



# Recipes

FMCA -ARC FALL RALLY  
SANTA FE, NEW MEXICO

2019

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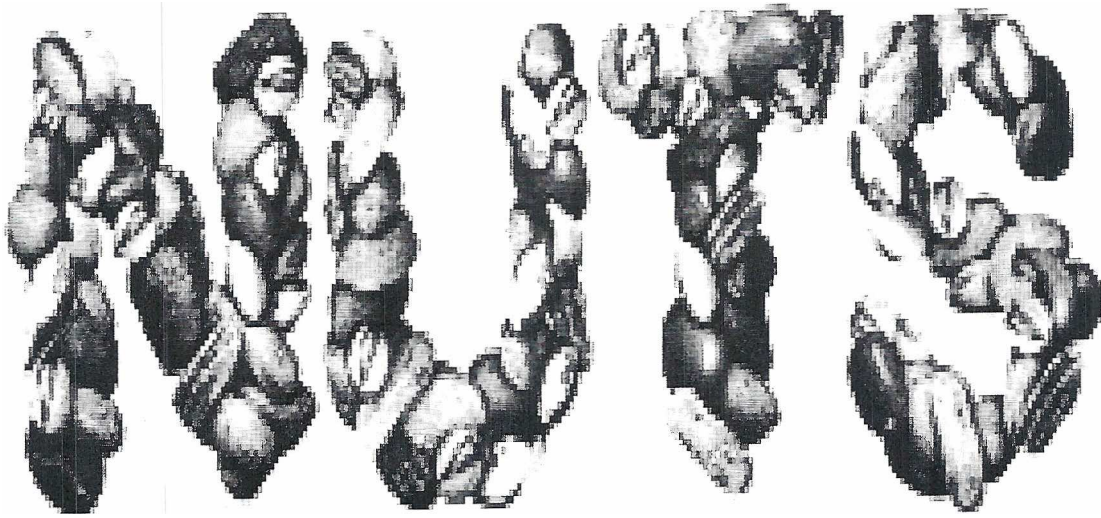
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**Spiced Holiday Nuts**  
**Submitted by Beth Rathke**

1/2 tsp ground cumin

1/2 tsp chili powder

1/2 tsp curry powder

1/2 tsp garlic salt

1/2 tsp cayenne powder

1/4 tsp ground ginger

1/2 tsp ground cinnamon

2 Tbsp olive oil

2 cups pecan halves

More garlic salt for sprinkling (opt.)

In bowl mix first seven ingredients and set aside. Heat oil in nonstick skillet. Add spice mixture and stir well. Simmer 3-4 min. Place pecans in large bowl. Add spice mixture & toss well. Spread nuts in single layer on baking sheet. Bake 300° for 15 min. Stir once or twice while baking. Remove from oven. Toss into large bowl, sprinkle with garlic salt. Cool & store in airtight jars.

**Cinnamon Pecans**  
**Submitted by Beth Rathke**

- 1 tsp water
- 1 egg white
- 1/2 tsp cream of tarter
- 1-pound pecan halves
- 1/2 tsp cinnamon
- 1/2 cup sugar
- 1/4 tsp salt

Add water to egg white & beat until frothy. Add cream of tarter. Add pecans & stir until coated. Mix sugar, cinnamon, salt & add to pecans. Stir well. Bake at 225° for 1 hour on greased cookie sheet. *Stir every 15 min.*

\*\*\*\*\*

**Candy Coated Pecans**  
**Submitted by Diane Selph**

- 1 egg white
- 1/2 cup brown sugar, firmly packed
- 1 dash vanilla extract
- 4 cups whole pecans

Preheat oven to 275°

Line a cookie sheet with wax paper, then spray with cooking spray. Beat egg white until stiff. Stir in brown sugar and vanilla until smooth. Mix in pecans and stir until coated. Pour nuts onto prepared cookie sheet. Bake until rownded, about 10 to 15 minutes. Cool and store in a tin.

# SNACKS



## CARAMEL CORN

Submitted by Martha Stiebing

**Servings: 1**

**Categories: Appetizers & Snacks**

2 cups brown sugar  
2 sticks butter  
1/2 cup Karo  
1 teaspoon salt  
1 teaspoon baking soda  
6 quarts popped corn  
Add nuts, if desired

Boil sugar, butter, Karo syrup and salt for 5 minutes.  
Remove from heat, Add soda\*.

Pour over popped corn. Spray cookie sheet with Pam. Spread corn on cookie sheet and cook in 200° oven for 1 hour stirring at 15 minute intervals, Remove corn from oven and let cool. Store in covered container.

\*NOTE: Use large pan for cooking syrup - will foam greatly with addition of soda.

\*\*\*\*\*

## TRASH

**Servings: 12**

**Categories: Appetizers & Snacks**

1 package long pretzels  
3 cups Cheerios  
3 Cups Wheat Chex  
4 Cups Rice Chex  
1 pound nuts  
1 stick oleo  
3/4 Cup bacon drippings  
1 Tablespoon Tabasco sauce  
1-1/4 Tablespoons garlic salt  
1 Tablespoon seasoned salt  
2 Tablespoons Worcestershire sauce  
2 Tablespoons liquid smoke flavoring

Melt oleo and bacon drippings. Add seasonings. Pour over remaining ingredients and mix. Back in shallow pan for 1 hour at 250°. Stir every 15 minutes

This recipe comes from the 50's. The cereals, etc., reflect ingredients available at that time. They may be replaced or supplemented by such as sesame sticks, melba toast, etc.



**SHRIMPLY DIVINE**  
**Submitted by Martha Stiebing**

Recipe By: Esther Casteurer (TUMC 2)  
Servings: 10  
Prep Time 0:15  
Categories: Appetizers

6 ounces cream cheese, softened  
1 cup dairy sour cream  
2 teaspoons lemon juice  
1 package Italian salad dressing  
1/2 medium green peppers, chopped  
2 cans shrimp, finely chopped

Blend all ingredients and chill 1 hour

\*\*\*\*\*

**ONE-HALF PENNY SNACKS**  
**Submitted by Martha Stiebing**

Recipe by: TALK ABOUT GOOD  
Servings: 1  
Categories: Appetizers Cheese Snacks

1 stick butter, at room temperature  
1/2 pound Cheddar cheese, grated  
1 envelope onion soup mix  
1 cup flour

Combine butter and cheese. Mix in flour Add dry soup mix.  
Form into two rolls and chill.

Slice 1/4 inch thick and bake on ungreased cookie sheet for 10-15 minutes at 275°.

These freeze well. Thaw enough to slice and proceed as directed.

**CHOCOLATE CHIP CHEESE BALL**  
**Submitted by Martha Stiebing**

**Recipe By:** Kathy Durbin  
**Servings :** 1 ball  
**Categories:** Appetizers & Snacks

**1** 8 oz. pkg cream cheese, softened  
**1/2 cup** butter (no substitutes), softened  
**1/4 tsp** vanilla extract  
**3/4 cup** confectioner's sugar  
**2 Tbs** brown sugar  
**3/4 cup** miniature chocolate chips, semisweet  
**3/4 cup** pecans, finely chopped

- 1. In a mixing bowl. beat the cream cheese, butter and vanilla until fluffy. Gradually add sugars; beat just until combined. Stir in chocolate chips.**
- 2. Cover and refrigerate for 2 hours. Place cream cheese mixture on a large piece of plastic wrap; shape into a ball. Refrigerate for at least 1 hour.**
- 3. Just before serving, roll cheese ball in pecans.**
- 4. Serve with chocolate graham crackers or vanilla wafers.**

## Easy Crock Pot Refried Bean Dip Recipe

*Crock Pot Refried bean dip, a light and delicious way to enjoy your next party without packing on the pounds!*

Prep Time: 10 minutes

Cook Time: 2 hours

Total Time: 2 hrs. 10 min.

Servings: 8

Calories: 68

Author: Martha McKinnon | Simple Nourished Living



### Ingredients

1 can (16 ounces) fat-free refried beans

1/2 cup salsa

1/2 cup fat-free cheddar or Monterey jack cheese

1/2 teaspoon chili powder

1/4 teaspoon garlic powder

Optional garnishes: chopped green onion, fresh cilantro

### Instructions

1. Ideal slow cooker size: 1-1/2-Quart.
2. Combine the refried beans, salsa, cheese, chili powder and garlic powder in your crock pot.
3. Stir well.
4. Cover and cook on LOW for 2 to 3 hours, until the mixture is hot and the cheese is melted.
5. Give the mixture a quick stir every hour or so to check on it's progress.
6. Serve this easy crock pot refried bean dip right from your slow cooker or dump it into a serving dish.
7. If desired, you can doll it up by sprinkling chopped green onion and/or cilantro on top.
8. Serve with corn chips and/or raw vegetables for dipping.

### Recipe Notes:

**Serving size:** 1/4 cup

**Weight Watchers PointsPlus:** \*1

**Weight Watchers SmartPoints:** \* 1

**Weight Watchers Freestyle SmartPoints:** \*0

**From the 2009 FMCA RALLY HAPPY HOUR SPECIAL  
SNACKS ... Here's Jeanne's Cheese Ball Recipe ...**

**Jeanne's Cheese Ball (Karen's Mom)  
Submitted by Karla Dayhuff**

**Ingredients:**

**3 – 8 oz packages Cream Cheese\***

**(\* Allow Cream Cheese to soften to room temperature before mixing)**

**6 Green Onions, chopped**

**2 Tablespoons Worcestershire sauce**

**2 Tablespoons Accent**

**5 packages Beddig Beef**

- **Chop or shred 4 packages of Beddig Beef.**
- **Mix with all of the above ingredients and form into a ball.**
- **If desired, wrap the ball with remaining packages of beef slices.**
- **Chill before serving**

### **Fiesta Ranch Dip**

- 1 - 8 oz cream cheese - softened
- 1 - 15 oz can whole kernel corn, drained
- 1 red pepper diced
- 1 small can black olives - drain & chop
- 1/4 cup diced jalapeno
- 1 package Hidden Valley Ranch dressing mix
- Salt & pepper to taste

Combine all of the ingredients in a mixing bowl and mix well.

