

# COOKING WITH TUNDRA



A Collection of  
Great Recipes

Written By:  
The Employees,  
Of Tundra Specialties

OF TUNDRA SPECIALTIES  
THE EMPLOYEES  
WRITTEN BY:

*Cooking With Tundra  
A Collection of Great Recipes*

*1992  
1994*

# COOKING WITH TUNDRA



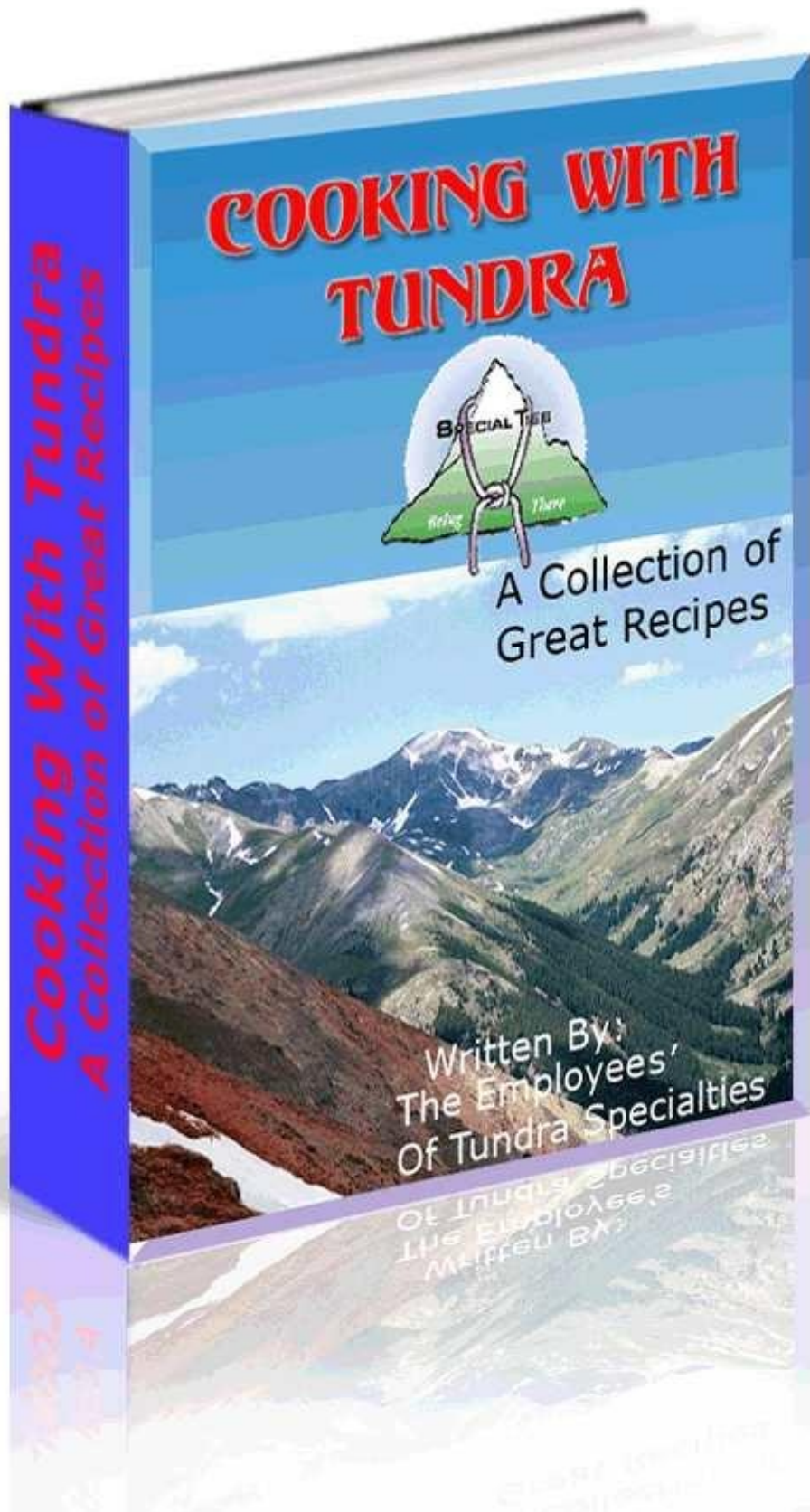
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OF TUNDRA SPECIALTIES  
THE EMPLOYEES,  
MILFORD, VA

# Cooking With Tundra



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## Returns Department

From Chris:



## MOUNDS BARS

2 Cups Graham cracker crumbs  $\frac{1}{2}$  cup soft butter or margarine  $\frac{1}{4}$  cup sugar

2 cups shredded coconut

1 can sweetened condensed milk 2 large economy size milk chocolate bars

Preheat oven to 350° f.

Mix together the Graham cracker crumbs, butter and sugar. Pat the mixture into a buttered 9 X 13 pan.

Bake for 10 minutes.

Sprinkle the coconut on top of the crust mixture. Slowly pour the condensed milk over the coconut.

Bake for 10 more minutes.

Break the chocolate bars into pieces over the coconut. Put back in oven long enough to melt the chocolate. Spread the chocolate to cover the coconut mixture.

Cool in refrigerator and cut into small bars

## Chai Tea Recipe

1 cup dry milk

1 cup powdered creamer

1 cup french vanilla powdered creamer

2  $\frac{1}{2}$  cups sugar

1  $\frac{1}{2}$  cups instant tea

2 teaspoons ginger

2 teaspoons cloves

1 teaspoon cardamom

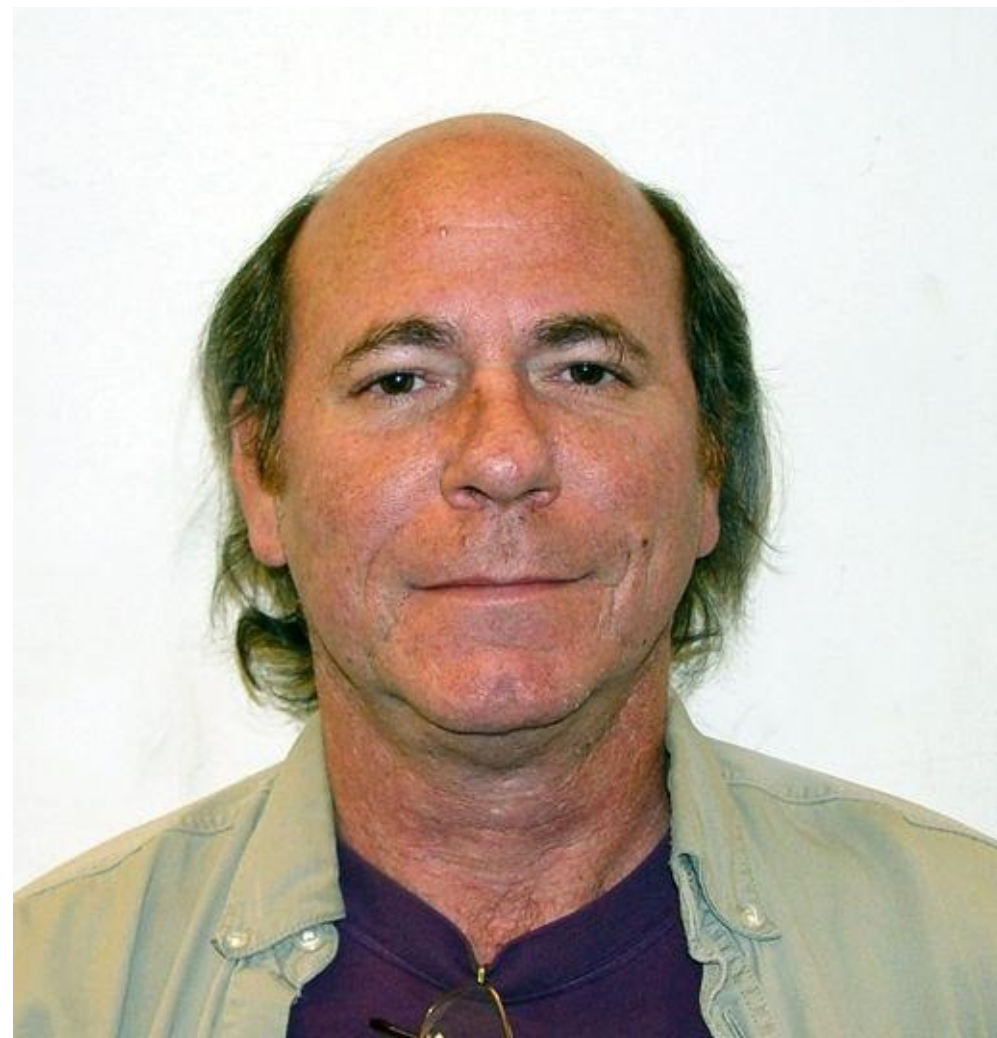
1 teaspoon cinnamon

Mix together in a bowl, then put a cup at a time in a blender and blend on low speed (blender works better than a food processor)

To use: 2 heaping teaspoons per cup of hot water.

You can use decaf tea if you wish to make it a good evening drink Yummy, feel good, comforting.

From Robbie:



Cajun Meatball Stew

Ingredients – Meatballs

**1 pound Ground Beef** (doesn't really matter what kind, round or chuck, or whatever is fine)

**1 ½ cups soft bread crumbs** (just take some slices of bread and tear them up. I prefer soft wheat. Don't use the fancy heavy breads. The cheap soft kinds work best.)

**4 Green Onions** (dice the white onion-ee parts, save the tops for later)

**2 tablespoons minced parsley**

**½ clove of garlic crushed**

**1 egg**

**2 teaspoons salt**

**¼ teaspoon cayenne**

**2 tablespoons cold water**

**¼ cup vegetable oil** (use this when you brown the meatballs)

Ingredients – Gravy

**Meatball dripping and vegetable oil** (pour the drippings into a measuring cup and top off with oil to get to ¼ cup.)

**2/3 cup all-purpose flour**

**5 cups cold water**

**4 cubes or teaspoons instant beef broth**

**pinch of pepper** (season to your taste)

**1/3 cup minced parsley**

#### 4 green-onion tops (remember these from earlier? Just slice them up so that they look like chives)

Ingredients – Other

Instant rice, wide egg noodles or Grandma's frozen noodles

Time to Start Cooking

Make the meatballs. (*Note: These are great meatballs. I don't like most meatballs because they are pretty mushy and blah! You can use these in anything you use meatballs in or as appetizers all by themselves.*)

1. Dump the beef, breadcrumbs, green onions ( *not the tops*), parsley, garlic, egg, salt, cayenne, pepper and cold water into a good-sized bowl. Mix it all together (*get the kids to help, they like messy hands*) and make about 24 meatballs (*about 1/2 to 2/3 golf ball size*). Place on a tray and chill for about 30 minutes.

2. Heat oil in a large skillet and brown the meatballs quickly. Mostly you want to brown the outsides well, but don't over do it. Too much and they'll get too tough. Put them on a paper towel to drain, but keep as much of the drippings as you can in the pan.

