

The
Mundall
Family
Cookbook

ACKNOWLEDGEMENTS

-many thanks to-

Shellie (Mundall) Stehmeier - Who came up with the idea of compiling the family's recipes for a wedding gift to Sherri (Mundall) Bezonsky

Lois (Purdy) Mundall - Who collected the original recipe cards and scrapbooked them to create Sherri's book.

Stephen Mundall - Edited the book for this 2nd Edition

All those who contributed their favorite recipes to make this book complete.

INTRODUCTION

This release is a continuation of the effort begun by Shellie (Mundall) Stehmeier who typed and printed the first edition. In this book there are no new additions to the original set of recipes, but the door is being opened to allow you to contribute still more of your best cooking to this book. When there are a suitable number of fresh additions to this repository, future editions will become available.

The original release was bound in a 3 ring binder with the pages inserted into plastic sheet protectors. Future releases will be available for download in .PDF format on the Mundall.com website.

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Finger Foods / Drinks



7 LAYER BEAN DIP

Bottom: 1 can refried beans and salsa or 2 cans bean dip.

Then: Avocados (3-5) with 2 Tbsp. lemon juice

Then: 8 oz. sour cream and 8 oz. mayonnaise (mix together). Optional: ½ pkg. taco seasoning powder.

Top: Top with grated cheese, tomatoes, onions, olives, and mushrooms.

Brandy (Robinson) Mundall

CRACKERS

3 c. rolled oats 1 tsp. salt

2 c. w. w. flour 1 c. water

1 c. wheat germ 2/3 c. oil

1 Tbsp. sugar

Mix all the dry ingredients well. Mix water, oil and sugar. Add to dry ingredients and mix well. Divide into two parts. Roll on cookie sheets. Cut into squares. Bake at 325 for 25 minutes or until done.

Laelle Teranski

CRACKERS

3 c. oats 2 c. flour

1 c. wheat germ 1 tsp. salt

Mix then add:

1 c. oil 1 c. water

Spray cookie sheets with Pam then roll mix out. Salt crackers and score, then lightly cut with pizza cutter. Bake at 325 until lightly brown~about 25 minutes.

Eloyce (Scharffenberg) Mundall

FOUR-BERRY SPREAD

1 c. fresh or frozen blackberries 1 box (1 ¾ ounces) powdered fruit pectin

1 c. fresh or frozen blueberries 7 c. sugar

1 ½ c. fresh or frozen strawberries

1 ½ c. fresh or frozen raspberries

Crush berries in large kettle. Stir in pectin, bring to full rolling boil over high heat, stirring constantly. Stir in sugar, return to full boil. Boil for 1 minute, stirring constantly. Remove from heat; skim off any foam. Pour hot mixture into hot jars, leaving ¼ in headspace. Adjust caps. Process for 10 minutes in a boiling-water bath. Yield: about 7 half-pints.

Brandy (Robinson) Mundall

FRUIT SLUSH

1 6 oz. Jello (any flavor) 1 46 oz. can pineapple juice

1 ½ c. sugar 1 qt. cold water

2 qts. Boiling water

Freeze till hard, then thaw slightly and chop with chopper until nice and slushy. Spoon into cups and add 7-Up or Sprite.

Sandi (Schroeder) Schill

HIDDEN VALLEY RANCH OYSTER CRACKERS

12 to 16 oz. plain oyster crackers ½ -1 tsp. dill weed
1 pkg. Hidden Valley Ranch Buttermilk ¼ tsp. garlic powder
original ranch Salad dressing mix ¾ -1 c. salad oil

Combine Hidden Valley Ranch mix and oil. Add dill weed and garlic powder. Pour over crackers and stir to coat. Place in warm oven for 15-20 minutes.

Tonya (Schroeder) Rucinski

ITALIAN PRETZELS

2 c. miniature pretzel twists 1 ½ tsp. spaghetti sauce mix
1 tbsp. butter 1 ½ tsp. Parmesan cheese

Melt butter with sauce mix. Pour over pretzels. Microwave 2-3 minutes. Stir every 30 seconds. Immediately sprinkle with cheese.

Sandi (Schroeder) Schill

MOCK MARGARITA PUNCH

1 (6 oz.) can frozen lemonade concentrate
1 (6 oz.) can frozen limeade concentrate
¼ c. powdered sugar
3 c. crushed ice
2 c. club soda, chilled

In blender, combine concentrates, powdered sugar and ice. Cover and blend until slush consistency. Add club soda, stir gently. If desired rub rim of each glass with lime slice and dip in coarse salt. Fill each glass with slush mixture. 12 ½ cup servings.

Tonya (Schroeder) Rucinski

ORANGE JULIUS

1 c. OJ ¾ tsp. vanilla
1 c. water ¼ c. sugar
2 eggs* 1 heaping cup ice

Mix all in blender and blend until smooth. Yields: 2 drinks. *Or, cook cornstarch and water and substitute and approximate egg sized amount. Tastes the same and no raw eggs!

Kathryn (Elonna Mundall) Holm

QUICK GARLIC DILL REFRIGERATOR PICKLES

1 quart pickling cucumbers, cut into spears, blossom end cut off

2 dill heads or 2 Tbsp. dill seed

¼ tsp. red pepper flakes

6-8 garlic cloves, peeled and halved

1 bay leaf

2 tsp. pickling salt

1 c. white vinegar

boiling water

Wash jars. Pack cucumber spears into jars. Add dill, pepper flakes, salt, garlic and bay leaf to jars. Add vinegar. 1 cup for quarts, ½ cup for pints, Each. Fill to ½ inch of top with the boiling water. Refrigerate a few weeks before using. May also be processed-10 minutes for pints, 15 minutes for quarts.

Laura (Mundall) Magnuson

TAPENADE

1 lg. bunch fresh basil

2 tsp. capers

1 pkg. cream cheese, softened

2 cloves garlic

1 can olives or 1 c. pitted Kalamata olives salt and Greek seasoning to taste

Puree in blender. Serve with warm Focaccia bread or sourdough.

Ruth (Foster) Mundall

TOM JED TANG

1 cucumber, sliced

1 tsp. cilantro

3 cloves garlic, minced

3 c. water

1 tsp. bean sauce

1 tsp. any seasoning to taste

½ tsp. salt

Boil the water. When boiling add the garlic, salt, seasoning. Boil 1 minute then add the cucumber. Turn the heat off and add the cilantro. Mix well.

Phoebe (Peungsatit) Mundall

Salads, Sandwiches –Burgers, Soups



ALMONNAISE

½ c. raw almonds	¼ tsp. garlic powder, scant
½ c. water	½ tsp. salt
2 tsp. soy powder	1 c. olive oil
1 tsp. nutritional yeast	3 Tbsp. lemon juice

Blanch almonds first. Place almonds in blender and blend fine. Add water, soy powder and seasoning. Blend 'til smooth. Slowly add oil. Usually doesn't take more than ½ cup to get to right consistency. I use heaping tsp. of soy powder.

Mary (Mundall) Hansen

APRIL'S GRANDMOMMY'S NOODLE SOUP

It's a "dump" recipe. Proportions are approximate.

Saute in the bottom of a soup pan:

Onions

Egg

Add:

Water

Egg noodles, when tender (or a bit before) *add:*

1 can garbanzos

McKay's chicken seasoning

Salt

1 or 2 drops yellow food coloring

April (Russell) Mundall

APRIL'S LENTIL SOUP

Proportions are all approximate.

Lentils, cooked

Garlic and onion powder

Tomato paste

Onions, chopped (if time)

1 pkg. frozen spinach

carrots, optional

Feeds a crowd in a hurry!

April (Russell) Mundall

ASPARAGUS SOUP

1-2 potatoes

6 c. water

1 onion

6 tsp. McKays Chicken Seasoning or broth

1 bunch asparagus, chopped 1-2 c. fresh spinach leaves-optional for color

6 c. water

Cook until tender. Blend in blender. Serve with cornbread.

Cindy (Mundall) Zimmerly

AUDREY'S BEET BERSHT

4-5 raw beets, grated or finely sliced, place 3 tsp. salt in water and boil beets 15 min.

Add: 2-3 med. carrots, chopped

2 potatoes

1 c. celery

Cook for 15 more minutes then add:

1 c. chopped cabbage

Cook for 10 more minutes.

Saute in margarine:

1 lg. onion

2 or more cloves garlic

Add: 1 jar tomatoes

Mix all ingredients together and simmer 10 minutes. To serve, garnish with dill weed.

Laurel (Mundall) Teranski

BAR-BE-QUE

3 c. Burger 1/4 c. brown sugar

1 med. onion, chopped 1/2 tsp. onion salt

1 stalk celery, chopped 1/2 tsp. salt

1/2 stick butter 1/2 tsp. celery salt

1 1/4 c. ketchup

Sautee onion and celery in butter. Add remaining ingredients and simmer on low 15 minutes.

Rosie (Mundall) Schroeder

BETTER THAN POTATO SALAD

4 c. cooked long grain rice 1/2 c. chopped onion

8 radishes, sliced 1 1/2 c. mayonnaise

4 hard boiled eggs, chopped 3 Tbsp. prepared mustard

1 med. cucumber, seeded and chopped 3/4 tsp. salt

2 c. thinly sliced celery

In a large bowl combine rice, radishes, eggs, cucumber, celery and onion. Combine mayonnaise, mustard and salt. Mix well. Pour over rice mixture and toss. Cover and refrigerate at least 1 hour. Yield: 12-14 servings.

Brandy (Robinson) Mundall

CAPRESE SALAD

1 ½ lbs. vine-ripened tomatoes, cored
1 lb. fresh mozzarella
¾ to 1 tsp. fine sea salt
Freshly ground black pepper
1/3 c. packed basil leaves, torn or cut into strips
¼ c. extra-virgin olive oil

Slice the tomatoes and cheese into ¼-inch thick slices. Arrange the salad on a serving platter or individual plates in an alternating pattern, with two to three slices of tomato for every piece of cheese. Season with the salt and pepper to taste. Scatter the basil leaves over the top and drizzle with the oil. Serve at room temperature. Yield 6-8 servings.

Sherri (Mundall) Bezonsky

CHRISTMAS CRANBERRY SALAD

1 lg. pkg. (6 oz.) raspberry Jello
2 c. boiling water
1 c. cold water
Dissolve Jello in hot water, add cold water
Add: 1 c. crushed pineapple-drained
1 can whole cranberry sauce
½ c. chopped walnuts
1 c. finely chopped celery

Pour into flat, pretty dish.

Lois (Purdy) Mundall

COCONUT PUMPKIN SOUP WITH CILANTRO GREMOLATA

1 lb. Pumpkin or winter squash, peeled, seeded and cubed	2-inch piece lemongrass
4 c. vegetable stock or water	Stems from ½ bunch cilantro
6 scallions, roughly chopped	1 c. lite coconut milk
1 fresh red chile (optional)	juice of 2 limes
	salt and pepper to taste

Cilantro Gremolata:

Zest of 2 limes, finely grated
½ tsp. minced garlic
¼ c. chopped cilantro

In large pot combine pumpkin, stock, scallions, chile, lemongrass, and cilantro stems. Over high heat, bring to a boil, reduce heat, cover and simmer until pumpkin is very tender, 15 to 20 minutes.

Discard lemongrass, cilantro and chile. In blender or food processor puree soup, in batches, until smooth.

Return puree to pot. Stir in coconut milk (reserve some for garnish, if desired), lime juice, salt and pepper. Heat to desired temperature.

In small bowl, combine lime zest, garlic, and cilantro. Pour soup into bowls and top with gremolata.

Cindy (Mundall) Zimmerly

CRANBERRY JELLO SALAD

- 2 lg. pkg. jello (1 raspberry, 1 cherry)*
- 4 C. boiling water
- 2 cans cranberry sauce
- 1 lg. can crushed pineapple
- 1 pint sour cream
- 2 c. walnuts, chopped

Dissolve jello in boiling water. Add cranberry sauce and crushed pineapple. Refrigerate until partially set. Add sour cream and walnuts. Pour mixture into 13x9 inch pan and refrigerate until firm.*Any flavor combo. you want may be used.

Shellie (Mundall) Stehmeier

FROZEN CRANBERRY SALAD

- | | |
|---------------------------------------|-----------------|
| 1 can whole cranberries | ½ c. sugar |
| 3 bananas, diced | ½ c. walnuts |
| 15 oz. can crushed pineapple, drained | 8 oz. Cool Whip |

Mix together and put in Jello mold and freeze overnight. Take out of mold and slice.

Sandi (Schroeder) Schill

FROZEN STRAWBERRY SALAD

- | | |
|---|-----------------------------|
| 2 pkg. strawberry jello | 1 lg. can crushed pineapple |
| 2 c. boiling water | 2 or 3 mashed bananas |
| 2 pkgs. lightly sweetened frozen strawberries | 1 pt. sour cream |

Dissolve jello in boiling water. Add frozen strawberries. Stir until melted then add pineapple (juice and all) and mashed bananas. Mix well. Pour ¾ of mixture into a 13x9 inch pan and refrigerate. (Leave remaining mixture at room temp). When mix in fridge is set, spread with the sour cream and pour remaining ¼ mixture over it. Return back to fridge until set. *Note:* Can be made 1-2 days before serving.

Shellie (Mundall) Stehmeier

FRY-CHIC SANDWICH SPREAD

- | | |
|-------------------------------------|------------------------------------|
| 1 c. chopped chicken | 1 Tbsp. parsley, chopped |
| ½ c. finely chopped celery | ¾ c. mayonnaise or salad dressing |
| 2 chopped green onions | ¼ c. sour cream |
| 1 c. finely chopped water chestnuts | ½ tsp. salt and pepper, if desired |
| 2 Tbsp. diced pimentos | |
- Mix together. Taste great on croissants.

Sandi (Schroeder) Schill

GAZPACHO

4 c. tomato juice	1/3 c. tarragon vinegar
2 c. chopped, seeded, peeled tomatoes	2 Tbsp. minced fresh parsley
1 c. diced green pepper	1 Tbsp. Worcestershire sauce
1 c. diced celery	1 tsp. salt, optional
1 c. diced, seeded cucumber	1/2 tsp. pepper
2 garlic cloves, minced	2 Tbsp. vegetable oil
1/2 c. diced onion	

In large bowl, combine the first 13 ingredients. Cover and chill for at least 4 hours. Stir in oil before serving. Serve cold. Yield: 8 servings.

Brandy (Robinson) Mundall

HAMBURGERS

3 c. Burger	1/2 tsp. onion salt
1/2 onion, chopped fine	1/2 tsp. garlic powder
1 stock celery, chopped fine (optional)	3/4 c. quick oats
1/2 tsp. seasoned salt	2-3 eggs

Mix together, form into patties and fry.

Rosie (Mundall) Schroeder

HERBED POTATO SALAD

3 lbs. red skin and Yukon Gold potatoes. Cook and cool and slice.

Herb Marinade:

Whiz: Oregano, Rosemary, Dill, Basil and Italian parsley in food processor to
Make 2 cups.

Add: 1 c. extra virgin olive oil 1/3 c. balsamic vinegar

Pour over potatoes. Let set. Add Kosher salt to taste.

Lois (Purdy) Mundall

MINESTRONE SOUP

1 lb. tofu	4 c. water
3 Tbsp. soy sauce	2 c. tomato juice
1/2 tsp. garlic powder	2 tsp. basil
2 Tbsp. olive oil	1 tsp. oregano
1 onion, chopped	1/4 tsp. garlic powder
1 garlic clove, minced	1/2 tsp. salt
1 lg. carrot, sliced	3 oz. tiny pasta (shells, bows, etc.)
1 sm. zucchini, sliced	1 (15 oz.) can kidney beans
1 (28 oz.) can stewed tomatoes	

Freeze tofu. Thaw and cut into 1/2-inch chunks. Heat oven to 350. Mix soy sauce and garlic powder. Toss tofu chunks in mixture. Bake on oiled cookie sheet for 10 minutes then turn and bake 5 minutes more. Set aside. In sauce pan, sauté onion and garlic in oil. Add carrots and zucchini and continue sautéing until crisp-tender. Add tomatoes, water, tomato juice, seasonings and simmer 10 minutes. Add pasta and simmer 5 more minutes. Add beans and browned tofu. Heat through. Serve hot.

Shellie (Mundall) Stehmeier

MOM'S FRUIT SOUP

½ c. tapioca 1 quart cherries
1 quart plums 1 quart apricots
1 quart peaches 1 can raspberry or grape juice frozen concentrate
1-2 lemons

Put tapioca and juice into a double boiler. When tapioca is clear add the fruit. This is nice served over zuiback. A serving of hot milk served over the zuiback then drained before the fruit is added is also nice. Try berry fruit soup sometime. It's nice too. A scoop of ice cream is also delicious.

Mom (Evelyn) Mundall Newell

NORWEIGAN POTATO SOUP

4 med. potatoes, peeled and cubed
1-2 med. onions, chopped
Cook in 2 quarts water 'til soft, then add:
1 Tbsp. McKay's Chicken Seasoning
1 tsp. garlic salt
2 c. milk
2-3 Tbsp. margarine
Stir 'til smooth and hot. Garnish with fresh chopped parsley.

Lois (Purdy) Mundall

ORANGE JELLO SALAD

2 sm. boxes vanilla pudding 2 sm. cans Manderine oranges
1 sm box orange Jello 2 c. Cool Whip
2 c. boiling water
Mix together and refrigerate until firm.

Sandi (Schroeder) Schill

PASTA SALAD

16 oz. pkg. curly pasta (Rotini), cooked
Add: Italian Salad Dressing
Mix in: red, gold, yellow peppers, sliced
 1 chopped cucumber or zucchini
 chopped dried tomatoes
 1 can sliced olives
 1 small jar artichoke hearts
Add to taste: dried Italian herbs
 Kosher salt

Lois (Purdy) Mundall

POTATO SALAD

Cook 8 whole potatoes-cool and dice

Boil and dice 4 farm-fresh eggs

Add: 1 c. chopped celery

1 c. chopped dill pickles

Mix with Miracle Whip, lemon juice and salt.

Note: Kids love it!

Becky (Hansen) Mundall

POTATO SALAD

3-4 lbs. red potatoes-boil until tender but not mushy. Do not overcook.

In large mixing bowl combine:

2 cans sliced olives, do not drain

1 4 oz. jar pimentos

3 or 4 celery stalks(including some of the celery leaves), finely chopped

2-4 green onions, chopped

18-20 boiled eggs, diced

Add the salad dressing

Cut the potatoes and add to salad while still hot. You may peel the potatoes or leave some skin on for flavor.

