Sift together flour, baking powder & salt. Add this to the first mixture & stir. Heat milk & butter to the boiling point. Add this to the mixture, pour into buttered cake pan & bake 60 min at 325.**

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 140

### Lazy Daisy Cake Icing

3 tbsp butter  
2 tbsp cream  
3 tbsp brown sugar  
1 cup coconut  
1 tsp vanilla

Warm ingredients together in saucepan. Add coconut & vanilla. Spread this on the warm cake & place under broiler & brown - watch closely. There's only one trick to this cake \*\* get it into the oven fast after you add the hot milk. \*\*

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 141

### Lemon Sauce

1/2 cup sugar  
3 tbsp flour  
1/4 tsp salt  
1 cup water  
juice of 1 lemon

Mix all ingredients, (except lemon juice), & bring to a boil, stirring constantly. When mixture boils, remove from heat & add lemon juice. Don't boil after juice is added. Use on Carrot & Potato Steamed Pudding.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 142

### Lentil soup

1 cup lentils  
1 onion - diced  
1/2 cup diced celery  
14 oz can diced tomatoes  
6 oz can tomatoe paste  
2 cus shredded carrots  
1 tablespoon italian seasoning  
5 cups water

**Add all ingredients to crockpot and cook on high for 4 hours.**

Lillian Jane Eckels recipe index

Doug's recipe

Card # 143

### Louisiana Red Beans and Rice

1 medium-size smoked ham shank	eight cups of water
1/2 lb andouille sausage - quartered or sliced (my preference is quartered)	1 lb package of red beans
1 bay leaf	1 teaspoon salt
1 cup diced onion	1/2 teaspoon pepper
1 cup diced bell pepper	1 teaspoon Worchestershire
1 cup diced celery	1 tablespoon olive oil
1 clove garlic - pressed	pinch of thyme

**Soak beans overnight or pre-soak. Drain and rinse. Line the bottom of the pressure cooker with a stainless-steel vegetable steamer with legs removed to prevent scorching. Boil ham shank and bay leaf for about 1 hour in eight cups of water. Add pre-soaked beans. Sautee andouille sausage and add to pot. Sautee onion, bell pepper and celery in olive oil for about five-minutes. Add garlic and sautee for an additional minute and add to pot. Place remaining ingredients in pressure cooker and cook under pressure for 60 minutes.**

Lillian Jane Eckels recipe index

Doug's Recipe

Card # 144



### Macroni Tuna Salad

2 cups dry macroni rings  
3 cans tuna  
4 celery stalks - diced  
1 cup miracle whip  
6 green onions - chopped

Boil macroni in water with 1 teaspoon salt. Drain and rinse in with cold water. Combine with remaining ingredients. Refridgerate. Best if made the day before.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 145

### Mama's Pie Crust

2 cups sifted flour  
1 cup shortening  
1/2 tsp salt  
6 tablespoons water

Mix flour & salt, cut shortening in with 2 knives, adding water slowly. Mix & knead well with hands. (roll out on floured cloth or counter) This real easy to handle & roll out. Plenty of dough for 2 9-in shell or a two crust 9 inch pie. Use a pasty brush to brush raw egg yolk on top crust. this makes a beautiful glaze.

Lillian Jane Eckels recipe index

Jesse Eckels recipe

Card # 146

### Margarita, The Perfect

1 cup Jose Cuervo tequila  
1/2 cup Cointreau  
1/2 cup Grand Marnier  
1/2 cup fresh squeezed lime juice  
2 tablespoons powdered sugar

---

Mix and pour over ice. Caution: This drink makes womans' clothes fall off.

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Lillian Jane Eckels recipe index

Doug's recipe

Card # 147

### Marilyns's Greek Salad

Dressing:	1 large head romaine lettuce
1/4 cup corn oil	1/2 cup olives
1/4 cup olive oil	1/2 med onion, sliced thin
1/4 tsp salt	2 tomatoes cut in 8ths
1/8 tsp black pepper	1 tbsp capers, drained
1 tbsp DeJon mustard	1 medium cucumber, sliced thin

---

Mix together; corn & olive oil, salt & pepper, and mustard. Put some dressing in bottom of bowl, then some vegetables & olives, then repeat. Throw in capers. Pour remaining dressing over salad.

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Lillian Jane Eckels recipe index

Marilyn's Recipe

Card # 148

### Marinade for Ani Tuna

2 tbsp soy sauce  
1 tbsp sesame oil  
1 tbsp honey  
1 tbsp olive oil  
1/4 tsp salt  
1/4 tsp pepper  
1/4 tsp cayenne pepper

---

Mix all ingredients and place in zip-lock bag. Add ahi tuna. Marinate for 10 to 30 minutes in refrigerator.

---

Lillian Jane Eckels recipe index

Doug's recipe

Card # 149

### Martini

2 oz gin  
1 oz vermouth  
1 olive  
2 1/2 oz gin  
1/2 oz dry vermouth  
1/2 oz olive brine  
2 to 4 olives

---

Lillian Jane Eckels recipe index

Doug's recipe

Card # 150

### Meal in a Pocket

1 pound hamburger  
1 onion, sliced  
2 potatoes, peeled & sliced  
2 carrots, peeled & striped  
1/2 cup catsup  
2 tbsp worcestershire sauce  
1 tsp prepared mustard  
juice of 1 lemon

**Make 4 hamburger patties. Place each pattie in center of a large piece of foil. Top with a slice of onion, 4 slices potato & 3 strips of carrot. Form foil into a cup. Prepare sauce with catsup, worcestershire sauce, mustard & lemon juice. Pour sauce into each cup. Seal foil edges & place along edges of hot coals. Turn from time to time. Cook for 45 minutes. Or bake in oven at 350 for 45 minutes.**

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 151

### Meat Loaf Maria Louisa

1/4 cup milk	1/2 cup parmesan cheese
1/2 cup tomato puree	1 tsp oregano
2 slices bread, crust removed	1/2 tsp basil
1 1/2 pound lean ground beef	1 cup ricotta cheese
2 tbsp onion, minced	salt & pepper
1 clove garlic, minced	
1 tbsp worcestershire sauce	
2 eggs	

**Heat milk & 1/4 cup tomato puree. Add bread slices and let stand til well soaked. In a large bowl mix beef, onion, garlic, worcestershire sauce, salt & pepper, bread mixture and 1/4 cup parmesan cheese. Mix oregano, basil and ricotta cheese. Layer meat - cheese - meat - cheese - meat in oiled baking dish. Cover with remaining tomato sauce. Sprinkle 1/4 cup parmesan cheese over all. Bake at 350 for 45 minutes.**

Lillian Jane Eckels recipe index

Lillian Eckels - 1960

Card # 152

### Memphis Style BBQ Ribs in Oven

1 rack of ribs  
2 teaspoons Chili Powder (approximate  
1 teaspoon Cayenne Pepper (approxim  
Pinch of Caraway Seed  
Salt & Pepper  
Brown sugar.

