



# World's greatest RECIPES

VOLUME 1

**FAVORITE RECIPES FROM  
ACROSS AMERICA**

# FROM OUR TABLE TO YOURS.

*From our family here at Salem to yours — a sincere thank you to all of our listeners, ministries, artists, on-air hosts, and communities everywhere. We hope that this collection of recipes brings you and yours together.*



## A MESSAGE FROM OUR TEAM

### *Recipes!*

We all use them at some point as a part of our dining experience and seem to always be interested in something new. I'm thrilled that our Salem Media Group team has been able to work with our ministry partners, clients, authors, musicians and our radio station, podcast and program audiences to put together an eclectic collection of culinary options which you and your family will benefit from having.

A great big "thank you" goes out to the production team members listed below. Without them, this first edition would not have been possible to produce.

We appreciate the opportunity to provide you with Salem Media Group's *World's Greatest Recipes – Vol. 1* and hope you enjoy using it.



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# **APPETIZERS & BREADS**

# WARM HEART HOT CHOCOLATE MIX

Mix all ingredients well with a whisk or blitz it in a food processor for a moment to combine thoroughly.

(If using marshmallows add them after blitzing.)

Store in a jar around six months.

To serve, heat your favorite milk to a simmer, stirring often. Add 2 tbsp of the mix. Let come back to a simmer until it thickens a little. Pour into your mug.

If desired, leave a little space for a splash of heavy cream to cool it to drinking temperature.

## INGREDIENTS

**1 cup Dutch process\* cocoa powder**

**1 cup dry milk**

**2 cups powdered sugar**

**1/2 cup mini semi-sweet chocolate chips**

**2 tbsp corn starch**

**1 tsp cinnamon**

**1 tsp espresso powder (or more, if you prefer)**

**1 tsp salt**

**Dehydrated marshmallows (optional)**

\* Your choice of cocoa powder



# GUILTLESS CHOCOLATE PROTEIN MUFFINS



Preheat the oven to 350°F and line a muffin tin with 12 muffin liners.

In a large bowl, mash the bananas with the bottom of a glass. They should almost be like a puree.

Add the honey and vanilla and stir.

Add in the eggs and oil and stir until well combined.

In a medium bowl, mix together the almond flour, coconut flour, chocolate protein powder, baking soda and salt. Stir just until combined and then stir in the chocolate chips.

Spoon the batter into the muffin liners and sprinkle on additional chocolate chips, if desired.

Bake for 18 minutes or until a toothpick inserted in the center comes out clean. Be careful not to confuse a melted chocolate chip with the batter.

Let the muffins cool for 5 minutes in the pan and then turn out onto a wire rack to cool completely.

## INGREDIENTS

2 medium super ripe bananas

1/3 cup honey

2 teaspoon vanilla extract

2 eggs

1/4 cup refined coconut oil, melted

2 cups blanched almond flour

3 tablespoons coconut flour

1/3 cup chocolate protein powder

1 teaspoon baking soda

1/4 teaspoon salt

1 cup chocolate chips

\* additional mini chocolate chips for sprinkling, if desired



# PHIL AND KAY ROBERTSON



## CRESCENT ROLL WREATH APPETIZER



### INGREDIENTS

- 12- to 14-inch pizza pan
- Cooking spray
- 8 ounces chive and onion cream cheese, at room temperature
- 1 cup finely chopped fresh or thawed frozen broccoli florets
- ½ cup finely chopped red bell pepper
- ¼ cup finely chopped water chestnuts
- 2 tablespoons finely chopped green onions (scallions)
- ¼ cup finely chopped baked ham or crisp-cooked bacon (optional)
- Salt and black pepper
- 2 cans (8 ounces each) refrigerated crescent roll dough
- 1 large egg
- 1 tablespoon cold water
- 2 teaspoons sesame seeds

### INSTRUCTIONS

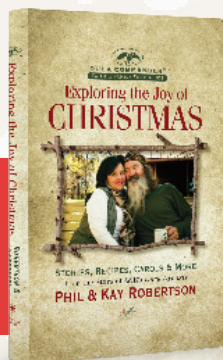
Preheat the oven to 375°F. Mist a 12- to 14-inch pizza pan with cooking spray.

In a medium bowl, stir together the cream cheese, broccoli, bell pepper, water chestnuts, green onions, and ham or bacon (if using). Season with salt and pepper to taste.

Unwrap the crescent roll dough and separate along the perforations into 16 triangles. Arrange the triangles in a circle with the wide sides toward the center and the long, tapered points facing out over the edge of the pan; leave a 5-inch-wide open space in the center. Let the edges of the wide sides overlap slightly and gently press them together.

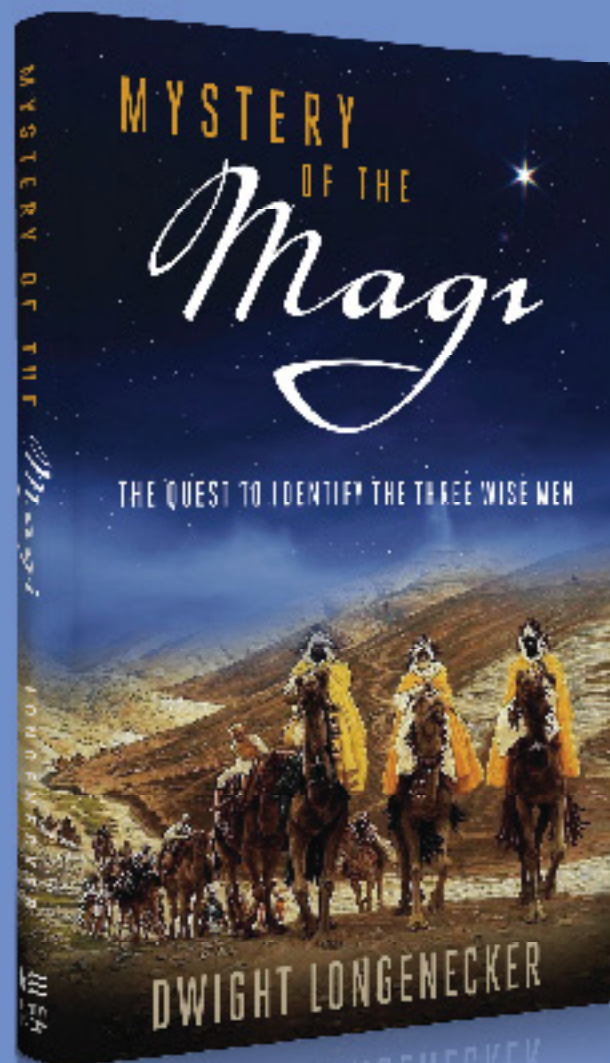
Spoon the cream cheese mixture onto the widest part of the circle of dough. Pull the long points of dough over the filling and tuck under the ends to form a ring. Some of the filling will remain visible between the strips of dough. The finished round should resemble a wreath.

Whisk together the egg and water. Brush the dough with the egg mixture and sprinkle with the sesame seeds. Bake until the dough is deep golden brown, 20 to 25 minutes. Cool on the pan for 5 minutes. Run a metal spatula under the wreath and then slide it onto a serving platter. Slice and serve warm or at room temperature.



Recipe From *Exploring the Joys of Christmas* by Phil and Kay Robertson

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# GRANDMA'S FAMOUS HAM LOAF



Roll into 1-inch balls  
Put in baking dish.  
Pour sauce over meat.  
Bake 1.25 hours at 325°F

## INGREDIENTS

1.5 lb ground ham  
1.5 lb ground pork  
2 cups saltine crackers, crushed  
3 eggs, beaten  
1/4 cup brown sugar

Mix all of the above.

## SAUCE

1 cup brown sugar  
1/3 cup vinegar  
1 tsp. dry mustard  
1/2 cup water

Boil all together.

# HEARTY IRISH SODA BREAD

Combine ingredients by hand. Let air through the flour mix.

Add 3 tsp butter or margarine. Mix in. Add 2-3 cups buttermilk

Knead the dough with heels of hands until springy — about three minutes. Then flatten the dough with palms to about height of thumb knuckle

Flour the top and sides lightly, then flour the sides of a pan no smaller than 9x9 inches.

Cut a cross or X-shape to heat more deeply in the center.

Bake for 15 minutes at 450°F then for 30 minutes at 350°F.

It may be necessary to turn the loaf upside down to remove it from the pan.

## INGREDIENTS

**3 cups white flour, sifted**

**2 cups 100% whole wheat flour (do not sift)**

**3 tsp. butter or margarine**

**2-3 cups of buttermilk**

**3 level tsp. baking powder**

**1 tsp salt**

**1-1/4 tsp. baking soda**

**4-tsp. sugar**







# GREEK COCKTAIL MEATBALLS (KEFTETHES)

Combine all ingredients. You will have to mix this with your hands. Roll into 1 ½ inch balls. Refrigerate one hour, or overnight.

Heat equal amounts of olive oil and butter. Roll in flour and brown until dark golden brown. Makes 35-40

You might need to make two batches because they disappear fast!

## INGREDIENTS

- 1 lb. ground Beef
- ½ cup soft bread crumbs (2 slices with crust removed)
- 1 tsp. Salt
- A dash of cinnamon
- 1 garlic clove, chopped very finely
- 1 medium onion, chopped finely
- 2 Tbsp. parsley
- 1 Tbsp. fresh or dried spearmint
- 1 egg

# SMOKED PIG SHOTS

Mix cream cheese, chilies, shredded cheese, chili powder and BBQ Rub thoroughly in a mixing bowl. Set aside.

Slice sausage into 1/2 inch slices. Cut bacon strips in half. Wrap bacon around the sausage, creating a bowl and secure with a toothpick.

Place the pig shots on the grill until the bacon is crispy and golden brown, about 45 to 60 minutes. Grill: 350° F

Remove the pig shots from the grill and cool for 10 minutes, the cream cheese may still be hot. Enjoy!



## INGREDIENTS

- 1 (8 oz) block cream cheese, softened**
- 2 large green chili peppers, diced**
- 1 cup shredded cheese**
- 1 tablespoon chili powder**
- 2 tablespoon honey BBQ Rub**
- 1 pound Sausage, Smoked**
- 1 pound thick-cut bacon**

# ZUCCHINI BREAD

Grease and flour two 8 x 4 inch pans. Preheat oven to 325°F.

Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.

Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans.

Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool.

## INGREDIENTS

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 tablespoon ground cinnamon
- 3 eggs
- 1 cup vegetable oil
- 2 ¼ cups white sugar
- 3 teaspoons vanilla extract
- 2 cups grated zucchini
- 1 cup chopped walnuts





# BACON CHEDDAR DEVEILED EGGS



Slice eggs lengthwise

Place all yolks in a bowl

Reserve 24 halves to be filled later

Finely chop remaining halves

Mash yolks in bowl

Add mayonnaise, sour cream, mustard, lemon juice, and pepper. Mix Well.

Add chopped egg halves, bacon, and cheese and Mix well.

Fill egg halves with mixture

Cover and refrigerate for at least one hour .

## INGREDIENTS

12 hard boiled eggs

1/2 cup mayonnaise

1/2 cup sour cream

1 1/2 tsp dijon mustard

1 tsp lemon juice

1/4 tsp pepper

6 bacon Slices (crumbled)

1/4 cup finely shredded cheddar cheese

Serves 24



# SALADS



# AUTUMN RICE SALAD

In a large saucepan, bring chicken broth and next 3 ingredients to a boil over medium-high heat.

Reduce heat, cover, and simmer for 40 minutes or until rice is tender.

Discard thyme sprigs, and drain excess liquid from rice if necessary.

In a large bowl, whisk together vinegar and next 3 ingredients; gently stir in cooked rice, walnuts, and remaining 4 ingredients.

Let stand for at least 2 hours before serving, or cover and refrigerate for up to 12 hours.

Garnish with parsley, if desired.

## INGREDIENTS

2½ cups low-sodium chicken broth

1 cup whole-grain rice blend\*

4 large sprigs fresh thyme

1 clove garlic, minced

5 tablespoons red wine vinegar

¼ cup extra-virgin olive oil

½ teaspoon kosher salt

¼ teaspoon ground black pepper

½ cup chopped toasted walnuts

½ cup finely chopped carrot

½ cup finely chopped celery

½ cup dried cranberries, chopped

¼ cup chopped green onion

Garnish: chopped fresh parsley

# MY MOTHER-IN-LAW'S POTATO SALAD

Boil potatoes until soft enough to mash.

Drain

Use a mixer to mash potatoes and to blend in milk, butter, and salt to preferred consistency

Dice onion and eggs

Add onion, eggs and relish to mixture and mix by hand

Mix in enough sandwich spread for taste

## INGREDIENTS

- 5 lb potatoes
- 1 stick butter
- 3-4 boiled eggs
- ½ of small jar of sweet pickle relish
- 1 medium onion
- sandwich spread - to taste (~3 heaping spoonfuls)
- milk
- salt



# THREE BEAN WILD RICE SALAD

Combine all salad ingredients in a large bowl.

Combine dressing ingredients in a mason jar and shake until thoroughly combined.

Toss dressing with salad.

Refrigerate for an hour for best flavor, but this salad can be served immediately.

## INGREDIENTS

- 2 cups cooked wild rice blend cooled
- 1 15 oz can kidney beans rinsed and drained
- 1 15 oz can black beans rinsed and drained
- 1 15 oz can garbanzo beans rinsed and drained - 1 red bell pepper, chopped
- 1/2 red onion diced
- 1/2 cup chopped cilantro
- 1 jalapeno diced

### Dressing

- 1/2 cup red wine vinegar
- 1/3 cup extra virgin olive oil
- 2/3 cup sugar
- 2 tsp salt
- 2 tsp fresh ground black pepper



# SOUPS & STEWS



# CHILE RELLENO CHICKEN SOUP

Roast poblano peppers until skin is charred and blistered. You can do this over the open flame on a gas stove, or by heating your broiler to high and placing poblanos within a few inches of the broiler (turning to get all sides charred).

Place poblanos in a bowl and cover with plastic wrap. Let cool, then rub skin to remove as much as possible. Cut out seeds and then place in a food processor or blender to finely chop. Set aside.

Sauté chicken breast, seasoned with salt, pepper and onion powder in olive oil and set aside. Shred once cool.

In a large saucepan over medium heat, melt butter. Add onion and cook, stirring frequently, until translucent, about 5 minutes. Add garlic, cumin, and poblanos and stir until fragrant, about 1 minute.

Stir in chicken broth and season to taste with salt and pepper. Bring to a boil and then reduce heat to a simmer. Add cream cheese and two cups of the cheddar cheese and whisk until smooth. Lastly, add the shredded chicken and heat through.

To serve, divide into 6 bowls and sprinkle each with 1/4 cup shredded cheddar cheese. Sit briefly under the broiler until cheese is melted and browned.



## INGREDIENTS

- 5 poblano peppers\***
- 2 tbsp butter**
- 1/4 cup chopped onion**
- 2 cloves garlic, minced**
- 1 tsp ground cumin**
- 4 cups chicken bone broth**
- Salt and pepper to taste**
- 2 lb. boneless, skinless chicken breast, shredded**
- 8 ounces cream cheese, cut into cubes**
- 3 1/2 cups shredded cheddar cheese, divided**
- 1/2 chipotle pepper in adobo sauce**

\* Can substitute 2-3 jars of roasted red peppers, chopped finely

# BEST DUMP CHILI



Brown beef and pork with onion and garlic in a large pot. Drain fat.

Dump all remaining ingredients, including all juices from cans, into the browned meat mixture.

Gently stir to combine.

Bring to a boil over medium high heat, then cover and reduce to simmer for 30 minutes.

Note: For a spicier chili, add chili powder and/or cumin to taste. Serve warm with topping options.

## INGREDIENTS

**1 lb ground beef**

**1 lb ground pork**

**1 large onion, diced**

**2 cloves garlic, minced**

**1 4 oz can sliced mushrooms**

**1 15 oz can red pinto beans in sauce (mild, medium or hot) 1**

**15 oz can black beans**

**1 15 oz can kidney beans**

**1 15 oz can garbanzo beans/chickpeas**

**1 15 oz can corn**

**2 14.5 oz cans diced tomatoes**

**1 6 oz can tomato paste**

**2 1 oz packets chili seasoning**

### **Topping options:**

chopped raw onion, shredded cheese, sour cream

# CHEERFUL CHILI

Let the bison cook in the crock pot on low. Don't add moisture, but don't pour any off, either. Smash it with a potato masher only after it's fully cooked.

If needed, you can refrigerate the smashed meat overnight to skim the fat off before proceeding with the next step. I did that with the bison, but there was no fat to skim off.

Add the drained lentils, tomato paste, Hormel chili, liquid smoke, onion and garlic powder, and the drained, sauteed veggies -- don't add the butter, but save it for something else. Mix thoroughly, using the potato masher to integrate all the little stuff with all the lentils and all the bison.

Cook on low for 3-4 days, stirring every 4-6 hours, with potato masher and/or basting spoon. Let the crock sit in the refrigerator during the nights.

