

# Ed & Marylu Vasicek: Organized International Family Cookbook

*Last Revision Date:*

*January 31, 2023*

Warning: The numbering system leaves GAPS between numbers for future additions!  
Don't let that throw you off!

*Looking to get started with some easy recipes? Find them listed at the very end!*

## **The Vasicek style of cooking...Bi-polar**

Much of our cooking is bi-polar: either slow (in the crock pot) or fast (less than an hour). I have certain key ingredients I use quite often, most notably, vegeta. **vegeta is available in some stores (like Meijers) and online (Amazon).** It is a vegetable powder that kind of resembles chicken bullion in flavor (but better), although it is completely vegetarian. It is a mainstay in modern Central and Eastern European cooking. You can substitute chicken bullion if you wish, but I suggest you look into acquiring vegeta. I often use it in place of salt in savory dishes (it has a lot of salt in it).

### **Information About “Heart Healthy” recipes...**

**Heart Healthy recipes are labeled “HH”.** *Only some of the recipes below are heart-healthy as they stand. They are not flavorless or poor in taste because they are labeled HH.*

Remember, you can always easily UNDO Heart Healthy recipes if you prefer; use brown sugar instead of stevia, use half and half instead of milk, real bacon instead of turkey bacon, Polish sausage instead of smoked turkey sausage, white rice instead of brown, regular pasta instead of whole wheat, etc.

Recipes labeled with “HH” for “Heart Healthy” are not low sodium. Heart Healthy amounts to reduced saturated fats and “low glycemic load” (simple carbs) concerns.

Some recipes are from our family's heritage, some are original, and many are adapted from other recipes to either make them heart-healthy or to customize them to Vasicek tastes. Since this is the Vasicek Family Cookbook, recipes are adjusted to Vasicek tastes. As the Brits say, “There is no

accounting for tastes.” And that is true, which is why you are free to adjust them to your tastes!

### **A note about indexing....**

I have given each category a “100” number. For example, soups are 000 something, bread are 100 something. This makes it possible for me to add more recipes in the future without having to renumber the entire contents. So expect GAPS in the numbering system to allow for future expansion. *There are not nearly as many recipes as the numbers might indicate!*

“**V**” = A Vasicek favorite, a dish we eat at least once a year. Other dishes may be even tastier, but these are easy and convenient.

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**000. SOUPS, CHOWDERS, CHILI, SAUCES (MEATLESS),  
SEASONING MIXES, CONDIMENTS, GRAVIES,  
APPETIZERS AND SUCH.**

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**001. Easy Minestrone Soup (HH) #1    V**

My “go to.”

1 quart beef broth	1 can tomato paste
1 cup water (add more if needed)	2 tsp. Oregano
1 can cannellini or northern beans	1 tsp. Marjoram
1 can kidney or pinto beans	1 tsp. Rosemary
1 10 oz. Bag frozen spinach	½ tsp. Thyme
1 stalk celery, chopped	1 tsp. Basil
2 large carrots, skinned/chopped	4 cloves garlic, crushed
½ can artichoke hearts	1 medium onion, diced
2 handfuls frozen green beans	½ tsp. Black pepper (add more to taste)
¼ lb. Favorite pasta (raw)	½ tsp. Kosher salt
olive oil, for browning	

**Best Directions:** In a Dutch Oven or large soup pot (sprayed with cooking spray), dry brown the onions then add a TBS or two of olive oil, add garlic and spices/herbs. Mix with onions and let cook a couple of minutes to bring out flavor of spices. Add celery and carrots, and mix and cook for another 2 minutes. Then add remaining ingredients EXCEPT for pasta, and simmer for about 45 minutes, covered. Add a bit more water if too thick, then add raw pasta, simmer for another 10 minutes, covered. Turn off and leave it covered on stove for another 10.

**Lazy directions:** Lightly brown onions, add all ingredients except pasta and simmer covered for 45 minutes. Add pasta and simmer another 20 minutes.

SERVE with Parmesan Cheese

### 003. Ed's Sensational Chili Stew/Soup (HH) V

If you are not worried about saturated fat or sugar, you can use standard ground beef and sugar or syrup. We make this probably five times a year and like to serve with pasta.

This is a chili unlike any other. It is filled with ingredients and flavor, but the juice is meant to be thin and soup-like. We think it is the best!

Ingredients (Sorry, folks – there are a lot!)

1 lb. 93% lean ground beef (or venison)	½ tsp. Dried cilantro
1 onion, lightly browned	2 tsp. Paprika
8 cloves crushed garlic	2 tsp. Oregano
1 can black (or red, or kidney) beans	1 TBS. Chili powder
1 large carrot, chopped	2 tsp. Cumin
1/3 cup frozen or fresh peas	juice of 1 lime OR tsp. Cider vinegar
1.5 tsp. vegeta or 2 bullion cubes	2-3 tsp. Sugar or 1 packet stevia
1 15oz. can tomatoes	¼ cup lentils (optional), orange lentils are best
1 BIG handful frozen/fresh green beans	salt as needed

This makes a fairly mild chili. For a medium chili, add about ½ tsp. Red pepper FLAKES.

Directions: Brown onion, add to crock pot. Brown beef, drain, add to crock pot. Add all ingredients and cook on high for 4 hours.

Serve with pasta or crackers. Serve with sour cream and/or cheddar cheese.

### 004. Sauerkraut Soup (HH)

My Slovak grandmother made a different version of this (with potatoes instead of barley). Mine tastes surprisingly similar. Directions are for crock pot, but can be cooked on stove top. This can be HH if you use lean pork, like from a pork loin trimmed of fat. Not intended for smoked pork, but that would still be good. I like this; Marylu does not enjoy it but finds it edible!

2-3 cans kraut and juice (or homemade kraut)	Stevia equal to 2 tsp. Sugar or more to taste
12 oz. cooked or browned lean fresh pork, half slices	1 small onion, diced (no need to brown)
2/3 cup pearl barley	4 turns of the pepper mill
½ tsp. Hot paprika (or mild plus 2 dashes cayenne)	1 cup unsweetened apple sauce
water, to barely cover all (at least 3 cups)	4 prunes, cut in half (optional but good)
Salt, if needed (my kraut is salty, so not needed)	

Directions:

Spray crock pot with cooking spray. You can cut up pork any way you want. If you use raw pork, better (but not absolutely necessary) to lightly brown first. Cook on high for about 4 hours. Add more water if needed.

## 005. Thai Winter Squash Soup

1 acorn squash, skinned and chunked (you can use leftover baked squash if you wish or a small butternut squash).

1 medium onion, diced

3-4 cloves garlic, crushed

oil to brown onions

1 tsp. vegeta or two chicken bullion or 1 tsp. Salt

juice from ½ lime

½ tsp. Ginger powder or 1 good slice of pickled ginger

2.5 cups water

1 TBS tandoori powder plus 1 tsp. Hot paprika (OR 1 tsp. curry powder plus dash cayenne OR ½ tsp. curry paste)

1 can unsweetened coconut milk

1 head of bok choy, chopped, OR fresh spinach OR collards OR cabbage

1 tsp. Real maple syrup or honey or Stevia, add more to taste if desired when done.

Directions: brown onions and lightly brown garlic in oil. Spray crock-pot with cooking spray and add all ingredients. Cook on high for 4 hours.

## 006. Eduardo's Black and Red Bean Mexican Soup (HH)

This soup was inspired from recipes I found online, but I changed them quite a bit. If you don't have time to soak beans, used canned (3 to 4 cans).

2 and ½ quarts water & 2 scant TBS. vegeta or 8 chicken bullion or chicken stock or combo

1 lb. Dried black or red beans (I use half of each), soaked OVERNIGHT or 4 cans

2 good sized onions, chopped and lightly browned

1 lb. Lite or lit turkey Smoked sausage, cut into disks and browned lightly or lean ham

4 stalks celery, sliced

4 carrots, sliced

6 cloves garlic, crushed

2 bay leaves

1 tsp. Oregano (add more later if needed)

1 tsp. bottled or canned Chipotle pepper (or 1 jalapeno, chopped and 2 drops of liquid smoke)

2 tsp. Ground cumin

½ tsp. Ground coriander

juice of 1.5 to 2 limes

dash cilantro

When done: mix in 1/2 cup of lite sour cream.

Directions: Get stock or water plus bullion (or vegeta) heating. Meanwhile, lightly brown onion and add to pot. Then lightly brown sausage and add to pot. Add all ingredients except for sour cream, bring to a boil and then simmer for about 1.5 to 2 hours. Turn off and stir in sour cream. Then re-season if necessary: add salt (if needed, probably not), or more oregano, or additional lime, cumin, or garlic.

## 007. Cannellini Bean Soup With Kale (HH) **V**

We make this one probably three times a year during the cooler weather. We LOVE this soup, and it is so easy and fast, full of flavor!

3-4 TBS. Olive oil	1 large bunch kale or favorite greens, chopped
8 cloves garlic, crushed	black pepper, five turns of the mill
2 tsp. Dried oregano	1 small can tomato paste (6 oz)
2 TBS wine vinegar	½ tsp. Honey or half a packet of Stevia
2 cans (15 oz) cannellini beans (aka, “white kidney beans”)	
2 quarts chicken broth (or water and 6 tsp. vegeta OR 8 chicken bullion cubes)	

In soup pot (I used a small dutch oven), add oil and get hot, medium flame. Then add garlic and oregano and cook in oil for about one minute. Then add vinegar and cook ½ minute (at most). Then add all other ingredients and simmer for one hour. Add salt if needed (probably not needed).

## 008. Zupa Whatsa Matta For U? (Italian Kale Soup) **V**

This is an attempt at a fast, “what’s in the house” soup that tastes a little like Zupa Toscani. Feel free to adjust as needed. Recipe is for a 3 quart sauce pot.

1 quart chicken broth	2 large potatoes, diced
½ large onion (or 1 small), diced	4 turns of the pepper mill
4 cloves garlic, crushed	1 cup water
1/2 lb. Smoked turkey sausage, diced*	½ tsp fennel seeds (add more to taste)
1 slice low-fat diced ham	1 bunch fresh kale or other greens, chopped
¼ to ½ cup evap. Milk or cream	¼ tsp. crushed red pepper

\*If you use Italian sausage, brown and drain first, or use ground turkey Italian sausage crumble; if using Italian sausage, eliminate fennel seeds and red pepper flakes from recipe.

Boil kale in broth and water for 15 minutes. Add all ingredients EXCEPT for milk for about 15 more minutes, or until potatoes are tender. Turn off and mix in milk.

You can substitute greens, like spinach, mustard or turnip greens in place of the kale.

## 009. Beloved Beef Barley Soup **V**

2.5 lbs. chuck roast(or other)	1 tsp salt
4 quarts water	3-4 large bay leaves
1 cup barley	1/2 tsp black pepper
16 oz. can stewed tomatoes	1/2 tsp hot paprika or 3 dashes cayenne
1 quart beef broth	2 tsp. paprika
4 carrots (cubed)	1/4 cup chopped parsley
4 stalks celery (cubed fine)	1 large onion, diced
1 can mushrooms or fresh	3 cloves garlic, chopped
1 cup frozen peas and/or beans	1 tsp lemon juice and some rind
1/4 cup red wine	<i>2 egg yokes mixed with 1/4 cup milk (optional)</i>
1 tsp soy sauce	<i>8 oz. Dried egg noodles (added near end-optional))</i>

### Directions:

Get water boiling in soup pot. Meanwhile, chop onion and lightly brown in frying pan, and to soup pot. Then chop beef into small pieces (you can go 1 inch, I think it is best ½ inch or less cubes myself) and brown in frying pan with a little oil. Drain and add to soup pot (or boil and remove scum).

### For all methods:

Add all ingredients to the soup pot (except noodles, eggs and milk), simmer for at least 2 hours.

OPTIONAL: For last fifteen minutes of simmering, add egg noodles (optional). When noodles are soft, turn off flame (remove from burner if electric range is used). Also optional: Stir in egg yoke/milk mixture with a whip or fork (optional). Let stand cover 5 more minutes, covered.

## 010. Czechoslovak Chicken Veg Soup

(can be served with liver dumplings, drop dumplings, noodles or rice)

3-4 lbs. chicken	1 onion, chopped
4 carrots, diced	dash of mace (or nutmeg)
2 potatoes, diced	1 tsp. Rosemary
1 can mushrooms, drained	3-4 cloves garlic, chopped
4 stalks celery, diced	3 bay leaves
1/2 can tomato paste	1 tsp paprika
1 pkg. green beans, frozen	1 tsp. salt (adjust later)
2 onions (with skins!), ends cut off	1/2 tsp. black pepper
1 pkg./can peas	a few sprigs parsley or dried
4 quarts water	1 fresh lemon (juice and rind only, no seeds or white)
1 tsp. soy sauce	1/4 cup red wine
2 cans chicken broth	4 fresh basil leaves or dry
3 egg yokes and 2/3 cup milk, mixed (add this when done)	

Directions: Boil meat in salted water and remove scum. Cut ends off onion; use toothpicks to hold onion skins on (you now have a Sputnik!). Add all ingredients except for roux and egg/milk mixture. Simmer for at least 2 hours. When done, remove Sputnik and bay leaves. Turn off heat and remove from electric range element. Add egg/ milk mixture and stir in. Cover for 5 minutes or more.

Great served with liver dumplings, regular dumplings, or noodles cooked right in the soup.

## 012. Split Pea Soup (traditional)

1 lb. split peas	1 large onion, minced fine
3 quarts water	1.5 tsp marjoram
2 lbs. smoked pork meat (hocks or picnic roast)	1 tsp. parsley
1 cup carrots, diced	1.5 tsp salt
1 cup celery, diced	1 chicken bouillon cube
(optional: bacon bits)	2 bay leaves
	1 tsp. lemon juice

Rinse and sort peas. Soak overnight or allow 1/2 hour more cooking time. Boil meat and remove scum. Add all ingredients except bacon bits and simmer 2.5 hours. Remove from heat. Take two egg yolks and mix with 1/2 cup milk. Beat into soup and let soup stand, covered, for ten minutes before serving. Serve with optional garnish or bacon bits or fried bacon.

## 013. Fish and Potato Chowder

1 lb. fish fillets (cod is very good, but any kind of fish)	
1 stalk celery, diced	1 tsp parsley
1 large carrot, diced	1 clove garlic, diced
1 onion, minced fine	1/4 tsp. mace
3 cups water	1 tsp. lemon juice
3 cups half and half or milk	1/2 tsp. paprika
5 potatoes, diced	3/4 tsp. salt
1 can mushrooms, drained	1/4 tsp. white pepper
(Roux: margarine and flour, amount to be determined)	

Sauté mushrooms and onions, then add all ingredients except roux, milk, and fish. Simmer for at least one hour. Then add fish and simmer for 25 minutes longer. If thickness is satisfactory, you are done. Remove from heat and stir in half and half or milk.

If too thin, add roux by lightly browning 2 TBS flour in 2 TBS melted butter and then whisking in a bit (1/3 cup?) of cold water and a bit (1/3 cup?) of hot soup stock. When mixed well with a whip, add to pot and bring to a boil, then turn off. Remove from heat and stir in half and half or milk.

## 014. Tripe Chowder (Pepper Pot) V

*A Slovak and Czech specialty!*

1.5-2 lbs. Tripe (honeycomb is best)	4 tbs. parsley
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2 tbs. lemon juice	1/2 to 3/4 tsp. mace
2 lbs. pork (or beef or 3lbs. neck bones)	3 tbs. marjoram (very important)
1 tsp. black pepper	1 can tomato sauce (8oz)
1.5 tsp. paprika	
1 can tomato soup	2 tsp. salt
1/2 cup Lima beans, soaked	1/2 cup yellow split peas (or green)
3/4 cup barley	4 carrots, diced
1 large potato, diced	2 medium onions, diced
3 cloves garlic, fine chopped	1 stalk celery, diced
(roux: butter and flour, if needed)	3.5 quarts water
(optional: 2 egg yolks beaten with 1/4 cup milk)	

In a "pot of its own," cover tripe with water and boil 1.5 hours to clean and soften it. While tripe is boiling, in another pot (the one that will be used to make the soup), boil meat/bones and remove scum. Add all ingredients except trip, roux, and egg mixture; simmer

When tripe has boiled at least 1.5 hours, remove from its pot and scrape off whatever fat/gristle comes off the back (don't worry about getting it all—just scrape off what is loose). Then cut tripe into small pieces (1/2 inch?) and add to soup stock. Soup stock should simmer over two hours all together, the last 1/2 hour or more with the tripe.

When nearly done, remove meat and shred; return to stock; then add roux to desired thickness (make the roux by melting about 2 tbs. butter in a sauce pan, then add 2 tbs. flour and begin to brown to a beige color. Then add some cold water to the sauce pan (maybe... .5 cup) and mix, then add this "paste" to the main soup pot and mix.

Option: lightly mix 2 egg yolks with 1/4 cup milk. When soup is done, remove from heat and beat in this mixture. Cover soup and let stand for 10 minutes. This will make the soup richer.

*Fascinating information about tripe soup....did you know that...*

1. The Mexican version of tripe soup is call "Menudo?"
2. That Campbell's used to market tripe soup as "Pepper pot?" Campbell Soup sold pepper pot soup from 1899 to 2010.
3. That tripe is said to be of George Washington's favorite meals?
4. The tripe club in Australia is made up of tripe lovers who plan to visit restaurants that serve tripe or have a tripe meal at members' homes on a regular basis? Find out more at <https://www.tripesite.com/club.html>

## 015. Ox-Tail Soup **V**

(because cows/steers like to have their problems behind them!) Marylu's favorite soup and one of mine. We make it more than once a year if we can get the oxtails.

3-4 lbs. beef ox tails	3 large carrots, diced
3 stalks celery, diced	2TBS dried Parsley
1 large onion, finely diced	2 bay leaves
2-3 whole allspice	1/4 tsp. black pepper
1 can diced tomatoes	2-3 cloves garlic, chopped
2 quarts beef broth	1 TBS. paprika
1 can mushrooms, drained	1 large potato, diced
1/2* cups red wine	1 tsp. lemon juice
1/2 tsp kosher salt	1 tbs. soy sauce
1 quart water	1/2-3/4 lb. egg noodles (add near end)

(roux: 3 TBS. Flour browned in 3TBS oil or butter)

\* taste as it nears completion: I usually add 1/4 more cup wine or so before last half hour of cook time and additional salt

Brown oxtails and onions in oil (OR boil meat in broth & water, remove scum). Add all ingredients except roux & noodles. Simmer for 2 hours, add noodles and simmer for about 10 minutes or until noodles are soft (boil noodles in soup for thicker soup, if desired). To make richer, mix two egg yolks in 1/2 cup of milk and whisk into finished soup right after turning off flame.

## 016. Mushroom Soup

(my mom's recipe, though I don't think it's original) Shared this recipe with others, and they all enjoy it very much. Unfortunately for me (Ed), Marylu does not like mushrooms!

1.5 cups thin sliced fresh mushrooms	1/2 tsp. salt
2 Tbs. onions, chopped very fine	1/8 tsp. nutmeg
2 Tbs. butter	1 C. half and half or cream
2 Tbs. flour	1/4 tsp. white pepper
2 C. chicken or beef broth	1/2 cup white wine

Sauté' mushrooms, onions on melted margarine, add flour to make paste. Add broth and wine, cook, stir until thick. Add seasoning and cook a few more minutes, stirring. Remove from heat, stir in half and half and serve.

## 017. Ed's Easy Broccoli Soup (fairly HH) **V**

1 quart chicken stock or vegeta	pinch of marjoram
1 head broccoli, chopped (or fr. pkg)	4 turns of the pepper mill



pinch Onion powder	salt (if needed)
pinch Garlic powder	1/4 tsp parsley
½ cup milk or half and half	dash of mace (watch it)

Boil all ingredients except dairy. Remove from heat and add milk or half and half. Blend in blender to puree the whole pot. We like to serve with bacon bits.

## 018. Slovak Potato Soup V

There are many versions of potato soup. This is absolutely delicious and different. We LOVE it. One of our best recipes! We make it usually several times a year during cooler weather. Great for pitch-in dinners, too.

5 or 6 large potatoes, peeled & chopped	salt (as needed when done; may not need any)
1 onion, chopped	1 lb. smoked sausage (Polish or turkey)
2 cups sour cream (taste test)	1 small bunch of fresh dill, chopper, or 1 TBS dried
2 quarts chicken broth (or water and bullion)	1/4 tsp hot paprika or 2 dashes cayenne
¼ tsp. Black or white pepper	

Cut potatoes into cubes, add all ingredients except for sour cream and simmer until potatoes are tender (30 minutes maybe?; test with fork). When done, remove from heat, add sour cream and blend in a blender until desired consistency is reached.

## 019. String Bean Soup

This was one of my parents' favorites, though I do not make it. It is a Slovak and Czech recipe. Some people add Polish sausage (kielbasa) to it. A friend requested the recipe, I looked it up in my parent's recipe file and decided to copy it here for those who like it. Not for me.

2 lb string beans	1 potato, chopped
2 tsp. chopped parsley	1.5 tsp salt
2 T flour	2 Tbs. shortening
1/2 tsp paprika	1 small onion, chopped
1 Pt. sour cream or less	1/4 tsp black pepper
2 quarts water	1 T vinegar

In soup pot bring potatoes, beans, 2 qt. water, salt, and parsley to a boil. Simmer 20 minutes or until beans are tender.

In a small skillet, cook shortening, flour, and onion until lightly browned. Stir in 1/2 cup cold water and paprika. Stir flour mixture into soup mixture (into first pot). When done, remove from flame and add sour cream.

## 020. Curried Chicken Soup With Apples

Only made this once, but we liked it.

### Ingredients

2 pounds boneless chicken breast, cubed	1.5 teaspoon curry powder
6 cups chicken broth	3/4 teaspoon salt
1 large onion, diced, about 1 cup	pepper to taste
3 carrots, diced	3 tablespoons oil
2 ribs celery, diced	2 tablespoons long grain rice, optional
2 large Granny Smith apple, peeled, cored and diced	Canned milk (or half & half), about ½ cup
½ cup flour	

### Directions

Brown onion in frying pan. Then brown chicken breast cubes. Get broth boiling in a sprayed soup pot. Then add all ingredients except for flour, oil, and milk. Simmer for about 90 minutes. Then brown flour in oil (use a 2 or 3 quart sprayed pot) to make a blonde colored roux, stirring frequently. Turn off and thoroughly mix in the can of milk to make a smooth paste (you may need to add some of the soup stock to water it down more if too thick to stir. Then add paste (roux) to the soup pot, mix in well, and bring back to a boil. Should be ready to serve.

## 021. Italian Style Lentil Soup

### Ingredients

1 medium onion, chopped	2 stalks celery, sliced
1 tablespoon olive oil	1 small green pepper, finely chopped
3 garlic cloves, minced	1 teaspoon dried oregano
2.5 cups water	1/2 teaspoon dried basil
1 tsp. vegeta or 1/2 tsp. Salt.	1/4 teaspoon crushed red pepper flakes,
2 1 quart beef broth	1 can (6 ounces) tomato paste
1 cup dried lentils, rinsed	2 cups raw brown or regular rice
2 medium carrot, sliced	1 tablespoon lemon juice

### Directions

Saute onion until lightly browned..Lightly brown green pepper. Add all ingredients to crock pot and cook on high for four hours.

## 022. Collard Green and Northern Bean Soup (HH)

I hybridized this recipe from a number of recipes I found online. I wanted this soup to taste different than other soups I make that had greens and beans (e.g., Minestrone, Cannelloni Beans with Kale Soup, etc.). We considered this recipe different from others, yet very mainstream in flavor.

Like with most “greens,” you can substitute other greens. The wine and lemon juice offset the somewhat strong flavor of collards, and are crucial ingredients.

### Ingredients

1 large bunch Collard Greens, washed/chopped	1 can northern or navy beans
1 medium onion, chopped and lightly browned	6 turns of the pepper mill (or /14 tsp)
4 cloves garlic, crushed	2 dashes cayenne
6 cups chicken broth (or water plus 4 tsp. vegeta or bullion)	juice of ½ lemon
salt to taste (when done)	½ cup white wine (crucial)

### Directions

Lightly brown onions (with or without oil; they brown faster in a dry cast iron frying pan). Spray a soup pot and get the broth or bullion steaming. Add all ingredients and simmer for 1 hour. Can be adapted for crock pot. When done, check for salt (may not need any, depending upon the type of broth you use).

## 024. Vickie’s Pea and Vegetable Soup ✓

This is perhaps the best pea soup I have ever had. Very hardy. Part of the secret is to put in the cabbage during the last 15 minutes or so; you want it soft but not mushy!

1.5 cups split peas	½ tsp. Ground allspice
2.5 quarts water	2 tsp. Salt
6 small potatoes, cut into ½ inch cubes	½ tsp. Pepper
6 medium carrots, diced	2 medium onions, chopped
2 cups cubed cooked ham or ham bone	½ head cabbage, chopped/shredded thin

Order matters in this recipe, so don’t just dump everything into a pot.

Bring water to a boil. Add peas, allspice, salt and pepper. Simmer for about an hour. You will need to skim scum off top, check after twenty minutes and then again after the hour is up. Then add potatoes, onions, carrots and ham and simmer another 20 minutes.

After the 20 minutes, add cabbage and simmer another 15 or until cabbage is tender.

## 025. Navy Bean Soup (traditional)

2 quarts chicken stock **OR** water plus 2 scant TBS vegetta or 7 bullion cubes  
 1 lb. Dried navy or northern beans, soaked overnight or 4 cans, drained  
 1 large onion, chopped and lightly browned  
 2 large potatoes, peeled and chopped  
 16 oz. Chopped ham or smoked sausage/Polish/turkey/bacon, browned  
 3 stalks celery, sliced  
 4 carrots, skinned and sliced  
 6 cloves garlic, crushed  
 2 bay leaves  
 ½ tsp. Hot paprika OR ¼ tsp. Red pepper flakes OR 3 dashes cayenne  
 5 turns of the pepper mill  
 1-2 TBS. Tomato paste  
 1 TBS. White vinegar diners might add a little to bowl if desired)  
 Optional: 1 tsp. Bacon flavoring or 4 drops liquid smoke or 1 tsp. Smoked paprika

Directions: Begin heating up stock. Meanwhile, dry brown (ideally in cast iron frying pan or a frying pan with cooking spray) onion a while, then add chopped ham (or meat) and lightly brown.

When stock is boiling, stir in beans and tomato paste. Let return to a boil, stirring occasionally. Add all other ingredients and simmer, stirring occasionally, for 2 hours. If desired, remove bay leaves and puree with an immersion blender (boat motor). Test for salt and smokiness. Add more salt or additional drop or more of liquid smoke if desired.

## 027. Cream of Turnip Green Soup

This is an original recipe developed in 2019.

½ lb. Smoked turkey sausage or Polish sausage	pinch of Tarragon (watch it) or Rosemary
1 onion, chopped	juice of ½ lemon
1 large bunch (16oz?) turnip greens, washed/chopped	5 turns of the pepper mill
2 quarts chicken stock OR water+2 TBS vegeta or bullion	3 TBS. flour (for roux)
3 carrots, peeled and sliced	3 TBS. oil (canola is good) + 1-2 TBS
2 stalks celery, sliced	1.5 cups milk
¼ cup half and half	

Spray a soup pot with cooking spray. Get broth (or water + vegeta or bullion) cooking. Meanwhile, rinse turnip greens, cut off bottom tips and remove any damaged leaves and either cut on board or cut with kitchen scissors (your choice) and add to boiling broth. Add chopped carrots and celery to pot, along with tarragon and lemon juice.

Meanwhile, spray frying pan, add 1-2 TBS oil, add onion and fairly finely chopped sausage; brown lightly and add to stock pot. Then wipe out or wash frying pan for use below.

Simmer pot for one hour. Near the end of that hour, in the clean sprayed frying pan, add 3 TBS. oil and flour. Mix with a whip to form a thin paste and lightly brown on a low flame, stirring frequently, to make a roux (thickener). When color is light tan, turn off flame, stir in cold milk, mix well with whip.

Add this to the boiling soup as a thickener. Bring to a boil, stir, and turn off flame. Then stir in half and half. Taste, add more salt or pepper if desired. If too thick, you can add a bit more milk or water.

## 028. Vegetable Soup (HH) **V**

Note: If you make this with vegeta or vegetable bullion, it is vegetarian. This is a very mild soup; it is only lightly seasoned. What most people want when they order vegetable soup.

3.5 quarts water	2 cloves garlic, chopped
3 scant TBS. vegeta (or 9 chicken bullion)	1 bay leaf
1 small or half large onion, diced	½ tsp. Basil
3 carrots, peeled and diced	½ tsp. Oregano
2 stalks celery, chopped	½ tsp. Marjoram (optional)
2 large potatoes, chopped	1 tsp. Dried parsley
1 12 oz. Pkg. Frozen green beans	1 tsp. Paprika (Hungarian is best)
½ cup frozen peas	2 dashes cayenne or ¼ tsp. Hot paprika
1 can (6 oz.) Tomato paste	5 turns of the pepper mill

Directions: Bring water to a boil, then stir in vegeta (or bullion) and tomato paste (you may want to whisk paste in). Then add all ingredients and simmer, covered, for two hours. Taste when done. If needed, add either more vegeta/bullion or salt.

## 029. Cauliflower Soup **V**

This is a Slovak or Czech recipe. More of a cauliflower and carrot soup. Sweet from the carrots. Very tasty, everyone seems to love it. Kids love it. Our grandkids drink it up through a straw! I make it every time the grandkids come for dinner – they eat it all, even if nothing else!

3 cups chicken broth (or water plus 1&1/2 tsp vegeta)	3 dashes black or white pepper
1 – 12 oz. Package frozen cauliflower florets	1-2 dashes mace or nutmeg
3 LARGE carrots, skinned and chopped or disks	½ cup milk (whole is best)
1 TBS butter (omit for HH)	

Simmer broth, carrots, and seasoning in water. Then defrost/warm cauliflower in microwave for 5 minutes, unless already defrosted. Add cauliflower and butter to broth mixture and simmer until carrots and cauliflower are tender. Then blend with an immersion blender, traditional blender, or mixer. Pour into bowls and add a little milk to desired taste.

## 032. Drop Dumplings (halushki) for Soup

(note: you might want to make a double recipe)

2 Cups flour	1 tsp. salt
1 whole egg (large or 2 small)	1/2 tsp. baking powder
3/4cup milk (approx.; add as needed)	

Mix together to a dough consistency. Use milk as an adjuster. Spray a teaspoon with cooking spray or coat with oil. Drop dumplings into salted boiling water or boiling soup. Boil for about 5 minutes after last dumpling is dropped in.

## 033. Liver Dumplings

A Czech, Slovak, and Polish specialty

1 pound liver (chicken or beef)	1 tsp. chives (or onion powder)
2 eggs, beaten	1 tsp. marjoram
1 cup bread crumbs (or soaked dried bread)	5 turns of black pepper
1 tsp. Salt	1 tsp. dried parsley
1/4 tsp. baking powder (more for softer)	flour (as needed, usually about 1/2 cup)

Rinse liver in strainer and let drain a few minutes in a colander or strainer, giving it an occasional little shake and squeeze; the drier the liver, the less flour you will need; also blot with paper towels to dry even more). Add all ingredients into food processor *except* for flour. Grind about 10 seconds until well chopped and incorporated. It looks disgusting! Dump into mixing bowl. Add enough flour to bring it to a sticky-dough consistency.

Spray a tablespoon with cooking spray or coat with oil. Scoop out a spoonful at a time and drop dumplings into boiling chicken broth (or water), dipping spoon into liquid when through to help the next dumpling find an easier release from the spoon. Be patient and if water stops boiled, wait until it returns to a boil (or near boil) until dropping more. Let simmer for at least 20 minutes after last dumpling is dropped. Dumplings should rise as they start cooking.

This recipe results in very mild liver dumplings.