Option: Broil ribs until seered. Spritz wit  
Liquid Smoke. Lightly salt & pepper.  
Lightly coat with Chili Powder and  
Cayenne Pepper. Sprinkle with a pinch  
of Caraway Seed. Bake at 250 for 2 hr

**Remove membrane. Broil on both sides to sear. Spritz with Liquid Smoke and lightly coat both sides with Chili Powder, Cayenne Pepper, Salt & Pepper, Brown Sugar and Caraway Seed. Seal in aluminum foil meaty side up. Bake at 225 degrees for two-hours. Ok to coat with BBQ sauce and broil until sauce turns a dark golden glaze.**

Lillian Jane Eckels recipe index

Doug's recipe

Card # 153

### Mexican Black Bean Chili

3 tablespoons bacon fat  
3/4 cup diced onion  
3/4 pound ground beef  
3/4 pound ground pork  
1 20oz can crushed tomatoes  
1 tablespoon minced parsley (option  
1 tablespoon chili powder  
1 1/2 teaspoon salt

1/2 teaspoon pepper  
1 cup sliced olives  
2 cans black beans

**Saute onion in bacon fat. Remove onion. Saute meat in pan. Return onion to browned meat. Add remaining ingredients and simmer for 30 minutes.**

Lillian Jane Eckels recipe index

Doug's recipe

Card # 154

## Mexican Lasagna

1 lb chicken breast  
6 flour tortillas  
2 cups Mexican blend cheese  
16oz crushed tomatoes  
1/2 red bell pepper - sliced  
1/2 green bell pepper - sliced  
1/2 white onion - sliced  
1/4 cup oil

=====Spice Mix=====  
2 teaspoons salt  
2 teaspoons cumin  
2 teaspoons oregano  
2 teaspoons garlic powder  
1 teaspoon chili powder  
1 teaspoon paprika

Combine 1/2 of spice mix with crushed tomatoes and blend. Sautee bell peppers and onion with a pinch of spice mix. Set aside. Cut chicken into thin strips and fry with a pinch of spice mix. In a baking dish or caserole, layer as follows. Two tortillas, 1/3 sauce, 1/3 chicken, 1/3 cheese, 1/3 peppers and onion. Repeat layers. Bake at 425 for 20 minutes.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 155

## Mexican rice in rice cooker

1 cup white rice  
1 cup water  
1 cubes chicken bullion  
10oz Red Enchilada Sauce

Disolve chicken bullion in water. Place all ingredients in rice cooker and stir well to mix. Cook using White Rice setting (unless using brown rice).

Lillian Jane Eckels recipe index

Doug's recipe

Card # 156

### Mock Whip Cream Frosting

6 tbsp flour  
1 cup milk  
1 cup sugar  
1/2 cup margarine  
1/2 cup shortening  
dash of salt  
1 tsp vanilla

Combine all ingredients. Cook over medium heat until thick - stirring constantly. Cool.

Lillian Jane Eckels recipe index

Lourey family

Card # 157

### New Orleans Red Beans & Rice

1 pkg red beans	1 (8 oz) can tomato sauce
1 ham hock	1 tbsp worcestershire sauce
1 garni bag	1 tsp tabasco sauce
3 cups bermuda onion, chopped	salt & pepper to taste
1 bunch scallions, chopped	1/2 pound Italian sausage
2 cloves garlic, minced	
1 cup parsley, chopped	
1/2 tsp sugar	

Soak beans overnight. Drain, cover with fresh water. Add remaining ingredients, (except Italian sausage). Simmer 2 hours. Brown & cut Italian sausage into 1 inch pieces. Add to beans. Simmer 45 minutes more. Serve over cooked rice.

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Lillian Eckels

Card # 158

### Onion Cheese Bread

1 cup stone ground cornmeal  
1 cup unbleached flour  
2 tbsp sugar  
1 tsp baking powder  
1/2 tsp salt  
1 egg  
1 cup corn puree  
3 tbsp melted shortening

1 cup sour cream  
1 cup onion puree  
1/2 cup grated cheddar cheese

**Mix together: cornmeal, flour, sugar, baking powder, salt. Beat in egg, corn puree and shortening. Turn into greased 9 inch baking pan. Stir together sour cream & onion puree. Spread on top. Sprinkle with cheese. Bake 40 minutes at 400.**

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 159

### Oven Bar-B-Q'd Chicken

1 chicken  
1 cup salad oil  
1/4 cup lemon juice  
1 tsp salt  
1/8 tsp pepper  
1 clove garlic

**Make marinade by combining oil, lemon juice, salt & pepper, & garlic. Cut chicken into serving pieces. Marinate at least 12 hours. Remove chicken from sauce and bake 1 hr at 375. Baste with marinade sauce.**

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 160



### Pan Dowdy

3 cups fruit  
1 cup sugar  
1 tsp lemon juice  
dash of salt  
1/2 tsp cinnamon  
1/2 cup water

1 egg white  
1/4 cup water

Glaze  
1 egg white  
1/4 cup water  
Brush before and during baking

Prepare fruit as if for pie. Put 3 cups fruit in oiled 8 inch baking pan. Mix and sprinkle over fruit: Sugar, lemon juice, salt, cinnamon, dot with butter & add 1/2 cup water. Make baking powder biscuit dough. Roll 1/4 inch thick, cut slashes for steam & put over fruit in pan. Flute edges. Can use apples, blackberries, cherries, fresh peaches, rhubarb or almost any fresh fruit. Bake at 325 for 25-30 minutes.

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Lillian Eckels

Card # 161

### Pancakes

1 1/2 cups all-purpose flour  
1 tablespoon baking powder  
1 teaspoon salt  
1 tablespoon sugar  
1 1/2 cups buttermilk  
1 egg  
3 tablespoons butter - melted

All all dry ingredients to mixing bowl. Mix. Make a well in the center and pour milk, egg and butter. Mix until smooth. Use 1/3 cup measure for each pancake.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 162

## Pepper Steak

1/4 cup oil  
1/2 bell pepper - cut into thin strips  
1 medium onion - chopped  
1lb thin steak - cut into 1.5" squares

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Lillian Jane Eckels recipe index

Rechalle's recipe

Card # 163

## Philly Cheese Steak

1 lb hamburger	1/2 teaspoon yellow mustard
2 tablespoons olive oil	1/2 teaspoon black pepper
2 tablespoons flour	1/2 teaspoon salt
1/4 cup diced onion	3 deli buns (or hot dog buns)
1/2 bell pepper - sliced	Provolone cheese slices
1 small clove garlic - pressed	
1 teaspoon Worcestershire sauce	May substitute mozeralla/parmasean
1 teaspoon Soy sauce	cheese for provolone.

**Brown hamburger with a half of salt & pepper. Drain grease and set aside. Make a roux with oil and flour. Stir for 4 minutes. Lower heat. Add onion. Saute for 1 minute. Add garlic, remaining salt & pepper, Worcestershire and Soy sauce, and mustard. Combine with browned hamburger, bell pepper slices, and place in a covered baking caserole. Bake at 350F oven for 25 minutes. Serve over toasted bun and topped with cheese.**

Lillian Jane Eckels recipe index

Doug's recipe

Card # 164

### **Pie crust**

1 1/4 cups all purpose flour  
one stick butter - cubed  
1/2 teaspoon salt  
1/4 cup ice water

Add salt to flour and mix. Cut in butter. Refrigerate. Add ice water. Roll out.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 165

### **Pina Colada**

1 1/4 oz coconut rum  
4 oz pina colada drink mix (non-alcohol)  
1 oz strawberry daiquiri mix (non-alcohol)  
1 cup ice

Combine rum, pina colada mix and ice in a blender. Blend until smooth. Pour into a tall glass. Top with strawberry daiquiri mix. Serve with a straw.

