

## **Favorite Easy Recipes**

### **Black-eyed Pea Salad**

3 cans black-eyed peas	1/4 cup sugar
1/4 cup vinegar	2 drops Tabasco sauce
1/2 tsp. garlic salt	1/8 tsp. pepper
1/4 tsp. salt	1 small onion chopped
1 green pepper chopped	1 jar pimentos
1/4 cup salad oil	

Combine salad oil, vinegar, Tabasco sauce, garlic salt, salt, and pepper. Mix well. Stir into black-eyed peas, green peppers, onions and pimentos. Refrigerate overnight.

### **Cranberry Salad**

1 1-lb. package cranberries	1 cup pecans, chopped fine
2 13 oz. cans crushed pineapple, drained	1 large package miniature marshmallows
2 cups sugar	1 large tub whipped topping

Grind cranberries. (They grind better if frozen). Mix in sugar and let stand 2 hours. Add pineapple, marshmallows, topping, and nuts. Cover and chill for 2 hours. This makes a large amount. It freezes well and can be made ahead.

### **Broccoli Delight**

1 large broccoli stalk, cut into pieces	1 cup raisins
1 small red onion, diced	10 strips bacon (fried and crumbled)
1 cup sunflower seeds	

Dressing:

3 or 4 tbsp. sugar  
1/2 cup mayonnaise or creamy salad dressing  
1 tbsp. vinegar

Mix top ingredients together. Make dressing and toss. Chill and serve. This can be made the night before.

### **Ham and Cheese Quiche**

1 ½ cups diced ham	2 slices bacon, crumbled
1 cup Swiss cheese	4 eggs
1 cup half and half	1 tbsp. green onions, chopped
1 tbsp. prepared mustard	1/4 tsp. black pepper
1/4 tsp. salt	

Sprinkle ham and bacon over prepared 9" pie crust. Sprinkle cheese and onion. Blend milk, eggs, salt and pepper. Pour over mixture in pie place. Bake at 350 degrees for 45-50 minutes.

### **The Best Meat Loaf**

2 lb. ground beef	½ cup milk
1 tsp. salt	½ cup catsup
½ tsp. black pepper	1 tbsp. chopped onion
2/3 cup cracker crumbs	1 tbsp. minced green pepper

Combine all ingredients and mix well. Form into a loaf in a pan. Spread additional catsup over meatloaf. Bake 1 hour on 325 degrees. Makes 8 servings.

### **Krispy Oven Chicken**

1 cup margarine	1 tsp. garlic powder
1 tsp. salt	2 cup Rice Krispies, crushed
½ tsp. pepper	Chicken breast, skinned
¾ tsp. paprika	

Melt margarine and add all ingredients, except Rice Krispies. Dip chicken in margarine mixture, and roll in crushed Rice Krispies. Place in greased baking dish. Bake at 350 degrees for one hour or until done.

### **Enchilada Casserole**

2 lb. ground beef	2 small jars Cheese Whiz
2 medium onions, chopped	2 can enchilada sauce
2 cans Rotel tomatoes, chopped and drained	1 package corn tortillas (30 to package)
2 cans cream of mushroom soup	1 cup grated cheese

Brown meat and onions. Drain excess fat. Add soup, sauce, tomatoes and cheese. Simmer until well blended and heated. Cut tortillas into fourths and layer in the bottom of a 9x13 inch casserole pan. Cover the tortillas with a layer of meat sauce, then another layer of tortillas. Repeat until all sauce and tortillas are used. Cover and cook 350 degrees 30 to 35 minutes. Sprinkle with grated cheese on top. Serves 8.

## **Fiesta Stackups**

4 lbs. ground beef	1 tsp. garlic powder
3 large onions, chopped	6 tsp. salt
2 15-oz. cans tomato sauce	1 23 oz. can ranch style beans
2 14 ½ oz. cans tomatoes	2 12 oz. can tomato puree
2 tsp. cumin	4 tbsp. chili powder

Brown beef and onions, drain excess fat. Add remaining ingredients except beans. Simmer 1 to 1 ½ hours. Add beans and heat thoroughly. Serve the following ingredients in order. Allow guests to serve themselves by layering ingredients.

