

PUBLISHER'S CORNER

When someone shows you who they are, believe them the first time.
~Maya Angelou

Good morning and welcome to the newest issue of A to Z Recipes Newsletter. I hope this finds you and yours in good health and happy. Of course, good health can be a source of great happiness! Ask anyone who is ill. I am so very grateful that my family is enjoying good health but I know that could change in a moment. And... I am grateful that you could spend a few minutes with me today.

If you came for a few really good recipes you came to the right place! In today's issue we thank the following for sharing their recipes:

Pammie, Swanton, OH
Lisa, Belmont, NC
Amy, Gastonia, NC
Jessica, Corfu, Greece
Lynda, MO
Marilyn, OH

Why not take a few minutes and send us a recipe?

For recipes use [this link](#).

For other postables use [this link](#).

I have embedded the "subject" line so I know you're a friend, not a foe. PLEASE remember to include your name (just your first is fine) and your location (just your state is fine). I thank you so much!

I'm also on Facebook:

<https://www.facebook.com/Maggie.R.Carr>

Want to get to know one another better or share cooking tips? We have a gathering of fellow recipe collectors, cooks, and friends at the "QT". Join in at the A to Z Recipes Quick Talk (QT). Here is the link:

<https://www.quicktopic.com/37/H/a8K9wr7j97nV>

DID YOU KNOW?

Expert Banana Tips

For the best flavor, use bananas that have lots of brown specks on the skin and are slightly soft.

Freeze ripe bananas in their peels when they can't be used right away. Thaw each banana 30 to 60 seconds in microwave before using in recipes.

JUST MAKE ME LAUGH!

The only time to eat diet food is while you're waiting for the steak to cook!

~Julia Child

"I like rice. Rice is great if you're hungry and want 2,000 of something."

~Mitch Hedburg, Buzzfeed.com

TODAY'S RECIPES

Traditional Christmas Eggnog

~Shared by Pammie, Swanton, OH

Makes 20 servings of about one (1) cup each.

18 eggs
2 cups very finely granulated sugar
4 cups blended whiskey
1 cup cognac
1 tsp. vanilla extract
4 cups light cream
6 cups heavy cream (whipping cream)
grated nutmeg to taste

Separate the eggs placing the yolks and the whites in separate large bowls.

Add sugar to the egg yolks and beat until fluffy thick. Stir in the whiskey, cognac, vanilla, and light cream. Chill several hours until cold.

Beat egg whites until they stand in firm peaks. Beat the heavy cream until it stands stiff in a large bowl. Fold beaten egg whites, then the whipped cream, into the egg yolk mixture. Pour the whole thing into a large punch bowl and sprinkle grated nutmeg over the top to taste.

Serve in punch cups.

NOTE: If making the above by the gallon, use 24 eggs instead of 18, 3 cups sugar instead of 2, and use a gallon of whole milk instead of the two creams. Skip the whipped cream part and just blend the whole mess together.

Apple Cinnamon Muffins

~Shared by Lisa, Belmont, NC

YIELD: 12
PREP TIME: 15 MINUTES
COOK TIME: 20 MINUTES
TOTAL TIME: 35 MINUTES

Bites of apple, cinnamon and ginger combine to make a perfect muffin for any time of day. Perfect, too..with a scoop of vanilla ice cream.

INGREDIENTS:

For the Cinnamon Crunch Topping:

3 tablespoons all-purpose flour
3 tablespoons packed brown sugar
1 teaspoon ground cinnamon
2 tablespoons butter, slightly softened

For the muffins:

2 cups all-purpose flour
3 teaspoons baking powder
3/4 teaspoon salt
1 1/2 teaspoons ground cinnamon
1/2 teaspoon ground ginger
6 tablespoons butter, melted
1/3 cup brown sugar
3/4 cup buttermilk
1 teaspoon vanilla
1 egg
1 cup finely diced Granny Smith apple

DIRECTIONS:

Use a fork to mix together cinnamon crunch topping ingredients until crumbly. Set aside in a cool place or chill in the refrigerator until ready to use. If left out the topping may be too soft to crumble.

