

Mia's Mondays





Mia's Mondays

*Monday was homemade soup
day and homemade bread
and often a dessert.*

*This little collection has my soup
recipes and other one-pot meals I
make that some of you like. — Enjoy!*

Love, Mia





*Papa did not like
soups with pasta – I did!*

*Papa also did not like
Chicken Soups – I did!*

*Chicken Noodle or Chicken
and Dumplings are Great!*

Mia's Mondays

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Mia's Vegetable Beef Soup

*This is one of the first soups for my collection of home-made soups. Papa worked for a restaurant that was famous for its vegetable soup. He brought me home this huge cookbook from there one day as they were re-vamping their whole menu so they would be creating a new cookbook. Most of the recipes **made huge quantities. I sure didn't need that, but it was fun to look through it.** Then I came upon the vegetable soup recipe. I often made vegetable soup but it never turned out the same way twice and it was not as good as theirs so I set out to reduce it to an amount for our family and to add some of the things I liked **from mine that they didn't have and the end result is this recipe.** (I never use instant barley in this as it tastes different – I stock up at the bulk food place in the fall on beans, barley, yeast, flours etc. – as much as I can stock up on for my soups through the winter.)*

*Also, I usually buy a big round steak, which is a cheap **steak that can be tough if you don't cook it for awhile, but that is exactly what I am going to do.** I bring it home and, depending on the size, cut it into at least 4 to 6 hunks. I put each hunk into a sandwich baggie and put all of them into a large freezer bag. I **pull out one hunk for each recipe. My soups don't use much meat, just a base for flavor.***



In a dutch oven, put:

Hunk of round steak, cut up (semi-defrost in Microwave and it cuts up real easy on cutting board)

½ T. minced garlic

3-4 lg. T. Watkins Onion Soup or (Watkins Beef Soup Base with a medium chopped onion)

1 t. Watkins Soup and Vegetable Seasoning

6 c. water

Bring to a boil and add:

½ c. Barley, cover pot and reduce heat to simmer until barley is done, about a half hour to 45 minutes.

Add:

3 cans mixed vegetables, do not drain water, put it all in

1 can diced tomatoes, then bring to a boil

Reduce heat and simmer for awhile longer.

Add salt and pepper at table, to taste.



Sometimes I make this in the morning and let it sit all day to re-heat at night as soup is always better after all the flavors mellow together for awhile.

Lentil Stew

*After Papa had a heart attack, I started learning some healthier ways to cook. I ordered some books to help me with that. I found this recipe in one of them and after some adjustments, it has become one of our favorite recipes. I like Hillshire Farms Polish Kielbasa best. When I buy a pound package to add to my Cabbage and Kielbasa dish, I always cut off $\frac{1}{4}$ of the package and stick in a baggie in the freezer so I have it on hand for this recipe. Also, this recipe brings up another trick I have. **Whenever I buy fresh celery, it almost always goes bad as I don't use it all up for one recipe, so, I chop it up, including the leaves, and the heart and store in a gallon freezer bag in the freezer. You can't use this celery for potato salad because it has been frozen, but a couple of handfuls in you soup works great. This trick also works for extra onions.***



4 oz. Smoked polish kielbasa (*cut in half lengthwise, and then cut the halves in half to make 4 quarters, cut the quarters into small pieces*)
1 medium to large onion, chopped
1-2 tsp. Minced garlic
4 large T. Watkins Chicken Base
4 cups water
1 cup lentils, sort and rinse colander with cold water
1 T. Worcestershire sauce
¼ t. dried oregano
¼ t. ground black pepper
1/8 t. ground cumin
1 bay leaf
1 medium or a couple large peeled, sliced or chopped carrots
1-2 stalks celery, chopped
½ package frozen spinach (*cut in half frozen and put other half in baggie in freezer*)
1 can chopped stewed tomatoes and juices (*(I believe the tomatoes affect the cooking of certain things in soups, so I have gotten into the practice of always adding them last, after everything is cooked, then I cook them into the soup)*)

In a Dutch Oven, add the sausage, onions, garlic, soup base, water, lentils, Worcestershire sauce, oregano, pepper, cumin and bay leaf. Bring to a boil, reduce heat and simmer for about 15 minutes. Add the carrots, celery and spinach. Return to a boil, then reduce the heat, cover and simmer about 20 minutes more until the lentils and vegetables are tender. Add the stewed tomatoes and simmer for awhile longer. Remove the bay leaf before serving.

Add salt and pepper at table, to taste.

Yield: 4 servings



Minestrone Soup

Papa says this one is his favorite.

*Hint #1: I like to buy a Jennie-O turkey ham. I get a lot of use out of it. First, I slice the whole thing, including the heel end, and put it all in a microwave covered casserole. It only takes about 7-10 minutes to warm on high. We like sweet potatoes so I open a can of those and a can of green beans or corn and we have a lovely first meal with the turkey ham. You could always use canned white potatoes **if you don't like sweet. I store the ham after the meal in a plastic bag, to get it out of all the water that will cook out of it that first time. I always save the heel and a couple slices near the heel to make this soup or potato soup/with ham. The rest of the ham I use in a variety of ways. You can make sandwiches out of it, fry some with eggs or use in omelets or scrambled eggs, you can also chop it up on salads – so many possibilities.***

Hint #2: You need cabbage for this recipe but only ¼ head or smaller. I usually plan on one of my cabbage meals later on. Cabbage keeps awhile in the refrigerator if you wrap it up good after cutting your wedge out. Or – you can reverse this idea and make the cabbage meal first and save the wedge for this recipe.

