You have the authors' permission to share this book or recipes with friends, send over email, copy, print out, attach, post, etc. The more the book or recipes spread the happier we are.

The Ed & Marylu Vasicek Organized International Family Cookbook

Last Revision Date:

October 23, 2026

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

The Vasicek style of cooking…Bi-polar

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. These are mostly about reducing saturated fat only. Most recipes are NOT heart healthy.*

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.

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.

Table of Contents

VVVVVVV....9
000. SOUPS, CHOWDERS, CHILI, SAUCES (MEATLESS), SEASONING MIXES, CONDIMENTS, GRAVIES, APPETIZERS AND SUCH....9
VVVVVVV....9
001. Easy Minestrone Soup (HH) #1 V....9
002. Spinach Soup Super Simple V....10
003. Ed's Sensational Chili Stew/Soup (HH) V....10
004. Sauerkraut Soup (HH)....11
005. Thai Winter Squash Soup....11
006. Eduardo's Black Bean Mexican Soup (HH) V....12
007. Cannellini Bean Soup With Kale (HH) V....12
008. Zupa Whatsa Matta For U? (Italian Kale Soup) V....13
009. Beloved Beef Barley Soup....13
011. Connie’s Corn Chowder....14
012. Split Pea Soup (traditional)....14
013. Fish and Potato Chowder....15
014. Tripe Chowder (Pepper Pot)....15
015. Ox-Tail Soup V....16
016. Mushroom Soup....17
017. Ed's Easy Broccoli Soup (fairly HH) V....17
018. Slovak Potato Soup V....17
019. String Bean Soup....18
020. Curried Chicken Soup With Apples....18
021. Italian Style Lentil Soup....19
023. Simple Turnip Green Soup V....19
024. Vickie’s Pea and Vegetable Soup....19
025. Navy Bean Soup (traditional)....20
026. Traditional Meaty Chicken-Vegetable Soup V....20
027. Cream of Turnip Green Soup....21
028. Vegetable Soup (HH) V....21
029. Cauliflower Soup V....22
030. Little Meatball Turkey (or other) Broth Turnip Green Veggie Soup....22
032. Drop Dumplings (halushki) for Soup V....23
033. Liver Dumplings....23
040. Essence of Edward Seasoning V....23
O41. Essence of Edward MSG Free....24
042. Mr. Eunicho’s Seasoning V....24
043. Italian Seasoning V....24
050. Gravy – Beef, Chicken, Turkey or Venison....24
051. Wine Reduction Gravy (used sparingly)....24
052. Mexican Mole Sauce....25
055. Wild Cowboy Eddie's Sugar Free Western Salad Dressing (HH)....25

056. Eduardo's Salsa (sugar free/HH)....25
057. Berbere (Ethiopian) Seasoning V....26
058. Berbere Sauce V....26
059. Gastrique (Steak Sauce) V....26
061. Pineapple and Raisin Sauce for Ham Roast....26
064. Alfredo Sauce....27
066. Orange Salad Dressing (HH)....27
067. Sweet Baby Marylu Barbecue Sauce....27
068. Amazing Cranberry Simmer or Barbecue Sauce V....28
075. Basil Oil and Cider Vinegar Salad Dressing (HH)....28
076. Oven Baked Broccoli “Fritters” with Dipping Sauce (HH)....28
080. Pickled Red Onions....29
091. Sauerkraut Balls (or patties)....29
098. Playful Dough....30
VVVVVVV....31
I00. BREADS, DUMPLINGS, ETC....31
VVVVVVV....31
101. Drop Dumplings V....31
102. Baking Powder Bread Dumplings (Second Best) V....31
103. Bread Dumplings: Best Ever and Queen of the Dumpling Empire! V....32
104. Sourdough/Bread/Pizza Crust Starter....33
105. Sourdough Pizza Crust or French Bread (Makes 2 loaves)....33
106. Pizza Dough....34
107. Crusty European No-Knead Bread....34
108. Whole Wheat Drop-Style Biscuits....35
109. Colorful Vanilla Pancakes....35
110. Cranberry Bagels....36
VVVVVVV....37
200. FISH & SEAFOOD ENTREES....37
VVVVVVV....37
201. Fish in Orange Gravy (HH) V....37
202. Salmon Patties in Tomato Gravy V....37
205. Flounder With Chilies and Lime Juice (HH)....38
207. Salmon in Italian White Sauce (HH)....38
208. Swai By and By (HH)....38
209. Thai Fusion Curry Asian Fish and Rice (HH) V....39
210. Everyday Fish (HH) V....39
211. Roasted Salmon, Brussels Sprouts, and Garlic (HH) V....40
212. Buffalo Sauce Fish With Rice & Greens (HH) V....40
213. Simple Mexican Fish (HH) V....40
214. Italian Fish for Two (HH) V....41
216. Fish in Lemon Sauce (HH)....41
217. Shrimp Scampia....41
218. Cajun Shrimp, Sausage and Veggies Stove top....42
225. Corn Meal Breaded Baked Fish V....42

300-600 MAIN MEAT ENTREES....43
VVVVVVV....43
300 CHICKEN AND OTHER POULTRY, INCLUDING GROUND TURKEY AND TURKEY SAUSAGE ENTREES....43
VVVVVVV....43
301. Chicken Paprikash [Paprika Sauce] V....43
302. Sour Cream Chicken....44
303. Marylu's Original Cranberry Chicken V....44
304. Ed and Marylu's Cranberry Chicken Stir-fry V....44
305. Curried Captain’s Chicken (Traditional) V....45
306. Roast Duck (and Gravy), Slovak Style V....45
307. African Chicken (Slow Cooker)....46
309. Chicken and Rice (HH) V....47
310. Honey Chicken....47
313. Chicken Cacciatore (HH)....48
314. Chicken Aglione....48
315. Chicken In Orange Gravy....48
316. Florentine Meatballs – Ground Turkey V....49
317. Chicken Marsala (HH)....50
318. Thai Curried Chicken in Coconut Milk (Hot) V....50
319. Bratwurst Turkey Patties & Sauerkraut Topping (HH) V....50
320. Italian Sausage Turkey Patties (HH) V....51
323. Shepherd’s Pie (Ground Turkey)....52
324. Braised Chicken With Paprika....53
325. Ground Turkey Breast Gyros Loaf (HH) V....53
326. Buffalo Drumsticks (HH) V....54
327. Turkey Breakfast Sausage Patties (HH)....54
328. Turkey Sausage Jambalaya: Ed’s Way (HH)....54
329. Pepperoni Crumble....55
330. Italian Sausage Turkey Crumble (HH) V....55
331. Pepperoni Patty Parmesan (mock) – (HH)....56
333. Beans and Turkey Sausage: Ko-ko-mah Inspired (HH)....56
334. Edwardian Chicken (HH)....57
335. Leftover Turkey Chili (HH) V....57
337. Chicken, Collards & Pasta in Pumpkin Chipotle Sauce (HH)....58
338. Cajun Chicken for the Pressure Cooker (HH)....58
339. Turkey Croquettes (HH) V....59
340. Chicken (or Turkey) Pot Pie V....59
341. Pizza Pot Pie....60
344. Marylu’s Amazing Deep Dish Pizza V....61
345. Volcano Pizza....63
346. Ground Turkey and Broccoli Stove Top (HH)....64
347. Szechuan Chicken (Heart-Healthy) V....65
348. Cauliflower and Chicken (or Turkey) Pot Pie....66
349. Grilled Greek Chicken Legs....66

350. Thanksgiving Turkey Roast V....67
351. Chicken Ranchero Casserole....67
356. Pulled Chicken (Barbecue)....68
357. Curried Chicken with Cauliflower, Carrots, & Rice V....68
358. Quick Cacciatore with Cooked Chicken and Squash (HH)....69
360. Parmesan Chicken and Kale Stove Top....69
361. Grilled Molasses and Soy Sauce Chicken....70
362. Mexican Spaghetti Squash Chicken Boats in Microwave for Leftover Chicken....71
365. Chicken Parmesan....72
366. Asian Rice Noodles With Sprouts and Ground Turkey....73
*VVV*400. BEEF & BEEF PRODUCTS VVV....75
401. Ed's Original Beef Stew V....75
402. Svickova, aka, "Czech Sauerbrauten"....75
403. Hungarian Goulash (Beef Stew) V....76
404. Beef Paprikash (Beef Paprika Sauce Stew) V....77
405. "A La Vash" Pot Roast V....77
406. Pepper Steak V....78
407. Polish Lasagna or Lazy Cabbage Rolls V....78
408. Enchiladas (Beef) with Homemade Sauce V....79
409. Italian Beef Sandwiches For Crock Pot V....80
410. Boeuf En Daub....81
411. Pizza Loaf....81
412. Beef Stroganoff, HH....82
413. Hamburger Stroganoff....82
414. Taco Casserole....82
415. Best Meatballs Ever (HH) V....83
416. Enchiladas Troppitas....83
417. Mexicana V....84
419. Beef and Pork Roast Together....84
420. Ching-Wing Meatloaf....84
421. Maria Luccia's Half-Homemade Spaghetti Meat Sauce for Crock Pot V....85
422. Marinara Meat Sauce Ed's Best Version (HH) V....85
423. Tamale Pie Casserole....86
424. Stuffed Peppers....86
425. Superior Stuffed Peppers for Instapot....87
426. Taco Meat (HH) V....87
427. Meldo Italiano (HH) V....88
430. Lasagna: Ed's Extra Easy Smear Version V....88
431. Czech Beef and Sauerkraut Dinner V....90
432. Ethiopian Beef....90
435. Halupki Hash for the Ins ta-Pot or Crockpot V....90
440. Meatloaf that Ed Likes V....91
446. Black Bean and Pumpkin Chili V....92
447. Philly Beef Sandwiches V....92
448. Asian Korean Ground Beef Stove Top V....93

VVVVVVV....94
500. PORK AND PORK PRODUCTS....94
VVVVVVV....94
501. Hawaiian Pork Chops....94
502. Cranberry Barbecued Pork Ribs....94
503. Oven Baked Pork Chops Shook In A Bag....95
504. Teriyaki Ginger Pork Sweet Onions....96
505. Orange Pork Way Wah (Stir fry)....96
506. Pulled Pork for the Crock Pot....97
507. Polish Sausage Patties (HH) for Grinder....97
508. Bratwurst Patties (HH) for Grinder V....98
510. Italian Sausage – The One You Are Used To! For Grinder (HH)....98
511. Garlic Sausage For Grinder (HH)....99
512. Pepperoni Patties For Grinder (HH) V....99
513. Ed’s Best Pulled Pork with Cranberry Sauce V....100
514. Korean Pork Barbecue....100
525. Pork Chops with Apples V....101
526. Mandarin Orange Pork Chops V....102
530. Ed's Slovak Sauerkraut Kraut (HH)....102
531. Hungarian Style Sauerkraut (HH) V....103
532. Auntie Edlyn’s Polish Sauerkraut V....103
533. Cajun Creation with Sausage, Veggies, Beans and Rice....104
538. Sausage, Peppers, Cheddar Stove Top....104
540. Enchilada Pork Chops with Black and White Beans....105
541. Italian Sausage/Peppers/Zucchini Skillet....105
544. Bush’s-Style Beans With or Without Meat....106
VVVVVVV....107
600. LAMB, GOAT, VENISON, MEAT PRODUCTS, ETC....107
VVVVVVV....107
601. Goat OR Lamb Stew....107
602. Leg of Lamb (Roast) V....107
603. Curried Goat (HH)....108
604. Braised Lamb or Goat Shanks (HH)....108
605. Ethiopian Goat or Lamb (HH)....109
606. Roast Venison Ed's Way....109
607. Venison Gyros (HH)....110
609. Venison Chili Stew V....111
610. Lamb Chops on the Grill....111
VVVVVVVVV....112
700. VEGETABLES, SIDES, AND VEGAN ENTREES....112
VVVVVVV....112
701. Sauerkraut Salad (HH)....112
702. Black Bean Burger (Vegetarian) HH....112
703. Stuffed Artichokes....113
705. Mediterranean Bread....113

706. Broccoli Cheese Casserole (Gluten Free)....114
707. Braunschweiger (Liver Sausage) Spread – Vegetarian....114
708. Pumpkin (Butternut Squash) *Pasta Fazul*, Fat Free, Vegetarian....115
709. Seasoned Sauerkraut Salad (HH)....115
710. Cole Slaw – Healthy....115
717. Broccoli Slaw Salad....116
720. Eggplant Lasagna (HH)....116
722. Hannah's Lemon Ravioli (from Caprise)....117
723. German Potato Salad....117
724. Southwest Kale, Sweet Potatoes and Beans....118
730. Chinese Fried Rice (HH)....118
731. Spinach –Rice Pilaf (Middle Eastern Recipe) (HH)....119
732. Sicilian Eggplant Salad....119
733. Smashed Small Potato Appetizer or Side Dish....120
734. Ed's Original Cold Bean Salad (HH)....120
739. Kohlrabi Chinese Side (HH)....121
740. Italian Beans and Rice (HH)....121
741. Mexican Pickled Vegetables, Ed's Way (HH)....122
742. Giardinera, Chicago Style: Hot, Medium, or Mild (HH) V....122
743. Pasta Salad (HH) V....123
744. Vegetarian Fat Free Chili....123
749. Rich Turnip Greens (HH)....124
750. Addictive Brussels Sprouts (HH) V....124
751. Sicilian Lentil Pasta Sauce (Healthy, Meatless) & Pasta....124
752. Baked Crock Pot Tangy "Baked" Beans (HH) V....125
753. Malfatti (HH)....125
755. Cajun Rice and Beans Side Dish (HH) V....126
758. Barley Escaped!....126
759. Spanish (Mexican) Rice V....127
761. Ethiopian Kale or Collard Greens....127
762. Spike Rice V....127
763. Potato Pancakes for the Food Processor....127
764. Nacho Broccoli and Cauliflower Casserole (NOT HH)....128
765. Greek Spinach Rice....129
766. Cabbage Steaks – Cheesy Pizza Style....129
767. Sweet and Sour Cabbage for Insta-pot *Pressure Cooker V*....130
768. Zucchini Sticks (Gluten Free)....130
769. Cauliflower Steaks -- Cheesy....131
770. Fried Cabbage V....132
772. Pasta and Ricotta: Super Simple and Tasty V....132
773. Sprouted Lentil Burgers....132
VVVVVVV....134
800 Desserts, Bakery, Sweet Breads, etc....134
VVVVVVV....134
801. Pumpkin Bread....134

802. Pineapple Filling (for pie, etc.).....134
803. Mexican Wedding (Pineapple) Cake.....135
804. Jello Dreamsicle Dessert (Somewhat HH).....135
806. Piña Colada Jello! (HH).....135
807. Kolacky for the Bread Machine.....136
808. Apple Crunch.....137
809. Brown Sugar Icing.....138
810. Nancy's Sweet Scones.....138
811. Low Calorie Coconut Pudding.....138
815. Katie's Frozen Cherry Filling Dessert.....139
816. Pistachio Pudding Cake.....139
817. Czech Christmas Raisin Bread for Bread Maker (Houska/Vanocka).....140
818. Kolacyzki Cookie Type.....141
Best "Starter" Meals: Not too exotic or too difficult.....148

"Explore the world through your stomach. It is cheaper than airfare." Ed Vasicek

VVVVVVV

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

VVVVVVV

001. Easy Minestrone Soup (HH) #1 V

My "go to."

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

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

002. Spinach Soup Super Simple V

Ingredients:

6 cups water plus 4 tsp. Vegetta or broth instead
2 TBS butter plus 1.5 tsp olive oil*
about 1/3 C (or ½) chopped onion (½ small onion)
½ cup chopped carrots (somewhat fine)
4-5 turns of the pepper mill
1/4 to ½ cup uncooked pasta alphabets or orzo
1 clove garlic, crushed
one 8-10 oz. Bag fresh spinach, chopped

* to reduce smoking point; you can use all butter or all olive oil if you wish

Directions: Melt butter and add oil to a sprayed soup pot over medium/low heat. Saute' onions and then add carrots and garlic for another two minutes. Add water and vegetta (or use chicken broth). Bring to boil, add pasta and simmer for 10 minutes. Stir in spinach and simmer another 3 minutes (until spinach is tender).

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)
1 onion, lightly browned
8 cloves crushed garlic
1 can black (or red, or kidney) beans
1 large carrot, chopped
1/3 cup frozen or fresh peas
1.5 tsp. vegeta or 2 bullion cubes
1 15oz. can tomatoes
1 BIG handful frozen/fresh green beans
½ tsp. Dried cilantro
2 tsp. Paprika
2 tsp. Oregano
1 TBS. Chili powder
2 tsp. Cumin
juice of 1 lime OR tsp. Cider vinegar
2-3 tsp. Sugar or 1 packet stevia
¼ cup lentils (optional), orange lentils are best
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)
12 oz. cooked or browned lean fresh pork, half slices
2/3 cup pearl barley
½ tsp. Hot paprika (or mild plus 2 dashes cayenne)
water, to barely cover all (at least 3 cups)
Salt, if needed (my kraut is salty, so not needed)
Stevia equal to 2 tsp. Sugar or more to taste
1 small onion, diced (no need to brown)
4 turns of the pepper mill
1 cup unsweetened apple sauce
4 prunes, cut in half (optional but good)

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
oil to brown onions
juice form ½ lime
3-4 cloves garlic, crushed
1 tsp. vegeta or two chicken bullion or 1 tsp. Salt
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 turnip greens or favorite greens)
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 Bean Mexican Soup (HH) V

This soup was inspired from recipes I found online. I sometimes make with all black beans, sometimes half black and half red.

