



Sew Sweetness

Community Recipe Book



Thank you so much for being part of the Sew Sweetness community! I value each and every one of you as honorary Bag Lady and Bag Dude. You inspire me every day! Please enjoy this free recipe book containing cooking favorites and treasured family recipes from our community.

The recipes were collected by Robin Dunne and the booklet was compiled by Robin Kreiseder. This would not have been possible without you!



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Please note: Conversion info is at the end of the book.

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Appetizers, Breads, Salads and Soups



Chicken and Vegetable Soup

Submitted by: **Margaret Doro from Stanthorpe Queensland, Australia**

Ingredients:

1.5 kg chicken wings
150 ml extra of olive oil
Sea-salt flakes and black pepper
2 litres chicken stock
2 litres water
4 garlic cloves crushed and finely chopped
2 onions finely chopped
4 sprigs of oregano picked and chopped
4 sprigs thyme
1 bay leaf
1 fennel bulb
2 carrots
4 sticks celery
1 cup Arborio rice
1 small can corn kernels
½ cup frozen peas
2 zucchinis finely chopped
½ bunch chopped parsley
Parmesan cheese grated
Crusty bread

Directions:

1. Preheat the oven to 200 degrees C (392 degrees F). Put chicken wings in a dish and coat with a little olive oil and season with salt and pepper. Roast for 1 hour turning over at 30 minutes until golden brown. Transfer wings to a large saucepan and pour over chicken stock and water to cover. Simmer until meat falls off the bones. Strain off any liquid and reserve. Allow the wings to cool slightly before removing all the flesh from the bones.
2. In a large saucepan heat a little oil. Add the garlic, onions and herbs. Season with pepper and add the fennel, carrots, and celery and cook covered for ten minutes.
3. Add the chicken meat, reserved liquid, rice, corn, peas and zucchini and parsley. Bring to the boil and cook until the rice and vegetables are cooked. Simmer for another 10 minutes.
4. Serve in deep bowls topped with parmesan cheese and crusty bread.

Additional info: Preparation Time: 60 minutes, Cooking Time: 1 ½ hours, Serves: 8



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Cheese, Onion and Dill Bread

Submitted by: **Kathy McKnight from Killarney, Manitoba, Canada**

Ingredients:

½ cup warm water
1 teaspoon sugar
2 ½ teaspoons yeast
2 cups hot water
¼ cup sugar
1 ½ teaspoons salt
4 tablespoons oil
2 eggs beaten
5 ½ to 6 cups flour
½ cup finely chopped onion
2 cups grated cheese
2 tablespoons dill
1 tablespoon parsley

Directions:

1. In a small bowl add water, sugar and yeast let stand for 10 minutes.
2. In a large bowl add hot water, sugar, salt and oil. Stir until sugar is dissolved.
3. Add eggs, add yeast mixture.
4. In another bowl add half the flour, cheese, onion, dill and parsley. Stir until cheese is covered with flour. Stir into yeast mixture until well blended.
5. Add the rest of the flour 1 cup at a time until it's smooth (soft texture). Put in a greased bowl, cover and let rise until double in bulk.
6. Punch down let rest for 15 minutes, shape into loaves and put in a greased pans.
7. Cover and let rise until double in size. Oven 350 - 375 degrees F. Bake for about 30 minutes.

Additional info: Makes 3 loaves.



Cheese Ball

Submitted by: **Jill Paulhus from Saskatchewan, Canada**

Ingredients:

One container of Philadelphia mixed vegetable cream cheese

One can of flaked ham

One package of chopped pecans

Directions:

1. Mix cream cheese and ham.
2. Form a ball and chill, roll the cheese ham ball in pecans for a nice presentation.
3. I mix in the pecans with the cheese and ham and spread on crackers.



Spiced Olives

Submitted by: **Valerie McIntyre from Meadow Lake, Saskatchewan, Canada**

Ingredients:

½ cup tomato or clamato juice

1 teaspoon olive oil

1 clove garlic

½ teaspoon basil

½ teaspoon oregano

Red pepper flakes or 3 slices jalapeno slices

Directions:

1. Drain brine from olives, add ingredients into jar of drained olives.
2. Shake jar gently to disperse spices, refrigerate.
3. Best if soaked 3-10 days, gently shaking everyday.



Summer Salad

Submitted by: **Kathy Andre from Florence, Arizona**

Ingredients:

1 can whole corn
1 can sweet peas
1 cup celery
1 cup sweet pickles
1 ½ cups sharp cheddar cheese
4 to 5 tablespoons mayonnaise

Directions:

1. Dice the celery, pickles and cheese so that they are approximately the size of the corn and peas.
2. Put all in a large bowl and mix in mayonnaise a tablespoon at a time until all the ingredients are combined.
3. Chill and serve as is or on a piece of iceberg lettuce.



Buds Minestrone Soup

Submitted by: **Evelyn Fabrie from Corcoran, California**

Ingredients:

½ onion (I puree because my kids don't like onions.)
½ teaspoon crushed garlic OR 1 clove
12 beef bouillon cubes
12 cups of water
2 bay leaves
One 16 oz. bag of frozen mixed vegetables
One 28 oz. can crushed Italian recipe tomatoes; pureed if desired.
Pinch of sweet basil
½ teaspoon of pepper
About 3 cups of frozen meatballs or stew meat
1 ½ cups of small seashell pasta

Directions:

1. In a large pot spray with Pam cooking spray and add onion and garlic. Sauté for a minute. (I puree my onions & the tomatoes because the kids don't like chunks).
2. Add everything else but pasta. Bring to a boil.
3. Add pasta a cook till pasta is ready. Eat and enjoy.

Additional info: This tastes best made the day before. I don't add my pasta until ready to eat it as the pasta can become too mushy. This can also be made with stew meat. I cut 1 lb. of stew meat into small pieces and sauté the meat with the onions and garlic. The crushed garlic can be substituted with 1 clove.



Carrot and Curry Soup

Submitted by: **Amanda Marie Garcia** from Lakewood, California

Ingredients:

6 full sized carrots

4 cubes of Japanese curry sauce blocks (my favorite brand is S&B Golden Curry)

4 to 6 cups of water

Directions:

1. Clean outside of all six carrots and chop into small coins.
2. Add to the 4-6 cups of water and boil until almost soft.
3. Add curry sauce blocks and cook for an additional 10 minutes or until carrots are completely cooked.
4. Use a hand blender to blend the entire soup into a thick creamy consistency. You could alternatively blend soup in two parts in a traditional blender.
5. Serve with toasted bread.



Stuffed Celery

Submitted by: **Annie Moore-Fisher from Pollock Pines, California**

Ingredients:

½ pound blue cheese

Two packages 3 ounce size cream cheese

¼ teaspoon Worcestershire sauce

¼ teaspoon paprika

Dash salt

Dash cayenne pepper

Optional 3 tablespoons Port

Directions:

1. Let cheeses warm to room temperature.
2. Combine with the remaining ingredients in a large electric mixing bowl. Beat at high speed until thoroughly combined and smooth.
3. Prepare celery and cut as you wish and fill with the blue cheese mixture.



Avocado Gazpacho Dip

Submitted by: **Virginia Moore from Denver, Colorado**

Ingredients:

- 3 to 4 tomatoes, diced
- 3 to 4 avocados, pitted and diced (NOT mashed.)
- 4 green onions, thinly sliced
- 4 oz. can diced green chilies (I use minced fresh jalapeno instead – adjust to your taste.)
- 1 cup chopped cilantro
- 3 tablespoons olive oil
- 2 tablespoons lime juice
- 2 tablespoons minced fresh garlic
- 1 teaspoon garlic salt
- 1 teaspoon salt
- ¼ teaspoon Pepper

Directions:

1. Combine tomatoes, avocados, onions and chilies in a large bowl; set aside.
2. Combine all remaining ingredients in a shaker or a jar; shake like crazy! Drizzle over tomato/avocado mixture and toss gently. Cover and chill. If possible, make it a day ahead.
3. Serve with Tortilla Chips.

Additional info: Makes about 6 cups.



Fiesta Corn Dip

Submitted by: **Tricia Whitehouse from Denver, Colorado**

Ingredients:

Fritos Corn Chips

1 can of Yellow Corn, drained

1 can of White Corn (in some areas may be called Shoepeg Corn), drained

1 can of Rotel Diced Tomatoes & Green Chilies, drained

One 12 ounce container of cream cheese

1 Tablespoon Chili Powder

1 Tablespoon Ground Cumin

1 Teaspoon Garlic Salt

Directions:

1. Pour the 2 cans of drained corn and Rotel in a large bowl.
2. Place cream cheese in a separate medium mixing bowl, microwave it to soften the cream cheese in 30 second increments until smooth. (It will take approximately 1 minute).
3. Mix the chili powder, cumin, and garlic salt into the cream cheese. Blend thoroughly.
4. In the large bowl, mix together the corn, Rotel, and the cream cheese mixture. Stir together thoroughly and allow to set overnight.

Additional info: Serve with Fritos Corn Chips! It is also good on top of burgers! If you want to watch the amount of salt, a “No Salt Added Rotel” is available. You can also adjust the amount of chili powder to your likeness. Enjoy!



Broccoli Salad

Submitted by: **Bobbi Donley Reeves from Millsboro, Delaware**

Ingredients:

1 bunch broccoli

3 ½ ounces Spanish peanuts

½ to 1 Cup Raisins (I used golden raisins but regular raisins will work.)

½ red onion, chopped

Sauce:

1 cup mayonnaise

⅓ cup sugar

2 Tablespoons vinegar

Directions:

1. Chop broccoli into florets. In large bowl mix broccoli, peanuts, raisins and onions.
2. In separate bowl combine sauce ingredients.
3. Add sauce to the broccoli mixture and stir until mixture is blended with sauce.

Additional info: I will sometimes purchase the bag of already chopped broccoli. It saves time and mess even though it costs more!



Lottie's Potato Soup

Submitted by: **Lottie Essig from Belleview, Florida**

Ingredients:

6 slices bacon
1 large onion
1 lb package smoked sausage/kielbasa
1 can whole kernel corn, undrained
6 to 8 medium/large potatoes, cut as described below
Chicken broth
1 ½ cups Half & Half
Salt & Pepper to taste

Directions:

1. Half of the potatoes should be in a half to quarter inch dice. The other half should be in a uniform chunks about an inch or so in size. Cut the bacon into one inch pieces. Slice the sausage into 1/4 inch rounds.
 2. Put the bacon into a large pot on medium heat. Let it brown while you chop the onions finely. Add onion and a little salt and pepper to the bacon and let cook til translucent.
 3. Add sausage. Let sausage brown with onions and bacon for about five minutes or until edges are browned. You need it to brown well, so take your time with this step.
 4. Add a can of whole kernel corn, with the liquid. Stir well. The juice from the corn will deglaze the pan, loosening the bits from the bottom of the pan. Those bits have a lot of flavor.
 5. Add the potatoes. The small pieces of potato cook away and will thicken the soup beautifully. Add enough broth to just cover the potatoes. Salt & pepper again to taste.
 6. Cover and bring to a boil on medium heat, stirring occasionally. Reduce heat to low and remove the cover. Let simmer gently until the large pieces of potato are just tender. Be sure to stir occasionally so the soup doesn't stick or burn.
 7. Turn off the heat and stir in the half and half. Check again for seasoning and add more salt and pepper if needed. Serve immediately. Reheats well. Even better the second day.
 8. If you have company, top with additional bacon (cooked crisp and crumbled) and shredded cheddar cheese as a garnish. Add a hearty french or italian bread and you've got an easy meal.
- Additional info: This is a very forgiving soup. Sometimes I cut the fatty ends off a pkg of bacon and save that for this soup instead of slices. I have used more or less sausage and added another can of corn. To feed more people, add more potatoes. You can add substitute creamed corn or frozen corn for the canned corn (remember to add a little water first, to get the bits off the bottom of the pot). I've used a splash of white wine to deglaze the pan and that was good too. You can use water with a bouillon cube if you don't have broth... To save calories I have used just milk instead of the half & half (but it's not as rich). I've also added heavy cream if I didn't have enough milk or half and half. It's super easy and my family has loved this soup for years and years.



Sausage Balls

Submitted by: **Kathy Siems from Tampa, Florida**

Ingredients:

2 cups of Bisquick Baking Mix
1 package of seasoned sausage
1 cup of shredded cheddar cheese
3 tablespoons water

Directions:

1. Preheat oven to 350 degrees F.
2. Mix ingredients together.
3. Form small balls the size of a walnut and place on cookie sheets.
4. Bake for 10-15 minutes until browned and not burnt.
5. Cool and enjoy.



Black Bean Soup

Submitted by: **Charlie (Charlene) Jutras** from Acworth, Georgia

Ingredients:

3 cans black beans
24 ounce jar mild picante sauce
1 can low sodium chicken (or vegetable) broth
Few drops of oil
Garlic salt

Directions:

1. Put all of ingredients in large soup pot and heat, using immersion blender before serving.
2. Alternately, you can use regular blender, just blend 2 cans beans with chicken broth and add one can whole.
3. Heat and stir until thickened.

Additional info: Optional toppings: Sour cream, taco chips or cheese.



Spinach Salad with Homemade Russian Dressing

Submitted by: **Gretchen Jones from Monroe, Georgia**

Ingredients:

Spinach Salad

1 bag of washed spinach
1 small jar of pimento
Grape tomatoes cut in half
Red onion thinly sliced
Chopped pecans
Crumbled blue cheese
Crispy bacon pieces

Russian Dressing

1 can of Tomato soup
1 tablespoon sugar
Minced red onion about
½ cup vegetable oil
½ cup white vinegar

Directions:

1. Toss all salad ingredients together.
2. Blend all dressing ingredients together in a mason jar. I use an emulsion blender I love it but it's not necessary. This dressing is wonderful on any kind of salad store in fridge.



Broccoli / Cabbage Salad

Submitted by: **Sarah from a Suburb of Chicago, Illinois**

Ingredients:

Salad:

12 ounces fresh broccoli florets or broccoli broken into small pieces
12 ounces broccoli slaw (sold in the bag by the bagged salad.)
½ bag shredded cabbage
1 cup Craisins (One 5 ounce bag.)
⅔ cup toasted unsalted sunflower seeds
6 ounces bacon, cooked and crumbled
1 small red onion (grate a small portion of this onion for the dressing and then finely slice the rest for the salad.)

Dressing:

1 cup mayonnaise (light is fine; no Miracle Whip.)
¼ cup seasoned rice vinegar (apple cider vinegar okay, not white though.)
2 tablespoons Creole or other mild coarse-grain mustard (Guldens is fine.)
2 tablespoons grated red onion (just use the onion you're using in the salad.)
½ teaspoon kosher salt
¼ teaspoon coarsely ground black pepper
¼ cup white sugar

Directions:

1. Toss together salad ingredients in a large bowl.
2. In a small mixing bowl, whisk together the dressing ingredients, pour over salad and toss.
3. If possible, chill for at least an hour before serving, add sunflower seeds just before serving.

Additional info: Serves 12-14. I don't usually use all of the salad dressing, I have some left over. This recipe adapted from recipe found on the internet.



Green Chile Chicken Soup

Submitted by: **Connie Holdren from Hays, Kansas**

Ingredients:

½ cup butter

¾ cup all-purpose flour

2 cups milk

3 cups chicken broth

2 cups cooked, boneless and skinless chicken cut into bite size pieces. (can use turkey also)

½ cup chopped green chile peppers

Salt and pepper to taste

1 pinch garlic powder

Directions:

1. In a large pot melt butter. Add flour and stir the resulting paste over medium heat. Add the milk and chicken broth and whip to eliminate any lumps. Bring to a boil and reduce heat to simmer.
2. Add the chicken. Add the chopped green chiles, salt, pepper and garlic powder to taste. Stir well and cover. Simmer for 30 minutes and serve.

Additional info: I lived in New Mexico for many years where Green Chile is a must ingredient. This recipe is great with warmed flour tortillas.



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Pressure Cooker Potato Soup

Submitted by: **Karla DeLoach from Shawnee, Kansas**

Ingredients:

5 to 6 lbs of fresh russet potatoes, peeled and cubed to 1 inch

32 oz. chicken broth

½ an onion, chopped

One 10.5 oz can cream of chicken soup

1 tablespoon salt

1 tablespoon black pepper (tailored to your taste)

1 block of cream cheese

(Optional) cheddar cheese and bacon

Directions:

1. Add all ingredients to pressure cooker except cream cheese.
2. Cook for 10 minutes. After pressure is released, stir in cream cheese until its well mixed.
3. Add cheddar cheese, bacon or other various toppings.



Slow Cooker Old Fashioned Beef Stew

Submitted by: **Laura Middleton from Kentucky**

Ingredients:

- 1 tablespoon vegetable oil
- 1 ½ lb. beef stew meat, cut into bite-size pieces if needed
- 4 medium carrots, cut into 1/2-inch slices (2 cups)
- 3 medium red potatoes, peeled, cut into 1/2-inch cubes (3 cups)
- 1 large onion, cut into 1 inch pieces (1 1/2 cups)
- 1 medium stalk celery, cut into 1 inch pieces (1 cup)
- 3 cups vegetable juice
- 3 tablespoons quick-cooking tapioca
- 3 to 4 beef bouillon cubes
- 2 teaspoons Worcestershire sauce
- ¼ teaspoon pepper

Directions:

1. In 12 inch skillet or Dutch oven, heat oil over medium-high heat. Add beef; cook 4 to 6 minutes, stirring frequently, until browned on all sides.
2. Spray 4 to 5 quart slow cooker with cooking spray. In cooker, mix browned beef and remaining ingredients.
3. Cover; cook on Low heat setting 9 to 10 hours.

Additional info: This was one of my grandmothers and still is my favorite to make. Tips from my grandmother, since this was her recipe...and now mine. Don't skip the step to really brown the chunks of beef before spooning them into the slow cooker. The browning adds a wonderful depth of flavor and appealing color to the meat; the high heat used to sear also caramelizes the surface of the meat and is worth the extra time. Consider stirring in other old-fashioned root vegetables like chunks of turnip, parsnip, or rutabaga. Add a handful of chopped parsley or grated lemon peel to finish your dish, both are fresh matches to the deep richness of the stew. To store this stew for later, refrigerate in a shallow container so it cools rapidly. Once completely cooled, cover tightly and refrigerate for up to 3 days. To freeze this stew, pour into freezer containers, leaving 1/4 to 1/2 inch head space (because soups expand as they freeze) and store for up to 6 months.



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Maine Downeast Fish Chowder

Submitted by: **Janice Martin from South Portland, Maine**

Ingredients:

1 pound haddock, cod or other white fish cut into large chunks
½ yellow onion
3 large potatoes, cut into small bite size pieces
2 sticks butter
3 cups half and half or 3 cans evaporated milk
Salt and Pepper
4 strips crumbled bacon

Directions:

1. Cover chunks of fish with water. Just add enough water to barely cover the fish. Bring water to a slow boil and cook for 3 to 5 minutes. Drain water.
2. Melt butter in a small fry pan and sauté the onions until tender.
3. Cook the cut up potatoes in water until fork tender.
4. Cook bacon until crisp and chop into small bite size pieces.
5. Combine the fish, potatoes, onion, butter, bacon and milk in a large saucepan.
6. Add salt and pepper to taste.
7. Allow this chowder to simmer on low heat, uncovered, for about 30 to 45 minutes. Do NOT allow it to boil. Stir frequently.

Additional info: Serves 4



Nut Rolls

Submitted by: **Dawn Mahn from Canton, Michigan**

Ingredients:

Dough:

10 cups sifted flour
2 cup milk
½ cup sugar
½ teaspoon salt
½ pound lard
2 packages yeast
2 eggs, beaten

Filling:

1 ½ pound walnuts
8 whole graham crackers
½ cup sugar
¾ to 1 cup water
Butter flavored Crisco (for brushing tops)

Directions:

Dough:

1. Heat 2 cups milk, ½ cup sugar, ½ teaspoon salt and ½ pound lard.
2. Let cool to lukewarm.
3. In a small bowl, mix 2 packages yeast, ½ cup warm water and a small amount of sugar; dissolve.
4. Add the yeast mixture to the milk mixture; add eggs. Begin mixing in flour.
5. Once the flour is mixed in, put dough on a floured surface. Knead for approximately 10 minutes. Place in a large pan or mixing bowl; cover with a towel to rise. Dough should double in size.

Filling:

1. Using a meat/food grinder, grind the nuts and graham crackers. Add sugar. Just before you begin to roll the dough, add water and vanilla to the nuts and graham crackers; mix well.
2. Divide the dough into 14 balls. Roll each ball out so it is the width of a large cookie sheet. The dough will be thin and oblong.
3. Take a portion of the nut mixture and spread all over the rolled dough. Roll up like a jelly roll.
4. Brush lightly with melted butter flavored Crisco.
5. Place on a greased baking sheet (you should be able to fit 7 rolls on a cookie sheet).
6. In a preheated 350 degree oven, bake for 35 to 45 minutes (until lightly brown).
7. Once rolls are done, brush each with melted butter.



Sew Sweetness Community Cookbook

Slow Cooker Corned Beef and Barley Soup

Submitted by: **Michelle Smith from Mason, Michigan**

Ingredients:

1 packaged corned beef brisket with seasoning pack

1 large (16 oz.) can diced tomatoes

1 small cabbage

1 onion

1 stalk celery

1 cup uncooked barley (not quick cook)

1 cube beef bouillon

1 small box of chicken or beef broth

Garlic powder, course ground pepper, and Worcester Sauce as desired.