Hint #3: Whenever we have spaghetti, I tuck some of the leftover spaghetti without the sauce on it into some individual baggies. You only need about a handful for this recipe. I use my kitchen scissors to cup up into bite-size pieces, just to scatter through the soup. It is not really a noodle soup. The spaghetti is just an accent.

Hint #4: I scoop out ½ can and juice of the dark red kidney beans and the garbanzo beans. I lay the lid on top ½ way down the can. I cover it with a baggie and stick both cans in the freezer. The next time I make this recipe, I pull out the cans to defrost and as soon as they will drop out of the cans, I add them to the soup and let the hot soup defrost them the rest of the way.

Heel and a couple slices of the saved Turkey Ham, chopped
1 medium to large chopped onion
2 stalks fresh celery chopped (or a couple handfuls frozen
chopped celery)
1 t. minced garlic
3 cups water
½ can garbanzo beans
½ can dark red kidney beans
¼ head or a little less, of cabbage shredded or chopped
2-3 peeled and coarsely chopped carrots
2 T. minced Parsley (dried or fresh)
½ t. dried basil
½ t. dried oregano
1 (14-oz.) can chopped, stewed tomatoes with juice
Left over spaghetti chunks
3 t. Liquid Smoke (or to taste)

In a Dutch Oven, add the turkey ham, onions, celery, garlic, water, garbanzo beans, kidney beans, cabbage, carrots parsley, basil, and oregano. Bring to a boil, and then reduce the heat. Cover and simmer for 20 to 30 minutes or until the cabbage and carrots are tender.

Add the chopped stewed tomatoes with juice. Boil/simmer again to mingle flavor.

Add cooked spaghetti chunks and Liquid Smoke last. Boil for a little while stirring flavor to mingle. If you cook too long here, you cook out the liquid smoke flavor.

Add salt and pepper at table, to taste.



Potato Soup

Heel and a couple slices of the saved Turkey Ham, chopped

1 medium to large chopped onion

2 stalks fresh celery chopped (or a couple handfuls frozen chopped celery)

1 t. minced garlic

1 t. Watkins soup and vegetable seasoning

1 large T. Parsley flakes

Peeled, cubed potatoes to fill Dutch Oven between $\frac{1}{2}$ and $\frac{3}{4}$ full

Water to fill Dutch Oven, over the first 7 ingredients, $\frac{3}{4}$ full

For roux base:

6 T. Butter (which we use for Papa) or margarine

3 large T. flour

1 can evaporated milk (shaken well)

In a Dutch Oven, stir well, cover and bring to a boil the first 8 ingredients, stir well again, cover and simmer on medium heat until potatoes are cooked, tender. Put a large colander into a large bowl in the sink. Pour the contents of the Dutch Oven **into this, don't overflow the potatoes into the broth, raise the colander to drain the broth and set colander on a large plate to catch any extra drips.** – Reserve colander and broth –



Put the Dutch Oven back on the burner and melt the butter, add the flour and mix. Then slowly add the milk a little at a time whipping well to make it smooth. When milk is all added, add some of the reserved broth to thin the mixture down some, keep whipping as you turn the mixture up to bring to a boil – be **careful to work quickly so it doesn't burn as it thickens again.** Add some more of the broth, to thin down a little – then add the colander of potatoes and ham etc. and some salt and pepper. This will thicken the broth again. Add the reserved broth as needed till you have a wonderful cream of potato soup. (*If it is still too thick and you have run out of broth use water as your last resort.*)

Add salt and pepper at table, to taste.



Barley Pot

- 1 # ground beef
- 1 T. chopped parsley
- 2 T. margarine or Olive Oil
- 1 T. salt (*this measurement is correct*)
- 1 medium onion; chopped
- 2 T. Worcestershire Sauce
- 5 c. water
- ½ cup Barley
- 4-6 carrots, coarsely chopped
- 2 cans diced tomatoes



Lightly brown meat in fat, add onions and cook 5 minutes. Add remaining ingredients except Barley and tomatoes. Bring to a boil. Add Barley, cover and simmer 1 ½ to 2 hours, or until Barley is tender, stirring occasionally. Uncover for last 15 minutes of cooking time to add the tomatoes and reduce some of the liquid. Yield: 6 servings (*Can be frozen*)



Chili

- ½ pound ground beef
- 1 medium to large onion, chopped
- 2 t. minced garlic
- 3-4 cans dark red kidney beans, drained
- 1 can tomato sauce
- 2 T. chili powder (or to taste)
- (Flour for roux, if needed)



In a Dutch Oven, brown ground beef, onion and garlic, drain off grease. Add kidney beans and tomato sauce and chili powder, stir well, cover and bring to a boil. Stir well again, reduce heat to simmer, cover and cook for about ½ to 1 hour.