Add onion powder, vegetable salt and/ or salt to taste.

Let set in refrigerator overnight to let the flavors set in.

Eloyce (Schaffenberg) Mundall

POTATO SALAD DRESSING

We prefer not to use commercial mayonnaise due to the raw eggs so I have worked to find a dressing to use that we like for potato salad. We like this one.

Mix the following until smooth:

1 tsp. salt ¼ c. olive oil

¼ c. lemon juice

Add: ½ c. olive oil and beat well

Add: ¼ c. lemon juice

¾ c. olive oil and beat well

Eloyce (Scharffenberg) Mundall

RASPBERRY DELIGHT SALAD

1 lrg. pkg. raspberry Jello

1 box raspberries

1 c. hot water

1 sliced banana

1 c. vanilla ice cream

½ c. chopped pecans

1 19 oz. can crushed pineapple

Combine hot water with Jello, add ice cream and stir until well combined. Combine undrained pineapple, nuts, raspberries and banana. Add Jello mixture. Pour into quart mold and chill overnight.

Rosie (Mundall) Schroeder

SLOPPY JOES

Saute in skillet:

2 Tbsp. olive oil 1 med. onion, chopped
2 cloves garlic 1 med. green pepper, chopped

Then add:

16 oz. firm tofu, drained and crumbled

2 Tbsp. soy sauce

Continue cooking until tofu starts to brown slightly, then add:

2 c. tomato sauce 2 tsp. chili powder

½ tsp. cumin

Serve over toasted burger buns.

Laura (Mundall) Magnuson

SOUPER SOUP MIX

¼ c. each: black eyed peas large limas
 pinto beans black beans
 red beans split green peas
 pearl barley lentils
 small limas navy beans
 great northern beans or any other favorite beans

for a total of 2 ½ -3 cups beans. Wash thoroughly. Cover with water. Add 2 Tbsp. salt and soak overnight. In morning drain. Add 2 quarts water and bring to a boil. Simmer for 2-2 ½ hours or 'til tender. Then add:

1 lg. onion, chopped ¼ c. olive oil
1 quart homecanned tomatoes 1 tsp. chili pepper
½ green pepper, diced 1 Tbsp. oregano
¼ c. sliced Spanish olives 1 Tbsp. cumin
¼ c. sliced black olives salt to taste

6 cloves garlic, minced

Simmer 30 minutes. Serve with crusty bread and salad. Serves 12.

Lois (Purdy) Mundall

STRAWBERRY SPINACH SALAD

1 pkg. spinach thinly sliced onion, to taste
sliced fresh strawberries ½ c. sugar
½ c. slivered almonds 2 Tbsp. water
½ c. chopped pecans

Mix the sugar and the water and dissolve in frying pan then add the nuts and cook until lightly toasted. Mix the spinach, strawberries, onions and nuts. Top and mix with the following dressing:

Dressing:

½ c. sugar ¼ tsp. Worcestershire sauce
2 Tbsp. sesame seeds, optional ¼ c. Red Wine vinegar
1 Tbsp. poppy seeds ½ c. olive oil
½ tsp. paprika Dash of salt

Shellie (Mundall) Stehmeier

SUNDRIED TOMATO SANDWICHES

3 c. sundried tomatoes, cook 'till soft 1 Tbsp. capers
2-3 cloves garlic oregano or fresh basil
¼ c. olive oil

salt and Greek seasoning to taste

Blend well in blender. After pureeing, add Kalamata olives or diced olives and crumbled tofu and/or grated mozzarella. Spread on bread and grill in frypan like a grilled cheese sandwich. (Buttered sourdough is best!).

Ruth (Foster) Mundall

TACO SOUP

Saute until onions are soft :

1 can Loma Linda Vegeburger
1 onion, chopped

Then add:

1 can stewed tomatoes	2 c. water
1 can corn with liquid	1 pkg. taco seasoning
1 can kidney beans with liquid	2 pkg. dk. brown George Washington broth
2 (8oz.) cans tomato paste	½ tsp. onion powder
1 can olives, sliced	½ tsp. chili powder

Bring to a simmer. Serve hot over tortilla chips with sour cream and cheddar cheese to garnish.

Laura (Mundall) Magnuson

TOFU SALAD SANDWICH FILLING

1 lb. tofu, drained and mashed	½ tsp. onion salt
1 stalk celery, finely chopped	¼ tsp. dill weed
1 med. Walla Walla sweet onion	¼ tsp. turmeric
¾ c. sweet pickle relish	½ c. or so, Miracle Whip or egg free mayo

Mix together thoroughly and chill. Great on multigrain bread with lettuce, cucumbers, and sprouts.

Laura (Mundall) Magnuson

TROPICAL AMBROSIA

2 c. fresh orange sections (4 oranges)	½ c. pitted dates, cut into pieces
2 c. fresh grapefruit sections (2 grapefruit)	1 pint orange sherbet
1 c. flaked coconut	

In large bowl, mix orange sections, grapefruit sections, coconut and dates. Chill several hours. Just before serving, spoon fruit into serving dish and top with a scoop of orange sherbet. Yield: 6-8 servings.

Brandy (Robinson) Mundall

UKRANIAN BORSCHT

potatoes,
peeled or unpeeled
beets

About half potatoes, half beets. Boil then mash. Then add:

beet greens, lots!

Then add to taste:

minced garlic, garlic powder, lots and lots and lots!

Lemon juice

Pinch of dill

Thicken with potato flakes, if necessary. Serve. Garnish with sour cream, optional. This will be a very hot pink colored soup.

April (Russell) Mundall

WATERGATE SALAD

1 lg. can pineapple

1 sm. box instant pudding, lemon, pistachio, banana, etc.

1 c. miniature marshmallows

1 8 oz. container Cool Whip

1 c. cooked rice, optional

1/3 c. slivered almonds, optional

Mix all ingredients and serve chilled.

Shellie (Mundall) Stehmeier

ZUCCHINI AND ROSEMARY SOUP

2 Tbsp. butter

2 tsp. minced fresh rosemary

1 Tbsp. oil

6 c. vegetable broth

1 lg. onion

1 potato, peeled and sliced

2 garlic cloves, sliced

3 med. zucchini, sliced

Sautee onion, garlic and rosemary in butter. Add the rest of the ingredients and cook.

Blend in blender. Serve with cornbread.

Cindy (Mundall) Zimmerly

PASTAS



FRESH TOMATO-OLIVE PASTA SAUCE

3 c. fresh garden tomatoes 1/3 c. extra virgin olive oil
2-3 cloves garlic handful or two of fresh basil
fresh red, yellow or green pepper Greek seasoning and salt to taste
1/2 onion or 3-4 green onions 2-3 instant clear Gelatin
Blend above ingredients 'till smooth and thick. Then Add:
1-2 c. diced fresh tomatoes 1 can chopped olives or Kalamata olives
1/4 + c. Parmesan cheese, optional.
Serve immediately over warm, fresh pasta with grated cheese.

Ruth (Foster) Mundall

GOAT CHEESE RAVIOLI WITH CREAMY WALNUT SAUCE

Filling:

1 c. crumbled goat cheese 1/2 c. finely chopped toasted walnuts
1/2 c. minced fresh basil 1 Tbsp. extra virgin olive oil
2 Tbsp. minced lemon peel
Mix all the above ingredients well and set aside.

3 large pasta sheets

Sauce:

4 Tbsp. Butter 1/2 c. chopped walnuts
1/2 c. finely chopped shallots 1/2 tsp. minced garlic
1/2 c. dry white wine 2 c. whipping cream
1/4 c. chopped fresh basil 1/2 tsp. salt
1/2 tsp. freshly ground black pepper 1/4 c. freshly grated Asiago or Parmesan

To assemble ravioli's; Put pasta sheet on work surface with long side facing you and put packed teaspoon of filling 2 inches apart lengthwise along half of the pasta sheet (you should have 10-12 mounds). Around each mound of filling brush dough very lightly with water. Fold dough lengthwise in half over mounds of filling, gently pressing around mounds to force out any air, and seal edges well. With a fluted pastry wheel trim edges and cut between mounds of filling to separate ravioli.

Line a large tray with a dry kitchen towel and arrange ravioli in 1 layer. Make more ravioli with remaining 2 pieces of dough and remaining filling in same manner, transferring to kitchen-towel-lined tray and arranging in 1 layer. Ravioli may be made 8 hours ahead and chilled on towel-lined tray, covered loosely with plastic wrap.

Sauce; Melt 2 Tbsp. of the butter in large, heavy skillet over medium-high heat. Add the walnuts and cook, stirring until brown and fragrant, about 3 minutes. Remove nuts from the pan. Add the remaining 2 Tbsp. of butter, shallots and garlic and sauté for 1 minute. Add the wine and cream, and bring to a boil. Cook over same heat until the liquid has thickened and reduced by nearly 50 percent in volume, about 4 minutes. Stir in the basil, salt and pepper. Remove from the heat and cover to keep warm.

(Continued on next page)

To cook ravioli's; Bring a large pot of salted water to a boil. Cook the ravioli until tender and rise to the surface, carefully stirring to keep them from sticking together, 3 to 4 minutes. Drain in colander. Transfer the cooked ravioli to the pan with the sauce, and gently toss to coat and heat through. Divide the ravioli among 4-6 serving plates or shallow bowls, and sprinkle each serving with grated cheese. Serve immediately.

Sherri (Mundall) Bezonsky

HERBED PASTA-APRILS INVENTION

Put angel hair (or other) pasta on to boil.

Combine in frying pan and lightly sauté together:

Olive oil garlic powder

Sweet basil minced garlic

Parsley salt

Onion powder tiny bit of oregano and anything else that sounds good

Drain pasta. Pour herbs over the top and toss thoroughly. Takes about 5-8 minutes to prepare.

April (Russell) Mundall

INSIDE OUT LASAGNE

Sautee:

20 oz. Vegeburger 1 onion

1 ½ tsp. garlic powder

In bowl:

2 c. tofu, crumbled 1 ½ c. melty cheese

1 ½ c. mayonnaise 1 jar Ragu sauce

Cook 1 lb. Pasta. Mix all ingredients together. Bake at 350 for 20-30 minutes.

Melty Cheese:

1 c. Yeast flakes ½ tsp. salt

1/3 c. flour 2 c. water

Mix to smooth paste. Bring to boil. Whip in ¼ c. margarine.

Mary (Mundall) Hansen

LASAGNA: NON-DAIRY VEGETABLE

1 pkg. lasagna noodles 2 bunches fresh spinach

1 jar Prego spaghetti sauce 1 recipe tofu ricotta

olive oil 10 or 12 fresh mushrooms, sliced

1 onion, chopped garlic salt

6-8 cloves garlic basil

2 carrots, sliced oregano

3 or 4 small zuchinni, sliced tofu mozzarella cheese

Boil enough noodles for 3 layers. Saute onion and garlic in a little olive oil. When onions are softened, add squash and carrots. Cook until just tender. Oil baking dish.

Layer 1-noodles, some sauce, ½ of veggies.

Layer 2-noodles, tofu ricotta, steamed spinach.

Layer 3-repeat layer 1, mushrooms, garlic salt, herbs, tofu cheese.

Bake at 350 for 45 minutes covered. Uncover and bake final 10 minutes,

Laura (Mundall) Magnuson

MIRACLE LASAGNA

5 minute prep! No boiling! No mixing!

1 jar (28 oz.) spaghetti sauce	2 c. shredded mozzarella cheese
6 uncooked noodles	¼ c. grated parmesan cheese
1 container (15 oz.) ricotta cheese	any vegetables, steamed

In 2-qt. baking dish, spread 1 cup sauce. Top with 3 noodles, ricotta cheese, 1 cup mozzarella cheese, parmesan cheese, desired veggies, and 1 cup sauce. Top with remaining uncooked noodles and sauce. Bake at 375 for 1 hour. Top with remaining mozzarella cheese. Let stand 5 minutes. Serves 4.

Shellie (Mundall) Stehmeier

NON DAIRY GARDEN LASAGNE

Make your usual sauce but add: zucchini slices or yellow crookneck slices and bell peppers to cook in the sauce. May also add fresh mushrooms instead of canned. While sauce simmers peel and slice 2-3 eggplants. Bake on baking sheets sprayed with Pam or oiled. Bake at 350 until soft. Layer the slices on the first lasagne noodle layer, then layer with the Tofu cheese-below, then sauce. Repeat until pan is full. Top with the Top Cheese recipe-below.

TOFU CHEESE FOR LASAGNE

2 lbs. firm tofu, mashed	2 tsp. salt
1 can chopped or sliced olives	A little olive oil

Mash or crumble the above together.

TOP CHEESE LAYER

Blend in blender:

1 lb. Tofu	1 4 oz. jar pimentos
1 Tbsp. Brewers Yeast	1 tsp. salt
¼ c. oil	

water as necessary to blend until smooth.

Bake lasagne at 350 for 45 minutes.

Eloyce (Scharffenberg) Mundall

PASTA ALLA SIRACUSANA

Olive oil	½ each red, green, yellow peppers
2 cloves garlic, sliced	10 Kalamata olives, chopped
1 med. eggplant, cut into cubes	1 Tbsp. capers
2 14 ½ oz. cans diced tomatoes	5 fresh basil leaves, shredded

Saute garlic lightly in olive oil, add eggplant and sauté until tender-about 10 minutes.

Add tomatoes, cover and cook 5-6 minutes more. Stir in remaining ingredients and continue cooking covered 15-20 minutes longer. Serve with 1 pound linguine pasta, cooked and drained.

Laura (Mundall) Magnuson

PESTO

2/3 c. pine nuts*

1/4 c. olive oil

2 garlic cloves, peeled and minced

2/3 c. extra virgin olive oil

3 c. fresh basil leaves, firmly packed
(remove stems, wash and dry)

1/4 c. grated parmesan cheese

1 tsp. salt or to taste

Process nuts, garlic, 1/4 c. olive oil and basil leaves in food processor or blender. Process until evenly pureed, about 15 seconds. Transfer into bowl. Slowly stir in cheese, salt 2/3 c. extra virgin olive oil. Do not heat the pesto. Makes 1 1/2 cups pesto, enough for 1 lb. pasta, cooked and drained. In large bowl, toss the pasta with the pesto. Serve hot.

Recommended pasta: fettucine, linguine, or gnocchi.

*may be lightly toasted in oven or frying pan on stove.

Shellie (Mundall) Stehmeier

POTATO PIZZA DOUGH

1 lg. potato, boiled and mashed

1 Tbsp. yeast

3/4 c. water

1 tsp. salt

1 Tbsp. olive oil

2 1/2 c. flour

Dissolve yeast in water. Let bubble. Add remaining ingredients. Knead well. Let rise 1 1/2 -2 hours. Roll into desired pizza shape. Let rise 20-30 minutes. Add toppings and cheese. Bake at 425 for 15-20 minutes. (Makes good Calzones also!). I double the recipe and freeze one ball of dough.

Mary (Mundall) Hansen

SPAGHETTI SAUCE

1 eggplant, cubed, soaked in cold water, drained

2 large onions, sliced

2 c. mushrooms

5-6 garlic cloves, minced

4 Tbsp. extra virgin olive oil

Saute onions in oil 'til soft. Add garlic and eggplant. Cook covered 'til tender. Add mushrooms and garlic salt. Cook 4 minutes. Add 1 large jar Prego Spaghetti Sauce and simmer 10 minutes. Serve over pasta.

Lois (Purdy) Mundall

STROGANOFF

1 onion, chopped and sautéed

1 20 oz. can Worthington Vegeburger

2 cans mushroom soup

garlic powder to taste

Heat mixture together. Then add:

1 lb. sour cream

Serve over minute rice. Garnish with chopped green onions, optional.

Aunt Lorene Mundall

STUFFED PIZZA POCKETS

Pizza Dough:

1 c. warm water 1 tsp. salt
1 pkg. yeast 2 ½-3 c. flour
2 Tbs. olive oil

Mix well. Knead 6-8 minutes. Let rise 45 min.-1 hour. Divide into 6 pieces. Roll round, fill with burger mix, top with cheese. Fold over and seal edges well. Let rise 20-30 minutes. Bake 20 minutes. Brush with olive oil.

Burger Mix:

½ lb. Vegeburger 1 tsp. Basil
1 onion, chopped ½ tsp. salt
½ Bell pepper, chopped small amount Ragu sauce
½ tsp. Thyme

Mary (Mundall) Hansen

TOFU “RICOTTA” FOR LASAGNA

1 ½ lbs. fresh tofu 1 tsp. salt
¼ c. lemon juice 1 clove garlic, minced or
2 tsp. dried basil ½ tsp. garlic powder
2 tsp. honey

Mash all together until forms a moist and creamy texture.

Laura (Mundall) Magnuson

TOFU LASAGNA

Cook 12 W. W. lasagna noodles, according to package directions

Tomato Sauce:

2 Tbsp. oil 2 stalks celery
1 med. onion, chopped 2 c. fresh mushrooms, sliced or 1 can
½ c. green pepper, diced 1 c. Vegeburger or Yves veggie ground
2 cloves garlic, minced ½ tsp. oregano
¼ c. carrots, shredded ½ tsp. basil
1 med. zucchini (about 2 c. shredded) 1 tsp. salt

Saute vegetables, then add Vegeburger. Add:

1 qt. Tomatoes 6 oz. tomato paste

Cashew Cheese:

1 c. water 1 jar (4 oz.) pimento
1 c. cashews 1 tsp. onion salt
½ tsp. salt 1 tsp. garlic salt
¼ c. oil 3 Tbsp. Brewer's Yeast
¼ c. lemon juice (For Parmesan cheese, add ¼ c. toasted sesame seeds)

(Continued on next page)

Tofu Mixture:

1 tub or 2 boxes silken tofu, crumbled

Mix with the cashew cheese. (Save some for the top)

To assemble:

Pour some tomato sauce on the bottom of the casserole. Place lasagna noodles next. Then layer with tomato sauce and then cheese. Cover top with cheese layer. Bake at 350 for 30 minutes.

Laurel (Mundall) Teranski

TOFU STROGANOFF

1 10 ½ oz. pkg. firm tofu

cooking spray

2 tsp. olive oil

2 c. fresh mushrooms, sliced

½ c. carrots, shredded

2 cloves garlic, crushed

2 Tbsp. flour

1 tsp. McKay's Chicken seasoning

¾ c. skim milk

¾ c. plain, nonfat yogurt

3 c. spinach egg noodles, hot, cooked

Remove excess moisture from tofu then cut into ½-inch cubes. Set aside. Coat nonstick pan with cooking spray then add oil. When hot, add tofu and sauté 4 minutes. Remove from skillet. Set aside. Add mushrooms, carrots, and garlic to skillet and sauté until vegetables are crisp-tender. Remove and set aside. Combine flour, McKay's seasoning, and milk. Stir until smooth. Add milk mixture to skillet. Bring to a boil. Cook 1 minute, stirring constantly. Stir in yogurt, tofu and vegetable mixture. Cook over low heat until thoroughly heated. Serve over hot cooked noodles. Low-fat but very delicious entrée.