Cover & chill for at least 2 hours.

Serve with chips, crackers, or fresh veggies.

\*\*\*\*\*

### **Sausage Balls Submitted by Diane Selph**

- 1 pound hot sausage (uncooked)
- 3 cups Bisquick
- 1 pound grated cheddar cheese

Mix together well by hand. Make small balls (1" diameter). Bake at 350° degrees 12-15 minutes.

Makes about 89.



## Cheesy Bacon Stuffed Mini Sweet Peppers Submitted by Carole Wright

Prep: 10 minutes  
Cook: 30 minutes  
Total: 40 minutes

*These oven-baked stuffed peppers are very simple to make. Mini sweet peppers are becoming more popular in the grocery stores. If you cannot find them, use jalapeno peppers with all the seeds and membrane removed. Or, if you can find them, longer mild Anaheim peppers which are less spicy (they are light green).*



Makes 24 mini pepper halves (peppers)

### YOU WILL NEED:

12 mini sweet peppers  
3 slices bacon  
1/2 cup diced onion  
1 garlic clove, minced  
4 ounces cream cheese, at room temperature  
4 ounces goat cheese, at room temperature  
1 scallion, chopped  
Juice of half a lemon  
1/8 teaspoon red pepper flakes, or more to taste  
1/4 teaspoon dried oregano  
1/4 teaspoon kosher salt  
3 tablespoons butter, melted  
3/4 cup panko bread crumbs  
1/4 cup loosely packed fresh parsley, chopped

### DIRECTIONS

- Heat the oven to 375°. Line a baking sheet with aluminum foil.
- Slice each pepper in half lengthwise then scoop out any seeds and membrane to make space for your filling.
- Cut the bacon crosswise into 1/4-inch-thick strips and add to a pan over medium heat. Cook, stirring often, until crisp. Transfer cooked bacon to a paper towel to drain.
- Add the onions to the pan used to cook the bacon. If the pan seems dry, add a splash of olive oil. Cook the onions, stirring occasionally, until translucent. Add the garlic and cook for about 30 seconds. Remove from the heat.
- Add the cream cheese, goat cheese, bacon, onion, garlic, scallions, the lemon juice, red pepper flakes, dry oregano, and the salt to a medium bowl. Mix until well blended.
- In another bowl, combine breadcrumbs and parsley with the melted butter.
- Spoon the Cheese mixture into each pepper half then place the pepper, filling side down, into the buttery breadcrumbs. Arrange pepper halves, filling side up on the baking sheet. Bake the peppers until they have softened and the breadcrumbs are golden brown, about 20 minutes.

### Adam and Joanne's Tip

Gluten-free breadcrumbs: Try ground gluten-free hard pretzels, brown rice cereal, or gluten-free Chex cereal in place of breadcrumbs.

**FRITOS GLAMOUR DOGS**  
**Submitted by Lana Blackstock**

- 1 lb. wieners
- 1/2 cup crushed Fritos
- 1 cup grated cheese
- 1 small onion, chopped
- 1 tsp. Worcestershire sauce
- 1/2 cup tomato sauce

Mix together Fritos, cheese, tomato sauce, onion and Worcestershire sauce. Split wieners lengthwise and fill with the above mixture. Bake at 350° for 20 minutes.

For Glamour Pups, cut the wieners in half.

\*\*\*\*\*

**Hot Wieners**  
**Submitted by Diane Selph**

- 1 (12 oz) can of beer
- 1/2 bottle tabasco sauce
- 1 pound wieners

Slice each wiener into 5 or 6 pieces.

Mix beer and Tabasco sauce in saucepan.

Add wieners.

Let slowly boil until just a few tablespoons of sauce remain in bottom of pan.  
Serve on toothpicks.

**Garlic and Herb Cheese Bombs**  
**Submitted by Beth Rathke**

2 cans refrigerated biscuits \*

4 oz Mozzarella cheese, cut into 20 cubes

4 Tbsp melted butter

1/2 tsp Italian seasoning

2/3 tsp garlic powder

Heat oven to 400.

- Separate biscuits
- Place one cube of cheese in the center of each biscuit.
- Carefully wrap biscuit dough around the cheese & seal.
- Place seam side down about an inch apart on ungreased baking sheet.
- Bake 10 minutes or until golden brown.
- While biscuits bake, mix the butter, Italian seasoning & garlic together. Set aside.
- Remove biscuits from oven and immediately brush with butter mixture.

\*You could use frozen roll dough. Let thaw & proceed with recipe.  
This would result in a more tender final product.

**Easy Mexican Chicken Salad Wraps – Pinwheels**  
**From Fall 2019 Rally – Submitted by Karen Hamilton**

8 oz cream cheese, softened

1-2 Tablespoons spice Ranch Dressing

10 oz Rotel Mexican Lime & Cilantro diced tomatoes, drained

1/4 TO 1/2 cup red onion, diced

2 chicken breast (rotisserie)

1 cup Colby jack cheese or Mexican blend -shredded

2 cloves garlic, minced

2 teaspoons chili powder

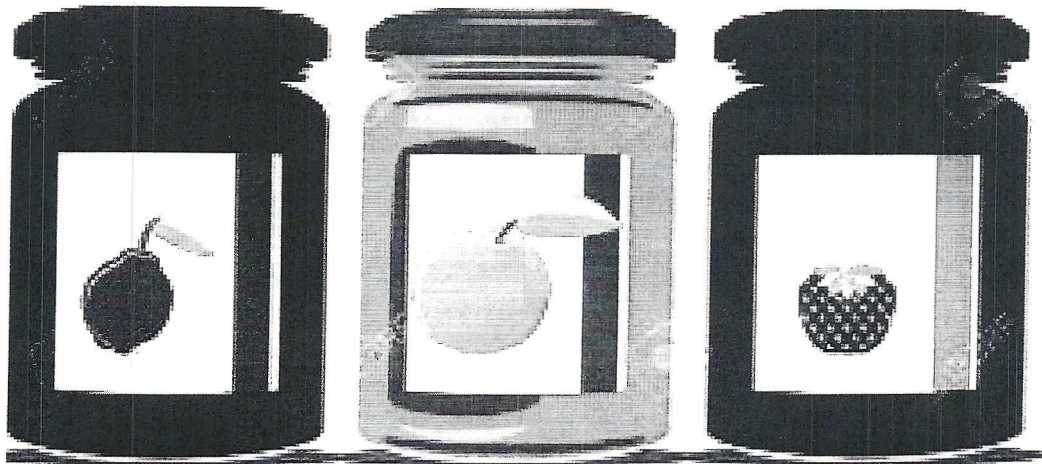
Salt & pepper to taste

6 large flour tortillas

- Add all ingredients to bowl, mixing after each.  
Taste & adjust seasonings.
- Spread on flour tortillas, leaving about an inch all way around  
Roll tightly.
- Wrap in saran wrap and refrigerate for an hour.  
Slice 1-1/2 thick at an angle & sprinkle with parsley.

**Note: Taco seasoning & black beans can be added for a change.**

# JAM





## **Sweet Red Pepper Jelly** **Submitted by Karen Hamilton**

**Author Andrea Meyers**

**Prep time: 15 mins**

**Cook time: 10 mins**

**Total time: 25 mins**

**Serves: 6 half-pint jars**

### **Ingredients**

- 3 cups finely chopped red bell pepper (in food processor or hand-chopped)
- 1-1/2 cups apple cider or white vinegar
- 6-1/2 cups white sugar
- 4 ounces liquid pectin (not powdered)
- 10 or more drops red food coloring (optional)

### **Preparation**

1. Add the bell pepper, vinegar, and sugar to the sauce pan. Bring to a rolling boil and cook for 6 minutes, stirring constantly.
2. Stir in the liquid pectin and continue to boil for 3 more minutes, stirring constantly. Skim off the white foam with the metal spoon, and remove the pan from the heat.
3. Ladle the jelly into the sterilized jars, leaving a 1/2-inch head space. Insert the plastic spatula next to the glass and run it carefully around the edges to help remove any air bubbles. Wipe the rims clean. Seal and process in a boiling water canner for 5 minutes.

### **More Information**

#### **Equipment**

sharp knife or food processor

4 quart stainless steel sauce pan

wooden spoon

stainless steel spoon

6 to 8 jelly jars (1/2 pint size)

lids and bands

canning equipment

### **Recipe Notes**

Prep time and cook time do not include canning time.

Recipe by Andrea Meyers at <https://andreasrecipes.com/shf-22-sweet-red-pepper-jelly/>

**CARROT CAKE JAM**  
**Courtesy of Bettye Knott**  
**Submitted by Rick Hamilton**

1 20 oz. can Unsweetened crushed pineapple  
1-1/2 C Shredded carrots  
1-1/2 C Chopped pears  
3 Tbs. Lemon juice  
1 tsp. Cinnamon  
1/4 tsp. Ground cloves  
1/4 tsp. Ground nutmeg

---

1-3/4 oz. Fruit Pectin (Sur jell Powder)  
6-1/2 C Sugar

Place first seven ingredients into a sauce pan and bring to a boil.

Reduce heat and simmer covered until pears are tender  
(about 15-20 minutes) stirring occasionally.

Stir in pectin and bring to a rolling boil and stir for one minute.  
Remove from heat and skim off the foam.

Ladle into sterilized jars and seal. Turn end-for-end several times until set.

Makes 8-1/2 pints

# BREADS



**RICK'S SOUTHERN BUTTERMILK BISCUITS**  
**Submitted by Rick (WB5VQW) and Karen (WB5UFM) Hamilton**

Rick's buttermilk biscuits are special because they are Rick's and they are good. The ingredients are fairly common for biscuits, but these are nice and light and a little bit different.

Preheat oven to 400° F.

**INGREDIENTS:**

2 Cup All-purpose flour  
1 Tbs. Baking powder  
1/4 tsp. Baking soda  
1/2 tsp. Salt  
1/4 Cup Shortening or butter flavored shortening not butter  
1 Cup Buttermilk  
3 Tbs. Frozen butter for grating

**PREPARATION:**

Combine the dry ingredients.

Add the shortening and cut in with a fork or pastry knife (my favorite) until the mixture is pea size crumbles.