Usually served with chicken or beef soup or broth (often with chives added as a garnish)

## 039. Giardinera, Chicago Style: Hot, Medium, or Mild V

*Naturally HH.* Pronounced “jar-din-nair – ri,” or, in Chicago, mispronounced, “jar-din-nair – ree.” Comes from the Italian word for “garden mix.” In Italy, these veggies are pickled only in vinegar. In the very early 20<sup>th</sup> century, an Italian immigrant (Scalia) who lived in Chicago came up with the idea of

pickling the veggies in 2 parts oil and 1 part vinegar, hence this is considered “Chicago style” and can be nearly impossible to buy outside of the Midwest. *Many people add olives or even cauliflower.* This is the way we Vasiceks like it. IRREPLACEABLE

### **Mild Giardinera Ingredients:**

2 Serrano or jalapeno peppers, cut in disks	2-3 stalks celery, chopped into thin disks
1-2 large carrot, skinned and julienne (can use peeler)	2 sweet (bell) peppers, chopped to ¼ inch
about 1.5 cup oil (olive or olive/canola combo)	.75 cup white vinegar
1 tsp. Oregano	6 turns of the pepper mill
water (for soaking only)	2 TBS. kosher salt (for soaking only)

### **Medium Giardinera Ingredients:**

4 Serrano or jalapeno peppers instead of two.

### **Hot Giardinera Ingredients:**

8 Serrano or jalapeno peppers instead of two.

### **DIRECTIONS FOR ALL LEVELS:**

Chop all vegetables, put them in a large pot with salt, cover with water (barely cover), and simmer for 4 minutes. Let cool and soak overnight in the refrigerator in pot or a container (I use a plastic coffee can).

The next day (> 8 hours), drain liquid, put (or leave) vegetables in the container in which you will keep them (a plastic tub with a lid or a plastic coffee can works well). Add all other ingredients (except no water nor salt – that was just for soaking!) and mix well. Leave out for two or three hours and then store in fridge. You may use immediately, but better after a day. Best served at room temperature, (either take some out early to warm or nuke slightly). Will keep in refrigerator for at least 3 months.

## **040. Essence of Edward Seasoning** V

Perfect grill seasoning for hamburgers, chops, steaks, etc.; the ideal general seasoning mix

*Finding the perfect general/grill seasoning is a matter of opinion. Lawry’s seasoned salt, for example, is very popular. I have a lot of fans of Essence of Edward, though.*

2 parts salt	2 parts pepper
1 part paprika	1 part Accent (MSG)
½ part garlic powder	½ part onion powder
1/6 part red pepper (cayenne)	

Mix by the teaspoonful or tablespoonful. Use a plastic zip-lock bag to shake ingredients together. Store in a jar, shaker (our preference) or zip-lock bag.

## 041. Essence of Edward MSG Free

Same as above, but substitute salt for Accent (MSG)

## 042. Mr. Eunicho's Seasoning

Same as number 40 above, but leave out the red pepper.

## 043. Italian Seasoning

Italian seasoning does not include onion and garlic, which is usually added to most Italian dishes (although not always, or rarely one and not the other). There is no standard recipe; this is mine.

3 parts dried basil	1 part dried marjoram
2 parts dried parsley	1 part dried oregano
½ part dried rosemary (not ground)	

Optional additions :

½ part dried thyme (lemon thyme is best)  
½ part fennel seeds

## 044. Marinara Sauce: Real Italian Version

This is standard marinara sauce, lots of flavor but not too tangy. You can add brown ground beef for a great spaghetti meat sauce.

2 (28 oz) cans whole peeled tomatoes	1 medium onion, chopped medium fine
1 chicken bullion cube or ¾ tsp vegeta	4-5 cloves chopped garlic
1 TBS. dried basil	1 tsp. Brown Sugar or equivalent
1 tsp. Dried oregano	1/8 tsp. Black pepper
1 double can tomato paste (12oz) or 2 regular	1 cup water
½ cup red wine	1 TBS. dried parsley

Direction: Dry brown onion or use oil until onion becomes darkened around edges. Blend tomatoes and liquid from can in blender to make a puree. Add this all ingredients to crock pot and cook on "High" for 4 hours or low for 8. Or simmer on stove for at least 45 minutes.



## 050. Gravy – Beef, Chicken, Turkey or Venison V

2 cups broth (or bullion) –	2 TBS. Olive oil
(use beef for venison, chicken for turkey)	2 TBS. Flour
¼ tsp. paprika (Hungarian is best)	1/8 tsp. garlic powder
½ tsp. dried onion greens (or ¼ tsp powder)	two turns of the black pepper mill

The secret to a good gravy begins with the roux. Spray a saucepan with cooking spray. Add the oil and stir in flour over a low heat. Keep stirring until the roux is tan (more than blonde but not quite brown). Then whisk in broth and the rest of the ingredients and turn heat up to medium. Bring to a boil (whisking every now and then). Gravy is ready! If too thick, you may thin out with additional broth, water, or milk.

(Note: If not concerned about heart health, using drippings instead of oil, but use twice as much. Then add drippings to replace broth – or use a combo of broth and drippings)

## 051. Wine Reduction Gravy (used sparingly) V

1 cup beef broth (or bullion) –	1 TBS. Olive oil
1 cup red wine	1 TBS. Flour
1/8 tsp. paprika (Hungarian is best)	¼ tsp. garlic powder
¼ tsp. dried onion greens (or ¼ tsp powder)	one turn of the black pepper mill

In the first sauce pan, add beef broth and wine and seasonings. Simmer until reduced down to one cup of liquid. Then turn off and let cool while preparing second saucepan.

Spray second saucepan with cooking spray. Add the oil and stir in flour over a low heat. Keep stirring until the roux is tan (more than blonde but not quite brown). Then whisk in liquid from other pan. If needed, thin out with broth or water.

## 052. Mexican Mole Sauce

I love this, Marylu does not!

Serve this over fish, pork, beef, or chicken.

2 tsp. olive oil	1 tsp. dried cilantro
½ medium onion, diced fine	4 cloves garlic, chopped
1 TBS. dark or regular cocoa powder	1 can Campbell's Tomato Soup (do not dilute)
1½ tsp. cumin	1 small can diced chili peppers (mild or preference)

In a frying pan (cast iron is best), add oil and cumin over low-medium flame, stirring and heating for 1-2 minutes, until the cumin is fragrant. Then add and sweat the onions in the oil (till almost transparent), mix in all other ingredients and simmer covered on low for 7-10 minutes or so.

Ladle over cooked meat. Also good cold.

### 053. Sweet and Sour Plum Sauce for Barbecue (HH)

½ cup prune juice.	5 grates of candied ginger or pinch powder
3 TBS. coconut vinegar	1 TBS each cornstarch & cold water (Guar gum for heart)
2TBS. corn syrup(stevia for heart)	½ tsp. Louisiana hot sauce
2 TBS. soy sauce	2 TBS. Chinese (rice) wine

Simmer all ingredients EXCEPT for starch and water slurry. When simmering, add slurry (which should be well mixed) to pot and bring to a boil. Mix and turn off burner. Taste; if necessary, add more sweetener or any other needed ingredient.

Use on chicken or pork for basting.. Also good dipping sauce, and can be used as a sweet 'n sour sauce. You can also use this recipe (except for starch) as a marinade.

### 055. Wild Cowboy Eddie's Sugar Free Western Salad Dressing (HH)

1 small can tomato paste	1 tsp. onion powder
1 cup water (or more to taste)	1 tsp. Garlic powder
½ cup olive oil (or more to taste)	1/2 cup apple cider vinegar
1 tsp real Maple syrup (add more if needed)	1 tsp. Teriyaki or soy sauce
6 tsp. Equivalent Stevia (can add more to taste)	a little salt, if needed

Directions: combine all ingredients EXCEPT oil in blender. Blend on low setting while slowly drizzling in olive oil. When oil is all drizzled, the dressing is ready. Taste test: you might need more Stevia or a bit more salt; you might also prefer more oil, too. You may refrigerate for several weeks. Sometimes, in time, it may be necessary to add more Stevia as it tends to increase in acidity over time.

### 056. Eduardo's Salsa (sugar free/HH)

1 (15 oz) can diced or canned tomatoes	½ tsp. Garlic powder
1 tsp. Equivalent Stevia	½ tsp. dried cilantro (or fresh)
1 can Rotelle (diced with chilies) tomatoes	½ tsp. Onion powder
¾ tsp. Cumin (or a bit more if you like)	two shakes salt (or add to taste)

Blend for about 5 seconds in a blender. Pour into a bottle (perhaps through a funnel) or container of your choice. Good to use immediately. Will keep in fridge for about 10 days, perhaps. It will get bitter if left in refrigerator too long.

## 057. Berbere (Ethiopian) Seasoning **V**

This is a seasoning used in Ethiopian cooking, their version of a curry (a curry is a spice blend).

1 TBS salt	½ tsp coriander
¼ CUP hot paprika	½ tsp. fenugreek
¼ CUP sweet paprika	¼ tsp ground mace (or nutmeg)
¼ CUP red pepper flakes (seeds)	¼ tsp garlic powder
1 tsp. onion powder	1/8 tsp cloves
1 tsp. ground ginger	1/8 tsp allspice
½ tsp cardamom	1/8 tsp cinnamon

## 058. Berbere Sauce **V**

2 generous TBS (½ can) tomato paste about 1 cup of water	2 TBS. Berbere Seasoning (see above)
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This recipe is used with onion and garlic and more water to make lentils, or as a sauce for goat, lamb, chicken, beef – or any other meat or fish.

## 059. Gastrique (Steak Sauce) **V**

1/4 cup red wine	½ tsp. Onion powdered
1 tsp. Soy sauce	½ tsp. Garlic powdered
¼ tsp. Red pepper (cayenne)	1 tsp. Brown sugar
¼ cup balsamic vinegar	

Directions: Spray a very small sauce pan with cooking spray. Simmer all ingredients on a very low flame for about 4 minutes.

## 064. Alfredo Sauce

These proportions are guessed, and will probably serve 4 gluttons, 6 good eaters, 8 normal eaters, 10-12 bird-like eaters. Boil pasta accordingly.

1 quart half and half	½ lb. (or more) Parmesan cheese, grated
2 TBS. butter	option: add cream cheese to sauce
2 TBS. flour	

SERVE OVER PASTA, traditionally fettuccine (but any pasta will do)

Spray good-sized saucepan with "Cooking spray." Brown flour in butter very lightly to make a light roux. Gradually add half and half; mix well. It will thicken somewhat as it gets hot. Do not boil. When hot, add cheese. It is done. If sauce is not thick enough, you may mix flour with a little cold milk and add to mixture to thicken, or add more cheese.

## 066. Orange Salad Dressing (HH)

2 TBS. apple cider vinegar	2 tsp. Equivalent Stevia
2/3 cup orange juice	2 tsp. or more olive oil
1 tsp. soy sauce	¼ tsp garlic powder and ¼ tsp. Onion powder
½ tsp orange extract	

Mix all ingredients except for oil. Then slowly drizzle and mix in olive oil.

## 067. Sweet Baby Marylu Barbecue Sauce

Marylu found a recipe online and made a number of adjustments, nixing some spices we don't care for and sweetening with honey. The result? A barbecue sauce that tastes similar to Sweet Baby Ray's, but some might say a bit better. You can see what you think.

1 cup ketchup	1 TBS Worcestershire Sauce
¼ <i>scant</i> cup apple cider vinegars (Bragg's is best)	1 TBS chili powdered
¼ cup water	1 TBS cummin
¼ <i>generous</i> cup brown sugar	1 TBS paprika
2 TBS. Honey	½ tsp garlic powder

Simmer on stovetop over lowest heat for 30 minutes, frequently stirring. This will thicken it. Let cool and serve.

## 068. Amazing Cranberry Simmer or Barbecue Sauce V

How to use this: You can use this sauce as a simmering sauce for pork (chops, sliced tenderloin, country style ribs, etc.) or chicken. Brown meat first and then simmer in sauce. Great served with rice. Or you can use this as a brush on barbecue sauce (as in recipe #502).

Ingredients:

1 can jellied cranberries (any brand)	2 cap fulls of balsamic vinegar
4 cloves garlic, diced (or ½ tsp. powder)	1/8 tsp. cayenne (minimum)
1/8tsp ground ginger	¼ tsp. black pepper
¼ cup. Teriyaki sauce	½ tsp. onion powder
¼ tsp. Essence of Emeril or Cajun Seasoning	

In a bowl, add the jellied (or whole canned) cranberries and cut it up into 4 pieces or more. Heat in microwave for 40 seconds (or, if you want to avoid this step, mash with a masher). Add all ingredients to blender and blend until even consistency. Use this to simmer with browned meat, or heat and simmer on stove for 15 minutes (low) to prepare as brush-ready barbecue sauce.

## 075. Basil Oil and Cider Vinegar Salad Dressing (HH)

¼ cup natural cider vinegar with mother (important)      Stevia packet (equiv. To 2 tsp or more)  
 1/8 cup olive oil      ½ tsp. Dried basil  
 2 TBS. Tap water, more if needed

Shake apple cider vinegar bottle first. Then add all ingredients in bowl except oil. Drizzle in oil and stir with fork as drizzling. Let sit at least 10 minutes to allow basil to permeate. Bragg Organic Apple Cider Vinegar is available in many grocery stores and in health food stores. It costs significantly more than other brands, but it is important in salad dressings.

## 090. Simple Italian Feta-Bagel Appetizer (HH)

6 mini (12 halves) or 3 regular Whole wheat bagels      Feta Cheese (about 5-6 TBS)  
 tomato slices, slightly salted, one for each bagel half      dried or fresh basil  
 black pepper (one turn per half)

Toast each bagel half. Add a little pile of feta cheese and a good pinch of basil to each half, microwave until it just begins to melt. Then add tomato on top with a pinch of additional feta.

## 091. Sauerkraut Balls (or patties)

2 stadium brats (or two fresh brats, first cooked), chopped fine  
 1 small (or ½ large) onion, chopped fine  
 1 (14 ounce) can sauerkraut, drained and chopped fine  
 ¾ cup breadcrumbs for mixture and 1 cup for rolling (more if needed)  
 ¼ tsp. Salt or less  
 5 turns of the pepper mill  
 1/4 teaspoon garlic powder  
 2 teaspoons dried parsley  
 4 ounce cream cheese  
 1/4 cup flour  
 2 eggs or egg beaters  
 1/4 cup milk  
 vegetable oil for cooking

Ideally, make the day before and freeze (on wax paper and then in bags) or at least chill in the refrigerator for 2 hours or more. Can be made on the spot, but may need more flour/breadcrumbs.

Mix all ingredients, being careful to make sure that the cream cheese gets spread evenly. If too thin, add more bread crumbs or flour. Form small balls (bigger than a marble, smaller than a ping-pong ball) and roll each in breadcrumbs, and place on waxed paper (perhaps over a paper plate) and freeze in zip lock or wrap in plastic wrap. Or you can place on cookie sheet or platter in the fridge (if possible) for at least two hours. If making patties, no need to freeze.

Deep fry until cooked through and at least getting brown. Remove with slotted spoon. Place on plate with paper towel to absorb grease. Some folks like to eat with a horseradish sauce or sandwich spread.

## **098. Playful Dough**

Okay, this isn't for eating, but it sort of is a food product!

2/3 cup margarine or butter (room temperature)

\*(I sometimes need to add an extra tablespoon)

1 and 2/3 C all-purpose flour

1/3 C sugar

½ tsp. almond or vanilla extract

food coloring (your choices)

Combine all ingredients and work it (with your hands) until it is the consistency of play dough. You may divide into portions and add food coloring as desired. Shape playful dough into desired “fun shapes.”

WWWWWW

## ***I00. BREADS, DUMPLINGS, ETC.***

WWWWWW

### **101. Drop Dumplings V**

*A Czech, Slovak, and Polish Necessity!*

*Note: This recipe is half Americanized; in the old country, they usually do not put in any baking powder. American dumplings are usually even softer – think Bisquick (gross!). They somewhat resemble matzo balls.*

*Sometimes made with potatoes, these are not. Similar to German spetzel except for their shape. Sometimes called “halushki.” Great with Beef Goulash, Svickova, and paprikash. You might want to make a double recipe; we do. A single recipe will serve 4.*

2 Cups flour  
 1 whole egg (large or 2 small)  
 3/4cup milk (approx.; add as needed)  
 1/2 tsp. salt  
 1/2 tsp. baking powder (more for soft)

Mix together to a dough consistency. Use milk as an adjuster. Spray a teaspoon with cooking spray or coat with oil. Drop dumplings into salted boiling water. Boil for about 5 minutes after last dumpling is dropped in. Serve separately from main entree so that diners can make their own choices.

### **102. Baking Powder Bread Dumplings (Second Best) V**

Yeast bread dumplings are the best, but here is a fast alternative. These dumplings are not as soft or airy, but more substantial. Some people prefer these to yeast dumplings – no accounting for taste. This is a double recipe and will easily accommodate 8 servings.. You can halve ingredients for a smaller amount of dumplings. Slovak, Czech, and Polish.

4 cups flour	2 or 3 eggs
1 tsp salt	milk, as needed
3 slices white bread (can be stale), torn in to little pieces	
1 tsp. baking powder	

Start water toward boiling in a large (about 10 quart) soup pot (or two smaller 4 quart pots). Fill pot a little more than half way and add salt to the water.

Then, while water is heating, mix all ingredients in bowl (sprayed with cooking spray). Let sit for 5

minutes. Use milk to achieve a dough consistency (not too thin).

Spray 2 (about 18") pieces of foil with Cooking spray. Spray your hands with cooking spray or rub with olive oil. Take a blob of the dough (the size of a small grapefruit, about half the dough) and place in middle of foil. Help shape it into an oblong roll as you roll and wrap the foil. Place these foil "monster dumplings" into rapidly boiling salted water.

Boil 20 minutes on one side; turn over (with tongs) and boil another twenty minutes on other side. When done, remove from water with tongs and drain; remove from foil, place on cutting board and slice into bread-thick slices with bread knife or wire.

### **103. Bread Dumplings: Best Ever and Queen of the Dumpling Empire! (for picture of finished dumplings, see # 403) V**

Slovak, Czech, and Polish. *Requires bread machine or dough maker*

4 cups flour*, sifted	2 egg beaters (or real eggs)
2 tsp. Quick Rise yeast (for machines)	1 tsp. Sugar
1 tsp. Salt	1 cup warm milk
2 TBS. water	

(you will eventually need to boil the dough in a large soup pot (10 quart size or larger) of salted water, so start heating the water about 30 minutes before dough is done to bring it to a rapid boil)

\* you can use white flour (softest) or 50/50 white and whole wheat or 100% whole wheat flour. Whole wheat dumplings are dryer and heavier.

Goal: To make two gigantic dumplings (like a small football, but not as thick as a football in the center) which you will later slice into slices a little thicker than a slice of bread.

Spray your bread machine compartment with cooking spray. Add milk, water, salt, and eggs. Sift in flour and add sugar. Make an impression on top of the flour mound, add yeast. Set to dough setting (it takes about 90 minutes). When done, wash hands and rub hands with olive or vegetable oil (or spray with cooking spray). Remove about ½ the dough, shape into an oblong (not as wide as your pot's diameter, but close) and toss it into the boiling water. Then remove remaining dough and add that to the boiling water. [I don't wrap these in foil]. This is messy. Let boil rapidly, uncovered, on one side for about 25 minutes. Then take tongs and turn over on other side and boil another 20 minutes.

Remove with tongs, let drain a few seconds over pot, put on cutting board, and slice with a bread knife. Put on a serving platter, and then repeat for second dumpling. These dumplings are soft & perfect gravy sponges.



## 104. Sourdough/Bread/Pizza Crust Starter

### *Sourdough Starter*

¼ cup milk	¼ cup warm water
½ cup water	2 tsp. sugar
2 tsp. vegetable oil	1½ tsp. salt
1 pkg. Yeast	2 & 1/3 cup flour (or whole wheat or half and half)

(enough for about 12 loaves)

Scald milk, add water and oil, cool to lukewarm. Dissolve yeast in ¼ cup water, add with sugar and salt to cooled milk mixture. Measure flour. Stir liquid into flour just enough to blend thoroughly. Cover. Let stand in warm place 12 to 18 hours to sour. May be stored tightly covered in refrigerator for several days. Measure amount needed and bring to room temp. before using.

## 105. Sourdough Pizza Crust or French Bread (Makes 2 loaves)

½ cup milk	1½ Tbs. sugar
1 cup water	2½ tsp. salt
1½ Tbs. veg. oil	4¾ cups flour
¼ cup warm water	2 Tbs. Starter dough

(110 to 115 degrees) *for pizza dough:* 1-2 small chopped, sautéed onions

Scald milk, add water and oil; cool to lukewarm (*for pizza dough, add onions here*).

Dissolve yeast in ¼ cup water; add with sugar and salt to cooled milk mixture.

Place flour in large bowl.

Pour milk mixture into "well" made in center of flour.

Add starter (see above recipe), blend well.

DO NOT KNEAD

Place in greased bowl, grease top, cover & let rise in warm place until double, about 1 hour.

Punch down and turn onto lightly floured board. DO NOT KNEAD.

Divide dough in half.

For Pizza: Shape into pizza crust using floured surface, rolling pin, and stretching by hand.

For French bread:

Roll each into an oblong, about 15 X 10 inches.

Roll up tightly toward you, beginning at wide side, seal edges.

With hand on each end, roll to taper ends.

Place on baking sheet covered with foil. Pleat foil between loaves.

With scissors, make cuts about 1/8" deep diagonally along loaf, about 2 inches apart.

Let rise uncovered until a little more than double.

Heat oven to 425 degrees. Bake 15 minutes, reduce heat to 350 degrees and continue baking 15 to 20 minutes longer, until golden brown.

Remove rack and cool in a draft for a crisp crust.

## 107. Crusty European No-Knead Bread

*[This is a really nice crusty but informal bread]*

3 cups all-purpose flour

2-3 teaspoon kosher salt

1/2 teaspoon dry yeast (active dry or highly active dry work best)

1 1/2 cups lukewarm water

Special cookware needed: Dutch oven or any large oven-safe dish/bowl and lid\*

### DIRECTIONS:

In a large bowl, stir together the flour, salt and yeast. Add the water and stir using a wooden spoon until the mixture forms a shaggy but cohesive dough. Do not over-work the dough.

Cover bowl tightly with plastic wrap. Let dough sit at room temperature for 8-24 hours\*. Dough will bubble up and rise.

After dough is ready, preheat oven to 450 degrees F. Place your Dutch oven, uncovered, into the preheated oven for 30 minutes. While your Dutch oven preheats, turn dough onto a well-floured surface and, with floured hands, form the dough into a ball. Cover dough loosely with plastic wrap and let rest.

After the 30 minutes are up, carefully remove Dutch oven. With floured hands, place the bread dough into it. (You can put a piece of parchment under the dough if your Dutch oven isn't enamel coated.)

Replace cover and bake for 30 minutes covered. Carefully remove cover and bake for 7-15 minutes\* more, uncovered.

Carefully remove bread to a cutting board and slice with a bread knife.

**Source for this recipe:** [www.thecomfortofcooking.com/2013/04/no-knead-crusty-artisan-bread.html](http://www.thecomfortofcooking.com/2013/04/no-knead-crusty-artisan-bread.html)

## 108. Whole Wheat Drop-Style Biscuits

2 cups whole wheat flour (pastry is best)

1 TBS baking powder

3/4 cup milk

1 heaping TBS yogurt

1 tsp. Salt

1/4 cup canola oil

1 egg (mix with milk)

Preheat oven to 450 degrees. Combine dry ingredients in bowl, then add wet ingredients to bowl and mix; let stand about 10 minutes (if you have time). Scoop out some dough and flatten a little, making about 6 to 8 biscuits per batch.

Bake on sprayed cookie sheet for about 11 minutes.

## 109. Colorful Vanilla Pancakes

Our grandson wanted red pancakes, so I decided to not only make them red, but added vanilla, changed white sugar to brown sugar, and loved both the appearance and taste.

### Ingredients:

1 generous cup all-purpose flour (we use whole wheat)	½ tsp. Vanilla extract
1 scant TBS brown sugar (or less white)	2 tsp. Baking powder
1/2 teaspoon salt	1 cup milk (more if needed)
1 tsp. Canola oil (mix into batter)	1 large egg or egg beater
canola oil for pan as needed	few drops favorite food color (we like red)

Directions: Make as you would any other pancakes. Pour onto hot oiled frying pan, turn over when it bubbles, lightly browning on both sides. These are on the sweet side but very good. Serves 4.

## MAIN ENTREES

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### 200. FISH & SEAFOOD ENTREES

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#### 201. Fish in Orange Gravy (HH) V

1 lb. Fish fillets (Swai, cod, or tilapia, for example)

dash pepper	olive oil for browning onion
½ onion minced	1 clove garlic, minced (or powder)
1 tsp. soy sauce	½ cup orange juice
Orange or lemon zest (1 tsp) or ½ tsp. orange extract	
2 tsp. equiv. stevia	1/8 tsp. ginger
Thicken with guar or xanthan gum for HH or starch slurry otherwise)	

Brown onion in sauce pan. Add all other ingredients except thickening. Bring to boil. When cooked through, add thickener; bring back to a boil, stir, and turn off.

#### 203. Baked Fish With Coriander, Walnuts, and Breadcrumbs (HH)

1 lb. fish fillets (Swai or any white fish)	½ tsp. ground coriander (or less)
2 TBS. bread crumbs (whole wheat are best)	¼ tsp. garlic powder
¼ tsp. salt (or more as needed)	2 turns of the pepper mill for each portion
Little bit of olive oil	1-22 tsp. rough-crushed walnuts

Preheat oven to 350 degrees. Line a cookie sheet with foil, spray with cooking spray. Rinse fillets and then season on one side with good does of coriander. Turn over and place on cookie sheet. Season with generous coriander, then garlic, salt, and pepper. Bake for about 15-20 minutes.

At your leisure, in a frying pan, spray with cooking spray, use a medium/low flame. Add a touch of olive oil (1 tsp?) and walnuts. Lightly toast for a minute, then add bread crumbs, mixing every 10 seconds or so for a minute. Remove from heat.

Serve by placing fish portions on plates and then topping with crumb mixture. You might want to serve with a lemon or lime wedge.

## 204. Moroccan Fish Tangine (HH)

1 lb. or 24 oz. fish (Swai or any white fish) 1 tsp. ground cumin  
 1 can diced tomatoes 2 TBS. drained capers  
 1 TBS olive oil pinch of cinnamon  
 Salt (as needed, start with ½ tsp)

In a skillet, add oil and heat over low-medium flame. When hot, add cumin and stir in, heating for 1 or 2 minutes until fragrant. Add all other ingredients except for fish, and simmer, covered, for 10 minutes. Then add fish “on top” and simmer for 5 minutes, covered. Turn over fish, remove lid, and simmer on low flame for another 10 minutes or until fish is cooked through.

## 205 Flounder With Chilies and Lime Juice (HH)

This recipe calls for a small can of mild chili peppers and is not hot.

1 lb. Flounder (or Swai) fillets Juice of ½ large lime  
 ¼ tsp. ground coriander salt (as needed, maybe ¼ tsp. for starters, add more later)  
 Oil (for light browning) pepper (as needed, generous)  
 1 small can mild chili peppers & juice a few chopped onions (optional), maybe 1TBS.

Add oil to frying pan. Add onion (optional) and fish. Lightly cook fish on each side over a low/medium flame. Usually the fish will emit liquid, so simmer until fish seems cooked, maybe 10 minutes? Then add coriander, salt, pepper, lime juice (squeeze it all out), and chili peppers. Simmer over low flame for about 10 minutes, reducing the liquid. (Great with a side of cottage-fried potatoes and turnip greens).

## 207. Salmon in Italian White Sauce (HH)

3-4TBS olive oil 1 tsp. low-fat grated Parmesan cheese  
 ½ onion, diced 1 cup frozen peas, thawed  
 3 TBS. Whole wheat flour 1 can mushrooms, drained  
 1 (12oz) can milk\*, undiluted 2 tsp. crushed garlic or 4 cloves  
 12 oz. salmon steaks, chopped 2 drops liquid smoke  
 ¼ tsp. salt ¼ tsp. MSG (optional)  
 1 pkg. Whole wheat spaghetti, cooked  
 \*canned is best; if you need more sauce, you can add some regular skim to bring it up to 2 cups

**Directions:** Add olive oil to large skillet (with high sides). Sweat the onions over medium flame, then add flour and mix often for 1 or 2 minutes. Then add the salmon pieces and lightly brown the salmon pieces, stirring off and on for 2 or 3 minutes. Add in garlic, salt, and MSG. Then add in peas, mushrooms and stir another minute or two. Add liquid smoke. Then add in milk and stir, cover over low heat for about 10 minutes or less, stirring often. Do not allow to come to a good boil. When just about to boil, turn off and stir in Parmesan cheese. Let sit for 5 minutes, then stir and serve over pasta. Note: I (Ed) love this dish, Marylu is not too crazy about it.

## 208. Swai By and By (Hearth Healthy)

*Swai is pronounced “swhy” and is still not listed in online dictionaries. It used to be called Vietnamese Catfish and sometimes Basa fish, but it is very different. It is very mild and has a fine texture, yet it is inexpensive. You can substitute any white fish.*

This recipe serves 2.

1-12 oz. Swai fillet (or favorite white fish)	½ bag fresh spinach
½ onion, diced fine	¼ tsp. lemon pepper
2-3 cloves crushed garlic	2-3 medium tomatoes, diced
Salt to taste (¼ tsp?)	olive oil (about 2 TBS)
¼ cup water	

**Directions:** Spray fish pan with cooking spray. Turn on burner to medium heat. Add olive oil and when hot add onion. Sweat onions, move to perimeter and add fish. Sprinkle half the lemon pepper and salt on the fish. When one side of the fish is done, turn over. Add touch more oil if needed. After about two minutes, turn flame to low and add all ingredients on top of and around fish. Lift up fish a bit with a flipper to allow liquid to penetrate under fish. Cover and let cook for about 10-15 minutes, until the spinach and tomatoes are tender.

## 209. Thai Curry Asian Fish and Rice (HH) **V**

2 cups cooked rice	3 TBS. cider vinegar
2 TBS. Natural Peanut butter	½ cup raisins (any type)
fish fillets, 12-16 oz, cut into chunks	1 medium bell pepper, sliced thin
1 medium onion, diced	1 can water chestnuts and/or beansprouts, drained
peanut oil, as needed (or canola)	water, as needed (maybe ½ cup)
3 tsp. Tandoori powder or 1 tsp. Curry powder	1 crushed dried chili pepper
2 TBS soy sauce	Leafy greens (or 1 pkg frozen kale, etc.)
2 cloves garlic, crushed	*add chili peppers if you want more heat

Take a large frying pan and add some oil. Brown onion, peppers, and fish chunks until you no longer see any raw spots. Then add tandoori or curry, cayenne, raisins or stevia, soy, water chestnuts (and/or bean sprouts), greens, vinegar, water, and simmer, covered, for about 10 minutes over medium-low flame. You may need to add more water. Then stir in peanut butter and simmer covered another 5 minutes. Then stir in cooked rice, heat together for a few minutes and serve.

## 210 Everyday Fish (HH) V

4 Swai or white fish fillets (1 lb. Total)	2 TBS. Ponzu or 3 tsp. Soy & 2 tsp lime juice
2 tsp. Cumin	2 tsp. Equivalent Stevia
double dash cayenne or ½ tsp. Hot paprika	3-4 TBS olive oil
¼ cup water (more if needed)	

Spray a large frying pan with cooking spray. Then put on medium heat and add oil. After a minute, add the cumin and let it get fragrant, stirring (just a minute or two). Add fish, lightly brown on one side, then the other. Then add other ingredients and simmer over medium-low flame for about 10-15 minutes or until fish is cooked through.

One of our favorite everyday meals; we eat this at least once a month!

## 211. Roasted Salmon, Brussels Sprouts, and Garlic (HH) V

This recipe is adapted from eatingwell.com; I have made just a few adjustments. This tastes very sophisticated – gourmet tasting – and is a real treat!

2 heaping tsp. Chopped garlic (10-12 cloves)	1 pkg. Frozen Brussels sprouts, defrosted & drained
1 TBS. Dried oregano	¾ cup white wine
6 turns of the pepper mill	1 lb. Salmon fillets, skinless (or ½ lb.)
¾ tsp. Kosher salt	¼ cup extra virgin olive oil
½ cup water	½ tsp. Equivalent Stevia
optional: 1 package frozen asparagus (mix with Brussels sprouts)	

**Directions:** Preheat oven to 400 degrees. Mix garlic, oregano, pepper, salt, wine, Stevia, and olive oil in a bowl. Spray roasting pan with cooking spray. Add water to bottom of pan. Then add Brussels sprouts, huddling them together to support fillets. Put fillets on top of Brussels sprouts. Pour liquid from bowl over salmon and into pan. Cook 35-40 minutes, uncovered. Check if you need more water.

