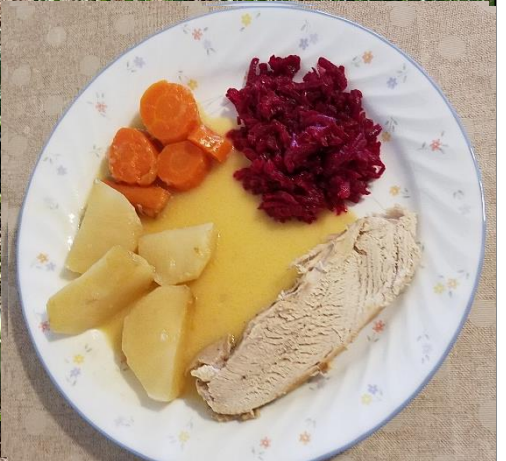




How Did We Feed Them?



Jerrie's Favorite Recipes

Jerrie Southwick's Cookbook

A Collection of Favorite Recipes

Published for Christmas 2021

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Beverages and Appetizers

Hot Chocolate Drink

Servings: 8

Yield: 2 quarts

This is very good with our goat milk

8 cups milk

1/2 cup sugar

1 tablespoon cocoa

1/4 tsp salt

1 Tablespoon Vanilla

Preparation Time: 5 minutes

Start to Finish Time: 15 minutes

Cook: 10 minutes

Mix cocoa powder and sugar together, then add some hot water to mix to a liquid

Add liquid chocolate mix to the milk

add vanilla and salt

Ready to drink

Per Serving (excluding unknown items): 205 Calories; 8g Fat (36.1% calories from fat); 8g Protein; 25g Carbohydrate; trace Dietary Fiber; 33mg Cholesterol; 186mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Non-Fat Milk; 1 1/2 Fat; 1 Other Carbohydrates.

Italian Soda

Servings: 1

Tracy served this at Ben's open house in Boise. She brought the ingredients to our Family Reunion in Garden Valley, Idaho (Camp Glennwood)

1 1/2 cups ice, crushed

1 1/2 cups Sprite

2 Tablespoons Italian Ice Flavor

3 Tablespoons Half and half

1 tablespoon Whipped cream

Put about 1 1/2 cups of crushed ice in a glass and cover the ice with Sprite

Add 2 tablespoons of Italian ice flavor (Torani)

Add 3 tablespoons of half and half

Top with whipped cream (spray kind)

Enjoy a refreshing cold drink

I used sugar free sprite and sugar free Italian Ice flavor (Torani)

Per Serving (excluding unknown items): 85 Calories; 8g Fat (83.1% calories from fat); 1g Protein; 2g Carbohydrate; 0g Dietary Fiber; 27mg Cholesterol; 32mg Sodium. Exchanges: 0 Non-Fat Milk; 1 1/2 Fat.

Wontons - McKenzie Price

McKenzie made these for Josh and Alyssa's wedding. They are delicious.

*2 cups sausage, crumbled
1 1/2 cups sharp cheddar cheese, grated
1 1/2 cups Monterey jack cheese, grated
1 cup ranch salad dressing, prepared
1 can olives, sliced (2.5 ounce can)
1 package wonton wrappers*

Preheat oven to 350 degrees. Blot sausage dry with paper towel and combine all ingredients.

Grease mini muffin tins and line with wonton wrappers. Brush with oil (or spray with cooking spray) and bake for 5 minutes.

Fill with sausage mixture and bake for 5 minutes.

Per Serving (excluding unknown items): 4531 Calories; 427g Fat (84.4% calories from fat); 151g Protein; 26g Carbohydrate; trace Dietary Fiber; 693mg Cholesterol; 7839mg Sodium. Exchanges: 19 1/2 Lean Meat; 0 Fruit; 73 Fat; 1 Other Carbohydrates.

Breads and Rolls

Best Ever Banana Muffins

Servings: 24

By Anissa on May 15 2003 from Internet Food.com

*3 large ripe bananas, mashed
3/4 cup sugar, or 1/2 cup sugar
1 medium Egg beaten
1/3 cup butter melted
1 teaspoon baking powder
1 teaspoon soda
1/2 teaspoon salt
1 1/2 cups flour*

Preparation Time: 10 minutes

Start to Finish Time: 30 minutes

Cook: 20 minutes

1. Mash bananas
2. Add sugar and slightly beaten egg
3. Add melted butter
4. Add the dry ingredient
5. Bake at 375 degrees for 20 minutes

Per Serving (excluding unknown items): 53 Calories; trace Fat (1.3% calories from fat); 1g Protein; 12g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 65mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Other Carbohydrates.

Biscuit Mix (Maxine Ward)

This is from Rueland Ward's baby sister. Aunt Maxine Johnston

6 1/2 quarts flour, 24 1/2 cups

10 tablespoons baking powder

1 3/4 cups powdered milk

2 3/4 Tablespoons salt

5 cups shortening, or less as needed

Mix all together and store in a tight container.

Per Serving (excluding unknown items): 22075 Calories; 1117g Fat (45.6% calories from fat); 395g Protein; 2599g Carbohydrate; 94g Dietary Fiber; 217mg Cholesterol; 33111mg Sodium. Exchanges: 162 1/2 Grain(Starch); 7 Non-Fat Milk; 217 Fat; 2 1/2 Other Carbohydrates.

Bread Sticks

Servings: 20

West Bountiful Relief Society recipe.

1 cup warm milk
1/4 cup butter, soft
1 teaspoon salt
2 tablespoons sugar
2 tablespoons yeast (dissolve in warm water)
2 cups shredded cheese
2 cups flour (enough to make good consistency)

Add: enough flour to make like bread dough. Raise 15 minutes. Roll out and cut in strips. Let raise. Bake at 400 degrees for 15 minutes.

Per Serving (excluding unknown items): 82 Calories; 3g Fat (31.7% calories from fat); 2g Protein; 12g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 137mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Cathy's Bran Muffins

Cathy Green

Servings: 24

Yield: 8 cups

My sister, Cathy Green. From West Bountiful Cookbook.

1 1/2 cups sugar

8 tablespoons shortening (heaping)

2 large eggs

2 cups buttermilk

2 cups 40% Branflakes

1 cup bran

2 1/2 cup flour

2 1/2 teaspoon soda

1 teaspoon salt

Pour boiling water over bran. Let stand until cool.

Meanwhile, cream shortening, sugar and eggs. Then add 2 cups bran flakes. Stir in flour, soda and salt, then fold in bran.

Put in 2 quart plastic container in refrigerator and use when needed. Lasts 2 weeks or longer. Bake at 400 degrees for 15 minutes.

Per Serving (excluding unknown items): 153 Calories; 5g Fat (29.1% calories from fat); 3g Protein; 25g Carbohydrate; 1g Dietary Fiber; 18mg Cholesterol; 117mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.

Cathys Butterscotch Rolls

This is my sister Cathy Green's recipe. It is very good.

20 Frozen Rhodes Rolls

1 package butterscotch pudding mix, non instant, 3 oz.

3/4 cup butter

3/4 cup brown sugar

1 teaspoon cinnamon

Put frozen rolls in a bundt pan or a 9 x 13 pan.

Pour butterscotch pudding over the rolls.

Melt the butter and stir in the brown sugar.

Pour butter and sugar over top of the rolls.

Sprinkle the cinnamon on top.

Can also top with pecans.

Let raise overnight and in the morning bake at 350 degrees until Light brown.

Per Serving (excluding unknown items): 2014 Calories; 138g Fat (60.2% calories from fat); 2g Protein; 204g Carbohydrate; 1g Dietary Fiber; 373mg Cholesterol; 1972mg Sodium. Exchanges: 0 Grain(Starch); 27 1/2 Fat; 13 1/2 Other Carbohydrates.

Cinnamon Muffins

Servings: 12

Yield: 12 muffins

Taken from Rexburg Standard Journal

This is a gluten-free recipe

3/4 cup milk
1/2 cup butter or olive oil
2/3 cup sugar
2 medium eggs
1/2 teaspoon vanilla
1 1/2 cups gluten free flour blend
3/4 teaspoon xanthum gum
2 teaspoons baking powder
1/4 teaspoon salt
1/4 teaspoon cream of tarter
1/4 teaspoon cinnamon

Preparation Time: 10 minutes

Cook: 15 minutes

Preheat oven to 350 degrees.

Grease a 12-cup muffin pan or use liners.

In a medium saucepan over medium heat, heat the milk, whisking constantly for a few minutes until it equals a half cup. Cool.

In a large bowl, cream the butter or olive oil and sugar until light and fluffy.

Add eggs, one at a time, and vanilla, and mix until well-combined.

Whisk together the dry ingredients. Then add to the wet ingredients.

add the cooled milk in a slow, steady stream, mixing to combine. Beat the batter until it thickens and becomes a bit more elastic.

Divide evenly into 12 muffin cups.

Bake 15-20 minutes or until lightly browned.

If desired, make topping by combining 1/2 cup sugar and one teaspoon cinnamon.

When the muffins are done, remove from oven and let cool slightly, then roll tops in the topping and let cool.

Per Serving (excluding unknown items): 66 Calories; 1g Fat (18.0% calories from fat); 2g Protein; 12g Carbohydrate; trace Dietary Fiber; 37mg Cholesterol; 145mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 0 Fat; 1 Other Carbohydrates.

Cinnamon Rolls

Servings: 60

Jane Page - West Bountiful Cookbook

1 quart warm water
3/4 cup sugar
1 cup melted butter
1/4 teaspoon salt
1 tablespoon cinnamon
4 large eggs
3 cakes yeast
2/3 cup dry milk
1 cup raisins
1 cup brown sugar (to sprinkle on rolled out dough)
1 cup white sugar
1/3 cup cinnamon
1 pound powdered sugar (for frosting)
1/4 cup water
1/2 teaspoon vanilla

Add enough flour to make a soft dough (about 12-13 cups). Keep warm at all times (most failures come from not keeping dough quite warm).

Let raise double in size; roll out; spread with butter and sprinkle with mixture of brown sugar, white sugar and cinnamon.

Roll up for cinnamon rolls; bake at 400 degrees.

Mix the powdered sugar and water with your choice of flavoring to make thin enough to pour over rolls while they are still quite hot.

Per Serving (excluding unknown items): 98 Calories; 4g Fat (34.1% calories from fat); 1g Protein; 16g Carbohydrate; 1g Dietary Fiber; 24mg Cholesterol; 52mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1 Other Carbohydrates.

Corn Bread

Servings: 9

This recipe is from the Dietrich "Diet Rich" with Desert Delights cookbook (Page 187). It is Shauna Porter's recipe. We very much enjoyed it this morning for breakfast.

*1/4 cube butter, softened
1/2 cup sugar, granulated
1 medium egg
1/2 cup Cornmeal
Milk to make like a cake.
3/4 cup flour
1/4 teaspoon salt
1 teaspoon baking powder*

Preparation Time: 15 minutes

Start to Finish Time: 40 minutes

Cook: 20 minutes

Mix butter, sugar and egg and cornmeal together.

Then add the rest of the ingredients.

Pour enough milk in to make it like a cake batter

Pour into a greased 8 x 8 pan.

Bake at 375 degrees for 25-20 minutes

Per Serving (excluding unknown items): 140 Calories; 3g Fat (21.4% calories from fat); 2g Protein; 25g Carbohydrate; 1g Dietary Fiber; 30mg Cholesterol; 148mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fat; 1 Other Carbohydrates.

Crepes

This is from Marcia Stimpson

2 cups flour

3 tablespoons sugar

1/2 teaspoon salt

2 tablespoons oil

2 cups milk

2 whole eggs

Put in fry pan and roll around so they will be flat.

Barely cook and put cherries, (or fruit of your choice) and powdered sugar in the center and fold over.

Per Serving (excluding unknown items): 1744 Calories; 56g Fat (29.1% calories from fat); 54g Protein; 252g Carbohydrate; 7g Dietary Fiber; 490mg Cholesterol; 1450mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 1/2 Lean Meat; 2 Non-Fat Milk; 9 Fat; 2 1/2 Other Carbohydrates.

Debbie's Bread

Debbie Corry

Mike's Aunt Barb

Servings: 64

Yield: 4 loaves

This is a very good bread recipe for 100 percent whole wheat. I like the white wheat better than red wheat.

4 cups milk, scalded
1 cube margarine
1 cup sugars, granulated
2 tablespoons salt
2 tablespoons yeast
1/2 cup warm water
3 eggs, beaten
4 cups wheat flour
8 cups white flour

Cook: 32 minutes

Grind enough wheat to make 12 to 15 cups of flour.

Put the yeast in 1/2 cup warm water with a little sugar to get it started.

Scald milk (I have used powdered milk or regular milk) Add the margarine to milk to dissolve the margarine.

Put milk and margarine in bread mixer bowl, add the sugar and salt. Add the three beaten eggs.

Add about 5 cups of flour to the milk mixture, then add 2 more cups of flour. When ingredients are mixed, add the yeast that has been activated in the warm water.

Add the remaining 5 cups of flour and let mix for 10 minutes if using all whole wheat flour. If using part wheat and part white, I let it knead for about 7 minutes.

If it is too sticky you can add more flour, but don't add too much. The wheat flour gluten will become heavier as it kneads.

Let rise until double and punch down. Let rise until double again and then put into 4 loaf pans and let rise to the top of the bread pans.

Bake at 350 degrees for 32 minutes. Remove from pans onto a cooling rack when done.

Per Serving (excluding unknown items): 109 Calories; 2g Fat (20.3% calories from fat); 4g Protein; 18g Carbohydrate; 2g Dietary Fiber; 12mg Cholesterol; 228mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat.

Easy Cornbread

Servings: 9

From the box of cornmeal.

1 1/4 Cups all-purpose flour

3/4 cup Quaker Corn Meal

1/4 cup sugar

2 teaspoons baking powder

1/2 teaspoon salt

1 cup skim milk

1/4 cup vegetable oil

1 medium Egg beaten

Cook: 20 minutes

Heat oven to 400 degrees

Grease 8 or 9 inch pan.

Combine dry ingredients. Stir in milk, oil and egg, mixing just until dry ingredients are moistened.

Pour batter into prepared pan

Bake 20 to 25 minutes or until light golden brown and wooden pick inserted in center comes out clean.

Serve warm

Per Serving (excluding unknown items): 148 Calories; 6g Fat (37.9% calories from fat); 3g Protein; 20g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 241mg Sodium. Exchanges: 1 Grain(Starch); 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.

Flour Tortillas

Servings: 9

Makes enough tortillas for 8-10 people

Very Good

5 cups flour

3 teaspoons baking powder

3 teaspoons salt

2 tablespoons lard, or shortening

2 cups warm water

Mix dough well with hands. (I used my Bosch mixer)

Make small balls of dough then roll them thin.

Cook at medium temperature on a pancake griddle.

Per Serving (excluding unknown items): 279 Calories; 4g Fat (11.6% calories from fat); 7g Protein; 53g Carbohydrate; 2g Dietary Fiber; 3mg Cholesterol; 876mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1/2 Fat; 0 Other Carbohydrates.

Honey Butter

Servings: 12

Yield: 1 1/4 cups

1/2 cup butter

1/2 cup honey

In a small bowl, beat the butter until light and fluffy.

Add the honey; beat just until blended.

Serve with bread, bagels or toast. Store in the refrigerator

Per Serving (excluding unknown items): 111 Calories; 8g Fat (59.4% calories from fat); trace Protein; 12g Carbohydrate; trace Dietary Fiber; 21mg Cholesterol; 79mg Sodium. Exchanges: 1 1/2 Fat; 1 Other Carbohydrates.

Muffins, Refrigerator Bran

Servings: 72

Yield: 6 dozen

Note: Bran Buds, All Bran, Bran Flakes or Raisin Bran may be used; or use part all-bran and part flaked bran. Raisins may be use instead of dates. Use about 2 cups or less if Raisin Bran is the cereal. Part whole wheat flour can be used.

2 cups boiling water

4 cups bran cereal, See Note

1 pound dates, pitted and chopped

1 cup salad oil

2 cups sugar

4 whole eggs, beaten

5 cups flour, See note

1 teaspoon salt

5 teaspoons baking soda

1 quart milk

2 cups bran flakes cereal, See note

Pour boiling water over 4 cups of bran and dates. Sift together dry ingredients. Cream together oil and sugar. Add eggs, hot bran mixture, dry ingredients, and buttermilk. Last of all add the 2 cups of bran flakes cereal. Mix just enough to combine.

Bake in greased and floured muffin tins at 400 degrees F. for 15 to 20 minutes. Recipe makes 6 dozen muffins, but batter may be stored in a covered container in refrigerator up to 6 weeks, and any amount baked as desired.

Per Serving (excluding unknown items): 108 Calories; 4g Fat (31.6% calories from fat); 2g Protein; 17g Carbohydrate; 1g Dietary Fiber; 14mg Cholesterol; 128mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.

Pizza Crust (Linda Ward)

Yield: 3 pans

This recipe makes my 2 large cookie sheets (17 inch).

Do not double recipe.

1 1/2 cups warm water

1 tablespoon dry yeast

1 whole egg

1 dash salt

4 cups flour

Mix until yeast and eggs and salt are dissolved.

Add 2 cups flour until well blended.

Add 2 more cups flour and knead until it is not sticky.

Let rise.

Per Serving (excluding unknown items): 1930 Calories; 10g Fat (5.0% calories from fat); 63g Protein; 387g Carbohydrate; 18g Dietary Fiber; 212mg Cholesterol; 363mg Sodium. Exchanges: 25 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Fat.

Plain Dumplings

This recipe comes from Edith Southwick, Wanless's mother. She wrote it on a page on the second West Bountiful cookbook, page 32.

2 cups flour

3 tablespoons baking powder

1 teaspoon salt

1 cup milk

1 whole egg

Mix all together thoroughly

Drop over liquid by tablespoons full.

Makes 12-15 dumplings.

Have liquid boiling -- cook uncovered 6-8 minutes over medium heat.

Put on lid -- cook 5-10 minutes more, just low bubbling.

DO NOT REMOVE LID until ready to serve.

Drop over 2 quarts of broth and chicken, broth and beef, soup vegetables and broth . Any liquid dish.

Per Serving (excluding unknown items): 1156 Calories; 16g Fat (12.2% calories from fat); 40g Protein; 212g Carbohydrate; 7g Dietary Fiber; 245mg Cholesterol; 6715mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 Lean Meat; 1 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates.

Rolls

Internet address:

This is from the oldest Dietrich cookbook on page 50. The recipe is from Edith M. Deppe

I have made this recipe and used 6 cups whole wheat flour and 3 cups white flour.

It is a good recipe.

Dinner Rolls

2 cups milk, scalded
3 packages yeast cakes
1 cup water, luke warm
1 tablespoon sugar
1/2 cup shortening
1/2 cup sugar, heaping
1 1/2 tablespoons salt
4 whole eggs, beaten
9 cups flour, unsifted

Scald 2 cups milk. While milk is heating, dissolve 3 yeast cakes or dry yeast in 1 cup lukewarm water to which 1 tablespoon sugar has been added.

Cool milk and add:

shortening, sugar and salt

To this mixture, add 4 eggs which have been beaten. Add 9 cups unsifted flour and mix.
(Stir this with a spoon as the softer the batter, the better the rolls.)

Let rise once until double in bulk.

Cut and roll in different shapes. Let rise.

Bake at 450 degrees for 10 minutes

Per Serving (excluding unknown items): 6086 Calories; 151g Fat (22.5% calories from fat); 162g Protein; 1004g Carbohydrate; 37g Dietary Fiber; 914mg Cholesterol; 10158mg Sodium. Exchanges: 57 Grain(Starch); 3 1/2 Lean Meat; 2 Non-Fat Milk; 25 Fat; 7 1/2 Other Carbohydrates.

Rolls (Vicki Southwick)

Jodi Cronfoot

Lane's birthday dinner

Servings: 25

This recipe is from Vicki Southwick.

2 cups milk
1/2 cup sugar
2 packages yeast
3/4 cube margarine, or 6 tablespoons shortening
6 cups flour, 6 to 8
1 cup warm water
2 1/2 teaspoons salt
2 whole eggs

Dissolve yeast in the water. Add milk, sugar, salt, shortening, and part of the flour. Beat. Add eggs one at a time and the rest of the flour.

Roll the dough out to 1/2 inch thickness for the hamburger buns and let sit for 10 minutes, until the dough draws in.

Cut out buns and let rise until twice in size.

Bake at 350 degrees until light brown.

Baste with shortening or Butter.

You may add a little ginger to help the dough rise faster.

Makes 25 buns.

Per Serving (excluding unknown items): 169 Calories; 4g Fat (22.1% calories from fat); 4g Protein; 28g Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 262mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.

Rolls or Hamburger Buns

Servings: 25

Yield: 25 buns

This is from the first West Bountiful cookbook, page 25. It is Vicki Southwick's recipe.

2 cups milk

1/2 cup sugar

2 packages yeast

3/4 square margarine or 6 Tablespoons shortening

6 cups flour, 6 to 8 cups

1 cup warm water

2 whole eggs

2 1/2 teaspoons salt

Dissolve yeast in the water. Add milk, sugar, salt, shortening, and part of the flour. Beat

Add eggs one at a time, and the rest of the flour.

Roll the dough out to 1/2 inch thickness for the hamburger buns and let sit for 10 minutes, until the dough draws in.

Cut out buns and let rise until twice in size.

Bake at 350 degrees until light brown.

Baste with shortening or butter.

You may add a little ginger to help the dough rise faster.

Makes 25 buns.

Per Serving (excluding unknown items): 144 Calories; 1g Fat (8.6% calories from fat); 4g Protein; 28g Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 230mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 0 Fat; 1/2 Other Carbohydrates.

Scones (Zanavoo)

Recipe is from Zanavoo Restaurant in Logan

1 quart warm milk

Enough flour to make soft dough.

3 teaspoons salt

6 whole eggs

Fry (deep fat) at 350 to 400 degrees.

1 1/2 cups sugar

4 tablespoons yeast

1 1/2 cups water

1 1/4 cups oil

Per Serving (excluding unknown items): 4756 Calories; 337g Fat (62.5% calories from fat); 88g Protein; 366g Carbohydrate; 13g Dietary Fiber; 1405mg Cholesterol; 7331mg Sodium. Exchanges: 1 Grain(Starch); 7 Lean Meat; 4 Non-Fat Milk; 62 1/2 Fat; 20 Other Carbohydrates.

Sour Dough Bread

Yield: 4 loaves

Dough can be formed into rolls such a muffin pans.

I got my sour dough starter from David. He said he got his from a lady that said the starter was 100 years old.

*1 jar sour dough starter
3 cups flour, plain
2 cups water, every 3rd time use potato water
1/2 cup butter, OR margarine, soft
2 cups milk, warm
1/4 cup sugar
2 teaspoons salt
6 cups flour, OR more if needed
1 cup sugar, to put over starter back in fridge*

On night before making bread, take jar with starter and empty it into a large mixing bowl. (I use my large Tupperware bowl).

Add 3 cups plain flour (I use unbleached). Add 2 cups lukewarm water (Every td time use potato water).

Stir until well mixed.

Cover and let stand on counter over night.

Next morning, beat down with a spoon (I don't use a metal spoon)

Then: put about 2 1/2 inches back into a quart jar (I mark 2 1/2 inches with a black marker and put a strip of masking tape over it to keep track of the number of times it is used)

Pour 1 cup sugar on top of the batter in the quart jar - DO NOT MIX - and put back into refrigerator. This will be your next starter for your next bread.

Can be made in one week, but must be made in three weeks.

NOW TO MAKE BREAD: Into bowl with remaining starter add the butter (softened or melted) warm milk, sugar, salt and add flour. I often use 7 cups flour or even 8.

Mix all ingredients well in a large bowl, then put on well floured surface, knead really well. (I mix it in my Tupperware bowl) Put in large mixing bowl, well greased.

Let stand covered until double in bulk. Will depend on the temperature of the room. (No draft) I put it in my oven with just the light turned on. I cover it with a warm cloth or white dishtowel.

When double, place on well floured surface (I put shortening on the lid of my Tupperware bowl and knead it on that) knead well, divide and shape into bread loaves. and put into well greased bread pans.

Let rise until double covered lightly with cloth where there is no draft. (I put mine in the oven covered with a wet dish towel with just the oven light on) Let rise until double in bulk.

Bake at 400 degrees for 5 minutes then 27 minutes at 350 degrees (Total 27 minutes)

Put on rack and cool.

I put my loaves of bread in the freezer while they are still warm. Then when I take them out of the freezer and they thaw, they are just like fresh bread again.

Per Serving (excluding unknown items): 6175 Calories; 119g Fat (17.5% calories from fat); 133g Protein; 1131g Carbohydrate; 33g Dietary Fiber; 315mg Cholesterol; 5478mg Sodium. Exchanges: 56 1/2 Grain(Starch); 2 Non-Fat Milk; 21 1/2 Fat; 17 Other Carbohydrates.

Two-hour rolls

Servings: 24

From the Rexburg Standard Journal (Jene Edwards)

1 1/3 cups milk, scalded

2 eggs

1 teaspoon salt

4 tablespoons sugar

2 tablespoons yeast (dissolve in warm water)

1/2 cup warm water

4 1/2 cups flour

Preparation Time: 20 minutes

Start to Finish Time: 2 hours 30 minutes

Cook: 12 minutes

Mix eggs, salt and sugar together.

Add slightly cooled milk.

Then add yeast mixture.

Add flour and stir well. No kneading

Let rise for two hours.

Liberally flour a pastry canvas and scrape dough into center of flour.

Sprinkle a little flour on top of dough to prevent sticking.

Pat down with hands, about 1/2 to 3/4 inches thick.

Cut with round cutter.

Melt 1/3 cube butter in an oblong roll pan.

Take cut rolls and dip both sides in melted butter and fold over

Bake at 400 degrees for 12-15 minutes.

Makes 2 dozen

Per Serving (excluding unknown items): 111 Calories; 1g Fat (9.4% calories from fat); 4g Protein; 21g Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 102mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.

Whole Wheat or White Bread

This is the recipe I used when I was demonstrating and selling Bosch Mixers.

I make my bread with fresh ground whole wheat flour. I use one cup of white flour and the rest is whole-wheat.

This bread is good if the dough is taken directly from the Bosch mixer and put into the loaf pans to raise once before baking.

If I make all white bread, I cut the salt to 1 1/2 tablespoons.

5 cups hot water

2/3 cup vegetable oil

2/3 cup honey, molasses, or sugar

2/3 cup warm water

2 Tablespoons yeast

2 Tablespoons salt

7 cups whole-wheat flour, Or white

1 cup white flour

4 cups whole-wheat flour, approximately

Dissolve 2 Tablespoons yeast in 23 cup warm water. Put hot water in a large bowl (I use my Bosch mixer).

Add oil, honey and salt. Mix together.

Add 5 cups flour and mix. Add 2 more cups flour and mix

Add the yeast /water mixture and mix.

Add 1 cup white flour and then add about 4 more cups whole-wheat flour (or until the dough cleans the side of the bowl.) It takes about 12 cups.

You can put the bread directly into loaf pans to rise or you can let dough rise once and then place in greased bread pans.

This makes 5 loaves (8 1/2 x 5 x 2 1/2).

Let dough rise in pans to the top of the pans and bake for 5 minutes at 400 degrees and 27 minutes at 350 degrees (total of 32 minutes)

Per Serving (excluding unknown items): 6973 Calories; 172g Fat (21.1% calories from fat); 204g Protein; 1249g Carbohydrate; 172g Dietary Fiber; 0mg Cholesterol; 12920mg Sodium. Exchanges: 70 Grain(Starch); 1 Lean Meat; 34 1/2 Fat; 12 1/2 Other Carbohydrates.

Breakfast

Baked Oatmeal

Servings: 8

Yield: 8 Servings

I substituted Splenda sugar substitute for the brown sugar. I think I might cut back on the amount of sugar and the amount of butter used.

3 cups oatmeal, quick cooking

1 cup brown sugar, packed

2 tsp baking powder

1 tsp salt

1 tsp ground cinnamon

1 cup milk

1/2 cups butter, melted

2 eggs beaten

1/4 cups milk

In a large bowl, combine the first eight ingredients. Spoon into a greased 9 in. square baking pan. Bake, uncovered, at 350° for 40-45 minutes. Serve warm with milk.

Per Serving (excluding unknown items): 311 Calories; 15g Fat (41.5% calories from fat); 6g Protein; 40g Carbohydrate; 3g Dietary Fiber; 36mg Cholesterol; 532mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Non-Fat Milk; 3 Fat; 1 Other Carbohydrates.

Cinnamon Apple Oatmeal Cereal

Jerrie W. Southwick

Servings: 2

Yield: 2 cups

*This recipe is in a Porridge and Story book we gave to our children for Christmas.
We created this recipe for a more healthy breakfast years ago.*

2 cups water

1 cup Quick Quaker Oats

1 dash salt

1 tablespoon brown sugar

1 tablespoon butter

1 tsp Cinnamon

2 oz Diced Apple

1/4 cup milk

Preparation Time: 2 minutes

Start to Finish Time: 5 minutes

Cook: 1 minute

Boil water and salt.

Stir in oats.

Cook about 1 minute over medium heat; stir occasionally.

After cereal begins to thicken, stir in diced apples, butter, brown sugar and cinnamon.

Cook until it reaches desired consistency. Cover with lid. Remove from heat.

Serve hot with milk.

Per Serving (excluding unknown items): 90 Calories; 7g Fat (66.1% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 216mg Sodium. Exchanges: 0 Grain(Starch); 0 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates.

Colleen's German Pancakes

Servings: 12

Yield: 12 pieces

Sharon Ferguson - West Bountiful Cookbook

5 tablespoons butter

6 large eggs

1 cup milk

1 cup flour

1/2 teaspoon salt

Cook: 15 minutes

Melt butter in oblong pan; set aside.

Whip eggs and add to the eggs the milk, flour and salt.

Pour into pan and allow the butter to move freely.

Bake at 450 degrees for 15 to 20 minutes. Serve with syrup and butter.

NOTE: These pancakes resemble omelets. They will rise high around the outside edges of the baking dish and it is normal for them to look "fallen".

Per Serving (excluding unknown items): 130 Calories; 8g Fat (56.4% calories from fat); 5g Protein; 9g Carbohydrate; trace Dietary Fiber; 122mg Cholesterol; 183mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat.

Creamed Eggs and Toast

Servings: 5

Yield: 5 bups

I learned how to make this from Marci Stimpson, Wanless' sister

1 can (10.75 oz) cream of chicken soup

1 1/2 can (10.75 oz) milk

4 medium eggs, boiled

6 large rolls, toasted

1/4 teaspoon garlic powder

Salt, or to taste

Pepper, to taste

Preparation Time: 30 minutes

Cook: 15 minutes

Boil eggs 10 minutes (hard boiled)

Mix soup and milk in kettle

Chop boiled eggs and add to soup and milk mix

heat and serve over toasted rolls or bread (butter 1/2 or 1/3 roll and broil until toasted)

Per Serving (excluding unknown items): 230 Calories; 10g Fat (40.8% calories from fat); 11g Protein; 23g Carbohydrate; 1g Dietary Fiber; 182mg Cholesterol; 466mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 1 1/2 Fat.

Family Sized Pot of Porridge

Jerrie W. Southwick

Personal Recipe

Servings: 5

Yield: 5 cups

This makes 5 servings of fresh, natural breakfast dish that keeps you from getting hungry before lunch.

5 cup Boiling water
7 1/2 oz Whole Wheat
1 1/4 pinch Salt
3 3/4 oz Chopped Nuts
3 3/4 oz Raisins
1 1/4 Tbs Butter
5 oz Apples diced

Preparation Time: 4 minutes

Start to Finish Time: 10 minutes

Cook: 6 minutes

Crack the whole wheat berries in your coffee grinder. Put no more than 3 ounces of wheat in a Krups grinder. Grind for no more than 20 seconds. Finer grind makes smoother porridge.

