

Aji Verde (Peruvian Green Sauce)

1 bunch fresh cilantro
15 fresh mint leaves
1-2 cloves garlic
1 jalapeno pepper (seeded)
1/2 cup low-fat mayonnaise
1/4 cup grated cotija cheese
1/4 cup water
2 tablespoons Aji Amarillo Paste

1 tablespoon fresh lime juice
1/4 teaspoon salt

Ok to substitute grated cotija cheese
with grated Parmesan cheese

Break the bottom half of the stems off the cilantro and discard. Place all ingredients in the bowl of a food processor. Puree until the mixture is very smooth. Add additional salt if needed. Cover and refrigerate until ready to serve. Use within one week.

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Card # 1

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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Card # 2

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 # 3

Apple Cider Bread Pudding

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

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 # 4

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 # 5

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 # 6

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 # 7

Apple Pan Dowdy

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

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 # 8

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 # 9

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 # 10

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 # 11

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 # 12



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 # 13

Baked Beans

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

Bake at 350 for 30 minutes.

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Card # 14

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

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 # 15

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 bananas	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 # 16

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 # 17

Banana Nut Bread

2 eggs
1/2 cup chopped nuts
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

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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Card # 18

Banana Nut Bread with Almond Flour

3 banana's mashed - 1 cup	2.5 cups almond flour
3 eggs	1/2 cup all-purpose flour
1/2 cup sugar free Maple Syrup	2 tablespoons baking powder
1/2 cup Corn oil	1 teaspoon baking soda
1 teaspoon vanilla extract	1 teaspoon cinnamon
1 tablespoon water	1/2 teaspoon salt
	4 teaspoons dry buttermilk
	3/4 cup chopped walnuts

Preheat oven to 350°F. Grease the bottom and sides of three 6-inch Pyrex baking bowls. In a separate bowl, mix the flours, baking powder, baking soda, and cinnamon until well combined. In another bowl, mix the bananas, eggs, maple syrup, oil, vanilla extract, and salt until well combined. Combine the wet and dry ingredients in a large mixing bowl and mix just until blended. Fold in the chopped walnuts and pour evenly into the Pyrex baking bowls. Bake at 350°F for 30 minutes. Let cool, then refrigerate.

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Doug's recipe

Card # 19

Banana Nut Bread with Almond Flour - MLG

3 very ripe banana's mashed - 1 cup	2 1/2 cups almond flour
3 eggs	1/2 cup all-purpose flour
1/2 cup sugar free Maple Syrup	2 tablespoons baking powder
1/2 cup organic canola oil	1 teaspoon baking soda
1 teaspoon vanilla extract	1 teaspoon cinnamon
1/2 teaspoon salt	3/4 cup chopped walnuts

Preheat oven to 350°F. Grease the bottom and sides of three 6-inch Pyrex baking bowls. In a separate bowl, mix the flours, baking powder, baking soda, and cinnamon until well combined. In another bowl, mix the bananas, eggs, maple syrup, oil, vanilla extract, and salt until well combined. Combine the wet and dry ingredients in a large mixing bowl and mix just until blended. Fold in the chopped walnuts and pour evenly into the Pyrex baking bowls. Bake at 350°F for 30 minutes. Let cool, then refrigerate.

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Doug's recipe

Card # 20

Banana Oatmeal Bread

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

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 # 21

Bar B Q Ham Loaf

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

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 # 22

Bar B Q Lima Beans

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

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 # 23

Bar B Q Spareribs

3 pounds spareribs	3 cloves garlic, chopped fine
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 # 24

BBQ Sauce - Mexican-style

1 8oz can tomato sauce	1/4 teaspoon black pepper
1/4 cup lime juice	1/4 teaspoon cayenne pepper
2 tablespoons honey	1/8 teaspoon salt
2 tablespoons Worcestershire sauce	
1 tablespoon chili powder	
1/2 teaspoon cumin	
1/2 teaspoon garlic powder	
1/2 teaspoon onion powder	

Combine all ingredients in a saucepan and bring to a simmer. Allow to simmer for 15 minutes

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Doug's recipe

Card # 25

Bean Salad

1 can kidney beans	1 tsp salt
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 # 26

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 # 27

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 # 28

Beef Bayou Teche

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

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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Card # 29

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 # 30

Beef Gravy, Beef & Broccoli - experimental

1 1/2 lb ground beef	2 cups broccoli - steam cook
1 small onion - diced	1 bell pepper - sliced
1 clove garlic - pressed	3/4 cup brown rice - cook in rice cooker
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	

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 # 31

Beef Gravy, Oriental Style - experimental

1 tablespoon peanut oil	1/4 teaspoon fish sauce
1 tablespoon sesame oil	1/4 teaspoon worchestershire sauce
2 tablespoons flour	1/4 teaspoon red pepper flakes
3 tablespoons finely diced onion	1/2 teaspoon brown sugar
2 teaspoons beef broth base	
1 cup water	
1 garlic clove - pressed	
2 teaspoons soy sauce	

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 # 32

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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Card # 33

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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Card # 34

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 # 35

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 # 36

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 # 37

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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Card # 38

Biscuits with Almond Flour - experimental

1 cup almond flour
1 teaspoon baking powder
1/8 teaspoon salt
1/4 cup butter
1/4 milk

Preheat oven to 350 degrees. Dry: Whisk almond flour, flour, baking powder and salt in large mixing bowl until well mixed. Cut in butter. Add milk and mix. Divide into six large spoonfuls and fry on stove top in cast iron skillet for about onto a cooking sheet and bake for 18 minutes or until golden brown.

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Doug's recipe

Card # 39

Bisquick - Homemade

2 cups all-purpose flour
1 tablepoon baking powder
1 teaspoon salt
1/3 cup vegetable shortening

Enhancements:

Substitute 1 cup whole wheat flour
Add 1/3 cup Buttermilk Powder

Add spices like onion and garlic powder, oregano, basil and parsley

Sift flour, baking powder and salt. Fold, and then cut in oil, or cut in Butter or Crisco. Refridgerate until ready to use.

Pancake recipe: 2 cups Bisquick, 1 cup milk, 2 tablespoons vegetable oil, 2 eggs. Use 1/4 cup per pancake.

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Doug's recipe

Card # 40

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 # 41

Black Beans - Cuban Style

1 lb (or 2 cups) black beans	2 tablespoons Vegetable Broth Base
1 large onion, chopped	1/4 teaspoon Red Pepper Flakes
2 garlic cloves	2 tablespoons Vegetable Oil
2 4oz cans of Green Chiles	2 bay leaves
2 teaspoons cumin	5 cups of water
1 1/2 teaspoons oregano	
1 teaspoon salt	
1/2 teaspoon black pepper	

Sort, rinse, and presoak black beans overnight. Sauté chopped onion and garlic in vegetable. Add all ingredients to Instant Pot and pressure cook for 25-minutes.

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Doug's recipe

Card # 42

Black Beans - Vegetarian

2 cups dry black beans	1/4 teaspoon red pepper flakes
5 cups water	3 Bay leaves
2 tablespoons dried minced onion	Instant Pot time = 25 minutes
1 tablespoon Better Than Bouillon Vegetable Base	Alternative:
1/2 teaspoon Tony Chachere's	1 tablespoon Better Than Bouillon
1/4 teaspoon onion powder	Beef base - for Mexican dishes
1/4 teaspoon garlic powder	

Sort and pre-soak beans. Discard water. Place beans, water, and all ingredients into Instant Pot. Pressure cook for 25 minutes.

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Doug's recipe

Card # 43

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 # 44

Black-eyed Peas - New Year's Day Tradition

16oz package black-eyed peas
1/4 lb smoked ham
1 1/4 teaspoon salt
6 cups of water

Sort and soak or presoak black-eyed peas discarding water. Add all ingredients to a large pot and simmer on low for 3 to 4 hours.

To make the recipe vegetarian, substitute 2 teaspoons Vegan Ham Flavored Broth Base for smoked ham.

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Doug's recipe

Card # 45

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 # 46

Bloody Mary Mix

1/4 cup Lemon juice
3 cups Tomato juice
1/3 cup Worcestershire
1/4 cup Horseradish
1 teaspoon Tabasco
1/2 teaspoon Celery seed
1/8 teaspoon Kosher salt
10 ounces Vodka

Mix 2 ounces of Vodka with 6 ounces of Bloody Mary Mix. Pour over ice. Recipe makes five drinks.