## 212. Buffalo Sauce Fish With Rice & Greens (HH) V

1.5 lbs. Swai skinless fillets or other white fish	2 cups cooked rice
½ cup (scant) Louisiana Hot Sauce	1 TBS. Sugar or equivalent (I use Stevia)
5 cloves crushed garlic	1 tsp. Real maple syrup or honey
1 small can tomato paste	½ tsp. Salt or less
1.5 cups water	2 TBS. Olive oil
1 bunch finely chopped greens (turnip is my favorite)	

**Directions:** Simmer greens in salted water for about 15 minutes and drain. You may work on the below while greens are cooking.

Cut fish into 1 or 2 inch squares. Add oil into a high sided frying pan or dutch oven; when the oil is hot add fish (fish will emit water, that is okay; oil is needed in the recipe for taste, even if it doesn't brown the fish). Cook on medium flame for about 10 minutes, stirring occasionally.

While fish is cooking, mix (I use a whisk) the following into a large mixing bowl: hot sauce, garlic,

tomato paste, water, stevia (or sugar), maple syrup (or honey), and salt. When fish is cooked, add this sauce into the pan, along with cooked rice and greens. Heat, stirring, for about 5 minutes or until piping hot.

### **213. Simple Mexican Fish (HH) V**

1 lb. Swai fillets (or any white fish)	juice from one lime
favorite chili powder (½ tsp)	salt (as needed)
olive oil (for frying)	black pepper (5 turns)
2 tsp. equivalent Stevia	

Spray frying pan with cooking spray. Add enough oil to lightly brown on one side. Then turn over and add all ingredients, shaking two shakes of salt on each fillet. Cook until cooked through.

### **214. Italian Fish for Two (HH) V**

2 cod fillets	1 cup water
½ tsp. Red pepper flakes	salt as needed
5 garlic cloves, chopped	olive oil (about 3 TBS)

This fish has a bit of bite to it and is one of my own original recipes, suggested by Chicken Aglione.

Spray a frying pan (usually one dedicated to fish) with cooking spray. Add oil and put over medium flame. When hot, add pepper flakes and garlic, stir and fry for a minute. Then push to side of pan and add fillets. Fry on one side for about 3 or 4 minutes (until surface is somewhat firm) and turn over and do the sameng. Then add water, reduce flame to low and simmer until water is reduced down to ¼. When servie, drizzle remaining liquid over fish.

### **215. Fish in Plum Sauce (HH)**

2 fillets (swai or other white fish)	dashes of salt
¾ cup prune juice	2 Tbs olive oil for browning
2-3 cloves crushed garlic	

Spray a pan with cooking spray. Add about 2 TBS or less of olive oil. Begin lightly browning fish, salting each side. Turn over and lightly brown other side. Add prune juice and garlic; reduce liquid to half and serve. Serves 2

### **216. Fish in Lemon Sauce (HH)**

2 fillets (swai, cod, or white fish)	1 TBS. Soy saucepan
olive oil (for browning)	3 cloves garlic
juice of one lemon	½ tsp. Equivalent sweetening (stevia or sugar)
black pepper (6 turns of the mill, generous)	



Spray a pan with cooking spray. Add oil over medium-high flame. When hot, add fish fillets. Fry for several minutes; when done, turn over and fry until cooked through. Add rest of ingredients and simmer on medium flame for about 5 minutes. Serves 2

## 217. Shrimp Scampia

This recipe is adapted from a number of recipes I found online. I cut down on the butter and olive oil to trim a few calories off. The shrimp amount will determine how many services. A 12 oz. Packet can accommodate two.

1 lb. Pasta (linguine or spaghetti)	2/3 cup white wine
2 TBS. butter	¼ tsp. Red pepper flakes
2 TBS. olive oil or more	juice from one lemon
12 oz. Or 1 lb pkg. pre-cooked shrimp	1 TBS dried parsley
1 medium/small sweet onion, chopped fine	4 or 5 shakes salt
about 4 cloves garlic, crushed	5 turns of the pepper mill
Serve with Parmesan or Romano cheese	1 pkg. Broccoli, defrosted

Cook pasta and drain.

While pasta is cooking (or afterward), add oil and butter to a large frying pan or Dutch oven; when hot, add onion, garlic, red pepper and saute for maybe 3 minutes. Then add shrimp and saute another 3 minutes, stirring. Then add rest of ingredients (except pasta) and lightly simmer for about 7 or 8 minutes over medium flame, stirring.

Serve pasta on plates and spoon shrimp and liquid over pasta, top with cheese and enjoy.

## 218. Cajun Shrimp, Sausage and Veggies Stove top **V**

This recipe is from therecipecritic.com, but has been adjusted to Vasicek ways and tastes.

1 pound (or 14oz) shrimp (large works), peeled, de-veined, and pre-cooked (optional)  
 1 lb. (or 14 oz) smoked or Polish sausage – we used smoked low fat turkey sausage, sliced into disks  
 2 medium zucchinis, sliced into disks  
 2 medium yellow squash, sliced into disks  
 1 large onion (sweet is best), cut into strips  
 ½ bunch fresh asparagus  
 2 sweet bell (stuffing) peppers, green or red, cut into strips  
 2 TBS. oil (or more) – canola is fine  
 2 TBS. Essence of Emeril or other Cajun seasonings  
 salt (start with ¼ tsp., add more if needed)  
 ½ cup water

SERVE WITH COOKED RICE

**Directions:**

Lightly brown onions and sausage in frying pan with oil; then add peppers and brown them slightly for a couple or three minutes. Then add all ingredients (including water) and simmer on medium-low heat for about 20 minutes, or until all vegetables are soft. Add more water, if needed. Serve over cooked rice.

Note: My wife and daughter-in-law prefer this without shrimp (just sausage); you could make the shrimp on the side (I do) by steaming them in the microwave. Then you can add them to your own plate and mix them in.

## 219. Ethiopian Fish and Cabbage

4 mild fish fillets (we use swai)	1 small head cabbage, medium chop
½ of small can tomato paste	1 onion, chopped medium
1 TBS. Berebere powder (see below)	4-5 cloves garlic, chopped (1 heaping tsp)
1.5 cups water (plus ¾ cup)	½ tsp salt (add more to taste)
oil (canola), about 2-3 TBS	Serve with cooked rice

**Directions:**

Spray a large, high sided skillet or Dutch oven with cooking spray. With a medium flame, add oil. Saute onions lightly, Then add cabbage and saute for about 5 minutes, stirring frequently. Add about 2/4 cup of water, cover and simmer for about 20 minutes, stirring every 3 minutes or so. If necessary, add more water to keep from burning.

In a bowl, whisk ½ can of tomato paste with 1.5 cups water and 1 TBS berebere powder. Add to cabbage and stir well. If necessary, you can always add a little water, but you really don't want this to be very liquidy. Bring back up to a simmer, covered. Then place fish fillets on top of cabbage. Simmer, covered for 10 minutes. Then carefully turn fillets on other side (sometimes a few pieces will break off) and simmer, covered, for another 10 minutes.

- Serve over a bed of rice. Add salt as needed.
- Note: This dish is a bit spicy, but not really hot.

**Berebere Powder: See Recipe #57**

## 225. Corn Meal Breaded Baked Fish

This recipe is for two servings, but easily doubleed. A nice meal, esp. served with baked potatoes and salad. Serve with lemon wedge and/or malt vinegar.

2 large mild white fish fillets (we love swai)	cajun seasoning or Essence of Emeril, ½ tsp.
About 1/2 cup corn meal	several dashes salt

Heat oven to 425 degrees. Line a cookie sheet with foil and spray with cooking spray. Dredge fish in corn meal, pressing well. Generously season with cajun seasoning. Bake for about 22 minutes.

VVVVVVV

## **300-600 MAIN MEAT ENTREES**

VVVVVVV

## **300 CHICKEN AND OTHER POULTRY, INCLUDING GROUND TURKEY AND TURKEY SAUSAGE ENTREES**

VVVVVVV

### **301. Chicken paprikash [Paprika Sauce] V**

*Many Slovaks and Hungarians consider Chicken paprikash their signature dish. The Magyars were a tribal people from Finland who joined up with the Turks for a while, where they picked up paprika. The Magyars then conquered the land of the Huns. Except in English, the country of Hungary is called "Magyar." When the Hungarians dominated the Slovaks (Austrian-Hungarian Empire), the Slovaks picked up paprika, and it soon traveled to what is now the Czech Republic.*

*The soil in Hungary is unique, and chefs all over the world will tell you that imported Hungarian paprika is sweeter and better tasting than the same seeds planted elsewhere. And it is!*

*paprikash is a sauce of broth, lots of paprika, and sour cream.*

4 lb. Chicken (typical friar), cut into pieces  
 2TBS olive oil  
 1 medium to large onion  
 3/4 tsp. salt  
 1 can cream of chicken (or c. of mushroom) soup and water  
 1 cup sour cream  
 1 TBS. Hungarian (ideally) paprika  
 1 tsp. hot paprika or double dash cayenne]

Brown chicken pieces in oil w/onion till onions are transparent.

Place chicken and pan drippings into casserole (or roaster) with soup, salt, and paprika. Place in oven and bake at 350 degrees for about 1 hour. Remove from oven and stir in one cup sour cream and serve over drop dumplings (see dumpling recipe in section one) or large egg noodles.

## 302. Sour Cream Chicken

*(a bit mushy, but very tasty)*

1 Cup sour cream  
 ¾ tsp. tarragon In a bowl, combine and  
 1 tsp. thyme  
 ½ tsp garlic powder mix all these together  
 1 tsp. paprika  
 2 tsp. salt  
 ½ stick butter  
 1 cut up chicken (about 4 lbs.)  
 1 and ½ C. corn flakes, crushed

Dip chicken in sour cream mixed with seasonings, then coat in crumbs. In baking dish melt butter in oven. Place chicken in dish and bake at 350 deg.. After 45 minutes, turn pieces over and bake 20 more minutes.

## 303. Marylu's Original Cranberry Chicken V

1 chicken, skinned and cut up	¼ tsp ginger
1 can jellied cranberry sauce	1 cup water
¼ tsp. cinnamon	¼ onion, diced
salt to taste	2-3 cups cooked rice

Salt chicken and brown with onion in oil. Then add this and all ingredients (except rice) into a Crock Pot (sprayed with Cooking spray first). Cook on medium to high heat 4 hours. Serve over bed of rice.

## 304. Ed and Marylu's Cranberry Chicken Stir-fry V

This was originally made from leftovers using the above meal. Marylu loves this so much that she typically makes the above recipe and then refrigerates it for Ed to make this recipe the following day.

Diced cranberry chicken and sauce (from above)	7 carrots, sliced
½ head cabbage, chopped	Teriyaki sauce or soy to taste
handful of fresh mushrooms	MSG (2 shakes) (optional)
½ bunch broccoli, chopped	1 diced onion
4 cloves garlic, chopped	2 TBS. sweet 'n sour sauce*
1 chicken bouillon cube	3 TBS. peanut oil
4TBS. corn starch	2 capfuls Szechuan sauce
SERVE OVER RICE	

[you can use whatever green veggies you have, like bok choy or kale instead of broccoli or cabbage]

Directions: Stir-fry vegetables (including onion and garlic) in wok first. Then add cooked meat with drippings (or gel if cooked chicken is cold); simmer with other seasonings. Then thicken with a mixture of starch and a bit of cold water. Use more starch, if necessary.

### 305. Curried Chicken (Traditional) V

1 skinless chicken (or leg quarters, breasts, etc.) cut up  
 2-3 TBS olive oil  
 1 small onion, diced  
 salt as needed  
 2 cloves garlic, chopped  
 1½ tsp. curry powder or tandoori\* powder  
 1 can diced or stewed tomatoes  
 1 can pineapple chunks  
 4-6 TBS raisins or currants  
 Thickener (either a roux or starch and cold water mixture) (optional)

Optional: small stuffing pepper,

Optional: ¼ cup shredded coconut.

\*If using Tandoori powder, add ½ tsp. fenugreek SERVE OVER A BED OF RICE Brown chicken, onion, garlic, and peppers (if using) in oil. Add all ingredients and cook in crock-pot (high for 4 hours) or bake covered in preheated oven (350 degrees) for 45 minutes or until tender (or simmer in dutch oven on stove top for 45 minutes).

To thicken, add a couple of TBS. of corn starch mixed with a little cold water to the mixture and boil OR make a roux with 2 TBS. Flour and some oil or butter (a light roux is best). Some people prefer it liquid-like and not thickened.

### 306. Roast Duck (and Gravy), Slovak Style

#### The Duck:

1 large roast duck (5 lbs. or more), fully defrosted

salt

1 tablespoon caraway seed (optional)

Quarter duck, allowing 1 quarter per person. Quartering can be a nasty business; you may have to break a few bones. Rinse quickly in cold water. Stab quarters with a fork being sure to pierce the skin. Make sure each quarter has at least 5 or 6 “stabs.” Rub with salt and sprinkle with caraway seeds.

Roast quarters in a shallow pan; spray the pan with “Cooking spray” first; it is preferable to cook the duck elevated (with a wire cooling rack, for instance) so that it does not sit in grease. Check pan after first hour and suck out excess grease with a baster (some grease in the pan is fine—you just don’t want the duck to be sitting in it).

Bake in a 375 degree oven, uncovered, for anywhere from 1½ to 2.5 hours (2 hours is a good guess). You want the skin to be crispy. You obviously do not want any “red” near the bones, and I have found that when the skin is crispy, the duck is done.

Best served with Bread Dumplings (find this recipe in dumpling/bread section)

#### Duck Gravy for Dumplings or Noodles:

1 can cream of mushroom soup  
 ½ tsp. caraway seed

1 TBS. duck grease/drippings  
 ½ or 2/3 cup milk

Spray a small saucepan with Cooking spray. Add all the ingredients above and mix with a wire whip. Slowly bring it to a simmer and let simmer over minimal heat for a few minutes until thoroughly hot. Good stuff.

### **307. African Chicken (Slow Cooker)**

1 Chicken, cut up or 4lbs favorite parts  
 1.25 tsp. salt  
 ¾ cup oil (approx)  
 ½ cup peanut butter  
 3-4 hard boiled eggs, shelled and halved  
 1 medium onion, chopped

2 cloves garlic, chopped  
 1t Louisiana hot sauce (for starters)  
 3-4 T tomato paste  
 1 cup water  
 flour  
 ½ tsp. Thyme (lemon thyme is best), optional

SERVE OVER A BED OF RICE

Brown onions & garlic and add to crock-pot. Dredge chicken in flour and brown in oil. Add all other ingredients – except for rice – into crock pot/slow cooker and cook on high for 4 hours or low for 8 (or bake in oven). Or cook on stove. Serve over a bed of cooked rice.

#### **GRILLED VERSION (Sauce)**

This will give the flavor of African chicken without the rice, eggs, etc.

4 lbs. Favorite chicken pieces or one cut up chicken  
 2 TBS. tomato sauce  
 ¼ tsp onion powder  
 2 TBS. peanut butter  
 1/8 tsp garlic powder  
 ¼ tsp. Thyme (lemon is best), optional  
 1/8 tsp. cayenne

Grill chicken pieces until nearly done. Apply basting sauce with a brush or spoon (it is thick) to one side. Turn over, apply to other. When sauce is warmed, serve.

### 309. Chicken and Rice (HH)

*Ed's Aunt Stella originally gave his mom this recipe. Ed has cooked it sometimes for our church's women's banquet. Not as popular as lasagna, but well-received!*

1 chicken, skinned, cut up (or 4 lbs. breasts)	3 cloves garlic, minced
1 can mushrooms or 1 lb. fresh	1 bay leaf
1 can tomatoes	1 cup white wine
1 med. onion, chopped	1 tsp salt (or more)
¼ tsp. black pepper	1 cup chicken broth or vegeta or bullion
flour	2 green peppers, diced
¼ tsp. basil	¼ tsp. parsley
olive oil for browning	

SERVE OVER BED OF RICE

Brown onion and chicken. Add all ingredients (except rice) to crock-pot and cook on high for 4 hours or low for 8.

### 310. Honey Chicken

My honey, Marylu, found this recipe and then made it both heart-healthy and Vasicek friendly.

½ cup flour	1 tsp. salt
1 chicken, cut up	½ cup olive oil
¼ cup brown sugar	¼ cup honey
¼ cup lemon juice (from fresh lemon)	1 TBS soy sauce
½ tsp. Mr Eunicho's seasoning (or seasoned salt)	

Note: Mr. Eunicho's seasoning blend is my own mixture; find it in section one with the soups (number 042). You can substitute seasoned salt for it.

In a bowl or bag, combine flour, salt, Mr. Eunicho's (or seasoned salt); add chicken and dredge or shake to coat.

Spray baking dish with Cooking spray. Add oil, bake uncovered at 350 degrees for about 45 minutes.

Combine sugar, honey, lemon & soy sauce and pour over chicken. Bake 45 minutes or finish on stove (covered). Serve with rice.



## 312. Greek Chicken and Rice (HH)

Recipe for 2-3 people

2-3 chicken breasts, butterfly style	1½ cups cooked rice (brown for HH)
1/2 tsp. coriander	1 cup chicken stock
1 tsp. oregano	½ cup water
1 tsp. marjoram	¼ tsp salt (or more to taste)
2 TBS. Olive oil	pepper (two turns of the mill)
Juice from one lemon	1 scallion, chopped
¼ tsp. garlic powder	

In a skillet, spray with cooking spray, add olive oil and lightly brown chicken. Then add all ingredients except rice. Simmer (covered) for about ten minutes. Remove cover, add rice, and simmer over low heat for another 10 minutes (or until most of stock is absorbed or evaporated).

Side dish suggestions include: zucchini (fried with bread crumbs) or minted peas.

## 313. Chicken Cacciatore (HH) V

1 chicken, cut up*	2 chicken bullion cubes or 1.5 tsp. vegeta
1 onion, chopped	1 lb. Pasta, cooked (whole wheat for HH)
5 cloves garlic, crushed	1 green pepper, sliced
4 turns of the pepper mill	1 tsp. parsley
2-3TBS olive oil (for browning)	½ tsp. rosemary
Flour (for dredging)	½ cup red wine
1 tsp. honey	½ tsp. red pepper flakes
1 can mushrooms, drained (optional)	½ tsp. basil or equivalent pesto
½ tsp. oregano	1 tsp marjoram
salt (as needed)	2TBS Parmesan cheese
1 double (32oz) can tomato puree	1 (8oz) can tomato sauce
Optional: one can drained spinach, add to sauce (we like this!)	
Optional: marinate chicken pieces in red wine in the fridge overnight	

Prepare sauce. Spray a crock pot with cooking spray. Add all ingredients except pasta, chicken, flour, and oil. Turn crock pot on high or, if using pot on stove, simmer.

Prepare chicken. Dredge in flour and lightly brown both sides in olive oil. Then add to sauce (crock pot) and cook on high for 4 hours (or simmer on stove for 1 hour).

[If sauce is too thin, thicken with Guar gum or one heaping TBS. Starch mixed with ½ cup cold water. Add to pot until it comes to a boil, then mix and serve; chicken exudes liquid as it cooks.]

Serve over pasta.

### 314. Chicken Aglione **V**

1 chicken, whole	8 cloves garlic, crushed
2 scant. Tsp. vegeta or 2 bullion	2-3 crushed dried hot chili peppers
¼ cup chopped olives	1 can tomato paste (small)
1 TBS. Dried parsley	½ cup water

Directions: Add all ingredients to crock-pot and cook on high for at least 4 hours. You can serve on a bed of (we like brown) rice. Test for salt. Gravy is very thin, but good.

### 315. Chicken In Orange Gravy **V**

dash pepper	canola oil for browning onion
½ onion minced onion	1 clove garlic, minced (or powder)
½ cup chicken broth	½ cup orange juice
1 tsp. soy sauce	Orange or lemon zest (1 tsp) or ½ tsp. orange extract
2 TBSP brown sugar	1/8 tsp. ginger
Slurry (¼ cup water mixed with 1 TBS. corn starch)	
Chicken (cooked leftovers or browned, one chicken or pieces of your choice)	

Brown onion in sauce pan. Add all other ingredients except slurry. Bring to boil. Add slurry and stir frequently; bring back to a boil, stir, and turn off. Pour over chicken or other fowl and rice or simmer with chicken.

### 316. Florentine Meatballs – Ground Turkey **V**

#### *Meatballs:*

1 (12 oz) pkg frozen spinach, thawed	1 or 1.3 lbs. Ground turkey (93% lean)
1 tsp. Onion powder*	1 egg or egg beater
2/3 tsp. Garlic powder*	1 TBS. grated Parmesan cheese
Salt (about ½ tsp)	1 tsp dried parsley
¾ cup breadcrumbs	½ tsp. grated nutmeg
dash cayenne	

#### Sauce

1 cup chicken stock or vegeta & water	1 TBS. Dried parsley (or more fresh)
2 TBS. Flour (we use whole wheat)	½ tsp onion powder
2 TBS butter or oil	1 tsp. Dried or fresh onion chives (optional)
¾ cup whole milk (or ½ sand ½)	2 TBS. Grated Parmesan cheese
¼ tsp black or white pepper	
Serve over cooked pasta.	

(\*you can use small onion chopped extra fine/3 cloves chopped garlic, but texture is better w/ powder)

Directions:

Preheat oven to 400 degrees.

*Prepare pasta as time allows. Starting the water first is always a good idea. Prepare pasta according to package directions.*

Make Meatballs:

Drain and wring spinach, chop fine or use food processor. Place turkey, spinach, and all meatball ingredients in a mixing bowl. Mix well, squeezing as you mix.

Form into a dozen meatballs and place on a sprayed, foiled cookie sheet. Bake for 25 minutes at 400 degrees.

Prepare Sauce

While meatballs are baking, prepare sauce. A 3-quart saucepan is ideal. Spray with cooking spray. We are going to make a roux (thickener). Melt butter over low flame; when almost completely melted, stir in flour to make a thick paste (you can add more butter or flour to get to a putty-like consistency). Stir frequently over low flame for a minute or two. You want it to be blond colored. Then turn up flame to medium and whisk in chicken stock, parsley, pepper, and chives (optional). Stir well and frequently. When sauce begins to thicken, reduce heat (do not let boil) and whisk in milk. Do not allow to boil. When hot, but not boiling, whisk in Parmesan cheese. You can add more if desired.

To serve, put serving of pasta on a plate, top with meat balls and then sauce. There is not enough sauce to “swim,” but a little goes a long way. Serve with additional Parmesan cheese available.

**317. Chicken Marsala (HH)**

4 leg quarters skinned (or one chicken or cubes)	6 fresh basil leaves or 2 tsp. dried
1 medium onion, diced	1 can (14.5 oz.) chicken stock
7 cloves garlic, whole or crushed	¼ tsp. black pepper
Dash salt (stock will add more)	olive oil (for browning)
½ cup Marsala wine (or table wine plus 1 cap rum)	1 lb. Whole wheat spaghetti, cooked
1 cup whole canned milk	top with Parmesan cheese (moderate amount)
2 Portabell mushrooms, sliced	

optional: 1 pack frozen broccoli, defrosted

Thicken with 2 TBS. Whole wheat flour lightly browned in 2 TBS. Olive oil or use Guar Gum

In a large frying pan, lightly brown onions and then salt and brown chicken. When lightly browned on both sides, add garlic, mushrooms, basil, pepper and stir around. Then add chicken stock, Marsala, and (optional) broccoli. Simmer (covered) for about 40 minutes. Then add slurry and bring to boil. When thickened, add the canned milk (cream or half and half tasters better if heart health is not an issue) as desired. Serve over pasta, garnish with a little Parmesan cheese and parsley and/or chives.

### 318. Thai Curried Chicken in Coconut Milk (Hot)

This is one of our all time favorites. It is innovated from the directions on a can of red curry sauce, especially if you like Thai food as it is meant to be (hot!). *Leave out hot peppers if you do not want a very hot dish!*

3 chicken breasts, skinned, boned, and cubed	1 can red curry paste (4 oz)
1 can coconut milk (about 16 oz)	oil (to lightly brown chicken)
1 typical eggplant, skinned & cut into small chunks	½ bunch kale, stems removed, chopped
1 can mushrooms (exotic are best)	Salt
Rice (prepare per package directions)	small amount fresh spinach
optional: 2 hot peppers, chopped (chili, etc.) *	5 fresh basil leaves, chopped (or 1 tsp dried)

In a large skillet, brown chicken lightly in oil. Add coconut milk and simmer. Add all other ingredients and simmer (covered) for about 20-30 minutes (until eggplant is very tender). Serve over prepared rice.

*Note: you can simply make it with the curry, coconut milk, eggplant and favorite greens; Asian eggplant is best, but regular eggplant will do; if unavailable, you can use zucchini.*

### 319. Bratwurst Turkey Patties & Sauerkraut Topping (HH) V

1 lb.. 93% ground turkey breast	½ tsp. mace
½ to 2/3 cup bread crumbs	½ tsp. allspice
1 egg	2 TBS. Marjoram leaves
½ tsp. salt	½ tsp. black pepper
1/6 tsp. red pepper	olive oil as needed (for frying)

Fry burgers in oil in skillet on low flame until cooked through. Serve on hamburger bun with seasoned sauerkraut (recipe below) or drained kraut out of the can.

#### SEASONED SAUERKRAUT TOPPING

1 can sauerkraut, squeezed and drained	1/2 tsp. garlic powder
2 TBS brown sugar or 2 pkt stevia	
¼ tsp. black pepper	1 TBS. Paprika <sup>89</sup>
1/8 tsp. red pepper	1 TBS. Dried onion greens or ½ tsp. powder

Squeeze (well) and drain kraut; mix well in bowl and ready to use.

## 320. Italian Sausage Turkey Patties (HH) V

1.25 Ground lean turkey breast	½ tsp. Salt (can add more if needed)
1 TBS. Fennel seed	½ tsp. black pepper
½ tsp red pepper flakes (more for hot)	1 tsp. parsley
1 egg (or egg beater)	½ cup whole wheat bread crumbs
Olive Oil for browning	jar favorite spaghetti sauce or marinara sauce

Serve with Italian Bread or Pasta

Mix all ingredients to make patties (except oil and sauce) in a mixing bowl. Form into patties. Brown both sides of burgers in oil over medium heat (cast iron pan is best). Then simmer, covered, in pasta sauce for another 10 minutes.

Serve between slices of fresh crusty Italian or French bread. Best served with pepper mix (giardinera), banana peppers, or sliced, fried sweet peppers. Or serve with pasta and sauce in place of meatballs.

### ITALIAN SAUSAGE CRUMBLE (LOOSE)

NOTE: For a loose crumble, leave out sauce, egg, and breadcrumbs; add olive oil to pan, add turkey and seasonings and brown. Ready to go for a pizza topping or other uses.

## 321. Kielbasa (Polish) Sausage Patties – Ground Turkey (HH)

This one needs to be perfected – still working on it.

1 lb Ground turkey breast (white meat)	½ cup bread crumbs
1 egg (beater)	1/3 tsp. black pepper
4 cloves crushed garlic	1TBS dried leaf marjoram
2 tsp. Smoked paprika	½ tsp. Brown sugar or stevia
Olive oil (to brown)	¾ tsp. Smoked salt*

\*or kosher salt and drop of liquid smoke

Mix well, brown in skillet over medium flame (with oil) until cooked through. [Can also be baked as meat balls or dropped in broth].

Serve in a bun of your choice with seasoned sauerkraut or plain drained sauerkraut.

## 322. Meat Balls in Tomato Pesto Sauce – Ground Turkey

Variation of a Rachael Ray recipe

### Meat balls

1.25 Ground lean turkey breast	¾ to 1 tsp. salt
1 TBS. Fennel seed	½ tsp. black pepper
½ tsp red pepper flakes (more for hot)	1 tsp. parsley
1 egg (or egg beater)	½ cup whole wheat bread crumbs
Olive Oil for browning	jar favorite spaghetti sauce or marinara sauce

### Sauce:

3 cloves garlic, crushed	¼ tsp. salt
3 cans of tomatoes	1 TBS Brown sugar or equivalent stevia for heart health
3 to 4 TBS. Pesto	2 sticks mozzarella cheese, quartered

Blend the canned tomatoes (or water and paste), garlic, salt, and brown sugar in a blender (you may need to do this in two installments). Spray (with cooking spray) a small stove-top dutch oven (4 to 5 quart is ideal) or large pan or pot with cover. Cast iron is best if you have it.

Add tomato mixture; mix in pesto and cover under a low heat. Meanwhile, mix up the “sausage” mixture, including about 1.25 lbs. ground turkey breast, seasonings, egg, and bread crumbs (as per recipe 91)

In bowl, make a large patty and divide with a knife into 8 equal sections. Use each section to make a meat ball. In center of meat ball, hide ¼ of a mozzarella cheese stick; close over.

## 323. Shepherd’s Pie (Ground Turkey)

This recipe is also a variation of a Rachael Ray recipe. She used sweet potatoes, and I added my seasoning. This is not a real pie – it has no crust.

Potatoes for topping.

4 medium large or sweet potatoes, washed and cut fine (skins on)	
buttermilk (or milk & FF sour cream)	
Salt	dried green onions or chives
Water to boil	pepper (2 turns of the mill)

Barely cover the potatoes with water and salt. Simmer until soft. Drain. Smash and add pepper, onion greens, buttermilk (as needed) and taste for salt. Set aside (keep warm).

The “pie”

1.3 lbs ground turkey breast	1-12 oz. bottle lite turkey gravy
1 onion, diced fine	dash garlic powder

4 stalks celery, chopped fine	4 carrots, cleaned & chopped thinly
¼ small package green peas	4 turns of the pepper mill
Salt and MSG (if desired) to taste	1 tsp. marjoram
Olive oil (to brown onion)	1 tsp. parsley
lite American cheese slices (2)	2 dashes cayenne

Preheat oven to 400 degrees. Meanwhile, cook below on the stove top (cast iron Dutch oven is best) Brown onion in olive oil, then brown ground turkey breast. Add celery and carrots, and lightly cook until hot, stirring. Add gravy and all seasonings. Simmer covered for about 15-20 minutes, until carrots are soft (we chop them thinly so they will cook quickly). Then add peas and simmer for about 3 more minutes.

Turn off flame or remove from heat. Evenly spread the potatoes on top of this mixture. Break up the cheese slices and distribute on top of potato “crust.” Bake for about 5-7 minutes, until cheese is melted. Serve with large serving spoon.

Optional: For easier cooking, use a large package of frozen mixed vegetables, frozen onions, and instant mashed potatoes to cut down cooking time.

## 324. Braised Chicken With Paprika

This recipe was suggested but altered from the “Ask Aida” show on Food Network.

1 tsp.. Kosher salt	2 TBS. Paprika
6 turns of the pepper mill	olive oil (for browning)
2.5 lbs. chicken thighs (skinless, with bone)	1 large onion, diced
1 large potato, skinned and diced	1 can (2 cups) chicken broth
1 TBS. corn starch and 2 TBS water (to make a slurry)	

[Note: to make HH, leave out the potato]

In a small Dutch oven / large skillet, lightly brown onions in oil. Press chicken into Paprika and salt, move onions to the side, and begin browning chicken lightly. Add all other ingredients (including remaining paprika and salt). Cover and simmer for about 40 minutes. Remove cover, add slurry, bring to a boil.

## 325. Ground Turkey Breast Gyros Loaf (HH) **V**

1.3 lbs. ground turkey breast (93% lean or better)	½ cup bread crumbs (whole wheat for heart)
6 turns of the pepper mill	1 egg beater
½ tsp. kosher salt (or less)	1 tsp. marjoram
½ tsp. garlic powder	¼ tsp. onion powder
½ tsp. ground coriander (or more)	½ tsp. Oregano
olive oil	pita bread, (whole wheat for heart)

**Tzatziki Sauce**

1 cup yogurt	dash or two salt
1 tsp honey	½ tsp. dried marjoram leaf
1 tsp olive oil	3 turns of the pepper mill
optional: 1/4 ground cucumber (I don't use)	

Toppings (besides Tzatziki sauce below): sliced tomatoes and sliced (sweet or red) onion are standard fare. Some folks might enjoy sliced cucumbers, giardinera, banana peppers, or pepperoncini with this.