Make the Gravy

3. Put the drippings and oil in the same pan you used for the meatballs, and blend in the flour. Heat over a medium low heat and stir until flour starts to brown. (*The first time I did this the heat was too low and it took 45 minutes. If the flour doesn't start to brown after a couple of minutes, turn up the heat a little, but not too much*). Keep browning until the roux (Cajun gravy base) is a rich topaz-brown, about 10-15 minutes. (*If it takes longer, that's okay. Some Cajun cooks do work the roux up to 45 minutes, but I'm not sure why. Bored I guess. And try not to smell it at this point. You'll see why. It's not really bad, it just doesn't smell right, but keep going anyway, it'll turn out okay. I promise.*)

4. Scrape the roux into a good-sized saucepan. Add the water and instant beef broth gradually, whisking until thickened, about 5 minutes.

5. Add the meat balls to the gravy, reduce the heat to low and simmer uncovered (stirring occasionally of course) for about 45 minutes. Taste for seasoning and add salt and pepper to taste. (*There's an old Cajun saying, "If it's salty enough, it's done!" When adding the salt, just add a little at a time until it tastes right. Don't worry, you'll know when that is.*) **EXTRA TIP:**

If you ever add too much salt to something, put a piece of raw potato in while it's cooking. It will soak up some of the salt. Then toss the potato (*unless you like salty raw potato, then Bon Appetite!*)

Stir in the parsley and green onion tops and heat for 15 more minutes.

Now you're just about ready to serve. While you're doing all this other stuff, cook up some instant rice or the noodles. I prefer using the rice. And if you're going to use noodles, I'd use the Grandma's Frozen noodles before I'd use the wide egg noodles. But any of them will work okay. But I say do yourself a favor and try the rice first time.

Put a bed of rice (or noodles) on a plate, then ladle the gravy and meatballs over it and serve. I hope you'll love this recipe as much as I do.

#### Best Ever Salsa

Ingredients

2 big cans of tomatoes diced

2 small cans green chilies (*Ortega brand works well*)

1 medium onion diced

1 clove garlic

2 tablespoons sugar

2 tablespoons salt

1/2 cup white vinegar

1/2 teaspoon cilantro



Pinch of cumin (*use very little. A little of this goes a long way. Use maybe ½ a pinch*) In a bowl, mix everything up and chop it up until it looks like salsa. Put it in the refrigerator to chill. Once it's chilled, serve it with chips. Or try it on scrambled eggs. Or with tacos and burritos. Or anything else you like with salsa.

## Inventory Control

From Ty



Chicken Enchiladas in Cheese Cream

1 pound cooked chicken, cut into bite size pieces  
1 package corn tortillas (12)  
1 cup onion finely chopped  
1 clove garlic, finely chopped  
7 ounces green chilies, chopped  
1 tablespoon chili powder  
1/2 teaspoon cumin  
1/2 teaspoon salt  
1/4 teaspoon oregano  
1/4 teaspoon pepper  
1/4 cup flour  
1 1/2 cup chicken broth  
1 cup cream (or half and half)  
1/2 pound Monterey jack cheese, shredded  
6 green onions, trimmed and sliced

Jalapeño peppers

Preheat oven to 400° f.

Sauce:

Saute onion with olive oil until soft. Add garlic and saute 1 minute.

Add chilies, chili powder, cumin, salt, oregano and pepper. Cook for 1 minute.

Mix flour with chicken broth and add to above mixture. Add cream and cook over medium heat, stirring frequently until mixture thickens, about 10 minutes.

Remove from heat and add 1 cup of shredded cheese until melted.

Combine 1 cup cheese sauce with cooked chicken. Divide filling equally along center of each tortilla.

Top with green onions. Roll up tortillas and place seam side down in 19X9 inch baking dish.

**Extra Tip:** Soft cook your corn tortillas before adding mixture and rolling. Uncooked tortillas tend to break when trying to roll them. To cook soft shell corn tortillas, fill a small frying pan (try to use one just a little bigger than the tortillas if possible) about half way full with cooking oil. Heat to a medium temperature. Too hot and it will hard shell cook them, too cold and they won't cook. (I use a small piece of lettuce to test the temp. Lettuce should start to fry within a second of hitting the oil.) Put shell in oil and let cook for a few seconds. Using tongs, flip over and cook for a few more seconds. Remove from oil and place on a plate covered with paper towels to remove excess oil.

**Extra EXTRA tip:** Next time you cook taco's, cook some of these soft shell corn tortillas and use them.

What a treat!

Pour remaining cheese sauce evenly over tortillas. Sprinkle with remaining cheese.

Optional: You may also add some sliced olives and some green onions over the top. Bake for 20 or until bubbly.

## **WAREHOUSE**

[Order Pullers](#)

**From Matt:**



## Coconut Curry Shrimp

2 tablespoons olive oil  
1 pound shrimp (you can also use chicken)  
3 medium cloves of garlic  
1 tablespoon of sweet basil  
1 small can of coconut milk  
fresh basil, chopped  
curry paste  
salt and pepper

In a pan, add olive oil, shrimp and heat. Add garlic, sweet basil, salt and pepper (add salt and pepper to taste) to the shrimp. Let simmer.

In a bowl, mix coconut milk, fresh basil and curry paste. For basil, start with smaller amounts and add to it until you have the desired amount. Tastes will vary with each person, so the amount you use is up to you. Now add the curry paste. Again, start with a small amount and add to it until you reach the flavor and heat that is comfortable for you.

Pour the contents of the bowl into the pan with the shrimp and let simmer.

From Travis



Tuna Casserole

1 lb egg noodles  
1 can tuna  
2 cans cream of mushroom soup ½ cup milk  
salt  
pepper

Cook egg noodles according to directions on package.

Mix together tuna, mushroom soup and milk. Pour over cooked noodles and mix. Add salt and pepper to taste.

[Warehouse Manager](#)

From Chris H.



Crab Cakes

- 1 pound crab meat
- 2 teaspoons butter or margarine
- 1 tablespoon green pepper, minced
- 2 slices bread, crumbled
- 1 teaspoon dry mustard
- 2 tablespoons parsley, minced
- 1/8 teaspoon black pepper
- 1 teaspoon Worcestershire sauce
- 1 teaspoon salt
- 1 egg beaten

Mix all ingredients together well and shape into patties. Fry in small amount of shortening or oil in a hot skillet.

## Accounting Department

From Connie



### Super Easy Roast Beef BBQ

1 3-5 lb Rump Roast (or other type of roast)

1 large bottle of Ketchup

1 cup of Coca Cola

1 package onion soup mix

Put roast in Crockpot.

Mix together ketchup, coke and soup mix. Pour into Crockpot. Let cook all day (up to about 10 hours).

Shred any beef that hasn't shredded on it's own. Serve on buns or rolls.

From Ginnie



Salad Salsa

2 cans black beans, drain and rinse  
1 can black beans with flavor  
1 can corn drained  
1 purple onion, diced  
1/4 cup cilantro, chopped  
1 teaspoon olive oil  
red wine vinegar  
Salt and Pepper  
Lime juice

Mix all together in a large bowl. Add red wine vinegar, salt, pepper and lime juice to taste. Can be used as a salad or a salsa.

### Wraps

1 flour tortilla  
1 tomato sliced  
3-4 fresh basil leaves  
2-3 slices pepperjack cheese

Layer tomatoes, basil leaves and cheese on tortilla and wrap. Roll wrap in damp paper towel and put in microwave for 1 minute.

### Pineapple Cake

2 cups sugar  
2 cups flour 2 teaspoons baking soda  
2 eggs beaten

1 can crushed pineapple

1 cup pecans

1 teaspoon vanilla

Preheat oven to 350° f.

In a bowl, mix together. Put batter in a 9X13 greased and floured pan.

Bake for 40-45 minutes.

Remove and let cool. Top with Cream Cheese Frosting

### Cream Cheese Frosting

1 8 oz package cream cheese

1 3/4 cups powdered sugar

1 teaspoon vanilla

1 stick margarine

Mix together and blend until smooth.

### Crooked Neck Squash, Zucchini and Tomato Dish

4 yellow crooked neck squash (sliced 1/4 inch thick)

4 zucchini (sliced 1/4 inch thick)

4 medium tomatoes (sliced 1/4 inch thick)

2 green onions, chopped

4 teaspoons olive oil

2 teaspoons wine vinegar

1 teaspoon Dijon style mustard

1/2 teaspoon salt

1/4 teaspoon fresh ground black pepper

Preheat oven to 400° f.

Lightly oil baking dish. Alternate yellow squash, tomatoes and zucchini (all about the same diameter).

Sprinkle with green onions.

Combine oil, vinegar, mustard, salt and pepper. Drizzle over vegetables.

Bake for 25 minutes.

After backing, let cool 10-15 minutes before serving. You may also add fresh Parmesan cheese after taking out of oven.

Recipe may be halved.

### Egg Breakfast Dish

7 eggs

12 slices of bread

1 pound of sausage

1/2 cup of butter

3 cups of mild cheddar cheese

1/2 teaspoon onion salt

salt and pepper to taste

3 cups of milk

Brown sausage. When sausage is done, mix butter and cheese together with the sausage.

Cube bread and put in the bottom of a 11X13 baking dish. Mix in sausage mixture with the bread.

Mix eggs, milk and seasonings. Add over the top of the bread and sausage mixture. Refrigerate overnight.

Bake at 350° f for one hour or until done.

### Chili Rellanos

1 large can of WHOLE green chilies



1 brick of Monterey jack cheese

1 brick of Cheddar cheese

3 eggs 1/4 cup flour

3/4 cup milk

Preheat oven to 350° f.

Cut Monterey jack into strips and stuff into each chili. Place in baking dish sprayed with non stick cooking spray.

Shred cheddar cheese and spread over the top.

Mix egg, milk and flour together. Sprinkle over the top.

Bake for 20 minutes or until cheese is melted to your taste.

**Accounts Receivable**

**From Sherry**



**Chicken Fettuccine with Creamy Tomato and**

**Mushroom sauce**

Pam Olive Oil no-stick cooking spray

1 package boneless, skinless chicken breasts (about 1 ¼ pounds)

1 can (26 ½ oz) Hunts with mushrooms spaghetti sauce

1 can (14 ½ oz) Hunts diced tomatoes with mushrooms or Hunts Diced tomatoes in juice

1 package (9 oz) refrigerated fettuccine pasta

¼ cup heavy cream

2 tablespoons grated Parmesan cheese

Spray large skillet with cooking spray. Cook chicken breasts until browned on both sides and no longer

pink, about 8 to 10 minutes. Remove from skillet and keep warm.

Stir together spaghetti sauce and tomatoes in skillet. Add pasta. Bring to a boil. Reduce heat and simmer over low heat for 10 minutes or until pasta is tender.

Add cream and stir until blended. To serve, position pasta onto individual serving plates. Slice each chicken breast into strips and place on top of the pasta. Sprinkle with Parmesan cheese.