Sometimes the condensation from the lid makes this chili too runny. When that happens, I put a couple of tablespoons of flour in a small bowl and ladle off some of the liquid from the chili into the bowl and whip it all up until smooth, add more liquid as needed till you have a thick paste. Scrape the paste back into the chili; bring to a boil, stirring. It will thicken up the chili nicely.

Add salt and pepper at table, to taste.



Mia's Italian Wedding Soup

Instead of making meatballs, I used frozen ones you can buy at the store – but then we tried it one time with sausage and we really liked it so I changed it to this.

½ pound of bulk sausage (as spicy as you like it) browned with
1 medium to large chopped onion
2-3 stalks chopped celery or 2 handfuls frozen
2-3 peeled chopped carrots (or 1 can sliced))
½ t. basil
4 T. Watkins Chicken Soup Base
4 cups water
½ c. orzo pasta -- spaghetti is good also (*I liked the orzo pasta but
Papa didn't so we went with spaghetti*)
½ package frozen spinach

In a Dutch Oven, brown the sausage onions and celery and drain if necessary, or add a little olive oil if it is really lean sausage. Cook until no longer pink. Add carrots, basil, soup base and water. Bring to a boil. Reduce heat. Cover and simmer until vegetables are tender. In a smaller pan, I pre-cook the spaghetti. Then add pasta, and spinach to the Dutch Oven. Simmer 10 minutes longer. Serve.

Add salt and pepper at table, to taste.



Tuscan Bean Soup



- ½ # bulk Italian sausage
- 1 medium to large onion, chopped
- 2 tsp. minced garlic
- 1 can (14-½ oz.) diced tomatoes, undrained
- 2 cups water
- 1 t. garlic salt or powder
- 1 T. Watkins Chicken Soup Base
- 2 tsp. Italian Seasoning (more if sausage was not Italian)
- Dash of Red Pepper
- 1 t. salt
- 1 t. sugar (to taste to cut tomatoes)
- 3 cups canned cannellini or white northern beans
- ½ package, chopped frozen spinach
- Parmesan cheese, as desired

In a Dutch Oven, brown sausage and onion until sausage is no longer pink. Drain off any excess grease if needed. Add the tomatoes and the rest of the ingredients except the Parmesan cheese, stir well, bring to a boil and cook on medium heat about 15 to 20 minutes. Ladle soup into bowls and sprinkle with Parmesan cheese if desired.

Or, I bring it to a boil and cook for about 20 minutes as low heat. Then I turn it off for the day and let it sit. I boil it up while the bread is cooking at the end and then I serve it.

Add parmesan cheese, salt and pepper at table, to taste.

Mia's Cabbage Rolls Soup

When the girls were young and helping in the kitchen, I made stuffed cabbages and stuffed peppers for meals in the fall, when the vegetables came in. Both of them require a rice and meat mixture to fill them. I always used ground beef for the stuffed peppers but I used ground pork or sausage for the peppers.

*My favorite was the stuffed cabbages but they required more work than the peppers, so eventually, when the girls left, I **didn't make them because of the work.** I was thrilled to find this recipe which we have added to our Monday's recipes. It has all the flavors of stuffed cabbages without all the work – the best of both worlds!*



1 lb. lean ground sausage
1 medium to large, chopped onion
1 garlic clove, minced
1 small head cabbage, chopped
2 ½ cups water
2/3 cup uncooked long grain rice
1 Tbsp. Worcestershire sauce
1 tsp dried basil
½ tsp. pepper
1 can (28 oz.) crushed tomatoes
1 tsp. salt
1 Tbsp. grated Parmesan cheese (optional)



In a nonstick Dutch oven, cook sausage, chopped onion and garlic over medium heat, until meat is no longer pink; drain. *(Often with a good sausage, it can be dry instead of loaded with grease to drain, if so, I add a little bacon grease to keep it from **sticking to the pan and you don't have to drain it as it adds to the flavor of the soup as long as it is not too much**)* Stir in cabbage, water, rice, Worcestershire sauce, basil, and pepper; bring to a boil. Stir well and reduce heat to low (**so rice won't burn**); cover and simmer for 25-30 minutes or until rice is tender *(Make sure you leave it covered for the rice to cook.)* After 30 minutes - stir, you may want to bring the heat up some now; if you like your cabbage cooked a little more it is your preference. Stir in tomatoes and salt; heat through.

Sprinkle with Parmesan cheese *(if desired)*. Enjoy with great bread and butter or garlic bread!

Add salt and pepper at table, to taste.

YIELD: 4 servings

Mia's Chicken a la King

No matter how I cook, serve or buy our chicken, we rarely have enough left-overs to make a second meal until I created this recipe. I use Watkins Soup bases for many recipes however, in this recipe I use it to make a terrific gravy meal.