Shellie (Mundall) Stehmeier

VEGETABLE-TOPPED NODDLES

1 onion, chopped

¼ c. oil

1 (20 oz.) can vege steaks, drained and chunked

1 Tbsp. flour

1 (14 ½ oz.) can tomato pieces, undrained

1 (15 oz.) can tomato sauce

1 (8 oz.) can mushrooms, stems and pieces, drained 2 bay leaves

1 med. green pepper, chopped

1 stalk celery, chopped

salt to taste

1 tsp. paprika

1/8 tsp. garlic powder

1 Tbsp. parsley flakes

In large pan, sauté onion in oil until tender. Add steaks and brown. Stir in flour and cook for 1 minute. Stir in remaining ingredients. Cover and simmer over low heat for 45 minutes, stirring frequently. Remove bay leaves before serving. Serve over cooked wide noodles.

Shellie (Mundall) Stehmeier

Patties (Meatballs), Gluten



BURGERS FOR A CROWD

1 lg. can (3 lbs. 2oz.) Worthington Vege-Burger
3 c. oats
1 lg. onion, chopped
21 eggs
2 Tbsp. soy sauce
½-1 tsp. sage, as desired to taste

Mix well together. Heat griddle to 350. Spray with PAM. Fill ice cream scoop with burger mix. Place scoops on griddle. Spray spatula if necessary to level the scoops into patties. Bake about 4-5 minutes per side or until golden brown. If eating immediately, bake in microwave to make sure the eggs are well cooked in the centers. Otherwise they may be frozen and then heated in the oven when ready to use.

Eloyce (Scharffenberg) Mundall

CREAM CHEESE PATTIES

8 oz. cream cheese, softened	1 tsp. sage
1 c. canned milk	1 tsp. salt
Beat Together	1 onion, chopped

2 c. cracker crumbs

1 c. ground nuts

Mix together and drop by spoon in frying pan. Put in casserole dish and cover with mushroom soup. Bake at 350 for about 30 minutes.

Sandi (Schroeder) Schill

GLUTEN STEAKS

4 c. gluten flour	4 Tbsp. yeast flakes
½ c. whole wheat flour	some garlic powder
½ c. unbleached flour	3 Tbsp. chicken seasoning
½ c. Minute Tapioca	
Add: 3 ¼ c. water	
¼ c. soy sauce	

Mix quickly and form into a long roll. Slice and drop into boiling broth. Boil 20 minutes, uncovered.

Broth:

13 c. water	3 c. tomato juice
4 Tbsp. Brewers Yeast	½ c. soy sauce
3 Tbsp. chicken seasoning	several cloves of garlic

Becky (Hansen) Mundall

GREAT GLUTEN

3 ½ c. 100% gluten flour
½ c. W.W. flour
3 Tbsp. McKay's chicken or beef-style seasoning
1 Tbsp. fine-cut tapioca
1 tsp. garlic powder
1 ½ tsp. onion powder

Mix the above dry ingredients well.

Broth:

3 c. water
2 Tbsp. Kitchen Boquet
2 Tbsp. Maggi
¼ c. soy sauce or Bragg's Liquid Amino
2 Tbsp. Marmite
2 Tbsp. chicken or beef-style seasoning
Mix the broth well and add to the dry ingredients. You need to stir quickly and mix well.
Tear gluten ball into small pieces. Drop one at a time into a large deep baking pan sprayed with Pam. Cover the top with a large chopped onion, sprinkle with celery salt or milled celery seed and Thyme or sage or Poultry Seasoning.
Pour over the entire gluten mix the following broth:

Broth:

2 C. boiling water
½ tsp. Hickory Liquid Smoke
¼-1/2 c. olive oil
Kitchen Boquet, etc.
Place in oven and bake at 350 degrees. Remove occasionally to tear pieces apart, and turn over especially around sides. Bake for 1 to 1 ½ hours. For the last few minutes, turn heat up to 400 degrees to crisp the pieces.

Laurel (Mundall) Teranski

ITALIAN MEATBALLS

½ c. grated cheese
½ c. ground nuts
1 tsp. salt
1 c. cracker crumbs
1 onion, chopped
pinch of sage
5 eggs

Mix together and shape into small balls and fry. Put in tomato sauce or spaghetti sauce.

Rosie (Mundall) Schroeder

MEATBALLS

5 eggs
1 c. creamed cottage cheese
1 tsp. salt
¾ c. onion, chopped
1 c. Mozzarella cheese, grated
2 c. dry bread crumbs
1 c. walnuts, ground
1 tsp. parsley flakes
1 ¼ tsp. poultry seasoning

Mix and form into balls. Place into a 9x13 pan in a single layer. Stir the following ingredients together and pour over balls and bake uncovered in 350 oven for 35 minutes.

Sauce: 7 ½ oz. Tomato sauce

1 c. water
½ tsp. granulated sugar

Sandi (Schroeder) Schill

MILLET PATTIES

1 ½ c. pre-cooked millet	1 c. water
1 c. wheat germ	1 med. onion, chopped fine
½ c. rolled oats	½-tsp. garlic powder
½ c. cashews (scalded)	2 Tbsp. soy sauce

Blend cashews and water. Pour over millet, wheat germ, oats, and onion. Add remaining ingredients and mix well. Form into patties and bake for 15-30 minutes at 325. Can be baked as a loaf in casserole for 45-60 minutes or fried in skillet until lightly browned.

Laurel (Mundall) Teranski

MUSHROOM BURGERS

2 lg. eggs	¼ c. flour
½ c. chopped onion	1 tsp. salt
2 c. fresh chopped mushrooms	½ c. grated cheese
½ c. dry bread crumbs	

Mix together and fry.

Rosie (Mundall) Schroeder

PECAN PATTIES

Put in blender:

1 Tbsp. onion powder	1 Tbsp. Savorex
1 Tbsp. dried parsley	1/8 tsp. garlic powder
6 eggs	1 c. pecans-add to blender last

In mixing bowl, add:

2 c. corn flakes	1 c. grated cheese
½ c. quick oats	2 Tbsp. cottage cheese

Mix all ingredients together and form into patties and fry. (Do not add milk! It will seem thick). This is great for veggieburgers! Note: can make ahead and fry into patties when needed.

Cindy (Mundall) Zimmerly

REDI BURGER (HOMEMADE)

1 ½ c. hot water	½ c. Do Pep
¼ c. oil	1 Tbsp. garlic powder
¼ c. soy sauce	1 Tbsp. onion powder
1 c. rolled oats	½ tsp. celery seed
¼ c. yeast flakes	1 tsp. sage or poultry seasoning
¼ c. soy flour	½ tsp. seasoned salt, optional
¼ c. wheat germ	

Mix well. Grease cans and cover with aluminum foil. Place in Pressure Cooker and pressure on light rock for 50 minutes.

Mary (Mundall) Hansen

RICE PATTIES

This is one of my kids favorites. They asked me to put it in the cookbook.

2 c. cooked brown rice 1 c. quick oats
5 eggs 1 Tbsp. soy sauce
1/8 tsp. Sage dash of garlic powder

Form into patties and fry on both sides till brown. Place patties in casserole dish and cover with:

1 can cream of mushroom soup, mixed with an equal amount of water. Bake until heated through.

Eloyce (Schaffenberg) Mundall

ROAST BEEF GLUTEN

Basic Do Pep:

1 c. water 1 Tbsp. soy sauce
1 c. Do Pep 1 Tbsp. beef seasoning

In a slow cooker:

2 c. water 2 tsp. cumin powder
3/4 c. garlic powder 1 tsp. coriander powder
3 Tbsp. soy sauce 1/2 tsp. onion powder

Shape raw gluten in a ball. Cook on low 12 hours. May need to add water to keep it covered. Slice then put vegetables around in a casserole with roast in center. Cover with a gravy and bake 'til veggies are tender.

Mary (Mundall) Hansen

SCALLOPS

1 c. water
1/2 tsp. chicken seasoning
1 c. Do Pep

Mix and flatten out on a dinner plate. Weigh down for 1 hour. Cut into pieces with a scissors. Boil in Broth for 1 hour. Bread and fry.

Broth:

Water chopped onion
Chicken seasoning chopped celery
Salt

Mary (Mundall) Hansen

SWEDISH MEATBALLS

1 can homemade Rediburger 1/4 tsp. garlic powder
1 c. shredded raw potato (squeeze dry) 1/4 tsp. onion powder
1/2 c. bread crumbs 1/2 tsp. sugar

Mix and form into balls. Fry. Arrange in casserole and pour Tomato Sourcream Sauce over and heat at 350.

Tomato Sourcream Sauce:

1 can Tomato Soup 1 c. sour cream
Mix and heat.

Mary (Mundall) Hansen

TASTY MEATBALLS

1 (24 oz.) can vegeburger	1 (19 oz.) pkg. tofu, drained and mashed
1 ¼ c. bread crumbs	1 tsp. garlic powder
2 c. finely chopped onions	1 Tbsp. soy sauce
3 c. finely chopped walnuts or pecans	¼ tsp. Wright's liquid smoke
2 Tbsp. egg replacer	

Mix all ingredients. Form into small balls. Place on waxed paper on a sheet pan or spray pan with cooking spray. Bake at 350 for 30 minutes or until set but not dried out.

Sauce:

¼ c. oil	1 ½ c. apricot jam*
¼ c. dried chopped onions	1 c. barbecue sauce
¼ c. packed brown sugar	1 tsp. oregano
½ c. lemon juice	

Mix all ingredients. Pour over meatballs. Cover. Bake 30 minutes at 350. Bake uncovered the last 10 minutes. *Grape jelly may be substituted for the apricot jam. Brown gravy instead of the sauce is also tasty.

Shellie (Mundall) Stehmeier

THE BEST MEATBALLS

1 med. potato	½ c. grated Longhorn cheese
2 ¼ c. cracker crumbs	½ c. grated Jack cheese
2 c. ground walnuts	¼ c. grated Parmesan cheese
1 Tbsp. Savorex	½ tsp. garlic powder
1 lg. onion	6 Tbsp. minced parsley
1 ½ tsp. sage	8 eggs

In blender with eggs, add onion, potato (cut into 1 inch chunks) and Savorex. Add to rest of ingredients and form into balls. Place on cookie sheet and bake for 20-25 minutes at 350. Add to spaghetti sauce last 20 minutes or freeze on cookie sheet and transfer to freezer bags.

Cindy (Mundall) Zimmerly

TOFU CHEESE BALLS

1 c. crumbled tofu	½ c. egg substitute
1 c. quick oats	1 tsp. ground sage
1 c. bread crumbs	1 tsp. salt
1 med. onion, chopped	

Mix together and form into balls and fry in a small amount of oil OR put on a lightly greased cookie sheet and bake at 375 for 20-25 minutes. Place meatballs in a 9x13 dish and cover with 1 can mushroom soup and 1 can water OR 1 can tomato soup and 1 can water. Bake at 350 for 30 minutes.

Sandi (Schroeder) Schill

ZUCCHINI CUTLETS

½ c. grated carrots	1 tsp. baking powder
½ c. chopped onion	¾ tsp. salt
¼ c. red pepper	3 c. grated zucchini, with peel
¼ c. green pepper	2 lg. eggs
2 c. crushed soda crackers	2 Tbs. oil
¼ c. flour	
Mix together and fry into patties.	

Esther Schroeder

ZUCCHINI PATTIES

3 c. shredded zucchini	½ c. Parmesan cheese
3 Tbsp. parsley	or 1 c. shredded cheese
1 lg. clove garlic	2 eggs
1 onion (or 1 Tbsp. powder)	1 c. biscuit mix
salt to taste	
Shape into patties and fry.	

Cindy (Mundall) Zimmerly

Casseroles, Roasts, Maindishes



APRIL'S MOM'S QUICKY ENTRÉE

Mix everything in the casserole dish that you'll be baking in.

1 c. chopped cashew nuts	2 Tbsp. oil
1 c. onions, chopped	1 c. dry fine egg noodles, if using thicker ones, add more water.
1 c. mushrooms, chopped	
1 c. celery, chopped	1 ½ tsp. salt
1 c. liquid, the mushroom juice + water	1 c. dry chinese noodles

Mix all together. Bake at 350 degrees. This is fantastic for a quick dish.

April (Russell) Mundall

ARTICHOKE QUICHE

6 oz. artichoke hearts	4 oz. cream cheese, cut into small cubes
½ c. chopped onion	1 ½ c. milk
4 eggs	3 Tbsp. flour
1 ½ c. shredded cheese	1/8 tsp. poultry seasoning

Mix ingredients. Lay artichoke hearts and cream cheese cubes in quiche dish. Add remaining ingredients. Bake at 325 or 1 hour.

Note: May substitute hearts for asparagus or use 2 cups shredded zucchini and 1 4 oz. can of mushrooms and hold the cream cheese.

This is a very quick and fun recipe, but don't expect any leftovers!

Cindy (Mundall) Zimmerly

AUNT LORENE'S EGGPLANT CASSEROLE

Saute in oil: 2 med. eggplant, chopped
½ c. onion, chopped

Add:	1 can mushroom soup	1 small can mushrooms
	1 egg	1 pkg. Stovetop Cornbread stuffing mix, -divided.
	1/3 c. milk	
	½ tsp. salt	2 c. grated cheese

Mix 2/3 of stuffing mix with the eggplant mixture and put into casserole dish. Top with the cheese and the remaining 1/3 stuffing mix. Bake at 350 for 35 minutes.

Lorene Mundall

BARBECUE SAUCED WINGS

3 lbs. chicken wings	2 Tbsp. oil
¼ c. barbecue sauce (optional)	1 tsp. prepared mustard
¼ c. ketchup	1 tsp. paprika
¼ c. water	1 tsp. salt
¼ c. packed brown sugar	¼ tsp. pepper
¼ c. vinegar	1 Tbsp. dry onion flakes
2 Tbsp. Worcestershire sauce	

Cut off chicken wing tips and discard. Sauce: Mix all ingredients together in sauce pan. Simmer 5 minutes. Brush each piece of chicken with sauce. Arrange in single layer on greased or foiled baking sheet. Spoon sauce over wings. Bake uncovered in 350 oven until tender, about 30 to 40 minutes.

Stephanie Mundall

BETTY'S MILLET LOAF

4 Tbsp. sesame seeds	1 can chopped or sliced olives
½ c. raw cashews	1 tsp. salt
1 med. onion	½ tsp. sage
5 c. tomato juice or canned tomatoes	½ tsp. savory
1 c. whole, raw millet, washed	½ c. chopped celery

Blend sesame seeds, cashews and onion in blender with some tomato juice. Mix with all remaining ingredients. Bake in shallow, covered casserole at 325 for 2-3 hours or until liquid is absorbed.

Laura (Mundall) Magnuson

CARROT ROAST

1 c. shredded carrots	3 Tbsp. margarine
1 c. walnuts, chopped	1 tsp. poultry seasoning
2 eggs	1 large onion, chopped
1 c. milk	½ c. tomato puree
1 ½ c. bread crumbs	

Mix all ingredients and put in baking dish. Bake for 45 minutes at 350. Serve with mushroom gravy.

Lois (Purdy) Mundall

CASHEW NUT LOAF

1 ¼ c. cashew nuts, raw & chopped or in pieces	3 Tbsp. low-fat soy flour
1 lg. onion	1 tsp. Savorex or Marmite
½ c. tofu milk	2 Tbsp. oil
1 tsp. paprika	2 Tbsp. fresh or dried parsley
2 c. (1 can) Vegeburger	½ tsp. celery salt
½. W.W. bread crumbs	1 tsp. Bakon yeast

Combine all ingredients and mix well. Pour into greased or sprayed loaf pan or mold. Bake 45-60 minutes at 350. To serve, unmold on platter and garnish. Serve cold with cranberry sauce or hot with gravy.

Laurel (Mundall) Teranski

CHEESE AND NOODLE CASSEROLE

(a quick and easy lasagna type dish)

1 lb. cottage cheese	¾ c. water
2 lightly beaten eggs	1 Tbsp. soy sauce
1 tsp. salt	1 8 oz. pkg. egg noodles
2 15-16 oz. jars spaghetti sauce	1 pkg. mozzarella cheese, shredded

Combine cottage cheese, eggs and salt. Mix spaghetti sauce with water and soy sauce. In 9x13 inch casserole place the uncooked noodles. Top with the cottage cheese mixture. Spoon sauce over all. Cover with aluminum foil and bake in a 350 degree oven for 1 hour. Uncover and top with mozzarella cheese. Bake 15 minutes longer. Let stand 10 minutes before cutting.

Rebecca (Stinson) Mundall

CHICKEN ALPINE

4 c. diced soy chicken	¾ c. mayonnaise
4 oz. each, grated swiss and cheddar cheese	¼ c. grated onion
2 c. celery, diced	½ c. milk
2 c. croutons	

Sprinkle over the top, near the end of baking:
¼ c. slivered almonds
Bake at 350 for 30-40 minutes.

April (Russell) Mundall

CHICKEN NOODLE CASSEROLE

4 C. noodles (cooked)	1 can celery soup
1 can chicken (diced)	1 c. milk
½ c. Miracle Whip	1 c. cheese, grated
½ c. celery, chopped	Bread crumbs
½ c. onion, chopped	

Combine all ingredients except bread crumbs, and put into casserole dish. Top with bread crumbs and bake at 425 for 30 minutes. *Note:* you may want to add more milk so it doesn't get dry.

Sandi (Schroeder) Schill

CORN CHILE PIE

1 can cream corn	½ tsp. salt
1 can kernel corn, drained	½ stick melted margarine
3 eggs	1 4 oz. can chilies
½ c. cornmeal	4 oz. cheddar cheese
1 c. sour cream	4 oz. Monterey cheese

Bake at 350 for 1 hour.

Mary (Mundall) Hansen

SOUTHERN CHICKEN AND DUMPLINGS

1 lg. can Fry-Chik, drained and cut up, liquid reserved
McKay's Chicken-style seasoning
Water
2 C. flour (plus some for kneading)
½ tsp. salt (or a little more)
1/3 c. shortening
In a large saucepan, combine the reserved Fry-Chik liquid with enough water to make 2 quarts. Season with McKay's seasoning to taste (you can also add whatever other seasonings you like to the broth-this recipe is definitely not an exact science). Add Fry-Chik.