Boil Water.

Add salt to water.

Add cracked wheat gradually to boiling water while stirring. Stir briskly with a wire whip until mixed smooth with no lumps.

Stir in "goodies" (nuts, raisins, and apples). Stir occasionally while ingredients cook to prevent sticking.

When porridge reaches desired thickness, stir in butter. Cover with lid. Remove from heat.

Serve steaming hot!

Add milk and sugar to taste. (The sweet fruit may make additional sugar unnecessary)

Adapt with your own choices of added "goodies."

Clean grain dust out of "Krups Coffee and Spice Grinder" with a soft dry brush. Do not immerse in water.

This recipe was developed and tested by Southwick Research, LLC.
December 2004

Per Serving (excluding unknown items): 220 Calories; 15g Fat (56.7% calories from fat); 4g Protein; 21g Carbohydrate; 3g Dietary Fiber; 8mg Cholesterol; 75mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 2 1/2 Fat.

Fresh Cracked Wheat Porridge Deluxe

Jerrie W. Southwick

Personal Recipe

Servings: 2

Yield: 2 cups

This makes a fresh, natural breakfast dish that keeps you from getting hungry before lunch.

This recipe is in a Porridge and story cookbook we gave to our children for Christmas.

2 Cups Boiling water

3 oz Whole Wheat

1 dash Salt

1 1/2 oz Chopped Nuts

1 1/2 oz Raisins

1/2 Tbs Butter

2 oz Apples diced

Preparation Time: 4 minutes

Start to Finish Time: 10 minutes

Cook: 6 minutes

Crack the whole wheat berries in your coffee grinder. Put no more than 3 ounces of wheat in a Krups grinder. Grind for no more than 20 seconds. Finer grind makes smoother porridge.

Boil Water.

Add salt to water.

Add cracked wheat gradually to boiling water while stirring. Stir briskly with a wire whip until mixed smooth with no lumps.

Stir in "goodies" (nuts, raisins, and apples). Stir occasionally while ingredients cook to prevent sticking.

When porridge reaches desired thickness, stir in butter. Cover with lid. Remove from heat.

Serve steaming hot!

Add milk and sugar to taste. (The sweet fruit may make additional sugar unnecessary)

Adapt with your own choices of added "goodies."

Clean grain dust out of "Krups Coffee and Spice Grinder" with a soft dry brush. Do not immerse in water.

This recipe was developed and tested by Southwick Research, LLC.
December 2004

Per Serving (excluding unknown items): 220 Calories; 15g Fat (56.7% calories from fat); 4g Protein; 21g Carbohydrate; 3g Dietary Fiber; 8mg Cholesterol; 175mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 2 1/2 Fat.

Gluten-Free Fresh Popcorn Porridge Deluxe

Jerrie W. Southwick

Personal Recipe

Servings: 2

Yield: 2 cups

This makes a fresh, natural breakfast dish that keeps you from getting hungry before lunch.

This recipe is in a Porridge and story recipe book we gave to our children for Christmas.

2 Cups Boiling water

3 oz Popcorn

1 dash Salt

1 1/2 oz Chopped Nuts

1 1/2 oz Raisins

1/2 Tbs Butter

2 oz Apples diced

Preparation Time: 4 minutes

Start to Finish Time: 10 minutes

Cook: 6 minutes

Crack popcorn kernels in your coffee grinder. Put no more than 3 ounces of popcorn in a Krups grinder. Grind for no more than 20 seconds. Finer grind makes smoother porridge.

Boil Water.

Add salt to water.

Add cracked popcorn gradually to boiling water while stirring. Stir briskly with a wire whip until mixed smooth with no lumps.

Stir in "goodies" (nuts, raisins, and apples). Stir occasionally while ingredients cook to prevent sticking.

When porridge reaches desired thickness, stir in butter. Cover with lid. Remove from heat.

Serve steaming hot!

Add milk and sugar to taste. (The sweet fruit may make additional sugar unnecessary)

Adapt with your own choices of added "goodies."

Clean grain dust out of "Krups Coffee and Spice Grinder" with a soft dry brush. Do not immerse in water.

This recipe was developed and tested by Southwick Research, LLC.
December 2004

Per Serving (excluding unknown items): 433 Calories; 27g Fat (52.9% calories from fat); 8g Protein; 46g Carbohydrate; 7g Dietary Fiber; 8mg Cholesterol; 550mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 5 Fat.

Gluten-Free Fresh Rice Porridge Deluxe

Jerrie W. Southwick

Personal Recipe

Servings: 2

Yield: 2 cups

This makes a fresh, natural breakfast dish that keeps you from getting hungry before lunch.

2 1/4 Cups Boiling water

3 oz Whole Grain Rice

1 dash Salt

1 1/2 oz Chopped Nuts

1 1/2 oz Raisins

1/2 Tbs Butter

2 oz Apples diced

Preparation Time: 4 minutes

Start to Finish Time: 10 minutes

Cook: 6 minutes

Crack whole grain rice in your coffee grinder. Put no more than 3 ounces of rice in a Krups grinder. Grind for no more than 20 seconds. Finer grind makes smoother porridge.

Boil Water.

Add salt to water.

Add cracked rice gradually to boiling water while stirring. Stir briskly with a wire whip until mixed smooth with no lumps.

Stir in "goodies" (nuts, raisins, and apples). Stir occasionally while ingredients cook to prevent sticking.

When porridge reaches desired thickness, stir in butter. Cover with lid. Remove from heat.

Serve steaming hot!

Add milk and sugar to taste. (The sweet fruit may make additional sugar unnecessary)

Adapt with your own choices of added "goodies."

Clean grain dust out of "Krups Coffee and Spice Grinder" with a soft dry brush. Do not immerse in water.

This recipe was developed and tested by Southwick Research, LLC. December 2004

Per Serving (excluding unknown items): 220 Calories; 15g Fat (56.7% calories from fat); 4g Protein; 21g Carbohydrate; 3g Dietary Fiber; 8mg Cholesterol; 175mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 2 1/2 Fat.

Grandchild's Porridge Delight

J. Wanless Southwick

Personal Recipe

Servings: 3

Yield: 2 cups

This nutritional farm-house breakfast is adapted to a city-kid's sweet-tooth.

This is a recipe that Wanless and I created for a porridge and story recipe book we made for our children for Christmas.

This recipe is in a Porridge and story cookbook we made for our children for Christmas.

2 Cups Boiling water

3 oz Whole Wheat

1 dash Salt

1 1/2 oz Chopped Nuts

2 oz Chocolate chips

1/2 Tbs Butter

3 scoops Vanilla Ice Cream

Preparation Time: 4 minutes

Start to Finish Time: 10 minutes

Cook: 6 minutes

Crack the whole wheat berries in your coffee grinder. Put no more than 3 ounces of wheat in a Krups grinder. Grind for no more than 20 seconds. Finer grind makes smoother porridge.

Boil Water.

Add salt to water.

Add cracked wheat gradually to boiling water while stirring. Stir briskly with a wire whip until mixed smooth with no lumps.

Stir in chopped nuts. Stir occasionally while ingredients cook to prevent sticking.

When porridge reaches desired thickness, stir in butter. Add chocolate chips and stir just enough to show chocolaty swirls. Cover with lid. Remove from heat.

Serve steaming hot in a bowl, with a scoop of vanilla ice cream pressed into the middle of the porridge.

Clean grain dust out of "Krupps Coffee and Spice Grinder" with a soft dry brush. Do not immerse in water.

This recipe comes from childhood memory of farm-house breakfast treats. It was tested by Southwick Research, LLC. December 2004

Per Serving (excluding unknown items): 327 Calories; 23g Fat (58.7% calories from fat); 5g Protein; 31g Carbohydrate; 3g Dietary Fiber; 34mg Cholesterol; 170mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 4 1/2 Fat; 2 Other Carbohydrates.

Pancakes

Servings: 16

This is a basic pancake recipe from my old Betty Crocker cookbook. I add any leftover cooked cereal to my pancakes. I put raisins, craisins, nuts or apple chunks in my cereal.

1 whole egg

1 1/4 cups milk

1 1/4 cups flour

2 tablespoons soft shortening, vegetable oil

1 teaspoon sugar

1 1/2 teaspoons baking powder

1/2 teaspoon salt

any left-over oatmeal cereal

Heat griddle slowly while mixing batter. To test, sprinkle with drops of water. If bubbles "skitter around," heat is just right.

Grease griddle if necessary. Beat egg.

Measure flour by dip-level-pour method or by sifting. Beat in remaining ingredients until batter is smooth. I add any left over cooked cereal that has raisins, craisins, or apple chunks.

Pour batter from tip of large spoon or from pitcher in pools a little apart (for perfectly round cakes). I use a 1/4 cup measuring cup.

Turn pancakes when puffed and full of bubbles. Turn and brown other side. Keep hot by placing between folds of warm towel in warm oven.

Serve hot with butter, jams or syrup.

Per Serving (excluding unknown items): 53 Calories; 1g Fat (17.9% calories from fat); 2g Protein; 9g Carbohydrate; trace Dietary Fiber; 16mg Cholesterol; 126mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.

Porridge (Family Sized Pot)

Servings: 5

Adapt with your own choices of added "goodies."

Clean grain dust out of "Krupps Coffee and Spice Grinder" with a soft dry brush. Do not immerse in water.

This recipe is one Wanless and I created for a Porridge Recipe and Story book we gave to our children for Christmas.

5 cups boiling water

7 1/2 ounces whole wheat

1 1/4 teaspoons salt

3 3/4 ounces chopped nuts

3 3/4 ounces raisins

1 1/4 tablespoons butter

5 ounces apples, diced

Crack the whole wheat berries in your coffee grinder. Put no more than 3 ounces of wheat in a Krups grinder. Grind for no more than 20 seconds. Finer grind makes smoother porridge.

Boil water.

Add salt to water.

Add cracked wheat gradually to boiling water while stirring.

Stir briskly with a wire whip until mixed smooth with no lumps.

Stir in "goodies" (nuts, raisins, and apples). Stir occasionally while ingredients cook to prevent sticking.

When porridge reaches desired thickness, stir in butter. Cover with lid. Remove from heat.

Serve steaming hot!

Add milk and sugar to taste. (The sweet fruit may make additional sugar unnecessary)

Per Serving (excluding unknown items): 236 Calories; 15g Fat (53.3% calories from fat); 4g Protein; 25g Carbohydrate; 4g Dietary Fiber; 8mg Cholesterol; 574mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Fruit; 2 1/2 Fat.

Waffles

Servings: 8

This recipe is from my old Betty Crocker cookbook. Our children loved waffles for breakfast or dinner.

*3 whole eggs
1 1/2 cups milk
1 3/4 cups flour
4 teaspoons baking powder
1/2 teaspoon salt
1/2 cup soft shortening, or vegetable oil or
fresh bacon fat is good*

Heat waffle iron while mixing batter. If no automatic heat control, test by sprinkling grids with drops of water. If water "skitters around" before evaporating, iron is just right.

Beat eggs well. Measure flour by dip-level-pour method or by sifting.

Beat in remaining ingredients with rotary beater until smooth.

Pour from cup or pitcher onto center of hot waffle iron. Spread to cover surface.

Do not keep iron open longer than necessary.

Bake until steaming stops. Lift carefully with fork.

Serve hot with butter and syrup or jams.

Per Serving (excluding unknown items): 157 Calories; 4g Fat (21.3% calories from fat); 7g Protein; 24g Carbohydrate; 1g Dietary Fiber; 86mg Cholesterol; 426mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Wheat Cereal - Microwave Cooking

Germed Cereal Package

Servings: 1

Yield: 1 cup

3 tablespoons whole wheat

3/4 cup water

1 dash salt

Mix 3 tbsp. cereal, 3/4 cup cold tap water or milk, and a dash of salt (optional in a 2-cup microwavable bowl).

Cook on high (100%) for 1 minute. Stir. Cook 1 to 2 minutes more, stirring well every 30 seconds, until cereal is thick and smooth. Mix well before serving.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 272mg Sodium. Exchanges: .

Wheat Cereal - Stove Top

Germade Cereal Package

Servings: 4

Yield: 4 1-cup servings

I use my own cracked wheat.

4 cups water

1/2 teaspoon salt

1/2 cup whole wheat

Heat 4 cups water and/or milk and 1/2 teaspoon salt (optional) to almost boiling.

Slowly sprinkle in 1/2 to 2/3 cup Germade or cracked wheat, stirring constantly.

Bring to a boil. Reduce heat and cook for 2 minutes, stirring constantly. Remove from heat, cover and let stand for 5 minutes. Stir and serve with milk, butter, fruit or sugar, if desired.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 274mg Sodium. Exchanges: .

Zucchini Pancakes

<i>2 cups zucchini, chopped</i>	Mix with pancake flour.
<i>2 whole eggs</i>	
<i>1 large onion</i>	Fry like pancakes.
<i>salt and pepper</i>	

Per Serving (excluding unknown items): 225 Calories; 10g Fat (40.8% calories from fat); 17g Protein; 17g Carbohydrate; 5g Dietary Fiber; 424mg Cholesterol; 151mg Sodium. Exchanges: 1 1/2 Lean Meat; 3 Vegetable; 1 Fat.

Cakes and Frostings

Apple Pan Walnut Cake

*This recipe comes from the green West Bountiful cookbook, page 33. It is Joan Chapman's recipe.
Excellent and super easy*

<i>1/2 teaspoon allspice</i>	Sift together allspice, cinnamon, nutmeg, cloves, salt, flour, soda and sugar.
<i>1/2 teaspoon cinnamon</i>	
<i>1/2 teaspoon nutmeg</i>	
<i>1/2 teaspoon cloves</i>	Add chocolate, raisins, applesauce and oil.
<i>1/2 teaspoon salt</i>	
<i>4 cups flour</i>	Pour into greased dripper pan (9x13)
<i>2 cups sugar</i>	
<i>4 teaspoons soda</i>	Bake 1 hour and 10 minutes at 350 degrees.
<i>2 cups raisins</i>	
<i>4 cups applesauce</i>	
<i>1 cup oil</i>	Can be served with or without chocolate frosting.
<i>4 tablespoons chocolate, ground, unsweetened</i>	

Per Serving (excluding unknown items): 8673 Calories; 343g Fat (34.0% calories from fat); 76g Protein; 1419g Carbohydrate; 58g Dietary Fiber; 0mg Cholesterol; 1204mg Sodium. Exchanges: 25 Grain(Starch); 28 1/2 Fruit; 67 Fat; 40 1/2 Other Carbohydrates.

Applesauce Fruit Cake

Servings: 20

This recipe is from Renee Johnson

<i>6 cups flour</i>	Mix in large bowl or mixer. Mix dry ingredients. Add shortening and blend.
<i>2 cups sugar</i>	
<i>4 teaspoons soda</i>	
<i>1 teaspoon cinnamon</i>	Add applesauce
<i>1 teaspoon cloves</i>	
<i>1 teaspoon nutmeg</i>	Add nuts and fruits
<i>1 teaspoon salt</i>	
<i>1 cup butter, or shortening</i>	
<i>3 cups applesauce</i>	Bake in 3 paper lined loaf pans 55 minutes at 325 degrees
<i>3 cups nuts, or to taste</i>	
<i>4 cups raisins, or candied fruit mix, dates, citron mix</i>	OR in paper lined muffin tins or jumbo paper linings at 325 for 30-35 minutes
	Makes about 20 small cakes.

Per Serving (excluding unknown items): 544 Calories; 22g Fat (34.7% calories from fat); 9g Protein; 84g Carbohydrate; 5g Dietary Fiber; 25mg Cholesterol; 208mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 2 Fruit; 4 Fat; 1 1/2 Other Carbohydrates.

Carrot Cake

This is from Nina Goodwin in Provo, Utah.

1 1/2 cups salad oil
3 cups grated carrots
2 cups sugar
3 cups flour
2 teaspoons baking soda
2 teaspoons cinnamon
1 teaspoon salt
4 whole eggs, well beaten
1/2 cup chopped nuts, or to taste
1/2 cup raisins, floured
1 can crushed pineapple, small can
1 cup powdered sugar
1 package cream cheese, small package
1 teaspoon vanilla

Flour raisins lightly so they won't sink to the bottom.

Combine all ingredients and bake in a 10 inch tube pan for 1 hour and 15 minutes or until done in a 350 degree oven.

Frost when cool with frosting made from last three ingredients. Mix well and spread on cake.

Per Serving (excluding unknown items): 8364 Calories; 473g Fat (49.9% calories from fat); 101g Protein; 967g Carbohydrate; 36g Dietary Fiber; 1103mg Cholesterol; 5775mg Sodium. Exchanges: 20 Grain(Starch); 7 Lean Meat; 7 1/2 Vegetable; 6 1/2 Fruit; 89 Fat; 35 Other Carbohydrates.

Cream Cheese Frosting

1 package cream cheese, 8 ounce

Mix well and put on cake.

1 teaspoon vanilla

1/4 pound margarine, or butter

2 cups powdered sugar

Per Serving (excluding unknown items): 2572 Calories; 172g Fat (59.4% calories from fat); 19g Protein; 247g Carbohydrate; 0g Dietary Fiber; 255mg Cholesterol; 1759mg Sodium. Exchanges: 2 1/2 Lean Meat; 33 Fat; 16 Other Carbohydrates.

Creamy Caramel Frosting

*This is very very good, according to my recipe card.
It frosts two 8 or 9 inch layers or one 9 x 13 inch cake.*

*2 3/4 cups confectioner's sugar, sift if lumpy
1/2 teaspoon salt
1 whole egg
1/4 cup Karo syrup, dark
1/2 cup shortening, butter or margarine
2 teaspoons vanilla*

Mix confectioners sugar, salt and egg.

Blend in syrup.

Add shortening (butter or margarine) and vanilla

Mix until smooth and creamy.

Add more sugar to thicken or water to thin frosting if required until it is of spreading consistency.

Per Serving (excluding unknown items): 2520 Calories; 108g Fat (37.7% calories from fat); 6g Protein; 394g Carbohydrate; 0g Dietary Fiber; 212mg Cholesterol; 1238mg Sodium. Exchanges: 1 Lean Meat; 21 Fat; 26 1/2 Other Carbohydrates.

Decorating Frosting

The secret is in the beating.

*1/2 cup Crisco
2 whole egg whites
1 pound powdered sugar
1 dash salt
flavoring*

Beat Crisco until fluffy.

Add 1/3 pound sugar and beat thoroughly.

Add egg whites and beat.

Add remaining sugar, salt and flavoring.

Beat until light and fluffy.

Beat it a lot. It will keep in the refrigerator indefinitely.

Per Serving (excluding unknown items): 1799 Calories; trace Fat (0.2% calories from fat); 7g Protein; 452g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 381mg Sodium. Exchanges: 1 Lean Meat; 30 1/2 Other Carbohydrates.

Dump Cake Fruit Cobbler

Servings: 15

Yield: 20 pieces

I got this recipe from a U-Tube video.

Any fruit could be used. I used my frozen raspberries and it was very good. I added just a little more water because the berries were not as moist as a quart of peaches.

*1 quart peaches
1 package white cake mix
1 cube butter*

Preparation Time: 5 minutes

Cook: 45 minutes

pour fruit (juice and all) into a 9x13 cake pan.

pour on the package of powdered cake mix

dot top with little squares of butter

put into a 350 degree oven and bake for 40-45 minutes or until top is brown.

Serve warm or cold with ice cream or cool whip.

Per Serving (excluding unknown items): 175 Calories; 9g Fat (44.0% calories from fat); 1g Protein; 24g Carbohydrate; 1g Dietary Fiber; 17mg Cholesterol; 221mg Sodium. Exchanges: 1/2 Fruit; 1 1/2 Fat; 1 Other Carbohydrates.

Egg Yolk Sponge Cake

This is a great recipe after making an angel food cake. My family loved this when we were growing up.

12 egg yolks

2 cups sugar

1 cup boiling water

1/2 teaspoon salt

4 teaspoons baking powder

2 teaspoons lemon extract

3 cups sifted cake flour

Beat egg yolks until light with a beater; add sugar gradually, then hot water, beating meanwhile.

Add flour, sifted with baking powder and salt and beat thoroughly.

Turn into an angel food cake pan.

Bake in moderate oven (325 to 350 degrees F) about 1 hour

Per Serving (excluding unknown items): 3465 Calories; 64g Fat (16.7% calories from fat); 60g Protein; 663g Carbohydrate; 2g Dietary Fiber; 2552mg Cholesterol; 3119mg Sodium. Exchanges: 3 1/2 Lean Meat; 9 Fat; 44 Other Carbohydrates.

Fluffy, Creamy White Frosting

This recipe is from the green West Bountiful cookbook, page 57. It is from Renon Hulet, who was our neighbor in West Bountiful.

2 cups powdered sugar

Beat with electric beaters until fluffy.

1/3 cup milk

1 pinch salt, or Shake of salt

3 tablespoons shortening

3 tablespoons butter

1 teaspoon vanilla

Per Serving (excluding unknown items): 1641 Calories; 76g Fat (40.9% calories from fat); 3g Protein; 244g Carbohydrate; 0g Dietary Fiber; 104mg Cholesterol; 527mg Sodium. Exchanges: 1/2 Non-Fat Milk; 15 Fat; 16 Other Carbohydrates.

Icing (Cathy)

This is the icing recipe for Cathy's oatmeal cake.

1 stick margarine, or butter

1/3 cup canned milk

2 tablespoons vanilla

1 cup sugar

1 1/4 cups coconut

1/2 cup chopped nuts

Mix together and pour over cake (Cathy's oatmeal cake).

Put cake back in oven at 350 degrees for about 10 minutes or until coconut begins to brown.

Per Serving (excluding unknown items): 2453 Calories; 164g Fat (59.2% calories from fat); 16g Protein; 239g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 1096mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1 Fruit; 32 Fat; 13 1/2 Other Carbohydrates.

Minute Boil Fudge Icing (Aunt Maxine)

This recipe is from Aunt Maxine.

1 1/2 cups sugar

2 tablespoons butter

2 tablespoons shortening

1 tablespoon Karo Syrup, White

7 tablespoons milk

1 square chocolate

1 pinch salt

Cook in a heavy pan on medium and let come to a full rolling boil.

Boil for 1 minute and spread on cake.

Per Serving (excluding unknown items): 1857 Calories; 62g Fat (28.9% calories from fat); 5g Protein; 337g Carbohydrate; 2g Dietary Fiber; 77mg Cholesterol; 452mg Sodium. Exchanges: 1/2 Non-Fat Milk; 12 1/2 Fat; 22 1/2 Other Carbohydrates.

Oatmeal Cake (Cathy)

This is Aunt Cathy's recipe

<i>1 cup oatmeal</i>	Mix oatmeal, boiling water and margarine. Cover and let stand 20 minutes.
<i>1 stick margarine, or butter</i>	
<i>1 1/4 cups boiling water</i>	
<i>1 cup brown sugar</i>	Mix together remaining ingredients.
<i>2 whole eggs</i>	
<i>1 1/2 cups flour</i>	Stir and mix well and add to oatmeal mixture.
<i>1 teaspoon soda</i>	
<i>1 cup sugar</i>	
<i>1/4 teaspoon salt</i>	Bake in a well greased and floured cake pan for 35 - 40 minutes at 350 degrees.
<i>1 teaspoon nutmeg</i>	
<i>1 teaspoon cinnamon</i>	

Per Serving (excluding unknown items): 3291 Calories; 109g Fat (29.3% calories from fat); 46g Protein; 543g Carbohydrate; 16g Dietary Fiber; 424mg Cholesterol; 1814mg Sodium. Exchanges: 13 Grain(Starch); 1 1/2 Lean Meat; 20 Fat; 22 1/2 Other Carbohydrates.

Rhubarb Cake

JaNell Murdock Ure served this as the Wanlass Family reunion on July 10, 2015 in Victor, Idaho

<i>1 1/2 Cups Rhubarb, raw</i>	Layer rhubarb, sugar, jello and marshmallows
<i>1/2 cup sugar</i>	
<i>1 small Jello gelatin, red (strawberry or cherry)</i>	Make yellow cake mix and pour on top
<i>1 box yellow cake mix</i>	
<i>1 package small marshmallows</i>	Sprinkle with cinnamon and sugar
	Bake 1 hour 350 degrees

Per Serving (excluding unknown items): 2660 Calories; 60g Fat (20.2% calories from fat); 24g Protein; 512g Carbohydrate; 9g Dietary Fiber; 10mg Cholesterol; 3408mg Sodium. Exchanges: 1/2 Fruit; 12 1/2 Fat; 33 1/2 Other Carbohydrates.

Rhubarb Strawberry Pudding Cake

Servings: 15

1/2 cup water
3 teaspoons cornstarch
2/3 cup sugar, Plus 1 cup if desired.
4 cups rhubarb, chopped fresh
2 cups strawberries
2 cups flour
3 1/2 teaspoons baking powder
1 teaspoon salt
2 whole eggs, large
1 cup whole milk
2 sticks unsalted butter, , melted and cooled
2 teaspoons vanilla extract, pure vanilla

Put oven rack in middle position and preheat oven to 400 degree F. Butter a 9 x 13 glass or ceramic baking dish.

Stir together water, cornstarch, and 2/3 cup sugar in a small saucepan, then stir in rhubarb. Bring to a simmer, stirring constantly, then simmer, stirring occasionally, 3 minutes. Remove from heat and stir in strawberries.

Whisk together flour, baking powder, salt and 1 cup sugar in a bowl. (I used half of the sugar and it was plenty sweet for us)

Whisk together egg, milk, butter, and vanilla in a large bowl, then whisk in flour mixture until just combines.

Reserve 1 cup fruit mixture, then add remainder to baking dish and pour batter over it, spreading evenly. Drizzle reserved 1 cup fruit mixture over batter. Bake until a wooden pick inserted into center of cake portion comes out clean, 25 to 30 minutes.

Cool in pan on a rack 5 minutes before serving.

Per Serving (excluding unknown items): 132 Calories; 1g Fat (10.2% calories from fat); 3g Protein; 26g Carbohydrate; 2g Dietary Fiber; 30mg Cholesterol; 275mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 0 Fat; 1/2 Other Carbohydrates.

Texas (Brownie) Cake

Servings: 15

This recipe comes from the green West Bountiful cookbook, page 56. It is from Belle Ranck.

<i>2 cups flour</i>	Mix flour and sugar in a large bowl.
<i>3/4 cup buttermilk</i>	
<i>2 whole eggs</i>	Bring margarine, water and cocoa to a boil in a small pan.
<i>1 teaspoon vanilla</i>	
<i>1 teaspoon soda</i>	Pour over flour and sugar.
<i>2 cups sugar</i>	
<i>1 cup margarine</i>	Add buttermilk, soda, eggs and vanilla.
<i>1/4 cup cocoa</i>	
<i>1 cup water</i>	Stir well
	Pour into large greased cookie sheet.
	Bake 20 minutes at 400 degrees.
	Frost, using the following frosting, while the cake is still warm.
	FROSTING: 1/2 cup margarine, 1/4 cup cocoa, 6 Tablespoons canned milk and 4 cups powdered sugar. Put chopped nuts on top.

Per Serving (excluding unknown items): 291 Calories; 13g Fat (40.2% calories from fat); 3g Protein; 41g Carbohydrate; 1g Dietary Fiber; 29mg Cholesterol; 166mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 2 Other Carbohydrates.

White Cake (Vicki)

This is from Vicki Southwick. It is a very good cake.

<i>2 1/2 cups flour</i>	Sift flour, sugar, salt, and baking powder and add shortening and 3/4 cup milk. Mix well.
<i>1 teaspoon salt</i>	
<i>1 2/3 cups sugar</i>	
<i>3 1/2 teaspoons baking powder</i>	Add eggs, vanilla and 1/2 cup milk and beat 2 minutes longer.
<i>2/3 cup shortening</i>	
<i>3/4 cup milk</i>	Bake at 350 degrees for 35 - 40 minutes.
<i>3 whole eggs</i>	
<i>1 teaspoon vanilla</i>	
<i>1/2 cup milk</i>	Can add 3 tablespoons cocoa to make a chocolate cake.

Per Serving (excluding unknown items): 4066 Calories; 165g Fat (36.2% calories from fat); 61g Protein; 592g Carbohydrate; 9g Dietary Fiber; 677mg Cholesterol; 4207mg Sodium. Exchanges: 15 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Non-Fat Milk; 30 1/2 Fat; 22 1/2 Other Carbohydrates.

Zucchini Cake

Linda Stimpson
Relief Society

Servings: 15

3 cups zucchini, raw

4 whole eggs

2 1/2 cups sugar

1 teaspoon soda

1 cup walnuts

1 cup vegetable oil

2 cups flour

1 teaspoon cinnamon, ground

1 teaspoon baking powder

1 8 oz. pkg. cream cheese

2 cups powdered sugar

1/4 pound margarine

1 teaspoon vanilla

Bake first 9 ingredients in 350 degree oven for 45 minutes or until fork comes out clean.

Combine cream cheese, powdered sugar, 1/4 pound margarine and vanilla and put on top of cake.

Per Serving (excluding unknown items): 563 Calories; 32g Fat (50.3% calories from fat); 7g Protein; 65g Carbohydrate; 1g Dietary Fiber; 73mg Cholesterol; 169mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 6 Fat; 3 1/2 Other Carbohydrates.

Candies

Candied Popcorn Mixture

*This recipe is from the old West Bountiful cookbook. It is a recipe from Loretta Pymm
Popcorn*

2/3 cup Karo syrup

2/3 cup sugar

1/2 teaspoon salt

Food coloring, of your choice

1 teaspoon vanilla

2 tablespoons butter

1 pinch salt

Bring to boil the Karo syrup, sugar and salt, stirring constantly

Boil 2 minutes, take off heat and add food coloring, vanilla, 2
tablespoons butter and pinch of salt

Pour over 2 quarts popped corn.

Makes good popcorn balls.

Per Serving (excluding unknown items): 1348 Calories; 23g Fat (14.6% calories from fat); trace Protein; 302g Carbohydrate; 0g Dietary Fiber; 62mg Cholesterol; 1699mg Sodium. Exchanges: 4 1/2 Fat; 20 Other Carbohydrates.

Candy Apples

Recipe from old West Bountiful cookbook, page 126. Pat Berensen recipe.

5 pounds sugar

Cook to 280 degrees or hard crack;

2 cups water

Food coloring, Red

Dip apples and roll in chopped nuts, if desired.

Cinnamon

Per Serving (excluding unknown items): 8785 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 2268g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 37mg Sodium. Exchanges: 152 Other Carbohydrates.

Caramel Candy Popcorn

Servings: 20

Yield: 1 1/2 gallons

This recipe is from Peggy Tullis in West Bountiful.

David wrote this recipe in my West Bountiful cookbook that we made when I was Relief Society President.

David was 10 years old when he wrote this recipe.

Caramel syrup poured over popcorn

1/2 box dark brown sugar

1/2 cup water or more

1/2 cup white Karo syrup

2 cups sugar

1 1/2 gallons popcorn

Cook to 310 degrees on candy thermometer

Can add more water. It takes longer with more water.

take off stove and put 1 1/2 teaspoon soda

Put 1 gallon of popcorn in bowl, then pour candy on 1 gallon of popcorn. Then pour 1/2 gallon popcorn on top and stir in buttered pan.

Put on buttered table and spread out to cool faster.

I have a note at the bottom of the page "2 cups golden brown, 1 cup granulated sugar). Not sure what this means.

Per Serving (excluding unknown items): 164 Calories; 4g Fat (19.7% calories from fat); 1g Protein; 33g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 119mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Fat; 1 1/2 Other Carbohydrates.

Caramel Corn (Renon)

This is a recipe from Renon Hulett in West Bountiful.