Left over chicken, chopped (*from 1 cup to more – whatever is leftover*)

12 T. (*3/4 cup*) butter

12 T. (*1 cup*) flour

6 T. Watkins Chicken soup base, leveled

5-1/2 cups water (more as needed)

1/2 c. frozen peas

2 carrots chopped

1 medium chopped onion

1 T. butter

Biscuits



Chop up and set aside, any kind and any amount of left-over chicken. (I have used left over fried with breading, roasted, dark, light, both, breaded strips etc. If I have a lot I may make a **double batch but I don't usually have that much.**)

In a covered microwave dish, put frozen peas, chopped carrots and chopped onion and 1 T. more or less of butter. Cover and microwave about 3 minutes and stir, cover and microwave again for about 5 minutes or until vegetables are tender. Set aside.

In a Dutch Oven, melt butter over medium/high heat, add flour and use a wire whisk/whip to blend them together well, add chicken soup base, whip well and remove from heat (**DO NOT TURN OFF THE BURNER.**) Add water, a little at a time, whip-well after each addition until it is a smooth paste consis-

tency. Put back on the burner and add the rest of the water EXCEPT for ½ cup. If you have done this quickly, the pot should still be very hot and the gravy mixture will begin to thicken again so **keep whipping so it doesn't burn. As it begins to thicken, add the cooked vegetables and cut-up chicken. Keep stirring so it doesn't burn,** till just boiled thick, add last ½ cup of water if needed. Serve over biscuits.

Add salt and pepper at table, to taste.

Biscuits can be mixed quickly from a baking mix (*such as a generic Biscuick*), or they can be refrigerator buttermilk biscuits from a can, or they can be toast, or you can make them from scratch if you like. In any case, time them so they are done at the same time as the chicken a la king, so everything is warm.



Cabbage and Kielbasa

We usually only have bacon in the summer when we make Bacon and Tomato sandwiches. I have an old can with a broken plastic lid in the refrigerator that I pour all the bacon grease into so we are stocked up for winter. If I run out of room in the can, I line a cereal bowl with foil, pour the hot grease into the bowl and set in the refrigerator until it is hard. Then I wrap the hard grease in the foil and start a stack of these in the refrigerator. It is easy to unwrap these and break off a hunk to put in this dish or occasionally I use the grease for fried potatoes, yum! I like to use bacon grease in this dish as it adds flavor and it makes the cabbage shinny and easier to separate for cooking.

1 large onion, chopped

2 T. minced garlic

2 T. (a hunk) bacon grease

2-3 T. Garlic Salt

Cabbage, chopped (A little more than $\frac{3}{4}$ of a large head – save the $\frac{1}{4}$ for Minestrone soup)

1 cup water (**My Dutch Oven is waterless cookware so I don't need a lot of water – Add more if you need to but this is not a soup so all you need is enough to cook the vegetables in.**)

1 pound Hillshire Farms Kielbasa (Cut off $\frac{1}{4}$ pound and put in a baggie in the freezer for Lentil Stew)

In a Dutch Oven, put the chopped onion, minced garlic, bacon grease, garlic salt, and chopped cabbage and 1 cup of water. Bring to a boil, stir, covered and turn to simmer for about 45 minutes to 1 hour, until cabbage is done. Taste cabbage to test for doneness and to see if you have enough garlic salt – add more if needed.

While the cabbage is cooking, peel potatoes, cut up and cook for making mashed potatoes.

Also, during cabbage cooking time, cut up the kielbasa (*slice the large link in half then cut the half in half so you have four quarter links. Cut into bite-size pieces so they are small enough that every spoonful will have some kielbasa on it. This can get tough if you cook it too long so, I add it to the top of the cabbage when I am ready to mash the potatoes. In this was you are steaming the kielbasa, I mix it all in when I am ready to serve the cabbage.*)

Potatoes for Mashing

(I fill a 3 quart pot at least $\frac{3}{4}$ full with chopped potatoes, so there is plenty left over to warm for another meal with the cabbage and kielbasa, cover with cold water so they don't turn orange.)

I make my mashed potatoes by draining the potatoes in a colander, into the hot, empty pot I add $\frac{1}{2}$ stick of butter, 1-2 T. cream cheese, $\frac{1}{2}$ pint sour cream, and then I pour the hot potatoes from the colander onto this. It all starts melting and I mash them with a potato masher (*I do NOT use the electric mixer and I rarely add milk, unless it is needed.*)

I serve the cabbage with a large slotted server to drain water. I serve individually on a plate with the mashed potatoes (*You could serve family style if you like.*). Some people like to add butter and salt and pepper to the mashed potatoes, others mix the cabbage with the mashed potatoes. Many people like bread and butter with this, also.



Mia's Fried Rice

(Main Dish)

1 ½ c. uncooked rice

3 c. cold water

3 T. butter

¾ to 1 pound ground beef

3 carrots, sliced julienne style

2 medium onions, sliced in strips

Fresh mushrooms, whole container, washed and sliced, or
canned

2 T. sesame seeds

2 T. Sesame or olive oil (*sesame is best in this*)

2 eggs

In a 3 qt. pot, put uncooked rice, cold water and 3 T. butter. Bring to a boil. Put on a separate burner that has been preheated to low/simmer. Put lid on and cook for 20 minutes. **DO NOT REMOVE LID** (*Rice cooks in the steam/condensation from the closed lid.*) Turn off burner **BUT** leave pot alone for another 10 minutes. After the full 30 minutes, remove lid and stir rice.