Preheat oven to 400-degrees F. Grease standard muffin pan(s) or line with paper baking cups for 12 muffins.

In a large bowl, whisk together all-purpose flour, baking powder, salt, cinnamon and ginger. Set aside. In large a mixing bowl, whisk together butter and brown sugar until smooth. Whisk in buttermilk, vanilla and egg and continue to whisk until smooth.

Stir in flour mixture until just combined. Batter may be lumpy. Do not over mix.

Fold in diced apple.

Divide batter evenly among 12 muffin cups. Crumble cinnamon streusel topping evenly over tops (about 2 teaspoons per muffin).

Bake for 18-20 minutes until done and slightly golden brown.

Source: She Wears Many Hats
www.shewearsmanyhats.com

Southwestern Slaw

~Shared by Amy, Gastonia, NC

I am making this slaw tonight. We eat it as a side with BBQ, on hot dogs and hamburgers. It's a great alternative to mayo based slaws.

INGREDIENTS

2 cups fine-shredded green cabbage
2 tsp lime juice
2 tsp honey
2 tbsp minced red onion
2 tsp minced jalapeños
2 tsp chopped cilantro
Salt, to taste

INSTRUCTIONS

1. Combine all the ingredients. Allow the mixture to marinate for at least 30 minutes and up to 8 hours before serving

Source: [Epicurious](#)

Old Fashioned Goulash

~Shared by Jessica, Corfu, Greece

2 lbs ground beef or turkey
3 tsp minced garlic
1 large Yellow onion, diced
2 1/2 cups water
1/2 cup beef broth
1/3 cup olive oil
2 (15-ounce) cans tomato sauce
2 (15-ounce) cans diced tomatoes
1 T Italian seasoning
1 T Adobo Seasoning
3 bay leaves
1 T seasoned salt
1/2 T black pepper
2 cups elbow macaroni, uncooked
1 cup shredded Mozzarella Cheese
1/2 Cup Shredded Cheddar Cheese

In a large pan, saute your ground meat in skillet over medium-high heat until HALF cooked, remove from heat.

Add garlic, onions, olive oil & until meat is fully cooked.

Add water and broth, tomato sauce, diced tomatoes, italian seasoning, bay leaves, and seasoned salt, pepper and adobo seasoning. Mix well.

Lower heat and cover - allow to cook for about 20 minutes, stirring occasionally.

Add in the uncooked elbow macaroni to the skillet, stir well until everything is combined.

Cover once again and allow to simmer for about 30 minutes.

Once cooked, remove the bay leaves.

Add only the cheddar cheese and mix until combined.

Add mozzarella right before serving.

Source: My Incredible Recipes

<http://myincrediblerecipes.com/old-fashioned-goulash/>

Strawberry Oatmeal

~Shared by Lynda, MO

With this strawberry and cream oatmeal recipe, Doing this slurry with the milk, honey, and strawberries. Actually, creates a natural sweetness. The heat of the milk draws out the sweetness of the strawberries so that when all done, you will not need to add any sugar to it.

1 cup Milk

1 teaspoon raw honey
1/2 teaspoon real vanilla extract
1/4 cup fresh strawberries (chopped)
1/2 cup instant rolled oats

INSTRUCTIONS

In a saucepan add the milk, honey, and vanilla.

Whisk them together so the honey dissolves in the milk.

Then add the strawberries and let the solution cook over medium heat for about 3 minutes. (You want a very light boil, not a full boil or you can burn the milk)

Add the oats, and stir.

Continue to stir and let the oats cook for another minute.

Take them off the heat, serve it up and ENJOY!

Baked Million Dollar Spaghetti

~Shared by Marilyn, OH

Tastes like a cross between baked ziti and lasagna with half the effort!

