



Teasdale Family
• Cookbook •

Teasdale Family Cookbook

A Collection of Recipes by

Teasdale Fenton Cleaning and Property Restoration

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Dedication:

This book is dedicated to all the hardworking employees and management of Teasdale. Without all of you this would not be possible.

Appreciation:

We want to thank all the employees and all the hard work it took to gather the information, type it up, proof it, and send it to be completed.

We also thank all of YOU that sent in your favorite recipe to share with all of us!!

Without YOU we would not have this wonderful cookbook!

Enjoy!!

Table of Contents:

3

Appetizers & Beverages	4
Side Dishes	14
Main Dishes	21
Deserts	39
Index	48



Appetizers
• & •
Beverages

Appetizers

Chocolate Covered Basketball Strawberries

White Chocolate Melts	Plastic Baggie
Orange Food Coloring	Microwave-Safe Bowls
Chocolate Chips (Regular)	Round Strawberries

In a small bowl, melt white chocolate melts in the microwave. Stir in orange food coloring. Dip strawberries in orange chocolate and allow them to cool. In a separate bowl, melt chocolate chips in the microwave. Pour melted chocolate chips into a plastic baggie and snip off a small portion of the tip. Pipe a basketball pattern onto the hardened strawberries.

Cream Cheese Raspberry Dip

By Sierra Fields

1 Stick butter, softened	2 cream cheese, softened
Bacon Bits	Raspberry Jam/Jelly
Green Onion	Crackers or Frito's Scoops

Blend ingredients together until smooth. Spread onto dish and top with a jar of raspberry jam/jelly or red pepper jelly for a twist. Then sprinkle with real bacon crumbles. Top with some chopped up green onion and serve with crackers or Frito's scoops.

Crockpot Chicken Dip

By Kelly Greene

5-6 pieces of chicken breast	1 pack of chili powder
jar of salsa	1 cream cheese
1 can of corn	1 cheddar cheese bag
1 can black beans	1 can of pinto beans

Put salsa, drained corn, drained black beans, and drained pinto beans into crockpot, add chili powder and stir. Once mixed together add chicken into the crock pot and cook on high for 6 hours. Once chicken is done, take chicken out, add the cream cheese and cheddar cheese mix well. While you are waiting for the cheeses to melt shred chicken. Once the chicken is shredded, add to crockpot mix well again. It is now ready to eat!

Cupcake Tin Mini Pizza's

Pizza Dough	Pepperoni
Mozzarella Cheese	Pizza Sauce

Heat oven to 400 degrees. Spray cupcake tins with non-stick cooking spray. Roll out pizza dough, then line cupcake tins with dough. Fill with cheese and pepperoni. Bake for 10 minutes or until crust the becomes golden brown. Top with pizza sauce. Enjoy!

Granola Parfait Cups

7

1 ½ cup oats	1 large egg
1/8 tsp salt	½ cup yogurt
2 tbsp maple syrup or honey	fresh berries/fruit
¼ tsp ground cinnamon	1 tsp vanilla extract
2 tbsp melted coconut oil	

Preheat oven to 325 degrees. Spray 6-cup muffin tin with cooking spray. Combine oats, salt, maple syrup/honey, cinnamon, coconut oil, egg, and vanilla in a medium bowl. Divide mixture evenly among the 6 muffin tin cups. Press with clean fingers to mold mixture to the bottom/sides of the muffin tin, creating a crater in the center. Bake 15-17 minutes or until the oats turn golden at the edges. Remove from oven and allow to cool. Carefully remove the cups after completely cool. Fill with your choice of yogurt and fruit. Enjoy!

Hanky Pankies

By Holly Vanover

1 lb ground beef	1 lb pork sausage
1 lb Velveeta cheese	¼ tsp red pepper flakes
½ tsp oregano	½ tsp garlic
Pepperidge Farm Very thin rye bread	

Brown meat and drain the grease. Add the meat, cheese, and seasonings into a skillet. Keep warm on the stove or Crockpot. Serve on thin rye breads. Can be frozen.

Meatballs Continental

By Shelly DeGeorge

1 lb ground beef	1 egg
1 slice white bread, coarsely crumbled	1/4 cup chopped onion
1/2 tsp salt	Generous dash of pepper
1 cup sour cream	2/3 cup water
2 cans condensed cream of mushroom soup	

Mix together ground beef, bread, onion, and seasonings. Shape into meatballs. In skillet, brown meatballs and pour off fat. In a bowl, blend soup, sour cream, and water. Add to meatballs. Cover, cook over low heat 20 min. Stir now and then. Serve with noodles. Serves 4-5.

No Bake Energy Bites

By Kristy Traugh

1 cup dry oatmeal	2/3 cup coconut flakes
1/2 cup peanut butter	1/2 cup ground flaxseed
1/2 cup chocolate chips	1/3 cup honey
1 tsp chia seeds	1 tsp vanilla extract

Mix all ingredients together and let set in the fridge for about 1/2 hour. Roll into small balls about 1 inch in size. Store in an airtight container in the fridge.

Pastelitos
By Ronald J Kirmse

9

Masa para los Pastelitos:

2 libras de harina	4 huevos
2 cucharaditas polvo de hornear	2 cucharaditas de sal
2 barritas de mantequilla	1 taza Leche
Approximadamente una taza	

Relleno para Pastelitos:

1 pollo	3 libras carne de cerdo
Cebolla y ajies picaditos	Tomates Roma picaditos
Un poco de cilantro	Aceituna y alcaparras
Pasta de tomate	ajo
1 cubito de caldo de vegetal	Worcestershire Sauce
oregano	Sazon Goya (no mucho)

Se lavan las carnes con jugo de limon y se sazonan con:

Se cocinan las carnes separadas de esta manera:

En una cacerola honda, ponga un poco de aceite. Agregue la carne – dorándola poco a poco, añadiendo agua poco a poco.

Cuando la carne tenga color añada el resto de los ingredientes agregando agua poco a poco. Siga cocinando a fuego mediano hasta que la carne este cocida. La carne debe quedar "jugosa."

Cuando la carne este cocida se muele con todos los ingredientes (ajies, cebolla, etc.).

Se unen la carne de pollo y de cerdo, se le agregan, pasas, huevos sancochados picaditos, "peas" (petit poi) y si se desea almendras picaditas previamente sofridas. Pruebe la carne y si de desea se la anade sazon al gusto.

Si se desean se puede hacer el relleno con carne de pollo solamente o carne de res solamente. Nuestra familia prefiere carne de pollo y de cerdo.