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Doug's recipe

Card # 47

Blue Cheese Salad Dressing

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

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 # 48

Blueberry Pancakes or Waffles - Almond Flour

2 cups blueberries (or strawberry's)	1 tablespoon veg oil (for waffles)
1/2 cup water	1 cup almond flour
1/4 cup Splenda	1/2 teaspoon baking soda
1 cup plain yogurt	1/2 teaspoon baking powder
1 cup cottage cheese	1/8 teaspoon salt
3 eggs	
2 tablespoons lemon juice	
1/4 cup milk	

Simmer blueberries, water and Splenda for 10 minutes.

Dry Mix: Almond flour, baking soda, baking powder and salt.

Wet Mix: Yogurt, cottage cheese, eggs, lemon juice, milk, (veg oil for waffles).

Combine dry and wet mixes until blended.

For pancakes, use 1/2 cup per large pancake. Cook for 3 - 4 minutes per side.

For waffles, use 1/4 cup per waffle. Cook for 7 - 8 minutes.

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Doug's recipe

Card # 49

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

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

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Card # 50

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 # 51

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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 52

Bran Muffins - Low carb

1 1/2 cups wheat bran	2 eggs
1 1/2 cup almond flour	1 teaspoon vanilla
2/3 cup Stevia brown sugar	1/2 teaspoon salt
2 tablespoons baking powder	1 cup chopped dates or raisins
1 cup milk	
4 tablespoons dry buttermilk	
1/3 cup vegetable oil	
1/3 cup applesauce	

Preheat oven to 375. Dry mixture: Mix wheat bran, Almond flour, Stevia Brown Sugar, and baking powder in a large mixing bowl. Wet mixture: Beat milk, dry buttermilk, vegetable oil, applesauce, eggs, vanilla, and salt in a medium mixing bowl. Add wet mixture to dry mixture and mix lightly. Fold in chopped dates. Pour 1/4 cup mixture into each muffin cup and bake for 20 minutes, or until toothpick comes out clean.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 53

Bread - Almond Flour

2 1/2 cups almond flour
1/2 cup flaxseed, bran, wheat germ mix
1 tablespoon baking powder
1/4 teaspoon salt
5 eggs
1/2 cup milk
2 tablespoons honey
1 tablespoon vegetable oil or butter

Preheat oven to 350 degrees. Grease a 9x5 loaf pan. Combine dry ingredients, mixing well. Combine wet ingredients, mixing well. Add wet to dry ingredients and mix for 20 seconds. Pour into loaf pan and bake for 35 minutes.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 54

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

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 55

Brocoli, Walnut, Raisin, Onion Salad

16 oz frozen broccoli (thawed)
1/2 cup chopped walnuts
1/2 cup chopped onion
1/2 cup raisins
1/2 cup mayonaise
2 tablespoons white vinegar
2 tablespoons sugar or substitute
Salt & Pepper

Thaw and thoroughly dry the broccoli. Cut the broccoli into small, bite-sized pieces. Add the broccoli to a large mixing bowl, along with the walnuts, onion, and raisins. In a separate bowl, mix the mayonnaise, vinegar, sugar, salt, and pepper well. Pour the dressing into the large mixing bowl and mix everything thoroughly.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 56

Brown Rice Pilaf

3/4 cup rice
Water to line 1 in rice cooker
2 chicken bouillon 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 bouillon 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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 57

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.

Lillian Jane Eckels recipe index

Martha Stewart's recipe

Card # 58

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 cooking rack.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 59

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 60

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 61

California Chili Red Sauce

3 oz California Chili's
2 garlic cloves
1/2 teaspoon salt
3 tablespoons all-purpose flour

Good for tamale's and enchilada's

Remove seeds and dried veins from inside chili's. Just cover with water in a covered saucepan and gently boil for 25 minutes. Drain and allow to cool. Discard water. Add two-cups water, chili's, minced garlic, salt, and flour to blender and blend well. Run through strainer to remove skin and seeds. Adjust water for consistency.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 62

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

Lillian Jane Eckels recipe index

Inspired by others recipe

Card # 63

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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 64

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...

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 65

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 66

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.

Lillian Jane Eckels recipe index

Lourey family

Card # 67

Carrot Pie

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

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 68

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 69

Cheese Cake

2 pkgs (8 oz) cream cheese

Graham cracker pie shell

4 eggs

1 cup sugar

dash of salt

1 tsp vanilla

1 pt sour cream

1/4 cup sugar

1/2 tsp almond extract

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 # 70

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 # 71

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 # 72

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.

Lillian Jane Eckels recipe index

Linda's recipe

Card # 73

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 74

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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 75

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 76

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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 77

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.

Lillian Jane Eckels recipe index

Misty's recipe

Card # 78

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

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

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 79

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 # 80

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.

Lillian Jane Eckels recipe index

Linda's recipe

Card # 81

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.

Lillian Jane Eckels recipe index

Linda's recipe

Card # 82

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.

Lillian Jane Eckels recipe index

New recipe

Card # 83

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 84

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
4 round 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.

Lillian Jane Eckels recipe index

Linda's recipe

Card # 85

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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 86

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.

Lillian Jane Eckels recipe index

Captain Fantastic

Card # 87

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.

Lillian Jane Eckels recipe index

Abby Curtis - 1980

Card # 88

Chili from scratch in crock pot

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

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.

Lillian Jane Eckels recipe index

Kerrin's recipe

Card # 89

Chili with Turkey

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

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.

Lillian Jane Eckels recipe index

Misty's recipe

Card # 90

Chinese Fried Rice

3/4 cup dry brown rice
2 eggs - hardboiled
1/4 lb smoked ham - cubed
6 green onions - chopped
2 tablespoons veg oil
2 tablespoons soy sauce
1/2 teaspoon sesame oil
1 teaspoon daughters red wine

Extras: Chopped green pepper
Cooked and chopped green beans
Cooked peas
Peanuts

Cook brown rice in rice cooker with 1/4 tsp salt and 1/4 tsp garlic powder.

Hardboil 2 eggs. Set both aside.

Saute onion in veg oil in deep frying pan. Add ham and continue to saute. Add cooked rice, soy sauce, sesame oil and daughters red wine. Fry stirring frequently until well mixed. Add chopped hardboiled eggs and stir until mixed.

Lillian Jane Eckels recipe index

Doug

Card # 91

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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 92

Chinese Fried Rice with Pork, chicken or fish

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

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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 93

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

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 94

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.

Lillian Jane Eckels recipe index

Lourey family

Card # 95

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.

Lillian Jane Eckels recipe index

Lourey family

Card # 96

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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 97

Collard Greens & Andouille or Chicken Sausage

2 bunches collard greens	1 teaspoon Tony Chachere's
3 Andouille Sausage's	1 teaspoon distilled vinegar
6 teaspoons Better than Bouillon Seasoned Vegetable Base	1/4 teaspoon Red Pepper flakes
4 cups water	
1 medium onion - diced	
1 bell pepper - diced	
3 tablespoons veg oil	

Sautee onion and bellpepper in olive oil. Add sausage and continue to sautee. Add water and all spices. Clean, de-stem, roll, slice and chop collard greens. Addto Instant Pot. Cook for 30 minutes.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 98

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 99

Cornbread - All Corn Meal

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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 100

Cornbread - favorite recipe

1 1/2 cups corn meal	1 cup water
1 cup all-purpose flour	1/3 cup powdered milk
2 tablespoons baking powder	1/3 cup melted butter
1/2 teaspoon salt	1 egg
	1 cup sugar

Preheat oven to 400. In a large bowl, combine dry ingredients and whisk. In a medium bowl, combine wet ingredients. Mix with electric mixer. Combine 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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 101

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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 102

Cornbread - with Masa Harina

DRY INGREDIENTS

1 cup masa harina
1/4 cup yellow corn meal
1/4 cup white corn meal
1/2 cup almond flour
1 tablespoon baking powder

WET INGREDIENTS

1 1/2 cups milk
2 eggs
1/2 teaspoon salt
1/2 cup granulated sugar
1/2 cup melted butter

Preheat oven to 400 degrees. Whisk DRY ingredients. In another bowl whisk WET ingredients. Pour WET mixture over DRY mixture and stir just until combined, lumps are OK. Pour into greased glass baking dish and bake for 20 to 25 minutes.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 103

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

Lillian Jane Eckels recipe index

Doug's recipe

Card # 104

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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 105

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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 106

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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 107