(Continued on next page)

In a bowl, combine the flour and salt. Then with fingers or folk, mix in shortening until well-mixed and the texture is a little grainy. Then add approx. ½ c. water, or a little more if needed. Place on kneading board and work in flour until stiff. Roll out very thin. Cut into strips, about 1 in.x 2in.

Bring broth to a boil and drop strips into the broth one at a time until all are in, stirring gently from the bottom to prevent sticking. When all the dumplings are in the broth, cover with a lid. Turn the heat to low and simmer for 15 minutes until the dumplings are done (they will puff up a bit). Very good served with greens.

Rebecca (Stinson) Mundall

CREOLE CHICKEN

3 lbs. Chicken pieces

1 can (10 oz.) Cream of mushroom soup

2 Tbsp. butter or margarine

1 can whole tomatoes- broken up

1 lg. green pepper, chopped

1 tsp. chicken bouillon powder

1 lg. onion, chopped

½ tsp. granulated sugar

Arrange chicken pieces in small roaster or whatever is best. Melt butter in frying pan.

Add onion and green pepper. Sauté until soft. Add remaining ingredients. Stir then pour over chicken. Cover and bake in 350 oven for about 1 ¼ hours or until tender.

Stephanie Mundall

EGGPLANT BAKE

10 slices Eggplant

In bowl:

1/3 c. Olive oil

1 clove garlic, minced

½ tsp. Basil

½ tsp. Oregano

1 Ragu sauce

Mozzarella or Provolone Cheese

Warm in microwave. Dip each slice. Broil in oven 'till cooked. Arrange in casserole- sauce, eggplant slice, cheese, another slice and cover with remaining tomato sauce. Bake 15-20 minutes. Top with cheese.

Mary (Mundall) Hansen

EGGPLANT PARMESAN

Eggplant sliced ¼ inch thick

¾ tsp. garlic salt

Salt

½ tsp. Oregano

¼ c. cornmeal

1/8 tsp. pepper

¼ c. Parmesan cheese

1 egg, beaten

2 Tbs. flour

¼ c. oil

Sprinkle eggplant with salt. Combine next six ingredients on a shallow plate. Dip eggplant in egg, then into cornmeal mixture. In a medium skillet, heat oil and fry for 2 minutes on each side. Drain on a paper towel. Can serve with Angel Hair pasta and spaghetti sauce.

Sandi (Schroeder) Schill

EVELYN'S CORN TAMALE PIE

1 onion, diced ¾ c. corn meal
¼ c. oil ½ c. soy milk
2 c. tomatoes (1 small can) salt or salty seasoning to taste
2 c. corn (1 small can) sweet basil, oregano, and parsley
Slightly brown onion in oil. Add to the remaining ingredients and mix well. Bake 1 hour at 325-350 degrees. Nice to place olives on top after baking. (The red pan is a large recipe-x4).

Mom (Evelyn) Mundall Newell

GERMAN SAUERKRAUT AND POTATO CASSEROLE

All measurements are approximate.

5 lbs. potatoes, peeled or unpeeled and steamed
1 can sauerkraut
1 c. onions, sautéed in margarine
½ c. Miracle Whip or mayonnaise
1 can mushroom soup
Mix all together and bake at 350 until hot and bubbly, about 30 minutes. Can make without the mushroom soup for those who avoid milk. Can use sour cream or non-dairy sour cream in the mix as well. (Huge hit at our house and at potlucks!).

April (Russell) Mundall

HASHBROWN CASSEROLE

2 lb. Bag hashbrowns 1 ½ c. grated cheese
1 tsp. salt 2 c. milk
1 can mushroom soup 1 c. sour cream
¼ c. chopped onion
Mix together and put in greased 9x13 pan. Sprinkle with crushed corn flakes and bake for about 45 minutes. *Note:* may need more milk if it seems dry.

Sandi (Schroeder) Schill

HEAVENLY CASSEROLE

2 c. cooked rice 1/3 c. milk
2 c. diced chicken ½ c. mayonnaise or Miracle Whip
1 can mushroom soup (4 oz.) ½ tsp. salt
Saute: 1 c. chopped celery
 ½ c. chopped onion
Mix all ingredients together. Put in oiled casserole dish. Sprinkle with paprika (optional). Bake at 350 for 45 minutes.

Tonya (Schroeder) Rucinski

LENTIL ROAST

1 c. cooked lentils 1 c. chopped nuts
1 c. crumbled tofu 1 c. grated carrots
1 c. milk 1 c. grated celery
½ c. veg. Oil 1 tsp. salt
1 egg ½ tsp. sage
1 ½ c. bread crumbs garlic and onion, optional
Bake at 350 for 1 hour.

Becky (Hansen) Mundall

MACARONI AND MUSHROOM SOUP CASSEROLE

3 c. macaroni 1/8 tsp. salt
2 cans mushroom soup 1/8 tsp. pepper
3 Tbsp. butter 8 Tbsp. cheese whiz
Boil macaroni in pan. When finished add mushroom soup, butter, salt, pepper, and cheese whiz. Mix well.

Stephanie Mundall

POTLUCK RICE PILAF

½ c. butter or margarine 10 green onions, thinly sliced
4 c. uncooked long grain rice 2/3 c. soy sauce
2 quarts water 1 c. slivered almonds, toasted
2 Tbsp. McKay's chicken seasoning
In heavy pan, melt butter. Add rice. Cook and stir for 3-5 minutes or until lightly browned. Add water and chicken seasoning. Bring to a boil. Reduce heat. Cover and simmer for 15-20 minutes or until rice is tender and liquid is absorbed. Remove from heat. Stir in onions and soy sauce. Cover and let stand for 5 minutes. Stir in almonds. Serve hot.

Shellie (Mundall) Stehmeier

PROSAGE NOODLE CASSEROLE

1 lg. onion, chopped 1 sm. can mushrooms
½ c. green pepper, chopped 4 c. egg noodles
6 slices Prosage, approx. 1 can mushrooms
1 Tbsp. oil ½-1 c. sour cream
Saute onion, green pepper, mushrooms and Prosage in the oil. Cook noodles. Mix sour cream and soup. Combine all ingredients and mix well. Bake at 350 for 30 minutes.

Rebecca (Stinson) Mundall

SPECIAL K ROAST

16 oz. cottage cheese or tofu 2 ½ c. Special K cereal
1 egg ½ + c. chopped pecans
1 lg. onion-saute' in ¼ c. margarine 1 ½ pkg. vegetable broth
If using tofu, add soymilk or mayonnaise 'till moist. Mix well. Bake at 375 for 30-40 minutes.

Ruth (Foster) Mundall

SPINACH MUSHROOM CREPES

For crepes blend together:

2 c. flour 2 ½ c. milk
1 tsp. salt 1 c. fresh or frozen spinach
2 eggs

Make crepes with crepe maker.

For filling:

Sautee: 2 Tbsp. Margarine 4 c. sliced mushrooms
 3 cloves garlic
Add: 3 Tbsp. Flour ½ c. milk
 1 can diced Frychick

Fill crepes with 2-3 tablespoons filling and sprinkle with mozzarella cheese. Roll up.
Heat covered for 15-20 minutes at 350.

Ruth (Foster) Mundall

SUMMER SQUASH NOODLE CASSEROLE

Fry summer squash yellow or green (1 large or 3 or 4 small squash)

Add: 1 can mushroom soup
 ½ bag Chow Mein noodles
 garlic, celery, mushrooms, etc.

Top with grated cheese and bake in oiled casserole at 350 for 30 minutes.

Lori Mundall

VEGETABLE CURRY

1 eggplant, cubed, soaked in water & drained

½ tsp. garlic salt

2 Tbsp. olive oil

Saute until tender-remove from pan.

In pan add: 2 Tbsp. olive oil, 1-2 Tbsp. curry, 1 tsp. cumin

Saute: 4+ garlic cloves, minced

Then add: 1 c. veg. Broth-cook 2 minutes

Add: 2 carrots-thinly sliced, 1 green, red or yellow pepper-sliced
 2 c. diced potatoes, 2 large onions-sliced top to bottom
 2 c. broccoli or cauliflower florets

Simmer 5-7 minutes 'til crisp tender.

Add: 1 med. zucchini-thinly sliced, 2 c. chopped tomatoes
 1 c. vegetable broth, 1 can garbanzos-drained

Simmer 10 minutes then add the eggplant mixture. Stir and serve over Basmati rice with yogurt. Other foods to add: peas, green beans, chopped cabbage, raisins.

Lois (Purdy) Mundall

VEGETABLE RICE CASSEROLE

1 c. brown rice, uncooked	3 Tbsp. G. Washington Rich Brown seasoning
1 c. carrots, diced	1 can mushroom soup
1 c. celery, diced	¼ c. oil
1 c. L.L. Dinner cuts, diced	3 c. water
1 med. onion, diced	1 Tbsp. Savorex, optional

Combine rice, carrots, and celery in large, greased casserole. Braise onions and dinner cuts in oil. Add dinner cuts to mixture in casserole. Combine seasoning, soup, and water in saucepan, bring to boil and pour over ingredients in casserole. Bake in oven 375 degrees for 45 minutes to 1 hour, until rice is well done. Delicious!

April (Russell) Mundall

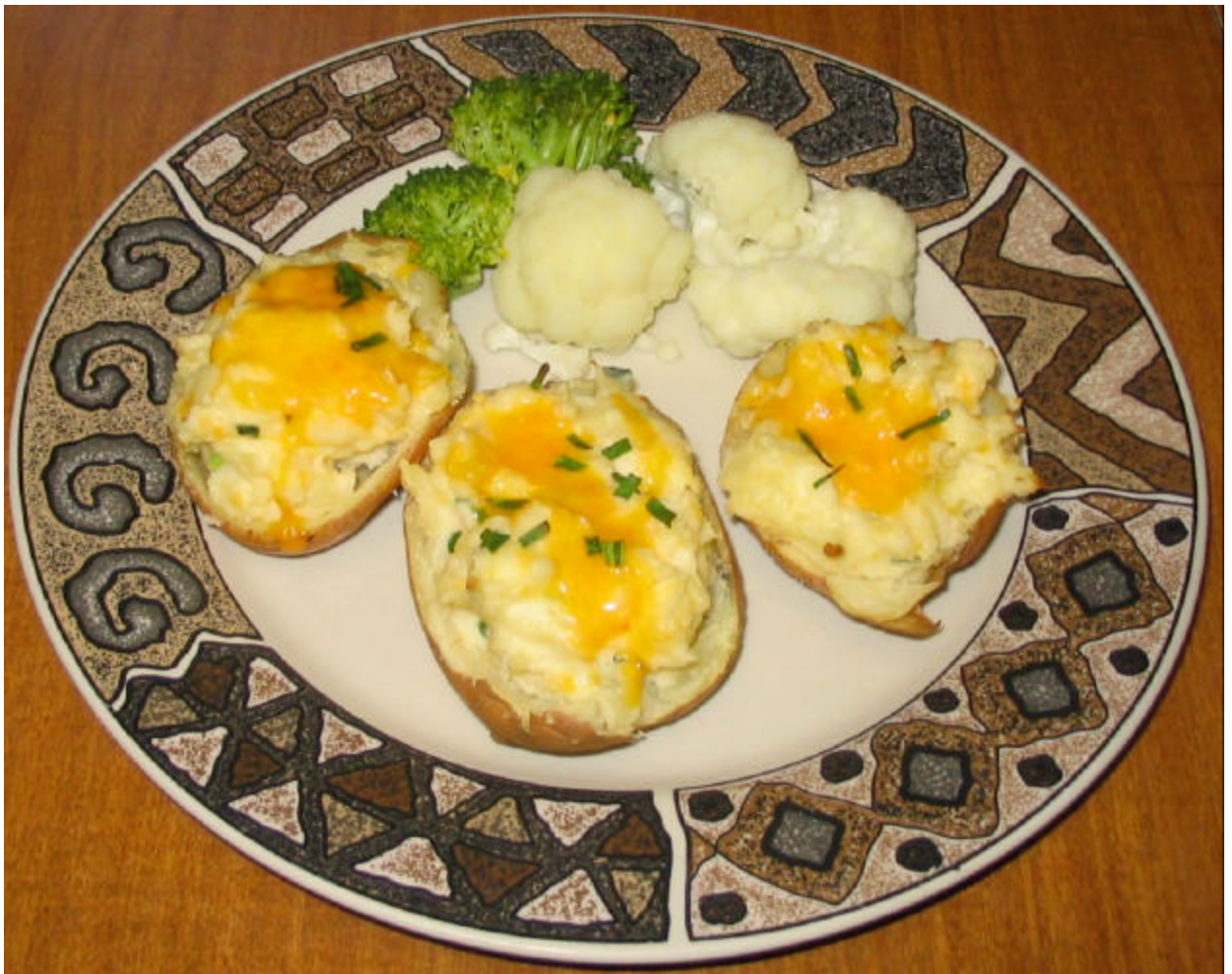
ZUCCHINI HOT DISH

4 c. zucchini, shredded	1 c. grated cheddar cheese, divided
½ tsp. salt	2 c. grated Mozzarella cheese, divided
2 eggs	1 can burger
½ c. Parmesan cheese	½ c. onion, chopped

Place zucchini in strainer and sprinkle with salt, let drain and squeeze. Combine 2 eggs and ½ the cheese with the zucchini and bake at 400 for 20 minutes. Brown meat with onions, add tomato sauce. Put on zucchini and top with remaining cheese. Bake 20 minutes more.

Sandi (Schroeder) Schill

Potato and Vegetable Dishes



ASPARAGUS GRAVY ON TOAST

1/3 c. flour

1/4 c. oil

-toasted then add water to make gravy

Add onion powder and seasoning to taste

Add steamed asparagus and sliced boiled eggs. Serve on toast. This is a great, quick supper in winter!

Cindy Mundall Zimmerly

BAKED POTATO

Merritt's favorite!

Wash garden grown potatoes and dry.

Lightly rub with oil and push a new 4" nail into length of potato. Bake at 350 for approx. 1/2 hour.

Merritt Mundall

BEST POTATOES EVER

1 26oz. pkg. shredded Oreda frozen potatoes

6 oz. fresh Parmesan cheese

2 1/2 c. half and half

1 stick real butter

Place 1/2 the potatoes in pan. Sprinkle with 1/2 the grated cheese. Top with remaining potatoes and cheese. Salt and pepper to taste. Heat half and half with butter until butter melts. Pour on top and bake 45 minutes at 350.

Tonya (Schroeder) Rucinski

CASHEW GRAVY

1/2 c. raw, washed cashew pieces

2 tsp. flour (or arrowroot, barley, oat)

2 c. water

1-2 tsp. onion powder or small onion

1 tbsp. oil

1 Tbsp. soy sauce

Liquefy in blender. Put in sauce pan and heat until thickened, stirring occasionally.

Laurel (Mundall) Teranski

CREAMY NON-DAIRY MASHED POTATOES

potatoes

coconut milk

potato water

garlic powder

Salt

onion powder

Boil potatoes. Mash. If they seem dry, add a little of the potato water. Salt to taste. Add coconut milk till creamy. Season to taste. It makes a delicious creamy mashed potato dish that people think is dairy. Try it for fun!

Kathryn (Elonna Mundall) Holm

FRIED GREEN TOMATOES

6 green tomatoes, thickly sliced 1 tsp. garlic powder
2 c. white flour ½ tsp. ground pepper
1 ½ c. seasoned bread crumbs, any flavor 4 eggs, beaten
½ c. corn meal

In shallow pan, mix bread crumbs, corn meal and seasonings. In separate pan place the flour. Dredge the tomatoes in the flour, then the eggs and then the bread crumb mixture. Fry in oil in moderately hot pan or for best results, fry in deep fryer at 170 degrees for about 6 minutes. Serve hot with Habanero sauce or when chilled use mayonnaise on bread then the tomato slices. Makes a great sandwich!

Derrell Mundall

GIBLET GRAVY

¼ c. flour ¼ c. butter
1 tsp. salt
Cook together in top of double boiler
¼ c. mushrooms 8-10 ripe olives, sliced
¼ c. Tomato soup 1 ½ c. potato water
2 Tbsp. Postum 1 c. hot water
Boil to desired thickness, then add 2 tsp. Vegex

Cindy Mundall Zimmerly

HOMESTEAD GRAVY

½ c. unbleached flour-brown in iron skillet until golden
Add: several Tablespoons of oil to moisten flour
Fresh milk or water
Stir till desired consistency. Season with China Lilly Soy Sauce, Brewer's Yeast, salt, green herbs.

Becky (Hansen) Mundall

ITALIAN CORN ON THE COB

8 ears of corn, shucked & cleaned 1 tsp. black pepper
1 cup butter, melted bread crumbs, seasoned
½ c. olive oil

Combine butter, oil and pepper. Cook and cool corn. When cool, dip corn in butter mixture then dredge in bread crumbs. Bake at 350 for 15 minutes.

Melody Shelton Mundall

PARTY MASHED POTATOES

10 lbs. white potatoes whipping cream or ½ and ½
2 pkgs. cream cheese 3 Tbsp. sour cream
Peel potatoes. (Note: potatoes may be peeled several hours ahead and covered with cold water until time to cook, when doing a big meal.)
Cook potatoes 10 minutes under pressure in pressure cooker. Mash with cream then add:
Salt to taste
1 tsp. onion powder
Continue mashing till smooth but slightly dry then add the cream cheese and sour cream and mash well.

Eloyce (Scharffenberg) Mundall

POTATO HASH

This is a wonderful way to use leftover baked or boiled potatoes. In fact, I often bake extra potatoes just so I can make this dish the next day.

Use a large cast iron skillet and sauté:

½ c. oil

1 large onion, chopped

While the onions are cooking add to the skillet, the potatoes~diced with or without the skins.

1 can gluten steaks (including the liquid), cut into small pieces

Add canned milk (or soy or coconut milk) till the potatoes are almost covered

Salt and onion powder to taste

If available, smoked Bakon yeast or smoked Torula yeast adds a nice flavor

Book on medium heat until all the liquid is absorbed. Turn as needed.

Eloyce (Schaffenberg) Mundall

RATATOUILLE

1 med. eggplant

1 garlic clove

2 med. zucchini

3 Tbsp. olive oil or more

4 tomatoes

¼ c. chopped parsley

2 onions

1 green pepper

Cut veggies and cook till tender. Great for filling crepes!