Preparacion:

Cierna harina, polvo de hornear y sal. Unale la mantequilla y los huevos. Cuando este unido ponga la leche poco a poco, mezclando la masa hasta que todo este unido. Amase la masa hasta que se sienta suave. Deje reposar por lo menos una hora (Yo hago la masa el dia anterior y la pongo en la nevera).

Enharine un poco la superficie donde se van a preparar los pastelitos y extienda la masa lo mas fina posible. Cortela en redondeles, coloque en el centro un poco del relleno. Humedezca con un poco de agua el borde del redondel y tape con otro, prensando bien los bordes de ambos redondeles con los dedos. Luego haga lo mismo (tambien humedeciendo con un poco de agua) con un tenedor suavemente para no romper la masa. Pinche la tapa del pastelito con un tenedor para que no se abulte al freir.

Frialos en abundante aceite.

Pf Chang's Asian Lettuce Wraps

By Dennis Martin

11

1 tsp olive oil	1 lb ground turkey
2 cloves garlic minced	1 small onion diced
¼ cup hoisin sauce	2 tbsp soy sauce
1 tbsp rice wine vinegar	1 tbsp grated ginger
1 tsp sriracha	1 8oz can water chestnuts sliced
2 green onions thinly sliced	Kosher salt and pepper to taste
1 head Boston lettuce	

Add olive oil and brown ground turkey until done. Drain any fat. Add garlic, onion, hoisin sauce, soy sauce, rice wine vinegar, garlic, and sriracha. Stir until onions become translucent about 2-3 minutes. Stir in chestnuts; cook another 1-2 minutes. Add salt and pepper to taste. Spoon several tablespoons of the turkey mixture into the center of a lettuce leaf. Serve immediately and enjoy!

Puppy Chow

By Kristy Traugh

1 cup chocolate chips	½ cup creamy peanut butter
¼ cup butter	1 tsp vanilla
9 cups rice Chex cereal	1 ½ powdered sugar

Place chocolate chips, peanut butter, and butter into a microwave safe bowl. Microwave for 1 ½ minutes. Add the vanilla. Stir until completely mixed and pour over the Chex cereal. Place into a plastic bag and add the powdered sugar. Add and shake cereal mixture until the cereal is covered in powdered sugar. Put into a bowl and serve. May be stored in a plastic bag or sealed container.

Totinos Pizza Rolls

By Matt Bower

1 bag of Totinos Pizza Rolls

Heat oven to 425. Place foil onto a baking sheet. Place the desired number of pizza rolls on a sheet. Bake 14-16 minutes. Let stand for two minutes and Enjoy.

Beverages

Hot Cider Punch

By Shelly DeGeorge

6 cups apple cider

2 cups orange juice

2 cinnamon sticks

2 whole nutmegs

Several whole allspice

Mix ingredients in a large pan and heat on medium until thoroughly hot. Turn on low or put in crockpot to keep warm and serve. Serves 10-12.

Peppermint Coco

By Julius Laws

2 oz Vanilla Vodka

1 oz Peppermint Schnapps

.5oz Godiva chocolate liquor

1 oz Kahlua

Mix, Shake, Fill glass with Ice. Pour Mix in glass and top with peppermint.

Spiked Egg Nog

13

2 eggs	1/3 can sweetened condensed milk
1 quart whole milk	1 pint whipping cream
2 tbsp. sugar	1 tsp vanilla
1/4 tsp salt	Rum
Nutmeg (optional)	

Beat heavy whipping cream, slowly adding in the sugar, until a loose whipped cream consistency is formed. Using a separate bowl, beat the eggs. Once beaten, mix with condensed milk, vanilla, salt, and milk. Gently fold in 1/2 of the whipped cream. Add desired amount of rum to taste. Divide into glasses for serving. Top with remaining whipped cream and top with grated nutmeg if desired. It will keep for several days.

Vodka Punch

By Julius Laws

.5oz Green Apple Vodka	.5oz Peach Vodka
.5oz Berry Vodka	.5oz Orange Vodka
.5oz Tripple Sec	1oz Sour Mix
1oz Cranberry	Top with Sprite

Yellow Bird

By Shelly DeGeorge

2 oz orange juice	1/2 oz banana liqueur
1/2 oz apricot brandy	1 oz rum
1 oz lemon juice	1/2 bar syrup

Broccoli and Brussels Sprout Delight

By Dennis Martin

15

3 tbsp butter, divided	2 cloves garlic, chopped
2 cups broccoli florets	8 Brussels sprouts, halved
1 small tomato, diced	¼ tsp salt
1/8 tsp red pepper flakes	

Melt 1 tsp butter in a skillet over medium high heat; cook and stir garlic in hot butter until fragrant, 1 to 2 minutes. Stir broccoli and Brussels sprouts into garlic; add tomato and remaining butter. Season with salt and red paper flakes. Then stir in Brussels sprouts mixture until well combined, cover the skillet and cook until browned on one side, about 5 minutes. Flip sprouts and broccoli cover the skillet again and cook until browned on the other side, about 4 minutes. 4 Servings.

Camper Potatoes

By Sierra Fields

5 potatoes, sliced thin	Heavy Duty grill aluminum foil
½ stick butter	1 small onion, diced
½ cup milk	2 cups of cheese, shredded

Microwave 5 potatoes to soften. Prick each potato with a fork and wrap in a wet paper towel. Microwave for 10 minutes. Slice each potato into small slices like a potato chip and set aside. With the aluminum foil, create a boat and add butter. In this boat place potatoes evenly across the bottom. Add the onion on top of the potatoes, the cheese, and milk. Seal with another piece of aluminum foil and make sure nothing leaks out. Place over a small flame in an open fire or on a grill for 30 minutes. Remove carefully with oven mitts and open with tongs. Enjoy!

Cheesy Potatoes

By Debbie Forste

6 cans white sliced potatoes	Hellmann's Mayo
Sweet Onion diced	Bacon
Velveeta block cheese (large)	

Drain potatoes and in a 9x13 pan cover the bottom of the pan with potatoes evenly. Sprinkle diced onion on top of potatoes. Spread mayo thinly over potatoes evenly. Place slices of Velveeta on top of mayo to cover. Repeat layers. Place uncooked bacon on top to cover. Cook for 30 minutes at 350 degrees. Take bacon off, stir really well. Place bacon back on top other side up. Continue to cook until bacon is done and cheese starts to brown around the edges.