Directions: Preheat oven to 400 degrees. Mix all ingredients in bowl. Spray or brush meatloaf pan with oil; place in pan and bake uncovered for 50 minutes. Remove, slice as desired; I usually slice as for meatloaf and then make a long cut down the middle to halve the slices.

Directions for sauce: Make Tzatziki sauce and chill for at least ½ hour. You can grate up some cucumber into the sauce; I suggest serving cucumber slices for folks who enjoy them instead.

Serve in pita bread, 1 slice per person. You can lightly brown bread in olive-oiled skillet or microwave to warm.

**326. Buffalo Drumsticks (HH) V**

*Can work with any chicken pieces; we often do thighs instead of drumsticks.*

Since it is impossible to make HH Buffalo Wings (because the skin is where most of the cholesterol and fat lies, and wings minus skin equals next to nothing!), here is a way to get that flavor and remain heart-healthy!

1 pkg. (2.5 lbs or 40 oz) chicken drumsticks, skinned  
 ½ cup Louisiana hot sauce  
 3 cloves garlic, chopped fine  
 salt (as needed, maybe ½ tsp)  
 1-2 TBS. brown sugar (to taste) – for heart health, Stevia  
 2 TBS. tomato paste (or half a small can)

Brown legs in a little oil in a (ideally cast iron) high sided frying pan or Dutch oven on a medium flame on all sides. Add all other ingredients, mixing paste with water, and simmer, covered, for about 30 minutes, reducing flame a bit. Stir occasionally. If you want a thicker gravy, thicken with a little Wondra flour or a starch slurry.

Can also be cooked in an Insta-pot (or other pressure cooker); brown first and cook for about 15 minutes on high pressure.



### 327. Turkey Breakfast Sausage Patties (HH) V

1-½ teaspoons dried sage                      ¾ teaspoons salt  
 1 teaspoon ground black pepper          1/8 teaspoon dried marjoram  
 1 teaspoons brown sugar                    1/8 teaspoon crushed red pepper flakes  
 1.3 pounds ground turkey breast      1 eggbeater  
 ¼ cup breadcrumbs (whole wheat for HH)  
 1-2 TBS olive oil (for browning)  
 Dash baking powder (optional)

Mix all ingredients by hand, except for oil. Heat a skillet with a low/medium flame and add oil. Shape into small patties, about 20 to a 1.3 lbs. turkey breast. Fry over low flame or bake in oven.

Note: For breakfast sausage crumble, leave out breadcrumbs, eggbeater, and baking powder.

### 328. Turkey Sausage Jambalaya: Ed's Way (HH)

1 lb. smoked turkey sausage, cut into disks      1 medium or large red onion, diced  
 1 green stuffing pepper (medium) diced          1 tsp. vegeta or 1 chicken bullion cube  
 1-2 cups cooked rice (brown for heart)          5 cloves crushed garlic  
 1 can beans (red is best, black is good too)      1 can diced tomatoes  
 Hot pepper (your choice: I like ½ habenero)      veggie of choice (okra, pumpkin)  
 2 stalks celery very fine chopped (or ½ tsp. seeds) 1 tsp. Honey or equivalent Stevia for HH  
 1 tsp. dried leaf thyme (or ½ powdered)          pepper as preferred  
 ½ tsp. ground coriander                              optional: ½ cup cooked greens (turnip greens, etc.)  
 Olive oil

When done, taste; add more sweetener, salt, and black pepper, if necessary.

Sweat onions and celery in olive oil. Then sweat peppers. Then lightly cook sausage disks. Then add all other ingredients except for the cooked rice. Simmer 25 minutes over medium-low flame. Then add rice and heat through, stirring frequently, for about 5 more minutes.

### 329. Mock Liver Sausage – Ground Turkey (HH)

1.25 lbs. ground turkey breast (93% lean)      ½ tbsp salt  
 1 tsp. onion powder                                  ½ tsp. black pepper  
 ½ tsp. brown sugar                                  ¼ tsp coriander  
 pinch mace    pinch marjoram  
 pinch or two allspice                                water (to simmer, minimum)

Simmer for about 15 minutes, then let cool, blend in food processor; pour into bowl and let chill in refrigerator at least 4 hours and ideally overnight. Use as a spread.

### 330. Italian Sausage Turkey Crumble (HH)

1 to 1.25 Ground lean (93%) turkey	½ tsp. salt
1 TBS. Fennel seed	½ tsp. black pepper
½ tsp red pepper flakes (more for hot)	1 tsp. Parsley
2 TBS oil (optional)	

Directions for sausage: spray frying pan with cooking spray, add about 2 TBS oil, Add all ingredients and brown.

### 331. Mock Pepperoni Patties – (HH) **V**

1.25 lbs. ground turkey breast (93% lean or more)	1.5 tsp. salt
1 tsp. sugar (or half packet stevia)	1/2 tsp. Cayenne
1 tsp. paprika	1/3 tsp. anise seeds
1/3 tsp. garlic powder	1 TBS. red wine
1 tsp. wine vinegar	½ cup bread crumbs (whole wheat for heart)
Olive oil to fry	1 egg beater

Form into patties and brown on both sides. Simmer in sauce 12-15 minutes. I simply use a double can of tomato paste and 2.5 or 3 cups of water for sauce; enough seasoning in the meat. Serve with pasta.

### 333. Beans and Turkey Sausage: Ko-ko-mah Inspired (HH)

*When we went to the Ko-ko-mah 2011 reenactment and saw all the food simmering over wood fires in iron Dutch ovens, Ed got a taste for beans and sausage, HH style. He came home and whipped up this recipe, and Marylu urged him to include it in our recipe book. So here it is!*

1 smoked turkey sausage, cut into 1.5 inch disks	4 cloves garlic, crushed
1 can red beans	1 sweet or red onion, chopped
1 can northern or navy beans	1 tsp. vegeta or chicken bullion cube
½ cup dried lentils (orange are best)	1 disk jalapeno (½ inch) or 3 dashes cayenne
1 TBS. brown sugar (stevia for HH)	3 turns of the pepper mill
1 TBS. tomato paste	salt to taste (later); vegeta/bullion adds salt
1 cup water	

Add all ingredient together. Bake covered (ideally in a cast iron Dutch oven) at 300 degrees for two hours.

### 334. Edwardian Chicken (HH)

Chicken pieces (or one cut up)	1 slice cheddar or American cheese (we use 2%)
4-5 slices turkey bacon	2 or 3 cloves garlic, crushed (or powder)
1 sweet onion, diced	1 cup water
1 jalapeno, remove seeds/membrane sliced	1 tsp. vegeta or 1 chicken bullion cube
3 TBS. WW flour	1 cup cold milk (we use skim)
olive oil for browning (3 TBS?)	

In a heavy pot (dutch oven is ideal), lightly brown onions, turkey bacon, jalapeno; when brown, add chicken and brown. Add water, vegeta (or bullion cube), and garlic. Simmer on medium flame, checking and stirring every 7 or 8 minutes to see if more water is needed. Cook this way for about 40 minutes.

Meanwhile, in a 1 or 2 quart pot (cast iron is best), dry brown the flour (or make a roux of oil and flour, if you prefer) until light tan. Turn off flame, and patiently whisk the cup of milk into the flour. When all lumps are gone, break cheese into pieces and add to the milk mixture. Then add this mixture into the first pot with the chicken, and simmer for about 10 minutes, until gravy is thickened. Serve over rice (brown rice for heart health)

### 335. Leftover Turkey Chili (HH) V

Worth roasting a turkey so you can have leftover meat to make this!

1 and ½ to 2 cups chopped turkey	1 can kidney beans
1 can Ro-tel tomatoes or equivalent	1 can northern beans
1 onion, chopped	4 cloves garlic, crushed
1 pkg Prince Edward Medley and 1/3 pk. peas OR mixed veggies	1 tsp. cumin
1 TBS. Chili powder	½ tsp wine vinegar
2 tsp. Equivalent sweetening (Stevia packet)	
½ tsp salt	

SERVE OVER PASTA (whole wheat for heart health), RICE (brown) or BARLEY

In a deep sided pan, pot, or Dutch Oven, brown onion. Add a bit of olive oil and add garlic and turkey and lightly brown. Then add all other ingredients and simmer, covered, for twenty minutes.

## 337. Chicken, Collards & Pasta in Pumpkin Chipotle Sauce (HH)

4 chicken breasts (or leftover equivalent)      olive oil for browning (32-3 TBS?)  
 1 bunch collard (or other) greens, finely chopped      water (as needed)  
 1 bottle Aldi Pumpkin Chipotle sauce      1 pkg. Pasta, cooked (we used rigatoni)

Make pasta according to package directions. While the water is heating for the pasta, you can work on the rest of the meal.

This is a great dish to use leftover chicken, but remove bones and skin. Or use fresh chicken. In a deep large skillet with a cover (or dutch oven), add oil and turn up to high heat. When oil is hot, add greens (and raw chicken if raw) and cover, stirring every couple of minutes for about 10 minutes. Then add cooked chicken (if not using raw), sauce, rinsing out jar with ½ cup or more of water and add that as well. Simmer for about 12-15 minutes over a medium flame, stirring occasionally. Taste greens to make sure they are at your desired level of softness; if not, simmer longer, adding water if needed.

**Need to make your own pumpkin Chipotle sauce?** Here is a recipe I adapted from online.

1-2 TBS olive oil      1/2 Chipotle pepper (canned) chopped (half a pepper, not a can!)  
 1 diced onion      2/3 cup milk  
 2 cloves garlic, crushed      1/2 teaspoon salt  
 1 can (15 oz) chicken broth      dash ground nutmeg  
 2 cup pumpkin puree      3 turns of the pepper mill  
 2 tsp. Sugar or stevia

Lightly brown onions in oil. Add all other ingredients, except milk, and simmer on medium heat, covered, for 15- 20 minutes, stirring every few minutes. When done, turn off and stir in milk.

## 338. Cajun Chicken for the Pressure Cooker (HH)

Skinless chicken, 2-4 lbs.      1 quart (or less) chicken broth  
 1 cup raw rice      2 zucchini, sliced into disks  
 1 onion, chopped      2 tsp. Dried lemon thyme (or regular thyme)  
 1/2 chopped green pepper      1 TBS Dried oregano  
 2-3 stalk celery, chopped      ½ to ¾ tsp. Cayenne  
 1 can red beans      1/2 tsp. Salt (for starters)  
 2 TBS olive oil

*This dish is spicy, but for extra spicy, use ¾ tsp. Cayenne. This dish is somewhat soupy (we eat it in bowls, but Marylu prefers it this way) – for a more traditional chicken and rice feel, use 3 and 1/4 cups chicken broth (or 3 cups and 1/4 cup water) rather than one quart.*

Brown onions, peppers, and chicken in olive oil on saute' setting (if your pressure cooker has one) or in a frying pan. Then add all ingredient and cook on high pressure for 15 minutes. Let cool down naturally for 15 minutes before releasing steam.

### 339. Turkey Croquettes (HH) V

1.3 lbs. Ground turkey (93% lean)	2 cups chicken broth (or water + vegeta)
½ cup breadcrumbs (or corn chex crumbed)	olive oil for browning (about 2 TBS or more)
1 egg mixed (or 1 egg beater)	½ tsp. salt
1 tsp. Spike (or poultry seasoning)	½ tsp. Hot paprika or 2 dashes cayenne
thickener (we use guar gum, can use a little starch plus water or flour)	

Start warming up a frying pan with olive oil on medium heat. While warming, mix up patties in a bowl, combining meat, breadcrumbs, egg, spike, salt, baking powder, and paprika. If too wet, add more breadcrumbs.

Form into patties and lightly brown on both sides. You may need to add a bit more oil when you flip over. After both sides are lightly browned, add broth (or vegeta plus water) and simmer covered for at least 10 minutes. Thicken with starch, guar gum, or flour). Great with mashed potatoes. Note: To make gluten free, crumb corn chex in blender and use instead of bread crumbs.

### 340. Chicken (or Turkey) Pot Pie V

This is NOT HH. [note: you may substitute 2.5 or 3 cups of turkey meat]

#### Ingredients

3 boneless skinless chicken breasts, cut to small chunks	3 medium carrots, peeled and sliced
1/2 cup frozen green peas	1 large stalk celery, sliced fine
1 cup frozen green beans	1/2 tsp. Spike or poultry seasoning
1 small or half large onion, diced fine	¼ tsp. salt
1 can Cream of Chicken soup	½ tsp. Hot paprika or 3 dashed cayenne
¾ cup evaporated milk or half and half	2 (9 inch) unbaked pie crusts
olive oil (about 2 TBS)	water (as needed)

#### Directions

Preheat oven to 425 degrees F (220 degrees C.)

Spray frying pan or dutch over with cooking spray. Add oil on medium flame. Then add onions and saute. The add and lightly cook chicken until all white. Rinse well in colander. Return to frying pan with all other vegetables and seasonings and some water (½ cup to start; you don't want a lot). Simmer covered (adding more water if needed) for 20 minutes.

In a bowl, whisk together can of soup with milk until fairly smooth. Add to meat/vegetable mixture in frying pan, stir often and cook until heated through.

Spray a pie dish with cook spray. Unroll and place one pie crust on bottom. Then add mixture; it is possible you may not be able to put all the mixture in the crust (leftover mixture is worth fighting for!). Cover with top crust and seal the edges. Poke at least 7 or 8 fork holes in the crust to let out steam.

Bake for 30 minutes, or until pastry is golden and filling is bubbly. Let it cool off for at least 10 minutes before serving.

### 343. Chicken Ranchero Casserole

1 can cream of mushroom soup	1 can tomatoes with chilies (or Ro-tel)
1 cup milk	1 cup crushed tortilla chips
3 chicken breasts, cubed	4 cloves garlic, crushed
3 cups shredded cheddar cheese	½ tsp. Onion powder
3 cups cooked pasta (shells, elbows, etc.)	1 tsp paprika
optional: ½ Chipotle pepper/sauce	

Serve with sour cream and salsa!

Directions:

Brown chicken cubes. Mix milk with soup with a whip. In a baking dish or Dutch Oven (spray with cooking spray), add all ingredients EXCEPT crushed chips (which are for topping). Mix all together. Then top with crushed chips, bake at 400 degrees for 20 minutes.

### 344. Marylu's Amazing Deep Dish Pizza V

This pizza recipe evolved over the years. You really have six parts to this recipe: (1) cooking the wild rice, (2) the dough, (3) the sauce, (4) the turkey sausage crumble – if you are using it, (5) the assembling, and (6) baking the assembled pizza.



You can substitute pepperoni or any topping for the turkey sausage crumble, or simply make a cheese pizza. Or you can load it up with the works. Your choice.

The crust began with a bread recipe from an Orthodox Monk, found in, “Brother Juniper’s Bread Book” by Peter Reinhart. Marylu altered it in a number of ways, one of which was using 50-50 whole and white wheat flours.

She developed the sauce over the years, and it is amazing. The wine really makes it.

If you choose to use Italian Ground Turkey Crumble (tastes like Italian sausage with almost no fat), that is Ed’s innovation.

Also, you can make it traditional style (crust, sauce, meat, and cheese on top) or Chicago style (cheese, meat, and sauce on top sprinkle with Parmesan) or Marylu style (sauce, cheese, and meat on top). Both

the Chicago and Marylu style help the cheese not to brown and keep all the stretch and gooey nature of Mozzarella.

### **Dough ingredients:**

4 cups sifted flour*	2 TBS sauteed chopped onion or (1 TBS dried)
2 TBS honey or sugar	2 TBS COOKED wild rice (1 TBS dry)
2 tsp. Yeast	2 tsp salt
3 TBS buttermilk or yogurt	¾ to 1 cup water

\*either white bread flour, whole wheat flour, or, our preference, half of each

Before starting dough, cook the wild rice in a small pot with a tight cover. Use about ½ cup of water; bring to a boil and then slowly simmer rice over very low flame, covered, adding a more water if needed. Takes about 30-40 minutes until mostly softened (when it rice pops open).

You can knead as you would for bread, or simply put ingredients (dry first, except salt) and then liquid (with salt) into bread maker (along with cooked wild rice and sauteed onions) set for a dough cycle.

If by hand, knead 10-12 minutes until elastic, adding more water if needed. Put in a bowl, cover with a towel, and put in a warm spot for 45 minutes to 1 and ½ hours to rise.

*While dough is rising, cook the sauce and make turkey sausage crumble.*

Because of buttermilk and honey (sugar), you only need one rise.

Form by tossing, pulling, (or both) the dough You will want to make about a 14 inch diameter circle because you will later stuff the crust, bringing it down to a 13 inch circle (we have a 12 inch pizza stone)

Get a pizza stone (preferred) or cookie sheet, sprinkle with cornmeal.

### **Sauce:**

Start cooking the sauce while the dough is rising, about 30 minutes or more before constructing pizza.

### **Sauce Ingredients:**

1 can stewed tomatoes, blended	2 TBS. Red wine (cheap wine is fine)
¾ can tomato paste	¾ tsp oregano
¼ tsp onion powder	½ tsp basil
¼ tsp garlic powder	¼ tsp salt

Spray sauce pan with spray. Mix well and simmer over very low heat for 15 minutes, stirring

occasionally. Let cool.

### **Turkey Sausage Crumble**

1 to 1.25 Ground lean (93%) turkey	½ tsp. salt
1 TBS. Fennel seed	½ tsp. black pepper
½ tsp red pepper flakes (more for hot)	1 tsp. Parsley
2 TBS oil (optional)	

Directions for sausage: spray frying pan with cooking spray, add about 2 TBS oil, Add all ingredients and brown.

Note: It is important to use this lean turkey; there is so much meat on such a small pizza, it would be too greasy otherwise.

#### *Assembling the pizza:*

Dough spread out on pizza stone or sheet	1 lb. Shredded mozzarella cheese
pizza sauce	turkey sausage crumble or pepperoni
oregano (for sprinkling)	olive oil (1- 2 TBS.

### **Assembly**

Spread oil on top of dough with a basting brush to help seal from sauce. Then add in desired order:

Chicago: cheese, meat, sauce and sprinkle of Parmesan cheese  
 Marylu: sauce, cheese, meat  
 Typical: sauce, meat, cheese

Stuff the crust with some of the mozzarella by folding over. Sprinkle the crest with garlic powder.

Sprinkle with oregano. Bake at 350 degrees for 40 minutes to an hour, until bottom of dough is starting to get a little brown.



## 345. Volcano Pizza



This is Ed's original idea and recipe and his contribution to mankind's culinary interest. This is in a category all its own. It is called "Volcano" because it looks like a mountain, and the if the sauce oozes out, it slightly resembles lava.

One medium pizza feeds 4-6. When you read it, you will understand.

### Ingredients:

1 lb. Pizza dough (frozen or made at home, recipe below for homemade dough in bread maker). I buy frozen dough at Meijers. You need to take it out a couple of hours and let thaw on kitchen table. Follow directions on bag.

*The process is to have the toppings ready first, then blind bake the dough, and then add the toppings and bake some more.*

*The ingredients below have to be cooked BEFORE putting them on the pizza.*

LOTS of olive oil (canola could work if necessary)

1.3 lbs. Italian sausage crumble, homemade (recipe below)

1.5 zucchini, cut in thin disks and fried in olive oil until softness

1.5 stuffing pepper, cut into strips and friend in olive oil

1 can mushrooms, drained and browned in olive oil

½ can artichoke hearts, lightly browned in olive oil

1 large onion (any onion will work, but sweet is better), cut into thin strips and lightly browned in oil

1 jar (28 oz) Aldi spaghetti sauce or Prego, traditional

1.5 lbs. Shredded mozzarella

cornmeal (optional)

**Note:** *Asparagus also works if you want to sub it for an undesirable vegetable above. Broccoli could probably work, as would cooked eggplant.*

Procedure: Roll out and pull out dough. Add cornmeal (if you have it) to pizza stone, or, if using pan or cookie sheet, spray with cooking spray and add cornmeal.

Place dough on stone/cookie sheet. Spray or brush on olive oil and bake it at 425 degrees for 8-9 minutes, until crust is just beginning to brown.

Remove quickly from oven and work fast.

Add about ½ lb. Shredded mozzarella. Then add sausage and about ½ jar of spaghetti sauce. Add all vegetables and then the rest of the sauce on top. Add the rest of the cheese (about 1 lb), carefully mounding it and pressing it so that it stays in place. Sprinkle with oregano and bake at 425 degrees for 20-25 minutes. Cheese will be partly browned when it is time to remove.

Remove and let settle for at least 10 minutes (if you can wait) before cutting into 8 slices with pizza cutter or knife. I usually eat two slices and am quite full. Marylu most often consumes one and a half slices. Many eaters are full with just one slice.

### **Italian Sausage Crumble**

1.25 Ground lean (93%) turkey	¾ tsp. salt
1 TBS. Fennel seed	½ tsp. black pepper
½ tsp red pepper flakes (more for hot)	1 tsp. Parsley
2 TBS oil	

Directions for sausage: spray frying pan with cooking spray, add about 2 TBS oil, Add all ingredients and brown.

Note: It is important to use this lean turkey; there is so much meat on such a small pizza, it would be too greasy otherwise.

### **Pizza dough for Bread maker**

1 cup and 2 TBS warm water  
 2 TBS. oil  
 3 cups flour (white or 50-50 white and whole wheat)  
 1 tsp. Sugar  
 1 tsp. Salt  
 2.5 tsp. Active dry yeast

Directions:

Spray cooking area of bread maker with cooking spray. Place ingredients into bread maker in the order listed. Select dough cycle.

### 346. Ground Turkey and Broccoli Stove Top (HH)

1.3 lb. 93% lean ground turkey                      2 tsp. dried basil  
 1 large onion, chopped                                1 tsp. Dried oregano  
 5-6 cloves garlic, chopped                            1 scant tsp. Dried rosemary  
 1/3 lb. Dried pasta                                        3/4 tsp vegeta or 1 chicken bullion cube  
 1 (12 oz or more) pkg. Frozen broccoli        1/2 green pepper, sliced (optional)  
 olive oil (for browning) & 2TBS for mixing 1/3 tsp. Red pepper flakes  
 2 tsp. Parmesan (more for table use) 5 turns of black pepper

Get salted water for boiling pasta and broccoli (together in one pot). While water is heating, in a large frying pan or Dutch oven, brown onion in oil, then add and lightly brown green peppers, and then add garlic and all other seasonings. Brown for another minute. Then add ground turkey to pan and simmer/brown until well cooked.

When water begins to boil, added frozen broccoli. When water is back to boiling, add pasta and cook for time allotted on package instructions. Drain in colander, and add drained pasta/broccoli to frying pan mixture and mix well, adding oil. Add Parmesan or Romano cheese. Serve with additional cheese available.

### 347. Szechuan Chicken (Heart-Healthy) V

You don't want all your stir-fry meals to taste the same. I have combined recipes and honed them to match the ingredients I have at home on hand. We like this recipe. It is medium hot, so it has a bite. You can up or reduce the heat by adding to taking away a chili pepper

2 lb. Boneless chicken breast, chunked to 1"                      1 green stuffing pepper, sliced  
 1 dried chili pepper, crunched (only 1)                                1 large onion, coarse chopped  
 2 slices pickled or fresh ginger (or powder)                            1/4 cup soy sauce  
 1 big bunch turnip or other greens or cabbage                            2 TBS cider vinegar (or rice vinegar)  
 1 can sliced water chestnuts    5 cloves garlic, crushed  
 equivalent of 2 tsp sugar (1 packet Stevia)                                2 TBS oil (peanut is best)  
 5 turns of the pepper mill    4 drops sesame oil (not necessary but better)  
 1 cup chicken broth or vegetta + water                                    3 carrots sliced  
 1/3 cup rice wine    optional: additional greens (kale, bok choi, etc.)  
 thickener (*cornstarch + water or, for heart health, guar or xanthum gum*), to preference

**Taste test when done; may need more sugar or soy sauce**

Serve over bed of rice (we use brown) or pasta (we use whole wheat thin spaghetti)

Directions:

In a hot wok or large frying pan, lightly dry brown the onions. Then add oil, ginger, garlic, green pepper, chili peppers, broccoli and carrots (optional). Stir fry for about 7 minutes. Then add chicken and stir fry another seven minutes, mixing every couple of minutes. Add rest of ingredients (except thickener), cover, and heat on medium-high flame for about 15 minutes (until vegetables are soft), stirring occasionally.

Add thickener by mixing 1-1.5 TBS cornstarch with 1/3 cup cold water. Mix well and pour into simmering liquid in wok. For HH, use about 1 tsp. Guar or Xanthan gum mixed with 1.5 tsp. Oil (peanut oil is what I use, but canola is fine). Drizzle this into liquid in wok. Add more thickener if desired.

Note: I make this a little light on the salt (relying on soy sauce). Adjust as desired.

Serve over rice, noodles or pasta.

## 348. Cauliflower and Chicken (or Turkey) Pot Pie **V**

2-3 boneless chicken breasts, chunked	6 turns of the pepper mill
1 pkg. Frozen cauliflower	3/4 tsp marjoram
1 (sweet is best) onion, diced	1/4 tsp. Mace
2 slices cheese (Colby jack, cheddar, etc.)	1/4 tsp. Hot paprika or 2 dashed cayenne
3/4 cup chicken broth or vegeta or bullion +water	1 heaping TBS flour
prepared pie crust (two pieces)	oil (for frying), about 2TBS
4-5 cloves garlic, crushed	1/2 cup half and half

Take out pie crusts to warm to room temperature half an hour before beginning prep.

Preheat oven in 425F.

In a large frying pan, add oil, lightly brown onion. Then add chicken and lightly brown. Then add marjoram, mace, garlic, and paprika: brown another minute. Mix in flour and brown over medium-low flame for a minute or two, stirring. Add broth (or vegeta) and bring to a good simmer. Mixture should be very thick. Turn off flame, remove from heat and stir in black pepper; then stir in half and half. Set aside while preparing pie crust.

Spray a large pie plate with cooking spray or grease. Gently unroll one pie, arrange on bottom of plate. Add about half the mixture, spreading on top of the crust. Then break up the cheese into pieces and evenly place over mixture. Then add rest of mixture.

Add second crust on top, crimping to first crust. Poke plenty of air holes in the top crust with a fork.

Bake for 25 minutes and check to see if crust is beginning to turn brown. If not, continue baking, checking every five minutes until crust start developing a light brown color (like a pie should look!). Let cool at least 15 minutes before serving.

## 349. Grilled Greek Chicken Legs

[Note: you can use other chicken part; this is a delicious, flavorful meal]

Light grill before or halfway through the marinating time. You want the grill to be good and hot.

Marinade:

Add chicken to a mixing bowl or other large container. Then add marinade ingredients. Marinate for at least 20 to 30 minutes, **mixing up every 5 or 10 minutes.**

4-5 lbs chicken drumsticks	5 turns of the pepper mill
1 tsp. Garlic powder	2 TBS. Ponzu (or 1 TBS soy sauce and 1 TBS lemon/lime juice)
1 tsp onion powder	1 TBS. soy sauce
½ tsp coriander	1 TBS. balsamic vinegar
1 TBS oregano	½ tsp. Hot paprika or two dashes cayenne

**At End:**

Juice of one lemon, room temperature or warmer (can nuke if it too cold).

1 tsp. Finely ground oregano (I used a mortar, but you can crush with a rolling pin or coffee grinder)

**Cooking:** Place chicken on hot grill. Cook time is about 25 minutes to ½ hour. Cook 7 minutes on one side, then 7 minutes on the other. Move around grill so that less -done pieces are transferred to “hot spots,” and very done pieces to cooler areas on the grill. Then turn over and cook 5-7 on each side. For smaller drumsticks, you can cook them a little less and put them on the upper rack to keep them from getting burnt.

When done, arrange on plate, drizzle lemon juice over chicken, sprinkle fine oregano over chicken.

A great side dish is “Greek Spinach Rice” (see # 765)

Veggie: A frozen blend of Italian vegetables (tip: when veggies are done, drizzle a little olive oil on them and squeeze the juice of ½ lemon and a tad of salt).

## 350. Thanksgiving Turkey Roast

1 turkey, gutted and defrosted	1 TBS garlic powdered
1 TBS vegeta or vegetable powder*	½ tsp. Black pepper
2 TBS spike or poultry seasoning	½ tsp hot paprika (or regular + 3 dashes cayenne)
2 tsp. Brown sugar or stevia packet	1 cup water

Cut large pieces of aluminum foil to wrap turkey into a tent. Foil should make a “u” shape from high up one side down to the bottom and up the other. This will make a tent for the turkey to steam. Spray foil with cooking spray.

Put turkey in pan. Spread seasonings in cavity (unless stuffed), on top, on legs, etc. Add water and fold foil into a tight dome/tent. Bake at 325 depending upon weight of turkey. For 20 pounds, total bake time about 4- 5 hours. For the last hour, increase to 400 degrees and open tent on top to brown top of turkey.

\*vegeta is very salty; if you do not have it, use 4 chicken bullion cubes; or you could use about 1,5 to 2 tsp salt if you don't want to do either; vegeta, however, is a good product that adds much to cooking.

### **355. Ethiopian Chicken with Cabbage**

See recipe 219 and substitute chicken for fish.

### **356. Pulled Chicken (Barbecue)**

This can be made with a slow cooker, but here is the pressure cooker (Insta-pot) version.

This is a low fat meal, but not necessarily heart-healthy because of all the sugar.

4-6 chicken breasts (can be frozen)	1/4 tsp. Ground ginger (or fresh)
1/4 cup brown sugar	1 TBS chili powder
1 TBS. Paprika	1/2 tsp. Cayenne
1.5 TBS. Kosher salt	8 turns of the pepper mill
3 onions, cut into quarters	1/2 bottle of 28 oz. Size Sweet Baby Ray's barbecue sauce
3/4 cup water	2 tsp. Cider vinegar

Serve with: 1 package substantial hamburger buns (whole wheat are best) or hoagie buns (toasted).

Directions:

Spray pressure cooker with cooking spray. Cook on medium pressure for 45 minutes (I use the "Beef Stew" setting). When done, shred with two forks. Serve with a bottle of Sweet Baby Ray's barbecue sauce.

### **357. Curried Chicken with Cauliflower, Carrots, & Rice V**

This began as a recipe I found online from Rachel Singer at mashupmom.com. I changed it a lot to suit Vasicek tastes and procedural routines, including adding greens.

A curry is a spice blend; there are many, many different curries. The one I used is called Muchi curry. You can use your own favorite, or even Tandoori powder.

#### **INGREDIENTS**

2.5 – 3 cups of COOKED rice	1 medium onion, chopped
4 chicken breasts, cut into chunks	1 tsp. Cumin
2 TBS olive oil, optional (we dry brown instead)	1 tsp. Soy sauce
1 12-oz package frozen cauliflower	5 cloves garlic chopped (or bottled)
4 medium carrots, peeled and sliced into disks	1 TBS. Curry powder (Muchi)
1 bunch mustard (or other) greens, chopped	1 cup water
1 tsp. Smoked paprika	1 cup plain yogurt

If desired, thicken with a slurry of 1 tsp. Starch in ½ cup cold water, or thicken alternatively.

Garnish with chopped fresh chives/onion greens or sprinkle on dried greens/chives (optional).

Directions: Brown onions in oil (or dry brown as we do), then add chicken chunks and brown lightly. Add all ingredients except cauliflower, rice, yogurt, and thickener. Simmer, covered, on medium heat for about 10 minutes, Add cauliflower and simmer another 15 minutes, stirring occasionally. Remove chicken onto a plate or bowl temporarily. Add thickener, if desired. Once thick, turn of heat. Add cooked rice and yogurt.

Taste test and adjust salt if needed.

Serve with onion greens/chives, if you desire.

## **358. Quick Cacciatore with Cooked Chicken and Squash (HH)**

This is a delicious dish, great from store-bought cooked chicken. Fast.

### Ingredients:

Begin with ½ or more of a cooked chicken or 2-4 pounds of cooked chicken breast (or cubed raw)

2 can stewed tomatoes

1tsp. Basil

1 onion chopped

1 tsp. Oregano

2 tsp. Dried parsley

2 dashes cayenne

3-4 cloves crushed garlic

2 zucchini or yellow squash, sliced (or spinach)

2 TBS red wine

5 turns of the pepper mill

1 tsp. Paprika

1-2 cans mushrooms, drained

½ tsp salt or Vegetta

oil for browning

water as needed (begin with 1/2cup)

½ tsp sugar or equivalent stevia

### Directions

In a large high sided frying pan or dutch oven, saute onions in oil, then saute zucchini. Blend tomatoes in blender. Add tomatoes and all ingredients, and simmer covered (with chicken) for about fifteen to twenty minutes (until zucchini are soft), stirring occasionally and adding more water if needed.