## INGREDIENTS

**2 lb ground bison or your favorite beef, ground or chopped**

**4 cups cooked lentils (cooked in plain water, with an optional dash of salt)**

**1 small can tomato paste**

**1 can chili without beans**

**A few drops of liquid smoke**

**1 Tbsp of roasted-vegetable paste**

**Liberal shakes of onion powder and garlic powder**

**1 cup finely chopped onion, sauteed in butter**

**1 finely chopped red bell pepper, sauteed in butter**





# MOM'S BEEF STEW



Toss 2 lbs. of stew beef cubes in the flour mixture

Put olive oil in a pan and sauté the beef to brown it. Remove to a bowl and set aside.

Cut up two onions and fry in the beefy goodness. Then add the beef and onions to the crock pot on top of the carrots.

Pour over the beef and vegetables in the crock pot. Tuck a bay leaf into the stew. Salt and Pepper as desired.

Cook on low for 6-8 hours or on high for 4-5.

## INGREDIENTS

4-5 potatoes cut into wedges

4 lg carrots peeled and cut into discs  
(Put the potatoes in the crock pot and place the carrots on top of the potatoes.)

In a medium bowl, whisk:

½ cup flour

½ tsp paprika

½ tsp salt

1/8 tsp black pepper

Make two cups of beef broth in a four cup measuring cup from either bouillon cubes or Better Than Bouillon Beef Base.

Add to the broth:

¼ cup tomato paste

1 tbsp soy sauce

1 tbsp red wine vinegar

½ tsp sugar

1 pinch of ground cloves

# WHITE BEAN CHILI

Saute onions, garlic, celery, chilies, chicken/turkey for 10 minutes on medium heat.

Add half of the chicken stock.

Then add salt, pepper, oregano and cumin and simmer for 45 minutes.

Then adjust with the remaining chicken stock.

Combine all ingredients in crock pot or large heavy-bottomed pot, bring to a boil and then simmer overnight, or 8 hours.

Puree 1 cup beans for a thicker chili and serve.

Garnish with shredded cheese, fresh cilantro, tarragon or basil, chopped Tabasco peppers, raw chopped sweet onions or hot sauce.

## INGREDIENTS

**1 bag dried white beans**

**2 sweet onions**

**1/2 cup garlic (chopped)**

**1 pound ground chicken or turkey**

**1 cup celery (chopped)**

**1 tsp oregano**

**1/4 cup olive oil**

**2 each large green mild chili (de-seeded)**

**2 quarts chicken stock or water (to cover)**

**2 tsp cumin**

# ST. JAMES GUMBO



## INGREDIENTS

Place two quarts of water in a large pot, bring to a boil, and add chicken broth (four cubes). Add vegetables and chicken.

Reduce heat and simmer for 30 minutes.

Meanwhile, brown 10 breakfast link sausages, and prepare 2 cups of rice (brown rice, whole wheat). Remove casings from sausage, and cut into ¼ inch pieces.

Add sausage to gumbo mix, plus ½ cup white wine, and simmer for 15 minutes.

When okra and celery are tender, add ½ teaspoon black pepper, ½ teaspoon cayenne pepper, 1 teaspoon Cajun spices, 1/8 cup Louisiana hot sauce, rice, and ½ pound pre-cooked salad shrimp. Simmer for 10 minutes. Serve hot.

**2 cups Okra, cut into 1/8 inch thickness (Frozen Okra)**

**1 cup chopped celery**

**1 medium onion, chopped**

**1 12-oz. can diced tomatoes**

**2 chicken breasts, cut into small, bite-size pieces, cooked in light oil**

# TUSCAN SUNSHINE SOUP



In a large stock pot, place olive oil in pot and when hot, add sausage and cook until no longer pink. As the sausage cooks, make certain that sausage is cooking in small pieces. Then add onions, cooking until soft. Then add carrots, celery and fennel, stir and sauté for another 5 - 10 minutes. While sautéing, add pesto, tomato paste, and all seasonings, including garlic and sauté for another minute or so, stirring.

Add chicken and mushroom broth and bring entire mixture to a boil. Skim the top of fat and scum. As it comes to a rapid boil, turn the heat down until you achieve a medium boil and add potatoes, cannellini beans and liquid, and then tomatoes. When it returns to a boil, add the cornmeal in a steady stream, stirring constantly until incorporated. Turn the heat down to a steady, slow boil.

After an hour or so, add spinach, olives, and the rind of Parmesan Cheese. Allow the soup to cook for another 20 minutes, taste and correct the seasoning. Serve with grated Parmesan.

## INGREDIENTS

- 4 ribs of celery, minced
- 5 medium carrots, minced
- 2 onions, minced
- 1 fennel bulb, minced
- 1 bunch of spinach, thoroughly washed and stemmed
- 1 lb of Yukon Gold potatoes
- 1 lge. can – 28 oz. of diced tomatoes
- 1 - 6 oz. can of lge. black olives, sliced
- 2 - 15 oz. cans of cannellini beans
- 6 – 10 cloves of garlic, finely minced
- 2 – 32 oz. containers of chicken broth
- 1 – 32 oz. container of mushroom broth (or can substitute vegetable broth)
- 3 Tbsp. pesto paste
- 3 Tbsp. tomato paste
- 1 Tbsp. dried oregano
- 1 tsp. each of dried marjoram, thyme
- 3 Tbsp. olive oil
- 1 lb. mild Italian sausage, removed from casing
- 1 lb. hot Italian sausage, removed from casing
- 1/3 cup of cornmeal
- 2" chunk of Parmesan rind, plus grated Parmesan, to top each bowl of soup
- ½ tsp. each of chili powder, cumin, paprika
- 2 bay leaves

# WAGNER'S CHILI



Pour olive oil in large pot over medium-high heat. Add chopped veggies and garlic and season with salt and pepper.

Cook and stir until onions become translucent. Add tomato sauce, tomatoes, beans, spices, soup base, brown sugar, and Worcestershire sauce. Stir and add enough water so that the mixture is not too thick.

Cook and stir until mixture begins to simmer.

Add either cooked chicken breasts or cooked ground turkey

Add seasoned salt and soy sauce to taste. When the seasonings are correct, stir in the vinegar and serve.

Optional additional veggies: diced bell peppers (any color), diced butternut squash, diced yams.

## INGREDIENTS

2 tbsp. olive oil

5 boneless skinless chicken breasts or 20 oz. ground turkey or turkey sausage

2 onion, chopped

2 large carrots, chopped

2-3 celery stalks, chopped

5 cloves of garlic, minced or pressed

Salt and pepper

16 oz. tomato sauce

2 cans diced tomatoes, any flavor

4 cans of beans (kidney, pinto, black, cannellini) drained and rinsed

5 tbsp. chili powder

2 tbsp. ground cumin

2-3 tsp. ground oregano

4-5 cups water

1 1/2 tbsp. chicken or beef soup base

2 tbsp. brown sugar

1 tbsp. Worcestershire sauce

Seasoned salt to taste

Soy sauce to taste

1 tbsp. red wine vinegar or rice wine vinegar

# SIDE DISHES & CASSEROLES



# CHICKEN FLORENTINE CASSEROLE

This Chicken Florentine Casserole has a layer of spinach leaves and mushrooms. It has a nice creamy white sauce mixed with garlic, Parmesan cheese and Italian seasonings; all topped with Mozzarella cheese and baked. It can also be adapted to use either fish or shrimp if you like.

Heat olive oil in a large skillet to medium high heat. Add chicken breast chunks and sauté until no longer pink and juices run clear. Chicken should have a nice bit of brown coloring to it. Remove from heat and set aside. Heat oven to 400°F.

Melt butter in a medium saucepan over medium heat. Stirring constantly, mix in garlic, lemon juice, cream of mushroom soup, Italian seasoning, half-and-half, and Parmesan cheese.

Spray the bottom and sides of a 9x9 inch baking dish. Arrange the spinach over the bottom of the baking dish. Cover the spinach with the sliced mushrooms. Pour half of the mixture from the saucepan over the mushrooms. Arrange the cooked chicken in the dish and cover with the remaining sauce mixture. Sprinkle with the bacon bits and top with mozzarella cheese.

Bake 20-25 minutes in the 400°F oven until bubbly and lightly browned. Let casserole sit for a few minutes before serving.



## INGREDIENTS

- 4 boneless, skinless chicken breasts, chopped in bite size pieces**
- 1-2 tablespoons olive oil**
- ¼ cup butter**
- 3 teaspoons minced garlic**
- 1 tablespoon lemon juice**
- 1 (10.5 oz) can condensed cream of mushroom soup**
- 1 tablespoon Italian seasoning (crushed to release flavors)**
- ½ cup fat free half-and-half**
- ½ cup grated Parmesan cheese**
- Fresh or frozen spinach leaves (enough to cover bottom of baking dish as much as you'd like)**
- If using frozen spinach, thaw and squeeze the excess water, drain on paper towels.**
- 4-5 ounces fresh mushrooms, sliced**
- ½ cup bacon bits**
- 1 cup shredded Mozzarella cheese**



# COMPANY PLEASIN' POTATOES

Mix thoroughly - then divide into two 8x8/9x9 glass baking dishes that have been greased to prevent sticking.

(You can bake this in a 9x13, but the center takes forever to cook, and is often NOT cooked all the way through.)

Bake at 350 for about 30 minutes - you should see bubbling at the sides and some browning on top.

If you do two dishes, you can cook one, and freeze the other for another meal!

They're also good for breakfast - try heating them up and eating them with an egg on top!

## INGREDIENTS

Mix together the following ingredients:

**1 Bag shredded hash browns - let them defrost 16oz container of sour cream**

**1 pound shredded cheese**

**1 can cream of chicken soup**

**Lawry's coarse ground garlic salt - shake liberally into potato mixture.**

**Lawry's seasoning salt is my "secret ingredient!"**



# JESSIE'S SAUERKRAUT ROLLS

First, cut up your pork chops into small pieces.

In a mixing bowl, add your 4 cups of sifted flour. 2 eggs, 1 teaspoon of pepper and 1 teaspoon of salt.

Then add your 1 cup of warm water.

Mix altogether, till dough is formed.

Form a ball. If dough is sticky, add more flour to the dough after your ball is formed.

Flour your counter and roll out your dough. Make sure the dough is less than 1/2 inch all the way around.

Open your cans of sauerkraut and drain each can. Then place pork chops all over the rolled out dough.

Then add sauerkraut on top of the pork chops.

Make sure both Ingredients are spread evenly; you are then going to roll up the dough, like a jelly roll.

Once the dough is rolled up, you are going to cut 1/2 inch pieces down the roll.

Next step in a fryer skillet add 2 cups of vegetable oil. Then place your pieces of dough in the fryer skillet. Fry till golden.

Next step in your sauce pan add your jar of gravy and some of the remaining sauerkraut. Mix sauerkraut with gravy till warm.

## INGREDIENTS

**3 cans of sauerkraut**

**4 cups of all purpose flour**

**1 teaspoon of salt**

**1 teaspoon of pepper**

**2 lbs of pork chops vegetable oil**

**3 jars of pork or beef gravy**

**2 eggs**

**1 cup warm water**





# GRANDMA HARNETT'S STUFFING

Melt butter in small pan and add celery and onion and cook on low for about 10 minutes till soft and translucent. Set aside.

Mix together the bread, salt, pepper and parsley flakes.

Mix with hands well.

Add the butter mixture to the bread and mix well with hands again getting all the bread cubes coated well.

4 eggs in a small bowl mix together 4 eggs and add to bread and butter mixture.

Mix well with hands again.

Place in a greased pan.

Press it down to fit. I use a 8x11x3 deep pan. Cook at 350°F for an hour to an hour and 15 minutes

## INGREDIENTS

**1 stick of unsalted butter**

**3 stalks of celery (diced)**

**1 medium yellow onion (diced)**

**2 small loaves of dense bread, cubed**

*\*If they're slightly frozen, it's easier to cube. Just divide a loaf in half and make 4 cuts one way and 4 cuts the other way and do the same with the rest.*

**2 teaspoons of salt (leveled) 1/4 teaspoon of pepper**

**1 Tablespoon of parsley flakes**

# NEW ORLEANS-STYLE BAKED MACARONI AND CHEESE

Cook macaroni until just tender, drain.

Grease a 9x13 pan.

Put half of cooked macaroni in pan, cover bottom.  
Season with salt and pepper.

Cover with half of Cheddar, Colby, and Monterrey Jack cheese.

Dot with teaspoon-size pats of butter (about 6).

Drizzle with half of egg beaten with evaporated milk.

Repeat with the rest of the ingredients.

Pour rest of evaporated milk over the macaroni and cheese.

Bake for 350-375°F until cheese melts or desired finish, and inside is hot, about 30 to 45 minutes.

## INGREDIENTS

1 pkg of Long Macaroni (straight style)

8 oz pkg Cheddar Cheese

8 oz pkg Colby cheese

8 oz pkg Monterrey Jack cheese (or 16 oz Colby Jack)  
or any combination of cheese

1 lg egg, beaten, with some of evaporated milk  
(can use 2 if desired)

1 can Evaporated milk

Butter





# GREEK CASSEROLE



This is a very simple and delicious recipe.

Brown hamburger.

Drain.

Set aside.

Bring a large pot of lightly salted water to a boil.

Add orzo and spinach; cook for about 5-7 minutes. Drain.

Mix together: orange juice, olive oil, marjoram and tomatoes.

Stir in pasta and spinach; browned hamburger and feta cheese.

Bake at 375°F for 20-25 minutes.

## INGREDIENTS

1 ½ C. orzo

1 (14 oz.) frozen chopped spinach

2 (14.5 oz.) cans diced tomatoes

2 T. orange juice

2 T. olive oil

1 t. dried marjoram

2 c. feta cheese

1 1/2 lbs. hamburger

# SLOW-COOKER CREAMED CORN

Sweet and tender corn in a rich cream sauce is the ultimate side dish.

Combine all ingredients in the crock-pot and cook on low for 4 hours.

Stir to combine and make sure the cream cheese has completely melted into the sauce.

The finished corn will hold nicely on low (or on warm, if your slow cooker has that setting) for another hour or two without a problem.

Enjoy!

This recipe doubles quite well for a crowd.

## INGREDIENTS

**32 ounces frozen corn**

**8 ounces cream cheese (cut into 1" cubes)**

**1/3 cup heavy cream**

**1/4 cup butter**

**2 tablespoons sugar**

**1/2 teaspoon freshly ground black pepper**

**1/4 teaspoon kosher salt (be careful not to over salt)**



# SWEET POTATO AND BLACK BEANS

Preheat oven to 400°F

Mix all of the ingredients except the black beans, salsa, and cilantro into a large bowl.

Line a large baking sheet with aluminum foil and pour mixture onto it.

Place in oven and bake for 25 minutes.

Transfer mixture into a saucepan under medium heat and add drained and rinsed off black beans and salsa.

Serve once warm.

Garnish with fresh cilantro and lime wedges.



## INGREDIENTS

**2 medium sweet potatoes, cubed into about ½ inch cubes**

**1 small sweet onion, cut into wedges and pulled apart**

**1 tablespoon cumin**

**1 teaspoon black pepper**

**½ teaspoon salt**

**2 tablespoons olive oil**

**1 can black beans**

**½ cup salsa**

**cilantro (to taste)**

**1 tablespoon lime juice**



# SWEET POTATOES WITH PECAN PRALINES

Mix all ingredients together and pour into a 1 ½ or 2 quart casserole dish.

Top with glaze mixture.

Bake at 325°F for 35 minutes.