Add the buttermilk and combine completely.

Pour dough out onto a floured surface. Lightly flour and kneed several times and form into a ball. Do not over kneed or the dough will become tough and the biscuits won't be tender.

Divide the dough in half. Pat each half into a circle about 3/8" thick. Grate the butter to cover one dough round completely.

Place the second dough round on top of the first and pat down to about 5/8" thick.

Place parchment paper or a silicone baking matt on a cookie sheet. I like the silicone matt best.

Using a floured two inch biscuit cutter cut out the biscuits and place on the cookie sheet with at least an inch of free space between biscuits. You should get about a dozen biscuits.

Bake in 400 degree F. oven for 9-12 minutes or until the tops and bottoms are browned.

Take care removing the biscuits from the cookie sheet because they will tend to part at the buttered line. Serve hot with your favorite preserves, jelly, or syrup.

Enjoy

## **HUNGARIAN DEEP-FRIED FLAT BREAD**

**Submitted by Rick Hamilton**

In Hungary, whether you're at the market, at the train station, on the beach or just walking down a commercial street, sooner or later you will smell the bewitching invitation of the delicious Hungarian deep-fried flat bread. This delightful bread is often eaten as a snack and always served with Goulash.

I first learned of this recipe from a friend of my parents. He was the late 1930' and early 1940's Minister of War for Hungary and very wealthy. His wife a proper lady of society and then the German's and then the Russians came. One day the family left their home to go to a movie and next they were on the high seas headed to South America with only the clothes on their backs. He became successful again and immigrated to the US where we met them. I am sorry that I don't remember their names.

### **Dough**

Yields about 6 servings

6 oz.	Peeled Yukon gold potato
1 packet	Active dry yeast
1 Tbs.	Sugar
10.5 oz.	Milk, lukewarm
14 oz.	All-purpose flour
1/2 tsp.	Salt
1.8 oz.	Butter, melted
2 tsp.	Poppy seeds

- Place the potato in a pot of water, and cook over medium heat until very soft. Mash the potato, and measure 5.3 oz.
- Dilute the yeast and sugar in about 1/3 of the milk, and let rest for 10 minutes.
- Sift the flour into the bowl of an electric mixer fit with the paddle attachment, then mix in the salt. Mix in the yeast mixture and the rest of the milk on low speed. Add the butter, the mashed potatoes, and the poppy seeds and mix for another minute, then cover with plastic wrap, and let rest for about 1 hour or doubled in size. I like to proof all bread dough in the refrigerator over-night so the yeast has time to develop a full rich flavor.

You may cheat by using premixes frozen bread dough you just need to knead-in the poppy seeds. Not quite the same but still good.

**(Continued on following page)**



## **HUNGARIAN DEEP-FRIED FLAT BREAD (continued)**

### **Deep-fried**

Yields 6 servings

### **Dough**

canola or peanut oil (for deep-frying)

- Divide the dough into 6 parts. Using a rolling pin, roll each into a 5" x 7" oval, about 3/8" thick. If you want the bread to have an airy crumb instead of just tasting like an oily mess, it's important to aim for an even thickness (no thin spots).
- Heat the oil to 375 F in a deep-fryer. Here again, make sure to really wait until the oil is hot enough to limit the amount of fat absorbed by the bread.
- Deep-fry each piece until golden brown on both sides, flipping it only once if possible.
- Drain on paper towels, add toppings, and serve immediately.

### **Baked**

Yields 6 servings

### **Dough**

about 2 Tbs. Olive oil

- Divide the dough into 6 parts. Using your hands, flatten each into a 4.5" x 8" oval about 3/8" thick (or any shape you fancy, as long as you keep the same approximate size). Transfer to baking sheets
- Cover with plastic wrap, and let rest for 30 minutes.
- Bake in a 450° F oven for 5 minutes then brush the tops with olive oil, then bake for another 5-7 minutes, until golden brown.
- Remove from the heat, transfer to a cooling rack, and let cool.

Rick

WB5VQW

## Cherry Scones

### Ratings (93)

These scones are bursting with cherry goodness. They puff up when cooked and can be made in less than 30 minutes start to finish.

### Ingredients

1 spray(s) cooking spray  
2 cup(s) all-purpose flour  
1 Tbsp baking powder  
1/4 tsp baking soda  
1/4 tsp table salt  
1/4 cup(s) sugar  
1 large egg(s), beaten  
1 cup(s) low-fat buttermilk  
1/4 cup(s) regular butter, melted  
2/3 cup(s) dried cherries, thinly sliced



### Instructions

Preheat oven to 400°F

Coat a cookie sheet with cooking spray

In a medium bowl, combine flour, baking powder, baking soda, salt and sugar; mix well and set aside, In

another bowl, whisk together egg, buttermilk and melted butter. Stir wet ingredients into dry ingredients

until just combined; *fold* in cherries.

Drop 12 equal two-inch mounds of batter on prepared cookie sheet about 1-inch apart. Bake until tops just start to turn brown, about 12 to 15 minutes. Yields 1 scone per serving

11/6/2019

Nigella's Breakfast Bars Made Lighter | Simple Nourished Living

## Nigella's Breakfast Bars Made Weight Watchers Friendly

*These Nigella Breakfast Bars made Weight Watchers friendly are amazingly*

*delicious with 7 Freestyle SmartPoints!*

**Prep Time: 10 minutes**

**Cook Time: 1 hour**

**Total Time: 1 hr. 10 minutes**

**Servings: 24**

**Calories: 155**

**Author: Simple Nourished Living**

**4.5 from 6 votes**



### Ingredients

- 1 can (14 ounces) non-fat sweetened condensed milk
- 2-1/2 cups old-fashioned rolled oats
- 1 cup shredded coconut
- 1 cup dried cranberries
- 1 cup mixed seeds (pumpkin, sunflower, sesame)
- 1 cup natural unsalted peanuts

### Instructions

1. Position an oven rack in the center and preheat your oven to 250F degrees.
2. Coat a 9x 13-inch baking pan with nonstick cooking spray.
3. Warm the condensed milk in a pan or the microwave.
4. Meanwhile, in a large bowl, mix together the oats, coconut, cranberries, seeds and peanuts.
5. Add the warmed sweetened condensed milk and stir until everything is well mixed and coated with the milk.
6. Spread the mixture into the prepared baking pan and press down with a spatula or your lightly greased hands, to even out the surface.
7. Bake for 1 hour.
8. Remove from the oven and cool for 15 minutes.
9. Cut into 24 bars and then let cool completely.
10. Store in a covered container.

### Recipe Notes

Next time I'm going to add a few chopped dried apricots too.

## Weight Watchers 3 2 1 Microwave Mug Cake Recipe

*This 3-2-1 mug cake is a brilliant way to satisfy a craving for cake in minutes with just 2-ingredients, a mug and a microwave. Low in calories and perfectly portion controlled it is perfect for Weight Watchers who don't want to be tempted by an entire cake.*

*Each serving has just 105 calories and \*5 Weight Watchers Freestyle SmartPoints.*

**PREP TIME:** 1 minute

**COOK TIME:** 1 minute

**TOTAL TIME:** 2 minutes

4.2 from 113 votes

Servings: 1

Calories: 105

Author: Martha | Simple Nourished Living

### Ingredients

#### For the Cake Mix

- 1 box (16 ounces) angel food cake mix (the 1-step kind that only needs water)
- 1 box (15.25) cake mix (any flavor)

#### For the Mug Cake

- 3 tablespoons 3-2-1 cake mix
- 2 tablespoons water

### Instructions

#### First, prepare the 3-2-1 cake mix

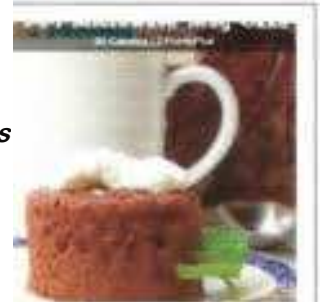
1. In a large airtight container or sealable plastic bag, whisk the two dry cake mixes until blended and free of lumps.

#### Then prepare mug cake

1. To make an individual cake: in a mug coated with nonstick spray, use a fork to combine the 3-2-1 cake mix and water until blended and smooth.
2. Microwave on HIGH for about 1 minute, or until the center is just set. (The time will depend on the wattage of your microwave).
3. Let cool slightly or entirely in the mug.
4. Eat directly from the mug or gently remove onto a small plate.
5. Serve plain or with desired accompaniments (frosting, whipped cream, confectioners sugar, ice cream, frozen yogurt).

### Recipe Notes

**Servings:** The two mixes combine to make enough 3-2-1 cake mix for about 31 individual mug cakes. **(continued on next page)**



## **Low Calorie 2-Ingredient Microwave Mug Cake from Simple Nourished Living**

**(continued)**

This is a great recipe for exploring your kitchen creativity by playing with different cake mix flavors, additions and/or accompaniments.

<https://simple-nourished-living.com/weight-watchers-3-2-1-microwave-mug-cake/>

## **Low Calorie 2-Ingredient Microwave Mug Cake from Simple Nourished Living**

**(continued)**

- If you are a Weight Watcher concerned about calories and/or tracking your points be sure to adjust accordingly.
- Use any flavor of cake mix you prefer: chocolate, white, yellow, lemon, spice, funfetti, spice, carrot, strawberry, etc.
- Try adding 2 to 3 teaspoons of any of the following additions to the cake batter before cooking: miniature chocolate chips, finely chopped dried fruit, finely chopped nuts, sprinkles.
- Make a Molten Cake by placing a small piece of chocolate in the middle of the cake before microwaving.
- Make a Caramel Apple Cake by adding a little bit of chopped dried apple to the cake before microwaving and then after it's baked top with a drizzle of caramel sauce.
- Make a Cranberry Orange Nut Cake into yellow or white 3-2-1 cake mix by stirring in chopped nuts, dried cranberries and orange zest before microwaving.
- Top your favorite cake with fruit and whipped cream for a light and tasty "shortcake."
- Drizzle finished cake with chocolate or caramel sauce.
- Spread with thin layer of your favorite icing or chocolate hazelnut spread.

