The Kitchen is the heart of the home

East River’s

Country Cookin’

Volume XV

From our Consumer’s Cupboards
### Filled Raisin Cookies

**Violet Thum, Scotland**

- ½ c. shortening
- 1 c. sugar
- 2 eggs
- 2 T. thick cream

Combine ingredients and press a tablespoonful onto cookie sheet. Place tsp. of filling into cookie. Bake 11-12 min. at 350°.

**Filling:**
- 2 c. raisins
- ½ to ¾ c. sugar
- 3 T. flour

Cover with water, cook until thick.

### German Chocolate Apple Cake

**Loretta Kortan, Tabor**

Beat 3 eggs, blend in 1 can apple pie filling. Blend this into 1 box German chocolate cake mix and bake as directed.

### Chocolate Chip Bars

**Marilyn Hejna, Utica**

- ½ c. margarine
- ½ c. brown sugar
- 1 c. flour

Mix until crumbly. Pat into 9x13 pan. Bake 350° 10 minutes. Cover with 2 beaten eggs, 2 T. flour, 1 c. brown sugar, ½ t. baking powder, 1 t. vanilla, 1 ½ c. coconut, 1 c. nuts, 1 c. chocolate chips. Mix and spread over crust. Bake 20 min. – 325°.

### Carrot Pennies

**Dorothy Dvoracek**

4 ½ c. carrots, green pepper, optional
1 can tomato soup
1 c. sugar
1 T. prepared mustard
1 t. Worcestershire sauce


### Fluffy Mint Dessert

**Sally Florey**

- 40 chocolate cream-filled cookies, (Oreo’s) crushed
- ½ c. margarine, melted
- 2 cartons (12 oz. each) Cool Whip, thawed
- 2 c. miniature marshmallows
- 1 pkg (5 ½ oz.) small pastel mints

Reserve ¼ c. crushed cookies for garnish. Combine the remaining cookies with butter; press into an ungreased 13x9” pan. Fold together Cool Whip, marshmallows and mints; spread over crust. Garnish with reserved cookies. Refrigerate until firm.

### Cole Slaw Salad

**Lois Slaba**

1 pkg. coleslaw mix
¾ c. chopped onion
¾ c. sunflower seeds
¾ c. oil
3 T. vinegar
1 pkg chicken flavor Ramen noodles

Mix all ingredients except noodles together. Just before serving, break noodles and mix in. Season to taste.

### Oven Omelet

**Sally Florey**

8 eggs, beaten
½ t. salt
2 c. cooked crumbled sausage
2 c. shredded Cheddar cheese
2 c. milk
1 c. crushed saltine crackers
¼ c. chopped green pepper

Combine all ingredients in a large bowl; pour into a greased shallow 3-quart or 13x9” baking dish. Bake uncovered at 350 for 45 minutes or until a knife inserted comes out clean. Let stand 5 minutes before serving. Can be prepared in advance and refrigerated overnight. Remove from fridge 30 minutes before baking.
**Clay-Union Electric**  
Vermillion, SD

**Chicken Tortilla Bake**  
Dixie M. Busch, Mission Hill

3 c. shredded chicken or turkey  
2 cans (4 oz) chopped green chilies  
1 c. chicken broth  
1 can chicken soup  
12 corn tortillas  
2 c. shredded cheddar cheese, divided

Combine the first six ingredients and set aside. Layer half of the tortillas on the bottom of a greased 9x13 pan, cutting to fit pan, if desired. Top with half of the first mixture and half of the cheese. Repeat layers. Bake uncovered at 350° about 30 minutes. 6-8 servings.

**Cranberry Cake**  
Gwen Duermier, Volin

Cream: 2 T butter, 1 c. sugar, 1 t. vanilla.  
Sift together - alternating with milk: 2 c. sifted flour, 3 t. baking powder, ½ t. salt, 1 c. milk.  
Fold in 1 c. raw whole cranberries. Pour into greased & floured 8x9 pan. Bake 400° - 35 mins.

**Cheesy Spaghetti Bake**  
Shelly Bendert, Gayville

½ lb. hamburger  
8 oz. spaghetti  
1 ¾ c. spaghetti sauce  
2 c. mozzarella cheese

Brown ½ lb. hamburger. Add spaghetti sauce to hamburger. Cook on low 5 minutes. Add 8-oz. cooked spaghetti to hamburger mixture. Add 1 c. mozzarella cheese. Spoon these ingredients into 8" baking dish. Top with 1 c. mozzarella cheese. Bake at 375° for 15-20 minutes. Let stand 5 minutes before serving.

Did you know? After chopping onions, rubbing your hands gently with salt will remove the smell of onions from your hands. Spraying the inside of pans with non-stick cooking spray prevents water from boiling over when cooking.