Directions:

1. Put brisket in slow cooker with seasoning packet and broth. Cook for eight to nine hours on low (while at work).
2. Take out brisket and strain liquid. Return liquid to slow cooker.
3. Add chopped celery, chopped onion, chopped cabbage, bouillon cube and canned tomatoes. Add seasonings to taste. Cook on high one hour.
4. Cook the barley according to package directions.
5. Chop up brisket in bite sized pieces.
6. When vegetables are tender, add corned beef and barley to slow cooker. You are now ready to have some great soup!

Additional info: This is a recipe I concocted one winter day years ago. I serve with saltine crackers.



Jalapeño Meatballs

Submitted by: **Amy Davis from Plattsburg, Missouri**

Ingredients:

One bag of 120 count meatballs

1 can of family size cream of mushroom soup

1 jar of jalapeños

Directions:

1. In a 2 quart pan combine the can of mushroom soup and jar of jalapeños. Juice and all. Mix well.
2. Add the frozen meatballs. Stir occasionally on low until the meatballs are heated through.

Additional info: They make a great appetizer on a toothpick or with Dorito Scoops. They can also be an entree on a bed of egg noodles or a bed of rice. Enjoy!



Broccoli Cheddar Pasta Salad

Submitted by: **Debbie Burgess from Richmond, Missouri**

Ingredients:

2 cups Miracle Whip
1 cup sugar
1 medium red onion, chopped
12 oz. package Tri-Color Rotini Pasta
2 cups shredded Sharp Cheddar Cheese
1 large head of broccoli, chopped into small florets

Directions:

1. Mix sugar and Miracle Whip; set aside.
2. Cook pasta, drain and rinse with cold water. Drain well.
3. In a large bowl combine pasta, onion, and broccoli. Add Miracle Whip mixture and toss well. Add shredded cheese. Mix well.

Additional info: Do not use finely shredded cheese.



Tapenade

Submitted by: **Kim Corliss from St. Louis, Missouri**

Ingredients:

1 cup black Kalamata olives, pitted
¼ cup capers, drained
2 garlic cloves
½ teaspoon dried thyme
2 tablespoons olive oil
1 tablespoon fresh lemon juice
¼ teaspoon ground pepper

Directions:

1. Place the olives, capers and garlic in a food processor. Pulse several times to create a paste.
2. Add thyme, pepper, lemon juice and olive oil. Pulse until smooth.
3. Chill. Serve with toast points, crostini or crackers.



24 Rolls

Submitted by: **Lavonne McClain from St. Louis, Missouri**

Ingredients:

5 cups flour

½ cup sugar

½ cup butter

1 egg white

1 ¾ cups water

1 package yeast (cake or original active dry)

Additional butter for dipping

Directions:

1. Place yeast in ¼ cup warm water, set aside until yeast melts.
2. Cream butter and sugar, set aside.
3. Beat egg white until fluffy.
4. Combine butter sugar, yeast, and egg white. Stir.
5. Add ¾ cup water. Stir.
6. Blend in 2 cups flour.
7. Beat mixture at least 30 times with spoon.
8. Add remaining ¾ cup water. Stir.
9. Add 3 cups flour. Stir until smooth.
10. Place dough in bowl, cover with towel. Let rise in refrigerator for 24 hours or overnight.
11. Roll out dough to ½ inch thickness and cut rounds with biscuit cutter or glass.
12. Melt butter in bowl and dip each piece of dough on both sides.
13. Fold dough in half and place in a row in pan.
14. Let rise in warm place.
15. Heat oven to 400 degrees F.
16. Bake until brown.



Oriental Pasta Salad

Submitted by: **Linda Free from Lolo, Montana**

Ingredients:

- ½ lb. thin spaghetti noodles
- 3 teaspoons sesame seeds
- ⅓ cup soy sauce
- ½ cup green onions, chopped
- 1 tablespoon olive oil
- ¼ teaspoon chili powder

Directions:

1. Cook spaghetti and drain well.
2. Mix together the soy sauce, oil, sesame seeds and chili powder. Pour over cooled noodles and toss. Add onions.
3. Chill to serve. This salad is better made the day before. Toss before serving.

Additional info: You can use a hot chili oil instead instead of the chili powder. Serves 12



Black Bean Soup

Submitted by: **Susan Spratling from New York State**

Ingredients:

- 1 can black beans
- 1 can Rotel diced tomatoes (any heat level)
- 1 tablespoon chili powder
- 1 teaspoon Cumin

Directions:

1. Combine all ingredients and bring to a boil.
2. Once boiling, cook 5-10 minutes on medium heat.
3. Remove from heat and use an immersion blender.
4. Serve with avocado slices.

Additional info: Serves two. Can be doubled.



Carrot Cashew Soup

Submitted by: **Kathy Keck** from **Fairfield Township, Ohio**

Ingredients:

4 cups low-sodium chicken broth
1 medium onion
2 cloves garlic
One 1 inch piece fresh ginger or ¼ tsp ginger powder
1 ½ pounds carrots (5 large)
1 tablespoon olive oil
¼ teaspoon ground allspice
½ cup unsalted roasted cashews
2 teaspoons honey
¾ teaspoon salt
¼ teaspoon ground white pepper
1 cup of cream or fat free half & half

Directions:

1. Chop the onion and mince the garlic and ginger. Slice all the carrots into ¼ inch thick coins.
2. Heat the oil in a medium pot over medium-high heat. Add the onion and cook, stirring occasionally, until softened, 3 to 4 minutes. Add the garlic and ginger and cook for 1 minute more. Stir in the allspice and cook for 30 seconds.
3. Add the carrot coins to the pot with the onions, then add the chicken broth, cover and bring to a boil over a high heat. Lower the heat to medium, uncover, and simmer until the carrots are tender, 8 to 9 minutes.
4. Remove the pot from the heat, stir in the whole cashews, honey, salt, and pepper, and then puree the soup in 3 batches in a blender until smooth.
5. After pureeing add 1 cup of cream or fat free half & half.



Country Vegetable Soup

Submitted by: **Jennifer Robison from Rootstown, Ohio**

Ingredients:

1 ½ lb. stew meat, round steak or venison
Oil to brown meat
One 46 oz. tomato juice
One 6 oz. tomato paste
1 onion, chopped
3 cloves garlic, chopped or minced
¼ or 4 oz. stick pepperoni (peel off outer paper layer) cut into small pieces
One 28 oz. can diced tomatoes
3 potatoes, diced or a 15 oz. can of beans (cannellini, chickpeas, black eyed peas)
1 cup carrots, chopped or sliced
One 15 oz. can of green beans, with liquid
One 15 oz. can of peas, with liquid
One 15 oz can of corn, with liquid
1 small can of lima beans, with liquid (optional)
1 cup of water or more if necessary *if using fresh or frozen vegetables instead of canned, adjust water
2-3 teaspoons beef bouillon base
3 teaspoons dried basil
¼ to ½ teaspoons celery seed or one stalk of celery chopped
⅛ teaspoon pepper
Salt to taste
(Optional) a few shakes of hot sauce

Directions:

1. Preheat an 8 quart soup pot.
2. Add oil; brown meat and onion, add garlic. Drain fat if preferred.
3. Add remaining ingredients, bring to a boil, simmer until done which is approximately 2 - 3 hours or when veggies are tender.
4. Serve with crusty bread, biscuits or crackers!

Additional info: If you would like to freeze soup do not use potatoes.

Yield: Big Honking Pot!



Hamburger Skillet Stew

Submitted by: **Marilyn Morgan from Van Wert, Ohio**

Ingredients:

1 lb. ground beef
1 medium onion - chopped
3 or 4 carrots - peeled & cut into 1 inch chunks
3 or 4 potatoes - peeled & cut into 1 inch pieces chunks
1 stalk celery - sliced
One 11 to 15 oz. can cut style green beans, drained
One 11 to 15 oz. can of beef broth

Directions:

1. Brown beef. Add onion and sauté until both are browned.
2. Add rest of ingredients. Cover and simmer until carrots are fork tender and broth is cooked away. Should be moist looking but not soupy.

Additional info: Makes 4 to 5 servings. Enjoy! A great go to meal when you want made from scratch in a hurry.



Stuffed Cabbage Soup

Submitted by: **Sandy White from Hatfield, Pennsylvania**

Ingredients:

- 1 tablespoon olive oil
- 1 pound lean ground beef (or ground turkey)
- 1 package classic coleslaw mix (in refrigerated/salad section)
- 1 large onion, chopped
- 1 green bell pepper, chopped
- One 28 ounce can crushed tomatoes
- 2 cans beef broth (15 oz. each)
- 1 cup water
- ½ cup packed light brown sugar (or a little less)
- 1 tablespoon fresh lemon juice
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- ⅛ teaspoon black pepper
- ⅓ cup long-grain white rice

Directions:

1. Heat oil in 6 quart pot over medium heat.
2. Add beef; sauté until browned, about 6 minutes.
3. Add coleslaw mix, onion and green pepper and sauté together, stirring occasionally, for about 5 minutes or until the vegetables soften.
4. Add tomatoes, beef broth, water, brown sugar, lemon juice, Worcestershire sauce, salt and pepper. Bring to a boil, stirring occasionally.
5. Add rice, reduce heat to med-low, cover and *simmer for 45 minutes or until rice is tender, stirring occasionally.

* At this stage you can put it in a crockpot and cook on low for 4 hours or until the rice is cooked.



Pumpkin Mushroom Soup

Submitted by: **MaryJo Casey from Kennett Square, Pennsylvania**

(Mushroom capital of the world!)

Ingredients:

1 to 1 ½ cups of chopped onion

¼ cup butter

scant ¼ cup flour

½ teaspoon salt

½ teaspoon pepper

1 teaspoon ginger

½ teaspoon nutmeg

1 tablespoon curry powder (less if you don't care for curry...more if you like it. I like it a lot, so I use more).

Pinch of red pepper

Two 10 oz. cans College Inn chicken broth or veggie broth

One 28 oz. can puréed pumpkin

2 cups of half and half

½ to 1 lb sliced mushrooms

(Optional) Garnishes: Sour Cream, chopped parsley, croutons.

Directions:

1. In a large Dutch oven, sauté chopped onions in butter until translucent.
2. Stir in dry ingredients until mixture bubbles.
3. Add chicken broth, water and pumpkin. Cook 10 to 15 minutes. Stir and whisk smooth.
4. Add cream to mixture. Bring to a boil, add mushrooms. Allow to cook until mushrooms darken and become soft.
5. To serve, ladle soup into bowls and top with a heaping teaspoon of sour cream and a sprinkling of fresh parsley. Enjoy!



Sew Sweetness Community Cookbook

Chicken Tortilla Soup {Instant Pot, Slow Cooker or Stovetop!}

Submitted by: **Sheryle Clute** from **Williamston, South Carolina**

Ingredients:

4 cups chicken broth
3 to 4 cups cooked chopped or shredded chicken (the meat from about 1 rotisserie chicken) OR 1 ½ - 2 lbs. uncooked boneless, skinless chicken breasts or thighs
2 cups frozen corn
One 15 ounce can diced tomatoes, undrained
One 15 ounce can black beans, drained and rinsed
One 4.5 ounce can diced green chilies
1 cup taco sauce or salsa of your choice
1 cup diced onion
½ teaspoon garlic powder
1 teaspoon cumin
2 tablespoons taco seasoning
Optional garnish for serving: shredded cheddar cheese sliced green onions, lime, cilantro, sliced avocado, sour cream
Bag of tortilla chips (we also used Frito's)

Directions:

SLOW COOKER INSTRUCTIONS:

1. Combine chicken broth, chicken, corn, diced tomatoes, black beans, green chilies, taco sauce, onion, garlic powder, cumin, and taco seasoning in slow cooker.
2. Cook on low for 3-4 hours or on high for 1 ½ - 2 hours.
3. Crumble a handful of tortilla chips and place in bottom of individual bowls. Ladle soup over chips and garnish with desired toppings.

Note: If using raw chicken breasts, you will need to increase the cooking time to 4-6 hours on LOW or 2-3 hours on HIGH. At the end of cooking, shred or chop the chicken breasts, return to the pot, and serve. INSTANT POT/PRESSURE COOKER INSTRUCTIONS:

1. If using uncooked chicken breasts, start by cutting the chicken into bite-sized pieces.
2. Turn instant pot on sauté setting and add 2 tablespoons olive oil. Once heated, add the chicken and cook, stirring often, for 3 minutes.
3. Note: If you're starting with cooked chicken, you can skip the first step and just add the chicken to the Instant Pot with the rest of the ingredients.
4. Turn off instant pot.
5. Add the chicken broth, corn, diced tomatoes, black beans, green chilies, taco sauce, onion, garlic powder, cumin, and taco seasoning to the pot with the chicken. Stir well.



Chicken Tortilla Soup (cont'd.)

6. Seal the Instant Pot lid and turn the valve to sealing. Pressure cook on high pressure for 6 minutes.
7. Allow the Instant Pot to naturally release for 2 minutes (by leaving it off after it finishes cooking). Then, carefully do a quick pressure release by using a towel or potholder to carefully turn the valve to venting to release the steam and pressure.
8. Crumble a handful of tortilla chips and place in bottom of individual bowls. Ladle soup over chips and garnish with desired toppings.

STOVETOP INSTRUCTIONS:

9. If using uncooked chicken, start by heating 2 tablespoons olive oil in a large pot or Dutch oven over medium-high heat. Add diced chicken and cook, stirring regularly, just until chicken is browned (it doesn't need to be cooked through).
10. Note: If you're starting with diced, cooked chicken, you can skip the first step and just add the chicken to the Instant Pot with the rest of the ingredients.
11. Add the chicken broth, corn, diced tomatoes, black beans, green chilies, taco sauce, onion, garlic powder, cumin, and taco seasoning to the pot with the chicken. Stir well.
12. Bring to a boil. Once boiling, cover the pot and reduce heat to a low simmer.
13. Let soup simmer for about 20 minutes or until chicken is cooked through.
14. Crumble a handful of tortilla chips and place in bottom of individual bowls. Ladle soup over chips and garnish with desired toppings.

Additional info: Author: The Seasoned Mom. Have leftovers? This soup freezes really well!
Prep Time 10 minutes. Cook Time 35 minutes. Total Time 45 minutes. Servings 12 cups.
Calories 121 kcal.



Sew Sweetness Community Cookbook

Aunt Debbie's Frosted Cranberry Salad

Submitted by: **Lee Ann Ballard** from **Atoka, Tennessee**

Ingredients:

2 cups fresh cranberries
2 cups water
 $\frac{2}{3}$ cup Sugar
One 6 oz. package Raspberry Jell-O
Additional water
One 8 oz. can crushed pineapple drained – juice reserved
1 cup un-peeled diced apple
1 cup chopped celery
 $\frac{1}{2}$ cup Pecans – chopped

Topping:

One 3 oz. package cream cheese – softened and whipped
1 cup sour cream
 $\frac{1}{3}$ cups sugar
1 tablespoon fresh lemon juice

Directions:

1. Cook cranberries in 2 cups of water until they are soft. They will pop as they cook. Stir and continue to cook until they are soft.
2. Add sugar and bring to a boil.
3. Remove from heat and stir in the Jell-O to dissolve.
4. Add the additional water to the reserved pineapple juice to equal 1 cup.
5. Add to gelatin and cranberry. Stir well.
6. Refrigerate until partially set.
7. While the gelatin is setting, chop the celery, apple and pecans. Drain the pineapple. Be sure to use exact measurements.
8. Fold in celery, apple, pineapple, and pecans.
9. Pour into a 13 x 9 inch dish. Chill to set.
10. While it is setting make the topping. Blend all topping ingredients.
11. Spread with the topping. Chill for 3 to 4 hours.

Additional info: Make sure to chop the celery, apple and pecans really small - it makes a big difference.



Orange Zest Scones

Submitted by: **Becki Rose from Arlington, Texas**

Ingredients:

2 cups all-purpose flour
1 ½ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 egg
¾ cup sour cream
½ cup sugar
1 teaspoon orange zest
¾ cup unsalted butter, cut into thin slices and frozen
1 recipe Maple-Orange Glaze

Maple Orange Glaze: In a bowl, stir together 1 ¾ cups powdered sugar and 1 teaspoon orange zest. Stir in 3 tablespoons melted butter, 3 tablespoons orange juice, 1 teaspoon vanilla and ½ teaspoon pure maple syrup until smooth.

Directions:

1. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper.
2. In a large bowl stir together the flour, baking powder, baking soda and salt.
3. In a small bowl lightly beat the egg. Whisk in sour cream.
4. In another bowl, combine sugar and orange zest. Using the back of a spoon, work zest into sugar until well combined; stir into flour mixture. Add butter to flour mixture; using your fingers or a pastry blender, blend in butter until mixture is pebble-like. Stir in sour cream mixture until dough starts to come together and forms a ball.
5. Divide dough in half. Place one dough portion on a lightly floured surface and press into a 6-inch circle. (It should be about ¾ to 1 inch thick.) Cut circle into six triangles. Arrange triangles 1 inch apart on the prepared baking sheet.
6. Repeat with second dough portion.
7. Bake 13 to 15 minutes or until golden. Cool on baking sheet 5 minutes. Transfer scones to wire rack.
8. While scones cool, make Maple-Orange Glaze. Spoon the glaze over scones.

Additional info: At Christmastime, I often throw in a handful of dried cranberry bits when the sour cream mixture is added. Original recipe appeared in Issue 5 of the Magnolia Journal.



Sew Sweetness Community Cookbook

Tuscan Tortellini Vegetable Soup

Submitted by: **Gloria Brown from Buda, Texas**

Ingredients:

2 tablespoons olive oil
1 ½ cups chopped carrots (about 4)
1 ½ cups chopped yellow onion (1 medium)
1 cup chopped celery (about 3 stalks)
¾ tsp salt
2 cups chopped green beans, cut into 1 inch pieces
2 cups chopped zucchini (about 2 small)
4 cloves garlic, minced
One 32 oz. of low-sodium chicken or vegetable broth
Two 14.5 oz. cans diced tomatoes (I used one Italian diced and one petite diced)
1 teaspoon each dried basil and rosemary, crushed
1/2 tsp dried thyme
Freshly ground black pepper, to taste
One 9 oz. package refrigerated 3 cheese tortellini
3 cups packed spinach
Shredded Romano or Parmesan cheese, for serving

Directions:

1. Heat olive oil in a large pot over medium-high heat. Add carrots, onion and celery, ¾ tsp salt and saute 3 minutes. Add green beans and saute 3 minutes longer. Add zucchini and garlic and saute 1 more minute. Pour in broth and tomatoes. Add basil, rosemary, thyme and season with salt and pepper to taste.
2. Bring to a gentle boil, then reduce heat to medium and allow to boil 8 minutes. Add tortellini and boil 5-7 minutes longer (or 2 minutes less than directions listed on package. If a more brothy soup is desired, then boil pasta separately from soup then add at the end). Stir in spinach and cook 2 minutes longer.
3. Serve warm topped with Romano or Parmesan cheese.

Additional info: Yield: About 6 serving Prep Time: 10 minutes Cook Time: 25 minutes



Southern Cornbread

Submitted by: **Ella Stroupe from Missouri City, Texas**

Ingredients:

1 stick butter

Wet ingredients:

2 eggs

2 cups full fat buttermilk

¼ cup melted butter or bacon drippings

Dry ingredients:

1 cup plain flour

1 cup plain corn meal

1 teaspoon baking soda

2 tablespoons baking powder

1 teaspoon salt

Directions:

1. Heat oven to 400 degrees F, place 1 stick of butter in a cast iron skillet and put skillet in the oven.
2. In one bowl mix the wet ingredients (eggs, buttermilk and butter.)
3. In another bowl mix dry ingredients (flour, corn meal, baking soda, baking powder, salt).
4. Mix the dry ingredients into the wet ingredients. Add more buttermilk if the batter is too dry. It should be the same consistency of pancake batter.
5. Pour the batter into the hot skillet with the melted butter. Cook until the top is golden brown.



Sew Sweetness Community Cookbook

Sweet Potato Soup (Pressure Cooker Friendly)

Submitted by: **Jeanette and Marlene Schurr from Bothell, Washington**

Ingredients:

2 to 3 pounds peeled and chunked Yams (bright orange) chunked into about 2 inch pieces

3 cups chicken broth (or 3 cups water and 2 teaspoons Better Than Bouillon Soup Base-my favorite brand.)

½ cup chopped sautéed onion or about 1 teaspoon dried or powdered onion (the soup base has some onion in it.)

1 can evaporated milk (or 1½ cups fresh milk.)

2 sprigs of fresh rosemary (about 6 inches each) wrapped in cheesecloth and tied.

About ¼ cup maple syrup or imitation maple pancake syrup

Directions:

1. Sauté the fresh onion in a little oil or butter in the pressure cooker.
2. Place chopped Yams in the pot with the broth and Rosemary. I wrap the rosemary in cheese cloth and tie for easy removal later.
3. Pressure Cook for 15 mins until soft. Quick release. If not using a pressure cooker then cook until soft.
4. Remove the rosemary and using an immersion blender, beat until smooth in the pressure cooker. You can also use a mixer, blender or food processor.
5. Add the milk and maple flavor syrup and warm to serving temperature. Adjust with a little water if too thick to your liking. Taste and adjust the maple syrup to your taste. Salt and pepper if desired.

Additional info: Yield about 4 quarts; enough to freeze some for quick soup later. This can be made with leftover mashed sweet potatoes without pressure cooking.