Cindy Mundall Zimmerly

THANKSGIVING YAMS

This is a sugar free delicious sweet yam dish.

6-7 lg. yams, baked and peeled

While hot add and mix:

1 10 oz. jar Smuckers Apricot simply 100% fruit

1 small can of crushed pineapple

This is still very good without the pineapple for those who do not tolerate the pineapple.

Eloyce (Schaffenberg) Mundall

ZESTY HERB ROASTED POTATOES

½ c. Miracle Whip

1 Tbsp. water

1 Tbsp. each dried rosemary,
garlic powder and onion powder

2 lbs. small red potatoes, quartered

1 tsp. seasoned salt

Mix dressing, seasoning and water in large bowl. Add potatoes, toss to coat. Place potatoes on greased cookie sheet. Bake at 400 for 30-40 minutes or until golden brown. Stir every 15 minutes. Note: substitute dried oregano leaves for dried rosemary if desired.

Tonya (Schroeder) Rucinski

Ethnic Dishes – Belizian, Mexican, Asian



BELIZEAN RICE AND BEANS

1 c. red kidney beans 1 clove garlic, optional
1 c. thick coconut cream 2 c. rice, uncooked
1 onion, sliced salt and pepper to taste

Soak beans overnight in enough water to cover. In the morning, boil beans are almost tender but still whole. When almost tender, add the garlic, onion, salt and pepper. Wash the rice and add to the beans. Cook over low heat until liquid is absorbed. Stir gently with a fork. Add a little water from time to time, until rice is cooked. (Note: Beans can also be cooked in a pressure cooker).

Sherri Mundall Bezonsky

BELIZEAN TAMALES

1 dozen corn on the cob ½ c. cornmeal
¼ c. margarine, approx. ¼ c. sugar
water to blend ½ tsp. salt

Husk corn. Save the husks. Cut corn off cob and save cobs. Grind raw corn in food processor and pour into large bowl. Add cornmeal, margarine, sugar and salt. Mix well. Add water if necessary to blend. Place ¼ cup of batter onto corn husk, wrap and fold. Put cleaned cobs into large pan-one layer only. Add water to steam. Place tamales on top of corn cobs. Steam tamales about 1 hour. Serve hot or cold. Makes 6-8 tamales.

Laurel Mundall Teranski

BLACK BEAN FAJITAS

Cook Black beans and whiz in blender.

Stir fry:

Broccoli	Onion	Salt
Cauliflower	Zuchinni	Cilantro
Bell pepper	Garlic	

Spread black beans on ½ flour tortilla. Add Veggie mixture, salsa, grated cheese. Fold over. Put in oven 'till cheese melts and tortilla is crispy. Serve with salsa and sour cream.

Mary (Mundall) Hansen

CHICKEN CHEESE ENCHILADAS

1 can Fri-Chick, shredded jack or cheddar cheese
1 can (4 oz.) green chilis, diced 1 can red or green enchilada sauce
¼ - ½ c. onion, diced corn tortillas
1 container sour cream

Mix chicken, chiles, onion, sour cream and ½ of cheese. Warm tortillas in oil or in nonstick frying pan without oil. Place ¼ cup of mixture down center and place in baking dish. Pour enchilada sauce on top and cover with remaining cheese. Bake at 350 for approx. 40 minutes. Let sit 10 minutes prior to serving.

Shellie Mundall Stehmeier

CHILI RELLENOS

1 7 oz. can green chilis	½ c. flour
1 10 oz. pkg. cheddar cheese, grated	½ tsp. salt
2 eggs	corn, optional
2 c. milk	

Seed chilis then rinse and dry. Line pan with chilis then cheese then chilis. Beat eggs, flour, milk and salt until smooth. Pour over chilis and cheese. Bake for 30 minutes. Serves 4.

Aunt Lois Jones Bower Henneberg

CHINESE PIZZA

2 c. flour	2 eggs
2 Tbsp. shredded carrots	1 c. oil
2 Tbsp. chopped green onions	1 tsp. salt
½ Tbsp. canned whole corn, optional	

Mix well. It makes a sticky paste. Roll out and fry.

Kathryn (Elonna Mundall) Holm

EGG ROLL FILLING

Steam together:

Cabbage	Carrots
Onions	<i>Mix in bowl with:</i>
Redi-burger	Cooked rice noodles

April (Russell) Mundall

ENCHILADA ROLLS

16 oz. cream cheese, softened	1 pkg. Hidden Valley Ranch (dry mix)
10 inch flour tortillas	Black olives, chopped
1 can green chili's, diced	1 jar pimentos, diced
Grated cheese	

Mix cream cheese and dressing together. Spread a thin layer on tortilla. Sprinkle with the remaining ingredients. Roll up tightly and place them in fridge till firm enough to slice. Dip in salsa. Note: I also use refried beans mixed with salsa to spread over tortillas then sprinkle with cheese and roll. (They are also very good).

Sandi (Schroeder) Schill

ENCHILADA SAUCE

Simmer together:

5-6 garden fresh tomatoes	1-2 large dried California chili pods
When soft blend in blender with:	
2-3 cloves garlic	fresh cilantro
1 Tbsp. Cumin	bullion cube or chicken seasoning.

Put through sieve or strainer. I use a Foley food mill. May be canned.

Ruth Foster Mundall

ENCHILADA SUPREME

1 doz. Tortillas (corn or flour) ¾ c. chopped onion
½ c. cooking oil olives, chopped (optional)
2 c. shredded Jack cheese
Sauce: 2 c. sour cream
 2 4oz. cans green chilles, diced
 ¼ c. butter
 2 c. water
 2 pkg. Washington Broth
 1-2 tsp. McKay's Chicken seasoning

In skillet, cook tortillas one at a time in hot oil for approx. 15 sec on each side. Place 2 Tbsp. grated cheese, 1-2 tsp. each, diced onion and olives (optional), in each tortilla. Roll up and place seam side down in baking dish. In sauce pan melt butter and blend in flour. Add broth and water. Cook, stirring constantly until thick. Stir in sour cream and peppers. Cook till heated thru but *do not boil*. Pour over tortillas in baking dish. Bake at 425 for 20 minutes. Sprinkle remaining cheese on top and return to oven for 5 minutes longer or until cheese melts. Note: I like to add refried beans to the inside of tortillas.

Sandi (Schroeder) Schill

FLOUR TORTILLAS

1 lb. flour
¼ lb. shortening
3 tsp. baking powder
2/3 c. coconut milk (for true Belizean add, otherwise omit and use water instead)
½ tsp. salt

Mix all ingredients. Knead until dough is well kneaded. Form into balls. Let rest. Flatten with palm of hand and cook in fry pan, approx. 3-5 minutes each side.

Sherri Mundall Bezonsky

FRIED NOODLES

See rice noodle recipe. Basically the same, but leave out the rice vinegar and MSG, and instead of soy sauce, use "Soy Paste" (a thick soy sauce found in Oriental markets). Also, the noodles are wheat instead of rice. Good luck!

Kathryn (Elonna Mundall) Holm

FRIED RICE

3 c. rice, cooked 3 cloves garlic, minced
2 eggs, beaten 1 pinch salt
1 tsp. soy sauce 2-3 green vegetables, sliced
seasoning to taste 2 Tbsp. oil

Put oil in the pan. When hot, add the eggs. When cooked, add the garlic and vegetables. Add the rice then the salt, soy sauce and seasonings. Mix well and cook together for about 10 minutes, or until hot.

Phoebe (Peungsatit) Mundall

FRIED RICE NOODLES

1 ½ c. Shitake mushrooms, sliced

¾ c. Wham, diced

1 c. carrots, diced

soy sauce, generously

2 c. plus, cabbage (white), chopped

1 Tbsp. (?) Win Yu Sauce (rice vinegar)

1 tsp. MSG, optional

salt and pepper to taste

2 ½ c. cooked rice noodles, approximately

Have all ingredients cut and ready before beginning. Start with a generous amount of oil in a very hot wok (or skillet). Add the mushrooms. Then add the wham. When brown, add the carrots and soy sauce. When cooked, add the cabbage. If cabbage does not start to “wilt” after a bit, add some water. Add the final seasonings and rice noodles and mix.

Kathryn (Elonna Mundall) Holm

KAY’S KIDNEY BEANS

Fry together:

Garlic, celery, green and red pepper

Add:

Chunky tomatoes and 1 can kidney beans. Simmer and serve. Quick and good with cabbage salad.

Becky (Hansen) Mundall

LAD NA NOODLES

1 c. wide noodles

2-3 green leafy vegetables, sliced

2-3 lg. mushrooms, sliced

1 Tbsp. corn starch

1 tsp. sugar

2 tsp. soy sauce

1 tsp. soybean paste

2 c. water

3 Tbsp. oil

Clean and cut vegetable and mushrooms. Put 1 ½ Tbsp. oil in pan and heat. Add the noodles and some water. Cook until noodles are soft. Remove from pan. Place remainder of the oil in the pan and add the vegetables, mushrooms, soy sauce, soy paste and the water. Mix the cornstarch with a little water and put in the pan. Bring to a boil and cook for 5 minutes. Serve over the cooked noodles.

Phoebe (Peungsatit) Mundall

MARIAH’S #1 FAVORITE: RICE

1 c. rice 1 Tbsp. butter

2 c. water ½ tsp. salt

In a covered saucepan, bring rice, water, butter and salt to a boil. Reduce heat and simmer for approximately 15 minutes or until all liquid is absorbed. Remove from heat and let stand covered for 5 minutes.

Mariah Manton

MEDITERRANEAN BEAN BAKE

1 lg. onion, chopped
1 lg. can mushrooms, drained, liquid reserved
½ tsp. garlic powder
1 Tbsp. olive oil
2 cans stewed tomatoes, drained, liquid reserved
2 cans beans, drained, liquid reserved (Great Northern Pinto)
3 Tbsp. cornstarch or arrowroot
1 Tbsp. oregano
1 Tbsp. basil
salt to taste
1 sm. can chopped olives

Preheat oven to 350. In large frying pan, sauté onion, mushrooms and garlic in olive oil. Add drained tomatoes and beans. Stir the cornstarch into the reserved tomato and mushroom liquids and then add to bean mixture. Add oregano, basil and salt, if desired and cook until thickened. Stir in olives. Transfer mixture to a baking dish and bake uncovered for 30 minutes. Serve over rice or pasta, or use as a mild chili.

Rebecca (Stinson) Mundall

MEXICALI MINUTE STEAK

1/3 c. seasoned bread crumbs
1 lb. Minute or fast fry steaks
1 lg. clove garlic, minced
1 Tbsp. lemon juice
½ c. salsa
¼ c. grated cheddar cheese (optional)

Thoroughly coat steaks with crumbs. Heat garlic in a large oiled skillet over medium-high heat. Add steaks and cook until no longer pink, about 3 to 4 minutes per side. Remove steaks; loosely cover and keep warm. Add lemon juice and ¼ cup water to hot skillet. Stirring in any brown bits stuck to pan. Add salsa; stir until thickened and sprinkle with cheese if desired.

Jennifer (Mundall) Manton

REFRIED BEANS

4 c. dry pinto beans-wash and put into large pan. Cover with water and bring to boil. Reduce to simmer and cook until tender. Then add:
1-2 lg. onions, diced and sautéed with 6 Tbsp. margarine
2 Tbsp. minced garlic
1 qt. homecanned tomatoes
2 Tbsp. cumin powder
3 tsp. chili powder
2 tsp. garlic salt
Cook slowly until thick.

Lois Purdy Mundall

RICE AND BEANS

2 Tbsp. oil	¼ to ½ tsp. cayenne pepper
1 onion, finely chopped	2 c. chicken broth
1 small green pepper, finely chopped	2 Tbsp. tomato paste
½ c. celery, finely chopped	1 c. rice
2 garlic cloves, minced	1 can black beans or kidney beans, drained
1 tsp. dried mustard	salt to taste
½ tsp. each dried thyme, oregano	1 bay leaf

Heat oil in a large saucepan. Add onion, green pepper, celery, and garlic. Cook, stirring until onion softens. Stir in mustard, thyme, oregano, bay leaf and ¼ tsp. cayenne pepper. Add chicken broth and tomato paste, stirring to dissolve tomato paste. Add rice and beans and bring to a boil. Cover and simmer over low heat for about 25 minutes or until liquid is absorbed. Add remaining cayenne pepper if you wish and salt to taste.

Jennifer (Mundall) Manton

SMOTHERED BURRITOS

1 med. can refried beans	1 pkg. flour tortillas, soft taco size
1 c.+ cheddar cheese, grated	2 cans cream of mushroom soup
1 med. can black olives, sliced	1 lg. jar salsa

Heat beans. In separate pan heat soup and salsa. Put beans and cheese in each tortilla and roll. Line in a sprayed 9x13 pan. Pour heated sauce over burritos and top with remaining cheese and olives. Bake in oven for 30-45 minutes at 375.

Shellie Mundall Stehmeier

SOUR CREAM ENCHILADAS

2 cans mushroom soup	2-3 dozen corn tortillas
2 cans chicken soup	1 pt. sour cream
1 can mushrooms	1 onion, diced
1 7 oz. can chilis	grated cheese

Heat soup in pan. Do not boil. Add chilis, onions, mushrooms, sour cream. Dip tortilla in hot oil then in soup mixture. Sprinkle cheese on tortillas and rollup. Put soup mix in greased pan-save some out. Place tortillas in pan. Cover with more soup mix. Bake 350 for 20 minutes. Serves 12-24.

Aunt Lois Jones Bower Henneberg

SWEET AND SOUR

1 c. pineapple	1 Tbsp. sugar
1 carrot, sliced	2 tsp. soy sauce
1 tomato, sliced	1 Tbsp. lemon juice
2 cucumbers, sliced	2 Tbsp. oil
1 gn. pepper, sliced	1 c. water
1 onion, sliced	1 tsp. cornstarch, optional
3 cloves garlic, minced	

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Place oil in pan. When hot, add the garlic, cucumbers (they take longer to cook). Then add the gr. Pepper, onion, tomato, and pineapple. Fry together for about 2 minutes and add the water, sugar, soy sauce, lemon juice, and cornstarch (mix cornstarch with a little water before adding to the pan). Cook until hot.

Phoebe (Peungsatit) Mundall

SZECHWAN CHOPLETS STIR FRY

Stir fry and rice:

1 20-oz. can Worthington Choplets drained & cut into strips	2 lg. red peppers, cut into strips
1 ½ Tbsp. peanut oil	1 egg white
4 cloves garlic	3 c. cooked brown rice
2 med. onions, cut into large pieces	½ c. dry roasted peanuts
	3 Tbsp. chopped green onions

Marinade-combine the following:

1 Tbsp. cornstarch
1 Tbsp. soy sauce
1 Tbsp. peanut oil

Seasoning sauce:

1 Tbsp. soy sauce	1 tsp. sugar
1 Tbsp. brown sugar	salt to taste
1 tsp. cornstarch	1 ½ Tbsp. peanut oil

Marinate choplets for at least 30 minutes. In large skillet, heat the peanut oil then add the choplets, including the marinade. Stir-fry for 1-2 minutes then remove from pan and set aside. Add garlic, onions and pepper to skillet and stir-fry 1-2 minutes. Add choplets, egg white and the seasoning sauce. Reduce heat and cook until thickened, stirring occasionally. Serve over warm rice. Garnish with peanuts and green onions.

Shellie Mundall Stehmeier

TOFU EGG THAI

3 eggs
1 tsp. soy sauce
¼ tsp. salt
seasonings
1 sliced onion, mushrooms or tomato, optional
¾ c. water

Beat eggs with water. Add the soy sauce, seasoning, onion (etc.)-optional. Place in a small pan (Double-boiler type). Put water in the bottom pan, making sure there is enough water to place second pan in. Cook until egg gets bigger and puffs up.

Phoebe (Peungsatit) Mundall

BREADS



BANANA BREAD

3 ripe bananas, mashed	1 tsp. vanilla
1 c. sugar	2 c. flour
½ c. butter or margarine	1 tsp. salt
2 eggs, optional	1 tsp. baking soda
3 Tbsp. sour cream or yogurt	1 c. walnuts, chopped

Combine first six ingredients. Stir in flour, salt and baking soda. Add nuts, stir to combine. Bake at 350 for 1 hour.

Laura Mundall Magnuson

BEST EVER CINNAMON ROLLS

The best part about making this recipe is that it can all be done the day before except the baking. When you awake in the morning, just bake!

4 ½ to 5 c. all-purpose flour	¾ c. packed brown sugar
1 pkg. Active dry yeast	¼ c. all purpose flour
1 c. milk	1 Tbsp. Cinnamon
1/3 c. margarine or butter	1/2c. Margarine or butter, softened
1/3 c. sugar	½ c. raisins- optional
½ c. salt	1/2 c. chopped pecans- optional
3 eggs	1 Tbsp. Light cream or milk

In a large mixer combine 2 ¼ cups of the flour and the yeast.

In a small saucepan heat the milk, the 1/3 c. margarine, the 1/3 c. sugar and the salt just until warm and margarine is almost melted. Add to flour. Add eggs. Beat with an electric mixer until well mixed- about 3 minutes. Using a wooden spoon, stir in as of the remaining 2 ½ to 2 ¾ cups flour as you can.

Turn dough out onto a lightly floured surface and knead in enough of the remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes total). Place dough in a greased bowl, turning once. Cover; let rise in a warm place till double (about 1-hour).

Punch dough down. Turn onto a lightly floured surface. Cover and let rest for 10 minutes, then roll into approx. 14x20-inch shape. Spread margarine on dough. Mix the brown sugar and ¼ c. flour then spread evenly on dough. Sprinkle with cinnamon; top with raisins and pecans-both optional. Roll up jelly-roll style; pinch edges to seal. Slice roll into approx. 1 ½ inch pieces. Arrange dough pieces in a greased 13x9x2 inch-baking dish.

Cover dough with plastic wrap. Refrigerate dough for 2 to 24 hours. Uncover and let stand at room temperature for 30 minutes. OR- for immediate baking, don't chill dough. Instead cover loosely; let dough rise in a warm place till nearly double, about 45 minutes.

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Break any surface bubbles with a toothpick then brush with the milk. Bake at 375 for 25 to 30 minutes or till light brown. If necessary, to prevent overbrowning, cover rolls loosely with foil the last 5 to 10 minutes of baking. Remove rolls from oven and brush again with the cream or milk. Cool slightly and either frost with cream cheese frosting or Drizzle with Powdered Sugar Glaze. Serve warm!