### Old World Manicotti

12 large manicotti shells

4 cups mozzarella cheese

2 cups ricotta cheese

6 tablespoons chopped fresh basil or 2 tablespoons dried basil

1 26 ounce jar of prepared spaghetti sauce

½ cup Parmesan or Romano cheese

Preheat oven to 350° F. Spray 13 x 9 inch baking dish with nonstick cooking spray.

Cook pasta according to directions. Drain and rinse with cool water. Let pasta dry on paper towel.

For filling, in a medium bowl, stir together 3 cups mozzarella with the ricotta and basil. Using a teaspoon, carefully stuff pasta shells with prepared cheese mixture.

Spoon 2 cups of spaghetti sauce into the prepared baking dish. Arrange stuffed pasta over sauce. Pour remaining spaghetti sauce over top of pasta. Sprinkle with the remaining mozzarella.

Bake manicotti for 15 minutes. Sprinkle with the Parmesan or Romano cheese. Bake for 10 minutes longer. Serve immediately.

### Baked Chicken Lasagna Rolls

2 cups ricotta cheese

1 1/4 cups Mozzarella cheese, shredded

1/4 cup Parmesan cheese

1 egg

1 teaspoon garlic powder

1/4 cup chopped fresh parsley

1/2 teaspoon salt

1/2 teaspoon black pepper

2 cups shredded baked chicken breasts

8 cooked lasagna noodles

1 1/2 cups tomato sauce

Preheat oven to 375° f.

Mix ricotta cheese, 1 cup mozzarella cheese (save 1/4 cup for baking), Parmesan cheese, egg, garlic powder, parsley, salt and pepper together.

Lay a large piece of plastic wrap on the counter top. Lay noodles flat atop plastic wrap. Top each noodle with a layer of the mixture you made and 1/4 cup of chicken.

Starting at one end, roll the noodles one at a time.

Fill the bottom of a baking dish with 1/2 cup of tomato sauce.

Lay rolls seam side down into baking dish. Cover with remaining tomato sauce and sprinkle with the 1/4 mozzarella cheese you saved.

Bake at 375° f for 20 minutes.

### Baked Ziti Casserole

1 pound lean ground beef

1 can (26 oz) Hunts Four Cheese Spaghetti Sauce

1 can (6 oz) Tomato Paste

No Stick cooking spray

8 oz dry ziti pasta, cooked to package directions

1 cup shredded mozzarella cheese

Preheat oven to 350° f. Brown ground beef in large skillet and drain fat. Stir in spaghetti sauce and paste. Blend well.

Spray an 8X8 baking dish with the cooking spray. Spoon 1/2 cup meat sauce into the bottom of the dish. Top with half the pasta, half the remaining sauce and 1/2 of cheese. Repeat layers starting with pasta and ending with cheese.

Bake uncovered for 10 minutes or until cheese is melted.

### Chile Chicken Enchiladas

2 cups diced cooked chicken

6 oz (1 1/2 cups) shredded Monterey Jack cheese

Optional: 1/2 cup sliced roasted red bell peppers from jar (or roast your own)

1 4.5 oz can Old El Paso chopped green chilies

1 cup sour cream

1 10 oz can enchilada sauce

8 8-inch flour tortillas

6 oz (1 1/2 cups) shredded cheddar cheese

Preheat oven to 350° F. Spray a 13X9 inch baking dish with non-stick cooking spray.

In a medium bowl, combine chicken, cheese, red peppers, chilies and sour cream. Mix well.

Spread about 2 teaspoons of enchilada sauce on each tortilla. Top each with 1/2 cup chicken mixture. Roll up tortillas and arrange, seam side down, in the baking dish. Top enchiladas with any remaining enchilada sauce.

Sprinkle with cheddar cheese. Spray sheet of foil with cooking spray and cover baking dish, sprayed side down.

Bake at 350 f for 45 to 60 minutes or until thoroughly heated.

If desired, serve topped with lettuce, tomato, avocado and additional sour cream

From Valerie



## Stuffed Bell Peppers

### Ingredients:

#### RECIPE INGREDIENTS:

- 6 large red or green peppers, rinsed
- 1 pound lean ground beef
- 1 medium onion, finely chopped
- 1 or 2 cloves garlic, minced
- 1/2 cup long-grain white rice
- 1 1/4 cups chicken or beef broth
- 3/4 cup diced tomato (fresh or canned)
- 1 teaspoon paprika
- 1 teaspoon Worcestershire sauce
- 1 teaspoon dried basil
- 1/2 teaspoon salt
- Pepper, to taste
- 1/3 cup grated Parmesan, plus a little extra for garnish
- 1 large egg, lightly beaten
- 3 cups of your favorite tomato sauce

Slice the top 1/4 inch off each pepper. Finely chop the flesh on the stem end; set it aside. Remove the seeds and white pith from inside the peppers. (If the peppers won't stand up straight, take a small slice off the bottom with a paring knife to make a flat surface.)

Put a steamer basket (or a colander) inside a large pot and add an inch or so of water. Place the peppers in the basket. Bring the water to a boil and tightly cover the pot. Steam the peppers for 8 minutes. Remove the peppers with tongs and set them on a wire rack to cool. Combine the reserved chopped

pepper, ground beef, onion, and garlic in a large skillet. Brown the meat over medium heat for 5 to 6 minutes, breaking it up with a wooden spoon.

Drain any visible fat from the pan, then return it to the heat. Add the rice, broth, tomato, paprika, Worcestershire sauce, basil, salt, and pepper. Bring the mixture to a boil, then reduce the heat and simmer it, tightly covered, for 18 to 20 minutes, or until the liquid is absorbed. Remove the pan from the heat and let it stand for 15 to 20 minutes. Stir in the egg and the 1/3 cup of Parmesan.

Heat the oven to 375° F. Lightly oil a large baking dish or casserole and pour in 2 1/2 cups of tomato sauce. Using a large spoon, scoop about 3/4 cup of filling into each pepper. Set the stuffed peppers into the prepared pan, so they are evenly spaced and surrounded by sauce. Spread a spoonful of the remaining sauce over the top of each, to keep the filling moist, and cover the pan with aluminum foil.

Bake the peppers until they're heated through, about 35 minutes. Remove the foil and sprinkle the tops with Parmesan. Serve the peppers hot, in pools of tomato sauce. Makes 6 servings.

## Accounts Payable

From Peggy



Egg Casserole

15 slices of bread (remove crust)

½ pound sharp cheddar cheese (or an 8 oz package of grated version)

6 eggs

1 pint milk

1 teaspoon salt

½ cup unsalted butter (melted)

Cut bread into ½ inch cubes and divide into three parts. Grate cheese into 3 parts or use prepackaged grated cheese regarding same. Beat eggs. Add salt and milk to eggs. Place a layer of bread cubes in a

greased casserole dish (9 inch). Follow with a layer of cheese and repeat, alternating bread and cheese. Next, pour eggs/milk combination over bread/cheese mixture. Finally, pour melted butter over bread/cheese mixture. Refrigerate over night. Next day, bake at 400 degrees for 45 minutes. (Make sure you bake it in a larger pan of water. Otherwise, you risk burning the bottom.)

From Darla



TEENAGE GOURMET MEAL

#### INGREDIENTS

1 \$10 bill

1 set of car keys

1 set of directions to McDonald's

First get Teenager's attention. (Flashing \$10 bill or car keys should do the trick) Then fold the \$10 into Teenagers left hand.

Drop car keys into Teenagers right hand.

Speak directions to McDonald's into Teenagers right ear (as most things you say go in one ear and out the other, you may want to put your finger into the teenagers left ear in hope the directions will get trapped somewhere in-between).

Turn Teenager towards the door and push.

From Laura



### Pico de Gallo Surprise

1 bag of already shredded cabbage, look for bag to include purple cabbage, Surprise! Add to cabbage:  
2 or 3 jalapenos chopped and seeded, keep some seeds if you desire fire!  
1/2 red onion (med) chopped  
3 or 4 cloves of garlic, chopped  
cilantro 1/4 cup chopped, add more or less to taste  
1/2 lime squeezed  
1/2 lemon squeezed  
1/8 cup rice vinegar  
1 tablespoon spoon of oregano  
salt and pepper to taste  
Mix together  
Add tomatoes chopped and seeded, about 4 or 5 med, gently mix together Serve with chips.....yummy!

### Management

From Rob



## *SpecialTiesBoardMember*

### **Bubble Cinnamon Rolls**

2 loaves frozen bread dough

1/4 stick margarine (sometimes I use more since you have to put some in bottom of pan) 1/2 C. brown sugar

1 tsp. vanilla

1 tsp. cinnamon

1 pkg (3oz.) butterscotch pudding (cook and serve)

Let bread rise. Pat some margarine in squares in 9 X 13 inch pan. Sprinkle with brown sugar. Take 1 loaf of bread and break into small pieces and put in pan. Melt margarine, brown sugar, vanilla and cinnamon in small saucepan. Remove from burner just before the mixture boils, and add the pkg of pudding (do not use instant pudding). Pour 1/2 of mixture slowly over the bread. Follow the same process with the remaining loaf. Pour remaining mixture over the top. Let raise for 1 hour in a warm place. Bake for 30 minutes or until golden brown at 350° F. Remove from pan onto foil.

**From Lorelle**





Ginger Snaps

2 cups sugar  
1-1/2 cups vegetable oil  
2 eggs  
1/2 cup molasses  
4 cups all-purpose flour  
4 teaspoons baking soda  
1 tablespoon ground ginger  
2 teaspoons ground cinnamon  
1 teaspoon salt

In a mixing bowl, combine sugar and oil; mix well.

Add eggs, one at a time, beating well after each addition.

Stir in molasses.

Combine dry ingredients; gradually add to creamed mixture and mix well. Shape into 3/4 inch balls and roll in sugar.

Place 2 inches apart on ungreased baking sheets.

Bake at 350° F for 10-12 minutes or until cookie springs back when touched lightly.

Remove to wire racks to cool.

No need to double recipe as it makes a lot, but they are really good!

From Jannet



### Whole Wheat Banana Nut Bread

1 cup mashed bananas (3 medium bananas)  
1/3 cup oil or melted butter  
1/2 cup honey or brown sugar  
2 eggs beaten  
1 3/4 cups whole wheat flour  
1/2 teaspoon salt  
1 teaspoon baking soda  
1/4 cup hot water  
1/2 cup chopped nuts

**Extra Tip:** when making any kind of banana bread, you don't want to use firm, yellow bananas. You want to use over ripe bananas, the one's that have started to get the black spots on them. The older the better. They are sweeter and will mix much better. Plus you can get them cheaper at the store. Just ask someone in the produce department if they have any.

Preheat oven to 325° f.

Beat oil and honey together. Add eggs and mix well.

Stir in bananas. Add the sifted dry ingredients alternately with hot water and mix until smooth.

Bake in a greased 9X5X3 loaf pan at 325 F for 55 to 60 minutes.

Cool on a wire rack for 1/2 hour before slicing. You may freeze this banana bread.

Extra Tip: If possible, after cooling, keep refrigerated and do not cut for at least 24 hours. You'll find your banana bread has much more flavor.