## INGREDIENTS

**5 Cups of cooked, mashed sweet potatoes**

**¼ cup of milk**

**2 eggs, beaten**

**1 tsp. of vanilla**

**1 stick of butter or margarine, melted**

**2 tsp. of cinnamon**

### Top Glaze:

**1 cup of chopped pecans**

**1 cup of brown sugar**

**1 stick of butter, melted**

**¼ cup of flour**





## EASY ENCHILADA CASSEROLE



### INGREDIENTS

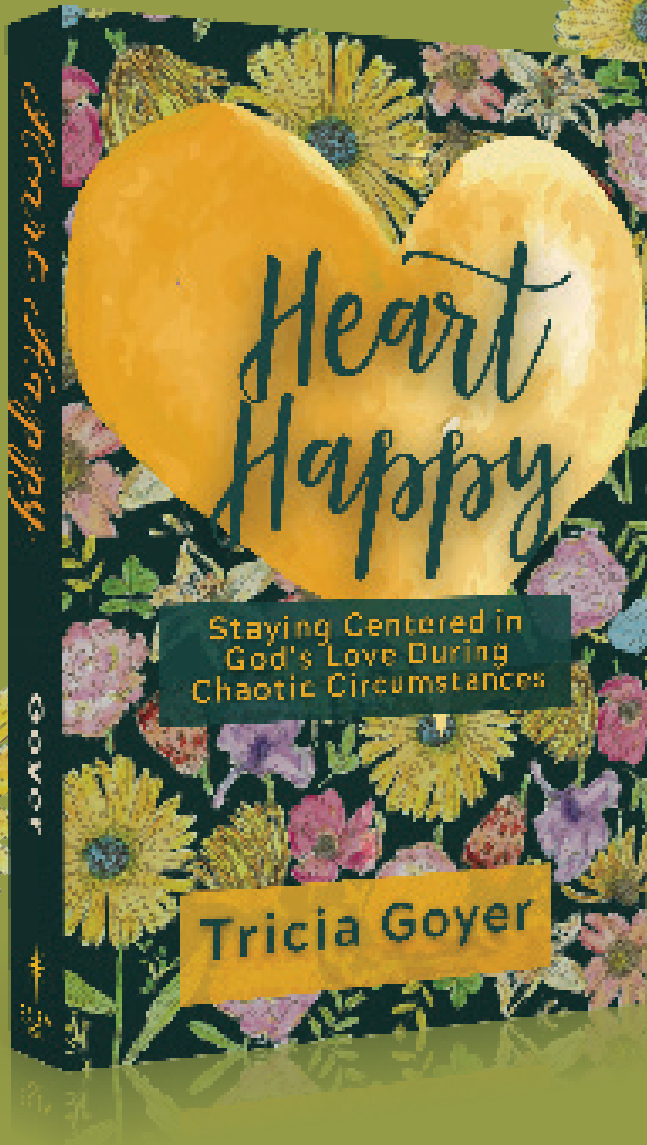
1 package tortillas  
2 lbs ground beef  
1/2 medium onion, diced  
1 15-oz can tomato sauce  
1 can refried beans  
1/2 c water  
1 tablespoon chili powder  
1/2 tablespoon cumin  
(optional)

1 cup grated cheddar  
cheese  
Sour cream and salsa for  
topping  
Cooking spray  
9x13 baking pan

### INSTRUCTIONS

Preheat oven to 400°F. Add onion to ground beef, and brown beef. Drain off fat. Mix together tomato sauce, water and chili powder and cumin to make the enchilada sauce. Mix sauce with ground beef. Spray baking pan with cooking spray, and then lay out a layer of tortillas on the bottom. Cover with a layer of refried beans, and then a layer of the ground beef mixture. Next, add a layer of grated cheese. Repeat the layers: tortillas, beans, beef, cheese. Cover and bake at 400°F for fifteen minutes. Serve with sour cream and salsa.

TRICIA GOYER



Coming  
*April*  
2022

*Heart Happy: Staying Centered in God's Love During Chaotic Circumstances* takes readers on a journey to discover where their true strength, peace, and joy come from—the Lord—no matter what life offers up.

Tricia Goyer—author, podcast host, volunteer, homeschooling mom of ten children, and caregiver to her grandma—understands what it's like to be pulled in different directions with the longing and intention to do all things well. In the midst of chaotic circumstances (which all of us face), she's found uncomplicated but effective practices for nourishing the soul—because everything stems from the heart.

This hope-filled guide will inspire you to stay tethered to the Lover of your soul, the Heavenly Father.

*Pre-order Now!*

Learn more about Tricia at [www.triciagoyer.com](http://www.triciagoyer.com)

  
SALEM  
BOOKS



# BREAKFAST CASSEROLE

Cook breakfast sausage on the stove and drain the grease.

Grease your 8x10 casserole dish and layer the bottom with the hash brown style frozen potatoes.

Crack eggs in a separate bowl. Add 2 Tbsp sour cream and 2 Tbsp milk. Mix well and pour over hash brown potatoes. Sprinkle salt and pepper. Sprinkle chopped bell peppers and as much salsa as you like. More salsa gives it a bigger kick. Sprinkle 1/2 cup-1 cup of the cheese on top. Gently mix ingredients in the casserole dish with a fork. You want all the cheese to be mixed in, not sitting on top.

Bake at 375°F for one hour. Add the rest of the cheese when your eggs are cooked through and bake for five minutes more to melt the cheese. Refrigerate leftovers.

## INGREDIENTS

**1 lb. breakfast sausage**

**1 bag frozen breakfast potatoes, hash brown style.  
(I usually use half of a 24-ounce bag.)**

**2 Tbsp sour cream**

**2 Tbsp milk**

**8-12 eggs (depends on the depth of your casserole dish)**

**1/4 tsp salt and pepper**

**1/2 cup bell pepper chopped**

**Salsa: measured to your liking**

**2 cups shredded cheese (I prefer Mexican blend)**





# CAULIFLOWER AND CHICKEN CASSEROLE

Preheat oven to 375°F

Parboil chicken in seasoned water (takes 8 - 10 minutes, starting with the chicken in room temp water and bringing to a slow rolling boil.) When done, remove from water and cut into bite-sized pieces.

Cut cauliflower into bite-sized florets.

Grease a 9 x 9 pan with cooking spray.

Spread cauliflower in an even layer on the bottom of the pan and season with whatever you want. (I just used salt and garlic powder.)

Cut bacon into pieces that are about 1/4 inch wide..

Cut butter into small cubes.

Spread chicken over cauliflower evenly and then top with bacon and butter.

In a bowl, mix together heavy cream and ranch. Pour over the contents of the pan evenly

Spread 1/2 cup cheese over the top and cover with aluminum foil.

Bake in the oven for 22 minutes and uncover. Spread the rest of the cheese over the top and bake for another 20 minutes.

## INGREDIENTS

**1/2 head of cauliflower**

**3 medium sized chicken breasts**

**2 slices of bacon**

**1 cup shredded cheese**

**1/4 cup heavy cream**

**1 Tbsp. ranch dressing**

**2 Tbsp. butter**



# MAIN DISHES

# GET YO' MAN CHICKEN

Heat the oil in a 12-inch skillet over medium-high heat.

Pat chicken dry with a paper towel and season with salt and pepper. Brown the chicken, meat-side down first, and turning once, about 4 minutes on each side.

Transfer to a plate to reserve.

Pour off all but 1 tablespoon of oil from the pan.

Add onion to the pan and saute until tender, roughly 3 minutes. Add the stock and wine and stir, scrapping any brown bits off the bottom of the pan.

Turn heat to high and reduce by half, about 3 minutes. Pour in the crushed tomatoes and add the dried herbs and lemon pepper.

Add the chicken thighs back into the pan. Cover and cook on medium-low heat for 40 minutes.

Remove chicken from liquid and serve on hot buttered rice. Ladle the sauce on top and garnish with fresh chopped parsley.

## INGREDIENTS

2 tablespoons olive oil

6 chicken thighs, skinless

1 teaspoon salt

1/2 teaspoon pepper

1 medium onion, sliced

1 cup chicken stock

1/2 cup white wine

One 14.5-ounce can crushed tomatoes in thick puree

1 teaspoon dried thyme

1/2 tablespoon dried rosemary

1 tablespoon lemon-pepper

Hot buttered rice

2 tablespoons chopped fresh parsley leaves





# CHIMICHURRI STEAK TACOS WITH PICO DE GALLO



## Steak Instructions:

In a bowl, mix together ingredients for marinade. Place steak and onions in a gallon-size Ziploc bag and pour marinade over, sealing and turning several times to coat well. Let sit for at least 30 minutes. Pre-heat grill and grill meat. Grill steak on med high heat to desired doneness. A little char is good. Let rest 10 minutes, then thinly slice the meat across the grain.

## Chimichurri Instructions:

In a food processor, place jalapeno, garlic, onion, and pulse several times until chopped. Add cilantro (stems are fine) and Italian parsley (again, thin stems are fine), pulse again. Add oil, lime juice, cumin, coriander, and salt. Pulse until combined. Set aside in small serving bowl.

## Salsa:

Finely dice tomato, onion, jalapeno and cilantro. Season with salt, pepper, and lime. Sometimes I'll add diced avocado. Place all in a bowl, mix and let sit for 15min to 1 hour.

## Tortillas:

Lightly grill, until soft and pliable and serve everything together, along with garnishes.

## INGREDIENTS

### STEAK AND MARINADE

2 lbs Flank Steak (or pounded skirt steak)

1 sliced sweet onion for grilling (optional)

Juice of 1 orange

Juice of 2 limes

1 cup soy sauce

1 cup olive oil

½ teaspoon sugar

4 smashed, chopped garlic cloves

½ cup chopped cilantro

Pinch of cumin, coriander and chili powder

### SIMPLE PICO DE GALLO

4 vine-ripe tomatoes, chopped

½ medium red onion, chopped

2 green onions, sliced

1 Serrano chili, minced

1 handful fresh cilantro, chopped

3 garlic cloves, minced

1 ½ limes, juiced

¼ cup extra-virgin olive oil

1 teaspoon kosher salt

### CILANTRO CHIMICHURRI

1 bunch cilantro, 1 cup packed

1 bunch Italian parsley, (1 cup packed)

¼ cup fresh lime juice (1-2 limes)

½ cup olive oil

¼ cup chopped onion

2 garlic cloves

2 teaspoons ground cumin

2 teaspoons ground coriander

¾ teaspoon kosher salt





\*Stock photo shown



## MEDITERRANEAN SAUSAGE PASTA



### INGREDIENTS

2 cups finely chopped tomatoes

1/2 cup chopped mini bell peppers

2 cloves pressed garlic

1 shallot, chopped finely (or 4 green onions)

2 Tbs. Capers

1/2 tsp. Sea salt

Dash of ground pepper

1/4 cup olive oil

2 Tbs. Lemon juice, fresh

1/4 cup chopped fresh basil

15 Kalamata olives, chopped, (Buy the pitted ones to save time.)

1-2 pounds Italian sausage

1/2 bag ready-to-eat salad spinach, cut into slivers

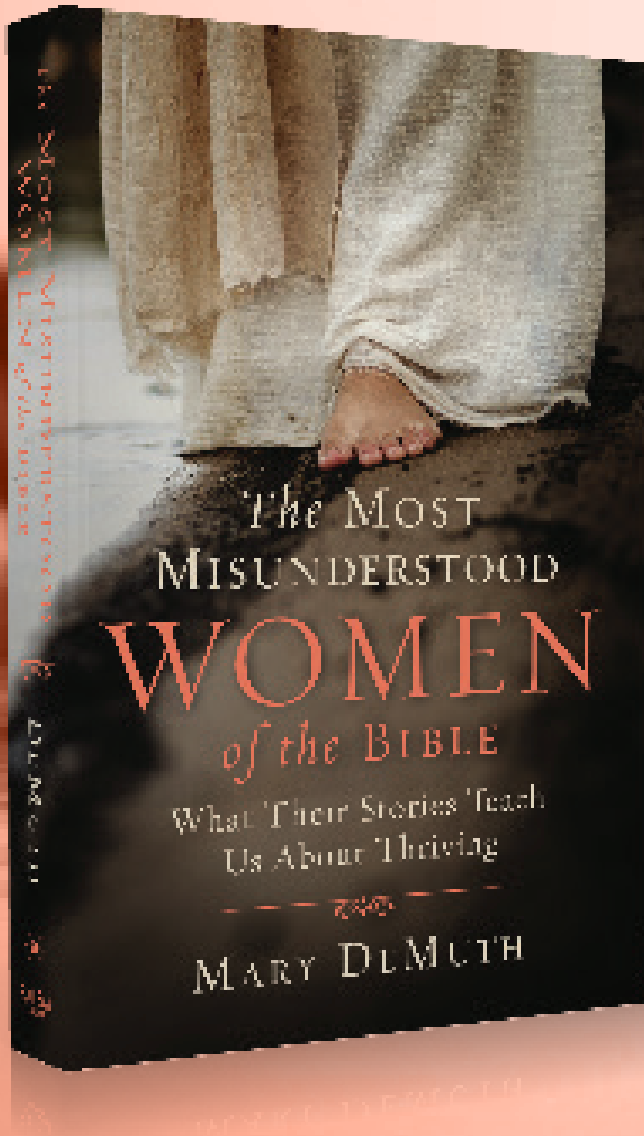
1 pound pasta, any shape

1/2 cup grated parmesan cheeset

### INSTRUCTIONS

Combine first ten ingredients in a non-reactive bowl. Cover with plastic and let marinate while you're at work. At dinner time, cook sausage until done, then boil pasta according to package directions until al dente. Drain. Toss pasta, tomato mixture, slivered spinach and parmesan. Serves six.

MARY DEMUTH



Coming  
**MARCH**  
2022



We live in a world of misunderstanding. People make up stories about us based on what they see, but they don't truly know our inward journeys. Snap judgments punctuate our world. What if we could look at the lives of grossly misunderstood women of the Bible and mine truth from their stories? How would that change us? Looking at Eve, Leah, Bathsheba, the Proverbs 31 Woman, and others, readers will learn what these women can teach us about ourselves. Author Mary DeMuth combines her storytelling and scholarly skills to create a truly unique book that will help women understand misunderstanding, moving through and beyond it toward soul health.

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## SHELLIE RUSHING TOMLINSON



# SHUT THE FRONT DOOR SLOPPY JOES



I remember way back in the day when Mama would serve Sloppy Joes and snag major brownie points with our family. My sisters and I thought it was a special treat. I still think the sweet and savory flavors of Sloppy Joes are all that, but these days I make my own sauce instead of reaching for Manwich. (No offense, Manwich! LOL!)

Earlier in the week I browned several pounds of ground beef. This is one of my favorite kitchen tips. Whether you're baking chicken, browning beef, or prepping any other kind of meat or base, always prepare more than you need for a single meal if at all possible. You can utilize that meat in other dishes during the week or freeze the leftovers and be one step ahead in the days to come. Now, back to our regular programming.

My Sloppy Joe recipe delivers just the right mix of sweet and savory (in my humble opinion). You may want to go heavier on the hot sauce, or lighter on the ketchup and brown sugar, whatever works for you! Here are the ingredients. I'll meet you below with the oh, so, simple instructions.

## INGREDIENTS

**Tbsp. each of butter and olive oil**

**1 lb. cooked and drained ground beef**

**Chopped red and yellow peppers (to taste!)**

**2-4 cloves minced garlic, ( I do heavier on the garlic!)**

**2 tablespoons tomato paste**

**2/3 cup ketchup**

**1/3 cup water**

**1 Tbsp. brown sugar**

**1 tsp yellow mustard**

**1 tsp chili powder**

**1 tsp Worcestershire sauce**

**1/4 tsp red pepper flakes**

**Salt and Black pepper**

**Hot sauce**

Sauté your chopped peppers in the olive oil and butter. Add your drained brown beef and all the other ingredients. Stir and cook over a medium heat 20-30 minutes or until you can finish whatever you're doing and get back to it. It'll keep. Now, one thing you really, really, really want to do is to toast your buns in a hot skillet with a tad of olive oil. The crunchy buns will be a huge payoff and they'll "stand up" to the sloppiness of your Joe! We also like to top these with cole slaw, but again, that's up to you. Just eat 'em. And thank me later!

Hugs, Shellie

SHELLIE RUSHING  
TOMLINSON



Along Comes a Book  
Daring Us Not to  
Settle for Anything  
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Bible Promises.

HE SATISFIES OUR  
SOUL WHILE STIRRING  
OUR LONGING.

WE'RE FREE FROM  
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GOD LOVES FIRST  
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“If you’ve ever wondered what life with Jesus could be like, far beyond church-attending rule-keeping superficial religion, I want to invite you to journey with me through Finding Deep & Wide as we discover the life we were meant to experience, with Jesus leading the way!”

—SHELLIE RUSHING TOMLINSON



  
SALEM  
BOOKS





## MEDITERRANEAN MEATBALLS WITH SWEET POTATOES



### INGREDIENTS

**1 lb organic ground chicken breast**

**2 sweet potato**

**1/2 red bell pepper diced**

**4 tbsp. of organic non gmo canned (strained) lentils**

**1/3 medium red onion diced**

**2 tbsp. of plain non fat yogurt**

**1 tbsp. olive oil**

**1/2 tsp. cumin, coriander, garlic powder, sea salt and black pepper (for chicken)**

**1 tsp. cinnamon, cardamom and sea salt (for sweet potato)**

### INSTRUCTIONS

\*Put the sweet potato in the oven first

Preheat the oven to 375°F.

Mix chicken with lentils, red bell pepper and yogurt with cumin, coriander, garlic powder, sea salt and black pepper.

Form into golf ball sized meatballs on a baking sheet.

Bake for 22 minutes.

Finely dice the sweet potatoes.

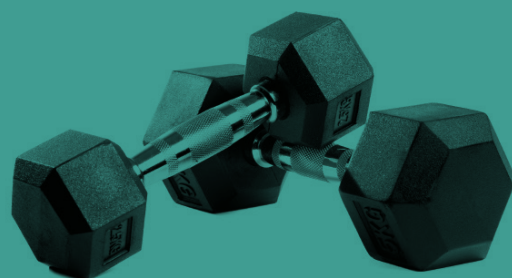
Toss sweet potatoes in olive oil, cinnamon, cardamom and sea salt in a baking dish. Bake for 30 minutes.

Serve and enjoy!

KIM DOLAN LETO



*Coming*  
**OCTOBER**  
**2022**



If you're tired of starting your diet over every Monday, if getting dressed stresses you out, if scrolling through your social media feed makes you feel insecure, this is not of God!

The way the world portrays health, fitness, and body confidence causes us to live in a thought cycle of "not good enough" and defeat, but in Christ we are free to live boldly as the best version of ourselves.

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Learn more about Kim at [kimdolanleto.com](http://kimdolanleto.com)!