2 and ½ quarts chicken stock OR water & 2 scant TBS. vegeta OR 8 chicken bullion cubes
4 cans drained black or red beans OR1 lb. Dried black/red beans, soaked OVERNIGHT
2 good sized onions, chopped and lightly browned (no need to brown if using sweet onions)
1 lb. Lite or regular Smoked sausage, cut into disks and browned lightly OR ham
4 stalks celery, sliced
4 carrots, sliced
6 cloves garlic, crushed
2 bay leaves
1 tsp. Oregano (add more later if needed)
1 jalapeno, chopped or 1 dried chili pepper or 1 Chipotle pepper
2 tsp. Ground cumin
½ tsp. Ground coriander
juice of 1 good size lime or two key limes
dash cilantro
Sour cream/lite or regular: **When done**: either serve with small dollop of sour cream in individual bowls or mix in 1/2 cup sour cream into the pot.

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. Remove bay leaves. Then re-season if necessary: add salt (if needed, probably not), or more oregano, or additional lime, cumin, or garlic. Puree with immersion blender/blender/mixer. Serve with sour cream dollop or add.

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
8 cloves garlic, crushed
2 tsp. Dried oregano
2 TBS wine vinegar
1 large bunch kale or favorite greens, chopped
black pepper, five turns of the mill
1 small can tomato paste (6 oz)
½ tsp. Honey or half a packet of Stevia
2 cans (15 oz) canellini 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 Tuscani. Feel free to adjust as needed. Recipe is for a 3 quart sauce pot.

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

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

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.

011. Connie's Corn Chowder

Our son-in-law's mother makes this soup. It is rich and tasty; we enjoyed it very much.

1 C peeled diced potatoes
1 C peeled diced carrots
6 slices bacon (optional)
1/3 C chopped onion
¼ C AP flour
dash of black pepper
3 C milk
1 C half and half
2 C cooked fresh corn from the cob
chopped parsley (as desired)
1 tsp. Salt
½ cup water

Directions: Combine potatoes, carrots, & ½ C water in small sauce pan. Bring to a boil to soften (about 15 minutes).

In a heavy soup pot, cook bacon until crisp (optional) and set bacon aside; saute onions in bacon drippings (or use oil if not using bacon). Blend in flour and salt and pepper. Gradually stir in milk and half and half. Add potatoes, carrots, and liquid. Then add corn, beat through, and garnish with bacon and parsley.

012. Split Pea Soup (traditional)

1 lb. split peas
3 quarts water
2 lbs. smoked pork meat
(hocks or picnic roast)
1 cup carrots, diced
1 cup celery, diced
(optional: bacon bits)
1 large onion, minced fine
1.5 tsp marjoram
1 tsp. parsley
1.5 tsp salt
1 chicken bouillon cube
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 yokes 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 large carrot, diced
1 onion, minced fine
3 cups water
3 cups half and half or milk
5 potatoes, diced
1 can mushrooms, drained
1 tsp parsley
1 clove garlic, diced
1/4 tsp. mace
1 tsp. lemon juice
1/2 tsp. paprika
3/4 tsp. salt
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 then, 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 (1/3cup?) 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)

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

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 yokes 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?

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
½ 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 yokes in ½ 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
2 Tbs. onions, chopped very fine
2 Tbs. butter
2 Tbs. flour
2 C. chicken or beef broth
1/2 tsp. salt
1/8 tsp. nutmeg
1 C. half and half or cream
1/4 tsp. white pepper
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
1 head broccoli, chopped (or fr. pkg)
pinch Onion powder
pinch Garlic powder
½ cup milk or half and half
pinch of marjoram
4 turns of the pepper mill
salt (if needed)
1/4 tsp parsley
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
1 onion, chopped
2 cups sour cream(taste test)
2 quarts chicken broth (or water and bullion)
¼ tsp. Black or white pepper
salt (as needed when done; may not need any)
1 lb. smoked sausage (Polish or turkey)
1 small bunch of fresh dill, chopped, or 1 TBS dried
1/4 tsp hot paprika or 2 dashes cayenne

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

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

023. Simple Turnip Green Soup V

We make this in lieu of a vegetable side, and we make it quite often. Even the grand kids seem to like this one.

Ingredients:

1 quart water plus 1 TBS vegetta or 1 quart chicken stock
1 bunch of turnip greens, washed and chopped
optional: ¼ tsp honey or just a little sweetener

Directions: Simmer turnip greens in broth for 20-25 minutes, until soft. That's it.

024. Vickie's Pea and Vegetable Soup

This is 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
2.5 quarts water
6 small potatoes, cut into ½ inch cubes
6 medium carrots, diced
2 cups cubed cooked ham or ham bone
½ tsp. Ground allspice
2 tsp. Salt
½ tsp. Pepper
2 medium onions, chopped
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
1 tsp. Smoked paprika (or regular paprika plus liquid smoke)
5 turns of the pepper mill
1-2 TBS. Tomato paste
1 TBS. Apple cider vinegar

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.

026. Traditional Meaty Chicken-Vegetable Soup V

4 quarts water plus 4 TBS vegetta OR 11 bullion cubes OR use chicken broth

1 whole chicken	3-4 cloves garlic, chopped
l onion, chopped	1/2 tsp. black pepper
4 carrots, peeled/sliced	1 tsp. Rosemary (important)
1 potatoes, peeled/cubed	juice of one lemon (important)
4 stalks celery, sliced	2 bay leaves
1 handful frozen peas	1.5 tsp. paprika
½ package frozen green beans	handful of dried egg noodles (optional)

Directions: Bring liquid (with vegetta or bullion or broth) to a boil. Add chicken. Return to boil and let simmer at least 10 minutes. Remove scum (if any). Add all ingredients except noodles and simmer, covered, at least 90 minutes.
Turn off, remove chicken carefully (you don't want bones in the soup) to a cutting board. Discard skin and chunk chicken, removing bones. Examine soup stock for bones and removed any that may have remained. Then add meat back to stock, bring to a boil and add noodles. Simmer five more minutes with noodles and then turn off. Let soup remain covered for at least 15 minutes before serving. Taste and add salt or pepper additional vegetta or more liquid if needed. You can always dilute with water/vegetta or broth. You can prepare additional noodles if desired or offer crackers. This is a very meat soup, a meal in itself. Crusty bread is a nice complement.

027. Cream of Turnip Green Soup

This is an original recipe developed in 2019.

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

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
3 scant TBS. vegeta (or 9 chicken bullion)
1 small or half large onion, diced
3 carrots, peeled and diced
2 stalks celery, chopped
2 large potatoes, chopped
1 12 oz. Pkg. Frozen green beans
½ cup frozen peas
1 can (6 oz.) Tomato paste
2 cloves garlic, chopped
1 bay leaf
½ tsp. Basil
½ tsp. Oregano
½ tsp. Marjoram (optional)
1 tsp. Dried parsley
1 tsp. Paprika (Hungarian is best)
2 dashes cayenne or ¼ tsp. Hot paprika
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 grand-kids drink it up through a straw!

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

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. Stir in ½ cup milk. Pour into bowls with option for diners to stir in additional milk as desired.

030. Little Meatball Turkey (or other) Broth Turnip Green Veggie Soup

AKA Sophia Soup (our grand daughter loves this).

Ingredients:
About 1-3 cups leftover turkey broth (from Thanksgiving), seasoned*
1.5 quarts water plus 4 tsp. Vegetta (or 5 chicken bullion cubes) or broth
3 large carrots, sliced
2 medium potatoes, coarse diced
2 celery stalks, chopped
1 bunch turnip green, chopped
1 handful frozen peas (optional)
1 handful frozen green beans (optional)
4 oz. Tiny star pasta, alphabet pasta, or other small pasta

*if you don't season turkey, add ½ tsp. Spike or poultry seasoning and dash or two cayenne
you can make this with all chicken or beef broth if you don't have turkey broth.

Meatballs
1 lb. Extra lean ground beef (I use 93%, but 90 will do)
l egg
½ cup bread crumbs or corn chex crumbs

Directions:
In a sprayed large soup pot, get broth cooking. When boiling, add vegetables and when boiling again, add tiny meat balls (I make them a little bigger than a marble) and simmer all, covered, for one hour. Then add pasta and simmer for another five minutes, cover and let set at least 15 minutes.

032. Drop Dumplings (halushki) for Soup V

(note: you might want to make a double recipe)
2 Cups flour
1 whole egg (large or 2 small)
3/4cup milk (approx.; add as needed)
l tsp. salt
1/2 tsp. baking powder

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)
2 eggs, beaten
1 cup bread crumbs(or soaked dried bread)
1 tsp. Salt
¼ tsp. baking powder (more for softer)
1 tsp. chives (or onion powder)
1 tsp. marjoram
5 turns of black pepper
1 tsp. dried parsley
flour (as needed, usually about ½ 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)

040. Essence of Edward Seasoning V

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

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.

O41. Essence of Edward MSG Free

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

042. Mr. Eunicho's Seasoning V

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

043. Italian Seasoning V

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

Optional additions:

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

050. Gravy – Beef, Chicken, Turkey or Venison

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

1 cup beef broth (or bullion) –
1 cup red wine
1/8 tsp. paprika (Hungarian is best)
¼ tsp. dried onion greens (or ¼ tsp powder)
1 TBS. Olive oil
1 TBS. Flour
¼ tsp. garlic 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
½ medium onion, diced fine
1 TBS. dark or regular cocoa powder
1½ tsp. cumin
1 tsp. dried cilantro
4 cloves garlic, chopped
1 can Campbell's Tomato Soup (do not dilute)
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.

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

1 small can tomato paste
1 cup water (or more to taste)
½ cup olive oil (or more to taste)
1 tsp real Maple syrup (add more if needed)
6 tsp. Equivalent Stevia (can add more to taste)
1 tsp. onion powder
1 tsp. Garlic powder
1/2 cup apple cider vinegar
1 tsp. Teriyaki or soy sauce
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
1 tsp. Equivalent Stevia
1 can Rotelle (diced with chilies) tomatoes
¾ tsp. Cumin (or a bit more if you like)
½ tsp. Garlic powder
½ tsp. dried cilantro (or fresh)
½ tsp. Onion powder
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 7 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
¼ CUP hot paprika
¼ CUP sweet paprika
¼ CUP red pepper flakes (seeds)
1 tsp. onion powder
1 tsp. ground ginger
½ tsp cardamom
½ tsp coriander
½ tsp. fenugreek
¼ tsp ground mace (or nutmeg
¼ tsp garlic powder
1/8 tsp cloves
1/8 tsp allspice
1/8 tsp cinnamon

058. Berbere Sauce V

2 generous TBS (½ can) tomato paste
about 1 cup of water
2 TBS. Berebere Seasoning (see above)

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
1 tsp. Soy sauce
¼ tsp. Red pepper (cayenne)
¼ cup balsamic vinegar
½ tsp. Onion powder
½ tsp. Garlic powder
1 tsp. Brown sugar

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

061. Pineapple and Raisin Sauce for Ham Roast

¾ cup ham drippings
1 (15-16oz) can crushed pineapple
1/3 cup raisins
¼ tsp. Ground ginger
¼ tsp. Ground cinnamon
Slurry: 1 TBS cornstarch and ½ cup water
optional: 1 TBS. brown sugar (dark is best) ONLY IF ham liquid is not sweet enough

Note: If cooking honey/sugar sweetened ham, you will probably not need additional sugar. Taste first.
Directions:
Spray a 2-3 quart saucepan with cooking spray. Add everything except slurry and sugar. Bring to a good simmer and low simmer at least 10 minutes uncovered, stirring often. Taste to see if it is sweet enough; if not, add appropriate amount of brown sugar (dark is best if you have it). Then turn flame up to medium, add slurry to thicken, mixing often until it comes to a boil and thickens. Serve in gravy pitcher or bowl with small ladle spoon.

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

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

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
¼ *scant* cup apple cider vinegars (Bragg's is best)
¼ cup water
¼ *generous* cup brown sugar
2 TBS. Honey
1 TBS Worcestershire Sauce
1 TBS chili powder
1 TBS cumin
1 TBS paprika
½ tsp garlic powder

Simmer on stove-top 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)
4 cloves garlic, diced (or ½ tsp. powder)
1/8tsp ground ginger
¼ cup. Teriyaki sauce
¼ tsp. Essence of Emeril or Cajun Seasoning
2 cap fulls of balsamic vinegar
1/8 tsp. cayenne (minimum)
¼ tsp. black pepper
½ tsp. onion powder

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)
1/8 cup olive oil
2 TBS. Tap water, more if needed
Stevia packet (equiv. To 2 tsp or more)
½ tsp. Dried basil

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.

076. Oven Baked Broccoli “Fritters” with Dipping Sauce (HH)

This is technically not a fritter, because it is baked! We adjusted this from a recipe found online.

<u>The “Fritter”</u>
1 large head broccoli, steamed (or 16 bag frozen)
¾ plus ¼ (retained) cup breadcrumbs (for gluten free, 1 cup oatmeal)
garlic powder (½ tsp)
3-4 ounces shredded cheddar or mozzarella (HH) cheese
2 eggs
1 tsp salt
several turns of the pepper mill

Directions: Mix ingredients – except for ¼ cup of breadcrumbs – and form into ovals (about 3.5 to 4 inches long). Roll ovals into remaining ¼ cup of breadcrumbs to coat.
Bake at 400 degrees for 20 minutes.

Simple Dipping Sauce
½ cup yogurt ¼ tsp. Garlic powder about ½ tsp lemon juice

Whisk ingredients together. You might choose to add a touch of salt or a bit more lemon juice.

080. Pickled Red Onions

2 red onions, sliced very thin (use a mandolin if you have it, otherwise a knife), keep in circles
1 cup apple cider vinegar
2 TBS white sugar
2 tsp. Salt
1 cup hot tap water
A 24-32 ounce jar or container

Cut off outer skin, root and base of onions and discard. Cut onion very thinly into rings. Place all cut onions into jar and press down. Add apple cider vinegar, sugar, salt, and hot water. Close lid and shake well several times. Leave on counter or an hour to help flavors meld and then refrigerate. Should be good in fridge for several weeks. Great on hamburgers or other sandwiches or as a salad topping.

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.”

VVVVVVV

100. BREADS, DUMPLINGS, ETC.

VVVVVVV

101. Drop Dumplings V

A Czech, Slovak, and Polish Necessity!
We usually make a double recipe.

2 Cups flour
1 whole egg (large or 2 small)
3/4cup milk (approx.; add as needed)
l/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 dumplingse. This is a double recipe and will easily accommodate 8 servings. (*They look the same as dumplings pictured in 403*).

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

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 20-25 minutes (depending upon thickness, if unsure longer times is better) on one side; turn over (with tongs) and boil another 20-25 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! V

(for picture of finished dumplings, see # 403)

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

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

(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 fat squat snake) 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 it has about 30 minutes to go, prepare a large soup pot abut 2/3 full of water with a TBS. Kosher or other salt. Start heating so that it will be boiling rapidly in 30 minutes when the dough is ready.

When dough is done, wash hands and rub hands with olive or vegetable spray. Remove about ½ the dough, shape into an oblong (not as long 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 yeast dumplings these in foil]. Let boil rapidly, uncovered, on one side for about 25 minutes. Then take tongs and turn over on other side and boil another 25 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.

We usually cut the second dumpling slices ¾ the way through, let cool, wrap in plastic, then ziploc bag and freeze for future use. They can can be steamed or microwaved.

104. Sourdough/Bread/Pizza Crust Starter

Sourdough Starter

¼ cup milk
½ cup water
2 tsp. vegetable oil
1 pkg. Yeast
(enough for about 12 loaves)

¼ cup warm water
2 tsp. sugar
1&½ tsp. salt
2 & 1/3 cup flour (or whole wheat or half and half)

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
1 cup water
1&½ Tbs. veg. oil
¼ cup warm water
(110 to 115 degrees) *for pizza dough*:

1&½ Tbs. sugar
2&½ tsp. salt
4&¾ cups flour
2 Tbs. Starter dough
1-2 small chopped, sautéed onions

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

106. Pizza Dough

This is a great recipe for standard thickness pizza dough. Marylu found this online and we love it. It could probably be made in the bread maker.

If using the “easy method” with parchment paper, remove a rack (cold) from the oven. Then preheat to 450 degrees first.

If using pizza stone, place in oven (at 450 degrees).

Ingredients:
2 and ½ cup bread flour
2 and ¼ tsp. Yeast
1 tsp. Sugar
1 Cup warm water
2 TBS extra virgin olive oil

Directions: “Proof” yeast (wait till it bubbles) in warm water and sugar. Add 2 TBS extra virgin oil, stir. Then this yeast mixture to flour & salt in a mixing bowl. Knead on table top (about 10 minutes) until you can “pane” the dough (you pick up a “corner” of dough and stretch it until you can “see” through it. Place in bowl and allow to rise about 20 minutes (you can set bowl in a sink of warm water if needed).

Take dough out and redistribute the yeast (reach under the dough and bring the bottom to the top). Let rest for 5 or 10 minutes, covered with a towel on the table/counter. Knead briefly again into a ball and spread/stretch to a 12 inch circle. Rest if needed (if it is fighting you. The gluten needs to relax). Apply corn meal to a peel (if you have one), place dough on peel, add sauce and toppings and cheese and bake 20 minutes or until crust browns (at 450).

Easy method: Alternatively, take middle oven shelf out first. Prepare the pizza on a piece of parchment paper. Place parchment paper complete with pizza on the oven shelf and put the shelf into the oven and bake as above. This technique gives a crisp crust also.

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

108. Whole Wheat Drop-Style Biscuits

2 cups whole wheat flour (pastry is best)
1 TBS baking powder
¾ cup milk
1 heaping TBS yogurt
1 tsp. Salt
¼ cup canola oil
1 egg (mix with milk)

Preheat oven to 450 degrees. Combine dry ingredients in bow, 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)
1 scant TBS brown sugar (or less white)
1/2 teaspoon salt
1 tsp. Canola oil (mix into batter)
canola oil for pan as needed
½ tsp. Vanilla extract
2 tsp. Baking powder
1 cup milk (more if needed)
1 large egg or egg beater
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.

