



Index of Recipes

MAIN DISHES

SEAFOOD

Crawfish Etouffee	4
Crawfish Pie	6
Hitachi Cooked Crawfish Jambalaya	5
Lemon Crème Sauce.....	9
Linguini with Crabmeat.....	3
Microwave Barbeque Shrimp	12
Oyster Rockefeller Bisque	7
Paella de Ciuba	10
Salmon Loaf	8
Shrimp and Crab Boil	11
Shrimp Fettucine	13
Shrimp Pilaf	14

CHICKEN

Aunt Kay's Chicken Spaghetti	29
Bar-B-Que Sauce for Chicken.....	15
Barbequed Chicken	16
Becky's Chicken and Spaghetti Casserole	30
Chicken Breasts in Sour Cream	28
Chicken Breasts Lombardy	21
Chicken Jambalaya	19
Chicken Parmigiana	25
Cream Cheese Stuffed Chicken.....	17
Elegant Chicken Nuggets	24
Italian Chicken	18
Kung Pao Chicken.....	20
Mandarin Chicken.....	22
Martha's Chicken.....	23
Puttin' on the Ritz Chicken	26
Roast Chicken	27
Viva la Chicken Tortilla.....	31

BEEF AND PORK

Apple Meat Loaf	40
Baked Ham	36
Bar-B-Que	32
Brisket	33
Carolyn's Sloppy Joes	45
Celeste's Lasagna.....	38
Cheese-Stuffed Manicotti with Meat Sauce.....	39
Chili	34
Ground Beef Casserole	35
Italian Pork Chops.....	50
Lasagne	37
Meat Loaf	42
Meatball Stew.....	43
Mexican Shredded Beef Filling for Tortillas.....	44
Posole/Carne Adovada	51
Round Steak Roll	47
Spaghetti Sauce.....	46
Sweet and Sour Pork Chops.....	52
Taco Salad.....	48
Tamale Pie	49
White Meat Loaf	41

VEAL

Veal Cutlets Parmesan	54
Veal Marsala	53

MISCELLANEOUS

Pasta with Herbed Tomato Tuna Sauce.....	55
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Seafood

LINGUINI WITH CRABMEAT

INGREDIENTS

- 1 medium onion, chopped
- 3 cloves garlic, chopped
- 3 Tbsp margarine
- 1 Tbsp flour
- 1/2 c milk
- 1/2 tsp salt
- 1/2 tsp dried basil leaves
- 1/8 tsp fresh ground pepper
- 1 Tbsp salt
- 1/2 Tbsp olive oil
- 4 qt water
- 1 (8 oz) pkg linguini
- 1 tsp parsley
- 2 Tbsp grated Parmesan cheese
- 1 (8 oz) pkg snow crab legs, cut up

DIRECTIONS

Crab Sauce:

In large skillet, cook onions and garlic in margarine until tender.

Stir in flour.

Add milk, 1/2 tsp salt, basil, and pepper. Heat until it bubbles.

Add parsley and crab legs.

Sprinkle with Parmesan cheese.

Linguini:

In a 5-qt saucepan, bring water to boil. Add 1 tsp salt and olive oil.

Add linguini.

Boil 7 minutes.

Remove from heat and drain quickly.

Serve crab sauce over linguini.

Cathey Cook, Shreveport, LA

CRAWFISH ETOUFFEE

INGREDIENTS

- 2 Tbsp flour
- 2 Tbsp oil
- 3 medium white onions, chopped
- 1 medium bell pepper, chopped
- 1/2 c chopped celery
- 1 can RoTel tomatoes with green chilies
- 2 c water (approx)
- 2 lb cleaned crawfish tails
- 1 c green onion tops and parsley, mixed
- Steamed white rice

DIRECTIONS

Prepare a roux with flour and oil.

Add chopped onions, bell pepper, and celery to roux and sauté until vegetables are tender.

Add tomatoes and water. (The amount of water can vary according to the desired thickness of gravy.)

Season with salt and pepper to taste. (Use pepper sparingly because the tomatoes are very hot.)

Let simmer 20 minutes.

Add crawfish, green onion tops, and parsley.

Cook 10 to 15 minutes or until crawfish are hot.

Serve over rice.

Julia D. Bertrand, Elton, LA
Linda Nevils, Lake Charles, LA

HITACHI COOKED CRAWFISH JAMBALAYA

INGREDIENTS

- 1 lb peeled crawfish tails or shrimp (uncooked)
- 2-1/2 c raw rice
- 1 stick oleo, melted
- 1 (4 oz) can sliced mushrooms, drained
- 1 medium onion, chopped
- 1 medium bell pepper, cut up
- 1 jalapeno pepper, cut up
- 1 can beef broth
- 1/2 can (small) tomato sauce
- Salt and pepper to taste

DIRECTIONS

Combine all ingredients in Hitachi rice cooker. Steam 30 minutes or until cooking cycle is completed.

Charmaine Rice, Kingwood, TX

CRAWFISH PIE

INGREDIENTS

- 1 c diced celery
- 3 small cloves garlic
- 1 c chopped onion
- 1 stick margarine
- 1/2 c chopped bell peppers
- 3/4 c green onion tops
- 2 c crawfish tails (raw)
- 1 can cream of mushroom soup
- 2 c cooked rice
- Salt and pepper to taste
- Bread crumbs
- Paprika

DIRECTIONS

Sauté celery, garlic, onion, and bell pepper in margarine until tender.

Add green onion tops.

Add soup and crawfish.

Heat slowly until hot.

Add rice and a little water, if necessary.

Season to taste.

Turn into a 2-qt greased casserole dish.

Sprinkle with bread crumbs and paprika. Cover casserole.

Bake in a 375° oven for 30 minutes.

Carolyn Mire, Houston, TX

OYSTER ROCKEFELLER BISQUE

INGREDIENTS

- 1-1/2 qt oysters (reserve liquid)
- 2 lb frozen, chopped spinach
- 1 stick butter
- 1 large white onion, chopped
- 3 to 4 ribs celery, chopped
- 6 Tbsp flour
- 3 pods garlic, minced
- 3 Tbsp A.1. Steak Sauce
- 1 bunch parsley, chopped in food processor
- 1 qt half & half
- 1 qt whipping cream
- White pepper to taste
- Salt to taste
- Lemon, thinly sliced
- Paprika (garnish)

DIRECTIONS

Clean oysters and remove all shell particles. Reserve the liquid and bring it to a boil. Add oysters and cook until well done. Remove oysters and reserve liquid.