Country Baked Beans

By Leah Olmstead

Cook these long and in a low oven, it's great with cornbread for a meal. Serves 6-8

2 lg. cans Bush's baked beans (whichever flavor you like; I use 1 can original and one with maple flavor)

1 lb ground beef	1 small onion, chopped
½ C brown sugar	¼ C Ketchup
2 Tbsp mustard	1 Tbsp honey
1 Tbsp maple syrup	

Preheat oven to 325. Brown ground beef with onion season with salt and pepper. Drain off grease, then combine with remaining ingredients and pour into a lightly greased baking dish. Bake for at least 4 hours, stirring occasionally.

Cranberry Apple Salad
By Shelly DeGeorge

17

1 large box cherry Jello 1 pkg fresh cranberries frozen
4 medium sweet red apples Small can crushed pineapple
1 cup sugar

Mix Jello according to directions on package minus 1/2 cup water. Set aside to cool. Core apples. Grind cranberries and apples in food processor. Mix with sugar and pineapple. Mix in slightly cooled Jello and pour in a mold or bowl. Cover and refrigerate overnight. Serves 10-12.

Hash Brown Casserole
By Curtis Fields

1 (32oz./2lb.) bag frozen, shredded hash browns
2 cans cream of chicken soup 1/2 cup milk
2 tsp onion powder 2 tsp salt
1/2 tsp pepper 2 cups grated cheddar cheese
1/4 cups melted butter 3 cups cornflakes
1 gallon Ziplock bag for mixing/crunching

Grease one 9x13" casserole dish. Mix ingredients (except toppings) in mixing bowl and spread in pan. In a gallon zip lock bag, make the topping by crunching cornflakes and mixing cornflakes with melted butter. Spread topping over the casserole and bake in an oven at 350 degrees for 45 min.

Italian Style Risotto

By Dennis Martin

6 cups chicken broth, divided
 3 tbsp olive oil, divided
 1 lb portabella mushrooms, thinly sliced
 Sea salt to taste
 1 lb white mushrooms, thinly sliced
 Black pepper to taste
 1 ½ cups arborio rice
 4 tbsp butter
 1/3 Parmesan cheese

2 shallots, diced
 ½ cup dry white wine
 3 tbsp chopped chives

In a saucepan, warm the broth over low heat. Warm, 2 tablespoons olive oil in a large saucepan over medium high heat. Stir in the mushrooms and cook until soft, about 3 minutes. Remove mushrooms and their liquid and set them aside. Add 1 tablespoon of olive oil to the skillet and stir in the shallots. Cook 1 minute. Add rice, stirring to coat with oil, about 2 minutes. When the rice has taken on a pale, golden color, pour in wine, stirring constantly until the wine is fully absorbed. Add ½ cup broth to the rice and stir until the broth is absorbed. Continue adding broth ½ cup at a time, stirring continuously until the liquid is absorbed and the rice is al dente about 15 to 20 minutes. Remove from heat, and stir in mushrooms with their liquid, butter, chives, and Parmesan. Season with salt and pepper to taste. Serves 6.

Must Have Recipe Salad

By Dennis Martin

19

2 5oz packages of Romaine lettuce	1 cup swiss cheese
¼ cup dried cranberries	1 cup cashews
1 apple diced	1 pear diced
½ cup sugar	1/3 cup lemon juice
2 tbsp red onions, finely chopped	1 tsp salt
2/3 cup oil	1 tbsp poppy seed

For the salad dressing, combine sugar, lemon juice, onion, and salt in a blender container, cover and blend well. While the blender is running, add oil in a slow, steady stream, blend until thick and smooth. Add poppy seeds and blend an additional 10 seconds to mix.

For the salad, combine all salad ingredients in a large serving bowl, toss to mix. Pour salad dressing over salad and toss.

Red Lobster Cheddar Bay Biscuits

By Kristy Traugh

2 cups Bisquick	2/3 cups of milk
½ cup shredded cheddar cheese	½ cup melted butter
¼ tsp garlic powder	

Heat oven to 450 degrees. Mix bisquick, milk, and cheese until a soft dough forms. Drop by spoonfuls onto an ungreased cooking sheet. Bake 8-10 minutes until golden brown. Mix melted butter and garlic powder. Brush mixture over warm biscuits before removing from baking sheet.

Ruth's Chris Sweet Potato Casserole
Holly Vanover

3 cups cooked sweet potatoes sliced or cubed
3/4 cup granulated sugar 1/2 tsp salt
1/2 tsp vanilla extract 2 eggs
12 tsp butter melted, divided 1 cup brown sugar
1/4 cup flour 1 cup chopped pecans
Cooking spray

Preheat the oven to 350 degrees. Coat a 9" square pan or 2 quart casserole dish with cooking spray. Place the sweet potatoes, granulated sugar, salt, vanilla extract, eggs, and 6 tablespoons of butter in a mixing bowl. Beat with a mixer until well blended and fluffy. Spoon the sweet potato mixture into the prepared dish in an even layer. In a medium bowl, mix together the remaining 6 tablespoons of butter, brown sugar, flour, and pecans. Sprinkle the brown sugar mixture over the sweet potatoes. Bake for 30-40 minutes or until sweet potatoes are hot and topping is lightly browned. If your topping browns too quickly, you can cover your dish with foil to complete the bake time. Let sit for 10 minutes, then serve.

Beer Can Chicken

By Dennis Martin

1/3 brown sugar	2 tbsp chili powder
2 tbsp paprika	2 tsp dry mustard
1/2 tsp salt	1/4 tsp black pepper
1/2 12oz can beer	1 3lb whole chicken

Preheat an outdoor grill for medium-high heat, around 375 degrees. Mix the brown sugar, chili powder, paprika, dry mustard, salt, and ground black pepper in a small bowl. Place the half-full can of beer in the center of a plate. Rinse chicken under cold running water. Discard giblets and neck from chicken; drain and pat dry. Fit whole chicken over the can of beer with the legs on the bottom; keep upright. Sprinkle 1 teaspoon of the seasoning mix into the top cavity of the chicken; the beer may foam up when the seasonings fall inside the can. Rub the remaining seasoning mix over the entire surface of the chicken. Then place the chicken, standing on the can, directly on the preheated grill. Close the lid and barbecue the chicken until no longer pink at the bone, and the juices run clear, about 1 hour and 15 minutes. Internal temperature should be at 180 degrees. Remove the chicken from the grill and remove the beer can. Cover the chicken with a double sheet of aluminum foil and allow to rest in a warm area for 10 minutes until slicing. Serves 4.