110. Cranberry Bagels

A bagel is a yeast-based dumpling (simmered first in water) that is then baked. It originated among the Jewish community in Poland and makes a great breakfast or snack, usually served with cream cheese and sometimes butter. This recipe is adapted from tastingtable.com.

8 teaspoons (3 scant TBS) light brown sugar, divided
2 and ¼ tsp. Quick rise yeast
3 ¾ cups bread flour
1 ½ teaspoons kosher salt
½ cup dried cranberries, chopped
¼ tsp. cinnamon
1 teaspoon orange zest
1 teaspoon baking soda
1 large egg white, beaten (for brushing before baking)

Directions
In the bowl of a stand mixer fitted with a hook attachment, combine 2 teaspoons brown sugar, yeast, bread flour, salt, and 1 ¼ cups lukewarm water.
Knead on medium speed until dough is smooth and supple, 8-10 minutes.
Add cranberries, cinnamon, and orange zest, and knead for 1 more minute to combine.
Cover bowl with plastic wrap and set aside for 1 ½-2 hours until dough has doubled in size.
Line a standard baking sheet with parchment paper and coat with cooking spray. Set aside.
Once risen, transfer dough to a clean surface and divide into 8 equal sections.
Use your hands to roll each section into a smooth ball.
Place balls onto the prepared baking sheet, spacing them at least a few inches apart.
Cover the baking sheet with a clean kitchen towel and set aside for 30 minutes.
Meanwhile, fill a large pot with at least 3 inches water and bring to a simmer.
Add baking soda and remaining 2 tablespoons brown sugar to the pot. Stir to combine and reduce heat to low.
Roll each dough ball into a 10-inch rope tapered on both ends.
Link the ends of each rope to create a ring.
Place your hand inside a ring and roll against the table to seal the seam. Repeat with the rest of the ropes.
Transfer dough rings back to the baking sheet.
Preheat oven to 450 F.
Add a few bagels at a time to the simmering liquid.
Cook on the first side for 1 minute, then flip and cook for 30 more seconds. Transfer back to the baking sheet and repeat with the remaining bagels.
Brush bagels with egg white and sprinkle with toppings, if desired.
Bake for 20-25 minutes, until deeply golden brown.
Serve warm.

MAIN ENTREES

VVVVVV

200. FISH & SEAFOOD ENTREES

VVVVVV

201. Fish in Orange Gravy (HH) V

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

dash pepper
½ onion minced
1 tsp. soy sauce
Orange zest (1 tsp) or ½ tsp. extract
2 tsp. equiv. stevia
olive oil for browning onion
1 clove garlic, minced (or powder)
½ cup orange juice
piece of ginger (or pickled ginger) or 1/8 tsp. powder
thicken with cornstarch slurry or guar gum

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.

202. Salmon Patties in Tomato Gravy V

There are many versions of salmon patties. This is the version I (Ed) grew up with, and Marylu and I enjoy this recipe. The gravy makes it. You have to eat this with mashed potatoes.

The patties

1 can salmon, sorted
½ cup bread
1 egg
oil for borrowing (canola or olive)
1 tsp. paprika
4 turns of the pepper mill
¼ tsp onion and ¼ tsp garlic powdered
¼ tsp salt

The gravy (best)

1 can tomato soup
½ cup milk
½ cup water

Directions: Open can of salmon and drain. In a somewhat large bowl, sort out and remove obvious bones and as much skin as you reasonably can. The bones are soft and edible, but better without. I don't care for skin, although some people do. Then mix in breadcrumb, all seasonings and egg; form into patties (your choice in size, we usually make about 7 patties).
Brown patties lightly on both sides in oil. Then simmer in gravy, covered, over medium heat for about 10 minutes. Serve with mashed potatoes, ladle fish and potatoes with gravy.

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
¼ tsp. ground coriander
Oil (for light browning)
1 small can mild chili peppers & juice
Juice of ½ large lime
salt (as needed, maybe ¼ tsp. for starters, add more later)
pepper (as needed, generous)
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
½ onion, diced
3 TBS. Whole wheat flour
1 (12oz) can milk*, undiluted
12 oz. salmon steaks, chopped
¼ tsp. salt
1 pkg. Whole wheat spaghetti, cooked
1 tsp. low-fat grated Parmesan cheese
1 cup frozen peas, thawed
1 can mushrooms, drained
2 tsp. crushed garlic or 4 cloves
2 drops liquid smoke
¼ tsp. MSG (optional)

*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 (HH)

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 onion, diced fine
2-3 cloves crushed garlic
Salt to taste (¼ tsp?)
¼ cup water
½ bag fresh spinach
¼ tsp. lemon pepper
2-3 medium tomatoes, diced
olive oil (about 2 TBS)

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 Fusion Curry Asian Fish and Rice (HH) V

2 cups cooked rice
1-2 TBS. Peanut butter
fish fillets, 12-16 oz, cut into chunks
1 medium onion, diced
peanut oil, as needed (or canola)
1 TBS Masala powder or Tandoori or ½ TB Curry
2 scant TBS soy sauce
2 cloves garlic, crushed
3 TBS. cider vinegar
½ cup or more raisins (any type)
1 medium bell pepper, sliced thin
1 can water chestnuts and/or beansprouts, drained
water, as needed (maybe ½ cup)
1 crushed dried chili pepper (for medium)*
Leafy greens (mustard, kale, turnip or spinach)
*add another chili pepper for hot

Thai with some Indian.

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

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 TBS. Dried oregano
6 turns of the pepper mill
3/4 tsp. Kosher salt
½ cup water
1 pkg. Frozen Brussels sprouts, defrosted & drained
3/4 cup white wine
1 lb. Salmon fillets, skinless (or ½ lb.)
¼ cup extra virgin olive oil
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
½ cup (scant) Louisiana Hot Sauce
5 cloves crushed garlic
1 small can tomato paste
1.5 cups water
2 cups cooked rice
1 TBS. Sugar or equivalent (I use Stevia)
1 tsp. Real maple syrup or honey
½ tsp. Salt or less
2 TBS. Olive oil
1 bunch finely chopped greens (turnip is my favorite); greens are optional

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)
favorite chili powder (½ tsp)
olive oil (for frying)
2 tsp. equivalent Stevia
juice from one lime
salt (as needed)
black pepper (5 turns)

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
½ tsp. Red pepper flakes
5 garlic cloves, chopped
1 cup water
salt as needed
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 same. Then add water, reduce flame to low and simmer until water is reduced down to ¼..
When serving, drizzle remaining liquid over fish.

216. Fish in Lemon Sauce (HH)

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

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

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.

225. Corn Meal Breaded Baked Fish V

This recipe is for two servings, but easily doubled. 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)
About 1/2 cup corn meal
½ tsp. Baking soda
Cajun seasoning or Essence of Emeril, ½ - tsp.
several dashes salt

Heat oven to 425 degrees. Line a cookie sheet with foil and spray with cooking spray. Dredge fish in mixed corn meal, some Cajun seasoning, and baking soda (the soda helps promote browning) pressing fish into it. Generously season again 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. Paprikash is a sauce of broth, lots of paprika, and sour cream.

4 lb. Chicken (typical friar), cut into pieces (or favorite 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
l cut up chicken (about 4 lbs.)
1and½ 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
1 can jellied cranberry sauce
¼ tsp. cinnamon
salt to taste
¼ tsp ginger
1 cup water
¼ onion, diced
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)
½ head cabbage, chopped
handful of fresh mushrooms
½ bunch broccoli, chopped
4 cloves garlic, chopped
1 chicken bouillon cube
4TBS. corn starch
7 carrots, sliced
Teriyaki sauce or soy to taste
MSG (2 shakes) (optional)
1 diced onion
2 TBS. sweet 'n sour sauce*
3 TBS. peanut oil
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 Captain's 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* plus ½ tsp. fenugreek
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.

*Clarification: If using Tandoori powder, add ½ tsp. fenugreek

SERVE OVER A BED OF RICE

Directions: 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 (or oat 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 V

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
1 bunch turnip greens, optional
2 cloves garlic, chopped
1t Louisiana hot sauce (for starters) or 2 dry chili peppers
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) V

This began with a recipe from my Aunt Stella, but I decided to kick it up a few notches.

1 chicken, cut up (or 4 lbs. breasts)
1 can mushrooms or 1 lb. fresh
2 can tomatoes
1 med. onion, chopped
2 green peppers, diced
2 stalks celery, chopped
1/2 cup white wine (or rice wine)
1 cup chicken broth or vegetta
3 cloves garlic, minced
½ tsp. Smoked paprika (or 2 drops liq. smoke)
½ tsp. hot paprika (or a little hot sauce)
1 tsp Hungarian paprika
½ tsp. lemon (or regular) dried thyme leaf
½ tsp. black pepper
olive oil for browning
1 tsp. Salt

Optional: 4 or 5 shakes of bacon flavoring or grease from two strips of bacon with bacon cut up… this would obviously no longer be heart healthy!

Brown onion and chicken. Add all ingredients (except rice) to crock-pot and cook on high for 4 hours or low for 8. Can be simmered on stove top as well; lightly brown breasts and onions, add all ingredients (except rice) and simmer for 35 minutes, covered, over medium heat. You can thicken by simmering uncovered for another 10 minutes or make a roux, if desired. Test for salt.

SERVE OVER BED OF RICE

310. Honey Chicken

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

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

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.

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

313. Chicken Cacciatore (HH)

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

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

dash pepper
½ onion minced onion
½ cup chicken broth
1 tsp. soy sauce
2 TBSP brown sugar
canola oil for browning onion
1 clove garlic, minced (or powder)
½ cup orange juice
Orange or lemon zest (1 tsp) or ½ tsp. orange extract
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 tsp. Onion powder*
2/3 tsp. Garlic powder*
Salt (about ½ tsp)
¾ cup breadcrumbs
dash cayenne
1 or 1.3 lbs. Ground turkey (93% lean)
1 egg or egg beater
1 TBS. grated Parmesan cheese
1 tsp dried parsley
½ tsp. grated nutmeg

Sauce

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

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 past according to package directions.

Make Meatballs:

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

Form into a dozen meatballs, place on sprayed, foiled cookie sheet. Bake 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 flower 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 and Parmesan cheese.

317. Chicken Marsala (HH)

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

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) V

This is a spicy favorite. Thai food as it is meant to be at least moderately hot, *and this is pretty hot. If you have something to prove, you can add some hot chili peppers.*

3-4 chicken breasts, skinned, boned, and cubed
1 can coconut milk (about 16 oz)
2 sliced zucchini or Asian eggplant
Salt or soy sauce if needed (taste)
water as needed (usually 1/2-1 cup)
1 can red curry paste (4 oz)
oil (to lightly brown chicken)
1 bunch Swiss Chard or favorite greens
Rice (prepare per package directions)
options we use: 1 can sliced water chestnuts, drained, bean sprouts

In a large skillet, brown chicken lightly in oil. Add coconut milk and simmer. Add all other ingredients except rice and simmer (covered) for about 20-30 minutes. Serve with prepared rice or Asian noodles.

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

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

Mix all the above and form. 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
2 TBS brown sugar or 2 pkt stevia
¼ tsp. black pepper
1/8 tsp. red pepper
1/2 tsp. garlic powder
1 TBS. Paprika
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
1 TBS. Fennel seed
½ tsp red pepper flakes (more for hot)
1 egg (or egg beater)
Olive Oil for browning
½ tsp. Salt (can add more if needed)
½ tsp. black pepper
1 tsp. parsley
½ cup whole wheat bread crumbs
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.

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.

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
Water to boil
dried green onions or chives
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).

<u>The "pie"</u>
1.3 lbs ground turkey breast
1 onion, diced fine
4 stalks celery, chopped fine
¼ small package green peas
Salt and MSG (if desired) to taste
Olive oil (to brown onion)
lite American cheese slices (2)
1-12 oz. bottle lite turkey gravy
dash garlic powder
4 carrots, cleaned & chopped thinly
4 turns of the pepper mill
1 tsp. marjoram
1 tsp. parsley
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
6 turns of the pepper mill
2.5 lbs. chicken thighs (skinless, with bone)
1 large potato, skinned and diced
2 TBS. Paprika
olive oil (for browning)
1 large onion, 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)
6 turns of the pepper mill
½ tsp. kosher salt (or less)
½ tsp. garlic powder
½ tsp. ground coriander (or more)
olive oil
½ cup bread crumbs (whole wheat for heart)
1 egg beater
1 tsp. marjoram
¼ tsp. onion powder
½ tsp. Oregano
pita bread, (whole wheat for heart)

Tzatziki Sauce

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

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. Spay 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 been 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)

1-½ teaspoons dried sage
1 teaspoon ground black pepper
1 teaspoons brown sugar
1.3 pounds ground turkey breast
¼ cup breadcrumbs (whole wheat for HH)
1-2 TBS olive oil (for browning)
Dash baking powder (optional)
3/4 teaspoons salt
1/8 teaspoon dried marjoram
1/8 teaspoon crushed red pepper flakes
1 eggbeater

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 green stuffing pepper (medium) diced
1-2 cups cooked rice (brown for heart)
1 can beans (red is best, black is good too)
Hot pepper (your choice: I like ½ habenero)
1 medium or large red onion, diced
1 tsp. vegeta or 1 chicken bullion cube
5 cloves crushed garlic
1 can diced tomatoes
veggie of choice (okra, pumpkin

2 stalks celery very fine chopped (or ½ tsp. seeds)
1 tsp. dried leaf thyme (or ½ powdered)
½ tsp. ground coriander
Olive oil
1 tsp. Honey or equivalent Stevia for HH
pepper as preferred
optional: ½ cup cooked greens (turnip greens, etc.)

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. Pepperoni Crumble

This is a heart healthy (non-greasy) way to get the true taste of pepperoni on a pizza or in a casserole. If you were to make homemade pepperoni, the meat and process would differ, but these are the spices you would use.

Ingredients:

1.25 lbs. ground turkey breast (93% lean or more)
1 tsp. sugar (or half packet stevia)
1 tsp. paprika
1/3 tsp. garlic powder
1 tsp. wine vinegar
1.5 tsp. salt
1/2 tsp. Cayenne
1/3 tsp. anise seeds
1 TBS. red wine
2 tsp. olive oil (as needed)

Directions: In a frying pan (cast iron, non-stick, or steel sprayed with cooking spray), add olive oil and when hot, add and break up turkey. Add all ingredients and brown, until cooked through. That's it.

330. Italian Sausage Turkey Crumble (HH) V

We use this on pizza or anywhere crumbled Italian sausage is called for. Really top notch.

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

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

331. Pepperoni Patty Parmesan (mock) – (HH)

1.25 lbs. ground turkey (93%)
1 tsp. sugar
1 tsp. paprika
1/3 tsp. garlic powder
1 tsp. wine vinegar
Olive oil to fry
1 generous tsp. salt
1/2 tsp. Cayenne
1/3 tsp. anise seeds
1 TBS. red wine
1/3 cup bread crumbs
1 egg mixed
optional: slices or shredded mozzarella cheese to melt on top of each patty

sauce: (can also use bottled): we use bottled, (or make with double can tomato paste, 2 cups water, 1 tsp. Basil, 1/2 tsp sugar, ¼ tsp salt, 1 TBS red wine). Form into patties and brown on both sides. Simmer in sauce 15-20 minutes. Add more water as needed. Optional: When done, top patties with cheese and leave covered for 5 minutes to melt the cheese. 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
1 can red beans
1 can northern or navy beans
½ cup dried lentils (orange are best)
1 TBS. brown sugar (stevia for HH)
1 TBS. tomato paste
1 cup water
4 cloves garlic, crushed
1 sweet or red onion, chopped
1 tsp. vegeta or chicken bullion cube
1 disk jalapeno (½ inch) or 3 dashes cayenne
3 turns of the pepper mill
salt to taste (later); vegeta/bullion adds salt

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

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

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)
1 bunch collard (or other) greens, finely chopped
1 bottle Aldi Pumpkin Chipotle sauce
olive oil for browning (32-3 TBS?)
water (as needed)
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 diced onion
2 cloves garlic, crushed
1 can (15 oz) chicken broth
2 cup pumpkin puree
2 tsp. Sugar or stevia
1/2 Chipotle pepper (canned) chopped (half a pepper, not a can!)
2/3 cup milk
1/2 teaspoon salt
dash ground nutmeg
3 turns of the pepper mill

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

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 ¼ cup water) rather than one quart.

Directions: 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)
½ cup breadcrumbs (or corn chex crumbed)
1 egg mixed (or 1 egg beater)
1 tsp. Spike (or poultry seasoning)
2 cups chicken broth (or water + vegeta)
olive oil for browning (about 2 TBS or more)
½ tsp. salt
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

[note: you may substitute 2.5 or 3 cups of turkey meat]

Ingredients

3 boneless skinless chicken breasts, cut to small chunks
1/2 cup frozen green peas
1 cup frozen green beans
1 small or half large onion, diced fine
1 can Cream of Chicken soup or vegetta/starch
¾ cup evaporated milk or half and half
olive oil (about 2 TBS)
3 medium carrots, peeled and sliced
1 large stalk celery, sliced fine
1 tsp. Spike or poultry seasoning
¼ tsp. salt
½ tsp. Hot paprika or 3 dashed cayenne
2 (9 inch) unbaked pie crusts
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 needed0 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 25 minutes, or until golden and bubbly. Let it cool off for at least 10 minutes before serving.