Lillian Jane Eckels recipe index

New recipe

Card # 166

### Pink Beans

2 cups pink beans  
2 cups canned tomatoes  
1/4 cup green pepper  
1 1/2 cup onion  
2 tsp chili powder  
2 cloves garlic  
6 strips bacon  
salt & pepper

**Soak beans overnight. Boil 1 hour. Add remaining ingredients and simmer all day.**

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Lillian Eckels

Card # 167

### Pizza Rounds

1 cup mushroom stems & pieces  
1/4 cup parsley, chopped  
1 can olives, chopped  
1 can ground chili peppers  
1 can tomato paste  
1/2 cup oil  
1 pound grated cheese  
1 large onion

**Chop everything fine. Add cheese, oil & paste. Spread on sliced french rolls & broil.**

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Lillian Eckels

Card # 168

### Plum Pudding

1 1/2 cup flour  
1 1/2 cup stale bread crumbs  
3/4 pound raisins  
3/4 pound currents  
3/4 pound suet  
1 cup molasses  
3 oz candied orange peel  
1 tsp nutmeg  
1 tsp mace  
1 1/2 cup sugar  
6 eggs  
1 sq ft unbleached muslin

**Beat eggs until fluffy. Mix remaining ingredients with eggs. Mix until well blended. (about 10 minutes) Coat muslin with flour. Place pudding in center of muslin. Close & secure with pin. Place in a kettle of boiling water & simmer for 5 hours. Remove. When cool enough to handle, remove cloth & slice. Serve with Hard Sauce. (See Hard Sauce Recipe)**

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Lillian Eckels

Card # 169

### Poor Man's Dinner

1 pound hamburger  
1 onion, chopped  
1 bell pepper, chopped  
1/2 pkg cooked noodles  
1 can kernel corn  
1 can tomato soup  
1 tbsp oil

**Fry with 1 tbsp oil until tender; onion & bell pepper. Remove & fry hamburger. Add back onion and bell pepper and add; cooked noodles, corn and tomato soup. Bake at 325 for 30 minutes.**

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Lillian Eckels

Card # 170

## Popovers

2 cups whole milk  
2 cups flour  
3 eggs  
pinch salt  
2 tablespoons melted butter

Preheat oven and popover pan to 400. Mix batter. Coat preheated pan with butter or spray. Fill cups 2/3 full. Bake for 30 to 45 minutes. Do not open oven door. The thicker the milk, the higher the popovers rise.

Lillian Jane Eckels recipe index

Captain Fantastic

Card # 171

## Popovers

1 cup all-purpose flour	Optional: 1/2 tsp vanilla
1 cup whole milk	Optional: 1 tsp cinnamon
2 eggs	Optional: 1/2 cup blueberries.
2 tablespoons melted butter	Optional: 1/2 cup raisins
dash of salt	Optional:

This recipe was inspired by  
Captain Fantastics Popover recipe.

Preheat oven to 450. Preheat popover pan. Melt butter. Combine butter, milk, eggs and salt. Mix well. Add flour and mix until smooth. Avoid overmixing. Grease or spray preheated popover pan. Fill each cup to 2/3 full. Bake at 450 for 15 minutes. Turn oven temp down to 350 and bake an additional 45 minutes. Do not open oven door or disturb, it will cause the popovers to fall. Serve hot.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 172

### Popovers - improved

4 eggs  
1 1/2 cups milk - room temp  
1/2 teaspoon salt  
1 1/2 cups flour  
3 tablespoons butter - melted

This recipe uses a standard muffin pan.  
Add 20 minutes baking time if using  
a popover pan.

Preheat oven and muffin pan to 450. Warm milk and melt butter. Beat eggs, milk, butter and salt. Add flour and mix. Do not overmix. Grease cups with butter for best flavor. Fill 2/3 full. Bake for 20 minutes, then reduce heat to 350 and bake an additional 20 minutes. (or 40 minutes if using a popover pan). No peeking! Popovers will fall if disturbed.

Lillian Jane Eckels recipe index

Captain Fantastic

Card # 173

### Pork Roast and Sauerkraut in Crockpot

3lb pork rib roast  
1 package sauerkraut (NO vinegar)  
1/4 cup dried minced onion  
1/2 teaspoon caraway seed  
1/2 teaspoon celery seed  
1/4 teaspoon garlic powder  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1/4 cup light brown sugar  
1/4 cup wine  
1/2 cup water

In crock pot add roast, wine and water. Sprinkly all seasonings on top of roast. Cook on high for 3 hours. Flip roast and add sauerkraut. Cook an additional 1 1/2 hours.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 174

### Pot Roast

3-4 pound roast  
1 tsp salt  
1/2 tsp pepper  
1/2 tsp thyme  
1/2 tsp marjoram  
1 garlic clove  
6 potatoes, peeled  
6 carrots

6 small onions  
1/2 cup water

**Add water if roast is 3 pounds or less.**

Lillian Jane Eckels recipe index

Lillian Eckels - 1960

Card # 175

### Potato Hamburger Stroganoff

3 medium potatoes - baked and sliced  
1/2 pound ground beef  
1 can cream of mushroom soup  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1/4 teaspoon oregano  
2 tablespoons butter  
1 small onion - diced

1/4 cup flour  
1/2 cup catsup

**Wash and bake potatoes in microwave oven. Brown beef and onion in butter. Add salt, pepper and oregano. In a saucepan warm cream of mushroom soup with one can of water. Add catsup and flour. Mix with mixer to eliminate lumps. Slice cooked potatoes. Combine all ingredients into casserole and bake at 325 for 30 minutes.**

Lillian Jane Eckels recipe index

Doug's recipe

Card # 176



### Potato Salad

5lb potatoes - peeled, diced & boiled  
1 1/2 cup Real Mayonaise  
6 eggs - hard boiled  
1/4 cup Yellow Mustard  
6 green onions - chopped  
8 small Sweet Pickles - chopped  
1 teaspoon salt  
1/2 teaspoon pepper

Peel, dice and boil potatoes. Hard boil eggs, cool and chop 4, slice 2. Mash 1/2 of cooked potatoes. Mix mashed potatoes, mayo, mustard, salt, pepper, 1/2 teaspoon paprika and pickle juice until creamy. Fold in chopped eggs, onions, pickles and remaining potatoes. Top with sliced eggs and 1/2 teaspoon paprika.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 177

### Potato Waffles

1 cup mashed potatoes  
1 egg  
3 tablespoons flour  
1/4 cup shredded cheese  
1/4 cup milk

Mix all ingredients. Cook in greased waffle maker for 6 to 7 minutes, or until golden brown.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 178

### Pulled Pork

3lb Pork roast	1 tablespoon curry powder
1 cup apple juice	2 tablespoons chopped tarragon
2 onions diced	3 tablespoons red pepper flakes
5 cloves garlic minced	BBQ sauce
1 apple diced	
1 tablespoon olive oil	
1 tablespoon salt	
tablespoon black pepper <sup>2</sup>	

**Preheat oven to 225. Mix spices and lightly cover roast. Mix olive oil, garlic, onion, apple and applejuice. Pour over roast. Bake at 225 for six hours. Serve with BBQ sauce**

Lillian Jane Eckels recipe index

Corey Storbakken

Card # 179

### Pumpkin Donuts

1 cup sugar	1/2 tsp nutmeg
1 cup pumpkin puree	4 1/2 cups flour
4 tbsp plain yogurt	fat for frying
2 tbsp shortening, melted	
2 eggs	
1 tsp baking soda	
1 tsp baking powder	
1 tsp cinnamon	

**In large bowl mix sugar, pumpkin, yogurt, shortening & eggs. Combine dry ingredients and add. Beat well. Chill. Roll out on floured board to 1/2 inch thickness. Cut with donut cutter. Heat fat to 325. Drop donuts into fat and cook til deep brown, turning once. Drain on paper towels & dip into sugar.**

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Lillian Eckels

Card # 180

### **Pumpkin Pie - Famous**

3/4 cup sugar  
1/2 teaspoon salt  
1 teaspoon ground cinnamon  
1/2 teaspoon ground ginger  
1/4 teaspoon ground cloves  
2 large eggs  
1 can (15oz) Libby's 100% pumpkin  
1 can (12oz) evaporated milk  
1 9-inch deep-dish pie crust

**Preheat oven to 425. Mix sugar, salt, cinnamon, ginger and cloves in a small mixing bowl. Beat eggs in large mixing bowl. Add pumpkin and sugar-spice mix. Mix, slowly stir in evaporated milk. Pour into pie shell. Bake at 425 for 15 minutes. Reduce temperature to 350 and bake for an additional 45 to 50 minutes or until knife inserted into middle comes out clean. Cool for 2 hours. Refridgerate.**

Lillian Jane Eckels recipe index

Libby's

Card # 181

### **Rainbow Cake**

1 pkg supermoist white cake mix  
1 pkg (3 oz) raspberry jello  
1 pkg (3 oz) Lime Juice  
2 cups boiling water  
8 oz thawed cool whip

**Pour cake batter in 2 round pans. Bake as directed. Cool 10 minutes. Remove from pans. Allow to completely cool. Place layers (top sides up); prick each layer with fork. Combine 1 cup boiling water with raspberry jello - dissolve. Repeat with lime. Refrigerate 3-4 hours. Remove pans & spread cool whip over layers.**

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 182

### Re-fried Beans

1 (28 oz) can re-fried beans  
1-2 tbsp bacon fat  
1/4 link choriza

Fry choriza until liquid. Add choriza and bacon fat to beans.

