Munchkin Menus 'n More!

Over 100 recipes your whole Family will love- Even the picky eaters!

Shelly Howard

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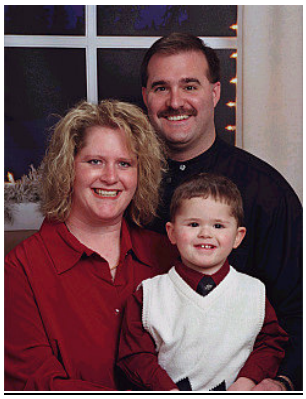
ABOUT THE AUTHOR



I am a stay at home mom with a beautiful little boy who will be 3 in December, 2004 and a wonderful husband. My idea for this book came out of my own experiences as a mom. When my son was just over a year old, he loved to eat my cooking – chicken, ham, meatballs, veggies, mashed potatoes – you name it! Somewhere around his second birthday, it suddenly hit me that I was making a separate dinner for him because he wouldn't eat what I made for my husband and me. My pantry looked like a grocery store full of processed foods. I refused to continue on like this, so I began searching for different recipes and tried many. Some worked and some didn't. Some he liked one day, but when I tried to make it the following week, he wouldn't eat it. Kids are really funny that way.

I now find myself with so many recipes, it's hard to choose and my son is finally back on track to eating healthy and trying just about anything I make. I know this is a phase, but it's an easy one to get through if you have help.

This cookbook is designed for families with an emphasis on meals children will love. Dinners these days also have to be easy, because our schedules don't allow for a meal that takes an hour to prepare and two hours to cook. However, I believe it's important to teach our children the importance of taking time to eat dinner as a family. There are many meals in the cookbook that take less than ½ hour to make and there are many with very little preparation time, but require more cooking time. Basically, there is something in here for everyone and you don't have to be a master chef to be able to prepare these easy, delicious meals for your family.

Bring your family back to the dinner table tonight!

Sincerely,

Shelly Howard
MunchkinMenus
http://www.munchkinmenus.com

Contributing Author: Amy Zuydhoek, a long time friend and fellow stay at home mom.

A NOTE ABOUT THIS BOOK

We have made every attempt to make these recipes appealing to people of all ages. Some of the recipes in this cookbook may not be suitable for young toddlers because they may contain nuts or other foods that may pose choking hazards to children under the age of 3. If you are unsure about a certain recipe, please call your pediatrician before serving it to your toddler.

We have your family's best interests at heart!

We would love to hear your comments on our cookbook. If you would like to send us feedback, please send us an email to munchkinmenus@mail2world.com. Your comments may be used on our website.

If you would like to order a copy of MunchkinMenus 'n More, please visit our website at http://www.munchkinmenus.com.

This book is dedicated to my patient and loving husband and my not-so-patient but very loving son.

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CHAPTER 1

SALAD AND VEGGIES

Asparagus Casserole

1 large can of asparagus
4 hard-boiled eggs, sliced
1 tsp. of salt
Dash of pepper
1 cup of cracker crumbs
1 ½ cups of grated cheese
1 cup of mushroom soup

Drain the asparagus. Place layers of asparagus and sliced eggs in a buttered and lightly greased baking dish. Add salt and pepper and the cracker crumbs. Add grated cheese to the layers. Pour ½ of the mushroom soup over the entire dish and then repeat the layering process. Pour the rest of the soup over the dish and bake for 1 hour at 325 degrees.

Oven-baked Corn

1 can (15.25 oz.) whole kernel corn (do not drain)
1 can (14.75 oz.) cream-style corn
1 container (8 oz.) sour cream
1 egg, beaten
1 package (8.5 oz.) dry corn muffin mix
½ cup butter

Preheat the oven to 350 degrees. Mix together everything but the muffin mix and butter. Then add the 2 remaining ingredients. Stir thoroughly and pour into a 2 quart baking dish. Bake for about 45 minutes to an hour, or until the top is golden brown.

Baked Squash Casserole

2 cups of cooked squash pressed through a colander or mashed and left to cool
2 eggs
1 Tbsp. butter
½ cup milk
Pepper and salt to taste
½ cup bread crumbs

Beat eggs, butter, milk, and squash and add seasoning. Pour into a buttered baking dish and sprinkle with the bread crumbs. Bake covered for ½ hour and then uncover to lightly brown the casserole. Serve in the baking dish.

Broccoli and Rice Casserole

1 small onion, chopped
1 Tbsp. butter
1 can cream of mushroom soup
½ small jar of Cheese Whiz or use some Velveeta
1 cup cooked rice
1 pkg frozen broccoli (10 oz.), cooked and drained

Preheat oven to 325 degrees. Sauté onion in butter, add rice and broccoli. Heat soup over low heat; add Cheese Whiz. Combine all ingredients and pour into a buttered casserole dish. Bake until thoroughly heated.

Corn Scallop

¼ cup butter
1/3 cup flour
1 tsp. salt
¾ tsp. dry mustard
¼ tsp. paprika
1 1/3 cup scalded milk
1 (1 lb. 4 oz.) can cream-style corn
1 egg, slightly beaten
1 Tsp. Worcestershire sauce
¾ cup buttered cracker crumbs

Melt butter, add flour and dry seasonings & mix together. Add the scalded milk a little at a time and cook, stirring constantly. When the mixture is thick, add the corn, egg, and Worcestershire sauce. Pour the mixture into a buttered 1 ½ quart casserole dish. Top with cracker crumbs and bake at 325 degrees for 30 minutes, or until crumbs are brown.

Green Beans and Bacon

2 cups of green beans, washed and ends trimmed
1 Tbsp. butter
4-6 slices of bacon
2 Tbsp. parmesan cheese

In a nonstick skillet on medium heat, melt the butter. Add the green beans, and cook stirring constantly until crisp tender. While green beans are cooking, cook the bacon in the microwave until done, but not real crispy. When the green beans are crisp tender, add in the bacon and continue stirring (about 3 minutes). Add the parmesan cheese and remove from stove. Serve immediately.

Green Bean and Potato Casserole

4 to 6 medium red potatoes, sliced about ¼ inch thick (peeled or unpeeled)
4 to 5 cups of whole fresh green beans, ends trimmed
6 slices bacon, diced fried, and drained
2 tbsp. minced dried onion
1 can 98% fat free cream of celery soup
Salt and pepper to taste

crock pot recipe

Place sliced potatoes and green beans in crock pot; add other ingredients. Cover and cook on low for 7 to 9 hours.

Green Bean Casserole

1 can cream of mushroom soup
4 cups cooked green beans
1/8 tsp. pepper
¾ cup milk
1 1/3 cups fried onions

Preheat oven to 350 degrees. Mix soup, milk, and pepper in a 1 ½ quart casserole dish. Stir in beans and 2/4 cup of the fried onions. Bake for about 25 minutes. Top with the remaining 2/3 cup fried onions and bake about 5 more minutes, until onions are lightly browned.

Heavenly Carrots

4 cups cooked sliced carrots (canned is fine)
1 ½ cups croutons
1 ¼ cups shredded sharp Cheddar cheese
2 eggs, beaten
¼ cup margarine, melted
1 tsp. Worcestershire sauce
1 tsp. salt

Preheat oven to 400 degrees. Place carrots in a buttered 1 ½ quart casserole. Stir in croutons and cheese. Combine remaining ingredients and pour over the carrot mixture. Bake uncovered for 20 minutes or until brown.

Summer Salad

1 bag of baby leaf spinach
1 ½ cups of fresh raspberries
½ cup slivered almonds
1 cup mandarin oranges
¼ cup finely chopped carrots
¼ cup finely chopped green onion
Raspberry vinaigrette dressing

Wash the spinach, raspberries, green onion, and carrots. Add ingredients one at a time, starting with the spinach. When ready to serve, top with desired amount of dressing.

Taco Salad

1 lb. lean ground beef
½ package taco seasoning mix
1 head lettuce
1 tomato, chopped into small pieces
1 ½ cups cheese
4 Tbsp. sour cream
3 Tbsp. salsa
6 taco shells

Brown the ground beef in a frying pan and drain off excess fat. Add the taco seasoning mix and enough water to mix thoroughly. Continue to simmer meat for another 5-10 minutes. Meanwhile, cut up tomato and wash and cut lettuce. A great way to serve this is in a baking dish. Put a layer of broken taco shells in the bottom. Put a few dollops of sour cream over the shells. Layer the beef, cheese, lettuce, tomatoes, and salsa.