341. Pizza Pot Pie

This is similar to the style of pizza served at Chicago Pizza and Oven Grinders. The crust is cooked on top of the bowl, and the bowl is turned over to serve. Serves 4.

1 lb. Pizza dough
8 oz. Turkey Italian sausage (chunked) or real Italian or crumble (see recipe 345), browned
pizza sauce
2-3 whole mushrooms
12 oz. Mozzarella slices
olive oil spray or melted butterfly

Directions: Preheat oven to 400 degrees. Coat two six-inch (24 oz.) oven-safe bowls with cooking spray. Line each bowl with 6 oz. Mozzarella cheese slices, overlapping one another (like shingles) to cover bottom and sides. Additional slice or two can be placed at the bottom. Repeat for the second bowl. Then add sausage, mushrooms, and fill halfway with sauce.

Take half the dough (about 8 oz.) and roll/press into a circle about 8 inches in diameter. Place over one of the bowls and bend crust edges down around outside of bowl a little. Do the same with the other bowl. Bake 15-20 or even 30 minutes until crust is crunchy or golden brown.

Note: This makes a very thick crust; if you like a thinner crust, use less dough.

Pizza sauce:

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

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

Dough made in bread maker:
1 cup warm water plus 2 TBS more
1 tsp. Table salt
2 tsp. Oil (canola works good)
3 C. bread flour
1 tsp. White sugar
2.5 tsp. Active dry yeast

Put ingredients into bread maker in order listed, adding yeast to the flour in a little “well” you make with your finger. Set to bread dough setting. This usually takes 1.5 hours. When done, form into a blob and roughly cut this in half with a bench scraper or flipper. Form a rough 8 inch circle from each half.

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 is 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 1and 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
¾ can tomato paste
¼ tsp onion powder
¼ tsp garlic powder
2 TBS. Red wine (cheap wine is fine)
¾ tsp oregano
½ tsp basil
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
1 TBS. Fennel seed
½ tsp red pepper flakes (more for hot)
2 TBS oil (optional)
½ tsp. salt
½ tsp. black pepper
1 tsp. Parsley

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
pizza sauce
oregano (for sprinkling)
1 lb. Shredded mozzarella cheese
turkey sausage crumble or pepperoni
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
1 TBS. Fennel seed
½ tsp red pepper flakes (more for hot)
2 TBS oil
¾ tsp. salt
½ tsp. black pepper
1 tsp. Parsley

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
1 large onion, chopped
5-6 cloves garlic, chopped
1/3 lb. Dried pasta
1 (12 oz or more) pkg. Frozen broccoli
olive oil (for browning) & 2TBS for mixing
2 tsp. Parmesan (more for table use)
2 tsp. dried basil
1 tsp. Dried oregano
1 scant tsp. Dried rosemary
¾ tsp vegeta or 1 chicken bullion cube
½ green pepper, sliced (optional)
1/3 tsp. Red pepper flakes
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 dried chili pepper, crunched (only 1)
2 slices pickled or fresh ginger (or powder)
1 big bunch turnip or other greens or cabbage
1 can sliced water chestnuts
equivalent of 2 tsp sugar (1 packet Stevia)
5 turns of the pepper mill
1 cup chicken broth or vegetta + water
1/3 cup rice wine
1 green stuffing pepper, sliced
1 large onion, coarse chopped
1/4 cup soy sauce
2 TBS cider vinegar (or rice vinegar) or tamarind
5 cloves garlic, crushed
2 TBS oil (peanut is best)
4 drops sesame oil (not necessary but better)
3 carrots sliced
thickener *(cornstarch + water or, for heart health, guar or xanthum gum)*, to preference
optional: 2 lime leaves, ½ tsp lemon grass powder
optional: additional greens (kale, bok choy, etc.)

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

Serve over bed of rice or Asian noodles

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 Xantham 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

2-3 boneless chicken breasts, chunked
1 pkg. Frozen cauliflower
1 (sweet is best) onion, diced
2 slices cheese (Colby jack, cheddar, etc.)
¾ cup chicken broth or vegeta or bullion +water
prepared pie crust (two pieces)
4-5 cloves garlic, crushed
6 turns of the pepper mill
3/4 tsp marjoram
¼ tsp. Mace
¼ tsp. Hot paprika or 2 dashed cayenne
1 heaping TBS flour
oil (for frying), about 2TBS
½ 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

Make sure grill is good and hot before grilling legs.

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
1 tsp. Garlic powder
1 tsp onion powder
½ tsp coriander
1 TBS oregano
5 turns of the pepper mill
2 TBS. Ponzu (or 1 TBS soy sauce and 1 TBS lemon/lime juice)
1 TBS. soy sauce
1 TBS. balsamic vinegar
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 min. to ½ hour. Cook 7 minutes on one side, then 7 minutes on other. Move around grill so that less -done pieces are transferred to "hot spots," and very done pieces to cooler areas on grill. Then turn over and cook 5-7 on each side. For smaller drumsticks, you can cook them a little less and put on 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 V

1 turkey, gutted and defrosted
1 TBS vegeta or vegetable powder*
2 TBS spike or poultry seasoning
2 tsp. Brown sugar or stevia packet
1 TBS garlic powder
½ tsp. Black pepper
½ tsp hot paprika (or regular + 3 dashes cayenne)
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 ti 2 tsp salt if you don't want to do either; vegeta, however, is a good product that adds much to cooking.

351. Chicken Ranchero Casserole

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

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.

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)
¼ cup brown sugar
1 TBS. Paprika
1.5 TBS. Kosher salt
3 onions, cut into quarters
3/4 cup water
1/4 tsp. Ground ginger (or fresh)
1 TBS chili powder
½ tsp. Cayenne
8 turns of the pepper mill
½ bottle of 28 oz. Size Sweet Baby Ray's barbecue sauce
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
4 chicken breasts, cut into chunks
2 TBS olive oil, optional (we dry brown instead)
1 12-oz package frozen cauliflower
4 medium carrots, peeled and sliced into disks
1 bunch mustard (or other) greens, chopped
1 tsp. Smoked paprika
1 medium onion, chopped
1 tsp. Cumin
2 tsp. Soy sauce
5 cloves garlic chopped (or bottled)
1 TBS. Curry powder (Muchi)
1 cup water
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. 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
1 onion chopped
2 tsp. Dried parsley
3-4 cloves crushed garlic
2 TBS red wine
1 tsp. Paprika
½ tsp salt or Vegetta
water as needed (begin with 1/2cup)
1tsp. Basil
1 tsp. Oregano
2 dashes cayenne
2 zucchini or yellow squash, sliced (or spinach)
5 turns of the pepper mill
1-2 cans mushrooms, drained
oil for browning
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.

360. Parmesan Chicken and Kale Stove Top

Ingredients:
2 tablespoons olive oil or more as needed
4 pieces sliced chicken breast cutlets (½ inch thick)
¼ tsp salt
pepper
1 onion, chopped medium fine
3 cloves garlic, minced
¼ tsp. red pepper flakes
1 bunch kale (you will need to remove stems and cut/chop to speed up cooking time)
1/2 cup white wine
1/3 cup grated Parmesan cheese
juice of one lemon

Directions:
Heat the oil in large frying pan and chicken, salt and pepper. Fry on each side until browned. Set aside chicken to reuse pan.
In same pan (adding more oil if needed), brown onion until transparent. Add garlic and pepper flakes, kale, wine, and salt. Cover and cook over medium heat for about 7-10 minutes, stirring occasionally. When kale is tender, return chicken to the pan. Add Parmesan cheese and lemon juice. Put lid back on and heat for another 2 or 3 minutes, covered.

361. Grilled Molasses and Soy Sauce Chicken

Ingredients:
8 chicken legs or equivalent
Essence of Edward (recipe 40) or Grill Seasoning, Lawry's etc.

basting/serving sauce:
1/2 cup molasses
juice of one small lime or ½ large
3 TBS. Soy sauce

If brining (optional):

2 TBS kosher or regular salt
2 TBS. Brown sugar
1-2 quarts water

Brining is not necessary, but it makes for juicer chicken.

To brine: place all chicken in a large bowl or pot; add salt and sugar and fill half way up with water. Stir the salt, sugar and water well. If you don't stir, you may as well not bother to brine. Then add chicken and more water to cover chicken. Cover with plastic and let sit in the fridge for an hour or more, even overnight. If you are short on time, even half an hour will help.

Light grill and let it get good and hot. Meanwhile, mix sauce in a medium bowl with a whisk.

Directions are for a gas grill on medium high. Sprinkle each piece of chicken with a generous amount of grill seasoning. Brown chicken on first side for about 12 minutes, and, if it looks done, turn it over to over side and grill for another 12 minutes. Then turn on third side and grill for another 5 or 6 minutes. Move legs around if you have hot or cold spots, and smaller legs will be done earlier and can be put on a cold spot or upper rack.

When done (or nearly done), brush on a generous amount of sauce on each leg, cover grill and let heat for a minute. Then remove chicken, using leftover sauce as a table sauce (since the brush only touched cooked chicken).

This simple sauce is very tasty, and kids love it. If serving adults, you can add a little garlic powder if you wish.

362. Mexican Spaghetti Squash Chicken Boats in Microwave for Leftover Chicken

Feeds 4 adults

2-2.5 cups cooked chicken meat, broken up
1 can black beans, drained
1 spaghetti squash
2 slices cheddar cheese
1/2 cup (or more) shredded cheddar
1 can tomato sauce
1 medium onion, diced
4 cloves garlic, chopped
½ dried chili pepper or 1/2tsp flakes
3/4 tsp. Ground cumin
½ tsp. Chili powder
¼ tsp. coriander
¼ tsp. Dried cilantro
¼ tsp. Oregano
olive oil (as needed)
1 scant tsp. Vegetta or ½ tsp salt

Serve with sour cream and salsa.

Directions

These directions are for microwave, but you may also cook this in the oven.

First, prepare the squash. Cut in half length wise, cut the seeds. Get a large cooking bowl (I use a large glass pie plate) and add ½ cup of water. Put the squash face down, cover, and microwave on high for about 13-17 minutes, depending upon size of squash. Remove and let cool while you are making the filling.

Second, prepare the filling. In an oiled frying pan, lightly brown onion. Then add in chicken and lightly brown. Then add in beans, tomato sauce, garlic, chili pepper and spices/herbs. Let simmer on low flame, uncovered for about 12 minutes. If needed, you can add a bit of water.

Third, when filling is done, squash should be cool enough to handle. Scoop out about ¾ cup of squash strands from each half of squash and reserve in a clean bowl. Add a little filling mixture into one squash half. Then position a slice of cheese and add filling to nearly the top. Then add half of the reserved strands on top and sprinkle with shredded cheese. Do the same to the other half.

Drain cooking plate/bowl, and add both “boats” with the skin side down. Microwave on high for another 12 minutes.

Serve with sour cream and salsa.
(Leftover filling makes a nice snack, or simply add it onto diners’ plates as a bonus).

365. Chicken Parmesan



This recipe originated from Mangia with Michelle. It was an Italian oven-baked chicken recipe (with the option to turn it into Chicken Parmesan). I have made some slight adjustments to make it cozy for Vasiceks. Serves 4-6.

Note: This is a baked version. You can alternatively fry them.

Ingredients for Cutlet (1 of 3)

2 lbs. boneless, skinless chicken breast (if you can find pre-sliced, that is easier)
2 large eggs
3 Tbsp grated Parmesan or Romano cheese
1 TBS. Dried parsley
2 Tbsp milk (any kind)
1½ cups Highly Seasoned Breadcrumbs (as per below)
Oil for spraying (ideally olive oil in a spritzer; you can use Pam if necessary)

Ingredients for Highly Seasoned Breadcrumbs (2 of 3)

1 cup plain breadcrumbs
½ cup grated Parmesan or Romano cheese
1 Tbsp dried oregano
1 Tbsp dried basil
1 Tbsp garlic powder
1 Tbsp onion powder
1/4 tsp ground black pepper

Ingredients for Parmesan (3 of 3)

1 jar favorite spaghetti sauce or homemade marinara (plus a second for the pasta)
1 lb. Shredded mozzarella (or more) or sliced
1 lb. Favorite pasta

Directions:

Begin warming marinara/bottled sauce on lowest heat in covered pot (you may have to occasionally stir). Get a large pot of water (and salt) started for pasta, set timer when it begins to boil (8 minutes is a good guess, but test). You can boil while chicken is in oven.

Start preheating oven to 425 degrees. Get a large cookie sheet (or two small ones), line with foil and spray with cooking spray. Now you are ready to go.

First, mix breadcrumbs and set aside in bowl. Then whisk eggs, cheese, parsley and milk and set aside.

Then trim chicken and if not already cutlet thin, carefully cut in half (or thirds if you can) and pound out until about ½ inch thick with mallet or rolling pin.

Dip the cutlets in the egg mixture, letting it drip over the mixture bowl for a three seconds to conserve egg wash. Then dredge well into breadcrumbs. Put on cookie sheet and spritz with olive oil (ideally) or cooking spray.

Place in oven and cook on one side for 17 minutes, but check earlier; ovens vary. With tongs or flipper, turn over, spritz with oil, and cook another 12-14 minutes.

When done, remove a cutlet and place on plate with a half-ladle (or more) of spaghetti sauce. Add desired amount of mozzarella cheese (maybe ½ cup?) on top of sauce and microwave for 45 seconds. Do this for each serving.

Serve with pasta on the side, sauce on the pasta, and Parmesan cheese. Any veggies is a good side, but I suggest broccoli or a salad.

366. Asian Rice Noodles With Sprouts and Ground Turkey

I found a recipe on Youtube called, “Loh See Fun with Minced Chicken,” watched the video and decided to try it. But I don’t have fridge space for every kind of sauce, and it seems I never have scallions handy. So I converted it into a “Vasicek friendly” version which retains most of the original recipe with some substitutions. All measurements are approximates.

¼ lb. Rice noodles (e.g., rice vermicelli)
1 lb. Lean ground turkey or chicken
bunch of scallions, sliced long (or dried chives)
1.5 cups water (will need a little more)
1 yellow onion, cut into strips
1 dried chili pepper
2 TBS. Oil
2 eggs
1 quart jar of bean sprouts or two store cans, drained++
1 TBS Soy sauce
½ TBS. Dark soy sauce
1 tsp. Fish sauce
1 tsp. Brown sugar
¼ tsp. Salt
2 TBS. Chopped sauerkraut or kimchi
2 cloves crushed garlic
1.5 TBS fried garlic (important)* plus more
¼ tsp. Sesame oil

*You can buy this at Asian stores or go online and find out how to make your own.
++ We sprout our own sprouts, I used a zesty blend for this, but mung or lentil sprouts would work, as well as store bought canned bean sprouts.

Directions

1. In a large frying pan or wok, add a little oil and scramble the eggs. Then remove from pan.
2. In pan, add rest of oil, ground turkey, salt, soy sauces and brown.
3. Add chopped kraut/kimchi to the pan, add fried garlic, and cook for 1.5 minutes more. Remove all from pan (I move into a bowl).

4. Toe the pan, add noodles and water. Also add the chili pepper and onion, mix to combine.
5. Simmer covered for about 8 or 9 minutes, stirring often and adding more water if needed. You want the water to be absorbed by the noodles, not a swimming pool.
6. When almost all the liquid is gone and the noodles seem soft, add turkey mixture, egg, sprouts, and another ½ TBS fried garlic. Mix well, cover and simmer about 4 more minutes, adding a little water (maybe ½ cup or more)..
7. Now you are ready to serve.

*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 Insta-pot

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

1 cup sour cream
1 cup sweet cream
(or condensed sweetened milk)
1 tsp. salt (for starters)
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, l 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 2&½ 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
1C chopped onion
½ tsp salt (add more to taste)
3Tbs. flour
1 bay leaf
2 cups beef broth
½ tsp. Hot paprika OR dash of cayenne
1 medium sliced green bell pepper, sautéed
1 C. lite sour cream
1 Tbs. (preferably Hungarian) paprika
1 pkg. frozen peas & carrots or fresh

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)
4-5 carrots, cut into wedges
1 can green beans, drained
2 tsp Parmesan cheese
½ cup red wine
1 tsp. salt
1 can peas or frozen, (optional)
4 potatoes, skinned, quartered or new potatoes
1 can mushrooms, drained (fresh are best)
1 large onion, cut in eighths or so
2 small cans tomato sauce (or mild salsa)
½ -1 head of cabbage, 8ths or 16ths
4 cloves garlic, chopped
¼ tsp. Hot paprika or three dashes cayenne

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 2&½ 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
1 small or ½ large onion, finely diced
2 cloves garlic, chopped
1 to 2 TBS. Corn starch
4 tomatoes, cut up (optional)
SERVE OVER A BED OF RICE
2TBS. Teriyaki sauce or soy
2 cups beef broth
3 stuffing peppers, cut up into slices
3 TBS. oil (peanut is best)
salt (if needed)

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 onion, diced fine
crushed1/3 cup uncooked oatmeal
paprika (1 tsp)
½ tsp. Black pepper
½ tsp. Hot paprika or 4 dashes cayenne
1 (46 oz) can tomato juice (Red Gold is best)
pinch of mace (optional)
1 large head of cabbage, cored and chopped
1½ cups cooked rice or ½ cup raw 2 cloves garlic,
Salt (start with 3/4 tsp)
1 12 oz can tomato paste or two 6 oz
marjoram (1 tsp)
1 egg (mixed) or egg
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.

408. Enchiladas (Beef) with Homemade Sauce V

Prepare the enchilada sauce first.

This makes about 8 enchiladas, serving four.