**Codington-Clark Electric**  
Watertown, SD

**Apple Pizza**  
Linda Meidinger

1 loaf thawed frozen bread dough  
1 pt. Applesauce  
½ c. flour  
½ c. margarine  
1 t. cinnamon  
½ c. sugar


**Pepperoni Bites**  
Linda Meidinger

1 c. shredded mozzarella cheese  
¼ c. chopped pepperoni  
½ c. pizza sauce  
2 pkgs. (10 ea) refrigerated biscuits  
1 T. milk  
¼ c. grated Parmesan cheese


**Broccoli-Grape Salad**  
Linda Meidinger

1 bunch fresh broccoli, tips only  
1 c. chopped celery  
¼ c. chopped green onions (or less if you wish)  
½ lb. bacon, fried crisp & crumbled  
½ c. chopped green pepper  
1 c. seedless red grapes  
1 c. green seedless grapes

Dressing:  
1 c. Miracle Whip salad dressing  
1 T. vinegar

Wash broccoli & whole grapes. Chop celery, onions and green pepper. Fry and crumble bacon. Mix all ingredients together. Mix Miracle Whip with sugar & vinegar & pour over salad. Toss until ingredients are coated. Refrigerate several hours.
**Dakota Energy Cooperative**

*Huron, SD*

**Veggie Cheese Chowder**

- 2 c. water
- 2 c. diced raw potatoes
- ½ c. diced carrots
- ¼ c. diced onion
- ¼ t. pepper
- 2 c. diced raw potatoes
- ½ c. diced celery
- 1 t. salt

Cook in large kettle for 10-12 minutes. Make white sauce & add to veggies, stir carefully. Heat thoroughly & serve.

**White Sauce:**

Melt ¼ c. butter in pan. Add ¼ c. flour, stirring until smooth, cooking one minute. Slowly add 2 c. milk, stirring and cooking until thick. Add 1 c. diced lean ham and 2 c. cubed Velveeta cheese. Stir until cheese is melted, then add to veggies. Serves 6.

**Country Breakfast**

- 12 oz. spicy or mild pork sausage
- ¾ c. onion (chopped fine)
- 4 c. frozen hashbrowns (thawed)
- 1 ½ c. shredded Co-Jack cheese
- 3 eggs (beaten)
- ½ t. pepper/salt
- 1 c. milk

Cook sausage & onions, drain. In a 9x13" baking dish, layer potatoes, ½ of cheese, sausage mix & remaining cheese. Combine eggs, milk, salt & pepper and pour over above. Bake 350° for 50-55 mins. Let set 10 mins. Then serve. Pass salsa to spread on top.

**Morning Coffee Cake**

- 1 c. sugar
- 4 eggs
- 1 t. baking powder
- 1 can pie filling (any kind)
- 1 c. oil
- 2 c. flour
- ½ t. salt

Mix sugar & oil. Beat eggs well & add to sugar mixture. Stir in flour, baking powder & salt. Mix together & put ½ the mixture in greased 9x13" pan. (Mixture will be thick)Put whole can pie filling over first half of mixture in pan and put rest of mixture over pie filling. Sprinkle with sugar & cinnamon. Bake 350° - 35 mins. Drizzle with powdered sugar frosting.

**Douglas Electric**

*Armour, SD*

**Snack Mix Squares**

*Nicole Ziebart*

- 2 ½ c. halved pretzel sticks
- 2 c. corn chex
- 1 ½ c. M&Ms
- ½ c. butter or margarine
- 1/3 c. creamy peanut butter
- 5 c. miniature marshmallows

In large bowl combine pretzels, cereal & M&Ms. In large saucepan over low heat, melt butter & peanut butter. Add marshmallows; cook & stir until marshmallows are melted & mixture is smooth. Pour over pretzel mixture; stir to coat. Press in greased 13x9x2" baking pan. Cool until firm. Cut into squares.

**Ice Cream Pizza**

*Shana Bialas*

Mix together: 1 ¾ c. oreo crumbs, ½ c. sugar, 6 T. margarine (melted)

Line pizza pan with foil – pat in crust. Freeze for 10 minutes. Add ¾" high cookies and cream ice cream – top with skor chips, mini M&Ms, Hershey syrup or whatever you like.

**Colorful Vegetable Salad**

*Sheila Sanders*

- 6 c. broccoli (cut in bit size pieces)
- 6 c. cauliflower (cut in bit size pieces)
- 2 c. cherry tomatoes (cut in half)
- 1 large red onion
- 1 can (6 oz) pitted ripe olives – sliced
- 1 envelope ranch salad dressing
- 2/3 c. vegetable oil
- ¼ c. vinegar

Combine dressing, oil & vinegar – mix well. Add to vegetables. Refrigerate for 3 hrs. before eating.

Tip: When making chocolate cake, use cold coffee instead of water for a rich mocha flavor.
Chocolate Cake / Fudge Frosting
Sue Hoyle

2 c. sugar  
2 eggs  
2/3 c. shortening  
1 t. vanilla  
1 c. milk

2 ½ c. flour  
½ c. cocoa  
1 t. soda (heaped)  
1 t. salt  
1 c. boiling water

Measure sugar, eggs, shortening & vanilla in large mixing bowl and mix until creamed. Measure flour, cocoa, soda and salt into sifter. Sift flour mixture together into small bowl and set aside. Alternately add milk and sifted flour mixture to creamed sugar mixture while mixing. Add boiling water & mix well. Bake 350 in greased 9x13 pan 45-55 minutes. Remove from oven and cool on wire rack.

Frosting:
Combine 1 c. sugar, ¼ c. milk, & ¼ c. margarine in medium saucepan. Bring to boil 30 seconds. Remove from burner & add 1 t. vanilla, ½ c. chocolate chips, 5 large marshmallows. Beat until smooth & thick and frost cake immediately.