### Buttermilk Biscuits

2 cups sifted flour  
2 teaspoons baking powder  
1/2 teaspoons salt

1/2 teaspoon baking soda  
1/2 teaspoon cream of tartar  
2 teaspoons sugar  
5 tablespoons butter  
3/4 cups buttermilk

Preheat oven to 350° f. Put in a cast iron fry pan when you start preheating the oven.

Sift dry ingredients together. Cut in butter with a pastry cutter or two knives. Pat and roll to desired thickness. Cut large or small biscuits and put biscuits in cast iron frying pan (make sure the pan has heated up to temp. Cold pan will cause biscuits to cook too long or over cook).

Bake for 20 minutes.

## Human Resources

From Marci



Mexican Egg Brunch Casserole

This is great for showers and brunches.

18 eggs or egg beater equivalent  
1 pound package of turkey Italian sausage  
2 cans of mild diced green chilies  
2 cans Stokes light Green Chile  
8 ounces cheddar or Colby cheese  
Picante Sauce to taste (I used Chunky medium Picante)  
Scramble eggs and cook thoroughly  
Brown sausage, drain and rinse

Mix all ingredients together, salt and pepper to taste if desired. Bake in 9X13 or larger if needed, but in a flatter pan for 30 minutes at 350° F.

Serve with fresh fruit, sour cream or guacamole if desired.

### **Fool Your Kids Manicotti**

This is a great way to get vegetables into your kids !

Ingredients:

A 16 oz package of Manicotti noodles

1 pound turkey Italian sausage out of the casing

1 pkg. chopped spinach

1 large jar of spaghetti sauce of your choice

1 16oz pkg. low fat ricotta cheese or cottage cheese

1 egg

1 16oz pkg. of shredded light mozzarella cheese

Parmesean or Romano cheese of your choice

Spices to taste, oregano, sweet basil, garlic powder, parsley, salt and pepper to taste Cook noodles Al dente - they should be hard, rinse and set aside

Brown turkey sausage breaking up evenly, drain and cool

Rinse Spinach, drain and break up

Mix the following: sausage, spinach, spices, about ½ mozzarella cheese, egg, Ricotta Cheese and a bunch of Parmesan/Romano cheese.

Place a small amount of spaghetti sauce on bottom of pan.

Stuff each shell and place on top of sauce.

Pour remaining sauce over top, sprinkle remaining mozzarella cheese and parmesan. Bake 40-45 minutes covered in oven at 350° F

Serve with salad and garlic bread.

Note: You could use Alfredo Sauces in place of Spaghetti sauce.

### **GRANNIES APPLE KUCHEN**

Ingredients:

1 can sliced apples-drained

1 can blueberry pie filling

1 light cake mix of your choice such as yellow, white, spice ½ cup coconut

½ cut butter or margarine – softened

½ cup sour cream

1 egg or egg white

½ cup sugar mixed with cinnamon

Put cake mix in bottom of 9X13 pan. Using fork, work in butter. Add coconut, mix well with fork, press evenly and up sides.

Bake for 10 minutes at 350° F.

Remove from oven.

Spread apples evenly over top.

Spread blueberry filling on top of apples.

Sprinkle cake with cinnamon/sugar mixture.

Mix sour cream and egg. Drop by spoonfuls on top of cake.

Bake 25-27 minutes. Do not over bake as the crust will become hard.

Serve warm with vanilla ice cream.

**From Colleen**



Monkey Clumps

Ingredients:

Butterscotch Chips - 6 bags

Semi-sweet Chocolate Chips - 3 bags A big jar of peanuts

A little jar of cashews

A big bag of Chinese noodles

Melt both kinds of chips in a big pot over very low heat.

Stir a lot so they don't burn.

When it's all melted together, throw in the peanuts and cashews.

Stir until they're all covered up with the chocolate.

Now stir in the noodles until they are all covered up.  
Spread out aluminum foil on the counter.  
With a spoon, scoop up the mixture and plop it on the tin foil the size you want the cookie to be. Go have a drink for a little while.  
Come back and peel them off of the foil and put them in a zip lock bag and into the frig or freezer.  
Now, have another drink and go to bed.  
The End

## IT Department

From Carrie



Veggie Pizza (appetizer)

2 tubes of croissant rolls  
1 pkg. cream cheese  
4-6 table spoons sour cream  
1 pkg. dry ranch dip mix Carrots- grated or chopped small Broccoli florets- chopped small  
Cauliflower florets -chopped small ½ a small onion -chopped small (optional) Cooking spray  
Lightly spray a cookie sheet (with sides) with cooking spray. Unroll croissant dough and lay in cookie sheet, sealing perforations. Use your fingers to spread the dough evenly. Create a small crust around the edge by letting the dough go up the small sides of the cookie sheet. Bake according to directions on the package. Remove from oven and let cool. Mix together cream cheese, Sour cream (to make cream cheese easier to spread), and ranch dip mix. When dough is cool, spread cream cheese mixture evenly. Cover with small chopped pieces of Onion (if desired), carrot, broccoli and cauliflower. cut into pieces and chill until ready to serve.  
Tip: Put large dollops of the cream cheese mix all over dough before spreading. If you try to spread cream cheese mixture too far it will start to pull up the top layer of dough. Also you can try different veggies to mix it up.

## Lemony Crusted chicken

2-3 chicken breasts

2 egg whites

2 teaspoons corn starch

Juice of ½ a lemon

2 cups dry bread crumbs

½ cup fresh chopped parsley (of dry parsley flakes) Zest of 1 whole lemon (minced)

½ teaspoon salt

¼ teaspoon black pepper

3 Tablespoons olive oil (or more if needed)

Trim the chicken and cut breast in half lengthwise. Place chicken in a plastic zipper bag with a very small amount of water (to prevent sticking). Pound each piece to an even thickness. In one bowl combine egg whites, lemon juice and corn starch. Whisk before using as corn starch will settle. In a second bowl Combine bread crumbs, parsley, lemon zest, salt and pepper. Dip the chicken in egg mixture, coating both sides, then press into bread crumb mixture patting to make sure both sides are covered well. Set aside and allow chicken to rest 20-30 min. Heat a large frying pan and oil. Fry chicken approx 3 min. on each side or until golden. Place chicken (in same pan if possible) in preheated 450° f oven for 8-10 min until cooked through. Place on paper towel before serving to eliminate extra oil.

Tip: Zest the lemon first then cut to juice.

## Spritz cookies (the Murphy Family x-mas cookie)

3 sticks of butter and 1 stick of margarine- softened (or all butter)

1 ½ c. sugar

3 egg yolks

½ tsp. vanilla

dash salt

4 ½ c. flour

brown paper grocery bag- cut open and laid on table for cooling cookies.

Preheat oven to 400 degrees F Cream together butter, margarine and sugar. Cream in egg yolks one at a time. Add vanilla and salt. Once thoroughly mixed add in flour in small amounts.

Dough should be soft but not sticky and not crumbly. If dough is sticky add small amounts of flour until it becomes soft but no longer sticky when pinched. If dough is crumbly add butter in small amounts to correct this.

Place cookies on ungreased baking sheets. My family uses a cookie press to create our spritz cookies but this recipe can also be used for drop cookies.

Bake at 400 degrees for 7-8 min- should be lightly golden. Leave on cookie sheet for 1-3 min then remove and place on brown paper bags.

Decorate! My family uses melted semi-sweet chocolate chips and sprinkles or powder sugar and milk mixed as frosting with sprinkles or colored sugar.

Tips: This dough is best if not over handled. If dough gets too warm it will feel sticky, you can cover and place in the fridge or outside in winter to cool before forming cookies. Adding food coloring to dough is best done before adding the flour.

## Holly

6 c. corn flakes

½ c. margarine

1 pkg marshmallows (mini marshmallows melt best)

1 tsp. green food coloring

red hots

cooking spray

wax paper

Lay out wax paper and lightly spray with cooking spray.

In a med- lg sauce pan melt margarine over med-high heat. Once melted add food coloring and marshmallows. Stir until melted. add corn flakes and stir until evenly coated.

Using spoons sprayed with cooking spray place cookie sized clusters on wax paper. place a few red hots (2-3) on clusters while warm. You will need to work fairly quickly so that mixture does not cool and set before red hots are added. Allow to cool.

Store in an air tight container. use wax paper lightly sprayed between layers in stacking. Note-These are just like making rice crispy treats with a holiday touch!

## Marketing

From Lisa



Better Than Your Moms Rice



## Crispie Treats

1 lb butter

1/2 cup brown sugar

1 cup sugar

16 oz bag mini marshmallows

16 cups rice crispies

In a large pan, melt butter over medium heat. Add brown sugar and sugar. Heat and stir until dissolved.

Add marshmallows. Heat until completely melted.

Remove from heat and mix in rice crispies.

when rice crispies are completely coated, spoon onto a sheet pan. Spread and press evenly.

let cool, cut into squares and enjoy.

From Ryan L.



Chocolate Chip Cookies

1 cup sugar

1 cup brown sugar

1 cup butter or margarine, softened

2 eggs

1 1/2 teaspoons vanilla

1 teaspoon baking soda

1 teaspoon salt

2 cups all purpose flour

12 ounces semi-sweet chocolate chips

Preheat oven to 375° F.

Place sugars, butter, eggs and vanilla in mixing bowl. Beat on low speed with beater for about 30

seconds. Scrape bowl. Beat on high speed for about another 30 seconds.

Gradually add baking soda, salt and flour while continuing to beat until well mixed.

Add chocolate chips and mix for about 15 seconds.

Drop rounded teaspoons of batter on a greased baking sheet, about 2 inches apart. Bake for 10 to 12 minutes. Remove from baking sheet immediately and cool on wire rack.

### Warm Cheese Dip

8 oz of cream cheese

1 1/2 cup sour cream

2 cups grated cheddar cheese

2-3 green onions chopped

4 oz can of green chilies chopped

1 small jar dried beef, cut up

Mix ingredients and put into a hollowed out sourdough bread round. Replace the bread "lid". Cover in foil. Bake at 325° f for 2 hours. Serve with fritos.

From Carol



Pork Chops Supreme

6 lean pork chops

6 thin slices lemon

¼ to ½ cup brown sugar

1/2 cup tomato ketchup

Preheat oven to 350° f.

Place pork chops in baking. Place lemon slice on each chop. Sprinkle with brown sugar. Add ketchup.

Cover and bake until done (1 hour to 1 ½ hour). Uncover for the last 15 minutes.

### Schram Torte

2 egg whites

½ teaspoon cream of tartar ¼ teaspoon salt

1 cup sugar

1 teaspoon vanilla

1 teaspoon vinegar

Preheat oven to 250° f.

Add salt to the egg whites. Beat until frothy. Add cream of tartar and continue beating until whites are stiff. Add sugar a little at a time. Add vinegar and then vanilla. Pour into buttered Pyrex dish. Bake for 1 hour.

### Cranberry Orange Bread

2 cups flour

1 cup sugar

2 tablespoons shortening

1 ½ teaspoons baking powder

½ teaspoon baking soda

½ teaspoon salt

1 egg beaten

grated rind and juice from 1 orange and water to make ¾ cups

1 cup raw cranberries, each one cut in half

Preheat oven to 350° f.