Thick Corn Chowder

Submitted by: **Retha Reinke from Riverton, Wyoming**

Ingredients:

2 cups water
1 cup chicken broth (for vegetarian add extra cup of water instead of broth)
One 10 oz. package of frozen broccoli and cauliflower
One 8 oz. cream cheese
One large box of Velveeta cheese
One 16 oz. can of corn with liquid
 $\frac{3}{4}$ cup flour
1 stick of butter ($\frac{1}{2}$ cup)
1 $\frac{1}{3}$ cup powdered milk - dry
1 cup of water

Directions:

1. Heat water and chicken broth to boiling.
2. Add broccoli and cauliflower and cook until tender.
3. Cube cream cheese and Velveeta cheese and add to broccoli and cauliflower, stirring constantly until mostly melted.
4. Add can of corn with liquid.
5. Remove from heat.

To Thicken:

1. Cut butter into flour and cut until pieces are small. Stir in dry powdered milk. Add water and stir. The mixture will be thick.
2. Put soup mixture back on heat and stir in thicken mixture and stir until thick.

Additional info: Very good and very fattening. Substitutions can be make: Potatoes instead of the vegetables, gluten free flour to make it a gluten free soup. More of the cheeses can be added. Serve with crackers if desired.



Janet's Cheese Ball

Submitted by: **Janet Hoffman**

Ingredients:

16 ounces cream cheese
8.5 ounce can crushed pineapple
2 cups chopped nuts
¼ cup finely chopped green pepper
2 tablespoon onion, chopped
1 teaspoon season salt

Directions:

1. Soften cheese to room temperature.
2. In the mixer stir in: cheese, pineapple, 1 cup of the nuts, green pepper, onion and season salt.
3. Chill well.
4. Form into a ball and roll into the remaining chopped nuts, then chill. Serve with a variety of crackers.



Sauces, Sides and Main Dishes



Karyn's Garden Pasta

Submitted by: **Hayley Jennings from QLD Australia**

Ingredients:

1 package small spiral pasta
1 onion, diced
400g (approx. 14 oz.) (roughly) bacon, diced
Garlic
Pepper
(Optional) Chilli flakes
100g (approx. 3.5 oz.) (roughly) salami – hot or mild
1 chorizo sausage sliced then halved
2 punnets (small basket) of cherry tomatoes
One 250ml tub of cooking cream (Philadelphia if in AUS)
Half a block of feta cheese – chopped
100g (approx. 3.5 oz.) snow peas – halved
Parmesan cheese

Directions:

1. Cook the pasta per package instructions.
2. Use a medium saucepan to cook the onion, garlic and bacon in oil to your liking.
3. Add the pepper, chili flakes, salami and chorizo. Cook for a few minutes.
4. Add the cherry tomatoes and reduce – about 10-15 mins.
5. Stir through the cooking cream and snow peas. Simmer for a couple of minutes (depending if you want crunchy or soft snow peas) mix through your pasta and some parmesan cheese.
6. Serve with garlic bread.



Sew Sweetness Community Cookbook

Lynnie's Bean Casserole

Submitted by: **Lynnie Zukowski from Calgary, Alberta, Canada**

Ingredients:

1 lb. bacon; fried and drained, then chopped into bite size pieces

1 lb. hamburger fried and drained

1 large white or sweet Vidalia onion diced and sautéed

Pork and beans - 2 big or 4 small cans of your favourite brand

1 or 2 small cans kidney beans

(Optional) You could even add a can of soybeans

Sauce:

½ cup brown sugar

½ cup ketchup

1 tablespoon dry mustard

Directions:

1. Fry the ingredients separately - bacon, onion and hamburger.
2. Open cans and put all beans into baking dish, then add the fried ingredients and sauce. Stir gently to combine.
3. Either cook in slow cooker on low for 6 to 8 hours or put in a covered roaster or casserole dish in the oven at 325 degrees F for approximately 2 hours until hot and flavours have melded.
4. Stir gently every once in a while so nothing sticks to bottom of roaster.

Additional info: Great side dish for a BBQ, especially good with hamburgers, hotdogs or ribs. Easy to transport and can be reheated with no problem in either the oven or microwave. Will keep in fridge for a week and tastes even better if made ahead and reheated. Once cooked it can even be served at room temperature. Serve as a main course with garlic toast or fresh bread. Sauce can be doubled if you like more sauce with your bean casserole.



Sew Sweetness Community Cookbook

Round Steak Pie with Crust Potatoes Slices

Submitted by: **Shirley Mayhew from Chilliwack, BC Canada**

Ingredients:

- 1 lb. boneless round steak cut into 1 inch squares
- 2 medium onions thinly sliced into rings
- 3 tablespoons flour
- 2 teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon thyme
- ¼ teaspoon garlic salt
- 1 cup water or more if needed, I put it almost to top of meat.
- 3 medium potatoes thinly sliced
- ¼ teaspoon paprika

Directions:

1. Preheat Oven To 350 Degrees F.
2. Put beef in greased 2 quart baking dish. Layer onion rings on top.
3. Sprinkle with the flour, 1 ½ teaspoons salt, pepper, thyme, garlic salt.
4. Pour water in baking dish.
5. Layer Potatoes slices evenly to cover meat.
6. Sprinkle remaining salt & paprika over top of potatoes.
7. Bake Covered for about 1 Hour or until meat & potatoes fork tender.
8. For more browned potatoes, take cover off during the last 15 minutes.



Sew Sweetness Community Cookbook

Vegetarian Enchiladas with Butternut Squash and Black Beans

Submitted by: **Gwen Dowell from Vancouver, BC Canada**

Ingredients:

1 tablespoon extra virgin olive oil
1 small red onion, diced
3 ½ cups cubed butternut squash (½ inch size)
3 cloves garlic, minced (about 1 tablespoon)
1 ½ teaspoons ground chipotle chili powder
½ teaspoon ground cumin
½ teaspoon kosher salt
¼ teaspoon black pepper
One 15 ounce can black beans, rinsed and drained
One 10 ounce can red enchilada sauce
¾ cup freshly grated sharp cheddar, Monterey jack, pepper jack or similar cheese
6 taco-sized (about 8 inch) whole wheat low-carb tortillas
(Optional) for serving: sliced avocado, chopped fresh cilantro, additional shredded cheese, additional chopped red onion, sour cream or plain Greek yogurt

Directions:

1. Preheat your oven to 375 degrees F. Lightly coat a 9 x 13 inch baking dish with cooking spray. Set aside.
2. Heat the olive oil in a large, deep skillet over medium. Once the oil is hot, add the onion and cook until beginning to soften, 2 to 3 minutes. Stir in the squash, garlic, chipotle chili powder, cumin, salt, and pepper. Sauté until the squash is softened but still has a bit of chew, about 6 to 8 minutes, stirring occasionally. Stir in the beans, just to warm them through, about 30 seconds. Remove from the heat.
3. Spread a thin layer of the enchilada sauce into the bottom of the prepared baking dish. Fill the tortillas with a heaping ½ cup of the squash and bean filling, roll snugly, and arrange side by side in the dish, seam-side down. Pour the remaining sauce over the top, then sprinkle the top with cheese. Bake for 20 to 25 minutes, until hot and bubbly.
4. Let cool slightly. Serve with desired toppings.

Additional info: Yield 6 enchiladas. I love this dish! I make up and place some in the freezer for future meals. Taken from a blog I follow: Well Plated by Erin - www.wellplated.com



Pork Spice

Submitted By: **Aimee Giles from Pembroke, Ontario, Canada**

Ingredients:

- 4 tablespoon Paprika
- 2 tablespoon Salt
- 2 tablespoons Sugar
- 2 tablespoon Cumin
- 2 tablespoon Chili Powder
- 2 tablespoon Black Pepper
- 1 tablespoon Cayenne Pepper (less to taste)

Directions:

1. Mix all ingredients and store in an airtight container or jar.

Additional info: This is the perfect rub for pork ribs. It can also be rubbed on a pork roast or pork chops. For a smaller batch use a teaspoon instead of a tablespoon.



Swiss Steak

Submitted by: **Carla Marett from Ontario, Canada**

Ingredients:

2 packages sirloin steak, cut into pieces
2 onions, sliced
1 can tomato juice (1.36L)
2 beef bouillon cubes (MSG free)
Water
Salt and pepper
Gravy (corn starch & cold water)

Directions:

1. Lay the pieces (approx 4 x 6 inches) on the bottom of a roaster pan. (Roaster pan must have a lid.)
2. Saute the onions in some oil or margarine and then pour over the steak.
3. Pour the tomato juice over the meat in the pan.
4. Crumble and add the beef bouillon cubes in the roaster.
5. Add a little bit of water. Add salt and pepper. Bake for 45 minutes at 350 degrees F.
6. Once baked, remove the meat and thicken the sauce with a cornstarch/cold water mixture until desired thickness is obtained. Serve over the steak.

Additional info: If not using sirloin steak, you can use round steak.



Sew Sweetness Community Cookbook

Michelle Graham's Chicken Alfredo

Submitted by: **Michelle Graham from Ottawa, Ontario, Canada**

Ingredients:

1 container of Philly Cream Cheese, the big one OR 2 of the smaller ones.
1 Tetra Pack (900mL) of chicken broth
½ cup of grated Parmesan cheese. (I always add more to make it cheesier.)
½ teaspoon Nutmeg (or to taste)
¼ teaspoon of pepper (or to taste)
1 bag (900g) of your choice of pasta
Chicken Breasts - 3 or 4 large ones
Vegetables of your choice (Broccoli, cauliflower and carrots are good.)
Flour or cornstarch to thicken the sauce

Directions:

1. Cook pasta using directions on package.
2. Cut chicken into small pieces and cook until no longer pink.
3. Steam your veggies. Unless you're using something like peppers for example as they get too soggy.
4. To make the sauce - Put the cream cheese and broth in a saucepan on medium heat, allow the cream cheese to melt, whisking constantly. Add Parmesan cheese, whisk until melted together. Add Nutmeg and Pepper. Then add some flour or cornstarch to help thicken up the sauce. Do a tablespoon at a time, let it lightly boil while whisking and keep going until it's the consistency you like.
5. In a big pot, mix the pasta, veggies and sauce.

Additional info: This will make a big batch. So lots for dinner and then plenty left over to freeze for another dinner and a few lunches too. You can always cut everything in half for a smaller meal. Serve and enjoy. :)



Cod Fritters

Submitted by: **Gena Cunha from Lisbon, Portugal**

Ingredients:

1 kg (2 ¼ pounds) potatoes
500 grams (17 ½ ounces) desalted cod
5 eggs
Salt (to taste)
1 bunch of parsley
Pepper (to taste)
1 small onion
Vegetable oil for frying

Directions:

1. Wash and peel the potatoes. Put them in a saucepan with water together with the cod. Bring to a boil over high heat. When starts boiling, reduce to medium-low heat and cook about 25 minutes.
2. Remove the cod about 5 to 6 minutes after the water starts boiling. Drain the cod with a skimmer and let cool slightly. Remove the skins and bones and flake the cod with a fork. Wrap the cod in a cloth and crush it against a kitchen table or a marble stone.
3. Drain the potatoes when they are cooked. Place the potatoes in a deep bowl and mash them with a potato masher. Add the chopped onion, chopped parsley, pepper, the crushed cod, eggs and salt if necessary. Mix everything with your hands until a homogeneous dough. Mold small portions of the mixture with two tablespoons.
4. Heat the oil in a deep fryer (place a cork stopper in the oil to not make foam). When the oil is hot, add the cod fritters and fry them until golden. When they are fried, place them on a plate with absorbent paper.

Additional info: This typical Portuguese recipe of cod fritters is appreciated by all, can be served with lettuce salad or with a delicious tomato rice.



Layered Cashew and Mushroom Roast

Submitted by: **Elizabeth Sawyer from London, United Kingdom**

Ingredients:

1 tablespoon oil
1 small onion, finely chopped
2 cloves of garlic, crushed
225 grams cashew nuts
110 grams fresh breadcrumbs
1 egg
3 medium parsnips, cooked and mashed with a little butter
1 teaspoonful of fresh rosemary or half a teaspoonful of dried
1 teaspoonful of fresh thyme or half a teaspoon of dried
1 teaspoonful of yeast extract
150 mL of hot water or stock
salt and freshly ground black pepper
25 grams butter
225 grams mushrooms, chopped
Butter for greasing tin

Directions:

1. Preheat the oven to gas mark 4, 180 degrees C, 350 degrees F.
2. Heat the oil and fry the onion and garlic until soft.
3. Grind the cashew nuts in a nut mill, blender or mincer, then mix with the breadcrumbs.
4. Beat the egg and add it to the dry ingredients, then mix in the mashed parsnips and herbs. Add the fried onion, being sure to scrape the pan so that all the juices go in as nut roasts can sometimes be a little dry.
5. Dissolve the yeast extract in hot water or stock and add to the other ingredients. Season well.
6. Melt the butter in a frying pan and saute the chopped mushrooms until soft.
7. Grease a 2 lb (900gm) loaf tin with butter, then press in half the nut mixture. Cover with a layer of mushrooms and top with the rest of the nut mixture. Then cover with foil and bake for 1 hour.
8. When cooked, remove the loaf from the oven and let it stand for 10 minutes before turning it out. Serve hot or cold.

Additional info: Serves 6 to 8



Oven Fried Chicken/Honey-Butter Sauce

Submitted by: **Brenda Abernathy from Moundville, Alabama**

Ingredients:

1 cup all purpose flour

2 tablespoons paprika

2 teaspoons salt

¼ teaspoon pepper

1 (2 ½ - 3 lbs) broiler-fryer (I use chicken tenders) cut up and skinned

½ cup butter or margarine

Melted Honey Butter Sauce

(Honey-Butter Sauce)

¼ cup butter or margarine, melted

½ cup honey

¼ cup lemon juice

Directions:

1. Combine flour, paprika, salt and pepper stirring well. Dredge chicken in flour mixture. Set aside.
2. Pour butter into a 13x9x2 inch baking pan. Place chicken in pan, turning to coat with butter.
3. Cover and bake, meaty side down at 400 degrees for 30 minutes.
4. Turn chicken and pour honey-butter sauce over each piece.
5. Bake uncovered an additional 25-30 minutes or until tender, basting occasionally with sauce.



Spinach Soufflé

Submitted by: **Karen Johnson from Arizona**

Ingredients:

- 2 boxes (10.5 ounce) frozen, chopped spinach
- 2 packages (3 ounce) cream cheese, slightly softened
- 1 can cream of mushroom soup
- 1 can (small) french-fried onion rings

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Prepare a small casserole dish (8 x 8 inc) by greasing or use cooking spray.
2. Cook chopped spinach according to directions (I cook the spinach in the box in my microwave oven - vent the box).
3. Drain spinach well, while hot (I drain the spinach by placing one box of cooked spinach, at a time, between two plates and pressing the plates together over the sink).
4. Put the drained spinach in a bowl and add cream cheese. Stir until well blended. Add soup to the mixture and stir well to combine. Pour spinach mixture into a small casserole dish (8 x 8). Top the mixture with onion rings.
5. Bake for 20 minutes.



Easy Pepperoni Grilled Cheese Sandwich

Submitted by: **Maryanne Watson from Cave Creek, Arizona**

Ingredients:

- 2 slices multigrain bread
- 1 slice American cheese
- 1-2 slices colby cheese (or your choice of cheese)
- 8 slices pepperoni
- Butter
- (Optional) Dijon mustard

Directions:

1. Butter bread. On un-buttered side; place American cheese, pepperoni and colby (or your choice of cheese).
2. Place buttered side down on skillet over medium high heat, cook until bottom side of bread is browned nicely and cheese has begun to melt. Butter the remaining slice of bread, on the other side spread Dijon mustard lightly. (Dijon is optional)
3. Place bread buttered side up on melted cheese, flip and cook on the other side until cheese has melted and bread is golden brown.
4. Enjoy!



Coleslaw Dressing

Submitted by: **Marilyn Vires from Florence, Arizona**

Ingredients:

1 cup Miracle Whip salad dressing

1 cup sugar

¼ cup apple cider vinegar

¼ cup milk

Need to have cabbage, carrots, and green pepper also for coleslaw.

Directions:

1. Mix together Miracle Whip and sugar in a much larger bowl. Stir well or use a mixer to make well blended with sugar crystals completely dissolved.
2. Add the vinegar and mix well.
3. Add milk slowly and mix well.
4. Gradually pour over your cabbage, carrot, and green pepper mixture. I suggest you pour in a little at a time to not add too much and make coleslaw too juicy.
5. Mix well and refrigerate until ready to use.

Additional info: I use a food processor to finely shred cabbage, carrot, and green pepper prior to making my coleslaw dressing. I prefer 6 parts cabbage to 1 part carrot and 1 part green pepper. This has been a family favorite for 45 years. Hope you agree that is is worthy of sharing.



Enchilada Casserole

Submitted by: **Beverly Wood from Gassville, Arkansas**

Ingredients:

- 1 ½ lbs. ground beef
- 1 cup chopped onion
- 1 ½ teaspoons ground cumin
- 2 garlic cloves, crushed
- 3 to 4 teaspoons chili powder
- 1 ½ teaspoons salt
- ½ teaspoons pepper
- 1 cup water
- 2 cups taco sauce
- 12 corn tortillas
- 1 cup sour cream
- 1 pound (4 cups) Monterey Jack cheese, shredded

Directions:

1. Preheat oven to 375°F. Spray 13x9 inch baking dish with cooking spray; set aside.
2. In a 12 inch skillet, cook ground beef and onion over medium-high heat until meat is brown, stirring occasionally. Discard drippings.
3. Add cumin, garlic, chili powder, salt, pepper and water. Simmer 10 minutes, uncovered, stirring occasionally, or until most of liquid has evaporated.
4. Meanwhile, pour ½ cup taco sauce into prepared casserole. Arrange half the tortillas to cover bottom of casserole. Pour 1/2 cup additional taco sauce evenly over tortillas.
5. Spoon in beef mixture, top with sour cream and sprinkle on half the cheese. Arrange remaining tortillas, overlapping slightly on cheese. Spread remaining taco sauce over tortillas. Top with remaining cheese.
6. Cover with foil and bake 40 minutes.
7. Remove foil and continue baking 5 more minutes.



Salmon Mexicana

Submitted by: **Marga Tegtmeier from Oakland, Arkansas**

Ingredients:

2 tablespoons chipotle olive oil (extra virgin olive oil will work also.)
1/2 large onion, chopped
1 tablespoon garlic, minced
12 ounces mushrooms, sliced
2 cans Rotel tomatoes and green chilies
2 cans black beans, drained and rinsed
(Optional) 1 jalapeno pepper, finely chopped
2 ½ pound salmon fillet, skin removed
½ cup white wine

Directions:

1. Preheat oven to 350 degrees F.
2. Over medium heat saute onion and garlic in the chipotle olive oil. Add the mushrooms and saute until just tender. Add the tomatoes, black beans and jalapeno (if using). Season with salt and pepper to taste.
3. Place Salmon in a 9 x 13 inch baking dish and drizzle with white wine.
4. Pour the vegetable mixture over the Salmon and bake for 30 minutes or until the Salmon is the cooked to your liking. Depending on the thickness of your fillet, it may more or less time.

Additional Note: The vegetable mixture can be made the day ahead of time and stored in the refrigerator overnight. The flavors blend and I actually think it tastes better this way. This way the next days dinner is over halfway done. The next day all you have to do is assemble and bake.



White Bean Chicken Chili

Submitted by: **Sandy Thomas from Thousand Oaks, California**

Ingredients:

5 to 6 chicken breasts
2 cans low sodium northern beans
32 oz. low fat Chicken broth
One 4.5 oz. green chopped chili peppers
One 10.2 oz. can of low fat cream of chicken soup
1 can white hominy
1 white bean chili seasoning packet

Directions:

1. First, cook your chicken breasts in pressure cooker. Place frozen breasts and 1 cup water in the pot and set to high pressure manual for 15 minutes. Let naturally release.
2. Drain water and shred chicken with a fork or hand mixer right in the pot. Add chili seasoning, soup, broth, 1 can of beans, green chilis, and whole can of drained hominy. Add 1 cup water.
3. Set the cooker for 5 minutes at high pressure.
4. Quick release and add cornstarch to thicken and additional can of white beans.
5. Mix well and serve. Top with shredded Mexican cheese and green onions. Add hot sauce on top.



Taco Salad

Submitted by: **Sandy Levy from Ft. Myers, Florida**

Ingredients:

2 lbs. ground beef or ground turkey
1 package of taco seasoning
1 head of shredded lettuce
3 stalks celery, sliced
1 onion sliced
1 can red kidney beans, well drained
8 oz. cheddar cheese, shredded
3 tomatoes
1 bag of Doritos nacho cheese flavor

Directions:

1. Brown ground beef or ground turkey. Drain well. Add 1 package of Taco seasoning while still hot. Cool.
2. Add above ingredients to the meat, toss and refrigerate.
3. At serving time add broken Doritos (nacho cheese flavor) and toss with the following dressing:

Taco Sauce Dressing

Ingredients:

8 oz. Thousand Island
1/3 cup sugar
1 bottle Taco sauce, mild/hot
1 package taco seasoning

Directions:

1. Add the ingredients for the Taco sauce and mix well.

Additional info: Serves: 6



Cheesy Squash & Zucchini Casserole (Gluten Free Option Included)

Submitted by: **Sandy Wood from Holiday, Florida**

Ingredients:

4 or 5 medium sized summer squash and/or zucchini
2 tablespoons Flour (or substitute Gluten Free flour such as King Arthur flour.)
2 teaspoons baking powder
½ cup milk (or substitute almond milk)
4 eggs
1 can (4.5 ounce) chopped green chiles
8 ounces shredded Monterey jack cheese
½ cup bread crumbs (or substitute ground up gluten free pretzels.)
Cooking spray

Directions:

1. Preheat oven to 325 degrees F.
2. Slightly steam fresh veggies, then drain & cool.
3. In large bowl combine flour & baking powder and whisk in milk until smooth. Stir in eggs & chiles. Add cheese & veggies to the bowl & mix thoroughly.
4. Transfer mixture to baking dish (13 x 9 inches) sprayed with cooking spray. Sprinkle the top of the mixture generously with bread crumbs (or Gluten free pretzel crumbs) & lightly spray cooking spray on top.
5. Bake uncovered @ 325 degrees F for about 40-50 minutes. Casserole is done when toothpick inserted in middle comes out clean & edges or casserole are browned.