Vegetable Stuffing Casserole
Rhonda Tuscherer

1 box Stove Top stuffing  
1 bag California Blend vegetables  
1 can cream of chicken soup  
½ lb. Velveeta


Our Favorite Sauce
Justin Larson

3 T. mayonnaise  
1 t. mustard  
2 t. catsup  
few drops of Tabasco sauce

Mix together. Leftover sauce keeps well in refrigerator.

Potato Cheese Soup
Jane Evenson

6-8 potatoes (peeled & cubed)  
1-2 stalks celery, diced  
1 onion chopped  
2-3 carrots, sliced  
1 (8 oz.) pkg cream cheese softened  
2 c. or more milk  
¼ c. margarine softened  
1 can (10 ¾ oz.) cream of chicken or 1 can (14 oz) chicken broth  
salt & pepper to taste  
4 strips bacon (fried & crumbled)

Place vegetables in a kettle, cover with water and cook until tender. Combine cream cheese, butter and soup or broth in a mixing bowl. Stir well. Drain all or part of the water from vegetables-depends on how thick of soup you like. Add cream cheese mixture to vegetables. Add milk, salt, pepper & bacon. Reheat on low temp. Serves 10-12.

Heavenly Angel Pie
Donna Jean Schwartz

1 ½ c. granulated sugar  
4 egg whites  
4 egg yolks  
1 T. grated lemon rind  
1 pt. heavy cream  
¼ t. cream of tartar  
¾ t. cream of tartar  
3 T. shredded coconut  
6 T. lemon juice  
1/8 t. salt  
strawberries

While oven heats to 275°, sift 1 c. sugar with 1/4 t. cream of tartar. Separate 4 eggs & beat whites til stiff, not dry peaks. Slowly add sugar, beating until meringue is very stiff, glossy peaks, spread it over bottom and up sides of well-greased 9” pie plate just to rim. Make bottom ¼” thick. Sprinkle rim with 2 T. coconut. Bake 275 – 1 hour (should be light brown & crisp). Cool. Beat 4 egg yolks slightly in double boiler top & stir in ¼ c. sugar, 3 T. lemon juice, 1 T. grated lemon rind, 1/8 t. salt. Cook over boiling water until thick (about 3 mins.) When mixture is cool, whip 1 c. cream, fold into custard. Pour into meringue shell making sure you fill small pockets as you go. Smooth top. Refrigerate 24 hours. Garnish with 1 c. whipped cream & strawberries.
Hot Dish for a Large Group (serves 20-25)
Gloria Kothe

Cook 1 pkg medium egg noodles – drain. Add: 1 can mushroom soup, ½ c. grated cheese, 1 can cream of celery soup, ½ c. milk, 1 t. grated onion, 3 c. diced boiled chicken.

Make a white sauce with chicken broth, add pimentos or stuffed olives for color. Bake 45 mins. at 325°. You can crush some potato chips and sprinkle on top.

Orange Delight
Colette VanHecke

60 Ritz crackers, crumbled
½ lb. butter or oleo
½ c. white sugar
1 can sweetened condensed milk
1 (6 oz) can frozen orange juice
1 (8-9 oz) container whipped topping
2 cans drained mandarin oranges

Mix Ritz crackers, butter, sugar. Save ¾ c. for topping and put rest in 9x13 pan. Beat sweetened condensed milk and frozen orange juice. Add and fold in container whipped topping and drained mandarin oranges. Spread this on crust, sprinkle with reserved crumbs. Let set 24 hours in refrigerator before serving.

Philadelphia Cream Cheese Cake
Margo Edwards, Forestburg

Crust: 1 ¼ c. fine graham cracker crumbs, ¼ c. sugar, & 6 T. butter or margarine, melted. Combine crumbs, butter & sugar and press firmly into a 8” square pan or 9” pie plate. Chill.

Filling: 4 packages (3 oz) cream cheese, softened, 2 c. cold milk, 2 T. sugar, 1 t. vanilla, & 1 package (small) instant vanilla pudding. Beat cream cheese until very soft, blend in ½ c. milk, add remaining milk, sugar, pudding and vanilla. Beat well. Pour over crust. Chill until very firm. Serve with cherry pie filling and whipped topping. Serves 6-8.

Swedish Kringle
Arlene Schoenfelder

Bottom layer: 1 stick butter, 1 c. flour, 1 T cold water
Make like pie crust. Divide in half & make 2 (3’ wide) strips on large cookie sheet. Don’t pat or press this mixture down – leave it crumbly.

Top layer: 1 stick butter, 1 c. cold water
Bring to boil, take off burner immediately. Add 1 c. flour & stir well. Add 3 eggs, 1 at a time, beating well after each. Add 1 t. vanilla. Spoon out on top of first mixture. Press with hands (wet hands with cold water). Bake at 350° - 55 minutes. Cool & frost.

Frosting:
2 T. butter, 1 ½ c. powdered sugar, half & half to right consistency, 1 t. vanilla.