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 108

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 109

Date Graham Torte

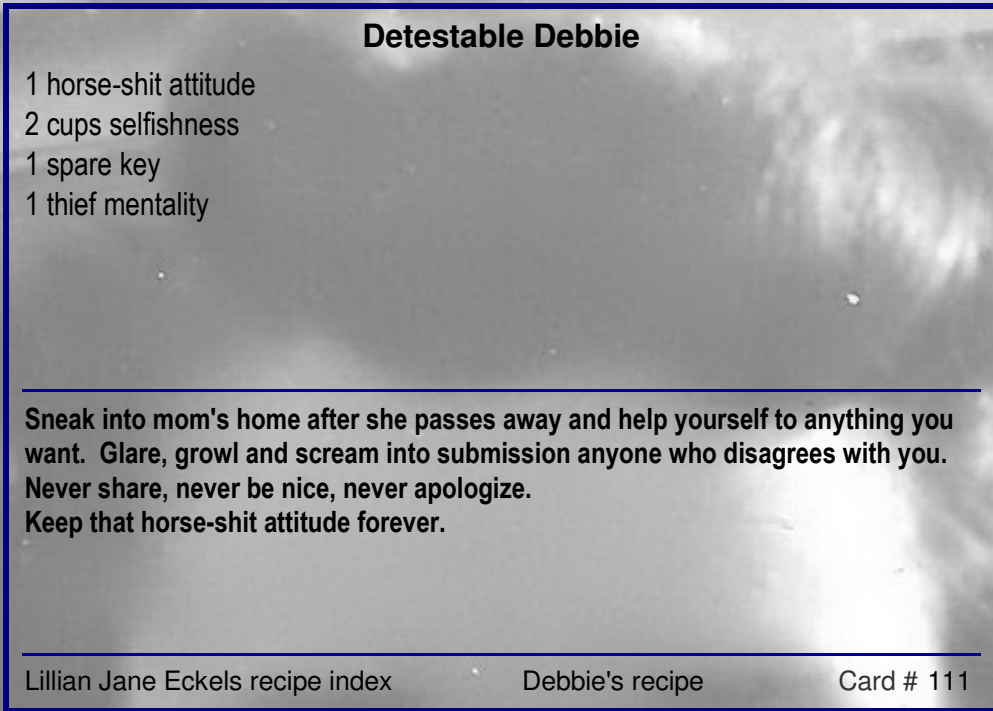
5 eggs, separated	1/2 cup pumpkin puree
1/2 cup sugar	1 cup heavy cream
1 cup graham cracker crumbs	
1 tsp baking powder	
1/2 tsp ginger	
1/4 tsp allspice	
1/2 tsp nutmeg	
1/2 pound dates, chopped	

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 110



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.

Lillian Jane Eckels recipe index

Debbie's recipe

Card # 111



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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 112

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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 113

Doug's Rice with Gravy - Chicken/Fish/Sausage/Shrimp

1 red onion - minced	1 garlic clove - pressed
1 yellow onion - minced	1 1/2 cups dry rice - cook in rice cooker
2 green bell peppers - minced	1/2 tsp Lowry's Seasoned Salt
3 boneless skinless chicken thighs	1/4 Black pepper
2 tilapia fillets	1 tsp Red pepper flakes
1/2 pound beef sausage - sliced	1 to 2 cups water
2 cups frozen cooked shrimp	
1 can tomato paste	

Mince onion and bell pepper. Fry in veg oil and butter for 15 minutes. Add tomato paste, veg bouillon, 1/2 teaspoon Lowry's, 1 teaspoon red pepper flakes, 1/4 teaspoon black pepper, and water. Simmer. Season and brown chicken thighs in veg oil. Brown beef sausage with chicken. Add to skillet. Simmer for 25 minutes. Add shrimp and fish. Simmer until fish is fully cooked. Server over rice.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 114

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 115

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.

Lillian Jane Eckels recipe index

Lillian Eckels - 1960

Card # 116

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.

Lillian Jane Eckels recipe index

Lillian Eckels - 1960

Card # 117

Eggplant, Greek Dish

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

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 baking dish. Bake 30 minutes.

Lillian Jane Eckels recipe index

Lillian Eckels - 1960

Card # 118

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 119

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.

Lillian Jane Eckels recipe index

Linda's recipe

Card # 120

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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 121

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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 122

Fish - Poached

Fish filets: Cod, Sway, Tilapia, or Pollac 2 tablespoons Lemon juice
4 cups water Salt and Pepper
1 cup white wine (Pinot Grigio)
1/2 Onion - sliced
1 Celery stalk - cut into strips
Bay leaf
1 teaspoon parsley
1/4 teaspoon thyme

Add all ingredients, except the fish, to a frying pan. Bring liquid to just before a boil (180 degrees). Lower the heat and add the fish. Cook for 8 to 10 minutes, or until fish easily flakes apart. Avoid boiling, as this will make the fish chewy.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 123

Fish Chowder

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

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 # 124

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 # 125

Fish Fry - Liberian inspired

1/3 cup Self-Rising Corn Meal	This recipe makes enough coating for two to three fish or fish fillets.
1/4 teaspoon salt	
1/4 teaspoon black pepper	
1/4 teaspoon cayenne pepper	
1/4 teaspoon garlic powder	
1/2 teaspoon onion powder	
1/4 teaspoon ginger	
1/4 teaspoon smoked paprika	

Mix all ingredients together and coat fish fillets. Fry in vegetable oil for 6 1/2 minutes. For less fishy tasting fish, soak fillets in milk for about 30 minutes or longer. Soak Cod for 15 minutes or less.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 126

Five Hour Oven Stew

1 pound stew beef
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

1 onion, diced

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 # 127

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 # 128



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 # 129

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 # 130

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 # 131

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 # 132

Garlic Bread in Frying Pan

Slice of Italian White Bread
pad of butter
dash of garlic powder
teaspoon of Parmasean cheese

Prepare like you would a grilled cheese sandwich. Spread butter on one side of the bread. Sprinkle a dash of garlic powder evenly on the buttered side. Fry on medium-high for about 5-6 minutes. Flip, and sprinkle about one teaspoon of Parmasean cheese on the fried side of the bread. Brown for about 3 minutes. Serve.

Lillian Jane Eckels recipe index

Doug's

Card # 133

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 # 134

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 # 135

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 # 136

Grape Salad

2 cups grapes
1/2 cup sour cream
1 tablespoon honey
1/2 teaspoon vanilla

Mix sour cream, honey, and vanilla into a cream. Slice grapes into 1/2's or 1/3's. Fold into sour cream mix. Chill

Lillian Jane Eckels recipe index

Doug's recipe

Card # 137

Great Northern Beans with Ham

1 lb Great Northern Beans
1 large onion - chopped
3 gloves garlic
1/2 teaspoon salt
1/2 teaspoon pepper
pinch of ground cloves
1/2 lb smoked ham
2 teaspoons Better Than B. Chicken

Quick soak or overnight soak beans. Add all ingredients, plus 6 cups water, to pot or crock pot. Simmer or slow cook for about 4 hours.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 138

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 # 139

Grits

1 cup water
1 cup milk
1 cup 5-minute grits
1/4 teaspoon salt
1 tablespoon butter

Bring water, milk, salt, and butter to a boil stirring constantly. Turn off burner. Slowly add grist while stirring with a whisk for about a minute, at least until there is no longer any rapid boil. Leave on warm (but turned off) burner. Cover and set timer for five-minutes.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 140

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 # 141

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 # 142

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 & skinless
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 # 143

Gumbo - Part 1 of 2

4 chicken thighs	Ok to cook a day ahead.
1 medium onion	Refridgerate broth and remove fat
2 celery stalks	
1 teaspoon salt	
12 black peppercorns	
3 garlic cloves	
1 Bay Leaf	

Place all ingredients in a soup pot with 6 cups of water and simmer for 2 to hours or until chicken easily separates 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 # 144

Gumbo - Part 2 of 2

1/4 cup canola oil	Chicken from part 1
1/4 cup flour + 2 tablespoons	3 garlic cloves - pressed
1 medium onion - diced	1 lb cooked shrimp
2 andouille sausage - sliced	1 1/2 cups frozen okra
2 celery stalks - diced	
1/2 bell pepper - diced	
1/2 jalapeno pepper - diced (no seeds)	

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 # 145

Ham & Rice Casserole

1 cup rice	1/2 cup grated cheese
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	

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 # 146

Ham and Potato Caserole

1 1/2 cups cooked ham - cubed
5 medium potatoes - sliced thin
1 medium onion - chopped
1 can cream of mushroom soup
1/2 can milk
1 tablespoon dried parsley flakes
6 slices of American cheese

Mix soup, milk and parsley. In a medium caserole, spray with cooking spray. Layer half potatoes, onion ham, cheese, soup. Repeat. Bake at 350 for 60 minutes.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 147

Hamburger - 1950's Hamburger-Cheese Burger-Deluxe

1/4 lb hamburger patty - thin and salted	Hamburger: Bun, patty, top bun.
1 hamburger bun	Cheeseburger: Bun, patty, cheese, bun.
1 slice American Cheese	Deluxe: Bun, patty, lettuce, onion,
lettuce - shredded or leaf	tomato, Hamburger Sauce, top bun.
tomato - sliced thin	Whopper: Bun, patty, pickle, onion,
white onion - diced or sliced thin	tomato, lettuce, mayo, top bun.
3 dill pickle slices (optional)	California Burger: Bun, patty, onion,
Mayo, Ketchup, or Hamburger Sauce	tomato, lettuce, mayo, top bun.