Breaded Ranch Chicken

By Tom Camp

8 boneless chicken breasts ¾ cup crushed corn flakes
 ¾ cup grated parmesan cheese 1 ranch salad dressing mix
 ½ cup butter (melted)

In a shallow bowl, combine cornflakes, Parmesan cheese, and salad dressing mix. Dip chicken in butter, then roll in cornflake mixture to coat. Place in greased 13 x 9 dish and bake uncovered at 350 degrees for 45 minutes or until chicken juice runs clear.

Breakfast Burritos

By Kristy Traugh

1 dozen eggs	½ milk
8 oz Mexican Blend shredded cheese	Butter
¾ cup pre-cooked bacon or sausage	12 flour tortilla shells
Salt and pepper	Salsa

Break eggs into a bowl and mix well with milk. Cook eggs in a skillet with melted butter, add salt and pepper to taste. When eggs are cooked, add bacon or sausage. Scoop eggs and meat mixture onto flour tortilla shells and top with cheese and salsa. Serve immediately.

Chicken and Dumplings

By Curtis Fields

24

1-2 lbs. chicken tenderloins	2 cups Bisquick
1 22.6 oz can of cream of chicken soup	milk, divided
Water	Garlic, Salt and Pepper

Sauté chicken with garlic, salt, pepper in a large non-stick electric skillet. Cook chicken throughout. Add a large can of cream of chicken soup. Fill used can of cream of chicken soup with half water and half milk mixture and pour into the electric skillet. Boil with the lid off for 3 to 5 minutes. Turn down the heat and simmer for 20 minutes.

Follow the directions for the drop biscuits on the back of the Bisquick box. Stir 2 cups Bisquick and 2/3 milk in a bowl. You may want to double the recipe depending on how many dumplings you want. After mixing the biscuits together, dough will be sticky. Drop biscuits into boiling soup. Reduce the heat and cook uncovered for 10 minutes.

Chilled Taco Salad

By Kristy Traugh

1 ½ lbs of ground beef – browned and drained
1 package taco seasoning mix – add to ground beef with ½ cup of water. Mix well and set aside to cool.

In a large salad bowl:

1 head lettuce, 1 can kidney beans, 1 medium onion, 4 medium tomatoes, and 8 oz shredded cheddar cheese.

Toss together and refrigerate until ready to serve. Just before serving, add: 1 bag Doritos Nachos chips – crushed, Cooled taco meat mixture, 1 bottle of hidden valley ranch salad dressing

Toss all ingredients together until well mixed. Serve immediately.

Cinnamon Roll French Toast Casserole

By Matt Bowers

2 cans cinnamon rolls	½ cup butter, melted
1/3 cup sugar	2 eggs
¾ heavy whipping cream	3 tsp cinnamon
¼ tsp nutmeg	2 tsp vanilla extract
½ cup chopped pecans	Icing from cinnamon roll

In a large glass bowl, melt butter with sugar. Beat in eggs, cream, cinnamon, nutmeg, and vanilla. Open canned cinnamon rolls, slice into fourths. Place cinnamon roll pieces into the bowl of egg mixture and toss to thoroughly coat. Pour the pieces, coated egg mixture, into a greased 9x12 casserole dish, and spread out evenly. Use any leftover egg mixture to coat the casserole. Sprinkle with pecans, and bake at 350 degrees on a low rack for 35-40 minutes or until golden brown. Remove casserole from oven. Warm icing from cinnamon rolls in microwave for 15 seconds; pour evenly over bake. Can be refrigerated overnight.

Copycat Wendy's Chili

By: Kristy Traugh

2lb ground beef	2 28oz diced tomatoes in juice
1 16 oz kidney beans drained	1 pinto beans drained
2 small onion diced	¼ cup celery dices (2-3 stalks)
¼ cup bell paper dices	3 tbsp chili powder
2 tsp cumin	1 tsp black pepper
1 tsp salt	½ tsp oregano
1 tsp sugar	2 tsp garlic powder
2 cup water	

Brown ground beef and drain. Add water, boil and drain to eliminate more fat. Place in a large pot and add all ingredients. Bring to a boil, reduce heat, cover and simmer for 2-3 hours.

Ham and Cheese Breakfast Casserole

By Aliza Nichols

12 extra-large eggs	1 cup heavy cream
2 cups ham, cooked and cubed	1/2 tsp salt
15 oz hash brown potatoes, frozen, half a bag	
8 oz cream cheese, cut into ½ cubes	
1 cup sharp cheddar cheese, shredded	
½ tsp ground pepper	

Preheat oven to 350 degrees. In a large bowl, combine the hash browns, salt, pepper, ½ cup cheddar cheese, and ham. Then fold in the cream cheese to distribute it through the mixture. Transfer the hash brown mixture to a greased 9x13in baking dish. In another bowl, whisk the eggs and heavy cream together. Then pour the mixture over the hash browns in the casserole dish and top with the remaining cheddar cheese. Bake for 40 to 50 minutes or until the center springs back when touched.

Homemade Lasagna

By Sierra Fields

1 lb ground beef, cooked and drained
1 package of lasagna noodles, cooked and drained
1 30 oz ricotta cheese
1 66 oz Ragu spaghetti sauce
1 8 oz pre shredded Mozzarella cheese
Nonstick cooking spray
Italian seasoning

Preheat oven to 375 degrees. Cook lasagna noodles. Cook ground beef and brown in a large skillet. Season with Italian seasoning. Mix ricotta cheese and ground beef together in a bowl and set aside.

In a large baking pan spray with nonstick cooking spray. Add a small amount of sauce on the bottom, and then layer lasagna noodles across to fill the bottom of the pan. On top of the noodles, add ground beef and ricotta cheese mixture and spread across the noodles. Add sauce and mozzarella cheese. Then add another layer of noodles to cover the previous layer. Add ground beef, ricotta, sauce, and cheese. Repeat until you run out of space in your baking dish or run out of noodles. For the top layer, cover completely in sauce and cheese. If there are exposed noodles, they will turn hard in the oven. Bake until you see bubbles around the edges of the baking pan, usually 45 minutes to 1 hour but it depends on the size of the baking pan you are using. Let cool for 10 minutes and Enjoy!