1 pound spaghetti, cooked two minutes shy of directions and drained
1 pound ground beef
1 medium onion, chopped
2 cloves garlic, minced
Kosher salt and pepper to taste (I use 1/2 teaspoon each)
6 cups marinara sauce, your favorite
8 ounces cream cheese, softened
3 cups shredded mozzarella cheese
parsley, chopped (optional as a garnish)

Preheat the oven to 350 degrees. In a large skillet add beef, onions, garlic, salt and pepper into the pan and cook on high. Once browned, turn off the heat, drain liquid left in the pan and mix in one cup marinara sauce. Add cooked spaghetti to the remaining 5 cups of marinara sauce and toss to combine. Mix cream cheese and 2 cups mozzarella cheese in a bowl. Add half the pasta/sauce to the bottom of a deep 9x13-inch. Add the cream cheese mixture and top with the remaining pasta/sauce mixture. Add meat sauce mixture on top of the pasta and top with remaining cup of mozzarella cheese. Cover and bake for 30 minutes. Uncover and bake for an additional 10 minutes until cheese is melted and bubbly I usually let it cool for about 5-10 minutes when it comes out of the oven. I find it is easier to cut into perfect squares ~ Enjoy!

If you're looking for alternative flavor ideas to the classic meat sauce here are some options I've done:

Chunks of cooked chicken with a creamy Alfredo sauce (optional you can also toss in frozen peas)

Italian sausage instead of ground beef.

Roasted vegetables like zucchini, eggplant and red onion in place of meat.

Spinach, lemon juice and lemon zest with a creamy Alfredo sauce.

Use as a topping for spaghetti squash

Pepperoni, chopped bell peppers, onions and sliced olives in place of meat for a combination pizza flavor.

Homemade Orange Sherbet

~Shared by Marilyn, OH

2 cans Eagle Brand sweetened condensed milk
6 (10 oz.) orange soda pop OR 1 (2 liter) bottle

Pour orange soda into ice cream freezer and add Eagle Brand milk.

Stir it up with long handle spoon and freeze.

NOTE: Any flavor soda can be used for variations of flavor.

Lemony Sweet Potato Pie

~Shared by Marilyn, OH

2 cups mashed sweet potatoes
3 large eggs
1 can (5 oz) evaporated milk
1/4 cup water
1/4 cup butter, melted
1-1/2 teaspoons vanilla extract
1/2 teaspoon lemon extract

1 cup sugar
1 unbaked pastry shell (9 inches)
Whipped cream

Press mashed sweet potatoes through a sieve or food mill.

In a large bowl, whisk the eggs, milk, water, butter and extracts.

Stir in the sugar and sweet potatoes. Pour into shell.

Bake at 375° for 50-60 minutes or until a knife inserted in the center comes out clean.

Cover edges with foil during the last 20 minutes to prevent overbrowning if necessary.

Cool on a wire rack. Serve pie with whipped cream. Enjoy!

Refrigerate leftovers, if any!

Tropical Tea (Crockpot)

~Shared by Marilyn, OH

6 cups boiling water
6 individual tea bags
1-1/2 cups orange juice
1-1/2 cups unsweetened pineapple juice
1/3 cup sugar
1 medium navel orange, halved and sliced
2 Tbsp honey
Pineapple and orange wedges, optional

In a 5-qt. slow cooker, combine boiling water and tea bags. Cover and let stand for 5 minutes. Discard tea bags. Stir in the remaining ingredients. Cover and cook on low for 2-4 hours or until heated through. If desired, serve with pineapple and orange wedges. Serve warm and enjoy!

Chicken Cordon-Blue Bubble-Up Bake

~Shared by Marilyn, OH

1 container (8 oz) chives-and-onion cream cheese
1 package (8 oz) shredded Swiss cheese (2 cups), divided
3/4 cup milk
1 can (16.3 oz) Pillsbury Grands!™ Flaky Layers refrigerated Original biscuits
2 cups chopped deli rotisserie chicken
1 cup diced cooked ham (about 8 oz)
Sliced green onions, if desired

Heat oven to 350°F. Spray 13x9-inch (3-quart) baking dish with cooking spray

In large microwavable bowl, mix cream cheese and 1 cup of the Swiss cheese.