Grease loaf pan. Measure flour and blend with dry ingredients. Mix in shortening , orange juice and egg. Fold in cranberries.

Pour into pan and bake for 1 hour. Let stand for 10 minutes before removing from loaf pan. Cool before slicing.

### Applesauce Cake

2 ¼ cups flour

1 teaspoon salt

1 teaspoon baking soda

1 teaspoon cinnamon ¾ cups raisins

½ cup butter

1 cup molasses

1 egg

1 cup applesauce

Preheat oven to 350° f.

Combine dry ingredients. Cut in butter. Add molasses, egg and apple sauce. Beat well. Stir in raisins.

Bake in a greased and floured 8 inch square pan for 40 to 50 minutes. Turn out on cake rake.

Glaze

1 ½ table spoon lemon juice ¾ cup confectioners sugar

Mix together and drizzle over cake.

### From Marty

#### Italy Chili

1.25 lbs Italian sausage

1 15 oz can black beans (drained)

1 15 oz can red (kidney) beans (drained)

1 15 oz can tomato sauce

1 15 oz can diced tomatoes  
1 4 oz can diced green chilies  
1 4 oz can diced jalapeños  
1 onion diced  
1/4 cup chili powder  
4 cups water

Brown sausage in a skillet, drain & add to stock pot.

Add all canned ingredients, onion, chili powder & water to stock pot. Bring to boil.

Reduce heat, simmer for 2 hours or to desired consistency. Enjoy

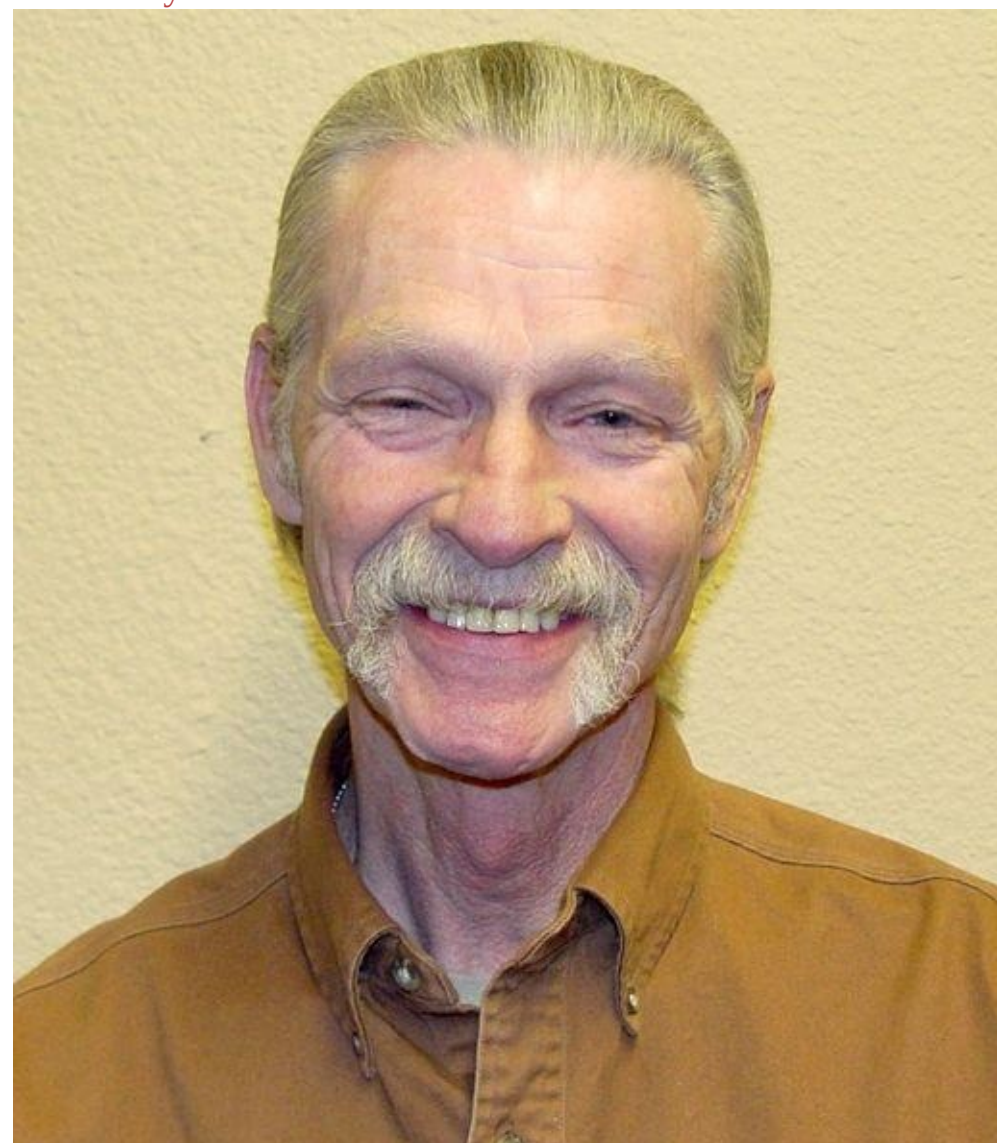
**Mike Moody's Losers Lunch (Courtesy of Marty)**

1 hunk of Bologna  
2 big hunks of bread  
1 hunk of Velveeta Cheese

Take a hunk of Bologna and Velveeta Cheese and stuff it between 2 hunks of bread. Eat Cold.

Serve with Soup Du Jour (Lipton Cup of Soup or Top Ramen)

**From Jerry**



**The Best Chili Ever**

(This could be HOT but maybe not, up to you)

2 lbs. chili meat (lean)  
2 tablespoons olive oil  
1 large onion (chopped)  
2 tablespoons Louisiana hot sauce (more)

1 Can red kidney beans (If you desire, they are good though)  
1 lb turkey sausage/pork sausage (your choice, your taste)  
3 or more large jalapeño peppers  
5 cloves of garlic (minced)  
1 can tomato sauce (8oz) plus 2 cans of water or one beer  
1/4 cup chili powder (or more up to you)  
1 tablespoon ground cumin (or more)  
1 tsp salt (I do not use salt to cook with, I leave that up to the recipeante)  
1 tsp oregano (or more)  
1 tsp cayenne pepper (more, more, more)  
1 tsp paprika (or more)  
1 tsp dried parsley (or more)

3 Cans of your favorite beer (1 for the chili 2 for you while you make the chili)

In large pot brown meat on all sides until no more red is seen. Meanwhile, in a skillet with a small amount of oil, char the jalapeño peppers until the skins are completely black (Turn frequently to avoid burning). Remove the peppers cut the stems off and chop ever so finely. Add to the browned meat. Saute the onion and garlic until the onion becomes clear and then add to meat and pepper mixture. Add tomato sauce, water, and hot sauce. A little more beer may not hurt at this point if you are willing to give it up. Stir until well mixed. Add all dried spices, mix well and let simmer until the meat is tender (about 2 hours) Add beans (If you desire) let simmer for another half an hour.

Serve with grated cheddar cheese and onion.

Believe me if you add more of the spices you will have an awesome experience with flavor. I did and, I did it by mistake (added more than the recipe called for) Excellent!!

## **Purchasing**

From Tina



## GREEN CHILE STUFFING

Green Chile Stuffing – this is one of those recipes that doesn't really use quantities – depends on the size of the turkey & how much you want left over!

1 bag Corn Bread Stuffing

1 White Onion – Diced

4 Stalks Celery – Diced

1 pint of your favorite Green Chile (we use Monterrey House in Arvada, CO) Sage

Any other herb/spices that you like! (Cumin, Oregano, Parsley, Basil, etc)

Salt (depending on the Green Chile you may not need much)

Pepper to taste

Jalapeno or Habanero if you like it REALLY hot!

Chop the Green Chile if it has large pieces of pork (meat) or vegetables

Mix the stuffing just like you normally would. Stuff Turkey

ENJOY!

From Holly



### *SpecialTiesBoardMember*

#### **WONDERFULLY HOT HABANERO SALSA**

- 1 each Tomato
- 2 each White Onions
- 3 Cloves Garlic
- 1 Red Bell Pepper
- 3 each Fresh Habanero Peppers (USE GLOVES WHEN HANDLING HABANERO PEPPER)
- 1 each Fresh Tabasco Peppers (these can be hard to find. Dried is fine to use. Use other peppers if no Tabasco peppers are available such as Jalapeno or Serrano)
- 1 Tablespoon Chopped Parsley
- 1/3 Cup Water
- 1 Tablespoon Lemon Juice
- 2 Teaspoons Canola Oil
- 1/2 Teaspoon Salt
- 1/2 Teaspoon Thyme
- 1/4 Teaspoon Oregano

Cut tomato, onion, garlic and red bell pepper into chunks. Wearing rubber gloves, remove & discard the stems of the habaneros & other peppers and cut them in half. Put all the above and the chopped parsley

into food processor. Add water and lemon juice and chop briefly at medium speed. Add oil to a stainless steel skillet and pour mixture in. Add salt, thyme and oregano and stir. Bring to a low boil for 4 to 5 minutes, stirring frequently. Cool and store in a covered jar in the refrigerator. For a milder salsa use one habanero and omit the other pepper. For a thicker salsa, pour off excess juice before storing.

### **SOUFFLE GLACE**

9 Egg Yolks

½ Lb. Sugar

1 Qt Whipping Cream

6 Oz. Liquor or Fruit Puree

Add a small amount of water to the sugar in a covered sauce pan. Bring to a soft boil or 238 degrees. Meanwhile, beat the egg yolks until light yellow. Add the sugar to the yolks and beat on medium speed until cool. As the yolk mixture cools, whip the cream until it forms stiff peaks. Add the liquor or fruit puree to yolk mixture and fold into whipped cream. Pour into stemmed glasses and freeze for 3 to 4 hours or until needed. Makes 20 servings

Suggested Liquors

Grand Marnier (lots of fun to say – Grand Marnier Souffle Glace) Grasshopper – Cream de Menthe

Dreamsickle – Orange Liquor

### **FAMOUS BOULDER BANANA BREAD**

This is a “restaurant size” recipe but works well when recipe is decreased.

MIX WELL in Hobart style mixer

30 Ripe Bananas

5 Cups Canola Oil

20 Eggs

2 Cups Sour Cream

½ Cup Vanilla

1 Orange (finely chopped in processor)

8 cups Sugar

6 Tablespoons Soda

4 Tablespoons Salt

2 Cups coarsely chopped Walnuts

1 ½ Cups Currants, Raisins or Chopped Dates ADD last and DO NOT over-mix!

20 Cups White Flour

Grease 22 small bread pans with melted margarine and fill about 2/3 full Bake at 350° F for about 1 hour or until brown & toothpick comes out clean.