# GONZBANZO'S CHICKPEA BURGERS

Place frozen vegetables in a microwavable bowl for 2 minutes. (They may still be a little frozen, but that is fine.)

Mix garbanzo beans, seasonings, and ketchup and oil with the vegetables. Place mixture in a blender or food processor.

Add the water and blend until smooth. Pour into a large bowl. Add bread crumbs and eggs.

Heat enough oil to cover the bottom of a pan.

Drop by large spoonfuls onto the pan and flatten slightly.

Cook on one side for approximately 2 minutes. Turn patties over and cook until internal temperature reaches 160°F on the food thermometer.

Serve over shredded cabbage that has been first scrubbed with a clean vegetable brush under running water.

Suggested toppings: Greek yogurt, light sour cream, or aioli mustard.

## INGREDIENTS

**2 cups frozen mixed vegetables**

**2 cups drained garbanzo beans or chickpeas (fresh or canned) 1 tsp crushed oregano**

**1 tsp ground cumin**

**1 tsp crushed basil**

**1 tsp smoked paprika**

**1 tsp ground black pepper**

**1 1/2 tsp. salt**

**1/4 tsp garlic powder**

**1/4 tsp ground ginger**

**1/4 tsp ground cayenne pepper (optional)**

**1 Tbsp ketchup**

**1 Tbsp grape seed or olive oil**

**1 1/2 cups water**

**2 eggs**

**2 cups Italian-style bread crumbs**



# BEEF AND CHILE EMPANADAS

Heat oven to 425 degrees. Line large cookie sheet with cooking parchment paper, or spray with cooking spray.

Cut into 4 wedges.

In 10 inch non-stick skillet, cook beef over med. High heat for 5-7 minutes; stirring frequently.

Then drain.

Stir in chilies. Spoon about 2 tablespoons mixture over half of each crust wedge to within  $\frac{1}{4}$  inch of edges.

Top each with tablespoon cheese. Brush edges of crust with water.

Then, fold untopped dough over filling, forming triangle; press edges to seal.

Place on cookie sheet.

Bake 12 to 17 minutes or until golden brown.

Remove from cookie sheet to cooling rack. Cook 10 minutes.

Spoon salsa into small bowl. Place bowl in center of serving platter. Cut each warm empanada in half, forming 2 triangles. Arrange around bowl.

## INGREDIENTS

- 1 box of refrigerated pie crusts, softened as directed on box.
2. 1 can (4 ounces) of chopped green chilies
3. 1 cup of shredded Cheddar cheese (4 oz.)
4. 1 cup of chunky salsa







## MEAT LOVER'S MEATLOAF



### INGREDIENTS

#### FOR THE MEATLOAF

1lb extra lean ground beef

1lb ground sausage or pork

1/2 tablespoon olive oil

1 and 1/3 cup milk

1 and 1/3 cup panko bread crumbs

1 large onion or 2 smaller ones

3 large carrots, peeled; or the equivalent in baby carrots

1/2 cup chopped sundried tomatoes

1 tsp kosher salt

1 tsp black pepper, finely ground

2 tsp garlic salt

#### FOR THE SAUCE

3 tablespoons brown sugar

3 tablespoons Dijon mustard

1/2 cup ketchup

### INSTRUCTIONS

Take the meat out of the refrigerator and let it sit while you prepare the ingredients.

Preheat the oven to 350°F.

Peel and chop the carrots coarsely; microwave for five minutes in a microwave-safe bowl with about half an inch of water in the bottom.

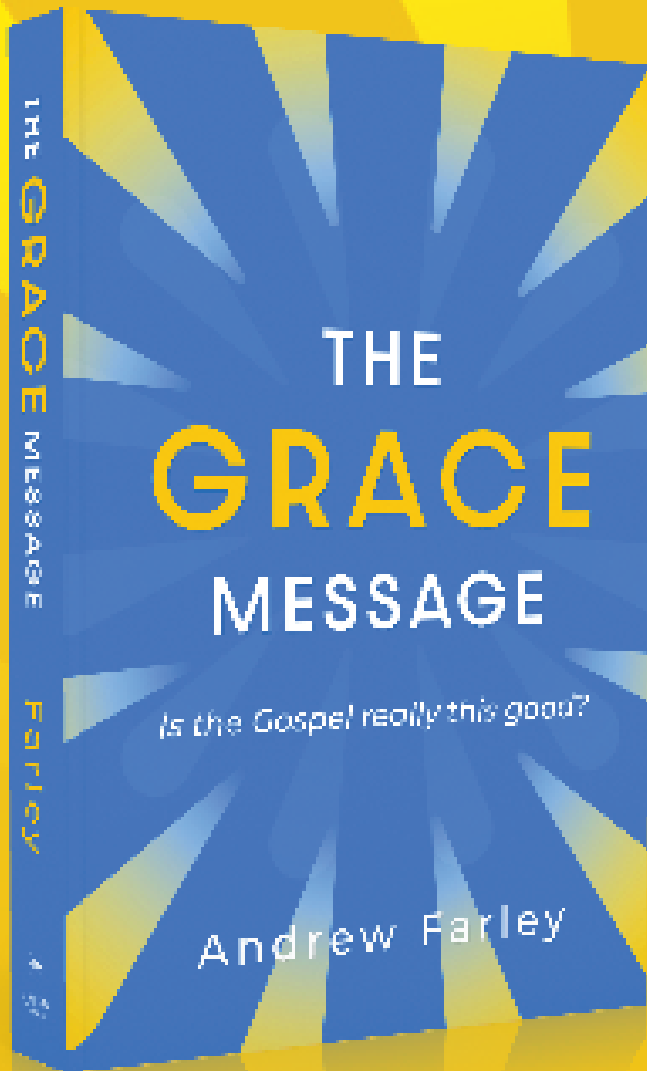
Finely chop the partially cooked carrots in the food processor. Peel and chop the onion coarsely; chop it finely in the food processor (no need to clean it in between).

In a large bowl, combine all the meatloaf ingredients. With clean hands, mash together until fully mixed. Pat into two baking dishes.

Combine all the sauce ingredients and spread over the meatloaves. Bake uncovered for 1 hour. Can also cover with plastic wrap then aluminum foil to freeze before cooking.

Makes 2 meatloaves.

ANDREW FARLEY



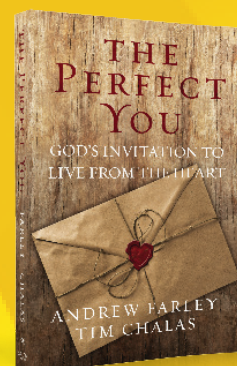
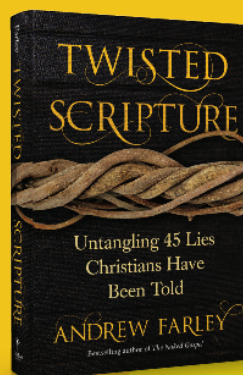
Coming  
**MARCH**  
**2022**



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**ALSO FROM  
ANDREW FARLEY**



  
**SALEM  
BOOKS**

# DIJON MEAT LOAF

Preheat Oven to 350°F.

In a large bowl, combine all ingredients.

Mix until blended; do not overmix.

Shape meat mixture into loaf & place on greased cookie sheet or in greased loaf pan.

Bake 1 hour and 45 minutes on lower rack of oven.

## INGREDIENTS

1 Tsp. olive oil

¾ cup of chopped mushrooms

1/3 cup of chopped onions

2 cloves of garlic, minced

1 dash of dried thyme

2 lbs. of ground beef

1 egg

1/3 cup of dijon mustard

3 tbsp. grated parmesan

1 dash of black pepper

½ cup of dry breadcrumbs





# PASTA WITH BACON AND TOMATO SAUCE

Cut the onion, red peppers and bacon into small pieces

Heat some olive oil in a pan and fry the onion, red peppers and bacon

Add oregano, garlic, tomatoes and water. Cook for 20 minutes.

Cook the pasta in a big pot of boiling water.

Serve the pasta with the sauce and enjoy!

## INGREDIENTS

**1 red onion**

**2 red peppers**

**120 g bacon**

**1 can tomatoes**

**1 cup water**

**olive oil**

**garlic**

**oregano**

**50 g pasta per person**



# SLOW COOKER BBQ BACON CHEESEBURGER MEATBALLS

Spray 4 quart slow cooker with cooking spray

In a large bowl, mix beef, bacon, bread crumbs, onion, milk, egg, honey, grill seasoning, and salt.

Shape into about 24 (1 ½ inch) meatballs.

Tuck one piece of cheese in center of each meatball, and seal completely.

Add meatballs to slow cooker.

Add BBQ sauce and gently turn to coat.

Cover, cook on Low heat setting for 3-4 hours until meatballs are cooked thoroughly.

Thread pickle slices on cocktail toothpicks and serve with meatballs.

Serves 12 people.

## INGREDIENTS

**1 pound of lean ground beef (85% lean)**

**2 slices bacon, chopped**

**½ cup plain panko crispy bread crumbs**

**½ cup finely chopped onion**

**¼ cup milk**

**1 egg, slightly beaten**

**1 tablespoon honey**

**1 tablespoon steak grill seasoning**

**1 teaspoon salt**

**24 (1/2 inch) sharp Cheddar cheese, 3 oz.**

**1 bottle of BBQ sauce**

**24 dill pickle slices**





# EGGPLANT PARMIGIANA

Fry breaded slices in olive oil + butter until brown.

Place breaded eggplant in baking dish, cover with home made sauce, and freshly shredded mozzarella cheese

Cover with tin foil, bake 350°F  
30 minutes

Remove tin foil, continue to bake until brown (10 minutes)

## INGREDIENTS

**2-3 Purple Italian eggplants**

**Peel, slice, soak slices in cold salt water 30 min.**

**Rinse and dry slices.**

**Bread slices ( flour, then egg, then breadcrumb mixture:  
Italian breadcrumbs, panko breadcrumbs, granulated  
garlic, crushed parsley)**

# LE MEILLEUR STEAK DE BRENNER

In order, cover each side of the ribeye with the following (and be generous):

Salt  
Garlic  
Smoked Paprika  
Pepper

Let steaks rest while you set up the cooking device

Bring a pellet grill or smoker with your favorite flavor of wood, to a temperature of between 160 and 180°F. If the setting is included on your device, set it to maximum smoke.

Once the device has achieved temperature, place the ribeye away from the heat and nearest the vent.

Cook for approximately 2 hours, or until the internal temperature of the steak has reached 110-115°F.

Remove steak and rest covered, while you prepare your skillet.

Heat a 12-inch cast iron skillet on the stove over high heat. The pan is at the right temperature, once a small bead of water placed inside, dances around the pan and quickly evaporates.

Using tongs, place and hold the steak against the pan surface in a way that allows for some of the fat along the side of the steak to render first. Then begin searing the steak in its own fat, approximately 30 seconds per side.

Place butter and rosemary on the opposite side of the pan, allowing the butter to melt and the rosemary to flavor the butter.

## INGREDIENTS

**Serves 2 per steak**

**Bone-in ribeye steak (USDA Choice or better), cut 2 inches thick**

**Coarse sea salt**

**Fresh coarsely ground black pepper**

**Garlic powder**

**Smoked paprika**

**European style butter**

**Fresh rosemary sprigs**

Working quickly, tilt the pan slightly and scoop the melted butter with a large spoon.

Baste the steak with the butter continuously for about 30 seconds. Flip the steak over and repeat the process.

Continue to flip and baste every 30 seconds, until each side of the steak has reached a golden-brown crust.

The steak should reach a medium-rare temperature of 130°F.

Transfer steak to a cutting board and allow to rest for 5 minutes.

Cut the ribeye into ½ inch pieces and fan out slightly on a plate.

Drizzle a few spoons of pan juices before serving.



# MAMA'S MOZZARELLA MEATLOAF

Preheat the oven to 350°F.

Line a loaf pan first with parchment paper and then with 2/3 of the bacon, leaving an overhang. OR line a rimmed baking sheet with baking parchment and lay 2/3 of the bacon on top if you want to bake without a pan.

Make meat mix: Mix ground beef, eggs, bread-crumbs, crackers, onion, mustard and spices in a large bowl.

Shape meatloaf: Shape a long log with 2/3 of the mixture and fit it inside the loaf pan (OR on top of the bacon on the baking sheet, if baking without a loaf pan). Make a crease down the middle and add the mozzarella cheese.

Cover with the remaining meat mixture.

Fold the bacon overhang on top and cover entirely with the remaining 1/3 of bacon.

Spread with 1/3 of the barbecue sauce.

Bake in the middle of the preheated oven for 40 minutes.

Spread with another 1/3 of the barbecue sauce.

Continue baking for another 20 minutes, then spread with the remaining sauce right as it comes out of the oven.

Allow the meatloaf to rest before slicing. If you baked in a loaf pan, drain it before removing from the pan.

## INGREDIENTS

**2 pounds ground beef**

**2 eggs**

**1/2 cup breadcrumbs**

**One sleeve Ritz crackers (crushed) 1 medium onion (diced)**

**1 teaspoon yellow mustard**

**1/2 teaspoon dried parsley (to taste)**

**1/4 teaspoon garlic powder**

**1/4 teaspoon ground paprika**

**salt & pepper (to taste)**

**9 ounces thin-cut bacon**

**4 ounces mozzarella cheese (diced)**

**1/2 cup barbecue sauce**



# CROCKPOT CARNITAS



Place the pork roast in a slow cooker.

Top with tomatoes, onions, and garlic.

In a small bowl, mix together orange juice, lime juice, honey, barbecue sauce, salt, cumin, garlic powder, chili powder, and onion powder.

Mix all ingredients well.

Pour the juice mixture over the pork roast and vegetables.

Cover and turn the slow cooker on low, cooking for 6 to 8 hours.

An hour before serving, use a couple of forks to shred the pork, then stir all the ingredients together again to mix up the flavors.

Allow to cook for another hour.

Serve with tortillas, guacamole, diced fresh tomatoes, a bit of cilantro, and any other toppings you desire.

## INGREDIENTS

**2 to 3 lb pork butt or shoulder**

**1 can fire roasted diced tomatoes**

**1 can diced tomatoes and green chilies**

**1 Tbsp minced garlic**

**1/2 onion, diced**

**2 Tbsp orange juice**

**2 tsp lime juice**

**1 Tbsp honey**

**1/2 cup sugar free barbecue sauce 1/2 tsp salt**

**1 Tbsp cumin**

**1 tsp garlic powder**

**2 tsp chili powder**

**2 tsp onion powder**

# STOVE POT ROAST WITH MASHED POTATOES

Season chuck roast with salt and black pepper; sear in a large, deep skillet or Dutch oven over medium heat until browned, about 10 minutes per side.

Pour beef broth and water into the skillet with roast. Arrange onion wedges and garlic cloves around the meat. Spread carrots atop roast and place sprig of rosemary atop carrots. Turn heat to medium-low and simmer until tender, about 6 hours.

Cover potatoes with water in a large pot and bring to a boil; reduce heat to low and simmer until tender, about 30 minutes. Drain. Mash potatoes with butter and half the evaporated milk until smooth; slowly mash remaining evaporated milk into potatoes to achieve the desired consistency. Season with salt.

Remove 1 or 2 cloves of garlic from skillet and mash cloves on top of the roast; serve with mashed potatoes.

## INGREDIENTS

**Prep: 30 mins   Cook: 6 hrs**

**Total: 6 hrs 30 mins   Servings: 8**

### POT ROAST:

- 1 (3 pound) beef chuck roast**
- salt and ground black pepper to taste**
- 4 (10.5 ounce) cans condensed beef broth**
- 1 cup water**
- 1 white onion, cut into large wedges**
- 5 cloves garlic**
- 1 (16 ounce) package carrots, peeled**
- 1 sprig fresh rosemary**

### MASHED POTATOES:

- 5 pounds yellow potatoes, peeled and diced**
- 1 (12 ounce) can evaporated milk, or as needed**
- ½ cup butter**
- salt to taste**

# EASY CAST IRON VENISON LOIN WITH SHERRY MUSHROOM SAUCE

Begin by making the sauce. Sauté garlic and shallot in 2 Tbsp. butter till translucent. Add mushrooms, continue to sauté till lightly browned. Add sherry, and reduce until alcohol is gone, about 5 minutes.

Add chicken broth, and heat to simmer.

Incorporate cornstarch (add cornstarch to cold water in separate container, then add slowly to thicken sauce to desired consistency. I prefer a runny sauce.

You may or may not use 2 – 3 Tablespoons)

Once desired consistency is reached, stir in last 2 Tbsp. butter, and salt/pepper to taste.

Set aside and keep warm.

Venison:

Preheat oven to 375°F. Preheat cast iron skillet to pretty darn hot. (medium high or so)

Remove any silver skin from venison.

Sprinkle generously with fresh thyme, garlic powder, and salt/pepper lightly.

Add olive oil to skillet and brown venison quickly in the pretty darn hot skillet.

Once browned, move skillet to oven. Use meat thermometer to cook internally to 135 degrees, or roughly 7 minutes. This is an “eyeball” cooking method, as you want the loin to be medium rare for taste and tenderness, and it depends on the size of the loin. Remove from oven, cover in foil, and let rest about 5 minutes. Internal temp will raise to about 145°F.