Italian Wedding Soup (With mini turkey meatballs)

By Kristy Traugh

Soup:

1-2 tbsp olive oil	2/3 cup carrots, sliced
1 large onion, chopped	1 medium zucchini, chopped
1 can cannellini or great northern beans	
2 cloves garlic, minced	2 tsp dried basil
1 ½ tsp dried Italian seasoning	½ tsp salt
½ tsp ground pepper	¼ cup white wine (optional)
8 cups chicken broth	6 oz baby spinach, chopped
1 ½ cups pearl couscous or small pasta	
Parmesan or Romano cheese for serving	

Meatball Ingredients:

1lb ground turkey	2 tbsp milk
1 egg	¼ cup Parmesan cheese
¾ cup breadcrumbs	¼ tsp salt
½ tsp garlic pepper	½ tsp red pepper flakes
½ tsp Italian seasoning	

In a heavy-bottomed soup pot, heat olive oil. Add carrots and onions; sauté for 5-8 minutes or until softened. Add garlic; cook 2 minutes more. Add wine; cook down for 2 minutes. Add broth, heat to slow boil. Add zucchini, seasonings, pasta/couscous, and meatballs**. Cook for about 10 minutes or until your pasta is tender. Add chopped spinach, stir through until wilted, about 2-4 minutes. Once in individual bowls, sprinkle with cheese (optional).

Italian Wedding Soup Continued

*Meatballs

Preheat oven to 350 degrees. Line a large baking sheet with non-stick aluminum foil or regular foil and coat with non-stick spray. In a large bowl, combine all ingredients well. Using a rounded 1 tbsp measuring spoon or small melon baller, scoop our meat: shape into small balls. Makes roughly 100-120 meatballs, depending on how small you make them. Place meatballs on a baking sheet, making sure they don't touch. Bake for 10 minutes.

Italian Sausage and Kale Soup

By Aliza Nichols

1 lb hot Italian sausage	6 cups chopped fresh kale
2 cans great northern beans, rinsed and drained	
1 can, 28 oz crushed tomatoes	4 large carrots, finely chopped
1 medium onion, chopped	3 garlic cloves, minced
1 tsp dried oregano	¼ tsp salt
1/8 tsp pepper	5 cups chicken stock
Grated Parmesan cheese	

In a large skillet, cook sausage over medium heat 6-8 minutes or until no longer pink, breaking into crumbles; drain. Transfer to a 5-qt slow cooker. Add kale, beans, tomatoes, carrots, onion, garlic, seasonings, and stock to slow cooker. Cook, covered, on low 8-10 hours or until vegetables are tender. Top each serving with cheese.

Original Joe's Texas White Chili w/Chicken

By Leah Olmstead

3 large chicken breast	6 cups water
2 48 oz jars of fully cooked Great Northern Beans (do not drain)	
1 tsp crushed garlic	1 tbsp crushed red pepper
1 8 oz jar chopped jalapeno peppers, or 2 fresh chopped	
3 tsp ground cumin	3 tsp oregano
½ tsp cloves, ground	1 small onion, chopped
1 tbsp sugar	1 tbsp salt

Boil chicken covered with 6 cups water in large pot, pull chicken out and shred. Leave broth in pot. Add shredded chicken back to broth and add all remaining ingredients. Cook on low for at least 1 hour. Add more chicken broth if you like it soupy. I also do this in a crockpot on low for 6 hours. I add all the ingredients at once and leave for the day. Shred the chicken breast and add back to pot. Serve with shredded mozzarella cheese, sour cream, and crackers.

Max and Erma's Chicken Tortilla Soup

By Kristy Traugh

1 can cream of mushroom soup	2 chicken breasts
1 can cream of celery soup	1 can cheddar cheese soup
1 can chicken broth (15 oz)	1 diced tomatoes (8oz)
½ cup chunky salsa	½ chopped onion
1 tsp garlic powder	½ tsp red chili pepper
1 can cream of chicken soup	Salt and pepper to taste
*optional – ½ can diced green chilies and 2 tbsp. fresh cilantro	

Add all ingredients to a large pot. Bring to a boil and simmer for 1 hour.

*May top with flour tortilla chips, cut into strips, and fried and shredded cheddar or Mexican blend cheese.

Mexican Casserole

By Aliza Nichols

31

2 tbsp vegetable oil	¾ lb cubed chicken breast meat
½ package of taco seasoning	1 can black beans
1 can sweet corn, drained	¼ cup salsa
Water as needed	1 cup Mexican-style cheese
1 ½ cups crushed plain tortilla chips	

In a large skillet over medium-high heat, sauté chicken in oil until cooked through and no longer pink inside. Add taco seasoning, beans, corn, salsa and a little water to prevent drying out. Cover skillet and simmer over medium-low heat for 10 minutes. Preheat oven to 350 degrees. Transfer chicken mixture to a 9 x 13in baking dish. Top with ½ cup of the cheese and crushed tortilla chips. Bake in the preheated oven for 15 minutes. Add remaining ½ cup cheese and bake until cheese is melted and bubbly.

Oven-baked French Toast

By Kristy Traugh

4 eggs	½ tsp salt
1 cup milk	1 tsp vanilla
1/3 cup flour	1/3 cup brown sugar
½ tsp cinnamon	½ stick butter

Preheat oven to 400 degrees. Mix eggs, salt, milk, and vanilla together and set aside. Mix flour, brown sugar, cinnamon, and butter in a small bowl with a pastry blender. Dip 8 slices of Italian bread or Texas Toast in the egg mixture. Arrange on foil-covered and sprayed baking sheet. Sprinkle with topping. Bake for 18 to 20 minutes.

Pork Zuppa
By Kristy Traugh

1 lb of ground pork	1 large onion, chopped
2 cloves of garlic, minced	1 tsp dried oregano, crushed
¼ tsp salt	¼ tsp crushed red pepper
½ cups chicken broth	12 oz red potatoes, cut small
2 tbs cornstarch	2 cups chopped kale
Crushed red pepper (optional)	

In a large skillet, cook pork, onion, and garlic over medium heat until meat is browned and onions tender; drain off fat. Return meat mixture to skillet: add oregano, salt, and crushed red peppers. Cook for 1 minute. Transfer to a 3 ½ or 4-quart slow cooker. Add broth and potatoes. Cover and cook on low heat setting for 6 to 8 hours or on high heat setting for 3 to 4 hours. In a small bowl, combine evaporated milk and cornstarch until smooth; stir into cooker. Stir in kale. Cover and cook for 30 to 60 minutes more or until bubbly around edge of the cooker. If desired, sprinkle with additional crushed red pepper.