Tomato Cucumber Salad

2 tomatoes chopped in tiny pieces
1 cucumber, peeled and diced
1 onion, chopped finely
1 Tbsp. lemon juice
Salt and pepper to taste

Combine the vegetables in a medium sized bowl. Add the lemon juice and salt and pepper. Refrigerate until ready to use.

CHAPTER 2

SOUPS & STEWS

Beef Stew

3 lbs. lean ground beef
2 Tbsp. butter
½ tsp. salt
½ tsp. onion salt
½ tsp. celery salt
¼ tsp. minced garlic
1 tsp. parsley flakes
1 bay leaf
1 pinch thyme
6 small whole carrots, washed
3 large potatoes, peeled and quartered
½ lb. small white boiling onions

Cut meat into bite-sized cubes. Brown in butter. Add lots of water to cover and all spices. Simmer, covered, about 2 hours. Add vegetables and simmer until vegetables are tender, (about 30 minutes).

Cheese & Broccoli Soup

1 (8 oz.) jar of Cheese Whiz
1 can of cream of celery soup (condensed)
1 (1 lb.) package of frozen broccoli
1 (16 oz.) carton of half and half

Mix all ingredients and cook on low heat for about 2 to 3 hours until broccoli is tender.

Corn & Potato Chowder

crock pot recipe

6 slices of crisp bacon, crumbled
4 medium potatoes, peeled and diced
½ cup minced onions
1 (16 oz) can of creamed corn
2 cans (13 ¾ oz) of chicken broth
1 tsp. salt
¼ tsp. pepper
1 can (12 oz) evaporated milk

Put everything except the milk in a crock pot. Cover and cook on low for 8 to 10 hours. Add milk and cook covered for another 30 to 45 minutes.

Crock Pot Pork Chop Stew

crock pot recipe

6 pork loin chops
4 Tbsp. flour
2 Tbsp. oil
6 medium potatoes, cubed
1 medium onion, chopped
1 small cabbage, cut in thin wedges (optional)
4 carrots, diced
¼ tsp. salt
½ tsp. pepper
2 tsp. beef bouillon granules
¼ cup water
1 can (14 ½ oz) sliced stewed tomatoes
½ cup sour cream
2 Tbsp. cornstarch

Make sure you trim the fat from the pork chops. Using 2 Tbsp. flour, coat the chops and then brown in oil over medium heat. Put the potatoes, onion, and carrots in a Crock Pot. Sprinkle the remaining flour over and toss to coat. Layer over the potato mixture, in the following order. Cabbage, salt, pepper, pork chops, bouillon, ¼ cup of water and stewed tomatoes with juice. Do not stir. Cover and cook on high 3 ½ - 4 hours or on low for 7-8 hours. As an optional step, in a small saucepan, stir the sour cream and cornstarch until smooth. Measure cooking liquid and add enough water or milk to equal 1 ½ cups. Stir into saucepan. Cook and stir over medium heat until thick and mixture comes to a boil. Serve with the pork chops.

Minestrone Soup

2 Tbsp. oil
1 onion diced and lightly browned
1 can of V-8 juice and 2 or 3 cups of water
2 cups of diced broccoli
2 cups of diced zucchini
1 cup of diced celery
1 cup of diced mushrooms
1 Tbsp. of salt
½ Tbsp. fresh ground pepper
½ Tbsp. of oregano
½ cup parmesan cheese

Add all ingredients to a large pot and simmer on the stove for 3-4 hours until veggies are tender and soup is hot. Cook ¾ of a box of Rotini noodles and add to the soup about 15 minutes before the soup is done. Serve topped with parmesan cheese.

Potato Sausage Soup

1 green bell pepper, chopped finely
1 pkg. (10 oz.) frozen diced carrots
4 cups potatoes, peeled and diced
2 onions, chopped
½ cup margarine
1 lb polish sausage, sliced
3 cups water
1 tsp. salt
½ tsp. ground black pepper
3 cups milk
¾ cup dry potato flakes

Brown the onion in butter in a large saucepan over medium heat. Add the potatoes, carrots, green peppers, sausage, water, salt and pepper. Reduce heat to low and cook for about 45 minutes. When potatoes are creamy, add the milk and cook until heated through and then add the instant potato flakes. The soup needs to sit for about 5 minutes and thicken.

Ship's Captain Stew

1 lb. ground beef
¾ cup chopped onion
¼ cup uncooked white rice
2 cups chopped potatoes
1 (15 oz) can kidney beans
1 (8 oz) can tomato paste
½ tsp. Worcestershire sauce
¼ tsp. chili powder
¼ tsp. pepper
1 tsp. salt

Preheat the oven to 350 degrees. In a large skillet, brown the ground beef together with the onion. Cook until ground beef is no longer pink and then drain off the excess grease. Layer the ground beef mixture, rice, potatoes, and beans in a large baking dish. In a bowl, combine the tomato paste, Worcestershire sauce, chili powder, and salt and pepper. Mix thoroughly. Pour over the layers and bake for about 1 ½ hours.

CHAPTER 3

SAUCY SAUCES

Basic Cheese Sauce

1 cup heavy whipping cream
1 cup shredded Cheddar cheese
pepper to taste

In a small saucepan over medium heat, bring the whipping cream to a near boil. Add in the pepper and cheese, stirring constantly until sauce has thickened.

EZ Spaghetti Sauce

crock pot recipe

1 ½ pounds ground meat
1 pkg. Hillshire Farm smoked beef sausage, sliced
1 large jar of spaghetti sauce

Brown meat in a skillet and drain off excess grease. Add all ingredients in a crock pot. Cover and cook on low for about 5 hours.

Ranch Dip

¾ cup plain yogurt
1/3 cup mayonnaise
1 (1 oz) package ranch dressing mix
1 Tbsp. fresh chopped parsley

Mix together yogurt, mayo, and ranch dressing mix using a whisk. Cover with plastic wrap and put it in the refrigerator overnight. Top with parsley just prior to serving.

Rosemary Barbecue Sauce

1 cup ketchup
1/2 cup olive oil
1/2 cup Worcestershire sauce
1 cup red wine vinegar
1 cup of dry red wine
1/2 cup firmly packed brown sugar
2 Tbsp. fresh or dry rosemary leaves
2 cloves garlic, minced
1/2 teaspoon dried thyme (or 1 teaspoon fresh thyme)
1 medium onion, chopped
1/4 cup green pepper, chopped

Sauté onion and green pepper in one Tablespoon olive oil. Combine all ingredients in saucepan and slowly heat to boiling point; turn down and slowly simmer for about 20 minutes to blend flavors. You may strain the sauce or process in a food processor until smooth.

Recipe submitted by:
Gayla Chaparro
The Mom Team
http://shawneewind.themomteam.com

CHAPTER 4

TASTY TORTILLAS

Baked Ham & Cheese Quesadillas

4 large flour tortillas
8 oz thinly sliced ham, or smoked turkey
½ cup shredded Monterey Jack cheese
½ cup diced tomatoes
2 Tbsp. chopped green onion
Pepper to taste
Vegetable oil for brushing tops

Preheat oven to 425 degrees. Use a light cooking spray to spray the cookie sheet. Put 2 tortillas on the cookie sheet and add ¼ cup of cheese to the tortillas. Add the meat, tomatoes, green onion and the remaining cheese and add pepper to taste. Top those 2 tortillas with 2 more so you have a sandwich. Brush the tops of the tortillas with a little bit of vegetable oil and bake for about 10 minutes or until tops are browned. To serve, cut the tortillas in small wedges – perfect for little fingers.