## INGREDIENTS

### (VENISON LOIN)

2 venison loin, about 1/2 lb. Each

Fresh thyme

Garlic powder

Salt/pepper to taste

1 T olive oil

### INGREDIENTS (SAUCE)

8 oz. button or baby belle mushrooms, sliced

1 pkg or small handful shitake mushrooms \*optional soaked, squeezed dry and sliced

3 large cloves garlic, minced

2 large shallots, chopped roughly 1/2 c. sherry

3 c. chicken broth

2-3 Tbsp cornstarch

4 Tbsp butter, divided





# FILIPINO PORK ADOBO



Place meat in the pot, add vinegar, bay leaves, peppercorns, soy sauce, and garlic.

Stir and cover.

Simmer for about 20 minutes.

Add stock and simmer until meat is tender.

Enjoy it with white steamy jasmine rice

## INGREDIENTS

1 lb pork (pork shoulder)

1.5 cup vinegar

1 clove garlic (or more if you like garlic, I know I do)

1 tbsp peppercorn

1/4 cup soy sauce

1.5 water or chicken stock

1 or 2 pieces of bay leaves

2 tsp brown sugar.



# GREEN ENCHILADAS

Put meat in tortillas, sprinkle with cheddar cheese, & roll them up.

Pour cheese sauce over enchiladas.

Cook about 20 minutes on 350°F.  
(I like to see the cheese sauce beginning to brown on the edges a little.)

## INGREDIENTS

1 ½ lbs ground beef

2-3 green onions

1 cup or more grated cheddar cheese

Salt & pepper to taste.

## SAUCE

1 lb Velveeta cheese

1 can chopped green chilies

1 can cream of chicken soup

1 small can Pet milk

Heat to melt cheese. (I do this in the microwave.)



# PASTA E FAGGIOLI

Cook pasta as box instructs, in boiling salted water.

While pasta is cooking, heat oil in a large saucepan over medium heat until hot.

Add onion, carrot and celery and cook for 15 minutes or until tender, stirring occasionally.

Add garlic and cook one minute more.

Add beans, tomatoes, salt, pepper, and water and heat to boiling over high heat.

Reduce heat to low-med heat and simmer, uncovered for 20 minutes.

Stir in drained pasta, cheese and parsley and cook until heated through.

## INGREDIENTS

**1 cup ditalini or 1 cup elbow macaroni, uncooked**

**1 tablespoon olive oil or 1 tablespoon vegetable oil**

**1 medium onion, finely chopped**

**1 carrot, finely chopped**

**1 stalk celery, finely chopped**

**1 clove garlic, minced**

**1 can cannellini beans, drained and rinsed (white kidney beans)**

**1 (14 1/2 ounce) cans diced tomatoes (or fresh)**

**1/2 teaspoon salt**

**1/4 teaspoon black pepper**

**4 cups water**

**1/4 cup grated parmesan cheese or 1/4 cup locatelli cheese**

**1/4 cup chopped fresh parsley**





# MIKE'S LAMB CHOPS

Grill on medium heat until temperature reaches 170°F. Remove and let rest for about 5 minutes, then enjoy!

## INGREDIENTS

**2 lb Lamb steaks or Lamb chops (4 lamb steaks or 6 lamb chops)**

**Mix together below ingredients and marinate for 1-2 hours:**

**1/2 cup Olive Oil**

**1/2 lemon, juiced**

**1 minced onion**

**1 teaspoon salt**

**Black pepper to taste 1/2 teaspoon Rosemary 1/4 Thyme**

**1/2 teaspoon yellow dry mustard**

***Slap Ya Mama* Cajun Seasoning to your taste of heat 1/2 teaspoon Serendity or to taste**



## **KLTY FAMILY FAVORITE RECIPE – BAKED CHIMICHANGAS**

Not a fancy meal, but for a family of 5 this was a regular on our menu rotation over the last 15-20 years.

Not expensive, pretty quick to put together and the whole family liked it. In fact one daughter took it on as one of her favorite meals and would make it from start to finish fairly often.

Set up an “assembly line” of ingredients: cooked and diced chicken, salsa, cheese and tortillas.

Put about 2 Tbsp of chicken in the center of a tortilla, about 1 Tbsp of cheese and 1 Tbsp of salsa.

Roll up the tortilla like a burrito (1 edge in over the fillings, 2 sides pulled in on top of that and roll over the 4th edge to close it all in.

Set chimichangas in a 9x13 casserole dish with tortilla folds on the bottom.

When the pan is full, put in oven heated to 350°F for 30 minutes.

After serving onto plates, top with salsa, and whatever other toppings you choose.

### **INGREDIENTS**

**2 cups diced chicken (rotisserie chicken from the store works great)**

**1 jar salsa**

**1 cup of shredded cheddar cheese**

### **TORTILLAS**

**Toppings: sour cream, jalapeños, etc.**





# AIR FRYER LEMON CHICKEN

## CHICKEN

Skin and bone chicken as needed. Toss with  $\frac{1}{4}$  cup cornstarch (use more as needed)

Preheat air fryer to 400 degrees. Set timer for 13 minutes.

Spray or use a basting brush to oil the bottom of the air fryer.

Add chicken, spray the tops with oil.

Sauce - While chicken is cooking

Add lemon juice, sugar, a drop of yellow food coloring and water to a medium skillet and slowly bring to a simmer.

Mix  $\frac{1}{2}$  tbsp cornstarch in 2 tbsp water and add to the pan.

When chicken is done, add to the pan with the sauce tossing frequently until the pieces are totally saturated with sauce.

Serve hot with rice.

## Tips

I make this with both white and dark meat. Dark is my favorite, it has more flavor and doesn't dry out as much.

An oil mister makes things much easier. I already had one for salads.

Tossing the chicken in cornstarch gives it that crunchy texture like you find at a Chinese Restaurant.

## INGREDIENTS

1/3 cup lemon juice

1/3 cup sugar

1/3 cup water

2 tbsp water

$\frac{1}{2}$  tbsp cornstarch for the sauce

$\frac{1}{4}$  cup cornstarch

2-3 lbs chicken boned and skinned

2 tbsp canola oil

1 drop yellow food color if desired





# APRICOT CHICKEN

Mix the Dressing, Apricot Preserves, and Onion Soup Mix in a bowl.

Pour over chicken in baking dish at 350 degrees for 50-60 minutes.

Serve with rice and a vegetable.

## INGREDIENTS

**4-6 Boneless Chicken Breasts**

**1 16oz Bottle of Russian Salad Dressing**

**1 Jar(18oz) of Apricot Preserves**

**1 Packet of Onion Soup Mix**

# BEST SPICY, SALTY AND CRUNCHY FRIED CHICKEN

## **Marinate chicken:**

Whisk together all marinade ingredients in a large bowl.

Add chicken, making sure it is covered with marinade. Chill, covered, stirring twice, at least 24 hours.

## **Dredge and fry chicken:**

Heat 2 inches oil in a wide 8-9 ½ quart pot over moderately high heat until a deep-fat thermometer registers 365 to 375° F. (If you don't have a wide pot (e.g., 12" wide X 5" deep), you can also use a large fryer. You may want to fry the chicken in 2 – 3 batches.)

Meanwhile, whisk together all dredging ingredients in a large bowl. Drain chicken, discarding marinade. Dredge each piece of chicken in seasoned flour and put on a large baking sheet. Let stand about 10 minutes to get "doughy."

Fry chicken, turning a few times, 20-25 minutes, or until golden brown, then drain on a rack.

## **INGREDIENTS**

**Serves 4**

### **FOR MARINADE**

**1 qt water**

**2 Tbsp salt**

**2 tsp cayenne**

**2 tsp garlic powder**

**1 ½ tsp white pepper**

**1 Tbsp soy sauce**

**2 tsp Worcestershire sauce**

4 chicken breast halves, 4 thighs and 4 drumsticks (all with skin and bones; 4 to 4 ½ pounds total) (We like to cut our breast halves in half horizontally – not vertically (the long way). It makes for smaller pieces of white meat with more crunch!)

### **FOR FRYING**

**About 12 cups vegetable oil**

### **For Dredging**

**3 cups all-purpose flour**

**1 Tbsp salt**

**1 tsp garlic powder**

**1 tsp cayenne**

**1 tsp white pepper**



# BEST YOU'LL EVER TASTE CHICKEN FAJITAS

Preheat oven to 375° F.

In a large bowl make a marinade using the seasonings, olive oil, lime juice, and lime zest.

Toss the bell peppers, white onion, and chicken, red onion together with the marinade. Cover and allow to marinate for 1 hour.

Place the chicken and vegetables onto a sheet pan with raised edges, ensuring the mixture is spread out evenly. Bake for 15-20 minutes, or until chicken reaches an internal temperature of 165°F and is thoroughly cooked. To create a char on the meat and veggies, turn oven to broil and cook for another 3 minutes.

Warm the tortillas up in the microwave or on the stove. Store bought tortillas will usually have the recommend heating directions on the package.

Serve the fajitas on a warm tortilla. Add some salsa, hot sauce, avocado, fresh cilantro, and or sour cream.

Enjoy!

## INGREDIENTS

### FAJITAS

- 1 tbsp Olive Oil
- 1 tbsp Chili Powder
- 1 ½ tsp Ground Cumin
- 1 tsp Black Pepper
- 1 tsp Salt
- ½ tsp Paprika
- ¼ tsp Crushed Red Pepper
- ¼ tsp Dried Oregano
- ¼ tsp Garlic Powder
- ¼ tsp Onion Powder
- 2lbs Boneless Skinless Chicken Breasts, Sliced Thin
- 3 Bell Peppers, Any Color, Sliced Thin
- 1 Large Lime, Juiced & Zested
- 1 White Onion, Sliced Thin
- Flour Tortillas, Street Taco Size

### TOPPINGS

Avocado, Sliced in Wedges, Cilantro, Fresh Salsa and/or Hot Sauce, Sour Cream



# CASHEW CHICKEN

Heat wok or large deep skillet.

Pour in 1-2 tbsp. oil and stir fry celery, onions and green pepper till crisp tender.

Add water chestnuts just before the veggies are done to heat.

Season all with dash of sugar and salt.

Set aside.

Add 2 tbsp. oil to skillet.

Cook garlic and ginger till lightly brown.

Remove if desired.

Add chicken. Stir fry till cooked through, then add sauce and stir till it thickens.

Add rest of veggies back to pan.

Add cashews. Stir and heat through.

Serve with white steamed rice

## INGREDIENTS

3 c. chicken breast, chopped

1 can water chestnuts

3/4 c. celery, sliced

3/4 c. onions, chopped

3/4 c. green pepper, chopped

1 c. cashew nuts

1 – 2-1/2 oz. mushrooms, save liquid 3 cloves garlic, minced

1 chunk ginger, crushed

4 tbsp. oil or more if needed

## MARINADE:

2 tbsp. cornstarch

2 tbsp. soy sauce

2 tbsp. cooking sherry

2 tsp. each sugar and salt

## SAUCE:

1/2 c. mushroom liquid, reserved from can 1 tsp. soy sauce

2 tsp. cornstarch



# CHICKEN ENCHILADA BAKE

Lay thighs out in a baking dish and drizzle with olive oil.

Mix 1 large can of cream of chicken soup & 1 small can of green enchilada sauce in a mixing bowl.

Cut a 30-count pack of corn tortillas into quarters.

Salt & pepper the chicken and add thin slices of yellow onion.

Pour 1-1/2 cup of instant brown rice over the chicken.

Layer ½ the tortilla quarters over the chicken.

Add ¾ cup of warm water to soup mix and pour over chicken evenly.

Layer the remaining tortilla quarters.

Cover with a large bag of rustic cut sharp cheddar cheese.

Bake at 325°F for 1 hour. Serve with sour cream on top as desired.

## INGREDIENTS

**2 family packs of thawed boneless skinless chicken thighs**

**1 can of cream of chicken soup**

**1 can of green enchilada sauce**

**1 pack of corn tortillas**

**salt and pepper**

**olive oil**

**brown rice**

**yellow onion**

**cheese of your choice**

**sour cream**



# CHICKEN ENCHILADAS

Boil chicken in large pot (add salt, pepper, celery as desired)

Wash and dice scallions.

Shred chicken.

In a large skillet, add cream cheese (cut up in blocks), scallions, chicken, and 1/4 cup of picante sauce.

Cook on med heat until cream cheese is melted. Stir occasionally.

When cream cheese is melted, add 1/3 of the colby-jack cheese, and continue to heat until the cheese melts.

Remove from heat.

Fill tortillas with the contents of the pan and place snugly against each other in baking dish.

Sprinkle remaining colby jack cheese over the tortillas in the baking dish.

Pour remaining picante sauce over the cheese.

Bake in preheated 350 degree oven for about 20 minutes or until edges of the tortillas start to brown.

Remove and serve (Spanish rice is a nice side dish for this).

## INGREDIENTS

**Chicken breasts (3-4)**

**Scallions (5-7)**

**1 sm pkg cream cheese (3 oz)**

**8 oz pkg shredded Colby-Jack cheese**

**8 flour tortillas**

**1 jar picante Sauce**



# COME AND GET IT CHICKEN

Preheat Oven to 350°F.

Heat olive oil in a pan. Add onion and garlic and cook over moderate heat until clear, about 5 minutes.

Add Mushrooms and continue to cook until softened. Add white wine and spinach. Cook until spinach is wilted. Season to taste with salt and pepper and remove from heat; allow cooling for about 5 minutes. Add feta cheese.

Flatten chicken breasts with a mallet between sheets of plastic film. Season the chicken breasts with salt and pepper.

Add 2 tbsp of the mushroom, spinach, onion, garlic, and feta cheese mixture to the center of the chicken breast and roll into a ball with the seam side facing down. Use toothpicks to seal if needed.

Place on a parchment-lined baking tray and brush with olive oil. You may add seasoning to the olive oil of your choice (paprika, thyme, oregano, garlic).

Bake at 350 degrees for 25 minute or until an internal temperature of 170 degrees has been reached. Spoon the Parmesan Cream Sauce over the top.

For the Parmesan Cream Sauce, melt butter in a small saucepan over medium heat. Add garlic and flour and stir until combined. Slowly whisk in the cream and continue to mix until combined and thickened. Add Parmesan cheese and season to taste with salt and pepper. Continue to cook until the sauce no longer tastes like flour. Add the parsley just before serving.

## INGREDIENTS

**3 Tbsp of extra virgin olive oil, divided**

**½ cup of chopped onion**

**¼ cup of white wine (optional)**

**1 clove of garlic, chopped**

**1 cup of sliced mushrooms**

**2 Cups of Baby Spinach**

**kosher salt, to taste**

**½ cup of crumbled feta cheese**

**4 boneless, skinless chicken breasts**

**1 tsp paprika, thyme, oregano, or garlic**

## PARMESAN CREAM SAUCE:

**3 Tbsp of butter**

**1 clove of garlic, chopped**

**3 Tbsp of flour**

**1 cup of heavy cream**



# ITALIAN CHICKEN BAKE

Preheat oven to 375°F.

Coat a 9 x 9 baking dish with non stick spray.

In mixing bowl, combine artichokes, tomatoes, garlic, flour, Italian seasoning, salt and pepper.

Pour into prepared pan.

Nestle chicken into mixture.

Brush chicken with 2 tablespoons olive oil.

Bake for 40 minutes or until chicken is completely cooked through.

Top with cheese and bake an additional 5 minutes.

Garnish with fresh basil if desired.

## INGREDIENTS

**6 chicken thighs or breasts**

**1 8 oz jar marinated artichoke hearts - drained well**

**1 14.5 oz can roasted tomatoes - drained well**

**3 cloves garlic - chopped**

**2 tablespoons flour**

**2 teaspoons Italian seasoning**

**2 tablespoons olive oil to brush on top of chicken**

**1/2 teaspoon salt**

**1/4 teaspoon pepper**

**1 cup grated mozzarella or parmesan**



# WEEKNIGHT CHICKEN PAPRIKASH



In a 12" skillet saute onions until translucent, add chicken and cook until no longer pink.

While chicken is cooking combine hot water and paprika.

Add to chicken and onions and simmer on low for 20 minutes.

Combine sour cream and corn starch while everything simmers

Make a well in the center of the skillet and add the sour cream mixture.  
Stir until combined.

Serve over bowtie noodles, egg noodles, gnocchi or homemade dumplings.

## INGREDIENTS

**1lb boneless skinless chicken breasts (thinly sliced or cubed)**

**1 large onion sliced (or chopped)**

**1 cup hot water**

**2 tbsp Hungarian paprika**

**1 cup sour cream**

**1 tsp corn starch**

# LEMON CHICKEN

Cut carrots into thin ovals (approx. ¼" in diameter. Slice Onions.

Put a layer of onions and carrots in the bottom of a 13" baking dish (or similar baking dish).

Combine flour, Paprika, Salt and Pepper into a plastic bag.

Fry the chicken so it is a little brown on both sides, coating the chicken first in the flour / paprika mixture.

Lay the chicken on top of the onion / carrots. Place the remaining onions and carrots around the chicken.

Reheat the frying pan with the left over chicken droppings and add a little bit of chicken broth, then add the remaining flour mixture and make it into a paste while the pan is reheating.