Salmon Patties

By Kari Hornsby

1 lb fresh Salmon	2 tsp Garlic Salt
¼ cup Parsley	1 cup panko breadcrumbs
3 tsp Mayo	2 eggs
½ a medium Onion	½ a red bell pepper
2 tsp Butter (unsalted)	1 tsp olive oil

Preheat oven to 400 degrees. Place salmon on parchment paper on a baking sheet and drizzle with olive oil and sprinkle about a teaspoon of garlic salt over salmon. Place in the oven for 15 to 20 minutes until salmon flakes easily with a fork. While Salmon is cooking, dice up very fine onion and bell pepper and sauté until soft and onion color is more transparent. Then add all ingredients except butter into a mixing bowl. Once the salmon is cooked flake of all salmon from skin and add it to the mixing bowl and mix. If mixture is too wet, you can add more breadcrumbs, if too dry can add more mayo. Make about one-inch patties once mixed. This should make about 12 patties. Heat butter and oil in a skillet or cast-iron skillet until oil is hot. Cook for 4 minutes on each side. Careful to make sure oil does not get too hot. I typically keep it on medium-high heat and turn it down if needed.

Sheet Pan Lemon Garlic Butter Salmon

By Aliza Nichols

1.5 to 1.75 skin-on Salmon fillet	1 lemon, sliced into thin rounds
½ cup unsalted butter, melted	3 tbsp lemon juice
2 to 3 tbsp honey	5 cloves garlic, minced
1 tsp kosher salt	½ tsp black pepper
2 tsp chopped fresh parsley	

Preheat oven to 375 degrees. Place salmon on a sheet of foil with the skin side down. Raise the edges of the foil up about 2 inches. Nestle lemon sliced underneath the salmon, spaced evenly around the fillet; set aside. To a microwave-safe glass measuring cup or bowl, add the butter and heat on high power to melt, about 1 minute. Stir in the lemon juice, honey, and garlic. Pour or spoon about three-quarters of the mixture over the salmon, reserve remainder. Evenly season salmon with salt and pepper. Seal up the foil. Crimp or pinch the top and bottom pieces of foil together; get it as airtight as possible, but it doesn't have to be perfect. If you have time, set aside to marinate for about 10 to 15 minutes. Place foil pack on a baking sheet and bake for about 17 minutes. Remove baking sheet from the oven and remove the top piece of foil or open up the packet, so salmon is exposed but keep the edges raised to contain the buttery mixture. Set oven to Hi broil. Spoon the reserved buttery mixture over the salmon, if desired. Broil salmon for about 5 to 10 minutes, or until salmon is golden, as desired. Optionally, garnish salmon with parsley and serve immediately. Salmon is best served warm and fresh but will keep airtight in the fridge for up to 3 days.

Spinach and Bacon Quiche

By Aliza Nichols

5 eggs, beaten	1 ¼ cups half and half
Salt and pepper	½ cup chopped onion
1 ½ cups baby spinach leaves, chopped	
6 sliced bacon, cooked and crumbled	
1 ¼ cups shredded cheese	1 9in homemade pie crust

Preheat the oven to 350 degrees. Prepare the pie pan with unbaked pie crust. Pre-bake the pie crust for 8 minutes. Important to use pie weights or dry beans/ rice on top of parchment paper to keep the pie crust from shrinking. After the 8 minutes, remove the pie, pie weights, beans/ rice, and parchment paper. Meanwhile, cook bacon in a skillet. Once cooked, remove to a plate and chop. Remove most of the grease from the pan and add onion and spinach. Sauté for 2 minutes. Add cheese, onion, spinach, and bacon to the bottom of the pie crust. Combine the eggs, half and half, salt and pepper in a blender, then pour the egg mixture onto the pie. Bake for 35 to 45 minutes until the egg mixture is set. Allow to cool for 5 to 10 minutes before slicing. Store leftovers covered in the fridge.

Stuffed Green Bell Peppers

By Dennis Martin

36

1 cup uncooked long grain white rice

2 cups water

Sauce:

1 onion, diced

1 tbsp olive oil

2 cups marinara sauce

1 cup beef broth

1 tbsp balsamic vinegar

¼ tsp crushed red pepper flakes

Peppers:

4 large green bell peppers

1 lb lean ground beef

¼ lb hot Italian pork sausage, casing removed

1 10oz can diced tomatoes

¼ cup chopped parsley

4 cloves garlic, minced

2 tsp salt

1 tsp black pepper

1 pinch ground cayenne pepper

1 cup finely grated Parmigiano-Reggiano cheese plus more for topping

Preheat the oven to 375 degrees. Bring rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Set the cooked rice aside. Stir marinara sauce, beef broth, balsamic vinegar, and red pepper flakes into the skillet; cook and stir for 1 minute. Pour sauce mixture into a 9x13 inch baking dish and set aside. Combine ground beef, Italian sausage, diced tomatoes, Italian parsley, garlic, salt, black pepper, and cayenne pepper into a bowl with reserved onions; mix well. Stir in cooked rice and Parmigiana-Reggiano. Stuff green bell peppers with beef and sausage mixture. Place stuff green bell pepper halves into the baking dish over tomato sauce; sprinkle with remaining Parmigiano-Reggiano, cover baking dish with aluminum foil, and bake in the preheated oven for 45 minutes. Remove aluminum foil and bake until the meat is no longer pink, and the green peppers are tender, and the cheese is browned on top. An additional 25-30 minutes. Serves 8.

Tomato Hamburger Soup

By Aliza Nichols

37

1 can (46oz) V8 juice
2 packages of mixed frozen vegetables
1 lb ground beef, cooked and drained
2 tsp dried minced onion
Salt and pepper to taste

In a 5-qt slow cooker, combine V8 juice, vegetables, ground beef, minced onion, salt and pepper. Cover and cook on high for 4 to 5 hours.

Vegetable Soup

By Kristy Traugh

2 46oz cans tomato juice	12 cups of water
2 chuck roasts, cut quarters	2 small cans tomato paste
2 large cans tomato puree	4 large can tomato sauce
6 large cans diced tomatoes	1 medium onion
2 tsp chili powder	10 tsp pepper
10 tsp salt	2 tbsp Worchester sauce
2 bags shredded coleslaw or 1 head of cabbage	
4 cups potatoes diced	6 bags frozen mixed vegetables
2 bags frozen corn	

Add tomato juice, water, chuck roasts, tomato paste, tomato purée, tomato sauce, diced tomatoes, onion, chili powder, pepper, salt, and Worchester sauce into a extra large pot. Bring to a boil and then simmer. Take meat out and let cool slightly then shred and add back into pot Add coleslaw or cabbage, potatoes, mixed vegetables, and corn into pot and simmer for 2 hours.