Sauce Ingredients

3 TBS olive oil
1.5 tsp. cumin (ground)
½ tsp. Garlic powder
½ tsp. Oregano (dried leaf)
1/16 tsp. Cinnamon
1 tsp. Apple cider vinegar
1/16 tsp. Cayenne pepper
2 cups vegetable broth or water and vegetta/bullion
2 TBS. Tomato paste (½ small can)
4 turns of the pepper mill

Spray 3 quart pot with cooking spray (cast iron is best). Add oil, and when hot add all spices except cayenne and black pepper. Stir for a minute or two on medium flame to "bloom" of the spices. Add tomato paste and whisk in broth (or equivalent). Whisk frequently to blend thoroughly. Reduce heat and (barely) simmer for 5-10 minutes. Add black pepper, cayenne, and vinegar.

While sauce is simmering, prepare meat filling.

¾ tsp. cumin
olive oil (maybe 1 TBS)
½ onion, fine chopped
1 lb. extra lean ground beef
1 tsp.vegettaor crushed bullion cube
1/2 jalapeño, chopped, or ½ Chipotle*
juice of one lime (important!)
4 cloves garlic, crushed
3 turns of the pepper mill
½ tsp. coriander
½ tsp. oregano
dash cayenne (optional)
dash epazote (optional)

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 uncovered for about 10 minutes over low heat, with just a little liquid left.

*and a little Chipotle sauce

Making the Enchiladas

1 pkg. flour tortillas (we like whole wheat)
1 (8oz) package of shredded medium cheddar*

Spray a large casserole dish (or 9 X 11 pan or a little larger) with cooking spray. Put about 2-3 TBS meat in the first tortilla. Roll with seam down. Continue the process until all 8 enchiladas are made. Then drizzle with sauce and add cheese on top. Cover and bake in 375 degree oven until all the cheese is melted, about 12-15 minutes. Or divide into two portions (unless your microwave oven is huge) and microwave in an oven dish for about 5-7 minutes, until cheese is well melted.

Serve with salsa and sour cream. A good side is re-fried beans.

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 onion powder
2 tsp marjoram
2-tsp fennel seeds
½ tsp MSG (aka,"Accent"), optional
1 tsp paprika
1 can beef stock
2 tsp garlic powder
2-tsp oregano
2 tsp dried basil or more
½-tsp black pepper
¼ tsp. red pepper flakes
1 – 8 oz can tomato sauce
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
¼ cup or more olive oil
1 medium onion, chopped
4 stalks celery, chopped
2 cloves garlic, minced
3 lbs. chuck or rump, cut in 1,5-inch cubes
1 can (16 oz) tomatoes
3 beef bouillon cubes
2 t salt
½ tsp thyme
1 t rosemary
½ tsp black pepper
1 bay leaf
1/3 cup flour
1/3 cup sliced mushrooms
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
1½ C. pizza sauce *
1½ t salt
¼ t pepper
3 cups corn flakes +
2lbs. 93% lean ground beef
¼ C chopped onions
1 (4oz) can mushrooms
6 oz Mozzarella cheese, slices

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

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

Same as above, only use 1 LB of browned lean ground beef. Can be made in a skillet.

414. Taco Casserole

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 onion, chopped
1 bell pepper, chopped
3-4 flour or soft corn tortillas, torn
1 lb. ground beef
2 cups grated cheddar cheese
1 can pinto beans
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
½ cup (can be whole wheat) bread crumbs*
¼ cup or more milk*
3 cloves garlic, crushed fine or powder
½ tsp. salt
1 Tbs. Parsley
Two turns black pepper
Dash MSG, optional
1/2 tsp. onion powder
1 egg beaten
¼ tsp. Baking powder
1 tsp.. basil
1/2 tsp. oregano
1 tsp. marjoram leaf (or double the oregano)
¼ tsp nutmeg or mace
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 can water chestnuts, drained
OR fresh cut up jicama (optional)
1 tsp. Teriyaki sauce
3 Cheese Mexican Cheese mix
OR shredded cheddar or favorite cheese (8 oz)
oil for frying steak (1-2 tbs)
rice, cooked (1 cup) –can be leftover
chives pt green onions (optional)
½ tsp Essence of Emeril or Cajun
1 can tomato sauce
1 onion chopped
1 pkg. large flour tortillas
chili powder
1 pkg. enchilada mix & tomato paste
water
corn (1 can drained or fresh cooked)

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 V

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 pkg. macaroni & cheese mix
Salt to taste when done
1 can (14-16 oz) corn, drained
2 -8oz. cans tomato sauce
½ tsp. garlic powder (optional)

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).

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

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

Mix all ingredients, place in a meatloaf pan and bake at 350 degrees for 80 minutes.

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

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

1- 46 oz can tomato juice (Red Gold is best)
3 small cans tomato paste or equivalent
2 TBS Romano/Parmesan (more for serving)
1 LB lean ground beef or venison
¼ cup Red Wine
1 onion, diced and browned
3/4 tsp vegeta or 1 chicken bullion cube or salt
2 bay leaves
1 TBS parsley
1 TBS + 1 tsp basil
5 turns of the pepper mill
1 generous tsp. Chili powder (important)
5 cloves garlic, diced
2 TBS. Dark brown sugar

Brown onion, add to sprayed crock pot. Brown meat, drain (if necessary) and add to crock pot. Mix tomato products and add to crock pot. You should not need water, but add if needed. Add all other ingredients.

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.

423. Tamale Pie Casserole

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

Directions: 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.

424. Stuffed Peppers

No need to par boil peppers with this crock pot recipe!
4-5 large stuffing peppers (or more smaller)
½ cup raw rice (uncooked)
1 lb. Very lean ground beef (90%)
3 turns of the pepper mill
2 bullion cubes or 1.5 tsp vegetta
½ tsp. Hot paprika or 2 dashes cayenne
46 oz can tomato juice (not veggie juice)
1 (small) can tomato paste
1.5 tsp. Onion powder (or small chopped onion)
1/2 tsp. Garlic powder (or 4 cloves, chopped)
1 egg
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.

425. Superior Stuffed Peppers for Instapot

Note: This recipe can be adapted for crock pot. It is spicier than the above, medium heat. The gravy is thicker, and the thyme adds interest.

4 medium-large green bell peppers
1 pound lean ground beef (90% ideal)
1/3 cup raw rice
1 double (or two reg.) cans tomato paste
1 can Rotelle tomatoes (tomatoes w/chilies)
2.5 cups water
½ tsp. Dried Thyme (lemon thyme is best if available)
2-3 cloves crushed garlic
1 tsp kosher salt
5-6 turns of the pepper mill
½ onion, chopped fine

Spray Instapot pan with cooking spray. Add tomato paste and all the water, Stir to mix well. Then add Rotelle tomatoes.

Then cut out core of the pepper, pull out membrane, and rinse to remove any seeds. Thoroughly mix beef, rice, onions, garlic, salt, pepper, thyme in a bowl. Stuff peppers with mixture. Then add to Instapot pot. Cover and turn to high pressure and set for 10 minutes.

When done, unplug unit and let sit without releasing steam for 20 more minutes. This is important to soften the rice. Then release pressure (if needed) and serve. The rice will be done but not mushy, as happens when you use precooked rice.

426. Taco Meat (HH) V

½ tsp. cumin
olive oil (maybe 1 TBS)
½ onion, chopped
1 lb. extra lean ground beef (we use 93%)
1 tsp. tomato bullion (or chicken)
1 small jalapeño, seeded
4 cloves garlic, crushed
3 turns of the pepper mill
½ tsp. coriander
¼ tsp. oregano
¼ tsp. hot paprika (or regular and dash cayenne)
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 (6 oz) cans tomato paste
2.5 cups water (add more if needed)
1 can canellini or northern beans
1 onion, chopped
1 pkg. Fresh or frozen asparagus
1 can artichoke hearts, drained/chopped
1 small zucchini, sliced
1 green stuffing pepper, sliced
Optional: one can mushrooms
2 tsp. Dried oregano
1 tsp. Dried basil
½ tsp. Red pepper flakes
4-5 cloves garlic, crushed
1 pkg. Stevia (equal to 2 tsp. Sugar)
2 tsp. Parsley
½ cup red wine
1.5 tsp vegeta or 2 chicken bullion cubes
olive oil, as needed

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. Freezable in zip-loc 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)
2 (15oz) containers or Ricotta cheese
1 large (16oz) pkg. Shredded mozzarella cheese
1 large onion, diced (sweet onions are best)
5 cloves garlic, crushed
2 (12 oz.) pkgs. Lasagna pasta
2 large eggs, beaten
½ cup Parmesan
1 box (12-16 oz)spinach, defrosted, squeezed, chopped
l large (46 oz) can tomato juice
3 jars Aldi's (24oz.) or other marinara sauce
1 TBS. dried basil
1.5 tsp. Dried oregano
1 tsp marjoram (if you have it)
2 TBS. dried parsley
¼ tsp. Black pepper
1 tsp. Sugar or equivalent Stevia (½ packet)
1/8 tsp. Cayenne

[optional: for extra decadent cheese versions, add 8oz. Package of either Munster or Mozzarella Slices to one layer; you can also add some Mexican crumbling cheese/Queso/Farmer's cheese; I just tried this option in late 2025 and it was a little better, but the recipe is delicious apart from these options.]

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 mixture 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 rest of mozzarella and then the marinara (spaghetti sauce). Then fill the empty sauce bottles about ¼ of the way with water, swish, and pour on top to dilute the sauce. Liquid and sauce should come up about ¾ the side of the pan. Some of this will be absorbed into the pasta.

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 (abut 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
½ 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 2/3 cup pearl barley.

432. Ethiopian Beef

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

435. Halupki Hash for the Ins ta-Pot or Crockpot V

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

Ingredients:
2 lb. Ground beef (I like 93% lean)
2 bay leaves
2 TBS olive oil (for browning)
1 tsp. Brown sugar

1 onion, chopped
1 tsp vegeta or 2 chicken bullion cubes
¾ cup uncooked white rice (or 1 cup brown)
1 (46 oz) can tomato juice
1 6 oz. can tomato paste
2 tsp. Dried marjoram leaf (or more)
Optional: Mix in ½ cup milk **when done**
4 cloves garlic, crushed
1.5 cups water
1 tsp Hungarian paprika (or other)
½ tsp ground mace
1/4 tsp. Black pepper
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 ¼ to 1/3; do not fill insta-pot above fill line.

For Insta-pot 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 V

This meatloaf is meant to be served with gravy.

I used bottled or packaged beef gravy. Found on the internet, but adapted and added what Vasiceks like. (*Marylu doesn't care for this unless it has gravy; she has thyme issues*).

1 lb. Ground beef (we use 93% lean)
1 lb. Ground turkey (we use 93%)
l medium diced onion
¾ tsp salt
½ tsp black pepper
2 tsp. Minced garlic (or 3 cloves chopped)
2 hard boiled eggs (optional), shelled
2 eggs or egg beaters
¾ cup bread crumbs
¼ cup water plus ¼ tsp vegeta (or broth)
1 TBS Worcestershire sauce
½ cup Ketchup or tomato sauce plus a little more
1 tsp. Lemon thyme (or regular thyme), dried
1 jar/carton beef gravy or prepared mix (optional)
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 thyme, Worcestershire, and water with vegeta (or broth). Turn off and set

aside to cool.

In a large mixing bowl, mix meat, eggs, ketchup 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 (optional) toward center of meatloaf. Bury the eggs as best you can and level out loaf with the rest of the meat mixture. Pour a little extra ketchup on top and spread with a spoon.

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 (optional).

446. Black Bean and Pumpkin Chili V

1 large onion, chopped
1 small green bell pepper, sliced thin
oil for browning
4-5 cloves garlic, fine chopped
1 (for thick sauce) or 2 (thin) cups water plus 2 tsp vegetta (or use chicken broth). I use two cups.
2 cans (15oz) black beans (with liquid)
1 TBS. Dried parsley
1 can (15oz) diced tomatoes
1 TBS Chili powder
2 lbs. Ground or chopped beef or venison or mix with turkey
2 tsp. Dried oregano
1 (15 oz) canned pumpkin
juice of one small lime
1 Chipotle pepper, chopped (or jalapeno) or dried chili
salt if needed (adjust at end)
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. Uncover to thicken for additional time, if desired (maybe 15 minutes). Add salt if needed. Serve with pasta, crackers, or rice.

447. Philly Beef Sandwiches V

1.5-2 lb. Thin sirloin or round (sandwich steaks)*
4 crusty buns (I like the ones you finish in the oven)
4 slices medium cheddar cheese (or your preference)
2-3 sweet onions
canola oil (as needed)
Essence of Edward (#40) or seasoned salt

Slice onions into circles and begin browning in oil over medium flame in (ideally cast iron) frying pan. Stir these off and on as you prepare the meat. Meanwhile, tenderize the thin steaks with a jaccard if you have one. Heat up a two-burner stove top grilling pan if you have one, otherwise use a large frying pan

(or two), add a little oil, and fry a batch at a time (if using pan), seasoning the top side. Cover with foil or a lid. I fry mine on medium heat, then when one side is done I remove the meat, drain the pan (maybe even a quick wash with water and a brush) to get the blood off. Then I add some fresh oil and cook the other side, seasoning the top.

When the meat is cooked through a bit crusty, place a slice of cheese on top of each steak and cover, cooking another two minutes or so until cheese is melted. About this time, the onions should be done as well.

Serve on buns with onions in a bowl as a condiment. A very simple yet tasty meal.
* 1/6 to 1/8th of an inch is ideal; if you can find shaved beef, that is even better.

448. Asian Korean Ground Beef Stove Top V

1 lb. Extra lean ground beef
1 TBS. Molasses
1 scant TBS soy sauce (dark is best)
about 3 ounces bean (starch) thread noodles
½ large or one small onion, chopped
canola oil (for browning)
1 can sliced water chestnuts, drained
3-4 carrots, sliced thin or diced
½ bunch turnip greens, kale, or spinach
or sweet potato starch noodles (glass noodles)
1-2 cloves garlic
½ tsp. Vegetta + ½ cup water (or broth instead)

Directions:
Grand kids love this and it is gluten free! Begin soaking noodles in water in a bowl.
Lightly brown onions and carrots in canola oil. Then add ground beef and brown a little (not much). Then add all ingredients except noodles. Simmer on low-medium flame, covered, for about 15 minutes, until carrots are almost soft. Then add in drained noodles and simmer in sauce another 5 minutes, adding more water, molasses, or soy if needed.

VVVVVVV

500. PORK AND PORK PRODUCTS

VVVVVVV

501. Hawaiian Pork Chops

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

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

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.

3**0 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. Oven Baked Pork Chops Shook In A Bag

4-6 pork chops
1.5 cups bread crumbs
2 TBS. Oil (your choice)
1.5 Essence of Edward or seasoned salt
1.5 tsp. Onion powder
½ tsp. Garlic powder
1/2 tsp. Dried parsley
½ tsp. Lemon thyme (or regular thyme)
¼ tsp. Hot paprika or two dashes cayenne
5-6 turns of the pepper mill
1.5 tsp. Paprika
1 tsp. Brown sugar (dark is best)
½ tsp. oregano
1 gallon plastic lock bag

Directions. Preheat oven to 425. In a large bowl, add breadcrumbs, oil, and all seasonings. With a fork, mix well, pressing with fork to eliminate bumps and evenly distribute oil and spices with breadcrumbs. Add this mixture into the dry plastic bag. Add one chop and shake till coated, place on foil-lined sprayed cooking sheet. Do the same with the rest of the chops.

Cooking time is about 25 minutes, but check after 20. If needed, bake a little longer until coating on chops is crisp.

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
1 onion (sweet is best) diced and lightly browned
1 tsp. Stevia equivalent or honey
olive oil (about 2 TBS)
water as needed (about ½ cup)
2 or 3 TBS Teriyaki sauce
3 or 4 cloves garlic, crushed
ginger (3 pickled strips or ¼ tsp powder)
slurry (2 tsp. starch w/ 2TBS cold water)
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
4 carrots, cut into diagonal disks
1 can sliced water chestnuts
peanut oil, 2 TBS
1 big onion, chopped
1 large bag cut kale
1 can baby corns (optional) or bean sprouts
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 **or the following**:
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. Paprika
1.5 TBS. Kosher salt
3 large onions, cut into quarters
1 cup water
½ tsp. Ground ginger (or fresh)
1 TBS chili powder
½ tsp. Cayenne
8 turns of the pepper mill
½ bottle of 28 oz. Size Sweet Baby Ray's barbecue sauce
2 tsp. Cider vinegar

Serve with: Substantial buns (ciabatta is best, if you can find them).
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.

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.

2.5 lbs. pork tenderloin or shoulder
5 tsp. Garlic powder
1 tsp. Savory (aka summer savory)
1 tsp. ground allspice
3/4 tsp. Salt
1 TBS SMOKED paprika(or regular + 3 drops smoke)
3/4 tsp. black pepper
2 TBS dried marjoram leaf
1/4 tsp. cayenne
½ tsp. Dried mustard (optional)

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 V

2.5 lbs. pork tenderloin or shoulder
1/3 tsp. cayenne
1 tsp. black or white pepper
¼ tsp. Cardamon
¼ tsp. Coriander
1 tsp. mace
1 scant tsp. allspice
1 TBS. Marjoram leaves
3/4 tsp. salt

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 or shoulder
1 and ¼ tsp. Red pepper flakes
2 TBS. Fennel seed
1.5 to 2 tsp. Salt
½ tsp. Stevia in the raw
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 or shoulder
3 tsp. Paprika
4 heaping tsp. crushed garlic (about 12 cloves)
3TBS. Dried green onions or fresh chives
2 TBS. Olive oil (to add fat)
1.5 to 2 tsp. Salt
1.5 tsp. Red pepper flakes
1.5 tsp. Ground black pepper
½ cup red wine

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).