Season patty with salt or Lowry's Seasoned Salt. Fry 3 minutes on each side. After first flip, add cheese. Stack as directed from bottom to top. Whooper patty is grilled not fried. California Burger uses lettuce leaves, sliced onion, and mayo - optional on both buns. Explore the many options to building the best tasting burger or cheese burger ever!
Hamburger Sauce: Sautee diced white onion in butter until golden brown. Mix with Ketchup and Mayonaise. Refridgerate up to five-days..

Lillian Jane Eckels recipe index

Doug's recipe

Card # 148

Hamburger Stroganoff

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

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 # 149

Hard Sauce

1 cup sugar	LEMON HARD SAUCE
1/2 cup butter	1 tbsp lemon juice & bit if rind
1 tsp vanilla	
	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 # 150

Hearty Beef Soup

1 pound pot roast	2 stalks celery, sliced
1 (11 oz) can V8 Juice	1/8 tsp garlic powder
3 beef bouillon cubes	1/4 tsp salt
2 carrots, sliced	1/4 tsp pepper
3 potatoes, cubed	1 tbsp parsley flakes
1/4 head cabbage, chop large	1/2 cup barley
1 large onion, chopped	1/2 cup frozen corn
1/2 rutabaga, cubed	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 # 151

Holy Trinity 1:1:1

1 medium yellow onion	Mirepoix - a ration of 2:1:1
1 bell pepper	2 medium yellow onions
3 celery stalks	1 large carrot
2 garlic cloves - minced or pressed	2 celery stalks

Dice and gently saute in butter or oil for 10 to 30 minutes. Add garlic at end.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 152

Hot Chocolate

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

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

Lillian Jane Eckels recipe index

New recipe

Card # 153

Hot Dog - Chicago Style

All Beef Dog	Celery Salt
Sesame Seed Bun	Hints: Cherub Tomatoes sliced in half.
Dill Pickle Spear	Dill Pickle Slices instead of spear.
Sweet Pickle Relish	Sport, Jalepeno or Pepperoncini
Tomato Slices	
Yellow Mustard	
White Onion - Chopped	
Pickled Peppers, Jalapenos, or Banana	

Boil or steam dog, steam bun. Stack in this order: Bun, dog, spear between dog and top bun, relish between dog and bottom bun, tomato between dog and bottom bun, mustard over dog, onion spread over mustard, peppers over onion, celery salt lightly sprinkled over top.

Lillian Jane Eckels recipe index

Doug's version of recipe

Card # 154

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 # 155

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 # 156

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 # 157

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 # 158

Jambalaya - Best Recipe

1.5 cups Andouille sausage sliced	1 cup clam juice
1.5 cups chicken thigh pieces	1 teaspoon Creole seasoning
14oz frozen shrimp	big pinch each: thyme, oregano
1.5 cup each onion, celery, bell pepper	1/2 teaspoon red pepper flakes
3 cloves garlic minced	3 Bay leaves, 1/4 tsp pepper
1 14oz can petite diced tomatoes	4 tablespoons vegetable oil
1 14oz can tomato sauce	2 tablespoons Chicken Broth Base
4 cups Vegetable Broth	1 1/2 cup brown rice uncooked

Cook brown rice in rice cooker. Cut sausage into slices. Saute sausage and chicken pieces until chicken is done. Remove and set aside. Saute diced onion, celery, bell pepper until slightly carmalized. Add garlic and saute for an additional minute. Add chicken broth, diced tomatoes, tomato sauce, and seasonings and bring to a boil. Add sausage and chicken and simmer for 20 minutes. Add cooked rice and shrimp. Simmer for 5 minutes. Optional: Add 2 tablespoons dried parsley.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 159

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 # 160

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.

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Lillian Eckels

Card # 161

Kay's Apple Crunch

8 large apples	1 1/2 cup graham crackers, crushed
3/4 cup sugar	1/2 cup butter, melted
1 tsp cinnamon	1 cup flour
	1 cup light brown sugar

Peel and 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 # 162

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 # 163

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 # 164

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 # 165

KFC Fried Chicken Secret Recipe - Joe Ledgington

2 cups white flour	4 Ts Paprika
2/3 Ts salt	2 Ts Garlic Salt
1/2 Ts Thyme	1 Ts Ground Ginger
1/2 Ts Basil	3 Ts White Pepper
1/3 Ts Origino	
1 Ts Celery Salt	
1 Ts Black Pepper	
1 Ts Dried Mustard	

The list read: 11 spices Mix with 2 cups white fl 1) 2/3 Ts salt 2) 1/2 Ts thyme 3) 1/2 Ts basil 4) 1/3 Ts oregano 5) 1 Ts celery salt 6) 1 Ts black pepper 7) 1 Ts dried mustard 8) 4 Ts paprika 9) 2 Ts garlic salt 10) 1 Ts ground ginger 11) 3 Ts white pepper. The 12th 'secret' ingredient is MSG. Ts=Teaspoon

Lillian Jane Eckels recipe index Joe Ledgington - Nephew to Colonel Card # 166

Lasagna

14 oz Pasta Sauce
14 oz Crushed Tomatoes
12 oz cottage cheese
16 oz shredded mozzarella 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, mozzarella 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 # 167

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 # 168

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 # 169

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 # 170

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 # 171

Louisiana Red Beans and Rice - Favorite Recipe

1 lb package of red beans	1 cup onion - diced
1 smoked turkey leg	1 cup bell pepper - diced
3 bay leaves	1 cup celery - diced
1/2 to 1 teaspoon red pepper flakes	2 cloves garlic - minced
pinch of thyme	1 teaspoon salt
1/2 teaspoon smoked paprika	1/2 teaspoon pepper
1 tablespoon Worcestershire sauce	1/2 teaspoon Tony's creole seasoning
	4 oz tomato sauce - add at the end

Soak beans overnight or pre-soak. Drain and rinse. Add eight cups water, red beans, turkey leg, bay leaves, red pepper flakes, and thyme to large pot. Bring to boil, then reduce to simmer. Sautee onion, bell pepper and celery in butter or olive oil until tender. Simmer for 3 to 4 hours. Add salt, pepper, Worcestershire sauce. Simmer until fully cooked. Add tomato sauce.

Lillian Jane Eckels recipe index

Doug's Recipe

Card # 172

Louisiana Red Beans and Rice - Vegetarian

1 lb package of red beans	1/2 teaspoon black pepper
3/4 onion - diced	1 drop liquid smoke
3/4 bell pepper - diced	
3 celery stalks - diced	RECOMMENDED:
3 cloves garlic - minced	Better Than Boullion low-sodium
8 cups vegetable broth	Seasoned Vegetable Base
3 bay leaves	RESERVED:
1/2 teaspoon red pepper flakes	1/2 teaspoon Tony Chachere's

Soak beans overnight or pre-soak. Drain and rinse. Add eight cups vegetable broth and red beans to a large pot. Bring to boil, then reduce to simmer. Sautee onion, bell pepper and celery in oil until tender, then add pressed garlic and sautee for an additional minute, add to pot. Add remaining ingredients except RESERVED. Simmer 4 hours. Add RESERVED ingredients and simmer for another 2 hours or until tender. Taste. Add 1/2 teaspoon Tony Chachere's or salt as needed.