Process oysters until fine in food processor.

Cook spinach as directed and chop in food processor.

Sauté onions and celery in butter until transparent. Add flour and stir; cook slightly to make a white roux.

Add hot oyster liquid to roux and whip until smooth.

Simmer 20 to 30 minutes.

Add parsley, spinach, and oysters.

Add A.1. sauce and season to taste.

Add half & half and cream and simmer for a few hours.

Garnish with thin lemon slices and paprika.

Gayle Gossen Luttrell, Little Rock, AR

SALMON LOAF

INGREDIENTS

- 1 (1 lb) can salmon
- 1/2 c milk
- 3 c whole wheat or honey wheat soft bread crumbs
- 1/4 c butter or margarine
- 3 egg yolks, beaten and bruised
- 2 Tbsp finely chopped green peppers
- 2 Tbsp finely chopped white or Vidalia onion (can add more, up to 5 Tbsp)
- 1 Tbsp lemon juice
- 1/2 tsp black ground pepper
- 3 egg whites

DIRECTIONS

Drain and flake salmon. Reserve 1/3 cup of liquid.

Heat milk. Add breadcrumbs and butter/margarine. Let stand 5 minutes.

Add 1/3 cup salmon liquid. Beat until smooth.

Add egg yolks, green pepper, onion, lemon juice, black pepper, and salmon; mix well.

Beat egg whites until stiff, yet bruised.

Fold into salmon mixture.

Put in a well greased loaf pan (1-1/2-qts), or spread in a wider pan (1" deep).

Bake in a preheated oven at 350° for one hour or until firm in center. Remove and let stand for 5 minutes. Loosen sides with rubber spatula. Invert on serving platter.

Serve plain or with lemon crème sauce, horseradish sauce, or cucumber sauce.

Kim and A.J. Cohen, Denver, CO

LEMON CRÈME SAUCE (FOR SALMON LOAF, PASTA, FISH)

INGREDIENTS

- 1-1/3 c heavy cream
- 1 Tbsp freshly grated lemon rind
- 1/2 c unsalted butter, cut into pieces
- 1-1/2 c freshly grated Parmesan cheese
- Freshly grated nutmeg to taste
- Salt and pepper to taste

DIRECTIONS

In a small, heavy saucepan, combine the cream and rind. Bring the mixture to a boil and boil for 3 minutes.

Reduce the heat to moderately low and add the butter, whisking until it is melted. Add the Parmesan cheese, nutmeg, and salt and pepper to taste, whisking until the Parmesan is melted.

Serve immediately.

This makes about 2-1/4 cups, enough for 1-lb dried pasta, cooked, such as fettuccine.

Excellent for fresh salmon or orange roughy (tastes great on the salmon loaf too).

Kim and A.J. Cohen, Denver, CO

PAELLA DE CUBA

INGREDIENTS

- 4 Tbsp butter
- 3 Tbsp olive oil
- 1 medium chopped onion
- 1 c Uncle Ben's or Bertrand rice
- 1 lb shrimp, peeled and deveined
- 1 small chopped green pepper
- 1 small chopped red pepper
- 2 to 3 large cloves garlic, pressed or chopped
- 1/4 c chopped fresh basil
- 1 large pinch of saffron
- 3 tsp granulated chicken bouillon mixed with 1 c hot water
- 2/3 pkg frozen peas

DIRECTIONS

Melt butter in large frying pan fitted with lid. Add olive oil and onion; fry until translucent.

Add rice and fry for 3 to 4 minutes.

Add shrimp, bell peppers, garlic, basil, saffron, and bouillon. Bring all ingredients to a boil, stirring over medium heat.

Cover and reduce heat to very low. Simmer for 10 minutes.

Add peas; stir.

Cover and simmer for another 10 minutes.

Stir and serve. (If there's excess liquid, increase heat and boil off before serving.)

Makes 4 to 5 servings.

Carol Coleman, Houston, TX

SHRIMP AND CRAB BOIL

INGREDIENTS

- 1 gal water (to 4 lb shrimp or 1 dozen crabs)
- 1 box crab boil
- 1 tsp salt
- 1 whole onion
- Cayenne pepper to taste
- 1 tsp garlic powder
- 1 whole lemon, sliced

DIRECTIONS

Bring water, lemon, and spices to boil.

Add shrimp or crabs.

Boil shrimp 12 minutes; boil crabs 10 minutes.

MICROWAVE BARBECUE SHRIMP

INGREDIENTS

- 3 lb large shrimp (uncooked and unpeeled)
- Cayenne pepper
- Black pepper
- Garlic powder
- 1 lb butter
- 1/3 c Worcestershire sauce
- Juice of 2 lemons
- 1/4 tsp Tabasco
- 2 tsp salt (add after cooking)

DIRECTIONS

Wash and drain shrimp well. Sprinkle shrimp generously with peppers and garlic.

Place in glass casserole dish (approximately 7" x 11").

Heat ingredients for sauce (butter, Worcestershire, lemon juice, and Tabasco) in 4-cup measure on HIGH 1-1/2 to 2 minutes. Pour over shrimp.

Cover and cook on HIGH 10 to 12 minutes.

Stir shrimp once or twice during cooking time until all shrimp are pink and tender.

Add salt and let stand 3 minutes.

Serve with French bread.

Judy Harrison, Baton Rouge, LA

SHRIMP FETTUCINE

INGREDIENTS

- 1 large onion, chopped
- 1 bell pepper, chopped
- 1/2 c celery, chopped
- 1 can mushrooms, drained
- 1 to 2 lb shrimp, cleaned and deveined
- 1 stick margarine
- 8 oz cream cheese
- 1 pt half & half
- Tony Chachere's Creole seasoning
- Fresh or dried parsley
- Thin egg noodles, angel hair spaghetti, or fettuccine pasta, cooked

DIRECTIONS

Cooking time: 30 minutes.

Sauté onions, bell pepper, celery, mushrooms, and shrimp in margarine for 20 minutes.

Add cream cheese, which has been cut in small pieces. Stir continuously (on medium low heat) until melted.

Add enough half & half until desired consistency of thickness (usually medium thickness).

Add Tony Chachere's Creole seasoning to taste and parsley.