1 square butter

Bring to a boil and remove from heat

1 3/4 cups brown sugar

1/2 cup corn syrup

Add pinch of soda and pour over popped corn

1 tablespoon water

(For 1 cup unpopped corn)

Per Serving (excluding unknown items): 2230 Calories; 92g Fat (35.6% calories from fat); 1g Protein; 373g Carbohydrate; 0g Dietary Fiber; 248mg Cholesterol; 1235mg Sodium. Exchanges: 18 1/2 Fat; 24 1/2 Other Carbohydrates.

Caramel Popcorn Balls

This was a favorite of our family.

*1 1/2 gallons popped popcorn, or 2
gallons (8 ounce unpopped)
1/2 cup butter
2 cups brown sugar
1/2 cup corn syrup, white
1 tablespoon water
1 pinch baking soda*

Get a large double strength grocery bag

Place popped corn in the bottom of grocery bag. Should be 1/4 to 1/3 full.

Roll down edges of bag to inside about 1 to 1 1/2 inches.

Melt butter in saucepan.

Add corn syrup, then brown sugar and water.

Mix and place on medium heat. Stir constantly and bring to hard boil.

Add pinch of baking soda, stir thoroughly.

Remove immediately from heat and pour caramel over popcorn in bag while another person is shaking the bag.

Knead bag gently with both hands.

Can make caramel corn into balls by just using water on hands, not butter.

I think this could be spread over popped corn on a large cookie sheet and stirred well.

Per Serving (excluding unknown items): 2366 Calories; 92g Fat (33.6% calories from fat); 1g Protein; 408g Carbohydrate; 0g Dietary Fiber; 248mg Cholesterol; 1327mg Sodium. Exchanges: 18 1/2 Fat; 27 Other Carbohydrates.

Caramel Sauce (Brenda Ward)

*Brenda married to my cousin's son.
This is a very good caramel sauce.*

<i>1/2 cup sugar</i>	Cook over low heat all the ingredients except the nuts and the vanilla.
<i>1 tablespoon cornstarch</i>	
<i>1/2 cup butter</i>	Stir constantly until all the sugar is dissolved and it thickens a bit.
<i>1/2 teaspoon vanilla</i>	
<i>1/2 cup brown sugar</i>	Remove from heat and add vanilla and nuts.
<i>1/2 cup half and half</i>	
<i>1/4 cup pecans, chopped - optional</i>	

Per Serving (excluding unknown items): 1847 Calories; 124g Fat (58.9% calories from fat); 7g Protein; 189g Carbohydrate; 2g Dietary Fiber; 293mg Cholesterol; 1016mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 25 Fat; 11 1/2 Other Carbohydrates.

Circus Popcorn

This has been a favorite of our family.

2 cups sugar

1/2 cup water

1 tablespoon butter

food coloring

salt

Cook sugar and water to soft ball.

Add butter, salt and coloring.

Pour over 8 quarts popped corn and stir well.

3-4 drops of cinnamon oil is good for flavor.

Per Serving (excluding unknown items): 1650 Calories; 11g Fat (6.1% calories from fat); trace Protein; 400g Carbohydrate; 0g Dietary Fiber; 31mg Cholesterol; 125mg Sodium. Exchanges: 2 1/2 Fat; 27 Other Carbohydrates.

Dollar Fifty Fudge

I used 1 package of small marshmallows, 1 cup sugar, 2/3 cup evaporated milk, 16 ounce package of chocolate chips and 1 cube butter.

*1 large marshmallow, or 60 small
marshmallows
2/3 cup evaporated milk
2 cups sugar
1 package chocolate chips, 16 ounce
1 cube butter*

Place in a thickly buttered sauce pan and bring to a boil over low flame or medium heat.

Cook for 8 minutes stirring carefully to prevent scorching.

Remove from heat and pour over: 16 ounce package of chocolate chips, 1 cube butter and nuts.

Stir until chips and butter are well melted and pour in pans to cool.

CAN'T BE DOUBLED

Per Serving (excluding unknown items): 3678 Calories; 171g Fat (39.6% calories from fat); 22g Protein; 564g Carbohydrate; 13g Dietary Fiber; 298mg Cholesterol; 1146mg Sodium. Exchanges: 1 1/2 Non-Fat Milk; 34 Fat; 36 1/2 Other Carbohydrates.

Fudge (Doris Moffit)

Doris Moffit was one of my good friends in the Tetonia elementary school.

1 square of unsweetened chocolate can be substituted with:

*3 tablespoons of cocoa powder and one tablespoon of vegetable oil, butter or shortening.
This will give your recipe and intense chocolate flavor, without adding any extra sugar.*

1/4 cup butter

1/4 cup Corn syrup, Karo

2 cups sugar

1/2 cup milk

2 squares unsweetened chocolate

1 teaspoon vanilla

.Bring to a boil the butter and corn syrup

Add the sugar, milk, and chocolate and cook until a soft ball stage.

Add 1 teaspoon vanilla.

Cool and pour onto a buttered plate or drop by teaspoons.

Per Serving (excluding unknown items): 2569 Calories; 81g Fat (27.0% calories from fat); 10g Protein; 485g Carbohydrate; 9g Dietary Fiber; 141mg Cholesterol; 639mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 16 Fat; 31 Other Carbohydrates.

Hard Tac

Servings: 100

Yield: 3 cups

this was a favorite of our kids. It is a Myrveldeen Dangerfield recipe from our first West Bountiful Cookbook.

Hard candy

3 1/2 cups sugar

1 cup water

1 cup Karo syrup

Cook to 300 degrees. Remove from stove and add coloring and flavoring.

Pour onto powdered sugar board or pan and sprinkle top with powdered sugar.

Flavors: Cinnamon (red); Cloves (red); Wintergreen (green); Orange; Lemon; Mint (green); Root Beer (root beer extract); Grape (purple - 1 1/2 pkg. Kool Aid); Anise (black); Chocolate (add 2 tablespoons cocoa to sugar before water and syrup)

Per Serving (excluding unknown items): 36 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 10g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1/2 Other Carbohydrates.

Hot Fudge Sauce

This is a good fudge sauce.

1/2 cup sugar

2 tablespoons cocoa

1 tablespoon butter, or margarine

1/4 cup water

Mix in pan.

Bring to a boil, stirring constantly.

Boil for 1 minute.

Per Serving (excluding unknown items): 513 Calories; 13g Fat (21.3% calories from fat); 2g Protein; 106g Carbohydrate; 4g Dietary Fiber; 31mg Cholesterol; 122mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 1/2 Fat; 6 1/2 Other Carbohydrates.

Jello Popcorn

Jodi Cronfoot

Lane's birthday dinner

From green West Bountiful Ward cookbook, page 125

1 cup butter

Boil until syrupy.

1 package Jello, any flavor

1 cup honey, or Karo syrup

Pour over 4 to 6 quarts popcorn.

Per Serving (excluding unknown items): 2657 Calories; 184g Fat (59.4% calories from fat); 3g Protein; 279g Carbohydrate; 1g Dietary Fiber; 497mg Cholesterol; 1887mg Sodium. Exchanges: 36 1/2 Fat; 18 1/2 Other Carbohydrates.

Marzipan

This was received from Job's Daughters

1 package Bakers fine grated coconut, 7 oz pkg.

1 package Jell-O gelatin, any fruit flavor

1 cup almonds, blanched, grated

2/3 cup sweetened condensed milk

1 1/2 teaspoons sugar

1 teaspoon almond extract

Thoroughly mix all ingredients.

Shape as small fruits, vegetables, hearts, Easter eggs, or other forms.

If desired, use food coloring to paint details on fruit and add stems of whole cloves, angelica, paper, or use your imagination. Chill until dry.

Store covered at room temperature

NOTE:

For fruits, use the appropriate flavors: strawberry for strawberries; lemon for bananas, lemons pears; lemon-lime for green "apples", lime for leaves, limes; orange for oranges; cherry or black cherry for cherries.

This is the recipe from General Foods' book "Joys of Jello" but for these strawberries, I omitted the sugar and rolled them in colored sugar crystals instead.

Hope you like them!

Per Serving (excluding unknown items): 1521 Calories; 92g Fat (52.0% calories from fat); 44g Protein; 146g Carbohydrate; 15g Dietary Fiber; 69mg Cholesterol; 275mg Sodium. Exchanges: 2 Grain(Starch); 3 1/2 Lean Meat; 16 1/2 Fat; 8 Other Carbohydrates.

Mrs. Butlers Caramels

*This is my mother's recipe. She made it for us all the time. It is very good.
She would cut it and wrap individual pieces in waxed paper.*

<i>2 cups sugar</i>	Cook until it forms a hard ball when dropped in cold water.
<i>1 cup cream</i>	
<i>1 cup Karo syrup</i>	Add nuts and vanilla.
<i>1/2 pound butter</i>	
<i>vanilla</i>	Pour into greased pan.
<i>nuts</i>	
	Cool

Per Serving (excluding unknown items): 4683 Calories; 244g Fat (45.1% calories from fat); 8g Protein; 659g Carbohydrate; 0g Dietary Fiber; 706mg Cholesterol; 2364mg Sodium. Exchanges: 48 1/2 Fat; 43 1/2 Other Carbohydrates.

Peanut Butter Candy

*Debbie's first grade class made this candy.
candy in balls*

<i>1 cup peanut butter</i>	Mix and shape into balls
<i>1 cup corn syrup</i>	
<i>1 1/4 cups powdered sugar</i>	
<i>1 1/4 cups powdered milk</i>	

Per Serving (excluding unknown items): 3832 Calories; 175g Fat (38.8% calories from fat); 107g Protein; 512g Carbohydrate; 15g Dietary Fiber; 155mg Cholesterol; 2197mg Sodium. Exchanges: 3 Grain(Starch); 7 1/2 Lean Meat; 5 Non-Fat Milk; 30 1/2 Fat; 27 Other Carbohydrates.

Peanut butter cups

dipped in chocolate

1 cube butter

Mix with hands and dip in chocolate melted in a double boiler.

2 cups peanut butter

*3 cups powdered sugar, add more if
needed*

Per Serving (excluding unknown items): 5273 Calories; 356g Fat (57.6% calories from fat); 131g Protein; 458g Carbohydrate; 30g Dietary Fiber; 248mg Cholesterol; 3350mg Sodium. Exchanges: 6 Grain(Starch); 15 1/2 Lean Meat; 61 1/2 Fat; 24 Other Carbohydrates.

Canning and Preserving

Apple Butter

This is Rueland Ward's apple butter recipe.

<i>1/3 kettle apples, canner kettle</i>	Cook apples and run through strainer (or Victorio strainer)
<i>2 packages pectin</i>	
<i>5 cups sugar, 7 cups is better</i>	Heat and add spices.
<i>1 teaspoon cinnamon, or more if needed</i>	
<i>1/2 teaspoon cloves, or more if needed</i>	Put in bottles, put on lids and process.
<i>1/2 teaspoon nutmeg, or more if needed</i>	

Per Serving (excluding unknown items): 4300 Calories; 1g Fat (0.2% calories from fat); 1g Protein; 1117g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 252mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Fat; 74 Other Carbohydrates.

Apple Pie Filling

Servings: 56

Yield: 7 quarts

8 cups water

2 cups sugar

1 cup sugar

1 1/2 cup corn starch

1 1/2 tsp nutmeg

2 1/3 tsp cinnamon

1/3 tsp cloves

1 1/4 tsp salt

3 1/2 tbs lemon juice

2 cups cold water

In large kettle bring first two ingredients (water and sugar) to boil.

In large bowl, mix sugar, corn starch, nutmeg, cinnamon, cloves, salt and lemon juice.

Add 2 cups cold water and mix well.

Pour into the boiling liquid and stir until the liquid is clear - no lumps.

Fill 7 quart jars with sliced apples and pour syrup over the apples to fill jars.

Process for 25 minutes in boiling water bath or steam canner.

Per Serving (excluding unknown items): 42 Calories; trace Fat (0.6% calories from fat); trace Protein; 11g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 49mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Bottled Dry Beans (Mary Lott)

NOTE: by bottling 1 pressure canner holding 7 quart jars 5 days per week for 1 month, you could have 140 quarts of ready-to-eat beans. They can be served plain or added to soups, sandwich fillings, dips, and almost everything you eat, thereby increasing fiber and nutrition.

One recipe I have to use 2 1/4 pounds of soaked beans or peas per quart.

My first recipe for canning beans came from Mary Lott in our ward.
I also have used the book "Country Beans" by Rita Bingham.

1 can Dried beans, large storage can
1 teaspoon salt, per quart
Water

Cover washed, sorted beans or peas with cold water. (I put beans in a 12 quart stainless steel kettle)

Let stand 12 to 18 hours in a cool place. (I put the kettle of beans on our enclosed patio where they get the swamp cooler blowing around them in the summer and in the winter, the patio is cooler than the rest of the house)

Drain and rinse.

After preparing beans, add hot water to cover and boil 30 minutes.

Pack into hot jars, leaving 1-inch head space.

Add 1/2 teaspoon salt to each pint or 1 teaspoon to each quart.

You can also substitute bouillon or vegetable soup base OR add only half the salt.)

Cover with cooking water, leaving 1-inch head space. Remove air bubbles.

Adjust caps. Process pints 1 hour and 15 minutes, quarts 1 hour 30 minutes (90 minutes) (I use 15# pressure, the book says 10# pressure)

Per Serving (excluding unknown items): 697 Calories; 3g Fat (3.4% calories from fat); 46g Protein; 126g Carbohydrate; 51g Dietary Fiber; 0mg Cholesterol; 2161mg Sodium. Exchanges: 8 1/2 Grain(Starch); 3 Lean Meat.

Bottled Stew

I am not sure where I got this recipe, but it is good.

<i>Carrots, cubed</i>	I put carrots in the jar not quite half full.
<i>Potatoes, cubed</i>	
<i>1/2 teaspoon salt</i>	Put bouillon cube in bottom and put all other ingredients in.
<i>1 cube beef bouillon cube, or chicken</i>	
<i>1 tablespoon parsley</i>	Fill to top with potatoes.
<i>1/3 cup chopped celery, Cut with a knife</i>	
<i>1/8 teaspoon pepper</i>	Fill jar with hot water.
<i>1/2 teaspoon accent® seasoning mix</i>	
<i>1 tablespoon pearl barley</i>	Pressure cook at 10 to 15 pounds pressure for 30 minutes.
	When ready to use, add browned hamburger or cooked chicken.
	We like to add a bottle of tomato soup. It makes it real good.

Per Serving (excluding unknown items): 61 Calories; 1g Fat (7.8% calories from fat); 2g Protein; 12g Carbohydrate; 3g Dietary Fiber; trace Cholesterol; 2015mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat.

Canning Soaked Beans

2 1/4 pounds soaked beans , or peas per quart
1 large onion, optional
3 cloves garlic, optional
salt, optional
water

Soak beans overnight or about 12 hours. Drain, rinse and drain again.

Divide up the beans evenly between 7 bottles. The beans should not fill the bottles more than 1/2 way.

Chop the onion and garlic and divide them evenly between the bottles.

Cover with boiling water, leaving 1 inch head space.

Add salt if desired and remove air bubbles.

Adjust two-piece caps and process at 15 pounds pressure in a pressure canner:

Pints for 1 hour and 15 minutes (75)

Quarts for 1 hour and 30 minutes (90)

Allow to cool for 12 to 24 hours.

Per Serving (excluding unknown items): 55 Calories; trace Fat (3.1% calories from fat); 2g Protein; 12g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 2 Vegetable.

Chili Fixins

Yield: 17 pints

This is actually very good. Wanless figured the amounts needed for a 19 pint canner batch, but it actually made 17 pints.

I put the bay leaf in after the pint bottle was filled, just before putting on the lid and putting it in the canner.

I bottle my own beans in quart jars. I precook hamburger to have it for ready use in 1 pound bags in the freezer. (Mixing hamburger and sausage is good, too).

For a Quick 10 Minute meal:

Add 1 pint bottle of "Fixins" to 1 quart jar of bottled beans and add about 1 pound of precooked hamburger.

This gives us a quick meal if we have a surprise visitor or company comes unexpected.

Emergency Food Storage

3 quarts onions, diced small

5 quarts tomatoes

1 1/2 quarts green peppers, diced small

1/3 cup chili powder

1 1/2 tablespoons curry powder

1/3 cup cumin powder

1/3 cup salt

17 dashes tobasco sauce

17 whole bay leaves

Remove the core from the stem end of the tomatoes (Don't peel or seed them). Put them in a blender to get the 5 quarts of blended tomatoes.

Dice the onions, and peppers into small pieces

Combine: tomatoes, onions, peppers and spices. Bring to a boil over medium high heat.

Put in sterile pint jars

Add 1 bay leaf to each pint jar

Seal and process in pressure canner for 20 minutes At 15 pounds pressure.

Per Serving (excluding unknown items): 2006 Calories; 31g Fat (12.3% calories from fat); 72g Protein; 432g Carbohydrate; 111g Dietary Fiber; 0mg Cholesterol; 34969mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 70 Vegetable; 2 1/2 Fat.

Chili Sauce

From cooks.com recipe search

*12 large tomatoes
12 medium onion (chopped)
3 green bell pepper, chopped
3 red bell peppers, chopped
1 tablespoon dry mustard
1 teaspoon cinnamon
1 teaspoon nutmeg
2 cups white sugar
2 tablespoons salt
3 cups white vinegar
1 tablespoon celery seed or few stalks of
celery*

Preparation Time: 1 minute

Cook: 1 minute

Chop tomatoes and onions. Cut green and red peppers into small pieces. If you use celery stalks, cut celery in small pieces.

Cook slowly after all the above ingredients are stirred together in large kettle.

Cook 1 1/2 hours or until the chili is as thick as you desire. Stir often or it will stick and scorch.

An electric roaster is good to cook the chili in place of a kettle on the stove burner.

Use sterilized jars and seal in recommended manner. Good for the family and as gifts.

Per Serving (excluding unknown items): 1144 Calories; 10g Fat (7.0% calories from fat); 36g Protein; 275g Carbohydrate; 55g Dietary Fiber; 0mg Cholesterol; 12985mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 41 Vegetable; 1/2 Fat; 3 Other Carbohydrates.

Chili Sauce (Becky Seeley)

Servings: 40

Yield: 5 pints

*This recipe is from Becky Seeley, one of our Addiction Recovery missionaries
It is very good.*

*12 large tomatoes or 16 small
3 red pepper, chopped, or green
3 large onion
1 tablespoon salt
1 teaspoon ginger
1 teaspoon cinnamon
1 teaspoon allspice
2 cups vinegar
1 cup sugar*

Preparation Time: 1 minute

Start to Finish Time: 3 minutes

Cook: 2 minutes

Chop vegetables and combine with all the other ingredients in a large kettle. Simmer over low heat, stirring occasionally, until sauce is the desired consistency. Can in pint jars according to recommended procedures.

Per Serving (excluding unknown items): 27 Calories; trace Fat (1.2% calories from fat); trace Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 161mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fat; 1/2 Other Carbohydrates.

Chili Sauce, Mickeys

This recipe is from the green West Bountiful cookbook, page 92. It is from Jerrie Southwick. I got this recipe from my brother, Lane's dental assistant. It is very good.

<i>24 large tomatoes</i>	Scald and peel tomatoes.
<i>6 medium onions (ground up)</i>	
<i>4 large red pepper (ground up)</i>	Put cloves and allspice in a bag.
<i>2 large green pepper (ground up)</i>	
<i>3 tablespoons salt</i>	Boil all ingredients until thick.
<i>4 cups white sugar</i>	
<i>1 cup brown sugar</i>	
<i>4 cups vinegar, Probably apple cider vinegar</i>	Take out bag of spices and add 1 quart of catsup.
<i>2 teaspoons whole cloves</i>	Bring to a boil again for 5 to 10 minutes.
<i>2 teaspoons whole allspice</i>	
<i>1 quart catsup</i>	Bottle and seal.

Per Serving (excluding unknown items): 2756 Calories; 16g Fat (4.6% calories from fat); 53g Protein; 702g Carbohydrate; 72g Dietary Fiber; 0mg Cholesterol; 30947mg Sodium. Exchanges: 0 Grain(Starch); 43 1/2 Vegetable; 0 Fat; 30 1/2 Other Carbohydrates.

Chokecherry Syrup

Servings: 72

Yield: 4 pints

4 cups chokecherry juice

Mix and boil for 2 minutes.

4 cups Karo syrup

1/2 cup lemon juice

Pour into clean hot jars and process 10 minutes in boiling water bath.

1/2 package pectin, powdered

Per Serving (excluding unknown items): 53 Calories; trace Fat (0.0% calories from fat); trace Protein; 14g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 23mg Sodium. Exchanges: 0 Fruit; 1 Other Carbohydrates.

Current Syrup

Yield: 3 pints

4 cups current juice

4 cups sugars, granulated

1/2 package pectin

1 Tablespoon lemon juice

*2 Tablespoons fruit fresh I didn't use
(optional)*

Cook: 8 minutes

Mix juice and pectin. Let stand for a few minutes

Add sugar and lemon juice

Bring to a boil and boil for 8 minutes.

Put in sterile jars and seal.

Per Serving (excluding unknown items): 101 Calories; trace Fat (0.7% calories from fat); trace Protein; 28g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 60mg Sodium. Exchanges: 0 Fruit; 2 Other Carbohydrates.

Goat Milk Cheddar Cheese

This recipe is from Leslie Simper. She was our Church Service Addiction Recovery missionary leader. Wanless made a way to press the cheese I make. The cheese is very good. It tastes like cheese curd when it is fresh.

*1 gallon whole goat milk
1/2 cup buttermilk
1/2 tablet Rennet
1/2 cup lukewarm water
1 1/2 teaspoons salt*

To 1 gallon whole goat milk add 1/2 cup buttermilk and let stand at room temperature for 2 hours.

Heat milk very slowly to 86 degrees, then add one-half tablet rennet dissolved in 1/2 cup lukewarm water.

Cover kettle and let sit about 45 minutes, during which time curd will form.

Cut the curd, slowly slicing large curds with knife.

Do not drain whey. Start heating slowly to 102 degrees. Stir occasionally for even heating and to prevent scorching.

Remove from heat and immediately pour curds into colander lined with cheesecloth.

Drain briefly. Gently roll curds back and forth in cloth to drain off excess whey.

Salt curds with about 1 1/2 teaspoons salt or to your taste. (I like 2 teaspoons).

To drain and mould the cheese: Gather up corners of cheesecloth and tie with string.

Hang on cabinet knob over a bowl, and by morning most of the whey will have drained off.

This cheese will not keep as long as a pressed cheese, so use within two to three days or freeze it. Freezing will change its consistency, but the cheese is fine for grating when partially thawed.

Per Serving (excluding unknown items): 49 Calories; 1g Fat (19.6% calories from fat); 4g Protein; 6g Carbohydrate; 0g Dietary Fiber; 4mg Cholesterol; 3326mg Sodium. Exchanges: 1/2 Non-Fat Milk; 0 Fat.

Mild Goat Cheddar Cheese

This recipe is from Leslie Simper. It is a very good soft cheese if we don't eat it all as curd before we press it.

*1 gallon whole goat milk
1/2 cup Buttermilk
1/2 tablet Rennet
1/2 cup water, lukewarm*

To 1 gallon whole goat milk add 1/2 cup buttermilk and let stand at room temperature for 2 hours

Heat milk very slowly to 86 degrees then add 1/2 tablet rennet dissolved in 1/2 cup lukewarm water, slowly

Cover kettle and let sit about 45 minutes, during which time curd will form.

Cut the curd, slowly slicing large curds with knife.. Do not drain whey

Start heating slowly to 102 degrees. Stir occasionally for even heating and to prevent scorching.

Remove from heat and immediately pour curds into colander lined with cheesecloth.

Drain briefly.

Gently roll curds back and forth in cloth to drain off excess whey.

Salt curds with about 1 1/2 teaspoons salt or to your taste (I use 2 teaspoons)

To drain and mold the cheese: Gather up corners of cheesecloth and tie with string. Hang on cabinet knob over a bowl, and by morning most of the whey will have drained off.

This cheese will not keep as long as a pressed cheese, so use within two to three days or freeze it.

Freezing will change its consistency, but the cheese is fine for grating when partially thawed.

I use a small commercial cheese press that is round in shape. It makes a small round block of cheese as it drains overnight. Very good.

Per Serving (excluding unknown items): 49 Calories; 1g Fat (19.6% calories from fat); 4g Protein; 6g Carbohydrate; 0g Dietary Fiber; 4mg Cholesterol; 132mg Sodium. Exchanges: 1/2 Non-Fat Milk; 0 Fat.

Mint Jelly

Servings: 32

Yield: 4 1/2 pints

1 1/2 cups fresh mint leaves, packed
2 tablespoons lemon juice
2 1/4 cups boiling water
1 drop green food coloring
3 1/2 cups sugar, white
6 ounces liquid pectin, 1/2 container

Rinse off the mint leaves and place them into a large saucepan.

Crush with a potato masher or the bottom of a jar or glass.

Add water, and bring the mint to a boil.

Remove from heat, cover and let stand for 10 minutes.

Strain, and measure out 1 2/3 cups of the mint.

Place 1 2/3 cups mint into a saucepan. Stir in the lemon juice and food coloring.

Mix in the sugar and lace the pan over high heat.

Bring to a boil, stirring constantly.

Once the mixture is boiling, stir in the pectin.

Boil the mixture for a full minute while stirring constantly.

Remove from heat and skim foam off the top using a large metal spoon.

Transfer the mixture to hot sterile jars and seal.

Water bath in water at least 1 inch above the tops of the jars and leaving a 2 inch space between the jars.

Bring the water to a full boil, cover the pot and process for 10 minutes.

Per Serving (excluding unknown items): 87 Calories; 0g Fat (0.0% calories from fat); trace Protein; 22g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 1 1/2 Other Carbohydrates.

Pear Jam

Yield: 8 pints

4 1/2 cups pears, ripe and mashed
3 tablespoons pectin, powdered fruit
1 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1/2 teaspoon ground allspice, I
sometimes leave this out
1/2 teaspoon ground nutmeg
1/4 cup lemon juice
7 1/2 cups sugar
1 teaspoon butter

Mix pears, fruit pectin, Cinnamon, cloves allspice, nutmeg and lemon juice in a large heavy pot.

Bring to a boil, stirring constantly.

Add sugar all at once, stirring, and bring back to a full rolling boil. Boil for 1 minute. Mix in butter to settle foam.

Sterilize the jars and lids in boiling water for at least 5 minutes.

Pack the pear jam into the hot, sterilized jars, filling the jars to within 1/4 inch of the top.

Run a knife or a thin spatula around the insides of the jars after they have been filled to remove any air bubbles.

Wipe the rims of the jars with a moist paper towel to remove any food residue.

Top with lids, and screw on rings.

Process in water bath canner in hot water to the level of at least 1 inch above the tops of the jars. Bring the water to a rolling boil, cover the pot and process for 10 minutes.

Remove the jars from the water bath canner and place onto a cloth-covered or wood surface, several inches apart, until cool.

Once cool, press the top of each lid with a finger, ensuring that the seal is tight. (lid does not move up or down at all). Store in a cool, dark area.

Per Serving (excluding unknown items): 6458 Calories; 8g Fat (1.0% calories from fat); 4g Protein; 1661g Carbohydrate; 24g Dietary Fiber; 10mg Cholesterol; 148mg Sodium. Exchanges: 0 Grain(Starch); 8 Fruit; 1 Fat; 103 Other Carbohydrates.

Pesto

Servings: 22

This recipe is from Sharee Barton, who shared her basil with me.

<i>2 cups fresh basil</i>	Place all ingredients in a food processor.
<i>3/4 cup Parmesan cheese</i>	
<i>3/4 cup olive oil, or vegetable oil</i>	Blend until well chopped and mixed.
<i>3 garlic cloves</i>	
<i>1/4 cup pine nuts, almonds, walnuts, etc.</i>	Put in ice cube trays to freeze
	Store 2 cubes in small plastic bags and put all bags in a larger bag in the freezer.
	I use 1 or 2 cubes to a can of Campbell soup, or my homemade tomato soup.

Per Serving (excluding unknown items): 88 Calories; 9g Fat (90.0% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 51mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fat.

Rhubarb Syrup

Yield: 1 1/2 quarts

4 cups rhubarb juice
4 1/2 cups sugars, granulated
1/2 package pectin
1 tablespoon lemon juice
2 tablespoons fruit fresh (optional)

Preparation Time: 30 minutes

Cook: 8 minutes

Pick rhubarb, soak overnight. Cook into juice (or use steam juicer for getting juice)

Add 4 1/2 cups sugar and bring to a boil

Add 1 Tablespoon lemon juice. 2 Tablespoons fruit fresh(optional). I didn't use it.

Boil for 8 minutes and put into clean sterile pint bottles. Can process in water bath, or steamer, about 10 minutes.

Makes about 3 pints.

Per Serving (excluding unknown items): 101 Calories; trace Fat (0.7% calories from fat); trace Protein; 28g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 60mg Sodium. Exchanges: 0 Fruit; 2 Other Carbohydrates.

Ricotta Cheese

I put set a plastic colander over my 6 quart kettle and put cheese cloth over the colander and fasten it with clothes pins then pour the liquid through the cheese cloth. The Ricotta curds stay on the cheese cloth and the whey drains into the kettle.

*leftover whey, from batch of cheese
1/2 teaspoon salt, for every gallon of whey
1/2 tablespoon citric acid, optional for
every gallon of whey*

When making whey Ricotta, use leftover whey from a batch of cultured cheese. The fresher the whey the better.

Heat the whey, without agitating. Once it reaches 160 degrees, if desired, you can add 5 - 12% of fresh milk to improve the richness and yield.

Continue heating to 170 degrees then add 1/2 teaspoon of salt for every gallon of whey, mix in quickly. Continue heating without agitation to 185 degrees and hold at this temperature until the ricotta rises.

Note: Some people heat to just below boiling (200 degrees), this is not necessary, but it will not be a problem if the whey heats well into the 190 degree area.

ADD CITRIC ACID: This step is optional.

Mix 1/2 teaspoon of citric acid per gallon of liquid. The citric acid should be dissolved in 1/2 cup water. Add quickly to the pot and stir briskly for 5-10 seconds. Watch the curd forming small flakes and gradually large curd masses. Add a bit more citric acid solution if necessary.

Note: If too much acid is added, the curds will sink to the bottom and the cheese will not be sweet. The correct amount of acid will produce a clear separation of white curds and bright green whey.

GENTLY MOVE CURD: As the curds rise, use a perforated ladle to gently move them from the sides to the center of the pot. These clumps of curd will begin to consolidate floating on top of the liquid.

Let the curds rest for 10 to 15 minutes. This is important because it is the point where the final Ricotta quality is assured.

DRAIN RICOTTA: Ladle the curds gently into draining forms (No cheese cloth should be needed if you were patient in the previous step). Let the curds drain for 15 minutes up to several hours

For a fresh light ricotta, drain it for a short while (until the free whey drainage slows) and chill to below 50 degrees. For a rich dense and buttery texture allow it to drain for an extended period of time (several hours), before chilling overnight.

Move to a refrigerator or cold room. Consume within 10 days.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 1066mg Sodium. Exchanges: .

Sour Cream (Maddox)

This is from the Maddox Restaurant.

1 cup sour cream Blend well and serve
1 tablespoon onion, chopped fine
1/4 teaspoon salt
1/4 teaspoon sugar
1/4 teaspoon pepper
2 tablespoons vinegar
1/2 cup mayonnaise

Per Serving (excluding unknown items): 1295 Calories; 142g Fat (93.4% calories from fat); 9g Protein; 14g Carbohydrate; trace Dietary Fiber; 141mg Cholesterol; 1282mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Non-Fat Milk; 17 1/2 Fat; 0 Other Carbohydrates.