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 oi shoulder
2/3 tsp. Equal Stevia or brown sugar
2 tsp. paprika
2/3 tsp. garlic powder
1 tsp. wine vinegar
2.5 tsp. salt
1 and 1/3 tsp. cayenne
2/3 tsp. anise (crushed)
2 TBS. red wine
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
2 cans *jellied* cranberries (any brand)
8 cloves garlic, diced (or 1 tsp. powder)
4 slices pickled ginger or ½ tsp ground ginger
½ cup. Teriyaki sauce
1 tsp. Cajun Seasoning (or E. of Emeril)
1 TBS. brown sugar (dark is best) for starters
2 TBS balsamic vinegar for starters
1/4 tsp. cayenne
1/2 tsp. black pepper
1 tsp. onion powder
½ 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.

514. Korean Pork Barbecue

(with mostly common ingredients)

This can be grilled or simmered. I found a recipe online, but had to adapt it because I did not have all the ingredients. You will need sesame oil and rice wine (although white wine could sub). Also, if you use liquid amino acid instead of soy, you will need to use just a little less or it could be too salty.

Marinade ingredients:
½ tsp. Red pepper flakes, or better, 1 dried chili pepper, crunched
¼ cup soy sauce (or aminos)
1 TBS sesame oil
¼ cup rice wine
1 TBS. Molasses (or brown sugar)
1.5 pounds (roughly) pork tenderloin slices (sometimes called boneless chops); they are usually about 1.25 inches thick, plus or minus.

Barbecue sauce:

1 TBS sesame oil
1 tsp. Ground ginger or 3 slices sushi ginger, chopped (I like bottled sushi ginger for convenience) or powder if you don't have the above, maybe ½ tsp.
½ medium sweet onion, very finely chopped
½ cup molasses or dark corn syrup
about 3 oz. Tomato paste (½ of a small can)
¼ cup soy sauce (less if amino acids)
¼ cup apple cider vinegar
½ tsp. Red pepper flakes
water, ½ cup for starters

Trim pork if needed. If you have a Jaccard or another meat tenderizer, tenderize it. You can get by without doing this, but using a jaccard makes it better. If using a jaccard, marinate at least ½ hour, otherwise at least one hour.

In a 2-3 quart sauce pan (cast iron is best if you have it) make the sauce by browning onion in sesame oil, then add all ingredients and simmer on low heat for 20 minutes, occasionally stirring. If it becomes too thick, you may add a little water. Let cool and then divide into two, one bowl for brushing on sauce, one bowl/gravy boat for table sauce.

Light grill and let it heat up while marination/sauce simmering is going on.

When grill is hot, start grilling pork. Grills vary, so here is what I usually do – just to give you an idea. I usually check after 7 minutes. If one side has good grill marks and browning, I turn over and then dab with generous amounts of barbecue sauce. About 6 minutes later I check and if second side is over, I put on a plate and then spread on more sauce on the dry side.

I live to serve with rice. Greens with oriental seasoning can be a good side.

525. Pork Chops with Apples V

2 to 4 pork chops or tenderloins
olive oil (for browning)
1 dash cayenne
3 cloves garlic, chopped
½ cup regular apples sauce
½ cup water, more if needed
2 TBS. apple cider vinegar (Bragg's is best)
2 tsp. Equivalent stevia (l packet) or sugar
1 tsp. Soy sauce
1 large apple, cored, skinned and sliced*
(* or use one cup apple sauce if you don't have apple)

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 11 oz. Can Mandarin oranges
1 small onion, chopped medium fine
2 TBS. Plus soy sauce
¼ cup rice or Chinese wine
2 tsp. Equivalent sugar or sweetener
1 tsp. Hot paprika or 1/8 tsp. Cayenne
5 cloves garlic, crushed
4 or 5 strands pickled ginger or 1/4 tsp. Powdered
juice of ½ lemon
peanut oil (for browning) (can use canola)

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)
7 pitted prunes
½ cup barley
1 medium onion, diced water
5 turns of the pepper mill
½ tsp. salt
lb. Lite polish sausage*
caraway seeds (optional), ¼tsp

*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 ¼ 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 ½ 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. Smoked turkey sausage*
2 medium onions, diced
2 Tbs. HUNGARIAN paprika
2 bay leaves
½ pt. Lite or regular sour cream
oil for browning
3 cans sauerkraut, drained
½ cup brown sugar (or stevia)
1 can stewed tomatoes
1.25 cups water
¼ to 1/3 cup barley
salt, as needed (¼ tsp. for starters)

*you can use real Polish or regular 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; 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 V

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 (Grama) made it.

2 or 3 16oz. cans sauerkraut
1 large onion, coarsely chopped
2 TBS. Stevia or maple syrup (to begin with)
2 TBS Canola oil (for browning) or more
Water (as needed)
2 large potatoes, skinned and chunked
6 turns of the pepper mill
2 heaping TBS flour
1 lb. Polish sausage (or healthy substitute)
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

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
4 oz. Chicken meat cut up (or cooked shrimp), optional
3 cups cooked rice
1 can red beans (or other if you don't have red)
1 can (15 oz) chicken broth or equivalent (vegeta)
1 can Ro-tel tomatoes (or generic chilies w tomatoes)
2 dried chili peppers, crushed (or 1 tsp. Pepper flakes)
water (if needed)
2 tsp. Brown sugar or 1 packet Stevia
1 pkg spinach, defrosted, squeezed
1 green pepper, slice
1 onion, diced
4 cloves garlic, chopped
1 TBS. Thyme (lemon thyme is best)
1 TBS. Oregano
½ tsp. Black pepper
Optional: oil (if desired, I don't)
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
1 large onion, chopped coarsely
3-4 cloves garlic, crushed
1 green stuffing pepper, sliced
1 can diced tomatoes (or stewed)
1 zucchini, sliced
1 small yellow squash, sliced
7 turn of the pepper mill
2-3 dashes cayenne or drop habenero sauce
3 cups water
oil (for browning), about 2-3 TBS
8 oz. Pasta (your choice), dry
2/3 cup shredded cheddar cheese (at end)
salt – if needed; taste when completely done

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
1 onion, chopped
2 TBS chopped garlic or 8 cloves
1 can (14 oz.) black beans
1 can (14 oz.) northern beans
1 can (10 oz) enchilada sauce
1 can (10 oz) Rotel tomatoes
oil (for browning)
2 tsp. cumin
½ tsp. Dried cilantro
juice of one lime
1 pkt. Stevia or 2 tsp sugar
1/4 tsp salt (for starters)
1 tsp. Dried onion greens (or fresh chives)
1 tsp. Dried oregano

Serve with cooked rice.

In a large skillet, lightly brown onions and then lightly brown pork chops (any kind of pork will do). The 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.

541. Italian Sausage/Peppers/Zucchini Skillet

We love this recipe, it is full of flavor and easy to make. Popular with guests, too. We usually turkey Italian sausage to reduce saturated fat, but I put it in the "pork" section, because most people will use regular pork Italian sausage. Great both ways. This is a "kicked up" version of a recipe both our moms cooked.

1 lb. Italian sausage with casing (or turkey Italian), cut into about 1 ounce disks
2 green or other sweet bell peppers, cut into strips
1 large onion, diced
2 zucchini, cut into thin disks (I use a mandolin, but about 1/8 to 3/16 inch if using knife), good sized
1 8 oz. Can tomato saucepan
1 6 oz. Can tomato paste
1 cup water (add more if needed)
½ tsp salt
dash cayenne
1 tsp. Dried basil
1 ts. Dried oregano
Oil for browning
½ tsp. Brown sugar or stevia equivalent
For serving: cooked pasta

Directions:
In a high sided frying pan or dutch oven, brown and peppers and onions lightly and then add and lightly brown sausage. Add all other ingredients, bring to a simmer, and simmer for 30 minutes, covered.

We like to serve with penne, mostaccioli, or rigatoni, but any pasta is good. Serve with Romano or Parmesan cheese and maybe even crusty bread for dipping.

544. Bush's-Style Beans With or Without Meat

We were developing some organic recipes and needed a substitute for Bush's Baked Beans, but one that was organic. We often cut up smoked turkey sausage or sometimes hot dogs and added that in for a meal. Ed developed a recipe everyone liked (it does not taste exactly like Bush's but we like it as much). You can use regular ingredients or organic, tastes the same! The smoked paprika gives it a slight smoke taste, but you can use bacon or smoked sausage.

2 cans pinto beans with liquid
4 hot dogs cut into disks (or sausage or no meat)
2 TBS.brown sugar
1 TBS Ketchup
½ tsp. Ground nutmeg
1 cap full of balsamic vinegar
¼ jalapeno, in disks (or ¼ dried chili)
½ tsp. ginger
2 tsp. Smoked paprika
3 cloves garlic, chopped
1.5 tsp. Onion powder
½ tsp. Mustard powder
½ tsp. Ginger
½ sweet onion, chopped
¼ tsp. Smoked salt (or liquid smoke)

If vegetarian, use ½ tsp smoked salt instead of regular salt to add smoky flavor, or a few drops of liquid smoke.

Directions: Brown onion and meat (if using meat). Add all ingredients in either a skillet or sauce pan, stir well. Simmer for ten minutes, uncovered. Adjust seasonings or sugar to taste. If liquid is not thick enough, simmer additional minutes until desired thickness, remembering it will thicken a little more as it cools. Taste test for sweetness, vinegar, and salt.

VVVVVVV

600. LAMB, GOAT, VENISON, MEAT PRODUCTS, ETC.

VVVVVVV

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
1 medium onion, diced
½ pkg. Frozen peas*
1 can Cream of Mushroom soup
olive oil
black pepper (8 turns of the mill)
2 potatoes, diced
1 stalk celery, diced
½ pkg. Green beans or less
2 can water
flour (if needed)
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
12 cloves garlic, cleaned and whole
½ tsp kosher salt (minimum-- more to taste)
4 turns of the pepper mill
1 cup water
1 tsp. olive oil
¼ tsp oregano
1½ tsp. rosemary (dried –or lemon thyme)
1½ tsp. marjoram

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 and herbs, 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. 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)
1 large onion, diced
3 cloves garlic, chopped
Olive oil to brown
½ cup apple cider
1 TBS.. peanut butter and a little extra water.
2 TBS mild curry paste (or powder)
about ¼ cup raisins or more
2 apples, skinned, cored, diced
dash cayenne or Chipotle powder
water (as needed)

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 a little. Then lightly brown goat pieces, both sides, adding oil if needed. Deglaze the pot by adding apple cider. Add all other ingredients (except peanut butter) and seasoning (you might want to dilute the curry paste). Simmer covered over medium heat, stirring occasionally, for about 20 minutes. Add more water if needed and salt to taste. When done, stir in peanut butter.

Serve with rice.

604. Braised Lamb or Goat Shanks (HH)

HH only if goat is used....

2 shanks or equivalent
1 sweet onion, chopped & browned
1 can diced tomatoes
2 stalks of celery, chopped
2 carrots, skinned and chopped
3 medium potatoes, skinned and chopped
4 cloves garlic, crushed
1 cup water
1 bay leaf
½ tsp. Leaf thyme (lemon thyme is best)
1 scant tsp. vegeta or 1 chicken bullion cube
3 turns of the pepper mill
1 tsp. Paprika
¼ cup red wine
salt, if needed
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 medium onion, diced
4 cloves garlic, crushed
1 TBS Berbere seasoning (recipe below)
slurry (if desired to thicken)
1/2 can tomato paste (or 1 heaping)
½ tsp. salt
olive oil (for browning onion, meat liberal)
water, about 1 cup

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!
½ cup red or other lentils
1 small cabbage, chopped
1 additional cup water

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
¼ CUP hot paprika
¼ CUP sweet paprika
¼ CUP red pepper flakes (seeds)
1 tsp. onion powder
1 tsp. ground ginger
½ tsp cardamom
½ tsp coriander
½ tsp. fenugreek
¼ tsp ground mace (or nutmeg)
¼ tsp garlic powder
1/8 tsp cloves
1/8 tsp allspice
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
1 cup beef broth
1 TBS wine vinegar
4 cloves garlic, crushed
1 bay leaf
2 tsp. Paprika
2-4 TBS olive oil
1/2 cup red wine
equivalent 2 tsp. Sugar (1 packet Stevia)
1 medium onion, chopped
1 can tomato sauce and water
5 turns of the pepper mill

2-3 potatoes, cut into wedges
2 stalks celery, cut in thirds
3-4 carrots, cut into spears

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)

This is a wow – absolutely delicious. Might be as good as a typical gyros made with lamb/beef.

2 + 2 TBS olive oil
1.5 lbs venison tenderloin
1 tsp. Garlic powered
2 tsp. Dried rosemary
½ tsp. Salt
1 tsp. Red wine vinegar
2 tsp. Dried marjoram
1 TBS oregano

Tzatziki Sauce

1 cup yogurt
1 tsp honey (or Stevia)
1/2tsp olive oil
optional: 1/4 ground cucumber (I don't use)
dash or two salt
½ tsp. dried marjoram leaf
3 turns of the pepper mill

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 beat). 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.

610. Lamb Chops on the Grill

1-2 pkgs lamb chops (shoulder or better)
salt
garlic powder (optional)
1-2 tsp. Dried rosemary
1-2 tsp. Dried marjoram
mint jelly (as condiment)

Directions are for a gas grill. Get the grill nice and hot. If you have a jaccard, tenderize chops. Salt and season top side of chops and put on grill. Grill over medium heat for about 7-10 minutes. When chops have good grill marks turn over and .put on rest of seasoning. Grill until well done, 5-7 or more minutes. Serve with mint jelly.

VVVVVVVVV

700. VEGETABLES, SIDES, AND VEGAN ENTREES

VVVVVVV

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.

702. Black Bean Burger (Vegetarian) HH

1 15 oz. Can black beans, drained and rinsed
1/3 cup Greek yogurt (plain)
1 egg or beater
1/2 cup bread crumbs
1-2 TBS or more oil (olive is best)
6 TBS. Chopped onions or greens
1 TBS. Chipotle pepper, diced (canned with sauce)
½ tsp. Salt
1 tsp. Garlic powder

Serve with: slice tomato, lettuce, avocado, lime juice, or salsa.

Reserve 1/3 cup black beans. Put the rest of the beans in a bowl and mash with potato masher. Then add egg, onions, Chipotle pepper, yogurt, salt and garlic powder and mix well. Then add bread crumbs and reserved black beans and fold in. Shape into patties. Add more crumbs is needed.

In a skillet (cast iron or other heavy skillet), add some oil and brown both sides well until cooked through. Serve with you choice of the selections above or other preferences.

703. Stuffed Artichokes



4 artichokes, edges trimmed
2 to 2.5 cups bread crumbs
2 tsp basil
1/2 tsp onion powder
2 tsp parsley
½ tsp salt and ¼ tsp pepper
olive oil for drizzling
1/3 (or more) cup Parmesan cheese, grated
1/2 tsp garlic powder
1 tsp oregano
1 cup spaghetti sauce

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 ½ or more for a larger choke.

705. Mediterranean Bread

Dough:
1 envelope (2.5 tsp) active dry yeast
pinch of sugar
herbs/spices (see below)
3 TBS. whole wheat flour
1 cup warm water
1½ tsp. salt
1 TBS. olive oil and additional for brushing
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 16 oz. Pkg. Frozen Broccoli Florets (good stuff)
1.5 tsp. Onion soup bullion*
1 bottle cheese whiz (standard size)
1.5 cups water
½ tsp. Garlic powder
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

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!

1can black, 1 can northern beans with liquid
1 tsp Onion powder
2 tsp Brown sugar (dark if you have)
½ tsp ground mace or nutmeg
½ tsp dried marjoram leaf
¼ tsp. Smoked paprika (optional)
3/4 tsp vegeta powder or 1 bullion cube
¼ tsp black pepper
¼ tsp coriander
1/4 tsp ground allspice
1 bay leaf

Blend beans in blender or bullet. Pour into sprayed sauce pan. Mix in all ingredients and stir. Simmer uncovered on low/medium flame for at least ten minutes to thicken a little. Turn off, remove from burner, and let cool 20-30 minutes. Remove bay leaf. You may use immediately, but better if you let it refrigerate for at least several hours to firm up. Store in refrigerator, covered, and use as desired. Lasts two weeks refrigerated. I like to spread over toast for a quick and tasty breakfast or snack.

708. Pumpkin (Butternut Squash) *Pasta Fazul*, Fat Free, Vegetarian

1 can pumpkin or large baked butternut squash
1-2 cups chicken broth or water/vegeta equivalent
1/3 cup skim milk (or regular if fat is not concern)
½ tsp oregano
½ tsp basil
½ sliced jalapeno (or Chipotle)
serve over cooked pasta
1 tsp sugar
½ tsp onion powder
4 cloves crushed garlic
¼ tsp mace or nutmeg
4 turns of the pepper mill
½ tsp parsley
1 can northern beans & 1 pinto*
1 TBS tomato paste
* 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
2 TBS brown sugar or 1 ½ pkt stevia
¼ tsp. black pepper
1/8 tsp. red pepper
1 tsp. garlic powder
1 TBS. Dried onion greens or ½ tsp. powder
1 TBS. Paprika (or more)

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 (Bragg's is best)
¼ cup water
½ cup olive or other oil
1 cup regular apple sauce (or two small single serves)
5 turns of the pepper mill
few dashes salt (maybe 1/8tsp)
2 tsp. Sugar or packet stevia
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 0z. pkg. Rainbow slaw
¼ cup finely chopped red onion
2 oz. sunflower seeds
Dressing: 1/3 c. olive oil
1/3 c sugar
1 pkg. Ramen noodles (chicken flavor)
2 oz. sliced almonds
1/3 cup cider or wine or balsamic vinegar
chicken flavor packet (from Ramen soup mix)
Mix well and refrigerate overnight….delicious!!!