Corn Beef Hotdish
Roxy Jensen

3 ½ c. noodles, cooked
1 can corn beef, chopped
1 can cream of mushroom soup
1 can asparagus 1 jar pimento
½ lb. Velveeta cheese

White sauce:
3 T. butter, 3 T. flour, 3 cups milk


Spaghetti Carbonara
Roxy Jensen

1 lb. Italian sausage ½ lb. diced bacon
4 T. butter ½ c. chopped parsley
4 eggs well beaten & ¾ c. Half and Half
½ c. grated Parmesan cheese
fresh ground black pepper onion garlic cloves

Brown sausage & bacon with 2 T. butter. Add pepper, onion and garlic as desired. Cook spaghetti ..When done, toss all in large bowl – spaghetti, meats, eggs ½ & ½ mixture, parmesan, parsley and 2 T. butter.
Orange Julius
Trudy Smith

1 c. milk
¼ c. sugar
9 ice cubes
1 c. water
1 t. vanilla
6 oz. frozen orange juice

Blend all ingredients in blender and serve.

Oven Beef Stew
Joyce Kwasniewski

2 lbs. beef stew meat
6 med. carrots, diced
2 c. tomato juice
3 T. quick cooking tapioca
2 c. water
1 t. sugar
½ t. salt
1 t. black pepper

Preheat oven to 350°. Coat 9x13" baking dish with nonstick cooking spray. In baking dish, combine beef, potatoes, carrots, onions; mix well. In large bowl, combine remaining ingredients; mix well. Pour over beef & vegetables. Cover tightly with aluminum foil. Bake 2-2 ¼ hours or til beef & vegetables are tender.

Banana Split Dessert
Mavis Teslow

1 stick margarine
2 c. graham cracker crumbs
1 can cream of mushroom soup
1 can cream of chicken soup
1 c. milk
½ c. butter or margarine
1 c. shredded cheddar cheese
1 t. dried parsley flakes
1 egg; well beaten
2 c. powdered sugar
2 sticks margarine
½ t. vanilla
3 c. sliced bananas
1 large can crushed pineapple, drained
9 oz. container whipped topping
chocolate syrup

Remove the unpopped hulls before putting in roaster. Mix popped corn in a large roaster. Combine sugar, margarine, and syrup in 1 ¼ quart saucepan. Bring to boil over medium heat. Stir constantly 10-15 minutes or until mix turns a light caramel color. Remove from heat and stir in vanilla. Pour over popcorn mix. Spread to dry. Break apart, store in tight container.

Hamburger Wild Rice Soup
Audrey Hemme

2 c. cooked wild rice (1/2 c. uncooked)
1 lb. ground beef
1 can cr. of potato soup
2 soup cans water
1 can cream of celery soup
1 c. shredded cheddar cheese
1 t. dried parsley flakes

Cook rice in 3 qt. pan with plenty of water & some salt. Bring to boil & reduce to a simmer for 60 mins. Brown ground beef & drain. Drain rice & combine all ingredients in 3 qt. pan and simmer low until cheese has melted. Serves 4-6.

Chicken Breast Hot Dish
Diane Neu

1 c. rice
1 can cream of mushroom soup
1 c. cream of chicken soup
1 c. milk
½ c. butter or margarine

**Lyon-Lincoln Electric**

**Bacardi Rum Cake**
Audrey Hammer

1 c. chopped pecans or walnuts
1 - 18 ½ oz. yellow cake mix*
1 - 3¾ oz. pkg. Jell-o Vanilla instant pudding
4 eggs
½ c. cold water
½ c. oil
½ c. Bacardi rum (80 proof)

*If using cake mix with pudding already in the mix, omit instant pudding, use only 3 eggs and 1/3 c. oil.*


Glaze: 
¼ lb. butter, ¼ c. water, 1 c. sugar, ½ c. Bacardi dark rum
Spoon glaze over top and sides. Allow cake to absorb glaze. Repeat until glaze is used up. Remove to serving plate.

**Popcorn Cake**

_Beverly Schwing_

½ c. salad oil
½ c. butter or margarine
1 lb. marshmallows
4 qts. Popcorn
1 c. dry roast peanuts
1 # gumdrops

Melt oil & margarine with marshmallows. Mix popped corn with peanuts & gumdrops. Pour marshmallow mixture over popcorn mixture & mix until well coated. Grease a tube pan & press mixture in firmly. Chill until set. Kids & most adults will love it!

**Pepped Up Potato Salad**

_Audrey Hammer_

1 ½ t. mustard seed
1 t. celery seed
3 T. vinegar
Soak mustard seed & celery seed in vinegar several hours or overnight.

½ t. salt, ½ c. finely chopped green onions & tops-- combine with soaked seeds.
Pour over: 5 c. diced cooked potatoes
Then add: ¾ c. mayonnaise, 2 hard cooked eggs. Chill. Excellent with grilled steak.

**McCook Electric**

_Salem, SD_

**Excellent Fluffy Egg Bake**

_Jenny Snyders_

3 eggs, beaten
½ c. Bisquick
3 T. melted butter
1 ½ c. milk
salt & pepper to taste (optional)
2 t. or more chopped onion
1 c. shredded cheddar cheese
1 c. chopped ham

Mix together in order given, pour into greased square Pyrex dish. Bake approximately 35 minutes at 350°. Can double recipe for 9x13 pan.