Spaghetti Sauce

Servings: 80

Yield: 20 pints

West Bountiful Cookbook

*tomatoes (6-7=1 lb of smaller ones"
unit="pounds" qty="20 (skinned)
2 cups onion (chopped)
2 cups green pepper (chopped)
2 cups celery (chopped)
2 cups parsley (chopped)
1 1/2 cups cooking oil
4 cloves garlic (1 would be plenty)
4 tablespoons chili powder (use only 2-3)
3 tablespoons salt
2 tablespoons sugar
1 teaspoon cayenne pepper (don't use or
cut down to 1/2 tsp.)
2 teaspoon oregano
2 teaspoon allspice
1 teaspoon basil
1 teaspoon cumino (delete or use 1/2 tsp.)
2 teaspoons black pepper
2 teaspoons thyme
2 teaspoons sage*

Cover and cook on low heat for 2 hours. Pack hot into bottles.
Makes about 20 pints.

Per Serving (excluding unknown items): 43 Calories; 4g Fat (84.5% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 247mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1 Fat; 0 Other Carbohydrates.

Strawberry Freezer Jam

Yield: 7 cups

This has always been a favorite of our children and grandchildren. I sometimes think they wouldn't come to visit if I didn't have strawberry jam.

3 1/4 cups crushed strawberries

1/4 cup lemon juice

4 1/2 cups sugar

1 package MCP Pectin

Use dry measuring cup to measure exact amount of prepared fruit, or use liquid measuring cup to measure exact amount of prepared juice, into large bowl.

Stir in lemon juice.

Measure exact amount of sugar into large bowl with dry measuring cup. (For no-sugar or lower-sugar jams or jellies, use SURE-JELL For Less Sugar or No Sugar Needed Recipes Premium Fruit Pectin.)

Stir in 1 package MCP Premium Fruit Pectin into fruit. Mix thoroughly. Set aside 30 minutes, stirring every 5 minutes to dissolve pectin thoroughly.

Stir in sugar gradually. Stir constantly until sugar is completely dissolved and no longer grainy.

Pour into prepared containers, leaving 1/2 inch space at top of each for expansion during freezing; cover with lids

Let stand at room temperature 24 hours or until set. Refrigerate up to 3 weeks. Or, freeze up to 1 year. If frozen, thaw in refrigerator before using.

Per Serving (excluding unknown items): 3498 Calories; 0g Fat (0.0% calories from fat); trace Protein; 904g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 1/2 Fruit; 60 1/2 Other Carbohydrates.

Sweet Memories Pickles

This recipe is from Janet Gamble, a renter in Rueland and Estelle's basement. Estelle has made these cucumbers for years and shared them with their children. People always love these pickles.

*1 quart vinegar
2 quarts sugar
2 sticks cinnamon
1 1/2 tablespoons Cloves, part whole and part ground in mesh bag tied with thread.
green food coloring*

Put 30 cucumbers in jar, crock, or stainless steel milk bucket. Cover with brine that will float an egg. (30 cukes to 4 quarts water, 3/4 to 1 cup salt per quart of water)

Let stand for 2 weeks. Take out and wash.

Cut in one inch pieces and soak in alum water over night. (1 lump size of walnut) or 1 teaspoon per quart of water. Wash off and add syrup.

Make syrup of vinegar, sugar, stick cinnamon, cloves and green coloring.

Boil syrup 4 mornings and pour back over cucumbers in bucket.

Last morning seal in bottles. (we have used gallon mayonnaise bottles. Can use quart bottles, also)

Note: 30 cucumbers to 4 quarts water with 3/4 to 1 cup salt per quart water to soak cukes for 2 weeks).

Per Serving (excluding unknown items): 6394 Calories; 2g Fat (0.3% calories from fat); 1g Protein; 1672g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 53mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Fat; 111 Other Carbohydrates.

Sweet Pickle Relish (Mrs. Ware)

This is our favorite relish recipe. It is from Mrs. Ware (Our next door neighbor in West Bountiful)

<i>12 large cucumbers</i>	Grind together cucumbers, peppers and onions and boil 15 minutes
<i>4 medium green peppers, to large</i>	in 1 quart of water with 4 tablespoons salt water/
<i>4 large onions</i>	
<i>2 medium red peppers</i>	Drain off liquid in strainer
<i>4 teaspoons celery seed</i>	
<i>4 teaspoons mustard seed</i>	Return to kettle and add remaining ingredients. Boil 20 minutes
<i>3 teaspoons turmeric</i>	
<i>1/2 teaspoon ground cloves</i>	
<i>5 cups sugar</i>	Poor in sterilized jars and seal.
<i>3 cups vinegar</i>	To insure sealing, place in hot water bath for 5 minutes.

Per Serving (excluding unknown items): 4932 Calories; 14g Fat (2.4% calories from fat); 42g Protein; 1239g Carbohydrate; 54g Dietary Fiber; 0mg Cholesterol; 137mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 35 1/2 Vegetable; 1 Fat; 70 Other Carbohydrates.

Syrup Rueland Ward

This recipe card is in my father's hand writing (Rueland Earl Ward)

1 can evaporated milk

2 cups Karo syrup, White

2 cups sugar

2 teaspoons mapeleine flavoring

Put on stove on low heat until sugar is dissolved.

Do not boil.

Store in refrigerator.

Per Serving (excluding unknown items): 3737 Calories; 19g Fat (4.3% calories from fat); 17g Protein; 927g Carbohydrate; 0g Dietary Fiber; 74mg Cholesterol; 1064mg Sodium. Exchanges: 2 Non-Fat Milk; 3 1/2 Fat; 60 Other Carbohydrates.

Cookies

Cake Mix Cookies (Dulfia Vasquez)

Servings: 34

This recipe is from Dulfia Vasquez in Dietrich.

*1 box cake mix, any flavor
1/2 cup vegetable oil*

Add eggs and oil to a cake mix.

Bake on cookie sheet 10 minutes at 375 degrees.

Per Serving (excluding unknown items): 73 Calories; 4g Fat (53.0% calories from fat); trace Protein; 8g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 70mg Sodium. Exchanges: 1 Fat; 1/2 Other Carbohydrates.

Carrot Cookies

2/3 cup shortening

2/3 cup sugar

1 cup carrots, grated fine

1 egg, beaten

1 teaspoon vanilla

2 cups flour

2 teaspoons baking powder

1/2 teaspoon salt

3/4 cup powdered sugar

1 tablespoon melted margarine

1/4 teaspoon orange rind, grated

Blend shortening and sugar; add grated carrot, beaten egg and vanilla. Beat until fluffy

Add sifted dry ingredients. Blend in. If too stiff, add 1 tablespoon milk. Beat well.

Drop on greased cookie sheet from teaspoon.

Bake at 350 degrees for 15 minutes.

Top with orange icing.

Mix the powdered sugar, margarine and orange rind. Add enough orange juice to make stiff icing. Add a pinch of salt.

Per Serving (excluding unknown items): 3233 Calories; 156g Fat (43.0% calories from fat); 34g Protein; 431g Carbohydrate; 11g Dietary Fiber; 212mg Cholesterol; 2297mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 30 Fat; 15 Other Carbohydrates.

Chocolate Chip Cookies

Servings: 60

Yield: 5 Dozen

From "Betty Crocker's New Picture Cookbook"

2/3 cup shortening

1/2 cup granulated sugar

1/2 cup brown sugar

1 egg

1 tsp vanilla

1 1/2 cup flour

1/2 tsp soda

1/2 tsp salt

6 oz chocolate chips

1/4 cup flour

Heat oven 375 degrees

Mix shortening, sugars, egg and vanilla thoroughly.

Measure flour by dip-level-pour method or by sifting. Blend dry ingredients; stir in. Mix in nuts and chocolate pieces.

Drop rounded teaspoonfuls 2" apart on ungreased baking sheet.

Bake 8 to 10 minutes. Cool slightly before removing from baking sheet.

Makes 4 to 5 dozen 2" cookies.

Per Serving (excluding unknown items): 59 Calories; 3g Fat (47.5% calories from fat); 1g Protein; 7g Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 20mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fat; 1/2 Other Carbohydrates.

Chocolate Chip Cookies (Debbie)

Servings: 48

Yield: 4 dozen

Recipe from Vienna Ward Cookbook Debbie sent me. Patty Lee's recipe.

2 cube butter, soft

1 cup brown sugar firmly packed

1 cup sugar, granulated

2 medium eggs

1 1/2 teaspoon vanilla

3 cups flour, all purpose

1 teaspoon baking soda

12 ounce chocolate chips

1 cup nuts, chopped

1 teaspoon salt

Preparation Time: 30 minutes

Start to Finish Time: 4 minutes

Cook: 11 minutes

Cream together butter, sugars, and eggs.

Add vanilla

Sift together dry ingredients and add to the butter mixture

Mix until blended well.

Stir in chocolate chips and nuts (if desired)

Bake at 375 degrees for 11 minutes

Per Serving (excluding unknown items): 134 Calories; 8g Fat (50.8% calories from fat); 2g Protein; 15g Carbohydrate; 1g Dietary Fiber; 19mg Cholesterol; 114mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Fat; 1/2 Other Carbohydrates.

Chocolate Chip Cookies (Melissa Corry)

Servings: 16

These are very good. Next time I make them, I will use half the sugar and a lot less chocolate chips.

<i>1/4 cup coconut oil, solid from, room temperature</i>	In a small bowl whisk together flour, baking soda, baking powder, and salt.
<i>1/4 cup butter, softened</i>	
<i>1/2 cup brown sugar</i>	In a separate, large bowl (or mixer bowl) cream coconut oil, butter, and sugars together until just combined.
<i>1/4 cup granulated sugar</i>	
<i>1 whole egg</i>	
<i>1 whole egg yolk, whole</i>	Mix in egg, yolk, and vanilla extract.
<i>1 teaspoon vanilla extract</i>	
<i>1 1/4 cups flour</i>	Slowly add in flour mixture, stop mixing once combined.
<i>1/2 teaspoon baking soda</i>	
<i>1/4 teaspoon baking powder</i>	Fold in chocolate chips with a spatula.
<i>1/4 teaspoon salt</i>	
<i>1 bag semisweet chocolate chips</i>	Chill overnight (or for 8 hours)
	Once ready to bake, preheat oven to 350 degrees and line a cookie sheet with parchment paper.
	Drop onto cookie sheet, about two inches apart, and bake for 10 - 12 minutes.
	Let cool on pan for 3 - 5 minutes and then finish cooling on a wire rack.

Per Serving (excluding unknown items): 179 Calories; 10g Fat (49.0% calories from fat); 2g Protein; 22g Carbohydrate; 1g Dietary Fiber; 34mg Cholesterol; 117mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 Fat; 1 Other Carbohydrates.

Chocolate Chip Cookies (Soft and Chewy)

Servings: 72

This recipe is from Betty Crocker. It is very good.

I have made this recipe with 1 1/2 cup raisins soaked in hot water, 1 cup chopped pecans in place of the chocolate chips. They are delicious, too.

<i>1 1/4 cups granulated sugar</i>	Heat oven to 375 degrees.
<i>1 1/4 cups packed brown sugar</i>	
<i>1 1/2 cups butter, or margarine, softened</i>	In large bowl with electric mixer, beat granulated sugar, brown sugar and butter until light and fluffy.
<i>2 teaspoons vanilla</i>	
<i>3 whole eggs</i>	Beat in vanilla and eggs until well blended.
<i>4 1/4 cups all-purpose flour</i>	
<i>2 teaspoons baking soda</i>	Beat in flour, baking soda and salt.
<i>1/2 teaspoon salt</i>	
<i>1 bag semisweet chocolate chips, or 2 12 oz. bag (2 to 4 cups)</i>	Stir in chocolate chips.
	On ungreased cookie sheets, drop dough by rounded tablespoonfuls 2 inches apart.
	Bake 8 to 10 minutes (or 11 minutes) or until light golden brown.
	Cool 1 minute.
	Remove from cookie sheets to cooling racks.

Per Serving (excluding unknown items): 103 Calories; 5g Fat (41.1% calories from fat); 1g Protein; 14g Carbohydrate; trace Dietary Fiber; 19mg Cholesterol; 94mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Fat; 1/2 Other Carbohydrates.

Chocolate Chip Cookies, Marci

Servings: 42

Yield: 42 Cookies

This recipe is from Marci Rae Anderson Southwick, Bill's wife. The Anderson cookies are always a favorite at reunions. This single batch made 42 cookies.

<i>1 cup shortening</i>	Mix first four ingredients.
<i>3/4 cup brown sugar</i>	
<i>1/2 teaspoon salt</i>	Add remaining ingredients when you feel like it.
<i>1 teaspoon vanilla</i>	
<i>3/4 cup sugar</i>	Drop by rounded teaspoon full on baking sheet.
<i>2 whole eggs</i>	
<i>1 teaspoon soda</i>	
<i>2 2/3 cups flour</i>	Bake at 350 degrees for 8 - 10 minutes.
<i>2/3 bags Chocolat chips, to taste</i>	

Per Serving (excluding unknown items): 99 Calories; 5g Fat (46.8% calories from fat); 1g Protein; 12g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 30mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Fat; 1/2 Other Carbohydrates.

Cream Wafers

Mindy's Mother-in-law

Mindy

Servings: 24

1 cup margarine
1/3 cup whipped cream
2 cups flour
1/4 cup margarine
3/4 cup powdered sugar, sifted
1 egg yolk
1 teaspoon vanilla

Mix well, margarine, butter, flour and cream adding a little at a time. Dough should be very stiff. Chill (Mindy said the recipe works better if the dough isn't chilled).

Heat oven to 375 degrees. Roll out 1/3 at a time to 1/8 inch thick on floured board. Cut with 1 1/2 inch round cutter.

Transfer each round to bowl of granulated sugar. Coat each side and place on ungreased sheet. Prick with fork about four times.

Bake 7-9 minutes. Cool and put two cookies together with filling made of margarine, powdered sugar, egg yolk and vanilla.

Combine ingredients for filling. Can tint filling pink or green if desired.

Per Serving (excluding unknown items): 146 Calories; 10g Fat (63.9% calories from fat); 1g Protein; 12g Carbohydrate; trace Dietary Fiber; 11mg Cholesterol; 112mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates.

Filled Cookies

<i>2 cups sugar</i>	Mix first 8 ingredients then make filling with last 4 ingredients (raisins, sugar, flour, water)	
<i>1 cup butter</i>		
<i>1 cup milk</i>		
<i>2 whole eggs</i>		Roll out cookies and cut.
<i>2 teaspoons soda</i>		
<i>2 teaspoons vanilla</i>		Place filling in center of one slice and put another slice on top and seal around the edges
<i>7 cups flour</i>		
<i>4 teaspoons cream of tartar, level</i>		
<i>1 package raisins, chopped</i>	Bake 350 degrees until lightly browned.	
<i>1 cup sugar</i>		
<i>2 tablespoons flour</i>		
<i>1 cup water</i>		

Per Serving (excluding unknown items): 7979 Calories; 211g Fat (23.7% calories from fat); 119g Protein; 1416g Carbohydrate; 32g Dietary Fiber; 954mg Cholesterol; 2187mg Sodium. Exchanges: 44 1/2 Grain(Starch); 1 1/2 Lean Meat; 8 Fruit; 1 Non-Fat Milk; 39 Fat; 40 Other Carbohydrates.

Gingersnap Cookies

Internet address:

Servings: 36

Yield: 3 dozen

This recipe comes from the old West Bountiful cookbook, page 80.

It is Janet Dangerfield's recipe.

Ginger cookies

1 1/2 cups shortening
2 whole eggs
5 cups flour, all-purpose
1 teaspoon salt
2 teaspoons ginger
1 cup molasses
2 cups sugar
4 teaspoons soda
2 teaspoons cinnamon
1 teaspoon cloves

Cream eggs, sugar and shortening; add molasses and remaining ingredients.

Roll dough into balls the size of a walnut.

Place 2 inches apart on and ungreased cookie sheet.

Slightly flatten each ball with bottom of glass dipped in sugar. (I put a slight amount of butter on bottom of glass first)

Bake at 350 degrees for 10 to 12 minutes.

Per Serving (excluding unknown items): 211 Calories; 9g Fat (38.1% calories from fat); 2g Protein; 31g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 67mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 1/2 Fat; 1 Other Carbohydrates.

Gingersnaps

Servings: 48

Yield: 4 dozen

This recipe has been a favorite of a lot of people. It is a recipe from Janet Dangerfield in our first West Bountiful cookbook ginger cookies

1 1/2 cups shortening
2 medium eggs
5 cups flour, all-purpose
1 teaspoon salt
2 teaspoons ginger
1 cup molasses
2 cups sugar
4 teaspoons soda
1 teaspoon cloves

Cream eggs, sugar and shortening
add molasses and remaining ingredients.

Roll dough into balls the size of walnuts.

Place 2 inches apart on ungreased cookie sheet.

Slightly flatten each ball with bottom of glass dipped in sugar.

Bake at 350 degrees for 10 to 12 minutes.

Per Serving (excluding unknown items): 158 Calories; 7g Fat (38.1% calories from fat); 2g Protein; 23g Carbohydrate; trace Dietary Fiber; 9mg Cholesterol; 50mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Fat; 1 Other Carbohydrates.

No Bake Cookies

This recipe is from the old West Bountiful cookbook. It is a recipe from Leona Edmonds.

Made without baking

2 cups sugar

Drop by teaspoonfuls onto wax paper

3 tablespoons cocoa

1/2 cup milk

Coconut is optional.

1 square butter, quick

3 cups oats, quick

1/2 cup peanut butter

I have a note that says it is better without cocoa.

1/2 cup walnuts, chopped

1 teaspoon vanilla

1 cup coconut, optional

Per Serving (excluding unknown items): 5734 Calories; 259g Fat (39.1% calories from fat); 138g Protein; 770g Carbohydrate; 73g Dietary Fiber; 265mg Cholesterol; 1632mg Sodium. Exchanges: 23 Grain(Starch); 8 1/2 Lean Meat; 1 Fruit; 1/2 Non-Fat Milk; 46 1/2 Fat; 27 Other Carbohydrates.

Oatmeal Chocolate Chip Cookies

This recipe is from Vicki Southwick in our Dietrich cookbook, page 324

1 1/2 cups sifted flour, Plus 1 tablespoon

Sift together flour and salt.

1 teaspoon salt

1 cup shortening

Cream shortening and sugars until light and fluffy.

3/4 cup sugar, white

3/4 cup brown sugar

Add eggs one at a time, beating after each one.

2 medium eggs

1 teaspoon hot water

Dissolve soda in hot water and add to creamed mixture alternately with dry ingredients.

2 cups uncooked oats

2 packages chocolate chips, 7 ounce

1 teaspoon vanilla

Add oats and chocolate chips.

1 teaspoon soda

Mix and add vanilla.

Drop by teaspoons onto a greased cookie sheet.

Bake at 375 degrees for 10 to 12 minutes. Best if a golden brown.

Per Serving (excluding unknown items): 5727 Calories; 350g Fat (52.1% calories from fat); 49g Protein; 673g Carbohydrate; 31g Dietary Fiber; 424mg Cholesterol; 2368mg Sodium. Exchanges: 8 1/2 Grain(Starch); 1 1/2 Lean Meat; 68 1/2 Fat; 36 Other Carbohydrates.

Pumpkin Chocolate Chip Cookies

Servings: 24

Azell Jacobson gave us some of these cookies.

She used butter instead of oil and oat flour instead of white flour.

They are a cake cookie, not crisp, but very good.

1 cup pumpkin, canned

1 cup sugar, white

1/2 cup vegetable oil

1 whole egg

1 tablespoon vanilla

2 cups flour

2 teaspoons baking powder

1 teaspoon cinnamon

1/2 teaspoon pumpkin pie spice, Add

extra 1/2 teaspoon if you like spice

1/2 teaspoon salt

1 teaspoon baking soda

1 teaspoon milk

2 cups chocolate chips

Pre-heat oven to 360 degrees. Line a baking sheet with parchment paper or a baking mat.

Combine pumpkin, sugar, vegetable oil, vanilla and egg in a large bowl. Mix until smooth.

In a separate bowl, stir together flour, baking powder, ground cinnamon, pumpkin spice and salt.

Dissolve the baking soda with the milk and stir into the wet ingredients.

Add flour mixture to pumpkin mixture and mix well. Stir until combined.

Add chocolate chips and stir until combines.

Drop cookies by the spoonful onto the cookie sheet about 2 inches apart.

Bake for 10-11 minutes, or until a toothpick comes clean.

Allow to cool on pan for 2 minutes and then transfer to a cooling rack.

Per Serving (excluding unknown items): 206 Calories; 10g Fat (43.1% calories from fat); 2g Protein; 29g Carbohydrate; 1g Dietary Fiber; 9mg Cholesterol; 143mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 2 Fat; 1 1/2 Other Carbohydrates.

Sinfully Easy Pumpkin Chocolate Chip Cookies

This recipe is from Cammy Berthelson in our Dietrich Ward cookbook, page 300.

Becky said she loves this one. Becky loves this recipe.

1 can pumpkin
1 box spice cake mix
1 bag chocolate chips

Mix pumpkin and spice cake mix until it is well-blended.

Add chocolate chips.

Drop by spoonful onto cookie sheet and bake at 375 degrees for 8 - 10 minutes.

Per Serving (excluding unknown items): 1099 Calories; 67g Fat (48.4% calories from fat); 11g Protein; 150g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 26mg Sodium. Exchanges: 1/2 Grain(Starch); 13 1/2 Fat; 9 1/2 Other Carbohydrates.

Snickerdoodles

This recipe is from the green West Bountiful cookbook, page 82. It is from Lori Bradshaw

1 cup shortening

1 1/2 cups sugar

2 whole eggs

2 3/4 cups flour

2 teaspoons cream of tartar

1 teaspoon soda

1/2 teaspoon salt

Mix together shortening, sugar and eggs.

Sift flour and add the cream of Tartar, soda and salt.,

It is important to sift the flour.

Chill dough.

Roll into balls the size of small walnuts.

Roll in mixture of 2 Tablespoons sugar and 2 Tablespoons cinnamon.

Place on ungreased cookie sheet (do not press down) and bake until lightly brown at 400 degrees.

Per Serving (excluding unknown items): 4388 Calories; 218g Fat (44.4% calories from fat); 48g Protein; 566g Carbohydrate; 10g Dietary Fiber; 424mg Cholesterol; 1219mg Sodium. Exchanges: 17 Grain(Starch); 1 1/2 Lean Meat; 0 Fruit; 42 Fat; 20 Other Carbohydrates.

Sour Cream Cookies

*This recipe is in the green West Bountiful cookbook, page 82. It is from Ruby Evans
Grandma Edith Southwick marked this recipe as very good.*

<i>1 cup butter</i>	Mix in order, blend well
<i>2 cups sugar</i>	
<i>2 whole eggs</i>	Bake at 350 degrees for 15 to 18 minutes.
<i>1 cup sour cream</i>	
<i>1 teaspoon vanilla</i>	
<i>1/2 teaspoon soda</i>	
<i>4 teaspoons baking powder</i>	
<i>4 1/2 cups flour</i>	
<i>1/2 teaspoon salt</i>	
<i>3/4 cup nuts</i>	

Per Serving (excluding unknown items): 6542 Calories; 308g Fat (41.7% calories from fat); 98g Protein; 868g Carbohydrate; 27g Dietary Fiber; 1023mg Cholesterol; 5179mg Sodium. Exchanges: 29 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Non-Fat Milk; 58 Fat; 27 Other Carbohydrates.

Sugar Cookies

Servings: 36

Yield: 36 cookies

*This recipe is from Cherilyn Southwick
round cookies*

4 1/2 cups flour, all-purpose

1 teaspoon soda

2 teaspoons baking powder

1 teaspoon salt

1 cup shortening

2 cups sugar

4 eggs

2 teaspoons vanilla

2 tablespoons milk

Bake 8 to 10 minutes at 350 degrees to 375 degrees.

Per Serving (excluding unknown items): 160 Calories; 6g Fat (36.1% calories from fat); 2g Protein; 23g Carbohydrate; trace Dietary Fiber; 24mg Cholesterol; 95mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.

Vanishing Oatmeal Raisin Cookies

Quaker Oats Oatmeal

Box Lid

Servings: 48

Yield: 4 dozen

I baked them at 375 degrees for 12 minutes.

1/2 lb butter

1 cup brown sugar firmly packed

1/2 cup granulated sugar

2 medium eggs

1 teaspoon vanilla

1 1/2 cups all-purpose flour

1 teaspoon baking soda

1 teaspoon cinnamon

1/2 teaspoon salt

3 cups oatmeal

1 cup raisins

Preparation Time: 15 minutes

Start to Finish Time: 27 minutes

Cook: 12 minutes

Heat oven to 350 degrees

Beat together margarine and sugars until creamy.

Add eggs and vanilla; beat well.

Add combined flour, baking soda, cinnamon and salt, mix well

Stir in oats and raising; mix well

Drop by rounded tablespoons onto ungreased cookie sheet.

Bake 10 to 12 minutes or until golden brown.

Cool 1 minute on cookie sheet, remove to wire rack.

Per Serving (excluding unknown items): 88 Calories; 4g Fat (44.2% calories from fat); 2g Protein; 11g Carbohydrate; 1g Dietary Fiber; 19mg Cholesterol; 91mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

Desserts

Banana Nut Bread

From mom's Lion House cookbook

<i>1/2 cup margarine, or butter</i>	Cream margarine or butter and sugar.
<i>1 cup sugar</i>	
<i>2 whole eggs</i>	Add eggs and beat.
<i>1 cup mashed bananas</i>	
<i>1/4 cup milk</i>	Add bananas, milk and lemon juice.
<i>1 teaspoon lemon juice</i>	
<i>2 cups flour</i>	
<i>1 1/2 teaspoons baking powder</i>	Sift dry ingredients and add nuts.
<i>1/2 teaspoon baking soda</i>	
<i>1/4 teaspoon salt</i>	Bake in well-greased 8 x 4 3 inch loaf pan for 1 hour at 350 degree F.
<i>1/2 cup chopped nuts</i>	
	Make 1 loaf.

Per Serving (excluding unknown items): 3332 Calories; 146g Fat (38.7% calories from fat); 56g Protein; 465g Carbohydrate; 20g Dietary Fiber; 432mg Cholesterol; 3147mg Sodium. Exchanges: 13 1/2 Grain(Starch); 3 Lean Meat; 3 1/2 Fruit; 0 Non-Fat Milk; 26 1/2 Fat; 13 1/2 Other Carbohydrates.

Brownies (Nancy Orgill)

Servings: 25

This recipe is from Nancy Orgill in West Bountiful. It has been a favorite of our family.

<i>2 cups sugar</i>	Mix sugar and flour
<i>2 cups flour</i>	
<i>2 cubes margarine, or butter</i>	Combine margarine, cocoa and water in saucepan. Bring to a boil.
<i>5 tablespoons cocoa</i>	Pour hot mixture into flour-sugar mixture.
<i>1 cup water</i>	
<i>1/2 cup buttermilk</i>	Mix well and add buttermilk, eggs, soda and vanilla.
<i>2 whole eggs</i>	
<i>1/2 teaspoon soda</i>	Mix well and pour into 11 x 17 pan that has been well greased and
<i>1 teaspoon vanilla</i>	lightly floured.
<i>1 cup nuts, optional</i>	
<i>1 cube margarine</i>	Bake 375 degrees for 20 minutes.
<i>1/3 cup milk</i>	
<i>4 tablespoons cocoa</i>	
<i>1 box powdered sugar, 1 pound box</i>	Make 25 squares.
<i>chopped nuts, as desired</i>	
	FROSTING
	Combine margarine, milk and cocoa in sauce pan.
	Bring to boil. and remove from heat.
	Add powdered sugar and mix well.
	Spread on cooled brownies and top with nuts or add them to frosting.

Per Serving (excluding unknown items): 264 Calories; 15g Fat (49.5% calories from fat); 3g Protein; 31g Carbohydrate; 1g Dietary Fiber; 18mg Cholesterol; 142mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 3 Fat; 1 1/2 Other Carbohydrates.

Chocolate Ice Cream

Servings: 8

Yield: 1 gallon

This recipe is from the West Bountiful green cookbook, page 114. It is a recipe from Renata Allen.

Frozen dessert

4 cups cream

1 cup sugar

1/8 teaspoon salt

1 Tablespoon vanilla

Dissolve 4 Tablespoons cocoa in 1/2 cup boiling water. Add cream, sugar, salt and vanilla.

Freeze in ice cream freezer

Per Serving (excluding unknown items): 393 Calories; 30g Fat (67.4% calories from fat); 3g Protein; 30g Carbohydrate; 0g Dietary Fiber; 105mg Cholesterol; 78mg Sodium. Exchanges: 6 Fat; 1 1/2 Other Carbohydrates.

Frozen Vanilla Custard

Servings: 4

Yield: 1 quart

This is a recipe I found on the internet.

Frozen ice cream

5 large egg yolks
2/3 cup sugar
1 pinch salt
1 cup whole milk
2 cups heavy cream
2 1/2 teaspoons vanilla

Whisk egg yolks, sugar, and salt together until mixture changes from dark golden to pale yellow, becomes fluffy.

Heat milk and cream in a heavy saucepan over medium heat. Stir occasionally to prevent sticking to the bottom. Cook just until mixture starts to simmer when little bubbles begin to appear on the surface, 5 to 8 minutes. Remove from heat.

Whisk a ladle full of milk-cream mixture into the egg yolk mixture. Add another ladle full and whisk thoroughly before adding the next (this will keep the eggs from cooking). Gradually add the remaining milk-cream mixture and whisk thoroughly. Whisk in vanilla. Cool completely (you can place the bowl in a larger bowl with ice water to cool it faster),

Pour cooled mixture into a pitcher; cover. Refrigerate until ice cold or overnight.

Pour custard mixture into ice cream maker and process (according to manufacturer's instructions) until custard reaches the consistency of soft ice cream, about 20 minutes. Quickly transfer to a plastic container. Place a piece of plastic wrap over the surface of the custard. Cover container and freeze until custard is firm enough to scoop, at least 3 hours.

Note: You can substitute 1 split and scraped whole vanilla bean for 2 1/2 teaspoons vanilla extract.

Per Serving (excluding unknown items): 651 Calories; 52g Fat (71.2% calories from fat); 8g Protein; 40g Carbohydrate; 0g Dietary Fiber; 437mg Cholesterol; 117mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Non-Fat Milk; 10 Fat; 2 Other Carbohydrates.

Fruit Cobbler

Servings: 20

Yield: 1 9 x 13 pan

From the Dietrich Cookbook, page 311. Pam Conant recipe

Very good. I made it with one of my bottled peaches and used the juice after draining the fruit for the water or juice called for in the recipe.

1 tablespoon vanilla
1 cup flour
1/2 cup sugar
1/2 teaspoon salt
2 teaspoons baking powder
3/4 cup milk
2 cups peaches
2 tablespoons butter
1/4 cup sugar
1 1/2 cups water or juice

Preparation Time: 15 minutes

Start to Finish Time: 45 minutes

Cook: 45 minutes

Batter

Mix together and pour batter (vanilla, flour, sugar, salt, baking powder and milk) into a greased 9 x 12 pan. (I used my 9 x 13 pan). Over this batter pour boiling fruit mixture. Any well drained fruit can be used. I used less sugar. The recipe calls for 1 cup sugar for batter.

Fruit Mixture

Bring to a boil the fruit, butter, sugar, and water or juice and pour over batter. Sprinkle top with cinnamon. Bake 30 minutes at 350 degrees. I used less sugar. The recipe calls for 1 cup sugar for the fruit mixture.

Per Serving (excluding unknown items): 77 Calories; 2g Fat (17.8% calories from fat); 1g Protein; 15g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 118mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.