Lillian Jane Eckels recipe index

Misty's recipe

Card # 173

Macroni Tuna Salad

2 cups dry macroni rings
3 cans tuna
4 celery stalks - diced
1 cup mayonnaise
6 green onions - chopped
1/4 teaspoon salt - a tad heavy
1/4 teaspoon pepper - a tad heavy

Boil macroni in water with 2 teaspoons 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 # 174



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 # 175

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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 176

Marilyns's Greek Salad

Dressing:

1/4 cup corn oil

1/4 cup olive oil

1/4 tsp salt

1/8 tsp black pepper

1 tbsp DeJon mustard

1 large head romaine lettuce

1/2 cup olives

1/2 med onion, sliced thin

2 tomatoes cut in 8ths

1 tbsp capers, drained

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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Marilyn's Recipe

Card # 177

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.

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Doug's recipe

Card # 178

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 # 179

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.

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Lillian Eckels

Card # 180

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.

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Lillian Eckels - 1960

Card # 181

Memphis Style BBQ Ribs in Oven

1 rack of ribs	Option: Broil ribs until seered. Spritz wit
2 teaspoons Chili Powder (approximate	Liquid Smoke. Lightly salt & pepper.
1 teaspoon Cayenne Pepper (approxim	Lightly coat with Chili Powder and
Pinch of Caraway Seed	Cayenne Pepper. Sprinkle with a pinch
Salt & Pepper	of Caraway Seed. Bake at 250 for 2 hr
Brown sugar.	

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 # 182

Mexican Black Bean Chili

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

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 # 183

Mexican Lasagna - Vegetarian

1/2 lb plant-based ground be'f	
1 1/2 cups veg refried beans	=====Spice Mix=====
1 1/2 cups Mexican blend cheese	1/2 tsp cumin
1 10oz can Red Enchilada sauce	1/4 tsp salt
3/4 cup water	1/4 tsp pepper
1 tsp Better Than Bouillon	1/4 tsp onion powder
Seasoned Vegetable Base	

Heat plant-based ground be'f. Add spice mix. Gently fry tortilla's in vegetable oil and dip in enchilada sauce. In a round, greased baking dish, layer as follows. Tortilla, be'f, 1/3 sauce, tortilla, beans, 1/3 sauce, tortilla, cheese, sauce, tortilla, sauce, and a small amount of cheese. Bake at 350 for 45 minutes.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 184

Mexican Rice

3/4 cup dry white rice
1 1/4 water
1/2 cup Medium Salsa
2 teaspoon's Orrington Farms Broth
Base & Seasoning - Chicken Flavored

Place all ingredients into a saucepan and stir. Bring to boil, stirring occasionally to keep the rice from sticking to the bottom. Just before it starts to boil, cover and reduce heat to low. Set time for 18 minutes. Stir to fluff when done.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 185

Minestrone 4-Bean/Tomato/Rice Soup - Vegetarian

1 1/2 cups diced onion	3/4 cup brown rice -cook separately
1 1/2 cups diced celery	1 cup dry red beans -cook separately
1 cup diced bell pepper	1 cup dry black beans -cook separately
3 TBS Better Than Bouil. Veg Base	1 cup dry pinto beans -cook separately
1 TBS Better Than Bouil. No Beef Base	3/4 teaspoon Tony Chachere's
2 cans diced tomatoes	2 TBS corn starch, 1 TBS flour (thicken)
1 can cut green beans	1/4 teaspoon red pepper flakes
1 can sliced carrots	12 cups water

Cook beans and rice separately, set aside. Saute onion, celery and bell pepper in veg oil. Add water, bouillon, red pepper flakes and seasoning to pot. Bring to a boil. Mix corn starch and flour with 1/2 cup cold water and add to boiling broth stirring constantly to thicken. Reduce heat to a simmer. Add remaining ingredients and continue to simmer. Freezes well.

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Doug's recipe

Card # 186

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 # 187

Mudslide

1 oz vodka or tequila
1 oz Kahlua
1 oz Baileys
1 oz milk or heavy cream
Garnish with chocolate syrup

Mexican mudslide: substitute tequila for vodka. Garnish with cinnamon.

Mix vodka, Kahlua, Baileys, and milk. Pour over over ice to chill. Line glass with lines of chocolate syrup. Pour mix into glass straining ice. Ok to top with whipped cream

Lillian Jane Eckels recipe index

Doug's recipe

Card # 188

Nacho's Lupitas

Flour tortilla's (street taco size)
Meat (beef, pork, or chicken)
Mexican blend cheese
Jalapeno peppers (sliced)
Corn oil

Prepare the tortillas. Score each tortilla with a 1-inch cut in the middle. This will help minimize blistering when frying. Fry in corn oil for approximately 10 to 20 seconds per side, being careful not to burn them. Set aside. Prepare the meat with your favorite Mexican seasoning. Note that chicken and pork do not typically require additional seasoning. To assemble the Lupita's: layer a tortilla with meat, sliced jalapeno, and cheese. Broil until the cheese is melted. Serve with sour cream and guacamole.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 189

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 # 190

Oatmeal Cookies - experimental

1 cup almond flour	1/2 cup butter (1 stick) - room temp
1/2 cup all-purpose flour	1/4 cup shortening - room temp
3 cups old-fashioned oats	1/4 cup applesauce
1 teaspoon cinnamon	1 cup stevia brown sugar
1 teaspoon baking powder	1/4 cup white sugar substitute
1/2 teaspoon baking soda	2 large eggs
1/2 teaspoon salt	1 1/2 teaspoons vanilla

Preheat oven to 350. Mix dry ingredients: almond flour, all-purpose flour, quick oats, cinnamon, baking powder, baking soda, and salt. Mix wet ingredients: butter, shortening, applesauce, stevia brown sugar, sugar, eggs and vanilla. Combine dry and wet ingredients and mix well. Form about two tablespoons of mix into a ball and place onto a cookie sheet. Gently press to flatten. Bake for fifteen-minutes.

OPTIONS: Add 1 cup raisins and 1 cup chopped walnuts

Lillian Jane Eckels recipe index

Doug

Card # 191

Olive Garden Salad

1 head Iceburg Lettuce
2 heads Romain Lettuce
10oz Grape Tomatoes
2 2.5oz cans Sliced Olives
1/2 large Red Onion
1/2 cup Pepperoncini Slices
3/4 cup Olive Garden Salad Dressing
Parmesan Cheese

Chop iceberg and romain lettuce into one inch pieces. Slice grape tomatoes in half. Thinly slice red onion. Add all ingredients except croutons. Mix with Olive Garden Signature Italian Dressing. Top with parmesan cheese and croutons.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 192

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.

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Lillian Eckels

Card # 193

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 # 194

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 # 195

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

Addl 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 # 196

Pancakes/Waffles - Almond Flour

1/2 cup almond flour
1/4 cup 100% whole wheat flour
2 teaspoons baking powder
1/8 teaspoon salt
1 large egg
1/2 teaspoon vanilla
1/3 cup milk
1 tablespoon veg oil (for waffles)

This recipe makes 3 waffles

Whisk Almond & whole wheat flours, salt and baking powder in small mixing bowl. Add egg, vanilla, milk and veg oil (for waffles) and mix. Cook over medium heat in lightly sprayed skillet or waffle iron. Cook in waffle iron for 7 minutes. Leftovers freeze well.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 197

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 # 198

Peruvian Fried Rice (Arroz Chaufa)

2 cups chicken boneless/skinless	3 tablespoons vegetable oil
chicken thighs or breast - cut into cubes	salt and pepper to taste
5 eggs - scrambled	SOY SAUCE MIX:
2 1/2 cups cooked rice - cold	2 tablespoons soy sauce
1/2 cup onions - diced	1/4 teaspoon sesame oil
2 garlic cloves - minced	2 pinches cumin
1 red bell pepper - diced	1/4 teaspoon ground ginger
1/2 cup green onions - sliced	1 pinch of sugar

Cube boneless/skinless chicken. Heat oil in skillet over medium heat. Add red bell peppers and onion, saute until soft. Add ginger and green onions, saute for 1 minute. Add chicken and garlic, cook until chicken is fully cooked. Add rice and stir. Add Soy Sauce Mix and stir. Add salt and pepper as needed. Add scrambled eggs and mix.

Substitute ground ginger with 1 tablespoon fresh ginger. Cook with onions and bell pepper.

Lillian Jane Eckels recipe index

whiskitrealgud.com

Card # 199

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 mozzarella/parmesan
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 casserole. Bake at 350F oven for 25 minutes. Serve over toasted bun and topped with cheese.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 200

Pie crust

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

To add a tangy flavor when making pot pies, substitute buttermilk for water.