Serve with either pasta or rice. Sprinkle with Parmesan cheese.





## VVV 400. BEEF & BEEF PRODUCTS VVV

### 401. Ed's Original Beef Stew V

*for the crock pot or cooked slow in oven on stove top or instapot*

1 can mushrooms	¼ cup red wine
1 TBS dried parsley	2 tsp. paprika
2 and ½ lbs. beef, cubed	3 bay leaves, whole
3-4 potatoes, skinned/cubed	2 cups (1 can) beef broth
3-4 carrots, diced/skinned	2 dashes cayenne
1 large onion, minced	salt (½ tsp. for starters)
3-4 stalks celery, diced	1 tsp. basil
5 cloves garlic, minced	¼ tsp. Black pepper
½ cup frozen peas	1 C. water (for starters)
2-3 handfuls frozen green beans	½ C flour (to thicken)

Serve with cooked egg noodles or drop dumplings (spaetzle) or crusty bread.

Variation 1: Add a can of stewed tomatoes (or several fresh tomatoes)

Variation 2: do not thicken with flour, replace broth with water. Early on, add seasoning packet from Ramen soup with crunched up Ramen noodles.

#### DIRECTIONS:

Brown beef. Add all ingredients to crock pot EXCEPT flour and noodles. Cook on "high" for 4 to 5 hours, or low for 9 hours. If using Instapot, high pressure for 35 minutes.

Prepare egg noodles per directions on package (unless using variation 2). While the noodles are boiling, remove portions of meat from the stew and roll around in the flour, coating the meat (unless using variation 2). Return meat to stew. Continue doing this until desired thickness is achieved. Serve over noodles or with drop dumplings.

### 402. Svickova, aka, "Czech Sauerbrauten"

Also called "Pickled Beef"

*One of the best beef meals from the Old World! We only make this on rare occasions; it is rich and very fattening! But it is GOOD! We once had to take the plate away from a guest because he was eating himself sick. Really, it is that good.*

Rump or other beef roast (2½ to 3 lbs.)	3 whole allspice
1 large carrot, skinned & ground	2 bay leaves
1 parsnip, skinned & fine ground	1 can beef broth
1 cup sour cream	1 tsp. salt (for starters)

1 cup sweet cream  
(or condensed sweetened milk)

1 tbs. white vinegar

Cut meat into slices and brown in hot oil. Then put in sprayed baking pan. Add all ingredients except for creams. Bake at 300 degrees for 2 hours, keeping slices almost covered with broth; add water if needed.

When done, remove from oven and stir in sweet and sour creams. Best served over bread dumplings (find recipe in bread/dumpling section of this book or purchase if available in your area), but also great with drop dumplings (also in above section). Noodles will serve, but not as well.

Option: The Old World way is to tenderize the meat by marinating in 1 C. wine or regular vinegar, 1 C. water overnight or even for up to two days.

### 403. Hungarian Goulash (Beef Stew) V

Pictured here with bread dumplings:

*In Indiana, some people call beef 'n mac "goulash." Goulas (goulash) is actually a Hungarian/Slovak/ Czech dish made with cubed beef, and includes paprika, among other things. To avoid confusion, we call this recipe "Hungarian Stew." This recipe is from Marylu's Uncle Bill.*



¼ cup shortening

2 lbs. beef chuck or round, cubed to 1 inch water (if needed to thin broth)

1 cup chopped onion

¼ cup ketchup

1 T Brown Sugar

2t salt

2t paprika

dash cayenne red pepper

1 can beef broth

½ t dry mustard

1 clove garlic, minced

2 T Worcestershire Sauce

2T Flour

Bread dumplings or 3 cups cooked noodles

Melt shortening in large (2 qt) skillet. Add beef, onion, and garlic. Cook and stir until meat is brown and onion is tender. Stir in ketchup, Worcestershire sauce, sugar, salt, paprika, mustard, cayenne, and broth.

Simmer 2 to 2½ hours or until meat is tender (or use a slow cooker and cook 4 hours on high, 8 on low). Then blend flour and ¼ cup water. Stir gradually into meat mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute. Serve over bread dumplings or noodles.

## 404. Beef Paprikash (Beef Paprika Sauce Stew) V

This tastes very different from chicken paprikash, and is easy to prepare. This is one of those great all-around-meals that seems always well received.

2-3 lbs. Chuck, rump, or favorite beef, cubed into 1 inch squares, trimming excess fat	
1 Cup water	½ tsp. Hot paprika OR dash of cayenne
1C chopped onion	1 medium sliced green bell pepper, sautéed
½ tsp salt (add more to taste)	1 C. lite sour cream
3Tbs. flour	1 Tbs. (preferably Hungarian) paprika
1 bay leaf	1 pkg. frozen peas & carrots or fresh
2 cups beef broth	

Brown cubed meat in oil and sauté peppers in oil. Dredge browned meat in flour (use more flour if necessary) and add to sprayed crock pot. Combine rest of ingredients except for sour cream and cook on low in crock-pot for 4-6 hours, or place in oven at 300 degrees for 3 hours. This will tenderize meat. When done, stir in sour cream. Serve over egg noodles or bread dumplings or drop dumplings. A cup of beef bouillon may be added at any time for more sauce.

## 405. “A La Vash” Pot Roast V

This is a pot roast recipe developed by my (Ed's) dad; the guys at work called him “Vash.” A nice change from the same old same old.

1 chuck roast (3-4 lbs)	4 potatoes, skinned, quartered into wedges
4-5 carrots, cut into wedges	1 can mushrooms, drained (fresh are best)
1 can green beans, drained	2 large onions, cut in eighths or so
2 tsp Parmesan cheese	2 sm. cans tomato sauce (or mild salsa)
½ cup red wine	½ head of cabbage, 8ths or 16ths
½ tsp. salt	4 cloves garlic, chopped
1 can peas or frozen, (optional)	

Spray a large baking pan w/Cooking spray. Place roast in pan, spread garlic, salt, and tomato sauce on roast. Add vegetables in their own little "colonies" (groupings) so that they are not mixed together. Bake covered at 325 to 350 degrees for 2½ hours. A complete meal in itself.

For Crock Pot: Brown roast first. Then add all ingredients plus ½ cup water and cook on high for 4 hours, low for 8 hours.

## 406. Pepper Steak V

1½ to 2 lbs. lean beef, cube or small sliced	2TBS. Teriyaki sauce or soy
1 small or ½ large onion, finely diced	2 cups beef broth
2 cloves garlic, chopped	3 stuffing peppers, cut up into slices
1 to 2 TBS. Corn starch	3 TBS. oil (peanut is best)
4 tomatoes, cut up (optional)	salt (if needed)

SERVE OVER A BED OF RICE

Spray wok or skillet with Cooking spray. Brown onion, beef, and then lightly brown garlic. Then add tomatoes and peppers. Add all other ingredients (except starch), simmer 15 minutes. Mix starch with a bit of cold water and add to the pot to thicken. Mmmmm good.

Note: If you do not have a wok, an IRON skillet is the next best thing.

## 407. Polish Lasagna or Lazy Cabbage Rolls V

We grew up with Polish style stuffed cabbage (cabbage rolls, galubki, pronounce “gawumpkey”). In one instance, my mother didn’t want to bother par-boiling a head of cabbage, etc. So she invented "Polish Lasagna," which is simply the ingredients from cabbage rolls laid out like lasagna.

I try to make as many rolls as I can with the raw cabbage and then layer the rest.

2 lbs. lean ground beef (or beef & turkey)	1 large head of cabbage, cored and chopped
1 onion, diced fine	1½ cups cooked rice or ½ cup raw
crushed 1/3 cup uncooked oatmeal	2 cloves garlic,
paprika (1 tsp)	Salt (start with 3/4 tsp)
½ tsp. Black pepper	1 12 oz can tomato paste or two 6 oz
½ tsp. Hot paprika or 4 dashes cayenne	marjoram (1 tsp)
1 (46 oz) can tomato juice (Red Gold is best)	1 egg (mixed) or egg
pinch of mace (optional)	1.5 cup milk AND 1 cup water

If ground beef (or turkey) is 90% lean or more, there is no need to brown it, and you may use raw rice, but if you do add another cup of water.

In a bowl, prepare “stuffing” by mixing meat, rice, onion, garlic, oatmeal, salt, and spices (paprika, marjoram, mace, and pepper, etc) and 1 small can tomato paste and egg. Messy.

Spray a Dutch oven or large baking pan with Cooking spray. If you can get off large leaves slit at the spine of the leaf, add mixture and roll, putting seam on bottom. Do this as much as your cabbage will allow. If you are fortunate, you will be able to use up all your stuffing this way and just chop up remaining cabbage and put on top.

If you are not so fortunate, cut up remaining cabbage and put 1/2 on top of cabbage rolls, then rest of mixture on top, then rest of cabbage.

In a large bowl, whisk tomato juice & large can tomato paste with milk and water. Pour over top.

Bake, tightly covered with foil, at 350 degrees for 2\* to 3\* hours or until cabbage is tender (cabbages vary). You will probably need to add more salt when done, and you can check midway to see if you need more water.

\*Shorter cook time if you cut out the ribs of the leaves; I use scissors to cut out a v-shape to remove the thickest part of the rib; I go up a little (2.5 inches on big leaves, 1.5 inch on medium leaves). The ribs on small leaves you can leave as they are. If you do this, cabbage will be done an hour earlier. The leaf ribs are thick and take forever to soften.

Option: layer in large crock pot and cook on high for 4-5 hours or low for 8-10 hours.

## 409. Italian Beef Sandwiches For Crock Pot **V**

This is one of my most shared recipes. When people eat this, they want the recipe! And the best part is that it is so easy! But you do need a good arsenal of herbs and spices.

3-4 lb beef roast (rump, chuck, etc.)	2 tsp garlic powder
2 tsp onion powder	2-tsp oregano
2 tsp marjoram	2 tsp dried basil or more
2-tsp fennel seeds	½-tsp black pepper
½ tsp MSG (aka, "Accent"), optional	¼ tsp. red pepper flakes
1 tsp paprika	1 – 8 oz can tomato sauce
1 can beef stock	olive oil (for browning)
¼ tsp coarse kosher salt (taste test at end to see if more needed) or regular salt	

The recipe directions below are for shredded Italian beef.

Trim excess fat off roast. Cut roast into 4 or 6 pieces, sear in hot oil; then add meat and all ingredients into crock-pot (sprayed with cooking spray). Cook on high for at about 5-6 hours. Tear meat into shreds using forks – I do this in the pot. Ready to serve.

Serve with crusty French or Italian bread or crusty buns. The Chicago way to eat this is to first dip bun or bread (not the crust, but the bread side) into the thin gravy, remove, and add meat and toppings.

Best served with giardinera (find recipe above) or banana pepper slices or pickled jalapenos.

## 410. Boeuf En Daub

Note: best if beef marinated for 2 hours or even overnight. This is an elegant French beef stew. I (Ed) love it, Marylu says it is okay, but she is not that crazy about it. Go figure.

1 cup red wine	2 t salt
¼ cup or more olive oil	½ tsp thyme
1 medium onion, chopped	1 t rosemary
4 stalks celery, chopped	½ tsp black pepper
2 cloves garlic, minced	1 bay leaf
3 lbs. chuck or rump, cut in 1,5-inch cubes	1/3 cup flour
1 can (16 oz) tomatoes	1/3 cup sliced mushrooms
3 beef bouillon cubes	½ cup water

### SERVE OVER EGG NOODLES OR RICE

Marinate beef in oil and wine for at least two hours.

Brown onions, garlic in bit of oil. Add to crock-pot. Then brown beef cubes. Add to crock pot, along with all other ingredients (except flour, noodles or rice). Cook on high for at least 4 hours or low for at least 8. When almost done, remove much of the meat and roll it around in the flour, then return to the pot until it simmers well. This will thicken the gravy. Serve over prepared noodles or rice.

## 411. Pizza Loaf

1 egg	2lbs. 93% lean ground beef
1½ C. pizza sauce *	¼ C chopped onions
1½ t salt	1 (4oz) can mushrooms
¼ t pepper	6 oz Mozzarella cheese, slices
3 cups corn flakes +	

Place egg, pizza sauce, salt & pepper & corn flakes in a large bowl. Beat until thoroughly combined. Add ground beef, onion, pepperoni, mushrooms; mix lightly but thoroughly. Press half of mixture evenly in bottom of greased meat loaf pan. Place two slices of cheese over meat mixture. Press remaining meat over that cheese.

Bake in 350-degree oven about 1 hour. Then cut remaining cheese into narrow strips; remove meat loaf from oven, drain excess fat. Lattice the cheese strips over loaf, return to oven and bake for 3 minutes.

\*For HH, combine 1 can tomato sauce with ½ tsp. Oregano, ½ tsp. Basil, a bit of garlic powder and a bit of onion powder and ½ tsp. Equivalent of sweetener.

+ [To make HH, replace the corn flakes with whole wheat bread crumbs]

**412. Beef Stroganoff, HH** **V**

1½ lb. Lean beef, cubed	½ lb. sliced mushrooms
1 cup onions, chopped	2 T flour (whole wheat for heart)
2 cloves garlic chopped	2 T. olive oil then 1 more if needed
1- 15 oz. Can beef broth	1 t salt
2 T tomato paste	2 T Worcestershire sauce
1/8 t pepper	1 C lite sour cream (when done)

SERVE OVER PREPARED (whole wheat for heart) EGG NOODLES

Rinse beef well to remove as much blood as you can. In a Dutch oven or other large pot, spray with cooking spray. Add oil and brown onions, then add beef to brown. Then add flour and keep stirring over low heat for about 2 minutes. Add broth and all ingredients EXCEPT sour cream. Simmer on low-medium, covered, for about 40 minutes, stirring often. If needed, add more water. When done, mix in sour cream and serve over or with noodle or dumplings.

You can also adapt this for the crock pot, but it is important to brown meat and onions first.

**413. Marylu's Fast, Easy, Tangy Crock Pot Beef (HH)**

1 onion, chopped	2-6oz cans tomato sauce
1½ tsp. Essence of Emeril or Cajun	salt (to taste)
dash of sweetener (if desired)	1 small pot roast or large chuck steak, big pieces

Sauté onions, brown lightly salted meat. Add all to crock-pot. Cook on "high" for at least 4 hours or low for at least 8. Taste for salt; add more if needed. Serve over noodles or rice .

**414. Taco Casserole** **V**

This recipe comes from our old friend, Sylvia Johnson, formerly of Kokomo (now in Yakima, WA).

1 pkg taco seasoning (enchilada mix is better)	1 lb. ground beef
1 onion, chopped	2 cups grated cheddar cheese
1 bell pepper, chopped	1 can pinto beans
3-4 flour or soft corn tortillas, torn	
1 can Cream of Mushroom and 1 can Ro-tel tomatoes with chilies, mixed together	

Brown beef with onion and peppers; drain. Season with mix as you would for tacos or enchiladas. Add pintos. Spray casserole with Cooking spray; put half of hamburger mixture into casserole. Sprinkle some of the cheddar cheese. Place half of the torn tortillas on top; pour rest of hamburger mixture, then top with rest of tortillas. Pour soup/Ro-tel mixture on top of casserole. Sprinkle with remaining cheese. Bake until heated through about 45 minutes at 350 degrees or layer in crock pot and cook on high for 4 hours or low for 8, adding an extra can of tomato sauce and water. Offer your favorite hot sauces for those who want to kick it up a notch. Or cook in crock pot on high for 3 hours or low for 6, but not as long as usual.

## 415. Best Meatballs Ever (HH) V

I usually make golf ball size, about 10 to a recipe. Great with Marinara Sauce or even dilute, Italian-seasoned tomato paste. We use them for meatball sandwiches with crusty bread or buns, or with pasta. If watching cholesterol,, use 93% lean ground beef and whole wheat breadcrumbs.

Mixture:

1 lb. lean ground beef or chuck	1/2 tsp. onion powder
1/2 cup (can be whole wheat) bread crumbs*	1 egg beaten
1/4 cup or more milk*	1/4 tsp. Baking powder
3 cloves garlic, crushed fine or powder	1 tsp.. basil
1/2 tsp. salt	1/2 tsp. oregano
1 Tbs. Parsley	1 tsp. marjoram leaf (or double the oregano)
Two turns black pepper	1/4 tsp nutmeg or mace
Dash MSG, optional	2 TBS. Parmesan cheese

Mix all ingredients and form into about 10 meatballs. Bake at 375 degrees on foiled, sprayed cookie sheet for 40 minutes OR drop raw into simmering marinara sauce and simmer for at least 20 minutes. For a double recipe, use 1 lb. Ground beef and 1 lb. Ground turkey or lean ground pork.

\* for softer meatballs, use enough milk to make the mixture almost mushy, or if you prefer, use small pieces of bread soaked in milk for at least 10 minutes before mixing instead of bread crumbs and milk.

## 416. Enchiladas Troppitas

This is Marylu's original recipe. It takes a bit of work.

1 to 1½ lbs. round steak (or leftover meat)	1/2 tsp Essence of Emeril or Cajun
1 can water chestnuts, drained	1 can tomato sauce
OR fresh cut up jicama (optional)	1 onion chopped
1 tsp. Teriyaki sauce	1 pkg. large flour tortillas
3 Cheese Mexican Cheese mix	chili powder
OR shredded cheddar or favorite cheese (8 oz)	1 pkg. enchilada mix & tomato paste
oil for frying steak (1-2 tbs)	water
rice, cooked (1 cup) –can be leftover	corn (1 can drained or fresh cooked)
chives pt green onions (optional)	

Brown round steak with onion and Essence of Emeril or Cajun in oil. Then add 1 can tomato sauce, Teriyaki sauce, and half can of water. Let cool if time. Shred meat mixture.

In tortillas, apply meat and pan sauce, rice, corn, chives (or fine cut onion) and cheese as desired.

Season with chili powder. Roll up tortillas. You may not want to make all 12 (it is up to you). Place in casserole dish (or two). Pour enchilada sauce over all, add more cheese. Then microwave until hot and gooey (about 15 minutes) or bake. Serve with favorite salsas. Delicious! Also may be served over a bed of lettuce.



## 417. Mexicana

I (Ed) grew up with this meal. My mom probably cooked this more than any other dish. Because of the corn, and mac and cheese, it is not considered HH by the new 2015 guidelines. But, once in a while...Great for people who don't like chili beans!

1 lb. 93% lean ground beef (or venison or turkey)	1 can (14-16 oz) corn, drained
1 pkg. macaroni & cheese mix	2 -8oz. cans tomato sauce
Salt to taste when done	½ tsp. garlic powder

Brown ground beef in a large skillet; drain fat. While browning beef, boil noodles from Mac mix (save the cheese packet for later). When noodles are tender and beef is browned and drained, drain noodles and add to beef. Then add both cans of tomato sauce (and one can water), corn, cheese packet mix, and garlic powder. Simmer for at least ten minutes on low (best if covered), stirring occasionally. Do not salt until tasted AFTER cheese mix is added (it contains a lot of salt).

Serve in bowls with your favorite hot sauce (if desired).

## 418. Dan Boyd's "Roast"

This "roast" is actually cooked in the crock-pot. It is under the "beef" category because that is how we have made it most, but it works really well with venison, too.

My pastor buddy, Pastor Dan Boyd, had a group of his pastor buddies for lunch. He made venison "roast" in the crock-pot. The gravy is delicious. This is not, however, considered HH.

1 large beef chuck/pot roast or venison roast	1 onion, diced
1 can Cream of Celery Soup	2 cloves garlic, mashed
1 can Tomato Soup	4 carrots, cleaned and sliced
1 can Cream of Mushroom Soup*	4 potatoes, diced
salt to taste	oil (for browning)
1 can water	

Tenderize meat with a jaccard or fork. Lightly brown onions and add to crock-pot. Brown both sides of the roast and add it and all ingredients to crock-pot. Cook on high for at least 4 hours. Serve with Italian or other crusty bread and salad to top off the meal.

\*If your roast is not that large and this would make too much gravy, you can eliminate the Cream of Mushroom Soup. The other two soups are essential!

## 419. Beef and Pork Roast Together

So, does this belong under the beef section or pork section? The decisions are driving me crazy! So I have made mine. If you think it should be under the pork section... well, this is America!

1 beef roast, your choice (rump, chuck, etc.)	1 pork roast (not smoked), your choice (fresh picnic, tenderloin, etc.)
4 potatoes, skinned & cut into pieces	4 carrots, skinned and cut into pieces
1 large onion, chopped fine	6-8 cloves of garlic, crushed
1 tsp kosher salt (add more to taste later)	1/8 tsp. Black pepper
1 can Cream of Mushroom soup (for gravy)	2 TBS. Butter and flour (if needed to thicken)

Season roast with salt & pepper. Add roast and all ingredients (except for mushroom soup). Bake in covered roasting pan for about 1½ hours, then uncovered for... .5 hours at 350 degrees. Make sure pork is cooked all the way through. If roasts are large, allow more time.

When done, get a saucepan and add Cream of Mushroom Soup, ½ cup of “drippings” from roasts (strained), and ¼ cup water, if needed. Heat and use for gravy...or

Melt 2 TBS. butter slowly in a saucepan. When melted, stir in 2 TBS. flour. Gently keep mixing it over a low flame until it begins to turn a blonde color. Then whip in (with a metal whip) 1 cup (or more) of drippings from the roast; taste; if too salt, thin with water or milk. Otherwise, you may thin it further with stock (or bouillon and water...either beef or chicken) if needed.

Serve with a crusty bread or homemade biscuits, maybe a salad, too.

## 420. Ching-Wing Meatloaf V

Mix all ingredients, place in a meatloaf pan and bake at 350 degrees for one hour. Marylu's favorite meatloaf. An Ed Vasicek Original. Marylu loves this, Ed says it is okay.

1 lb. Ground beef (93%)	1 pkg. Ramen noodles, crushed
1 lb. Ground turkey (93%)	1 pkg. Ramen seasoning mix
1/2 tsp soy sauce	1 tsp. Szechuan sauce (optional)
1 tsp. Rice wine (optional)	1 can water chestnuts, chopped
¼ tsp. Ginger	½ cup chopped onions
½ tsp. Brown sugar (optional)	2 eggs or egg beaters

Mix all ingredients, place in a meatloaf pan and bake at 350 degrees for 80 minutes. I put a cookie sheet underneath in case it drips (2 lbs of meat loaf really fills a typical meatloaf pan).

## 421. Maria Luccia's Half-Homemade Spaghetti Meat Sauce for Crock Pot **V**

**This, along with Italian Beef, is our most requested recipe from people who have sampled it.**

*This will accommodate 1 lb. of pasta. It is easy to double, etc., for larger quantities. Superior taste.*

*This is the Vasicek family's favorite spaghetti sauce –anywhere and anytime. **Numero Uno.** I followed Marylu (Maria Luccia) and estimated measurements; now I make the sauce, and it is impossible to distinguish mine from hers. It is HH, too. I use 93% ground beef; when making it for a big group, we use double recipe and 1 lb. 93% lean ground beef and one 85% ground turkey (in a chub). You should always use at least SOME ground beef or venison. If you cannot get Aldi's sauce, next best is Prego.*

1 lb. Ground beef or turkey/beef combo	1 26oz jar Aldi's traditional spaghetti sauce(best) or Prego
1 can (8oz) tomato sauce	1 small can tomato paste
1 onion, diced	5 cloves garlic, diced
2 bay leaves	2 TBS. Brown sugar or stevia (scant)
2-3 TBS. Red Wine	1 TBS. Basil
1 tsp. Chili powder	2 tsp. parsley
Salt to taste or chicken bullion or vegeta	Pepper to taste (5 turns of mill)

Directions: Salt and brown ground meat with onion; drain off fat. Add all ingredients (rinse out bottles and cans with a little water and include this too) to crock pot and cook on high for 4 hours or low for 8. Serve over desired pasta (this recipe is plenty for 1 lb. Pasta).

1 lb. 96% lean ground beef	1 onion (red)
1 can re-fried beans (check label for low fat) or 1 can black beans	
7 cloves garlic, crushed	¼ tsp. salt (use more if needed)
1 can diced tomatoes or one large can sauce	1 can enchilada sauce (or mix and water)
1 package Jiffy Corn Muffin Mix	1 tsp. olive oil

Brown onion (lightly) in olive oil, add beef and garlic. Brown and drain. Spray a casserole baking dish with Cooking spray. Add beef mixture. Then spoon beans over beef, then pour tomatoes over beans. Mix Jiffy mix (using skim milk and egg beaters for heart health). Spread over as top layer. Bake uncovered at 400 degrees for 25 to 30 minutes, until golden brown. Serve with salsa, sour cream.

## 422. Marinara Meat Sauce Ed's Best Version (HH) V

2 double cans (12 oz each) tomato paste	2 bay leaves
1 regular can tomato sauce	1 TBS parsley
3.5 cups of water (more if needed)	1 TBS + 1 tsp basil
1 LB lean ground beef or venison	5 turns of the pepper mill
¼ cup Red Wine	1 generous tsp. Chili powder (important)
1 onion, diced and browned	5 cloves garlic, diced
¾ tsp vegeta or 1 chicken bullion cube or salt	2 TBS. Dark brown sugar or stevia
optional: mushrooms	2 TBS Romano or Parmesan cheese

Brown onion, add to sprayed crock pot. Brown meat, drain (if necessary) and add to crock pot. If using mushrooms, brown and add to crock pot. Mix tomato products with water and add to crock pot. Add all other ingredients. Add more water until achieving desired thickness (your call) and cook on high for three hours, high, or low for six. Alternatively, sauce can be baked on low temperature (225) for 3-4 hours or slowly cooked on stove top as desired.

When done, taste test for salt or sugar.

## 424. Stuffed Peppers V

*No need to par boil peppers with this crock pot recipe!*

4-5 large stuffing peppers (or more smaller)	46 oz can tomato juice (not veggie juice)
½ cup raw rice (uncooked)	1 (small) can tomato paste
1 lb. Very lean ground beef (90%)	1.5 tsp. Onion powder (or small chopped onion)
3 turns of the pepper mill	½ tsp. Garlic powder (or 4 cloves, chopped)
2 bullion cubes or 1.5 tsp vegeta	1 egg
½ tsp. Hot paprika or 2 dashes cayenne	shredded cheddar (optional) or grated cheese

Directions: Spray a crock pot with Cooking spray. Clean out peppers by first rinsing, then cutting out stem area and a 1 to 1½ inch radius circle around the stem (depending upon size of pepper). Remove the rest of the “insides” (seed and pulp) with the aid of a grapefruit spoon (or teaspoon).

Prepare stuffing: mix raw (lean) ground beef with raw rice in a bowl. Add onion and garlic powders, pepper, hot paprika (or cayenne), egg, and tomato paste. Mix well together. Messy.

Stuff the peppers with the filling. Add about a cup of juice to the bottom of the pot, and turn the setting to “high.” Arrange peppers as best you can in crock pot. If necessary cut a pepper in half and fill to complete crock pot (if it is tight).

Add tomato juice, being careful not to overfill (sometimes you may have a little juice left over).

Cook on high for 5 hours, or on low for 10, until peppers are soft. When done, test for salt. Serve with shredded cheddar melting on top (optional) or grated cheese.

Can also be made in an Insta-pot, in oven, or stove top.

**426. Taco Meat (HH) V**

½ tsp. cumin	4 cloves garlic, crushed
olive oil (maybe 1 TBS)	3 turns of the pepper mill
½ onion, chopped	½ tsp. coriander
1 lb. extra lean ground beef (we use 93%)	¼ tsp. oregano
1 tsp. tomato bullion (or chicken)	¼ tsp. hot paprika (or regular and dash cayenne)
1 small jalapeño, seeded	dash epazote (optional)
about 1/2 cup water	juice of one small lime

Use a good frying pan (cast iron best); heat oil on medium heat, then brown cumin for about a minute. Then lightly brown onion, then brown ground beef. Add all ingredients. Simmer for about 10 minutes over low heat, or until only a little liquid is left, then serve.

**427. Meldo Italiano (HH) V**

This is a meld of ground beef, canned beans, a variety of vegetables, and some amazing flavors. An enjoyable, tasty, and simple-to-make meal – but you need to have the ingredients. You can probably get by without the artichoke hearts, but you really need the asparagus to get the effect.

1 lb. Ground beef (we use 93% lean)	2 tsp. Dried oregano
2 (6 oz) cans tomato paste	1 tsp. Dried basil
2.5 cups water (add more if needed)	½ tsp. Red pepper flakes
1 can cannellini or northern beans	4-5 cloves garlic, crushed
1 onion, chopped	1 pkg. Stevia (equal to 2 tsp. Sugar)
1 pkg. Fresh or frozen asparagus	2 tsp. Parsley
1 can artichoke hearts, drained/chopped	½ cup red wine
1 small zucchini, sliced	1.5 tsp vegeta or 2 chicken bullion cubes
1 green stuffing pepper, sliced	olive oil, as needed
Optional: one can mushrooms	

Serve with Romano, Parmesan, or Feta cheese.

Directions: This is good served with either pasta or rice, so start prepping that first.

For recipe, brown onion and peppers in olive oil in a deep sided skillet or Dutch oven. Then add hamburger and brown (If you use 93% or leaner, you will probably not need to drain; otherwise drain). Add rest of ingredients and simmer over somewhat low flame covered for ½ hour, checking occasionally. Add more water if needed (you want a sauce that is not soupy but not too thick, either). I suggest you serve pasta/rice in a bowl, and let people stir in desired amounts into their bowl/plate.  
*A very tasty, balanced meal.*

## 430. Lasagna: Ed's Extra Easy Smear Version **V**

*All this information may make it seem hard, but that's because I mention options. You can just skip down to the recipe and directions if you are in a hurry.*

I cook this recipe for church functions, and have feed groups of over 150 with this recipe (multiplied, obviously). This recipe can feed a dozen hungry people or more. We like to eat repeat meals and freeze it in Ziploc bags.

**This recipes needs to sit when done, ideally 30 but at least 20 minutes, or it will be watery.**

Tip: If you want to make it extra easy, you can use 90% (or leaner) ground beef and sweet onion and avoid the entire browning process – just mix it with the cheese/spinach mixture and “smear” it as one. The recipe below is for a separated, browned meat and browned onion.

Do not pre-cook pasta unless altering recipe as above. The idea is for the liquid to cook the pasta while it bakes. The hard pasta makes it easy and quick to assemble.

### *Ingredients*

2 to 2.5 lbs. Ground beef (not too fatty)	1 large (46 oz) can tomato juice
2 (15oz) containers or Ricotta cheese	3 jars Aldi's (24oz.) or other marinara sauce
1 large (16oz) pkg. Shredded mozzarella cheese	1 TBS. dried basil
1 large onion, diced (sweet onions are best)	1.5 tsp. Dried oregano
5 cloves garlic, crushed	1 tsp marjoram (if you have it)
2 (12 oz.) pkgs. Lasagna pasta	2 TBS. dried parsley
2 large eggs, beaten	¼ tsp. Black pepper
½ cup Parmesan	1 tsp. Sugar or equivalent Stevia (½ packet)
1 box (12-16 oz)spinach, defrosted, squeezed, chopped	1/8 tsp. cayenne

Directions: Brown onion in frying pan (with or without oil) and add to large mixing bowl. Brown ground beef (unless 90%+ lean) and drain if needed. Leave drained beef in frying pan.

Preheat oven to 425 degrees.

In the large mixing bowl, add ricotta, half of the mozzarella, all of the seasonings (including onion and garlic), all of the Parmesan, eggs, and spinach. Mix with electric hand mixer until ingredients are well incorporated, scraping sides with rubber spatula.

Spray large baking pan (maybe 12 X 17) with cooking spray. Add large can of tomato juice to pan.

Build it like a housing subdivision. You want a heavier foundation, so use two lasagna pastas to start with, a “double pasta” first layer. Hold the doubled pasta in your hand and spread (smear) cheese mixture on top of it with spatula. Place into pan. Sprinkle on some of the meat. Then lay an identical foundation with the next pasta, to the side of the first pasta and repeat to end of pan. After completing the foundational first rows, add a second with mixtue and meat, but only one pasta as you build up. If you have enough pasta lasagna (depending on size of pan), you can add a third. Then top with single

roof pasta lasagna.

