



family
FAVORITE
RECIPES

BEEF TACO BAKE

1 lb ground beef

10.75 oz condensed tomato soup

1 c salsa thick & chunky

1/2 c milk

6 corn tortillas (or flour tortillas) torn into 1" pieces

1 c cheddar cheese shredded

Optional sour cream

1. Preheat oven to 400 degrees.
2. In a skillet over medium heat, cook beef until browned. Drain fat.
3. Add soup, salsa, milk, tortillas and half the cheese.
4. Mix and spoon into 2 qt. baking dish.
Cover with tin foil.
5. Bake for 30 minutes or until hot.
6. Uncover and sprinkle with remaining cheese.

CHICKEN ENCHILADAS

3 chicken breast cooked, shredded

$\frac{3}{4}$ c sour cream

10.5 oz cream of chicken soup

1 c milk

$\frac{3}{4}$ c salsa

12 corn tortillas

2 c cheese shredded

1. Mix soup, milk & salsa.

2. Heat in microwave on medium heat, 3 minutes.

3. Add sour cream, heat 1 minute.

4. Take 1 tortilla & place in greased 9x13 pan.

5. Put 1 $\frac{1}{2}$ tbsp chicken, 1 $\frac{1}{2}$ tbsp cheese,
2 tbsp soup mix in the middle and
roll up placing edge on bottom of pan.

6. Reserve about 1 c soup mix and
1 c cheese to cover entire casserole.

7. Bake at 350F for 30-40 mins or
until bubbly.

May be covered with tin foil for more moist enchiladas.

CHICKEN TETRAZZINI

- ½ c sliced mushrooms
- ½ c sliced onions
- ¼ c butter or margarine
- ¼ c flour
- 2 c chicken broth
- 1 c Half & Half or milk
- ¼ tsp pepper
- 8 oz spaghetti noodles (or whatever you have), cooked, drained
- 3 c turkey cooked, diced (I always use chicken)
- ½ c shredded cheddar cheese (+ more to make cheesier)

1. Preheat oven to 400 degrees.
2. Lightly brown mushrooms and onions in margarine.
3. Stir in flour.
4. Cook until bubbly.
5. Stir in the broth and cream.
6. Add salt & pepper. Cook, stirring often until mix boils.
7. Place a layer of noodles in a buttered 9x13 pan.
8. Mix remaining noodles with sauce and meat.
9. Sprinkle with cheese.
10. Bake at 400 degrees for 20 mins or until bubbly.

COMPANY CASSEROLE

1 lb ground beef
1 c sour cream
8 oz cream cheese softened
1 c cottage cheese
24 oz spaghetti sauce
16 oz rigatoni noodles (other noodles work though too)
1 1/2 c mozzarella cheese

1. Brown beef.
2. Add spaghetti sauce, heat thru til warm.
3. Cook noodles according to directions on the package.
4. In a bowl, combine cream cheese, sour cream, cottage cheese, and 1 c of mozzarella cheese.
5. Layer starting with beef and sauce, then noodles, then sour cream/cream cheese/cottage cheese mix. I end with the sauce layer and then sprinkle with remaining mozzarella on top.
6. Repeat layer.
7. Finish off with nice layer of mozzarella cheese.
8. Bake at 350 degrees for about 45 mins.

GROUND BEEF STROGANOFF

2 TBSP butter

1 c yellow onions chopped

1 c white mushrooms sliced

1 lb ground beef

1 10 oz cream of mushroom soup

3/4 c milk

1/2 tsp paprika

1/4 tsp black pepper

1/3 c sour cream

1 12 oz egg noodles cooked

1. Melt butter over medium heat in pan.
2. Add chopped onions and sliced mushrooms.
3. Heat through until softened (approximately 5-7 minutes), stirring often.
4. Set aside in bowl.
5. Add ground beef to same pan and brown. Strain excess any fat from ground beef.
6. Add mushrooms and onions back to pan.
7. Stir in milk, paprika, pepper, and milk.
8. Bring to a boil and stir before removing from heat.
9. Stir in sour cream and mix well.
10. Serve over cooked egg noodles.

White rice can be used as well.

PORCUPINES IN A SKILLET

1 lb ground beef
1 package dry onion soup mix
1 1/2 c hot water
3/4 c rice uncooked
16 oz tomatoes (can)
1 c cheese shredded
1 small can mushrooms (optional, I don't normally add these)

1. In a large skillet, crumble beef and brown.
2. Drain and stir in onion soup mix, water, tomatoes (optional mushrooms).
3. Add rice and stir.
4. Cover and cook on low heat for 25 minutes or until rice is tender.
5. Sprinkle with cheese, melt and serve.