Fruit Cobbler (Favorite)

This is a favorite of our family

1 cup flour

1 cup sugar

1 cup milk

1 teaspoon baking powder

1/2 stick butter

Melt butter; in meantime mix dry ingredients with milk until smooth then add melted butter to mixture.

Put in baking dish then top with favorite fresh or canned fruit or berry

Bake 45 minutes or until brown at 350 degrees

Double recipe makes 9 x 13 pan

Per Serving (excluding unknown items): 1788 Calories; 55g Fat (27.5% calories from fat); 21g Protein; 308g Carbohydrate; 4g Dietary Fiber; 157mg Cholesterol; 1080mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1 Non-Fat Milk; 10 1/2 Fat; 13 1/2 Other Carbohydrates.

Hot Fudge Pudding

Servings: 9

This recipe is from my old Betty Crocker cookbook we received for a wedding gift.

Chocolate cake with pudding sauce

1 cup flour

2 teaspoons baking powder

1/4 teaspoon salt

3/4 cup sugar

2 tablespoons cocoa

1/2 cup milk

2 tablespoons shortening, melted

1 cup chopped nuts

1 cup brown sugar, packed

1/4 cup cocoa

1 3/4 cups hot water

Heat oven to 350 degrees (mod.). Measure flour by dip-level-pour method or by sifting. Blend flour, baking powder, salt, sugar and 2 tablespoons cocoa in bowl. Stir in milk and shortening. Blend in nuts.

Spread in square pan, 9x9x1 3/4". Sprinkle with mixture of brown sugar and 1/4 cup cocoa

Pour hot water over entire batter. Bake 45 minutes.

During baking, cake mixture rises to top and chocolate sauce settles to bottom.

Cut into squares; invert each square onto dessert plate, spoon sauce over.

OR invert entire pudding on platter. Serve warm.

Per Serving (excluding unknown items): 315 Calories; 13g Fat (34.7% calories from fat); 5g Protein; 49g Carbohydrate; 3g Dietary Fiber; 2mg Cholesterol; 185mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 2 Other Carbohydrates.

Ice Cream - 4 quarts

Servings: 16

Yield: 1 gallon

This is a recipe from the green West Bountiful cookbook, pg. 114. It is from Sherrie Johnson.

Our kids loved ice cream.

Frozen dessert

3 cups sugar

Heat milk and sugar just enough to dissolve sugar in milk.

3 cups milk

3 cups cream

Add cream and can of milk.

1 can condensed milk

2 tablespoons vanilla

Cool. Put in ice cream freezer until almost firm.

3 lemons

3 oranges

Add fruit and juices if desired. Omit vanilla. Any combination of fruit may be used such as bananas, crushed pineapple, strawberries or peaches.

Per Serving (excluding unknown items): 301 Calories; 13g Fat (37.2% calories from fat); 3g Protein; 46g Carbohydrate; 1g Dietary Fiber; 45mg Cholesterol; 40mg Sodium. Exchanges: 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 2 1/2 Other Carbohydrates.

Ice Cream - 6 quarts

Servings: 20

Yield: 1 1/2 gallons

This recipe is in the West Bountiful green cookbook. Pg. 114. It is Sherrie Johnson's recipe.

Our kids loved ice cream.

Frozen dessert

4 1/2 cups sugar

Heat milk and sugar just enough to dissolve sugar in milk.

4 1/2 cups milk

4 1/2 cups cream

Add cream and can of milk.

1 can condensed milk

2 tablespoons vanilla

cool. Put in freezer until almost firm. Add fruit and juices if desired. Omit vanilla. Any combination of fruit may be used such as bananas, crushed pineapple, strawberries or peaches.

3 lemon

3 orange

fruit

Per Serving (excluding unknown items): 354 Calories; 15g Fat (37.9% calories from fat); 3g Protein; 53g Carbohydrate; 1g Dietary Fiber; 55mg Cholesterol; 48mg Sodium. Exchanges: 0 Fruit; 0 Non-Fat Milk; 3 Fat; 3 Other Carbohydrates.

Lemon Meringue Pie

Servings: 8

Yield: 1 Pie

Elva Jeppson - West Bountiful Cookbook

1 cup sugar

2 tablespoons cornstarch

2 tablespoons flour

1/8 teaspoon salt

3 large eggs

2 tablespoons lemon juice (Real Lemon)

1 1/2 cup boiling water

1 teaspoon butter

Prepare pastry shell according to directions. Prepare filling as follows: Mix dry ingredients together; add boiling water, stirring to prevent lumps.

Cook until mixture thickens. Add lightly beaten egg yolks and lemon juice. Cook 2 minutes; remove from heat; add 1 teaspoon butter.

Fill pastry shell and cover with meringue; bake in slow oven until slightly brown

Per Serving (excluding unknown items): 144 Calories; 2g Fat (14.5% calories from fat); 3g Protein; 29g Carbohydrate; trace Dietary Fiber; 81mg Cholesterol; 66mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Fat; 1 1/2 Other Carbohydrates.

Lemon Squares

This is a recipe from the first West Bountiful cookbook. It a recipe from Edith M. Deppe.

Luscious cookies

1 cup butter

2 cups flour

1/2 cup powdered sugar

1 teaspoon salt

4 whole eggs, do not beat

2 cups sugar

4 tablespoons flour

4 teaspoons lemon juice

1 whole lemon rind, grated

1/2 teaspoon baking powder

Blend butter, flour, powdered sugar and salt very well with mixer or pastry blender (or a spoon).

Press into a 9 x 13 inch pan and bake 15 to 20 minutes at 350 degrees until golden brown.

Mix eggs, sugar, flour, lemon juice, lemon rind, and baking powder.

Pour over crust. Bake 20 to 25 minutes at 350 degrees, until light brown on top.

While warm, sprinkle about 1 tablespoon sifted powdered sugar over it.

Cut with wet knife when cool, about 2 inch squares.

Per Serving (excluding unknown items): 4737 Calories; 207g Fat (38.7% calories from fat); 56g Protein; 679g Carbohydrate; 9g Dietary Fiber; 1345mg Cholesterol; 4540mg Sodium. Exchanges: 14 Grain(Starch); 3 Lean Meat; 0 Fruit; 38 1/2 Fat; 31 Other Carbohydrates.

Old Fashioned Bread Pudding²

Servings: 6

Yield: 1 1/2 quarts

3 cups 1% low-fat milk, Use 4 cups for firmer pudding

2 cups milk, scalded with butter

1/4 cup butter, scald with butter

1/2 cup sugar, I use Splenda and sugar mixed

2 large eggs, slightly beaten

1/4 teaspoon salt

1 teaspoon cinnamon or nutmeg

1/2 cup seedless raisins

Start to Finish Time: 1 minute

Bake: 40 minutes

Heat oven to 350 degrees (mod.)

Place bread crumbs in 1 1/2 qt. baking dish.

Blend in remaining ingredients.

Place baking dish in pan of hot water (1" deep).

Bake 40 to 45 minutes or until silver knife inserted 2" from edge comes out clean.

Serve warm, with cream

Per Serving (excluding unknown items): 220 Calories; 9g Fat (35.7% calories from fat); 4g Protein; 32g Carbohydrate; trace Dietary Fiber; 26mg Cholesterol; 230mg Sodium. Exchanges: 1/2 Fruit; 1/2 Non-Fat Milk; 2 Fat; 1 Other Carbohydrates.

Old Fashioned Rice Pudding

Servings: 7

I used 1/4 cup Splenda and 1/4 cup sugar for a total of 1/2 cup sweetener.

This is very good. Remember to stir after 30 minutes to keep the raising from settling to the bottom.

<i>6 whole eggs</i>	Break eggs into a 2-quart buttered casserole; beat slightly with a fork.
<i>3 cups milk</i>	
<i>1 cup sugar, 1/2 cup is good</i>	
<i>1 teaspoon vanilla</i>	Add milk, sugar, vanilla and salt.
<i>1/2 teaspoon salt</i>	
<i>1 1/2 cups cooked rice</i>	Blend well.
<i>1 cup raisins, light</i>	
	Stir in rice and raising.
	Set casserole in pan of water.
	Bake, uncovered at 350 degrees for 1 hour and 15 minutes, stirring once after 1/2 hour of baking.

Per Serving (excluding unknown items): 354 Calories; 8g Fat (19.9% calories from fat); 11g Protein; 61g Carbohydrate; 1g Dietary Fiber; 196mg Cholesterol; 267mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 1/2 Non-Fat Milk; 1 Fat; 2 Other Carbohydrates.

Peach Crisp (Vicki Southwick)

This is very good.

4 cups sliced peaches

Mix together the peaches, sugar, cinnamon, and butter.

1/3 cup sugar

1/2 teaspoon cinnamon

Place in a buttered dish.

2 tablespoons butter

1/2 cup flour

1/2 cup oatmeal

Mix together the remaining ingredients and sprinkle over the fruit mixture.

1/2 teaspoon soda

1/2 cup brown sugar

1/8 teaspoon salt

Bake 45 minutes at 350 degrees.

1/4 cup soft butter

1/8 teaspoon baking powder

Per Serving (excluding unknown items): 1682 Calories; 57g Fat (29.6% calories from fat); 18g Protein; 289g Carbohydrate; 20g Dietary Fiber; 144mg Cholesterol; 904mg Sodium. Exchanges: 5 Grain(Starch); 4 1/2 Fruit; 11 Fat; 9 Other Carbohydrates.

Perfect Apple Pie

Servings: 8

Yield: 1 9 inch pie

This is a great recipe from my "Making the Best of Country Cooking" cookbook.

I made this in my Sun Oven today (9-9-20). I put it in at 1:30 and we pulled it out at about 5:25. It was over cooked but not burned. Wanless said it was caramelized.

The oven temperature was 300 to 325 degrees all the time. I think less time would be better. Maybe 3 or 3 1/2 hours at that temperature.

2 cups flour
2 tsp sugar
1 1/4 tsp salt
2/3 cups vegetable oil
3 Tbs milk
Apples (tart baking)
3/4 cups sugar
2 Tbs flour, all purpose
tsp ground cinnamon
1 dash ground nutmeg
1 dash salt
2 Tbs butter or margarine

In a 9-inch pie plate, sift together flour, sugar and salt. In a measuring cup, whip oil and milk; pour over flour mixture. Mix with a fork until the dry ingredients are moistened. Remove 1/3 cup; press remaining crumbs evenly over the bottom and sides of pie plate. Set aside.

Pre, core and slice apples. Combine sugar, flour, cinnamon, nutmeg and salt; toss with apples. Fill the pie crust wit apple mixture. Dot with butter. Sprinkle reserved crumbs over apples.

Bake at 400° for 50 minutes or until apples are tender and crust is golden. Yield: 8 servings

Per Serving (excluding unknown items): 387 Calories; 22g Fat (49.7% calories from fat); 4g Protein; 45g Carbohydrate; 1g Dietary Fiber; 9mg Cholesterol; 399mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Non-Fat Milk; 4 Fat; 1 1/2 Other Carbohydrates.

Pie Crust

Servings: 8

Yield: 1 2-crust pie shell

Renon Hulet - West Bountiful neighbor.

2 cups flour

1 cup shortening, Crisco

1/2 cup ice water

1/8 teaspoon salt

Mix well and roll out and put in pie pan and fill with pie filling or bake for a baked shell pie.

Per Serving (excluding unknown items): 340 Calories; 26g Fat (68.3% calories from fat); 3g Protein; 24g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 34mg Sodium. Exchanges: 1 1/2 Grain(Starch); 5 Fat.

Pie Crust (Standard Journal)

From Rexburg Standard Journal (Shellena Eichner)

4 cups flour, all purpose
1 3/4 cups butter
1 teaspoon salt
1 teaspoon sugar
1/2 cup cold water
1 egg
1 tablespoon white vinegar

Preparation Time: 30 minutes

In a large mixing bowl, use pastry cutter to combine flour, butter, salt and sugar. It should be crumbly

In a separate bowl, add cold water, vinegar and egg.

Beat well.

Combine that with the crumbled ingredients in the large mixing bowl.

Don't mix too long, or it will become too hard.

Roll out on floured surface and place in ungreased pan snugly against the sides of pan

Per Serving (excluding unknown items): 4758 Calories; 332g Fat (62.5% calories from fat); 61g Protein; 387g Carbohydrate; 14g Dietary Fiber; 1081mg Cholesterol; 5494mg Sodium. Exchanges: 25 Grain(Starch); 1 Lean Meat; 64 1/2 Fat; 1/2 Other Carbohydrates.

Pie Crust, Alona's

Servings: 24

Yield: 3 two crust pies

Makes 6 crusts. This is my favorite pie crust. I roll it out between two sheets of waxed paper. It is easy to just flip it over onto the pie pan and peel off the paper.

5 cups flour, sifted

2 cups shortening

4 tbs shortening

1/4 tsp baking powder

1 Tbs salt

1 egg

3/4 cups water

1 tbs vinegar

Mix flour and shortening in my Bosch mixer with wire whips

Beat egg in a 1 cup measuring cup, add water to make 3/4 cup and add vinegar to make 1 cup liquid.

I used the kneading arms of my mixer to mix the flour and shortening mix with the liquid. You can also take it out of the mixer and add the liquid by hand.

Bake 425° for 10 minutes for an unbaked pie

Per Serving (excluding unknown items): 268 Calories; 20g Fat (65.9% calories from fat); 3g Protein; 20g Carbohydrate; 1g Dietary Fiber; 9mg Cholesterol; 275mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 4 Fat; 0 Other Carbohydrates.

Pumpkin Bars

Servings: 25

Yield: 25 bars`

This recipe is from LaRie Thompson

LaRie Thompson

*4 whole eggs
1 cup vegetable oil
1 2/3 cups sugar
1 can pumpkin, 16 ounce
2 cups flour
2 teaspoons baking powder
1 teaspoon soda
1 teaspoon salt
2 teaspoons cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon cloves
3 ounces cream cheese
1/2 cup butter
2 cups powdered sugar
1 teaspoon vanilla*

Preparation Time: 15 minutes

Start to Finish Time: 30 minutes

Bake: 20 minutes

Beat eggs, oil, sugar and pumpkin until fluffy

Add flour and spices to pumpkin mixture and bake in an ungreased 10 x 15 pan 20 minutes at 350 degrees. LaRie often uses a large can of pumpkin and doubles all other ingredients. This works fine for 2 cookie sheets

FROSTING:

Whip cream cheese, butter, powdered sugar and vanilla until smooth and spread over pans of pumpkin bars

Per Serving (excluding unknown items): 224 Calories; 15g Fat (57.5% calories from fat); 2g Protein; 22g Carbohydrate; trace Dietary Fiber; 48mg Cholesterol; 183mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 3 Fat; 1 Other Carbohydrates.

Pumpkin Pie Squares

Servings: 24

Yield: 24 2" squares

Delicious recipe. I have made it with bottled squash, too. This is from Mom (Estelle Ward)

1 cup flour, sifted

1/2 cups oatmeal, quick cooking

1/2 cups brown sugar

1/2 cups butter

2 cups pumpkin

1 can evaporated milk

2 eggs

3/4 cups sugar

1/2 tsp salt

1 tsp cinnamon

1/2 tsp ginger

1/4 tsp cloves

1/2 cups chopped pecans

1/2 cups brown sugar

2 tbs butter

Combine flour, oats, 1/2 cup brown sugar, 1/2 cup butter. Mix until crumbly. Press in an ungreased 13 x 9 inch pan. Bake at 350° for 15 minutes.

Combine pumpkin, milk, eggs, sugar, salt and spices, beat and pour into crust. Bake at 350° for 20 minutes.

Combine pecans, 1/2 cup brown sugar and 2 tablespoons butter. Sprinkle over pumpkin and return to oven. Bake 15-20 minutes or until filling is set.

Makes 2 doz. 2" squares.

Per Serving (excluding unknown items): 154 Calories; 8g Fat (44.6% calories from fat); 2g Protein; 20g Carbohydrate; 1g Dietary Fiber; 34mg Cholesterol; 113mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 1 Other Carbohydrates.

Pumpkin Pie, Mildreds

This is from the green West Bountiful cookbook, page 103. It is a recipe from Mildred Hillman from Teton Valley. She was one of our family friends as I grew up.

2 whole eggs, beaten light

Whip all ingredients and put in a pie crust and bake.

2/3 cup sugar

1 cup milk

1/4 teaspoon ginger

1/2 teaspoon cinnamon

1 cup pumpkin

1 pinch salt

Per Serving (excluding unknown items): 849 Calories; 18g Fat (18.9% calories from fat); 22g Protein; 154g Carbohydrate; 1g Dietary Fiber; 457mg Cholesterol; 396mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Non-Fat Milk; 2 1/2 Fat; 9 Other Carbohydrates.

Raisin Filled Oatmeal Bars

Servings: 25

Yield: 1 cookie sheet

This recipe is from the old West Bountiful cookbook, page 84). It is Loretta Pymm's recipe.

A bar cookie

2 cups oatmeal
2 cups flour, all-purpose
1 cup brown sugar
1 teaspoon salt
1 teaspoon soda
1 cup shortening, melted
1 whole egg, beaten
1 teaspoon vanilla
1/2 cup water
1 cup raisins, chopped
1/2 cup sugar

Mix first five ingredients together (oatmeal, flour, brown sugar, salt and soda) This is the crumb crust

Mix the next 3 ingredients together (shortening, egg and vanilla)

Add to flour mixture; press half into bottom of cookie sheet. Pretty thin crust in a 12 x 17 cookie sheet, Then spread filling over crust. Would be better if used a 10 x 15 inch pan.

Make filling by mixing next 3 ingredients (water, chopped raisins and sugar. Can be done in the blender.) This is a thin layer over crust.

Take the other half of crumb mixture and sprinkle over the top.

Bake at 350 degrees about 20 minutes. Cut the bars while warm.

These get better with age.

Per Serving (excluding unknown items): 192 Calories; 9g Fat (41.1% calories from fat); 3g Protein; 26g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 92mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.

Rhubarb Crisp

This is very good

1 cup brown sugar, firmly packed
1 cup flour, all-purpose
3/4 cup rolled oats, quick cooking
1/2 cup butter, melted
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
4 cups rhubarb
1 cup granulated sugar
2 tablespoons cornstarch
1 cup water
1 teaspoon vanilla

In mixing bowl, combine brown sugar, flour, oats, butter and cinnamon; mix together until crumbly. Press half of the brown sugar and oats mixture into a buttered 8-inch square baking dish. Top with the sliced rhubarb.

In a saucepan combine 1 cup granulated sugar, cornstarch, and the 1 cup of water and vanilla. Cook together until clear, then pour over rhubarb.

Top rhubarb with remaining crumble mixture and bake at 350 degrees for 45-55 minutes.

Per Serving (excluding unknown items): 3002 Calories; 98g Fat (28.9% calories from fat); 28g Protein; 516g Carbohydrate; 20g Dietary Fiber; 248mg Cholesterol; 1029mg Sodium. Exchanges: 10 Grain(Starch); 1 1/2 Fruit; 19 Fat; 22 1/2 Other Carbohydrates.

Rhubarb Dessert (Mother)

Servings: 15

This is mother's recipe. It is delicious. She likes to add a little crushed pineapple.

<i>4 cups rhubarb, cut in small pieces</i>	Put rhubarb in bottom of a 9 x 13 pan
<i>1 cup sugar</i>	
<i>1 package strawberry Jell-O, 3 ounce</i>	Put sugar on top, then Jell-O, then cake mix.
<i>1 package yellow cake mix, Duncan Heinz</i>	
<i>1 cup water</i>	Pour water over everything.
<i>1 cube butter</i>	Melt butter and pour it over everything last
	Bake 25 to 30 minutes at 350 degrees

Per Serving (excluding unknown items): 262 Calories; 10g Fat (34.5% calories from fat); 2g Protein; 42g Carbohydrate; 1g Dietary Fiber; 17mg Cholesterol; 291mg Sodium. Exchanges: 0 Fruit; 2 Fat; 2 1/2 Other Carbohydrates.

Rhubarb Pie

Servings: 8

From Rexburg Standard Journal (Bruce Harper)

1 1/2 cups sugar
3 tablespoons flour
1/2 teaspoon nutmeg
1 tablespoon butter
2 Egg beaten
3 cups rhubarb

Preparation Time: 20 minutes

Start to Finish Time: 1 hour

Cook: 40 minutes

Place rhubarb in a prepared pie shell.(skinned and sliced cut in 1/2 inch slices)

Whisk all other ingredients together in a mixing bowl.

Pour on rhubarb.

Top with pie crust, and brush with egg wash.

Bake at 450 degrees for 10 minutes

Then reduce heat to 350 degrees for 30 minutes.

After removing from oven, sprinkle sugar on top

Per Serving (excluding unknown items): 179 Calories; 2g Fat (7.8% calories from fat); 1g Protein; 42g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 17mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 1/2 Fat; 2 1/2 Other Carbohydrates.

Rhubarb Strawberry Cake

This is very good.

*5 cups rhubarb, finely cut
1/4 cup sugar
1 package strawberry jello (3 Oz.)
1 box cake mix, white or yellow
miniature marshmallows*

Cover greased 9 x 13 pan with miniature marshmallows. Mix rhubarb, sugar and Jell-O. Let stand while preparing cake mix according to package directions.

Pour cake mix over marshmallows, then cover with the rhubarb mixture.

Bake at 350 degrees for 45 minutes.

Per Serving (excluding unknown items): 1846 Calories; 40g Fat (19.3% calories from fat); 21g Protein; 357g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 2402mg Sodium. Exchanges: 2 Fruit; 8 Fat; 22 Other Carbohydrates.

Rice Custard (Old Fashioned)

Servings: 7

"This is absolutely the BEST rice pudding I've ever found. VERY custardy and creamy at the same time.) Comment on the internet where I found this recipe.

I use less sugar. I use 1/4 cup Splenda and 1/4 cup sugar (Makes total of 1/2 cup sugar)

<i>6 whole eggs</i>	Break eggs into a 2-quart buttered casserole; beat slightly with fork.
<i>3 cups milk</i>	
<i>1 cup sugar, 1/4 c. Splenda, 1/4 c. sugar (1/2 cup total)</i>	Add milk, sugar, vanilla and salt.
<i>1 teaspoon vanilla</i>	Blend well.
<i>1/2 teaspoon salt</i>	
<i>1 1/2 cups cooked rice</i>	Stir in rice and raisins.
<i>1 cup raisins, light</i>	
	Set casserole in pan of water.
	Bake, uncovered, at 350 degrees for 1 hour and 15 minutes, stirring once after 1/2 hour of baking. (be sure to remember to stir aft 30 minutes).

Per Serving (excluding unknown items): 354 Calories; 8g Fat (19.9% calories from fat); 11g Protein; 61g Carbohydrate; 1g Dietary Fiber; 196mg Cholesterol; 267mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 1/2 Non-Fat Milk; 1 Fat; 2 Other Carbohydrates.

Rice Pudding

Servings: 8

All you need to top this off just right is a generous dollop of whipped cream and a sprinkle of nutmeg just before serving.

*8 cups milk
1 cup rice, uncooked
3 whole eggs, whipped
3/4 cup sugar, or 1/2 cup
1/2 teaspoon vanilla
1/4 teaspoon nutmeg*

In a large pot, combine the milk, rice, eggs and sugar. Bring to a boil over medium heat, and cook for 20 to 25 minutes, until thickened and the rice is tender, stirring frequently to keep the rice from sticking.

Remove from the heat, stir in the vanilla and allow to cool slightly

Spoon into a serving bowl or individual dessert dishes, and chill for 2 to 3 hours.

Serve, or cover and keep chilled until ready to serve.

Per Serving (excluding unknown items): 336 Calories; 10g Fat (27.3% calories from fat); 12g Protein; 49g Carbohydrate; trace Dietary Fiber; 113mg Cholesterol; 147mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Non-Fat Milk; 1 1/2 Fat; 1 1/2 Other Carbohydrates.

Squash Cake

Servings: 24

Yield: 2 loaves

This recipe is from the old West Bountiful cookbook, page 119.

Made with zucchini

2 cups zucchini squash, grated

3 medium eggs

2 cups sugar

1 cup vegetable oil

3 teaspoons vanilla

3 cups flour, all-purpose

1 teaspoon salt

1/4 teaspoon baking powder

3 teaspoons cinnamon

1 teaspoon soda

Put in loaf pans and bake at 325 degrees for 1 hour or until toothpick inserted in center comes out dry.

Be sure to flour the pans.

Per Serving (excluding unknown items): 215 Calories; 10g Fat (41.1% calories from fat); 3g Protein; 29g Carbohydrate; 1g Dietary Fiber; 27mg Cholesterol; 104mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 Fat; 1 Other Carbohydrates.

Sugar Free Pumpkin Pie

Becky Anderson

Weiser Memorial Hospital

Servings: 8

Yield: 1 10 inch pie

Becky asked me to get the nutritional breakdown for her at the Weiser Memorial Hospital.

1 cup 2% milk, cold

1 16 oz. Pumpkin, canned

1 tsp cinnamon

1/4 tsp cloves, ground

1/2 tsp Ginger

1 small package vanilla instant sugar free pudding

1 1/2 cups graham crackers

3 tbs sugar

1/3 cups butter, melted

Mix graham cracker crumbs, sugar and melted butter and press it in a 9 in pie shell.

Bake it for 10 minutes. Cool it and fill with the pumpkin pie mixture.

Pour all ingredients into a large bowl and mix with a wire whip until it is well blended.

Pour mix into the graham cracker pie shell and refrigerate, covered, for 4 hours.

Becky asked me to put this in my recipe software and get the nutritional breakdown for her.

Per Serving (excluding unknown items): 305 Calories; 13g Fat (37.0% calories from fat); 5g Protein; 44g Carbohydrate; 2g Dietary Fiber; 23mg Cholesterol; 363mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Non-Fat Milk; 2 1/2 Fat; 1/2 Other Carbohydrates.

Texas Cake

Servings: 25

This recipe comes from the green West Bountiful cookbook, page 56. It is Belle Ranck's recipe.

*2 cups sugar
1 teaspoon cinnamon
1 pinch salt
1 cube margarine
1/2 cup cocoa
2 cups flour
1 teaspoon soda
1 teaspoon vanilla
1 cup water
1/2 cup buttermilk*

Mix in a bowl the sugar, flour, cinnamon, soda and salt. Add the vanilla.

Bring to a boil the margarine, water and cocoa.

Add to above ingredients with buttermilk.

Bake at 350 degrees for about 35 minutes.

Test with toothpick. Frost while warm.

FROSTING

Melt in a pan: 4 tablespoons cocoa, 1 cube of butter and 1/4 cup water. ADD:

1 package cream cheese, 1 (1 lb) package powdered sugar, vanilla
1/2 cup nuts.

Per Serving (excluding unknown items): 137 Calories; 4g Fat (25.4% calories from fat); 2g Protein; 25g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 54mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.

Zucchini (Apple) Pie

Servings: 8

Yield: 1 pie

You would not ever know this is not apples

5 cups zucchini

1 tsp cinnamon

1 1/2 tsp cream of tarter

1/4 tsp nutmeg

2 Tbs flour

1/2 cups brown sugar

1/2 tsp allspice

1 pinch salt

Pare and cut zucchini into small chunks. Cover with water and cook 2 minutes. Drain.

Mix remaining ingredients and pour into pie shell and put on top crust. Bake at 350 degrees for about 30 minutes.

Per Serving (excluding unknown items): 53 Calories; trace Fat (2.7% calories from fat); 1g Protein; 13g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 23mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fat; 1/2 Other Carbohydrates.

Zucchini Bread (Dee Ann Crofoot)

Servings: 60

Yield: 5 medium loaves

Dee Ann Crofoot (Bo's mother) recipe. Exceptionally good.

Double recipe for 5 medium loaf pans. (4 / 12 x 8 1/2)

Spicy pineapple zucchini bread

6 large Egg substitute, beaten

1 1/2 cups oil

4 cups sugar, granulated

4 teaspoons vanilla

4 cups shredded zucchini

2 cup crushed pineapple

6 cups flour

4 teaspoons soda

2 teaspoon salt

1 teaspoon baking powder

3 teaspoon cinnamon

1 1/2 teaspoons nutmeg, Little less (1 1/4)

2 cup nuts (chopped)

Preparation Time: 30 minutes

Start to Finish Time: 1 hour 30 minutes

Cook: 50 minutes

Beat eggs, oil, sugar and vanilla until thick and foamy. I only use 3 cups sugar

Stir zucchini and pineapple into mixture with spoon (I use my Bosch mixer)

Combine and add to zucchini mixture the flour, soda, salt, baking powder, cinnamon and nutmeg (maybe a little less than 1 1/2 tsp nutmeg)

Add chopped nuts

Pour into 5 4 1/4 x 8 1/2 bread pans

Bake 45-50 minutes at 350 degrees

I turned mom's stove down to 348 for last few minutes of cooking time.

Per Serving (excluding unknown items): 220 Calories; 11g Fat (44.0% calories from fat); 5g Protein; 26g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 128mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 1 Other Carbohydrates.

Main Dish

Beef and Broccoli

Servings: 5

Yield: 6 cups

From Rexburg Standard Journal. Rylee Neibaur used Worcestershire sauce in place of the soy sauce

*1 Steak
1 Tablespoon oil
1 1/4 cups water
1 Tablespoon brown sugar
1 package Lipton onion soup mix
1 Tablespoon soy sauce or Worcestershire Sauce
1 package frozen broccoli
Cooked rice*

Preparation Time: 30 minutes

Start to Finish Time: 30 minutes

Cook: 25 minutes

Cut steak into thin strips

Cook meat until browned, then remove from pan and set aside. Then add to the pan the remaining ingredients to make the sauce. I used Worcestershire sauce instead of soy sauce

You will also need frozen broccoli to be added when the sauce is done

Bring the contents of the pan to a boil and cook two minutes. Add frozen broccoli and cook until done. Add meat. You can thicken with cornstarch if needed.

Serve on rice

To thicken: Add one tablespoon cornstarch to 1/3 cup cold water. Stir well. Add to warm soup mix and stir until thickened.

Per Serving (excluding unknown items): 85 Calories; 7g Fat (75.0% calories from fat); 4g Protein; 2g Carbohydrate; trace Dietary Fiber; 14mg Cholesterol; 12mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates.

Beef Stroganoff

Servings: 5

<i>1/2 cup minced onion</i>	Saute onion and garlic in butter over medium heat.
<i>1 clove garlic</i>	
<i>1/4 cup butter</i>	Add meat and brown.
<i>1 pound ground beef</i>	
<i>2 tablespoons flour</i>	Add flour, salt, pepper and mushrooms.
<i>2 teaspoons salt</i>	
<i>1/4 teaspoon pepper</i>	
<i>1 cup sliced mushroom, 8 ounces</i>	Cook five minutes. Add soup and simmer uncovered 10 minutes.
<i>1 can Cream of Chicken soup</i>	
<i>1 cup sour cream</i>	Stir in some sour cream. Heat through and serve.
<i>2 tablespoons minced parsley</i>	

Per Serving (excluding unknown items): 507 Calories; 45g Fat (78.9% calories from fat); 18g Protein; 9g Carbohydrate; 1g Dietary Fiber; 124mg Cholesterol; 1232mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 7 1/2 Fat.

Chicken and Rice

Servings: 8

10.5 oz. cans soup

Chicken cooked with rice

2 cups rice

2 cans Cream of mushroom soup, 10.5 oz.

1 can water, Maybe a little more

2 packages onion soup mix, Mix 1 with soup, spread 1 on top of chicken

1 whole chicken, cut up, Or pieces of your choice

Mix rice, soup, water (might need more water if it looks too dry) and 1 pkg. Lipton onion soup mix in a bowl and put in a 9 x/13 pan

Put a large cut up fryer, or pieces of your choice, skin side down into the liquid mixture

Sprinkle remaining onion soup mix over all.

Cover tightly with aluminum foil.

Cook 325 degrees for 2 hours. Might need to increase the temperature to 350 degrees for about 15-25 more minutes if not done.