Lillian Jane Eckels recipe index

Linda's recipe

Card # 183

### Red Beans & Rice (Louisiana Style)

1 small pkg red beans  
1 ham hock  
1 tbsp chili powder  
1/2 tsp sugar  
salt & pepper  
1/2 tsp tabasco sauce  
1 or 2 cloves garlic

Soak beans overnight. Drain. In large kettle add beans, ham hock, chili powder, sugar, salt & pepper, tabasco sauce and garlic. Cover with water. Simmer for 3 - 4 hours. Serve over rice.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 184

### Red Beans - New Orleans Style

1 pound small red beans  
1/3 pound smoked pork or hamhock  
1/3 pound andouille sausage - sliced  
1 medium onion - diced  
3 cloves garlic - pressed  
1 bell pepper - diced  
2 celery stalks - diced  
1/2 jalapeno pepper - no seeds  
1/2 teaspoon salt  
1/2 teaspoon pepper  
14oz can tomato sauce  
2 tablespoons shortening  
2 tablespoons flour

**Soak beans overnight. Rinse. Lightly brown sausage. Simmer on stovetop for 2 hours with hamhock and sausage. Make a roux with shortening, flour, and onion. Add to pot. Sautee bell pepper and celery. Add to pot. Add garlic and salt and pepper, Simmer for 2 hours. 15 minutes before finished, add 1 can of tomato sauce.**

Lillian Jane Eckels recipe index

Doug's recipe

Card # 185

### Refried beans from Scratch in Pressure Cooker

1 16oz package pinto beans  
2 slices bacon  
1/2 cup diced onion  
1/2 teaspoon cumin  
1 teaspoon chili powder  
1/2 teaspoon salt  
1/2 teaspoon pepper  
6 cups water

**Soak beans overnight. Fry bacon in frying pan. When cooked, chop bacon into small pieces and add with bacon grease to pressure cooker along with all other ingredients. Cook under pressure for 60 minutes. When done, place beans and liquid in frying pan and smash under heat until desired consistency.**

Lillian Jane Eckels recipe index

Doug's recipe

Card # 186

### Rhubarb Pudding

4 tbsp butter	sweetened to taste
1/2 cup sugar	2 tbsp brown sugar
1 cup milk	grated rind of 1/2 lemon
1 cup flour	1 tsp cinnamon
2 tsp baking powder	1/2 tsp nutmeg
1/2 tsp salt	
1/2 tsp ginger	
4 cups rhubarb sauce	

Heat oven to 350. Cream together butter & sugar. Add milk. Combine flour, baking powder, salt & ginger. Stir in. Pour rhubarb into buttered 1 1/2 quart baking dish. Put batter over top. Combine brown sugar, lemon rind, cinnamon & nutmeg & sprinkle over batter. Bake for 30-35 minutes. Serve warm with cream.

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Lillian Eckels

Card # 187

### Ribs - Oriental - electric skillet

2 to 4 lbs pork ribs	1/2 cup Daughters red wine
1 teaspoon salt per pound.	1/4 cup soy sauce
2 tablespoons olive oil	1/2 cup brown sugar
1 tablespoon sesame oil	2 cups water
1 large onion - finely diced	
8 garlic cloves - minced	May substitute allspice for ginger
2 tablespoons ginger - minced	
2 cups dry red wine	

Heat skillet to 425. Coat ribs on both sides with salt and sear in skillet for 8 minutes each side. Remove and set aside. Add onion, garlic, and ginger and sautee for 10 minutes. Add wine and simmer uncovered for 10 minutes. Add Daughters red wine, soy sauce, brown sugar and 2 cups of water. Simmer uncovered for 10 minutes. Reduce heat to 275. Add ribs and cook for 1.5 hours. Flip after 45 minutes. Pour remaining juice through strainer over cooked brown rice as a side dish.

Lillian Jane Eckels recipe index

Doug's recipe (testing stage)

Card # 188

### Ribs in Rotisserie Oven

2 to 3 lbs pork ribs  
1 tablespoon Chili Powder  
1/2 cup brown sugar  
Spritz of Liquid Smoke

This is a really good recipe and makes very tasty ribs.

Clean and dry ribs. Spritz with Liquid Smoke. Sprinkle with Chili Powder. Coat with brown sugar. Cut ribs in half and attach to rotisserie skewer. Bind with string. Cook at 225 for three hours. Remove from skewer and coat with bbq sauce. Place back in oven and broil until sauce thickens.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 189