ROSEMARY CHICKEN PASTA

½ c butter

3 chicken breasts cubed

6 tbsp fresh rosemary (about ½ carton)

or 2 tbsp of dried rosemary

2 cloves garlic minced

1 pt whipping cream

1 ½ tsp cornstarch

½ tsp salt

12 oz bow tie pasta

1. Cook bow tie pasta according to directions. While cooking, prepare the chicken and sauce.
2. Saute chicken in butter, garlic and rosemary.
3. When the chicken is cooked, add whipping cream, cornstarch and salt. Simmer on low heat.
4. The sauce will begin to bubble and thicken- stir frequently.
5. After sauce is to desired thickness, decrease temperature until the noodles are ready.
6. Top over bow tie pasta and enjoy.

SOUTHWEST CHICKEN BAKE

3-4 chicken breasts cooked and diced
1 c Salsa
1 c sour cream
2 c cheddar cheese shredded
2 c tortilla chips crushed

1. Spray 9x13 pan with cooking spray.
2. Mix chicken, salsa and sour cream.
3. Spread layer of chicken mix on bottom.
4. Sprinkle with 1 c. of crushed tortilla chips.
5. Sprinkle with 1 c. of shredded cheese.
6. Repeat one more time.
7. Bake at 425 degrees for 12-15 mins or until cheese is bubbly.

TACO SOUP

1 lb ground beef
16 oz refried beans
15 oz corn undrained
16 oz stewed tomatoes
15 oz kidney beans undrained
½ c chopped onions
¼ tsp garlic salt
½ c taco sauce
grated cheddar cheese
1 avocado (cut into small pieces)

1. Brown hamburger and onion. Drain.
2. Put in a large pot and add corn, refried beans, kidney beans, taco sauce, tomatoes and garlic salt.
3. Simmer for ½ hour.
4. Serve in bowls with grated cheese, sour cream, avocado, and tortilla chips.

EASY FRIED RICE

3 eggs beaten

1 16 oz peas and carrots

3 c white rice cooked

1/4 c soy sauce *I like using Bragg's Aminos

1 c. ham, cubed leftover ham or deli cut can be used

1. Spray pan with cooking spray and make scrambled eggs with 3 eggs + 1 tsp water. Set pan aside.
2. Heat up peas and carrots in the microwave according to directions.
3. Cook 3 c. rice according to directions.
*I prefer using my rice cooker because it's easy and turns out great every time.
4. Heat additional pan, add peas and carrots, cooked rice. Stir.
5. Mix in soy sauce and scrambled eggs and cubed ham.
6. Heat for additional minute and serve.

GRANDMA'S BIRCHER MUESLI

1 ½ c quick oats
2 c milk
2-3 bananas
3-4 peaches
3-4 nectarines
3-4 apricots
3-4 plums
1 c grapes
1 c strawberries
½ c sugar (or more or less to taste)
4 oz Cool Whip (or more or less to taste)

1. Mix 1 ½ c quick oats with 2 c milk.
2. Let stand for 20 mins.
3. In the meantime, cut up 2-3 bananas, 3-4 peaches, 3-4 nectarines, 3-4 apricots, 3-4 plums, a cup of grapes, strawberries or whatever you have.
4. Mix the fruit with the oat mixture.
5. Add sugar to taste and mix Cool Whip with it.

CHOCOLATE CHIP BANANA BREAD

1 c sugar
1/4 c butter melted
2 eggs
1 c ripe bananas (3 bananas)
1/2 c sour cream
1 tsp vanilla
1 1/2 c flour
1 tsp baking soda
1/4 tsp salt
1/2 - 1 c chocolate chips

1. Preheat oven to 350 degrees.
2. Spray loaf pan with cooking spray.
3. Beat together sugar and melted butter.
4. Add eggs, banana, sour cream and vanilla. Blend well.
5. Add dry ingredients to wet mixture.
6. Bake at 350 for 50-60 minutes.

PEANUT BUTTER BANANA MUFFINS

1 c peanut butter (creamy)

2 eggs large

2 bananas medium sized, very ripe

½ tsp baking soda

1 tsp vanilla

2 tbsp honey

Optional toppings of choice: chocolate chips, coconut, raisins, craisins

1. Preheat oven to 400 degrees.
2. Place ingredients in the blender and blend until well mixed.
3. Pour batter into muffin tin greased with cooking spray.
4. Add a variety of toppings into each muffin spot and stir.
5. Cooking time varies - 9 minutes for regular muffins for me, 8 minutes for mini muffins.