Then add the remainder of the chicken broth, then the lemon juice and the sugar and bring to a boil. Pour the mixture over the chicken.

Cover the baking dish with aluminum foil or other cover and put in the oven and cook at 350°F for two hours. Best served with rice.

## INGREDIENTS

**4 to 6 chicken thighs**

**6 carrots**

**1 large yellow onion**

**2 tablespoons of lemon juice**

**2 tablespoons of sugar**

**24 to 32 oz of chicken broth**

**1 tablespoon of paprika**

**1 cup flour**

**1 TSP of salt and 1 tsp of pepper**





# RISE AND SHINE PASTA



A delicious dish of pasta, Italian bacon and eggs that can be served any time of the day!

Prepare olive oil at least one day in advance by adding the pepper flakes and the garlic and let sit.

Chop pancetta and fry--drain 95% of the oil from the pancetta .

Boil pasta in salted water until al dente--drain. Add to skillet with pancetta and flavored olive oil. Cook on medium for five minutes, while frying the eggs in butter in a separate skillet.

Place a serving of pasta on each plate and sprinkle with Parmesan cheese.

Top each serving with two fried eggs.

## INGREDIENTS

**3/4 lb. pancetta**

**1/2 cup olive oil**

**1 lb. of perciatelli pasta**

**eight eggs**

**one tbs. butter**

**2 tbs. chopped garlic**

**1 tbs. pepper flakes**

**1 tbs. butter**



# SMOKED SAUSAGE CABBAGE SKILLET

Prepare add the olive oil, vinegar, mustard, garlic powder, salt, and some freshly cracked pepper to a bowl or jar.

Whisk or shake the jar until the ingredients are combined, then set the vinaigrette aside.

Slice the smoked sausage into medallions or half-rounds and add them to a large skillet (12" or larger) or a large, wide-bottomed pot, along with the olive oil.

Sauté the sausage over medium heat until the pieces are well browned.

While the sausage is browning, finely dice the onion. Once the sausage has fully browned, add the onions and continue to sauté until the onions are soft and transparent.

While the onions are sautéing, chop the head of cabbage into 2-inch by 1/2-inch wide strips.

Add the cabbage to the skillet or pot along with the chicken broth and a pinch of salt and pepper.

Boil for 2-5 minutes, until the cabbage is tender (check the thickest white pieces for tenderness).

Once tender, drizzle the mustard/vinegar over the skillet. Stir to coat the sausage and cabbage.

## INGREDIENTS

1/4 cup olive oil

1/2c distilled vinegar

3 Tbsp mustard

1/4 tsp garlic powder

1/4 tsp salt

freshly cracked pepper

1 Tbsp olive oil

14 oz. smoked sausage

1 yellow onion

6 cups chopped cabbage (1 small head)

pinch salt and pepper

32oz chicken broth



# SPINACH LASAGNA TOPPED WITH TOMATO BISQUE

Pour olive oil in a hot pot, keep on high heat. Add mushrooms and sauté till golden brown. Add ground meat and sausage crumble mix in the Italian seasoning and 2 tbsp of minced garlic while cooking then stir in diced onion turn down to medium heat, cook till onions are clear stirring so not to burn. Add both bags of spinach one at a time, let one wilt while stirring then add the other. Turn off heat.

Stir in 2 cups of mozzarella then 1 1/2 cup of Romano. Mix in 1 c of half and half. Add salt and pepper to your taste. Mix in beaten eggs it will be soupy if not add a little more half and half. Put aside. Bring to boil a pot of water add chicken base when it comes to a full boil add the pasta. Cook until pasta just goes limp, the pasta will finish in the oven. Drain and give a quick cold rinse so it does not stick together during assembly. Mix in a bowl, tomato soup, diced tomato minced onion the remaining garlic, pepper flakes, basil and the rest of the half and half. Put aside.

In a large square roaster ladle in about 2 cups of the bisque to coat the bottom of the pan, reserve the rest for the top. Layer in 4 noodles ladle in 1/3 of the spinach mixture, using a tablespoon dollop ricotta randomly on top. Layer in more noodles add spinach mixture dollop ricotta, on the final layer add the remaining meat mixture. Ladle over remaining bisque. Top all over with remaining mozzarella, Romano, and ricotta cheese. Bake at 375 until bubbly and golden brown. Should be firm to the touch. Let cool for about 30 min before serving.

## INGREDIENTS

- 1 box of lasagna noodles**
- 2 Tbsp of chicken base**
- 1 and 1/2 lbs each of ground beef and Italian sausage.**
- Salt and pepper for taste.**
- 6 eggs, beaten.**
- 1 container of half and half.**
- 1 Tbsp of Italian seasoning.**
- 1/2 Tsp hot pepper flakes**
- 1 Tbsp. of dry basil**
- 2 Tbsp of dried minced onion**
- 3 Tbsp of minced garlic**
- 2 cans of tomato soup**
- 1 can of diced tomatoes**
- 2 large bags of fresh spinach**
- 1 large pkg of sliced fresh mushrooms,**
- 1 large diced onion.**
- 1 large container of ricotta cheese**
- 4 cups of mozzarella**
- 2 cups of grated Romano cheese.**
- 2 Tbsp of olive oil**

# STUFFED SHELLS

Cook jumbo shells according to box instructions (I add salt and olive oil to my water). While that is cooking, brown your meat. When all pink is gone add the pasta sauce to the meat but save about an ounce or two.

Pour meat sauce in a 9x13 pan. Spread evenly. Preheat oven to 375.

In a separate bowl, mix cream cheese, Italian cheese, ranch dressing, basil, and oregano.

When shells are done, drain and rinse with cold water.

Use a spoon to stuff shells and place them on your meat sauce. Drizzle the sauce you saved on top.

Bake in oven at 375 for 30 minutes.

I just followed the oven instructions but prior to putting them in the oven I sprinkled a little salt, pepper, and garlic powder on them.

## INGREDIENTS

**24oz of your favorite spaghetti sauce**

**1lbs ground beef**

**12oz box of jumbo shells**

**12oz cream cheese spread**

**5oz Italian five cheese**

**3tbs ranch dressing**

**2tsp basil**

**2tsp oregano**



# TEX- MEX ENCHILADAS IN A HURRY

Preheat oven to 350°F.

In a skillet, brown the ground meat.

Add green chilies, onion and garlic. Cook until onions are slightly soft. They will soften during the rest of the process of cooking.

Add both cans of the enchilada sauce. Cook until bubbling. This seems like a lot of sauce, but you will use most of it.

Start with a greased 13X9 inch baking pan.

Take a flour tortilla and add a spoonful of the enchilada mix and a handful of cheese.

Roll it up and put it with end fold facing down.

Continue until the pan is full.

Pour remaining enchilada sauce on top of the prepared enchiladas, and then top with cheese to your liking.

Cook at 350°F for about 30 minutes.

This will allow the enchiladas to heat back up and the cheese to melt.

## INGREDIENTS

**2 lbs. ground meat (beef, chicken, turkey)**

**1 can diced green chilies (however hot you want them)**

**½ onion diced**

**2 Tbsp. diced garlic**

**1 large can enchilada sauce**

**1 regular can enchilada sauce**

**4 lbs. shredded cheese (I like to use the fiesta blend)**

**20 soft taco flour tortillas**







# SLOW COOKER PORK CARNITAS TACOS

Place onion chunks in bottom of crock pot.

Set pork on top of onions.

Throw garlic on pork.

Mix remaining ingredients in a bowl and sprinkle all over pork.

Slow cook on low for 6-8 hours or until meat is falling apart.

Drain liquid and discard onions and garlic. Shred meat and enjoy!

I served on warm corn tortillas, with guacamole and fresh salsa!

## INGREDIENTS

**2 pounds pork shoulder cut into chunks**

**1 medium onion cut into large chunks**

**3 teaspoons oregano**

**2 teaspoons pepper**

**1 teaspoon salt**

**½ teaspoon cumin**

**3 cloves garlic whole**

# DESSERTS

# 5 MINUTE CANDIED WALNUTS

Heat a medium non-stick skillet over medium heat, add 1 cup walnuts, 1/4 cup granulated sugar and 1 Tbsp butter.

Heat over medium heat for 5 minutes, stirring frequently so your mixture doesn't burn (especially towards the end). When the sugar mixture starts melting, stir constantly until all sugar is melted and nuts are coated.

Transfer immediately onto a sheet of parchment paper and separate the nuts right away. Using two spatulas will make this task go faster. You don't want to give the nuts a chance to turn into a wad of inseparable delicious goodness unless you are the only person who will be enjoying the wad ;). Seriously, move quickly from the time the nuts are coated until they are separated out on the parchment paper.

Once the coating hardens (5-7 minutes), you can transfer them to a bowl and enjoy!

## INGREDIENTS

**1 cup walnut halves/pieces you can also use this recipe for candied pecans**

**1/4 cup white granulated sugar (not coarse sugar)**

**1 Tbsp unsalted butter**



# ALMOND ORANGE BISCOTTI

Preheat oven to 350 degrees. Grease and lightly flour cookie sheet, shaking off excess flour.

In a large bowl, sift together first four ingredients.

Make a well in the center and add eggs, oil, and zest.

Beat until blended in the well.

Add nuts and mix together with a spatula until clumps of dough form.

Then hand mix until it is formed into a soft ball.

Divide into two balls. Hand shape into two cylinders about 8" to 10" long, 1" high, 2 ½" wide. Place on cookie sheet.

Bake for 30 minutes or until slightly colored.

Remove from oven and cool 15 minutes. Then cut diagonals about ¾" wide.

Lay cut sides down on cookie sheet and bake for 15 minutes or until golden in color.

Remove from oven and cool on a wire rack. Let cool at least 30 minutes to give them a crunchy texture.

Great for dipping in your favorite, coffee, tea, or hot cocoa.



## INGREDIENTS

**2 ¼ cup all-purpose flour**

**1 ¼ cup sugar**

**¼ teaspoon baking powder**

**¼ teaspoon fine sea salt**

**3 eggs**

**1 tablespoon canola or vegetable oil**

**¼ teaspoon almond extract**

**Grated zest from one medium or large orange – get it all.**

**½ cup coarsely chopped almonds**



# APPLESAUCE OATMEAL CAKE

Preheat oven to 375°F.

Combine dry ingredients in a bowl.

Combine wet ingredients in a second bowl.

Mix together wet and dry ingredients and stir well.

Spread mixture into 9-inch square pan.

Sprinkle with cinnamon.

Bake in oven for 25 minutes.

Cut into squares and enjoy!

## INGREDIENTS

### DRY INGREDIENTS

2 cups old-fashioned oats

1/4 cup chopped walnuts, toasted

1 teaspoon baking powder

1/2 teaspoon cinnamon, plus extra to sprinkle on top

1/4 teaspoon ground cloves

1/2 teaspoon ground nutmeg

2 tablespoons ground flax seed

1/3 cup raisins

### WET INGREDIENTS

1 1/2 cups almond milk

1 teaspoon vanilla extract

1/2 cup unsweetened applesauce

2 to 3 tablespoons brown sugar (or date puree)

1 large apple, chopped

1 egg





# BLUEBERRY MUFFINS

With a fork beat egg lightly, mix in milk and oil.

Add flour, sugar, baking powder and salt.

Fold in blueberries.

Spray muffin tins.

Bake at 400° for 20 – 25 minutes.

## INGREDIENTS

1 large egg

1/2 milk

1/4 cup oil

1 1/2 cups flour

1/2 cup sugar

2 tsp. baking powder

1/2 tsp. salt

1 cup fresh blueberries

# CARROT CAKE

Preheat oven to 350°F, and spray baking pans with cooking spray.

Prepare cake mix batter as directed on package, stirring in carrots, pineapple and 3/4 cup of the pecans until well blended.

Pour into 2 (9-inch) square baking pans.

Bake 25 to 30 minute or until toothpick inserted in centers comes out clean. Cool.

Meanwhile, beat cream cheese and sugar with electric mixer or wire whisk until well blended.

Stir in whipped topping until well blended.

Place 1 cake layer on serving plate.

Spread with 1-1/2 cups of the cream cheese mixture.

Carefully place second cake layer on top of first cake layer.

Frost top and sides of cake with remaining cream cheese mixture.

Garnish with remaining 1/4 cup pecans.

Refrigerate until ready to serve.

## INGREDIENTS

**1 (18 ounce) box spice cake mix**

**3 eggs (or as called for by your cake mix)**

**1/3 cup oil (or as called for by your cake mix)**

**1 1/3 cups water (or as called for by your cake mix)**

**2 cups shredded carrots (about 1/2 lb.)**

**1 (8 ounce) can crushed pineapple, drained**

**1 cup chopped pecans, divided**

**2 (8 ounce) packages cream cheese, softened**

**2 cups powdered sugar**

**1 (8 ounce) container whipped topping, thawed**





# CINNAMON ROLL CHEESECAKE

Preheat oven to 350°F. Grease a 9 inch springform pan. Sift together flour, baking powder and salt. Using a mixer cream together the butter and sugar for 3 minutes, until light and fluffy. Add egg, half and half and vanilla. Beat for another minute. Scrape down bowl. Combine the sifted and creamed ingredients. Mix on low speed until thoroughly combined. Spread half of the batter onto the bottom of the springform pan.

It will be sticky and thick so spray your hands with baking spray and press down. It may be a thin layer, but trust me, it will rise up during baking.

Using a mixer (and a clean bowl) beat cream cheese and sugar for 2 mins on medium high speed. Add the eggs one at a time, scraping down the bowl after each addition. Add the vanilla and flour and beat for another minute. Pour all of the cheesecake batter on top of the cinnamon roll batter in the prepared pan. In a small bowl, combine the melted butter, cinnamon and brown sugar. Mix until thoroughly combined.

Drop spoonfuls of the cinnamon filling over the entire top of the cheesecake. Take the rest of the base batter and drop spoonfuls over the entire top of the cheesecake. Once finished, take a knife to swirl the ingredients together.

Bake for 50-55 minutes, cake will be puffy and lightly browned. Let cool for 20 mins at room temperature and then cover and move to fridge for 4 hours. Make frosting. Using a mixer (and a clean bowl) beat the cream cheese and butter together. Add vanilla and powdered sugar, beat to desired consistency. (add lemon juice, if desired).

## INGREDIENTS

### CINNAMON ROLL BATTER:

2/3 c white sugar  
1/4 c unsalted butter (at room temp)  
1 egg (at room temp)  
1/2 c. half and half  
1 TBSP vanilla extract  
2 c. flour  
2 tsp baking powder  
1/2 tsp salt

### CHEESECAKE FILLING:

2 pkg (8 oz each) cream cheese (at room temp)  
1 c sugar  
1 TBSP vanilla extract  
2 TBSP flour  
3 eggs (at room temp)

### CINNAMON FILLING:

1/3 c butter, melted  
1 c. brown sugar  
3 TBSP cinnamon





# COFFEE DATE NUT BREAD

Preheat oven to 350°F

Line the bottom of an 8" x 4" loaf pan with parchment paper. Spray with oil.

In a small bowl, mix dates with baking soda, pour the coffee over the dates and let soak.

In a separate bowl, mix butter, sugar, egg, and vanilla.

Blend in flour, salt, nuts, and date/coffee mixture.

Pour into loaf pan

Bake 1 hour

Let cool for at least 10 minutes, then turn out onto a cooling rack.

## INGREDIENTS

**1 cup chopped dates (pitted of course)**

**1 teaspoon baking soda**

**1 cup strong, black coffee**

**2 tablespoons butter, softened**

**1 cup sugar, white**

**1 large egg**

**1 teaspoon vanilla extract**

**1 ½ cup all-purpose flour**

**1 teaspoon salt**

**1 cup chopped nuts, walnuts or pecans**



# CREAM CHEESE POUND CAKE

Generously grease and flour tube pan; preset oven to 325 degrees; baking time 1 hour 15 minutes.

Cream butter, cream cheese and sugar together. Add eggs and blend well.

Add flavorings and flour.

Blend until smooth. Do not overbeat.

Spoon thick batter into tube pan.

Bake at 325 degrees for 1 hour and 15 minutes or until it tests done. Test cake with toothpick or long knife before removing from oven.

Serve plain or top slices with freshly sliced strawberries.

## INGREDIENTS

**3 Sticks (3/4 lb.) of butter, softened**  
(may use margarine, but yummier w/ butter)

**8 oz. cream cheese, softened**

**3 cups sugar**

**6 eggs**

**1 teaspoon vanilla (pure not imitation)**

**1 teaspoon almond extract**

**3 cups flour**



# JOYCE'S CHEWY CHOCOLATE CHIP COOKIES WITH PECANS

Preheat oven to 350°F.

Set out 4 sticks of real butter ahead of time to soften. (Don't let butter get so soft that you can put your finger right through it. Only let it soften to the point where you can just mix it into the sugars.)

Mix flour, baking powder and baking soda in a medium bowl. Set aside.