### Rice (Microwave)

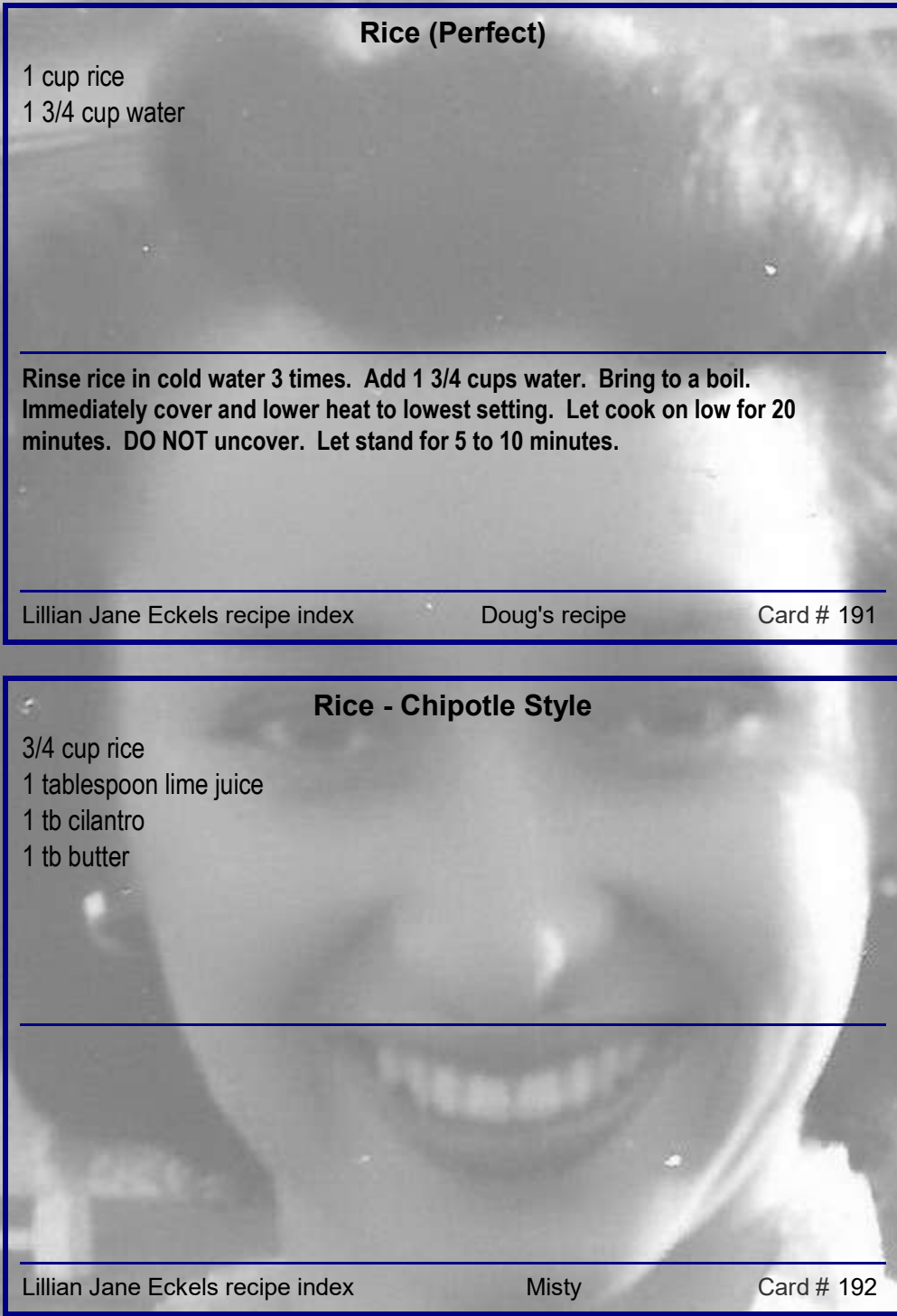
1/2 cup rice  
3/4 cup water

Rinse rice in cold water 3 times. In covered Microwave pot, cook at HI for 2 minutes. Cook at WM for 16 minutes. Let stand covered for 5 minutes. Fluff.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 190



### Rice (Perfect)

1 cup rice  
1 3/4 cup water

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Rinse rice in cold water 3 times. Add 1 3/4 cups water. Bring to a boil. Immediately cover and lower heat to lowest setting. Let cook on low for 20 minutes. DO NOT uncover. Let stand for 5 to 10 minutes.

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Lillian Jane Eckels recipe index

Doug's recipe

Card # 191

### Rice - Chipotle Style

3/4 cup rice  
1 tablespoon lime juice  
1 tb cilantro  
1 tb butter

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Lillian Jane Eckels recipe index

Misty

Card # 192



### Rice Pudding

2 cups rice  
1 cup water  
1/2 gallon milk  
2 cinnamon sticks  
1 lemon peel  
1 can Eagle Brand  
1 to 2 cups sugar (to taste)  
1 cube oleo

**Wash rice. Combine rice, water & cinnamon sticks. Bring to boil. Cook slow. Before water dries add milk. Continue boiling. When rice is soft, add 1 cube oleo & 1 can Eagle Brand. Mix & cook a little longer, (not dry - but soupy). Add sugar to taste.**

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 193

### Rice Pudding

1/2 cup raw rice  
4 cups milk  
1/2 cup sugar  
1/2 tsp salt  
dash nutmeg  
1/2 cup raisins

**Mix all ingredients together. Bake in oiled 1 1/2 quart casserole uncovered at 275 for about 3 hours. Stir every 45 minutes. Note: Slow baking caramelizes the milk and sugar.**

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Lillian Eckels

Card # 194

### Roast in crockpot

3lb roast  
1 onion  
2 celery stalks  
1 bell pepper  
5 cloves of garlic  
1/2 teaspoon salt  
1/2 teaspoon pepper  
pinch of thyme

2 tablespoons crisco  
3 tablespoons flour  
2 cups water  
2 tablespoons canola oil  
4 to 6 peeled potatoes

Sear roast on both sides in 2 tablespoons canola oil. Salt and pepper both sides of roast. Place in crockpot. Add whole garlic, onion cut in half, bell pepper cut in half, celery cut in half and a pinch of thyme. Add two cups of water. Place potatoes on top. Cook on high for 4 hours. After 4 hours, set roast and potatoes aside. Discard onion, celery, garlic, bell pepper. Strain juice and set aside. Make a roux with crisco and flour. Add juice to make gravy.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 195

### Salmon Patty

1 14oz can salmon  
2 eggs  
1 medium onion, diced  
1 teaspoon black pepper  
3 tablespoons olive oil

Remove bones and skin from salmon. Mix all ingredients in a mixing bowl using electric mixer until well blended. Bake at 350 degrees for 30 minutes or until golden brown. Ok to flip and brown both sides.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 196

### Salmon Timbales with Zucchini Sauce

2 tbsp oleo  
2 tbsp flour  
1 cup milk  
salt & pepper  
2 tsp snipped dill  
1 1/2 cup salmon  
1/4 cup dry cracker crumbs  
3 eggs

Heat oleo in sauce pan. Add flour & cook, stirring for 2 minutes. Add milk & cook, stirring, until thick & smooth. Remove from heat. Add seasonings. Mix with salmon & crumbs. Beat eggs lightly & add, blending well. Turn mixture into well buttered custard cups, (3 1/2 inch wide by 2 1/2 inch deep). Place cups in pan of hot water. bake for 45-55 minutes until centers are firm. Top with Zucchini Sauce. (See Zucchini Sauce Recipe)

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 197

### Salsa - Doug

4 Assorted peppers  
(Green, Red, Yellow, Small Green)  
4 scallions (green onions)  
28oz can whole peeled tomatoes  
14oz can mexican stype stewed tom  
3 - 4 tbsp fresh cilantro  
1/8 tsp granulated garlic  
1/8 tsp salt

Cut peppers and scallions into small pieces. Chop fine in food processor. Chop cilantro. Blend both cans of tomatoes in blender for a short period of time. Add to peppers and onions. Add 1/8 tsp granulated garlic, 1/8 tsp salt, 1/8 tsp pepper.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 198

### Salsa - Linda

1 large yellow onion  
1 large red onion  
4 tiny green peppers (hot)  
3 medium yellow peppers  
3 medium green peppers  
2 large cans peeled tomatoes  
2 batches fresh cilantro  
garlic, salt & pepper to season

**Chop cilantro. Cut onions into large chunks. Lightly fry medium yellow & green peppers. Chop very small tiny green peppers. Add all ingredients, including granulated garlic, salt & pepper to blender and blend. For hotter salsa, use more tiny green peppers.**

Lillian Jane Eckels recipe index

Linda's recipe

Card # 199

### Salsa de Chile Fresco

1 can (28 oz) Salsa de Chile Fresco  
1 medium onion  
1/4 bunch celantro

**Cut up onion. Add onion, celantro and Salse de Chile Fresco in blender. Blend.**

Lillian Jane Eckels recipe index

Linda's recipe

Card # 200

### Scalloped Corn

1 #2 can cream style corn  
1 cup milk  
1 egg, beaten  
3/4 tsp salt  
1/8 tsp pepper  
1 cup cracker crumbs  
1/4 cup onion, chopped  
2 tbsp oleo

Heat corn & milk, stir in egg. Add remaining ingredients (except cracker crumbs & oleo). Put in greased casserole. Melt 2 tbsp oleo and pour over cracker crumbs. Sprinkle over corn mixture. Bake at 350 for 20 minutes.

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Lillian Eckels

Card # 201

### Sesame Seed Cookies

6 tbsp Sesame seed butter (Tahini)  
3/4 cup honey  
1/2 cup chopped walnuts  
1 1/2 cup minute oatmeal

Stir honey & tahini together. Add nuts and oatmeal. Drop by teaspoon onto oiled cookie sheet. Bake at 350 for 10 minutes.

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Lillian Eckels

Card # 202

### Seven Layer Casserole

1 cup uncooked rice  
1 can drained whole kernel corn  
2 (8 oz) cans tomato sauce  
1/2 cup chopped onion  
1/2 cup chopped bell pepper  
1 pound ground beef  
4 strips bacon, cut in half

In greased 2 quart casserole with lid layer to following. 1st layer: Rice. 2nd layer: corn, salt & pepper. 3rd layer: 1 can tomato sauce mixed with 1/2 cup water. 4th layer: Chopped onion & bell pepper. 5th layer: Crumbled ground beef. 6th layer: 1 can tomato sauce mixed with 1/4 cup water. Salt & pepper. 7th layer: 4 strips bacon. Cover and bake 1 hr at 350. Uncover and bake additional 30 minutes.