Top the pasta with the marinara (spaghetti sauce). Then fill the empty sauce bottles about  $\frac{1}{4}$  of the way with water, swish, and pour on top to dilute the sauce. Liquid and sauce should come up about  $\frac{3}{4}$  the side of the pan. Some of this will be absorbed into the pasta.

Add rest of mozzarella on top.

This is important: you have to seal the cooking pan well so the moisture steams the pasta. Take a sheet of heavy duty foil (or two sheets of regular foil), spray with cooking spray (the side that faces down) so the mozzarella will not stick. **Crimp well over the top.**

Bake at 425 for 70 minutes. Remove and sit on stove, covered, for about 30 minutes to let everything absorb. Then cut serving-sized pieces and enjoy.

## 431. Czech Beef and Sauerkraut Dinner V

1 pot/chuck roast (about 2.5 lbs.)  
 3 (15oz) cans sauerkraut w/liquid  
 1-2 potatoes, diced (or 1 can potatoes)  
 1 medium onion, diced  
 oil (for browning)  
 water (as needed)

1 bay leaf  
 4 turns of the pepper mill  
 2 tsp. (or equiv Stevia) brown sugar-free  
 $\frac{1}{2}$  tsp. vegeta or one bullion cube (any)  
 1 tsp. Paprika

Directions: [Note: if you have a Jaccard meat tenderizer, tenderize beef first]. Brown onion and add to (sprayed) crock pot. Trim excess fat off of beef. Cut beef into about 5 or 6 large chunks. Brown beef. Add all ingredients to crock pot; make sure they are almost covered with water and cook on high for 4 hours or low for 8.

Adjustments: Check for salt when done (sauerkraut is salty, and the vegeta/bullion adds more salt; do not over salt). You can also add more sugar/stevia if desired. You just want to take the edge off the sour taste, you normally do not want this dish sweet and sour. We don't thicken this, but if you want it thicker, you can use a roux or, instead of potatoes, use  $\frac{2}{3}$  cup pearl barley.

## 432. Ethiopian Beef

See number 605 and substitute cubed beef for lamb. I like it with lentils.

## 433. Instant Pot Unstuffed Cabbage Rolls **V**

I found this recipe on the internet and made a few minor changes. This is very tasty and easy to throw together.

### *Ingredients:*

1 lb. Ground beef (93% lean)*	
2 bay leaves	
1 onion, chopped	4 cloves garlic, crushed
1 tsp vegeta or 2 chicken bullion	1 quart beef broth
1 cup uncooked white rice	1 tsp Hungarian paprika (or other)
1 (14 oz) can diced tomatoes	½ tsp hot paprika (or two good dashes cayenne)
1 (6 oz. Can tomato paste w/1 cup water	1 tsp. Black pepper
1 small can tomato sauce	1 TBS Worcestershire Sauce
1 TBS balsamic vinegar	¼ tsp oregano
1 small to medium cabbage, chopped	2 tsp. Brown sugar
2 TBS olive oil	

\* By using ground beef this lean, you don't have to drain; if you use ground beef with a higher fat content, brown and drain first; you can do this in the Insta-pot if you wish.

Directions: Spray Insta-pot with cooking spray. Turn on saute, add oil. Brown meat and onions. While browning, chop cabbage. After browned, add all ingredients and stir well (try to dissolve the tomato paste). Turn off saute' setting, put on lid.

Press the manual setting and then the pressure setting to "high." Set time for 10 minutes. When done, either keep warm until dinner time via the automatic warming function. If wanting eat right away, wait ten minutes and then press the knob to venting to let steam escape. When lid is freed, taste. You may need to add salt or possibly a bit of sugar.



## 435. Halupki Hash for the Insta-Pot or Crockpot

Halupki is the Slovak name and Golabki (Guh-wump-key) the Polish name.

### *Ingredients:*

1 lb. Ground beef (I like 93% lean)	2 TBS olive oil (for browning)
2 bay leaves	1 tsp. Brown sugar
1 onion, chopped	4 cloves garlic, crushed
1 tsp vegeta or 2 chicken bullion cubes	2.5 cups water
$\frac{3}{4}$ cup uncooked white rice (or 1 cup brown)	1 tsp Hungarian paprika (or other)
1 (46 oz) can tomato juice	$\frac{1}{2}$ tsp ground mace
1 big (12 oz.) Can tomato paste	$\frac{1}{4}$ tsp. Black pepper
2 tsp. Dried marjoram leaf (or more)	1 medium cabbage, chopped

\*If you really want an easy meal and want to avoid browning, use at least 90% lean ground beef and a sweet onion.

Note: A large head of cabbage is too big for a standard Insta-pot; if you have a large head, cut off  $\frac{1}{4}$  to  $\frac{1}{3}$ ; do not fill insta-pot above fill line.

For Instanpot or Like Pressure-Cooker:

Directions: Spray Insta-pot with cooking spray. Turn on saute setting, add oil. Brown meat and onions. Drain if needed. While browning, chop cabbage. After browned, mix tomato juice with paste and add this and all ingredients and stir well. Turn off saute' setting, put on lid.

Press the manual setting and then the pressure setting to "high." Set time for 10 minutes. When done, either keep warm until dinner time via the automatic warming function. If wanting eat right away, wait ten minutes and then press the knob to venting to let steam escape. When lid is freed, taste. You may need to add salt or possibly a bit of sugar.

For Crockpot

Brown onions and meat (unless using sweet onion and at least 90% lean beef; if so, you can add raw). Add all ingredients and stir well. Cook on high for at least 4 hours, low at least 8.

## 440. Meatloaf that Ed Likes

**This meatloaf is meant to be served with gravy.**

I used bottled or packaged beef gravy. I like that it has no ketchup! Found on the internet, but adapted and added what Vasiceks like. (*Marylou doesn't care for this unless it has gravy; she has thyme issues*).

1 lb. Ground beef (we use 93% lean)	2 eggs or egg beaters
1 lb. Ground turkey (we use 93%)	$\frac{3}{4}$ cup bread crumbs
1 medium diced onion	$\frac{1}{4}$ cup water plus $\frac{1}{4}$ tsp vegeta (or broth)
$\frac{3}{4}$ tsp salt	1 TBS Worcestershire saucepan
$\frac{1}{2}$ tsp black pepper	1 TBS tomato paste
2 tsp. Minced garlic (or 3 cloves chopped)	1 tsp. Lemon thyme (or regular thyme), dried
2 hard boiled eggs (optional), shelled	1 jar/carton beef gravy or prepared mix
	dash of cayenne

Preheat oven to 375 degrees.

In a standard size skillet, brown onion in oil. After onions begin to brown, add garlic and brown another minute. Then add tomato paste, thyme, Worcestershire, and water with vegeta (or broth). Turn off and set aside to cool.

In a large mixing bowl, mix meat, eggs, and breadcrumbs. Then add mixture from skillet to bowl and fold in. Spray a meatloaf pan with cooking spray (note: you can also form on a foiled, sprayed cookie sheet or use parchment), add half of meat mixture. The press in the two whole eggs toward center of meatloaf. Bury the eggs as best you can and level out loaf with the rest of the meat mixture.

Bake for 50 minutes. When nearly done, warm up gravy in a sauce pan. Removed cooked meatloaf from pan by placing a large plated over the loaf and (with hot pads) turning the pan upside down on the plate. Slice and serve with a gravy available for those who desire it.

## 446. Black Bean and Pumpkin Chili

1 medium onion, chopped  
 1 small green bell pepper, sliced thin  
 oil for browning  
 3-4 cloves garlic, fine chopped  
 2 cups water plus 2 tsp vegeta (or chicken broth)  
 2 cans (15oz) black beans  
 1 TBS. Dried parsley  
 1 can (15oz) diced tomatoes  
 2 tsp. Chili powder  
 1-2 lbs. Beef or venison round steak, diced small (less than  $\frac{1}{4}$  inch)  
 1.5 tsp. Dried oregano  
 1 (15 oz) canned pumpkin  
 juice of one small lime

Direction: In a large skillet or (ideally) Dutch oven, brown fine-chopped meat in oil. Rinse and drain in colander to wash away blood scum. Rinse out pot, too. Get pot hot and add a little oil, lightly brown onions. Add pepper and saute for a couple of minutes. Add drained meat and all ingredients, bring to a good simmer, cover, and reduce to low flame to simmer gently for 30 minutes. Serve with rice or pasta, or enjoy with a spoon and Spanish rice on the side.

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## 500. PORK AND PORK PRODUCTS

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### 501. Hawaiian Pork Chops

1 big package pork chops (3 lbs. or more)	1 TBS. Teriyaki/or 1 TBS soy
1 can pineapple chunks including liquid	1 to 1½ cups sprite (or 7-up)
4 cloves garlic, chopped	salt (to taste – start with ¼tsp)
ginger (1/8 tsp.)	3 cups cooked rice
2 to 3 TBS. corn starch w/ a bit of cold water	dash cayenne

Preheat oven to 375. Brown pork chops, place all ingredients (except rice) and starch in Dutch Oven and into oven and bake for 30 minutes. Add slurry (starch mixed with cold water) and mix into liquid and bake for 10 more minutes to thicken. Great served on the bed of rice.

### 502. Cranberry Barbecued Pork Ribs **V**

(For the grill; takes at least 8 hour dry-rub marinade time to do right; can also be made with beef ribs)  
*This is my favorite rib recipe! I also use the sauce on grilled slices of pork tenderloin or chicken.*

Sauce:

1 can jellied cranberries (any brand)	2 capfuls balsamic vinegar
4 cloves garlic, diced*	1/8 tsp. cayenne (minimum)
1/8tsp ground ginger*	¼ tsp. black pepper
¼ cup. Teriyaki sauce*	½ tsp. onion powder
¼ tsp. Essence of Emeril or Cajun Seasoning	

Meat:

1 pkg spareribs  
Dry Marinade the day before: Essence of Emeril or Cajun (about 2 TBS)  
salt for water

#### The day before (meat):

Simmer ribs for 1 hour in salted (½ tsp salt) water, half covered. This will make the meat tender and also cook it through. Remove meat from water, let cool. Then rub generous amounts of Essence of Emeril or Cajun on both sides; wrap in plastic and put in refrigerator.

30 minutes before serving:

Prepare barbecue sauce by method 1, warming cranberries in a bowl for 40 seconds in the microwave, then combining ingredients and blending in blender and simmering in a pot over very low flame for 15 minutes, stirring and adding a bit of water when needed (or until hot, if in a hurry).

Or method 2, preparing a double boiler. Heat and mash cranberries in hot double boiler (I use a whip beater), add all remaining ingredients. Mix thoroughly; when well blended and hot, turn off.

Pour about 1/3 of this into a bowl to reserve for dipped/serving.

### **Grilling (may be adapted for broiler or oven)**

We are going to first brown each side without sauce, and then lightly cook each side with sauce.

Warm up gas grill; when good and hot, turn burners to low/medium. Place ribs on rack. When they begin to brown lightly, turn over (this doesn't take long). Then brush the lightly-browned side with remaining sauce; "paint" into cracks and crevices. When other side is brown (just a few minutes), turn over and paint with sauce.

Then turn over again and again, so that each side also cooks with sauce on it until it just begins to turn dark in a few spots. Serve with additional sauce available.

## **503. Pasta Primavera with Ham**

### Sauce

3 TBS. Olive oil

4 TBS. Flour

¼ tsp. salt

¼ tsp. marjoram

Parmesan or Romano or Feta (2 TBS or more)

7 cloves garlic, crushed

1-12 oz can evaporated milk or ½ and ½

one cup chicken stock

parsley or parsley flakes (generous)

¼ tsp. dried basil (or fresh)

two turns of the black pepper mill

### Other ingredients

1 lb. Pasta (your favorite)

1 lb. Cooked low fat ham, cubed to ½"

Olive oil (1 tsp).

2 large packages frozen Italian vegetables (or other blend)

salt (as needed)

onion (medium – red preferred), diced

Prepare pasta by boiling in salted water as per package directions.

Prepare vegetables as per package instructions, slightly under cooked hot but not soft).

Make sauce in a large saucepan. Spray with cooking spray. Add 3 TBS. Olive oil and 4 TBS. Flour over low heat. Keep moving mixture until blond (lightly tanned). Then add rest of sauce ingredients except Parmesan, and turn heat up to medium-low. Whisk thoroughly to mix flour mixture into liquid. Stir frequently; do not boil, but bring to a slow boil to thicken sauce (keep an eye on it and stir it constantly when near boiling). Then turn off and add Parmesan cheese.

In a large sided pan or a Dutch oven, add 1 tsp oil and sauté onion. Then add ham and lightly brown (barely). Add cooked vegetables and sauce.

In a large bowl, add pasta and then sauce/vegetable/meat mixture and toss. Taste for salt and add more salt or Parmesan if necessary. Serve with extra Parmesan available.

## 504. Teriyaki Ginger Pork Sweet Onions

Note all pork is created equal: some cuts of pork are leaner and have less cholesterol than beef. So compare labels at the meat counter!

1.25 lbs. boneless country pork ribs or other lean pork	2 or 3 TBS Teriyaki sauce
1 onion (sweet is best) diced and lightly browned	3 or 4 cloves garlic, crushed
1 tsp. Stevia equivalent or honey	ginger (3 pickled strips or ¼ tsp powder)
olive oil (about 2 TBS)	slurry (2 tsp. starch w/ 2TBS cold water)
water as needed (about ½ cup)	optional: dash of cayenne or hot paprika

Use a small Dutch oven or large covered pan. Brown onions, then brown meat. When browned, add all ingredients except slurry. Cover and simmer for 30 minutes on low. Check water level every so often, add as needed. Then add slurry (starch mixed with cold water) to thicken. Taste test. If necessary, add more sweetener. Great with rice.

## 505. Orange Pork Way Wah (Stir fry)

An Ed Vasicek original, including the name!

1.5-2 lbs. Cooked pork loin or other pork	1 big onion, chopped
4 carrots, cut into diagonal disks	1 large bag cut kale
1 can sliced water chestnuts	1 can baby corns (optional) or bean sprouts
peanut oil, 2 TBS	1 medium stuffing pepper, sliced
1 “tamed” jalapeno pepper (cut out seeds and inside white section), sliced	
1 jar “Private Selection” (Kroger’s) Orange Spicy sauce <b>or the following:</b>	
Spicy orange sauces, homemade: 2 cup orange juice, ½ tsp orange extract or 1.5tsp grated orange rind; ginger (I use a large piece of pickled ginger, but you can use maybe ½ tsp. Powder), 1 packet Stevia (or 2 tsp. Sugar – add more at end when you taste test), 4 cloves garlic, chopped, 2 tsp. Soy sauce, 1.5 tsp. Corn starch. Mix all ingredients well)	

### Process:

In a hot wok or large frying pan, add oil; brown onion part way. Then add stuffing pepper and brown more; then add pork and carrots and cook for a few minutes (3?), covered. Then add all ingredients except orange sauce, cook covered for about 15 minutes.. You may need to add ½ cup water if too dry. Add simmer sauce (orange sauce) and cook covered on medium heat another 10 minutes, stirring every few minutes.

Serve with rice.

## 506. Pulled Pork for the Crock Pot

**See also recipe 513 for cranberry sauce version!**

This is not a particularly healthy meal; it is high in saturated fat and sugar. But it tastes mighty good. When I was a kid, they called this “barbecued pork” and it was rarely served. Now they call it “pulled pork” and it is the rage. Go figure.

a 5lb. (or more) pork shoulder roast (may be pork butt or picnic)	
¼ cup brown sugar	1 TBS chili powder
1 TBS. Paprika	½ tsp. Cayenne
1.5 TBS. Kosher salt	8 turns of the pepper mill
3 large onions, cut into quarters	½ bottle of 28 oz. Size Sweet Baby Ray's barbecue sauce
1 cup water	2 tsp. Cider vinegar
½ tsp. Ground ginger (or fresh)	

Serve with: 1 package substantial hamburger buns (whole wheat are best) or hoagie buns; I like 'em toasted.

Spray a large crock pot with cooking spray. Add all ingredients EXCEPT Sweet Baby Ray's and buns. Cook on high setting for about 7 hours.

Remove from crock pot. Shred meat with forks (pull) and knives (cut meat you cannot pull), throwing away visible onions, chunks of fat, skin, and bone (a little fat is okay, and some onion is okay). Add to large serving bowl, stir in about 1 or 1.5 cups liquid from the crock pot and Sweet Baby Ray's barbecue sauce. Mix with fork. Taste test. You may want to add more salt, pepper, 1 tsp. hot paprika or ¼ tsp. Cayenne. Serve with bottle of Sweet Baby Ray's sauce as a condiment for those who want more of that flavor.

## 507. Polish Sausage Patties (HH) for Grinder

This is pretty good, but I am still perfecting this recipe.

Note: These are heart-healthy versions; if taste is the only consideration, use Pork Shoulder, Pork Butt, or Picnic Roast instead of Pork Loin! These sausage recipes can also be stuffed into sausage casings. We do some of both, but love the handy nature of patties taken from the freezer for a fast lunch.

2.25 lbs. pork tenderloin	1 TBS SMOKED paprika(or regular + 3 drops smoke)
5 tsp. Garlic powder	¾ tsp. black pepper
1 tsp. Savory (aka summer savory)	2 TBS dried marjoram leaf
1 tsp. ground allspice	¼ tsp. cayenne
¾ tsp. Salt	½ tsp. Dried mustard (optional)

You can leave the little bit of fat that comes with a tenderloin – this will be very lean; or you remove it for even leaner burgers (might be too lean for some tastes). This is about half of a loin roast. Cut up into chunks appropriate for meat grinder. Run through once at the coarsest grind. Then mix with spices and run through at the next-to-coarsest grind (you don't want it too fine). Shape into 3.5

ounce patties and separate them with squares cut from parchment or wax paper to freeze. When cooking, you will probably need to fry in a little olive oil (these are lean). You may need to add more salt to taste.

## 508. Bratwurst Patties (HH) for Grinder

This recipe is pretty much perfected!

Note: These are heart-healthy versions; if taste is the only consideration, use Pork Shoulder, Pork Butt, or Picnic Roast instead of Pork Loin! These sausage recipes can also be stuffed into sausage casings. We do some of both, but love the handy nature of patties taken from the freezer for a fast lunch.

2.25 lbs. pork tenderloin (usually 1/2)	1 tsp. mace
1/3 tsp. cayenne	1 scant tsp. allspice
1 tsp. black or white pepper	1 TBS. Marjoram leaves
¼ tsp. Cardamon	3/4 tsp. salt
¼ tsp. Coriander	

Best served with raw sauerkraut as a condiment!

You can leave the little bit of fat that comes with a tenderloin – this will be very lean; or you remove it for even leaner burgers (might be too lean for some tastes). This is about half of a loin roast.

Cut up into chunks appropriate for meat grinder. Run through once at the coarsest grind. Then mix with spices and run through at the next-to-coarsest grind (you don't want it too fine). Shape into 3.5 ounce patties and separate them with squares cut from parchment or wax paper to freeze. When cooking, you will probably need to fry in a little olive oil (these are lean). You may need to add more salt to taste.

## 510. Italian Sausage – The One You Are Used To! For Grinder (HH)

*Note: These are heart-healthy versions; if taste is the only consideration, use Pork Shoulder, Pork Butt, or Picnic Roast instead of Pork Loin! These sausage recipes can also be stuffed into sausage casings.*

2.5 lbs. Pork loin roast (about half of one)	1.5 to 2 tsp. Salt
1 and ¼ tsp. Red pepper flakes	½ tsp. Stevia in the raw
2 TBS. Fennel seed	1 TBS. Dried parsley

You can leave the little bit of fat that comes with a tenderloin – this will be very lean; or you remove it for even leaner burgers (might be too lean for some tastes). This is about half of a loin roast.

Cut up into chunks appropriate for meat grinder. Run through once at the coarsest grind. Then mix with spices and run through at the next-to-coarsest grind (you don't want it too fine). Shape into 3.5 ounce patties and separate them with squares cut from parchment or wax paper to freeze.

When cooking, you will probably need to fry in a little olive oil (these are lean). You may need to add more salt to taste.



## 511. Garlic Sausage For Grinder (HH)

Note: These are heart-healthy versions; if taste is the only consideration, use Pork Shoulder, Pork Butt, or Picnic Roast instead of Pork Loin! These sausage recipes can also be stuffed into sausage casings. We do some of both, but love the handy nature of patties taken from the freezer for a fast lunch.

2.5 lbs. Pork loin roast (about half of one)	1.5 to 2 tsp. Salt
3 tsp. Paprika	1.5 tsp. Red pepper flakes
4 heaping tsp. crushed garlic (about 12 cloves)	1.5 tsp. Ground black pepper
3TBS. Dried green onions or fresh chives	½ cup red wine
2 TBS. Olive oil (to add fat)	

You can leave the little bit of fat that comes with a tenderloin – this will be very lean; or you remove it for even leaner burgers (might be too lean for some tastes). This is about half of a loin roast.

Cut up into chunks appropriate for meat grinder. Run through once at the coarsest grind. Then mix with spices and run through at the next-to-coarsest grind (you don't want it too fine). Shape into 3.5 ounce patties and separate them with squares cut from parchment or wax paper to freeze.

When cooking, you will probably need to fry in a little olive oil (these are lean). You may need to add more salt to taste.

## 512. Pepperoni Patties For Grinder (HH) V

Note: These are heart-healthy versions; if taste is the only consideration, use Pork Shoulder, Pork Butt, or Picnic Roast instead of Pork Loin! These sausage recipes can also be stuffed into sausage casings. We do some of both, but love the handy nature of patties taken from the freezer for a fast lunch.

2.5 lbs. Pork loin	2.5 tsp. salt
2/3 tsp. Equal Stevia or brown sugar	1 and 1/3 tsp. cayenne
2 tsp. paprika	2/3 tsp. anise (crushed)
2/3 tsp. garlic powder	2 TBS. red wine
1 tsp. wine vinegar	

Serving suggestion: marinara/spaghetti sauce/pizza sauce make a nice topping on a sandwich.

You can leave the little bit of fat that comes with a tenderloin – this will be very lean; or you remove it for even leaner burgers (might be too lean for some tastes). This is about half of a loin roast.

Cut up into chunks appropriate for meat grinder. Run through once at the coarsest grind. Then mix with spices and run through at the next-to-coarsest grind (you don't want it too fine). Shape into 3.5 ounce patties and separate them with squares cut from parchment or wax paper to freeze.

When cooking, you will probably need to fry in a little olive oil (these are lean). You may need to add more salt to taste.

## 513. Ed's Best Pulled Pork with Cranberry Sauce **V**

for crock pot

1 pork loin (2.5 to 3.5 pounds) or shoulder	1 TBS. brown sugar (dark is best) for starters
2 cans <i>jellied</i> cranberries (any brand)	2 TBS balsamic vinegar for starters
8 cloves garlic, diced (or 1 tsp. powder)	1/4 tsp. cayenne
4 slices pickled ginger or 1/2 tsp ground ginger	1/2 tsp. black pepper
1/2 cup. Teriyaki sauce	1 tsp. onion powder
1 tsp. Cajun Seasoning (or E. of Emeril)	1/2 tsp. salt

Directions: Spray and get crock pot warming up. In a sprayed frying pan (cast iron is best), add a little oil and brown each side of the whole roast, creating a nice “bark” (rough brown ridges). Then slice into about 2 or 2.5 inch steaks and brown each side. Be patient. Having the meat browned nicely adds to the flavor.

Meanwhile, while the meat is frying, spray a 3 quart sauce pan. Add all the other ingredients. With a potato masher, mash the cranberries and mix with the other ingredients. Heat to a simmer and turn off.

When meat is browned, added to crock pot; add 1 cup of WATER and then HALF of the cranberry sauce over the meat. Retain the rest for later (refrigerate). Cook on high for 5 to 6 hours.

When time has elapsed, turn off crock pot and shred meat by pulling it with two forks. If too dry, add a little more water. I like to then warm remaining sauce in microwave (just to get it a little above lukewarm) and stir it in to make it extra saucy (you will then not need additional sauce on your sandwich). If you wanted to, however, you could retain this sauce and use it in lieu of barbecue sauce.

We like it with toasted onion buns.

## 525. Pork Chops with Apples **V**

2 to 4 pork chops or tenderloins	2 TBS. apple cider vinegar (Bragg's is best)
olive oil (for browning)	2 tsp. Equivalent stevia (1 packet) or sugar
1 dash cayenne	1 tsp. Soy sauce
3 cloves garlic, chopped	1 large apple, cored, skinned and sliced*
1/2 cup regular applesauce	(* or use one cup apple sauce if you don't have apple)
1/2 cup water, more if needed	

Brown pork chops and apples dry or in olive oil. Add all other ingredients, cover, and simmer on low heat for about 25 minutes, until chops are cooked. Check to see if you need to add more water. When almost done, remove lid and to thicken if needed; otherwise, keep covered.

## 526. Mandarin Orange Pork Chops **V**

6 pork chops	1 tsp. Hot paprika or 1/8 tsp. Cayenne
1 11 oz. Can Mandarin oranges	5 cloves garlic, crushed
1 small onion, chopped medium fine	4 or 5 strands pickled ginger or 1/4 tsp. Powdered
2 TBS. Plus soy sauce	juice of 1/2 lemon
1/4 cup rice or Chinese wine	peanut oil (for browning) (can use canola)
2 tsp. Equivalent sugar or sweetener	

You can do this in a dutch oven or a high-sided frying pan and might want to use a second frying pan for the first part of the process.

Brown onions, and chops in generous amount of peanut oil. Then add ginger and brown a bit more. I use two frying pans, but you can take them out as they are browned and brown the rest if you want to use only one. When chops and onions are all browned, add all ingredients into pan and simmer (covered) for about 20 to 30 minutes. You might want to add more soy sauce or salt if needed.

## 530. Ed's Slovak Sauerkraut Kraut (HH)

This is my own recipe, but the Slovak tricks include the prunes and browning the onions...This is a VERY MILD sauerkraut kraut, so if you enjoy it strong, do not use this; see your cook book!

3 cans sauerkraut kraut (16oz.), drained and rinsed once*	
1/3 cup brown sugar (I use stevia)	5 turns of the pepper mill
7 pitted prunes	1/2 tsp. salt
1/2 cup barley	1b. Lite polish sausage*
1 medium onion, diced water	caraway seeds (optional), 1/4tsp

\*lite Polish sausage or turkey sausage; if not concerned about saturated fat, you can use real Polish or smoked sausage.

Spray crock-pot with Cooking spray; this will fill a small crock-pot! In a crock-pot, add kraut, sugar, prunes, barley, salt, pepper, and cover with water. Put on "high" while preparing the remaining ingredients.

Cut up onion and sausage (in 1/4 inch disks); spray a frying pan with Cooking spray (cast iron is best), brown them, mixing often. Brown onions to a medium-brown consistency. Add to crock-pot. Then take 1/2 cup water, add to frying pan, move "crusty stuff" around, and add to crock pot (it sounds disgusting, but it makes a difference).

Cook on high for about 4 hours. You may need to add a little more sugar (perhaps 1-4 TBS.) if necessary – use your own preference as a guide.

## 531. Hungarian Style Sauerkraut (HH) V

This is a very tasty variation and highly recommended! Better than the Slovak!

1 lb. Lite polish/smoked sausage (Hillshire Farm)*	3 cans sauerkraut
2 medium onions, diced	½ cup brown sugar (I use stevia)
2 Tbs. HUNGARIAN paprika	1 can stewed tomatoes
2 bay leaves	1.25 cups water
½ pt. Lite or ref. sour cream	¼ to 1/3 cup barley
oil for browning	salt, as needed (¼ tsp. for starters)

\*you can use real Polish or smoked sausage.

Cut up sausage into “silver dollar” disks. Brown onions and sausage disks in oil; add to crock pot/slow cooker. Squeeze and drain kraut (if it tastes too strong, then rinse it; I usually do not]; add to crock pot, then add paprika (that's right, 2 TBS.), bay leaves, tomatoes, barley and water –and all ingredients except sour cream. Cook on low for about 6 hours or high for 3. Turn off pot, let cool 5 minutes, and then mix in sour cream. Re-season with sugar or salt as needed. It's delish. My favorite kraut recipe,.

## 532. Auntie Edlyn's Polish Sauerkraut

My sister was an amazing cook. She told me how to make this, but I never did until she passed away. I got it! I made it with home made sauerkraut, so I have to approximate canned. She used lots of brown sugar, I use Stevia. She made it quite sweet. I think this was how my Babcia (Gramma) made it.

2 or 3 16oz. cans sauerkraut	2 large potatoes, skinned and chunked
1 large onion, coarsely chopped	6 turns of the pepper mill
2 TBS. Stevia or maple syrup (to begin with)	2 heaping TBS flour
2 TBS Canola oil (for browning) or more	1 lb. Polish sausage (or healthy substitute)
Water (as needed)	salt if needed

Do not drain or squeeze out sauerkraut. This dish is meant to be very sweet and very sour! If you have cast iron utensils, those are best.

In a small Dutch Oven or heavy pot, heat oil over medium flame, get pan hot. Add chopped onion, brown well, then add and brown sausage; add kraut & juice, potatoes, pepper, and sugar. Add water to cover all. Simmer on medium low flame until potatoes are soft, stirring, about 45 minutes.

In a separate 2 qt. pot or frying pan (cast iron is best, or a “cooking spray” sprayed pan), you are going to “dry brown” the flour and make a thickening agent (*zagenstach*). This technique is part of what gives this meal its unique taste. To do this, got the pot hot over a medium flame, add flour and stir every few minutes until some of the flour is getting dark brown (while some will be only a beige color). Turn off “flour” pot. Pour or ladle some sauerkraut liquid into the flour pot, and mix with a whip or fork to incorporate and turn into a paste. Mix paste into sauerkraut pot and simmer till thickened. If too thick, add some hot water. Taste. Add more sugar if needed to make it as sweet as it is sour. Taste for salt and adjust.

### 533. Cajun Creation with Sausage, Veggies, Beans and Rice **V**

This is an invented recipe. Marylu does not like Cajun seasoning (it has thyme, which she hates), so I get creative when she is out of town. After officiating a wedding in Mississippi (the cooks were from Louisianan), I was more inspired than ever. This is not authentic, just the taste of the region. I originally made it because I had ingredients on hand, and was very pleased with the result!

1 lb. Smoked/Polish/Andouille, or Smoked Turk. Sausage	1 pkg spinach, defrosted, squeezed
4 oz. Chicken meat cut up (or cooked shrimp), optional	1 green pepper, slice
3 cups cooked rice	1 onion, diced
1 can red beans (or other if you don't have red)	4 cloves garlic, chopped
1 can (15 oz) chicken broth or equivalent (vegeta)	1 TBS. Thyme (lemon thyme is best)
1 can Ro-tel tomatoes (or generic chilies w tomatoes)	1 TBS. Oregano
2 dried chili peppers, crushed (or 1 tsp. Pepper flakes)	½ tsp. Black pepper
water (if needed)	Optional: oil (if desired, I don't)
2 tsp. Brown sugar or 1 packet Stevia	Optional: ½ tsp celery seed

You will need a medium-sized or large Dutch oven, high-sided frying pan, or another large (ideally thick) pot. Spray with cooking spray. Get pot hot and dry-brown onions (or use oil; browning is faster without it). Cut sausage into disks. When onions are partly browned, add sausage and peppers and cook until you see a little sear on the meat (you can dry brown or use oil).

Add all ingredients and stir well. Bring to a simmer and then simmer on medium-low flame for 20 minutes, covered, stirring occasionally and adding more water if needed. Taste test for salt when done (sausage and broth usually add enough salt). You can add some more heat, if desired, with cayenne.

### 538. Sausage, Peppers, Cheddar Stove Top

Hannah shared a recipe she had made in a conversation, and I sort of remember much of it and then improvised. Here is my version of this stove-top filling meal.

