

## **CHILI CON CARNE FOR 10**

3 medium onions sliced  
1/3 cups cooking oil  
2 lb. ground beef  
3 Tablespoons chili powder  
1 teaspoons salt  
1 teaspoons paprika  
1 teaspoons ground red pepper  
1/2 teaspoons Tabasco sauce  
1/2 teaspoon oregano  
1 cans tomatoes (1 lb. 12 oz. each)  
1 cans tomato paste (6 oz. each)  
2 cans red kidney beans (12 oz. each)

Cook onions in hot oil until tender but not brown. Add meat sprinkled with all the spices, herbs, and seasonings. Break up meat with fork and brown. Add tomatoes and tomato paste. Cover and simmer 45 minutes longer, adding water as needed to maintain the original level of liquid. Add beans and simmer for another 15 - 20 minutes. You can make this ahead (with or without beans) and reheat. Freezes well too. Two aluminum foil-roasting pans will conveniently hold the chili (without beans) for freezing.

## **TURKEY MACARONI SALAD**

3 cups of diced cooked turkey or chicken 1 lb. elbow macaroni cooked (cook al denté, drain and immediately chill in ice water) 2 stalks of celery chopped 1/2 medium red onion chopped 1 medium red pepper chopped (optional) 1 medium green pepper chopped 3/4 cup mayonnaise 1/4 cup Dijon mustard

Blend the mayonnaise and mustard, and thoroughly mix with all the ingredients. Add salt and freshly ground black pepper to taste.

Serves 10

Please double for large pans.

## **RICE AND BEANS WITH HAM SALAD**

1 16 oz. can beans (kidney, pinto) drained 2 cups of converted rice cooked in 4 cups of water 2 cups chopped cooked ham 1 1/3 cups chopped scallions or green onions

1 1/3 cups chopped red pepper (optional)  
1 1/3 chopped green pepper salt (to  
taste) ground black pepper (to taste) 1/3  
cup Italian dressing

Cook rice, cool and mix all ingredients with Italian dressing. Add salt and pepper to  
taste and refrigerate.

Please double recipe if you are making one large pan.

### **REVISED SCALLOPED POTATOES DINNER**

4 cans (12 oz. each) luncheon meat, cubed, or 4 1/2 cups cubed cooked ham  
3 cups chopped green pepper  
6-8 medium onions, chopped  
4 packages scalloped potatoes (5-6 oz. packages)  
2 cups shredded cheddar cheese

Mix luncheon meat, green pepper, onion and potatoes in 2 9x13 baking pans. Add  
sauce/liquids to ingredients in pan according to directions on packages and mix.

For weekday delivery, baking is not necessary, as it is delivered shortly after  
10:00 a.m. and loaves & fishes bakes it there for noontime serving. It thickens  
when baking, so be careful when transporting.

For Sunday delivery, bake as directed on package. It may need a little extra time  
due to quadrupling quantity.

### **THREE BEAN CASSEROLE**

1 package (10 oz.) frozen lima beans 3 cans (about 1 lb. 3 oz.  
each) baked beans (6 cups) 3 cans (about 15 1/3 oz., each)  
kidney beans, drained (5 cups) 1 lb. Italian link sausage or pork  
sausage 1/2 lb. cooked ham, cut into 1/2 inch cubes 1 medium  
onion, chopped (about 1/2 cup) 1 can (8 oz.) tomato sauce 1/2  
cup catsup 1/4 cup brown sugar (packed) 1 Tablespoon salt 1/2  
teaspoon pepper 1/2 teaspoon dry mustard

Heat oven to 400°. Cook lima beans as directed on package; drain. Turn into ungreased 4 1/2 quart bean pot or casserole. Add baked beans and kidney beans.

In covered skillet, simmer sausage in small amount of water for 5 minutes. Drain liquid from skillet and fry sausage until brown on all sides. Do not prick sausage. Cut each sausage into 2 or 3 pieces.

Add sausage and ham to beans. Stir together the remaining ingredients; pour over beans and gently mix. Baked uncovered for 1 hour.