Beef & Cheddar Quesadillas

6 large flour tortillas
1 lb. lean ground beef, browned with red pepper, oregano, and garlic salt
3 Tbsp. sour cream
½ jar salsa
1 cup grated Cheddar cheese
3 Tbsp. chopped green onions
vegetable oil for brushing tops

Preheat oven to 425 degrees. Spray a cookie sheet with light cooking spray. Put 2 tortillas on a cookie sheet. Add 1 Tbsp. of sour cream to each tortilla. Then add 1 Tbsp. chopped green onions. Make sure you drain off the excess fat from the ground beef. Spoon enough ground beef over tortilla to cover, leaving about ½ inch on the outside all around just plain. Add enough salsa to taste to each tortilla and top with the Cheddar cheese. Make sure you have enough cheese right around the edges to semi-seal the quesadilla. Top each tortilla with another tortilla to make a sandwich. Brush the tops with vegetable oil. Bake for 10 minutes and then turn oven to broil and broil for 5 minutes until tortillas start to brown. Repeat the steps to make the third quesadilla on a separate cookie sheet.

Cheesy Enchiladas

1 pkg. Philadelphia Fat Free cream cheese, softened
1 pkg. Kraft Free Natural Shredded cheese, divided
¼ cup sliced green onions
6 flour tortillas (6 inch)
1 cup salsa

Use an electric mixer to beat the cream cheese until there are no more lumps. Add 1 cup of the Cheddar cheese and onions and continue mixing thoroughly. Spread ¼ cup cream cheese mixture down the center of each tortilla and then roll up. Place the seam-side down in 11x17 inch baking dish. Pour the salsa over tortillas and sprinkle with remaining cheddar cheese. Cover with aluminum foil and bake for 20-25 minutes or until heated throughout.

Chicken Enchiladas

1 – 1 ½ pounds chicken breasts
1 can of cream of chicken soup
1 can (4 oz) green chilles, chopped
1 onion, chopped
Corn tortillas
Shredded cheese

Cook all ingredients in crock pot on low for 4 to 5 hours. Take the meat out of the sauce and shred. Fill the tortillas with meat, sauce, cream cheese and roll then up. Place in a baking dish. Add excess sauce over the top and bake at 350 degrees for about 15-20 minutes.

CHAPTER 5

CATCHY CHICKEN

Arroz Con Pollo

4 boneless, skinless chicken breasts
¼ tsp. salt
¼ tsp pepper
¼ tsp. paprika
1 Tbsp. vegetable oil
1 medium onion, chopped
1 small red pepper, chopped
3 cloves minced garlic
½ tsp. dried rosemary
1 can (14 ½ oz) crushed tomatoes
1 package (10 oz) frozen peas

crock pot recipe

Season chicken with salt, pepper, and paprika. In a nonstick pan, heat the oil and brown the chicken. Then, transfer the chicken to the crock pot. In a small bowl combine remaining ingredients, except the peas. Pour the mixture over the chicken. Cover and cook on low for 7 to 9 hours. One hour before serving, add the peas. Serve over white rice.

Baked Lemon Chicken

1 (3 lb or larger) broiler-fryer, whole
1 tsp. crumbled dry oregano
2 cloves garlic, minced
2 Tbsp. butter
¼ cup sherry (or water)
3 Tbsp. lemon juice
Salt and pepper to taste

crock pot recipe

Wash the chicken and giblets and pat dry. Use the salt and pepper to season the chicken. Take half of the garlic and oregano and sprinkle into the inside of the chicken cavity. Melt butter in a frying pan and brown the chicken. Transfer to the crock pot. Sprinkle with remaining oregano and garlic. Add the sherry to the frying pan. Stir to loosen the brown bits. Pour into the crock pot. Cover and cook on low for about 8 hours. Add the lemon juice in the last hour. When the chicken is cooked, place it on a cutting board and skim fat from juices and pour into a serving bowl. Carve the chicken and serve with the juices.

BBQ Chicken

crock pot recipe

4 boneless, skinless chicken breasts
4 cups of BBQ sauce

Put the BBQ sauce in a crock pot. Add the chicken, making sure you coat it well in the sauce. Cook on high 3-4 hours or until the chicken is fully cooked all the way through. Cut up the chicken in small pieces and put it back in the pot. Mix it up well so that all of the chicken pieces are coated with the sauce. Serve on rolls for a great BBQ chicken sandwich.

Chicken Breast & Artichoke Casserole

4 boneless, skinless chicken breasts
4 Tbsp. butter
8 ounces sliced fresh mushrooms
1 jar (14 oz) marinated artichokes, drained
2 Tbsp. flour
1 ½ cups chicken broth

In a skillet, brown chicken lightly in the butter. Transfer the chicken to a baking dish. Add the mushrooms to the skillet and sauté for a few minutes, until lightly browned; remove and spoon over the chicken pieces. Place drained artichoke hearts on the chicken pieces. Add flour to the remaining butter and stir to blend. Add broth and cook until thickened. Pour over chicken. Bake the casserole at 350 degrees for about 45 minutes.

Chicken Cacciatore

4 boneless, skinless chicken breasts, cubed
1 large green pepper, cut in chunks
1 large red pepper, cut in chunks
2 pieces of celery, cut semi-thick pieces
1 small onion, chopped
1 can diced tomatoes
½ jar spaghetti sauce
Oregano, parsley, thyme to taste.
¼ cup olive oil
½ cup Parmesan cheese

Preheat the oven to 350 degrees. Mix all ingredients in a large bowl, except spaghetti sauce and use your hands to mix spices in thoroughly. Spray a 9x13 baking dish with cooking spray. Pour everything into the baking dish and add the spaghetti sauce and parmesan cheese over top. Bake until tender for about 1 hour.

Chicken Calabrese

1 egg and 1 cup milk mixture in a small bowl
1 cup of bread crumbs and 1 cup parmesan cheese mixture in a separate small bowl
½ onion, cut up
1 ½ cups of carrots
3 stalks of celery
1 package frozen chopped broccoli
2 Tbsp. butter
½ cup parmesan cheese

Preheat the oven to 350 degrees. Dip chicken in egg and milk mixture and then into bread crumb mixture making sure the chicken is coated completely. Put the butter and onions in a nonstick frying pan over medium heat. When butter is melted, add the chicken and pan fry until browned. Remove the chicken and transfer to a 9x13 baking dish, sprayed with cooking spray. Add the vegetables to the frying pan and fry until slightly browned. Pour the vegetables over the chicken. Add the parmesan cheese and bake for about 45 minutes.

Chicken Cordon Bleu

4 boneless, skinless chicken breasts
¼ tsp. salt
1/8 tsp. black pepper
6 slices Swiss cheese
4 slices cooked ham
½ cup seasoned bread crumbs
½ cup parmesan cheese
1 egg
¼ cup milk

Preheat oven to 350 degrees. Spray a 9x13 baking dish with cooking spray. Pound chicken to ¼ inch thickness (enough so you can roll the chicken). In a small bowl, combine milk and egg using a whisk. Dip each piece of chicken into the mixture and sprinkle with salt and pepper. In a separate bowl, combine bread crumbs and parmesan cheese. Dip one side of chicken in the bread crumb mixture. Lay the chicken breaded side down and put 1 ham slice and 1 cheese slice on the top of each breast. Roll up all chicken breasts and secure with a toothpick. Place in the baking dish. Bake for 50-55 minutes. Remove the chicken from the oven and place ½ cheese slice on top of each breast. Return to oven for 3 to 5 minutes or until cheese is melted. Make sure you remove the toothpicks before serving.

Chicken Parmesan

4 boneless chicken breasts pounded to ½ inch thickness
1 egg and ½ cup milk mixture for dipping
Seasoned bread crumbs
8 slices of mozzarella cheese or use grated
1 jar of spaghetti sauce
½ cup parmesan cheese

Dip the chicken breasts in milk/egg mixture and then in bread crumbs. Brown on both sides until golden. Set aside. Spray a 9x13 baking dish with cooking spray. Put the breaded chicken into the baking dish. Pour 1 jar of spaghetti sauce over all of the chicken and add mozzarella cheese over each chicken breast. Sprinkle with parmesan cheese, and a little more mozzarella and bake about 35 minutes until bubbly. This is great served with garlic bread and a tossed or Caesar salad.