Microwave uncovered on High 1 minute, stirring after 30 seconds, until softened and cheese is starting to melt; add additional 30-second intervals as needed.

Beat in milk with whisk until mostly smooth; mixture may still be slightly lumpy.

Separate dough into 8 biscuits; cut each into sixths.

Gently stir into cream cheese mixture; stir in chicken and ham.

Spoon into baking dish. Top with remaining 1 cup cheese.

Bake 35 to 40 minutes or until deep golden brown and biscuits are baked through.

Sprinkle with green onions. Enjoy!

Easy Chicken Tetrazzini

~Shared by Marilyn, OH

16 oz linguini, cooked
1/2 cup butter, softened
4 chicken breasts, cooked, diced*
2 cans cream of chicken soup
2 cups sour cream
1 tsp. kosher salt
1/2 tsp. ground pepper

1/2 cup chicken broth
2 Tbsp parmesan cheese
2 cup shredded mozzarella

Cook noodles according to box instructions; set aside.

In a medium bowl, combine butter, cooked chicken, soup, sour cream, salt, pepper and chicken broth.

Mix well and then add in cooked noodles.

Spray a 9x13 pan and pour in noodle mixture.

Sprinkle cheeses on top.

Bake at 350 for 40-45 minutes. ENJOY!

*Note: Rotisserie chicken can be used also for convenience or if short on time!

PUBLISHER'S CHOICE

Pumpkin Poke Cake

This Pumpkin Poke Cake is rich and ultra moist with a creamy, crunchy topping. Every bite tastes like fall!

Prep Time 5 minutes
Cook Time 45 minutes
Toppings 5 minutes
Total Time 50 minutes
Servings 12

Ingredients

1 yellow cake mix
1 14 ounce can pumpkin puree
1 teaspoon pumpkin pie spice
1 14 ounce can sweetened condensed milk
1 12 ounce jar caramel topping
1 8 ounce Cool Whip
1 teaspoon cinnamon
4 Heath or Skor candy bars crushed into bits

Instructions

Preheat oven to 350.

Mix together the yellow cake mix, pumpkin puree, and pumpkin pie spice until it forms a batter.

Pour into a well-greased 9x13 pan. Bake for 35-45 minutes, until a toothpick inserted in the middle of the cake comes out clean.

Let cool completely.

Using the bottom of the handle of a wooden spoon, poke holes all over the top of the cake (about 1 inch apart).

Mix together sweetened condensed milk and 1/2 of the jar of caramel topping. Pour evenly over the cake.

Cover and chill in the fridge for 1 hour.

Right before serving, mix the Cool Whip and cinnamon. Spread over the top of the cake.

Sprinkle Heath or Skor bits over the top of the cake and drizzle with the remaining caramel topping.

Source: FavFamilyRecipes.com

Chicken and Gnocchi Dumpling Soup

Active Time 14 Mins
Total Time 27 Mins
Serves 6 (serving size: 1 1/3 cups)

Homey and hearty chicken and dumplings has never been faster or easier, thanks to store-bought gnocchi. Browned bits from the seared chicken thighs create a rich base for the soup, while carrots and peas provide texture and fresh veggies to the soup. This kid-friendly soup is perfect for a weeknight dinner, and leftovers can be packed for lunch tomorrow.

Ingredients

1 tablespoon olive oil
12 ounces skinless, boneless chicken thighs, cut into bite-size pieces
1/2 teaspoon kosher salt, divided
1 1/2 cups chopped red onion
1 cup chopped celery
1 cup chopped carrot
1 tablespoon chopped fresh rosemary
1 tablespoon chopped fresh thyme
5 cups unsalted chicken stock (such as Swanson), divided
8 ounces whole-wheat gnocchi (such as Gia Russa)
2 tablespoons all-purpose flour
1 cup frozen green peas
1/2 teaspoon freshly ground black pepper

How to Make It

Heat a large Dutch oven over medium-high heat. Add oil; swirl to coat. Sprinkle chicken with 1/4 teaspoon salt. Add chicken to pan; cook 5 minutes or until browned, stirring occasionally. Remove chicken from pan.