Shut off oven and let set until needed for meal.

Per Serving (excluding unknown items): 632 Calories; 32g Fat (47.0% calories from fat); 37g Protein; 45g Carbohydrate; 2g Dietary Fiber; 171mg Cholesterol; 1265mg Sodium. Exchanges: 3 Grain(Starch); 4 1/2 Lean Meat; 3 1/2 Fat.

Chicken Casserole

Servings: 12

Yield: 9 x 13 oblong pan

This is from mom's blue Laramie, Wyoming RS cookbook. Page 119 by Enid Purinton

2 cups chicken, diced and cooked
2 cans cream of mushroom soup, undiluted
2 6 oz chow mein noodles
1/2 cup onion, minced
1/2 lb cashew nuts (bits and pieces)
2 cups celery (diced)
1 cube Chicken bouillon, instant
1 cup broth

Preparation Time: 30 minutes

Start to Finish Time: 1 hour

Cook: 30 minutes

Mix all ingredients together and place in a rectangular greased baring pan or casserole.

Sprinkle remaining noodles over top. Cover and bake

Yield: 10-12 servings

Save 3/4 cup chow mein noodles for topping

dissolve 1 chicken bouillon cube in 1 cup broth

Salt and pepper as needed (I used 2 bouillon cubes and did not add salt)

Per Serving (excluding unknown items): 240 Calories; 15g Fat (54.9% calories from fat); 8g Protein; 19g Carbohydrate; 2g Dietary Fiber; 26mg Cholesterol; 458mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 2 1/2 Fat.

Chicken Crescents - Lane and Bonnie Ward

Jodi Cronfoot

Lane's birthday dinner

Servings: 4

Delicious. We ate this at Lane's birthday dinner. Jodi made them for her Dad's special day.

<i>1 3 oz cream Cheese</i>	Blend cream cheese and butter or margarine until smooth.
<i>3 Tbs butter or margarine</i>	
<i>1/4 tsp salt</i>	
<i>1/8 tsp pepper</i>	Add salt, pepper, milk, copped onions, pimentos and chicken and mix well.
<i>2 Tbs milk</i>	
<i>1 Tbs onions, chopped or chives</i>	
<i>1 Tbs pimento, chopped</i>	Take two Crescent pieces and place them together to make a square. (use 2 crescent rolls) Seal the perforation and fill with mixture. Bring top right and bottom left corners together in the center and then top left and bottom right. Pinch the center to seal the Crescent. Brush top with melted butter and sprinkle croutons on top.
<i>2 cups chicken, cooked and cubed</i>	
<i>1 8 oz crescent rolls</i>	
<i>3/4 cups seasoned croutons, crush and measure</i>	

Bake at 350° for 30 minutes.

Note: I made a gravy with a can of cream of chicken soup with herbs and milk. It was very good with the crescents.

I also used a roll of Food Club flaky jumbo biscuits. I just stretched each slice into a rectangle and put on filling and pulled the corners together. I didn't need to seal where two pieces were put together.

Per Serving (excluding unknown items): 598 Calories; 43g Fat (66.1% calories from fat); 22g Protein; 28g Carbohydrate; trace Dietary Fiber; 126mg Cholesterol; 886mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 7 Fat.

Chicken enchilada casserole

Servings: 8

Yield: 9 x 13 pan

From Rexburg Standard Journal

4 chicken breasts, cut up

8 flour tortillas

2 can (11 oz) cream of chicken soup

1 cup salsa

Cheddar cheese shredded

Onion (chopped)

Garlic powder

Cook chicken breast meat and season as desired. Tear up tortillas and put into a bowl. Add chicken, salsa, cream of chicken soup and cheese. Mix all together. Put into a 9-by-13 inch casserole pan and top with grated cheese. Bake at 350 degrees for 30 minutes. Enjoy!

Per Serving (excluding unknown items): 522 Calories; 20g Fat (35.9% calories from fat); 38g Protein; 44g Carbohydrate; 3g Dietary Fiber; 95mg Cholesterol; 822mg Sodium. Exchanges: 3 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Chicken Enchiladas

Brock Olsen

Rexburg Standard Journal

Servings: 8

Yield: 10 servings

2 cans cream of chicken soup
8 ounces sour cream
8 ounces cream cheese
2 small diced green chile
2 cups shredded cheddar cheese
10 flour tortillas
1 can olives

Serving Ideas: Serve with lettuce and enchilada sauce.

Preparation Time: 30 minutes

Start to Finish Time: 1 hour

Mix all together first four ingredients and reserve 1/4 to 1/2 of the mix for the top.

Mix remainder with diced or shredded chicken and 1/2 of the shredded cheese.

Lay out and butter 10 flour tortillas. Place spoonful of mix down the middle of tortilla and roll up.

Put in buttered/non-stick sprayed baking dish.

Top with reserved cream mixture, then a layer of remaining cheese (White looks best). Top with olives.

Bake at 350 degrees for 30 minutes.

Per Serving (excluding unknown items): 598 Calories; 33g Fat (50.5% calories from fat); 19g Protein; 55g Carbohydrate; 3g Dietary Fiber; 76mg Cholesterol; 964mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 6 Fat.

Chicken Pot Pie

Alona Perkes

Alona

Servings: 18

Yield: 1 - 9 x 13 pan and 1- 9 x 9

1 pound margarine

1 8 oz cream cheese

4 1/2 cups flour

4 1/2 cups diced chicken

1 16 oz. frozen peas and carrots

1 8 oz. frozen peas and carrots

1 onion, chopped

3 cans cream of chicken soup

Mix margarine, cream cheese and flour together. Line a 9 X13 pan and a 9 X 9 pan with mixture. Save 1/2 of mixture for the top.

Mix the remaining ingredients and put on the crust in the pans. Put pans on the bottom rack of the oven.

Bake at 400 degrees for 15 minutes then change to the middle rack and bake for 20-30 minutes.

Per Serving (excluding unknown items): 503 Calories; 35g Fat (62.3% calories from fat); 17g Protein; 31g Carbohydrate; 2g Dietary Fiber; 58mg Cholesterol; 510mg Sodium. Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 6 Fat.

Chicken Pot Pie (Copper Chef)

Servings: 4

*I have a note on my recipe that says "I had a 9x13 pan full left over today. We fed 5 of us"
Cooking in the oven took about 30 minutes, + or-*

I must have added a little celery.

It looks like I used 2 Campbell's Soup plus 1 1/2 cans water.

1 can cream of chicken soup, 26 ounce

3 chicken breasts, diced

4 medium red potatoes

1 medium onion, peeled and sliced

1 cup cream

3 carrots, peeled and sliced

tube of biscuits

salt and pepper

Preheat oven to 350 degrees

Combine the cream and soup together in the Copper Chef pan and cook over medium heat (or your square pan)

Add the rest of the ingredients except for the biscuit.

Simmer for 20 minutes

Place the biscuits on top.

Place the pan in the oven and cook until biscuits are golden. (maybe 30 minutes)

Serve..

Per Serving (excluding unknown items): 642 Calories; 37g Fat (52.4% calories from fat); 50g Protein; 26g Carbohydrate; 3g Dietary Fiber; 194mg Cholesterol; 430mg Sodium. Exchanges: 1 Grain(Starch); 6 1/2 Lean Meat; 1 1/2 Vegetable; 3 1/2 Fat.

Chicken Pot Pie (Debbie)

Alona Perkes

Alona

This is from Debbie

<i>1 can Cream of Chicken soup</i>	Boil chicken - or can cook chicken
<i>1/2 can milk</i>	
<i>1/2 teaspoon thyme</i>	Make pie crust and put on top.
<i>2 teaspoons parsley</i>	
<i>1 bag frozen mixed vegetables</i>	Bake 375 degrees until bubbles

Per Serving (excluding unknown items): 311 Calories; 12g Fat (34.3% calories from fat); 14g Protein; 40g Carbohydrate; 8g Dietary Fiber; 26mg Cholesterol; 1133mg Sodium. Exchanges: 1 Grain(Starch); 5 Vegetable; 1/2 Non-Fat Milk; 2 Fat.

Chicken Stuffing Casserole

Servings: 15

Yield: 9 x 13 pan

Mom got this recipe out of a magazine while she was waiting to get her car worked on

1 16 oz. frozen mixed vegetables

1 14.5 oz chicken breasts

1 package stuffing mix

1 can cream of chicken soup

1/2 cup sour cream

1 package country gravy mix

Preparation Time: 10 minutes

Cook: 30 minutes

Cook vegetables,

Add some water with the soup and mix all ingredients in a large bowl. Add a little milk to the mix before putting in a 9 x 13 pan to bake.

bake at 350 degrees for 30 to 50 minutes (until done)

Mix the country gravy mix with water as per instructions on the gravy mix package.

Put gravy over top of the casserole on your plate.

Per Serving (excluding unknown items): 81 Calories; 4g Fat (46.5% calories from fat); 6g Protein; 5g Carbohydrate; 1g Dietary Fiber; 18mg Cholesterol; 98mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Chile Rellenos

Servings: 1

Yield: 1 1/2 quart pan

Becky asked me to put this in my recipe software to get a nutritional breakdown for her.

*1/2 cups whole green chilies, canned
2 oz. cheddar cheese, shredded
2 eggs*

Preheat oven to 350 degrees
Spray 1 1/2 quart pan with nonstick cooking spray.

Arrange chile peppers in an even layer on bottom of pan.
Sprinkle with cheese and set aside.

Beat egg whites until stiff.
Lightly beat yolks and fold into egg whites.

Spread mixture over chile peppers.
Bake until topping is puffed and lightly brown

Per Serving (excluding unknown items): 376 Calories; 29g Fat (69.6% calories from fat); 27g Protein; 2g Carbohydrate; 0g Dietary Fiber; 483mg Cholesterol; 492mg Sodium. Exchanges: 3 1/2 Lean Meat; 3 1/2 Fat.

Chili Verde

This recipe is from David Southwick in the green West Bountiful cookbook, page 138

<i>8 pork chops</i>	Cook green peppers and chopped onions in salad oil until soft.
<i>2 medium green pepper</i>	
<i>1 medium yellow onion</i>	Remove and put in a cup.
<i>2 tablespoons salad oil</i>	
<i>2 cans whole tomatoes, large</i>	Brown pork chops in the same oil.
<i>1 tablespoon minced garlic</i>	
<i>3 tablespoons Worcestershire sauce</i>	After pork chips brown, set aside to cool in a 5 quart pan or crock pot.
<i>1/3 cup chopped parsley</i>	
<i>1/4 cup lemon juice, optional</i>	
<i>1 1/2 green chili peppers</i>	Combine 2 large cans of whole tomatoes (chop the tomatoes) and chili peppers (very hot).
	Add minced garlic to tomatoes.
	Add the Worcestershire Sauce, onions and green peppers to tomato mixture.
	Chop the pork chops in 1/3 inch squares, then add them to the tomato mixture.
	Put in pan and simmer for 2 to 4 hours. The longer it cooks, the better it is.

Per Serving (excluding unknown items): 2350 Calories; 147g Fat (56.5% calories from fat); 194g Protein; 60g Carbohydrate; 11g Dietary Fiber; 590mg Cholesterol; 957mg Sodium. Exchanges: 27 Lean Meat; 8 Vegetable; 1/2 Fruit; 13 Fat; 1/2 Other Carbohydrates.

Chow Mein Noodle Casserole

<i>1/2 cup butter, or margarine</i>	Saute butter, pepper, onion and celery
<i>1 cup green peppers, chopped</i>	
<i>1 cup onion, chopped</i>	Fold tuna, mushrooms and cream of chicken soup together and add sauteed mixture
<i>1 cup celery, diced</i>	
<i>2 cans tuna, washed</i>	
<i>4 ounces mushroom, 4 oz. can</i>	Cover bottom of casserole bowl with chow mein noodles
<i>3 cans cream of chicken soup</i>	
<i>1 package slivered almonds</i>	Pour in mixture
<i>1 large chow mein noodles</i>	
	Sprinkle remaining noodles on top
	Sprinkle almonds on top
	Bake 30 minutes at 350 degrees.

Per Serving (excluding unknown items): 2889 Calories; 222g Fat (67.2% calories from fat); 130g Protein; 113g Carbohydrate; 21g Dietary Fiber; 407mg Cholesterol; 4355mg Sodium. Exchanges: 5 1/2 Grain(Starch); 14 Lean Meat; 5 1/2 Vegetable; 38 1/2 Fat.

Crazy Crust Pizza

This was a favorite of our kids. It is simple to make, too.

<i>1 cup flour</i>	Brown meat before putting on crust.. Drain and season it.
<i>1 teaspoon oregano</i>	
<i>2 whole eggs</i>	Lightly grease and flour pan.
<i>1 teaspoon salt</i>	
<i>1/8 teaspoon pepper</i>	Blend flour, salt, pepper and oregano.
<i>2/3 cup milk</i>	
<i>1 can tomato sauce, 8 oz. or pizza sauce</i>	Mix eggs and milk and add to dry ingredients
<i>1 cup shredded cheddar cheese</i>	
<i>1 pound hamburger, browned and drained</i>	Pour into pan. Arrange hamburger over batter and add chopped onions and mushrooms.
<i>chopped onions</i>	
<i>mushrooms</i>	
	Bake 25 - 30 minutes at 425 degrees.
	Remove from oven and add tomato sauce and shredded cheese. (cheddar or monterey jack.
	Return to oven for 10 to 15 minutes.
	Use 1 1/2 recipe for a 17 inch cookie sheet.

Per Serving (excluding unknown items): 2621 Calories; 114g Fat (39.0% calories from fat); 125g Protein; 278g Carbohydrate; 8g Dietary Fiber; 742mg Cholesterol; 6490mg Sodium. Exchanges: 16 1/2 Grain(Starch); 10 Lean Meat; 3 Vegetable; 1/2 Non-Fat Milk; 16 Fat.

Crock Pot Scalloped Potatoes with Ham

Servings: 8

Taken from Rexburg Standard Journal

6 cups potatoes, peeled and diced small
1 medium onion, minced
1 teaspoon salt
1/2 pound Cooked ham, cubed
4 tablespoons Butter
4 tablespoons flour
1 teaspoon salt
2 cups milk
1 1/2 cups shredded cheddar cheese

Preparation Time: 30 minutes

Start to Finish Time: 4 hours

Cook: 4 hours

Layer potatoes, onion, one teaspoon salt and ham into slow cooker.

Melt butter in sauce pan. Stir in flour and one teaspoon salt. Cook until bubbly

Gradually add milk. Cook until smooth and thickened.

Add cheese and stir until melted.

Pour over potato/ham mixture, stirring lightly.

Cover. Cook on low for 6 to 7 hours or on high for 3 to 4 hours

Per Serving (excluding unknown items): 334 Calories; 18g Fat (48.1% calories from fat); 15g Protein; 28g Carbohydrate; 2g Dietary Fiber; 62mg Cholesterol; 1134mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

Danita's Chicken and Rice

Hillary Southwick

Servings: 4

Yield: 4 servings

This dish was brought to Hillary when she had Carter. It is delicious.

4 boneless chicken breasts

1 envelope dry Italian salad dressing

1/4 cups water

1 8 oz cream cheese

1 can cream of chicken soup

4 oz mushrooms (optional)

Rice

Put package of seasoning salad dressing in crockpot and add water. Place chicken breasts in mixture in crockpot. Cook on high for 3-4 hours.

Mix cream cheese, cream of chicken soup and pour over chicken and cook longer until your are ready to eat.

I have put the cream cheese and soup in a saucepan with some of the juice from the chicken and heated it to make the serving time faster.

Serve over noodles or rice.

Per Serving (excluding unknown items): 234 Calories; 22g Fat (81.9% calories from fat); 6g Protein; 5g Carbohydrate; trace Dietary Fiber; 65mg Cholesterol; 416mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 4 Fat.

Dutch Oven Chicken and Rice

This is a very good recipe. Our family loved it.

It is also a good recipe for dutch oven cooking. Use charcoal briquets as needed for the size of dutch oven you use.

We raised rabbits for meat at one time. I used rabbit for the meat instead of chicken.

Chicken and rice cooked in a dutch oven

3 cups rice

3 cans Cream of Chicken soup, 10.5 oz.

2 1/2 cans water, more if looks dry

2 packages onion soup mix, Lipton's dry souop

1 whole chicken, cut up, or pieces of your choice

Mix rice, soup, water and 1 package onion soup mix in a bowl and pour into dutch over

Put large cut up fryer, or pieces of your choice, skin side down into the liquid mixture with 1 package onion soup mix sprinkled over top

Put lid on dutch over and put hot charcoal over top of lid and under pot.

Using charcoal, it took a little over an hour to cook.

Per Serving (excluding unknown items): 5821 Calories; 264g Fat (41.6% calories from fat); 317g Protein; 515g Carbohydrate; 16g Dietary Fiber; 1391mg Cholesterol; 11030mg Sodium. Exchanges: 34 Grain(Starch); 36 Lean Meat; 29 1/2 Fat.

Easy Macaroni Tuna Casserole

Servings: 8

Yield: 2 quart casserole

We enjoyed this recipe. It use tuna from, our food storage

*1 pkg 7.25 oz macaroni and cheese
1/4 cup butter
1/4 cup milk
1 can (10.75 oz) Cream of mushroom soup
1 can (6 oz) tuna (drained and shredded)
1/2 cup milk
1 cup cheddar cheese shredded
1 Tbsp parsley minced fresh (optional)
2 3/4 cup breadcrumbs
1/4 cup butter
1/2 tsp dried dill weed (optional)*

Preparation Time: 15 minutes

Start to Finish Time: 40 minutes

Cook: 20 minutes

1. Preheat oven to 350 degrees F (175 degrees C.) Grease a 2 quart baking dish

2. Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes. Drain and return macaroni to pot

3. Stir 1/4 cup butter, 1/4 cup milk and powdered cheese from envelope into the cooked macaroni. Stir cream of mushroom soup, tuna and 1/2 cup milk into the macaroni and cheese. Pour macaroni mixture into the prepared baking dish; top with cheddar cheese and parsley.

4. Mix bread crumbs, melted butter, and dill in a small bowl; sprinkle over cheddar cheese layer.

5. Bake in a preheated oven until cheese is melted and bread crumb topping is lightly browned. About 20 minutes.

6. I used crushed potato chips as topping also. It was very good.

7 I didn't use the parsley or the dill and added the potato chips.

Per Serving (excluding unknown items): 163 Calories; 14g Fat (79.4% calories from fat); 6g Protein; 2g Carbohydrate; trace Dietary Fiber; 43mg Cholesterol; 266mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

Egg Casserole

This recipe is from Nancy Orgill. It is in the green West Bountiful cookbook, page 166

*1 dozen eggs
1 cup sharp cheddar cheese, grated
1 1/2 cups milk
1 pound link sausage, ham or bacon
1 can cream of mushroom soup, 10 3/4 ounce
salt
pepper
1/4 cup milk
1 can mushroom, 2 oz.
4 slices bread, enough to cover bottom of baking dish
3/4 teaspoon mustard
1/2 medium green pepper, chopped
3 medium green onions, Use green part too*

Brown the sausage and cut into 1 inch pieces.
Chop onion, green pepper.
Remove crust from bread.
Butter casserole dish and line with bread.
Cover with cheese and sausage.
Beat the eggs.
Add mustard, milk, onion and pepper.
Pour over bread and cover.
Refrigerate overnight.
Dilute soup with 1/4 cup milk, add the mushrooms
Pour on top and bake uncovered at 300 degrees for 1 1/2 hours.

Per Serving (excluding unknown items): 2041 Calories; 124g Fat (55.7% calories from fat); 130g Protein; 93g Carbohydrate; 5g Dietary Fiber; 2724mg Cholesterol; 3379mg Sodium. Exchanges: 3 1/2 Grain(Starch); 13 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Non-Fat Milk; 15 Fat; 0 Other Carbohydrates.

Egg Noodles

Servings: 6

Yield: 1 batch

From allrecipes.com

2 1/2 cups all-purpose flour

1 pinch salt

2 whole eggs beaten

1/2 cup milk

1 tablespoon butter

Preparation Time: 15 minutes

Start to Finish Time: 33 minutes

Cook: 3 minutes

In a large bowl, stir together the flour and salt. Add the beaten egg, milk and butter

Knead dough until smooth, about 5 minutes. Let rest in a covered bowl for 10 minutes

On a floured surface, roll out to 1/8 or 1/4 inch thickness. Cut into desired lengths and shapes.

Allow to air dry before cooking.

To cook fresh pasta, in a large pot with boiling salted water cook until al dente

Per Serving (excluding unknown items): 219 Calories; 3g Fat (13.0% calories from fat); 6g Protein; 41g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 53mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Non-Fat Milk; 1/2 Fat.

Enchilada Sauce

This is Cathy's Enchilada Sauce recipe that she has used for years. Her girls asked her why she didn't tell them that they could buy already prepared enchilada sauce after they were married

5 tablespoons melted shortening

4 tablespoons flour

1 teaspoon chili powder

2 cans stewed tomatoes

1/2 can el pato sauce

1 teaspoon sugar

1 teaspoon cumin, powdered

1/2 teaspoon vinegar

2 teaspoons salt

1 teaspoon oregano

Preparation Time: 45 minutes

Start to Finish Time: 35 minutes

Cook: 20 minutes

Melt shortening; add flour; brown and remove from heat

Mix: other ingredients and add to flour mix and stir to boil. Use enough water to rinse the cans.

Simmer for 20 minutes

Per Serving (excluding unknown items): 293 Calories; 2g Fat (5.6% calories from fat); 9g Protein; 66g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 4425mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 6 Vegetable; 0 Fat; 1/2 Other Carbohydrates.

Enchiladas (Judy Braithwaite)

*This recipe is from the wife of Wanless's instructor at BYU. It is very good.
4 x the recipe equals 2 1/2 to 3 dozen.*

4 pounds of meat and quite a lot of cheese (mild cheddar).

My written recipe has a note that it takes 4 pounds of meat. I am not sure if it is for this recipe or a multiplied recipe. Try it and see what it takes.

<i>2 tablespoons butter, or margarine</i>	Melt butter and add flour and seasonings.
<i>1 medium chopped onion (or dried)</i>	
<i>1 medium chopped green bell pepper, or dried</i>	Add liquid.
<i>1 clove minced garlic, or garlic powder</i>	
<i>2 tablespoons flour</i>	Stir and cook until it thickens a little. If it gets too thick, add a little more water
<i>1/2 teaspoon salt</i>	
<i>1 tablespoon chili powder</i>	
<i>1 cup tomatoes</i>	Fry tortillas just a little in oil.
<i>1 cup water, or meat stock</i>	
<i>Hamburger</i>	Dip in sauce and fill with meat and cheese.
	Roll up. Top with sauce and cheese.
	Put in oven until cheese melts or gets warmed through.

Per Serving (excluding unknown items): 400 Calories; 25g Fat (53.7% calories from fat); 7g Protein; 42g Carbohydrate; 9g Dietary Fiber; 62mg Cholesterol; 1406mg Sodium. Exchanges: 1 Grain(Starch); 4 1/2 Vegetable; 5 Fat.

Finnish Casserole

Servings: 10

This recipe is from Renon Hulet, one of our neighbors and friends from West Bountiful

*1 small cabbage head
1 pound hamburger
2 cups cooked rice*

Cut 1 small head of cabbage into small pieces. Fry in small amount of butter

Fry 1 pound of hamburger - season to taste

Cook rice - add 2 cups cooked rice to cabbage and add hamburger and mix well.

Serves about 10

Per Serving (excluding unknown items): 209 Calories; 6g Fat (26.6% calories from fat); 9g Protein; 31g Carbohydrate; 2g Dietary Fiber; 18mg Cholesterol; 212mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 Fat.

Grilled Kokeny Salmon

This is Bill's recipe for grilling fish. It is delicious

1 cube Butter

Lawry's Seasoning Salt

Onion powder

Melt Butter and spread on each piece of fish with a pastry brush

Sprinkle Lawry's seasoning salt on each piece of fish. Be careful not to put too much.

Sprinkle some onion powder on each piece.

Grill for about 5 minutes or until done.

We used the copper grilling mat. The fish was delicious.

Per Serving (excluding unknown items): 813 Calories; 92g Fat (99.5% calories from fat); 1g Protein; trace Carbohydrate; 0g Dietary Fiber; 248mg Cholesterol; 937mg Sodium. Exchanges: 18 1/2 Fat.

Hamburger Pie

This recipe is from Colleen Muir. It is found in the green West Bountiful cookbook, page 170

1 pound hamburger

Cook hamburger and drain.

1 can tomato soup

1 can string beans

Add string beans, drained.

Instant potatoes

1 cup grated cheddar cheese

Add tomato soup (do not add liquid to soup)

Pour into 2 quart casserole dish.

Cover with prepared instant potatoes.

Sprinkle with cheese.

Bake at 350 degrees until heated through.

Per Serving (excluding unknown items): 1941 Calories; 99g Fat (45.4% calories from fat); 93g Protein; 175g Carbohydrate; 2g Dietary Fiber; 296mg Cholesterol; 3354mg Sodium. Exchanges: 10 1/2 Grain(Starch); 8 1/2 Lean Meat; 1/2 Vegetable; 14 1/2 Fat.

Lasagna, Slow Cooked

Servings: 8

This recipe is from Hillary Southwick.

I like cooking this in a 9 x 13 pan for about 1 hour at 350 - 375 degrees.

1 pound ground beef, lean
1 jar tomato pasta sauce, 26 oz. to 28 oz. jar
1 can tomato sauce, 8 oz.
1/2 package lasagna noodles, No boil (about 8)
1 jar Alfredo Pasta Sauce, 16 ounce
3 cups mozzarella cheese, shredded (3 cups)
1/4 cup grated parmesan cheese

Brown ground beef in large skillet over medium-high heat until thoroughly cooked, stirring frequently. Drain

Spray 4-5 quart slow cooker with nonstick cooking spray. Spread 3/4 cup of the tomato pasta sauce in bottom of sprayed slow cooker. Stir remaining tomato pasta sauce and tomato sauce into ground beef.

Layer 3 lasagna noodles over sauce in slow cooker, breaking noodles as necessary. Top with 1 1/3 of the Alfredo pasta sauce, spreading evenly. Sprinkle with 1 cup of mozzarella cheese. Top with 1/3 of the ground beef mixture, spreading evenly.

Repeat layering twice, using 2 lasagna noodles in last layer. Sprinkle Parmesan cheese over top.

Cover; cook on low setting for 3 1/2 hours.

OR bake in baking dish 375 degrees for 1 hour. If desired, cut into wedges to serve.

Per Serving (excluding unknown items): 352 Calories; 26g Fat (68.0% calories from fat); 21g Protein; 7g Carbohydrate; 1g Dietary Fiber; 88mg Cholesterol; 447mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.

Lemon Pepper Chicken

This is Dan's way to prepare chicken for grilling

2 lbs chicken breasts

Lemon pepper seasoning

Vegetable oil

*1 gallon freezer bag or 2 gallon and more
oil and spices if doing lots of chicken*

Put a little vegetable oil in a gallon freezer bag.

Sprinkle lemon pepper seasoning over each piece of chicken. Add

Put chicken in gallon bag with the oil and knead to get chicken and seasoning all mixed together.

Do this the night before you want to grill the chicken

Add enough more lemon pepper until the smell of raw chicken is no longer noticeable

Per Serving (excluding unknown items): 1249 Calories; 67g Fat (50.0% calories from fat); 151g Protein; 0g Carbohydrate; 0g Dietary Fiber; 465mg Cholesterol; 458mg Sodium. Exchanges: 22 Lean Meat.

Meat Balls (Cherilyn Southwick)

Yield: 1 9 x 113 pan

This is what Cheri would bring to our family dinners. Everyone loved them.

1 pound hamburger

1 cup potatoes, grated

1 cup grated carrot

1/4 cup onion, grated or chopped

1 whole egg

1 can mushroom soup

2/3 cup water

Mix hamburger, potatoes, carrots onion and egg together and form into Balls.

Mix mushroom soup and water. Put a little soup on the bottom of the pan before putting meatballs in pan.

Cover with foil before baking.

Daniel tripled the recipe and added 2 envelope of Lipton Onion Soup mix. It was very good.

Per Serving (excluding unknown items): 1775 Calories; 74g Fat (37.1% calories from fat); 76g Protein; 206g Carbohydrate; 7g Dietary Fiber; 392mg Cholesterol; 2961mg Sodium. Exchanges: 12 1/2 Grain(Starch); 5 1/2 Lean Meat; 3 Vegetable; 11 Fat.

One-Pot Dinner (Slow Cooker)

Servings: 6

Yield: 6 -8 cups

This is a new recipe from the Standard Journal. It is good for a change of taste.

*1 pound ground beef
slices bacon, cooked, drained and
crumbled
2 can (15 oz) Pork and Beans
1 can (15 oz) kidney beans, drained
1 can (15 oz) butter beans, drained
1 teaspoon liquid smoke flavoring
2 tablespoons white vinegar
1 teaspoon salt
1 dash pepper
1 cup onion (chopped) cooked in bacon
grease and drained*

Preparation Time: 20 minutes

Cook: 6 hours

Mix all ingredients together in a slow cooker. Cover and cook on low for 4-6 hours.

Per Serving (excluding unknown items): 540 Calories; 22g Fat (36.0% calories from fat); 32g Protein; 57g Carbohydrate; 21g Dietary Fiber; 70mg Cholesterol; 790mg Sodium. Exchanges: 3 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 3 Fat; 0 Other Carbohydrates.

Potato Wedges

Servings: 8

Very Good

4 tablespoons olive oil

1/2 cup parmesan Cheese, Grated

Salt (to taste)

2 tablespoons Italian seasoning

2 teaspoons Garlic powder

2 tablespoons paprika

Cook: 40 minutes

Put olive oil in bowl and mix with potatoes in the oil with your hands

Mix spices together and then mix them with the potatoes and oil

Put on foil (spread potatoes apart)

Bake at 400 degrees for 40 minutes

Cut potatoes in wedges by cutting potato in half, then quarters and eighth depending on size of wedges desired.

Per Serving (excluding unknown items): 92 Calories; 9g Fat (80.4% calories from fat); 3g Protein; 2g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 94mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Fat.

Sausage Cabbage Biscuits

Servings: 8

This recipe is from the Rexburg Standard Journal

<i>2 pounds sausage, ground</i>	In a large skillet, brown sausage, drain and set aside
<i>1 medium cabbage, chopped</i>	
<i>1 medium onion, diced</i>	
<i>2 packages biscuit, Grands flaky butter flavor</i>	In the same skillet, saute cabbage and onion in butter until cooked
<i>1 cube butter, or margarine</i>	
<i>salt and pepper, to taste</i>	Add sausage and mix well. Turn off skillet or remove from heat
	Set aside to cool
	One at a time, press each biscuit out to a larger circle.
	Add a spoonful of cooled sausage mixture in center.
	Turn one side of biscuit over the other creating a half-circle "turnover," pressing the edges together with a fork.
	Place turnovers on cookie sheet and bake until golden brown.
	Set heat and time according to biscuit package instruction.
	Serves 8-10
	I added some country gravy with sausage to pour over biscuits. It is delicious
	We also just baked the biscuits and put sausage-cabbage mix over biscuits and smothered with gravy.
	We also served the cabbage-sausage mixture over corn bread

Per Serving (excluding unknown items): 529 Calories; 47g Fat (81.4% calories from fat); 15g Protein; 10g Carbohydrate; 1g Dietary Fiber; 78mg Cholesterol; 896mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 8 1/2 Fat.

Sloppy Joes

Servings: 24

This recipe is from Leona Edmonds in West Bountiful. It is very good.