**Weight Watchers PointsPlus: \*3**

**Weight Watchers Smartpoints: \*5**

**Weight Watchers Freestyle SmartPoints: \*5**

**HUNGRY GIRL  
BLUEBERRY MUFFIN OVERNIGHT OATS**

**INGREDIENTS:**

1/2 Cup old-fashioned oats  
1/2 Cup vanilla almond milk  
2 tsp brown sugar (not packed)  
1 packet no calorie sweetener (i.e. Truvia)  
1/8 tsp vanilla extract  
2 drops almond extract  
Dash cinnamon  
Dash salt  
1/2 Cup Blueberries

In medium jar, combined all ingredients EXCEPT berries. Mix thoroughly

Stir in berries. Cover and refrigerate for least 6 hours.

This makes one serving



# ***VEGETABLES***





**DICK'S (RICK'S) SPANISH RICE**  
**Submitted by Rick Hamilton WB5VQW**

My dad (Dick) wasn't really a cook, but there were a few dishes he did very well with my mom's help. My dad would eat at a good restaurant and tear apart and then reconstruct a dish he particularly liked. He would do the creative work and mom did most of the real cooking and I might add with great skill. I have tweaked this recipe just a little so I will italicize the added ingredients that make it Rick's.

**INGREDIENTS:**

1 Cup	White rice
1/2 Med.	Yellow onion 1/4" dice
1/4 to 1/2	Green, red or yellow sweet pepper 1/4" dice (Optional)
1 tsp.	Minced garlic
1/2 Cup	Diced canned tomatoes well drained (optional)
2 C.	Chicken stock or water for original
1/2 tsp.	Kosher salt or to taste
1/4 tsp.	Black pepper or to taste
	Water or chicken stock as needed
1 Tbs.	Corn oil

**PREPERATION:**

- Heat oil in a 12 inch fry pan that has a tight fitting lid
- When the oil is hot, add the rice. Stir until the rice is coated in oil and hot. Add the onion and peppers and stir. Cook until the rice achieves a consistent light to medium brown surface. Over browning will create a bitter taste.
- Add two cups of chicken stock, salt, and pepper and stir. Cover and reduce the heat to simmer cooking rice the usual way. Simmer the rice mixture for the normal fifteen minutes then the method changes because the frying step changes the dynamics of how the rice adsorbs liquids.
- Remove the lid and stir with a fork and determine if there is liquid remaining and whether the rice is tender.
- If the liquid is incorporated, but the rice isn't tender, add some liquid and continue cooking as before.
- If the rice is tender and there is liquid remaining, cook with the lid off and fluff with a fork every few minutes until the liquid is gone.
- Stir in the tomatoes, fluff a few times to reheat and serve.

**SOUTHWEST BLACK BEANS**  
**Submitted by Rick Hamilton WB5VQW**

<b>2 Cans</b>	<b>Black beans drained</b>
<b>1/2</b>	<b>Yellow onion – coarse chop</b>
<b>1/2</b>	<b>Green pepper – course chop</b>
<b>2 cloves</b>	<b>Garlic – course chop</b>
<b>2-3 C ups</b>	<b>Chicken stock</b>
<b>1/2 -1 Can</b>	<b>Diced Tomatoes</b>
<b>Salt</b>	<b>As needed</b>
<b>Pepper</b>	<b>As needed</b>

- **Saute the onion, green pepper, and garlic until almost tender**
- **Add the beans, stock, and sauteed vegetables to a Dutch oven and cook on low until the green pepper is just tender.**
- **Add the tomatoes and return to heat and cook until serving temperature.**

**Enjoy!**

**Baked Beans**  
**Submitted by Sharon Borko**

1 pound ground beef  
3/4 pound bacon, fried & crumbled  
3/4 cup chopped onion  
1/2 tsp salt  
1 tsp. dry mustard  
1-1/2 tsp. vinegar  
1/2 cup ketchup  
1/2 cup brown sugar  
1 large can Bush's baked beans  
1 can lima beans or another type of bean

- Brown the beef and set it aside.
- Fry bacon, crumble & add to the beef.
- Combine in a saucepan the following: onions, salt, mustard, vinegar, Ketchup, & sugar.
- Heat this thoroughly & add to the beef mixture.
- Add beans & pour into a casserole
- Bake at 350° for 40 min.

**Orzo Medley**  
**Submitted by Karla Dayhuff K4KLD**

This recipe was at the Branson Rally. I believe it was submitted to our original website by Delores Offerson.

1/2 cup	orzo, cooked
2 (15 oz) cans	black beans, drained and rinsed
1 (15 oz) can	corn, drained
1/2 cup	chopped red onion
1/2 cup	chopped red bell pepper
1/4 cup	chopped fresh cilantro
1/4 cup	cider vinegar
1-1/2 tsp	Dijon mustard
3/4 tsp	cumin
1/2 tsp	minced garlic
1/2 cup	olive oil
1/4 tsp	salt
1/2 tsp	pepper

- Combine orzo, black beans, corn, onion, red pepper and cilantro in a sealed container and mix well.
- Combine the remaining ingredients in a bowl and mix well. Pour over the orzo mixture. Seal the container.
- Marinate in the refrigerator at least 8 hours before serving.

**Yield: 8-10 servings**

## Balsamic Honey Roasted Brussels Sprouts

### Ingredients:

- 1-1/2 lb Brussels sprouts, trimmed and halved
- 1 Cup Chopped Pecans
- 1/2 Cup Chopped dried cranberries
- 1/4 Cup Extra Virgin Olive Oil
- Kosher salt and fresh cracked black pepper
- 1/4 Cup Honey
- 1/3 Cup Balsamic vinegar
- 1/2 tsp Crushed red pepper flakes (optional)
- 3 Tbs Unsalted butter

### Directions

1. Preheat your oven to 450°F. Toss Brussels sprouts and oil in a large bowl; season with salt and black pepper.
2. Line a baking sheet with parchment paper. Arrange Brussels sprout cut side down on one side of the baking sheet. Roast Brussels sprouts until softened and deeply browned, approx. 20-25 minutes.
3. Meanwhile, in a small saucepan, bring honey to a simmer over medium heat. Reduce heat to medium-low and cook, stirring often with a wooden spoon, until honey is a deep amber color but not burned, 3-4 minutes.
4. Remove honey from heat and add balsamic vinegar and red pepper flakes (if using), and whisk until smooth - Be careful it can make bubbles when you add balsamic. Return the saucepan to medium heat; add butter and a pinch of salt.
5. Cook, whisking constantly, until the balsamic honey glaze is glossy, bubbling, and slightly thickened, about 3-4 minutes.
6. Transfer roasted Brussels sprouts to a large bowl. Add glaze, pecan, dried cranberries and rosemary and toss to combine.

Transfer to a platter or a serving bowl.

Enjoy



# SALADS





## **Mexican Street Corn Salad - 2019 Fall Rally**

The perfect side dish for a BBQ or potluck, this unique salad is fresh & flavorful, and a great alternative to coleslaw or potato salad. Plus, it's low calory & super easy to make!

1-14 oz bag of frozen corn

1/2 Tablespoon butter

2 Tablespoons reduced fat mayonnaise

1 oz Feta or Cotija (Hispanic) cheese

1 & 1/2 teaspoons of jar jalapeno (fine diced) or to taste

1/4 cup Basil (fresh chop) or 6 teaspoons dried

1 clove garlic minced or 1/8 teaspoon (powder)

1/4 teaspoon smoked paprika

1/4 teaspoon chili powder

Juice of lime or 2 teaspoons squirt bottled lime

1/2 teaspoon salt & pepper

1 red pepper & 1 green pepper -chopped

1 onion - chopped

Melt butter in medium sized skillet over medium heat.

Add in the corn, peppers, and onions. Cook for about 10 minutes, stirring occasionally.

Remove from heat and set aside.

In a large bowl, whisk together the mayo, cheese, Jalapeno, chili powder, paprika, lime juice & garlic.

Stir in the corn & basil, & mix until evenly incorporated.

Add salt & pepper, taste, & adjust as needed.

**Apple Peanut Salad  
Submitted by Charlotte Baker**

- 1 package sugar free Butterscotch pudding (dry)
- 1 – 8 oz. sugar free cool whip
- 4 apples – chopped
- Peanuts

Mix dry pudding and cool whip

Add Apples

At serving time – add peanuts (about ½ jar)

\*\*\*\*\*

**Shrimp and hard cooked Egg Salad  
Submitted by Charlotte Baker**

- 6 oz cooked shrimp, remove tails and rough chop
- 1/2 Tbsp store-bought horseradish
- 2 large boiled & peeled eggs
- 1 Tbsp light mayonnaise
- 1 tsp black pepper
- 1 tsp celery salt

Mix shrimp, eggs, mayo and horseradish. Add celery salt & pepper to taste

Serve on Hogue rolls, bread or salad greens

**Broccoli Salad**  
**Submitted by Lana Blackstock**

Chop the following:

- 1 pound fresh broccoli
- 1/2 cup walnuts
- 1/2 cup raisins or mandarin oranges
- 2/3 cup onion

Dressing:

- 1/2 cup mayonnaise
- 1/4 cup sugar
- 2 Tablespoon vinegar

Mix all together and enjoy.

\*\*\*\*\*

**Snicker Salad**  
**Submitted by Karla Dayhuff**  
**(this salad recipe was made at the Branson Rally; I believe it was made by**  
**Delores Offerson)**

- 1 (8 oz) block cream cheese, softened
- 1 cup confectioner's sugar
- 1 (12 oz) Cool Whip, thawed
- Snickers bars - 1 bag of fun size bars chopped into chunks
- 4-6 Granny Smith apples, chopped into chunks

Mix cream cheese and confectioner's sugar until well blended.  
Fold in Cool Whip.  
Fold in chopped Snickers.  
Fold in chopped apples.  
Chill 1 hour before serving.

**Weight Watcher's Buffalo Chicken Salad**  
**Submitted by Karen Hamilton**

- 1 package salad mix
- 1 can chicken, drained
- 1/4 cup blue cheese crumbles
- 2 Tbs. + 1/4 Cup fat free ranch dressing
- 1 Tbs hot sauce or Frank's sauce

Mix everything but the salad mix together. Place salad mix on plates and top with chicken mix.