Add onion, celery, carrot, rosemary, and thyme to pan; cook 7 minutes or until vegetables are tender. Add 4 cups stock, scraping pan to loosen browned bits. Bring to a boil; reduce heat, and simmer 8 minutes. Add gnocchi to pan; cook 3 minutes or until gnocchi float to the surface.

Combine remaining 1 cup stock and flour in a bowl, stirring with a whisk. Slowly add stock mixture to pan, stirring constantly with a whisk. Stir in chicken and peas; cook 5 minutes. Stir in remaining 1/4 teaspoon salt and pepper.

Nutritional Information

Calories 224 Fat 5.2g Satfat 1g Monofat 2.5g Polyfat 0.9g Protein 19g Carbohydrate 24g Fiber 5g Cholesterol 54mg Iron 3mg Sodium 515mg Calcium 54mg Sugars 5g Est. added sugars 1g

Source: MyRecipes.com

Grands! Pumpkin Doughnuts

Prep 20 min
Total 20 min
Ingredients 6
Servings 8

Ingredients

2 cups vegetable oil for frying
4 cups powdered sugar
4 1/2 teaspoons pumpkin pie spice
1 tablespoon canned pumpkin (not pumpkin pie mix)
3 to 4 tablespoons half-and-half
1 can (16.3 oz) Pillsbury Grands! Flaky Layers refrigerated Original biscuits

Steps

- 1 In 2-quart saucepan, heat oil over medium heat to 350°F to 375°F.
- 2 In large bowl, beat powdered sugar, pumpkin pie spice, pumpkin and just enough half-and-half with whisk until smooth and thick glaze forms. Set aside.
- 3 Separate dough into 8 biscuits. Using small round lid or cookie cutter, cut hole in center of each biscuit.
- 4 Gently place 2 or 3 biscuits in hot oil. (Biscuit holes can also be fried!) Fry on one side until golden brown. With tongs, gently turn each biscuit over; fry until other side is golden brown. Remove doughnuts from oil; immediately dip into pumpkin glaze. Place doughnuts on cooling rack; cool 3 to 5 minutes or until glaze is set before serving.

Source: Pillsbury

Oven-Baked Breakfast Tacos

Start the day off right with these tasty and ultra-easy breakfast tacos.

Ingredients

4 slices bacon
2 tablespoons canola oil
4 cups cubed (about 1 inch) potatoes
2 1/2 tablespoons Old El Paso™ taco seasoning mix (from 1-oz package)
8 soft corn tortillas (6 inch)
8 eggs, beaten
1/2 cup shredded Monterey Jack cheese (2 oz)

Step by Step

1. Heat oven to 375°F.

2. Place bacon slices in ungreased cookie sheet with sides. When oven is preheated, bake bacon 10 minutes. Remove from oven; cool 5 minutes. Coarsely chop bacon into small pieces.
3. While bacon is baking, heat oil in 10-inch skillet over medium heat. Add potatoes; stir to coat in hot oil. Sprinkle taco seasoning mix over potatoes; stir to mix. Cook potatoes 15 to 20 minutes, turning every 5 minutes, until potatoes are soft when pierced with tip of knife.
4. In ungreased 13x9-inch (3-quart) glass baking dish, place tortillas standing against each other to form taco shells.
5. In another skillet, cook and stir beaten eggs over medium heat until they begin to scramble. Remove from heat.
6. Fill each tortilla with 1/4 cup potatoes. Divide scrambled eggs and bacon evenly into each. Top each with 1 tablespoon cheese.
7. Bake 10 minutes. Serve immediately. ENJOY