Chicken Wellington

6 boneless, skinless chicken breasts
1 pkg. frozen puff pastry (thawed according to package directions)
1 Pkg. Knorrs béarnaise sauce
1 Tbsp. Dijon mustard
Shredded Swiss cheese

Marinade for chicken
¼ cup olive oil
¼ cup raspberry wine vinegar
1 Tbsp. fresh parsley
1 Tbsp. minced garlic
Pinch of tarragon

Marinate the chicken for 1-2 hours. Sauté the chicken until cooked (do not dry out). Place thawed puff pastry on a flat surface and roll out or flatten with finger until it is thin. Divide each pastry sheet into 3 equal sections. Preheat the oven to 350 degrees. Place the cooked chicken breast in the center of the pastry, spread thinly with mustard and top with Swiss cheese. Wrap the pastry around the filling, sealing all edges. Repeat for the rest of the chicken breasts. In a large baking dish, bake at 350 for 20 minutes or until the pastry is brown. Prepare the béarnaise sauce according to instructions and serve over the chicken.

Chicken Wings

12-16 chicken wings, drumsticks (whichever parts you like best)
2 cups of bread crumbs
1 cup of parmesan cheese
½ tsp. garlic salt
Pepper to taste
½ tsp. oregano
2 Tbsp. sesame seeds
1 cup of milk and 1 egg (mixed in a bowl for dipping)

Preheat the oven to 350 degrees. Dip the chicken pieces into the egg mixture. In a separate bowl combine all other ingredients and dip the chicken in that mixture. Spray a cookie sheet with cooking spray and arrange all of the breaded chicken pieces on the cookie sheet. Bake for about 45 minutes, or until chicken is cooked through.

Chicken & Cornbread Stuffing Casserole

crock pot recipe

4 boneless, skinless chicken breasts
1 small box Cornbread stuffing
1 pkg. (10 oz) frozen chopped broccoli (or a mix of broccoli and other veggies), thawed
1 can cream of broccoli with cheese soup
½ cup chicken broth

Lightly butter crock pot and place the chicken breasts in the bottom. Mix together the remaining ingredients and place on top of chicken. Cover and cook on low 6 to 7 hours.

Chicken & Rice Bake

1 can cream of mushroom soup, condensed
1 can milk
¾ cup rice (uncooked)
¼ tsp. paprika
¼ tsp. pepper
4 skinless boneless chicken breasts
½ cup shredded Cheddar cheese

Preheat oven to 375 degrees. In a shallow baking dish, mix soup, milk, rice, paprika and pepper. Place chicken on top of rice mixture. Top with grated Cheddar cheese and pepper. Cover and bake for 50 minutes or until done.

Creamy Broccoli Chicken

crock pot recipe

1 can cream of broccoli soup
4 boneless chicken breasts
1 cup of milk
½ bag frozen broccoli

Place the chicken in the crock pot and cover with frozen veggies, soup, and milk. Add salt and pepper to taste and cook on low about 8 hours or high 4-6 hours. Serve this chicken over rice.

Easy Cheesy Chicken

crock pot recipe

6 boneless, skinless chicken breasts
Garlic powder to taste
Salt and pepper to taste
2 cans condensed soup
1 can condensed cheddar cheese soup

Rinse chicken and add seasonings. Mix soup and pour over chicken into the crock pot. Cook on low for 6-8 hours. This is great served with rice or pasta.

Hawaiian Chicken

6 boneless, skinless chicken breasts
2 eggs mixed with 2 cups of milk for dipping
2 cups of flour
1 can of pineapple chunks, drained
6 celery stalks, washed and cut into small chunks
2 chicken bouillon cubs in 1 cup of water
¼ cup vinegar
3 Tbsp. soy sauce
3 Tbsp. corn starch
1 ½ cups of sugar

Cut up chicken into 1 ½ inch chunks. Dip chicken in egg mixture and then into flour until well coated. In a frying pan, melt 2 Tbsp. of butter. Add the chicken pieces and cook until browned. Transfer semi-cooked chicken to an electric fry pan and add the celery, green peppers, pineapple, and ¼ cup of the chicken bouillon and cook on medium heat for about 30 minutes until the veggies are tender.

In a small saucepan on the stove, mix together the remaining ¾ cup of chicken bouillon, vinegar, soy sauce, corn starch, and sugar. Stir constantly until everything is mixed well (about 5-10 minutes). Pour the sauce over the chicken and simmer about 10 minutes. Serve over white rice.

Italian Chicken Crock Pot Style

crock pot recipe

1 bag frozen boneless chicken breasts (2 lbs.)
1 pkg. Italian spaghetti sauce – dry mix
1 small can diced tomatoes
1 small can tomato sauce
Parmesan cheese

Place the chicken in the Crock Pot. Sprinkle the dry mix spaghetti sauce over top. Add the can of tomatoes and the can of tomato sauce. Cook all day (about 8 hours) on low or ½ day (about 4 hours). Serve with penne pasta and top with parmesan cheese.

Mustard Chicken

½ cup plain yogurt
2 Tbsp. Dijon mustard
1 cup seasoned bread crumbs
1 cup parmesan cheese

Preheat oven to 350 degrees. Mix yogurt and mustard in one small bowl and bread crumbs and cheese in another small bowl. Dip chicken in yogurt mixture and coat and then dip in bread crumb mixture to coat thoroughly. Bake for about 1 hour, or until chicken is cooked.

Tangy Grilled Chicken Kabobs

1 cup Miracle Whip Light Dressing
1 envelope Good Seasons Italian Salad Dressing Mix
2 Tbsp. vinegar
2 Tbsp. water
1 ½ lbs boneless, skinless chicken breasts, cut into 1 ½ inch pieces
Assorted cut up fresh vegetables (green, red, and yellow peppers, mushrooms, onions or zucchini)

Mix dressing, salad dressing mix, vinegar and water in a bowl. Reserve ½ cup for dipping the cooked kabobs. Arrange chicken and vegetables on 6 skewers. Pour remaining dressing mixture over the skewers in a shallow dish. Refrigerate 30 minutes to marinate. Remove kabobs from marinade, and discard the marinade. Place kabobs on a grill over medium heat. Grill 10 to 15 minutes or until chicken is cooked through, turning once. Serve with reserved ½ cup dressing mixture.

Swiss Chicken Bake

6 chicken breasts, skinned and boned
1 can or a jar of sliced mushrooms
2 cups shredded Swiss cheese
1 can cream of mushroom soup
¼ cup sour cream
¼ cup chicken broth
¼ cup grated Parmesan cheese

Preheat the oven to 350 degrees. Place the chicken in an ungreased 2 quart baking dish; add mushrooms. Sprinkle with Swiss cheese. In a small bowl, combine soup, sour cream, and chicken broth. Pour over chicken and bake for 50 minutes. Sprinkle with parmesan cheese and bake an additional 5 to 10 minutes or until chicken is tender and juices run clear. Place chicken on serving plate. Stir sauce to blend and serve with chicken.

CHAPTER 6

BETTER BEEF

Beef Stroganoff

crock pot recipe

1 lb. beef tips or stew beef
1 envelope dried onion soup mix
1 can cream of celery soup
1 can cream of mushroom soup

Combine all ingredients in a Crock Pot. Cook on low for 6 to 8 hours until meat is done. If possible, stir occasionally. Serve over noodles.

Cabbage Rolls

1 head of cabbage
1 ½ lbs lean ground beef
2 cups Minute rice – cooked
1 can of diced tomatoes
½ jar of spaghetti sauce
2 tsp. salt
2 tsp. pepper
1 tsp. minced garlic
1 egg, beaten
½ chopped onion
½ cup parmesan cheese

Brown the ground beef in a frying pan until beef is no longer pink. Let the beef cool for about 10 minutes. Cook 2 cups of Minute Rice according to package directions. Microwave the whole cabbage for 10 minutes. Preheat oven to 350 degrees. While the cabbage is cooking, combine the rice, beef, spaghetti sauce, salt, pepper, garlic, onion, and egg in a large bowl and mix thoroughly. When the cabbage is done, tear off one leaf at a time and roll the mixture into cabbage leaves. Spray a 9x13 baking dish with cooking spray. Place the cabbage rolls into the dish and top with the can of tomatoes and parmesan cheese. Cover and bake for 1 hour. Remove the foil and continue to bake for an additional 40 minutes to 1 hour.