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Lillian Eckels

Card # 203

### Short Rib Bar B Q Sauce

1 onion, chopped  
1/4 cup vinegar  
2 tbsp brown sugar  
1 cup catsup  
1/2 cup water  
3 tbsp worcestershire sauce  
1 tsp prepared mustard  
1/2 cup celery, chopped  
2 tsp salt

For 2 pounds of short ribs. Pour sauce over browned short ribs, cover and bake at 325.

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Lillian Eckels

Card # 204

### **Shrimp and Broccoli - Oriental Style - experimental**

1/2 lb shrimp - cleaned & shelled	1/2 teaspoon fish sauce
1 tablespoon peanut oil	1/2 teaspoon worchestershire sauce
1 tablespoon sesame oil	1/2 teaspoon red pepper flakes
2 tablespoons flour	1/2 teaspoon daughters red wine
3 tablespoons finely diced onion	1 teaspoon brown sugar
2 teaspoons chickn broth base	1 teaspoon ginger - finely minced
1 clove garlic - pressed	1 bell pepper - diced in large pieces
2 tablespoons soy sauce	1 lb broccoli

**Make a roux with oil and flour. Stir for 4 minutes. Lower heat and add onion (careful not to burn). Saute for three minutes. Add garlic and ginger. Saute for one minute. Add chicken broth base dissolved in 1 cup hot water and bring to a boil. Add remaining ingredients and simmer for 2 minutes. Add shrimp and bake in 350 oven for 20 minutes. Steam broccolini and bell pepper. Combine and serve over brown rice.**

Lillian Jane Eckels recipe index

New recipe

Card # 205

### **Sicilian Sweet & Sour Sauce**

2 tbsp vegetable oil	1 tbsp wine vinegar
1/4 cup onion, minced	
1/4 cup parsley, chopped	
2 tbsp basil, chopped	
2 cups tomato puree	
salt & pepper	
1 inch cinnamon stick	
1 tsp sugar	

**Heat oil & saute onion, parsley & basil until soft. Add tomato, salt & pepper & cinnamon. Cook over low heat, stirring occasionally, until slightly thickened. Add sugar dissolved in vinegar. Simmer 5 minutes. Remove cinnamon stick & serve with broiled fish.**

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Lillian Eckels

Card # 206

### Spaghetti and Garlic

1/4 pound spaghetti - uncooked  
3 garlic cloves - sliced thin  
1/4 cup olive oil  
1/4 teaspoon red pepper flakes  
salt and pepper to taste  
1 tablespoon dried parsley flakes  
1/4 cup water

Boil noodles in lightly salted water until firm. Drain. Gently saute garlic in olive oil until golden brown. Combine all ingredients with 1/4 cup water and simmer until a creamy sauce forms. Serve covered with parmesan cheese.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 207

### Spaghetti Sauce (20 minutes or less)

1 pound lean ground beef  
1 medium onion, chopped  
1/4 bell pepper, chopped  
1 (48 oz) bottle Ragu (any flavor)  
2 tbsp dried parsley flakes  
1 pound spaghetti or shells

Start cooking noodles or pasta shells. (Sauce will be done when noodles are done.) In large pot warm Ragu and parsley. Chop ground beef into very small pieces. Fry with onion & bell pepper. Drain grease. Add to large pot. Bring to boil. Italians sometimes slightly burn their sauces. Scorch the bottom just slightly. Easily feeds 4. Known as 'Doug's Famouse Spaghetti'

Lillian Jane Eckels recipe index

Doug's recipe

Card # 208



### Spaghetti Sauce (homemade style)

1 pound lean ground beef	1 tsp sugar
1 medium onion, chopped	1/2 tsp salt
1/4 bell pepper, chopped	1/8 tsp pepper
2 tbsp dried parsley flakes	1/2 tsp garlic powder
1 can whole tomatoes	
1 can tomato sauce	Optional:
2 can tomato paste	1 (4 oz) can sliced mushrooms
2 tbsp Spaghetti Seasoning	2 celery stalks, chopped

Chop ground beef into small pieces. Fry together with onion, celery & bell pepper. Smash or blend whole tomatoes. Combine all ingredients in large pot and simmer for 30 minutes. Serve over steamed mixed vegetables - (good and healthy) - or spaghetti noodles or shells. Freezes well. Double recipe by using 2 cans each of tomato sauce, paste, and whole tomatoes, and slightly more seasonings.

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Doug's recipe

Card # 209

### Spanish Rice with Cod (or Chicken or Beef)

Two scoops brown rice (3/4cup x 2)	Top with Taco Sauce and
Water to line #2 in rice cooker	Cantina Style Salsa
2 tablespoons taco seasoning	
1 14oz can diced tomatos	To make a fish burrito, mix in:
1 14oz can chicken broth	1 cup Cantina Style Salsa
2 cups frozen mixed vegetables	1/4 cup Taco Sauce
1 pound cod diced into bite size pieces	Top with Mexican Style Cheese - Melt
	Garnish with Sour Cream

Cook rice with one tablespoon taco seasoning in rice cooker. When rice is done, add rice, 1 tablespoon taco seasoning, and all other ingredients except fish. Stir and simmer until vegetables are almost tender. Cover fish with water and microwave until the fish begins to cook. Drain and add to rice. Stir to mix. Bake uncovered in grease caserole at 325 degrees for twenty-five minutes or until fish is completely cooked. Top with Taco Sauce and Cantina Style Salsa and serve.

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Doug's recipe

Card # 210

### Spicy Lentils

1 cup lentils  
2 tbsp oil  
1 clove garlic, minced  
1 medium onion, chopped fine  
1 cup tomato puree  
1 tsp ground cumin  
1 tbsp vinegar  
2 tbsp chopped parsley

2 tbsp chopped chives  
salt & pepper to taste

**Cook lentils in salted water til just tender. Drain. Heat oil in large skillet and add garlic & onion. Saute til soft. Stir in tomato puree, cumin, salt & pepper. Add lentils and cook for 10 minutes. Place in serving dish. Stir in vinegar. Sprinkle with parsley and chives. Let stand for 2 hours. Serve at room temperature.**

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Lillian Eckels - 1960

Card # 211

### Split Pea soup with Ham in pressure cooker

1 16oz package of split peas  
1/2 pound picnic ham - diced  
1/2 teaspoon salt  
1/2 teaspoon pepper  
8 cups water

**Add all ingredients to pressure cooker. Bring up to pressure and cook for 30 minutes.**

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Doug's recipe

Card # 212

### Split Pea with Ham plus in Pressure Cooker

1 16oz package split peas  
1/2 pound picnic ham - diced  
2 diced carrots  
1 diced celery stalk  
2 tablespoons minced dried onions  
1/2 teaspoon salt  
1/2 teaspoon pepper

Add all ingredients to pressure cooker. Bring up to pressure and cook for 30 minutes.