Sew Sweetness Community Cookbook

Crumbled Sausage with Cheese Grits Casserole

Submitted by: **Jane Peterson from Orlando, Florida**

Ingredients:

½ pound breakfast sausage, browned and crumbled
3 large eggs, beaten with ¼ cup cream
2 cups water mixed with 3 teaspoons of “Better than Bouillon” roasted chicken flavor OR 2 cups chicken broth
½ cup heavy cream, divided into two ¼ cups
1 teaspoon salt or seasoning salt
1 cup quick-cooking grits (not instant)
½ pound shredded cheddar cheese (I like to mix various cheeses for better flavor, such as Colby/Monterey, pepper jack and fontina or use a Mexican blend)
4 tablespoons butter
½ teaspoon garlic powder
½ teaspoon sweet paprika
(Optional) ½ teaspoon cayenne pepper
½ teaspoon freshly ground black pepper

Directions:

1. Place chicken flavored broth in large saucepan and bring to a boil.,
2. Add ¼ cup cream and salt. Then add grits, stirring well. Lower heat to a medium level and cover. Simmer for 10 minutes, stirring frequently.
3. Remove from heat and add cheeses, the second ¼ cup cream, butter, and spices. Mix well until cheese is melted. Add crumbled sausage. Stir eggs beaten with cream into mixture. Mix quickly so eggs do not cook.
4. Lightly spray an 8 or 9 inch square baking dish with cooking spray. Pour grits mixture into dish and bake at 350 degrees F for 45 minutes or until knife inserted in the middle comes out clean. Top will be golden brown and bubbly. Allow to stand for 10-15 minutes before serving.

Additional info: To prepare ahead, do all steps except baking. Cover and place in refrigerator until ready to bake. Remove from refrigerator and allow to stand until closer to room temperature, 20 – 30 minutes. Uncover and bake as directed above.

This recipe will double easily. Just use a 9 x 13 inch baking dish and bake for 50-55 minutes for the larger quantity. You can also bake in individual baking cups for 20-25 minutes, if desired.



Sew Sweetness Community Cookbook

White Bean and Chicken Chili

Submitted by: **Virginia McLaren** from Athens, Georgia

Ingredients:

2 cans white beans (cannellini), drained & rinsed
4 cups chicken broth
1 tablespoon oil
1 rotisserie chicken, meat removed from bones
1 large sweet onion, chopped
3 cloves garlic, chopped
2 or 3 teaspoons green chili powder
Dash of cayenne
Two (4 oz.) cans of roasted green chilies
1 tablespoon cumin
1 teaspoon oregano
Shredded Monterey Jack or use three cheese mexican cheese packaged grated cheese
Lime to squirt on top
Sour cream
Tortilla chips

Directions:

1. Heat oil in pan over low heat and saute the onion until tender, translucent, not brown.
2. Add the garlic, green chilies, cumin, oregano and cayenne. Stir and cook for 3 more minutes.
3. Add the chicken broth and beans and cook, simmering, for 15 more minutes.
4. Meanwhile, remove the chicken from the bones, and after 15 or 20 minutes, add to the bean mixture and cook an additional 7 minutes.
5. Serve in bowls and pass the cheese, lime and sour cream.

Additional info: Servies 6. You can crumble chips into the chili or serve on the side. This is great with cornbread and coleslaw.



Superlicious Cranberry Sauce

Submitted by: **Judy Okada** from Honolulu, Hawaii

Ingredients:

1 cup water
1 cup sugar
One 12 oz package fresh cranberries
1 orange peeled and puréed
1 apple peeled, cored and diced
1 pear peeled cored and diced
½ teaspoon salt
1 teaspoon cinnamon
½ teaspoon nutmeg

Directions:

1. In a medium saucepan , bring water to boil. Add sugar and stir to dissolve.
2. Reduce heat to simmer, stir in remaining ingredients. Cover and simmer 30 minutes, stirring occasionally, until cranberries burst .
3. Cool to room temperature.

Additional info: I make this yearly at thanksgiving. It is really delicious!



Sew Sweetness Community Cookbook

Flora May's Garlic Shrimp Pasta

Submitted by: **Flora May Kercheval from Champaign, Illinois**

Ingredients:

- 1 lb. package of frozen small shrimp (deveined, cooked and shells removed)
- 1 large Elephant garlic bulb, diced
- 1 tablespoon virgin olive oil
- 2 tablespoons freshly squeezed lemon juice
- (Optional) 1 red or yellow sweet pepper, cut into thin slices about 1" long and 1/8" wide
- 9 oz. angel hair pasta, uncooked. (You will boil it later.)
- 1 cup grated Kraft Parmesan cheese (found in refrigerator section in store)
- 8 oz. cream cheese
- 8 oz. chunky salsa

Directions:

1. Be sure to completely thaw the shrimp prior to mixing them with other ingredients and wash them thoroughly.
2. Start cooking the angel hair pasta according to directions. I like to rinse and drain them. Preheat your oven to 350 degrees at the same time.
3. Sauté your garlic in the olive oil then add your sweet pepper to the garlic. Continue to sauté slowly until the sweet pepper is thoroughly cooked.
4. Add salsa and continue to cook until everything is hot. It takes about 30 minutes total for these ingredients to cook.
5. Mix all ingredients into a large mixing bowl, except the Parmesan cheese.
6. Pour the mixture into a lightly greased 9 x 13 inch baking dish.
7. Sprinkle the Parmesan cheese on the top covering the entire dish.
8. Bake for 30 to 45 minutes depending on your oven. The cheese in the middle should be completely melted.

Additional info: This serves 4 people with some leftovers. Serve it with a nice tossed salad.



Chicken Enchiladas

Submitted by: **Cynthia Koppelman from Chicago, Illinois**

Ingredients:

Medium chicken breasts; cooked

1 medium onion, chopped

1 green bell pepper, chopped

8 oz. cream cheese

One 8 oz. package shredded Cheddar cheese (or cheese of your choice)

10 small flour tortillas

3 tablespoons flour

3 tablespoons butter

Salt/pepper to taste

3 cups chicken stock

Toppings of your choice: sour cream; salsa; chopped lettuce; chopped tomatoes; sliced black olives.

Directions:

1. Preheat oven to 400 degrees F. Spray cooking spray on 9 x 13 inch baking dish.
2. Shred chicken into small pieces.
3. Make a white sauce with flour, butter and add chicken stock. (Melt butter, add flour to make a roux; stir until slightly browned, add stock. Cook until thickened.)
4. In a separate pan saute onion and green pepper. Add cream cheese, shredded chicken, and half the white sauce. Stir to combine. Add half the cheese to this mixture. Salt and pepper to taste. (I like to add a couple drops of hot sauce too.)
5. Spoon 2 tablespoons of chicken mixture on one edge of a tortilla shell (going across the shell) and roll up. Repeat with remaining tortillas.
6. Place each rolled tortilla in a 9 x 13 inch baking dish sprayed with baking spray like Pam.
7. Pour remaining white sauce mixture on top of rolled tortillas and sprinkle rest of cheese on top.
8. Bake for 20 minutes.

Additional info: Serve with rice and refried beans and your favorite toppings.. I like to get the roasted chickens from the grocery store instead of using chicken breasts. It's a bit messier to debone the chicken though!



Chicken Paprikash

Submitted by: **Angela Ramirez from Des Plaines, Illinois**
(Grandmother of William, Violet and Eleanor)

Ingredients:

6 half chicken breasts

¼ cup vegetable oil

2 medium onions, chopped

1 tablespoon salt

2 tablespoons sweet paprika

1 ½ cups water or enough to cover chicken

1 tablespoon flour

**for gluten free use potato starch or cornstarch

½ pint sour cream or Greek yogurt

Directions:

1. Saute onions over medium heat in oil until almost translucent, add chicken and saute over medium heat and brown on both sides. Sprinkle with salt and paprika.
2. Add 1 ½ cups water over the chicken in the pan. Reduce heat to low and simmer until tender, about 45 minutes to 1 hour.
3. To thicken gravy, make a slurry: shake 1 tablespoon flour with 1 cup water in jar and whisk into hot drippings. At the end, add a dollop of sour cream or Greek yogurt to pan and stir into sauce.
4. Serve over spaetzle or wide egg noodles.
5. Enjoy!



Calico Beans

Submitted by: **Nancy Mallon from Goreville, Illinois**

Ingredients:

1 pound hamburger browned with
½ onion, chopped
1 pound bacon cut up
1 large can Bush's Baked Beans, any flavor, do not drain
1 can black beans
1 can white beans
3 cans kidney beans or red beans
½ cup ketchup
¾ cup brown sugar (use less if desired)
1 tablespoon mustard
2 to 3 tablespoons molasses

Directions:

1. In large frying pan brown hamburger and onion. Drain grease, put aside.
2. Fry cut up bacon till just slightly crispy don't overcook, drain grease.
3. Drain all beans, except baked beans, and add to meat.
4. Combine remaining ingredients and stir. Bake in oven at 350 degrees F for 40 minutes or on stove on medium heat to low heat for 45 minutes stirring often.

Additional info: These are very good the second day and can be the main course or a side dish. I love this with ¾ cup brown sugar but to sweet for hubby so I reduce to ¼ cup and add an additional tablespoon of molasses. Enjoy!



Italian Chicken

Submitted by: **Tamara Karlin from Warrenville, Illinois**

Ingredients:

- 1 package of skin on, bone in chicken (I use thighs or a whole cut up chicken)
- 1 stick of butter, melted
- 2 sleeves of Ritz crackers; ground up in food processor or ziploc bag with rolling pin
- ½ to 1 cup or more of parmesan cheese (I use Kraft in green canister or grated from deli)
- Italian seasoning – enough to cover parmesan cheese (I use a generous amount)

Directions:

1. Preheat oven to 375 degrees F (190 degrees C).
2. Line metal baking sheet with sides with heavy duty aluminum foil (do NOT omit this step!)
3. Wash chicken and dry off with paper towels. Dip piece of chicken in melted butter and place on foiled lined sheet (I can fit 8 to 10 chicken thighs on the pan I use).
4. Cover chicken with ground up Ritz crackers. Cover crackers with a generous amount of parmesan cheese. Cover cheese with a generous amount of Italian seasoning. If there is any melted butter remaining, drizzle it over the Italian seasoning layer.
5. Bake chicken uncovered in preheated oven for 50 to 60 minutes until juices run clear. Additional info: Your kitchen will smell amazing about 15 – 20 minutes! The best part is the crunchy parmesan cheese layer. Serve with veggies and potatoes or rice of your choice. It is a little messy, but delicious and I love eating the leftover chicken cold.



Sloppy Joes For a Crowd

Submitted By: **Toni Shrader from Cloverdale, Indiana**

Ingredients:

10 lbs. hamburger

1 ½ lbs. onions, diced

½ cup vinegar

½ cup sugar

1 large can tomato juice (46oz.)

1 small can (2oz.) chili powder

½ teaspoon garlic salt or powder

Celery Salt or Seed to taste

Salt to taste

Directions:

1. Cook hamburger and onion until done; drain.
2. Add all other ingredients to hamburger and onions. Cook in a heavy pan until it has cooked down.

Additional info: These are the sloppy joes we serve at sales. Makes a very large amount.



Tuna Burgers

Submitted by: **Toni Shrader, Cloverdale, Indiana**

Ingredients:

7 oz. can tuna
1 small onion, minced
1 cup finely chopped celery
¼ cup mayonnaise
½ cup american cheese, diced
Salt & pepper to taste
Butter
6 hamburger buns

Directions:

1. Split and butter the hamburger buns. Fill with mixture of tuna, onions, celery, cheese, mayonnaise and salt & pepper to taste.
2. Put hamburger bun tops on and wrap in waxed paper. Place on a baking sheet. **DO NOT USE ALUMINUM FOIL.**
3. Bake at 350 degrees F for 15 minutes.



Chicken Eden Isle

Submitted by: **Stephanie McAvoy from Kansas**

Ingredients:

6 Boneless skinless chicken breasts

6 Slices bacon

Pepper

One 4 oz. package Hormel dried beef

Two 10 oz. cans of Cream of Chicken soup

1 ½ cups sour cream

One 8 oz. package cream cheese – softened to room temperature

Directions:

1. Preheat oven to 320 degrees F. Grease or spray 9 x 13 inch baking dish.
2. Place a layer of dried beef on the bottom of your baking dish.
3. Pepper, but DO NOT salt, chicken breasts. Wrap each chicken breast with a slice of bacon and place on top of the dried beef.
4. Combine both cans of soup, sour cream and cream cheese in a large bowl. Mix well.
5. Pour over chicken, cover dish with foil and bake for an hour and 15 minutes (or until chicken is tender).
6. Remove foil and place under broiler until golden brown (optional). Serve over rice, noodles or potatoes.



Crabmeat Mashed Potatoes

Submitted by: **Pat Baker from Baltimore, Maryland**

Ingredients:

1 container Country Crock Mashed Potatoes - Homestyle (24 oz.)
1 lb Crabmeat (lump has the fewest shell bits, but is more expensive)
¼ stick butter

Directions:

1. Microwave mashed potatoes according the the instructions on the box.
2. Go through the crabmeat and remove as many of the tiny shell bits as possible.
3. In a large bowl, mix together mashed potatoes, crabmeat and butter.
4. Microwave on high for 2 minutes. Remove and check to see if heated through.
Microwave again for 1 minute, if necessary, until heated through. Serve to rave reviews!

Additional info: Serves 4



Chinese Chicken Casserole

Submitted by: **Cathy Collins from North Weymouth, Massachusetts**

Ingredients:

- 1 onion chopped
- 2 stalks of celery chopped
- ½ green pepper chopped
- ⅓ stick of butter

- 2 boneless breast of chicken cooked and chopped
- 1 can bean sprouts
- 1 can cream of mushroom soup
- 1 can chinese noodles
- A few dashes of soy sauce

Directions:

1. Melt butter on low heat and stir in onion, celery and green pepper.
2. Mix rest of ingredients together and put in casserole dish.
3. Top with butter mixture and bake 350 degrees F for a half hour. Check after 20 minutes and mix well.



Sew Sweetness Community Cookbook

A Really Good Veggie Chili

Submitted by: **Julie Scott from Kalamazoo, Michigan**

Ingredients:

1 cup dried pinto beans (or another cranberry/pinto type bean)*
1 cup dried black beans*
2 bay leaves
2 medium yellow onions, chopped
1 medium green pepper, chopped
1 medium red pepper, chopped
1 medium orange pepper, chopped
1 medium yellow pepper, chopped
1 cup frozen corn
(Optional) ½ cup celery, chopped
1 large jalapeno, diced
2 teaspoons garlic, minced*
One 28 oz. can stewed tomatoes
One 28 oz. can crushed tomatoes
One 12 oz. can tomato sauce
2 tablespoons chili powder* (more or less to taste)
¼ teaspoon chipotle chile powder (or more to taste)
1 to 3 teaspoons sugar
1 teaspoon cumin
Salt and pepper to taste

Directions:

1. Soak beans separately at least 8 hours or overnight. Drain and rinse. Cook soaked beans with a bay leaf using your preferred method. Cook each type separately and do not discard cooking fluid.
2. In a large Dutch oven, dry sauté the onion until it starts to become translucent (add a tablespoon of water as needed to prevent sticking). Add peppers, garlic, and celery if using. Sauté until the peppers begin to soften. Add the spices and stir to coat all the veggies. Add all the tomatoes, the cooked beans with cooking liquid, and corn.
3. Simmer at least 30 minutes to let flavors merge.



A Really Good Veggie Chili (cont'd.)

About the beans – fresh beans make a difference and are very economical. The best place to buy dried beans is at your local co-op from a local grower because they are fresh!

Those in the supermarket can be years old! I use heirloom beans from Rancho Gordo (ranchogordo.com). All their beans are exceptional and so fresh that soaking is optional when cooking on the stove. Their Midnight Black beans are the best.

4. When using canned beans, drain them well. Use two cans of each type.
5. Cooking the beans – For an Instant Pot, cook 6 to 8 minutes with natural release. The time required depends on the freshness of the bean. For a crockpot, soak overnight then put them in the crockpot in the morning on Low (a small 2.5qt Crock Pot is the perfect size for beans). Leave them alone for 8 hours and voila, they're done! On the stove top, cover with 1-2" of water and cook 1-2 hours.
6. Chili Powder – experiment with types and amounts of chili and chile powders. Chile powder is made of pure ground dried chile peppers. Chili powder, on the other hand, is a blend of chile peppers and other spices, including cumin, peppercorn, oregano, and salt. When I use only chile powders (e.g New Mexico, Ancho, Guajillo, Pasilla), I do add additional ½ teaspoon cumin and ½ to 1 teaspoon Mexican oregano to the pot.



Crockpot Chicken

Submitted by: **Rosemary Sandau from Vergas, Minnesota**

Ingredients:

4 to 6 chicken breasts (can be frozen)

One can (10 ¾ oz.) cream of chicken soup

Salt and pepper to taste

Directions:

1. Randomly arrange the chicken breasts all over the bottom of the crock pot.
2. Empty the can of cream of chicken soup into a bowl. Using the same can, fill can with water and mix into the soup.
3. Add salt and pepper into soup mixture and stir.
4. Pour soup mixture over all the chicken breasts in the crock pot. Put lid on crock pot.
5. Either cook 8 hours on low OR 4 to 5 hours on high temp. Check to see if chicken is done. It should be very well done and almost fall apart.

Additional info: This recipe makes its own “gravy” and tastes good on potatoes or biscuits. It’s my son’s favorite.



Sew Sweetness Community Cookbook

Super Easy Chicken and Wild Rice Casserole

Submitted by: **Bonnie Long from Dayton, Nevada**

Ingredients:

Two Packages of Uncle Ben's Wild Rice
One Rotisserie Chicken (shredded)
One 26 oz. can of Cream of Mushroom Soup
1 cup of celery (diced)
½ cup of onion (diced)
(Optional) 1 green or red pepper (chopped)
One 8 oz. can of water chestnuts (sliced)
1 cup toasted almonds (slivered)
Salt and Pepper

Topping:

2 cups of cheddar cheese (shredded)
1 can of French Onions
Add as many veggies as you like such as corn or chopped broccoli

Directions:

1. Preheat the oven to 325 degrees F.
2. Cook the rice as directed on the box.
3. Optional: Saute the celery, onion, water chestnuts, and peppers for 5-7 minutes if you like softer veggies.
4. Combine all ingredients except for the topping and pour into a large casserole dish.
5. Bake at 325 degrees F for 45 to 60 minutes. Last 10 minutes sprinkle cheese and fried onions across the top of the casserole.

Additional info: Serves 10 to 12



Sew Sweetness Community Cookbook

Lucky "28" Past Dinner

Submitted by: **Marie Warda from Penfield, New York in the beautiful Finger Lakes area of Western New York**

Ingredients:

2 to 4 sweet potatoes
1 cup toasted pine nuts
½ pound thick smoked bacon
½ red onion
½ clove garlic
1 bunch fresh spinach
¾ cup feta cheese
Extra virgin olive oil
Pasta of your choice

Directions:

1. Clean sweet potatoes, slice into small chunks. Toss in extra virgin olive oil and bake at 400 degrees F until tender.
2. Toast pine nuts in a dry pan over low heat. Watch closely to avoid over cooking. Agitate pan often.
3. Chop bacon into large chunks and cook until done. Best to use thick bacon for best results.
4. Chop red onion and sauté with garlic in a little extra virgin olive oil.
5. Add chopped spinach at the end.
6. While preparing the above, cook the pasta of your choice.
7. When all is done, toss together and then toss in the feta cheese and serve warm.

Additional info: This recipe was created by my daughter Sarah and her friend in honor of our 28th wedding anniversary. Sadly, I lost my husband just after our 34th anniversary but we got to enjoy this amazing meal many times and I think of him and my daughter with love whenever I make it. Hope you all enjoy it.



Best Ever Meatball Subs

Submitted by: **Susan Haneline from Upstate New York, Finger Lakes Region**

Ingredients:

1 jar Pace Picante sauce (mild)
1 can Ocean Spray 'jellied' cranberry sauce
½ cup brown sugar
Frozen (or handmade) Italian meatballs
Toasted submarine rolls
Grated mozzarella cheese

Directions:

1. Put Picante & cranberry sauce, along with the brown sugar in an Instant Pot, Crockpot, or heavy saucepan. Stir to mix.
2. Add meatballs to sauce and let simmer.
3. Lightly toast sub rolls, add meatballs with a little sauce, top with cheese. Serve with chips or fries and a good cold beer!



Corn Soufflé

Submitted by: **Diane Kocsis from Jackson, New Jersey**

Ingredients:

1 can regular corn with water
1 can creamed corn
1 box Jiffy corn muffin mix
1 cup sour cream
2 eggs beaten
1 stick butter melted.