Fuss-Free Swiss Steak

crock pot recipe

1 (Reynold's) cooking bag
2 Tbsp. flour
2 cans (15 oz each) diced tomatoes
1 tsp. celery seed
2 Tbsp. tomato paste
1 Tbsp. prepared mustard
1 Tbsp. Worcestershire sauce
1 Tbsp. brown sugar
3 ribs celery, thinly sliced
1 or 2 carrots, sliced ¼ inch thick
1 small onion, chopped, or 1 Tbsp. minced dried onion
1 to 1 ½ lbs. round steak, ½ inch thick, cut in serving-size pieces

Measure flour into a cooking bag. Add the tomatoes, mustard, tomato paste, celery seed, Worcestershire sauce, and brown sugar. Carefully squeeze the bag to mix everything well. Add the vegetables and the steak. Use a tie to keep the bag closed and place in a Crock Pot. Cut several small holes in the top to let steam escape. Cover and cook on low for 7 to 9 hours, then pour into a serving bowl.

Home Style Pot Roast

crock pot recipe

1 medium turnip, chopped
1 medium onion, chopped
¼ cup chopped carrot
¼ cup chopped celery
1 clove minced garlic
3 lbs. beef chuck pot roast
2 Tbsp. cooking oil
1 tsp. salt
¼ tsp. pepper
½ cup dry red wine (or water)
2 Tbsp. parsley
1/3 cup cold water
3 Tbsp. all-purpose flour

Put the chopped turnip, onion, carrot, celery, and garlic in a Crock Pot. In a skillet, brown the roast on all sides in hot oil and drain. Place the meat on top of the veggies in the Crock Pot and sprinkle with salt and pepper. Pour the ½ cup of wine or water over the roast. Cover and cook on low for about 8-10 hours. Remove the roast to a warm serving platter and strain the vegetables; reserve 2 cups of cooking liquid adding water if necessary. Spoon the vegetables over the roast and sprinkle with parsley. Cover meat to keep warm while preparing the gravy. Skim the excess fat from the reserved cooking liquid; pour liquid into a saucepan. Blend the 1/3 cup cold water very slowly into the flour. Stir into cooking liquid. Cook and stir until thick and bubbling. Serve with the roast and vegetables.

Meatballs & Cream Of Mushroom Soup

18 meatballs
1 can cream of mushroom soup
1 can milk
1 green pepper, washed and cut in chunks
1 red pepper, washed and cut in chunks
Baby carrots
2 green onions, cut finely
1 Tbsp. oregano
1 Tbsp. parsley
½ cup parmesan cheese

In a large, deep frying pan mix the soup, milk, and oregano and parsley and cook on medium heat until almost bubbling (about 15 minutes). Add in the meatballs. Cook for 5 minutes. Then add in the veggies. Simmer for another 10-15 minutes. Serve over noodles and top with parmesan cheese.

Meatball Sandwiches

crock pot recipe

4 lbs. lean ground beef
2 eggs
1 pkg. dry Hidden Valley Ranch dressing
1 pkg. finely crushed Saltine crackers
1 large jar spaghetti sauce

In a large bowl, mix all of the ingredients together. If the mixture is too wet, add more crackers. Form into meatballs a little smaller than the size of a golf ball. Bake or fry meatballs until they are brown and drain off fat. Place the meatballs in a Crock Pot and cover with 1 jar of spaghetti sauce. Cover and cook on low for 6 to 8 hours. Serve the meatballs on hamburger buns and top with mozzarella cheese.

No Peek Beef Casserole

crock pot recipe

2 lbs. stew beef, cut into 1 inch pieces
1 envelope onion soup mix
1 (10 ½ ounce) can cream of Mushroom soup
1 (4 ounce) can whole mushrooms
½ cup red wine

Add all of the ingredients to a Crock Pot and mix thoroughly. Cover and cook on low for 8-10 hours. Serve over rice or noodles.

Pizza Casserole

Italian seasoning
1 pkg. pepperoni
1 medium onion finely chopped
1/3 cup butter, melted
6 oz. spaghetti noodles, cooked and drained
6 oz. grated Swiss cheese
1 lb. sliced mozzarella cheese (about 3 cups)
1 can (26 ½ oz.) tomato sauce
1 can (4 oz) mushroom pieces and stems
6 slices cooked bacon
1 lb. ground beef
½ tsp. oregano
½ tsp. basil

Preheat oven to 350 degrees. In a small frying pan, Sauté onion in 2 Tbsp. butter. Pour remaining butter in a 9x13 casserole dish. Toss cooked spaghetti in butter. Cover with 1 can of tomato sauce. Add as listed; ½ Swiss cheese, hamburger, ½ pepperoni, ½ mozzarella cheese, all the onions, and mushrooms. Sprinkle with basil, oregano, and bacon. Top with tomato sauce, remaining Swiss cheese, pepperoni, and mozzarella cheese. Bake for 20-25 minutes or until bubbly.

Spicy Chili Cheese Meatloaf

2 eggs, slightly beaten
1 lb. pork sausage, spicy
1 lb. ground beef
1 small onion, chopped
1 cup Quick-cooking oats
2 tsp. garlic salt
½ tsp. ground cumin
½ tsp. ground coriander
1 cup grated Cheddar cheese, plus extra for garnish
1 cup Chunky salsa, plus extra for topping, if desired

Preheat oven to 350 degrees. Combine all ingredients in a mixing bowl. Shape in loaf pan and bake for 50 to 60 minutes, until firm.

Stuffed Green Peppers

4 large green peppers, tops off and centers out
1 lb. lean ground beef
¼ cup onions, chopped finely
1 ½ cups Minute rice, cooked according to package directions
½ jar spaghetti sauce
1 cup grated Cheddar cheese
1 Tsp. minced garlic
Ketchup for topping

Cook the Minute rice according to directions and set aside. In a large skillet, lightly brown the onions and then add the ground beef, cooking completely. Drain off the excess fat. Pour in the cooked rice and spaghetti sauce and mix completely. Preheat the oven to 350 degrees. Stuff the green peppers with the beef and rice mixture. Top with grated Cheddar cheese and a dash of ketchup. Bake for about an hour.

Tasty Beef & Noodles

crock pot recipe

1 ½ pounds stew beef
1 can French onion soup
1 can diced tomatoes
1 can mushroom soup
½ cup sliced celery
½ cup chopped onion
4 to 6 oz. sliced fresh mushrooms

Add all of the ingredients in a Crock Pot and cook on low for 8 to 10 hours. This is best served over hot buttered noodles.

Tater Tot Casserole

1 lb. hamburger, browned and drained
1 bag Tater Tots
1 bag frozen mixed vegetables – cooked
2 or 3 cans of cream of mushroom soup

Preheat the oven to 350 degrees. Combine the hamburger, ½ bag of Tater Tots, cooked vegetables, and the soup. If, after adding 2 cans of soup, it looks dry, then add a third. Layer the remaining Tater Tots on the top of the casserole. Bake for one hour.

CHAPTER 7

PERFECT PORK

Autumn Pork Roast

crock pot recipe

3 to 4 lb. pork roast
salt and pepper to taste
1 cup cranberries, finely chopped
¼ cup honey
1 tsp. grated orange peel
1/8 tsp. ground cloves
1/8 tsp. ground nutmeg

Sprinkle roast with salt and pepper. Place in a Crock Pot. Combine remaining ingredients and spoon over the roast. Cover and cook on low for 8 to 10 hours.

Breakfast For Dinner

½ lb. pork sausage
1 tsp. salt
2 ¼ cups water
¾ cup quick grits
2 Tbsp. butter
2 Tbsp. all-purpose flour
¼ tsp. black pepper
1 cup milk
½ cup Cheddar cheese – grated
4 eggs

Preheat oven to 325 degrees. Brown and crumble sausage. Drain off the excess fat and set aside. Bring salted water to a boil and stir in grits. Cover and reduce heat to low. Continue cooking for 5 minutes, stirring occasionally. Melt the butter or margarine and stir in flour, black pepper, and milk. Cook, stirring to thicken. Add the cheese, stirring until blended. Add the sausage and ½ cheese sauce to cooked grits. Pour into a lightly greased casserole dish. Make 4 indentations into the grits mixture using the back of a large spoon. Break one egg into each indentation. Bake for 13 to 18 minutes, depending on how well you want your eggs done. Serve with remaining heated sauce.