Cook 5 minutes more.

Serve over hot, buttered pasta.

Serves 4 to 6.

Terri McLeod David, Kingwood, TX

SHRIMP PILAF

INGREDIENTS

- 3/4 stick margarine
- 1 can onion soup
- 1 can cream of chicken soup
- 1 soup can water
- 1-1/2 c rice (raw)
- 1 qt peeled shrimp (uncooked)
- 1 Tbsp salt
- 1 tsp red pepper
- 1 medium bell pepper
- 10 small strips pimento
- 4 sprigs parsley

DIRECTIONS

Melt margarine in shallow roasting pan.

Add soups and water.

Add raw rice, pimento, chopped bell pepper, and parsley.

Add shrimp and season to taste.

Add remaining seasonings to mixture.

Cover and bake in 350° oven for 1 to 1-1/2 hours.

Note: This also is great with crawfish.

Kim Bertrand, Elton, LA

Chicken

BAR-B-QUE SAUCE FOR CHICKEN

INGREDIENTS

- 1 stick oleo
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 Tbsp vinegar
- 2 Tbsp mustard
- 1 bottle ketchup
and 1/2 bottle water
- 1/2 bottle Worcestershire
sauce
- Salt and pepper to taste
- 1 Tbsp sugar
- 1 lemon, thinly sliced

DIRECTIONS

Sauté onion and garlic in oleo until soft.

Add remaining ingredients to onion and garlic and mix well.

Salt chicken, then spoon sauce over chicken.

Top sauce with thin lemon slices and bake chicken.

Diane Dill, Bentwater, TX

BARBEQUED CHICKEN

INGREDIENTS

- **Chicken**
- **1 c vinegar**
- **1/2 c oil**
- **1 egg**
- **2 tsp poultry seasoning**
- **1/4 tsp ground white pepper**

DIRECTIONS

Mix together vinegar, oil, egg, poultry seasoning, and pepper.

Pour some of sauce over chicken.

Cook chicken in microwave on HIGH for 2 minutes per piece, then finish cooking chicken on grill.

Baste chicken with sauce while grilling.

You can also bake the chicken in an oven with this sauce.

Esther Parsons, Ft. Myers, FL

CREAM CHEESE STUFFED CHICKEN

INGREDIENTS

- 4 large, boneless chicken breasts
- 4 Tbsp margarine
- 4 Tbsp cream cheese
- 1 Tbsp chives
- 4 strips bacon

DIRECTIONS

Preheat oven to 300°.

Spread 1 Tbsp butter on each chicken breast.

Mix chives with cream cheese and spread 1 Tbsp on each breast.

Fold lengthwise so that breast is long.

Wrap each breast with a piece of bacon.

Place breasts on wire rack.

Place rack on foil-covered cookie sheet.

Bake for 40 minutes.

Karen Vowell, Billings, MT

ITALIAN CHICKEN

INGREDIENTS

- 1-1/4 lb boneless, skinless chicken breast
- 16 oz tomato sauce
- 1/2 to 1 tsp Italian seasoning
- 1/4 tsp garlic powder
- 1/2 tsp salt
- 8 oz Monterey Jack cheese, sliced

DIRECTIONS

Preheat oven to 350° and grease a 9" x 9" pan.

In a small bowl, combine tomato sauce and seasonings; stir well.

Place chicken breasts in pan and pour sauce over.

Cover with foil and bake for 1 hour.

Uncover and place sliced cheese on chicken.

Bake, uncovered, for 10 minutes longer.

Serve alone with garlic bread and a green salad or use sauce with spaghetti and serve with a salad.

Stephanie Bertrand Coleman, Elton, LA

CHICKEN JAMBALAYA

INGREDIENTS

- 1 large hen or 2 chicken fryers
- 1 lb smoked sausage
- 2 c shrimp, deveined and chopped
- 8 small onions, quartered
- 2 bell peppers, minced
- 2 stalks celery, minced
- 1-1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp Tabasco
- 1/2 tsp oregano
- 1/2 tsp rosemary
- 1/2 tsp thyme
- 4 cloves garlic, minced
- 1 jar stuffed olives
- 2-1/2 c raw rice, washed

DIRECTIONS

Cut chicken and sausage into pieces and cook with shrimp in boiling water to which onion, bell pepper, celery, and spices have been added. Add garlic and salt and boil one hour longer.

Add olives and rice (water should rise two fingers above rice, so add more water, if necessary).

Simmer, covered, 30 to 45 minutes or until rice is cooked, stirring once or twice while cooking.

Cathey Cook, Shreveport, LA

KUNG PAO CHICKEN

INGREDIENTS

- 2-1/2 to 3 lb chicken breast
- 1 Tbsp soy sauce
- 2 Tbsp sherry
- 1/2 tsp sugar
- 1-1/2 Tbsp cornstarch

- 7 to 8 pieces dry red pepper
- 1/2 c oil
- 1 c peanuts (without skin)
- 1 stalk green onion
- 1 tsp chopped ginger
- 1 Tbsp soy sauce
- 1 tsp brown sugar
- 1/2 tsp salt
- 1 tsp sesame oil
- 1 tsp cornstarch, mixed with 1 Tbsp water

DIRECTIONS

Remove bones from chicken; cut into 1" x 1/2" cubes. Add 1 Tbsp soy sauce, 2 Tbsp sherry, 1/2 tsp sugar, and cornstarch. Marinate for 30 minutes.

Wipe peppers clean; remove tips and seeds of pepper. Cut into 1" long pieces; set aside.

Heat 1/2 cup oil and fry peanuts for 2 minutes or until golden; remove and let cool.

Cut green onion into 1-1/2" sections; set aside.

Fry chicken in remaining hot oil for 30 seconds.

Remove chicken with a large slotted spoon or a Chinese ladle; drain chicken.

Heat 2 Tbsp oil and fry dry red pepper until it turns black; add ginger and chicken. Stir quickly, then add 1 Tbsp soy sauce, 1 tsp brown sugar, salt, sesame oil, and cornstarch. Stir until thickened.

Turn off heat; add green onion and peanuts just before serving.