Directions:

1. Preheat oven to 350 degrees F.
2. In a large casserole dish mix all the ingredients together and mix well.
3. Bake for 1 hour and let cool for 5 minutes. Serve.



Roasted Red Pepper Chicken

Submitted by: **Hope G. from North Carolina**

Ingredients:

2 to 4 chicken breasts, cut into bite size pieces
1 jar roasted red peppers, (including the liquid)
Olive oil
1 teaspoon oregano
1 teaspoon basil
1 medium onion, sliced thinly
1 clove of garlic, pressed or minced
Red pepper flakes to taste
1 large container chicken stock or broth
Rice or egg noodles

Directions:

1. Put enough olive oil to caramelize onion in a stock pot.
2. Once onion is caramelized add garlic, oregano, basil and red pepper flakes until garlic starts to brown. Be careful not to burn the garlic.
3. Add chicken and brown just a little.
4. Add roasted red peppers and chicken stock. You may need to add additional water if the chicken is not covered. Bring to a boil then place on medium heat and simmer until chicken is tender.
5. Serve over rice or noodles. I also sometimes serve on tortillas with the rice and some sour cream.



Sew Sweetness Community Cookbook

Simple Broccoli Rice Casserole

Submitted by: **Judy Joyce from North Carolina**

Ingredients:

One 10 ounce package frozen broccoli
1 cup uncooked rice
1 can cream of chicken soup (I use cream of celery)
3 to 4 ounces shredded cheddar cheese

Directions:

1. Prepare broccoli according to package directions, drain well.
2. Prepare rice according to directions.
3. Mix soup and cheese and combine with broccoli and rice.
4. Bake in a preheated 350 degree F oven until bubbling, about 30 minutes.



Baked Corn

Submitted by: **Tammy Busby from Gahanna, Ohio**

Ingredients:

1 stick (½ cup) butter; melted
1 box Jiffy Corn Muffin Mix
One 12 oz. can creamed corn; don't drain
One 12 oz. can regular corn – drain ½ the liquid
1 cup sour cream
2 eggs

Directions:

1. Preheat oven to 350 degrees F.
2. Grease 2-quart baking dish.
3. Mix together all ingredients – pour into prepared baking dish.
4. Bake uncovered for about 40 minutes in the preheated oven (inserted knife comes out clean).



Spinach and Artichoke Casserole

Submitted by: **Linda Cade from Talent, Oregon**

Ingredients:

One 14 ounce can artichoke hearts

Three 10 ounce packages frozen chopped spinach, defrosted and moisture squeezed out

Two 8 ounce packages of cream cheese

2 tablespoons mayonnaise

4 tablespoons unsalted butter or olive oil

6 tablespoons milk

Pepper to taste

½ cup Parmesan or Romano cheese, freshly grated

Directions:

1. Preheat oven to 375 degrees F.
 2. Grease a 3 quart casserole and dust bottom with 2 tablespoons of grated cheese.
 3. Place a layer of artichokes on the bottom of the casserole, reserve excess.
 4. Place a layer of spinach (make sure to squeeze moisture out well) on top of artichokes, reserve excess.
 5. In a separate bowl, blend the cream cheese, mayonnaise, and butter or oil until light and fluffy with an electric mixer.
 6. Gradually beat the milk to the cream cheese mixture.
 7. Place a few dollops of cream cheese mixture on top of the layer of spinach.
 8. Place another layer of the remainder artichoke hearts on top of the cream cheese mixture.
 9. Place the layer of spinach on top of the artichoke hearts using the remaining spinach.
 10. Top casserole with remaining cream cheese mixture. Sprinkle with the remaining grated cheese and pepper.
 11. Bake, uncovered in 375 degrees F oven for 40 minutes, or until the top is lightly browned
- Additional info: Serves 6 to 8 well-mannered people or 4 in my family.



Sew Sweetness Community Cookbook

Sausage & Potato Casserole aka Slop in the Bucket

Submitted by: **Denise Muth from Coopersburg, Pennsylvania**

Ingredients:

1 to 2 lbs. of Sausage

2 to 3 lbs. Potatoes

1 onion

1 zucchini

1 pepper

1 packet of Roasted Potato Seasonings (or you can use your own Spices)

¼ cup oil or less

Directions:

1. Preheat oven to 375 degrees F.
2. In frying pan, cut sausage into bite size pieces & cook.
3. Cut potatoes, pepper & zucchini into bite size pieces. Dice onion.
4. After the sausage is cooked, mix all ingredients together so that they are coated in the oil.
Pour ingredients in a 9 x 13 inch pan and bake for 45 minute or until the potatoes are tender.
5. Serve and Enjoy.



Sew Sweetness Community Cookbook

Texas Style Mac & Cheese

Submitted by: **Melanie Leach from Cleveland, Texas**

Ingredients:

1 pound hamburger
1 cup elbow macaroni
1 can Rotel tomatoes and green chilies
3 jalapeno poppers diced
½ cup cheddar cheese plus more to sprinkle

Directions:

1. Brown hamburger and drain.
2. Boil macaroni; drain.
3. Add all ingredients to skillet (I use cast iron so I can put under broiler) cook about 15 minutes.
4. Add extra cheese on top place under the broiler until melted. Serve with biscuits.



Sew Sweetness Community Cookbook

Busy Day, Husband-Pleasing Chicago Beef Hoagies

Submitted by: **Natalie Kutach from Haslet, Texas**

Ingredients:

One 3 to 4 lb. beef roast cut into 4 chunks

One 16 oz. jar Mezzetta Deli-Sliced Golden Greek Pepperoncini peppers

Shredded Mozzarella

Hoagie rolls or sandwich roll of choice

Salt/pepper

(Optional) sauteed onions and/or mushrooms

Directions:

1. Place the chunks of beef roast into a slow cooker and season with salt and pepper.
2. Pour the jar of Pepperoncinis on top, including the liquid. If you want a milder flavor, replace $\frac{1}{2}$ of the pepper liquid with water.
3. Cook the beef on low for 6-8 hours. Add water as needed, making sure the beef does not dry out. When the beef is cooked, there should be a nice amount of sauce.
4. If you like onions and/or mushrooms on your sandwiches, saute some just before serving.
5. Shred the cooked meat in the slow cooker using forks.
6. Serve on rolls, adding the shredded Mozzarella and optional toppings.

Additional info: This is incredibly easy yet BIG on flavor and HIGH on the husband-pleasing scale in this house! I can sew all day while the slow cooker does the heavy lifting - WIN! Great Super Bowl Sunday meal.



Dorito Casserole

Submitted by: **Tammy Grayson from Tyler, Texas**

Ingredients:

1 bag of Doritos chips
1 lb. ground beef
1 can cream of mushroom soup
1 can Rotel Mild (Diced tomatoes & green chilies)
Velveeta cheese
(Optional for hotness) red pepper
Shredded cheese

Directions:

1. Cook the ground meat. Add peppers for mild or hot taste. Drain grease off the meat.
2. In a saucepan add cream of mushroom soup, Rotel and about half of Velveeta cheese. Let cook for 15 minutes then add the ground meat to mixture.
3. In a 9 x 10 inch baking dish pour Doritos in bottom then pour the hot mixture on top. Sprinkle the cheese on top and bake in a 350 degree F oven for about 10 to 15 minutes or until the cheese is melted.
4. Let cool and serve.



Pepper Gravy

Submitted by: **Elwanda Reed from Waskom, Texas**

Ingredients:

1 lb. jalapeno peppers
2 eggs beaten
One 8 oz. can tomato sauce
½ teaspoon sugar
Salt and pepper to taste

Directions:

1. Boil jalapenos for about 20 minutes or until you can easily remove skin (wear rubber gloves).
2. Depending on how hot you want it, remove the seeds and mash up. Put it in a hot cast iron pan.
3. Add tomato sauce and beaten eggs. Add sugar to cut down on acid from tomato sauce.
4. Cook for about 30 minutes on low/med heat and serve with hot biscuits or anything you like.



Candied Sweet Potatoes

Submitted by: **Deborah Nicol from Snohomish, Washington**

Ingredients:

3 to 4 medium to large sweet potatoes (I like the white flesh/skin ones though any would work)

½ cup butter

Brown Sugar

Directions:

1. Up to a day ahead: Preheat oven to 400 degrees F (205 degrees C).
2. Scrub sweet potatoes and place on a cookie sheet.
3. Bake for 40 to 45 minutes or until almost done. You want to be able to insert a knife into them with just a little resistance. Remove from the oven and cool.
4. An hour before serving, heat the oven to 375 degrees F (190 degrees C).
5. Peel the skins from the potatoes and slice into ⅓ -½ slices the long way.
6. Choose a pan that will hold all of your slices if possible. If they won't all fit then use two pans that you can fit into your oven next to each other. Place butter in the pan and into the oven to melt,
7. When the butter is melted carefully remove from the oven to a solid surface.
8. Add enough brown sugar to soak up the butter and spread to edges of the pan.
9. Lay the potato slices on top of the sugar, covering the pan.
10. Bake for 20 minutes then turn the potatoes over (careful - the sugar syrup will be VERY hot!)
11. Continue baking and turning every 15 minutes until potatoes are soft and have caramelized slightly. Watch carefully as the sugar can burn.
12. Remove from pan to serving platter and scoop some of the caramel sauce over the top.
13. Let cool slightly and enjoy!



Golden Spuds

Submitted by: **Debra Parmeter from Stanwood, Washington**

Ingredients:

4 to 6 Medium Potatoes (6 to 8 cups)

¼ cup Butter

2 cups grated Cheddar Cheese

2 cups Sour Cream

⅓ cup chopped Green Onions

1 teaspoon salt

¼ teaspoon pepper

Directions:

1. Boil potatoes until fork tender then chill and grate in large bowl.
2. In a saucepan over low heat, combine butter and grated cheese. Stir until melted.
3. Remove pan from heat. Stir into cheese and butter mixture the sour cream, green onions, salt & pepper until combined.
4. Pour the mixture over the grated potatoes, stirring lightly and then turn into a greased casserole dish. Dot with 2 tablespoons butter on top.
5. Bake at 350 degrees F for approximately 45 minutes until golden and bubbly on top. If the casserole has been refrigerated prior to baking, cook for about one hour.

Additional info: Quick and easy side dish that can be prepared in advance and refrigerated. They also freeze really well to reheat! Enjoy!



Sew Sweetness Community Cookbook

Skillet Chicken with Sun-Dried Tomato Sauce

Submitted by: **Brooke Lockhaven Lanigan** from West Richland, Washington

Ingredients:

2 lb boneless, skinless chicken breasts
Salt and pepper, to taste
5 tablespoons butter, divided
3 garlic cloves, minced
1 teaspoon Italian seasoning
½ teaspoon crushed red pepper flakes
½ cup chardonnay or sauvignon blanc
1 cup chicken broth
¾ cup heavy cream
½ cup oil-packed, thinly sliced sun-dried tomatoes
½ cup thinly sliced fresh basil

Directions:

1. Pound chicken breasts to an even thickness in a zip-top plastic bag using the heel of your hand or a meat mallet. Season lightly with salt and pepper.
2. Melt 2 tablespoons butter in a large nonstick skillet over medium heat; add half of the chicken and cook 3 to 4 minutes per side or until done. Remove from skillet. Repeat with 2 tablespoons butter and remaining chicken.
3. Melt 1 tablespoons butter in skillet over medium heat; add garlic, Italian seasoning and crushed red pepper flakes. Cook, stirring constantly for 1 minute.
4. Add wine; bring to a boil, reduce heat and simmer 2 minutes. Add broth, bring to a boil, reduce heat and simmer 5 minutes. Stir in cream and tomatoes; simmer 5 minutes.
5. Return chicken to skillet; stir in basil. Cook 4 to 5 minutes or until chicken is thoroughly heated and sauce is thickened.

Additional info: Makes 4 to 6 servings (I usually only make half of this for 2 people).
Sauce is great on potatoes, rice, or quinoa.



Sew Sweetness Community Cookbook

Breakfast Casserole

Submitted by: **Laurie Reed from Martinsburg, West Virginia**

Ingredients:

3 cups herb croutons
5 eggs
2 ½ cups milk
2 cups medium cheddar cheese, shredded
2 lbs (pounds) pork sausage
¾ teaspoon dry mustard
One 10 ½ ounce can cream of potato soup

Directions:

1. Brown sausage, drain.
2. Put croutons in buttered 9 x 13 inch pan. Spread cheese over croutons then the sausage over cheese.
3. Combine eggs, milk, soup and mustard. Pour over sausage.
4. Cover and refrigerate overnight.
5. Bake at 300 degrees F (149 degrees C) for about 1 ½ hours.



Creamy Chicken Tikka Masala

Submitted by: **Priyanka Mathur from Germantown, Wisconsin**

Ingredients:

Grilled Chicken - to marinate

3 boneless skinless chicken thighs - cut into bite sized pieces
1 cup plain yogurt
1 teaspoon garlic, minced
1 teaspoon ginger, minced
1 teaspoon salt (or to taste)
1 teaspoon Black pepper, freshly ground
1 teaspoon chili powder (or how spicy you want)
½ teaspoon Turmeric Powder
1 teaspoon Cumin powder
1 teaspoon Garam Masala Powder
2 Green Chillies; finely chopped
1 teaspoon Lemon Juice
Skewers - 4 or 5 long ones
Olive oil or butter - just to brush on chicken pieces once while they are being grilled

For the Masala (sauce)

2 tablespoons oil
Whole dry spices:
 1 teaspoon of whole Cumin, 2 bay leaves, 1 medium size cinnamon stick, 4 to 5 black pepper, 4 to 5 whole cloves, 2 to 3 whole black cardamom pods and 2 to 3 whole green cardamom pods
Onion - ½ red onion finely chopped, 1½ red onion paste
Tomato - 3 red tomato paste
1 teaspoon garlic paste
1 teaspoon ginger paste
Salt - to taste
1 teaspoon red chilli powder
½ teaspoon Turmeric powder
1 tablespoon Coriander powder
1 teaspoon Cumin powder
1 teaspoon Garam Masala powder
1 cup milk
½ cup heavy cream
1 teaspoon Dried fenugreek leaves
Green coriander - finely chopped to garnish



Sew Sweetness Community Cookbook

Creamy Chicken Tikka Masala (Cont'd.)

Directions:

1. In a large bowl, to marinate chicken pieces combine yogurt, ginger, garlic, lemon juice, salt, pepper, cumin powder, red chilli powder, turmeric powder, garam masala powder, green chillies. Stir in chicken, cover, and refrigerate for 1 hour.
2. Preheat a grill for high heat. (I normally use my cast iron grill on gas as I start to make masala on another burner).
3. Lightly oil the grill grate. Thread marinated chicken onto skewers, and discard marinade. Grill until juices run clear, about 5 minutes on each side. (chicken pieces might turn light brown to dark brown on edges).
4. In a large heavy skillet over medium heat saute cumin, whole dry spices in oil. Add chopped onion and saute it to golden brown. Add onion paste, garlic paste and ginger paste and saute it to golden brown.
5. Now add tomato paste and add all spices - chili powder, turmeric powder, coriander powder, garam masala powder and let it cook. When oil starts separating in the skillet on the edges that is the indication that the masala (sauce) is cooked. It will take approximately 20 to 25 minutes.
6. Now is the time to add milk and cream and let it cook. Add dried fenugreek leaves by crushing them on your palm. Let it simmer on low heat for 15 to 20 minutes or until Masala (sauce) thickens.
7. Add grilled chicken and simmer for 10 minutes. Transfer to a serving dish and garnish with fresh green coriander leaves.

Additional info: Can be eaten with steaming boiled rice or hot butter naan.



Desserts



Angel Cream Cake

Submitted by: **Marianne Bellew from Canberra, Australia**

Ingredients:

9 teaspoons gelatin

1 cup sugar

$\frac{3}{4}$ teaspoon salt

3 teaspoon vanilla essence

4 cups thickened cream

4 cups milk

Directions:

1. Put gelatin, sugar and salt in pan. Add 2 cups milk, heat till dissolved.
2. Remove from heat, stir in vanilla and remaining milk.
3. Refrigerate 30 minutes.
4. Beat cream with whisk until soft peaks form. Gently fold milk mixture into whipped cream.
5. Refrigerate overnight

Additional info: To be served with Berry Coulis



Shortbread Cookies

Submitted by: **Glennis Salls from Bentley, Alberta, Canada**

Ingredients:

1 cup butter, softened

½ cup confectioners' sugar

¼ cup cornstarch

1 ½ cups all-purpose flour

Directions:

1. Preheat the oven to 375 degrees F (190 degrees C).
2. Whip butter with an electric mixer until fluffy. Stir in the confectioners' sugar, cornstarch, and flour. Beat on low for one minute, then on high for 3 to 4 minutes.
3. Drop cookies by spoonfuls 2 inches apart on an ungreased cookie sheet.
4. Bake for 12 to 15 minutes in the preheated oven. Watch that the edges don't brown too much.
5. Cool on wire racks.



Peanut Butter Confetti Squares

Submitted by: **Julie Poole from Swan River Manitoba, Canada**

Ingredients:

½ cup butter or margarine

1 cup peanut butter

One 300 gram (approx. 10.5 oz.) bag butterscotch chips

One 200 gram (approx. 10.5 oz.) bag mini colored marshmallows

Directions:

1. Melt together butter, peanut butter and butterscotch chips on very low heat until mixed, stirring constantly. Cool for a bit (so as not to melt the marshmallows).
2. Stir in mini marshmallows.
3. Pour in a greased 11 x 13 inch pan.
4. Refrigerate and cut into small (1 ½ inch) squares.



Whipped Shortbread Cookies

Submitted by: **Jean Drozda from Ontario, Canada**

Ingredients:

1 lb butter

3 cups flour

½ cup cornstarch

1 cup icing sugar

Directions:

1. Sift dry ingredients.
2. Cream butter and icing sugar.
3. Add remaining ingredients.
4. Beat with electric mixer until consistency of whipped cream.
5. Drop by teaspoon-fulls or roll into balls and press down with fork.
6. Bake at 350 F for 12 minutes until slightly brown.
7. Watch carefully can overbake quickly.



Sew Sweetness Community Cookbook

Tropical Marble Cake (*Orange Cake and Chocolate Cake*)

Submitted by: **Onyinyechi Augusta from Kanu, Italy**

Ingredients:

For Orange Cake:

- 500 grams flour
- 500 grams egg
- 500 grams unsalted butter
- 500 grams sugar
- 1 ½ teaspoon baking powder
- Rind and juice of 3 small oranges
- 2 teaspoons lemon rind
- (Optional) 150 grams desiccated coconut

Directions:

1. Line two 9 inch pans. Set oven to 350 degrees F/180 degrees C.
2. Sieve flour and baking powder. Add desiccated coconut and set aside.
3. Cream butter until light. Add sugar gradually and continue mixing until fluffy.
4. Add eggs one at a time and mix until all eggs are incorporated. Pour mixture in a bowl, and using a spatula, gently fold in the flour mixture.
5. Lastly add orange juice and rind of orange n lemon. Mix together.
6. Pour out into prepared pans and bake until done (A skewer inserted into the middle, should come out clean.)

For marble effect:

Get the above mixture ready. Get your preferred chocolate cake mixture ready. In the prepared cake pans, pour in the two cakes mixtures at different angles to create a marble effect. Bake until done.

Additional info: The Orange cake can be baked and enjoyed alone or marbled with a chocolate mix for that WOW taste. Enjoy with coffee or ice cream.



My Mum's Coconut Meringue Cake

Submitted by: **Anne-Renée Mauuarin** from Oslo, Norway

Ingredients:

The cake

125 grams (½ cup) softened butter
125 grams (½ cup) sugar
125 grams (½ cup) flour
2 teaspoons baking powder
3 large egg yolks

The meringue

3 large egg whites
125 grams (½ cup) sugar
125 grams (½ cup) desiccated coconut

Directions:

1. For the cake: Cream the sugar and butter until pale and fluffy.
2. Mix in the egg yolks, flour and baking powder.
3. Spread out in a 22 cm cake tin.
4. The dough is sticky, I do this a little dough at a time.
5. For the meringue: Whisk the egg whites until stiff.
6. Add the sugar and whisk until it becomes a glossy meringue.
7. Carefully mix in the coconut, so the meringue doesn't flop.
8. Spread on top of the cake in the the tin.
9. Bake at 175 degrees Celsius (347 degrees F) for 30-45 minutes - all depending on your oven - in lower part of the oven. Cover with foil or baking parchment if the meringue browns too early.
10. When cooked, cool the cake on a rack, out of the tin.

Additional info: This recipe is an oldie but goodie from the 70's when everything from the tropics was a hit here in tiny and very untropical Norway! As a variation, I have made it with a little lemon curd between the cake and the meringue. It needs to bake 5-10 minutes longer with the curd.



Fresh Apple Cake

Submitted by: **Anita Boudoin from Florence, Alabama**

Ingredients:

3 cups apples; peeled and chopped

1 cup sugar

3 cups flour

½ cup vegetable oil

½ cup of fruit juice (pineapple or other juice) This adds moisture and sweetness.

3 whole eggs

1 teaspoon vanilla

1 teaspoon cinnamon

Directions:

1. Bake @ 350 degrees F (130 degrees C) for 1 hour.
2. I use 2 loaf pans and check after 45 mins. Due to the apples it may be difficult to check with a toothpick to see if it's done.