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| 1. 2 12-oz. crushed corn chips    | 6. 1 4 ½ oz. can black olives, chopped |
| 2. 1 14 oz. box rice              | 7. 5-6 tomatoes, chopped               |
| 3. Meat sauce                     | 8. 1 cup pecans                        |
| 4. 1 lb. cheddar cheese, shredded | 9. 7 oz. pkg. coconut                  |
| 5. 2 large onions, chopped        | 10. 10 oz. jar picante sauce           |

## **Chicken Enchilada Casserole**

2 cups cooked chicken, cut into bite size pieces  
1 medium onion, chopped  
2 cans cream of chicken soup  
3-4 cups corn tortilla chips  
1 small can green chilies  
1 ¼ lb. Longhorn cheese, grated

Sauté onion in 2 tbsp. of oil until tender. Then add chicken and chilies that have been cut into small pieces. Then add canned soup. Layer this mixture in casserole with tortilla chips and cheese. Bake at 325 degrees for about one hour.

## **Meat and Macaroni Dinner**

1 lb. ground beef	2 cup macaroni
1 small onion, chopped	1 tbsp. Italian seasonings
2 cans, tomato sauce	1 tsp. salt
1 cup water	½ tsp. pepper

Brown ground beef with onion. Drain grease and add tomato sauce, water, Italian seasonings, salt and pepper. Simmer a few minutes then add macaroni. Allow to cook covered until macaroni is done.

## **Corn Pudding**

2 cans cream corn	2 tbsp. sugar
1 cup milk	2 eggs, beaten
2 tbsp. flour	1/4 tsp. salt
1/2 cup margarine, melted	

Mix corn, milk, egg, margarine and salt together. Combine sugar and flour, then fold into corn mixture. Pour into a greased 2 quart casserole and bake at 325 degrees oven for 45 minutes or until mixture is browned on top.

## **Chocolate Cake**

2 cups flour	2 eggs
2 cups sugar	1/2 cup buttermilk
1/2 cup shortening	1 tsp. vanilla
1/2 cup margarine	1 tsp. baking soda
3 1/3 tbsp. cocoa	1/4 tsp. salt
1 cup water	

In a large mixing bowl combine flour and sugar. In a sauce pan bring to a rapid boil shortening, margarine, cocoa and water. Pour over flour and sugar and mix well. Add eggs, buttermilk, vanilla, soda and salt. Pour into 9x13 inch greased and floured pan. Bake at 400 degrees for 25 minutes.

Icing: Bring to a boil 1/2 cup margarine, 3 1/2 tbsp. cocoa, 1/3 cup milk, and remove from heat. Add 1 cup small marshmallows and pour over 1 box powdered sugar, 1 cup pecan and 1 tsp. vanilla. Mix well and pour on cake about 5 minutes after baking.

## **The Best Banana Pudding**

- 1 large box Instant Vanilla Pudding
- 3 cups milk
- 1 small tub of whipping topping
- 1 cup marshmallows
- 3 to 4 bananas, sliced
- vanilla wafers

Mix together pudding with milk. Fold in whipped topping and marshmallows. In dish layer with vanilla wafers, bananas, pudding mixture, vanilla wafers, bananas and pudding mixture. Top with whipped topping. Refrigerate at least 2 hours.

### **Heartbeat Fruit Trifle**

1 pkg. sugar-free vanilla pudding	1 pt. strawberries, sliced or 2 cups
1 8-oz. nonfat yogurt, plain	peeled and slice peaches
1 cup skim milk	1/4 cup orange juice
1 reduced calorie pound cake, cut into	3 pkg. artificial sweetener
1/2 inch slices	1 8-oz. light non-dairy whipped topping

Combine pudding, yogurt, and skim milk, Mix until smooth and allow to set for 3 minutes. In a separate bowl, combine orange juice, fruit and artificial sweetener. Line a glass bowl with half the pound cake, spread half the pudding over the cake. Top with half of the fruit mixture. Repeat layers. Garnish with non-dairy whipped topping. This recipe serves 8.

### **Can't Stop Eating Cookies**

2 cups margarine	2 teaspoons cream of tarter
2 cups sugar	1 teaspoon vanilla
3 cups flour	6 cups crushed cornflakes
2 teaspoons baking soda	1 1/2 cups pecans, chopped

Preheat oven to 350F. In a mixing bowl, cream together margarine and sugar. Add remaining ingredients. Fold in cornflakes and pecans. Drop by teaspoon on a greased cookie sheet. Bake 15 to 20 minutes. Makes about 100 cookies. (There are no eggs in this recipe.)