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## BAKED BEANS

### INGREDIENTS

- 4 strips bacon, cut in 1" squares
- 1-1/2 lb hamburger meat
- 1 medium onion, chopped
- 2 (20 oz) cans baked beans
- 1 can BBQ beans
- 1/2 c molasses
- 1/2 c ketchup
- 1/2 tsp mustard
- 1/2 tsp salt
- 1/2 tsp Worcestershire

### DIRECTIONS

Cook bacon; drain and set aside.

Brown hamburger meat and onion.

Mix all ingredients together well and bake 1 hour at 350°.

(Kay always uses more bacon, hamburger, and onions than called for. She also adds an extra can of BBQ beans.)

*Aunt Kay DeRosier, Elton, LA*

## BAKED BEANS

### INGREDIENTS

- 1 large can pork and beans
- 1 small onion, chopped
- 1/2 bell pepper, chopped
- 2 Tbsp brown sugar (only if using Campbell's beans)
- Salt and pepper to taste
- 1 clove garlic, minced
- 1 Tbsp prepared mustard
- 1 Tbsp vinegar
- 2 Tbsp Worcestershire sauce
- 1/2 c ketchup
- 2 slices bacon

### DIRECTIONS

Mix all ingredients, except bacon, and place in casserole dish.

Place bacon over top of bean mixture.

Bake at 350° for 1 hour.

*Diane Dill, Bentwater, TX*

## COWBOY BEANS

### INGREDIENTS

- 3 c dried pinto beans
- 1 Tbsp salt
- 1 large onion, finely chopped
- 1/2 to 1 tsp chili powder
- 1 (8 oz) can tomato sauce
- 1 clove garlic or 1/4 to 1/3 tsp garlic powder
- 1/4 lb salt pork or ham hock

### DIRECTIONS

Clean and wash beans. Add enough water to cover beans. Soak beans overnight.

Note: Instead of soaking, place beans in a heavy pan and add 6 to 8 cups of water. Boil gently for 30 minutes, uncovered.

After soaking or boiling, add remaining ingredients and more water. (The water should measure 6 to 8 cups).

In a pressure cooker, cook for about 1 hour at 15 pounds pressure.

Remove lid and stir.

Add water, if needed, and boil for 15 more minutes.

Serves 10 to 12.

*Larry and Cindy Munyon, Montrose, CO*

## CARROT CASSEROLE

### INGREDIENTS

- 4 c fresh carrots, sliced
- 1/2 c water
- 1/2 tsp salt
- 2 Tbsp butter
- 2 Tbsp flour
- 1 c milk
- 1 c grated, sharp cheese
- 1-1/2 c French-fried onion rings

### DIRECTIONS

Cook carrots in salted water. Drain and set aside.

In skillet, melt butter. Stir in flour, then milk, and stir until thick.

Add cheese and stir until melted.

Put 1/3 cooked carrots in casserole; cover with layer of onions.

Repeat layers.

Pour cheese mixture over top.

Bake at 350° for 15 minutes.

Sprinkle leftover onions on top and bake 5 more minutes.

Serves 8.

*Millie Stewart, Kingwood, TX.*

## CARROT SOUFFLE

### INGREDIENTS

- 1 (16 oz) can carrots, drained
- 1/4 lb oleo, melted
- 1 c sugar
- 3 eggs
- 1 tsp baking powder
- 3 Tbsp flour
- 1 tsp vanilla

### DIRECTIONS

Blend carrots and oleo in processor.

Add rest of ingredients and mix.

Pour into greased casserole.

Bake at 350° for 45 minutes.

Serves 6.

*Corrine L. Roos (Aunt Con), Shreveport, LA*

## CORN CASSEROLE

### INGREDIENTS

- 1 can cream style corn
- 1 can whole kernel corn
- 2 eggs
- 1 pkg Jiffy corn muffin mix
- 1 onion, diced
- 1 small can diced green chilies
- Sour cream
- 1 c grated cheese

### DIRECTIONS

Mix corn, eggs, and muffin mix together.

Pour into 9" x12" buttered pan.

Spread onion (which has been cooked until clear) and chilies over the top of the mixture.

Top with sour cream.

Top with grated cheese.

Bake at 375° for 45 to 60 minutes.

*The Brewsters, Camarillo, CA*



## **CUSHAW**

### **INGREDIENTS**

- 1 medium cushaw
- 1 stick oleo
- 3 eggs
- Brown and white sugar to taste (about 1 c each)
- Salt (about 1 tsp)
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg

### **DIRECTIONS**

Peel cushaw and cut into chunks in large pot. Add water and cook (covered) until soft.