Cinnamon Coffee Cake (Gluten Free)

Submitted by: **Nancy Sack from Montgomery, Alabama**

Ingredients:

Cake

2 ½ cups blanched almond flour
¼ teaspoon celtic sea salt
½ teaspoon baking soda
¼ cup coconut oil
½ cup honey (I use 1/4 cup because I like it less sweet)
3 large eggs

Topping

¼ cup coconut oil, melted
¼ cup coconut sugar
2 tablespoons ground cinnamon
½ cup sliced almonds

Directions:

1. Grease a 9-inch round metal baking dish with coconut oil and dust with almond flour.
2. In a food processor, combine almond flour, salt, and baking soda.
3. Pulse in coconut oil, honey, and eggs.
4. Spread the batter into prepared baking dish.
5. To make topping, combine coconut oil, coconut sugar, cinnamon, and sliced almonds in a bowl.
6. Sprinkle topping over cake batter.
7. Bake at 350 degrees F for 25 to 35 minutes.
8. Cool and serve.

Additional info: Serves 8. Original source of recipe = <http://elanaspantry.com/> Even not gluten free people love this. The coconut oil adds a great flavor - and I don't even like coconut.



State Fair Chocolate Chip Cookies (First Place!)

Submitted by: **Becky Cook from Phoenix, Arizona**

Ingredients:

2 sticks butter
1 cup brown sugar
1 ¼ cup granulated sugar
2 eggs
1 teaspoon vanilla
3 cups flour
¾ teaspoon baking soda
2 tablespoons milk
One 12 oz. bag chocolate chips

Directions:

1. Beat butter until smooth.
2. Add sugars; beat.
3. Add eggs and vanilla; beat.
4. Add all dry ingredients and milk. Stir until dough is dry.
5. Add chocolate chips.
6. Drop cookies on parchment paper on cookie sheet.
7. Bake at 350 degrees F for 8 to 10 minutes only.



Sew Sweetness Community Cookbook

Pineapple Pave (A Brazilian type dessert)

Submitted by: **Marcia Belcher from Banning, California**

Ingredients:

Creamy layers

2 cans of sweetened condensed milk (14 oz each)
4 cups milk (Whole milk preferred)
2 tbsp cornstarch
4 egg yolks
¼ teaspoon vanilla
Can of sprite or Ginger Ale

Top Layer (whipped cream topping)

2 cups Heavy Cream
2 cups powdered sugar
1 teaspoon pure vanilla extract
Vanilla wafers or lady fingers cookies
Large can of crushed pineapple

Directions:

1. Open the can of crushed pineapple and place to drain the juice - save the juice.
2. In large pot whisk together condensed milk, 3 cups milk, egg yolks, and vanilla.
3. In a small bowl whisk together last cup of milk with cornstarch until dissolved.
4. Heat the mixture in saucepan over medium/low heat stirring continuously (this will burn if you do not watch it closely and keep stirring.) Once the mixture is bubbling slowly mix in the final cup of milk with cornstarch while continuing to stir.
5. Remove from heat once it has thickened to a pudding like consistency.
6. Build Layers in a deep large dish. Add a layer of cookies in the bottom of the dish. Lightly wet the cookies in the bottom of the dish with Ginger Ale or Sprite (or the pineapple juice).
7. Spread a light layer of crushed pineapple.
8. With a rubber spatula spread pudding mixture evenly over the fruit layer ($\frac{3}{4}$ inch layer.)
9. Continue to build your layers to the top of the dish; Cookies, Pineapple, Pudding - Make sure each layer covers all the area completely before adding the next item.
10. To make whipped cream topping, in bowl mix together heavy cream, powdered sugar and vanilla until it turns into a heavy whipping cream.
11. Spread across the top of the Pave with a rubber spatula.
12. Cover with plastic wrap and refrigerate overnight (if you do not have overnight I'd recommend letting it sit in the fridge for at least 3-4 hours...it tastes much better after it has been refrigerated for several hours.)
13. You can decorate the top with some shredded chocolate, then enjoy!



Carrot Cake

Submitted by: **Pat Reese from Lake Forest, California**

Ingredients:

1 1/2 cup corn oil
2 cups sugar
3 eggs
2 cups flour
2 teaspoons cinnamon
2 teaspoons vanilla
2 teaspoons soda
1 teaspoon salt
2 cups shredded carrots
1 cup chopped walnuts
½ cup crushed pineapple, drained

Directions:

1. Combine all ingredients in a large bowl until blended.
2. Pour into greased 9 X 13 inch pan and bake at 350 degrees F for about ½ hour, or until cooked through. Cool. Ice with cream cheese icing.

Cream Cheese Icing

Ingredients:

¼ cup butter
One 8 oz. container cream cheese, softened
1 pound powdered sugar
1 tablespoons milk
1 teaspoon vanilla

Directions:

1. Cream together butter and cream cheese.
2. Add sugar, milk, and vanilla and beat until smooth.
3. Spread on cooled cake.



Banana-Oatmeal Chocolate Chip Cookies

Submitted by: **Jackie Kelly from Sacramento, California**

Ingredients:

½ cup mashed ripe bananas (about 1 medium)
½ cup packed brown sugar
¼ cup granulated sugar
1 teaspoon vanilla extract
1 large egg
1 ¼ cup flour
2 cups old-fashioned oats
1 teaspoon baking soda
½ teaspoon salt
½ cup chocolate chips
Cooking spray

Directions:

1. Preheat oven to 350 degrees F.
2. Combine first 5 ingredients in large bowl, beat with a mixer at medium speed.
3. Add egg, beat well.
4. Combine flour, oats, baking soda, and salt in a medium bowl, stirring with a whisk.
5. Add flour mixture to banana mixture in bowl; beat with a mixer at medium speed until well blended. Stir in chocolate chips.
6. Drop batter by heaping tablespoonfuls onto baking sheet coated with cooking spray.
7. Bake at 350 degrees F for 13-15 minutes or until golden.
8. Cool on pans 2 minutes. Remove cookies from pans; cool completely on wire racks.

Additional info: I add chopped walnuts, dried cranberries and more chocolate chips.



Sew Sweetness Community Cookbook

M. Cunningham's Almond Butter Cake

Submitted by: **Linda from San Diego, California**

Ingredients:

¾ cup butter
1 ½ cups sugar
2 large eggs
½ teaspoon salt
1 ½ teaspoons almond extract
1 teaspoon vanilla extract
1 ½ cups all-purpose white flour
2 teaspoons soft butter or 2 teaspoons nonstick cooking spray (for greasing the cake pan)
1 tablespoon sugar
4 ounces sliced almonds (¾ cup)

Directions:

1. Preheat oven to 350 degrees F.
2. Melt the butter in a small saucepan over medium-low heat, stirring regularly.
3. Pour the melted butter and 1 ½ cups sugar into a large bowl and stir until smooth.
4. Crack the eggs right into the same bowl and mix until the batter is creamy and all one color.
5. Add the salt, almond extract, vanilla extract, and flour and stir briskly until the batter is smooth.
6. Grease the bottom and sides of a 9 inch round cake pan with butter or nonstick cooking spray.
7. Using a rubber spatula, scrape the batter from the bowl into the greased cake pan. Spread it evenly in the pan. Sprinkle the tablespoon of sugar, then the sliced almonds, over the top of the batter.
8. Put the pan on the middle rack of the oven and set the timer for 35 minutes. When it rings, check to see if the cake is done. It should be light brown on top, and when you insert a toothpick in the center, it should have a few sticky crumbs adhering to it.
9. If the cake is not browned enough and the toothpick comes out too wet, put the cake back in the oven and check it again in another 10 minutes.



M. Cunningham's Almond Butter Cake (cont'd.)

10. When the cake is done, remove it from the oven and let it cool on a heat proof counter for at least 30 minutes. Cut the cake into small wedges and serve with fresh fruit.

Additional info: Recipe is from 'Learning to Cook with Marion Cunningham'. It's truly a unique cake, because it doesn't rise very high and it comes out moist, sticky, and chewy, like a cookie. It also keeps twice as long as any conventional cake. This cake will stay fresh for about a week and will freeze indefinitely.



Dutch Apple Pie in a Bag

Submitted by: **Julie Edwards from Greeley, Colorado**

Ingredients:

You will also need a baking bag, the kind used for Turkeys only smaller. Size Large or “for meat up to 8 lbs”.

Crust

1 ½ cup flour
1 ½ teaspoon sugar
1 teaspoon salt
½ cup salad oil
2 tablespoons cold milk

Streusel Topping

½ cup flour
½ cup sugar
½ cup cold butter (tastes better with real butter)

Filling

5 cup apples, peeled and sliced thin
½ cup sugar
2 tablespoons flour
½ teaspoon nutmeg
½ teaspoon cinnamon
about 1 tablespoon lemon juice

Directions:

1. Prepare crust first: In a large mixing bowl, combine dry ingredients. Add oil and milk. Stir with a fork until combined.
2. Press evenly into a 9" pie pan or glass pie dish. Flute the top edge.
3. Place in refrigerator while you prepare the rest of the pie.
4. Next prepare the streusel topping in a small bowl: Combine flour and sugar evenly. Cut in cold butter with a pastry cutter or fork until evenly distributed and crumbly. Set aside.
5. Prepare the filling: Preheat oven to 350 degrees F. Mix the dry filling ingredients in a small bowl and set aside.
6. Peel, core, and thinly slice the apples and place them in a large bowl.
7. Sprinkle with the sugar-flour mixture and toss gently until apples are evenly coated. Pour apples into chilled pie crust, arranging by hand until they are evenly distributed. (They will be mounded up quite high.)
8. Sprinkle with a small amount of lemon juice, about 1 tablespoon.



Dutch Apple Pie in a Bag (cont'd.)

9. Cover apples with streusel topping, pressing with hands to keep in place.
10. Place pie in the large baking bag. Close tightly with supplied cinch strip. Snip one small hole in the top of the bag (above the pie) with scissors, about ½ inch.
11. Bake in preheated 350 degree F oven for 1 hour 45 minutes.
12. When done, carefully cut or tear back the bag to remove the pie while still hot. (If you let it cool in the bag, not only will the pie get soggy, but any spilled juices will adhere the bag to the pan).
13. Cool at room temperature. Best served warm with vanilla ice cream.

Additional info: The original recipe was baked enclosed in a brown paper grocery bag. While this was a novel idea, I think the modern baking bags are more food safe, and don't make your house smell like burning paper. Plus you can see the pie baking! If you decide to bake in a paper bag, staple shut tightly before baking, and don't open the bag until the time has elapsed. Be sure the bag does not touch the sides of the oven or any heating element.



Better Than Sunshine Cake

Submitted by: **Patty Smith from Homosassa, Florida**

Ingredients:

- 1 box white cake mix
- 1 large can crushed pineapple, drained
- ½ cup Brown Sugar
- 1 large box Jell-o Vanilla Pudding Mix (Not Instant)
- 1 large whipped topping/Cool Whip
- (Optional) cherries

Directions:

1. Bake cake according to directions; let cool.
2. Put Pineapple and brown sugar in the pan and bring to a boil; set aside to cool until warm.
3. While cake is cooling, cook vanilla pudding as directed and set aside to also cool until just warm.
4. When everything has cooled down and you are salivating, use a wooden spoon handle and make holes in cooled cake about 2" apart.
5. Pour Pineapple mixture covering entire cake. Spread vanilla pudding in a layer covering cake; top with all the whipped topping/Cool Whip piled high and if desired, place cherries randomly on the cake. Serve and enjoy!



Submitted by: **Kay Hymes from Jacksonville, Florida**

Ingredients:

- 2 sticks of Butter
- 5 cups of sugar
- 1 can evaporated milk.
- 1 small jar of peanut butter
- 1 small jar marshmallow cream
- 1 bag semi sweet chocolate chips
- 1 teaspoon vanilla

Directions:

1. Put the butter, sugar and evaporated milk into a large pan. Bring to a full rolling boil and boil for 8 minutes stirring frequently. (soft ball stage)
2. Remove from heat and add: 1 small jar of peanut butter, 1 small jar of marshmallow cream, 1 bag semi sweet chocolate chips, 1 teaspoon vanilla.
3. Beat with electric mixer and pour in buttered jelly roll pan and cool. Makes 5 lbs.



Sew Sweetness Community Cookbook

Jennifer's Blueberry Vanilla Pie

Submitted by: **Robin Kreiseder from Sarasota, Florida**

Ingredients:

1 cup cold milk

1 cup (½ pint) sour cream

¼ teaspoon almond extract

1 package (4 serving size) vanilla or French vanilla instant pudding (Not cook and serve.)

1 prepared 8 inch graham cracker crust or baked pie shell, cooled

One 21 ounce can of blueberry pie filling (Cherry can be used as well.)

Directions:

1. Combine cold milk, sour cream and almond extract in bowl.
2. Add instant pudding mix and mix at low speed with an electric mixer until blended.
3. Pour immediately into pie crust and chill for at least 2 hours.
4. Spoon blueberry pie filling onto crust just before serving.



No-Fail Sugar Cookies

Submitted by: **Cheryl Thompson from Tampa, Florida**

Ingredients:

1 cup unsalted butter
1 cup sugar
1 egg
1 teaspoon vanilla
3 cups all purpose flour
1 ½ teaspoons baking soda
½ teaspoon salt

Directions:

1. Cream together butter and sugar in mixing bowl. Add in egg and vanilla and beat until creamy and light and fluffy.
2. Mix flour, baking soda and salt thoroughly together. Gradually add dry ingredients to butter and sugar mixture, mixing thoroughly between additions.
3. Cookie dough should hold together. When cookie dough is mixed, separate into 2 balls and wrap each in plastic wrap and chill for at least 1 hour.
4. Wait 15 minutes after removal from the refrigerator before rolling cookies. Roll out cookies (¼ inch) and chill for 15-20 minutes before baking for 8-10 minutes in 350 degree F oven.

Additional info: This recipe freezes very well and makes 1 - 2 dozen cookies.



Sour Cream and Fruit Jell-O

Submitted by: **Nancy Pannullo from Wimauma, Florida**

Ingredients:

4 packages small strawberry Jell-O
4 Cups Boiling Water
Three (10 oz.) pkgs frozen sliced strawberries
2 cans crushed pineapple (drained)
4 to 6 bananas
1 pint sour cream

Directions:

1. Mix Jell-O and boiled water, add frozen strawberries, drained pineapple and bananas.
2. Put half of mixture in a 13 x 9 inch pan and refrigerate until set.
3. Let other half sit at room temperature until 1st half is thickened.
4. Spread sour cream on the set Jell-o and then pour 2nd half of jello on top.
5. Refrigerate and serve.



Baileys Chocolate Cream Pie

Submitted by: **Sarah Weasel from Covington, Georgia**

Ingredients:

Oreo Crusts

2 cups (268g) Oreo crumbs

4 tablespoons (56g) butter, melted

Baileys Chocolate Filling

16 oz. cream cheese, room temperature

½ cup (104g) sugar

¼ cup (60ml) Baileys Irish Cream

½ teaspoon vanilla extract

¾ cup (127g) semi-sweet chocolate chips, melted

2 tablespoons natural unsweetened cocoa powder

1 cup heavy whipping cream, cold

½ cup (58g) powdered sugar

1 cup chopped Oreos

Baileys Whipped Cream Topping

¾ cup heavy whipping cream, cold

½ cup (58g) powdered sugar

2 tablespoons Baileys Irish Cream

Additional Oreos, for topping

Mini Chocolate Chips, for topping

Directions:

1. Grease an 8 or 9 inch pie pan and preheat oven to 325 degrees F.
2. Combine the Oreo crumbs and melted butter in a medium bowl and mix until combined.
3. Press the crumb mixture evenly into the bottom and up the sides of the pie pan, then bake for 8-10 minutes. Set aside to cool.



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Baileys Chocolate Cream Pie (cont'd.)

4. To make the filling, add the cream cheese and sugar to a large mixer bowl and beat until well combined and smooth.
5. Add the Baileys and vanilla extract and beat until well combined and smooth.
6. Add the melted chocolate chips and cocoa powder and beat until well combined and smooth. Set mixture aside.
7. In another large mixer bowl, add the heavy whipping cream and powdered sugar and whip on high speed until stiff peaks form.
8. Add about half of the whipped cream to the Baileys mixture and gently fold together until combined.
9. Add the remaining whipped cream and gently fold together until well combined.
10. Spread about half of the filling evenly into the pie crust, then add the chopped Oreos in an even layer.
11. Spread the remaining filling evenly over the chopped Oreos and refrigerate the pie until firm, 3-4 hours.
12. To make the Baileys whipped cream, add the heavy whipping cream, powdered sugar and Baileys to a large mixer bowl and whip on high speed until stiff peaks form.
13. Pipe the whipped cream around the outer edge of the pie, then finish off the pie with additional chopped Oreos and mini chocolate chips.
14. Refrigerate the pie until ready to serve. Pie is best if eaten within 3 to 4 days.

Additional info: Recipe originated from LiveLoveSugar, Lindsay Conchar.



Ice Cream Pie

Submitted by: **Lori Herrin from Bloomington, Illinois**

Ingredients:

Meringue Crust

Two egg whites

¼ teaspoon cream of tartar

½ cup of sugar

Filling

1 quart vanilla ice cream

1 ½ cups heavy cream

1 cup fudge topping

¼ teaspoon peppermint extract (or vanilla or almond)

Directions:

1. Prepare crust: Beat egg whites until foamy. Add cream of tartar and beat until stiff. Very gradually add sugar, beating until mixture becomes shiny and very thick. Spread into a 10 inch glass pie plate. Bake in a slow (300 degree F) oven for 50 minutes. Cool.
2. Prepare filling: Soften ice cream just enough to push firmly into meringue crust. Whip cream until very stiff. Fold in fudge topping and flavoring, carefully, so mixture remains very stiff. Spread mixture over ice cream. Store pie in freezer. Remove from freezer 15 minutes before serving.



Tropical Hawaiian Salad

Submitted by: **Dawn Bentley from Mitchellville, Iowa**

Ingredients:

One 20 oz can crushed pineapple in juice
One 3 oz package coconut cream pudding mix
½ cup flaked coconut
One 8 oz container Cool Whip (whipped topping)
3 oz cream cheese
⅓ cup sugar

Directions:

1. Mix crushed pineapple and juice with instant pudding mix and flaked coconut.
2. Fold in Cool Whip (whipped topping).
3. In a separate bowl; cream together sugar and cream cheese. Fold in other mixture, chill.



Banana Pudding

Submitted by: **Clovis Perkins from East Chicago, Indiana**

Ingredients:

¾ cup granulated sugar
3 tablespoon all-purpose flour
Dash of Salt
4 eggs
2 cups of milk
½ teaspoon vanilla
5 to 6 medium size fully ripe bananas, sliced
Vanilla wafers

Directions:

1. Combine ½ cup of sugar, flour, salt in top of double boiler. Mix in 1 whole egg & 3 egg yolks. Stir in milk.
2. Cook, uncovered, over boiling water, stirring constantly, until thickened.
3. Remove from heat; add vanilla.
4. Spread small amount on bottom of 1 ½ quart casserole dish; cover with layer of vanilla wafers. Top with slices of bananas. Pour custard, continue wafers, bananas custard until 3 layers of each ending with custard.
5. Beat remaining 3 egg whites stiff but not dry; gradually add remaining ¼ cup sugar & beat until mixture forms stiff peaks. Pile on top of pudding covering entire surface.
6. Bake in preheated oven 425 degrees F for 5 minutes or until delicately browned. Serve warm or chilled.

Additional info: 8 servings



Banana Muffins

Submitted by: **Linda May from Kansas**

Ingredients:

- 1 ½ cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- (optional) ½ teaspoon (scant) salt
- 1 egg
- ¾ cup white sugar
- ⅓ cup melted oleo
- 3 large to medium brown bananas or 4 small bananas

Can add in:

- ¾ cup of chocolate chips or less for banana chocolate chip muffins
- ½ cups of walnuts or less

Can add cinnamon sugar layer after putting batter in pan to cover bottom with ½ then pour cinnamon sugar mix then top with batter and can top off with rest of the top of the loaf

Cinnamon mix:

- ½ cup of granulated sugar to 1-2 teaspoons of cinnamon

Directions:

1. Bake Muffins at 375 degrees F for 15-18 mins or Loaf at 350 degrees F for 40 mins.
2. Test loaf with toothpick if it comes out clean then it's done.
3. Adjust baking time for dark nonstick pans, according to your oven.
4. Cool for 10 mins then turn out on cooling rack. Can freeze or refrigerate after completely cooled.

Additional info: Makes 1 large loaf or about 8-10 muffins.



Robin's Chocolate Chip Cookies

Submitted by: **Robin Veysey** from Lamoine, Maine

Ingredients:

$\frac{2}{3}$ cup coconut oil
 $\frac{2}{3}$ cup softened butter
1 cup granulated sugar
1 cup brown sugar, tightly packed
2 eggs
2 teaspoons vanilla extract
 $\frac{1}{2}$ teaspoon almond extract
3 $\frac{1}{2}$ to 4 cups all purpose flour*
1 teaspoon baking soda
1 teaspoon salt
1 cup chopped nuts (I use walnuts, but your favorite is fine)
12 ounces semi-sweet chocolate bits

Directions:

1. Heat oven to 375 degrees F.
2. Mix thoroughly coconut oil, butter, sugars, eggs, vanilla and almond extract. Beat well.
3. In separate bowl mix together flour, baking soda and salt. Stir dry ingredients into butter/sugar, etc. mixture. Mix well. Stir in nuts and chocolate chips.
4. Drop dough by rounded teaspoonfuls, 2 inches apart, onto ungreased baking sheet or parchment paper lined baking sheet. Bake for 8 to 10 minutes, or until light brown. Cool slightly before removing from baking sheet. Continue cooling on rack or enjoy while still warm and the chocolate is gooey.