While rice is cooking, put ground meat, carrots, onions, and mushrooms in a Dutch Oven. Cook medium to low until onions are clear, carrots are done and beef is no longer pink. Drain grease. Add rice and Sesame seeds, mix well. Make a well in the middle of the pan. Pour the sesame oil in the center. In a small bowl, whip the two eggs and add to center well. Cook eggs until done. Break up into fairly small hunks of scrambled to distribute throughout the rice mixture. Mix well, simmer about 5 minutes. Serve.

Add salt and pepper at table, to taste.



Mia's Fried Rice

(Side dish instead of potatoes)

- 2 c. uncooked rice
- 4T. Butter
- 2 T. minced garlic
- 3 T. Watkins Beef or Chicken soup base (*Your preference or depending on what you are serving.*)
- 2 t. Watkins All Purpose seasoning
- Butter
- 2 eggs
- 4c. cold water
- 1 large onion, chopped

In a 3 qt. pot or a Dutch Oven, put uncooked rice, cold water and 4 T. butter, chopped onion, garlic, soup base, and Watkins All Purpose seasoning. Bring to a boil. Put on a separate burner that has been preheated to low/simmer. Put lid on and cook for 20 minutes. DO NOT REMOVE LID (*Rice cooks in the steam/condensation from the closed lid.*) Turn off burner BUT leave pot alone for another 10 minutes. After the full 30 minutes, remove lid and stir rice.

Rice is done, but now I fry it. Melt some butter in a large frying pan, put rice mixture in. Use a spatula to turn and mix well, coating rice with melted butter, lightly brown rice, turning as needed.

Make a center well in rice in frying pan. Melt 1-2 T. butter in it. In a small bowl, whip the two eggs and add to center well. Cook eggs until done. Break up into fairly small hunks of scrambled to distribute throughout the rice mixture. Mix well, simmer about 5 minutes. Serve.

Add salt and pepper at table, to taste.

Mia's Stir-Fried Cabbage

1 T. Bacon grease
1 medium head cabbage, chopped
1 large onion, chopped
2-3 stalks celery, chopped
2-3 T. minced garlic
Soy sauce
Black Pepper

As a Side Dish:

Melt bacon grease in a Dutch Oven, add chopped cabbage, onion, celery, garlic and 2 T. soy sauce and black pepper. Bring to a boil, cover and turn down to simmer for 20 minutes, stirring often enough to make sure there is enough liquid from the soy sauce and the condensation to keep vegetables cooking and not burning to the pan (*Add more soy sauce if needed*).

At this point it is entirely up to your taste buds. If you like the vegetables wok style (al dente) they may be cooked enough at this point. If you want them cooked more, cook more, until they are how you like them for your taste.

Add soy sauce and pepper at table, to taste.

As a whole meal:

To make this a whole meal, I have sometimes added diced ham, or ½ pound browned Italian sausage.



Mia's Easy Version of "Aunt Helen's Meatballs"

- 1 bag cooked, frozen meatballs, defrosted
(our store carries a 1 pound bag of the small bite-size)
- 1-2 T. Worcestershire sauce
- 1 can cream of celery soup
- 1 small can tomato sauce

In a Dutch Oven, or crock pot, put in all ingredients.

For Dutch Oven, bring to a boil, cover and turn down the heat. Simmer for about 7 minutes, stirring occasionally until heated through thoroughly.

For crock pot, heat through on low/slow cook, if you want, until heated through thoroughly.

This recipe makes enough for 3-4 servings. I serve it with mashed potatoes (under cabbage and kielbasa recipe) and corn.

The terrific thing about this recipe is you can make it for a crowd just by doubling or tripling etc. the recipe.



Sauerkraut and Pork

I learned this apple trick from a Methodist church in Galion, Ohio that made their famous “Pork and Sauerkraut Meal” for about 100 years.(?) They started this tradition as a harvest meal, when everyone brought in the last of their gardens and the church would make sauerkraut from all the cabbage.

For your history information, many years ago, the church was located up town, but there was a fire and it burned down. They built a new church on Portland Way North and were there for many years. This is where we always went for their meal. You could also buy frozen sauerkraut there (With or without meat) which I often did. They made hundreds and hundreds of pounds of sauerkraut. Someone from the church told me about the apple. It made my sauerkraut taste as good as theirs and I have been making it that way ever since.

FYI: The church building was torn down and they built the Drug Mart Store where the church had been. The people in the church combined with the church at the corner of N. Columbus St. and E. Walnut and created a new church called Christ United Methodist Church.



- ★ 2 cans sauerkraut or in bag
- ★ Apple, peeled and chopped small or rough grated
(Apple is best but if you need to you can use applesauce)
- ★ Pork roast, cut into small hunks (Or bratwurst)
(If you have a roast with a bone, you can do this in a roaster in the oven)
- ★ ½ cup water
(If too much boils out when cooking, you may need to add more.)