Drain liquid and mash cushaw with potato masher.

Add butter, beaten eggs, sugars, and salt. Add spices; mix well.

Bake in greased casserole at 350° for 45 minutes.

*Cathey Cook, Shreveport, LA*

## GREEN BEAN CASSEROLE

### INGREDIENTS

- 4 c frozen green beans  
(canned may be used)
- 3 Tbsp butter (oleo)
- 1/4 onion, chopped
- 2 Tbsp flour
- 1 tsp salt
- 1 tsp pepper
- 1 tsp sugar
- 1 c sour cream
- 1/2 lb grated Swiss  
cheese
- Corn chips

### DIRECTIONS

Place green beans in a greased casserole.

In a saucepan, heat butter, onion, and flour; cook until thick.

Add salt, pepper, sugar, sour cream, and cheese. Pour over green beans.

Top with corn chips

Bake at 400° for 20 to 25 minutes.

*Cathey Cook, Shreveport, LA*

## **GREEN BEAN CASSEROLE**

### **INGREDIENTS**

- 2 cans cut green beans
- 2 cans cream of mushroom soup
- 1 can water chestnuts, sliced
- 1 can fried onion rings

### **DIRECTIONS**

Mix green beans, soup, and water chestnuts in a casserole.

Bake in 350 degree oven for 25 minutes.

Top with onion rings and bake an additional 5 to 10 minutes.

*Betsy Garlinger, Houston, TX*

## GREEN BEANS WITH ALMONDS

### INGREDIENTS

- 4 c French-style green beans, cooked
- 1/2 c slivered almonds, blanched
- 1/2 c butter or oleo
- 1/2 tsp salt
- 1 Tbsp lemon juice

### DIRECTIONS

Simmer almonds in butter over low flame until golden brown, stirring constantly.

Remove from heat and add salt and lemon juice.

Pour over hot green beans.

*Sybil Roos, Houston, TX*

## GREEN BEANS AND SWISS CHEESE CASSEROLE

### INGREDIENTS

- 1/2 c butter
- 1 Tbsp chopped onions
- 4 Tbsp flour
- 1/2 tsp dry mustard
- 1 tsp salt
- 1/4 tsp pepper
- 2 c milk
- 3/4 lb Swiss cheese, grated
- 4 c green beans, cooked and drained
- Paprika

### DIRECTIONS

Melt butter. Add onions and brown lightly.

Stir in flour, mustard, salt, and pepper.

Add milk gradually.

Cook over very low heat, stirring constantly until thickened.

Add grated cheese and continue stirring until melted.

Add beans.

Pour into greased casserole. Sprinkle with paprika.

Bake about 20 minutes at 350°.

Serves 6 to 8.

*Sybil Roos, Houston, TX*

## GREEN BEANS WITH TOMATO

### INGREDIENTS

- 3 stalks celery, chopped
- 1 medium onion, chopped
- 2 cloves garlic, pressed
- 1 fresh tomato, chopped
- 2 Tbsp olive oil
- 4 oz tomato sauce
- 4 oz water
- 1/2 tsp salt
- 1/4 tsp black pepper
- 3 dashes allspice (optional)
- 1/4 tsp red pepper
- 1 pkg frozen green beans (1 lb bag)

### DIRECTIONS

Sauté onion, celery, and garlic in olive oil until soft.

Add tomato and cook until tomato is wilted.

Add tomato sauce, water, salt and peppers.

Stir in frozen green beans.

Bring to a boil, reduce heat, cover, and cook for 30 to 45 minutes.

*Susan Karam, Carencro, LA*

## EASY BAKED POTATOES

### INGREDIENTS

- 2 lb frozen shredded hash browns
- 1 (13 oz) can condensed milk
- 2 c fresh grated Swiss cheese
- 1 stick oleo, melted
- Salt
- Pepper
- Paprika

### DIRECTIONS

Mix together all ingredients, except paprika.

Place in a greased 9" x 13" pan and sprinkle with paprika.

Bake at 350° for 1 hour.

*Millie Stewart, Kingwood, TX*

## POTATO CASSEROLE

### INGREDIENTS

- 1 (2 lb) bag frozen hash browns, thawed
- 1 stick oleo, melted
- 1 can cream of mushroom soup
- 1 c diced onions
- 1 c sour cream
- 1 c Cheddar cheese, grated
- 1 can onion rings or crushed potato chips

### DIRECTIONS

Combine all ingredients except onion rings and place in greased casserole.

Bake at 350° for 1-1/2 hours.

Add a can of onion rings or crushed potato chips on top and bake an additional 1/2 hour.