**Crème De Menthe Cake**

_Karen Knudson_

1) Per box instructions prepare white cake mix with pudding in the mix, stir in 6 T. crème de menthe ice cream syrup and 1-2 drops green food coloring. Bake according to instructions on the cake mix. Cool.
2) Spread 1 jar Hot Fudge Sauce over cooled cake.

**Taffy Apple Salad**

_Camille Thompson_

1 (1 lb.) can chunk pineapple (drain & save juice)
½ c. sugar
1 ½ t. white vinegar
1 T. flour
1 egg, well beaten
3 apples, diced
4 c. mini marshmallows
1 ½ c. dry roasted peanuts
1-8oz. Cool whip

Cook pineapple juice, sugar, flour, vinegar & egg until thick. Remove from heat & let cool. Fold in Cool Whip. Pour over pineapple, diced apples, marshmallows, and 1 c. peanuts. Refrigerate overnight and add ½ c. peanuts before serving.

**Tip:** A slice of soft bread placed in the package of hardened brown sugar will soften it again in a couple of hours.
**Hamburger Rolls**

Doris Conraads

1 lb. or more hamburger  1/3 c. evap. milk
1 c. commercial stuffing, prepared
1 can cream of mushroom soup
2 T. worchester sauce
1 T. catsup  salt & pepper to taste

Mix milk & meat & divide in 5 parts. Roll out into patties on wax paper to about 6” circles. Place 1/5 of stuffing in center of each patti & roll up. Place rolls in casserole & cover with mixture of soup, catsup, Worcestershire sauce, salt & pepper. Bake uncovered 350° – 45 mins.

**Porcupines**

Milissa Gross

1 ½ t. salt  ½ c. chopped onion
¼ t. pepper  1 lb. hamburger
2 c. canned tomatoes  ½ c. rice

Mix together hamburger, salt, pepper, onion, and rice. Form into balls about the size of a quarter. Brown in frying pan with a little oil. Drain fat; add tomatoes, cover, and simmer 45 minutes.

**Easy Smoke Pheasant**

Chris Larson

1 T. Tenderquick
1 T. liquid smoke
Desired amount of boneless pheasant

In microwavable dish, put enough water to cover pheasant. Add Tenderquick & liquid smoke to water. After mixing water, liquid smoke & Tenderquick, add pheasant. Make sure pheasant is completely covered with mixture. Cover dish. Microwave on high for approximately 30 mins. Let cool until liquid can be drained.

**Enchiladas – American Style**

Leona Wright

1 lb. ground beef  oil for frying tortillas
½ c. quick oatmeal
2 (10 oz.) cans enchilada sauce
¼ t. salt  1 large onion, chopped
1/8 t. garlic powder
1 pint creamed cottage cheese
dash of pepper  1 dozen tortillas
1 c. grated Jack or mild cheddar cheese

Brown the ground beef. Add the oats, salt, garlic powder & pepper & stir well. Fry the tortillas in hot oil just to soften. Dip each tortilla in enchilada sauce, place a T. of chopped onion, ground beef mixture & cottage cheese in each tortilla. Roll up the tortilla and place in a baking dish. Spoon remaining enchilada sauce over the enchiladas and sprinkle with grated cheese. Bake 350° – 30 mins.

**Hamburger Casserole**

Mavis Walton

I lb. browned hamburger
I can pork & beans
grated cheddar cheese
3 medium potatoes
I small chopped onion
bacon bits

Take a baking dish & spray with cooking spray. Layer ingredients in this order: pork & beans, browned hamburger, onion, potatoes. Dot with butter or margarine. Cover & bake 40 min. at 350°. Add cheese and top with bacon bits and bake 15 min. longer.

**Favorite Coffee Cake**

Therese Kruger

Cake:  1 ½ c. flour, 1 egg, ¾ c. sugar, 2 ½ t. baking powder, ¼ t. salt, ¼ c. shortening, ¾ c. milk

Topping:  1/3 c. brown sugar (packed), ¼ c. flour, ½ t. cinnamon, 3T firm butter

Pheasant Casserole
Pam Binnebose

24 oz. pheasants (cube thighs & breast ¾ cubes)
1 c. mayo (1/2 c. less tangy)
1 c. chopped celery
½ c. chopped onion 1 small jar pimento
1 can cream of mushroom soup
1-6 oz. can mushrooms 2 T. flour
1 t. seasoned salt

Mix above ingredients. Use 9x13 pan (ungreased). Bake at 375° for about 45 min. Serve with rice or mashed potatoes.

Salad
Darla Ruschen

1 package vanilla pudding
1 package tapioca pudding 3 c. water

Cook together until thick. While still hot, add 1 package orange jello. Cool. Then add 1 c. whipped cream or Cool Whip, 1 can crushed pineapple (drained very thoroughly) and 1 can mandarin oranges (drained very thoroughly).

Buttermilk Brownies
Diane Maurice

2 c. flour ¼ c. cocoa
2 c. sugar ½ c. buttermilk
½ t. salt 2 eggs
1 c. margarine 1 t. baking soda
1 c. water 2 t. vanilla


Oven Cleaning: Mix your own cleaner from baking soda, two squirts of liquid dishwashing soap and water. Sprinkle water on the bottom of the oven. Cover grime with mixture, then sprinkle more water on top. Let it sit overnight and you will be able to wipe up grease easily!