**From Brent D**





Brent & Jen's Steak and Guinness Pie

*(crock pot recipe) Inspired by the Mason's Arms Pub in York, England*

### **Stew**

1/2 tsp salt

1/2 tsp pepper

1/2 cup flour seasoned with salt & pepper

1 1/2 lb stew meat

1 medium white onion chopped

1 large carrot chopped

1 large potato chopped in (roughly) 1" cubes

5-6 cloves garlic roughly chopped

thyme – large pinch

beef broth

1 can Guinness Stout

Gravy Master Browning Sauce (optional)

1/2 – 3/4 cup potato flakes

Dredge meat in seasoned flour and brown in pan

Add to crock pot: meat and all dry ingredients EXCEPT potato flakes.

Pour in can of Guinness and add beef broth until meat is covered.

Cook in crock pot on high for 3 hours adding more beef broth if needed.

Turn to low and add 2 tsp Gravy Master Browning Sauce (optional), add salt and pepper to taste.

Continue cooking for 1-2 hours or until meat is tender.  
Finish by slowly adding potato flakes to thicken, stirring constantly.  
Serve hot or cook in pie crust (below)

### **Pie**

use your favorite pie crust recipe

In a 9"X9" baking dish - blind bake the bottom crust while stew is in crock pot. Let cool. Add stew to cooked bottom crust. Lay on top crust and continue to bake in 350° F oven 30-40 minutes or until top crust is done.

**Serve with oven fries and mushy peas**

## **Receiving**

From Thom



Fish Tacos with Summer Salsa

- 1 pound halibut or other meaty white fish fillets
- 2 limes, juiced
- 1 (11 ounce) can whole tomatillos, drained
- 4 small zucchini, peeled, seeded and cut into small cubes
- 1/4 cup chopped cilantro leaves and stems
- 2 1/2 teaspoons coarse salt, plus more to taste
- 8 (6 inch) corn tortillas
- 2 tablespoons chili powder
- 1/4 teaspoon cayenne pepper, or to taste
- 1 tablespoon extra-virgin olive oil

1 Hass avocado, peeled and thinly sliced

Preheat the oven to 225° F. Place the fish in a medium bowl and drizzle with half of the lime juice. Cover and refrigerate for 15 minutes.

Using your hands, squeeze the juice and flesh from the tomatillos, 1 at a time, into a medium bowl; discard the skins. Mash the tomatillos with a fork. Add the zucchini, the remaining lime juice, the cilantro and 2 teaspoons of the salt and toss.

Spread the tortillas on 2 baking sheets and warm in the oven for about 10 minutes. In a small bowl, combine the chili powder, cayenne pepper and ½ teaspoon of the salt. Remove the fish from the lime juice, pat dry and cover with the spice rub. Heat the olive oil in a large nonstick skillet over medium heat and cook the fish, about 4 minutes on each side. Break the fish into bite-size pieces and season to taste with salt. Arrange the fish in the tortillas with some of the salsa and avocado slices. Yield: 4 servings

From Dustin



Crab Salad

Crab meat may be either fresh or canned, but, of course, fresh crab meat is more desirable if it can be obtained.

2 c. crab meat

1 c. diced celery

French dressing

Lettuce

Mayonnaise

1 hard-cooked egg

Chill crab meat and add the diced celery. Marinate with French dressing, and allow this mixture to stand for 1/2 hour or so before serving. Keep as cold as possible. Drain off the French dressing and heap the salad mixture on garnished salad plates or in a salad bowl garnished with lettuce. Pour mayonnaise

dressing over the top, garnish with slices of hard-cooked egg, and serve.

From Jade



**Chicken Dip**

Sour Cream

8 oz package of Instant Chicken Noodle soup.

Mix together and serve with crackers, chips or veggies.

**Sales**

From Brent N.



## Candied Yams - Great for the Holidays

Canned yams

Fresh squeezed orange juice or frozen

Cinnamon

Marshmallows

Drain the liquid off the canned yams, place them in a pie plate and smash with a fork. Top with two to 4 tablespoons of fresh squeezed orange juice (may also add some orange zest). Sprinkle heavily with cinnamon (may also include nutmeg and/or ground cloves). Heat in the oven for 20 minutes at 350° F. Remove and top with marshmallows. Increase oven temp. to 375 degrees Fahrenheit. Return dish to oven for 5 to 10 minutes. Watch carefully and remove when lightly browned. Enjoy!

From Lenny



Dessert Pretzel Sticks With White and

Dark Chocolate

heat the chocolate

break the pretzel sticks into halves

dip pretzel stick to cover 2/3rds of the stick

set on wax paper and sprinkle your favorite topping (sprinkles, crushed almond, crushed pistachio, etc.)

From Cheryl



## Fresh Vegetable Salad

- 1 head fresh brocolli
  - 1 head fresh cauliflower
  - 1 ea yellow, green, red, & orange pepper
  - 1 ea yellow & green zucchini squash
  - 1 bag of peeled carrots
  - 1 can black olives
  - 1 box small red cherry tomatoes
  - 1 bag of sliced pepperoni slices
  - 1 large bottle of Italian Salad dressing
- Cut all vegetables to bite size. and mix. Let sit overnight for maximum flavor

From Scott



Buffalo Omelette (take off on the Denver

## Omelette)

This started out as a way to use leftover's from lunches for the week, typically we would have on Saturday morning. Having grown up in Buffalo, you can't help but develop a taste for Frank's hot sauce, the main ingredient in any legitimate wing sauce.

### Ingredient's

6-9 eggs

½ lb deli sliced ham

Sliced American or Cheddar

Butter

Frank's Hot Sauce

Dice up sliced ham, and in a non-stick sauté pan, heat up the ham, when hot add hot sauce to taste. Toss ham with sauce till fully coated, set aside.

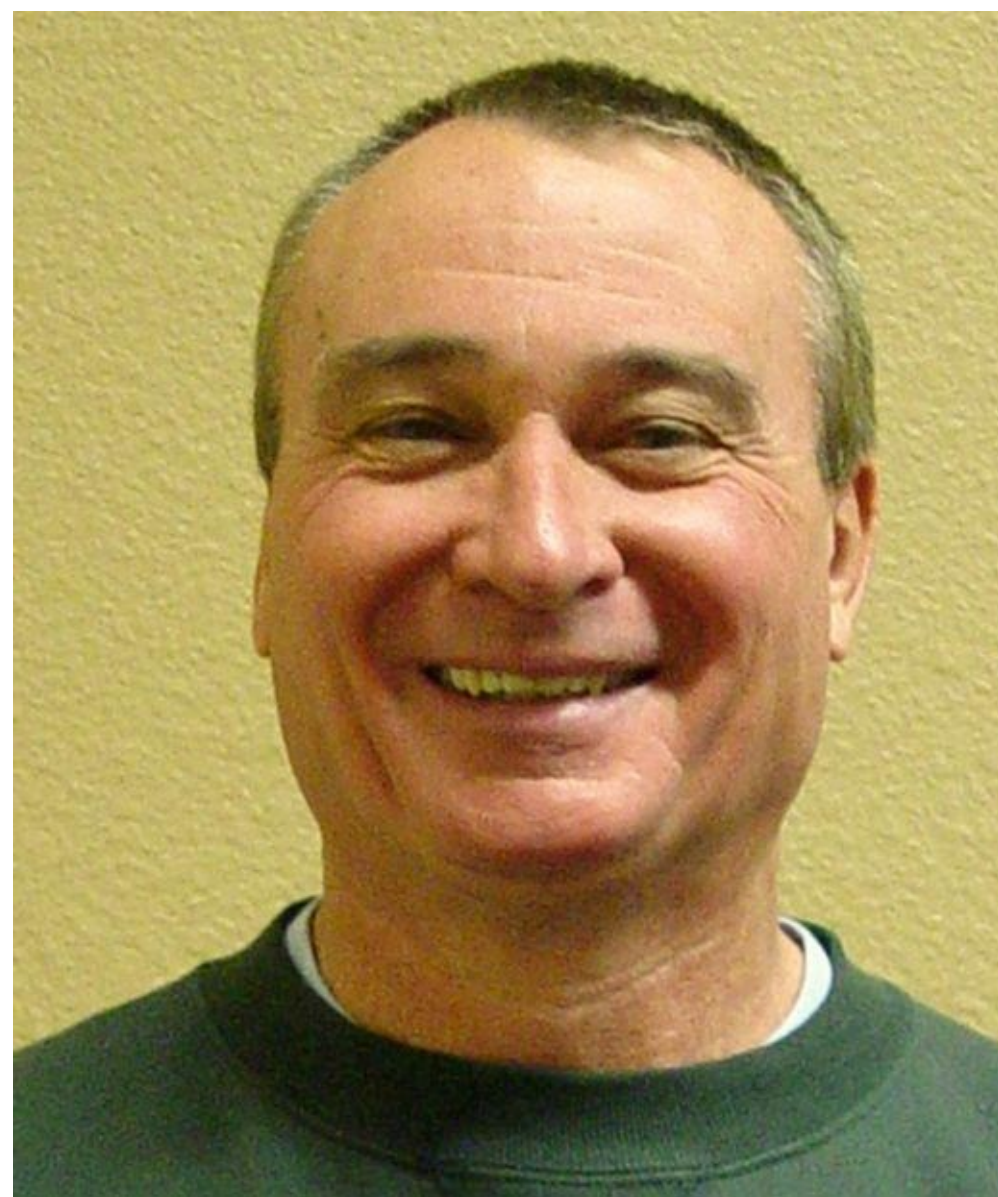
Whip all eggs together, heat your favorite omelette pan, butter generously, and add 1/3 of eggs to pan. When mostly cooked, flip eggs, place 1-1/2 slices of cheese on eggs and 1/3 of ham/hot sauce mixture.

When eggs are fully cooked slide ½ onto plate and use spatula to fold over top of omelette.

Serve with roasted potatoes, hash browns, toast or your favorite breakfast side. Enjoy!! Serves 3

From Bob M.





### Savory Mushroom Chicken

5 Chicken Breasts

2 Tbsp oil

10 oz. sliced Mushrooms

2 cloves Garlic, minced ½ cup Grey Poupon Mustard ½ cup Half and Half or light cream Egg Noodles

Brown chicken in a skillet with the oil for 4 minutes on each side. Add mushrooms and garlic and cook for 5 more minutes. Stir in mustard, half and half and bring to a boil. Reduce heat and simmer for 3 minutes stirring constantly. Serve over the noodles.

### Pineapple Dressing

1 package Pillsbury Biscuits (baked)

1 can crushed Pineapple

1 ½ cups Milk

2/3 cup Honey

½ stick Butter, melted

2 beaten Eggs

Beat the eggs. Add sugar, butter and milk. Beat well. Stir in pineapple and juice. Break biscuits into large chunks and mix well. Let stand until biscuits are soaked. Bake at 350°F for 45-60 minutes. Test as you would a custard with a wooden skewer.