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

Lillian Jane Eckels recipe index

Doug's recipe

Card # 201

Pie crust - Almond flour

1 1/4 cups almond flour
1/2 teaspoon salt
2 tablespoons Splenda
1/4 vegetable oil
1 egg
1 teaspoon Vanilla

Blend almond flour, salt and Splenda. Blend vegetable oil, egg, and vanilla, fold into flour mix until dough consistency is right. Roll out between floured (using all-purpose flour) waxed paper.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 202

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 # 203

Pineapple Upside Down Cake 1926 - Part 1 of 2

2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup unsalted butter, softened
1 cup granulated sugar
2 large eggs, separated
1/2 cup milk
1 teaspoon vanilla extract

Preheat oven to 350 degrees. Sift together flour, baking powder and salt. Set aside. Cream together softened butter and sugar until the mixture is light in color. Add egg yolks and mix until blended. Add flour mixture in batches alternating with milk. Running mixer at low until the ingredients are combined. Stir in vanilla extract. Beat egg whites into stiff peaks. Stir in 1/3 of egg whites by hand, then gently fold the remaining egg whites into the batter.

Lillian Jane Eckels recipe index

Dole Pineapple Company

Card # 204

Pineapple Upside Down Cake 1926 - Part 2 of 2

2 tablespoons unsalted butter
1 cup packed brown sugar
1 20-ounce can pineapple rings
10 marashino cherries, stems removed

Melt 2 tablespoons butter in cast-iron skillet coating bottom and sides. Sprinkle brown sugar evenly over the bottom. Overlap pineapple rings over the brown sugar. Place a cherry in center of each ring. Spread batter evenly over pineapple. Bake for 45 minutes. When done, run knife around edge, and carefully flip over onto a platter. Allow to cool.

Lillian Jane Eckels recipe index

Dole Pineapple Company

Card # 205

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 206

Pinto Beans & Beef

1 lb pinto beans
1/2 lb ground beef
1 small white onion - diced
1/2 bell pepper - diced
1 clove garlic - minced
Seasoned Salt
Pepper

Sort and pre-soak beans. Brown ground beef with seasoned salt and pepper. Dice onion and bell pepper, mince garlic and add to pot with seven cups of water. Simmer until beans are very tender.

Lillian Jane Eckels recipe index

Ollie's recipe

Card # 207

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 208

Plum Pudding

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

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)

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 209

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 210

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 # 211

Popovers

1 cup all-purpose flour
1 cup whole milk
2 eggs
2 tablespoons melted butter
dash of salt

Optional: 1/2 tsp vanilla
Optional: 1 tsp cinnamon
Optional: 1/2 cup blueberries.
Optional: 1/2 cup raisins
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 # 212

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 # 213

Pork Roast and Sauerkraut in Crockpot

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

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 # 214

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 # 215

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 # 216

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

1 teaspoon Paprika
1 tablespoon sweet pickle juice

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 # 217

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 # 218

Pulled Pork from Loin Roast - Crock Pot Recipe

4lb Pork Loin Roast
2 apples - de-cored and wedged
1 large onion - sliced
1 teaspoon minced garlic
1/2 cup white vinegar
2 tablespoons Worcestershire sauce
1/2 cup water

BBQ Rub:
Paprika, Brown Sugar, Garlic Powder,
Onion Powder, Chili Powder,
Salt & Pepper.

Optional:
Red Pepper Flakes
Fennel Seed

Place the wedged apple and sliced onion in the bottom of the crock pot. Rub the pork loin roast with BBQ rub and place it on top of the apple and onion. Add vinegar, Worcestershire sauce, and water. Cook on low for 8 hours. Flip the loin roast after six hours while checking for tenderness. Cook until the pork loin roast easily falls apart.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 219

Pumpkin Donuts

1 cup sugar
1 cup pumpkin puree
4 tbsp plain yogurt
2 tbsp shortening, melted
2 eggs
1 tsp baking soda
1 tsp baking powder
1 tsp cinnamon

1/2 tsp nutmeg
4 1/2 cups flour
fat for frying

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 220

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. Refrigerate.

Lillian Jane Eckels recipe index

Libby's

Card # 221

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 # 222

Re-fried Beans

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

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

Lillian Jane Eckels recipe index

Linda's recipe

Card # 223

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 # 224

Red Beans - New Orleans Style

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

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. Sauté 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 # 225

Red Beans - Vegetarian

2 cups small red beans	3 bay leaves
5 cups water	Instant Pot cooking time 25 minutes
2 tablespoons dried minced onion	
1/4 teaspoon onion powder	
1/4 teaspoon garlic powder	
1/2 teaspoon Tony Chachere's	
1 tablespoon Better Than Bouillon. . .	
. . .Seasoned Vegetable Base	

Sort and pre-soak beans. Discard water. Place beans, water, and all ingredients into Instant Pot. Pressure cook for 25 minutes.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 226

Refried Beans - Basic Recipe

4 cups dry pinto beans
1 large onion
1 1/2 teaspoons salt
1/2 teaspoon pepper
2 tablespoons bacon grease

May substitute crisco for bacon grease.

Sort and presoak beans overnight. Add beans and finely diced onion to large pot and add water to cover the beans about an inch. Simmer until very tender (about 3 hours). Add salt, pepper, and bacon grease and simmer for another 30 minutes. Taste and adjust salt to taste. Mash with potato masher and then whip with electric mixer.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 227

Refried Beans - Vegetarian

1 16oz package pinto beans
2 tablespoons dried minced onion
1/2 teaspoon red pepper flakes
1/2 teaspoon onion powder
1 tablespoon Vegetable Base Bouillion
3/4 teaspoon Tony Chachere's
6 cups water

Instant Pot Cooking Time=50 Minutes

Substitutes:

1 large onion for dried minced onion

Sort and rinse beans. Add all ingredients, except salt, to large covered pot and bring to slow simmer (covered) for about 4-hours. Add water as needed. Add 1 teaspoon salt and simmer for additional 30 minutes. Remove liquid from beans and reserve. Use potato smasher to crush beans adding liquid as needed. Use electric mixer to cream beans. Salt to taste. Freeze in zip-lock storage bags with air removed.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 228

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 229

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 # 230

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 # 231

Rice (Microwave)

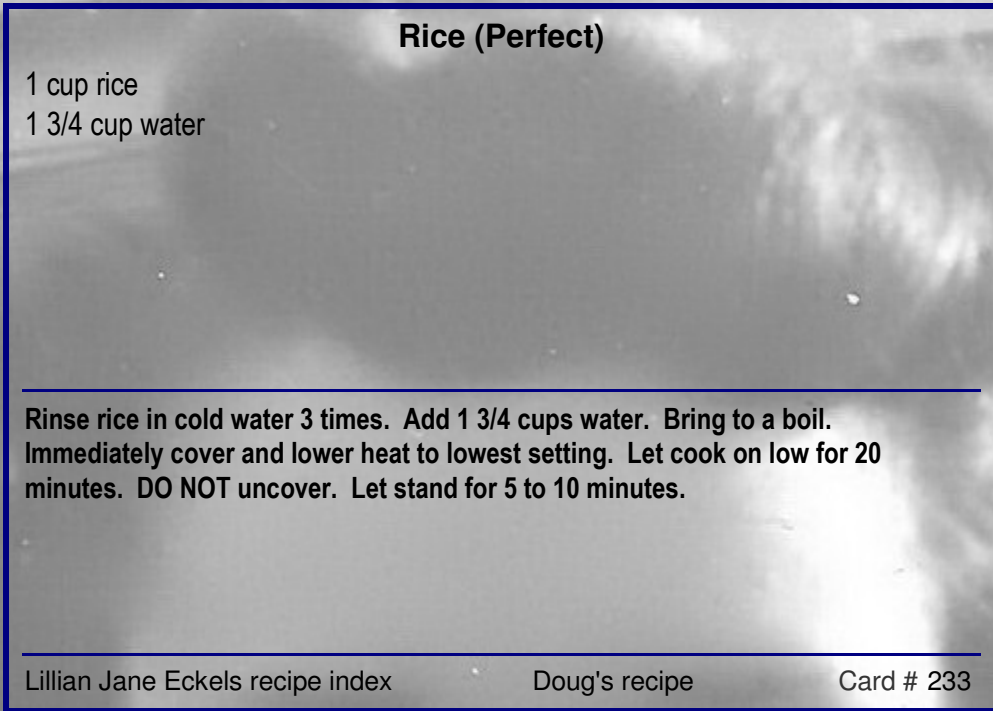
1/2 cup rice
3/4 cup water

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 # 232



Rice (Perfect)


1 cup rice
1 3/4 cup water

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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 233



Rice - Chipotle Style

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

Lillian Jane Eckels recipe index

Misty

Card # 234

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 # 235

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 236

Roast in crockpot

3lb roast	2 tablespoons crisco
1 onion	3 tablespoons flour
2 celery stalks	2 cups water
1 bell pepper	2 tablespoons canola oil
5 cloves of garlic	4 to 6 peeled potatoes
1/2 teaspoon salt	
1/2 teaspoon pepper	
pinch of thyme	

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 # 237

Salmon - Harissa Orange Salmon

Salmon fillet	Harissa Orange Sauce:
1 Tablespoon Olive oil	1 Navel orange - Sliced
Cilantro = chopped for garnish	1 Navel orange - Juiced
	2 Teaspoons Orange Zest
	2 Tablespoons Harissa Paste
	3 Tablespoons Honey
	1/2 Teaspoon Salt
	Adjust Harissa Sauce to control heat

Make the sauce and heat in a saucepan. Season salmon with a light sprinkle of salt. In a cast iron skillet, sear the salmon in olive oil. Flip salmon and add sauce. Cover with orange slice and simmer for 4 to 6 minutes or until salmon is done. Garnish with Cilantro.