720. Eggplant Lasagna (HH)

This can either be a side dish or a main course.
1 eggplant, large
Marjoram, ½ tsp. or more
1 cup Ricotta cheese
or lite Ricotta
¼ cup whole wheat breadcrumbs
Dash Cayenne
½ tsp. brown sugar
1 fist-full of small pasta, uncooked
4 cloves garlic, chopped
1 can tomatoes
1 can tomato sauce
1 egg, beaten
salt/pepper
2 dashes onion powder
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
2 extra-large sweet potatoes, skinned & chopped
1 can red (or black) beans
1 small (or ½ large) onion chopped
4 cloves garlic, chopped
1 TBS. Cumin
1 TBS. Smoked paprika*
1.5 tsp. vegeta or 2 chick. Bullion cubes
2/3 cup water
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
1 TBS. Hoisin sauce
1 tsp. soy sauce
1 large onion, chopped fine (red is best)
2 to 3 turns of the pepper mill
2 cups cooked brown* rice (cold); can use left over rice
1 pkg. (16 oz) Frozen peas and carrots (or peas)--defrosted
1 TBS. Peanut or canola oil
4 oz. 97% lean ham (can be packaged deli), chopped
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
5-6 tomatoes, diced into ½ inch cubes
1½TBS. brown sugar
¼ cup raisins
1-2TBS olive oil
¼ cup pine nuts or pecans, toasted
2 TBS. minced black olives (optional)
¾ tsp. kosher salt
2-3TBS dried parsley
3TBS wine vinegar
½ tsp. celery seed
1 onion, diced fine
½ tsp. paprika

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!

733. Smashed Small Potato Appetizer or Side Dish

We eat this as a side dish, so that is why I put it in this section.

1 bag little yellow or red potatoes (1.5lb); about midway between a marble and golf ball.
¼ cup olive oil (keep the bottle open)
1 TBS. Plus 1 tsp. crushed garlic (4 cloves)
1 tsp. Dried rosemary
1 tsp. Dried oregano
salt and pepper
3 TBS. Feta cheese or more

Parboil potatoes in salted water until tender but not mushy (takes me 8-10 minutes). Cool in cold water (like hard boiled eggs). In a small bowl, mix oil, garlic, rosemary, and oregano.

On a clean counter or cutting board, lightly press each potato to open it up a bit (not flattened). Dip in oil/herb bowl (adding more oil if you need it) and place on oiled double stove top griddle or in frying pan on medium heat. Lightly salt and pepper. When one side is getting a little brown, turn over (about 9 minutes for first side). Then lightly brown second side (maybe 5 minutes). When almost done, take whatever herb/oil mixture you have left (you may add more oil if you wish) and dab on potatoes.

When done, arrange in a big plate (I use a large pie dish) and sprinkle Feta cheese on top. This is quite a tasty treat with a touch of elegance.

734. Ed's Original Cold Bean Salad (HH)

2 cans northern or navy beans, drained
½ fine chopped red onion
2 garlic cloves, chopped fine
Marjoram (about ½ tsp. dried leaves or more)
½ or ¾ cup raisins (golden are best)
½ can tomatoes, drained and squeezed
Dash or several, jalapeno powder (or cayenne)
½ piece of grated candied ginger (optional)
¼ cup yogurt
5 turns black pepper
Stevia or sugar to taste
balsamic vinegar, 1 tsp.
wine or exotic vinegar (pomegranate)
1 tsp. celery seed
½ tsp. hot paprika
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.

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 can Golden Mushrooms (or your favorite), drained
1 leek, cut into thin disks (not the rough greens)
½ bell pepper, cut into slivers
Fresh ginger to taste (or pickled, three slivers)
1 tsp. cornstarch and a few tsp. cold water*
4 turns of the pepper mill
1 tsp. sesame seed oil
1 TBS. soy sauce
2 TBS. rice wine
2 or 3 cloves crushed garlic
peanut oil (2 TBS)
dash hot paprika (or tiny bit cayenne)

*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
1 can pinto beans & liquid
2/3 cup cooked rice
1 can tomato paste
½ tsp. basil
½ tsp. marjoram
olive oil
4 cloves of garlic or equivalent, crushed
¾ tsp vegeta or 1 chicken bullion cube or salt
1/2 pkg. fresh spinach (or l can, drained and squeezed)
water (as needed)
4 turns of the pepper mill
1 zucchini, chopped fine
dash cayenne or some hot paprika

Marylu 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
1 large sweet pepper, cut into strips
1 large onion, cut into strips
3 large carrots, cut into disks
1 to 3 jalapeño peppers, cut into disks
Garlic, crushed, equivalent to 10 cloves
Olive oil for browning onions (2 TBS)
2 to 2.5 cups white vinegar
(one pepper is hot enough for we Vasiceks)
4 whole allspice
4 turns of the pepper mill
½ tsp. oregano
¾ tsp. kosher salt
4 bay leaves
½ tsp. coriander
½ tsp. cumin
optional: red pepper flakes to make hotter, if desired

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

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."

Mild giardinera Ingredients:

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

2/3 cup giardinera liquid or more (see above)
(or 1 part vinegar, two parts olive oil, ¼ tsp salt)
1 large fresh tomato, sliced thin
(or 1 can, drained and chopped)
½ tsp. Hot paprika or dash cayenne
1 tsp. Grated Parmesan cheese or more
½ tsp. Garlic powder
½ tsp. Fennel seeds
2 tsp. Dried basil
4 turns of the pepper mill
1 tsp. Stevia or maple syrup (more if needed)
½ to 2/3 lb. Cooked whole wheat pasta
½ tsp. Oregano

Note: You can buy the right kind of giardinera at Meijers, Rural King, or sometimes Aldi'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
1 can red or kidney beans
1 can Ro-tel tomatoes (with chilies)
1 cup cooked rice
½ tsp sugar
3-4 garlic cloves, crushed
½ tsp. Cumin
1 tsp. vegeta or 2 bullion cubes
1 cup water
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
½ tsp. vegeta or ½ bullion cube (chicken)
4 ounces light (Neufchâtel) cream cheese, chunked
1 small sweet or red onion, diced
1-2 TBS. Olive oil
1 egg beater or egg beaten
3 cloves garlic, crushed
1 cup skim milk
dash cayenne
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)
1/4 cup water
1/4 cup white vinegar
½ tsp vegeta or ½ ch. bullion cube or salt
1/4 cup sugar
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)
1 cup chopped onion
1 can mushrooms, drained
2 zucchini, sliced or large one*
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
3 cups water
2 (6oz) cans tomato paste
1 (8oz) can tomato sauce
1.5 tsp. Stevia or honey or sugar
1 tsp. basil
1 tsp parsley
½ tsp oregano
¼ tsp red pepper flakes or dash cayenne
optional: chopped walnuts (when serving)

* 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.

Directions for crock pot: 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 mix one black, one pinto, one northern), somewhat drained
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 bacon
1 can diced tomatoes
½ Chipotle pepper/jalapeno (or sub a can of Ro-tel tomatoes for tomatoes above and pepper)
5 turns of the pepper mill
1 TBS ground cumin
1 TBS. paprika
6-8 cloves chopped garlic
1 TBS molasses or brown sugar (dark is best) or sugar
juice of one small lime or half a big one or TBS cider vinegar

Optional But Suggested Ingredients
1 stuffing pepper, cut into slices (or 1 can chili peppers)
1/4 tsp. coriander
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
1 15 oz. Can spinach, drained, squeezed, chopped
2.5 to 3 egg beaters or real eggs, beaten
3./4 cup whole wheat bread crumbs
1 cup flour (whole wheat is best)
¼ tsp. Salt (plus salt in water)
½ tsp. baking powder
1 tsp. Basil
¼ cup regular or low-fat grated Parmesan cheese
1 small onion, diced fine
¼ tsp. Ground mace or nutmeg

[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 flower 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 large onion, chopped fine
1/2 chopped green pepper
1 stalk celery, finely chopped
1 can red beans
2 TBS olive oil
1 cup chicken stock or equivalent
1 tsp. Dried lemon thyme (or regular thyme)
1 TBS Dried oregano
½ tsp. Cayenne
additional salt as needed (maybe ½ tsp?)
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).

758. Barley Escaped!

¾ cup pearl barley or a bit more
1 can northern or navy beans
1 can kale or greens, drained (or fresh)
1 can diced tomatoes
about 2 cups water
1 tsp. Dried oregano
½ tsp. Equivalent sugar (I use stevia)
2 scant tsp. vegeta or 2 chicken cubes
4 turns of the pepper mill
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)
2.5 cups water (or 1.5 for white)
1 can diced tomatoes
1 can tomato sauce + ½ can water
½ tsp. salt
1 tsp. Hot paprika or Hungarian + ¼ tsp. Cayenne*
1 tsp. Cumin
¼ tsp. Coriander
½ tsp. Each garlic and onion powder

*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
3-4 TBS. Olive oil
1 medium/small onion, diced
6 slices pickled ginger strips or ½ tsp. Powder
4 cloves garlic, crushed
1 tsp. Smoked paprika (or standard & drop of smoke)
t tsp. Equivalent Stevia or honey
juice of ½ lemon
¼ tsp. Ground cayenne
1/2 tsp. Cumin
¼ tsp. Coriander
¼ tsp. Cardamon
¼ tsp. Salt

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)
3.5 cups water
½ tsp. Hot paprika or mild plus dash cayenne
1 and ½ tsp. Spike or poultry seasonings
1 tsp. vegeta or 1 chicken bullion cube
[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
1 medium onion, chopped (sweet are best)
1 crushed garlic clove or ½ tsp. crushed
2 eggs or (easier) ½ cup egg beaters
canola oil, as needed (at least ½ cup)
1 tsp. Baking powder
1.5 tsp. Salt
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 package frozen cauliflower
¾ cup evaporated milk
dash salt
1 cup breadcrumbs
1 can Campbell's Nacho cheese soup
2 slices Muenster cheese or other favorite
½ tsp. Spike seasoning or poultry seasonings
½ tsp. Hot paprika or more or few dashes cayenne
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)
1 onion or sweet onion, chopped
5-7 garlic cloves, chopped
1 generous cup raw white rice or brown
1 TBS. dried chives or onion greens (optional)
1 TBS dried dill weed
8 to 12 oz. Pkg. frozen spinach, defrosted
¾ tsp. vegeta or 1 chicken bullion cube
1.75 cups water for white rice, 3.5 brown
juice of one small lemon
1 to 1.5 tsp. Lemon zest

In a large skillet or dutch oven (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. Add water and vegetta or bullion.

Option one: finish on top of stove. Bring to a good simmer. Cover pot and turn down to your range's lowest setting. Simmer for about 15 minutes, and then turn off and leave covered for another 10.

Option two (rice cooker). Spray rice cooker with cooking spray, And mixture from frying pan .Stir up, cover, and turn on cooker.

766. Cabbage Steaks – Cheesy Pizza Style

This recipe comes from hungryhappens.com.

Ingredients:
1 green cabbage
1/4 cup olive oil
1/4 cup grated Parmesan cheese
1/2 tsp each garlic powder, onion powder, paprika, chili powder, Italian herb blend
salt and pepper to taste
optional toppings:
1/4 cup marinara (or pesto)
1 cup shredded mozzarella
2 oz mini pepperonis (or feta cheese + baby peppers)
dried oregano
chili pepper flakes
Directions:
Preheat your oven to 425°F and line your large rimmed baking sheet with parchment paper.
DO NOT trim your cabbage stem/core – leave it intact. Slice your cabbage first in half, then into thick slices. You should end up with 6 or 7 slices/steaks.
In a glass measure cup combine the olive oil, grated parm, spices listed and salt and pepper to taste. Brush this mixture on both sides of each cabbage piece and bake for 30 minutes or until golden.

toppings:
Top each steak with 1 tbs of either the marinara or pesto and spread out evenly with the back of your spoon. Sprinkle with mozzarella and top with pepperoni (or feta and min red peppers), dried oregano and chili pepper flakes. Pop back in the oven until cheese is melted – a few 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.

768. Zucchini Sticks (Gluten Free)

This recipe is from “hungryhappens.com” and we love it.

Ingredients:
2 large (store size – not the huge ones people grow too long in their gardens) zucchinis
3 tbs olive oil
3 tbs Parmesan cheese, grated
3 tbs corn meal
1 tsp paprika
1/2 tsp garlic powder
1/2 tsp onion powder
salt to taste
serve with lots of lemon
Optional Dip: Lazy Tzatziki (below)

DIRECTIONS

Preheat oven to 425°F. Line a baking sheet with parchment paper. Slice your zucchini into sticks – not

too thick and not too thin. Transfer to a large bowl and add in the oil. Stir to coat everything well. Next add in the cheese, corn meal and spices. Toss again to coat all. Transfer to your baking sheet and spread out (its best if they don't touch). Bake for 25 minutes or until crispy. Serve hot with lemon wedges.

Optional: Serve with Lazy Tzatziki Sauce for dipping (or simply plain yogurt)

Lazy Tzatziki Sauce:
1 cup 5% Greek yogurt
1 medium lemon juiced (or 1-2 tbs red wine vinegar)
1 tbs olive oil
1/2 tsp garlic powder
1 tsp dried mint (not fresh) or marjoram, if preferred
salt to taste
2 tbs milk (to thin it out)

Whisk together all of the ingredients until smooth. Taste and adjust seasonings if needed. Refrigerate until needed.

769. Cauliflower Steaks -- Cheesy

This recipe comes from hungryhappens.com.

Ingredients:
1/4 cup olive oil
2 tbs Parmesan cheese, grated
1/2 tsp onion powder
1/2 tsp garlic powder
1/2 tsp paprika
salt and pepper to taste
1 head cauliflower
1/2 cup shredded mozzarella cheese
optional: fresh parsley garnish

Directions:
Preheat your oven or air fryer to 400° F. Line a baking sheet with parchment paper.
In a small bowl, mix the oil, grated Parmesan, spices and salt and pepper to taste.
Remove the leaves from the bottom of your cauliflower and leave the stalk in place. Slice the cauliflower in half. Then slice those two pieces in half to create your 'steaks'. Transfer them to your baking sheet and brush all over (top, bottom and sides) with the mixture from step 2. Air fry or bake until the stalk is fork tender and golden brown, about 15 minutes for air fryer (flip half way through), 20 minutes for the oven. Remove from oven and sprinkle with the shredded cheese. Place back in the oven until melted.

770. Fried Cabbage V

1 lb. Low fat turkey sausage OR 1/2 lb bacon, finely chopped
1 medium onion, chopped
1 and ½ cups water, more if needed
1 small, medium, or large head or one small head cabbage, chopped
3 or 4 carrots, skinned and sliced
½ teaspoon salt or vegeta
6 turns of the pepper mill
2-3 sweet potatoes, skinned and chopped (optional)

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, sweet potatoes (optional) 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.

773. Sprouted Lentil Burgers

We like these as a veggie burger, eating in a bun with lettuce and tomato. They are also good (when made smaller) as a fritter appetizer with a simple dipping sauce (dip recipe added below). Of course this recipe has to be started about 4 or 5 days ahead if you are going to sprout your own lentils.

Ingredients

1.5 cups sprouted lentils (plus 2 TBS reserved)
1 large egg
½ cup (maybe more) bread crumbs*
3 cloves garlic, chopped
2-3 TBS. Light olive oil (or other)
optional: 1 TBS. Dried chives
optional: dash of cayenne
1 tsp. Ground cumin
½ tsp. Paprika
2 TBS dried parsley
¼ tsp. Salt (for starters)
¼ tsp. Black pepper
1 tsp. Onion powder
1/3 cup water

Burger Directions: Begin heating frying pan with oil on low flame.

Put the lentil sprouts and water into blender or bullet. Blend just a few seconds until well mixed. Add to bowl with rest of ingredients, including reserved sprouts, and fold or mix until well incorporated. If too mushy, add more breadcrumbs. You do not want it to be too dry, however.

When oil is shimmering, reduce pan to medium high. Form mixture into 4-5 burgers and brown until crispy on each side, adding more oil if needed. Serve on bun (if desired) with tomato and lettuce, like you would a burger.

*for gluten free, substitute ground corn chex or ground tortilla chips.

Fritter Directions: Use same process as above, only form into smaller patties, maybe about 12. Then serve with dipping sauce.

<u>Simple Dipping Sauce</u>
½ cup yogurt
¼ tsp. Garlic powder
t ½ tsp lemon juice
dash salt

Mix (and chill if not using immediately).

VVVVVVV

800 Desserts, Bakery, Sweet Breads, etc.

VVVVVVV

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

¾ cup white flour
¾ cup oat flour
½ tsp. cardamom
1.25 tsp. baking soda
2 TBS. dried cranberries
½ tsp. or so nutmeg or mace
2 TBS. crushed walnuts
¾ tsp. sea salt
1 tsp. vanilla (reduce to ½ if using vanilla yogurt)
1 or 1½ egg beater
2/3 to ¾ cup canned pumpkin
½ cup sweetened cinnamon applesauce
½ cup lite yogurt (plain or vanilla)
1 TBS. coconut powder or 2 shredded
¾ cup brown sugar

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
2 cups white sugar
2 teaspoons baking soda
1 teaspoon vanilla extract
½ tsp. coconut extract (optional)
1 (20 ounce) can crushed pineapple with juice
2 egg beaters or beaten eggs
½ teaspoon salt
fat-free cool whip (for frosting)

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 can mandarin oranges
2 TBS. low-fat cottage cheese
1 drop vanilla extract
Water
l box vanilla instant pudding
2 cups skim milk (for pudding)
lite cool whip

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 l.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. Piña 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

[Note: for another type of Kolacky, see number 818]

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 preheated 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.