Robin Murov, Williamsburg, VA

CHICKEN BREASTS LOMBARDY

INGREDIENTS

- 8 chicken breasts halves, skinned and boned
- 1/2 c flour
- 1/2 c butter or margarine, melted and divided
- 1-1/2 c sliced mushrooms
- 2/3 c Marsala wine
- 1/2 c chicken broth
- 2/3 c shredded Mozzarella cheese
- 1/2 c grated Parmesan cheese

DIRECTIONS

Place chicken halves between 2 sheets of wax paper; flatten to 1/8" thickness using a meat mallet or rolling pin.

Dredge chicken lightly with flour. Place 4 pieces at a time in 2 Tbsp melted butter in a large skillet; cook over low heat 3 to 4 minutes on each side or until chicken is golden brown.

Place chicken in a lightly greased 13" x 9" x 2" baking dish, overlapping edges. Repeat procedure with remaining chicken, adding 2 Tbsp butter. Reserve drippings.

Sauté mushrooms in remaining 1/4 cup butter. Sprinkle evenly over chicken.

Stir wine and chicken broth into pan drippings in skillet. Simmer 10 minutes, stirring occasionally. Spoon sauce evenly over chicken. Bake at 400° for 10 minutes.

Combine cheeses and sprinkle over chicken. Bake an additional 5 minutes.

Yield 8 servings.

Note: Instead of Marsala wine, 1/2 cup white wine plus 2 Tbsp brandy may be used.

Russell P. East, The Woodlands, TX

MANDARIN CHICKEN

INGREDIENTS

- 3 lb chicken pieces
- 11 oz can mandarin orange sections, drained
- 1 red onion, thinly sliced
- Wish-Bone "Sweet n Spicy" French dressing

DIRECTIONS

Preheat oven to 350°.

Place chicken pieces in 9" x 13" baking dish. Arrange orange sections and onion rings on top of chicken. Spoon dressing on each piece of chicken.

Bake, uncovered, for 1 hour or until done.

If too much juice is in bottom of dish, drain it off during the last few minutes.

Carolyn Sweeney, Kingwood, TX

MARTHA'S CHICKEN

INGREDIENTS

- 4 boneless chicken breasts (pound until thin)
- Milk (to cover chicken)
- Beaten egg
- Italian bread crumbs
- Lemon juice (fresh)
- Swiss cheese
- Mushrooms (sauté in butter or oleo)

DIRECTIONS

Soak chicken in milk about 15 minutes.

Dip chicken in beaten egg and bread crumbs.

Sauté in butter until golden (about 5 minutes on each side).

Sprinkle with lemon juice.

Top with Swiss cheese and mushrooms.

Cover and leave on heat until cheese melts.

Serve with wild rice or buttered noodles.

Martha Cirilli, Alpharetta, GA

ELEGANT CHICKEN NUGGETS

INGREDIENTS

- 8 to 9 chicken breasts, skinned and boned
- 3 large eggs, beaten
- Unseasoned bread crumbs
- 8 oz Muenster cheese
- Sliced mushrooms (large jar)
- 1 (14-1/2 oz) can chicken broth

DIRECTIONS

Cut chicken into 1-1/2" x 1-1/2" nuggets.

Put nuggets into beaten eggs (season with salt and pepper, if desired).

Marinate for 6 to 7 hours.

After removing nuggets from egg mixture, roll the nuggets in bread crumbs and brown in butter.

Spray a 9" x 13" pan with Pam and place nuggets in it.

Top nuggets with sliced Muenster cheese and mushrooms.

Pour chicken broth over top.

Bake at 350° for 30 minutes.

Jean Barger, Spring, TX

CHICKEN PARMIGIANA

INGREDIENTS

- 2 whole chicken breasts, skinned, halved, and boned
- Flour
- 1 slightly beaten egg
- 2 to 3 Tbsp water or milk
- 1/2 c seasoned bread crumbs
- 1/2 c grated Parmesan cheese
- 1 to 2 Tbsp margarine
- Thinly sliced Mozzarella cheese
- Tomato sauce, heated

DIRECTIONS

Place chicken breasts between 2 pieces of plastic wrap; pound each piece to 1/4" thickness. Remove wrap.

Assemble 3 shallow bowls, one containing flour, one with the egg/water mixture, and one with the bread crumb/cheese mixture.

Dip chicken into flour; toss lightly between palms, removing excess flour.

Slide flour-coated chicken through egg mixture, coating entire surface.

Place chicken in bread crumb mixture, seeing that entire surface is covered.

Place on rack to dry about 20 minutes.

Sauté until crisp in margarine (about 4 to 5 minutes on each side).

Place Mozzarella cheese on chicken and let it melt slightly.

Serve with tomato sauce.

Diana Hanson, Kingwood, TX

PUTTIN' ON THE RITZ CHICKEN

INGREDIENTS

- 4 chicken breasts
- 2 cans cream of mushroom soup
- 16 oz sour cream
- 3 c crushed Ritz crackers
- 1 stick margarine, melted

DIRECTIONS

Cook, debone, and cube chicken.

Mix together soup and sour cream. Add chicken.

Pour into a 13" x 9" greased casserole dish.

Chop crackers in blender or food processor. Toss together cracker crumbs and melted butter. Sprinkle on top of chicken mixture.

Bake at 350° for 45 minutes.

Serve over white rice.

Alita Apicella, Fair Oaks Ranch, TX

ROAST CHICKEN

INGREDIENTS

- 1 fryer (whole), washed
- 1 tsp salt
- 1/2 tsp black pepper
- 1/4 to 1/2 tsp cayenne pepper
- 1/2 bell pepper
- 1/2 yellow onion
- 1 stalk celery
- 1 bay leaf
- 1/2 c wine
- 1/2 c water

DIRECTIONS

Clean fryer; remove excess fat, neck, etc. Season by sprinkling with salt and black and red peppers (use more or less to taste).

Stuff cavity with bell pepper, onion, celery, and bay leaf.

Place chicken (breast side up) in a large pot. Pour wine and water in pot.

Cook on top of stove over high heat until liquid boils. Cover and reduce heat to medium for 10 minutes.

Lower heat to low and cook for 45 minutes.

Susan Karam, Carencro, LA

CHICKEN BREASTS IN SOUR CREAM

INGREDIENTS

- 4 chicken breasts
- 1 small can mushrooms, drained
- 1 can cream of mushroom soup (undiluted)
- 1/2 soup can sherry
- 1 c sour cream
- Paprika

DIRECTIONS

Arrange chicken in shallow baking dish so that pieces do not overlap.

Cover with mushrooms.