### Green Beans with Toasted Pecans and Blue Cheese

½ Tsp Dijon

2 Tsp Cider Vinegar

- 1 Tbsp minced Shallots
- 1 Tsp minced fresh Tarragon/Italian Parsley
- 2 ½ Tbsp Olive Oil
- 1 Tbsp Vegetable Oil ½ cup Pecan Halves Salt to taste
- ¾ lbs Green Beans (cut) 2 oz. Blue Cheese

Whisk mustard, vinegar, shallots, and tarragon in a small bowl or a 4-cup measuring cup. Whisk in olive oil. Set aside. In a small, deep skillet, heat the vegetable oil on high heat. Add pecans; sauté until brown, stirring frequently. Drain on paper towel and season with salt. Coarsely chop. In a large saucepan bring 6 cups of water to a boil. Add beans, cook until tender (3-6 minutes). Drain and then refresh in a cold water bath. Toss beans in the vinaigrette. Add the cheese and the nuts and toss.

### Salsa Chicken Sauté

- 3 Chicken Breasts cut into strips
- 2 Tbsp oil
- 1 Onion cut into thin strips
- 1 medium Bell Pepper cut into strips
- 1 ½ cup Chi Chi's Mild Salsa
- 2 cloves Garlic (optional)

Sauté Chicken in oil on med-high for 3 minutes. Add onion and pepper for 3-4 minutes until tender and crisp. Reduce heat, add salsa and cook for an additional 2 minutes.

### Maryann's Corn

- 16 oz. can Creamed Corn
- 16 oz. can Kernel Corn
- ½ cup Butter, melted
- 2 Eggs, beaten
- 1 cup Sour Cream
- Salt/Pepper to taste

- 1 package Jiffy Corn Mix

Combine Corn with butter. Reserve ¼ cup of muffin mix. Mix the remaining muffin mix in with the corn mixture. Stir in eggs and sour cream. Pour into an 8x8 baking dish. Top with the ¼ cup muffin mix. Bake at 350<sup>0</sup> F for 35-40 minutes.

### Garden Club Chicken Casserole

- 2 cups cooked Chicken, cubed
- 1 cup chopped celery
- 1 8oz. can water chestnut, sliced
- 1 can Cream of Chicken soup
- 1 ½ cups Hellman's Mayonnaise
- 1 Tbsp instant minced Onion ½ Tsp Salt
- ¼ Tsp Pepper
- ¼ Tsp Ginger
- 3 cups cooked Rice (not instant)

Sauté chopped celery in small amount of butter. Then mix all of the ingredients thoroughly but gently in a 9x13 casserole dish. Make the following topping:

- 1 cup crushed Corn Flakes (or Potato Chip crumbs) ½ cup sliced Almonds
- 2 Tbsp Butter

Melt butter in a pan, add corn flakes and nuts and brown slightly

Sprinkle topping onto the casserole and bake in an oven that has been preheated to 350<sup>0</sup>F for about 45 minutes.

## Chicken Chili

2 Whole Large Chicken Breasts Oil

1 Large Green Pepper, diced

1 Large Onion, diced

1 Garlic Clove, minced

1 Tbsp Chili Powder

½ Tsp ground Cumin

2 cans Beans (Black or Kidney) 1 28oz. can Tomatoes

1 6oz. Tomato Paste

1 4oz. can Chili, drained

1 Tsp Sugar

1/8 Tsp Cayenne Pepper

Dice chicken. Cook in 2 Tbsp oil for 2-3 minutes stirring quickly until it loses pink color. Remove with slotted spoon. Cook pepper, onion and garlic in 1 Tbsp oil until tender. Stir in chili powder and cumin. Cook 1 minute. Add beans (along with the liquid), tomatoes, paste, chilies, sugar, cayenne and 1 cup water. Bring to a boil. Reduce heat to low, simmer uncovered for 30 minutes. Add chicken and heat through.

## Spinach Dip

1 package (10 oz) frozen chopped spinach, thawed

1 1/2 cups sour cream

1 cup mayonnaise

1 package vegetable soup mix

1 cup chestnuts, finely chopped

3 green onions finely chopped

Squeeze spinach until dry.

In a medium bowl, stir together spinach, sour cream, mayo, soup mix chestnuts and green onions. Cover Refrigerate for 2 hours.

If desired, serve with pumpernickel bread or crackers.

From Paul



Paul's Stuffed Chicken

Start with some boneless chicken breast  
Put them one at a time between 2 pieces of plastic wrap  
Using a meat mallet pound them flat to about 3/8 of an inch  
Layer your choice of cheese and vegetables  
I use mozzarella or pepper jack cheese, roasted red bell peppers and half steamed asparagus Layer your stuff on one side of the flat breast and roll from one end to the other  
Take the rolled up stuffed breast and wrap it with uncooked bacon  
Using a good sized fry pan with some oil, fry the outside of the bacon and chicken so it stays together  
Put the partially cooked chicken on a baking sheet and place in the oven at 350° F until cooked fully I serve it with garlic mashed potatoes.

From Tonya



## CARNE ASADA

1 1/2 pounds Top Round Steak Or Boneless Chuck Steak,

-----MARINADE-----

1/4 cup Red Wine Vinegar

2 tablespoons Oil

1 teaspoon Sage Leaves

1 teaspoon Summer Savory

1/2 teaspoon Salt

1/2 teaspoon Dry Mustard

1/2 teaspoon Paprika

-----BASTING SAUCE-----

2 tablespoons Steak Sauce

12 Flour Tortillas -- 5 to 8 Inches In Diameter

2 medium Onions -- Sliced Paper Thin Or Chopped

4 ounces Whole Green Chilies – Cut into Strips

Softened Butter Or Margarine

Salsa

Guacamole

Place steak in plastic bag or non-metal baking dish. In small bowl, combine marinade ingredients. Pour over steak, turning to coat. Seal bag or cover dish; marinate at least

6 hours or overnight in refrigerator, turning once or twice. When ready to barbecue, drain meat, reserving marinade by placing in small saucepan. Add steak sauce to marinade; blend well. Heat on grill.

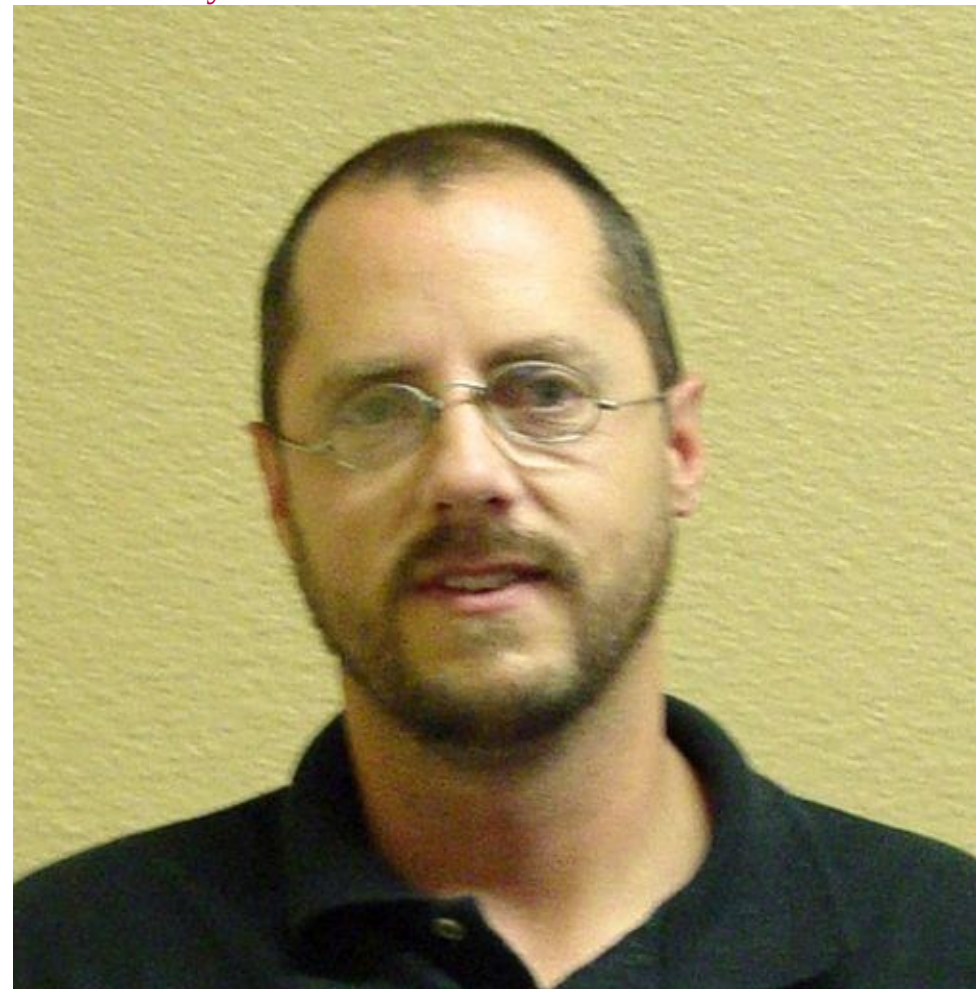
Place steak 4 to 6 inches from medium-hot coals. Cook 30 to 40 minutes, turning once, or until desired doneness, brushing occasionally with marinade.

Meanwhile, heat foil-wrapped tortillas on grill until thoroughly heated and steaming, wrap in cloth napkin or towel to keep warm.

To serve, cut steak across grain into thin slices. Spoon any remaining marinade over slices. Arrange steak, warmed tortillas, onions, chilies, butter, salsa and guacamole on a large platter. Spread butter on tortilla; top with meat and any combination of vegetables or sauce. Roll up to eat.

Note: Be sure to heat basting sauce thoroughly to ensure safety for use as a sauce at the table.

From Rodney



Teriyaki Chicken Thighs

- 1/4 cup low sodium soy sauce
- 2 tablespoons brown sugar
- 2 tablespoons dry sherry
- 2 tablespoons rice vinegar
- 2 cloves garlic, crushed or minced well
- 1 teaspoon finely grated fresh ginger
- 1/4 teaspoon red pepper flakes
- 2 pounds skinless chicken thighs
- 2 teaspoons sesame seeds

Combine the soy sauce, sugar, sherry, vinegar, garlic, ginger and red pepper flakes and stir until the sugar dissolves.

Transfer to a resealable plastic bag and add the chicken. Seal the bag and marinate the chicken in the refrigerator, turning once, for 1 hour. The chicken can be marinated for up to 4 hours. Heat the broiler to high. Arrange the chicken on a broiler pan and broil until brown and crispy, about 8 to 10 minutes. Flip the chicken and broil until almost cooked through, about 8 minutes longer. Sprinkle with sesame seeds and cook until the seeds turn golden brown and the chicken is done, about 1 to 2 minutes longer.

### Santa Fe Soup

2 1/2 pounds ground beef  
1 can whole kernel corn (do not drain)  
1 can white northern beans  
1 can Mexican chili beans  
1 can Rotel tomatoes  
1 can chopped green chilies  
1 package taco seasoning  
1 package instant ranch dressing  
1 chopped onion  
2 1/2 cups water  
1/2 pound Velveeta cheese.

In a large pan, brown the meat. After meat is browned, add all the other ingredients. Simmer until ingredients are melted and hot.

Serve with your favorite tortilla chips.

### Favorite Buttermilk Pancakes

1 cup all purpose flour  
1 cup buttermilk  
1 egg beaten slightly  
2 tablespoons sugar  
2 tablespoons butter, melted  
2 teaspoons baking powder  
1/4 teaspoons salt

Combine all the ingredients in a mixing bowl. Mix until smooth (batter will be thick). Cook in frying pan like you would for any other type of pancake.