808. Apple Crunch

For topping:
1 C sugar (1/2white, 1/2brown)
1 C flour
1/2C cold butter
1 tsp. Baking powder
¼ tsp. salt

For filling:
3-4 lbs. Tart apples, cored/peeled/sliced (Granny)
lemon juice (a squeeze)
1 tsp. Vanilla extract
¼ cup sugar
generous sprinkling of cinnamon
1 TBS butter

Work topping ingredients until crumbly.

Add peeled sliced apples into a bowl. Mix in lemon juice, vanilla, ¼ cup sugar, and cinnamon.
Spray a 9 X 13 pan/dish, layer apples, dot with 1 TBS butter. Sprinkle topping overall.
Bake at 400 degrees for 30-35 minutes; should be bubbles on top and apples should be soft.

809. Brown Sugar Icing

(from "China Painting Sandy")

For pot:
½ C dark brown sugar-free
¼ C (or half stick) salted butterfly
2 TBS heavy cream

Add at end:
1 C powdered sugar, sifted
½ tsp. vanilla

Spray a medium sauce pan with cooking spray. Add the above and bring to a gentle boil. Remove from heat. Add powdered sugar and vanilla, whisking them in.

810. Nancy's Sweet Scones

2 C flour
½ C sugar
¼ tsp salt
1 tsp baking powder
¼ tsp baking soda
½ to ¾ C dried craisins (or currants; we prefer craisins)
½ C (1 stick) cold butter
½ C sour cream
1 egg
½ tsp vanilla extract

Preheat oven to 400 degrees. In mixing bowl combine flour, sugar, salt, baking soda, baking powder; add butter and cut-in until pea-sized.

In a small bowl, whisk together sour cream, egg, & vanilla. Add to flour mixture & gently combine. Divide dough in half & pat into two circles. Cut into equal wedges. Place wedges equal distance from each other on cookie sheet.

Bake 12-15 minutes until lightly golden. Cool 20-30 minutes. Serve with butter and honey.

For gluten free version, use Kruesteaz flour. For sugar free, use xylytol instead of sugar.

811. Low Calorie Coconut Pudding

¾ cup boiling water
1 pkg. Unflavored gelatin
3 pkgs. Stevia (equate to 6 tsp sugar)
2 ice cubes (whole or better, crushed)
dash salt
1 tsp. Coconut extract
1 and ¼ cup buttermilk

Dissolve gelatin in hot water, add 2 ice cubes and mix to melt and cool solution a little.

In bullet or blender, mix all ingredients, let cool, and refrigerate ½ hour. Keep in blender/bullet. Then re-blend and pour into bowl. Refrigerate at least one more hour.

815. Katie's Frozen Cherry Filling Dessert

Katie brought this dish to pitch-ins and funeral dinners at our church since before my time – well over 50 years. Although she moved a good distance away in recent years to be near her son, she is probably still making it! We always looked forward to it at every church dinner. And it is so easy.

Ingredients:
1 can Thank You (or other brand) pie filling (cherry, strawberry, or your preference)
1 20 oz. Can crushed pineapple
1 can Eagle Brand milk (sweetened/condensed)
1 16 oz. Container of Cool Whip

Directions:
Combine all ingredients, put in a plastic container and freeze. Let sit out 15 minutes before serving.

816. Pistachio Pudding Cake

This is Ed's favorite cake. We usually do not frost it – we sometimes sprinkle it with powdered sugar. You can frost it with vanilla frosting or brown sugar icing, recipe 809 above – if you wish.

Ingredients:
1 standard package of yellow cake mix (we prefer Duncan Hines)
1 (3.4 oz) package of pistachio instant pudding mix
4 eggs or egg beaters
1.5 cups water
.25 cup canola or vegetable oil
½ tsp almond extract
7-9 drops green food coloring
Powdered sugar (or frosting), optional

Directions:
Preheat oven to 350 degrees. Use cooking spray (or shortening) to coat a 10 inch tube pan (or use a flat pan if you don't have a tube pan).

In a large bowl, mix cake mix and pudding mix. Making a well in the center of the mix, add eggs, water, oil, almond extract and food coloring. Beat with an electric hand mixer for 2 minutes at medium speed.

Pour into pan and bake for 50-55 minutes until the cake is springy. Let cool in the pan for 15 minutes and then another 15 minutes on a rack. Sprinkle with powdered sugar or frost.

817. Czech Christmas Raisin Bread for Bread Maker (Houska/Vanocka)

Makes two loaves
The dough only is made in the bread maker. The braiding and baking are not!

People of Czech descent in the USA usually use an antiquated/regional term for this sweet bread, "Houska." In the current Czech language, "houska" now refers to a type of bun. The term people use who actually speak the modern Czech language is "Vanocka" (meaning "Christmas braid"). That is technically the correct term. A lot of bickering about this, sadly. Whatever you call it, it is great.

This is an extra-good version of raisin bread. This recipe is hybridized because there are many variations with the Czechia – and most of Europe!

Ingredients:
3 cups bread flour
2 tsp yeast (for bread maker)
4 TBS white sugar
1 tsp salt
3 TBS softened butter or butter spread or margarine
3 eggs
zest of ¾ lemon (or "convenient" zest of one lemon)
1 cup milk
1 TBS water
good pinch of Mace or nutmeg (optional)
good pinch cardamon
good pinch cinnamon
1 cup golden raisins (put in when bread maker beeps or near end of cycle)
Egg whites (just before putting into oven; this is optional)
¼ cup slivered almonds (optional)

Directions for dough:

Add milk, water, salt, mace, cardamon, cinnamon, eggs, sugar, lemon zest and butter. Then add flour. Make a well in the flour and add yeast and set for dough cycle. When bread maker chimes (for adding fruit) or 15 minutes before cycle ends, add raisins (break them up first).

When cycle is over, keep lid closed on bread machine and let the bread rise in machine for 80 minutes.

Divide into two roughly equal pieces (each of these will make a loaf of bread).

Divide each of these two into 4 roughly equal pieces. Let sit for 5 minutes.

Roll into snake-like braids, maybe an inch thick? Braid the bread. To learn to do this, search online for video on “how to braid Christmas bread” or “how to braid Challah.” My favorite way to do it is the easiest, find it by copying the link if you wish: https://www.youtube.com/watch?v=Sk__PpaAwOE

After braiding, place loaves on a foiled and sprayed cookie sheet. Let rise another 50 minutes. Then brush with egg with (you can add a TBS of water to the white, if you wish). Then sprinkle with slivered almonds.

While bread is rising, preheat oven to 375 degrees. You will bake for about 25 minutes, but after 12 minutes or so, you will need to place a sheet of foil on top of loaves to keep them from burning.

Let cook on racks. When serving, you can sprinkle each slice with powdered sugar. Makes great toast, too!

818. Kolacyzki Cookie Type

[for another type of kolacky, see number 807]

Kolacyzki is a Polish variation of kolacky, kolacki, kolache, etc. and those are just some of the names for a rich dough pastry made in Czechia, Slovakia, and Poland – and other countries in that region, Even the Jewish *hamantash* (a Purim treat) is similar. Whereas #807 is a raised kolacky, #818 is a cookie type.

Recipe is for one batch (around three dozen cookies), but people often make multiple batches.

Ingredients

1 cup unsalted butter, softened
8 oz. Cream cheese, softened
2 cups flower
cans of Solo brand filling (each batch takes about one can); if you cannot find Solo fillings at your store, they are available at Amazon.com or Walmart.com; my favorite is almond and apricot. Or make your own cheese filling (find recipe under #708) or fruit preserves or marmalade.
Powdered sugar (optional) for dusting before serving.

Directions

Let butter and cream cheese stand at room temperature for about an hour. Then with a high power blender, cream the butter and cream cheese together or do this by hand. Add flour and continue to mix with mixer or by hand until you have a big ball a little drier than play dough.

Divide dough into two and shape into flat disks. Wrap in plastic wrap and refrigerate for 90 minutes.

After the 90 minutes, preheat oven to 350 F. Rough each half of dough to about 1/8 inch thickness and cut into 2 inch squares. Put about ½ tsp. Filling in the middle of each square and fold two corners together, pinching them with a little water to help make the pinch stick better.

Bake for 12-15 minutes until lightly golden. Remove and cool. Before serving, dust with powdered sugar. If making the day before, cover with plastic wrap and leave on a counter or table.

Alphabetical Index

A La Vash....76
Addictive Brussels Sprouts....123
African Chicken....46
Alfredo Sauce....27
Apple Crunch....135
Artichokes....111
Auntie Edlyn's Polish Sauerkraut....102
Auntie Edlyn's Polish Sauerkraut....102
Bagels....36
Baked....123
Baked Crock Pot Tangy Beans....123
Baking Powder Bread Dumplings....31
Barbecue Sauce....27
Barley Escaped....125
Basil Oil and Cider Vinegar Salad Dressing....28
Bean Salad....119
Beans and Turkey Sausage....
Ko-ko-mah....56
Beef and Pork Roast Together....83
Beef and Sauerkraut Dinner....89
Beef Barley Soup....13
Beef Paprikosh....76
Beef Stew....74
Beef Stroganoff....81
Berbere (Ethiopian) Seasoning....26
Berbere Sauce....26
Black and Red Bean Mexican Soup....12
Black Bean and Pumpkin Chili....91
Black Bean Burger....111
Boeuf En Daub....80
Braised Chicken With Paprika....53
Braised Lamb or Goat Shanks....107
Bratwurst Patties....97
Bratwurst Turkey Patties With Sauerkraut Topping....50

Braunschweiger (Liver Sausage) Spread – Vegetarian....113
Bread Dumplings....
Best Ever....32
Broccoli Cheese Casserole....112
Broccoli Slaw Salad....114
Broccoli Soup....17
Brown Sugar Icing....136
Buffalo Drumsticks....54
Buffalo Sauce Fish With Rice and Greens....40
Cajun Chicken for the Pressure Cooker....58
Cajun Creation....103
Cajun Rice and Beans....125
Cajun Shrimp, Sausage and Veggies....42
Cannellini Bean Soup With Kale....12
Cauliflower....22
Cauliflower and Chicken (or Turkey) Pot Pie....66
Cauliflower Soup....22
Chicken (or Turkey) Pot Pie....59
Chicken Aglione....48
Chicken and Rice....47
Chicken Cacciatore....48
Chicken In Orange Gravy....48
Chicken Marsala....50
Chicken Paprikosh....43
Chicken Parmesan....72
Chicken Ranchero Casserole....67
Chicken-Vegetable Soup....20
Chicken, Collards, and Pasta in Pumpkin Chipotle Sauce....58
Chili Stew/Soup....10
Chinese Fried Rice....117
Ching-Wing Meatloaf....83
Coconut Pudding....136
Cole Slaw....114
Corn Chowder....14
Corn Meal Breaded Baked Fish....42
Cranberry Barbecued Pork Ribs....93
Cranberry Simmer or Barbecue Sauce....28
Crock Pot Tangy “Baked....123
Crusty European No-Knead Bread....34
Curried Chicken....45
Curried Chicken Soup With Apples....18
Curried Chicken with Cauliflower, Carrots, and Rice....68
Curried Goat....106
Czech Christmas Raisin Bread....138
Drop Dumplings....31

Drop Dumplings for Soup....23
Ed and Marylu's Cranberry Chicken Stir-fry....44
Ed's Slovak Sauerkraut Kraut....101
Eduardian Chicken....57
Eggplant Lasagna....114
Enchilada Pork Chops....104
Enchiladas (Beef) with Homemade Sauce....78
Enchiladas Troppitas....82
Essence of Edward MSG Free....24
Essence of Edward Seasoning....23
Ethiopian Beef....89
Ethiopian Goat or Lamb....107
Ethiopian Kale or Collard Greens....126
Everyday Fish....39
Fish and Potato Chowder....15
Fish in Lemon Sauce....41
Fish in Orange Gravy....37
Florentine Meatballs....49
Flounder With Chilies and Lime Juice....38
Fried Cabbage....130
Garlic Sausage For Grinder....98
German Potato Salad....116
Giardinera....121
Goat OR Lamb Stew....105
Gravy – Beef, Chicken, Turkey or Venison....24
Greek Spinach Rice....127
Grilled Greek Chicken Legs....66
Grilled Molasses and Soy Sauce Chicken....70
Ground Turkey Breast Gyros Loaf....53
Hannah’s Lemon Ravioli....115
Hawaiian Pork Chops....93
Honey Chicken....47
Hungarian Goulash....75
Hungarian Style Sauerkraut....102
Italian Beans and Rice....120
Italian Beef....79
Italian Beef Sandwiches....79
Italian Fish for Two....41
Italian Sausage – The One You Are Used To!....97
Italian Sausage Turkey Crumble....55
Italian Sausage Turkey Patties....51
Italian Sausage/Peppers/Zucchini Skillet....104
Italian Seasoning....24
Jello Dreamsicle Dessert....133
Katie’s Frozen Cherry Filling Dessert....137

Kohlrabi Chinese Side....119
Kolacky for the Bread Machine....134
Kolacyzki Cookie Type....139
Korean Pork....99
Lasagna....87
Leftover Turkey Chili....57
Leg of Lamb....106
Lentil Soup....19
Liver Dumplings....23
Malfatti....124
Mandarin Orange Pork Chops....101
Maria Luccia’s Half-Homemade Spaghetti Meat Sauce....84
Marinara Meat Sauce Ed’s Best Version....84
Marylu’s Amazing Deep Dish Pizza....61
Marylu's Original Cranberry Chicken....44
Meatball Turkey (or other) Broth....22
Meatball Turkey (or other) Broth Turnip Green Veggie Soup....22
Meatballs....81
Meatballs....81
Meatloaf that Ed Likes....90
Mediterranean Bread....112
Meldo Italiano....87
Mexican Pickled Vegetables....120
Mexican Spaghetti Squash....71
Mexican Wedding (Pineapple) Cake....133
Mexicana....82
Minestrone Soup....9
Mole Sauce....25
Mr. Eunicho’s Seasoning....24
Mushroom Soup....17
Nacho Broccoli and Cauliflower Casserole....127
Nancy’s Sweet Scones....136
Orange Pork Way Wah....95
Orange Salad Dressing....27
Oven Baked Pork Chops....94
Ox-Tail Soup....16
Pancakes....35
Parmesan Chicken and Kale....69
Pasta and Ricotta....131
Pasta Salad....122
Pea Soup....14
Pea Soup, Vickie Bottoms....19
Pepper Steak....77
Pepperoni Crumble....55
Pepperoni Patties....56

Pepperoni Patties For Grinder....98
Pepperoni Patty Parmesan....56
Philly Beef Sandwiches....91
Pickled Red Onions....29
Pina Colada Jello!....133
Pineapple Filling....132
Pistachio Pudding Cake....137
Pizza Loaf....80
Pizza Pot Pie....60
Playful Dough....30
Polish Lasagna....77
Polish Sausage Patties....96
Pork Chops with Apples....100
Pot Pie....59
Potato Pancakes for the Food Processor....126
Potato Soup....17
Pulled Chicken....68
Pulled Pork for the Crock Pot....96
Pulled Pork with Cranberry Sauce....99
Pumpkin (Butternut Squash) Pasta Fazul....113
Pumpkin Bread....132
Quick Cacciatorre....69
Rich Turnip Greens....122
Roast Duck (and Gravy), Slovak Style....45
Roast Venison Ed's Way....108
Roasted Salmon, Brussels Sprouts, and Garlic....40
Salmon in Italian White Sauce....38
Salmon Patties....37
Salsa....25
Sauerkraut Balls....29
Sauerkraut Salad....110
Sauerkraut Soup....11
Sausage, Peppers, Cheddar Stove Top....103
Seasoned Sauerkraut Salad....114
Shepherd’s....52
Shrimp Scampia....41
Sicilian....117
Sicilian Eggplant Salad....117
Sicilian Lentil Pasta Sauce....123
Simple Mexican Fish....40
Smashed Small Potato Appetizer....118
Sour Cream Chicken....44
Sourdough Pizza Crust or French Bread....33
Sourdough/Bread/Pizza Crust Starter....33
Southwest Kale, Sweet Potatoes and Beans....116

Spaghetti Meat Sauce....84
Spaghetti Meat Sauce....84
Spanish (Mexican) Rice....125
Spike Rice....126
Spinach –Rice Pilaf....117
Spinach Soup....10
String Bean Soup....18
Stuffed Peppers....85
Svickova....74
Swai By and By....38
Sweet and Sour Cabbage....128
Szechuan Chicken....65
Taco Casserole....81
Taco Meat....86
talian Seasoning....24
Tamale Pie Casserole....85
Terriyaki Ginger Pork Sweet Onions....95
Thai Curried Chicken in Coconut Milk....50
Thai Curry Asian Fish and Rice....39
Thai Winter Squash Soup....11
Tripe Chowder....15
Turkey and Broccoli Stove Top....64
Turkey Breakfast Sausage Patties....54
Turkey Croquets....59
Turkey Roast....67
Turkey Sausage Jambalaya....54
Turnip Green Soup....19, 21
uperior Stuffed Peppers....86
Vegetable Soup....21
Vegetarian Fat Free Chili....122
Venison Chili Stew....109
Venison Gyros....108
Volcano Pizza....63
Whole Wheat Drop-Style Biscuits....35
Wild Cowboy Eddie's Sugar Free Western Salad Dressing....25
Wine Reduction Gravy....24
Zupa Whatsa Matta For U?....13
Alfredo Sauce....27
Broccoli “Fritters....28
Pineapple and Raisin Sauce....26
“Baked....123

Best “Starter” Meals: Not too exotic or too difficult

001 Easy Minestrone
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
526. Mandarin Orange Pork Chops
752. Baked Crock Pot Tangy Beans
770. Fried Cabbage

John 3:16-17, “For God so loved the world, that He gave His only Son, so that everyone who believes in Him will not perish, but have eternal life. For God did not send the Son into the world to judge the world, but so that the world might be saved through Him.”