Source: Pillsbury.com

Easy Chocolate-Banana Snack Cake

Prep 10 min
Total 1 hr 45 min
Servings 18

Ingredients

1 box Betty Crocker Super Moist devil's food cake mix
1 container (5.3 oz) Yoplait® Greek 100 vanilla yogurt
1 cup mashed ripe bananas (2 to 3 medium)
1/4 cup vegetable oil
3 eggs
3/4 cup plus 2 tablespoons miniature semisweet chocolate chips

Steps

1. Heat oven to 350°F. Spray bottom only of 13x9-inch pan with cooking spray.
2. In large bowl, stir cake mix, yogurt, bananas, oil and eggs with spoon until well blended. Add 3/4 cup chocolate chips; mix to distribute evenly in batter.
3. Spread in pan. Sprinkle evenly with 2 tablespoons chocolate chips.
4. Bake 30 to 34 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour. Cut into 6 rows by 3 rows.

Source: Betty Crocker

Cheesy Pesto Pasta

Serves 4-6.

Ingredients

1 lb angel hair pasta
1/2 tsp olive oil
1 clove minced garlic
1 1/4 cup pesto
1 cup shredded mozzarella
1 can petite dice tomatoes or equal amount of fresh diced
pepper to taste
shredded parmesan for garnish

Instructions

In a pot, prepare pasta according to package directions.

Once pasta is ready, add oil to a large skillet and heat over medium, Add garlic and cook just until fragrant.

Turn off heat and add in pasta, pesto, and tomatoes. Toss together. Add in mozzarella cheese and pepper. Toss again until combined.

Serve topped with a sprinkling of parmesan cheese.

Source: Real Mom Kitchen, adapted from Oh Sweet Basil
<https://realmomkitchen.com/24452/cheesy-pesto-pasta/>

Easy Country Apple Dumplings

Prep Time 15 mins

Cook Time 40 mins
Total Time 55 mins

These Easy Country Apple Dumplings are soft and gooey on the bottom, but crispy on top, and they taste like apple pie. So easy and ridiculously good. Plus the house smells amazing while they bake!

Servings: 8
Calories: 297 kcal

Ingredients

2 small apples, peeled and cored
8 ounce tube refrigerated Pillsbury crescent roll dough
1/2 cup unsalted butter
1/3 cup granulated sugar
1/3 cup brown sugar
1 teaspoon cinnamon
3/4 cup Sprite soda

Directions

Preheat oven to 350 degrees F. Coat a 8x8 baking dish with nonstick cooking spray.

Cut each apple into 4 wedges.

Separate the crescent dough into 8 triangles.

Place an apple wedge near the small end of the dough triangle, then roll up. Pinch the ends to seal. Transfer to the prepared baking dish.

In a medium microwave safe bowl, melt the butter. Add in the granulated sugar, brown sugar, and cinnamon; stir until combined and smooth.

Drizzle butter mixture over the dough.

Pour the Sprite to the sides of the dumplings (not on top) so a nice crust is formed while baking.

Bake until golden brown and apples are tender when pierced with a fork, 35-40 minutes. Remove from the oven and let stand 10 minutes.

Serve for breakfast or make it a dessert with some vanilla ice cream!

Recipe Notes

* Feeling lazy and don't want to peel the apples? That's fine! They're just as good. But the skin doesn't get as tender, so a knife might be needed and not just a fork.

* 7-Up, Mountain Dew, or ginger beer can be used instead of Sprite. But do not eliminate this ingredient. You need the carbonation for these to turn out right.

* Need to feed a lot more people? No problem. Just double all the ingredients and bake in a 9x13 pan.

Nutrition Facts

Amount Per Serving (8 servings) Calories 297 Calories from Fat 153 % Daily Value* Total Fat 17g 26% Saturated Fat 9g 45%
Cholesterol 30mg 10% Sodium 229mg 10% Potassium 52mg 1% Total Carbohydrates 36g 12% Dietary Fiber 1g 4% Sugars 26g Protein
1g 2% Vitamin A 7.5% Vitamin C 2.1% Calcium 1.6% Iron 2.6%

* Percent Daily Values are based on a 2000 calorie diet.