*Carolyn Sweeney, Kingwood, TX*



## PARTY POTATOES

### INGREDIENTS

- 8 medium potatoes, boiled and mashed
- 1 (8 oz) pkg cream cheese
- 1 c sour cream
- Salt and pepper to taste
- 4 or 5 green onions, chopped
- 2 Tbsp butter
- Paprika

### DIRECTIONS

Beat cream cheese and sour cream until blended well.

Add hot potatoes gradually, beating constantly until light and fluffy.

Season with salt and pepper.

Add green onions.

Pour into 2-qt greased casserole. Dot with butter. Sprinkle with paprika.

Bake at 325° for 25 minutes.

*Aunt Betty Levy, Shreveport, LA*

## SMOTHERED POTATOES

### INGREDIENTS

- 8 red potatoes
- 1 white onion, chopped
- 1 bunch green onions, chopped
- 1 lb sausage or bacon, cubed
- Salt and pepper to taste

### DIRECTIONS

Cut potatoes in cubes and boil with white onions and sausage or bacon. Let boil until potatoes are falling apart or no water is left.

Add green onions and seasoning.

If you want to make soup, add milk or water.

*Uncle Frank DeRosier, Elton, LA*

## SWEET POTATO CASSEROLE

### INGREDIENTS

- 4 c cooked, mashed sweet potatoes (canned or fresh)
- 1 c Imperial granulated sugar
- 2 eggs
- 1 tsp vanilla extract
- 2 Tbsp (or more) brandy
- 1/2 c milk
- 1/2 c butter or oleo, softened
- 1 c firmly packed Imperial brown sugar
- 1/3 c all-purpose flour
- 1/3 c softened butter or oleo
- 1 c finely chopped pecans

### DIRECTIONS

Combine sweet potatoes, granulated sugar, eggs, vanilla, brandy, milk, and 1/2 cup butter or oleo. Beat until smooth.

Spoon into 2-qt greased casserole.

Combine brown sugar, flour, and 1/3 cup butter or oleo and distribute over top of potato mixture.

Bake in preheated 350° oven for 30 minutes.

Remove from oven and lightly stir topping into potatoes. Sprinkle pecans over top of potatoes and return to oven for about 5 minutes.

Serves 10 to 12.

*June Towers, Amarillo, TX*

## KAY'S SWEET POTATOES

### INGREDIENTS

- 3 c cooked sweet potatoes, mashed (about 45 oz)
- 1 c sugar
- 1/2 tsp salt
- 2 eggs, beaten
- 1/2 stick oleo
- 1/2 c milk
- 1/2 tsp vanilla

### Topping:

- 1 c brown sugar
- 1/2 c flour
- 1 c chopped nuts
- 1/2 stick oleo, melted

### DIRECTIONS

Mix first seven ingredients and put in Pyrex pie plate or baking dish.

Mix together topping ingredients and sprinkle on top of casserole.

Bake at 350° for 30 minutes.

*Aunt Kay DeRosier, Elton, LA*

## RICE CASSEROLE

### INGREDIENTS

- 1 c uncooked rice
- 1 large onion, chopped
- 1 can RoTel tomatoes
- 1 small jar sliced green olives, drained
- 1 c grated cheese
- 1 c water
- 1/2 c melted oleo
- 1-1/2 tsp salt
- Pepper to taste

### DIRECTIONS

Mix all ingredients in casserole.

Bake for one hour at 350°.

If desired, you may bake chicken on top.

MMMM, this is good!

*Harriet Cook, Shreveport, LA*

## DIRTY RICE A LA BYRON

### INGREDIENTS

- 1 lb ground beef
- 1 lb ground pork
- 1 clove garlic, crushed
- 1/2 c (or more) green onions, chopped
- 1/4 c bell pepper, chopped
- 1/4 c celery, diced
- Steamed white rice
- 2 eggs
- 2 Tbsp butter or oleo
- Salt, pepper, and cayenne pepper to taste

### DIRECTIONS

Mix beef, pork, garlic, onions, bell pepper, and celery in a casserole dish and microwave on HIGH 10 minutes, stirring twice. Cook until meat is completely cooked. Drain off fat.

Meanwhile, on stove, bring 4 cups water to a boil. Add 2 cups long-grain rice and 2 Tbsp salt. Simmer 20 minutes or until water is absorbed.

Add rice to meat mixture.

Add 2 eggs and 2 Tbsp butter and mix well. Season to taste with salt, pepper, and cayenne pepper.

Serve immediately.