Combine undiluted mushroom soup, sherry, and sour cream; stir until blended. Pour over chicken completely covering it.

Dust with paprika.

Bake, covered for 1-1/2 hours at 350°.

Serves 4.

June H. Winegeart, Houston, TX

AUNT KAY'S CHICKEN SPAGHETTI

INGREDIENTS

- 1 medium hen
- 2 pkg cut spaghetti
- 1 c celery, chopped
- 1 clove garlic, minced
- 1 small can chopped mushrooms
- 1 can tomato paste (small)
- 1 c green pepper, chopped
- 1 c onion, chopped
- 1 small can chopped pimento
- 1 lb grated cheese
- 1 can tomato soup

DIRECTIONS

Season and boil hen until tender. Remove meat from the bone and chop.

Cook spaghetti in stock.

Mix all ingredients with stock.

Bake at 350° for one hour.

Aunt Kay DeRosier, Elton, LA

BECKY'S CHICKEN AND SPAGHETTI CASSEROLE

INGREDIENTS

- 1 pkg spaghetti, cooked
- 1 chicken, cooked and deboned
- 1 onion, chopped
- 1 bell pepper, chopped
- 3/4 c celery, chopped
- 1 clove garlic, chopped
- 2 tsp chili powder
- 1 tsp sugar
- 2 Tbsp Worcestershire sauce
- Salt and pepper to taste
- Tabasco (if desired)
- 2 c chicken broth
- 2 Tbsp flour
- 1 can tomatoes
- Grated Cheddar cheese

DIRECTIONS

Sauté onion, bell pepper, celery, and garlic in butter.

Add chili powder, sugar, Worcestershire sauce, salt, pepper, and Tabasco to sautéed vegetables.

Combine flour with chicken broth. Add broth and tomatoes to vegetables and boil for 5 minutes, stirring.

Combine spaghetti and chicken with other cooked ingredients in a large casserole dish.

Cook, covered, 30 to 40 minutes at 350°.

Uncover and add cheese last 5 minutes.

This recipe may be stretched by adding a can of cream of mushroom soup.

Becky Pilgrim, Humble, TX

VIVA LA CHICKEN TORTILLA

INGREDIENTS

- 5 whole chicken breasts
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 c milk
- 1 c salsa
- 1 onion, chopped and sautéed in butter
- 1 doz corn tortillas (Ginger uses flour tortillas)
- 1 c broth
- 1 lb Cheddar cheese, grated

DIRECTIONS

Wrap chicken in foil (two or three in a package) and bake at 400° for one hour. Save one cup of broth from cooked chicken. Cut chicken into bite-size pieces.

Mix together soups, milk, salsa, and onions to make a sauce.

Cut each tortilla into six pieces.

Butter a 9" x 13" pan.

Spread one-half of the tortilla pieces on the bottom of pan and spoon 3 tablespoons broth over. Place half of chicken on tortillas. Pour half of sauce over chicken. Sprinkle half of cheese over sauce.

Repeat layers of tortillas, broth, chicken, sauce, and cheese.

Cover with foil and refrigerate overnight.

Bake uncovered at 300° for one hour.

Note: Great with guacamole salad.

Natalie Brewster, Malibu, CA

Beef and Pork

BAR-B-QUE

INGREDIENTS

- 3-1/3 lb ground beef, browned
- 1-1/4 c chopped onion
- 1-1/3 c ketchup
- 2 Tbsp mustard
- 2 Tbsp white vinegar
- 2 Tbsp sugar
- 2 Tbsp Lea & Perrins

DIRECTIONS

Mix all ingredients together.

Bake at 350° until hot.

Spoon over hamburger buns.

Sally Whitney, Ft. Collins, CO

BRISKET

INGREDIENTS

- **Brisket**
- **Garlic salt**
- **Onion salt**
- **Celery Salt**
- **Salt and Pepper**
- **Lea & Perrins**
- **Kraft barbeque sauce
(hickory smoke flavor)**

DIRECTIONS

Marinate brisket overnight in garlic, onion, and celery salts.

Salt and pepper lightly the next day and sprinkle Lea & Perrins over.

Cover and cook at 250° for 5 hours.

Uncover and spread with Kraft barbeque sauce (hickory smoke flavor is good). Cook 1 additional hour.

Aunt Betty Levy, Shreveport, LA

CHILI

INGREDIENTS

- 10 oz hamburger
- 10 oz Italian sausage
- 6 slices bacon
- 1 Spanish onion
- 1 bell pepper
- 2 cloves garlic
- 1/2 jalapeno pepper
- 1 c red wine
- 1/2 c Worcestershire
- 1 Tbsp dry mustard
- 1 Tbsp celery seeds
- 1 Tbsp chili powder
- 1 Tbsp salt
- 1 Tbsp pepper
- 6 c tomatoes (3 cans)
- 1 can pinto beans (undrained)
- 1 can garbanzo beans (undrained)
- 1 can dark kidney beans (undrained)

DIRECTIONS

Brown beef, then sausage and bacon.

Remove from skillet, then cook onion, bell pepper, garlic, and jalapeno pepper in meat drippings.

Stir in wine and Worcestershire and simmer 10 minutes.

Stir in mustard, celery seeds, chili powder, salt, and pepper and simmer 10 minutes.

Put meats back in skillet.

Add tomatoes to meats; simmer 1/2 hour.

Add beans; simmer 1 hour. Additional liquid may be added, if needed.

Note: Do not add jalapeno pepper if you do not like it HOT!

*Paula Stewart, Overland Park, KS &
Kim Land, Kingwood, TX*

GROUND BEEF CASSEROLE

INGREDIENTS

- 1 lb ground beef
- 1 (12 oz) can corn, drained
- 1 small jar Ragu spaghetti sauce
- 1 small bag elbow macaroni
- Grated Cheddar cheese

DIRECTIONS

Brown ground meat.

Add spaghetti sauce and corn to cooked meat.

Allow to simmer 15 minutes.

Boil macaroni and drain.

In a greased casserole dish, layer macaroni and meat sauce, starting with macaroni and ending with meat sauce.

Add grated cheese and bake at 350° until cheese is melted (approximately 10 minutes).

Serve with hot bread and green salad. This is very good when you need a quick meal!