Ham & Noodles

2 cups cooked Rotini noodles
1 cup of cooked ham, cut in cubes
1 can of cream of mushroom soup
½ soup can of milk

Preheat the oven to 375 degrees. Lightly spray a 9x13 baking dish with cooking spray and add all ingredients to the dish and mix together. Bake for about ½ hour.

Ham & Potatoes With Cheese

crock pot recipe

2 ½ cups diced ham
8 medium sliced potatoes
Salt and pepper to taste
2 small onions, sliced
1 green pepper, sliced

Place the ingredients in layers in the Crock Pot. Add 1 can Cheddar cheese soup, 2 Tbsp. water and a touch of prepared mustard. Cook on low setting all day.

Luau Pork Teriyaki

1 ½ lbs. pork – lean boneless
½ cup teriyaki sauce
½ tsp. ground ginger
1 cup Rice – raw
1 cup pineapple – sliced in syrup
¼ green onion, finely chopped
¼ tsp. garlic powder

Cut pork into slices about ¼ inch thick. Drain the syrup from the pineapple and set the pineapple aside, covered in the fridge. Keep the pineapple syrup and blend the syrup, teriyaki sauce, green onions, ginger, and garlic powder. In Ziploc bag, add the pork and sauce mixture. Refrigerate at least an hour (3 or 4 is better). Just before taking the pork out of the fridge, cook the rice according to manufacturer directions. Preheat the grill on medium heat. Remove the pork from the marinade and grill about 5 minutes on each side (until completely cooked). Pour the pineapple and remaining marinade into a large skillet and bring to a boil. Once boiling, remove from heat and serve the pork with the sauce and pineapple over rice.

Pork Chop Casserole

4 pork chops
4 cups sliced potatoes
1 can cream of celery soup
1 cup milk
2 Tbsp. chopped onion
½ tsp. salt
1 tsp. pepper, or to taste
Grated American cheese

Preheat the oven to 375 degrees. Brown the pork chops in a skillet over medium heat. Spray a 9x13 baking dish with cooking spray. Place the potatoes in the baking dish. In a bowl, mix together the soup, milk, onion, salt, and pepper. Pour the mixture over the potatoes. Place the pork chops over the potatoes and top with cheese. Do not cover. Bake for about 1 hour or until potatoes are tender.

Sausage Cacciatore

5-6 plain Italian sausages
1 green bell pepper, cut into bite size chunks
1 green bell pepper, cut into bite size chunks
½ cup green onion, chopped finely
10 baby carrots, cut in half
3 celery stalks, cut into chunks
1 jar spaghetti sauce
3 Tbsp. olive oil
1 Tbsp. parsley
1 Tbsp. oregano
1 Tbsp. minced garlic
½ cup parmesan cheese

Preheat the oven to 350 degrees. Cut the sausages into bite size chunks. In a large bowl, combine the vegetables, sausages, oil, and spices and mix well using your hands. Lightly spray a 9x13 baking dish with cooking spray. Dump the sausage and vegetable mixture into the dish. Pour a jar of spaghetti sauce over the entire thing and top with cheese. Bake for about 1 hour and serve over white rice.

Sweet & Sour Pork With Rice

1 ½ lbs pork tenderloin
½ tsp. salt
1 minced glove of garlic
1 chicken bouillon cube
1 cup boiling water
½ cup of pineapple juices
1 cup pineapple pieces
3 large carrots – sliced chunky
2 Tbsp. white sugar
2 Tbsp. soy sauce
1 Tbsp. cornstarch
4 cups white rice

Cut meat in fairly large chunks. Dip into well seasoned flour. Brown in butter a little at a time. Sauté garlic. Add everything except green pepper, cornstarch and vinegar. Simmer covered until meat is done (1 – 1 ½ hours). Add pepper cut in large pieces about 15 minutes before serving time. Add cornstarch dissolved in vinegar. Cook until thickened. Serve over 4 cups white rice.

CHAPTER 8

POTATOES AND RICE

Cheesy Potato Casserole

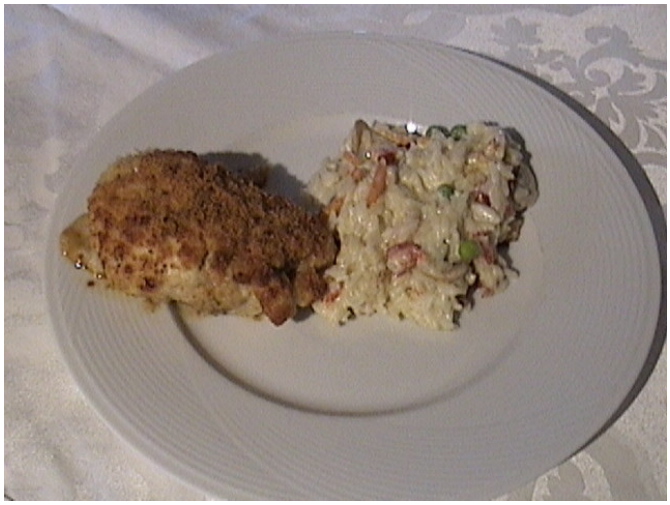
10 cups Hash Browns
¼ cup plus 2 Tbsp. butter
1 can cream of chicken soup
1 (12 oz) container of sour cream
½ cup milk
½ cup chopped green onions
2 cups grated Cheddar cheese
1 cup crushed Corn Flakes
Salt and pepper to taste

Preheat oven to 375 degrees. Melt ¼ cup of butter in microwave. Spray a 9x13 baking dish with cooking spray. Pour the melted butter into the dish. Add a layer of frozen hash browns, and salt and pepper. In a separate bowl mix together the soup, sour cream, milk, and onions. Pour ½ of the mixture over the hash browns in the dish. Add ½ the grated cheese. Put another layer of hash browns and pour the rest of the soup mixture over the hash browns. Add more salt and pepper and the remaining cheese. Top the casserole with the crushed Corn Flakes. Drizzle 2 Tbsp. of melted butter over the mixture and bake for an hour.

Creamy White Rice

2 cups of Minute Rice
¾ cup heavy whipping cream
½ cup parmesan cheese
1/8 cup finely chopped green pepper
1/8 cup finely chopped red pepper
1/8 cup finely chopped white or yellow onion
1/8 cup finely chopped carrots
1 Tbsp. Worcestershire sauce

Cook the rice according to package directions. Sauté the onion, green pepper, red pepper, and carrots in a frying pan on medium heat. Turn the heat down to low and add the cooked rice, whipping cream, Worcestershire, and parmesan. Simmer on low about 10-15 minutes or until rice is creamy and thick.



Escalloped Potatoes

2 Tbsp. minced parsley
1 ½ cups onions, thinly sliced
4 ½ cups potatoes, thinly sliced
3 tsp. salt
3 Tbsp. butter
2 Tbsp. plus 1 tsp. flour
1 ¾ cups milk
1/8 tsp. pepper
1/8 tsp. paprika
½ cup grated Cheddar cheese (optional)

Preheat oven to 400 degrees. Bring 1" of water to a boil in a frying pan. Add the parsley, onions, potatoes, and 2 tsp. salt. Boil the potatoes for 5 minutes. Drain off the water. Melt the butter and mix in flour, pepper, and the last tsp. of salt. Add the milk and cook until thickened, stirring often. Combine the vegetables and the cream sauce. Bake in a shallow baking dish, for about 30-40 minutes. Add ½ cup of grated cheddar cheese if desired.

Holiday Potato Casserole

3 lbs. potatoes, peeled and quartered
1 cup butter
2 (3 oz) pkgs. of cream cheese, softened
1 cup Cheddar cheese, shredded
1 (20 oz) jar pimiento, drained
1 small green pepper, finely chopped
1 bunch green onions, finely chopped
½ cup parmesan cheese
¼ cup milk
1 tsp. salt

Boil a pot of water and cook the potatoes for 15 – 20 minutes or until tender. Drain the water off and mash the potatoes. Add the butter and cream cheese. Using an electric mixer, beat at medium speed until there are no lumps. Stir in ½ cup cheddar cheese, pimiento, green pepper, green onions, parmesan cheese, milk, and salt. Preheat oven to 350 degrees. Lightly butter a shallow baking dish and add the mashed potato mixture to the dish. Bake for about ½ hour. Sprinkle with remaining cheese and bake until the cheese is melted.