*Byron Bertrand, Kingwood, TX*

## UNCLE FRANK'S RICE DRESSING

### INGREDIENTS

- 1 lb ground beef
- 1 lb ground pork
- 1 white onion
- 2 c green onions,  
chopped
- 1 bunch leafy parsley,  
chopped
- 3 c rice, cooked
- Salt and pepper to taste

### DIRECTIONS

Place meat and white onions in a large pot.

Cover with water and boil until the meat is well done.

Skim grease off top and if there is any liquid, take it out, but leave meat moist.

Add green onions, parsley, and cooked rice.

Season to taste and stir well.

*Uncle Frank DeRosier, Elton, LA*

## SPANISH RICE

### INGREDIENTS

- 1 c rice
- Oil
- Garlic to taste
- Cumin to taste
- Cayenne to taste
- 1-1/2 c water
- Tomato sauce
- Chopped bell peppers
- Onion

### DIRECTIONS

Brown rice in a small amount of oil in a skillet.

Add remaining ingredients.

Bring to a boil, then reduce heat.

Cover and simmer until rice is done.

*Betsy Garlinger, Houston, TX*



## WILD RICE CASSEROLE

### INGREDIENTS

- 3 (4 oz) pkg raw wild rice
- 1 medium onion, chopped
- 1 can pitted black olives, sliced and drained
- 1 large can tomatoes, drained and chopped
- 8 oz Cheddar cheese, shredded
- 2 tsp basil
- 1 Tbsp parsley
- Salt and pepper to taste
- Mushrooms (optional)
- Chopped pecans (optional)

### DIRECTIONS

Cook rice as directed on package. Remove from heat; drain and cool completely.

When cooled, add onions, olives, tomatoes, and Cheddar cheese. Mix completely.

Add basil, parsley, salt, and pepper. Add mushrooms and pecans if desired.

Place in a greased casserole.

Cook at 350° for 25 to 40 minutes.

Note: This can be made a day early and kept in refrigerator.

*Kathy and Scott Baker, Houston, TX*

## ROTEL SQUASH CASSEROLE

### INGREDIENTS

- 8 to 10 medium yellow crookneck squash, sliced
- 2 medium onions, cut up
- 1 to 2 pods garlic, cut up
- Salt and pepper to taste
- 1 can RoTel tomatoes, cubed
- Bacon drippings, if desired
- 2 c grated, sharp Cheddar cheese
- Crushed potato chips

### DIRECTIONS

Simmer squash, onions, and garlic in a small amount of water until tender. Drain and put in greased casserole.

Add salt, pepper, and Rotel tomatoes.

Add bacon drippings if desired.

Sprinkle cheese on top, then potato chips.

Bake at 350° for 30 minutes.

*Aunt Carolyn Murov, Shreveport, LA*

## STUFFED CROOKNECK SQUASH

### INGREDIENTS

- 2 large crookneck squash
- 1 egg
- 1/2 medium onion, chopped
- Cracker crumbs (6 crackers)
- Salt and pepper to taste
- 1/2 c Cheddar cheese, grated

### DIRECTIONS

Parboil whole squash in boiling, salted water for 15 minutes.

Cut off neck and mash.

Cut squash in half lengthwise; scoop out seeds and discard.

Scoop out remaining squash, leaving only a thin shell.

Mash scooped-out squash with neck and add egg, onion, salt, pepper, cheese, and enough cracker crumbs to take up moisture.

Stuff in shell.

Bake in a greased casserole at 350° for 20 minutes (or microwave on HIGH for 5 to 7 minutes).

*Diane Roper, Shreveport, LA*

## VEGETABLES WITH MORNAY SAUCE

### INGREDIENTS

- Assorted vegetables [I use frozen green peas, fresh broccoli, 2 ribs celery sliced, 1 small onion chopped, 3 carrots sliced round, 2 medium squash (sliced crookneck squash), etc., etc.]
- 4 Tbsp butter or oleo
- 1/2 c flour
- 2 c milk
- 1 lb Velveeta cheese
- 1 can beer
- 1 Tbsp sherry
- Parmesan cheese

### DIRECTIONS

Parboil or cook vegetables until slightly tender. (I microwave mine on HIGH for 5 minutes).

Melt butter and add flour. Add milk and cook until smooth, then boil one minute. Cut cheese into small pieces and beat into hot cream sauce. (I use an electric mixer and beat on medium speed for 15 minutes). Add beer, a little at a time, to obtain consistency desired. Add sherry.

Pour sauce over vegetables.

Sprinkle with Parmesan cheese.

Bake in a greased casserole at 350° until cheese is hot and bubbly (or microwave on medium).

*Ginger Bertrand, Kingwood, TX*