Serves: 2

\*\*\*\*\*

**Jello Salad**  
**Submitted by Karen Hamilton**

- 2 cups reduced fat cottage cheese
- 2 cups kool whip
- 8 oz crushed pineapple in it's own juice
- 1 package sugar free jello (large)

Mix cottage cheese, kool whip, and pineapple, fold in any flavor of dry jello. Chill or serve immediately.

Notes:

This can be used for a salad or dessert. I change flavors to go with the season's colors. I double this for family and church gatherings.

# SOUPS & STEWS



**Soups On!!**

**CHILI VERDE**  
**RICK'S GREEN CHILI**  
**(Makes 8-108 Ounce Servings)**

The original version for this recipe is one that I grew up with in Colorado Springs, Colorado. More specifically at a small local Mexican restaurant called Walt Nemeth's El Tejon on Tejon Street. Unfortunately the restaurant is long gone, but we still have many fond memories of the food and the Nemeth family. Over the years I have tweaked the recipe a bit adding a little more depth of flavor without sacrificing the original dish that was so good. Walt served his chili Verde as a burrito which was just fine. I choose to serve it in a bowl with torn-up bits of flour tortillas sliced scallions, and grated cheese on top. The items I added/changed are *italicized* so you can try the original if you wish.

**INGREDIENTS:**

2.5 lbs.      Pork roast (pork shoulder is best) sliced and cut into 1/2" cubes  
1/2 ea.        Large yellow onions peeled and diced to 3/4" pieces  
1/2 Tbsp.      *Coarsely diced garlic*  
10 +/- Oz.    Hatch Green Chilies mild, medium, hot, or mixed to taste  
1/2 C.         AP flour  
1/2 tsp.       Salt or salt to taste  
1/4 tsp.       *Black pepper or pepper to taste*  
1/2 tsp.       Garlic powder  
1-2 Tbs.      Olive oil  
1-1/2 to 2 Qt. *Chicken stock* (or water if you want to taste the original)

**PREPERATION:**

Mix the AP flour and the dry spices in a large mixing bowl  
Dredge 1/2 of the pork cubes in the flour mixture. Shake-off all extra flour mixture. I tried dredging all the pork cubes, but it proved to be too much flour and the mixture tended to over thicken and scorch during the stewing process.

Reserve the remaining flour mixture for later use.

In a large Dutch oven or stew pot, heat half of the olive oil to frying temperature and add 1/4 of the dredged meat, 1/2 of the undredged meat, and 1/2 of the diced onion. Fry until there is a light golden brown on all sides. Do not over brown the meat in this step.

Remove the meat and onion and drain on paper towels then repeat with the remaining oil, onion, and meat.

(continued on next page)

## **CHILI VERDE: RICK'S GREEN CHILI (continued)**

Remove all of the meat and onion from the pan and discard remaining oil leaving all of the meat fronds behind to enhance flavor.  
(continued on next page)

Place the Dutch oven back on burner with the setting on medium heat. When hot add about a cup of chicken stock and bring to a boil then and using a spatula scrape the bottom of the pot clean.

Place all of the meat and onions into the Dutch oven, add all of the remaining chicken stock, and stir well until well mixed. Cover and place on a high simmer for about an hour or until the meat is fork tender and the onions are well cooked and clear.

Add several tablespoons of the original flour mixture in a cup and add enough very cold water to form a slurry for thickening the stew.

Just before serving increase the heat under the Dutch oven to bring the stew to a good boil stirring often so the meat doesn't scorch. Slowly incorporate the fully mixed Flour and water slurry to thicken to desired consistency. Let boil for about two minutes stirring constantly to achieve full thickening. I like my Chili Verde thick.

Serve with shredded (cut) flour tortillas, sliced scallions, and your grated cheese of choice. This makes 8 ounce servings into ten ounce servings which is great in a twelve ounce bowl.

**ENJOY!**

**Rick Hamilton  
WB5VQW**



This is from a San Antonio, Texas cookbook. The Hamilton family eats this on Christmas Eve before going to church service. It wouldn't be Christmas to my family if I didn't fix this.

**Tortilla Soup**  
**Submitted by Rick Hamilton**

1 onion - chopped  
2 cloves garlic - chopped  
2 Tablespoons oil  
2 pounds stew meat  
1 14-1/2 oz can tomato  
Saute all of the above.  
5 oz rotel  
1 10-1/2 oz beef broth  
1 10-3/4 oz chicken broth  
4 flour tortillas -cut in 1 inch squares  
1 10-3/4 oz tomato soup  
1 teaspoon cumin  
1 teaspoon salt  
2 teaspoon Worcestershire  
1/4 cup grated cheddar  
1-1/2 can water  
1 teaspoon chili powder  
1/2 teaspoon lemon pepper  
1 Tablespoon Tabasco if kids are eating this or to taste  
green onions

**Note:** You will need a large pan for this recipe

After the first 5 ingredients are in the pan, add the remaining ingredients EXCEPT Tortillas, cheese, and green onion. These are put in separate bowls so everyone can add what they like. Cook 50 min.

This serves 6 and can be made ahead and frozen.

**Ranch Stew**  
**Submitted by Karen Hamilton**

1 pound hamburger  
1 onion - chopped  
1 can (large) tomato sauce  
2 -3 cans pork n' beans  
Chili powder to taste  
Salt & pepper to taste

In soup pot, brown meat and onion.  
Add tomato sauce and 3 cups water.  
Add beans & chili power. Cook 30 min (simmer).

Makes 4 servings

\*\*\*\*\*

**Off-shore Whitey's Clam Chowder (Joyce Wallace's Recipe)**  
**Submitted by Karla Dayhuff**

3 to 5 Potatoes - peel & dice (1 /2" pieces) & parboil for 15 mins or less

**Then, in large pot:**

4 Tbsp Salt pork or Bacon - dice (teeny) & saute until very done.  
1 large Onion, dice fine and saute in bacon fat from above.

**Dump into Pot:**

2 cans of Snow's Clam Chowder (condensed).  
2 cans evaporated milk & 2 or 3 cups of regular, 2% or 1 % milk

**Drain the potatoes and dump potatoes into Pot.**

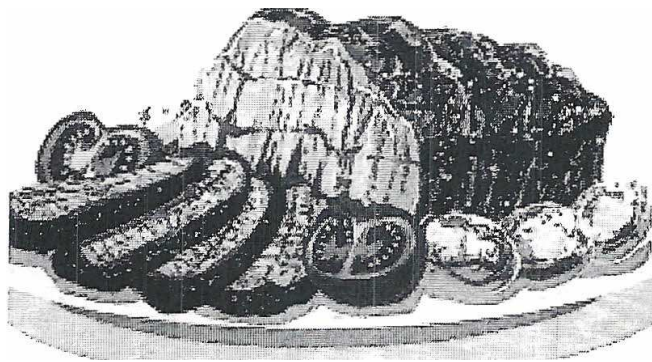
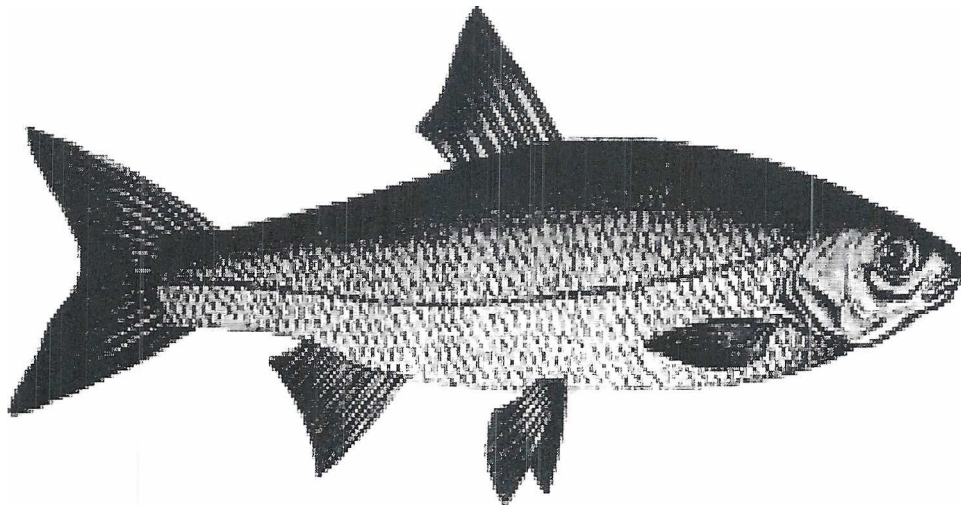
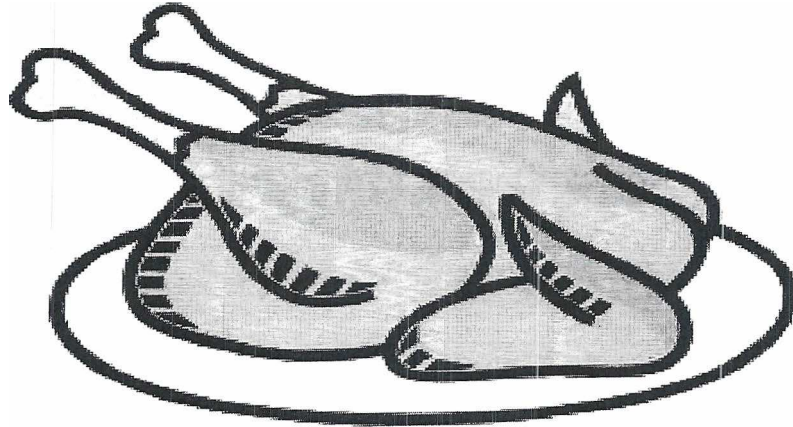
**Add: Lots (51 oz Can\*) of chopped Clams.**

**Season to taste with Salt, Pepper, Savory, Bay Leaf, Mrs. Dash or whatever you like.**

**Simmer on low heat for 30 minutes or less (until done).**

**\*Note: Sam's Club may carry 51 oz can.**

# *Chicken, Fish, and Meat*



**Jeanne Smith's (Karen's mom)  
Chicken Casserole**

1 jar dried beef (4 oz)

4 chicken breast

4 slices bacon cooked 1/2 done

Cream mushroom soup

Sour cream 1/2 pint

- Wrap breast in bacon.
- Line buttered dish with beef.
- Place chicken on beef.  
Combine soup & sour cream and pour over chicken.
- Bake 250 for 3 hours.