In very large bowl, cream together butter, brown sugar and white sugar until completely mixed together. Stir in eggs, vanilla, and vanilla pudding powder. Mix well! Blend in the flour mixture. (It will be pretty thick at this point.) Finally, stir in the chocolate chips and nuts. It will be thick and chunky and hard to mix. Keep at it until all of the chips and nuts are covered with cookie dough. Spray large cookie sheets with cooking spray (like Pam). Form dough into balls the size of ping pong balls. I use about a heaping tablespoonful for each cookie. Set cookie balls about 2 inches apart on cookie sheet. (The dough will look more like chocolate chips and nuts than it will cookie dough at this point.) Using your fingers, slightly flatten each dough ball.

**BAKE FOR 13 MINUTES ONLY** in the preheated oven. Remove from oven at once. (DO NOT brown these cookies or they will get hard.) Let set in pan for at least 2 minutes before removing them. They are very soft at this point. When you do remove them from the pan with a spatula, place them on a large sheet of wax paper on the counter. After cooling down, place them in an airtight container. Enjoy!

## INGREDIENTS

**5 cups flour**

**2 tsp baking powder**

**1 tsp baking soda**

**2 cups real butter, softened to room temp.**

**1 ½ cups packed brown sugar**

**½ cup white sugar**

**2 pkgs (3.4 oz size) instant vanilla pudding mix (the dry powder)**

**4 extra-large or jumbo eggs**

**2 tsp vanilla extract**

**2 ¾ cups semi-sweet chocolate chips**

**2 ¾ cups milk chocolate chips**

**2 ¾ cups coarsely chopped pecans (I like to leave them chunky)**

# LEMON CAKE COOKIES



Beat eggs by hand and mix together with cake mix, oil, and vanilla.

Add lemon flavoring.

Drop by spoonful onto ungreased cookie sheet.

Bake at 350° for approximately 13 minutes.

Mix icing and spoon over warm cookies.

## INGREDIENTS

### Ingredients

**1 package lemon cake mix**

**1/3 cup vegetable oil**

**1 tsp vanilla**

**2 eggs**

**2 tbsp lemon flavoring**

### Icing:

**1-1/2 cups powdered sugar**

**1/4 cup lemon flavoring**



# CARAMEL APPLE CHEESECAKE

Blend cream cheese and sweetener until smooth and creamy. Mix in vanilla, cinnamon and almond flour. Blend in eggs just until combined, do not over mix. Pour your cheesecake over your crust. Top the cheesecake with your diced apples, slightly pressing them into the top of the cheesecake.

Mix all ingredients together until you have a crumbly mixture. Press this mixture on top of your cheesecake and press down gently.

I used a 6-inch springform pan, you can use a larger pan for this, but it won't be as tall.

Set oven to 350°F.

This recipe does not require a water bath, but I did add a pan on hot water to the bottom rack in my oven to help bake evenly. This helps with steam and even baking, and will insure your cheesecake won't crack.

Place your cheesecake on the top rack and bake 50-60 minutes. After baking, cool for about 1 hour then refrigerate over night or at least for a few hours before serving!

I topped mine with some whipped cream and homemade caramel sauce. If you want a lower carb healthier option, then this is it!

## INGREDIENTS

### CRUST:

1/2 Cup Crushed Walnuts  
or Pecans

1/2 Cup Almond Flour

4 Tbsp Melted Butter

2 Tbsp Granulated Sweetener

1 tsp Cinnamon

### CRISP TOPPING:

1/2 C Almond flour

1/2 C Oats

1/4 C Sweetener

2 tsp. Cinnamon

4 Tbsp Melted butter

2 Tbsp Caramel sauce

### CHEESECAKE:

16 OZ cream cheese,  
softened

2 Eggs, room temp

1/2 C Sweetener

2 Tbsp Vanilla

1 Tbsp Cinnamon

2 Tbsp Almond flour

1 Apple, diced

# NO BAKE LEMON CHEESECAKE WITH FRUIT TOPPING

In medium bowl, beat cream cheese until light and fluffy.

Add can of sweetened condensed milk.

Blend thoroughly.

Stir in lemon juice and vanilla.

Pour in graham cracker crust.

Chill 3 hours. Top with fruit topping.



## INGREDIENTS

1 graham cracker pie crust

8oz cream cheese - softened (do not use fat free)

1 can sweetened condensed milk

1/3 cup lemon juice

1 teaspoon vanilla

# OVER THE TOP BLUEBERRY BREAD PUDDING



In a very large bowl, combine the eggs, cream, sugar, and vanilla.

Stir in blueberries and 1 package of white baking chips.

Stir in bread cubes; let stand for 15 minutes or until bread is softened and absorbed some of liquid.

Transfer to a greased 9x13 (or larger if you have it) baking dish.

Bake, uncovered, at 350°F for 50-60 minutes or until a knife inserted near the center comes out clean. Let stand for 5 minutes before serving.

For sauce, place baking chips in a small bowl. In a small saucepan, bring cream just to a boil. Pour over baking chips; whisk until smooth. Serve over or along side bread pudding.

## INGREDIENTS

### Bread Pudding:

- 3 eggs
- 4 cups heavy whipping cream (32 oz)
- 2 cups sugar
- 2 teaspoons vanilla extract
- 2 cups fresh blueberries
- 1 package (12 oz) white baking morsels
- 1 loaf (1 lb) French bread, cut into 1-inch cubes

### SAUCE:

- 1 package (12 oz) white baking morsels
- 1 cup heavy whipping cream (8 oz)

# PAPA'S FUDGE

Mix chocolate, marshmallow creme, nuts and butter in a large mixing bowl.

Boil sugar and milk for six minutes stirring constantly

Then add to mixture in the large bowl

Beat thoroughly

Add vanilla.

Pour onto waxed paper-lined pan right away. Let set overnight.

Makes five pounds.

Be careful when boiling sugar. The sugar will rise and might spill over.

## INGREDIENTS

**4-1/2 cups sugar**

**1-large can evaporated milk**

**3-small packages chocolate bits**

**5 oz. jar marshmallow creme**

**2 cups nuts**

**1/2 lb. butter**

**2 tsp vanilla**





# PUMPKIN PULL-APART LOAF

In a small saucepan heat milk just until warm (105°F to 115°F). In a large bowl combine warm milk and yeast; stir to dissolve yeast. Let stand 5 to 10 minutes or until foamy.

Add 1/2 cup of the pumpkin and next four ingredients (through salt) to yeast mixture. Beat with a mixer on medium until combined. Add half of the flour; beat on low 30 seconds, scraping bowl as needed. Beat on medium 3 minutes. Stir in remaining flour. Shape into a ball (dough will not be smooth). Place dough in a greased bowl, turning once to grease surface. Cover and let rise in a warm place until nearly double in size (45 to 60 minutes).

Butter a 9x5-inch loaf pan. Turn dough out onto a lightly floured surface. Roll into a 20x12-inch rectangle. In a small bowl combine remaining 1/2 cup pumpkin and 3 Tbsp. melted butter; spread over dough. Combine brown sugar and cinnamon; sprinkle over pumpkin mixture. Cut dough crosswise into five 12x4-inch strips. Stack strips, then cut crosswise into six 4x2-inch pieces, leaving stacks intact. Loosely stagger pieces, cut sides up, in prepared pan. Cover and let rise in a warm place until nearly double in size (about 45 minutes).

Preheat oven to 350°F. Bake 35 minutes or until golden, covering loosely with foil the last 10 minutes if needed to prevent overbrowning. Cool in pan on a wire rack 10 minutes. Remove from pan. Drizzle with Cinnamon Glaze and, if desired, sprinkle with pecans. Cool 20 minutes more.

## INGREDIENTS

**¾ cup milk**

**1 package active dry yeast**

**1 cup canned pumpkin**

**3 tablespoons butter, melted**

**2 tablespoons granulated sugar**

**1 egg yolk**

**1 teaspoon salt**

**3 cups all-purpose flour**

**3 tablespoons butter, melted**

**¾ cup packed brown sugar**

**1 tablespoon ground cinnamon**

**1 recipe cinnamon Glaze**

**chopped toasted pecans (optional)**

# RHUBARB COFFEE CAKE



Preheat the oven to 350°F. Grease and flour a 9×13 inch baking dish. In a large bowl, stir together 1 1/4 cups sugar, baking soda, salt and 2 cups flour. Stir in the eggs and sour cream until smooth, then fold in the rhubarb. Pour into the prepared dish and spread evenly.

In a smaller bowl, stir together the remaining 1 cup sugar and butter until smooth. Stir in 1/4 cup flour until the mixture is crumbly. Sprinkle the mixture on top of the cake then dust lightly with cinnamon.

Bake in the preheated oven until a toothpick inserted in the center comes out clean, about 45 minutes.

Preheat oven to 350°F. Bake 35 minutes or until golden, covering loosely with foil the last 10 minutes if needed to prevent overbrowning. Cool in pan on a wire rack 10 minutes. Remove from pan.

Drizzle with Cinnamon Glaze and, if desired, sprinkle with pecans.  
Cool 20 minutes more.

## INGREDIENTS

**1 1/4 cups white sugar (or half white, half brown sugar)**

**1 teaspoon baking soda**

**1/2 teaspoon salt**

**2 cups all-purpose flour**

**2 eggs, beaten**

**1 cup sour cream**

**3-4 cups diced rhubarb**

**1 cup white sugar**

**1/4 cup butter, softened**

**1/4 cup all-purpose flour**

**ground cinnamon, for dusting**

# S'MORES CUPCAKES

Heat oven to 325°F and prepare cupcake pan with liners. I use double liners because of the butter in the crust.

In a small bowl, combine crust ingredients and mix well. Press about 1 ½ tbsp. of the mixture into the bottom of each cupcake liner. Bake crusts for 21 minutes.

While the crust is baking, begin the chocolate cake by adding all dry ingredients to a bowl and whisk together. Add egg, coffee creamer, and applesauce to the dry ingredients and mix well. Add vanilla to boiling water and add to mixture. Mix well.

Pour batter into cupcake liners, filling a little more than halfway. I use a ¼ measuring cup, and scoop it about ¾ way into each cupcake liner. Bake at 300°F for approximately 45 minutes. It's done of course when the toothpick comes out clean.

When done, remove cupcakes from oven and allow to cool for 5 minutes, then remove from cupcake tin and allow to cool on a rack.

For the meringue frosting, combine egg whites, sugar, and cream of tartar in a metal, heatproof mixer bowl. I use a standup mixer.

Place over saucepan with simmering water, or use double boiler.

Whisk constantly until sugar is dissolved, and whites are warm. The temperature should be between 120° and 140°F on an instant read thermometer, about 4-6 minutes. Remove from heat.

Using the whisk attachment, beat on low speed, gradually increasing to high, until stiff, glossy peaks form, 5-7 minutes.

Pipe frosting onto cupcakes. Top with chocolate sauce first, and graham cracker crumbs after. I also use a lighter to “roast” the top of the meringue.

## INGREDIENTS

### CRUST INGREDIENTS

- 1 ¼ cup Graham cracker crumbs
- 5 tbsp butter, melted
- 5 tbsp sugar

### CHOCOLATE CUPCAKES

- 1 cup all purpose flour
- 1 cup sugar
- 6 tbsp dark cocoa powder
- 1 tsp baking soda
- ½ Tsp Salt
- 1 egg
- ½ cup vanilla coffee creamer
- ½ cup plain applesauce
- ¾ tsp vanilla
- ½ cup boiling water

### MERINGUE MARSHMALLOW FROSTING

- 4 egg whites
- 1 cup sugar
- ½ tsp cream of tartar
- 1 tsp vanilla extract
- chocolate sauce
- Graham cracker crumbs





# SALLI'S CRANBERRY TARTLETS



Heat oven to 350°F with a rack in center. Spread all the walnuts on a baking pan. Bake until fragrant, about 7 minutes. Transfer nuts to a bowl; set aside to cool.

Reduce oven heat to 325°. Brush tartlet pans with melted butter. In a large bowl, whisk together the 12 tablespoons melted butter, sugar, eggs, almond extract, and flour. Batter will be thick. Stir in cranberries and 3/4 cup toasted nuts.

Fill each mold with 1/2 cup batter. Sprinkle each top with 1 teaspoon walnuts and amber sugar, if desired. Bake until golden and slightly crusty on top, 30 to 40 minutes.

A cake tester inserted in the center should come out clean. Transfer to a cooling rack. Once cool, remove tarts from pans. These are best served within a day.

## INGREDIENTS

**Makes 15**

**You will need 3-by-3/4-inch round tartlet molds with removable bottoms. You may work in batches with fewer pans.**

**3/4 cup roughly chopped walnuts,  
plus 5 tablespoons for sprinkling**

**12 tablespoons (1 1/2 sticks) unsalted butter, melted,  
plus more for pans**

**3/4 cup sugar**

**2 large eggs, lightly beaten**

**1 teaspoon pure almond extract**

**1 cup all-purpose flour**

**2 cups fresh or frozen cranberries**

**Amber or crystal sugar for sprinkling**



# SUMMERTIME LEMON MOUSSE

Mix together the cream cheese and powdered sugar with the lemon zest and lemon juice

Mix in yogurt

Gently fold in whipped cream

Divide into serving cups and chill at least 1 hour.

Serve with fruit (raspberries, blackberries, strawberries, etc.)

## INGREDIENTS

2 lemon yogurt individual containers (not Greek yogurt)

1 8oz cream cheese softened – can use the low fat

Zest and juice of 1 lemon

1/2 cup powder sugar.

Regular size Container of whipped cream

1 cup all-purpose flour

2 cups fresh or frozen cranberries

Amber or crystal sugar for sprinkling



# TEXAS SHEET CAKE



Mix dry ingredients (flour, sugar, salt, and baking soda) in a large mixing bowl.

Next, bring Chocolate Mix ingredients (butter/margarine, water, cocoa powder) to a boil in a small saucepan. Add this carefully to the Dry Ingredient mix.

In a separate bowl, mix Wet Ingredients (eggs, buttermilk, vanilla). Slowly mix them into the large mixing bowl with Dry Ingredients and Chocolate Mix.

Once mixed thoroughly and smooth, pour into a greased 15x15 cookie sheet.

Bake at 375°F for 20 minutes only.

Note: Do not over bake. After cake has baked for 15 minutes, begin icing.

## INGREDIENTS

### DRY INGREDIENTS

2 cups flour

2 cups sugar

1/2 tsp salt

1 tsp baking soda

### CHOCOLATE MIX

Bring to a boil:

2 sticks butter or margarine

1 cup water

4 Tbsp cocoa powder

### WET INGREDIENTS

In small bowl:

2 eggs, beaten

1/2 cup buttermilk

1 tsp vanilla

### ADD GROUP 2 TO GROUP 1

Then add GROUP 3

### ICING

Bring to a boil:

1 stick butter or margarine

4 Tbsp cocoa

6 Tbsp milk

Add one box powdered sugar and 1 tsp vanilla

Mix well.

Spread onto warm or hot cake

Sprinkle with chopped nuts



# YUMMY PEACH COBBLER



Preheat oven to 350°F

Arrange peach slices in a 9-inch round baking dish. Pour about half the reserved peach juice on top; discard remaining juice. Beat egg, flour, and sugar in a bowl until combined; pour over peaches. Drizzle melted butter over flour mixture.

Bake in preheated oven until golden brown, about 45 minutes.

## INGREDIENTS

1 (29 ounce) can sliced peaches in juice, (drained, reserving juice)

1 cup self-rising flour

1 cup white sugar

1 egg

½ cup butter, melted



# PHIL AND KAY ROBERTSON



\*Stock photo shown

## BLACKBERRY JAM CAKE



### INGREDIENTS

9x13-inch cake pan

Electric mixer

Medium saucepan

Nonstick cooking spray  
and flour, for the pan

#### CAKE

2 cups sugar

2 sticks (½ pound) butter,  
softened (do not use  
margarine)

4 large eggs, separated

1 teaspoon vanilla extract

3 cups all-purpose flour

1 teaspoon baking soda

2 teaspoons ground  
cinnamon

1 teaspoon grated nutmeg

1 teaspoon ground cloves

1 teaspoon ground allspice

1 cup buttermilk

1 cup blackberry jam

#### CARAMEL FROSTING

1 cup whole milk

1 cup evaporated milk 2  
cups sugar

2 tablespoons butter

1 teaspoon vanilla extract

1 cup candied cherries

1 cup coarsely chopped  
nuts (we like pecans or  
walnuts)

### INSTRUCTIONS

Preheat the oven to 425°F. Grease and flour the cake pan.

Make the cake: In a large bowl, with the electric mixer, beat the sugar and butter until creamy.

Add egg yolks and vanilla and beat until blended.

Sift together the flour, baking soda, cinnamon, nutmeg, cloves, and allspice. Add the flour mixture and buttermilk alternately to the creamed butter, beginning and ending with the flour.

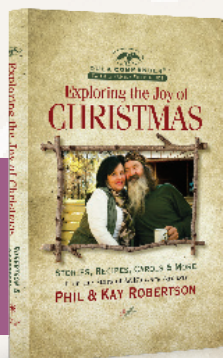
Add the blackberry jam and mix well.

In a separate bowl, beat the egg whites to stiff peaks with the mixer. (The peaks will stay standing when you remove the beaters.) Gently fold into the batter.

Pour the batter into the pan. Bake until the cake starts to pull away at the sides and a toothpick inserted in the center comes out clean, about 40 minutes.