White Chicken Chili

By Pat Hancock

4 large boneless chicken breasts	2 cans of black beans
2 cans sweet corn	2 cans of tomatoes
2 blocks of cream cheese	1 tsp. of Cumin
1 Hidden Valley Ranch Packet	Fritos Corn Chips

Put chicken breasts on the bottom of the crockpot. Add black beans (drained and rinsed), corn, and Rotel tomatoes. Stir ingredients to mix. Put 2 blocks of cream cheese on top. Cover and slow cook on low for 4 to 6 hours depending on the size of chicken breasts. Take chicken breasts out, shred with a fork and add back to the pot. Stir ingredients well to mix chicken and cream cheese. Put corn chips in the bottom of the bowl and cover with chili. Enjoy!

Banana Bread

By Len Connor

1 ½ cups of all-purpose flour	1 ½ tsp baking powder
¼ tsp ground cinnamon	1 egg
5 medium mashed bananas	¾ cups sugar
¼ cup oil	1/8 tsp salt

Preheat the oven to 350 degrees. In a mixing bowl, mix eggs, bananas, sugar, oil, and vanilla extract. In another mixing bowl, combine flour, baking powder, baking soda, cinnamon, and salt. Combine both bowls and mix. Stir until moistened (batter should be lumpy). Grease large glass pan or bread loaf pan. Pour batter in baking pan and bake for 50-55 minutes. Remove from oven and let cool for 10 minutes. Cost the top of the loaf with butter and cover with plastic wrap to keep it fresh and moist.

Caramel Puff Corn

By Kristy Traugh

1 cup brown sugar	½ cup light karo syrup
1 stick butter	1 tsp baking soda
12 oz bag Michelles puff corn	

Preheat oven to 250 degrees. Spray large roasting pan. Empty entire bag of puff corn into pan. Mix brown sugar, karo syrup and butter in bowl. Microwave for 1 minute. Stir. Microwave again for 3 minutes, add 1 tsp of baking soda (will become foamy), and pour over puff corn. Bake for 45 minutes stirring every 15 minutes. Let cool on wax paper and break apart if necessary.

Chocolate Chip Cookies

By Sierra Fields

½ cup shortening	½ cup butter
2 ½ cups flour	1 cup packed brown sugar
½ cup sugar	2 eggs
1 tsp vanilla	½ tsp baking soda
1 12 oz pack of semi-sweet chocolate chips	

In a mixing bowl, beat the shortening and butter with an electric mixer on medium-high speed for 30 seconds. Add about half of the flour, the brown sugar, sugar, eggs, vanilla, and baking soda. Beat mixture until combined. Beat in the remaining flour. Stir in chocolate pieces. Drop dough in rounded balls onto a cookie sheet. Bake in an oven at 375 degrees for 8 to 10 minutes or until the edges are lightly brown. Cool cookies on a wire rack.

Chocolate Lasagna

By Dana Harmon

36 regular Oreos	6 tbsp butter melted
8 oz cream cheese, softened	¼ cup sugar
3 ¼ cups cold milk	12 oz cool whip, divided
7.8 oz chocolate instant pudding (2 packages)	
1 cup mini chocolate chips	
2 tbsp cold milk	

Butter a 9x13in dish and set aside. Crush Oreos in a zip lock bag with a rolling pin. Add melted butter into the bag and mix until combined. Press mixture into the bottom of the dish and place in the refrigerator for 5 minutes. In a medium-sized bowl, whip the cream cheese until fluffy. Add in 2 tbsp of milk and sugar, mixing until combined. Stir in 1 cup cool whip, then spread the mixture lightly over the crust. Place in the fridge for another 5 minutes. In a separate bowl, combine the pudding and cold milk whisking together until thick, then spread over the top of the cream cheese layer. Place back in the fridge for another 5 to 10 minutes to allow pudding to set. Once pudding has set, spread remaining cool whip on top and then sprinkle with chocolate chips. Place in the fridge 3-4 hours before serving.

Cinnamon "Flop" Cake

By Kristy Traugh

43

1 ½ cup sugar
1 egg
1 tsp vanilla
¼ cup butter

1 ½ cup milk
3 cups flour
2 tsp baking powder
Dash of salt

Pour into a 9 x 13 pan. Sprinkle brown sugar to cover the bottom (not clumped), then sprinkle cinnamon on top. Add a ¼ stick of butter, broken into pieces and place on top. Bake at 350 degrees for 30-35 minutes. Cake will be done when it passes the toothpick test. Insert a toothpick into the middle of the cake, if it comes out clean the cake is done.

Cinnamon/Sugar Coffee Cake

By Tom Camp

Bake a butter recipe cake mix as directed on package.

As soon as it comes out of the oven poke holes all over cake and run a stick of butter at room temperature all over the top. Next sprinkle the sugar and then the cinnamon. (No certain amount just however much you like.)

Crazy Chocolate Cake

By Kristy Traugh

3 cups flour
3 tbsp cocoa powder
2 tsp baking soda
2 cups water

2 cups sugar
2 tbsp vinegar
2/3 cups oil

Mix together and bake at 350 degrees for 35 minutes. Cake will be done when it passes the toothpick test. Insert a toothpick into the middle of the cake, if it comes out clean the cake is done.

Frosted Pumpkin Bread

By Kristy Traugh

3 1/3 cups all-purpose flour	2 tsp baking soda
2 1/2 tsp ground cinnamon	1 1/2 tsp salt
1 tsp ground nutmeg	1 1/2 cups granulated sugar
1 1/2 cups packed brown sugar	1 cup vegetable oil
4 eggs	2/3 water
1 15oz can pumpkin	3 tbsp unsalted butter
2 cups powdered sugar	1 tbsp milk
2 tbsp unsweetened cocoa powder	1/2 tsp vanilla
1/2 tsp instant espresso coffee powder	

Preheat oven to 350 degrees. Grease the bottom and 1/2 inch up the side of two 9x5x3 inch loaf pans; set aside. In a large bowl, stir together flour, baking soda, 2 teaspoons cinnamon, and nutmeg; set aside. In an extra-large mixing bowl beat granulated sugar, brown sugar, and oil with an electric mixer on medium speed until combined. Add eggs; beat well. Alternately add flour mixture and water to the egg mixture, beating on low speed after each addition just until combined. Beat in pumpkin. Spoon batter into the prepared loaf pans, spreading evenly. Bake for 55 to 60 minutes for 9x5 inch loaves or until a toothpick is inserted and comes out clean. Cool in pans on wire racks for 10 minutes. Remove from pans. Cool completely on wire racks, wrap and store overnight. For cocoa-spice frosting, in a small mixing bowl beat butter on medium speed for 30 seconds. Beat in 1 cup of the powdered sugar, the cocoa powder, 1 tablespoon milk, 1/2 teaspoon cinnamon, coffee powder, and vanilla combined. Beat in the remaining 1 cup powdered sugar. Beat in additional milk, 1 teaspoon at a time to reach spreading consistency. Spread the tops of loaves with cocoa-spice frosting before slicing.