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Doug's recipe

Card # 213

### Sugarless Orange Oatmeal Cookies

1/4 pound oleo (at room temp)      1/2 cup golden raisins  
1 egg  
6 oz orange juice concentrate  
1 cup flour  
1/4 tsp salt  
1 tsp baking powder  
1 cup rolled oats  
1/2 cup chopped walnuts

Preheat oven to 350. Grease cookie sheet with oil. Cream butter & egg together til well mixed. Gradually beat in orange juice concentrate. Combine flour, salt, baking powder, oats, walnuts & raisins; stir well. Stir the dry ingredients into concentrate mixture. Drop by large teaspoons 2

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Lillian Eckels

Card # 214

### **Sugarless Orange-Raisin-Nut Cookies**

1/2 cup orange juice concentrate  
1 egg  
1/4 pound butter, softened  
2 cups flour  
1 tsp baking powder  
1/2 tsp salt  
1/2 tsp cinnamon  
1 tsp grated orange rind

1/2 cup raisins  
1/2 cup chopped walnuts

Preheat oven to 375

**Beat concentrate with egg & butter until combined. Mix in dry ingredients to form a batter, then stir in the fruit & nuts. Drop dough by tablespoon onto a greased cookie sheet, about 2 inches apart. Bake 20-25 minutes until lightly browned. Allow to cool on a wire rack. Makes approximately 30 cookies.**

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Card # 215

### **Sugarless Strawberry Butter Spread**

1 cup butter, at room temp  
3 tbsp orange juice concentrate  
1 cup fresh strawberries

**Thaw orange juice concentrate. Hull & crush strawberries. Beat butter & orange juice until fluffy. Beat in strawberries. Refrigerate.**

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Card # 216

### Sweet & Sour Cabbage

1 medium Cabbage  
1 tsp brown sugar  
1/2 tsp salt  
dash pepper  
1/4 tsp paprika  
1/4 tsp dry mustard  
8 strips bacon, diced  
3 tbsp vinegar

Shred cabbage into heavy saucepan. Add enough water to prevent sticking. Simmer covered until tender. Drain keeping both cabbage and liquid. Mix together: brown sugar, salt & pepper, paprika & mustard. Dice bacon and fry til crisp. Add: brown sugar & spice mixture, vinegar & 1 tbsp water. Heat to boiling point & pour over cooked cabbage. Serve at once. Serves 4

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Card # 217

### Sweet & Sour String Beans

5 strips bacon  
1 small onion, chopped  
2 cans string beans, drained  
1/2 cup vinegar  
5 tbsp brown sugar

Fry bacon and break up. Add onion and fry. Add beans. Mix brown sugar & vinegar together. Pour over beans, mixing well. Cover pan & simmer for 20-30 minutes.

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Card # 218

### Sweet and Sour Pork

1 egg	SWEET & SOUR SAUCE:
2 tbsp flour	2 1/2 tbsp corn starch
1/2 tsp salt	2 1/2 tbsp soy sauce
1/8 tsp pepper	1/4 cup sugar
1 1/2 pounds pork, cooked	1/4 cup vinegar
1/2 cup shortening or bacon grease	1/2 cup pineapple juice
3 large green peppers, strips	
1/2 cup pineapple chunks, drained	

**Batter:** Mix together egg, flour, salt & pepper. Coat each piece of pork with batter. Brown all sides in shortening. Drain all grease from pan. 2nd saucepan; Simmer bell pepper strips in a little water 5 minutes. Drain and add to pork along with 1/2 cup drained pineapple chunks. Cover & simmer low heat for 10 minutes. **Sauce:** Mix together all sauce ingredients. Cook til thick & clear, stirring constantly. Pour over meat & simmer 5 minutes.

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Card # 219

### Sweet Potato Pie

3/4 cup sugar	9.5-inch deep-dish glass pie pan
1/2 teaspoon salt	
1 teaspoon ground cinnamon	Optional: Substitute 1 teaspoons
1/2 teaspoon ground ginger	pumpkin pie spice for cinnamon, ginger,
1/4 teaspoon ground cloves	and cloves.
2 large eggs	
3 cups cooked sweet potatoes	
2 (5oz) cans evaporated milk	

Peel, dice and boil sweet potatoes. Drain and mash with potato masher. Mix with electric mixer. Cool. Preheat oven to 425. Mix sugar, salt, cinnamon, ginger and cloves in a small mixing bowl. Beat eggs in large mixing bowl. Add sweet potatoes, sugar-spice mix, and evaporated milk. Mix. Pour into pie shell. Bake at 425 for 15 minutes. Reduce temperature to 350 and bake for an additional 45 to 50 minutes or until knife inserted into middle comes out clean. Cool for 2 hours. Refridgerate.

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Doug's recipe

Card # 220

### Sweet Potatoes & Pineapple

6 small sweet potatoes  
1 (8 oz) can crushed pineapple  
1 tbsp butter, softened  
1/4 tsp salt  
1/4 tsp ground ginger  
1/8 tsp grated nutmeg  
1 tbsp grated orange rind (optional)

Grease 1 1/2 qt casserole & bake potatoes til soft. Cool & scoop pulp into a mixing bowl. Drain pineapple juice into bowl, add butter, salt, ginger, nutmeg & orange. Beat at medium til light & fluffy. Stir in pineapple. Place in casserole & bake at 375 for 15 minutes.

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Card # 221

### Taco Bell Hot Sauce

1 6oz can tomato paste	2 tablespoons finely chopped . . .
3 cups water	. . . canned jalapeno slices
2 teaspoons cayenne pepper	
1 1/2 tablespoons chili powder	
2 1/2 teaspoons salt	
2 teaspoons cornstarch	
2 teaspoons distilled white vinegar	
1 tablespoon minced dried onion	

Combine tomato paste and water in saucepan. Simmer until smooth. Add cayenne pepper, chili powder, salt, cornstarch, vinegar and onion. Simmer and stir until smooth. Finely chop jalapeno slices and add to mixture. Simmer and stir until smooth (about 3 minutes). Store in sealed container in refrigerator. Makes about 3.5 cups and lasts up to two months.

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Top Secret Recipes

Card # 222

### **Taco Meat Seasoning - Doug's recipe/Misty's recipe**

1 tsp cummin (Doug's)	1 tablespoon chili powder (Misty's)
1 tsp garlic powder	1/4 tsp garlic powder
1 tsp onion powder	1/4 tsp onion powder
1 tsp black pepper	1/4 tsp crushed red pepper flakes
1 tsp salt	1/4 tsp dried oregano
1/2 tsp crushed red pepper flakes	1 1/2 tsp ground cumin
	1 tsp salt
	1 tsp pepper

**1 1/2 lbs ground meat (beef or turkey). 1 cup water. Add all ingredients to large sauce pan and bring to boil while using spatula to chop up and brown meat. Place into crockpot and set on high for two hours - or low for four hours. If using ground beef, then spoon off excess grease.**

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Doug's recipe/Misty's recipe

Card # 223

### **Tamala Pie - Pork**

2lb pork roast	1 cup white corn meal
1 medium onion	4 cups water
4 garlic cloves	1 teaspoon salt
1/4 teaspoon celery seed	
1/4 teaspoon caraway seed	6 California Chili pods
1/2 teaspoon salt	3 cups water
1/4 teaspoon pepper	
1/2 teaspoon red pepper flakes	

**Cook de-seeded chili pods in crockpot with 3 cups water for 4-5 hours. Cook pork roast with onion, garlic, celery seed, caraway seed, salt & pepper, and red pepper flakes in crockpot for 4-5 hours. Drain meat, remove onion and garlic. Shred meat. Make a paste of chili pods (run through seive) and mix with shredded meat. Return to crockpot for 1 hours. Make a mash with water, corn meal & salt. Place 1/2 of mash in greased pie dish as bottom layer. Add meat as a layer. Top with remaining mash. Bake covered at 350 for 40minutes.**

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Doug's recipe

Card # 224



### Tamale Pie

1 cup cornmeal	1 tbsp minced parsley (option)
4 cups boiling salted water (1 tsp)	3 tsp chili powder
3/4 cup diced onion	2 tsp salt
3 tbsp bacon fat	1/2 tsp pepper
3/4 pound ground beef	1/2 cup olives
3/4 pound ground pork	
or 1 1/2 pounds hamburger	
2 cups canned tomatoes	