Karen's notes:

Freezes well and makes for a great first night at the camp if made at home.  
Serve it with a tossed green salad.

\*\*\*\*\*

**Lucy Hamilton's ( Rick's mom)  
Barbequed Spareribs or Chicken**

4-5 pounds of ribs (or chicken)

1 cup catchup

1/4 teaspoon cayenne

1-1/2 cups water

1/4 cup vinegar

1/4 cup Worcestershire

1 teaspoon salt

1 teaspoon pepper

2 teaspoon chili powder

1 medium onion -chopped

Cook most of grease out of meat and drain. Cover with sauce and bake about 1-1/2 hours covered. Uncover the last 1/2 hour basting & turning.

# Weight Watchers No-Cook Tex-Mex Shrimp Rolls Recipe

*A super tasty, super easy no-cook recipe the whole family loved. These Tex-Mex Shrimp Rolls are a winner with just 3 Freestyle SmartPoints!*

PREP TIME: 20 MINS

TOTAL TIME: 20 MINS

Servings: 4

Calories: 170

Author: [Martha McKinnon | Simple Nourished Living](#)



## Ingredients

- 1/2 pound cooked shrimp, left whole or roughly chopped
- 3 scallions, thinly sliced
- 1/4 cup lightly packed fresh cilantro leaves
- 1/4 cup fat-free salsa
- Salt and pepper, to taste
- 1/4 cup fat-free mayonnaise
- 4 light, whole wheat hotdog rolls, toasted

## Instructions

1. In a large bowl, toss together the shrimp, scallions, cilantro, salsa, mayonnaise, salt and pepper until well combined.
2. Divide the mixture evenly among the toasted rolls.

## Recipe Notes

Weight Watchers PointsPlus: \*4

Weight Watchers SmartPoints: \*4

Weight Watchers Freestyle SmartPoints: \*3

## **ROLL YOUR OWN AND SMOKE A BEEF BRISKET**

**Submitted by Rick Hamilton (WB5VQW)**

Good smoked beef brisket is easy but time consuming.

What's needed:

1. A dedicated smoker is a must if you are serious about your brisket. The ole' BBQ grill usually isn't up to the challenge. My preference for a dedicated smoker is a tower type that has the fire chamber off to the side where the smoke is ducted into the smoke chamber. This gives me the best control over cooking temperatures. There are many types and brands from which to choose.
2. Wood - now this is a tough one.
  - a. Seasoned or green wood. It really doesn't matter which you use, the greener woods tend to last longer with more smoke therefore less wood is used.
  - b. Type of wood to use. Now this is a tough one. Personal preference and availability dictate which wood to use and it may differ for different types of meat. I prefer Hickory or Mesquite to fruit woods particularly for beef. Pecan is OK, but it's a firm third in preference for me. Some pit masters use White Oak, but I'm not familiar with it and to my knowledge have never tasted meat smoked with it.
  - c. To use logs, chips, pellets, or sawdust is largely dictated by the type of smoker you use. I have a smoker where I can use logs. Logs smolder longer and require less tending than chips or sawdust. Some pellet smokers have automatic feeders that keep the smoke coming, but at a cost. These smokers cost more, but they are easy to use and get good results. The wood pellets are convenient but are more expensive.
3. The brisket:
  - a. USDA prime or USDA Choice grade meat. Don't waste your money on prime brisket. When brisket is properly smoked/cooked it will be pull-a- part tender at half the cost and have just as good if not better flavor.
  - b. Fully trimmed or with the fat cap? For the dedicated smoker I prefer the untrimmed meat. It will stay moister, have better flavor, and provide an all-around better product. With that said, I do trim it down to about a quarter of an inch of fat which is enough to maintain a good rich moist cut of meat. It also makes for easier trimming and slicing when serving.

4. **Seasoning - To season, not to season, or how to season that is the question. This is personal as well as regional as far as method and spices. Here in Texas 88Q means beef and the subject is the beef not spices, not marinade, or not a sauce. All of the above are fine as long as they aren't the star attraction.**
  - a. **Marinade - I don't care for marinade on my brisket. If you want to use marinade, there are plenty of good recipes on the internet. Because of the size of a beef brisket I would soak at least twelve hours.**
  - b. **Dry spice rubs - This is my favorite. I keep mine simple to four ingredients. I use kosher salt, brown sugar, garlic powder, and onion powder. There are some great rub recipes on the internet. I like to generously apply the rub and wrap it in clear wrap then refrigerate for about twelve to twenty-four hours longer is OK.**
5. **Smoking:**
  - a. **Build a good fire using a generous amount of dry hardwood or charcoal. Let this fire burn down to good bed of hot coals before piling on the wood for smoking.**
  - b. **Get a good smoke rolling and regulate the heat to 220-230° F.**
  - c. **Place the meat onto an open foil roasting pan fat cap up (I raise the meat off the bottom of the pan with some homemade foil rope) then place the pan onto the smoker rack, maintain the proper temperature, keep the fire stoked, and sit back with your favorite drink and relax for the next twelve to twenty hours.**

**Smoking time is dictated by two factors first, the weight of the meat and second, your preference for the smoky flavor of brisket. When you slice into the brisket there should be a reddish "smoke ring" about 1/4" to 3/8" deep into the meat. The meat shouldn't fall apart, but yield to gentle pulling. The meat should be very tender as in cut with a fork tender.**

**I usually cook a fifteen to sixteen pound brisket at 225 +/- 5 F. for about eight to ten hours or until there is a solid charred or burnt looking bark on the outside. If I use the smoke for more than ten hours, the smoky flavor becomes overwhelming. I then remove it from the smoker and the foil pan and seal it in a self-made well sealed heavy duty (double lined) foil bag with a couple table spoons of the drippings and finish cooking it on a rimmed cookie sheet in the oven set at 225-235° F for another four to six hours (I use an electric roaster outside because of the smoke odor). This is one of the few times I don't use a meat thermometer because I have no idea what the temperatures should be. Trial and error is all I know.**

**(continued next page)**



**5.c. (continued)**

**Remove the brisket from the foil bag and let cool to a temperature that allows you to handle it without gloves. Be very careful because there will be a lot of very hot juices in the foil bag. At this point, you can prepare for serving, store in the refrigerator for up to a week, or freeze.**

**6. Serving:**

**If the meat is too moist and slick on the outside, I have been known to place it on the grill on high heat for just a few minutes to dry and firm-up just the outside. This isn't necessary and serves no purpose except ease of handling.**

- a. Step one is to trim away most of the fat cap and the thick layer of fat connecting the flap of meat on the bottom.**
- b. Step two is to slice the meat for serving. I like slices about 3/8" thick and I only slice as much as I will use at that setting. The remaining meat will stay moist better than sliced meat.**
- c. Step three is to enjoy the fruits of your labors. Sauce if you like!**

**There is one point of confusion for me. I cannot for the life of me understand why in some regions of the country and by some good well-meaning people a perfectly smoked brisket is sliced, chopped into baby food, and drowned in "some" sauce and then served to perfectly healthy adults that still have all of their natural teeth. Beats me! Just put some dog food in some sauce and serve it those folks won't know the difference and it will save you a lot of effort, time and cash.**

**This may seem like a lot of effort and time and it is so I make the best of it and smoke more than one brisket, pork ribs, pork loin, chicken halves, fish, etc. They all freeze very well. I only fire-up my smoker about once-a-year.**

**Keep lots of paper towels near-by and enjoy.**

**Rick Hamilton  
WB5VQW**



**Gnocchi with White Beans**  
**Submitted by Beth Rathke**

1 Tablespoon olive oil

1 onion - chopped

2 garlic cloves, minced

1 package (16 oz) potato gnocchi

1 can (15 oz) white kidney beans or cannellini beans, rinsed & drained

1 can (14.5 oz) Italian diced tomatoes, undrained

1 package (6 oz) fresh baby spinach

1/4 teaspoon pepper

1/2 cup shredded -skim mozzarella cheese

3 Tablespoons grated Parmesan cheese

- In a large skillet, heat oil over medium high heat.
- Add onion; cook & stir until tender.
- Add garlic, cook 1 min. longer.
- Add gnocchi; cook & stir 5-6 min or until golden brown.
- Stir in beans, tomatoes, spinach & pepper. Heat through.

Sprinkle with cheeses, cover & remove from heat.

Let stand 3-4 min or until cheese is melted.

6 servings

**Shrimp Francesca**  
**Submitted by Beth Rathke**

- 1 regular size bag of spinach
- 1 pound peeled shrimp (raw)
- 1 (12-14 oz) can artichoke hearts
- 1/2 container grape tomatoes
- Zest & juice of 1 lemon
- Fresh chop parsley
- Panko Italian breadcrumbs
- 1 stick melted butter
- 2 cloves garlic (chop)
- 8 oz three cheese grated blend

Pam 9 x13 pan.

- Pour bag of spinach into pan.
- Layer the following on top of spinach: artichokes, tomatoes sliced in Yi, lemon zest & juice, parsley.
- Sprinkle top with breadcrumbs - light layer only.
- Add garlic to butter & melt in microwave. Pour over top of casserole.
- Sprinkle top with cheese.
- Bake 10-15 minutes or until bubbly.

Note: The spinach cooks down so the volume will appear less when taken out of the oven .

\*\*\*\*\*

**Easy Pork & Rice Dinner**  
**Submitted by Beth Rathke**

- 4 thick pork loin chops
- 1 can Chicken & Rice soup
- Mustard
- Flour

In electric fry pan render some fat from chops or use oil or Crisco  
Spread chops on one side with mustard & dip into flour.  
Brown in fry pan, mustard side up, then turn to brown other side.  
Pour the chicken soup, undiluted, evenly over each chop.  
Cover with lid, vent slightly opened and simmer for one hour.