Apple Cinnamon Rolls: Prepare rolls as directed, except substitute 1 c finely chopped apple for the raisins in the filling.

Powdered Sugar Glaze; In a bowl stir together 1 ¼ c. sifted powdered sugar, 1 tsp. Corn syrup, ½ tsp. Vanilla and enough cream or milk (1 to 2 Tbsp.) to make a drizzling type consistency.

Shellie Mundall Stehmeier

BLUEBERRY BUTTERMILK MUFFINS

6 Tbsp. margarine, softened	½ tsp. salt
2/3 c. sugar	1 tsp. baking soda
2 eggs, optional	2 tsp. baking powder
1 c. buttermilk	½ tsp. nutmeg
2 tsp. vanilla	1 ½ c. blueberries, fresh or frozen
2 ¼ c. unbleached flour	

Cream margarine and sugar. Add eggs (optional), buttermilk and vanilla and lightly beat. Combine dry ingredients and mix well. *Gently* add the blueberries. Bake at 400 for 20 minutes. Cool for 5 minutes. Yields: 12 muffins.

Lois Purdy Mundall

BUTTERSCOTCH CARAMEL ROLLS

24 frozen dinner rolls
 1 sm. pkg. Butterscotch pudding (Not Instant)
 ½ c. packed brown sugar
 1 tsp. cinnamon
 1 stick butter

Place frozen rolls in pan. Mix dry ingredients and sprinkle over top of rolls. Cut butter in small pieces over top and cover. Leave overnight. Bake at 350 for 30 minutes. Serve hot.

Rosie (Mundall) Schroeder

EASY SWEET ROLLS

6 c. flour	2 ½ c. warm water
1 yellow cake mix	2 Tbsp. yeast

Knead together 5 minutes. Let rise. Make your favorite sweet rolls. (Makes a lot!)

Ruth Foster Mundall

GINGERBREAD

½ c. shortening	2 ¼ c. Gold Metal flour
2 Tbsp. sugar	1 tsp. soda
1 egg	½ tsp. salt
1 c. dark molasses	1 tsp. ground ginger
1 c. boiling water	1 tsp. cinnamon

Mix shortening, sugar, egg. Blend in molasses and water. Stir together dry ingredients, then blend in until smooth. Bake 45-50 minutes at 325. Serve with fresh homemade applesauce.

Laura Mundall Magnuson

KNOTS

1 c. sugar	1 c. shortening
1c. mashed potatoes	salt to taste
flour	

Combine and set aside:

1 c. warm water	1 Tbsp. (rounded) yeast
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Mix all ingredients together, adding flour until you have a soft dough. Roll dough out and cut into ½" strips, approx. 8 inches long. Tie dough in knots. Place on cookie sheet and let rise. Bake. Top with Maple Frosting or glaze while still warm.

Sherri (Shultz) Hansen

GOLD AND WHITE CORNBREAD

1 c. yellow cornmeal	1 can (14 ¾ oz.) cream style white corn
1 c. flour	1 can (15 ¼ oz.) whole kernel corn
¼ c. sugar	½ c. butter or margarine
1 Tbsp. baking powder	¼ c. milk
½ tsp. salt	2 eggs, beaten

1. Combine first 5 ingredients in a large bowl. Mix well
2. Combine the next 5 ingredients and pour into flour mixture. Stir just enough to blend.
3. Pour into 12 large greased muffin cups. Bake in preheated 400 degree oven, 15-20 minutes or until golden brown, or bake in a 8-inch square pan for 25-30 minutes.

Shellie Mundall Stehmeier

KUCHENS

In small bowl dissolve and let bubble:

2 pkg. yeast 1/3 c. warm water

Add:

1 2/3 c. warm milk 1/3 c. sugar

1 c. margarine 2 tsp. grated orange rind

1 1/2 tsp. salt 7 1/2 c. flour

Mix all ingredients and slowly add flour. Dough should be quite soft. Knead well. Let rise 1-1 1/2 hours. Punch down and let rise again. Roll out into rectangle (12x20) on floured surface. Spread with a little margarine. Sprinkle mixture (on half of dough only):

1/2 c. sugar 1/2 tsp. cinnamon

1/2 c. chopped nuts 1/2 c. raisins

Fold over. Cut into 1" strips. Roll strips tight with palms. Pick up and let twist. Let rise.

Bake at 375 for 12-15 minutes.

Mary (Mundall) Hansen

ORANGE OR DINNER ROLLS

1/2 warm water 1 tsp. salt

1 pkg. or 1 Tbsp. dry yeast 1/2 c. sugar

1/2 c. margarine 4-6 c. flour

1 c. milk 1/4 c. orange juice, optional

3 eggs, beaten

Dissolve yeast in water. Melt margarine. Add milk, eggs, salt and sugar. Add yeast and flour. Dough will be sticky. Knead on well-floured surface. Let rise till double. Knead and shape as desired.

Orange Tea Rolls: Divide dough in half. Roll each piece 10x16x1/4 inch thick. Cut into 24 strips as follows:

greased sheet. Tie each strip in knot, tuck ends under. Place on

warm, glaze with Let rise. Bake at 325 for 12-15 minutes. While

powdered sugar and orange juice.

Dinner Rolls: Omit the O.J. Divide dough in half. Roll each half in a circle. Divide into eighths. Starting at large end of each triangle, roll into crescent shape.

Let rise. Bake on greased sheet at 375 for 12-15 minutes.

Shellie Mundall Stehmeier

SHERRI'S BREAD

Combine:

6 1/2 c. warm water & 3 Tbsp. yeast

1/3 c. brown sugar

1/3 c. oil

8 c. whole wheat flour

2 Tbsp. salt, slightly heaped

white flour

Combine and add enough white flour 'till consistency. Knead for 10 minutes. Let rise.

Put in pans. Let rise again. Bake at 350 for 50+ minutes.

Sherri (Shultz) Hansen

TWO BERRY MUFFINS

1 ½ c. unbleached flour	3 Tbsp. veg. oil
¾ c. whole wheat flour	½ c. sugar
3 tsp. baking powder	3 egg whites
1 ½ tsp. baking soda	3 tsp. vanilla
1 1/3 c. milk	½ tsp. lemon extract
1 ½ Tbsp. lemon juice	¾ c. each fresh* raspberries and blueberries

Preheat oven to 400 degrees. Add lemon juice to milk. Combine flours and leavening and set aside. Add remaining ingredients except berries to milk mixture. Blend well. Stir in flour. Gently fold in berries. Fill muffin cups nearly full. Bake 15 minutes. Best served with homemade raspberry jam.*if using frozen berries, thaw and drain before adding.

Laura Mundall Magnuson

ZUCCHINI BREAD

2 c. flour	1 c. oil
2 tsp. baking soda	1 ½ c. sugar
1 tsp. salt	2 tsp. vanilla
¼ tsp. baking powder	1 c. walnuts (optional)
3 tsp. cinnamon (optional)	2 c. grated zucchini
3 eggs	1 c. raisins (optional)

Mix together and pour into greased pans. Bake at 350 for about 40-45 minutes.

Sandi (Schroeder) Schill

Cakes, Pies, Cookies, and Other Desserts



APPLE PIE

6 c. apples, peeled and thinly sliced	½ tsp. ground cinnamon
1 Tbsp. lemon juice	1/8 tsp. ground nutmeg
½+ c. sugar	¾ tsp. coriander
2 Tbsp. white flour	dash of salt

Prepare oil crust. Combine all ingredients. Pour into pastry-lined pie dish. Place on the top crust carefully. Crimp edges and cut slits in crust. Cover edges with foil. Bake at 375 for 25 minutes. Remove foil. Bake an additional 25 minutes.

Sherri (Shultz) Hansen

APPLE PIE

7 c. apples, cut into chunks	2 Tbsp. lemon juice
½ tsp. nutmeg	½ c. margarine or butter
2 Tbsp. flour	½ c. sugar #2
½ c. sugar #1	½ c. flour

Place apples in a large bowl. Sprinkle with nutmeg, flour and sugar #1. Toss to coat apples well. Spoon into an unbaked pastry shell. Top with the lemon juice. In another bowl, combine butter, sugar #2 and flour. Sprinkle over apples. Bake for 10 minutes in a 425 degree oven. Then reduce heat to 350 degrees and bake 45 to 50 minutes longer. You may want to place a piece of foil under the pie to catch any straying drips.

Rebecca (Stinson) Mundall

BANANA CORNMEAL CAKE

½ c. butter or margarine	1 c. flour
2 c. powdered sugar	1 c. yellow cornmeal
2 eggs	1 ½ tsp. baking powder
1 ½ tsp. vanilla	½ tsp. salt
1 c. mashed bananas, about 2	¾ c. milk

Preheat oven to 350. In large bowl, beat butter 'til light. Gradually add the powdered sugar. Beat in eggs, vanilla and bananas. Combine flour, cornmeal, baking powder, and salt. Add to bowl alternately with milk. Pour into a greased 8 or 9-inch square baking pan. Bake 30-40 minutes or until toothpick comes out clean. Serve warm or at room temperature with whipped cream and fresh fruit such as peaches or strawberries.

Shellie Mundall Stehmeier

BERRY CHEESE BARS

2 c. flour	1 (14 oz.) can sweetened condensed milk
1 ½ c. oats	¼ c. lemon juice
¾ + 1 Tbsp. brown sugar, packed	1 (16 oz.) can whole berry cranberry sauce
1 c. butter or margarine, softened	2 Tbsp. cornstarch

1 (8 oz.) pkg. cream cheese, softened

Preheat oven to 350. Mix flour, oats ¾ cup of the sugar, and butter until crumbly. Set aside 1 ½ cups of the mixture. Press remaining mixture on bottom of greased 13x9 baking dish. Bake 15 minutes or until light brown. With mixer, beat cheese until fluffy. Gradually beat in sweetened condensed milk. When smooth, add lemon juice. Spread over baked crust. Combine cranberry sauce, cornstarch, and remaining 1 Tbsp. sugar. Spoon over cheese layer. Top with reserved crumb mixture. Bake for 45 minutes or until golden brown. Cool and cut into bars.

Shellie Mundall Stehmeier

CARROT AND ZUCCHINI BARS

1 ½ c. flour	1 c. zucchini, shredded (1 med. zucchini)
¾ c. packed brown sugar	½ c. raisins
1 tsp. baking powder	½ c. walnuts or pecans, chopped
½ tsp. ground ginger	½ c. oil
¼ tsp. baking soda	¼ c. honey
2 eggs, slightly beaten	1 tsp. vanilla
1 ½ c. shredded carrots	

In large mixing bowl, stir together the flour, brown sugar, baking powder, ginger, and baking soda. Set aside.

In medium mixing bowl stir together the eggs, carrot, zucchini, raisins, nuts, oil, honey, and vanilla. Add the carrot mixture to flour mixture. Using a wooden spoon, stir just until combined. Spread the batter onto an ungreased 13x9x2 baking pan. Bake in a 350 oven for about 25 minutes or until a toothpick inserted near the center comes out clean. Cool in pan on a wire rack. Spread the Citrus Cream Cheese frosting over cooled bars. Cut into bars. Cover and refrigerate.

Citrus-Cream Frosting:

1 pkg. (8 oz.) light cream cheese	½ c. sifted powdered sugar
2 Tbsp. orange juice	
1 Tbsp. lemon or orange peel, finely shredded	

In small mixing bowl, beat ingredients on medium speed until light and fluffy.

Stephanie Mundall

CARROT CAKE

2. sugar	1 ½ c. oil
2 c. flour	4 eggs
1 tsp. salt	3 c. grated carrots
2 tsp. cinnamon	1 c. chopped nuts
1 tsp. baking soda	

Bake in 350 oven for 40 minutes.

Note: Merritt makes this for Becky's Birthday's, it's a tradition!

Becky (Hansen) Mundall

CHEESE CAKE

Crust: 2 c. graham cracker crumbs ¼ lb. butter
 2 tsp. powdered sugar
Cake: 1 pkg. raspberry jello 1 c. sugar
 1 c. boiling water 1 tsp. vanilla
 1 can sweetened condensed milk 1 pkg. cream cheese

Mix crust and press into pan. (leave some to sprinkle on top).
Mix jello and water and put in freezer until it turns syrupy. Cream sugar and cream cheese. Whip milk until stiff. Add all together and whip until smooth. Pour in crust and sprinkle crumbs on top and chill until set.

Rosie (Mundall) Schroeder

CHOCOLATE CARAMEL BALLS

2 c. flour 2 c. quick oats
1 ½ c. brown sugar 1 tsp. soda
½ tsp. salt 1 ½ c. margarine
Mix well. Pat ½ of mix in bottom of pan. Bake for 10-15 minutes.
Add: 2 c. chocolate chips
 1 c. chopped pecans
 1 c. caramel topping-drizzle over

Sprinkle remaining ½ of crumb mix over top. Bake an additional 18-20 minutes. Cool for 2 hours before cutting.

Ruth Foster Mundall

CHOCOLATE CARMEL BARS

1 German Chocolate cake mix ¾ c. melted butter
1 c. nuts 1/3 c. sweetened condensed milk
1 pkg. Caramels
Mix and put ½ of mixture in 9x13 pan. Press down and bake at 350 for 8-10 minutes.
Sprinkle 1 c. chocolate chips on top. In double boiler, melt 1 pkg. of caramels and 1/3 c. sweetened condensed milk. When melted pour over top of chocolate chips. Sprinkle other half of crumb mixture on top and bake for 10-14 minutes at 350.

Sandi (Schroeder) Schill

CHRISTMAS CRANBERRY BARS

These have been a hit with my family after the first experiment in Minnesota for Thanksgiving. I have had to make them annually ever since, except recently I started making them for Christmas since no one has been home for Thanksgiving.

Freeze two pkgs. of fresh cranberries then run through the champion juicer. Keep juice and pulp together then add:

2 C. sugar 1 apple, finely diced
Let set in the refrigerator overnight. Grind 4 ½ c. granola in blender
Add ¼ c. margarine, melted
Mix together.

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Pat ½ of the crumb mix into bottom of a 9x13 glass pan. Bake at 350 for 5 minutes then cool.

Make 1 pkg. of dream whip according to directions.

Spread cranberry mix onto granola crust

Spread a layer of the dream whip

Sprinkle rest of granola crumb mix evenly over the dream whip layer. Pat down gently with fork or spatula.

Freeze then cut and serve while still frozen.

A shortcut method:

Substitute canned whole berry cranberry sauce for the fresh cranberries. Good for those who do not own a champion juicer.

Eloyce (Schaffenberg) Mundall

CREAM CHEESE RHUBARB BARS

Crust: 1 c. butter, softened 10 Tbsp. powdered sugar
 2 c. flour

Mix and press ¾ of mixture into bottom of 9x13 pan. Bake at 350 10 minutes or until lightly browned.

Mix: 2 eggs ¼ tsp. salt
 2 ½ c. chopped rhubarb 8 oz. Cream cheese
 ¼ c. flour 1 ½ c. sugar

Mix together and pour over baked crust. Sprinkle remaining crust over top and bake 35-45 minutes or until set.

Sandi (Schroeder) Schill

CREAM PUFFS

1 c. water ½ c. butter

Bring to boil in sauce pan over high heat, then turn to low heat and add:

1 c. flour-stir until forms a ball, remove from heat and add:

4 eggs-beat in, one at a time, till smooth

Drop (approx. ¼ cup amount) onto ungreased cookie sheet. Bake 35 minutes at 400.

Cool and cut into half and fill. Can dust with powdered sugar.

Filling: Place in mixing bowl-

1 can (14 oz.) Sweetened Condensed milk

2 Tbsp. water

1 (reg.) pkg. Instant Vanilla Pudding (I use French Vanilla)

Beat and place in refrigerator 5 minutes to cool. Fold in 1-12 oz. container of cool whip.

Tonya (Schroeder) Rucinski

DATE NUT BALLS

1 stick margarine 2 ½ c. Rice Krispies
¾ c. sugar 1 c. chopped pecans
1 c. chopped dates flake coconut

Cook first 3 ingredients-boil for 3 minutes, stirring constantly. Stir in nuts and cereal.
Cool enough to handle. Roll balls and coat in coconut.

Ruth Foster Mundall

EARTHQUAKE COOKIES

1 c. shortening 3 ½ sugar
4 tsp. vanilla 4 eggs
14 Tbsp. cocoa 5 c. flour
9 tsp. baking powder 1 tsp. salt
2/3 c. milk ½ c. nuts, optional

Chill dough, roll into balls and dip in powdered sugar. Bake at 375 for 10 minutes only.

Brandy Robinson Mundal

EASY PIECRUST

Mix together:

2 c. white flour 1 tsp. salt
1 c. 7/8 full with oil then finish filling the cup with water

Mix gently and quickly with flour mix. Do Not Knead. Divide into two parts. Place the slightly larger part in the bottom of your pie plate and pat into place. Place the top portion on a pastry sheet and pat out by hand. After filling the pie plate with the pie filling turn the pastry sheet over on the top of the pie plate and gently ease the pie dough off of the pastry sheet with a table knife. Seat the top and bottom crusts together and flute. Bake pie according to directions.

Eloyce (Scharffenberg) Mundall

FAVORITE OATMEAL COOKIES

Mix together:

¼ c. granulated sugar ½ tsp. baking powder
1 c. brown sugar 1 tsp. cinnamon
1 tsp. baking soda

Then add and beat until light and fluffy:

½ c. butter 2 tsp. vanilla
1 egg

Then add and blend well:

1/3 c. milk 1/3 c. molasses

Add and mix well:

3 c. oats 1 c. raisins
1 ½ c. flour ¾ c. chopped nuts

Drop by tablespoon onto cookie sheet. Bake at 350 for 13-15 minutes. Makes 4 dozen.

Laura Mundall Magnuson

FIVE LAYER TORTE

1st Layer: 1 c. flour
 ½ c. butter
 ¾ c. chopped nuts

Mix together and press into a 9x13 pan. Bake at 350 for 15 minutes, then cool.

2nd Layer: 1 (8 oz.) pkg. cream cheese
 1 c. powdered sugar
 1 ½ c. Cool Whip.

Mix together and spread over cooled crust.

3rd Layer: 2 (3 oz.) pkg. chocolate (or any flavor) instant pudding
 3 c. milk

Beat together and pour over cream cheese mixture.