Mt. Dew Cake
By Kelly Greene

45

1 box of yellow cake mix	½ cup of vegetable oil
½ cup of water	½ cup of Mt. Dew
1 3.2oz box of instant vanilla pudding	
4 eggs	1 cup of sugar
1 stick of butter	¼ cup of Mt. Dew

Preheat oven to 325 degrees. Spray bundt pan with baking spray. Place all ingredients into a bowl and mix until just moistened. Pour mix into prepared pan. Bake for 45-50 minutes, until the edges are starting to pull away, and it does not jiggle. For the glaze, add sugar, butter, and Mt. Dew into a pan, bring to a boil. Take off the heat and pour over the cake. Flip cake onto plate, let cool and eat.

No-Bake Cheesecake
By Sierra Fields

1 Jell-O No Bake Cheesecake Mix
1 package of Dream Whip
1 tsp vanilla
2 tbsp sugar
4 tsp butter
4 cups cold milk, divided

Combine graham cracker crust mix, sugar, and butter. Press crust mixture onto the inside of a pie dish, set aside. Open one package of Dream Whip topping and mix with 2 ½ cups of milk, set aside. Beat filling mix, 1 ½ milk, and 1 tsp vanilla on a low speed then a high speed for 3 minutes. You want this filling to be thick. Gently fold the Dream Whip topping and the cheesecake topping together. Spatula mix over the pie crust. Refrigerate for at least 1 hour before serving.

No Sugar Brownies

By Kristy Traugh

½ cup margarine	¼ skim milk
¼ cup unsweetened cocoa powder	2 eggs
1 cup granulate Splenda (sucralose)	1/8 tsp salt
¾ cup all-purpose flour	1 cup skim milk
½ cup chopped walnuts (optional)	
1 1.4oz package of sugar-free chocolate fudge instant pudding	

Preheat oven to 350 degrees. Grease and flour a 8x8 pan. In a small saucepan over medium heat, melt margarine and cocoa together, stirring occasionally until smooth. Remove from heat and set aside to cool. In a large bowl, beat eggs until frothy. Stir in the sucralose sweetener. Combine the flour and salt; stir into the egg mixture then mix in the cocoa and margarine. Finally, stir in the ¼ cup of milk and if desired, the walnuts. Pour into the prepared pan. Bake for 25 to 30 minutes in the preheated oven, until a toothpick inserted into the center, comes out clean. To make frosting, mix together the sugar-free chocolate fudge flavored instant pudding mix and 1 cup of skim milk using an electric mixer. Mix for about two minutes or until thick. Spread over cooled brownies before cutting into squares.

Pumpkin Cookies

By Mary Neumann

2 sticks softened unsalted butter	1 cup white sugar
1 cup light brown sugar	2 egg
1 tsp vanilla extract	1 cup puree pumpkin
3 cups flour	2 tsp baking soda
½ tsp salt	1 tsp cinnamon
½ tsp ginger	¼ tsp nutmeg
¼ tsp clove	

Optional: 12 oz milk chocolate chips, pecans, cream cheese frosting (obviously chocolate or pecans to be added before baking) I've made them without any additions and used the cream cheese frosting to make whoopie pies before... it's a super versatile recipe and they always come out cake-like.

Heat the oven to 350 degrees. Spray cookie sheets with nonstick spray. Beat the softened butter until smooth. Add in the white and brown sugars a little at a time until light and fluffy. Beat in eggs one at a time, then mix in vanilla and pumpkin. Separately sift the dry ingredients (flour, baking soda, salt, cinnamon, ginger, nutmeg, cloves) in another bowl and slowly incorporate to the wet mixture in sections. This is the point where you would mix in any optional additions (ie: chocolate or nuts). Scoop onto the prepared pans and bake anywhere from 12-20 minutes, depending on how you like them done and the oven.... Mine are usually done in 12 - sometimes in other ovens, they've taken 18+. Always let them rest for about 5-10 minutes before trying to remove them from the pan, because they're typically pretty soft and will fall apart.

Index of Recipes

48

Appetizers:

Chocolate Covered Basketball Strawberries	5
Cream Cheese Raspberry Dip	5
Crockpot Chicken Dip	6
Cupcake Tin Mini Pizza's	6
Granola Parfait Cups	7
Hanky Pankies	7
Meatballs Continental	8
No-Bake Energy Bites	8
Pastelitos	9-10
PF Changs Asian Lettuce Wraps	11
Puppy Chow	11
Totinos Pizza Rolls	12

Beverages:

Hot Cider Punch	12
Peppermint Cocoa	12
Spiked Egg Nog	13
Vodka Punch	13
Yellow Bird	

Side Dishes:

Broccoli and Brussels Sprout Delight	15
Camper Potatoes	15
Cheesy Potatoes	16
Country Baked Beans	16
Cranberry Apple Salad	17
Hash Brown Casserole	17
Italian Style Risotto	18
Must Have Recipe Salad	19
Red Lobster Cheddar Bay Biscuits	19
Ruth's Chris Sweet Potato Casserole	20

Main Dishes:

Beer Can Chicken	22
Breaded Ranch Chicken	23
Breakfast Burritos	23
Chicken and Dumplings	24
Chilled Taco Salad	24
Cinnamon Roll French Toast Casserole	25
Copycat Wendy's Chili	26
Ham and Cheese Breakfast Casserole	26
Homemade Lasagna	27
Italian Wedding Soup (With mini turkey meatballs)	28
Italian Sausage and Kale Soup	29
Original Joe's Texas White Chili w/Chicken	30
Max and Erma's Chicken Tortilla Soup	30
Mexican Casserole	31
Oven-baked French Toast	31
Pork Zuppa	32
Salmon Patties	33
Sheet Pan Lemon Garlic Butter Salmon	34
Spinach and Bacon Quiche	35
Stuffed Green Bell Peppers	36
Tomato Hamburger Soup	37
Vegetable Soup	37
White Chicken Chili	38

Deserts:

Banana Bread	40
Caramel Puff Corn	40
Chocolate Chip Cookies	41
Chocolate Lasagna	42
Cinnamon "Flop" Cake	42
Cinnamon/Sugar Coffee Cake	43
Crazy Chocolate Cake	43

Frosted Pumpkin Bread	44
Mt.Dew Cake	45
No-Bake Cheesecake	45
No Sugar Brownies	46
Pumpkin Cookies	47

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