I put all this in my small electric roaster *(like a crock pot)* and set it on medium for about 3 hours so the pork is good and tender and all the flavors have mingled. Stir occasionally.



Dumplings for Beef Broth

(from Sheryl's old church cookbook from the 1950's)

2 c. sifted flour –	1 t. salt
4 t. baking powder	¼ t. pepper
3 T. melted shortening – milk	1 egg

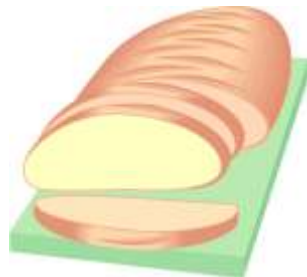
Sift dry ingredients together add egg and spry, and beat until smooth add enough milk to make a moist batter – drop by tea-spoon in boiling beef broth and cover – let boil 15 to 18 minutes.



Mia's Homemade Rolls and Bread

1 t. salt	4 t. shorting (oil)
2 cups of hot water	6 cups of flour
6 t. sugar	3 t. yeast

Knead the dough, roll into a ball and grease. Cover and let rise for 1 hour. Then put in a greased pan. Bake at 350 degrees for 20 to 30 minutes.



Quick Whole Wheat Bread

4 cups wheat flour

$\frac{3}{4}$ cups sugar

$\frac{1}{4}$ cups sesame seeds toasted

4 t. baking soda.

2 cups flour

2 t. salt

1 qt. buttermilk

Preheat oven to 375 degree. Stir together first 5 ingredients. Combine buttermilk and soda; stir into flour mixture. Pour into 2 greased loaf pans. Reduce oven to 350 degrees. Bake for 1 hour or till done. Remove from pans; cool on a rack.



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Muffins, Bread and Pancakes

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Main & Side Dishes

Swiss Cheese, Sausage Deep Dish Casserole

- 1 pkg. brown and serve sausage
- 1 cup Bisquick baking mix
- ¼ cup cold water
- 2 eggs
- ¼ cup milk
- ¼ t salt
- ¼ t pepper
- 1 ½ cup Swiss cheese

Put the batter (Biquick and water) into the bottom of a pie pan. Put sausage in and cover it with the topping (eggs, milk, salt and pepper). Last add cheese. Bake 375 degree for 25 min.

Homemade Pizza Crust

- 3 pks. Active Yeast
- 2 cups of warm water
- 6 cups of flour
- ½ t. salt
- 4 T. of oil



Put yeast into the water to dissolve. Put flour into a bowl; add yeast/water, oil, salt. Knead the dough, and then grease the dough. Cover bowl and let rise for 20-30 min.

Egg Casserole

1# of Italian sausage, browned and drained
2 cups milk
8 slices white bread (minus crust) cubed
4-5 large eggs (8 med. eggs)
1 t salt
1 t. dry mustard
¼ pd. grated cheese

Mix together and place in a 9 x 13 in pan. Refrigerate 12 hours.
Bake 300 degree for 1 hour.

German Potato Salad

5# cooked and sliced potatoes
Salt and pepper, onions and celery.
Cut ½# of Bacon in pieces (with scissors) and fry

Remove bacon and to the bacon grease add: ½ cup vinegar, ½ cup water, ¾ cup sugar. Boil and put over potatoes. Slice hard boiled eggs over the top, and then crumble on the bacon

Mom's Potato Salad

5 pounds of potatoes
(about the same size, boil with skins, then peel and cube)
1 jar of Mayonnaise
2 to 3 celery chopped
1 big onion chopped
1 cap full of vinegar
½ salt
½ pepper

Stir all together and refrigerate.

Sauerkraut Balls

1# ground sausage (or hamburger)
½ cups fine chopped onions
1-14 oz can of kraut (fine)
2 T dry bread crumbs
2 T parsley
1-8 oz. cream cheese
1 t mustard
½ t garlic salt
1/8 t. pepper

Combine all together, roll into balls. Dip each ball into 1 cup of flour, 2 eggs and ¼ cup milk together, roll into bread crumbs. Then deep fry the ball 350 temperature. These do store well in freezer.

Onion Shortcake

1 sweet Spanish onion
¼ cup butter
1 ½ cup corn muffin mix (1 box Jiffy Mix)
1 egg beaten
1/3 cup milk
1 cup cream style corn
1 cup sour cream
¼ t dill weed
¼ salt
1 cup sharp cheddar cheese, shredded.

Peel onion, slice sauté slowly in butter. Combine muffin mix, egg, milk and corn in a separate bowl. Put in (greased) 8" pan. Add sour cream, salt, dill and ½ cheese to sauté onion. Spread over batter. Sprinkle with the remaining cheese. Bake at 350 degrees for 25-30 minutes.

Cakes and Pies

Apple Nut Cake

- 1 1/3 cup of sugar
- 1 cup oil
- 3 eggs
- 2 cups flour
- 1 t. salt
- 1 t. baking soda
- 1 t. cinnamon
- 2 cups apples
- 1 cup chopped nuts

Pour into greased cookie sheet. Bake 350 degrees 30-35 minutes.