**Kraut Kuchen (German "hamburger")**  
**Submitted by Karla Dayhuff**

"I never did use a regular recipe for the Kraut Kuchen that I made. I like to mix some lean burger and pork sausage together and salt and pepper and brown them, drain the grease, add the very well-drained Kraut, might even have to squeeze it if it is quite



juicy. Mix meat mixture and Kraut together. Roll out dough\* and cut in about a 5 inch square, place 3 Tbsp. mixture on the dough and taking opposite corners of the dough and pinch them together. Place them in a baking pan side-by-side and the pinched sides on the underside. Use a greased pan and let them raise for about 20 minutes. The oven temp should at least be 375° and baking time should be about 20 to 30 min., I looked at a recipe in a German cook book and they were saying 350° for 20 minutes and that doesn't sound right to me. They need to get a nice brown shade. A good way to test for doneness is to lift the pan and give it a little shake and see if they feel loose. I see I forgot to tell you that chopped onion, as much as you want, should be in the meat mixture. Depends on how much onion anyone likes. You know, now I feel hungry for Kraut kuchen."

(\*Any yeast bread dough will work. Some thaw Rhodes Frozen loaves to make)

*So there you have it...straight from Dolores Hill Lepiane (Karla's Mom) (I took this recipe down in shorthand while talking to Mom over the phone so I could include in her 80<sup>th</sup> birthday scrapbook.)*

*It was a family tradition to make Kraut Kuchen when the German side of our family gathered)*

*Note: Beth Rathke made a modification by spreading Horse Radish on the rolled out dough before adding the filling and tucking 5" squares into buns. Gives it a nice, added flavor. You can serve along with other condiments.*

# SOUR CREAM & CHICKEN ENCHILADAS

FROM: 77recipes.com

## Ingredients:

16 oz. sour cream  
1 can cream of chicken soup  
1 tbs. fresh chopped cilantro (1/2 tbs. dried)  
2 1/2 cups cooked shredded chicken breast  
1 can Rotel  
1 cup chopped onions  
8 tortillas  
1 cup shredded pepper jack and colby cheese blend  
1 can diced green chiles



## How to make it:

In a saucepan, mix together sour cream, soup, and cilantro.

Heat through and set aside.

Combine the chicken, rotel, onions, and green chiles in a pan sprayed with cooking spray.

Heat until onions are transparent.

Warm the tortillas until flexible. Fill each tortilla with about 2 Tbs. of the chicken mixture. Top with about 1/2-1 Tbs of cheese. Roll the tortilla up and place seam side down in a baking dish sprayed with cooking spray. Pour the sour cream sauce over enchiladas. Top with the remaining cheese.

Bake at 350°F for 25-30 minutes until bubbly and cheese is melted.

# Easy Peasy Slow Cooker Pot Roast Recipe

This simple slow cooker pot roast is a winner, which explains why the recipe has been around for decades. Perfect when you want to serve up a tasty satisfying dinner with minimal effort.

**PREP TIME:** 20 MINS

**COOK TIME:** 8 HRS

**TOTAL TIME:** 8 HRS 20 MINS

**Servings (adjustable):**

**Calories:** 350

**Author:** Martha | Simple Nourished Living



## Ingredients:

- 2-1/2 pound bottom round rump roast
- 2-3 teaspoons Montreal Steak Seasoning (optional)
- 1 can (10.75 ounces) cream of mushroom soup (I used Campbell's Healthy Request)
- 1 envelope dry onion soup mix\*\*
- 8 small potatoes, cut in half
- 8 medium carrots, each cut into fourths

## Instructions:

1. Ideal slow cooker size: 4-Quart.
2. Place the carrots and potatoes in the slow cooker
3. Season the roast with the Montreal Steak Seasoning, if using, and place in the slow cooker on top of the carrots and potatoes.
4. Stir together the mushroom soup and dry onion soup mix and spread over the meat.
5. Cover and cook on LOW 8 to 10 hours, or until tender.

## Recipe Notes

\*\*To make your own dry onion soup mix, combine 1/4 cup dehydrated onions, 2 tablespoons instant beef bouillon (low sodium) and 1/2 teaspoon onion powder.

Weight Watchers PointsPlus \*9

Weight Watchers SmartPoints \*7

**Jeanne Smith's Barbecue Brisket (Karen's Mom)  
Submitted by Karen Hamilton**

Trim fat from brisket and wash. Sprinkle with onion salt, celery salt, garlic salt, salt and pepper. Put on heavy duty foil and pour 1/2 to 1 bottle of liquid smoke over meat. Put in pan, wrap up in foil and marinate 24 hours in fridge. Unwrap top and pour 1/3 to 1/2 bottle of Worcestershire sauce over meat. Wrap good again and bake at 200° for several hours (about 10). When tender open foil and pour bottled barbecue sauce over meat and cook opened 30 more minutes.

\*\*\*\*\*

**Motor Home Beef Stroganoff  
Submitted by Karen Hamilton**

4 green onion - chopped  
1 pound ground beef  
1 can golden mushroom soup  
Garlic powder to taste  
Lemon pepper to taste  
Salt & pepper to taste  
Mushrooms (optional)  
Oregano to taste  
Noodles or rice  
Small sour cream

Saute onion and meat. Break up meat as it cooks. Add soup and seasonings.

Cook 20-30 minutes and add sour cream and heat through. Serve over noodles or rice.

Karen's notes:

I use steamer freezer package of rice or Uncle Bens 90 sec. rice.

# DESSERTS



**No Bake Chocolate Oatmeal Cookies  
Submitted by Diane Selph**

2 cups sugar  
3 heaping Tablespoons cocoa  
1/2 cup milk  
1/2 tsp salt  
1/4 cup margarine

Stir ingredients and bring to a boil. Boil 1 minute. Take off burner.

Add:

3 cups quick cooking oatmeal and 1/2 cup peanut butter.

Add:

1/2 tsp vanilla.

Drop by teaspoons on greased surface. Let harden.

\*\*\*\*\*

**Quick camping Dessert  
Arlington, Texas Amateur Radio Club -1985**

1 can cherry pie filling or apple pie filling  
1 can crushed pineapple - drained  
1 box butter cake mix (dry)  
1-1/2 sticks butter

Mix fruits & put in cake pan. Sprinkle cake mix over fruit. Dot with butter & bake 375 for 30 minutes.



**Crock Pot Christmas Crack  
Submitted by Diane Selph**

- 1 - 16 oz jar unsalted peanuts
- 1 - 16 oz jar salted peanuts
- 1 - 12 oz bag semi-sweet chocolate chips
- 1 - 12 oz bag milk chocolate chips
- 1 - 10 oz bag peanut butter chips
- 2 - 1 lb pkgs white almond bark or vanilla candy coating

Layer all ingredients in a large crock pot starting with peanuts. Turn crock pot on low, cover with lid and leave for 2 hours. Then remove lid and stir to combine. Replace lid and leave for another 30 minutes. Stir again and then spoon mixture on wax paper or in mini cupcake holders. Allow to harden for at least 1 hour.

\*\*\*\*\*

**Weight Watchers Key Lime Pie  
Submitted by Diane Selph**

- 1 box sugar free lime jello
- 1/4 cup boiling water
- 2 - 8 oz containers lime yogurt
- 8 oz fat free Cool Whip
- 1 - 9" low fat Graham cracker crust

Dissolve jello in boiling water. Cool slightly.

Stir in yogurt. Fold in Cool Whip.

Pour into crust and chill for at least two hours.

Per serving: 6 Smart Points; 4 Points Plus; 3 Points old

**Kahlua Cake**  
**Submitted by Diane Selph**

1 pkg Devil's Food Cake Mix  
1 - 3 oz pkg French Vanilla Instant Pudding  
1 - 16 oz container sour cream  
1 - 12 oz pkg chocolate chips  
3 eggs  
1/4 cup oil  
1/2 cup Kahlua

Mix all ingredients except chocolate chips in bowl at medium speed for 5 minutes.

Fold in chocolate chips.

Bake in well greased bundt pan or 6 mini pans for 45 minutes to 1 hour at 350°.  
Let cool before removing from pan. Sprinkle with powdered sugar if desired.

\*\*\*\*\*

**Lemon Squares**  
**Submitted by Diane Selph**

1 cup butter  
2 cups sifted flour  
1/2 cup confectioners sugar  
2 cups sugar  
4 Tablespoons flour  
1 tsp baking powder  
4 eggs  
6 Tablespoons lemon juice  
Pinch of salt

Preheat oven to 350°.

Melt butter; add sifted flour and confectioners sugar. Mix well and pack into ungreased 9X13 pan. Bake 15 minutes.

Mix together sugar, flour and baking powder.

Add eggs, one at a time, lemon juice and salt.

Pour this mixture over hot crust and return to oven and bake 25-30 minutes. Cool and cut in small squares. Sprinkle confectioners sugar on top.

Yields 4 dozen.

**Aunt Joyce's Fudge  
Submitted by Diane Selph**

- 1 large can Carnation milk
- 4-1/2 cups sugar
- 3 regular size pkgs chocolate morsels
- 2 sticks butter or margarine
- 3 Tablespoons vanilla
- Nuts (Optional)

Put milk and sugar in pan and bring to a boil, stirring constantly. Let boil for 6 minutes, continuing to stir. Remove from heat and add morsels and butter to the mixture and beat by hand until it becomes creamy and begins to thicken. Stir in vanilla and nuts. Pour into buttered pan and put in refrigerator until cool. Cut into squares. This fudge freezes well.

\*\*\*\*\*

**Amazin Raisin Cake  
Submitted by Lana Blackstock**

- 3 cups flour
- 2 cups sugar
- 1-1/2 teaspoon cinnamon
- 1/2 teaspoons salt
- 3 cups peeled/chopped apples
- 1/3 cup milk
- 2 eggs
- 2 teaspoons baking soda
- 1/2 teaspoon nutmeg
- 1/4 teaspoon ground cloves
- 1 cup raisins
- 1/2 cup walnuts

Prepare 2 -9" round pans. Mix all but apples, raisins & nuts in large mixer bowl on low for 2 min. Stir in apples, raisins, nuts (batter will be very thick). Spoon into pans and bake at 350 for 45 min. Cool in pans for 10 min.