Julia D. Bertrand, Elton, LA

BAKED HAM

INGREDIENTS

- Pre-cooked, boned ham, such as Kroger's Private Selection spiral-sliced ham
- Whole cloves
- 1-1/2 c brown sugar
- 1 c crushed pineapple (drained, but save the juice)
- 2 c pineapple juice (use juice from drained pineapple and add Ginger Ale to make 2 c)
- 1 Tbsp mustard
- Ginger Ale

DIRECTIONS

Stud the ham with cloves (about every third or fourth slice).

Mix in blender the sugar, pineapple, pineapple juice, and mustard.

Place ham on a rack in a roasting pan.

Pour pineapple mixture over ham.

Bake at 350° for one hour.

Reduce heat to 300° and cook one hour longer.

Note: Baste every 15 minutes. As the juice in the pan boils down, add Ginger Ale.

If the ham starts to brown too much on top, cover lightly with a foil tent.

*Ginger Bertrand, Kingwood, TX
Rebecca Bertrand, College Station, TX*

LASAGNE

INGREDIENTS

Sauce:

- 2 cloves garlic
- 2 medium onions, chopped
- 2 lb ground beef
- 2 tsp salt
- 1 tsp oregano
- 4 Tbsp salad oil
- 2 cans tomato paste
- 1 large can tomatoes
- Pepper to taste

- Lasagna noodles, cooked
- 1 lb cottage cheese
- 1 lb Mozzarella cheese, sliced or grated

DIRECTIONS

Cook garlic, onion, beef, salt, and oregano in hot oil until beef crumbles (or microwave on HIGH 8 to 10 minutes, stirring twice). Reduce oil to 1 Tbsp if using microwave.

Drain fat.

Mix in tomato paste and tomatoes. Simmer 5 minutes (or microwave 10 minutes on HIGH). Add pepper to taste.

In a greased, shallow baking dish, put a layer of sauce, noodles, all of the cottage cheese, and 1/2 of the Mozzarella cheese.

Repeat layer of sauce, noodles, sauce, and rest of Mozzarella cheese.

Bake at 350° for 45 minutes until sauce is bubbly.

Ginger Bertrand, Kingwood, TX

CELESTE'S LASAGNE

INGREDIENTS

Sauce:

- 1 lb ground beef
- 1/3 c chopped green pepper
- 1 large clove garlic, minced
- 1 tsp Italian seasoning
- 2 cans condensed tomato soup
- 1/2 can water
- 2 c cottage cheese
- 2 eggs
- 1/2 c Parmesan cheese
- 8 oz pkg lasagna noodles, cooked
- 3 slices Mozzarella cheese

DIRECTIONS

Brown meat with green pepper, garlic, and Italian seasoning.

Stir in soup and water.

Combine cottage cheese, eggs, and Parmesan cheese. If consistency is too thick, 1/3 to 1/2 c buttermilk can be added to this mixture.

Layer half of the noodles, half cheese, and egg mixture, then half of meat sauce.

Repeat with rest.

Bake 45 minutes at 350°.

Remove from oven and top with Mozzarella cheese.

Bake until cheese melts (about 10 minutes).

Aunt Ilva Bertrand Bryant, Rayville, LA

CHEESE-STUFFED MANICOTTI WITH MEAT SAUCE

INGREDIENTS

- 1 lb ground beef
- 1/3 c chopped green bell pepper
- 1 large clove garlic, minced
- 1 tsp Italian seasoning, crushed
- 1 tsp basil (optional)
- 2 cans condensed cream of tomato soup
- 1/2 can water
- 4 c cottage cheese
- 2 eggs
- 1/2 c Parmesan cheese
- 1 pkg Manicotti noodles, cooked
- 3 slices Mozzarella cheese

DIRECTIONS

Brown meat with pepper, garlic, and Italian seasoning until pepper is tender.

Stir in soup and water.

Combine cottage cheese, eggs, and Parmesan cheese and stuff noodles.

Put meat sauce over noodles.

Bake at 350° for 45 minutes.

Top with Mozzarella and bake until cheese is melted.

Julia D. Bertrand, Elton, LA

APPLE MEAT LOAF

INGREDIENTS

- 1-1/2 lb ground beef
- 1 c bread crumbs
- 1/4 c finely chopped onions
- 1 egg
- 1 tsp salt
- 1/4 tsp pepper
- 1/2 c finely diced apples
- 1 tsp Worcestershire sauce
- 3/4 c brown sugar, packed
- 1 tsp dry mustard
- Apple wedges for garnish

DIRECTIONS

Mix beef, bread crumbs, onions, egg, salt, pepper, apples, and Worcestershire sauce well.

Place in 5" x 9" loaf pan.

Mix brown sugar and dry mustard and spread on meat.

Place inverted red skinned apple wedges across top.

Bake at 375° for 45 minutes.

Makes 4 to 6 servings.

Larry and Cindy Munyon, Montrose, CO

WHITE MEAT LOAF

INGREDIENTS

- 1 lb ground white turkey (raw)
- 1/3 lb ground veal
- 1/4 c minced celery
- 1/4 c minced onion
- 3/4 c white bread crumbs
- 1/4 c milk (can be nonfat)
- 1 egg
- 1 tsp salt
- 1/2 tsp white pepper
- 1 tsp minced garlic (1 large clove)

DIRECTIONS

Mix ingredients well.

Form into loaf and put in an 8" x 4" loaf pan.

Bake at 350° for 1 hour and 15 minutes.

Marcia Levy, Sonoma, CA

MEAT LOAF

INGREDIENTS

- 1-1/2 lb ground beef
- 1 egg, slightly beaten
- 1-1/2 slices white bread, pulled into soft crumbs
- 1 onion, finely chopped
- 1-1/4 tsp salt
- 1/4 tsp pepper
- 1 large can tomato sauce, divided
- 2 to 3 Tbsp brown sugar
- 2 Tbsp prepared mustard
- 2 Tbsp white vinegar
- 1 c water

DIRECTIONS

Mix beef, egg, bread, onion, salt, pepper, and 1/2 can tomato sauce lightly with a fork.

Shape into a loaf in a 9" x 13" x 2" pan.

Make sauce by mixing brown sugar and mustard first, then add vinegar. Add water slowly, then remaining 1/2 can tomato sauce. This makes the sauce smooth.

Pour sauce over meat and bake at 350° for 1-1/2 hours (or microwave on MEDIUM HIGH for 45 minutes).