Source: Belly Full

<https://bellyfull.net/2018/08/27/easy-country-apple-dumplings/>

Southwest Chicken Detox Soup

A healthy low-fat, low-carb, gluten-free soup with tons of flavor. This southwest chicken soup packs a punch!

Prep Time 20 minutes
Cook Time 30 minutes
Total Time 50 minutes
Servings 8 Servings
Calories 389 kcal

Ingredients

1 1/2 pounds boneless skinless chicken breasts
1 large onion, peeled and chopped
4 garlic cloves, minced
1 tablespoon olive oil
3 - 4.5 ounce cans Old El Paso Chopped Green Chiles
14.5 ounce can "fire roasted" crushed tomatoes

3 quarts chicken stock
1 tablespoon ground cumin
1 teaspoon crushed red pepper
1/2 teaspoons turmeric
2 1/2 cups sliced carrots
4 cups chopped cabbage
3 cups small broccoli florets
2 avocados, peeled and diced
Salt and pepper

Instructions

Set a large sauce pot over medium heat. Add the olive oil, chopped onions, and garlic. Sauté for 5-6 minutes to soften. Then add whole raw chicken breasts, Old El Paso Chopped Green Chiles, crushed tomatoes, chicken broth, all the spices, carrots, and 1 1/2 teaspoons sea salt.

Bring to a boil, lower the heat, and simmer for 20+ minutes, until the chicken breasts are cooked through. Then remove the chicken with tongs and set them on a cutting board to cool.

Add the chopped cabbage and broccoli to the pot. Continue to simmer to soften the broccoli. Meanwhile, shred the chicken breasts with two forks, and stir it back into the soup. Once the broccoli is tender, taste, then salt and pepper as needed. Serve warm with a generous amount of diced avocado on top!

Recipe Notes

NOTE: If the soup base boils down too much, add 2-3 cups of water to the broth. Then taste for seasoning.

Nutrition Facts Southwest Chicken Detox Soup Amount Per Serving (1.5 cups) Calories 389 Calories from Fat 144 % Daily Value* Total Fat 16g 25% Saturated Fat 3g 15% Cholesterol 65mg 22% Sodium 730mg 30% Potassium 1440mg 41% Total Carbohydrates 31g 10% Dietary Fiber 7g 28% Sugars 12g Protein 31g 62% Vitamin A 144.9% Vitamin C 71.2% Calcium 10.5% Iron 21.7%
* Percent Daily Values are based on a 2000 calorie diet.

Source: Sommer Collier for A Spicy Perspective

Old-Fashioned Cheesy Cabbage Casserole

This cabbage casserole recipe is from the Extension Homemakers Shelby County (Indiana) 1988 Cookbook.

Prep Time 10 mins
Cook Time 45 mins
Total Time 55 mins

Servings: 8 -12 servings

Ingredients

4 - 6 cups shredded cabbage
1 stick margarine or butter
1 1/2 cups crushed cornflakes
2 10.5 oz. cans cream of celery soup
1/4 cup mayonnaise
1 cup milk
1 cup shredded cheddar cheese
1/2 cup crushed cornflakes for topping

Instructions

Preheat oven to 350 degrees F.

Put a stick of margarine or butter in a 9x13-inch baking dish. Put in oven until melted. Remove carefully.

Sprinkle cornflakes over butter. Add cabbage. (Cabbage should fill the pan and will cook down.)

Warm celery soup, mayonnaise and milk in microwave for 3 minutes, stirring every minute.

Pour mixture over cabbage. Sprinkle with cheddar cheese and crushed cornflakes.

Bake for 45 minutes.