Makes 10 - 12 servings

### **AMERICAN CHOP SUEY**

1 16 oz. package of elbow macaroni Cook macaroni al denté, cooking will be completed in the oven. 1 lb. ground beef 1 cup chopped onion 1/2 cup chopped celery 1/2 cup chopped green pepper 28 oz. can crushed tomatoes 1 cup grated cheddar cheese 1 egg 1/2 teaspoon salt 1/4 teaspoon black pepper

Sauté onion, celery, and green pepper. Brown the ground beef in the same skillet and pour off any excess liquid.

Combine all ingredients and mix thoroughly. Pour the mixture into well-oiled casserole (optional; sprinkle with grated Parmesan cheese).

Bake only if delivering on Sunday A.M., otherwise we will bake at Loaves and Fishes.

Bake for 30 minutes at 375°, 15 minutes covered and 15 minutes uncovered.

Serves 10

Please double if making for a large pan.

## **VEGETABLE BEEF STEW**

This is a nutritious, economical and easily prepared one dish meal for at least 8 people. Using a cast iron Dutch oven, it is also a one-pot meal.

1 lb. chuck steak cut 1/2 to 3/4 inches thick, diced  
4 potatoes (about 4 cups) scrubbed and diced  
4 carrots (about 4 cups) scrubbed and sliced  
1 onion chopped (about 1 cup)  
2 stalks celery chopped (about 1 cup)  
2 cloves of garlic, sliced  
2 cups beef stock  
2 cups water  
2 Tablespoons olive oil, divided  
2 bay leaves (optional)  
1 teaspoon tyme  
1 teaspoon salt  
1/2 teaspoon pepper

Sauté onion, celery and garlic in 1-Tablespoon olive oil. Remove when limp; add the remaining olive oil and the beef which has been tossed in a paper bag with flour and a bit of salt and pepper.

Brown the beef well, add other ingredients and bring to a boil.

Transfer to a 350° oven and baked covered for about 1 1/2 hours, or until the vegetables are tender. If you plan to reheat before serving, bake only 1 hour.

Please double the recipe if you are making for a large pan.

## **CARRY OUT CASSEROLE**

1 8-oz. package of wide egg noodles  
2 lb. ground beef  
2 tablespoons butter  
2 cups tomato sauce  
2 Tablespoons flour  
2 cups cottage cheese  
1 cup sour cream  
1 teaspoon salt  
1/2 teaspoon pepper  
1/4 cup chopped black olives  
1/2 cup grated onion  
1/2 cup chopped green pepper  
1 Tablespoon butter (grated parmesan)

Cook noodles according to package directions in boiling salted water. Drain. Brown beef n 2 Tablespoons butter. Mix tomato sauce with flour, add to beef and simmer for 10 minutes. Mix cottage cheese with sour cream, salt, pepper, and olives. Sauté onion and green pepper in 1-Tablespoon butter and add to cottage cheese mixture.

Place 1/2 the noodles in greased 3-quart casserole dish. Spread with cottage cheese mixture, top with the remaining noodles, and cover all with beef mixture. If desired, sprinkle with grated cheese. Bake at 350° for 30 - 40 minutes or until heated through. Serves 12 Please double for large pan

## **SPAGHETTI PIE**

Similar to baked lasagna, but less expensive and less effort.

1 16-oz. box of spaghetti broken into 2" pieces  
2 Tablespoons butter 1/3 cup grated Parmesan  
cheese 1/2 teaspoon salt 1/4 teaspoon pepper  
1 egg well beaten 1 1/2 lb. ground chuck 1  
medium onion 1/4 cup chopped green pepper 2  
Tablespoons vegetable oil 1 jar (27 oz.) thick  
spaghetti sauce 1 teaspoon sugar 1/2 teaspoon  
oregano 1/2teaspoon garlic salt 1 cup cottage  
cheese 4-oz. mozzarella cheese shredded

Cook the spaghetti in boiling water following label instructions; drain. Place in a 9 x 13-inch baking pan. Stir in butter, Parmesan cheese, salt, pepper, and egg until thoroughly combined. Spread mixture evenly in pan.

Sauté ground chuck, onion, and green pepper in oil in a large skillet until meat is browned; drain. Stir in spaghetti sauce, sugar, oregano and garlic salt.