Let the cake cool in the pan for a few minutes, then run a spatula around the sides and invert onto a wire rack to cool completely.

Make the frosting: Cook the whole and evaporated milks, sugar, and butter in the saucepan over medium heat, stirring constantly, until a soft ball forms. Stir in the vanilla, cherries, and nuts. Frost the cake immediately, before the caramel hardens.



Recipe From *Exploring  
the Joys of Christmas* by  
Phil and Kay Robertson



## CYNTHIA GARRETT



# MAMA G'S FAMILY BREAD PUDDING



**Serves:** 12-14 even.

**Time:** 2.5 hours total (1.5 hrs baking, plus 1 hr standing)

My mom, Linda Garrett, is an awesome cook. Her side of the family is from New Orleans and they're heritage is Creole, Italian, & Black. We women have zero choice in the matter as great cooks but my mom is the woman that goes in the kitchen and, while we may see nothing there, she emerges hours later with a gourmet feast! That said my childhood is filled with many food memories. My favorite memories all concern her famous bread pudding. It's incredible! Served warm or cold (my favorite) it's awesome. Served with vanilla bean ice cream it's awesome. Served on its own with a cup of coffee or tea... it's awesome. It's just plain... Awesome. In my opinion.

## INGREDIENTS

**1lb 8oz loaf or wheat**

**100% whole wheat bread**

**1/2 Gallon milk**

**4 Eggs**

**3 Cups sugar**

**1 Tbs nutmeg**

**1 Tbsp cinnamon**

**3 15oz cans fruit cocktail  
(drained)**

**12 Oz box raisins**

**1 – 1 ½ Cups coconut  
flakes**

**1 Cube melted butter**

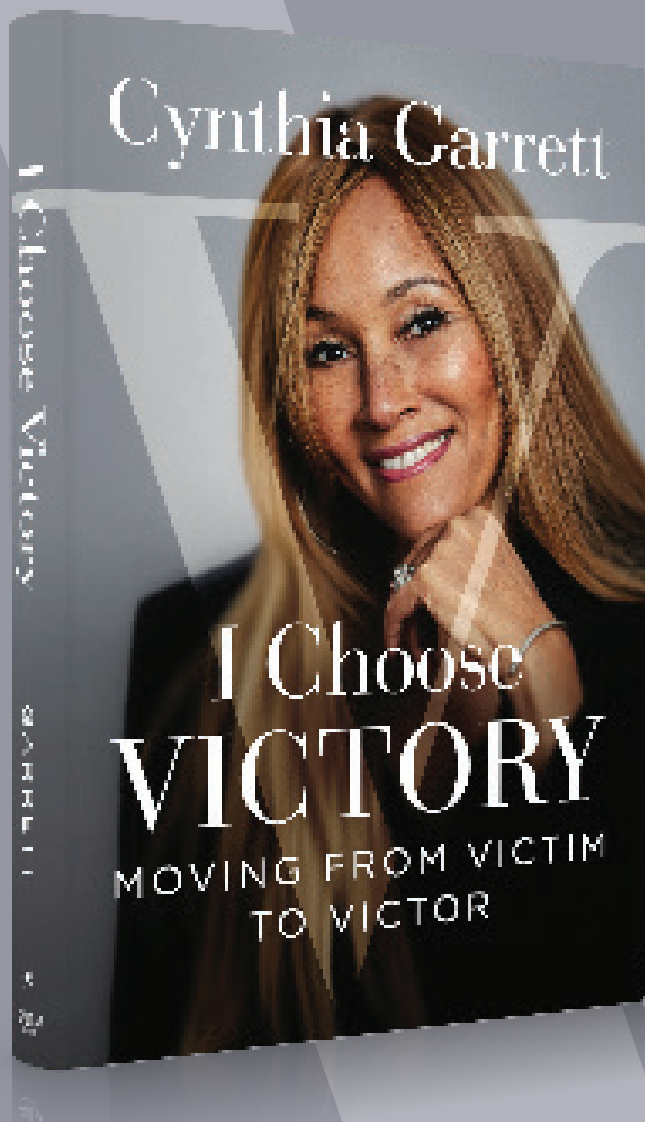
**3 Tbsp vanilla**

## STEPS:

- Break up the bread into one-quarter pieces and put in a large 16-inch roasting pan.
- Saturate the bread with a half gallon of whole milk until bread is completely soaked.
- In a separate bowl mix the sugar, eggs, nutmeg, cinnamon, and vanilla until the sugar dissolves. Once sugar dissolves down, add it to the soaked bread and stir all the ingredients together.
- Melt the cube of butter and thoroughly stir it into the mixture.
- Drain the cans of Fruit cocktail then stir in the mixture.
- Then add the raisins and coconut and continue stirring.
- Place the pan in the oven at 350°F for approximately an hour and a half until golden brown! If the dish is not firm enough you may cook it another 10-15 minutes but don't overcook. It will finish cooking as it sets for an hour once baked.
- When cooked remove pan from oven, cover well with aluminum foil, and let stand for an hour on top so it finishes firming up.

Serve hot or cold! Great plain – or with ice-cream, whipped cream, or rum-sauce as you desire. Tastes even better the next day cold!

**CYNTHIA GARRETT**



“While I myself have experienced the pain of victimization—I have learned how not to be stuck in the mentality it creates. This book will teach you how to face the war zones of your life and realize that the choice for victory is yours to make!

—CYNTHIA GARRETT

“I love this book, but even more than that, I love Cynthia. She is my friend. She is real and raw and knows what it means to choose victory when there would be so many reasons to sit down in victimhood. Let’s lean in and listen.”

—SHEILA WALSH

Author of *Praying Women*



  
**SALEM**  
BOOKS



# MOM'S SUGAR COOKIES



Heat oven to 375°F

Beat butter and add confectioners sugar. Add beaten egg and extracts. Add flour and salt. Beat till soft dough is formed. Separate dough into 2 flattened balls and wrap

Them in saran wrap and chill for at least an hour. Roll out to ¼" on floured board and

Cut with cookie cutters. Bake for 7-10 minutes or till lightly golden. Remove to cooling rack.

Beat butter and add confectioners sugar. Add vanilla and then add milk to desired

Consistency. Add desired food coloring.

Will make 3-4 dozen of the best sugar cookie you've have ever had!

## INGREDIENTS

### COOKIES:

- 1 cup butter, softened
- 1 cup confectioners sugar
- 1 egg, beaten
- 1-1/2 teaspoons almond extract
- 1 teaspoon vanilla extract
- 2-1/2 cups all-purpose flour
- 1 teaspoon salt

### FROSTING:

- 3 Cups confectioners sugar
- 6 Tablespoons butter, softened
- 1 Teaspoon vanilla extract
- 2 – 4 Tablespoons milk
- Food coloring (optional)



**MICHAEL P. FOLEY**



\*Stock photo shown

## CHRISTMAS COCKTAIL: GLÜHWEIN



### INGREDIENTS

1 bottle of claret or any hearty, dry red wine

3 sticks cinnamon

3 tbsp. sugar

1 orange, sliced

1 lemon, sliced

3 whole cloves

cardamom or ginger, to taste

### INSTRUCTIONS

Build in a saucepan, bring to the boiling point, let cool a little, and serve in Irish coffee cups or coffee mugs.

Note: Do not allow the mix to boil, or the alcohol will evaporate—unless, of course, you are serving children and want it to evaporate.

## CHRISTMAS COCKTAIL: EGGNOG

### INGREDIENTS

1 egg

1 tsp. sugar

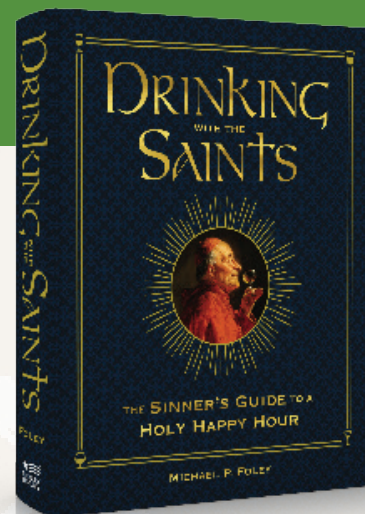
1½ oz. milk or cream

1 oz. brandy

½ oz. light rum

nutmeg

Beat egg, sugar, and milk or cream until smooth and frothy. Pour into an old fashioned glass and add brandy and rum. Stir and top with sprinkled nutmeg.



Recipes From *Drinking with the Saints* by Michael P. Foley <sup>116</sup>

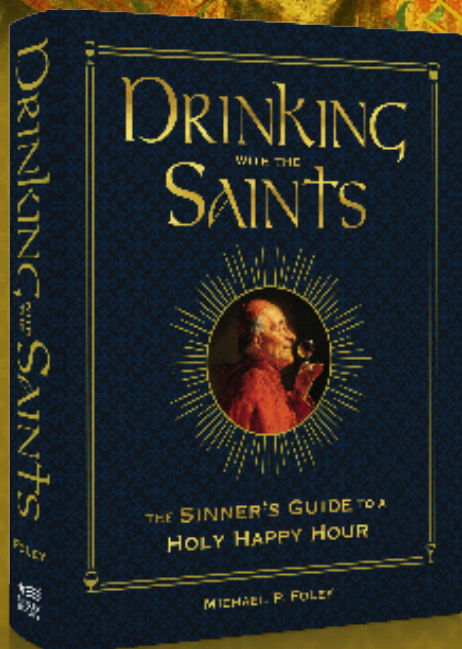
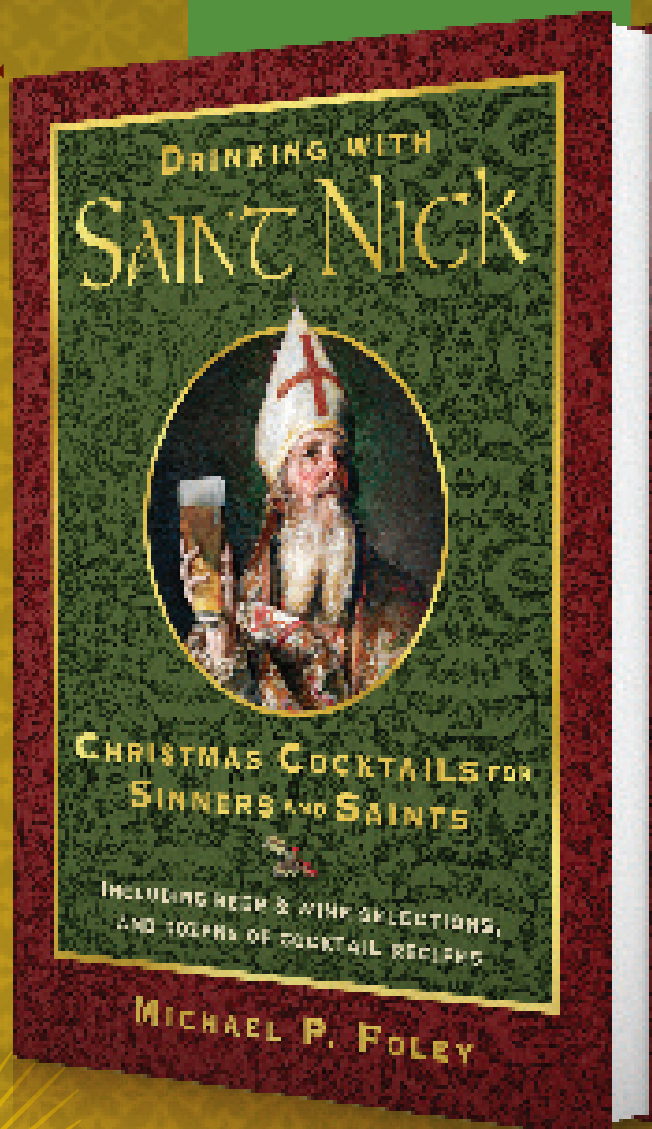


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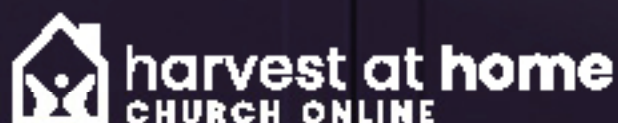
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## FRESH APPLE CAKE



### CAKE:

Combine butter and sugar.

Add eggs and beat well.

Stir in dry ingredients into mixture and mix well.

Stir in apples and vanilla, blend well.

Bake in a greased and floured tube pan at 350°F for one hour, then check for doneness.

Makes a large cake that freezes well.

### ICING:

Blend icing ingredients in saucepan.

Boil for two minutes.

Pour over cake while hot.

Let icing soak into cake while pouring on plate.

### INGREDIENTS

#### CAKE:

1 cup butter, melted

2 cups sugar

2 eggs

2 ¼ cups flour

1 tsp. baking soda

1 tsp. salt

1 tsp. cinnamon

½ tsp. nutmeg

3 cups apples, peeled and  
chopped

1 tsp. vanilla

#### ICING:

1 stick butter

1 cup brown sugar

¼ cup evaporated milk



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# **"MOLASSES FOR THE MASSES"**

## **FRESH PUMPKIN PIE RECIPE**

***Submitted by: Stephen Arterburn, New Life Live!***

### **FILLING INGREDIENTS:**

1 cup heavy cream  
1/2 cup packed dark brown sugar  
3 tablespoons of molasses  
2 large eggs  
1 1/2 teaspoons ground cinnamon  
1/2 teaspoon nutmeg  
1/4 teaspoon allspice  
1/2 teaspoon salt  
2 medium size pumpkins

### **CRUST INGREDIENTS:**

1 1/4 cup all-purpose flour  
1/4 teaspoon salt  
1/2 cup butter  
1/4 cup of ice-cold water

### **TO MAKE THE FILLING:**

Cut the pumpkins into 1-inch wide strips after you have scraped out any seeds. Boil the strips for about 20 minutes until they are soft. Let them cool then scoop out the soft pumpkin. Using a linen cloth or paper towels and pressure, remove as much of the liquid as possible. Place 15 ounces of fresh pumpkin in a large bowl, incorporate all the other ingredients and mix until smooth.

### **TO MAKE THE CRUST:**

Dice butter into quarter inch cubes and put in the refrigerator to get it very cold—the colder the better. In a large bowl mix the flour and salt then put the butter in it. Use one or two sharp knives and cut the butter about 1000 times as you mix it with the flour and salt. It will look like a lot of big crumbs and that's when you add the ice water a spoonful at a time as you form a nice ball of dough. Wrap that ball in plastic wrap and let it cool in the refrigerator for about four hours. Take out of the refrigerator and roll it out. Lay over a 9-inch pie pan and settle it in. Cut off excess dough around the edges and create dents and hills along the edge. Put it back in the refrigerator until you are ready to add the filling. After adding the filling, bake at 350°F for 55 to 65 minutes until the middle is firm and doesn't jiggle too much. Let it cool, eat some, then email me at [sarterburn@newlife.com](mailto:sarterburn@newlife.com) and tell me how great it was.







AND CO-HOSTS:



Dr. Jill Hubbard



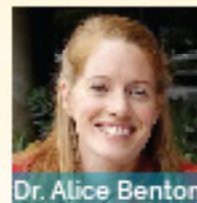
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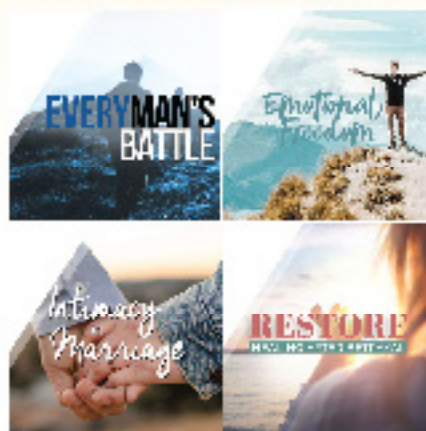
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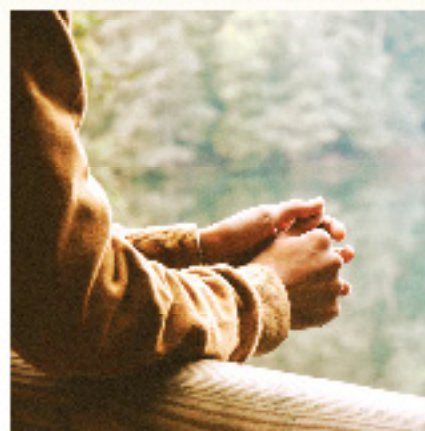
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### DRUG & ALCOHOL REHAB



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**DR. CHARLES  
STANLEY**



# BLACKBERRY COBBLER



Preheat oven to 350°F.

Melt 1 stick of butter or margarine in a baking dish.

In a separate bowl, combine flour, sugar, milk, and vanilla. Pour into baking dish with butter.

Add 1 pint of blackberries. Cut into small pieces and sweeten with a little sugar.

Pour blackberries over the batter — do not stir.

Bake for 45 minutes.

## INGREDIENTS

**1 stick butter or margarine, melted**

**1 cup self-rising flour**

**1 cup sugar**

**1 cup milk**

**1 teaspoon vanilla**

**1 pint of blackberries**

10

*Our Unchanging Lord*

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