4 pounds hamburger

6 tablespoons mustard

6 tablespoons vinegar, I like less

6 tablespoons brown sugar

2 cups catsup

2 cans tomato sauce

1 medium onion

salt and pepper

Per Serving (excluding unknown items): 271 Calories; 10g Fat (32.9% calories from fat); 11g Protein; 36g Carbohydrate; 1g Dietary Fiber; 30mg Cholesterol; 734mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates.

Spaghetti Sauce (Leslie Simper)

Leslie said she likes to use part ground pork with the hamburger. It gives an extra layer of flavor.

Simmer this slowly. Really, the slower, the better. Give it a chance to blend the flavors.

You can substitute your favorite Italian Seasoning blend for the individual seasonings, but she doesn't.

She likes to add each one individually and taste it as she goes.

She doesn't always use black pepper. Sometimes she uses red pepper flakes instead.

When you add the herbs, use whole herbs, not ground ones. Smash them with your fingers or a mortar and pestle to release the flavors. The sauce will taste better.

You can add a bay leaf while the sauce simmers.

Leslie is from Italian descent. This is a recipe that has been passed down for generations in her family.

1 pound ground beef	Chop the vegetables as fine as possible.
1 bunch parsley, small bunch	
1/2 medium onion	Brown the hamburger in a large kettle with a little olive oil.
4 cloves of garlic, or 5	
2 ribs celery, 1-2 ribs or celery tops from head of celery	Add the chopped mixture with a good shake of thyme, 1 1/2 teaspoon salt, a good dash of pepper, oregano, sage, and rosemary leaves.
1 shake Thyme	
1 1/2 teaspoons salt	When all of the above is browned, add 2 small cans of tomato sauce and 6 cans of water.
1 dash pepper	
1 dash oregano	
1 dash sage	Bring to a boil and then slow to a simmer.
1 dash rosemary leaves	
2 cans tomato paste, small cans or 1 large can	Simmer for several hours until the oil from the tomato rises to the top.
6 cans tomato sauce, small	
6 cans water	
1 whole bay leaf	Serve with the pasta of your choice.

Per Serving (excluding unknown items): 2132 Calories; 125g Fat (50.3% calories from fat); 108g Protein; 171g Carbohydrate; 37g Dietary Fiber; 386mg Cholesterol; 14620mg Sodium. Exchanges: 0 Grain(Starch); 11 Lean Meat; 29 1/2 Vegetable; 18 Fat.

Spaghetti Sauce Zucchini Lasagna

Becky Anderson

Weiser Memorial Hospital

Servings: 50

1 #10 Can Tomato Sauce
1 tablespoon Sweet Basil
1 tablespoon Italian Seasoning
2 each Bay leaves
2 tsp Garlic Powder
2 tsp Oregano
1 Tbs Salt
2 tsp pepper
2 1/2 pounds Italian sausage
2 1/2 pounds Ground Beef
6 medium sliced zucchinis
4 eggs
5 pounds Ricotta Cheese
4 eggs
4 10 oz frozen spinach
2 1/2 pounds mozzarella cheese, grated
2 1/2 pounds parmesan Cheese, Grated

Brown 2 1/2 pounds Italian Sausage and 2 1/2 pounds ground beef together in a pan sprayed with Pam until no pink shows.

Drain off all fat and add to tomato sauce and simmer until ready to use.

Dip zucchini in beaten eggs and grill with Pam on grill until they are brown.

Mix 5 pounds Ricotta cheese
4 eggs
4 10 oz. packages spinach along with 2 1/2 pounds grated mozzarella plus 2 1/2 pounds graded parmesan cheese

In a steam table pa sprayed with Pam, layer sauce, grilled zucchini and cheese mixtures twice.

Bake at 350 degrees until done.

Becky had me enter this recipe on 6/21/04 to get nutritional breakdown for the dietician and the Weiser Memorial Hospital.

Per Serving (excluding unknown items): 437 Calories; 32g Fat (66.7% calories from fat); 29g Protein; 8g Carbohydrate; 1g Dietary Fiber; 132mg Cholesterol; 1189mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 4 Fat.

Stroganoff

This recipe comes from my Dietrich cookbook, page 117. It is Stephanie Harris and Cammy Berthelson's recipe.

1 pound hamburger
1 tablespoon flour
1 can mushroom, with juice
1 can cream of mushroom soup, 10 3/4 ounce
1 can evaporated milk, 10 3/4 ounce
1 teaspoon paprika
1/2 tablespoon worcestershire sauce
1 cup sour cream
4 cups egg noodles, wide
1 can water, 10 3/4 ounce

Brown hamburger and drain most of the grease off.

Add flour and stir; add the can of mushrooms, the cream of mushroom soup, milk, salt pepper, paprika and Worcestershire sauce.

You can add the noodles and water at this point, or you can make the noodles separately and serve the sauce over the noodles, whichever you prefer.

Simmer until noodles are done.

Add sour cream and serve.

Per Serving (excluding unknown items): 2970 Calories; 143g Fat (42.9% calories from fat); 112g Protein; 316g Carbohydrate; 5g Dietary Fiber; 500mg Cholesterol; 3488mg Sodium. Exchanges: 18 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 2 1/2 Non-Fat Milk; 24 Fat; 0 Other Carbohydrates.

Stroganoff (Ground Beef)

6 slices bacon, diced and fried

Saute onions in bacon grease.

1 pound ground beef

1 can mushroom soup

1/2 cup chopped onion

Stir in meat, flour and seasonings and cook for 5 minutes or until meat loses its color.

1 cup sliced mushrooms

1 cup sour cream

Add mushrooms and soup.

1 teaspoon salt

1 teaspoon paprika

Simmer for 10 minutes.

2 tablespoons flour

1 teaspoon pepper, Sounds like a lot

5 whole potatoes, Baked (4-6)

Stir in sour cream.

sour cream

Per Serving (excluding unknown items): 2840 Calories; 198g Fat (62.6% calories from fat); 113g Protein; 152g Carbohydrate; 14g Dietary Fiber; 523mg Cholesterol; 4093mg Sodium. Exchanges: 8 1/2 Grain(Starch); 12 1/2 Lean Meat; 2 Vegetable; 1/2 Non-Fat Milk; 32 Fat.

Turkey Divan

Servings: 6

This recipe is from our daughter, Tracy Price.

2 packages frozen broccoli, 10 ounce (or asparagus)

1/4 cup butter

1/8 teaspoon ground nutmeg

1 cup light cream, or milk

1 cup chicken broth

1/3 cup shredded swiss cheese

10 ounces turkey, sliced (or chicken)

1/4 cup grated parmesan cheese

paprika

Cook vegetable according to package directions, drain.

Arrange crosswise in a 12 x 7 x 2 inch baking dish.

For sauce, in a saucepan, melt butter, stir in nutmeg, 1/2 teaspoon salt, and 1/8 teaspoon pepper.

Add cream or milk and broth all at once.

Cook until bubbling, add in enough cornstarch and water mixture until it is thick as gravy.

Add Swiss cheese, stir until melted.

Pour half of the sauce over broccoli or asparagus. Top with chicken/turkey.

Pour remaining sauce over all.

Sprinkle Parmesan and paprika on top.

Bake in a 350 degree oven for 20 minutes or until heated through.

Broil 3-4 inches from heat 1 - 2 minutes or until golden. Serves 6

Per Serving (excluding unknown items): 251 Calories; 21g Fat (76.5% calories from fat); 13g Protein; 2g Carbohydrate; trace Dietary Fiber; 81mg Cholesterol; 324mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

Turkey Enchilada Casserole

Servings: 6

This recipe comes from our daughter, Tracy Price)

<i>1 cup chopped onion</i>	In a large saucepan, cook onion and green pepper in the 2 tablespoons butter until tender.
<i>1/2 chopped green bell pepper</i>	
<i>2 tablespoons butter, or margarine</i>	
<i>2 cups turkey, cooked and chopped</i>	Combine onion mixture in a bowl with chopped chicken/turkey and green chili peppers, set aside.
<i>1 can green chili peppers, 4 ounces</i>	
<i>3 tablespoons butter</i>	
<i>1 teaspoon ground coriander</i>	For sauce, in the same saucepan melt 3 tablespoons butter or margarine.
<i>3/4 teaspoon salt</i>	
<i>2 1/2 cups chicken broth</i>	Stir in coriander and salt.
<i>1 cup sour cream</i>	
<i>1 1/2 cups shredded Monterey jack cheese</i>	Stir in chicken broth, cook until boiling and add in the cornstarch mixture until sauce is thickened and bubbly.
<i>12 6 inch corn tortillas</i>	
<i>Cornstarch</i>	Remove from heat, stir in sour cream and 1/2 cup of the cheese.
<i>water, mixed together to make gravy</i>	
	Stir 1/2 cup of the sauce into the chicken mixture.
	Dip each tortilla into remaining sauce to soften, fill each with 1/4 cup of the chicken mixture.
	Roll up and arrange rolls in a 13 x 9 inch baking dish, pour remaining sauce over.
	Sprinkle with remaining cheese.
	Bake uncovered in a 350 degree oven about 25 minutes or until bubbly. Serves 6

Per Serving (excluding unknown items): 405 Calories; 32g Fat (70.8% calories from fat); 24g Protein; 6g Carbohydrate; 1g Dietary Fiber; 110mg Cholesterol; 896mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat.

Turkey Enchiladas Recipe

1 can cream of celery soup, Campbell's 10 3/4 oz.

1/2 cup sour cream

2 tablespoons butter

1 medium onion, chopped, about 1/2 cup

1 teaspoon chili powder

2 cups cooked turkey, chopped, or chicken

1 can chopped green chiles, About 4 oz.

8 flour tortillas, warmed

1 cup shredded cheddar cheese, Or Monterey Jack, about 4 oz.

Stir the soup and sour cream in a small bowl.

Heat the butter in a 3-quart saucepan. Add the onion and chili powder and cook until the onion is tender, stirring occasionally.

Stir in the turkey, chiles and 2 tablespoons soup mixture.

Spread 1/2 cup soup mixture in a 2-quart shallow baking dish. Spoon about 1/4 cup turkey mixture down the center of each tortilla.

Roll up the tortillas and place, seam-side down, into the baking dish.

Pour the remaining soup mixture over the filled enchiladas.

Sprinkle with cheese.

Bake at 350 degrees for 25 minutes or until the enchiladas are hot and bubbling.

Per Serving (excluding unknown items): 3411 Calories; 146g Fat (38.7% calories from fat); 168g Protein; 351g Carbohydrate; 22g Dietary Fiber; 459mg Cholesterol; 4927mg Sodium. Exchanges: 21 1/2 Grain(Starch); 15 1/2 Lean Meat; 4 Vegetable; 1/2 Non-Fat Milk; 23 1/2 Fat.

Zucchini Casserole

Dot Harrison

Relief Society

Servings: 12

Yield: 1 9 X 13 pan

6 cups zucchini (or more)

1 can cream of chicken soup

1 cup carrots, shredded

1/2 cup margarine

1/4 cup onion, chopped

1 cup sour cream

1 8 oz stuffing mix (chicken flavor)

Cook zucchini and onion about 5 minutes. Drain. Combine soup and sour cream. Stir in shredded carrots. Add drained vegetables.

Combine margarine and dressing. Spread half of dressing on bottom of pan. Layer vegetables mixture. Spread remaining dressing over top.

Bake at 350 degrees for 30-40 minutes.

Per Serving (excluding unknown items): 133 Calories; 12g Fat (80.6% calories from fat); 2g Protein; 5g Carbohydrate; 1g Dietary Fiber; 9mg Cholesterol; 187mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

Miscellaneous

Chili Seasoning

*I used plain white flour when I made this. We really enjoyed the chili with this seasoning mix.
This recipe is from my Red Copper Square Pan cookbook.*

*1/2 cup flour, instant mix flour, like
"Wondra"*

Mix all ingredients together in a jar with a lid.

2 tablespoons chili powder

1 tablespoon crushed red pepper

1 tablespoon granulated garlic

2 teaspoons sugar

2 teaspoons cumin

2 teaspoons salt

2 teaspoons dried parsley

Per Serving (excluding unknown items): 353 Calories; 4g Fat (10.0% calories from fat); 11g Protein; 73g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 4430mg Sodium. Exchanges: 4 Grain(Starch); 0 Lean Meat; 1/2 Fat; 1/2 Other Carbohydrates.

Crazy Salt Seasoning

This recipe is from my Red Copper square pan recipe book. I really like this seasoning.

4 tablespoons salt

2 tablespoons garlic powder

1 tablespoon onion powder

1 tablespoon pepper

1 tablespoon celery salt

1 tablespoon dried parsley

Mix together and store in empty jar or shaker.

Use anywhere you would use salt and pepper (vegetables, meat, pasta and most soups and sauces)

Per Serving (excluding unknown items): 116 Calories; 2g Fat (11.1% calories from fat); 5g Protein; 24g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 30349mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Lotion (Alona)

Yield: 7 cups

This recipe is out of an old Relief Society magazine that Alona found.

Alona uses a good coating of it at night. It is good to put on feet.

Most of the ingredients can be purchased on Amazon, or your local pharmacy.

There is a company in Logan that sells in bulk.

Mountain Sage, Inc.

2490 South 1350 West

Nibley, Utah 84321

www.thesage.com

16 ounces glycerin

4 ounces steric acid, by weight

2 ounces emulsifying wax, by weight

1 ounce cocoa butter, by weight

3 cups water, luke warm

Mix the first four ingredients in a large bowl

Place bowl in a large pan of water with water to the level of the mixture (double boiler)

Beat until it turns creamy.

As it cools, it turns white and increases in bulk and gets thick.

When it is white and creamy-thick, put it into containers.

It thickens as it cools.

Add a tight fitting lid and store in half pint jars.

Per Serving (excluding unknown items): 251 Calories; 28g Fat (100.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 21mg Sodium. Exchanges: 5 1/2 Fat.

Stovetop Potpourri

This recipe came from one of the missionaries in the Addiction Recovery Program (ARP) that we work with (Sister Dikus)

Lasts 2-3 days

1 orange

20 cranberries

1 cinnamon stick, 3 inches long

Quarter orange and prick each cranberry a couple of times.

Place all ingredients in a saucepan with 4 cups water

Simmer on low heat, adding water as needed.

Enjoy

Per Serving (excluding unknown items): 1028 Calories; 4g Fat (3.4% calories from fat); 9g Protein; 267g Carbohydrate; 90g Dietary Fiber; 0mg Cholesterol; 23mg Sodium. Exchanges: 1/2 Grain(Starch); 16 Fruit; 0 Fat.

Salads and Dressings

Cathy's Green Salad

Cathy gets lots of compliments when she takes this salad to dinner gatherings

1 package baby spinach leaves

Before serving add:

1 package romaine lettuce hearts

1 package shredded cabbage (cole slaw)

Fresh fruit and Brianna's Poppy Seed Saladdressing

Per Serving (excluding unknown items): 18 Calories; trace Fat (7.8% calories from fat); 1g Protein; 4g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 1/2 Vegetable.

French Dressing

Servings: 40

Yield: 2 1/2 cups

Loretta Pymm. From *West Bountiful cookbook*.

2 teaspoon salt
1 tablespoon dry mustard
1/2 teaspoon pepper
1 teaspoon paprika
1/4 cup sugar
1 package MCP pectin
1/2 cup cider vinegar
1 1/2 cup salad oil
1 tablespoon Worcestershire sauce
1 teaspoon onion, minced
1 clove garlic, minced
1 cup Campbell's tomato soup

Preparation Time: 15 minutes

Start to Finish Time: 15 minutes

Mix and keep in refrigerator.

Per Serving (excluding unknown items): 79 Calories; 8g Fat (91.8% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 110mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Frosted Salad

This recipe is from Estelle Ward. It is found in the green West Bountiful cookbook. Page 183

<i>2 packages lemon Jello</i>	Dissolve gelatin in boiling water.
<i>2 cups boiling water</i>	
<i>2 cups carbonated water, clear beverage</i>	Stir in beverage.
<i>1 can crushed pineapple (20 oz.)</i>	
<i>2 large banana</i>	Chill until partly set.
<i>1 cup miniature marshmallows</i>	
<i>whipped cream topping</i>	
<i>1/2 cup sugar</i>	Drain the pineapple - save juice for the topping
<i>1 cup pineapple juice</i>	
<i>2 tablespoons butter</i>	Fold pineapple, marshmallows and bananas into gelatin.
<i>2 tablespoons flour</i>	
<i>1 medium egg, slightly beaten</i>	Pour into 9 inch pan or bowl.
<i>1/4 cup cheese</i>	
<i>1 cup whipped cream</i>	chill until firm.
	Add the topping and chill overnight.

WHIPPED CREAM TOPPING

Combine flour, sugar. Stir in juice and egg. Cook until thick. Remove, add butter and let cool. Chill. Fold in whipped cream. Spread over gelatin mixture and mix in the cheese.

Per Serving (excluding unknown items): 1908 Calories; 74g Fat (33.6% calories from fat); 15g Protein; 313g Carbohydrate; 8g Dietary Fiber; 438mg Cholesterol; 406mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 8 1/2 Fruit; 1/2 Non-Fat Milk; 14 Fat; 10 1/2 Other Carbohydrates.

Fruit Salad

Servings: 6

Yield: 6 cups

RaNaë Bengarter. West Bountiful Cookbook.

1 can fruit cocktail (large can)

2 cans mandarin oranges (small)

1 jar sour cream (large)

1/2 bag marshmallows (small)

Preparation Time: 15 minutes

Start to Finish Time: 15 minutes

Blend salad ingredients and refrigerate 2 hours.

Per Serving (excluding unknown items): 115 Calories; 8g Fat (61.2% calories from fat); 2g Protein; 10g Carbohydrate; 1g Dietary Fiber; 17mg Cholesterol; 23mg Sodium. Exchanges: 1/2 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.

Layered Lettuce Salad

Vicki brought this to our Verlon Southwick reunion in Rexburg July 26, 2015

<i>1 small lettuce, chopped</i>	Tear lettuce into small bits and place into 9 x 12 dish.
<i>1 cup celery (diced)</i>	
<i>1 medium boiled egg, diced</i>	Layer rest of ingredients in given order
<i>1 16 oz. peas, frozen uncooked</i>	
<i>1 cup green bell pepper chopped</i>	
<i>1 small onion (chopped)</i>	Add sugar to mayonnaise and spread over top of salad.
<i>2 cups mayonnaise</i>	
<i>2 teaspoons sugars, granulated</i>	Top with cheese and bacos and refrigerate 8 - 12 hours before serving
<i>4 ounce cheese, grated</i>	
<i>Bacos</i>	Do not mix or stir

Per Serving (excluding unknown items): 3592 Calories; 376g Fat (88.2% calories from fat); 32g Protein; 81g Carbohydrate; 28g Dietary Fiber; 154mg Cholesterol; 2636mg Sodium. Exchanges: 4 1/2 Grain(Starch); 3 Vegetable; 31 1/2 Fat.

Marshmallow Fruit Salad

Servings: 8

Yield: 8 cups

Dorothy Nelson - West Bountiful Cookbook.

2 beaten eggs
4 tablespoons sugar
3 tablespoons vinegar
1 cup whipping cream
2 cans fruit cocktail (#303)
1 can orange segments
1 can pineapple tidbits
1 10.5 oz. marshmallows (miniature)
1 large banana

Preparation Time: 30 minutes

Start to Finish Time: 30 minutes

Cook: 10 minutes

Cook eggs, sugar and vinegar in top of double boiler until thickened.

Set aside and cool completely.

Beat whipping cream a little until it barely starts to thicken. Add cooled mixture and beat until thick as mayonnaise.

Drain fruit and add to mixture. Add marshmallows. Refrigerate overnight.

Per Serving (excluding unknown items): 305 Calories; 12g Fat (35.1% calories from fat); 3g Protein; 48g Carbohydrate; 1g Dietary Fiber; 94mg Cholesterol; 49mg Sodium. Exchanges: 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 2 1/2 Other Carbohydrates.

Mock Chicken Salad

Servings: 8

Yield: 4 cups

Nora Hogan - West Bountiful Cookbook.

1 3 ounce lemon jello
1/2 cup boiling water
1 can cream of chicken soup
1/2 cup celery (diced)
1/2 cup nuts (chopped)
1 can tuna (shredded)
1/2 cup salad dressing
1/2 cup whipping cream

Dissolve jello, water and soup; let set until jiggly. Add celery, nuts and tuna.

Whip cream and mix with salad dressing. Combine with jello and pour into molds to set.

Per Serving (excluding unknown items): 153 Calories; 12g Fat (71.9% calories from fat); 7g Protein; 4g Carbohydrate; 1g Dietary Fiber; 30mg Cholesterol; 145mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 Fat.

Orange Jello Salad

Servings: 12

1 3 ounce jello, orange
1 16 ounce cottage cheese
1 20 oz crushed pineapple, 1/2 jello, 1/2
topping drained
1 10.5 oz. mandarin orange, drained
1 8 oz Cool Whip®, drained
1 package Instant Pistachio pudding,
small

Sprinkle one regular size package orange Jello over one container of 16 oz. cottage cheese, 1/2 of 20 oz. can of crushed pineapple, 1 10.5 can mandarin orange.

Stir in 1/2 of Cool Whip.

Top with 1 package instant pistachio pudding mixed with other half of Cool Whip and other half of crushed pineapple.

Per Serving (excluding unknown items): 129 Calories; 4g Fat (32.0% calories from fat); 6g Protein; 16g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 159mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

Potato Salad (Estelle Ward)

Servings: 30

Yield: 12 cups

This is my mother's salad we had at every family gathering all of our lives.

12 medium potatoes

1 quart Miracle Whip®

3/4 cup sweet pickles

1 tablespoon mustard

1/2 cup evaporated milk

1/2 cup pickle juice

12 large eggs, boiled

3 tablespoons vinegar, to taste

1 medium onion, chopped

1 teaspoon salt

1/4 teaspoon pepper

Boil potatoes (can do with skin on and skin after cooked or peel and boil until done).

Be sure to not cook them until they are mushy.

Boil eggs and cool. Peel them and dice them.

After potatoes and eggs are cooled and diced, mix the Miracle Whip (usually takes a little more than the 1 quart), mustard, table mustard (until it looks a little yellow), canned milk, pickle juice (to taste), vinegar (to taste - not too much or will be too strong), and salt and pepper in a separate bowl and then stir into diced potatoes and eggs.

Add about 1/4 cup finely diced onions (or more if you like more.)

Per Serving (excluding unknown items): 231 Calories; 17g Fat (66.7% calories from fat); 4g Protein; 16g Carbohydrate; 1g Dietary Fiber; 97mg Cholesterol; 355mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 Fat; 1/2 Other Carbohydrates.

Roquefort Dressing

Servings: 32

Yield: 2 cups

Edna Mae King - West Bountiful Cookbook.

4 ounce blue cheese, crumbled

1 cup sour cream

1 cup mayonnaise

1/8 cup cider vinegar

1 teaspoon garlic salt

1/4 teaspoon salt

1/4 teaspoon accent

2 tablespoons sugar

1 teaspoon grated onion

Mix all together in order given. Refrigerate at least two hours before serving.

Per Serving (excluding unknown items): 81 Calories; 8g Fat (89.0% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 173mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Sea Foam Salad (Creamy Pear Jello)

Strawberry jello is good for this recipe. Any kind of jello will taste great.

*1 can pears, 29 ounce, in heavy syrup
1 package jello, green or red, 6 ounce
1 package cream cheese, 8 ounce
1 cup whipping cream, heavy cream*

Open the can of pears and use the lid to drain the liquid into a medium saucepan. Set pears aside.

Bring the liquid to a boil over high heat.

Remove from heat and use a whisk to stir in the package of dry jello powder. Stir constantly until the jello is dissolved.

If you have an immersion blender; add the cream cheese and the pears to the saucepan and blend well.

If you are using a blender: Add the jello mixture, pears, and cream cheese to your blender and blend until smooth.

Meanwhile, in a large bowl or stand mixer, beat the cream on high speed until it forms stiff peaks. It should take about 1-2 minutes. Do not over beat.

Fold the cream into the blended jello mixture. It is okay if there are a few streaks of cream.

Pour the mixture into a jello mold, bundt pan, 9 x 13 pan, or a large bowl. If you use a bundt pan or jello mold (or anything you plan to invert), spray the pan with cooking spray before pouring it in.

Cover and refrigerate for several hours or overnight.

If you used a mold or bundt pan and need to invert the jello, dip the bottom of the pan into a large bowl of hot water for several seconds before turning it onto your serving plate. This will help loosen the edges. If it doesn't work, you may need to use a knife to loosen the edges (but try the hot water method first).

Per Serving (excluding unknown items): 1728 Calories; 170g Fat (86.2% calories from fat); 23g Protein; 38g Carbohydrate; 4g Dietary Fiber; 581mg Cholesterol; 775mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 1/2 Fruit; 1/2 Non-Fat Milk; 32 1/2 Fat.

Thousand Island Dressing

Servings: 75

Yield: 6 cups

Shirlene Maughan - West Bountiful Cookbook

1 quart Miracle Whip

Mix all together and serve over tossed salad.

1 pint chili sauce

4 hard-boiled eggs (chopped)

20 small green onions, chopped (green

tops also)

Per Serving (excluding unknown items): 7 Calories; trace Fat (37.6% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 11mg Cholesterol; 6mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.

Turkey Apple Pasta Salad

Servings: 12

Kolette Ward brought this to our Thanksgiving dinner. It is very good.

She used bacon bits instead of turkey because we were eating turkey for dinner.

1 pound dried mini penne pasta

***1 pound turkey breast, low smoked and
diced into small cubes***

3 cups apples, cubed (Jazz)

1 cup cheese, Colby Jack, cubed

1/2 cup dried cranberries

1/2 cup diced celery

1/2 cup chopped pecans

4 scallions

1 cup Caesar salad dressing, Creamy

1/2 cup Balsamic salad dressing

1/2 teaspoon kosher salt

Bring a large pot of water to a boil; cook pasta until al dente according to package directions.

Drain and rinse under cold water.

Drizzle with a little olive oil to prevent sticking.

In an extra large bowl, add all the ingredients for the salad, including the cooked pasta.

In a small bowl, whisk together the Caesar dressing, Balsamic Dressing, and salt until incorporated.

Drizzle the dressing over the salad; toss to combine and coat.

Enjoy right away or refrigerate until ready to serve.

Per Serving (excluding unknown items): 199 Calories; 15g Fat (69.5% calories from fat); 8g Protein; 7g Carbohydrate; 1g Dietary Fiber; 23mg Cholesterol; 319mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat.

Side Dish

Baked Beans

Jodi Cronfoot

Lane's birthday dinner

This recipe is from Sharon Bangerter in the green West Bountiful cookbook, page 129

<i>4 slices bacon, 4 or 5</i>	Brown bacon, drain and chop
<i>1 small onion, chopped</i>	
<i>1/2 green pepper, chopped</i>	Brown onion and pepper in bacon fat.
<i>3 cans pork and beans, small cans</i>	
<i>2 teaspoons Worcestershire sauce</i>	Add the rest of the ingredients and bake 1 hour at 350 degrees
<i>2 teaspoons dry mustard</i>	
<i>1 teaspoon chili powder</i>	
<i>1/2 cup light Karo syrup</i>	
<i>1/2 cup dark brown sugar</i>	
<i>1/2 cup catsup</i>	
<i>Tabasco sauce, few drops</i>	

Per Serving (excluding unknown items): 2039 Calories; 26g Fat (10.8% calories from fat); 52g Protein; 434g Carbohydrate; 47g Dietary Fiber; 75mg Cholesterol; 5339mg Sodium. Exchanges: 10 Grain(Starch); 2 Lean Meat; 2 Vegetable; 2 1/2 Fat; 18 Other Carbohydrates.

Beets with Orange Sauce

Servings: 4

<i>2 large orange</i>	Grate 1 teaspoon orange rind, reserve. Squeeze 1 cup juice.
<i>1 tablespoon cornstarch</i>	
<i>2 large beets, cooked, skinned and sliced (2 or 3 beets)</i>	Combine orange juice with cornstarch in a medium-size saucepan. Cook, stirring constantly, until mixture thickens and bubbles.
<i>1 pinch ground nutmeg</i>	
<i>1 pinch pepper</i>	Add beets, nutmeg, pepper and reserved orange rind.
<i>1 cup orange juice</i>	
	Heat until piping hot.

Per Serving (excluding unknown items): 84 Calories; trace Fat (2.8% calories from fat); 2g Protein; 20g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 33mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1 Fruit; 0 Fat.

Beets, Zippy

Servings: 4

This is a recipe from Uncle Georg'e Goodhousekeeping Cook Book. His father is Samuel Ward. 1942 publication.

11 small beets

1/2 cup cream, light or heavy

3 1/2 teaspoons horseradish sauce

1 1/2 teaspoons salt

Prepare, then cook beets whole.

Drain then rub off skins under cold running water; cut as desired

Heat cream, horse-radish, and salt together in a saucepan.

Add beets, and heat thoroughly.

Per Serving (excluding unknown items): 181 Calories; 9g Fat (42.3% calories from fat); 5g Protein; 23g Carbohydrate; 6g Dietary Fiber; 28mg Cholesterol; 1002mg Sodium. Exchanges: 4 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Cabbage Rolls

Servings: 6

We enjoyed this very much. I used refrigerator biscuits and it was delicious

*1/2 small head cabbage, shredded
5 green onions, chopped (green tops also)
1 pound sausage, bulk pork*

Preparation Time: 20 minutes

Cook: 15 minutes

Cook sausage with onions until tender

Then add cabbage and continue to cook until cabbage is tender

cool

Then take basic bread dough, form a pillow in the palm of your hand

put one tablespoon of cabbage mixture in the dough pillow

Pull edges of dough up and pinch ends closed

Place on cookie sheet

Bake for 12-15 minutes at 350 degrees or until golden brown on top

Per Serving (excluding unknown items): 321 Calories; 31g Fat (85.9% calories from fat); 9g Protein; 2g Carbohydrate; trace Dietary Fiber; 51mg Cholesterol; 508mg Sodium. Exchanges: 1 1/2 Lean Meat; 0 Vegetable; 5 1/2 Fat.

Pizza Sauce

This is from the Bountiful Ward cookbook, page 147

1 can tomatoes, small can, juice drained
1 can tomato paste
1 teaspoon basil leaves, heaping
1 teaspoon oregano, heaping
salt and pepper, to taste
1 teaspoon garlic salt

Drain juice from tomatoes and mix all ingredients together.

Let it set in the refrigerator for 3 - 4 hours so the condiments saturate the mixture.

Per Serving (excluding unknown items): 142 Calories; 1g Fat (6.8% calories from fat); 6g Protein; 33g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 3096mg Sodium. Exchanges: 0 Grain(Starch); 6 Vegetable; 0 Fat; 0 Other Carbohydrates.

Rotkohl (German red Cabbage)

This recipe is from Robert Smith from Wanless's German mission group dinner.

German cabbage

1 red purple cabbage

5 slices bacon, or 4

1 large onion, finely chopped

1 large apple, finely chopped

1/2 teaspoon salt

1/2 teaspoon pepper

2/3 cup vinegar, about 2/3 cup - Use

apple cider vinegar

1 cup sugar, about

Wash cabbage, cut in half; slice so as to maximize length and minimize thickness of slices.

Cook bacon and onions with salt and pepper until onions are transparent but not crisp.

Add cabbage and applesauce and stir.

Add vinegar and sugar (start with 1/2 cup vinegar and 3/4 cup sugar and balance to achieve desired taste)

Cook for 2 hour, stirring often

Stores, freezes, and reheats well.

All ingredient quantities are flexible. You can't go wrong (unless you burn it like I did once).

Per Serving (excluding unknown items): 1105 Calories; 16g Fat (12.7% calories from fat); 11g Protein; 241g Carbohydrate; 6g Dietary Fiber; 27mg Cholesterol; 1578mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fruit; 2 1/2 Fat; 14 Other Carbohydrates.