Betsy Garlinger, Houston, TX

MEATBALL STEW

INGREDIENTS

- 2 to 3 lb ground beef
- 4 tsp salt
- 3/4 tsp black pepper
- 3/4 tsp cayenne pepper
- 2 eggs, beaten well
- 4 slices bread, moistened
- 1 pkg frozen, chopped vegetable mixture (mix of peppers, onion, and celery)
- 2 c chopped onions
- 1/2 c chopped bell pepper
- 1/2 c chopped green onion
- 4 c water
- 2 tsp salt
- 1/2 tsp pepper
- 1/4 tsp cayenne pepper
- 4 Tbsp roux
- Steamed rice

DIRECTIONS

Mix meat, salt, black and cayenne peppers; eggs; bread; and chopped frozen vegetables in a mixing bowl.

Shape into medium-size meatballs.

Roll in flour and brown with a little oil (safflower or margarine) in a heavy skillet.

Add onions and bell pepper; sauté.

Add water and 4 Tbsp roux.

Cook on 10 minutes, then on medium 30 minutes.

Serve over rice.

Julia D. Bertrand, Elton, LA

MEXICAN SHREDDED BEEF FILLING FOR TORTILLAS

INGREDIENTS

- 2 lb beef stew meat
- 1-1/2 c water
- 2 cloves minced garlic
- 2 Tbsp chili powder
- 1 Tbsp vinegar
- 2 tsp oregano
- 1 tsp salt
- 1 tsp cumin
- 1/8 tsp pepper

DIRECTIONS

Combine all ingredients.

Cover and simmer 2 hours.

Uncover and boil 15 minutes until water evaporates. Be sure to watch this carefully.

Fill tortillas!

Paula Stewart, Overland Park, KS

CAROLYN'S SLOPPY JOES

INGREDIENTS

- 1/2 c chopped onions
- 1/4 c chopped celery
- 1 lb ground beef
- 1-1/2 tsp Worcestershire sauce
- 8 oz tomato sauce
- 1/4 c ketchup
- 1 Tbsp white vinegar
- 1 Tbsp sugar
- Salt and pepper to taste

DIRECTIONS

Sauté onion and celery in a small amount of oil.

Add hamburger meat and cook thoroughly; drain fat.

Add remaining ingredients and simmer 20 minutes.

Serve on hamburger buns.

Carolyn Sweeney, Kingwood, TX

SPAGHETTI SAUCE

INGREDIENTS

- Olive oil
- 1 c celery, coarsely chopped
- 1 c onion, coarsely chopped
- 1/2 c green pepper, coarsely chopped
- 2 lb ground chuck
- Salt
- Pepper
- 1 (28 oz) can whole tomatoes, cut up
- 1 (12 oz) can tomato paste
- 1 Tbsp Lea & Perrins
- 1 Tbsp oregano
- 1/4 tsp Tabasco
- 1 (8 oz) can mushrooms (stems and pieces)
- 1 (4 oz) can olives, chopped or sliced

DIRECTIONS

Cover the bottom of a heavy Dutch oven with olive oil.

Sauté celery, onion, and green pepper.

Roll chuck into 1/4" balls and brown in sautéed mixture, separated so meat can be on bottom of the pan.

Sprinkle with salt and pepper as browning.

Add all canned tomatoes. Wash paste can with 1/2 can water and add to sauce.

Add Lea & Perrins, oregano, and Tabasco and stir.

Add remainder mushrooms and olives.

Cook over low heat about 2 hours or more.

Aunt Betty Levy, Shreveport, LA

ROUND STEAK ROLL

INGREDIENTS

- 1 large round steak (2 to 3 lb)
- 2 tsp salt
- 1 tsp black pepper
- 1 tsp red pepper
- 1/2 c flour
- 2 c chopped raw mustard greens (fresh or frozen)
- 1 large bell pepper, sliced
- 1 c oil for frying
- 1 qt water

DIRECTIONS

Tenderize steak by pounding on it or by using a knife to make shallow cuts on each side.

Sprinkle salt, black pepper, red pepper, and 1/4 cup flour on steak.

Spread mustard greens and bell pepper slices on steak.

Sprinkle the remaining 1/4 cup flour over greens.

Roll up steak and use string or skewers to hold it together.

Heat Dutch oven. Add oil and rolled steak. Turn heat to medium and brown meat on both sides.

Add quart of water and cook in covered pan for 2 hours on low to medium heat. Add extra water as needed.

When cooked, remove meat from pan. Remove string or skewers; slice steak roll into 1" slices.

Use juices in pan for gravy.

Serves 8.

Aunt Lula Jane Bertrand, Elton, LA

TACO SALAD

INGREDIENTS

- 1 lb ground beef
- 3/4 c water
- 1 (1-1/4 oz) pkg taco seasoning mix
- 1 (15 oz) can Ranch Style beans, chilled and drained
- 1 head lettuce
- 2 tomatoes, diced
- 3/4 c bottled French dressing, chilled
- 2 c small corn chips, crushed
- 1 lb cheese, grated
- 1 onion, finely chopped
- 1 (4 oz) can chopped green chilies

DIRECTIONS

Brown beef, then add seasoning mix and water.

Add Ranch Style beans and simmer.

Chill mixture for 30 minutes.

Combine lettuce, tomatoes, onions, green chilies, cheese, and French dressing. Chill.

Before serving, combine meat mixture with lettuce mixture and crushed corn chips.

Mix well and serve.

This serves 8 to 10 people.

Lee Ann Blanchard, Albuquerque, NM

TAMALE PIE

INGREDIENTS

- 1-1/2 lb ground beef
- 2 medium onions, chopped
- 1 can diced green chilies
- 1 garlic bud (or powder)
- 1-1/2 tsp salt
- 2 Tbsp chili powder
- 1 large can tomatoes
- 1 can whole corn
- 1 c yellow corn meal
- 1 c pitted olives
- 1 can mushrooms
- Grated Parmesan cheese

DIRECTIONS

Brown the ground beef, chopped onions, diced chilies, garlic, salt, and chili powder.

In a saucepan, put the can of tomatoes and the can of corn. Cook with lid on for five minutes, then add the corn meal and cook five minutes, stirring constantly.

Combine first mixture with the second and add the olives and mushrooms.

Add Parmesan cheese and bake 1 hour at 350°. (Put grated cheese both in and on top of the mixture).