Banana Nut Cake

- 1 yellow box cake mix
- 2 bananas smashed up
- 1 cup of walnuts

Follow the cake directions, add the banana and nut.

Homemade Frosting

- 2 cups of Butter
- 4 t. vanilla
- 1 bag of powder sugar

Mandarin Orange Cake

- 1 yellow cake mix
- ½ cup oil
- 4 eggs
- 1 can mandarin oranges (drained)

Do not follow the cake mix instruction. Instead combine all ingredients together and beat 3 min. at moderate speed. Bake in 2 greased and floured 9 inch round pans for 25-30 min. at 395 degrees. Slice the 2 layers through to make 4 layers.

Filling and topping:

- 1 9oz pkg cool whip
- 1 20 oz can crushed pineapple (un-drained)

Mia's English Pie

- 1 cup flour
- 1 cup brown sugar
- ½ cup butter.

Fill baking dish 3/4 full of peeled sliced apples. Blend the above mixture until in crumbles, put over top of apples. Bake 400 for 20 minutes then 300 for 20 minutes (lowest shelf)



Mary Wilker's Coffee Cake

2 sticks butter
2 cups flour
2 cup sugar
1 t. baking powder
2 eggs
1/8 t. salt
1/2 t. vanilla
1 cup sour cream

Cream: butter, sugar, eggs, sift dry ingredients together. Fold in sour cream and vanilla.

Topping: 1/2 cups pecans chopped 2 T. sugar 1 t. cinnamon.

Greased and flour tube pan, pour 1/2 of batter and topping pour remaining batter. Bake at 350 degree for 60 minutes.

Texas Sheet Cake

2 cup flour
2 cup sugar
1 stick butter
1/2 cups oil
1 cup water
4 T cocoa

Mix together add 2 eggs 1 t vanilla 1 t. soda 1/2 cup butter milk (or can use 12 cup sour cream) add to flour mixture.

Pour into cookie sheet or 9 x 13. Bake 375 degrees 15-20 minutes until done.

Frosting: in sauce pan: 1 stick of butter, 4 T. coco, 1/3 cup milk, bring to a boil. Turn off; add 1 t. vanilla, 1# or 4 cups powdered sugar. 1 cup chopped nuts. Pour over cake while still hot.

Jesus Birthday Cake

(Crème De Menthe' Cake)

1 pkg. yellow cake mix
6 T. Crème de Menthe liquor

Bake as cake directions. When cake comes out of oven poke holes in cake and pour Smucker's fudge sauce on top (while cake is still warm).

Frosting: 1 regular size cool whip and 3 T Crème De Menthe.

Blend and put on top when cake is cook. Keep in refrigerator. (Note-can use green food coloring and peppermint flavor to do the same thing as the liquor.)



Rhubarb Cake

1 ½ cup brown sugar
½ cup butter
1 egg
1 cup sour milk (Regular milk plus 2 T. vinegar)
1 t. soda
2 cups flour
2 t. vanilla

Mix ingredients together. Fold in 2 cups rhubarb. Topping: ½ cup sugar and 1 t. cinnamon, Sprinkle over top

Bake: 350 degrees for 35-45 minutes.

Mrs Landreth's Cheese Cake

Crust:

2 sticks of butter

2 ½ cups sugar

1 whole box of graham crackers-crushed

Mix & press down in 9x13 pan.

Filling:

3 large pkg. of Cream cheese

5 whole eggs

1 cup sugar

1 1/2 t vanilla

Mix: Cream cheese till soft, add eggs one at time, sugar and vanilla, pour batter over crust. Bake: 300 degrees for 1 hour, then spread on topping and bake for 6 minutes.

Topping: 1 ½ (3c.) sour cream, ½ cups sugar, 1 ½ t. vanilla

Strawberry Pie

1 ½ cup sugar

¼ t. salt

1 ½ cup water

¼ cup cornstarch

1 T. butter

1 package straw jello

1 qt. strawberries (sliced or whole)

Cook: sugar, cornstarch, water until thick. Remove from heat add salt, butter, and dry jello. Cool. Add berries and pour into pie shell or graham cracker crust 9" shell.

Note: can use peach or orange jello with fresh peaches.

Peach Cream Pie-Nana's Recipe

3 median peaches
¾ cup sugar
¼ cup flour
½ t cinnamon
1 cup cream (half and half)

Cut peaches into slices and arrange in unbaked pie shell. Mix sugar, flour, cinnamon. Sprinkle over peaches. Pour cream over all.

Bake 450 degrees for 10 minutes, then 350 degrees for 30 minutes. Chill.



Pecan Pie

¼ cup butter
½ cup sugar
3 eggs
1 cup light corn syrup
¼ t salt
1 t. vanilla
1 cup pecans crushed

Cream butter to soften. Add sugar slowly until fluffy. Add eggs one at a time. Add syrup, salt, vanilla and mix. Stir in pecans. Then pour in shell. Bake 350 degrees for 50 minutes.

COOKIES

Ice Box

2 cups light brown sugar

2 eggs

3 ½ cup flour

1 cup walnuts

1 cup butter

1 t. vanilla

1 t.