Spread cottage cheese over the spaghetti layer and top with meat mixture. Bake at 350° for 30 minutes. Sprinkle mozzarella cheese over the top and bake for an additional 10 minutes or until cheese is melted and just begins to brown. Let stand 15 minutes before cutting.

Serves 6

Please double for a large pan.

## **BAKED ZITI WITH SAUSAGE**

1 lb. package of cut ziti -- Cook ziti al denté, cooking will be completed in the oven.  
1/2 lb. Italian sausage either links or bulk 1 quart (32 oz.) jar spaghetti sauce 16 oz. ricotta cheese 8 oz. shredded mozzarella cheese 1 egg slightly beaten grated Parmesan cheese Crumble and fry the sausage until browned; drain.

While the ziti is cooking, combine cooked sausage, spaghetti sauce, ricotta cheese, mozzarella cheese and egg. Mix with the cooked ziti and pour into a 3-quart casserole. Cook only if delivering on Sunday A.M., otherwise we will cook it at Loaves and Fishes. Sprinkle with Parmesan cheese and baked covered at 350° for 30 - 40 minutes, or until bubbling hot.

Serves 8

Please double if making in large pan.

## **MACARONI AND CHEESE FOR 20 - 25**

3/4 cup butter (1 1/2 sticks) 1/4 cup minced onion 1 cup flour 1 Tablespoon salt 1 1/2 teaspoon dry mustard 2 teaspoons powdered ginger 2 quarts of milk 2 teaspoons Worcestershire sauce 2-lb. sharp cheddar cheese, cut in small pieces, finely sliced, coarsely shredded or grated 2 lb. elbow macaroni

Melt butter in 3 quart or larger kettle; cook onion in butter until soft. Add flour mixed with salt, mustard, and ginger, and cook, stirring constantly until bubbly. Take off the heat. Add milk, stirring or whisking continuously. Put back on heat and continue stirring until sauce thickens. Take off the heat. Stir in Worcestershire sauce and cheese. Stir until cheese is melted. Mix with elbow macaroni cooked according to package directions. Bake in 400° oven in two buttered 11" x 15" shallow pans, or three buttered 2-quart casseroles, or two 3-quart casseroles. Bake uncovered for 20 minutes, then cover for an additional 15 - 20 minutes. (Use aluminum foil to cover if you don't have lids.) If baked frozen, bake an additional 20 minutes.

**OR** seven (7) boxes of store macaroni and cheese.

**IMPOSSIBLE QUICHE:** 1/2 pound of ham, cubed  
1 1/2 cups shredded Swiss cheese (about 6 ounces)  
1/2 cup chopped onion  
3 cups milk  
1 1/2 cups Bisquick baking mix  
6 eggs  
1/2 tsp salt  
1/4 tsp pepper

Lightly grease pan. Sprinkle ham, cheese and onion in pan. Beat remaining ingredients until smooth, 15 seconds in blender on high speed or 1 minute with hand beater. Pour evenly into pan. Bake at 400 degrees until top is golden brown and knife inserted in center comes out clean, about 30 minutes.

Please double if using large pan.

## **Beef & Bean Oven Burritos**

1 lb lean ground beef  
1 small onion, chopped  
4 large cloves of garlic, minced  
2 Tbsp cumin  
1 Tbsp chili powder  
2 cans black beans  
8 oz beef broth  
4 oz can/jar cherry or banana peppers, chopped  
2 cups grated Mexican cheeses  
1 16 oz jar of salsa (medium or mild)  
10 8 inch tortillas

Heat meat in skillet on medium until just brown. Add onion & garlic and sauté until onion is translucent. Add cumin, chili powder, broth & beans until beans soften so you can mash with the back of a spoon. You can mash some of the beans or leave whole. Stir in peppers. Scoop ½ cup of mixture onto tortilla, add 2 Tbsp salsa & 2 Tbsp cheese on top. Fold top & bottom of tortilla over mixture, then fold over sides. Place in 9 X 13 pan folded side down. Repeat with rest of tortillas to make 2 rows of 5. Pour remaining salsa over burritos & sprinkle with remaining cheese. Bake at 350 for 30 min.