1 lb. Polish, Smoked, or Turkey Smoked Sausage	7 turn of the pepper mill
1 large onion, chopped coarsely	2-3 dashes cayenne or drop habenero sauce
3-4 cloves garlic, crushed	3 cups water
1 green stuffing pepper, sliced	1.5 tsp. vegeta or 2 chicken bullion cubes
1 can diced tomatoes (or stewed)	8 oz. Pasta (your choice), dry
1 zucchini, sliced, or asparagus or cabbage	2/3 cup shredded cheddar cheese (at end)
oil (for browning), about 2-3 TBS	

In a large skillet with cover, brown onion lightly. Then cut sausage into sections (I like about 1.5 inch diagonals add to skillet and brown a couple of minutes. Add peppers and zucchini (or alternative veggie), cover, and let brown 10 minutes on medium flame to soften

Then add all ingredients except for cheddar. Bring to a simmer and simmer, covered, over medium flame for about 20 minutes, stirring occasionally Check to make sure pasta is soft enough. Turn off, add cheddar cheese, mix in, let remain covered for at least 3 minutes. Stir again and serve. Serves 4.

## 540. Enchilada Pork Chops with Black and White Beans

Ed came up with this recipe, and it hit the spot. Easy to make. If you don't have enchilada sauce, you can substitute taco sauce or tomato sauce with 1 tsp. Chili powder.

### *Ingredients*

4 large pork chops or thick slices loin	2 tsp. Cummin
1 onion, chopped	½ tsp. Dried cilantro
2 TBS chopped garlic or 8 cloves	juice of one lime
1 can (14 oz.) black beans	1 pkt. Stevia or 2 tsp sugar
1 can (14 oz.) northern beans	1/4 tsp salt (for starters)
1 can (10 oz) enchilada sauce	1 tsp. Dried onion greens (or fresh chives)
1 can (10 oz) Rotel tomatoes	1 tsp. Dried oregano
oil (for browning)	

Serve with cooked rice.

In a large skillet, lightly brown onions and then lightly brown pork chops (any kind of pork will do). Then add all ingredients and simmer, covered, for about 15 minutes, turning chops over once. Then uncover and let simmer for 20 minutes (or possibly more), until thickened as desired. You do not want to over-thicken so that gravy can mix with rice. Lots of flavor in this meal.

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## 600. LAMB, GOAT, VENISON, MEAT PRODUCTS, ETC.

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### 601. Goat OR Lamb Stew

*For crock pot*

1 lb. Goat or lamb stew pieces (usually with bone in) cut in 1.5 inch pieces. If lamb, you can cut your own pieces out of shoulder chops. Goat is usually sold as stew meat.

2 carrots, cleaned and sliced	2 potatoes, diced
1 medium onion, diced	1 stalk celery, diced
½ pkg. Frozen peas*	½ pkg. Green beans or less
1 can Cream of Mushroom soup	2 can water
olive oil	flour (if needed)
black pepper (8 turns of the mill)	¼ tsp. Salt (or less)

Brown onions in oil, then brown meat. Put all ingredients [except flour] into crock pot sprayed with cooking spray. Cook on high for about 5 hours. Stir. When nearly done, If gravy is too thin, put some flour in a bowl (maybe 2 TBS or more); take out portions of meat from crock pot, roll around in flour, and return to pot to thicken. After returning all meat, cook on high, covered, for about 10 minutes. Tastes and add more salt or pepper if needed. You may want to let it cool in a serving bowl a bit before you enjoy!

Great to serve with crusty bread to sop up the gravy!

\* or ¼ cup dried peas and an extra cup water

### 602. Leg of Lamb (Roast) **V**

1 leg of lamb	1 tsp. olive oil
12 cloves garlic, cleaned and whole	¼ tsp oregano
½ tsp kosher salt (minimum-- more to taste)	1½ tsp. rosemary (dried –or fresh equivalent)
4 turns of the pepper mill	1½ tsp. marjoram
1 cup water	

Spray baking dish or pan with Cooking spray. Then coat by brushing with olive oil. Turn the pepper mill once on bottom, sprinkle a bit or rosemary and marjoram on bottom of pan.

Make slits in lamb and plug with garlic, evenly spaced around roast. Salt all sides. Place in roaster, ideally on a rack sprayed with cooking spray and a cup of water in the bottom of the roaster. Sprinkle rosemary into slits and crevices, then rest of seasonings. Add water to the pot, cover and bake at 300 degrees for about 35 minutes per pound for well done. (most roasts need about 3 hours).

Some folks like to add peeled and chunked potatoes or carrots to the roast, but I personally think the roast is a little greasy for that. I usually bake some potatoes separately in the oven.

Serve with mint jelly. Peas (fresh or frozen) are a traditional side dish.

### 603. Curried Goat (HH)

Goat has less cholesterol than chicken and is the most consumed meat in the world. I love it!!!

1.25 to 1.5 lbs. goat stew meat (trimmed)	2 TBS mild curry paste
1 large onion, diced	about ¼ cup raisins or more
3 cloves garlic, chopped	2 apples, skinned, cored, diced
Olive oil to brown	dash cayenne or Chipotle powder
½ cup apple cider (optional)	water (as needed)
Optional: 1 TBS.. peanut butter and a little extra water.	

In a small Dutch Oven or large frying pan, add some olive oil and lightly brown onion and then add apple and garlic and cook them a little. Then add more oil if needed and lightly brown goat pieces. Turn over and lightly brown other side; add a touch of oil if needed. Then “deglaze” the pot by adding either apple cider or ½ cup water. Add all other ingredients (except peanut butter, if you are using it) and seasoning (you might want to dilute the curry paste with ½ cup of water or more). Simmer covered over medium heat, stirring occasionally, for about 20 minutes (or over low heat for longer). Add more water if needed and salt to taste. Since the curry paste has some salt, taste when almost done to adjust salt and other seasoning. If desired, stir in peanut butter when done.

Serve with rice or rice pilaf.

### 604. Braised Lamb or Goat Shanks (HH)

HH only if goat is used....

2 shanks or equivalent	1 bay leaf
1 sweet onion, chopped & browned	½ tsp. Leaf thyme (lemon thyme is best)
1 can diced tomatoes	1 scant tsp. vegeta or 1 chicken bullion cube
2 stalks of celery, chopped	3 turns of the pepper mill
2 carrots, skinned and chopped	1 tsp. Paprika
3 medium potatoes, skinned and chopped	¼ cup red wine
4 cloves garlic, crushed	salt, if needed
1 cup water	olive oil, as needed



Spray crock pot with cooking spray. Add water and set to high. Brown onion in hot oil and add to pot. Then brown (sear) goat or lamb in oil. Add all ingredients into crock pot and cook on high for about 6 hours or start on high for an hour and then cook on low for 8.

## 605. Ethiopian Goat or Lamb (HH)

If goat is used, HH!

1 to 2lbs. Stew meat	1/2 can tomato paste (or 1 heaping)
1 medium onion, diced	1/2 tsp. salt
4 cloves garlic, crushed	olive oil (for browning onion, meat liberal)
1 TBS Berbere seasoning (recipe below)	water, about 1 cup
slurry (if desired to thicken)	

*Optional, but better! I love it with lentils and cabbage, and it is a complete meal, or serve with rice. Lentils are somewhat a cross between a carb and protein, and cabbage is a great vegetable!*

1/2 cup red or other lentils	1 additional cup water
1 small cabbage, chopped	

Directions: Spray crock pot with cooking spray. Turn on. Add water to crock pot and mix in tomato paste. Brown onion in oil and add to crock pot. Brown meat in oil, and add to crock pot, along with all other ingredients. Cook on high for 4 hours or low 8 hours.

Thickness will not be an issue if you add lentils. IF you don't and sauce is too thin for your liking, thicken with slurry (1TBS. Starch mixed with 3-4TBS cold water). Mix in to slurry and cover until crock pot comes back to a boil. I usually do not need to do this.

Serve over bed of rice or rice pilaf.

### **Berbere Powder**

1 TBS salt	1/2 tsp coriander
1/4 CUP hot paprika	1/2 tsp. fenugreek
1/4 CUP sweet paprika	1/4 tsp ground mace (or nutmeg)
1/4 CUP red pepper flakes (seeds)	1/4 tsp garlic powder
1 tsp. onion powder	1/8 tsp cloves
1 tsp. ground ginger	1/8 tsp allspice
1/2 tsp cardamom	1/8 tsp cinnamon

Mix all ingredients well, store in airtight container. Use for Ethiopian recipes.

## 606. Roast Venison Ed's Way

2-3 lbs venison roast	2-4 TBS olive oil
1 cup beef broth	1/2 cup red wine
1 TBS wine vinegar	equivalent 2 tsp. Sugar (1 packet Stevia)
4 cloves garlic, crushed	1 medium onion, chopped
1 bay leaf	1 can tomato sauce and water
2 tsp. Paprika	5 turns of the pepper mill
2-3 potatoes, cut into wedges	3-4 carrots, cut into spears
2 stalks celery, cut in thirds	

Soak meat at least 10 minutes in water to remove excess blood. Brown onion. Add to sprayed crock pot. Sear both sides of roast in hot oil. Add it and all ingredients into crock pot and cook on high for four hours. We do not thicken the juice, but you can thicken it with a little roux or flour or guar gum, if you wish.

## 607. Venison Gyros (HH) V

This is a wow – absolutely delicious. Might be as good as a typical gyros made with lamb/beef.

2 + 2 TBS olive oil	½ tsp. Salt
1.5 lbs venison tenderloin	1 tsp. Red wine vinegar
1 tsp. Garlic powered	2 tsp. Dried marjoram
2 tsp. Dried rosemary	1 TBS oregano

### Tzatziki Sauce

1 cup yogurt	dash or two salt
1 tsp honey (or Stevia)	½ tsp. dried marjoram leaf
1/2tsp olive oil	3 turns of the pepper mill
optional: 1/4 ground cucumber (I don't use)	

Serve with pita bread (we like whole wheat), cut up sweet onions, cut up tomatoes, and Tzatziki sauce.

First, you will need to marinate the meat. Cut into 1 inch slices or less. If you are using tenderloins, no need to tenderize. If not, tenderize with jaccard or fork. Rinse meat repeatedly, swishing around in a bowl of water and replacing water two or three times. Venison tends to hold a lot of blood.

In a bowl, mix all the seasoning, 2 TBS. of the olive oil, wine vinegar, cover, and put in fridge ideally 4 hours or more (you can do overnight). You might want to “paste” some of the seasonings on top, too. This really gives it flavor.

Mix Tzatziki sauce with a metal whip, cover, and refrigerate for at least ½ hour or overnight. Taste test to make sure it is sweet or tart enough. You may need to add more yogurt, more oil, etc. – adjust to taste.

About half an hour before meal time, add 2 TBS. Olive oil to a frying pan (cast iron is best). Slice meat into ¼ to 3/8” strips and brown with herbs/spices on medium flame. Turn over when browned on one side.

While browning, toast 1 to 2 pieces of pita bread for person. Smaller pitas may fit in toaster, otherwise you can “toast” them in a frying pan with a little olive oil, turning over when lightly browned. Some people eat the bread right out of the package, your choice.

When meat is done, assemble into pita bread, topping with tomato, sweet onion, and Tzatziki sauce. Mighty good. A salad makes a good side.

## 609. Venison Chili Stew **V**

1 to 1.5 lbs. Ground venison or stew meat  
 1 onion, diced and browned  
 5 cloves garlic, chopped  
 1 can red or kidney beans  
 ½ cup dry lentils (I prefer the orange)\*  
 1 can Rotel tomatoes\*\*  
 1 can diced tomatoes  
 2 tsp. Brown sugar or packet stevia  
 2 ch. bullion cubes or ½ tsp salt

1 pkg. Frozen mixed vegetables  
 1/2 pkg frozen green beans or 1 can drained  
 2-3 carrots, peeled and sliced or chopped  
 1 and ½ tsp chili powder  
 1 tsp. Oregano  
 1.5 tsp. Cumin  
 ¼ tsp. Coriander (optional)  
 juice of 1 lime or lemon or TBS cider vinegar  
 1 cup water (add more if needed)

\*If you don't have lentils, you can substitute with a can of northern beans.

\*\* This does make a difference, but if you do not have a can, try subbing with 1 can tomato sauce plus some heat, maybe another tsp chili powder or several dashes cayenne.

If venison is bloody (as it often is), rinse in cold water in a large strainer or put in a large bowl, add cold water, swish around, and then carefully drain, perhaps using a wooden ladle to help keep the meat back.

Brown onion and venison in a sprayed dutch oven, pot, or large high-sided frying pan. Then add all ingredients. Simmer, covered, on medium-low flame, for about 40 minutes, making sure lentils are soft. Taste test and add salt (or oregano, cumin, or chili powder) as needed.

Or brown onion and venison, add that and all ingredients to crock pot and cook on high for four hours

Can be served with pasta, rice, or crackers.

We like to add sour cream to our individual bowls. Some people add cheddar cheese to their bowls.

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## 700. VEGETABLES, SIDES, AND VEGAN ENTREES

VVVVVVVV

### 701. Sauerkraut Salad (HH)

This is a wonderful side dish for kraut lovers – a great alternative to Cole Slaw.

1 can Sauerkraut, squeezed and drained  
 1/3 cup sugar (I use stevia)  
 2 tsp. oil (olive or canola.) or more, if desired  
 ½ tsp. or more: celery seed (very important)  
 ¾ cup applesauce  
 Salt and pepper to taste

Combine and mix all ingredients with a fork. Let chill for at least 1hour, preferably more (even overnight); a real treat.

### 703. Stuffed Artichokes

4 artichokes, edges trimmed	olive oil for drizzling
2 to 2.5 cups bread crumbs	1/3 (or more) cup Parmesan cheese, grated
2 tsp basil	1/2 tsp garlic powder
1/2 tsp onion powder	1 tsp oregano
2 tsp parsley	1 cup spaghetti sauce
½ tsp salt and ¼ tsp pepper	

Trim the artichokes. Cut off the stems and the tops of the pointy leaves. Par-boil in a pot with the stem side down (to speed cooking) for 15-20 minutes. Remove from pot and discard water. Rinse artichokes under cold water to cool for easier handling.

Spread open the leaves, and then apply previously mixed seasoned-breadcrumb stuffing (see below). Use a spoon to get deep between the leaves, occasionally cupping the artichoke in two hands and tapping the artichoke on the table to help the stuffing settle. Then drizzle with olive oil and spoon on spaghetti sauce.

Bake in a pan with some water. Cover with foil (over all) and bake at 350 degrees for 1 hour and 20 minutes or until done. Hint: A longer par-boil time will reduce the bake time.

Stuffing: Combine breadcrumbs, cheese, and all dry seasonings; this makes up the stuffing.

Note: we use about 1/3 cup crumb mixture for a small choke, about 1/2 or more for a larger choke.

## 704. Fast Noodle Side Dish

(great for left over noodles)

approx. 8 oz. noodles, cooked	1 tomato, diced
1½ tsp. Essence of Emeril or Cajun spice	3 inches of Velveeta, shredded or cut into thin strips

Mix all ingredients in a bowl suitable for the microwave. Cook on high for 5-7 minutes, mix and serve.

## 705. Mediterranean Bread

Dough:

1 envelope (2.5 tsp) active dry yeast	1 cup warm water
pinch of sugar	1½ tsp. salt
herbs/spices (see below)	1 TBS. olive oil and additional for brushing
3 TBS. whole wheat flour	3.25 cups bread flour (more or less)

Dissolve yeast in warm water and sugar; five minutes later, add the salt, whole wheat flour, and oil.

Gradually add the white flour, stirring with a wooden spoon until you achieve a stiff dough.

Place the dough on a floured board, knead by hand for ten minutes or seven by machine; add additional flour as needed to keep dough from sticking.

When dough is smooth, move it to a bowl that has first been brushed with olive oil. Brush top of dough with olive oil. Cover the dough with plastic or a cloth and let it rise in a warm place until it doubles in size. This will take somewhere between 1 and 2 hours.

Punch down the dough and knead again for one minute. Let the dough rise a second time for about 40 minutes. Then punch it down again. If it seems sticky, add a bit more flour. Let it rest, covered, for about 15-20 minutes.

Roll out the dough or spread and flatten by hand to about a 12 inch circle. Brush generously with olive oil, then add the following toppings:

½ tsp. finely minced garlic, generous sprinkling of the following herbs (we used dry, but fresh are always better if you have them):

oregano, marjoram, thyme, chives, basil, parsley, just a bit of rosemary

optional: dried sweet red pepper or finely cut and sautéed sweet red bell pepper to taste

Bake on pizza stone at 350 degrees for somewhere between 20 and 30 minutes.

When done, take out of oven and immediately sprinkle with: 1/3 cup Parmesan (freshly grated is best)

## 706. Broccoli Cheese Casserole (Gluten Free)

*cooking time about 1 hour in preheated oven*

This is a dish we make for Thanksgiving, great for family members who need to eat gluten free.

¼ cup raw white rice	1 bottle cheese whiz (standard size)
1 16 oz. Pkg. Frozen Broccoli Florets (good stuff)	1.5 cups water
1.5 tsp. Onion soup bullion*	½ tsp. Garlic powdered
½ tsp. Hot paprika (or 2 dashes cayenne plus ½ tsp. Regular paprika)	

Directions: Spray a cooking dish with cooking spray. Add all ingredients and cook at 350 degree oven for about 45 minutes, covered. If watery, take off foil/cover and cook another 15 minutes. Let set 10 minutes or so before serving.

\* if you don't have onion soup bullion, use 1 beef bullion cube (or beef broth instead of water) with ½ tsp. Onion powder.

## 707. Braunschweiger (Liver Sausage) Spread – Vegetarian and Mock

Liver sausage without liver or meat or fat? No, MOCK liver sausage. This is a spread that resembles the flavor and texture of liver sausage spread!

2 cans northern beans with liquid	½ tsp vegeta powder or 1/3 tsp. Salt
1 tsp Onion powder	¼ tsp black pepper
1 tsp Brown sugar	¼ tsp coriander
1/4 tsp ground mace or nutmeg	1/4 tsp ground allspice
¼ tsp marjoram leaf (optional)	1 bay leaf (optional)

In a 3 quart (ideally cast iron) saucepan (sprayed with cooking spray), add beans over high flame. Add all ingredients and mix well. Bring to boil and reduce to medium flame. Simmer, uncovered, for 10 minutes, stirring every two or three. This is to reduce liquid. Turn heat off and REMOVE BAY LEAF. Take a boat-motor mixer and patiently blend this mixture until you get a smooth consistency and no visible beans or bean parts. You can also use a blender or regular hand mixer (but you would probably need to move to a bowl). Let cool and refrigerate, which will firm it up. Spread on bread, crackers, etc. I enjoy it!

## 708. Pumpkin (Butternut Squash) *Pasta Fazul*, Fat Free, Vegetarian

1 can pumpkin or large baked butternut squash	½ tsp onion powder
1-2 cups chicken broth or water/vegeta equivalent	4 cloves crushed garlic
1/3 cup skim milk (or regular if fat is not concern)	¼ tsp mace or nutmeg
½ tsp oregano	4 turns of the pepper mill
½ tsp basil	½ tsp parsley
½ sliced jalapeno (or Chipotle)	1 can northern beans & 1 pinto*
serve over cooked pasta	1 TBS tomato paste
1 tsp sugar	* or any combo of plain canned beans

Prepare pasta and usual and set aside when done.

Add pumpkin or scoop out all squash, 1 cup of broth, pepper, tomato paste, sugar, and all seasoning to a 3-4 quart pot (cast iron is best to reduce chances of burning). Mash with a masher to incorporate and stir until even. Bring to a simmer and add beans (liquid and all). Simmer, uncovered, over medium heat for about 12-15 minutes, stirring very often (more often if not using cast iron) to thicken. You may need to add more broth. You want a thick sauce so that, when done, you can remove from burner and add in cold milk. Taste test to see if you need more salt or sugar.

## 709. Seasoned Sauerkraut Salad (HH)

*Ready as soon as mixed!*

1 can sauerkraut, squeezed and drained	1 tsp. garlic powder
2 TBS brown sugar or 1 ½ pkt stevia	1 TBS. Dried onion greens or ½ tsp. powder
¼ tsp. black pepper	1 TBS. Paprika (or more)
1/8 tsp. red pepper	

Directions: Squeeze (well) and drain kraut; mix all well in bowl and ready to use!

## 710. Cole Slaw – Healthy

This recipe is free of mayo/Miracle Whip. The apple sauce gives it body and added flavor.

1 bag coleslaw mix (16 oz) OR 1 small head cabbage and 3 carrots, shredded

Dressing:

¼ cup apple cider vinegar (Braggs is best)	5 turns of the pepper mill
¼ cup water	few dashes salt (maybe 1/8tsp)
½ cup olive or other oil	2 tsp. Sugar or packet stevia
1 cup regular apple sauce (or two small single serves)	optional: ½ - 1 tsp. Celery seed

Mix together by repeatedly folding the slaw in toward the center. Let rest for at least 15 minutes.

## 717. Broccoli Slaw Salad

This is one of the few vegetable dishes of which I could almost make a complete meal.

1- 12 Oz. pkg. Rainbow slaw	1 pkg. Ramen noodles (chicken flavor)
¼ cup finely chopped red onion	2 oz. sliced almonds
2 oz. sunflower seeds	
Dressing: 1/3 c. olive oil	1/3 cup cider or wine or balsamic vinegar
1/3 c sugar	chicken flavor packet (from Ramen soup mix)

Mix well and refrigerate overnight....delicious!!!

## 718. Giant Zucchini Stove-Top Side (HH)

*When you get those giant zucchinis, here is a great recipe for them.*

1 giant zucchini (12 inches long), skinned, seeded & sliced (or 5- 6 small zucchini, sliced)  
 2 long sweet peppers (or 1 large sweet green pepper), seeded and sliced  
 1 can stewed tomatoes  
 1 can tomato sauce  
 ½ to ¾ cup water  
 ½ purple or Vidalia onion, chopped  
 2 cloves garlic  
 salt to taste  
 black pepper: 5 or 6 turns of the mill  
 ¾ tsp brown sugar (Stevia for heart health)  
 1 to 2 TBS. olive oil

Spray a large saucepan with Cooking spray. Add olive oil and very lightly brown onions. Add all other ingredients (except tomato sauce) on a medium heat. When it begins to simmer, reduce to low heat and simmer 10 minutes, occasionally stirring. Add tomato sauce and simmer another 5 minutes.

## 719. Zucchini Surprise

The “surprise” about this side dish is how good it tastes! The secret is not really a secret, you have to caramelize (lightly brown) the onions until they are transparent. This gives them a special sweet taste.

2 medium onions, chopped fine	2 clove garlic, crushed
Essence of Edward or seasoned salt	olive oil (generous)
¼ to ½ cup crushed cracker crumbs	2 zucchini, sliced fine

Brown onions in generous amount of olive oil. Then add zucchini, garlic, Essence (or salt), and more oil (if needed). When zucchini are soft, add crumbs and stir until they are lightly browned. Serve hot.



## 720. Eggplant Lasagna (HH)

This can either be a side dish or a main course.

1 eggplant, large	4 cloves garlic, chopped
Marjoram, ½ tsp. or more	1 can tomatoes
1 cup Ricotta cheese or lite Ricotta	1 can tomato sauce
¼ cup whole wheat breadcrumbs	1 egg, beaten
Dash Cayenne	salt/pepper
½ tsp. brown sugar	2 dashes onion powder
1 fist-full of small pasta, uncooked	olive oil drizzle

Peel eggplant with peeler, cut off ends. Slice into ¼' slices.

Prepare mixture in a mixing bowl by lightly mixing crumbs, Ricotta, egg, marjoram, onion powder, and dash of pepper (you can mix with a spoon). Set aside.

Preheat oven to 400 degrees. Spray a casserole dish or other suitable baking dish with Cooking spray. In dish, add canned tomatoes, brown sugar, dash cayenne, dash onion powder, uncooked pasta (to thicken) and crushed garlic. Add eggplant slices around dish, then spoon on light amount of cheese mixture from bowl. Add another layer of eggplant, then more cheese mixture and stack any unused eggplant on top of top layer. Cover with tomato sauce. Very lightly drizzle with Olive Oil (maybe ¼ tsp). Bake covered for 45 minutes.

## 722. Hannah's Lemon Ravioli (from Caprise)

### Dough (Ravioli)

2.5 C flour                      1 C boiling water

Mix until forms a ball; rest dough for 10 minutes while you make the filling.

### Filling

¾ low fat or skim Ricotta	¼ cup low fat Parmesan cheese
1½ TBS. Fresh basil, chopped	½ tsp salt
¼ tsp black pepper	1 egg (may use equivalent egg beaters)
½ cup cooked chicken, fine chopped	salt (for boiling water)

Mix filling ingredients by hand.

### Dough Prep

Roll dough to ¼ to 1/8 inches. Put about 1 tsp. filling in each ravioli (You can put the ravioli as 1 tsp.

dots in rows with space between them, then fold dough over section, cut in squares or rectangles and then crimp edges.

### Dressing (sauce)

1½ tsp. fresh basil, chopped	4 T. Extra-virgin Olive Oil
2 tsp. lemon Zest	½ tsp. salt
6 turns of pepper mill	

Heat sauce until warm.

Boil filled pasta till raviolis rise and boil two more minutes. Remove from water. Serve with sauce.

## **723. German Potato Salad**

INGREDIENTS (we usually make a double batch for carry-in dinners) revised 10-09

4 cups or more diced peeled potatoes	1 tsp. ham bullion
1 small onion (red is best), diced	¼ cup white vinegar
Water for boiling potatoes	3 tablespoons white sugar
½ teaspoon salt plus salt in water	1/8 teaspoon ground black pepper
2 TBS dried parsley (or more fresh)	olive oil (about 1 tsp)
½ lb. smoked turkey sausage, diced	

### DIRECTIONS

1. Place the potatoes into a pot, fill with enough water to cover and add some salt and heat, stirring now and then. Bring to a boil, and cook at a low boil for about 10 minutes (until easily pierced with fork, but not mushy;). Work on #2 below while potatoes are boiling.
2. In a large skillet (use a No-stick skillet or spray with Cooking spray), add olive oil; when hot, add chopped onion and sauté. Then add sausage and sauté. Then add all ingredients except potatoes & parsley. When potatoes are done, drain. Add potatoes & parsley; mix well and heat through. Can eat hot or cold. Add more salt if needed.

## **724. Southwest Kale, Sweet Potatoes and Beans**

1 big bag chopped kale or bunch chopped	1 TBS. Cumin
2 extra-large sweet potatoes, skinned & chopped	1 TBS. Smoked paprika*
1 can red (or black) beans	1.5 tsp. vegeta or 2 chick. Bullion cubes
1 small (or ½ large) onion chopped	2/3 cup water
4 cloves garlic, chopped	1 Chipotle pepper (or your favorite heat)

\* or regular paprika plus three drops liquid smoke

In the Instant Pot, spray with cooking spray, add all ingredients, and cook on medium pressure for 30 minutes. That's it. For this recipe, I don't brown anything.

On stove top, add to Dutch oven or large pot (spray with cooking spray first). Simmer on medium/low for about 45 minutes, or until everything is tender.

### **730. Chinese Fried Rice (HH)**

1 egg, beaten	2 cups cooked brown* rice (cold); can use left over rice
1 TBS. Hoisin sauce	1 pkg. (16 oz) Frozen peas and carrots (or peas)--defrosted
1 tsp. soy sauce	1 TBS. Peanut or canola oil
1 large onion, chopped fine (red is best)	4 oz. 97% lean ham (can be packaged deli), chopped
2 to 3 turns of the pepper mill	chopped onion greens or chives (for garnish) --optional

Spray a large skillet (cast iron is best) with cooking spray (like Cooking spray, for example). Add a bit (half) of oil. Brown onion, add ham, then add peas and carrots until hot. Remove from pan and put in medium sized or large bowl. Wash out pan.

Spray pan with cooking spray; heat pan with medium heat. Mix egg beater, Hoisin sauce, and soy sauce with pepper. When pan is hot, scramble egg mixture (it will still be moist). Add to bowl. Clean pan.

Spray pan with cooking spray, heat over medium heat. Add rest of oil and then add rice. Use a wooden cooking paddle to break up clumps. Add veggies & eggs, stir until good & hot. Garnish with onion greens.

\*Brown rice for HH version; otherwise use white.

### **731. Spinach –Rice Pilaf (Middle Eastern Recipe) (HH)**

1 pkg. (1 lb) fresh spinach* or frozen, thawed and squeezed	1 large onion, finely chopped
2 tsp. olive oil	¼ tsp. salt (sea is best)
¼ tsp. black pepper	2 cups COOKED rice

Prepare rice in rice maker or stove top as per package directions. While rice is done or nearly done, begin preparing the recipe.

In a dutch oven or extra-large skillet, sweat the onions in the oil over a medium-low flame. Then add fresh (or well squeezed and drained thawed frozen spinach), and simmer/sauté on very low flame, covered, for about 20 minutes, stirring occasionally. When done, turn off and mix in prepared rice.

\*may substitute 2 cans drained and squeezed turnip greens or 2 cans drained and squeezed spinach

## 732. Sicilian Eggplant Salad

This salad can be served hot or cold, but we prefer it cold.

1 large eggplant, diced into ½ inch cubes	¾ tsp. kosher salt
5-6 tomatoes, diced into ½ inch cubes	2-3TBS dried parsley
1½TBS. brown sugar	3TBS wine vinegar
¼ cup raisins	½ tsp. celery seed
1-2TBS olive oil	1 onion, diced fine
¼ cup pine nuts or pecans, toasted	½ tsp. paprika
2 TBS. minced black olives (optional)	

You will need one large frying pan/skillet, preferably with high sides, and one small frying pan. You have to hustle a little with this dish – it is “multi phase.” We Vasiceks do not particularly like olives or anchovies, but you may include them if you do!

In a bowl, mix eggplant with kosher salt. Get a microwavable plate, line it with double layers of coffee filters and spray with Cooking spray. Pile all the egg plant on it, and microwave (high) for about 8 minutes (cover with microwave lid or loosely with waxed paper or paper towels).

While the above is cooking, combine tomatoes, vinegar, brown sugar, parsley, and celery seed and stir. If you are using anchovies and/or olives, add them, too.

In a large skillet, add 1TBS olive oil and turn to medium heat. Add eggplant and cook, stirring, for about 5 minutes. Then add vegetable mixture from above, turn heat up to medium high, and cook another 5 to 7 minutes.

At the same time, in a small skillet, add a touch of olive oil to sweat onions and peppers. Use medium heat and stir, cooking for about 5 to 7 minutes. You are not browning them, just sweating them.

When small skillet veggies are done enough, add them into large skillet and cook another 5 minutes on medium or medium-low heat.

Now the small skillet is available. Wipe out and put on low heat. Add nuts (not chopped) and “toast,” moving them around every minute or two for about 4 or 5 minutes.

Serve salad hot (with toasted nuts in a small bowl/plate as a topping, if desired). Better yet, chill vegetable salad at least several hours and serve cold. A great alternative to coleslaw!

## 734. Ed’s Original Cold Bean Salad (HH)

2 cans northern or navy beans, drained	¼ cup yogurt
½ fine chopped red onion	5 turns black pepper
2 garlic cloves, chopped fine	Stevia or sugar to taste

Marjoram (about ½ tsp. dried leaves or more)	balsamic vinegar, 1 tsp.
½ or ¾ cup raisins (golden are best)	wine or exotic vinegar (pomegranate)
½ can tomatoes, drained and squeezed	1 tsp. celery seed
Dash or several, jalapeno powder (or cayenne)	½ tsp. hot paprika
½ piece of grated candied ginger (optional)	Salt (as needed)

Mix all ingredients. Balance out tastes of sweet (agave and/or dark corn syrup) with sour (balsamic and wine/exotic vinegar); adjust heat level as well and salt. Chill for at least ½ hour before serving.

### 737. Zucchini, Eggplant, and Pasta Side

*This is a good way to get your carbs and veggies together. You might make a double or triple recipe if you have a large family.*

2 small zucchini, sliced into ¼ inch disks	5 fresh basil leaves, chopped, or 1 tsp. dried
¼ eggplant, skinned & chunked to 1/2" cubes	¼ sweet onion, chopped fine
1/3 bottle favorite spaghetti sauce or marinara	½ to 1 cup leftover pasta, cooked (or rice)
¼ tsp. salt	3 turns of the pepper mill
Olive oil (1 TBS)	

You will need at least a 3 quart saucepan, and a 4 quart might be better. Spray bottom of pan with cooking spray. Add olive oil and allow to get hot. Add onions and lightly sweat them (do not brown them). Then add salt, zucchini and eggplant, stirring around. Cover and let cook over low-medium flame for about 5 minutes, occasionally stirring around. Then add spaghetti sauce, basil, garlic, pepper, cover and simmer 10 more minutes, stirring rarely. Then add pasta, cover, and simmer another 10 minutes, rarely stirring. Serve with Parmesan cheese.