4th Layer: Cover with whipped topping

5th Layer: Sprinkle with chopped nuts or shaved chocolate

Tonya (Schroeder) Rucinski

FRESH APPLE CAKE

4 c. peeled, sliced apples 2 Tbsp. cinnamon
1 c. date sugar 1 tsp. salt
1 c. sugar 2 tsp. vanilla
2 eggs ¾ c. veg. oil
2 c. unbleached flour 1 c. chopped pecans
1 ½ tsp. baking soda

Mix. Put into 13x9x2 greased pan. Bake at 350 for 50 minutes.

Lois Purdy Mundall

FRESH APPLE CAKE

½ c. butter 2 ½ c. flour
½ c. brown sugar 2 tsp. soda
1 c. sugar ½ tsp. salt
2 eggs 1 tsp. cinnamon
1 c. sour milk 2 c. diced apples (small pieces)

Topping:

¼ c. brown sugar
¼ c. sugar
½ tsp. cinnamon
¾ c. chopped nuts

Mix cake together, stir in apples. Put in greased 9x13 pan and sprinkle with topping mixture. Bake at 350 for about 30 minutes or until tests done.

Sandi (Schroeder) Schill

FRUIT COBBLER

8 c. fresh or frozen fruit
½ c. sugar, more if fruit is tart

1 Tbsp. cornstach
a sprinkle of cinnamon

Mix together in baking dish.

Topping:

Beat together:

¼ c. sugar
¼ c. margarine

Add:

1 c. flour
1 tsp. baking powder

¼ tsp. baking soda
½ c. milk

Stir well until moist. Drop by spoonfuls onto fruit mixture. Bake at 400 for about 35-40 minutes or until batter is browned and fruit bubbles. Best served while still warm.

Laura Mundall Magnuson

GRANDMA HILDA JONES' SWEDISH SPRITZ

1 c. butter (do not substitute) 1 tsp. almond extract
2/3 c. sugar 2 ½ c. flour
3 egg yolks

Cream butter and sugar together. Beat the egg yolks until light or lemon-colored. Add egg yolks and extract to the butter and sugar. Add the flour, a tablespoon at a time, until all has been added. Work together well. Put mixture in a press and make desired design, and bake in hot oven (400 degrees) until light brown. Yield 6 to 7 dozen cookies.

“Mother also added sometimes, blanched almonds.”

Mom (Evelyn) Mundall Newell

“GRANMOMMY’S” FAMOUS PEACH CAKE

Sift together:

1 ½ c. flour
3 tsp. baking powder

¼ tsp. salt
3 Tbsp. sugar

Beat then add:

1 egg

To dry mixture add:

1/3 c. milk
4 Tbsp. oil

Mix until just moist. Spread dough in greased pie tins ½” thick. Add peach slices on top in decorative swirls or circles. Sprinkle with brown sugar, butter and/or cinnamon. Bake at 375 degrees for 30 minutes. Makes one large and one smaller cake. Great for breakfast, lunch or supper.

April (Russell) Mundall

JAM DROPS

1 c. white sugar	1 c. butter
2 eggs	2 c. flour
1 tsp. baking powder	½ tsp. salt
1 tsp. vanilla	Homemade raspberry jam

Mix and roll into balls. Flatten and make a dent in center-fill with jam and bake at 350 until light brown.

Meralee Mundall

JANE'S GENESEE VALLEY APPLE PIE

6 or 7 apples, peeled, cored, sliced	½ c. sugar
1 tsp. Cinnamon	pinch of salt

Mix together and put into unbaked crust.

Crumb Topping:

1/3 c. butter	½ c. sugar
¾ c. flour	

Cream to crumbly consistency and sprinkle on pie. Bake pie for 10 minutes at 450 then for 30 minutes at 350. Delicious!

Shellie Mundall Stehmeier

JANE'S PIE CRUST

2/3 c. shortening	1 tsp. salt
¼ c. <i>boiling</i> water	1 ½ c. flour

Cream shortening and salt. Add boiling water and mix. Add flour and mix to play dough consistency. Press into pie pan. Bake at 350 or use unbaked with Jane's Genesee Valley Apple Pie. (Or any pie requiring pie shell.)

Shellie Mundall Stehmeier

LAURA'S WEDDING COOKIES

¾ c. salted butter, softened	½ c. confectioners' sugar
2 tsp. pure lemon extract	1 ½ c. all-purpose flour
¼ c. cornstarch	1 tsp. lemon zest

In medium bowl, cream butter with an electric mixer set at medium speed. Add sugar and beat until smooth, scraping down sides of bowl as needed. Add lemon extract and lemon zest and beat until light and fluffy. Add flour and cornstarch; blend at low speed until thoroughly combined. Gather dough into 2 balls of equal size and flatten into disks. Wrap the disks tightly in plastic wrap or a plastic bag. Refrigerate 1 hour. At this point, preheat oven to 325. Using a floured rolling pin, roll the chilled cookie dough on a floured board to ¼-inch thickness. Cut with your favorite 2-inch cookie cutter. Place cookies on ungreased cookie sheets, ½-inch apart. Continue rolling out and cutting dough scraps until all dough is used. Bake for 15-17 minutes, or until edges begin to brown. Immediately transfer cookies with a spatula to a cool, flat surface. Makes about 4 dozen cookies.

Laura Mundall Magnuson

LEMON CHIFFON PIE

1 ½ c. pineapple juice, blend with the honey ¼ tsp. salt
1/3 c. honey 1/3 c. cornstarch
1 Tbsp. orange juice concentrate ¼ c. lemon juice
1 tsp. vanilla 1 tsp. grated lemon rind
Blend, then cook over medium heat until thick. Keep stirring so it won't burn or scorch.
Let sit at room temperature for 10 minutes then mix in 1 cup of Dreamy Cream Whip and pour mixture into baked pie shell and chill.

Dreamy Cream Whip:

2 c. soft tofu 2 Tbsp. lemon juice
½ c. canola oil or raw cashews pinch of salt
2 tsp. vanilla enough water to keep mixture moving in blender
2/3 c. honey

To serve, top with coconut or more Dreamy Cream Whip.

Laurel Mundall Teranski

LEMON PIE

Grated rind and juice of 1 lemon dash of salt
4 egg yolks 1 tsp. butter
¾ c. sugar 1 c. hot water
3 Tbsp. cornstarch

Add egg yolks, sugar and cornstarch to rind and juice of lemon and beat until smooth.
Add salt, butter and hot water. Place in double boiler and cook until thick, stirring constantly. Set aside.

Add dash of salt to 4 egg whites and beat until frothy. Add ½ c. sugar gradually and beat until it stands in peaks. Put ½ of egg whites in pie filling, folding gently. Put in pie shell and put remaining egg whites on top. Bake in moderate oven until golden brown.

Tonya (Schroeder) Rucinski

LEMON POKE CAKE

1 pkg. lemon, yellow, etc. cake mix ½ c. oil
1 pkg. (3oz.) lemon jello or any flavor 4 eggs, unbeaten
¾ c. water

Mix all ingredients in large bowl and beat until smooth and creamy. Pour into 9x13 pan and bake at 350 for 40-45 minutes. Let cool in pan.

Topping:

1/3 c. lemon juice 2 Tbsp. butter, melted
2 c. powdered sugar 1 Tbsp. water

Mix all ingredients until smooth. When cake is cooled, poke holes with toothpick (lots!!) and pour topping over entire cake. Quick, easy and very moist.

Shellie Mundall Stehmeier

MAGIC COOKIE BARS

½ c. margarine (1 stick), place in 9x13 pan and melt in oven
1 ½ c. crushed graham crackers, sprinkle over the melted margarine
1 can (14 oz.) sweetened condensed milk, pour over the above
1 pkg. (6 oz.) semi-sweet chocolate chips, sprinkle over the previous
1 c. flaked coconut, sprinkle on
1 c. chopped nuts (pecans work nicely, nuts are optional)
Sprinkle over the rest and then press on the top to “firm” the ingredients together. Bake 25-35 minutes or until light brown. Cool a little before cutting. Delicious served with vanilla ice cream. Also nice days later at room temperature.

April (Russell) Mundall

MANDERINE ORANGE CAKE

1 pkg. white cake mix	1 (8 oz.) whipped topping
2 eggs	1 can (8 oz.) crushed pineapple(undrained)
1/3 c. unsweetened apple sauce	1 pkg. instant vanilla pudding
1 can (11 oz.) mandarin oranges (undrained)	

Combine cake mix, eggs, applesauce and oranges. Beat and pour into cake pan. Bake at 325 till toothpick comes out clean. Cool completely. Beat Cool Whip, pineapple and pudding mix. Spread over cake and chill.

Sandi (Schroeder) Schill

MOLASSES COOKIES

¾ c. shortening	1 egg
1 c. brown sugar	¼ c. molasses
2 ¼ c. flour	2 tsp. soda
¼ tsp. salt	1 tsp. cinnamon

Mix together and chill. Preheat oven to 350. Roll dough in balls. Dip in Sugar. Place sugar side up on cookie sheet. Bake.

Rosie (Mundall) Schroeder

MOM'S PECAN PIE

3 eggs, slightly beaten
1 c. sugar
1 c. Karo syrup-golden
1 tsp. vanilla
pinch of salt
Mix together all of the above.
¾ c. whole pecans or quick oats
Put pecans or oats into unbaked pie shell. Pour in liquid mixture. Bake at 450 for 15 minutes then at 325 for 40-45 minutes.

Lois Purdy Mundall

OATMEAL RAISIN COOKIES

1 c. butter	1 tsp. salt
1 c. shortening	2 tsp. soda
2 c. sugar	2 tsp. baking powder
2 c. brown sugar	5 c. quick oats
2 Tbsp. vanilla	3 ½ c. flour
4 eggs	1 c. raisins

Cream shortening, butter and sugars together. Add rest of ingredients in the order given. Drop by balls onto cookie sheet and press down slightly. Bake at 350. Do not overbake. You may need to add a little more flour if they flatten out too much.

Sandi (Schroeder) Schill

OIL PIE CRUST

1 ¾ c. unsifted flour	½ c. oil
1 tsp. salt	3 Tbsp. water

Blend oil into flour with a fork. Sprinkle water in. Make ball with hands. Add oil if too dry. Roll between two sheets waxpaper. Bake: single crust-450, double crust-425 degrees.

Sherri (Shultz) Hansen

PEACH COBBLER

3 Tbsp. margarine	½ c. brown sugar
1 quart peaches	2 tsp. baking powder
1 ½ c. flour	½ tsp. salt
¼ c. wheat germ	1 1/3 c. milk

Preheat oven to 350. Place margarine in dish. Place dish in oven to melt margarine. Drain peaches, reserve syrup. Stir flour, sugar, baking powder, salt and milk. Pour into pan. Arrange peach slices on top of batter, then pour peach syrup over them. Do Not Mix! Bake at least 40 minutes or 'till golden brown.

Laurel (Mundall) Teranski

PEANUT BLOSSOMS

1 ¾ c. flour	½ c. butter
1 tsp. soda	½ c. peanut butter
½ tsp. salt	1 egg
½ c. white sugar	2 Tbsp. milk
½ c. brown sugar	1 tsp. vanilla

Additional sugar for rolling

48 Hershey Kisses (unwrapped)

Mix together and roll in small balls. Roll balls in white sugar and place on cookie sheet. Bake at 375 10 minutes or less. As soon as they come out put a Hershey Kiss in center and press. Note: The kids love to sit down at the table and unwrap the kisses.

Sandi (Schroeder) Schill

PEANUT BUTTER 'N' HONEY OATMEAL COOKIES

¾ c. peanut butter	3 Tbsp. oil
¾ c. honey	1 tsp. baking soda
¾ c. sugar	3 c. quick oats, uncooked
1 egg	1 ¾ c. flour
2 tsp. vanilla	1 c. golden raisins
¼ C. milk	½ c. chopped peanuts, optional

Cream peanut butter, honey, sugar. Add egg, milk, oil and vanilla. Mix well. Combine dry ingredients and add to p.b. mixture. Mix well then add nuts and raisins. Cover and chill 30 minutes. Drop teaspoonful of chilled dough onto ungreased cookie sheet. Bake at 375 for 7-9 minutes of 'til golden brown. Yields: 5 dozen cookies.

Lois Purdy Mundall

PECAN PUMPKIN PIE

Pastry for 9-inch pastry shell

Pumpkin Filling:

1 egg	1/3 c. granulated sugar
1 c. canned pureed pumpkin	1 tsp. pumpkin pie spice

Pecan Filling:

2 eggs	3 Tbsp. unsalted butter, melted
2/3 c. light corn syrup	½ tsp. vanilla
½ c. granulated sugar	1 c. pecan halves

Fit pastry into 9-inch pie plate. Crimp edges high as filling is generous. Set aside.

To make pumpkin filling:

In med. bowl, whisk egg will. Stir in pumpkin, 1/3 c. sugar, and pumpkin pie spice. Mix well. Spread on bottom of pastry shell.

To make pecan filling:

Preheat oven to 350. In small bowl beat 2 eggs at medium speed. Beat in corn syrup, ½ c. sugar, butter, and vanilla just until blended. Stir in nuts. Spoon over pumpkin mixture. Bake at 350 for 50-60 minutes until filling is puffed and set in center. (Filling will settle during cooling.) Cool on rack. 6 Servings.

Cindy Mundall Zimmerly

PIE CRUST

Sift together: 2 c. unbleached flour
1 tsp. salt

Beat in measuring cup:

½ c. corn oil
¼ c. + 1 Tbsp. cold water

Pour water and oil mixture immediately over flour mixture. Stir together and form into 2 balls. Let set 10 minutes. Roll onto wax paper or press into pie pan. Makes two crusts.

Lois Purdy Mundall

PIE CRUST

Makes 1 lg. single crust

1 ½ c. sifted all-purpose flour

½ c. shortening

4-5 Tbsp. *cold* water

Sift flour and salt together, cut in shortening with pastry blender till pieces are the size of small peas. Sprinkle 1 Tbsp. water over part of mixture. Gently toss with fork and push to side of bowl. Repeat till all is moistened. Form into ball. Roll out and put into pie pan.

Bake in 350 oven till golden brown.

Tonya (Schroeder) Rucinski

PUMPKIN BARS

4 eggs

2 c flour

1 2/3 c. sugar

2 tsp. baking powder

1 c. oil

1 tsp. soda

1 can (16 oz.) pumpkin

Mix together and bake at 350 for 25-30 minutes. Test to make sure it's done. 9x13 greased pan.

Frosting:

1 stick butter

1 lb. Powdered sugar

8 oz. cream cheese, softened

1 tsp. vanilla

Mix and spread over top when cool.

Sandi (Schroeder) Schill

PUMPKIN BARS

2 c. flour

2 tsp. baking powder

2 tsp. cinnamon

1 tsp. baking soda

¼ tsp. salt

4 eggs

1 15-oz. can pumpkin

1 2/3 c. sugar

1 c. cooking oil

¼ c. chopped pecans, optional

In medium bowl stir dry ingredients together. Set aside. In large bowl, beat together the eggs, pumpkin, sugar and oil. Add the flour mixture and beat until well combined. Stir in pecans, if desired. Spread batter in an ungreased 15x10x1 baking pan. (Use a jelly roll pan or cookie sheet with sides). Bake at 350 for 25-30 minutes or until toothpick comes out clean. Cool slightly on wire rack then frost with cream cheese frosting.

Cream Cheese Frosting:

½ c. (1 stick) butter or margarine, softened

4 oz. cream cheese, softened

1 tsp. vanilla

2 ½ c. powdered sugar

Beat first three ingredients until smooth then add the powdered sugar.

Shellie Mundall Stehmeier

PUMPKIN COOKIES

3 ½ c. flour	1 ½ c. brown sugar
2 1/3 c. quick oats	1 can (15 oz.) pumpkin
1 ¾ tsp. baking soda	2 lg. eggs
2 tsp. cinnamon (optional)	1 ¾ tsp. vanilla
1 ½ tsp. salt	1 1/3 c. chopped walnuts
3 ½ sticks butter	1 1/3 c. raisins
1 ½ c. sugar	

Mix flour, oats, Baking soda, cinnamon, and salt in a bowl. In mixing bowl beat butter and sugars together. Add pumpkin, eggs, and vanilla. Gradually add dry ingredients. Stir in nuts and raisins. Drop by spoonfuls onto greased cookie sheet. Bake at 350 for 14-16 minutes.

Esther Schroeder

RASPBERRY DELIGHT

Crust: 2 ¼ c. flour
2 Tbsp. sugar
¾ c. butter, softened

Filling: 1 8 oz. pkg. cream cheese, softened
1 c. powdered sugar
1 tsp. vanilla
¼ tsp. salt
2 c. whipped topping

Topping: 1 6 oz. pkg. raspberry Jello
2 c. boiling water
2 pkg. (10 oz. each) sweetened frozen raspberries

Two cups whipped topping for over top

In a bowl, combine flour, sugar and butter. Stir together till smooth. Press into 9x13 pan and bake at 300 for 20-25 minutes, or until set (crust will not brown). In mixing bowl, beat cream cheese, powdered sugar, vanilla and salt until smooth. Fold in whipped topping. Spread over crust. For topping, dissolve Jello in boiling water; stir in raspberries. Chill for 20 minutes or until mixture begins to thicken. Spoon over filling. Refrigerate until set. Spread whipped topping over it and cut.

Sandi (Schroeder) Schill

RHUBARB COCONUT COOKIES

½ c. shortening	½ tsp. salt
1 1/3 c. packed brown sugar	¼ c. milk
1 egg	1 c. finely chopped rhubarb
2 c. flour	1 c. chopped nuts
½ tsp. baking soda	1 c. raisins
1 tsp. cinnamon	½ c. coconut

Mix first 8 ingredients and stir in last 4. Drop by tablespoon on baking sheet. Bake at 375 for 12-15 minutes.

Esther Schroeder

RHUBARB CRUNCH

3 c. rhubarb, cut up 1 c. sugar
3 Tbsp. flour

Mix together and put in a 9 inch square pan.

Topping: 1 c. brown sugar 1 c. oatmeal
 1 ½ c. flour ¾ c. butter

Mix together and put on top of rhubarb mixture and bake at 325 for 30-35 minutes or until done.

Esther Schroeder

ROLL OUT COOKIES

1 ½ c. powdered sugar 1 c. butter
1 egg 1 tsp. vanilla
1 tsp. almond extract 2 ½ c. flour
1 tsp. soda 1 tsp. cream of tarter

Mix together and roll out. Bake at 350 until golden brown.