Millionaire's Salad
Sharla Haugen

Mix:
1 can cherry pie filling (or blueberry)
1 can sweet and condensed milk
½ c. chopped walnuts
2 c. small marshmallows
1 can pineapple tidbits (drained)
1 carton Cool Whip

Scrumptious Chicken and Noodles
Sharla Haugen

Cook:
½ bag wide egg noodles
Sauté the following in 2 T. butter until soft:
½ c. chopped green pepper
¼ c. minced onion
Add:
1 c. sour cream
1/3 c. milk
1 can cream of chicken soup
2 c. cooked cubed chicken breast
Mix above with noodles; put in casserole and bake at 350° for 35 minutes. (Can put crushed crackers on top)

Warmer-Upper Beef Stew
Martin McGrane

2-3 lbs. lean beef, cut in 1" chunks
6 large potatoes, peeled and cut into chunks
6 large carrots, peeled and cut into 1" sections
1 large onion, peeled and quartered
1 clove garlic or ½ t. garlic powder
3 T. Worcestershire sauce
1 T. sugar
1 t. each of salt, allspice and ground cloves

Melt vegetable shortening to thinly cover the bottom of a heavy pot or kettle. Coat beef chunks in flour mixed with salt & pepper and add to shortening. Cook over med. high heat stirring frequently until meat is evenly browned. Add 2-3 c. hot water and cook covered over low heat for approximately 90 minutes (until meat is tender). After meat is done, add remaining ingredients and cook until vegetables are tender—approx. 1 hour over low heat. Stir occasionally and add more water if required.
Crunchy Pickle & Ham Appetizers
Marilyn Timm

1 pkg (12 oz) Oscar Mayer Smoked Cooked Ham
1 jar (24 oz) Claussen Kosher Dill Spears, drained
1 tub (8 oz) Philadelphia soft cream cheese

Pat ham and pickle spears dry with paper towel. Spread 13 ham slices each with 1 T. cream cheese. Top each with 1 pickle spear; roll up. Refrigerate 1 hour or overnight. Cut each pickle roll into 4-6 pieces to serve. Makes 62-78.

Chow Mein Hotdish
Don O’Leary

1 lb. hamburger 1/2 oz. pkg chow mein noodles
1 can ch. of chicken soup 1 small onion, chopped
1 can ch. of mushroom soup 1 c. celery, chopped
1 can chicken with rice soup 1 T. soy sauce

Brown hamburger, onion, celery. Drain & put in casserole & add soups. Small amount of water can be added if not moist enough. Add soy sauce.

Parmesan Breadsticks
Einer Satter

1 can (11 oz.) refrigerated soft breadsticks
3 T. butter or margarine, melted
¾ c. (3 oz) Kraft 100% grated Parmesan cheese

Separate dough; cut each piece in half to make 16 bread sticks. Dip in butter; coat with cheese. Twist dough couple of times & put on ungreased cookie sheet. Bake 350°, 14-18 mins. or until golden brown.

Pineapple Angel Food Cake
Sue Wilts

1 one-step angel food cake mix
1 20-oz can crushed pineapple with the juice

**Broccoli Cheese Casserole**
*Martina Gesick*

- ½ c. quick cooking rice, measure & cook according to package directions
- 1 - 10 oz. pkg. Frozen chopped broccoli - cooked
- ½ c. Cheese Whiz ½ stick butter or margarine

Combine cooked broccoli, Cheese Whiz and butter. Mix until cheese & butter are melted. Add cooked rice. Mix. Bake 30-35 min. at 350 in uncovered casserole.

**Chicken Delight**
*Shirley Regehr, Marion, SD*

- 1 pkg. onion soup mix
- 1 (8 oz) bottle Russian dressing
- 1 jar (8 oz) apricot preserves

(Mix above three ingredients together).

8-10 chicken breasts (denboned) 8-10 pieces
Dip chicken in bowl of dip – lots of it. Put in casserole single layer (9x13). Cover and bake at 350 for 40-50 mins. Serve with rice. (Can freeze sauce if too much.)

**Lemon Angel Whip**
*Shirley Regehr*

- 1 c. orange juice
- 1 c. pineapple juice
- 1 c. sugar
- 1 small package lemon gelatin
- 2 c. whipped cream or topping
- 1 small angel food cake

Heat juices until boiling. Add sugar and gelatin and stir until dissolved. Let set until slightly thickened. Add whipped cream or topping. Mix well. Cube angel food cake in 9x13 pan. Pour gelatin mixture over the cake pieces. Refrigerate.

**Barbecued Pheasant**
*Lucille Stirling*

Cut pheasant in pieces. Salt & pepper the pieces, and dip in beaten egg and then dip in fine bread crumbs. Fry in butter to delicate brown. Cover with the following sauce that has been cooked 3 minutes.

- 1 can tomatoes
- 1 T. brown sugar
- 1 t. thyme
- chopped onions
- chopped celery

Put pheasant & sauce in pan, cover tightly & simmer for one hour.

**Dessert**
*Carol Jorgensen*

1 (20 oz) can pie filling
1 (20 oz) can crushed pineapple (undrained)
1 pkg. yellow cake mix
2 sticks butter, melted
1 c. flaked coconut
1 c. chopped nuts

Grease the pan; spread pie filling on the bottom. Put pineapple on top. Sprinkle cake mix on top of pineapple. Cover with melted butter. Top with coconut and nutmeats. Bake one hour at 350°.