Additional info: Yields about 7 dozen small cookies.

*If you prefer your cookies flatter and crispier use less flour (minimum 3 cups). If your preference is for a thicker cookie that is crispy on the outside and soft on the inside use more flour (maximum 4 cups). Cooking time is for teaspoon size cookies; for melon scoop size cookies will need about 14 minutes and yield will be about half.



Quick & Easy Brownies

Submitted by: **Alice Vasicek from Frankenmuth, Michigan**

Ingredients:

1 box chocolate cake mix (any flavor chocolate)

1 box Cook & Serve chocolate pudding

Chocolate chips

Nuts

Directions:

1. Heat milk in medium size pan.
2. Add pudding mix & whisk until it starts to thicken.
3. Remove from heat and add cake mix.
4. Pour into a sprayed 9 x 13 inch glass or foil pan, top with chocolate chips & nuts.
5. Bake @ 350 degrees F for 25-30 minutes. The longer it sits the better they get...very moist!



Cherry Bread Pudding

Submitted by: **Sharon Kendall from Sterling Heights, Michigan**

Ingredients:

1 can cherry pie filling
4 slices bread
¼ cup butter
1 tablespoon lemon juice
1 cup milk
3 eggs
½ cup sugar
½ teaspoon almond extract
Cinnamon

Directions:

1. Spread pie filling evenly in shallow 1 ½ quart casserole. Top with bread cubes.
2. Microwave butter in 4 cup glass measuring cup 45 to 60 seconds until melted. Drizzle evenly over bread; sprinkle with lemon juice.
3. Combine milk, eggs, sugar and almond extract in 4 cup measuring cup; beat well.
4. Pour slowly over bread. Press bread cubes into milk to coat evenly. Sprinkle with cinnamon.
5. Microwave at 50% for 17 to 19 minutes or until bread mixture is just about set in center, rotating dish once or twice. Serve warm or cold.



Monster Cookies

Submitted by: **Pam Hansen from East Bethel, Minnesota**

Ingredients:

¾ cup unsalted butter

1 ½ cups granulated sugar

1 ½ cups firmly packed brown sugar

5 large eggs

¼ teaspoon vanilla extract

2 cups creamy peanut butter

½ cup flour

Pinch of salt

1 tablespoon baking soda

5 cups oatmeal (quick cooking type, or old-fashioned oats that have been chopped in the food processor)

2 to 3 cups of your choice of added ingredients: Things like chocolate chips, M&M's, chopped nuts, butterscotch chips, toffee bits, coconut, etc.

Directions:

1. Preheat oven to 350 degrees F.
2. Cream butter and sugars in a large bowl, use a mixer if you have one. Add the eggs one at a time, beating well. Add the vanilla and peanut butter and mix until smooth.
3. Gradually add the flour, salt, soda and oats.
4. Fold in the candies, nuts, chips, etc.
5. Cover and refrigerate at least 5 hours or overnight.
6. Make large clumps (1-2 tablespoons) on parchment paper covered cookie sheets, bake for 12-15 minutes at 350 degrees F.
7. Leave them on the cookie sheet about 10 minutes before even trying to move them to the cooling rack.
8. Return the bowl to the fridge in between the pans to keep it cool and easier to work with. You can make the cookies smaller or bigger, but adjust the baking time so they are just barely browned.
9. After cooling, store in an airtight container. This makes a large batch and I like to freeze some of the dough balls to bake a small batch at a later date.



Turtle Cheesecake Bars

Submitted by: **Dawn Fagerstrom from Warren, Minnesota**

Ingredients:

Crust

14 to 16 regular or gluten-free crème-filled chocolate sandwich cookies (1 ¼ cups finely crushed)

Filling

4 packages (8 ounces/227 gm each) cream cheese, softened

1 ½ cups/376 mL sugar

5 large eggs, room temperature

1 tablespoon/15 mL vanilla

2 teaspoons/10 mL fresh lemon juice

Toppings

2 cups coarsely chopped pecans, toasted

One 11 ounce bag Kraft Premium Caramel Bits

1 cup semi-sweet chocolate chips

6 tablespoons milk, divided

Directions:

1. Preheat oven to 325 degrees F. Lightly spray sides of 9 x 13 inch pan with nonstick cooking spray.
2. Press cookie crumbs onto bottom and slightly up sides of pan. Bake 8 minutes. Remove pan from oven to cooling rack.
3. Beat cream cheese with electric mixer until fluffy. Gradually add the sugar and beat until smooth, scraping down sides occasionally. Beat in eggs, one at a time. Mix in vanilla and lemon juice.
4. Pour filling onto chilled crust. Place springform pan in oven. Place pan of boiling water on lower shelf in oven.
5. Bake at 400 degrees F for 20 minutes and then at 250 degrees F for 60 minutes or until sides rises about ½ inch/1 cm over rim and center moves only slightly when shaken.
6. Turn oven off, open door a crack and let cool for 30 minutes in the oven. Cool in pan on wire rack. (Cake will fall as it cools, sinking slightly in center.)
7. Cover and refrigerate until well chilled, at least 6 hours.
8. When ready to serve, prepare toppings: Toast pecans in oven for 10 minutes at 350 degrees F.
9. Place caramel bits in a microwave safe bowl, along with 4 tablespoons milk. Microwave in 30 second intervals until caramels have melted and sauce is smooth.
10. Pour caramel sauce over cheesecake and immediately sprinkle on toasted and chopped pecans.
11. Place chocolate chips in a microwave safe bowl, along with 2 tablespoons milk and microwave in 30 second intervals, about 2 minutes total.
12. Stir until smooth and drizzle over caramel-pecan topping. Allow chocolate to set before serving.



Biscuits and Chocolate Gravy

Submitted by: **Bethany Sullivan from Kansas City, Missouri**

Ingredients:

⅔ cup flour

⅔ cup sugar

1 ½ tablespoons cocoa powder

Pinch or two of salt

⅓ cup already made coffee (can be substituted with water if you don't like coffee)

⅓ cup hot water

2 cups milk

3 tablespoon butter

1 ½ teaspoons vanilla

Directions:

1. In a saucepan combine flour, sugar, cocoa powder, and salt and mix well.
2. Add hot coffee and hot water to the dry ingredients and mix together very well.
3. Turn stove on to medium to high heat and add 2 cups milk and 3 tbsp butter. Stir consistently while scraping sides and bottom to avoid burning or clumping. Stir until butter is melted and desired thickness for gravy is achieved. I prefer mine a bit thick so it takes a little bit longer but definitely worth it!
4. Once desired thickness is reached, remove from heat and add vanilla. Serve immediately on your favorite warm buttered biscuits!



Candied Pineapple

Submitted by: **Debra Alden from Kansas City, Missouri**

Ingredients:

1 bag or box of Red Hots or Cinnamon Imperials (around 5 oz.)

1 can of Pineapple Slices

Directions:

1. Drain the can of pineapples slices and reserve the juice.
2. Measure the juice and add water to make 1 cup, if juice is 1 cup no water is needed.
3. Place juice, Red Hots and pineapple slices in a saucepan, place on medium heat.
4. Stir frequently until red hots are melted to keep from sticking to bottom of saucepan.

Cook on a soft boil until pineapples are a deep red in color.

Additional info: **Caution: utensils such as wooden spoons can turn red.** This can be multiplied for larger amount of pineapple slices: Around 5 oz. Red Hots = 1 can pineapple slices = 1 cup liquid or 10 oz. Red Hots = 2 cans pineapple slices = 2 cups liquid.



Crack Caramel Corn

Submitted by: **Jeanine Ford from Helena, Montana**

Ingredients:

2 bags (3.5oz each) microwave popcorn POPPED - Blast O Butter is our favorite

2 sticks butter (no margarine)

2 cups packed brown sugar

½ cup light corn syrup

Pinch of Cream of Tartar

Directions:

1. Preheat oven to 200 degrees F.
 2. Spray a large roasting pan with nonstick cooking spray. Pour popcorn into the roaster - remove unpopped corn kernels that are easy to pick out - then set the roaster aside.
 3. In a deep saucepan, melt butter, brown sugar, and corn syrup - bring to a boil and simmer over medium heat for 5 minutes. Stir occasionally.
 4. Remove from heat and stir in cream of tartar.
 5. Pour mixture over popcorn. Stir gently but mix well.
 6. Bake uncovered for 1 hour, stirring every 15 minutes.
 7. Remove from oven and allow to cool. Package or place into large serving bowl.
- Additional info: Hard to stop eating once you have the first taste! It goes together quickly and is a huge family pleaser!



Peanut Butter Pie

Submitted by: **Deborah Norrod from New York**

Ingredients:

One 9 inch graham cracker crust
8 oz. cream cheese, room temperature
1 cup whipped topping, thawed
1 cup peanut butter
1 tablespoon butter
1 tablespoon vanilla

Directions:

1. Combine all ingredients, except crust.
2. Mix well and pour into graham cracker crust.
3. Refrigerator overnight.



Layered Lemon Dessert

Submitted by: **Judy Ziegler from Clarence Center, New York**

Ingredients:

2 sticks of unsalted butter
2 cups of flour
1 cup of walnuts chopped
8 ounces of cream cheese softened
1 cup confectioners sugar
1 cup plus a bit of cool whip
2 packages of Lemon Instant Pudding. (Any flavor would work. We love lemon.)
3 cups of cold milk

Directions:

1. Take 2 sticks of melted unsalted butter and mix with 2 cups of flour and $\frac{1}{2}$ cup of chopped walnuts. I mix with my mixer then my hands.
2. Cover the bottom of a 9 x 13 inch pan and bake for 10 minutes at 375 degrees F. Crust will be golden brown. Cool to room temperature.
3. Beat 8 ounces of cream cheese with mixer, softened with one cup confectioners sugar and one cup cool whip plus a bit.
4. Spread on crust with rubber spatula. Takes time to spread!! Chill one hour.
5. Mix two packages of lemon instant pudding with 3 cups of cold milk with beater. Chill very well in refrigerator.
6. Now spread over first filling. Cover with Cool Whip the remaining nuts or coconut. Your choice.
7. Refrigerate till serving.



Pecan Pie

Submitted by: **Lilian Krebs Santos from Forest Hills, New York**
(given to me by a neighbor from Forest Hills, NY, Mrs. Miram Smith).

Ingredients:

One 10" baked (**blind baked**) pie shell (I use pies from Pillsbury, red boxes in refrigerated section of supermarket)

1 egg white, lightly beaten

1 ¼ cups dark corn syrup

1 cup firmly packed light or dark brown sugar

4 eggs

¼ cup unsalted butter (½ stick), melted

2 ½ cups coarsely chopped pecans (do it by hand, not in the processor)

1 teaspoon vanilla

½ cup pecan halves for decoration on top of pies before putting in oven

Directions:

1. Preheat oven to 350.
2. Brush pie shell lightly with egg white. Set aside.
3. Combine corn syrup and sugar in small saucepan. Bring to boil over medium heat stirring until sugar is dissolved. Remove from heat.
4. Beat eggs in mixing bowl. Blend in syrup, then melted butter, chopped pecans and vanilla. Pour into pie shell. Arrange pecan halves over top.
5. Bake until center is set, 40 to 50 minutes, covering crust with foil if it begins to overbrown.

Additional info: I usually use the aluminum foil pies that are 9" not 10", that way it is easier to give away and also to freeze. If you double the recipe you can get 3 pies. To defrost the pies, leave it overnight in the refrigerator or if in a rush (visitors drop in unexpectedly) put it in the oven for approx. 15 minutes (check the middle). It is important to get good quality pecans. I buy them online from ohnuts.com.



Chocolate Chip Pound Cake

Submitted by: **Kimberley Mickle** from **Timberlake, North Carolina**

Ingredients:

- 1 plain yellow cake mix
- 1 small box instant chocolate pudding/pie mix
- 1 small box instant vanilla pudding/pie mix
- 2 teaspoons vanilla
- 4 eggs
- ½ cup oil
- 1 ½ cups water
- One (12 oz.) chocolate chips (I prefer milk chocolate.)

Directions:

1. Preheat oven to 325 degrees F. Grease a tube or bundt pan (I spray with "Pillsbury Baking Spray with Flour".)
2. Add all ingredients except for chocolate chips to mixing bowl and mix until well blended.
3. Fold in chocolate chips by hand.
4. Pour mixture into greased tube or bundt pan.
5. Bake for 1 hour in preheated oven. Check with cake tester and you might have to bake another 5-10 minutes or until cake test done.



Cranberry Cherry Pie

Submitted by: **Pamela Rossmann from Northeast Ohio along Lake Erie**

Ingredients:

Pastry for double crust pie
2 cups fresh or frozen cranberries, thawed
 $\frac{3}{4}$ cup plus 2 teaspoons sugar, divided
2 tablespoons cornstarch
Two 21 oz cans cherry pie filling
1 egg white
1 teaspoon water

Directions:

1. Line pie plate with bottom pastry crust.
2. In large bowl combine cranberries, $\frac{3}{4}$ cup sugar, and cornstarch; stir in pie filling.
3. Spoon into crust.
4. Top with remaining crust. Trim, seal and flute edges. (If you are feeling festive, maybe a lattice top!)
5. Whisk together egg white and water; brush over crust. Sprinkle with remaining sugar.
6. Cover edges with foil. Bake 425 degree for 25 minutes.
7. Remove foil; bake another 15-20 minutes longer or until crust is golden brown and filling bubbly.
8. Cool on rack.

Additional info: I serve this pie at Christmas, Valentine's Day and a few President's days in honor of Honest Abe. When fresh cranberries are in season, I usually buy several bags and freeze them. I don't know where this recipe originated.



Sew Sweetness Community Cookbook

Mini Apple Cider Bundt Cakes with Buttermilk Glaze

Submitted by: **Syble Ditzler from Henryetta, Oklahoma**

Ingredients:

3 cups Shawnee Mills All-Purpose Flour
1 ½ cups unsalted butter
3 cups sugar
6 large eggs
2 teaspoons apple pie spice
½ teaspoon baking powder
¼ teaspoon salt
1 cup apple cider
1 teaspoon vanilla extract
1 cup sugar
¼ teaspoon apple pie spice
1 ½ teaspoons baking soda
½ cup buttermilk
½ cup unsalted butter
1 tablespoon light corn syrup
1 teaspoon vanilla

Directions:

1. Preheat oven to 325 degrees F. Beat butter at medium speed with a mixer until creamy; gradually add sugar, beating until light and fluffy. Add eggs, 1 at a time, beating just until blended after each addition.
2. Stir together flour, apple pie spice, baking powder and salt. Add flour mixture to butter mixture, alternating with apple cider and mixing on low speed after each addition. Stir in vanilla.
3. Butter or spray a 12-cup mini Bundt pan with nonstick cooking spray. Pour batter into mold.
4. Recipe makes 24 mini Bundt cakes, so you will make one batch, cool the pan and repeat. Bake 20 minutes or until toothpick inserted in center comes out clean.
5. Cool in pan on wire rack 10 minutes, then remove from pan to rack, and cool completely.

Buttermilk Glaze

1. In a heavy saucepan over medium-high heat, add sugar, apple spice, baking soda, buttermilk, butter and corn syrup, stirring and bringing to a boil.
2. Remove from heat, and stir in vanilla. Drizzle Buttermilk Glaze on cooled cakes.

Additional info: You can add 1/4 cup apple spread to cake mix and 1 teaspoon to glaze. Yields 24 mini bundt cakes. I saw this recipe on a Tulsa tv show and found it on shawneemills.com website. Made it for Christmas and it was very good.



Cupcake Filling

Submitted by: **Anne Pendergraft from Miami (Mi-am-uh), Oklahoma**

Ingredients:

8 oz. softened cream cheese

½ cup sugar

1 teaspoon vanilla

Pinch of salt

6 oz. Nestle's semi-sweet chocolate morsels

Directions:

1. Prepare cake batter as directed for cupcakes.
2. Fill cupcake holders half full with cupcake batter.
3. Cream together cream cheese, sugar, vanilla and salt.
4. Stir in chocolate chips.
5. Put 1 heaping teaspoonful of mixture onto top of UNBAKED cupcake batter.
6. Bake cupcakes as directed according to cupcake instructions.
7. When cake bakes, it bakes around filling.

Additional info: Will fill between 24 to 30 cupcakes. Great in either white or chocolate cake!



Chewy Ginger Cookies

Submitted by: **Nancy & Chris from Fox Hollow/Eugene, Oregon**

Ingredients:

¾ cup unsalted butter
⅓ cup granulated sugar
½ cup brown sugar, packed
1 large egg
½ teaspoon vanilla
¼ cup unsulfured molasses
2 cup all purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
1 tablespoon ground ginger
1 teaspoon ground cinnamon
½ teaspoon ground cloves
¼ teaspoon salt

Set aside for rolling cookies in before baking:

¼ cup brown sugar
¼ cup granulated sugar

Directions:

1. Preheat oven to 375 degrees F.
2. In a large bowl, beat butter & sugars until smooth & fluffy. Beat in egg & molasses.
3. Sift all dry ingredients together in separate bowl. (Except sugars for rolling cookies in!)
4. Mix dry ingredients into wet ingredients until well combined, but do not over mix.
5. Cover & chill dough for at least 20 minutes. (Can be chilled overnight.)
6. Roll dough into tablespoon sized balls and then roll balls in the remaining sugars. (Can be frozen at this stage & baked later.)
7. Place 2 inches apart on parchment-lined baking sheet. Bake 9-11 minutes.
8. Cool cookies on pan 5 minutes before transferring to a wire rack to cool completely.

Enjoy!

Additional info: Makes 36 cookies



Baked Pineapple

Submitted by: **Carol Harshbarger from Duncansville, Pennsylvania**

Ingredients:

4 cups Pepperidge Farm bread (it's a heavy bread.)

1 $\frac{3}{4}$ cup sugar

$\frac{1}{2}$ cup melted butter

3 eggs

$\frac{1}{2}$ cup milk

1 can Dole crushed pineapple (drain the juice)

Directions:

1. Cut all crusts off and cut into about one inch squares. Set aside.
2. Melt butter and add sugar, combine eggs, milk and pineapple. Mix well, FOLD in bread. Do not over mix, just until it is all blended.
3. Pour into an 8 x 8 inch greased baking dish (I use a glass dish).
4. Bake 375 degrees F for about one hour or until it starts to get crisp around edges.

Additional info: We love leftovers for breakfast with milk on it.



Sew Sweetness Community Cookbook

Super Awesome Amazing Rolled Sugar Cookies

Submitted by: **Sue Allen from East Norriton, Pennsylvania**

Ingredients:

- 1 ½ cups butter
- 2 cups sugar
- 4 eggs
- 1 teaspoon vanilla extract
- 5 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- (Optional) Sprinkles or colored sugar
- (Optional) Royal Icing

Directions:

1. In a large bowl, cream together butter and sugar until smooth. Beat in eggs and vanilla. Combine flour, baking powder, and salt in a separate bowl. Gradually add flour mixture to batter, mix only until combined. The dough will be very soft.
2. Separate the dough into 3 or 4 sections, cover, and chill dough overnight. This will allow you to keep the remaining dough chilled as you work with each section.
3. Preheat oven to 400 degrees F. Roll out one section of dough on floured surface ¼ to ½ inch thick. Cut into shapes with your favorite cookie cutters. If desired, cover with sprinkles or colored sugar. Place cookies 1 inch apart on ungreased cookie sheets. Thermal cookie sheets work the best, and keep the cookie edges from getting dark.
4. Bake 6 to 8 minutes in preheated oven, longer for thicker cookies. The cookies should be firm, but not browned on the edges.
5. Cool for a couple of minutes before removing them from the cookie sheet.

Additional info: Optional - If you didn't use sprinkles or sugar, you can ice with any Royal Icing recipe. These are a winner whenever I make them. I hope you enjoy these cookies as much as my family does!



Black Chocolate Cake

Submitted by: **Linda Kennedy from Harrisburg, Pennsylvania**

Ingredients:

3 cups flour
2 $\frac{3}{4}$ cups sugar
4 $\frac{1}{2}$ teaspoons baking soda
 $\frac{3}{4}$ teaspoon salt
 $\frac{3}{4}$ cup cocoa
2 eggs
1 cup vegetable oil
1 $\frac{1}{2}$ cups buttermilk
1 $\frac{1}{2}$ cups hot coffee
(Optional) 2 teaspoon espresso powder

Directions:

1. Combine all ingredients. Mix until blended. This make a very runny batter so don't worry about it.
2. Grease and flour (I grease and use cocoa powder to coat) a 14 x 11 inch baking pan (will make 3-4 round layers if you prefer).
3. Bake in preheated 350 degree F oven until cake tester or toothpick comes out clean, approximately 35 - 40 mins.

French Silk Frosting

2 $\frac{2}{3}$ cups powdered sugar
 $\frac{2}{3}$ cup softened butter
2 oz. melted unsweetened chocolate, cooled
 $\frac{3}{4}$ teaspoon vanilla
2 tablespoons milk

Cream sugar, butter, cooled melted chocolate and vanilla. Gradually add milk to reach desired consistency. Beat until fluffy.



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Date Nut Squares (Gluten Free Tips Included)

Submitted by: **Debra Lee from Nashville, Tennessee**

Ingredients:

4 eggs

1 cup white sugar

½ - 1 teaspoon salt (original called for 1 tsp; I use ½)

1 teaspoon vanilla

1 cup all-purpose flour (I use gluten free flour for celiac friendly squares.)

1 tablespoon flour (for mixing dates and walnuts. Use GF flour if needed.)

1 teaspoon baking powder (if using self-rising flour, can omit). Use with GF flour.