From Jay



Jay's 97 cent Lunch Special

1/2 cup kidney beans (undrained)  
1/2 cup pinto beans(undrained)  
1 cup brown rice  
Mix together and cook in microwave until rice is cooked.

From Beth





### Oriental Slaw Mix

- 2 pounds broccoli mix slaw
- 2 packages beef Ramen noodles (remove flavor packets)
- 2 bunches green onions
- 1 cup toasted sliced almonds
- 1 cup sunflower seeds

#### DRESSING

1 cup salad oil ½ cup vinegar ½ cup sugar

Mix slaw mixture and onions.

When ready to serve, crush noodles from soup and add to slaw. Add Almonds and sunflower seeds. Add dressing just before serving.

From Damian



## Honey Prawns

½ cup plain all-purpose flour ½ cup cornflour (cornstarch) plus 2 extra tablespoons

1 egg, lightly beaten

1 tablespoon oyster sauce

½ cup cold beer

vegetable or canola oil for deep frying

12 large raw prawns (or shrimp), peeled and deveined with tails intact ½ cup honey

1 tablespoon toasted sesame seeds

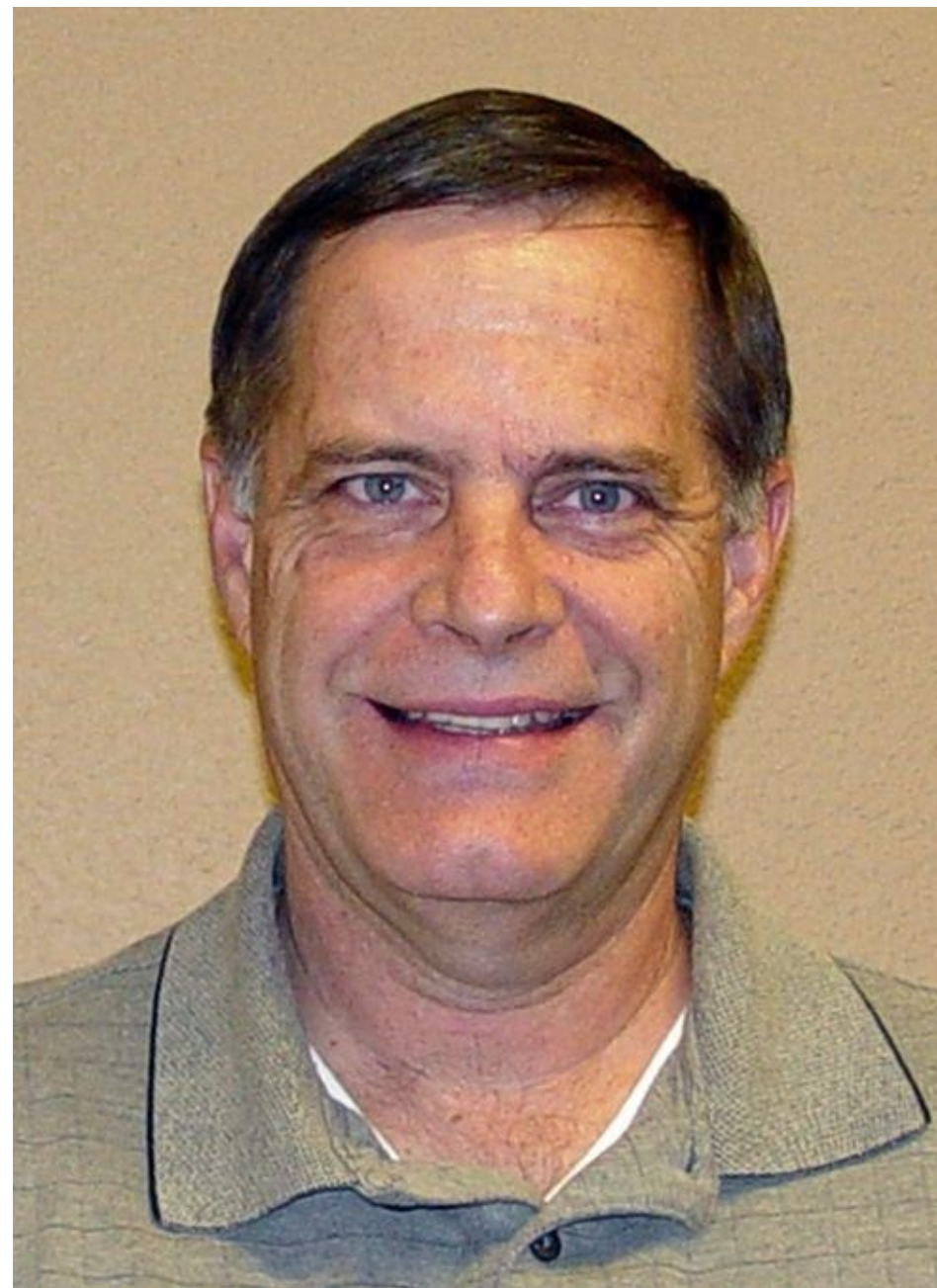
Combine the flour, cornflour and a pinch of salt in a bowl. Make a well in the center and using a fork or chopsticks, beat in the egg, oyster sauce and beer to form a thick batter that has the consistency of thick pouring cream.

Half fill a wok with the oil and heat over medium-high heat. The oil is hot enough when the surface

starts to shimmer. Put the extra cornflour in a bowl. Dip the prawns in the cornflour, shaking off any excess and set aside. Dip half of the prawns in the batter, then carefully lower the prawns into the hot oil using kitchen tongs. Cook for 3-4 minutes, or until the prawns are light golden and crispy, turning them around in the oil to evenly cook. Remove and place on paper towels to drain. Repeat with the remaining prawns.

Put the honey in a small saucepan over medium heat and bring just to the sizzling point. Place the prawns on a serving platter and pour the honey over them. Sprinkle with the sesame seeds and serve immediately.

From Marc



Pizza Soup

1 pound Italian Sausage  
½ onion, diced small  
1 cup sliced mushrooms  
1 small can of diced tomatoes  
1 small can of tomato sauce ¼ cup of sliced black olives ½ teaspoon ground garlic  
4 cups of milk  
½ cup half & half  
2 cups shredded cheddar cheese

For Roux ¼ cup margarine, melted ¼ cup flour

Mix the margarine and the flour together for the Roux. Set aside.

Put all the ingredients (except Roux and cheese) in a large soup pot. Bring to a boil and reduce heat to simmer. Slowly add the Roux, mixing while adding. Let boil and let simmer.

Slowly whisk in the cheese and keep whisking until cheese is melted. Serve.

### Carrot Cake

3 eggs

2 cups sugar

½ cup oil

3 cups grated carrots

1 cup crushed pineapple

1 cup coconut

2 teaspoons vanilla

1 ½ cups flour

1 cup wheat flour

1 teaspoon baking soda

2 teaspoons cinnamon

1 teaspoon salt

½ cup raisins

Preheat oven to 350° f.

Combine eggs, sugar and oil. Add remaining ingredients and mix well. Spray a 10 x 13 with non-stick cooking spray and pour batter into pan. Spread evenly.

Bake for 45 minutes, or until middle springs back when pressed. Cool to room temperature before frosting.

### Carrot Cake Frosting

1/2 cup softened butter

8 ounces cream cheese

2 cups powdered sugar

1 teaspoon vanilla extract toasted coconut as needed

Beat cream cheese until smooth. Scrape bowl. Add butter and mix well. Add sugar and vanilla and mix until smooth.

Spread evenly over the top of the carrot cake. Sprinkle lightly with toasted coconut.

From Launa



### Taco Salad

Fried and seasoned hamburger meat, cooled about a pound. Salad fixins; lettuce, tomatoes, beans, red onion, black olives, shredded cheese (about 8 ounces or a little more) Doritos, almost a regular sized bag, mashed to smaller pieces. Open bag a little and then mash while still in bag. Caesar salad dressing. All of regular sized bottle, depending on size of salad. You will know.

Don't put salad together until it is time to eat it. Bring all the fixins in plastic bags, throw it together and put salad dressing on right before serving.

### Cheese Ball

2 eight ounce packages of cream cheese

Eight ounce bag of Mexican shredded cheese

Small can of chopped jalapeños

One medium sized onion chopped finely

Mix together well and form ball. Then roll ball in chili powder to cover entirely. Chill for a few hours and serve with crackers. Can be any chili powder but I use the bagged stuff you buy at store on Mexican food isle.

From Arturo



## Italian Sausage Soup

- 2 tablespoons olive oil
- 1 pound Italian sausage, casings removed
- 1 1/2 cups chopped onion
- 1 1/2 cups sliced carrots
- 1 stalk celery with leaves, chopped
- 1 tablespoon chopped garlic
- 1 teaspoon dried basil
- 1 teaspoon dried rosemary
- 1/4 teaspoon dried crushed red pepper
- 1/4 teaspoon dried sage
- 1 (14.5 ounce) can canned diced tomatoes
- 5 cups chicken broth
- 1 (16 ounce) can kidney beans, drained
- 1 cup uncooked pasta shells

In a large pot, heat oil over medium-high heat. Cook sausage until evenly browned. Make sure to break into small pieces. Stir in the onions, carrots, celery, garlic, basil, rosemary, red pepper, and sage. Continue cooking 10 minutes, until vegetables are tender. Mix in tomatoes, and cook until heated through. Stir in the broth and beans. Bring to a boil. Reduce heat to low, and simmer 20 minutes.

## Shipping

From Dan



Killer Conqueso

½ pound lean ground beef

½ roll Jimmy Dean hot sausage

1 Package Velveeta (or store brand) cheese, cubed

½ to 1 small package Pepper Jack cheese, cubed

2 cans Rotel (Hot) tomatoes with Habanero

1 good sized clove of fresh garlic, crushed or chopped

1 small can of coarsely chopped black olives (optional)

Brown the sausage first in a skillet. You don't want big chunks, so break it up good. Add ground beef and continue browning with the sausage. Add the garlic. Drain off oil if necessary.

Add the 2 cans of Rotel tomatoes and let the mixture heat up.

Reduce heat and start adding the cheese cubes. Keep stirring to blend everything, being careful not to scorch. When cheese is pretty much melted, turn heat to low.

Add chopped black olives. Heat throughly.

Serve with Tostitos Scoop chips. Enjoy!

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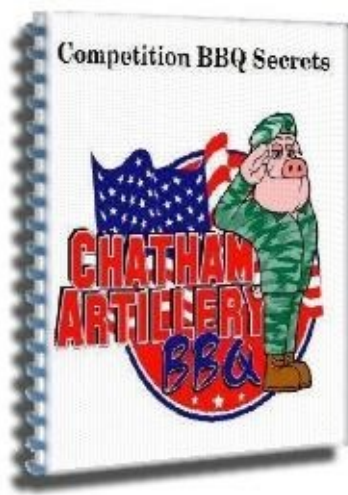


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