Potato Pancakes

4 cups mashed potatoes
2 eggs, beaten
flour for dipping
Olive oil for frying

Add olive oil to a skillet on medium heat. In a bowl, combine the beaten egg and the mashed potatoes. Using your hands, shape the mixture into round patties. Coat the patties in flour on each side. Make sure the skillet is hot and fry the patties until golden brown.

Potatoes & Hot Dogs

8 hot dogs
2 cups mashed potatoes
½ tsp. dry mustard

Preheat the oven to 375 degrees. Split the hot dogs lengthwise, but not all the way through. Mix the mashed potatoes with mustard and put the potato mixture in the split of the hot dogs. Top with grated Cheddar cheese and bake for about 15 minutes.

Ultimate Mashed Potatoes

6-8 baking potatoes
2 Tbsp. butter
¼ cup of milk
4 Tbsp. ranch dressing
1 tsp. minced garlic
¼ cup parmesan cheese
Salt and pepper to taste
1 green onion (optional)

In a medium saucepan over high heat bring water to a boil. Peel and cube the potatoes. Once water is boiling put cubed potatoes in for about 20-25 minutes or until fork tender. Drain water. Add in all other ingredients and mash.

CHAPTER 9

DELICIOUS DESSERTS

Apples and Caramel Dip

crock pot recipe

6 red apples
7 ounces caramels
¼ cup mini marshmallows
1/3 cup whipping cream

Combine caramels and cream in a Crock Pot. Cover and heat until melted (30 to 60 minutes). Stir in marshmallows. Cover and continue cooking 30 minutes. Serve right out of the Crock Pot with sliced apples.
Note: If you want to make this for an adult party, adding 2 Tbsp. of rum really adds flavor.

Candy Bar Pie

4 oz. Philadelphia cream cheese, softened
1 Tbsp. milk
1 container (12 oz) Cool Whip whipped topping, thawed, divided
2 pkgs. (2.7 oz each) chocolate-covered caramel peanut nougat bars, chopped
1 ¾ cups cold milk
2 pkgs. (4 serving size) Jell-O chocolate flavor instant pudding
1 Keebler chocolate pie crust (6 oz)

Mix the cream cheese and 1 Tbsp. milk in a bowl with a wire whisk until smooth. Gently stir in 2 cups of whipped topping and chopped candy bars; set aside. Pour 1 ¾ cups milk into another bowl. Add the pudding mixes. Beat with a wire whisk for 1 minute. Gently stir in ½ cup whipped topping. Spread half of the pudding mixture on the bottom of the crust. Spread cream cheese mixture over the pudding mixture. Top with remaining pudding mixture. Put the pie in the fridge for 4 hours until it is set. Garnish with the remaining whipped topping.

Strawberries On A Stick

Melt several caramels over a double boiler or a metal bowl on top of a pot of boiling water. Wash strawberries and remove the stems, but leave the strawberries whole. Take a Popsicle stick and stick it into the bottom of the strawberry. Dip in the melted caramel. Put the strawberry sticks on a pan and put them in the fridge or freezer until they are stiff.

Digging In The Dirt

2 small pkgs. of instant pudding
3 ½ cups milk
½ cup margarine
1 pkg. (8 oz.) cream cheese
1 container frozen whipped topping
1 cup icing sugar
1 small bag of crushed Oreo cookies
12 gummy worms

In a large bowl, combine pudding with the milk until the mixture is thick. Add the whipped topping and set aside. In a separate bowl cream together the cream cheese, icing sugar, and margarine until smooth. Add this mixture to the pudding mixture and beat with an electric mixer on medium speed until the two are well blended. This dessert is best served in a flower pot. No really! In a small flower pot (new, not used), add some pudding mixture, then cookie crumbs, and then some gummy worms. Top with more cookie crumbs. Put it in the fridge for 1 or 2 hours to cool completely.

Donuts

1 can of Pillsbury rolls
1 can of frosting or powdered sugar

If you don't have a deep fryer you can use about 1 cup of oil in a skillet on the stove to brown the dough. Separate each roll and stretch a hole in the middle of the roll. After the oil is warm (test it by gently letting a little water hit the oil) put the dough into the oil and lightly brown on both sides. Take out and cool on paper towels.

Now you can frost the doughnuts or gently shake them in a paper bag with cinnamon and sugar or powdered sugar.

Recipe submitted by:
Rebecca White
The Perfect Image
http://www.theperfectimage.us

Dump Truck Cake

1 (20 oz) can pie filling – any flavor
1 (20 oz) can crushed pineapple
1 box vanilla cake mix
8 oz. chopped pecans
2 sticks butter

Preheat the oven to 350 degrees. In a 9x13 pan, add pie filing and pineapple and combine thoroughly. Add cake mix on the top, but do not mix. Cut butter into small pieces and put on top of cake mix. Make sure all areas of the pan are covered. Add pecans to the pan and bake for about 45 minutes.

Pigeon Poop

5 cups Peanut Butter crunch cereal
3 cups Rice Krispies cereal
2 cups of long pretzels
2 lbs. of white chocolate
2 ½ cups mini marshmallows

In a large bowl, mix the cereals, marshmallows, and pretzels. Using a double boiler (or a metal bowl on a metal pan filled with boiling water), melt the chocolate. Be careful not to burn the chocolate. Pour the melted chocolate over the other ingredients and put the poop on a piece of wax paper. This is best served broken into chunks.

Snickers Supreme

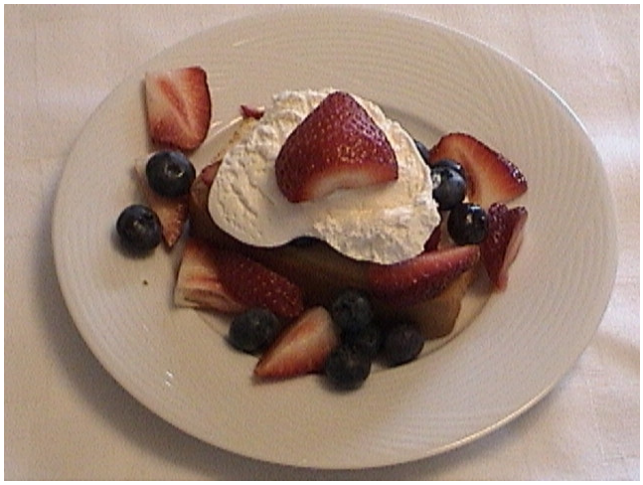
6 juicy red apples (leave the peels on)
6 Snickers bars
1 container frozen whipped topping

Cut the apples and chocolate bars into small pieces. Combine with the frozen whipped topping.

Strawberry Shortcake

2 pints of strawberries
1 pkg. Sara Lee pound cake, thawed, and cut into 10 slices
1 ½ cups Blueberries
1 container frozen whipped topping, thawed

Wash the strawberries and slice 1 cup full and then set aside. With the remaining strawberries, cut them in half and set those aside. Using a 9x13 baking dish, put the pound cake slices on the bottom. Add the cup of sliced strawberries, 1 cup of blueberries, and the entire container of whipped topping. Garnish with the strawberry halves and the rest of the blueberries. Put the shortcake in the fridge until it's ready to serve.



Streusel Topped Pumpkin Pie

1 ¼ cups cold milk
1 cup canned pumpkin
2 pkgs. (4-serving size) Jell-O Cheesecake Instant Pudding
1 tsp. Pumpkin pie spice
1 container (8 oz) Cool Whip, thawed, divided
1 Keebler Ready Crust Graham cracker pie crust (6 oz)
½ cup chopped walnuts
2 Tbsp. brown sugar
1 Tbsp. butter

Stir milk and pumpkin in a large bowl until there are no lumps. Add the pudding mixes and the spice. Use a wire whisk to beat until everything is well blended. Gently stir in ½ of the whipped topping. Spoon the mixture into the crust. Put the pie in the fridge for 4 hours until it is set. To make the topping, mix the walnuts, brown sugar, and butter in a microwaveable bowl. Microwave on high for 2 ½ minutes or until it is bubbly. You only need to stir it once. Cool. Add the topping to the pie just before serving.