2 - 3* cups chopped walnuts

4 - 4 ¾* cups finely chopped dates.

Medjool dates, unless drier, make it very sticky and pre-cut too dry. I chop pitted whole dates.

* The original recipe calls for 2 cups chopped walnuts and 4 cups chopped dates. If using regular flour, the original recipe is best. I add more dates and walnuts because I have to use gluten free flour.

Directions:

1. Preheat oven to 325 degrees F (175 degrees C). Grease one 9 x 12 inch cake pan (casserole dish).
2. In a large bowl, beat until the 4 eggs until foamy. Sift together flour, salt, baking powder and add to eggs.
3. In another bowl, chop and mix walnuts and dates together. Add a tablespoon of flour to the mix to even distribution.
4. Add walnut and date mixture to the flour mixture. Stir well. Spread mixture into well-greased pan.
5. Bake for approximately 45 minutes until a dull crust forms on top. (Test with toothpick – may still have sticky date residue). With Gluten Free flour and more dates, baking may take about 10-15 minutes longer.
6. Sprinkle with confectioner's (powdered/icing) sugar. Cut into small squares while still warm. I hope you enjoy my favorite Christmas recipe from my grandmother!



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Chocolate Custard Cake with Philadelphia Icing

Submitted by: **Terra Maggiolino, Bedford, Texas**

Ingredients:

Cake:

2 ½ cups sugar
1 cups butter or shortening
2 eggs
2 ½ cups flour
½ cup cocoa
½ teaspoon salt
1 cup buttermilk
1 cup boiling water
2 teaspoons baking soda

Icing:

5 squares unsweetened chocolate
Two (3 oz.) packages cream cheese
¼ cup milk (may use leftover buttermilk)
¼ teaspoon salt
1 teaspoon vanilla
4 cup confectioners sugar

Directions:

1. Preheat oven to 300 degrees F. Grease and flour a 9 x 13 inch pan.
2. Cream together sugar and shortening (or butter). Add unbeaten eggs, one at a time.
3. Sift flour, cocoa and salt. Add to butter mixture, alternating with buttermilk.
4. Dissolve soda in boiling water and add to cake mixture last.
5. Bake for 1 to 1 ½ hours, testing for doneness with a toothpick inserted into center of cake. It should come out clean.
6. Cool cake. Frost with icing.
7. Melt together chocolate, cream cheese and milk. Add salt, vanilla and confectioners sugar, blending until smooth. If mixture is too thick, add milk, a spoonful at a time, until correct consistency.

Additional info: I submitted this recipe to a church cookbook put out by our women's group in 1986. It is still my favorite cake recipe to this day!



Italian Cookies

Submitted by: **Lesley Metheny from Katy, Texas**

Ingredients:

COOKIES:

6 cups all purpose flour
1 cup sugar
1 tablespoon baking powder
1/2 cup shortening
1/2 cup (1 stick) butter, softened
4 eggs, slightly beaten
1/2 cup milk
1 teaspoon vanilla extract
Anise seed to taste (I use 1 tablespoon, but some might find that too strong!)

ICING:

3 cups powdered sugar
1/4 cup water
Sprinkles for decoration (I use colored nonpareils.)

Directions:

1. Preheat oven to 375 degrees F.
2. Place flour, sugar, and baking powder in a large bowl and mix.
3. Add shortening and butter; knead by hand (keep in bowl).
4. Add eggs, milk, and vanilla; knead by hand (keep in bowl).
5. Sprinkle anise seed into dough and again knead by hand in bowl until well mixed. (Note: if dough is too dry/crumblly, add a bit of milk until cohesive. If too wet/sticky, add a bit of flour until cohesive.)
6. Take small amounts of dough and make thin ropes, then twist into shapes - pretzels, figure 8s, letters, circles. The dough will puff when baked, so make as thin as possible. Keep the shapes a uniform size so they bake evenly.
7. Place on non-stick cookie sheets or line cookie sheet with silicone baking mat. Bake for 10 to 12 minutes until light brown on bottom. Cool on wire rack.
8. Mix powdered sugar and water to make a fairly thick icing. Dip top of cookie in icing and sprinkle with nonpareils. Let icing dry before eating. Enjoy!

Additional info: I have made these both in Baltimore, MD and Katy, TX and have not had to alter the recipe due to weather/altitude changes.



Strawberry Shortcut Cake

Submitted by: **Genevieve Turman from LaPorte, Texas**

Ingredients:

- 1 ½ cup sugar
- ½ cup Crisco (shortening baking sticks)
- 3 eggs
- 1 teaspoon vanilla
- 2 ¼ cups flour
- 3 teaspoon baking powder
- One 3 oz. package strawberry Jell-o
- ½ teaspoon salt
- 1 cup milk
- 1 cup miniature marshmallows
- Two 10 oz. packages of frozen strawberries or 2 pints fresh with sugar

Directions:

1. Mix thawed strawberries and syrup with dry Jell-o and set aside.
2. Grease only the bottom of 13 x 9 inch pan and sprinkle marshmallows on bottom.
3. In large mixing bowl mix sugar, eggs, Crisco and vanilla. Gradually add flour, baking powder, salt and milk. Blend for 3 mins.
4. Pour batter over marshmallows in pan, spoon strawberry mixture on top. DO NOT STIR.
5. Bake at 325 degrees F for 1 hour or until golden brown and toothpick comes clean. Cut in squares.
6. To serve, use spatula to flip over and top with cool whip.

Additional info: My mom has always made this - we do not know where the recipe comes from, but it is the most amazing shortcake you will ever taste. You would never know there are marshmallows in this cake. The strawberries move to the bottom and the marshmallows rise into the cake. Enjoy!



Best-Ever Ginger Cookies

Submitted by: **Gail Brassler from Texas**

Ingredients:

2 cups sugar
½ cup molasses
2 eggs
4 teaspoons baking soda
1 teaspoon cloves
1 teaspoon ginger
1 teaspoon salt

Directions:

1. Stir all ingredients above with wooden spoon (no mixer) It's nice to have a nice strong man around to help stir.
2. Alternate the following: 1 ½ cups cooking oil, 4 ⅓ cups sifted flour. Begin and end with flour.
3. Break off pieces of dough roll into small balls. Roll balls into granulated sugar.
4. Bake at 375 degrees F. Cookies will be soft, they bake in about 10 to 12 minutes. Try to catch them just as they start to crack a little on top. Enjoy!



Best Chocolate Fudge Ever!

Submitted by: **Jeanne Alvarez from Falls Church, Virginia**

Ingredients:

2 cups Ghirardelli Semi-Sweet chocolate chips

½ bar (2 oz.) Unsweetened Chocolate Bakers Bar cut into ½ inch pieces (or shredded to melt faster)

14 oz. can sweetened condensed milk

2 ½ teaspoon pure vanilla extract

(Optional) 1 cup chopped walnuts

Directions:

1. Line an 8 inch square baking pan with waxed paper.
2. Place chocolate chips, unsweetened chocolate and condensed milk in a double-boiler over hot (but not boiling) water. Keep the level of the water below the bottom of the pan of chocolate being melted.
3. Stir mixture occasionally until chocolate is melted.
4. Remove from heat and stir in vanilla and nuts.
5. Spread fudge evenly in the prepared baking pan and place in the refrigerator.
6. Cut when cool and firm. Store uncovered in the refrigerator.

Additional info: Yield: 16 squares. It's best not to double this recipe. Recipe came from the Ghirardelli Semi-Sweet Chocolate Chip bag some years ago. I haven't seen it published for years.



No Bake Snack Bars

Submitted by: **Dawn Tenneson from Sequim, Washington**

Ingredients:

1 cup peanut butter

1 cup honey

2 to 3 cups whole grain oats

Directions:

1. Cream peanut butter & honey together in mixer.
2. Add 2 to 3 cups whole grain oats.
3. Pour into buttered an approximately 6 x 8 inch glass dish.
4. Use wax paper to pat down flat and leave wax paper on top.
5. Refrigerate until firm.
6. Cut into 1" squares. Enjoy!



Hoosier Bars

Submitted by: **Cheryl L. Littmann from Cudahy, Wisconsin**

Ingredients:

2 cups of flour
1 teaspoon baking powder
2 teaspoons baking soda
½ cup shortening or margarine
½ cup sugar
1 ½ cups brown sugar, separated
2 eggs, whites and yolks separated
1 teaspoon vanilla
4 to 6 oz. chocolate chips

Directions:

1. Sift together: 2 cups of flour, 1 teaspoon baking powder, 2 teaspoons baking soda.
2. Cream: ½ cup shortening (margarine).
3. Add gradually 1/2 cup white sugar and 1/2 cup brown sugar.
4. Blend: 2 egg yolks, 1 teaspoon vanilla.
5. Add 3 tablespoons of cold water with the sifted ingredients.
6. Press dough into 2 greased and floured pans 8 inch pans.
7. Sprinkle chocolate chips (using about 4-6 oz, approximately half a bag) over the dough mixture.
8. Make topping by beating 2 egg whites until foamy.
9. Gradually add 1 cup of brown sugar. Beat until stiff.
10. Spread over chocolate chips and dough.
11. Bake @ 325 degrees F for 30-35 minutes. Put toothpick in center the toothpick should be on dry side except for the chocolate chips will be melted. The important part of this recipe is that you cut these bars while warm.

Additional info: This recipe has been in my family that I know of for at least 70 years. I'm giving it to you as it was given to me. These bars are so good and addictive. You cut when warm but you eat when cooled.



Raspberry Gelatin Salad

Submitted by: **Paula Solfest from Eau Claire, Wisconsin**

Ingredients:

Two 3 oz. packages raspberry Jell-O gelatin
2 cups boiling water
Two 10 oz. packages of frozen raspberries (including juice)
1 ½ cups crushed pretzels
¾ cup melted butter
2 tablespoons sugar
One 8 oz. package of cream cheese
1 cup sugar
One 9 oz. carton of whipped cream topping (Cool Whip)

Directions:

1. Dissolve Jell-O in boiling water. Add berries with juice.
2. Pour into an oiled bundt pan. (You can also use a cake pan.) Refrigerate till set.
3. Mix crushed pretzels, melted butter and 2 tablespoons sugar.
4. Spread in 9 x 13 inch cake pan. Bake 10 minutes @ 350 degrees F.
5. Stir loose from pan with fork and let cool.
6. After gelatin is set, blend together cream cheese, 1 cup sugar and whipped topping. Spread cream cheese mixture over the gelatin in bundt pan (or cake pan).
7. Sprinkle crumb mixture over topping and pack down slightly.
8. Refrigerate until ready to serve.
9. Turn bundt pan over and release it from the pan onto a cake plate or decorative plate. If you use a cake pan then cut into squares and serve on a plate.

Additional info: It is a gorgeous holiday recipe.



Conversion Info

The following information is gathered from European Cuisines' website which can be found at <http://www.europeancuisines.com/General-Recipe-Ingredient-Conversion-Tables-And-Guide>

Oven Temperatures

An approximate conversion chart

Fahrenheit	Celsius	Gas mark	Description
225 F	105 C	1/4	Very cool
250 F	120 C	1/2	
275 F	130 C	1	Cool
300 F	150 C	2	
325 F	165 C	3	Very moderate
350 F	180 C	4	
375 F	190 C	5	
400 F	200 C	6	Moderately hot
425 F	220 C	7	
450 F	230 C	8	
475 F	245 C	9	Very hot

American Liquid Measures

- 1 gallon = 4 quarts = 3.79 L (Can usually be rounded to 4 L)
- 1 quart = 2 pints = 0.95 L (Can usually be rounded to 1 L)
- 1 pint = 2 cups = 16 fl oz = 450 ml (Can usually be rounded to 500 ml)
- 1 cup = 8 fl oz = 225 ml (Can usually be rounded to 250 ml)
- 1 tablespoon = 1/2 fl oz = 16 ml (Can usually be rounded to 15 ml)
- 1 teaspoon = 1/3 tablespoon = 5 ml



American Can Sizes

Can Sizes	Contents	Cups (approx)
5 ounce	5 oz.	5/8
8 ounce	8 oz.	1
	10 1/2 to 12 oz.	1 1/4
12 oz. vacuum	12 oz.	1 1/2
No. 300	14 to 16 oz.	1 3/4
No. 303	16 to 17 oz.	2
No. 2	1 lb. 4 oz. or 1 pint 2 fl. oz.	2 1/2
No. 2 1/2	1 lb. 13 oz.	3 1/2
No. 3	46 oz.	5 3/4
Condensed milk	14 fl. oz	1 1/3
Evaporated milk	5 1/3 fl. oz.	2/3
	and 13 fl. oz.	1 2/3

British Liquid Measures

- 1 UK pint is about 6 dl
- 1 UK liquid oz is 0.96 US liquid oz.
- 1 pint = 570 ml = 20 fl oz
- 1 breakfast cup = 10 fl oz = 1/2 pint
- 1 tea cup = 1/3 pint
- 1 tablespoon = 15 ml
- 1 dessertspoon = 10 ml
- 1 teaspoon = 5 ml = 1/3 tablespoon



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Weight

1 ounce = 28.4 g (can usually be rounded to 25 or 30)

1 pound = 454 g

1 kg = 2.2 pounds

British Short Cuts

Cheese (grated) 1 oz = 4 level tablespoons

Cocoa or chocolate powder 1 oz = 3 level tablespoons

Coconut (desiccated) 1 oz = 4 level tablespoons

Flour (unsifted) 1 oz = 3 level tablespoons

Sugar (castor/caster) 1 oz = 2 level tablespoons

Sugar (granulated) 1 oz = 2 level tablespoons

Sugar (icing) 1 oz = 2 1/2 level tablespoons

Syrup (golden) 1 oz = 1 level tablespoons

Some Australian Conversions

Metric Cups	Grams (approx)	Ounces (approx)
1 cup butter	250	8 3/4
1 cup biscuit (cookie) crumbs		3 3/4
1 cup breadcrumbs, soft	60	2
1 cup breadcrumbs, dry	125	4 1/2
1 cup cheese, grated	125	4 1/2
1 cup cocoa	110	3 3/4
1 cup cornflour (cornstarch)	125	4 1/2
1 cup cornflakes	30	
1 cup rice bubbles (rice crispies)	30	
1 cup coconut, desiccated (flaked)	95	3 1/4



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1 cup dried split peas, lentils	200	7
1 cup dried fruit	160	5 3/4
1 cup dates, chopped	150	5 1/4
1 cup flour, plain, self-rising		4 1/2
1 cup flour, wholemeal (whole wheat)	135	4 3/4
1 cup golden syrup, honey, glucose		12 3/4
1 cup jam	330	11 1/2
1 cup nuts, chopped	125	4 1/2
1 cup oats, rolled	90	3 1/4
1 cup rice, short grain	210	7 1/2
1 cup rice, long grain		
1 cup salt, or crystal sugar	250	8 3/4
1 cup castor sugar (superfine)		7 3/4
1 cup soft brown sugar, firmly packed	170	6
1 cup icing sugar (confectioners')		

Metric Spoons

Metric spoons	Grams	Ounces
1 level tablespoon peanut butter	20	2/3
1 level tablespoon baking powder, bicarb soda,		
cream of tartar, gelatine, rice, sago		1/2
1 level tablespoon cocoa, cornflour,		
custard powder, nuts	10	1/3
1 level tablespoon golden syrup,		



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treacle, honey, glucose	30	1
1 level tablespoon sugar, salt	20	2/3
1 level tablespoon yeast, compressed	20	2/3

1 tablespoon = 20 mls

1 teaspoon = 5 mls

Flours

US all-purpose flour and UK plain or "strong white" flour can be substituted for one another without adjustment. US cake flour is lighter than these. It is not used much anymore, but if it does come up, you can substitute all-purpose/plain flour by removing three tablespoons per cup of flour and replacing it with cornstarch or potato flour. Self-raising flour contains 1 1/2 teaspoons baking powder and 1/2 teaspoon salt for each cup of flour. US whole wheat flour is interchangeable with UK wholemeal or "Graham" flour.

Leavening agents

Baking soda is sodium bicarbonate. It must be mixed with acidic ingredients to work. Baking powder contains baking soda and a powdered acid, so it can work without other acidic ingredients.

Dairy Products

Evaporated milk and sweetened condensed milk both come in cans, both are thick and a weird color... but are not the same thing. Sweetened condensed milk is, as the name implies, mixed with sugar or another sweetener already. It isn't found everywhere, but this recipe makes a good, quick substitute: Mix 1 cup plus 2 tablespoons dry (powdered) milk and 1/2 cup warm water. When mixed, add 3/4 cup granulated sugar.

If a recipe calls for buttermilk or cultured milk, you can make sour milk as a substitute. For each cup you need, take one tablespoon of vinegar or lemon juice, then add enough milk to make one cup. Don't stir. Let it stand for five minutes before using.

The minimum milk fat content by weight for various types of cream

	UK	US
Clotted Cream	55%	N/A



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Double Cream	48%	N/A
Heavy Cream	N/A	
Whipping Cream	35%	
Whipped Cream	35%	
Single Cream	18%	(=Light Cream)
Half Cream		(=Half and Half)

Quark (aka quarg) A soft, unripened cheese with the texture and flavor of sour cream. Quark comes in two versions - lowfat and nonfat. Though the calories are the same (35 per ounce), the texture of lowfat Quark is richer than that of lowfat sour cream. It has a milder flavor and richer texture than lowfat yogurt. Quark can be used as a sour cream substitute to top baked potatoes, and as an ingredient in a variety of dishes including cheesecakes, dips, salads and sauces.

Starches

UK cornflour is the same as US cornstarch. Potato flour, despite its name, is a starch, and cannot be substituted for regular flour. It often can be substituted for cornstarch and vice versa. In the US, corn flour means finely ground cornmeal. If in doubt about which type of cornflour is meant in a recipe, ask the person who gave it to you! A couple of rules of thumb - in cakes, especially sponge cakes, it's likely to mean cornstarch - as a coating for fried okra, it's likely to mean finely ground cornmeal. Cornmeal or polenta is not the same thing as cornstarch or cornflour! What one can buy labelled 'polenta' really looks no different to cornmeal though, so hey, let's not panic too much. Polenta is commonly used to describe cornmeal porridge but may also be used to mean plain cornmeal. Beware. If you don't have cornstarch/corn flour, you can use twice the amount of all-purpose/plain flour. However, unless whatever you're adding it to is allowed to boil, the result will taste starchy.

Sugar and Other Sweeteners

UK castor/caster sugar is somewhat finer than US granulated sugar. There is a product in the US called superfine sugar, which is about the same as UK castor/caster sugar. Usually, you can use granulated sugar in recipes calling for castor/caster sugar and vice versa, but I've gotten reports of times this didn't work so well! As usual, give the recipe a trial run with the substitute some time when it doesn't need to be perfect. (US) Confectioner's sugar (or "10X" sugar) is (UK/Aust/NZ) icing sugar. Sometimes these are marketed as mixtures containing about 5% cornflour.



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Corn syrup is common in the US but not always elsewhere. Sugar (golden) syrup can be substituted. Corn syrup comes in two flavors - dark and light. Light corn syrup is just sweet, dark has a mild molasses flavor. Some people have substituted dark corn syrup for golden syrup in ANZAC biscuits and found it successful. A common US brand is Karo.

Golden syrup is a thick, golden brown (fancy that) byproduct of cane sugar refining. The taste is mostly sweet, although there is a slight acidic, metallic component. Lyle's is a common brand. The New Zealand brand name is Chelsea. If desperate, a plain sugar syrup may be a possible substitute, boil 2 parts sugar, 1 part water. This could be messy. You may want to thin it out with water. Again, you may want to try this out on your own before making something for a special occasion.

Black treacle and blackstrap molasses are similar but not identical.

Fats

A "stick" of butter or margarine weighs 4 oz and is 1/2 cup US, approximately 100 grams. Each 1/4 cup or half stick butter or margarine in US recipes weighs about 50 g. There are 8 tablespoons in 1/4 pound butter

Shortening is solid, white fat made from hydrogenated vegetable oil. (A popular brand name is Crisco, and many people call all shortening Crisco.) It is common in the US, tougher to find in some other parts of the globe. In my experience, you can usually but not always substitute butter or margarine for shortening. The result will have a slightly different texture and a more buttery taste (which in the case of, say, chocolate chip cookies seems to be an advantage!). Sometimes this doesn't work too well. Not to sound like a broken record but - try it out before an important occasion.

Copra is a solid fat derived from coconuts, it is fairly saturated and used in recipes where it is melted, combined with other ingredients and left to set. Lard can be successfully substituted in some recipes, for example it makes very flaky pastry.

Deep frying requires fats/oils with heat-tolerant properties. Butter and margarine, for example, are right out, as are lard and olive oil. Corn and peanut oils are both good.

Chocolates

If you don't have unsweetened baking chocolate, substitute three tablespoons of unsweetened cocoa powder plus one tablespoon of fat (preferably oil) for each one ounce square. US dark chocolate is the same as UK plain chocolate, that is, the darkest and least sweet of the chocolates intended for eating (also called bittersweet). What is called milk chocolate in the UK is called milk chocolate in the US, too, but many people simply refer to it as "chocolate". The stuff called "semi-sweet chocolate" by some folks is the US dark or UK plain. "Bitter chocolate" is, apparently, the UK term for high quality plain chocolate. Some manufacturers apparently



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distinguish between "sweet dark," "semi-sweet" and "bittersweet" (Sarotti is one), but they seem to be minor variations on a theme. Chocolate chips are not necessarily a substitute for bar chocolates, because the chips have something added to them to slow down melting.