ALTERNATE COOKING: Pre-heat oven to 400. Place seared salmon in lightly oiled (cooking spray is Ok) glass baking dish. Cover with orange sauce and orange slice. Bake for 10 minutes or until salmon is fully cooked.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 238

Salmon Garlic/Parmesan Caserole

1 can Salmon	Remove bones and excess skin from Salmon
1 1/2 cups uncooked elbow macroni	
4 tablespoons butter	
2 large garlic cloves - pressed	
2 tablespoons flour	
1 cup milk	
1 cup chicken broth	
1/2 cup Parmesan Cheese	

Boil elbow macroni and set aside. Melt butter in sauce pan. Add pressed garlic. Add flour slowly and stir until mixed. Add milk and stir until mixture begins to thicken. Add chicken broth and continue stirring until mixture thickens. Add Parmesan Cheese and stir until cheese is melted. Combine with elbow macroni. Flake salmon and add to macroni mixture. Stir until mixed. Bake at 325 for 45 minutes.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 239

Salmon Patty

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

Remove bones and skin from salmon. Mix all ingredients in a mixing bowl using electric mixer until well blended. Bake at 400 degrees for 20 minutes or until golden brown. Ok to flip and brown both sides.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 240

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 # 241

Salsa - Doug

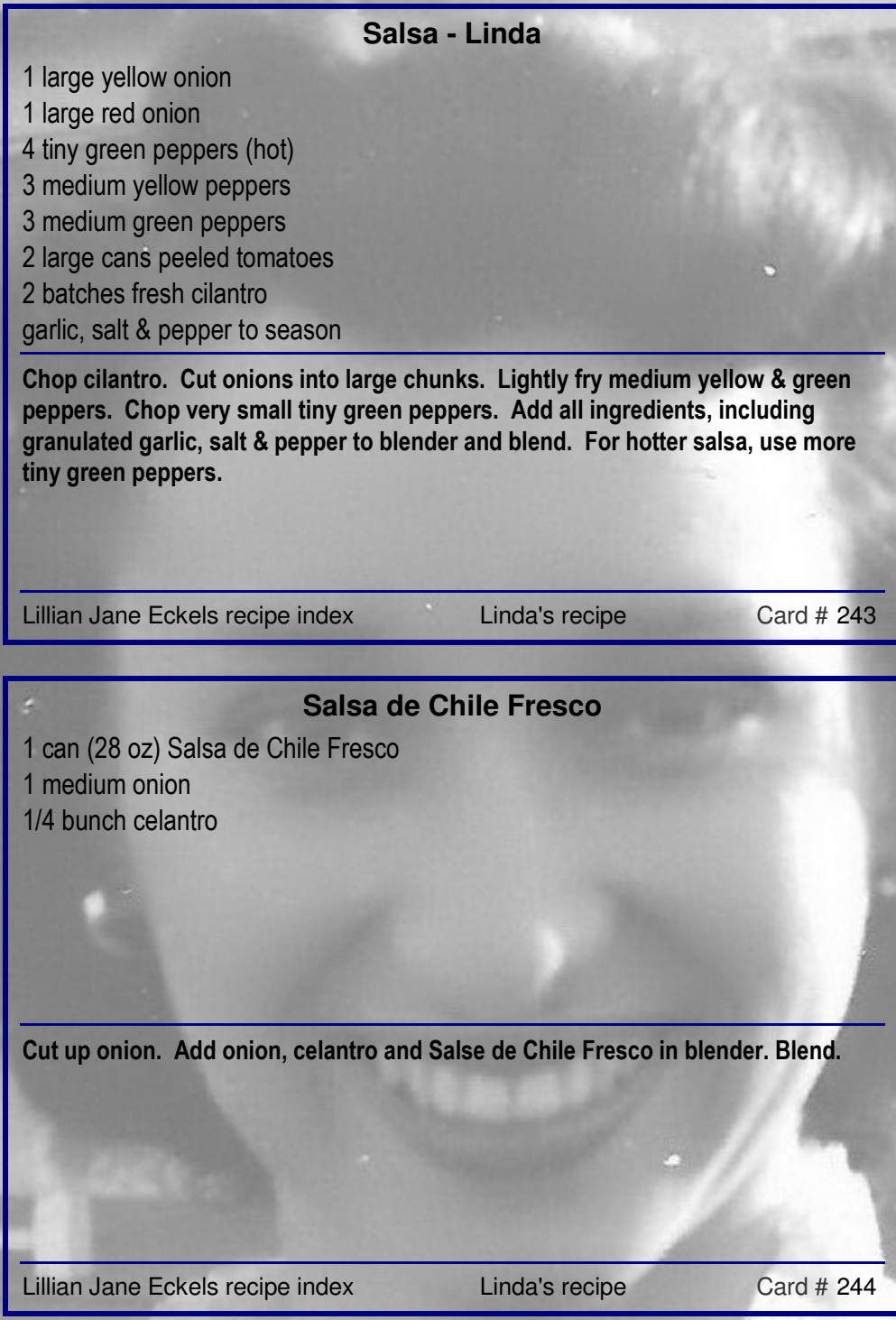
4 Assorted peppers
(Green, Red, Yellow, Small Green)
4 scallions (green onions)
28oz can whole peeled tomatoes
14oz can mexican stype stewed tom
3 - 4 tbsp fresh cilantro
1/8 tsp granulated garlic
1/8 tsp salt

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 # 242



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 # 243

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 # 244

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 245

SDA Liberian Jollof Rice (no pork or shrimp)

Fish (tilapia or sway)	Beef - cubed
Turkey Beef Sausage - 1/2 slices.	Organic uncured beef hot dogs
Mixed Vegetables	Chicken wings and legs
Rice - cooked in rice cooker	Red and Yellow Bell pepper
Black Pepper, Lowry's Seasoned Salt	Onion & Celery
Maggi Cube or Veg Broth Base	Habanera pepper or Red Pepper flakes
Goya Adobo	Vegetable oil
Chicken or Poultry Seasoning	Tomato Paste

Season beef and chick. Simmer beef in water for 20 minutes. Finely dice bell peppers, onion, celery. Saute in 1/2 cup oil for 20 minutes. Add black pepper, adobo and tomato paste. Simmer for 15 minutes. Add water, sausage and mixed vegetables. Simmer. Add Magic Cube and additional seasoning. Simmer for 35 minutes. Fry chicken in oil. Cook rice in rice cooker. Add cooked rice and chicken and stir. Add fish to top and simmer until fish is done. Serve.

Lillian Jane Eckels recipe index

Inspired by Winn

Card # 246

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 247

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 248

Short Rib Bar B Q Sauce

1 onion, chopped	2 tsp salt
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	

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

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 249

Shrimp and Broccoli - Oriental Style - experimental

1/2 lb shrimp - cleaned & shelled	1/2 teaspoon fish sauce
1 tablespoon peanut oil	1/2 teaspoon worcestershire 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 chicken 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 broccoli and bell pepper. Combine and serve over brown rice.

Lillian Jane Eckels recipe index

New recipe

Card # 250

Sicilian Sweet & Sour Sauce

2 tbsp vegetable oil
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

1 tbsp wine vinegar

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.