### 738. Risotto and Zucchini Side Dish (HH)

¼ onion, chopped fine	½ cup white rice (or 1 cup brown, cooked)*
3 cloves garlic, chopped	1 can (14 oz. or so) chicken stock
1 medium zucchini, sliced thin	4-5 sun-dried tomatoes, chopped
Olive oil (for browning)	½ tsp. dried thyme
½ tsp. dried marjoram	1 tsp. dried basil
touch of salt (depending on stock)	2 turns of the pepper mill
¼ cup water	

\* for HH, used brown rice; since it takes long to cook, prepare it first. Can also be made with barley.

Sweat onions in olive oil over low-medium flame. Add zucchini and garlic and sweat some more, five or ten minutes until zucchini begins to soften; stir occasionally. Then add dried tomatoes and seasonings and sweat another minute or two. Add the rest of the ingredients and cover over low-medium flame, stirring every 3 or 4 minutes, stirring more often and turning flame to low when liquid

is almost gone. When liquid is almost absorbed, cover and let sit another 5 minutes. Great side dish, serves 2-3. For a typical family, make a double recipe.

## 739. Kohlrabi Chinese Side (HH)

This recipe came with kohlrabi from store. I use leeks instead of shallots and add golden mushrooms.

2 kohlrabi bulbs, skinned and cut into French-fry shapes	1 tsp. sesame seed oil
1 can Golden Mushrooms (or your favorite), drained	1 TBS. soy sauce
1 leek, cut into thin disks (not the rough greens)	2 TBS. rice wine
½ bell pepper, cut into slivers	2 or 3 cloves crushed garlic
Fresh ginger to taste (or pickled, three slivers)	peanut oil (2 TBS)
1 tsp. cornstarch and a few tsp. cold water*	dash hot paprika (or tiny bit cayenne)
4 turns of the pepper mill	

\*for extra heart-healthy, use Guar and Xanthan gum instead of starch

In a wok or large frying pan, heat peanut oil. When hot, add ginger, leeks and kohlrabi over medium flame, mixing here and there for about 3 minutes. Then add peppers, mushrooms, paprika, black pepper, and garlic. Stir fry another 2 or 3 minutes.

Then add oil, soy sauce, rice wine, and sesame seed oil, cover, and simmer till tender. You want the kohlrabi to still have a little firmness. When tender, mix cornstarch with a little water to dissolve. Stir into pan and bring to a boil to thicken. You can serve as is or with rice as a tasty side dish.

## 740. Italian Beans and Rice (HH)

1 onion, diced	4 cloves of garlic or equivalent, crushed
1 can pinto beans & liquid	¾ tsp vegeta or 1 chicken bullion cube or salt
2/3 cup cooked rice	1/2 pkg. fresh spinach (or 1 can, drained and squeezed)
1 can tomato paste	water (as needed)
½ tsp. basil	4 turns of the pepper mill
½ tsp. marjoram	1 zucchini, chopped fine
olive oil	dash cayenne or some hot paprika

Marylou does not care for traditional pasta fagioli (fazool), but she loves this one.

Direction: In a large (cast iron is best) sauce pan, add about 1-2 TBS. olive oil. Lightly brown onions, then add zucchini and lightly sauté. Then add spinach, cover and cook for a couple of minutes on medium flame, stirring. Then add all ingredients, bring to a simmer, stir, cover and cook on a low

flame for about 15 minutes, stirring and adding water as needed. You want the sauce fairly thick, but not to the point of burning. Great side dish!

## 741. Mexican Pickled Vegetables, Ed's Way (HH)

1 cauliflower, cut into florets	4 whole allspice
1 large sweet pepper, cut into strips	4 turns of the pepper mill
1 large onion, cut into strips	½ tsp. oregano
3 large carrots, cut into disks	¾ tsp. kosher salt
1 to 3 jalapeño peppers, cut into disks	4 bay leaves
Garlic, crushed, equivalent to 10 cloves	½ tsp. coriander
Olive oil for browning onions (2 TBS)	½ tsp. cumin
2 to 2.5 cups white vinegar	optional: red pepper flakes to make hotter, if desired

(one pepper is hot enough for we Vasiceks)

In a large skillet with a high side and lid or dutch oven, turn to medium heat; add olive oil and lightly sauté onions. Then add all vegetables and stir fry for a few minutes. Then add all other ingredients, bring to a boil, and simmer for 7 minutes or so (check cauliflower to make sure it is not hard but not mushy, either). Turn off and cool. Put in a large container with a lid or a bowl with tight plastic on top to seal. Let it sit overnight before eating. We do not refrigerate. You can reduce hot peppers and replace them with mild ones to make mild giardinera, or any graduation in between.

## 742. Giardinera, Chicago Style: Hot, Medium, or Mild (HH) V

*Note: this is repeated from the first section; it can be considered both a condiment or a salad of sorts.*

*Pronounced "jar-din-near – ri," or, in Chicago, mispronounced, "jar-din-nair – ree." Comes from the Italian word for "garden mix." In Italy, these veggies are pickled only in vinegar. In the very early 20th century, an Italian immigrant (Scalia) who lived in Chicago came up with the idea of pickling the veggies in 2 parts oil and 1 part vinegar, hence this is considered "Chicago style" and can be nearly impossible to buy outside of the Midwest. Many people add olives or even cauliflower. This is the way we like it. IRREPLACEABLE You can always up the heat by adding red pepper flakes.*

### Mild Giardinera Ingredients:

2 Serrano or jalapeno peppers, cut in disks	2-3 stalks celery, chopped into thin disks
1-2 large carrot, skinned and julienne (can use peeler)	2 sweet (bell) peppers, chopped to ¼ inch
about 1.5 cup oil (olive or olive/canola combo)	.75 cup white vinegar
1 tsp. Oregano	6 turns of the pepper mill
water (for soaking only)	2 TBS. kosher salt (for soaking only)

**Medium Giardinera Ingredients:**

4 Serrano or jalapeno peppers instead of two.

**Hot Giardinera Ingredients:**

8 Serrano or jalapeno peppers instead of two.

**DIRECTIONS FOR ALL LEVELS:**

Chop all vegetables, put them in a large pot with salt, cover with water (just enough to barely cover), and simmer for 4 minutes. Let cool and soak overnight in the refrigerator in pot or a container (I use a plastic coffee can).

The next day (after at least 8 hours), drain liquid, put (or leave) vegetables in the container in which you will keep them (a plastic tub with a lid or a plastic coffee can works well). Add all other ingredients (except no water nor salt – that was just for soaking!) and mix well. Leave out for two or three hours and then store in fridge. You may use immediately, but better after a day. Best served at room temperature, (either take some out early to warm or nuke slightly). Will keep in refrigerator for at least 3 months.

**743. Pasta Salad (HH)**

2/3 cup giardinera liquid or more (see above)	½ tsp. Fennel seeds
(or 1 part vinegar, two parts olive oil, ¼ tsp salt)	2 tsp. Dried basil
1 large fresh tomato, sliced thin	4 turns of the pepper mill
(or 1 can, drained and chopped)	1 tsp. Stevia or maple syrup (more if needed)
½ tsp. Hot paprika or dash cayenne	½ to 2/3 lb. Cooked whole wheat pasta
1 tsp. Grated Parmesan cheese or more	½ tsp. Oregano
½ tsp. Garlic powder	

Note: You can buy the right kind of Giardinera at Meijers, Rural King, or Juliano's. Make sure it is packed in oil, not only vinegar.

Dressing: Heat all ingredients in a saucepan except for pasta and cheese. Simmer for 5 minutes. Taste, adding extra corn syrup/sugar or heat (hot paprika or cayenne) if needed.

Serving: Put cooked pasta in serving bowl, add dressing and most of the cheese; fold in until evenly distributed and then top with additional cheese.



## 744. Vegetarian Fat Free Chili

1 can tomato sauce, rinse a little	3-4 garlic cloves, crushed
1 can red or kidney beans	½ tsp. Cumin
1 can Ro-tel tomatoes (with chilies)	1 tsp. vegeta or 2 bullion cubes
1 cup cooked rice	1 cup water
½ tsp sugar	3 turns of the pepper mill
1/2 onion or ½ tsp powder	½ tsp. Oregano

Directions: Dry brown onion (unless using powder) in a two-three quart pot. Add all ingredients and simmer on low flame for about ten minutes. Serve with fat free sour cream (or your choice).

## 749. Rich Turnip Greens (HH)

1 bunch turnip greens, boiled, drained	1 egg beater or egg beaten
½ tsp. vegeta or ½ bullion cube (chicken)	3 cloves garlic, crushed
4 ounces light (Neufchâtel) cream cheese, chunked	1 cup skim milk
1 small sweet or red onion, diced	dash cayenne
1-2 TBS. Olive oil	salt (if needed)

Wash and simmer cut up greens for about 15-20 minutes and drain.

Heat a skillet with a high side or Dutch oven and add oil. Brown onion for about 3 minutes, add garlic and brown another minute. Stir in greens and stir, cooking for about three minutes; add all ingredients except for egg and simmer until hot, then add egg and simmer until thickened. Taste for salt and add if needed.

## 750. Addictive Brussels Sprouts (HH) V

This is my own recipe, suggested by a bottle of Amish pickled Brussels sprouts. Served warm.

1 pkg. Frozen Brussels sprouts (12 or 16 oz)	½ tsp vegeta or ½ ch. bullion cube or salt
1/4 cup water	1/4 cup sugar
1/4 cup white vinegar	1'2 tsp. Olive oil or butter

Bring to boil, reduce heat and simmer covered until cooked to desired tenderness (I like about 5 minutes). This simple side dish is addicting. So delicious, you will not believe it.

## 751. Sicilian Lentil Pasta Sauce (Healthy, Meatless) & Pasta

Great for serving over spaghetti squash because it is so thick. Altered from allrecipes.com.

2 TBS olive oil (or no oil)	3 cups water
1 cup chopped onion	2 (6oz) cans tomato paste
1 can mushrooms, drained	1 (8oz) can tomato sauce
2 zucchini, sliced or large one*	1.5 tsp. Stevia or honey or sugar

3 cloves garlic, chopped  
 1 tsp. vegeta or two chicken bullion cubes  
 1 cup dry lentils or mung beans  
 2-3 turns of the pepper mill  
 more water if needed

1 tsp. basil  
 1 tsp parsley  
 ½ tsp oregano  
 ¼ tsp red pepper flakes or dash cayenne

\* If using a huge zucchini, skin with peeler, halve, remove seeds, and dice.

Serve over spaghetti squash or your favorite pasta. Whole wheat spaghetti is the healthiest.

*Adapted for crock pot*

Directions: Brown onion (or dry brown for fat free), zucchini, mushrooms and garlic in olive oil. Add all ingredients and cook on high in crock-pot for 4 to 5 hours or low for 8-9. The sauce is meant to be thick. Add more salt if needed. Serve over whole wheat pasta or spaghetti squash.

## 752. Baked Crock Pot Tangy “Baked” Beans (HH) V

3 cans beans (I prefer one black, one red, one northern)  
 ¼ cup dry lentils (orange ones are best)  
 1 large onion, chopped (sweet is best)  
 1 LB Turkey smoked sausage (HH) or kielbasa or smoked brats, cut into disks or 1/2 lb. or more turkey bacon or real bacon  
 1 can diced tomatoes  
 ½ chipotle pepper (or sub a can of Ro-tel tomatoes for tomatoes above and pepper)  
 5 turns of the pepper mill  
 1 scant TBS ground cumin  
 1 TBS. paprika  
 6-8 cloves chopped garlic  
 1 TBS brown sugar (dark is best)

### Optional But Suggested Ingredients

1 stuffing pepper, cut into slices (or 1 can chili peppers)  
 1/4 tsp. coriander  
 juice of 1 lime plus possible additional sweetener (taste test when done and add if needed)

Directions: Ideally in a cast iron pan, dry brown onions and sausage (or bacon) and green pepper until lightly browned. Add this and all other ingredients into a crock pot and cook on high for 8 hours. Add more water if needed. Or simmer on stove, covered, for 35 minutes.

## 753. Malfatti (HH)

A malfatti is an Italian dumpling. You rarely see them in Italian restaurants, so you need to make your own!

This is meant to be eaten with spaghetti sauce (with or without meat) as a main course or as an appetizer or as a “perk.” I like two or three of these along with a plate of pasta and meat sauce. I found recipes on the internet and adapted them quite a bit.

1 15 oz. Container Ricotta cheese	½ tsp. baking powder
1 15 oz. Can spinach, drained, squeezed, chopped	1 tsp. Basil
2.5 to 3 egg beaters or real eggs, beaten	¼ cup regular or low-fat grated Parmesan cheese
¾ cup whole wheat bread crumbs	1 small onion, diced fine
1 cup flour (whole wheat is best)	¼ tsp. Ground mace or nutmeg
¼ tsp. Salt (plus salt in water)	

[note: This will take some time at the stove because you have to simmer these dumplings in batches] While mixing ingredients, start water to simmering. Use a wide pot – a deep frying pan will do. Add four inches or so of salted water and bring to a boil.

While water is heating, mix all ingredients listed above in a large bowl by folding in. This should produce a very dry dough. Adjust with more flour if needed. Let sit for at least five minutes.

Then begin forming small logs (like working with play dough) about the size of a man's thumb. Add these to the water until the bottom of the pan is filled. Bring to a boil; dumplings should begin to rise. Let boil for about two minutes after dumplings surface. [note: if dumplings break up, they are not dry enough; add more flour to the remaining dumplings in that instance]. Remove with a slotted spoon and place in colander to drain. Add more dumplings; continue this process until all the dough is used up. [Note: you may need to add more water along the way and then wait until the water is again brought to a boil]. Enjoy!

## 755. Cajun Rice and Beans Side Dish (HH) V

2 cups cooked rice (we use brown)	1 cup chicken stock or equivalent
1 large onion, chopped fine	1 tsp. Dried lemon thyme (or regular thyme)
1/2 chopped green pepper	1 TBS Dried oregano
1 stalk celery, finely chopped	½ tsp. Cayenne
1 can red beans	additional salt as needed (maybe ½ tsp?)
2 TBS olive oil	water as needed

In a large frying pan or dutch oven, brown green peppers first (they take longer) and onions in oil. Add celery, oregano and garlic and brown another minute. Add stock and simmer, covered, for about 10 minutes until veggies are pretty soft. Add more water if needed. Add all other ingredients when veggies are soft, and heat, occasionally mixing, over a low-medium flame, until hot.

Optional: brown onion, green peppers, and celery in frying pan with oil. Add to sprayed rice maker along with 1 cup brown rice and 2.5 cups water (or white rice with 1.5 cups water).

## 756. Barley Primavera (HH)

Found this recipe online and did a few Vasicek variations. We love it as a side-dish – a complex carb.

This is a simple dish, great to complement a main course.

1 quart chicken stock or vegeta	1 zucchini, diced (can use 2 if you love zucchini)
1 cup pearl barley	juice of ½ lemon
3 cloves garlic, crushed	2 carrots, sliced thin
1 small sweet onion (brown if not a sweet onion)	1 TBS. Dried parsley
5 turns of the pepper mill	¼ tsp. Salt (add more if needed)
1 tsp. Olive oil	

You can cook this in saucepan as you would rice, but I use a rice cooker.

Spray rice cooker with cooking spray. Add all ingredients, cook on regular cycle. Let sit at least 5 minutes after done.  
minutes.

## 758. Barley Escaped!

¾ cup pearl barley or a bit more	1 tsp. Dried oregano
1 can northern or navy beans	½ tsp. Equivalent sugar (I use stevia)
1 can kale or greens, drained (or fresh)	2 scant tsp. vegeta or 2 chicken cubes
1 can diced tomatoes	4 turns of the pepper mill
about 2 cups water	dash balsamic vinegar or wine vinegar

Spray electric rice maker pot with cooking spray. Add and stir all ingredients and cook. Or slowly simmer on stove top, covered, stirring every 4 or 5 minutes until most water is used up. Then turn off and leave covered another 15 minutes until water is all absorbed. Stir before serving.

## 759. Spanish (Mexican) Rice V

1 cup brown rice (or white)	1 tsp. Hot paprika or Hungarian + ¼ tsp. Cayenne*
2.5 cups water (or 1.5 for white)	1 tsp. Cumin
1 can diced tomatoes	¼ tsp. Coriander
1 can tomato sauce + ½ can water	½ tsp. Each garlic and onion powdered
½ tsp. salt	

\*This is for a medium taste; add more or less as desired.

Directions: Spray the rice maker with cooking spray, Add all ingredients, cover, and turn on. Brown rice usually takes a good hour to cook, white rice is done in about 20 minutes.

## 761. Ethiopian Kale or Collard Greens

1 bunch kale or collards (10 oz. or more), chopped	juice of ½ lemon
3-4 TBS. Olive oil	¼ tsp. Ground cayenne
1 medium/small onion, diced	1/2 tsp. Cumin
6 slices pickled ginger strips or ½ tsp. Powder	¼ tsp. Coriander

4 cloves garlic, crushed	¼ tsp. Cardamon
1 tsp. Smoked paprika (or standard & drop of smoke)	¼ tsp. Salt
t tsp. Equivalent Stevia or honey	

Directions: In a large skillet, heat oil (medium flame) and add in all spices and garlic. Saute for about one minute or less. Add onions and saute' 4 or 5 minutes. Then add lemon juice, salt, and greens. Saute' for 10 minutes, occasionally stirring.

## 762. Spike Rice **V**

1 Cup brown rice (or 1.5 white)	1 and ½ tsp. Spike or poultry seasonings
3.5 cups water	1 tsp. vegeta or 1 chicken bullion cube
½ tsp. Hot paprika or mild plus dash cayenne	

[note: spike is better than poultry seasoning, so it is worth buying] Spray rice maker with cooking spray. Add all ingredients, mix, cover, and turn on. When done, thoroughly mix it up with a spoon.

## 763. Potato Pancakes for the Food Processor

I grew up with the Slovak version known as *bramborák*. In Jewish culture, they are called *latke*. They are both an Eastern European specialty and a Jewish specialty, primarily because a vast number of Jews at one time lived in Eastern Europe, so the cultures borrowed from one another.

My mother did not usually put marjoram in her *bramborák*, so they tasted just like Jewish *latke*., (marjoram being the main difference). We always ate ours with sour cream, as do many Jewish people (Slovaks don't have blood in their veins, they have sour cream). Some people prefer to eat them with applesauce on top, while others use pancake syrup. Leftovers are great for breakfast use, re-fried alongside an egg, for example. This recipe is slightly altered from one I found on the internet.

### Ingredients

4 potatoes, peeled and chunked	canola oil, as needed (at least ½ cup)
1 medium onion, chopped (sweet are best)	1 tsp. Baking powder
1 crushed garlic clove or ½ tsp. crushed	1.5 tsp. Salt
2 eggs or (easier) ½ cup egg beaters	2 TBS flour

### Directions:

Leave 3 cut up potatoes in a bowl or on the counter. Put the rest of the ingredients (1 cut up potato and onion, garlic, flour...etc.) in the food processor and pulse for a few seconds (7 seconds?) until finely chopped. Then add rest of potatoes and pulse a few more seconds. Mix with spatula and pulse a few more seconds.

Spray frying pan with cooking spray. Add at least half the oil until good and hot; reduce to medium flame. Drop a scant ¼ cup of mixture into pan and flatten slightly (I use bottom of measuring cup). Turn over when browned (be patient). As done, remove and add more, adding more oil as needed. You

want them to swim in the oil a bit. Stack on plate to keep warm until all are done.

Serve with sour cream, applesauce, or maple syrup.

## 764. Nacho Broccoli and Cauliflower Casserole (NOT HH)

This is a delicious casserole.

1 package frozen broccoli	1 can Campbell's Nacho cheese soup
1 package frozen cauliflower	2 slices Muenster cheese or other favorite
¾ cup evaporated milk	½ tsp. Spike seasoning or poultry seasonings
dash salt	½ tsp. Hot paprika or more or few dashes cayenne
1 cup breadcrumbs	2 TBS. butter plus 2 TBS canola oil (or more if needed)

Preheat oven to 425 degrees.

Put bags of vegetables in microwave as per package directions. Meanwhile, in frying pan, melt butter and oil and begin browning bread crumbs over low heat (not too low).

Spray a baking dish with cooking spray. Add vegetables, here some broccoli, there some cauliflower. In a bowl, mix the soup, milk, spike, paprika, and salt. Pour over vegetables. Then place two slices of Muenster cheese on top, breaking up pieces for even distribution.

Cover with browned breadcrumbs and bake for 30-35 minutes.

## 765. Greek Spinach Rice

I got this recipe off the internet, but made quite a few changes to adapt it to Vasicek ways. I use a rice cooker for part of it, but you can simmer it in a covered pan/pot instead.

Olive or canola oil (about 3 TBS)	8 to 10 oz. Box frozen spinach, defrosted
1 sweet onion, chopped	¾ tsp. vegeta or 1 chicken bullion cube
5-7 garlic cloves, chopped	3 cups water (for brown or 1.5 for white)
1 generous cup dry rice (we use brown)	juice of one small lemon
1 TBS. dried chives or onion greens (optional)	1 to 1.5 tsp. Lemon zest
1 TBS dried dill weed	

In a large skillet (medium high flame), lightly dry brown onion, then add oil (you can add oil first if this seems unsettling to you). Then add garlic, dill, and dried rice. Brown 2 minutes or so, stirring often. Then add spinach, lemon juice, lemon rind, and chives and stirring often about another 2 minutes.

Spray rice cooker with cooking spray, And mixture from frying pan plus vegeta or bullion and water.

Stir up, cover, and turn on cooker.

When done, let it sit, covered, for at least ten minutes before serving. Cook time varies considerable between white rice (maybe 25 minutes) and brown rice (maybe 50 minutes).

## **767. Sweet and Sour Cabbage for Insta-pot *Pressure Cooker* V**

*Red cabbage preferred, but can be white or a combo*

1 good sized head cabbage red or white or, better yet, combo

1 onion, chopped

canola oil, about 1.5 TBS

1.5 cups regular apple sauce

1 cup water

about 2 TBS butter (no need to melt)

1/3 cup apple cider vinegar

2.5 TBS. Brown sugar

1 tsp. Kosher salt

7 or 8 turns of the pepper mill

Directions:

Spray the Insta-pot with cooking spray, set to saute, and add oil. When hot, add and brown onions pretty thoroughly. Turn off. Then add all other ingredients, but bury the butter in the middle so it will melt nicely. Set the Insta-pot to manual and high pressure, time to 6 minutes. When done, unplug and let cool down for 10 minutes, then remove lid and serve.

## **770. Fried Cabbage V**

1 lb. Low fat turkey sausage OR 1/2 lb bacon, finely chopped

1 medium onion, chopped

1 and 1/2 cups water, more if needed

1 small, medium, or large head or one small head cabbage, chopped

3 or 4 carrots, skinned and sliced

1/2 teaspoon salt or vegeta

6 turns of the pepper mill

Directions:

Get a large pot (soup pot or dutch oven or large high sided frying pan) and spray with Cooking spray. On medium flame, brown meat onions, adding oil if not using bacon. Then add carrots and brown about 3 more minutes.

Then add cabbage, water, salt and pepper, and stir well. Cover and simmer until cabbage and carrots are tender, maybe 20 minutes. Stir every five minutes or so. Add more water if necessary – you want it to be steamy with just a little liquid.

## 772. Pasta and Ricotta: Super Simple and Tasty **V**

This is a very mild dish, a favorite of children and a great alternative to macaroni and cheese. But just because children love it does not mean this is not a side (or even main course) for adults. This is a mild, delicious, and well-received side dish. Great for a potluck diner as well. We love it. Adapted from “Cooking with Nonna.”

16 ounces whole Ricotta cheese  
½ lb. Favorite pasta (rotini or shells)

Parmesan cheese, about 2-3 TBS (or more)

Add the pasta to boiling salted water and begin cooking as per package directions. Halfway through the pasta cooking time, in a large sprayed or Teflon frying pan (or other fairly big pot), add the ricotta and heat on a medium-low flame. Take about ½ cup of hot pasta water and stir it into the ricotta until it is smooth. Turn to low flame. When pasta is done, drain but do not rinse. Add pasta to ricotta mixture and mix thoroughly. Heat more if needed, but should be hot enough. Add Parmesan cheese. Serve with additional Parmesan cheese available.



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## 800 Desserts, Bakery, Sweet Breads, etc.

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*We don't bake a lot of sweets, and usually avoid dessert or have scoop of sugar-free ice cream. So we have not developed many "custom" recipes in this area. Ed's general motto is, "If you have room for dessert, the main course wasn't good enough."*

### 801. Pumpkin Bread

<i>¾ cup white flour</i>	<i>1 tsp. vanilla (reduce to ½ if using vanilla yogurt)</i>
<i>¾ cup oat flour</i>	<i>1 or 1½ egg beater</i>
<i>½ tsp. cardamom</i>	<i>2/3 to ¾ cup canned pumpkin</i>
<i>1.25 tsp. baking soda</i>	<i>½ cup sweetened cinnamon applesauce</i>
<i>2 TBS. dried cranberries</i>	<i>½ cup lite yogurt (plain or vanilla)</i>
<i>½ tsp. or so nutmeg or mace</i>	<i>1 TBS. coconut powder or 2 shredded</i>
<i>2 TBS. crushed walnuts</i>	<i>¾ cup brown sugar</i>
<i>¾ tsp. sea salt</i>	

*Preheat oven to 350 degrees.*

*Mix dry ingredients (left column) together in a medium large bowl. In an extra large bowl, mix the wet ingredients (right column). Then add and mix the dry ingredients into the wet. Mix by hand lightly.*

*Use either a baking dish (I like 8 X 8 square) or a bread or meat loaf pan or equivalent. Spray liberally with cooking spray. Pour in mixture and bake at 350 degrees for one hour. Use a toothpick to make sure it is done (should come out clean). Let cool before eating. Great with lite cool whip as a topping.*

### 802. Pineapple Filling (for pie, etc.)

*2-20ounce pineapples, sliced and cut up in pieces*  
*½ cup flour*  
*1 cup sugar*  
*1 TBS. lemon juice*  
*Additional: 2 TBS butter, dabbed around filling*

*Mix filling (except butter); dab butter around filling and bake as you would other pies*

### 803. Mexican Wedding (Pineapple) Cake

2 cups all-purpose flour	1 (20 ounce) can crushed pineapple with juice
2 cups white sugar	2 egg beaters or beaten eggs
2 teaspoons baking soda	½ teaspoon salt
1 teaspoon vanilla extract	fat-free cool whip (for frosting)
½ tsp. coconut extract (optional)	

#### DIRECTIONS

Preheat oven to 350 degrees.. Spray 9×13 inch baking pan with no-stick spray. Sift flour and combine the flour, baking soda, salt and 2 cups sugar. Stir this together. Then add egg beaters, vanilla, pineapple and juice and blend with mixer.

Bake at 350 degrees F for 35 minutes; check by inserting knife into the cake – it should come out clean.

Optional: frost with cool- whip, sprinkle on coconut and crushed walnuts. Or cook with shredded coconut in the cake!

### 804. Jello Dreamsicle Dessert (Somewhat HH)

2 small boxes orange jell-o (sugar free or regular)	1 box vanilla instant pudding
1 can mandarin oranges	2 cups skim milk (for pudding)
2 TBS. low-fat cottage cheese	lite cool whip
1 drop vanilla extract	
Water	

Mix 2 cups boiling water with 2 pkgs. orange jell-o. Add oranges, cottage cheese, vanilla extract, and about 1 cup cold water. Refrigerate per instructions in bowl suitable for serving (and with at least 1.5 inches room on top for more layers).

Mix vanilla pudding in another bowl with skim milk, according to directions. Refrigerate. When set, spread pudding over jell-o. Then top with cool whip as a spread or dollop.

### 806. Pina Colada Jello! (HH)

2 small or 1 large package lime (or lemon) jello (sugar free)  
 1 can crushed pineapple  
 1/2 tsp. coconut extract  
 3/4 cup cold water

Make jello according to package recipe, add pineapple (including juice), extract, water, and mix. Chill and enjoy 4 or more hours later.

Great served with cottage cheese!

## 807. Kolacky for the Bread Machine

Kolacky are the ultimate tart made with rich dough, popular in Slovakia, the Czech Republic, Poland, Ukraine, Hungary, Slovenia, and other nearby nations.

This is pronounced “kole – lotch – key.” Kolacky is the plural, the singular is actually kolacek (kole-lotch – check). Whether spelled Kolachky, kolacki, or anglicized to “kolach,” this Eastern European rich tart is a well-known mainstay. A famous Slovak saying is “without work, there are no kolacki.”

There are many varieties of kolacky. The doughs are all rich, but some are made rich with butter, others sour cream, others cream cheese or sweet cream or shortening or a combination of the above. There are also a variety of shapes: some are round with filling on the top center, others are folded over partly or completely. Some are made with yeast and are fluffy; others are more like a cookie.

Making kolacky is a lot of work, except for a few recipes. This is one of them; the work is lessened by using a bread machine to mix the dough. This recipe is on the internet, and I have found the exact recipe on several websites. The Cheese filling (optional) recipe at the end is from a Kolacky recipe book.

This makes about 40-45 kolacky.

### **Ingredients**

1-1/4 c warm water  
1/2 c butter  
1 egg  
1 egg yolk  
1/3 c powdered milk  
1/4 c mashed potato flakes...instant  
1/4 c white sugar  
1 tsp salt  
3-7/8 c bread flour  
2 tsp active dry yeast

### **Filings:**

Purchase Solo Brand fillings (Meijer in Kokomo carries them) and/or make your own cheese filling. I like to make my own cheese filling for a little more than 1/3 of the kolacky, and then divide the rest between almond filling and apricot (my favorite in that order). Poppy seed filling and prune filling are traditionally very popular, especially with people from the Old Country. Some people enjoy pineapple or cherry fillings, too. For this recipe, you will probably need three cans of filling or two cans plus the cheese filling recipe below.

### **Directions**

Spray your Bread maker's bread pan with cooking spray. Put the first 10 ingredients in order, starting with water into the bread pan. Select dough cycle, press start.

Check dough after 5 minutes of mixing, adding 1-2 teaspoons of water if necessary.

When the cycle is complete, spray your hands with olive oil or cooking spray. Spoon out the dough with a tablespoon and roll into walnut sized balls in your hands.

Place two inches apart on a lightly greased cookie sheet (you can use aluminum foil sprayed with cooking spray or use cooking mats; this will take about three cookie sheets).

Cover and let rise until doubled, 45 minutes to an hour. Begin to preheat oven to 375.

When rise, flatten balls slightly with the palm of your hand and make a depression in the center of with your thumb. Making a nice inner ridge. Fill each with 1 tablespoon of a filling of your choice.

Bake in a pre-heated oven 13-15 minutes. Remove from oven, brush with 1/4 cup of melted butter. Cool on a wire rack. Sprinkle with powder sugar when serving.

I made 43.

### **Cheese Filling**

10-16 ounces Farmer's Cheese (aka, Queso Fresco, Mexican Crumbling Cheese)

¼ cup white sugar

1 TBS. Butter

1 egg, beaten

¼ to ½ tsp lemon rind (I prefer ½ because I like a lemon taste, but ¼ is more typical)

Directions:

Melt butter and pour into a bowl. Mix in sugar, lemon rind, and the egg. Then crumble cheese into small bits with with your fingers. Fold mixture with your hands. Refrigerate until ready to use.

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## **Best “Starter” Meals: Not too exotic or too difficult**

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- 003 Ed's Sensational Chili Stew
- 024 Vickie's Pea and Vegetable Soup
- 044. Marinara Sauce
- 214. Italian Fish for Two
- 301. Chicken paprikash
- 309. Chicken and Rice
- 326. Buffalo Drumsticks
- 340. Chicken Pot Pie
- 403. Hungarian Goulash
- 404. Beef paprikash
- 409. Italian Beef Sandwiches
- 414. Taco Casserole
- 421. Maria Luccia's Half Homemade Spaghetti Sauce
- 506. Pulled Pork for the Crock Pot

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526. Mandarin Orange Pork Chops

752. Baked Crock Pot Tangy Beans

770. Fried Cabbage