Stuffed Peppers

Servings: 4

Preparation time 15 minutes. Total time 55 minutes. Servings 4

Mom said they taste like the ones her mother made for her.

Green peppers with meatloaf

4 large bell peppers (any color)
1 pound lean ground beef, At least 80%
2 tablespoons chopped onion
1 cup cooked rice
1 teaspoon salt
1 clove garlic, finely chopped
8 pound tomato sauce
3/4 cup mozzarella cheese, shredded (3 oz)

Cut thin slice from stem end of each bell pepper to remove top of pepper. Remove seeds and membranes; rinse peppers. If necessary, cut thin slice from bottom of each pepper so they stand up straight.

In 4-quart Dutch oven, add enough water to cover peppers. Heat to boiling; add peppers. Cook about 2 minutes; drain.

In 10-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Stir in rice, salt, garlic and 1 cup of the tomato sauce; cook until hot.

Heat oven to 350 degrees F.

Stuff peppers with beef mixture. Stand peppers upright in ungreased 8-inch square glass baking dish. Pour remaining tomato sauce over peppers.

Cover tightly with foil. Bake 1- minutes. Uncover and bake about 15 minutes longer or until pepper are tender. Sprinkle with cheese.

Per Serving (excluding unknown items): 703 Calories; 30g Fat (36.8% calories from fat); 38g Protein; 79g Carbohydrate; 13g Dietary Fiber; 104mg Cholesterol; 6194mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 11 Vegetable; 3 1/2 Fat.

Zucchini and cheese bake

Servings: 4

1 medium zucchini, whole
6 slices butter
1 tablespoon parmesan cheese
1/2 cup grated cheese
10 slices goat cheese

Preparation Time: 10 minutes

Start to Finish Time: 40 minutes

Bake: 30 minutes

cut one medium zucchini in half lengthways. Scrape out some of the seeds to make a canal to put some butter in. Put in pats of butter. Salt and Pepper.

Put some grated cheese (pizza style grated cheese) and top with slices of goat cheese -- or other cheese of your choice.

Bake on a cookie sheet in a 350 -400 degree oven for about 30 minutes or until it is soft. Enjoy.

Per Serving (excluding unknown items): 2571 Calories; 244g Fat (84.5% calories from fat); 93g Protein; 8g Carbohydrate; 1g Dietary Fiber; 686mg Cholesterol; 2499mg Sodium. Exchanges: 12 1/2 Lean Meat; 0 Vegetable; 41 Fat.

Zucchini Provencal

*Terry Stoker
Relief Society*

Servings: 5
Yield: 6 cups

*1 medium onion
1 clove garlic
1/4 cup salad oil
2 pounds zucchini, sliced
4 tomatoes
1 green pepper, Chopped
1 pinch salt
1 dash pepper*

In Skillet, saute one medium sliced onion, 1 clove garlic, minced in 1/4 cup salad oil.

Add 2 lb. sliced zucchini, 4 cut up tomatoes or 1 can tomatoes and 1 can tomato sauce, 1 chopped green pepper, salt and pepper to taste.

Cook till tender. Sprinkle with parsley and parmesan cheese.

Per Serving (excluding unknown items): 157 Calories; 12g Fat (61.1% calories from fat); 3g Protein; 13g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 42mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Vegetable; 2 Fat.

Snacks

Chex Mix

I got this recipe from Jodi Crofoot. It is a very good treat.

*1/2 cup butter
1 cup brown sugar
1/4 cup Karo syrup
1/4 teaspoon soda
9 cups Rice Chex®*

Melt in microwave (1 minute at a time)

Add and mix: 1/4 teaspoon baking soda and 9 cups rice Chex

Microwave 1 minute. Stir and repeat for 3-5 minutes cooking time

3 minutes is still sticky. 5 minutes is more dry and crispy

Do not double recipe. Cook in a Pyrex large bowl.

Per Serving (excluding unknown items): 2763 Calories; 93g Fat (30.2% calories from fat); 17g Protein; 469g Carbohydrate; 5g Dietary Fiber; 248mg Cholesterol; 3575mg Sodium. Exchanges: 17 1/2 Grain(Starch); 18 1/2 Fat; 13 1/2 Other Carbohydrates.

Chex Mix (Jodi Crofoot)

Jodi Crofoot is my brother Lane's daughter.

This is a very good snack.

<i>1/2 cup butter</i>	Microwave 1 minute.
<i>1 cup brown sugar</i>	
<i>1/4 cup Karo syrup</i>	Stir and repeat for 3-5 minutes cooking time
<i>1/4 teaspoon baking soda</i>	
<i>9 cups Rice Chex®</i>	3 minutes is still sticky
	5 minutes is more dry and crisp.

Per Serving (excluding unknown items): 2763 Calories; 93g Fat (30.2% calories from fat); 17g Protein; 469g Carbohydrate; 5g Dietary Fiber; 248mg Cholesterol; 3890mg Sodium. Exchanges: 17 1/2 Grain(Starch); 18 1/2 Fat; 13 1/2 Other Carbohydrates.

Karo Krunch

Yield: 2 pounds

It might take only 1 quart popcorn if you want the syrup to be thicker on the popcorn.

3 quarts popcorn, popped

1 1/3 cups pecans

2/3 cup almonds

1 1/3 cups sugar

1 cup butter, only butter

1 teaspoon vanilla

1/2 cup Karo syrup

1 dash salt, to syrup

Mix popped corn and nuts on a cookie sheet.

Combine sugar, butter and syrup and dash of salt in a sauce pan.

Bring to a boil, stirring constantly.

Boil stirring occasionally for 10 to 15 minutes or until mixture turns to soft ball stage, or caramel color.

Remove from heat, add vanilla.

Pour over corn and nuts mix to coat well and spread to cool.

Break apart and store in lightly covered container.

Makes about 2 pounds

Per Serving (excluding unknown items): 5311 Calories; 368g Fat (59.7% calories from fat); 44g Protein; 514g Carbohydrate; 34g Dietary Fiber; 497mg Cholesterol; 3520mg Sodium. Exchanges: 8 Grain(Starch); 3 Lean Meat; 71 1/2 Fat; 26 Other Carbohydrates.

Party Mix

Yield: 6 cups

This has been a favorite snack of our family.

1 cup Cheerios®

1 1/2 cups Kix cereal

2 cups cheese cracker, small

2 cups pretzel sticks, thin

1/2 pound mixed nuts

1/4 cup melted butter

1/2 teaspoon worcestershire sauce

1/4 teaspoon celery salt

1/4 teaspoon garlic salt

Heat oven to 250 degrees.

Combine cereals, crackers, pretzel sticks and nuts in an oblong pan (9 x 13)

Blend butter and seasonings, pour over cereal mixture.

Stir thoroughly and bake for 30 minutes, stirring with wooden spoon after 15 minutes.

Makes about 6 cups

Per Serving (excluding unknown items): 4769 Calories; 295g Fat (54.7% calories from fat); 100g Protein; 449g Carbohydrate; 39g Dietary Fiber; 186mg Cholesterol; 8084mg Sodium. Exchanges: 25 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 150 1/2 Fat; 0 Other Carbohydrates.

Soup

Borscht (Russian Soup)

Servings: 6

Yield: 12 cups

Phyllis M. Miller's recipe from the West Bountiful Cookbook.

2 cups beets (6 medium) shredded
1 cup carrots, chopped (2 medium)
1 cup onion, chopped (1 medium)
1 can beef broth
1 cup cabbage, shredded
1 tablespoon lemon juice
6 tablespoons sour cream
2 tablespoons butter

Preparation Time: 45 minutes

Cook: 20 minutes

Cook beets, 1 tablespoon butter, carrots and onion for 20 minutes, in 3 1/2 cups boiling salted water.

Add 1 can beef broth, 1 cup shredded cabbage, 1 tablespoon butter; cook, uncovered, 15 minutes.

Add 1 tablespoon lemon juice. Pour into 6 bowls. Float dollops of sour cream on top.

Per Serving (excluding unknown items): 118 Calories; 7g Fat (51.7% calories from fat); 4g Protein; 11g Carbohydrate; 3g Dietary Fiber; 17mg Cholesterol; 306mg Sodium. Exchanges: 0 Lean Meat; 2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat.

Brattens Clam Chowder

This recipe is from Renon Hulet. It is found in the green West Bountiful cookbook, page 196.

2 cans clams, minced
3/4 cup flour
1 can chopped onions
1 quart milk
1 cup chopped carrots
1 1/2 teaspoons salt
1 cup chopped celery
pepper, to taste
2 cups potatoes, chopped
1/2 teaspoon sugar
3/4 cup butter

Drain the juice from the clams

Pour clams over vegetables in saucepan.

Add water to barely cover vegetables.

Simmer, covered, until tender.

Melt butter, add flour and blend

Add milk, stir until smooth and creamy.

Add vegetables, heat thoroughly.

Season with salt, pepper and sugar.

Add clam juice to thin and any water needed to get the desired consistency.

Per Serving (excluding unknown items): 2544 Calories; 173g Fat (60.1% calories from fat); 57g Protein; 201g Carbohydrate; 15g Dietary Fiber; 515mg Cholesterol; 5270mg Sodium. Exchanges: 8 1/2 Grain(Starch); 1/2 Lean Meat; 5 Vegetable; 4 Non-Fat Milk; 33 1/2 Fat; 0 Other Carbohydrates.

Cheesy Chicken Chowder

Servings: 8

Yield: 20 cups

*This recipe was in Rexburg Standard Journal. Recipe was from Britni Holman
We loved the chowder recipe.*

2 cups water

2 chicken bouillon granules

1 cup celery (diced)

1/2 cup onion chopped

*2 1/2 cups potatoes, peeled and diced
small*

1 cup carrots, diced

1 16 oz. frozen cauliflower

1 16 oz. frozen broccoli

2 can (11 oz) cream of chicken soup

1 pound medium cheddar cheese, grated

1 pound cooked, chicken breast

Preparation Time: 30 minutes

Start to Finish Time: 1 hour 20 minutes

Cook: 45 minutes

Boil water. Add bouillon cubes, celery, onion, potatoes and carrots.

Simmer until vegetables are almost tender; about 20 minutes

Add frozen vegetables and milk. Simmer until vegetables are tender;
about 10-15 minutes.

Add soup (undiluted and cheese

Add chicken and heat until cheese is melted

Per Serving (excluding unknown items): 105 Calories; 2g Fat (18.3% calories from fat); 5g Protein; 18g Carbohydrate; 5g Dietary Fiber; 3mg Cholesterol; 390mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Fat.

Chicken Noodle Soup

Servings: 10

Yield: 2 1/2 quarts

<i>2 teaspoons chicken soup base</i>	Heat chicken soup base and stock together.
<i>3 cups chicken soup stock</i>	
<i>2 cups chopped celery</i>	Add carrots, celery, and onions.
<i>2 cups chopped carrots</i>	
<i>1/4 cup chopped onion</i>	Simmer until vegetables are tender.
<i>2 cans Cream of Chicken soup, About 4 cups</i>	Add Cream of Chicken soup and milk.
<i>2 1/2 ounces cooked noodles, About 4 cups</i>	Thicken with roux as desired, then add cooked chicken and noodles.
<i>Salt and pepper, to taste</i>	Add salt and pepper and taste to correct seasonings.
	Makes about 2 1/2 quarts, or 10 one-cup servings.

Per Serving (excluding unknown items): 50 Calories; 2g Fat (28.2% calories from fat); 2g Protein; 8g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 227mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 1/2 Fat.

Chili (5 Can)

We also Like sour cream or Ranch dressing with our chili.

1 pound ground beef, browned and drained

1 medium onion, chopped

1 can tomato, diced

1 can tomato sauce, 8 oz.

1 can black beans, drained

1 can pinto beans, drained

1 can kidney beans, drained

Place Red Copper Square Pan over medium heat, brown ground beef with onion until no longer pink and onion is translucent. Swirl a wadded paper towel through meat with a sodden spoon to pick up excess grease.

Add tomato sauce, beans and Chili Seasoning mix. Stir to mix.

Cover and simmer over lowest heat for 30 minutes, stirring occasionally.

Serve with cornbread and chopped onion, and garnish with shredded cheese.

Per Serving (excluding unknown items): 3479 Calories; 128g Fat (32.7% calories from fat); 207g Protein; 387g Carbohydrate; 129g Dietary Fiber; 386mg Cholesterol; 1878mg Sodium. Exchanges: 23 1/2 Grain(Starch); 18 1/2 Lean Meat; 5 1/2 Vegetable; 18 Fat.

Chili (from Aunt Jane Mecham)

Servings: 10

Yield: Crock pot full

This comes from Jan's Aunt Jane Mecham

1/2 lb sausage, bulk pork
1/2 lb ground beef
1 medium onion (chopped)
1 stalks celery (chopped)
can (15 oz) Ranch Beans
1 small Ortega chopped green chilis
1 can V8 Juice

Preparation Time: 30 minutes

Cook: 4 minutes

Brown 1/2 pound sausage and 1/2 pound ground beef. Take out and put in crock pot

Put into the drippings 1 chopped onion and some celery and saute, then combine with meat.

Add 4-5 cans RANCH beans, 1 small can Ortega chopped green chilis and 1 can V* juice, more or less whatever looks right.

I also added green peppers with the celery and onion.

Cook in crock pot for 3-4 hours on low

RANCH beans were something I hadn't used before, they have the seasoning in them, so you don't add chili pepper or anything else.

Per Serving (excluding unknown items): 170 Calories; 15g Fat (81.2% calories from fat); 7g Protein; 1g Carbohydrate; trace Dietary Fiber; 35mg Cholesterol; 171mg Sodium. Exchanges: 1 Lean Meat; 0 Vegetable; 2 1/2 Fat.

Chili (Hamburger Bean Goulash)

Servings: 12

Yield: 5 quarts

This is a delicious recipe from a Famous Mormon Recipes cookbook

3 cups small dried red beans

6 cups water

3 bay leaves

2 pounds ground beef

1/2 pound sausage, bulk pork

3 large onions

3 buds garlic, minced

3 8 oz tomato sauce

1 tablespoon chili powder

2 small chili peppers

3/4 teaspoon curry powder

1 tablespoon cumin, powdered

1 tablespoon salt

1/4 teaspoon Tabasco

Preparation Time: 45 minutes

Start to Finish Time: 12 hours

Cook: 12 hours

Wash and sort chili beans. Put into large kettle with water and bay leaves, and cook until tender.

In skillet, brown meat, onions, and garlic, and add to drained beans along with remaining ingredients.

Simmer together for one hour, then cool and refrigerate. Usually best when reheated.

Per Serving (excluding unknown items): 349 Calories; 28g Fat (72.1% calories from fat); 16g Protein; 8g Carbohydrate; 2g Dietary Fiber; 77mg Cholesterol; 1066mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 4 1/2 Fat.

Corn Chowder

Servings: 10

Yield: 20 cups

West Bountiful Cookbook.

1 1/2 cups celery

1 1/2 cups onion

1/2 cup butter

1 teaspoon salt

1 dash pepper

1 teaspoon basil or oregano

4 cans cream of chicken soup

2 cans family style corn

3 1/2 cups milk

Mix together and cook until ready to eat.

Per Serving (excluding unknown items): 193 Calories; 15g Fat (69.1% calories from fat); 5g Protein; 10g Carbohydrate; 1g Dietary Fiber; 40mg Cholesterol; 759mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 1/2 Non-Fat Milk; 3 Fat.

Cream Cheese Potato Soup

Cream cheese is the secret ingredient in this simple yet flavorful potato soup recipe.

3 tablespoons butter
1/2 cup minced onion
3 cloves garlic, or 4, minced
1 teaspoon salt
1/2 teaspoon pepper
8 cups chicken broth
7 cups potatoes, or 8 peeled and diced
2 bay leaves
12 ounces cream cheese, softened and cubed
bacon, cooked, crumbled
shredded cheese
green onion, chopped

In a large dutch oven, heat butter over medium heat. Add the onions and garlic and saute until onions have softened. Stir in season salt and pepper.

Add chicken broth, potatoes and bay leaves and bring to boil. Simmer until potatoes are just tender. Discard bay leaves and smash a few of the potatoes in the pot to help thicken the soup.

Reduce heat to medium-low and add the cream cheese. Continue to cook, stirring frequently until cheese is melted and smooth. Serve with bacon, shredded cheese and chopped green onions.

Cream cheese is the secret ingredient in this simple, yet flavorful potato soup recipe.

Per Serving (excluding unknown items): 2679 Calories; 165g Fat (55.0% calories from fat); 88g Protein; 217g Carbohydrate; 19g Dietary Fiber; 466mg Cholesterol; 9662mg Sodium. Exchanges: 12 1/2 Grain(Starch); 7 1/2 Lean Meat; 2 Vegetable; 28 1/2 Fat.

Creamy Enchilada Soup

This is a recipe I copied from somewhere in my own handwriting.

It almost looks like the last three ingredients could be added to the soup, or they might be a chip dip.

<i>2 pieces chicken breasts, Or 3, or tenders</i>	Cook for 20 minutes
<i>2 cloves garlic, or 1 teaspoon minced garlic</i>	Shred chicken
<i>1 teaspoon chili powder</i>	
<i>1 teaspoon worcestershire sauce</i>	Mix cream, sour cream and cheddar cheese until blended and melted. (Not sure if this goes with soup, or is a chip dip)
<i>1 teaspoon tobasco sauce</i>	
<i>1 small onion, chopped</i>	
<i>1 whole red pepper</i>	
<i>1 can black beans</i>	Serve with cheese and chips.
<i>1 can corn, not drained</i>	
<i>2 cups enchilada sauce</i>	
<i>4 cups chicken broth</i>	
<i>salt and pepper</i>	
<i>1/2 cup cream</i>	
<i>1/2 cup sour cream</i>	
<i>2 cups cheddar cheese</i>	

Per Serving (excluding unknown items): 3994 Calories; 244g Fat (54.5% calories from fat); 258g Protein; 200g Carbohydrate; 42g Dietary Fiber; 913mg Cholesterol; 5554mg Sodium. Exchanges: 9 Grain(Starch); 29 1/2 Lean Meat; 7 1/2 Vegetable; 1/2 Non-Fat Milk; 31 Fat; 0 Other Carbohydrates.

Creamy Pea Soup

Servings: 6

Yield: 11 cups

A wonderful, creamy pea soup, a must try for pea soup lovers! From Debbie

2 1/2 cups dried split peas

8 cups water

1 ham bone

1/2 cup chopped shallots

1/2 cup chopped carrots

Fresh celery leaves

1 bay leaf

1 teaspoon salt

1/2 teaspoon garlic powder

1/4 teaspoon black pepper, ground

1 package cream cheese (8 oz.)

Place split peas, water, ham bone, shallots, carrots, celery leaves, bay leaf, salt, garlic and pepper into a large pot. Heat to almost boiling.

Reduce heat, cover, and simmer for about 1 1/2 hours or until the peas are tender. Remove the ham bone and the bay leaf. Dice the meat from the ham bone and set aside.

Cut the cream cheese into cubes. Process cream cheese with the soup in small batches in a blender or food processor.

Add ham, and reheat. Taste, and adjust seasonings as necessary.

Per Serving (excluding unknown items): 150 Calories; 14g Fat (79.2% calories from fat); 3g Protein; 5g Carbohydrate; trace Dietary Fiber; 42mg Cholesterol; 484mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 2 1/2 Fat.

Creamy Tomato Soup (April)

April Southwick gave me this recipe. It is a very thick soup and is very good. good as is.

Wanless suggested trying some bacon bits in it the next time I make it.

Mother had to add a little milk to make it thin enough so she could swallow it.

This is very good with sour cream added, too.

tomatoes

1 medium onion

1 bulb garlic

olive oil

salt and pepper

1/2 package cream cheese

Stem and cut tomatoes in half. Fill the cookie sheet up with the halved tomatoes.

Put on a cookie sheet.

Cut onion in half and put it on the cookie sheet.

Cut the ends off the garlic cloves and peel it and put it on the cookie sheet. Use the number of cloves that fit your taste for garlic..

Drizzle olive oil over the tomatoes

Sprinkle with salt and pepper.

Roast at 375 degrees for 40 minutes.

Add the whole 1/2 cube of cream cheese to top of tomatoes and bake for another 10 minutes

Blend in blender then enjoy the soup.

Per Serving (excluding unknown items): 451 Calories; 41g Fat (79.4% calories from fat); 10g Protein; 14g Carbohydrate; 2g Dietary Fiber; 127mg Cholesterol; 347mg Sodium. Exchanges: 1 1/2 Lean Meat; 2 Vegetable; 7 1/2 Fat.

Ham and Bean Soup

Servings: 7

From Taste of Home

<i>2 medium carrots, sliced</i>	In a large saucepan, saute the carrots, celery and onion in butter until tender.
<i>2 ribs celery, chopped</i>	
<i>1/2 cup chopped onion</i>	Stir in the remaining ingredients; cook for 15 minutes or until heated through.
<i>2 tablespoons butter</i>	
<i>4 cans great northern beans, rinsed and drained (15 1/2 ounce)</i>	
<i>4 cups broth</i>	Discard bay leaf before serving.
<i>2 cups ham, fully cooked, cubed</i>	
<i>1 teaspoon chili powder</i>	
<i>1/2 teaspoon minced garlic</i>	
<i>1/4 teaspoon pepper</i>	
<i>1 whole bay leaf</i>	

Per Serving (excluding unknown items): 470 Calories; 9g Fat (16.3% calories from fat); 30g Protein; 70g Carbohydrate; 22g Dietary Fiber; 31mg Cholesterol; 577mg Sodium. Exchanges: 4 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.

Hamburger and Potato Soup

The recipe didn't call for the cream cheese and canned milk.

I added 1 package of Cream Cheese.

Cooked potatoes and onions in water and strained them so I didn't lose the chopped onions.

I added 1 can of canned evaporated milk.

6 medium potatoes, diced 1/4 inch squares

1 medium onion

3 tablespoons butter, or 2

1 pinch garlic salt, to taste

1 pound ground beef, raw

1 package Cream Cheese

1 can evaporated milk

Combine first 2 ingredients and cover with enough water to cook potatoes and onion good.

Salt and pepper.

Sprinkle raw hamburger into mixture and add butter and garlic salt

Cook until beef is done. Serve

Per Serving (excluding unknown items): 3481 Calories; 256g Fat (65.8% calories from fat); 127g Protein; 173g Carbohydrate; 14g Dietary Fiber; 808mg Cholesterol; 1787mg Sodium. Exchanges: 9 Grain(Starch); 13 1/2 Lean Meat; 1 1/2 Vegetable; 2 Non-Fat Milk; 43 1/2 Fat; 0 Other Carbohydrates.

Hamburger Soup

Servings: 10

Yield: 2 quarts

This was a favorite of our family

Meat and vegetables soup

1 pound hamburger, browned

1 tablespoon butter

1 medium onion

2 cups carrots, grated

2 cups potatoes, grated

2 10.5 oz cans cream of celery soup

2 cups tomato juice

1 1/2 cups water, or more if needed

1 tablespoon garlic salt

3 medium bay leaves

2 tablespoons brown sugar

Mix all together and cook until vegetables are tender.

Can add catsup to soup if you would like.

Per Serving (excluding unknown items): 53 Calories; 3g Fat (41.3% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 7mg Cholesterol; 1035mg Sodium. Exchanges: 1 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Hamburger Vegetable Soup

This is a soup our children grew up with. A little dollop of sour cream in your dish of soup is also good.

1 pound hamburger

Brown hamburger and add remaining ingredients.

1 tablespoon butter

2 cups grated carrots

Cook until vegetables are done. Serve

2 cups grated potatoes

2 cans Cream of Celery soup

2 cups tomato juice

1 1/2 cups water, or more if needed

garlic salt

bay leaf

2 tablespoons brown sugar

Per Serving (excluding unknown items): 1923 Calories; 83g Fat (37.9% calories from fat); 72g Protein; 235g Carbohydrate; 15g Dietary Fiber; 237mg Cholesterol; 5832mg Sodium. Exchanges: 10 Grain(Starch); 4 1/2 Lean Meat; 11 1/2 Vegetable; 13 1/2 Fat; 1 Other Carbohydrates.

Lentil Soup

Servings: 6

Yield: 8 cups

We enjoyed this soup very much.

2 cups lentils

Cover & simmer for 1 1/2 hours

8 cups water

1/2 lbs sausages

Add tomatoes and vinegar and simmer covered for 30 minutes.

1/2 cups chopped onions

1/2 cups chopped celery

1/4 cups chopped carrots

3 Tbs parsley

1 clove garlic, minced

2 1/2 tsp salt

1/4 tsp pepper

1/2 tsp oregano

2 cups can tomatoes

2 Tbs wine vinegar

Per Serving (excluding unknown items): 228 Calories; 1g Fat (2.6% calories from fat); 18g Protein; 39g Carbohydrate; 20g Dietary Fiber; 0mg Cholesterol; 916mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

Mock Potato Soup

This recipe is from my Red Copper Square pan recipe book.

This is a very good soup.

The crazy salt recipe is in this cookbook, too.

I also made this recipe with potatoes. It was very good.

1 medium onion, chopped

3 pieces bacon, 3 strips

1 cup celery, chopped

1 cup carrots, chopped

1 head cauliflower, chopped in 1/2 inch squares

2 cups water

2 cubes chicken bouillon, OR 1 can chicken broth

1 can corn, liquid included

1 can evaporated milk

1 1/2 teaspoons Crazy Salt, See recipe

Brown onion and bacon in the Red Copper Square Pan over medium heat.

Add celery and carrots, stir and saute for a few minutes

Add cauliflower and chicken broth. Cover and cook until vegetables are tender.

Add the can of corn (liquid included), the can of evaporated milk and 1 1/2 teaspoons (or more to taste) Crazy Salt.

Per Serving (excluding unknown items): 711 Calories; 32g Fat (39.5% calories from fat); 34g Protein; 77g Carbohydrate; 13g Dietary Fiber; 90mg Cholesterol; 3747mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 6 Vegetable; 2 Non-Fat Milk; 5 Fat.

Quick Clam Chowder

This recipe is from Kari Byington in the green West Bountiful cookbook, page 197

<i>3 cups milk</i>	Blend milk, flour, salt and pepper in blender.
<i>3 tablespoons flour</i>	
<i>1 teaspoon salt</i>	In a saucepan add to remaining ingredients.
<i>1/2 teaspoon pepper</i>	
<i>1/4 pound butter</i>	Simmer together for 20 minutes.
<i>1 can clams, undrained</i>	
<i>1 cup potatoes, cut up</i>	
<i>1 cup celery, chopped</i>	
<i>1 cup chopped onion</i>	

Per Serving (excluding unknown items): 1561 Calories; 117g Fat (66.4% calories from fat); 35g Protein; 98g Carbohydrate; 8g Dietary Fiber; 353mg Cholesterol; 3555mg Sodium. Exchanges: 3 Grain(Starch); 0 Lean Meat; 3 Vegetable; 3 Non-Fat Milk; 23 Fat.

Salmon Chowder

Tom Connors

Rexburg Standard Journal

URL: WWW.UV/SJ.COM

Servings: 10

I used 1 pint of Mom's bottled trout for the salmon. We also used regular onions.

3 tablespoons butter

1 medium onion finely chopped

1 large potatoes, peeled and diced small

2 cups fish stock or bottled clam juice

3 cups milk

3 cups heavy cream

1 pound Salmon

1 cup whole kernel corn

Salt (to taste)

Pepper (to taste)

Preparation Time: 30 minutes

Start to Finish Time: 1 hour 30 minutes

Cook: 1 hour

Melt butter in a large saucepan over low heat. Add leeks and cook, stirring frequently until very soft but not browned, about 8 minutes.

Add the potato to the onion and stir to coat with butter.

Pour in the cream and milk and simmer until potatoes are tender.

Add the salmon and corn and simmer just until the fish and corn are done, about 5 minutes.

Season to taste with salt and pepper. Serve immediately

Per Serving (excluding unknown items): 384 Calories; 34g Fat (78.6% calories from fat); 13g Protein; 8g Carbohydrate; trace Dietary Fiber; 141mg Cholesterol; 129mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Non-Fat Milk; 6 1/2 Fat.

Squash Soup

Servings: 4

We liked this recipe, too.

6 cups butternut squash, seeded 2-inch chunks
butter, melted for brushing
1 tablespoon kosher salt, plus 1 teaspoon
1 teaspoon white pepper, plus 1 teaspoon
3 cups chicken stock, or vegetable stock
4 tablespoons honey
1 teaspoon minced ginger
4 ounces heavy cream
1/4 teaspoon nutmeg
1 medium onion, chopped
1/4 teaspoon roasted garlic powder

Preheat oven to 400 degrees

Brush the flesh of the squash with a little butter and season with 1 tablespoon salt and 1 teaspoon freshly ground white pepper.

On a sheet pan, lay the squash flesh side up.

Roast for about 30 to 35 minutes or until the flesh is nice and soft.

Scoop the flesh from the skin into a pot and add the stock, honey, and ginger.

Bring to a simmer and puree using a stick blender.

Stir in the heavy cream and return to a low simmer.

Season with salt, pepper, and nutmeg

Per Serving (excluding unknown items): 286 Calories; 11g Fat (32.9% calories from fat); 4g Protein; 46g Carbohydrate; 4g Dietary Fiber; 39mg Cholesterol; 3041mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat; 1 Other Carbohydrates.

Squash Soup (Winter)

Servings: 5

This is very good. We liked it.

<i>4 tablespoons unsalted butter, 1/2 stick</i>	Melt the butter in a large stockpot over moderate heat.
<i>1 medium onion, chopped</i>	
<i>1 medium tomato, cored, seeded and diced</i>	Add the onion and saute until soft, about 5 minutes
<i>2 cloves garlic, minced</i>	
<i>2 whole jalapeno chile peppers, stemmed, seeded and chopped</i>	Add the tomato, garlic, jalapeno and salt and cook 1 to 2 minutes longer.
<i>1 1/2 pounds winter squash, peeled and cut into 1/2 inch cubes</i>	
<i>3 cups stock, or water</i>	Add the squash and stock and simmer, covered for about 20 minutes or until the squash is falling apart and soup is thickened slightly
<i>1 teaspoon salt, course</i>	
<i>2 cups whole milk</i>	Puree soup with an immersion blender, or use a blender and return soup to a clean pan.
<i>1/4 cup grated cheese</i>	
	Add the milk and heat gently.
	Stir in the cheese and adjust the seasonings.

Per Serving (excluding unknown items): 231 Calories; 15g Fat (54.6% calories from fat); 7g Protein; 20g Carbohydrate; 3g Dietary Fiber; 44mg Cholesterol; 519mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 2 1/2 Fat.

Tomato Soup

Servings: 28

Yield: 14 quarts

Recipe from Myrveldeen Dangerfield in the Dietrich Ward Cookbook, page 5

1/2 bushel tomatoes

3 bay leaves

3 teaspoons dry parsley

2 teaspoons pepper

12 medium onions, ground fine

2 green peppers, chopped

2 cups sugar

1/2 cup salt

1 pound macaroni, alphabet

1 bunch celery

1 pound butter

1 cup flour

Cook tomatoes without peeling and strain through colander.

Put together onions, green peppers sugar and salt and boil until onions are tender. When soup begins to boil, add one pound alphabet macaroni and cook until macaroni is done.

Take 1 bunch celery (cut in small pieces). Cover with water and cook separately until done (transparent). Take 1 pound butter (no margarine); melt butter slowly; add 1 cup flour until it bubbles good. Add this to soup. Stir until soup thickens a bit; add celery and put in sterile bottles.

Per Serving (excluding unknown items): 269 Calories; 14g Fat (44.5% calories from fat); 3g Protein; 35g Carbohydrate; 2g Dietary Fiber; 36mg Cholesterol; 1966mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 2 1/2 Fat; 1 Other Carbohydrates.

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