Sandi (Schroeder) Schill

SKILLET APPLE PIE

Filling:

2 Tbsp. unsalted butter 3 Golden Delicious apples
3 Granny Smith apples
(peel, core, and slice the apples thin and toss with 1 Tbsp. lemon juice)
½ c. brown sugar, firmly packed ½ c. sugar
½ tsp. Cinnamon ½ tsp. nutmeg
¼ tsp. Salt 1 tsp. cornstarch
2 Tbsp. flour

Topping:

1 ½ c. all-purpose flour ¼ c. plus 1 Tbsp. sugar
1 ¼ tsp. baking powder ½ tsp. salt
¼ c. unsalted butter, chilled 2/3 c. half and half
¾ tsp. vanilla

To prepare the filling; melt butter in a 10-inch cast iron skillet over medium heat, add apple slices and cook, stirring frequently, for about 5 minutes. Mix sugars, cinnamon, nutmeg, salt and cornstarch in a bowl and gently stir mixture into apples. Continue to cook until apples are soft but not mushy, about 5 minutes.

To prepare topping; mix flour, ¼ c. sugar, baking powder, and salt in a large bowl. Using 2 knives or a pastry blender, cut in the butter until the mixture resembles coarse crumbs. Add the milk and vanilla, and quickly blend together with spatula.

To assemble the pie; drop heaping Tbsp. of biscuit mixture on top of apples, covering most of the center of the mixture. Sprinkle top with remaining sugar and bake in preheated 350 degree oven for 25 to 30 minutes, or until top is golden. Remove pie from oven and let stand for at least 5 minutes before serving.

Sherri Mundall Bezonsky

SOFT MOLASSES COOKIES

½ c. butter, softened	4 c. flour
½ c. shortening	½ tsp. salt
1 ½ c. sugar	2 ¼ tsp. baking soda
½ c. molasses	Additional sugar for dipping
2 eggs	

Mix together and roll in balls. Dip balls in sugar and place on greased cookie sheet. Flatten slightly. Bake at 350 for 11 minutes. Do not overbake.

Sandi (Schroeder) Schill

SOUR CREAM BANANA BARS

1 ½ c. sugar	1 c. sour cream
½ c. butter or margarine	2 eggs
1 ½ c. mashed bananas	2 tsp. vanilla
2 c. flour	1 tsp. baking soda
¾ tsp. salt	½ c. chopped walnuts, optional

Mix sugar, sour cream, butter, eggs. Beat in bananas and vanilla. Add flour, soda, salt and nuts. Pour into ungreased jelly-roll pan (or cookie sheet with sides). Bake at 350 for 20-25 minutes or until toothpick comes out clean. Frost while still warm with Browned Butter Frosting or Cream Cheese Frosting.

Browned Butter Frosting:

Heat ¼ c. margarine or butter until light brown

Mix in 2 c. powdered sugar

Beat in 1 tsp. vanilla and 3 Tbsp. milk

Spread over bars.

Shellie Mundall Stehmeier

SQUASH CUSTARD

1 squash (5 inches wide)

3 eggs

½ c. brown sugar

1 c. coconut milk

¾ c. water

Cut a hole in top of the squash. Open the top and clean the seeds out. Beat the eggs and sugar in a bowl. Add the coconut milk and water. Mix together well. Place mixture inside of the squash. Fill to within 1 inch of the top. Put it in a steamer (or steam) pot for about 45 minutes or until cooked.

Phoebe (Peungsatit) Mundall

STRAWBERRY RHUBARB PIE

1 egg 3 c. rhubarb, cut in short pieces

3 Tbsp. flour 1 c. fresh, sliced strawberries

1 c. granulated sugar

Beat egg in large bowl. Mix in flour. Add sugar and stir well. Roll pastry to line 9 inch pie plate. Roll top crust. Turn fruit mixture into pie shell. Moisten pastry rim and place crust over top. Trim and crimp to seal. Cut slits in top. Sprinkle with remaining sugar. Bake on bottom shelf in 350 oven for about 45 minutes or until browned and fruit is cooked. Yield: 1 pie.

Crust: 5 c. flour 1 lb. shortening

3 Tbsp. brown sugar 1 egg

[illegible]

1 tsp. baking powder

Mix ingredients and roll into 2 pie shells. (Or bottom and top pie crust's)

Stephanie Mundall

SUMMER CRISP

Fresh fruit in season or home canned pears, peaches, apples, plums, apricots alone or mixed.

Thicken with tapioca-place in casserole dish and top with Verlon's Granola recipe-2 or 3 cups. Bake at 350 for ½ hour or longer if fruit is raw.

Meralee Mundall

TEXAS SHEET CAKE

Very moist and delicious cake!

In large bowl mix:

2 c. sugar 2 c. flour

Bring to boil:

2 sticks margarine 1 c. water

4 Tbsp. cocoa

Pour over sugar and flour and mix well then add:

1/2 c. buttermilk 1/2 tsp. cinnamon

2 eggs, beaten 1 tsp. baking soda

1 tsp. vanilla

Bake on greased and floured jelly-roll pan for 25 minutes at 350 degrees. *1/2 cup sour cream can be used instead of buttermilk. While still warm frost with:

1 stick margarine 1 box powdered sugar

6 Tbsp. milk 1 tsp. vanilla

4 Tbsp. cocoa 1 c. chopped nuts, optional

Bring ingredients to a boil and pour over powdered sugar. Beat well. Then add vanilla and nuts, optional.

Shellie Mundall Stehmeier

THREE LAYER DELIGHT

Crust: 1 c. flour

½ c. butter

½ c. finely chopped pecans (I use pecan meal)

¼ c. powdered sugar

Mix together and put in 9x13 pan. Pat down evenly and bake at 350 for 15 minutes. Let cool.

1st Layer: 8 oz. cream cheese, softened

1 c. powdered sugar

8 or 9 oz. whipped topping

Mix and put on top of crust (spread).

2nd Layer: 2 small boxes instant chocolate pudding

3 c. milk

Beat together and spread over top. *Note:* you can also use pistachio pudding instead.

3rd Layer: Cool Whip, just spread over top

Sprinkle with nuts and shaved Hershey bar.

Sandi (Schroeder) Schill

TOFU CHEESECAKE

3 Tbsp. Kosher Jel

1 c. frozen pineapple juice concentrate

¼ c. frozen orange juice concentrate

½ c. honey

½ c. cashews

2 pkgs. firm Mori-Nu tofu

½ tsp. salt

½ tsp. lemon juice

2 tsp. vanilla

1 c. coconut milk

Heat orange juice on stove. Add Kosher Jel. Add pineapple juice and then whiz in blender. Add the rest of the ingredients and whiz until smooth. Pour into baked crust. When cool, top with favorite fruit topping and chill.

Crust:

1 ½ c. ground granola

2 Tbsp. honey

1 Tbsp. water or milk

Mix together and press into bottom of baking dish. Bake 10 minutes at 350.

Laurel Mundall Teranski

TURD COOKIES (OR ICE CREAM TOPPING)

1 cube butter or margarine 1 tsp. vanilla

2 c. sugar ½ c. peanut butter

½ c. milk 3 c. oats

3 Tbsp. cocoa

Mix sugar and cocoa. Melt butter, add milk, sugar, and cocoa. After it comes to a boil, let boil 2 minutes then remove from heat. Add vanilla, peanut butter and oats. Drop by tablespoon onto waxed paper and serve as cookies when cooled or BEST, serve immediately over vanilla ice cream!

Shellie Mundall Stehmeier

WACKY CAKE

Very moist and delicious, eggless (& can use carob powder) cake!

Sift together:

3 c. flour 2 c. sugar
6 Tbsp. cocoa 1 tsp. salt
1 tsp. baking soda

Put into ungreased 9x13 inch baking dish. Make 3 holes in dry ingredients.

Hole #1: put 2 tsp. vanilla

Hole #2: put 4 tsp. vinegar

Hole #3: put 10 Tbsp. melted butter or oil

Pour 2 cups hot water over the whole mixture and mix thoroughly. Bake in same pan at 350 for 28-30 minutes. Frost while still warm. Use cream cheese frosting with added cocoa, to taste, to frost with.

Shellie Mundall Stehmeier

WALNUT MOCHA TORTE

2 c. walnuts or pecans 8 eggs
4 Tbsp. flour 1 ½ c. sugar
5 tsp. baking powder

Blend all ingredients in blender. Pour into two greased cake pans. Bake at 350 for 20 minutes or until springs back when touched. Cool. Split each layer in ½ and frost 4 layers.

Ruth Foster Mundall

ZUCCHINI CAKE

2 ½ c. flour 1 tsp. salt
2 c. sugar 4 eggs
1 ½ tsp. cinnamon 1 c. oil
½ tsp. baking powder 2 c. shredded zucchini
½ tsp. soda ½ c. chopped walnuts, optional

In mixing bowl, combine dry ingredients. In a separate bowl combine oil and eggs then add to the dry ingredients and mix well. Add zucchini and stir thoroughly. Fold in walnuts if desired. Pour into a greased 13x9x2 pan. Bake at 350 for 35-40 minutes or until toothpick comes out clean. Cool then frost with the following:

Cream Cheese Frosting

1 pkg. (3-4 oz.) cream cheese, softened
¼ c. butter or margarine, softened
1 tsp. vanilla
1 Tbsp. milk
2 C. powdered sugar

Cream first 4 ingredients then add powdered sugar. Sprinkle with additional walnuts if desired.

Shellie Mundall Stehmeier

ZUCCHINI CAKE

1 ½ c. sugar	1 tsp. vanilla
1 stick butter	2 ½ c. flour
½ c. oil	¼ c. cocoa
3 eggs	1 tsp. soda
2 c. zucchini	½ tsp. baking powder
½ c. milk	

Mix and put in 9x13 pan. Sprinkle over top before baking:

1 c. choc. chips
½ c. nuts
1/3 c. sugar

Bake at 325 for 55 minutes.

Rosie (Mundall) Schroeder

Breakfast



APPLE BREAKFAST

Save: bread and toast from raisin and whole wheat breads

Break into bite-size pieces-approx. 8 cups

Add: 2 c. milk to soak bread. Toss

4 c. raisin bran cereal

$\frac{3}{4}$ -1 c. raisins

5-6 variety sliced apples- skin on

Season with vanilla, cinnamon, nutmeg, allspice

Bake in 9x13 in. pan at 350 for 30-40 minutes.

Lois Purdy Mundall

BANANA PANCAKES

1 $\frac{1}{2}$ c. all-purpose flour

1 Tbsp. sugar

$\frac{1}{2}$ tsp. Salt

1 tsp. baking soda

1 tsp. baking powder

1 large egg

1 c. buttermilk

$\frac{1}{4}$ c. whole milk

1 Tbsp. unsalted butter, melted

About 3 Tbsp. unsalted butter

3 ripe bananas, cut into $\frac{1}{3}$ -inch slices

Sift together the flour, sugar, salt, baking soda and baking powder. In a large bowl, whisk together the egg, buttermilk, milk and melted butter. Add the dry ingredients. Stir until the flour disappears, being careful not to overbeat the batter.

Preheat the oven to 200 degrees. Melt $\frac{1}{2}$ Tbsp. of the butter in a large cast iron skillet over medium heat. Ladle about $\frac{1}{4}$ c. of batter into the pan for each pancake.

Immediately press 4 or 5 banana slices into each, so the batter oozes slightly over the fruit. Cook until bubbles appear and then flip and cook on the other side, about 3 minutes total. Transfer the pancakes to a platter and keep warm in the oven while you cook the remaining batches, adding butter to the pan as needed. Serve hot with warm coconut syrup.

Sherri Mundall Bezonsky

BRUNCH CASSEROLE

1 pkg. vege. breakfast sausage

1 tsp. dry mustard

2 c. cheddar cheese

1 tsp. salt

4 c. cubed day old bread

$\frac{1}{4}$ tsp. onion powder

4 c. milk

black pepper to taste

10 eggs, slightly beaten

$\frac{1}{2}$ c. sliced mushrooms

$\frac{1}{2}$ c. peeled, chopped tomatoes, optional

Place bread in well-buttered 9x13 dish. Sprinkle with cheese. Combine eggs, milk, mustard, salt, onion powder, pepper and pour over the bread and cheese. Sprinkle the vege sausage, mushrooms and tomatoes over the top. Cover and chill overnight. Preheat oven to 325 degrees. Bake uncovered for about 1 hour. Tent with foil if top begins to brown too quickly. This is a great dish when you have a houseful of people.

Shellie Mundall Stehmeier

BRUNCH ENCHILADAS

2 c. chopped veggie sausage/patties	1 Tbsp. flour
½ c. chopped green onion	2 c. half-and-half or milk
10 flour tortillas (8 in. size)	6 eggs, beaten
2 c. shredded cheddar cheese, divided	¼ tsp. salt, optional

Combine veggie sausage/patties and onions. Place 1/3 cup down center of each tortilla. Top with 2 Tbsp. cheese. Roll up and place seam side down in a greased 9x13 dish. In a bowl, combine flour, cream (or milk), eggs, salt. Pour over tortillas and refrigerate overnight. Remove from the refrigerator 30 minutes before baking. Cover and bake at 350 for 25 minutes. Uncover and bake for 10 minutes. Sprinkle with the remaining cheese and bake 3-5 minutes longer or until cheese is melted. Let stand 10 minutes before serving. Serve with salsa and sour cream, if desired. Quick & very easy.

Shellie Mundall Stehmeier

CHABOT'S BISCUITS

3 c. white flour	2/3 c. oil
3 tsp. baking powder	1 c. milk
¾ tsp. salt	

Bake at 450 for approx. 15 minutes or 'till golden brown.

Lorinda Mundall

CHILES RELLENOS BREAKFAST CASSEROLE

2 (4 oz.) cans diced, green chili peppers, drained
 2 c. low-fat cheddar cheese, shredded
 2 c. skim milk
 1 c. Bisquick (low-fat)
 1 c. egg substitute or 4 slightly beaten eggs
 1 c. low-fat cottage cheese
 salsa

Spray a 12x7 ½ x2-inch baking dish with nonstick coating. Sprinkle the chili peppers and cheddar cheese. In med. bowl combine the milk, Bisquick, and eggs. Use a wire whisk or fork to beat until smooth. Stir in cottage cheese. Spoon egg mixture atop chilies and cheese. Bake uncovered in a 350 oven about 45 minutes or 'til puffed and knife inserted near the center comes out clean. Let stand 10 minutes before serving. Top with salsa. Serves 6.

Shellie Mundall Stehmeier

CORNLESS “CORN” BREAD

2 c. cream of wheat 1 tsp. salt
2 c. white flour 4 Tbsp. Featherweight baking powder

½ c sugar

In separate bowl:

2 c. water

2/3 c. oil

2 eggs

Beat with electric mixer then pour into the flour mixture and mix well. Bake in greased 10x13 pyrex at 400 for 25-30 minutes.

Variation~For those allergic to wheat:

2 c. cornmeal

2 c. rice flour

Eloyce (Scharffebberg) Mundall

CREPES

1 ½ c. flour 2 c. milk

1 Tbsp. sugar 2 eggs

½ tsp. baking powder ½ tsp. vanilla

½ tsp. salt 2 Tbsp. butter, softened

Beat all together. Pour ¼ cup into buttered skillet. “Roll” around batter till thin. Flip when edges brown. I like to serve this with peaches and whipped cream, but they are also good with savory fillings. (This is the best recipe I have tried for crepes!).

April (Russell) Mundall

DR JON’S FLOUR WAFFLES

2 c. water 1 Tbsp.-1/2 c. cooked rice

¼-1/2 c. fresh fruit 2 c. flour

¼ tsp. salt 1 egg

Blend all ingredients in blender and pour into hot waffle iron.

Dr. Jon Mundall

DR. JON’S OAT WAFFLES

2 c. water ½ c. cooked rice

¼ tsp. salt 2 c. oats

1 Tbsp. oil (can use less oats and more rice as well)

Optional flavoring and sweetener:

Vanilla

Honey, maple syrup, fruit

Blend all ingredients in blender and pour into hot waffle iron.

Dr. Jon Mundall

GRANOLA

10 c. quick oats 2 c. chopped nuts
 1 c. wheat germ 1 ¼ c. oil
 1 c. coconut (small) ¾ c. water
 2 c. brown sugar 2 tsp. salt

Add blended liquid-stir quickly. Bake at 250, stirring often.

Verlon Mundall

GRANOLA FRUIT KABOBS

1 c. granola ½ c. fresh pineapple chunks
 1 med. apple, cut into chunks ½ c. fruit-flavored yogurt
 1 small banana, cut into chunks

Place granola in shallow bowl. Insert toothpicks into each piece of fruit. To serve, dip fruit into yogurt, coating all sides. Roll in granola, coating completely.

Brandy Robinson Mundall

OATMEAL PANCAKES

2 c. milk 2 tsp. Non-Residue baking powder
 1 ½ c. uncooked oats 1 tsp. salt
 1 c. flour 1 Tbsp. oil, optional
 2 Tbsp. brown sugar

Pour milk over oats. Let stand 5 minutes. Mix together flour, sugar, baking powder and salt. Add to oat mixture and add oil. Pour ¼ c. batter for each pancake onto hot, lightly greased griddle.

Laurel (Mundall) Teranski

OATMEAL PANCAKES

1 ½ c. quick oats
 2 c. milk

Soak the above together for 15 minutes.

Add: 1 c. whole wheat flour
 2 Tbsp. sugar
 1 ½ tsp. baking powder
 1 tsp. salt
 2 eggs, beaten (beat whites separate)
 1/3 c. oil

Mix together and fry. They are very good with strawberries over top!

Esther Schroeder

SOUTHERN BISCUITS AND GRAVY

2 c. flour
2 ½ tsp. baking powder
¾ tsp. salt

1/3 c. shortening
¾ c. plus, milk

Mix dry ingredients. Cut in shortening and slowly add milk. Form into ball and put on floured surface. Knead 12 or so times. Roll out ½ inch thick. Cut with biscuit cutter or glass edge. Bake at 450 for 10-12 minutes.

GRAVY:

Brown flour, onion salt and salt in skillet. Add a little oil or put in blender and add the liquid-milk or water. Put back in skillet and bring to a boil. I add veggie meat-Morning Star breakfast patties or Prosage or Linkets. Serve over biscuits.

Mary (Mundall) Hansen

TOFU BREAKFAST BURRITOS

1 lb. Cubed firm tofu
1 med. sweet onion, chopped
1 c. chopped red, yellow sweet peppers

½ c. sliced mushrooms
1 small zucchini, sliced lengthwise

Saute onions in oil until clear. Add tofu and brown in oil. Add veggies and steam.

Season with garlic salt, chicken seasoning.

Serve with warm w.w. tortillas. Top with mild salsa and sour cream. Makes 6-8

Lois Purdy Mundall