**Icing:**

- 1 - 8 oz cream cheese
  - 1/2 stick butter - melted
  - 1 teaspoon vanilla
  - Chopped walnuts
  - 1 box powdered sugar
- Mix all well and ice the cake. Sprinkle walnuts on top.

# Easy 4-Ingredient Peanut Butter Button Cookies

*Quick and easy 4-ingredient little flourless peanut butter cookies with just 1 WW Point each!*

**PREP TIME: 10 MINS**

**COOK TIME: 10 MINS**

**TOTAL TIME: 20 MINS**

**Servings (adjustable):**

**Calories: 33**

**Author: Martha | Simple Nourished Living**



## Ingredients

- 1 cup peanut butter (creamy or chunky)
- 3/4 cup packed light brown sugar
- 1 large egg
- 3/4 teaspoon baking soda

## Instructions

1. Position an oven rack in the center of your oven and then preheat the oven to 350F degrees. Line 2 baking sheets with parchment paper or silicone liners.
2. In a large bowl, beat the peanut butter, brown sugar, egg, and baking soda together with an electric mixer on medium, until well blended.
3. Drop level teaspoons of dough onto the prepared baking sheets, spacing them about 1-1/2 inches apart. (This is a small amount since you want enough for 60 cookies.)
4. Bake until the cookies are puffed and starting to lightly brown around the edges, 8 to 10 minutes.
5. Remove from the oven and let cool on the baking sheets placed on wire cooling racks for 5 minutes. Then transfer the cookies directly to the wire racks to cool completely.

## Recipe Notes

I used a tiny little ice cream scoop and then flattened the cookie mounds down a bit before baking. I ended up with 48 little cookies and will make them even smaller next time.

Next time I will add a small amount of finely chopped peanuts for extra crunch. You could get the same effect by using crunchy peanut butter.

**Weight Watchers PointsPlus: \*1**

**Weight Watchers SmartPoints: \*1**

**Weight Watchers Freestyle SmartPoints: \*1**

**Polvorones Mexicanos**  
**From the 2019 Fall Rally**  
**Submitted by the Hamiltons**

## **Polvorones Mexicanos:**

One cookie with many faces | Mexican Recipes

<https://www.mexicoinmykitchen.com/polvorones-mexicanos>

*The recipe for these cookies is so easy to make, and the best part is the versatility of the dough. With the same dough, you can make many different cookies or Polvorones Mexicanos. The only thing you will change is the shape, flavor or toppings depending on what cookie you want to make with it.*

Course: Bread

Cuisine: Mexican

Servings: 16

Author: Mely Martínez - Mexico in my Kitchen



### **INGREDIENTS:**

- 300 grams vegetable shortening (about 1-1/2 cup)
- 250 grams granulated sugar (1-1/4 cup)
- 1 large egg
- 500 grams All Purpose Flour (4 cups)
- 15 grams baking powder (4 teas.)
- 3 grams baking soda (1/2 teas.)
- Zest of one orange
- 1/3 cup granulated sugar for dusting

### **OPTIONAL INGREDIENTS FOR TOPPINGS AND FLAVORING:**

- Confectioner sugar
- Egg yolks beaten
- Cocoa Powder
- Vanilla
- Organic red and yellow food coloring

(continued next page)

## **Polvorones Mexicanos (continued, page 2 of 4)**

### **SIMPLE CIRCLE SHAPE POL.VORONES**

- 1. First, adjust the oven rack to the middle position and turn the oven on to 325 degrees. Grease 2 baking sheets or line with parchment paper.**
- 2. In a medium size bowl mix the flour, baking powder and baking soda.**
- 3. Using a stand mixer, beat shortening and sugar on medium speed until it turns fluffy and creamy, for about 3 minutes. Add egg and orange zest or vanilla and beat until combined. Reduce speed to low and add the flour mixture one cup at a time, scraping down the bowl as needed. The dough will become a little stiff. If you don't have a stand mixer, mix the ingredients in the same order in a large bowl using a wooden spoon or rubber spatula. I had made them using a stand mixer and by hand and both methods work fine. Of course, it will be faster using the stand mixer.**
- 4. Divide the dough in half forming a disc with each piece of dough. Roll each disc of dough into a large circle using your rolling pin, about 1/3 inch thick, on the lightly floured surface. Using the 3-1/4" biscuit cutter, cut out 8 circles, re-rolling dough scraps just once to form more circles. Roll out the second disk of dough and proceed to form the rest of the circle as you did with the first one.**
- 5. Place dough circles on prepared baking sheets spacing the cookies 1/2 inch apart. Dust center of the cookies with granulated sugar. Bake until edges are lightly browned, about 18 minutes, switching and rotating baking sheets halfway through backing time. Let the cookies cool on baking sheets for 5 minutes, then transfer to cooling wire racks.**
- 6. When baking cakes, bread or cookies, I prefer to use grams instead of ounces or cups, tablespoons or teaspoons. When using grams, your measurement of ingredients will be more precise every time. Baking is a little bit of science and art, and ever time you change the amount of an ingredient, the results are going to be different. Kitchen scales are not expensive and are a very useful tool for your baking.**

**Polvorones Mexicanos (continued next page)**

## **Polvorones Mexicanos (continued, page 3 of 4)**

### **OTHER SHAPES OF COOKIES USING THE SAME DOUGH**

1. This is another common shape for polvorones, and for this, you will need a very highly sophisticated gadget: a glass bottle! Yes, use the tip of a glass bottle to stamp that little circle at the center of the cookies.
2. Place about 1/2 cup of granulated sugar in shallow dish. Divide the dough into medium size balls (65 grams), with your hand roll 16 balls. Roll balls in sugar to coat.
3. Place the balls on a lightly floured surface and with the bottom of a thick glass gently press down one at a time to a 1/3" inch thick. Dust tip of the glass bottle with flour and then gently press the center of the cookie. Some bakeries add 1/4 teaspoon of strawberry preserves in the center circle.
4. Make sure to space cookies 2 inches apart on prepared baking sheets and bake for about 18- 20 minutes, until edges are golden.

### **ROLLAND CUT**

1. Form a log with the dough and refrigerate about 30 minutes, wrapped with plastic film.
2. When ready to bake, cut in 1/3-IN slices, place on baking sheet, sprinkle with sugar, and bake 18-20 minutes.

### **GENDARMES**

1. To form these cookies divide the dough into 65 grams balls, roll them with your hands in a long shape resembling a banana. Gently press your finger into the dough slightly flattening the top.
2. Mix one egg yolk with few drops of water. Brush the top part of the dough with egg yolk. With a fork scratch the top surface of the dough. Brush egg yolk once again over the top of the cookie dough.
3. Bake as instructed above.
4. As mentioned before. this dough is very versatile. you can just brush the tops with egg yolk before baking to get a glossy cookie, or brush with egg yolk and cover with multicolor sprinkles, or once the cookies are baked and cool down dust them with confectioners sugar.
- 5.

One cookie dough with many faces ... I hope you enjoy this recipe.

**(Polvorones Mexicanos continued on next page)**

## **Polvorones Mexicanos (continued, page 4 of 4)**

### **Notes**

- If you prefer to have a vanilla flavor instead of orange, add 1/2 tablespoon of vanilla instead of the orange zest.
- For chocolate cookies, mix in 2 tablespoons of cocoa powder to the dry ingredients.
- Some Mexican bakeries sell the pink or yellow colored cookies. If you want to have that same effect, add a few drops of food coloring to the wet ingredients before adding the flour. You can also set aside a portion of the dough and add the food coloring and knead to mix in the color.
- To give the cookies a shiny and glossy finish, brush egg yolk to the tops before baking.
- Plan ahead to make the cookies making sure you have all the ingredients. You will need a 3- 1/4 "biscuit cutter and 2 baking sheets.
- You can divide the dough and freeze one part for later use.



## **POOR MAN'S CAKE**

**Submitted by Rick Hamilton (WB5VQW)**

This recipe was a gift from a friend and neighbor in Spokane Washington in 1950. Ms. Williamson was up in years (I was seven years old so most adults were elderly to me). She cooked and shared on a regular basis and we became close friends. Her family lived in the San Francisco area and I suspect she was lonely.

This has become a family favorite holiday treat for our family. Sliced and eaten as is, not buttered and toasted for breakfast with some fruit is a real treat.

### **STEP #1 INGREDIENTS:**

1 Cup       Flour  
1/2 Cup     Chopped Dates  
1/2 Cup     Butter  
1/2 Cup     Raisins  
1 Cup       Water, Hot  
1/2 tsp.     Cinnamon, ground  
1/4 tsp.     Salt

### **STEP #2 INGREDIENTS:**

1 Cup       Walnuts, medium chop  
2-1/4 Cup   All-purpose flour  
1 tsp.       Baking soda  
1/2 tsp.     Baking powder

### **PREPERATION:**

In a sauce pan bring all Step #1 ingredients to a boil. Cook for five minutes and cool.

Incorporate all of Step #2 ingredients to the pan and mix well.

Pour mixture into a greased and floured loaf pan

Bake at 350° F. for one hour.

Remove from oven and let cool for five minutes.

Turn out onto a cooling rack and let cool completely before cutting  
*(if you can wait)*

This is dense cake that will fall when cooling. That's normal and not a reason for concern.

**SHORTCAKE (TORTENBODEN)**  
**THE BEST OF GRANDMOTHER'S GERMAN COOKERY**  
**Submitted by Martha Stiebing**

Servings: 6  
Prep Time: 0:10  
Categories: Cakes,Desserts, German

2 eggs  
6 tablespoons oil  
4 tablespoons sugar  
6 tablespoons flour  
1 teaspoon baking powder

Blend all ingredients together in a bowl.

Grease flan pan with butter.

Pour mixture into pan and bake in a preheated 320 degree oven (high altitude) or in a preheated 400 degree oven [regular altitude) for about 10-15 minutes.

Grandma's Tip: Cool cake for at least 20 minutes.

This is a thin-layered cake batter for a variety of fruit toppings.

Also called Bavarian Sponge cake.

In the RV, I usually use a pie pan to bake it in.