The Brewsters, Camarillo, CA

ITALIAN PORK CHOPS

INGREDIENTS

- 1 (8 oz) can tomato sauce
- 1/2 c bell pepper, chopped
- 1 (3 oz) can sliced mushrooms, drained
- 2 Tbsp water
- 1 pkg onion gravy mix
- 1 tsp Italian herb seasoning
- 6 loin pork chops (1/2" to 3/4" thick)
- Salt to taste
- 2 Tbsp vegetable oil

DIRECTIONS

Combine tomato sauce, bell pepper, mushrooms, water, gravy mix, and Italian herb seasoning. Stir well and set aside.

Season pork chops with salt. Brown on both sides in oil. Drain off pan drippings and discard.

Pour sauce mixture over chops.

Cover and simmer 45 minutes or until tender.

Serves 6.

Kara Bertrand, Pineville, LA

POSOLE/CARNE ADOVADA

INGREDIENTS

- 6 to 8 dried red chilies, seeds and stems removed
- 1/4 tsp garlic powder
- 1/2 tsp oregano
- 1 Tbsp salt
- 2 to 3 lb pork or beef, cut in cubes
- 1 pkg posole (for posole option only)

DIRECTIONS

Cover chilies with boiling water (just enough to cover). Place spices and chili/water mixture in blender and blend until smooth.

Place raw meat in mixture and marinate overnight.

Make Posole or Carne Adovada the next day.

Posole: Boil posole 2 hours or until all kernels pop. Add chili/meat mixture and cook on low for 2 to 3 hours longer. Serve with corn bread and a salad.

Carne Adovada: Bake chili/meat mixture, uncovered, at 350° for 1-1/2 hours or to desired dryness. Serve with tortillas (like fajitas).

Lorena Sweeney, Mason, OH

SWEET AND SOUR PORK CHOPS

INGREDIENTS

- 5 boneless butterfly pork chops
- 1 (20 oz) can pineapple tidbits (do not drain)
- 1 large green pepper, sliced
- 1/2 c brown sugar, firmly packed
- 1/4 c cider vinegar
- 2 Tbsp soy sauce
- 2 Tbsp flour
- 2 Tbsp water

DIRECTIONS

Arrange pork (either whole or halved) in shallow baking pan; add pineapple with juice evenly over chops. Slice green pepper over chops.

Mix flour and brown sugar. Add remaining ingredients and pour over chops.

Bake covered at 350° for 1-1/2 to 2 hours. Uncover last half hour.

Excellent for a dinner party as it waits well.

Bunny Hosler, Kendallville, IN

Veal

VEAL MARSALA

INGREDIENTS

- 1-1/2 lb veal cutlets, cut into 12 slices, 3/8" thick (or boneless chicken breasts)
- 1 tsp salt
- 1 tsp white pepper
- 1/2 tsp paprika
- 1/4 c flour
- 6 Tbsp butter
- 1 Tbsp olive oil
- 2 tsp lemon juice
- 1/2 c dry Marsala (or Vermouth)
- 2 Tbsp finely chopped parsley
- 2 Tbsp grated Parmesan cheese

DIRECTIONS

Between 2 sheets of waxed paper, lightly pound cutlets with a smooth meat mallet to 1/4" thickness. Pat dry with paper towels.

Combine salt, pepper, paprika, and flour; dredge cutlets on both sides. Shake of excess.

In a large, heavy skillet, heat 3 Tbsp butter and oil. When very hot, sauté cutlets 1 minute on each side. As cutlets brown, remove to warm platter.

After all cutlets have browned, sprinkle with lemon juice.

Pour off fat from skillet. Add Marsala and boil 1 minute, scraping brown bits from bottom of pan. Reduce and melt remaining 3 Tbsp butter.

Return veal to pan; add parsley and cook 2 minutes, turning cutlets.

Transfer to heated serving platter.

Top with sauce and sprinkle with cheese.

Serves 4 to 6.

Kim Land, Kingwood, TX

VEAL CUTLETS PARMESAN

INGREDIENTS

- 3 Tbsp grated Parmesan cheese
- 1/2 c Italian bread crumbs
- 1 egg
- 2 Tbsp water
- 1 lb veal cutlets, cut in 1/4" thick slices
- 1/4 c olive oil
- 2 cloves garlic, minced
- 4 onions, sliced thin
- 8 Tbsp olive oil
- 2 tsp basil
- Salt and pepper to taste
- 12 oz tomato paste, diluted with 2 cans water
- 1/2 tsp sugar
- 1/2 lb Mozzarella cheese slices

DIRECTIONS

Mix Parmesan cheese and bread crumbs.

Mix egg and water.

Dip meat into egg, then crumbs.

Cook in 1/4 cup olive oil about 5 minutes on each side until golden brown. Place browned cutlets in baking dish.

Make a tomato sauce by cooking garlic and onion in oil about 10 minutes (or microwave on HIGH for 12 minutes).

Add basil, then remaining ingredients, except for cheese slices, and simmer 30 minutes (or microwave on HIGH 20 minutes, stirring every 5 minutes).

Note: Reduce water by 1/2 cup, if using microwave.

Pour most of tomato sauce over veal cutlets.

Place cheese slices on top and pour rest of sauce over cheese.

Bake at 325° for 25 minutes.

Sybil Roos, Houston, TX

Miscellaneous

PASTA WITH HERBED TOMATO TUNA SAUCE

INGREDIENTS

- 1 onion, chopped
- 1 glove garlic, minced
- 1 Tbsp olive oil
- 1 (14 oz) can tomatoes
- 1/2 c chicken stock or water
- 1 tsp dried basil or 2 Tbsp chopped fresh
- 1/2 tsp dried rosemary or 2 tsp fresh
- 1 can water-packed tuna, drained
- Salt and pepper to taste
- 1/3 c chopped parsley (optional)
- 1/2 lb pasta (fusilli, penne, etc.)

DIRECTIONS

Sauté onion and garlic in olive oil until tender.

Add tomatoes and juice, breaking up tomatoes with back of spoon.

Stir in chicken stock, basil, and rosemary.

Simmer uncovered 10 minutes.

Stir in tuna.

Simmer 5 minutes.

Season with salt and pepper. Add parsley.

Toss cooked, drained pasta with sauce and serve immediately.

Serves 4.

Jane Hart, Houston, TX