**Add cornmeal slowly to boiling salted water, stirring constantly. Cook over LOW heat for 20 minutes. Saute til brown onion & bacon fat. Remove onion. Saute meat in pan. Return onion to browned meat. Add tomatoes, parsley (optional), chili powder, salt & pepper, olives. Simmer 20 minutes. Pour into baking dish which has had bottoms & sides lined with the cooked cornmeal. Top with remaining cornmeal. Bake 1 hour at 370.**

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Card # 225

### Tamale Pot Pies

2 pounds pork roast	4 California Chili Peppers
1 medium onion - diced	2 cups water
2 garlic cloves - pressed	1/2 teaspoon salt
1 jalapeno pepper - remove seeds	
1/2 teaspoon salt	
1/2 teaspoon cummin	3 cups corn meal
	2 cups water
	1 cup broth from cooking pork

**Remove seeds and stem from peppers and slow cook with 2 cups water. Slow cook pork loin with onion, garlic, jalapeno pepper, salt and cummin. Puree peppers and water and add 1/2 tsp salt. Strain. Shred pork and mix with pepper puree. Simmer corn meal with broth and water for 30 minutes, stir frequently. Spread cooked on bottom and sides of small baking dishes. Add 1/4 cup meat to center. Cover with 1/4 inch of cooked corn meal. Bake in 350 degree oven for 45 minutes.**

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Doug's recipe

Card # 226

### Thousand Island Dressing

1/2 cup mayo	1 teaspoon white vinegar
2 tablespoons ketchup	1/8 teaspoon salt
2 tablespoons sweet pickle relish	1 hard boiled egg - cooled
2 teaspoons onion - finely diced	1 teaspoon sugar
1/4 teaspoon garlic - finely minced	

Blend the hardboiled egg, mayo, ketchup, vinegar, salt and onion in small food processor. Add relish and blend lightly. Refrigerate for 1 hour. Lasts 4 days.

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Doug's recipe

Card # 227

### Tortilla Soup in crockpot

2 boneless skinless chicken breasts	2 tablespoons lime juice
1 can chicken broth, 1 can water	1/8 tsp cumin, 1/2 tsp chili powder
2 tablespoons olive oil	1 cup frozen corn
1/2 onion, finely chopped	1 can black beans, rinsed
1 clove garlic, minced	1 tomato, chopped
1 jalapeno pepper, seeded and minced	1 ripe avocado
1 yellow bell pepper, seeded and diced	1/2 cup fresh cilantro, chopped
1/4 teaspoon salt, 1/4 teaspoon pepper	Tortilla chips, Sour cream

Saute onion in oil. Add garlic, jalapeno and bell pepper and saute for 3 minutes more. Add all ingredients except corn, beans, tomato, cilantro, tortilla chips and sour cream. Cook on high for 3 hours. Shred chicken into bit size pieces. Add corn and black beans and cook for an additional 30 minutes.

Serving: Top with cilantro, tortilla chips, tomato, avocado and a dollop of sour cream.

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Doug's recipe

Card # 228

### **Tuna Casserole with Cheese Swirls**

1/3 cup bell pepper, chopped  
1/3 cup onion, chopped  
3 tbsp shortening  
1/4 cup Bisquick  
1 can cream of mushroom soup  
1 1/2 cup milk  
1 can tuna, drained  
1 can peas, drained  
1 tbsp lemon juice  
2 cups Bisquick  
1/2 cup cold water  
3/4 cup shredded American cheese  
Pre-heat oven to 425

Saute green peppers & onions in shortening. Stir in 1/4 cup Bisquick, add soup & milk. Heat to boil, stir constantly. Boil 1 minute. Add tuna, peas & lemon juice. Pour in oblong baking dish, Keep warm. Mix 2 cups Bisquick & 1/2 cup water, beat into soft dough. Knead. Roll into 15x9 rectangle. Sprinkle with cheese. Roll tightly starting at wide side. Pinch ends to seal. Cut into 12 slices, place cut sides down on tuna. Bake 425 for 20-25 minutes.

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Lillian Eckels

Card # 229

### **Tuna, Green Bean and Sweet Pea Caserole**

1 can tuna - drained  
1 1/2 cups frozen green beans  
1 cup frozen sweet peas  
2 celery stalks - chopped  
2 tablespoons butter  
3 tablespoons flour  
1 cup milk  
pinch of thyme  
1/4 teaspoon salt  
1/4 teaspoon pepper

Preheat oven to 350. Melt butter in saucepan. Add flour and make a roux. Add milk, salt, pepper, thyme. Continue to stir until thickened. Add celery, green beans, peas, tuna and mix. Bake in a greased caserole at 350 for 45 minutes.

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Doug's recipe

Card # 230

### Waffles - Whole wheat (almost)

1 cup all-purpose flour  
1/2 cup whole wheat flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/4 teaspoon salt  
1/2 teaspoon sugar  
1 egg  
2 tablespoons veg oil

1 1/4 cups buttermilk

**Pre-heat waffle maker. Warm buttermilk. Mix all ingredients thoroughly. Measure 1/3 cup batter for each waffle. Cook in waffle maker for six-minutes. Makes six waffles.**

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Doug's recipe

Card # 231

### Weiners & Beans

2 small cans Pork & Beans  
1 onion, diced  
1/4 bell pepper, diced  
1 tbsp mustard  
1 tbsp brown sugar  
1 tbsp vinegar  
1 tbsp Bar B Q Sauce

1 pkg weiners

1 tbsp oleo

**Fry weiners in 1 tbsp oleo. Remove weiners. Add 1/2 tbsp oleo to pan then add diced onion & bell pepper. Saute. Mix mustard, brown sugar, vinegar & Bar B Q sauce together. Add to weiners & beans. Simmer about 15 minutes.**

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Card # 232

### Western Wieners

1 large ripe avocado  
1 pkg guacamole dip mix  
1 large ripe tomato  
8 franks  
8 hamburger buns  
2 tbsp oleo or butter

**Prepare avocado mix. Peel & seed tomato. Chop and add to avocado mix. Score franks every 1/4 inch. Twist each into a circle. Fasten with toothpick. Grill franks. Toast buns. Place each frank in a bun topping with avocado mix.**

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Card # 233

### Wilted Spinach Salad

1/3 cup French Dressing...  
...Herb & Garlic  
2 tbsp onion, finely chopped  
1/4 tsp pepper  
6 cups spinach  
4 bacon slices, crisp & crumbled  
1/2 cup grated parmesan cheese  
1 egg, hard boiled & chopped

**Heat dressing, onion & pepper in skillet. Tear spinach into bite-size pieces. Place in salad bowl. Add bacon & cheese. Toss with dressing. Top with egg.**

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Card # 234

### Zucchini Bread

1 cup oil  
3 eggs  
2 cups sugar  
3 cups flour, sifted  
1 1/4 tsp soda  
4 1/4 tsp baking powder  
1 tsp salt  
1 cup raisins  
1 cup nuts  
1/2 tsp vanilla  
zucchini

Dice zucchini. Beat eggs til frothy, add sugar, oil & vanilla. Mix well. Sift dry ingredients. Blend into first mixture. Add nuts, raisins and zucchini. Bake in 2 greased bread pans at 350 for 50 to 60 minutes.

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Helen Baker recipe, Flo, OR

Card # 235

### Zucchini Sauce

2 tbsp oleo  
2 tbsp flour  
1 cup milk  
salt & pepper  
2 cups zucchini puree  
4 mushroom caps, sauted

Saute mushrooms until golden, but firm. Heat oleo in sauce pan. Add flour & cook, stirring for 2 minutes. Add milk & cook, stirring, until thick. Season. Stir in zucchini. Spread mixture over bottom of buttered shallow baking dish. Un-mold Timbales onto zucchini & top each one with a mushroom cap. Reheat for 20 minutes at 350.

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Card # 236