Lillian Jane Eckels recipe index

Lillian Eckels

Card # 251

Sloppy Joes

1 lb ground turkey
1/2 bell pepper - minced
1/2 onion - minced
2 garlic cloves - pressed
1 tablespoon butter
1 teaspoon olive oil
2/3 cup ketchup
1 tablespoon brown sugar

1 teaspoon yellow mustard
1 tablespoon Worcestershire sauce
3/4 teaspoon chili powder
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon red pepper flakes
1/3 cup water

Saute bell pepper and onion in butter until both are soft. Remove and add ground turkey and brown. Add back bell pepper and onion. Add garlic and cook for another minute. Add remaining ingredients and simmer for 15 minutes or until thick. Serve over toasted bun.

Lillian Jane Eckels recipe index

Misty's recipe

Card # 252

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 # 253

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 # 254

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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 255

Spanish Brown Rice in Rice Cooker

3/4 cup brown rice	Optional:
1 1/4 cup water	1 teaspoon Better Than Bouillon
1 teaspoon Better Than Bouillon	Chicken Base
Seasoned Vegetable Base	1/3 cup Cantina Style Salsa
1/4 cup Cantina Style Salsa	

Place all ingredients in rice cooker and stir well to mix. Cook using Brown Rice setting.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 256

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.

Lillian Jane Eckels recipe index

Doug's recipe

Card # 257

Spicy Lentils

1 cup lentils	2 tbsp chopped chives
2 tbsp oil	salt & pepper to taste
1 clove garlic, minced	
1 medium onion, chopped fine	
1 cup tomato puree	
1 tsp ground cumin	
1 tbsp vinegar	
2 tbsp chopped parsley	

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.

Lillian Jane Eckels recipe index

Lillian Eckels - 1960

Card # 258

Split Pea Soup - Vegetarian

1 16oz package of split peas
1 tablespoon Orrington Farms . . .
. . . VEGAN HAM Flavored Broth Base
1/2 teaspoon salt
1/2 teaspoon pepper
1 tablespoon olive oil
7 cups of water

Sort and rinse peas. Add all ingredients to Instant Pot and pressure cook for 17 minutes

Lillian Jane Eckels recipe index

Doug's recipe

Card # 259

Split Pea soup with Ham in pressure cooker

1 16oz package of split peas	8oz split peas
1/2 pound picnic ham - diced	8oz canned spinach
3/4 teaspoon salt	8oz diced celery
3/4 teaspoon pepper	1/2 pound ham - diced
1 tablespoon olive oil	3/4 teaspoon salt
8 cups water	3/4 teaspoon pepper
	1 tablespoon olive oil
	8 cups water

Add all ingredients to pressure cooker. Bring up to pressure and cook for 30 minutes. If using Instant Pot, pressure cook for 24 minutes.

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Doug's recipe

Card # 260

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 # 261

Sugarless Orange-Raisin-Nut Cookies

1/2 cup orange juice concentrate 1/2 cup raisins
1 egg 1/2 cup chopped walnuts
1/4 pound butter, softened
2 cups flour Preheat oven to 375
1 tsp baking powder
1/2 tsp salt
1/2 tsp cinnamon
1 tsp grated orange rind

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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Lillian Eckels

Card # 262

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 # 263

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 # 264

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 # 265

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 # 266

Sweet Potato Pie

3/4 cup sugar	9.5-inch deep-dish glass pie pan
1/2 teaspoon salt	
1 teaspoon ground cinnamon	Spice options: 1/2 tsp nutmeg,
1/2 teaspoon ground ginger	1/2 tsp cinnamon, 1 tsp vanilla.
1/4 teaspoon ground cloves	Or 1 tsp pumpkin pie spice.
2 large eggs	
3 cups cooked sweet potatoes	Substitute sour cream for evap milk.
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. Refrigerate.

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Doug's recipe

Card # 267

Sweet Potato Pie - 9 inch pie

1/2 cup sugar (or substitute)	2 tablespoons melted butter
1/4 teaspoon salt	9-inch glass pie pan
1/2 teaspoon cinnamon	
1/2 teaspoon nutmeg	
1 teaspoon vanilla	
2 large eggs	
2 cups cooked sweet potatoes	
1 (5oz) can evaporated milk	

Peel, dice and boil potatoes. Drain, mash and mix with electric mixer. Preheat oven to 425. Mix sugar, salt, cinnamon, nutmeg in a small mixing bowl. Separate and beat egg whites until fluffy. In large mixing bowl, add sweet potatoes, sugar-spice mix, evaporated milk, butter, yolks, and vanilla. Mix. Add egg whites and mix. Pour into pie shell. Bake at 425 for 10 minutes. Reduce temperature to 350 and bake for an additional 45 minutes or until knife inserted into middle comes out clean.

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Doug's recipe

Card # 268

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 # 269

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 # 270

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 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 # 271

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 # 272

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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Lillian Eckels - 1960

Card # 273

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 # 274

Tamale's - Chicken - experimental

Chicken breasts
2 cups Chicken Bullion
Masa Harina
California Chili's

Soak corn husks overnight. Place chicken breasts with 2 cups chicken bullion into crockpot and cook in high for three-hours. De-seed California Chili's and place in crockpot with three-cups water and cook for four-hours. Mix masa harina with chicken broth. Use 1/4 cup per and create tortilla's using a tortilla press. Layer two and place 1/4 cup of cooked, shredded

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Doug's recipe

Card # 275

Tarter Sauce

1/4 cup mayonaise
2 teaspoons sweet pickle relish
1 teaspoon dill pickle relish
1/4 teaspoon yellow mustard
1/2 teaspoon lime juice

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Doug's recipe

Card # 276

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 # 277

Tomeka's Louisiana Red Beans & Rice

3 pounds small red beans	3 tablespoons corn oil
2 smoked turkey legs	3 bell peppers - finely diced
8 bay leaves	3 medium onions - finely diced
1/4 teaspoon thyme	8 celery stalks - finely diced
1 tablespoon salt, 1.5 teaspoon pepper	6 medium garlic cloves - pressed
1 tablespoon Creole Seasoning	2 tablespoons Worcestershire sauce
1 teaspoon red pepper flakes	1 teaspoon smoked paprika
1.5 teaspoon white vinegar	8oz tomato sauce

Sort and soak beans for 12 hours. Discard water and rinse beans. Add beans, 18 cups of water and spices to stock pot. Place over medium heat. Sauté vegetables in corn oil in a large skillet for 20 minutes. Add pressed garlic to skillet and sauté for another 5 minutes. Add to stock pot. Bring to a gentle boil stirring occasionally to keep beans from sticking. Gently Simmer covered for 4 hours or until done. Remove turkey legs and separate meat. Add back meat. Add tomato sauce. Simmer until flavor and consistency is right.

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Doug's recipe for Tomeka

Card # 278

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 # 279

Tuna Casserole with Cheese Swirls

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

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 # 280

Tuna, Green Bean and Sweet Pea Caserole

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

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 # 281

Vegetable Soup

Olive oil	3 tablespoons Better Than Bullion
1/2 onion	Chicken Base
2 carrots	2 garlic cloves
3 celery stalks	2 potatoes
4 cups water	1 yellow squash
Tortilla Soup Starter Chicken Broth 32oz (sold at Target)	1 zucchini
	1 head of broccoli

Saute onions, add carrots and celery, saute until onions are golden brown. Add broth and potatoes and boil for 10 minutes. Add remaining ingredients and boil until done. Add salt and pepper to taste. Serve with lime, cilantro and avocado.

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Misty's recipe

Card # 282

Vegetable Stock or Broth

2 large onions
4 stalks celery
1 lb carrots
5 cloves garlic - pressed
10 cups water
2 tablespoons olive oil

Use as base for Vegetarian Red Beans

Cut vegetables into large pieces. Saute with olive oil in a large pot with lid. Add garlic. Saute until tender, about twenty-minutes. Add 10 cups of water and simmer for one-hour.

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Doug's recipe

Card # 283

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 # 284

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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Lillian Eckels

Card # 285

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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Lillian Eckels

Card # 286

Whole Wheat Pancakes

1 cup whole wheat flour	1 cup warm water
2 teaspoons sugar	4 tablespoons powdered butter milk
1/2 teaspoon baking powder	2 eggs
1/4 teaspoon baking soda	2 tablespoons melted butter
1/4 teaspoon salt	

Combine flour, sugar, baking powder and soda, and salt in mixing bowl and mix. Combine water, butter milk, eggs and melted butter in bowl and mix. Combine dry and wet ingredients in bowl and mix just until flour is combined. Mixture will be lumpy. Cook on greased griddle at medium-high heat.

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Doug's recipe

Card # 287

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 # 288

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 # 289

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 # 290