**Chocolate Éclair Cake**
*Lavonne Klemme, Akron, Iowa*

Lightly butter 9x13 cake pan. Layer whole graham crackers in bottom of pan. Mix 2 packages vanilla instant pudding with 3 c. milk. Fold in 1 large container of Cool Whip. Put half of this mixture over the graham crackers. Lay a second layer of whole graham crackers over the pudding. Then put the last half of pudding mixture over the graham crackers. Finish with one more layer of graham crackers. Pour chocolate sauce over top.

Chocolate sauce: 2 T. white syrup, 1 t. vanilla, 1 ½ c. powdered sugar, 6 T. margarine, 2 squares melted chocolate, 2 T. milk.

Melt margarine & chocolate together and mix in other ingredients. Beat well before pouring on top of graham crackers. Refrigerate.

**Ice Cream Dessert**
*Carol Jorgensen*

1 qt. Orange sherbert
1 qt. Vanilla ice cream
2 c. Ritz crackers
4 T. sugar
8 T. melted butter

**TOPPING:**
- 1 c. sugar, 6 T. butter, 4 T. real lemon, 3 eggs beaten. Cook these ingredients and let cool.

Soften sherbert and ice cream and mix. Mix cracker crumbs, sugar, and butter. Put in 9 x 13 pan. Save ½ c. out for the topping. Add sherbert and ice cream mixture on top of cracker crumbs. Add the topping and ½ c. crumbs on top. Put in freezer to freeze.
Chicken Ala Mexico
Angie Ackerman

Boil 4 whole chicken breasts until tender. Cool and break into large pieces. In a 9x13 pan, layer Dorito Chips (smashed), top with chicken, 1 can green diced chilies, ¼ lb. Monterey jack cheese. Mix and spread on top of above ingredients: 2 cans cream of chicken soup, ½ coarsely chopped onion, ½ t. oregano, ½ t. sage, ½ t. garlic salt, ½ t. chili powder. Top with ½ lb. grated cheddar cheese & paprika. Bake at 375° for 45 minutes.

Cheesy Hashbrown Potatoes
Angie Ackerman

1 pkg. frozen shredded hashbrowns
1 can cream of chicken soup
1 c. sour cream
2 T. grated onion
½ t. salt
1/8 t. pepper
2 c. grated cheddar cheese

Mix above ingredients and spread into 9x13" greased pan. Cover with tin foil and bake for 1 hour @ 350. Uncover and bake for additional 15 minutes.

Meatballs
Vi Warn

3 lbs. hamburger
1 egg
1¼ c. crushed graham crackers
onion powder
pepper

Mix and form into balls. Put on a cookie sheet and bake @ 350 for 30 minutes.

Sauce:
32 oz. ketchup
¾ c. brown sugar
1 can chunk pineapple (drained)
½ c. mustard
½ t. Liquid Smoke

Put in crock pot.

Farmhouse Muffins
Lisa Gale

1 tube (10 oz.) refrigerated biscuits
1 lb. ground beef
1 T. vinegar
½ c. ketchup
3 T. brown sugar
1 c. shredded cheddar cheese

Separate dough into 10 biscuits; flatten into 5" circles. Press each into the bottom and up the sides of a greased muffin cup; set aside. Brown ground beef and drain. Mix in ketchup, brown sugar and vinegar. Spoon mixture into biscuit-lined muffin cups. Sprinkle with cheese. Bake at 375° - 15-18 minutes or until golden brown. Cool 5 min. before removing from tin & serving.

Spaghetti Pizza
Sandi Leighton

1 lb. thin spaghetti
2 eggs
½ lb. ground beef
1 - 32 oz. jar Ragu
½ - 1 c. thin sliced pepperoni
2 c. mozzarella cheese

Prepare spaghetti – drain. Place in greased jelly roll or cake pan. Mix the milk & eggs together. Toss with spaghetti. Pour Ragu sauce over spaghetti mixture. Crumble uncooked ground beef on top of Ragu. Top with pepperoni and mozzarella cheese. Bake at 350° for 30 minutes.

Snicker Bar Pie
Pam Ishmael

5 snicker bars, cut up in small pieces
1 – 8oz cream cheese
1 – 16 oz. Cool Whip
1½ c. confectioners sugar
½ c. peanut butter, chunky
2 - Graham cracker crusts

Whip cream cheese and confection sugar together. Add everything else and combine well. Pour into graham cracker crusts, refrigerate and let sit over night.
### COMMON FOOD EQUIVALENTS