CHAPTER 10

SUPER DUPER SNACKS

Ants On A Branch

2 celery stalks
1 Tbsp. peanut butter
1 small box of raisins

Wash the celery and cut in half. Top with peanut butter and raisins.

Apples & Peanut Butter

1 red apple
1 Tbsp. creamy peanut butter

Core an apple and fill with peanut butter. Cut into quarters for little fingers.

Bologna Mash

2 bologna slices
1 cup mashed potatoes
2 Tbsp. grated Cheddar cheese

Heat the bologna slices in a nonstick frying pan. Add mashed potatoes and top with grated Cheddar cheese.

Caramel Chocolate Crackers

35 Saltine crackers
1 pkg. (16 oz) chocolate chips
1 cup butter
1 cup brown sugar

Grease a 9x13 cookie sheet and place the crackers on the bottom of the cookie sheet. In a saucepan, over low to medium heat, melt the butter. Add in the brown sugar, stirring constantly until the sugar is thoroughly combined, and the mixture is bubbling. Pour the mixture over the layer of crackers. Preheat the oven to 350 degrees and place the cookie sheet in the oven for about 10 minutes. When you remove the cookie sheet from the oven, add the chocolate chips and spread with a spatula until the chocolate is melted and the crackers are completely covered. Put the cookie sheet back in the oven for 15 minutes. Cool completely and cut into squares.

Birdie Nests

6 squares semi-sweet chocolate
1 cup butterscotch chips
2 cups canned chow mien noodles
Jelly beans for garnish

In a microwaveable bowl, melt the chocolate and butterscotch chips for 3 minutes. Do not overcook these chips. They should be just about melted. Stir until the chips are mixed well. Add the canned chow mien noodles and mix together. This is messy! Using a heaping Tbsp, drop onto baking sheets lined with wax paper. Indent the top and garnish with a jelly bean. Chill in the fridge until they are set (about 5-10 minutes). Once they are set, transfer the nests to containers with airtight lids.

Cinnamon Twists

1 package of refrigerator biscuits
½ cup melted butter
1 cup of mixed cinnamon and sugar

Preheat oven to 350 degrees. Stretch biscuits into the shape of an oval. Dip into melted butter making sure you coat both sides. The dip into the sugar mixture making sure you coat both sides. Take the biscuits and twist them about 3 or 4 times in one direction. Put the biscuits on a cookie sheet and bake until golden.

Granola Bananas

Banana
Honey
Granola

Peel a banana and cut it in half lengthwise. Roll the banana in honey until it is completely covered. Sprinkle with granola and you've got a healthy snack.

Ham & Cheddar Roll-ups

1 pkg. refrigerated crescent rolls
Prepared mustard
¼ cup shredded Cheddar cheese
¼ cup finely chopped fully cooked ham

Preheat oven to 375 degrees. Unroll the crescent rolls and tear along perforations. They should now resemble the shape of a triangle. Put the triangles on a cookie sheet and spread mustard on each one. Add some cheese and ham to each of the triangles. Roll the dough toward the point, starting at the wide end. Fold the ends in slightly. Bake for about 10 minutes or until golden brown.

Muffin Pizza

4 English muffins, split in half
1 can (8 oz) pizza sauce
1 cup shredded mozzarella cheese
24 slices pepperoni

Put the oven on broil and put the muffin halves on a cookie sheet and broil until lightly brown. Add all of the ingredients to the muffins. Turn the oven on bake at 400 degrees and put the muffins in the oven for about 5 minutes.

Peanut Butter and Jelly Shapes

4 slices of bread
2 Tbsp. peanut butter
2 Tbsp. any kind of jelly

Make a normal peanut butter and jelly sandwich. Using cookie cutters, cut the sandwiches into different shapes and enjoy.

Trail Mix

1 cup plain M&M's
Doritos (break into smaller pieces)
Any kind of dried fruits
Handful of pretzels
Raisins
Peanuts

Note: This snack is for older children.

Mix everything together and store in an airtight container. You'll always have a snack ready to go.

CHAPTER 11

FUN IN THE KITCHEN

Bubbles

1 cup water
2 Tbsp. glycerin
4 Tbsp. dishwashing liquid

Stir all of the ingredients together, but make sure you don't create any foam. Put the mixture into an empty bubble container and voila!

Cinnamon Heart Ornaments

1 cup applesauce
1 1/2 cups of ground cinnamon
1/3 cup of white Elmer's glue
Large cutting board
Rolling pin
Heart shaped cookie cutters
Plastic straw
Ribbon

Mix applesauce, cinnamon and glue to form a ball. Refrigerate for 30 minutes. Sprinkle cinnamon on the cutting board and roll out the dough to a 1/4 inch thickness (NOT too thin). Cut out with the heart shaped cookie cutters. Use the straw and punch a hole at the top center of each heart. Let dry on a rack/cookie sheet for **2 days** out-- on a counter top or somewhere. When the color has faded--gone from dark brown to a lighter brown, they are done and you are ready to loop ribbon through it for your ornament. VARIATION: For garland, you poke 2 holes spaced a bit apart on the heart. Dry as normal but you can use ribbon, raffia or whatever to string between the 2 holes and then string the next heart and next in same manner till you have the garland the length you need.

Recipe submitted by:
Donya Slaatten
http://www.1pamperedprincess.com
Hair Bows, Bracelets and Accessories for your Princess

Colored Cookies

Cookie cutters
½ cup butter
½ cup granulated sugar
¼ tsp. lemon rind
¼ tsp. salt
¼ cups all-purpose flour
½ tsp. vanilla
1 egg
Any color food coloring

Beat the butter and sugar together in a mixing bowl. Add everything else except the flour and food coloring. Mix until the consistency of dough. Roll the dough into balls. Use different colors to make each ball colorful. Wrap each ball in Seran wrap and chill for a couple of hours.

Preheat oven to 375 degrees. Lightly flour the counter surface. Roll balls onto the surface. Use cookie cutter shapes. Spray a cookie sheet with cooking spray. Place the shaped cookies on the cookie sheet and bake for 10-12 minutes.

Colored Rice

½ cup white rice (or macaroni noodles)
Any color food coloring
½ tsp. white vinegar

In several small measuring cups, mix rice with a touch of vinegar. Add food coloring. Spread the mixture out on a baking sheet and bake at 200 degrees for about 30 minutes, or until the rice is dry. You can use this to make crafts or just put in a small container and let your children shake it. Nose is always fun!

Warning: this is not a suitable activity for small toddlers, as rice poses a choking hazard. If you are unsure about this activity for your child, check with your pediatrician.

Edible Finger Paint

1 (5.1 oz) box vanilla instant pudding mix
2 cups of milk
food coloring (any color)
paper

Mix the pudding with the milk. Use several separate small bowls and add some pudding to each one. Add in the desired food coloring. Tape some heavy paper to the table and paint away!

Edible Play Dough

2 C powdered milk
1 C honey
2 C peanut butter

Children may shape and play with the play dough and then they may eat it!

Fun Shapes

10 thick slices of your favorite cheese
Any shape cookie cutters

You can do so much with this activity. Use the cookie cutters to make cheese shapes. Make a cheese train, a cheese car, or just have fun making cheese shapes. Kids of all ages will love this activity and it's a great snack too!

Oven Baked Craft Dough for Ornaments

3 cups all-purpose flour
1 cup salt
1 cup water
Food coloring or glitter
Acrylic paints and paintbrushes
Plastic straw
1/4 inch wide ribbon
1 inch long piece of a 1/4 inch diameter wood dowel or toothpick
Cutting board
Cookie cutters various shapes
Rolling pin

Combine flour, salt and water in a bowl. Knead the dough until it is smooth and rubbery. You can fold in food coloring if you like, or not. Roll out to 1/2 inch thick with rolling pin on the cutting board and use your cookie cutters to cut out a shape. Sprinkle with glitter if you choose. Use a toothpick (broken in half) or the piece of wood dowel with a little coating of cooking oil on it and place in the desired position on the cookie to use as your hole to place the ribbon through for an ornament. Bake with toothpick in place. Place cookies on a foil lined cookie sheet at 275 for 2 hours. Pull out of oven and pull out toothpick. Let cookies cool completely before using your acrylic paint and brush to paint as desired. Tie a skinny ribbon through the hole and you have an ornament for the tree.

Recipe submitted by:
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