1 t. soda

Mix together, roll into logs, refrigerate overnight. Then cut and bake 400 degree on an ungreased cookie sheet for 6 to 8 min.



Butterscotch Rice Krispie Treats

12 oz. Butterscotch chips

(Melt in Double Boiler or microwave till smooth)

Stir into 1 cup of Peanut Butter

6 cups Rice Krispies

Press into cookie sheet or 9x13. Chill-cut into bars

Aunt Ordell's Cookie Bars

4 oz. butter
1 ½ cups graham cracker crumbs
1 pkg. chocolate
1 pkg. butterscotch chips
1 small can shredded coconut(1 1/3 cups)
1 can sweetened condensed milk
1 to 1 ½ cups chopped pecans

Preheat oven to 350°. Melt butter in 9x13-inch baking pan. Sprinkle graham cracker crumbs over melted butter; spread crumbs with chocolate chips, then butterscotch chips. Sprinkle coconut over this, and then drizzle the sweetened condensed milk evenly over all. Sprinkle with the chopped pecans. Bake for about 25 to 30 minutes. Cool and cut in 1 1/2-inch squares.

Nana's Chinese New Year Cookies

1 pkg. Chocolate chips 1 pkg. butterscotch chips
1 small can of peanuts 1 large can of La Choy noodles

Melt chocolate until smooth, add peanut and noodles. Drop by spoonful onto wax paper. Cool and enjoy!

Butter Balls

1# butter 4 egg yolks (reserve whites)
2 ¾ flour 1 cup powdered sugar
Jelly for filling

Mix butter, flour and sugar. Knead to fine dough. Chill overnight make into 1 inch balls. Roll balls in egg whites then in pecans and place on cookie sheet. Dip finger in the ball and make little hole and fill with jelly. Bake 350 degrees for 8-10 min.

Velveeta Cheese Fudge

1 pound Velveeta cheese
1# butter
1 t.
1 cup cocoa
4 pounds powder sugar
1 cup chopped nut

Melt cheese and butter together. Remove from heat add rest of ingredients. Mix until stiff, pour on cookie sheet store in refrigerator or freezer.

(Use the same recipe but add 1 cup of peanut butter and no nuts to make peanut butter fudge)



Scottish Shortbread

1 cup sugar
2 cups butter
1 t. vanilla
4 cups flour
1 cups chopped nut

In a large mixing bowl thoroughly cream together sugar and butter. Blend in flour a cup at a time. Add vanilla and nuts last. Pat into an ungreased jelly roll pan. Prick with a fork over entire surface. Bake at 250 degrees for 20 minutes. Increase heat to 350 degrees and bake for 20 minutes more until lightly browned. Sprinkle with sugar on top. Cut into squares.

MUFFINS, BREAD AND PANCAKES

8 Week Bran Muffins

3 cups sugar	1 cup shortening
4 eggs	5 cups flour
5 t soda	1 quart Buttermilk
1 t salt	2 cups boiling water
6 cups All Bran Cereal (whole box)	½ cups of raisins (optional)

Cream sugar and shortening; add eggs. In separate bowl, put hot boiling water over bran and stir in buttermilk; Add to sugar mixture; mix in dry ingredients until moisture.

Bake in greased muffin pans 400 degrees for 15-20 minutes.
Great served with honey.

(Note: Do not stir the batter as you make muffins; just scoop batter out. Batter will keep eight weeks in the refrigerator.)



Pumpkin Bread

1/3 cup shortening
1 t. salt
1 cup pumpkin
1 t. soda
1/2 t. cinnamon
1 1/3 cups water
1/2 cups nuts

2 eggs
1 1/3 cups sugar
1 2/3 cups flour
1/4 t baking powder
1/2 t. nutmeg
1/2 t vanilla

Cream shorting, sugar, water, eggs. Add pumpkin and the rest of the ingredients. Pour into two greased and floured loaf pans. Bake at 350 degrees for 45 minutes.



Zucchini Bread

3 eggs (beaten)
3t vanilla
2 cups shredded zucchini

2 1/4 cups flour
1 cup oil

Blend well, then Add:

3 cup flour
1 t salt
1 1/2 cinnamon

1/4 t baking powder
1 t soda

Mix well, add nuts or raisins, grease and flour pans. Makes 2 loaves.

Bake at 350 degree for 60 minutes.

Breakfast Rolls

- 1 pkg frozen dinner rolls
- ¼ cup melted butter
- ½ cup brown sugar
- 1 pkg. instant butter pecan pudding (Butterscotch)
- 1 cup walnuts

Grease all around an angel food pan. Put nuts on the bottom. Drop the frozen rolls in pan, add butter and brown sugar and sprinkle pudding over. You can cut all the ingredients in half and make 2 layers. Cover pan with towel and let set over night. Bake at 350 degree for 30 mins.

Gayle's Oatmeal Pancakes

- Mix: 1 ½ Quick Oats
- 2 cups buttermilk

- Beat In:
- ½ cups flour
- 1-2 t. sugar
- 1 t. soda
- ¼ t. salt

- Add: 2 beaten eggs
- Mix ingredients together and make pancake.