<table>
<thead>
<tr>
<th>Food</th>
<th>Amount</th>
<th>Approximate Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter or other shortening</td>
<td>1 pound</td>
<td>2 cups</td>
</tr>
<tr>
<td>Cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheddar or American</td>
<td>4 ounces</td>
<td>1 cup shredded</td>
</tr>
<tr>
<td>Cottage</td>
<td>1 pound</td>
<td>2 cups</td>
</tr>
<tr>
<td>Cream</td>
<td>3 ounce package</td>
<td>6 tablespoons</td>
</tr>
<tr>
<td></td>
<td>8 ounce package</td>
<td>1 cup (16 tablespoons)</td>
</tr>
<tr>
<td>Chocolate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chips</td>
<td>6 ounce package</td>
<td>1 cup</td>
</tr>
<tr>
<td>Unsweetened</td>
<td>8 ounce package</td>
<td>8 squares (1 ounce each)</td>
</tr>
<tr>
<td>Coconut</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shredded or Flaked</td>
<td>4 ounce can</td>
<td>about 1 1/3 cups</td>
</tr>
<tr>
<td>Coffee, ground</td>
<td>1 pound</td>
<td>80 tablespoons</td>
</tr>
<tr>
<td>Cream</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whipping</td>
<td>1/2 pint</td>
<td>1 cup (2 cups whipped)</td>
</tr>
<tr>
<td>Sour</td>
<td>8 ounces</td>
<td>1 cup</td>
</tr>
<tr>
<td>Flour</td>
<td></td>
<td></td>
</tr>
<tr>
<td>All-purpose</td>
<td>1 pound</td>
<td>about 3 1/2 cups</td>
</tr>
<tr>
<td>Cake</td>
<td>1 pound</td>
<td>about 4 cups</td>
</tr>
<tr>
<td>Lemon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Juice</td>
<td>1 medium</td>
<td>2 to 3 tablespoons</td>
</tr>
<tr>
<td>peel, grated</td>
<td>1 medium</td>
<td>1 1/2 to 3 teaspoons</td>
</tr>
<tr>
<td>Marshmallows</td>
<td>1 large</td>
<td>10 miniature</td>
</tr>
<tr>
<td></td>
<td>about 11 large or</td>
<td></td>
</tr>
<tr>
<td></td>
<td>110 miniature</td>
<td></td>
</tr>
<tr>
<td>Nuts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Almonds</td>
<td>1 pound in the shell</td>
<td>1 to 1 3/4 cups nutmeats</td>
</tr>
<tr>
<td></td>
<td>1 pound shelled</td>
<td>3 1/2 cups</td>
</tr>
<tr>
<td>Pecans</td>
<td>1 pound in the shell</td>
<td>2 1/4 cups nutmeats</td>
</tr>
<tr>
<td></td>
<td>1 pound shelled</td>
<td>4 cups</td>
</tr>
<tr>
<td>Peanuts</td>
<td>1 pound in the shell</td>
<td>2 1/4 cups nutmeats</td>
</tr>
<tr>
<td></td>
<td>1 pound shelled</td>
<td>3 cups</td>
</tr>
<tr>
<td>Walnuts</td>
<td>1 pound in the shell</td>
<td>1 2/3 cups nutmeats</td>
</tr>
<tr>
<td></td>
<td>1 pound shelled</td>
<td>4 cups</td>
</tr>
<tr>
<td>Orange</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Juice</td>
<td>1 medium</td>
<td>1/3 to 1/2 cup</td>
</tr>
<tr>
<td>Peel, grated</td>
<td>1 medium</td>
<td>1 to 2 tablespoons</td>
</tr>
<tr>
<td>Sugar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brown</td>
<td>1 pound</td>
<td>2 1/4 cups (firmly packed)</td>
</tr>
<tr>
<td>Confectioner's</td>
<td>1 pound</td>
<td>about 4 cups</td>
</tr>
<tr>
<td>Granulated</td>
<td>1 pound</td>
<td>2 cups</td>
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</table>

### EMERGENCY SUBSTITUTIONS

An emergency is the only excuse for using a substitute ingredient - recipe results will vary. Following are some stand-ins for staples.

<table>
<thead>
<tr>
<th>FOR</th>
<th>USE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 t. cornstarch</td>
<td>1 T. flour</td>
</tr>
<tr>
<td>1 whole egg</td>
<td>2 egg yolks plus 1 T. water</td>
</tr>
<tr>
<td></td>
<td>(in cookies) or 2 egg yolks</td>
</tr>
<tr>
<td></td>
<td>(in custards and similar mixtures)</td>
</tr>
<tr>
<td>1 cup fresh whole</td>
<td>1/2 c. evaporated milk plus 1/2 c.</td>
</tr>
<tr>
<td>milk</td>
<td>water or 1 c. reconstituted</td>
</tr>
<tr>
<td></td>
<td>nonfat dry milk plus 2 T. butter</td>
</tr>
<tr>
<td>1 ounce unsweetened</td>
<td>3 T. cocoa plus 1 T. fat</td>
</tr>
<tr>
<td>chocolate</td>
<td></td>
</tr>
<tr>
<td>1 cup honey</td>
<td>1 1/4 c. sugar plus 1/4 c. liquid</td>
</tr>
</tbody>
</table>

### EQUIVALENT MEASURES

- 3 teaspoons = 1 tablespoon
- 16 tablespoons = 1 cup
- 2 cups = 1 pint
- 4 cups = 1 quart
- 2 pints = 1 quart
- 4 quarts (liquid) = 1 gallon
- 5 1/3 tablespoons = 1/3 cup
- 8 ounces = 1 cup
A Touchstone Energy Cooperative is:

Big enough to be innovative and develop new programs for wise, efficient use of electricity and to provide useful services beyond electricity, and . . .

Small enough to be responsible and accountable to its members and involved in strengthening the communities it serves.