Source: These Old Cookbooks

<https://www.theseoldcookbooks.com/old-fashioned-cheesy-cabbage-casserole/>

Slow-Cooked Praline Apple Crisp

Prep 25 min
Total 4 hr 25 min
Ingredients 9
Servings 10

Ingredients

6 medium-size crisp tart apples (Granny Smith or Braeburn), peeled if desired, cut into 1/2-inch-thick slices (about 6 cups)
1 teaspoon ground cinnamon
1/2 cup quick-cooking oats
1/3 cup packed brown sugar
1/4 cup all-purpose flour
1/2 cup cold butter, cut into small pieces
1/2 cup chopped pecans
1/2 cup toffee bits
Ice cream, if desired

Steps

- 1 Spray 3- to 4-quart slow cooker with cooking spray. In large bowl, mix apples and cinnamon to coat. Place in slow cooker.
- 2 In medium bowl, mix oats, brown sugar, flour and butter with pastry blender or fork until crumbly. Stir in pecans and toffee bits. Sprinkle crumb mixture evenly over apples.
- 3 Cover; cook on Low heat setting 4 to 6 hours. Serve apple crisp with ice cream.

Source: Pillsbury Recipes

Garlic Parmesan Crockpot Dump Chicken

Need something quick and easy for dinner? This dump chicken recipe is perfect for that! Dinner is saved! This easy crockpot dump chicken recipe is perfect for those busy nights you don't want to cook for dinner, or just don't want to slave over the stove.

Prep Time: 5 mins
Cook Time: 120 mins
Total Time: 2 hours 5 minutes
Yield: 6

Ingredients

2 pounds boneless skinless chicken breast
2 jars Bertolli® Garlic Parmesan Alfredo Sauce
1/2 Cup Water
1 Tablespoon Garlic Powder
1/2 Tablespoon Italian Seasoning
1/2 Cup Grated High Quality Parmesan Reggiano (for garnish)

Instructions

- In a large crockpot, place the chicken breasts
- Dump the Bertolli® Garlic Parmesan Sauce on top of the chicken breasts
- Fill the empty Bertolli® half way with water and dump into the crockpot
- Place the garlic powder and Italian seasoning into the crockpot
- Cook on low for 2 hours.
- Serve hot over pasta or with your favorite veggies!

Source: Quirky Inspired
<https://quirkyinspired.com/dump-chicken-recipes/>

Bacon Jalapeño Popper Meatballs

Jalapeno Popper Meatballs are incredibly moist flavorful and even better than the infamous appetizer. If your kids love southwestern flavors they will devour these. This recipe is the perfect make ahead meal. Freeze, defrost and reheat.

Yield: 50 (1 tablespoon) poppers

Ingredients

1 pound lean ground beef (or turkey)
2 ounces cream cheese
1 large egg
3 slices bacon, cooked and diced
3 jalapeños, finely diced
1/2 cup Panko bread crumbs
4 garlic cloves, minced
1/2 cup Mexican cheese blend
1 tablespoon dried oregano

1 teaspoon New Mexico chili powder
1 teaspoon kosher salt
1/2 teaspoon black pepper

Instructions

Preheat oven to 350°F.

In a large mixing bowl, combine all ingredients. Mix well, do not over mix or you will have tough meatballs. Using a 1 tablespoon scoop, portion out meat and place on baking sheet. After all meatballs have been scooped onto tray, roll into balls.

Bake for 20-22 minutes until lightly browned and cooked through.

Serve and enjoy!

DONNA'S NOTES

When forming meatballs if you lightly coat your hands with olive oil the meatballs will form better and crack less. These are great to make ahead meatballs. Freeze when you make them and simply reheat at 350°F for 12-15 minutes.

Recipe developed by Donna Elick, The Slow Roasted Italian

<https://www.theslowroasteditalian.com/2013/01/skinny-jalapeno-popper-meatballs.html>

Easy Garden Vegetable Rice

Vegetable Rice goes well with just about everything. It's so versatile! Serve it with chicken, beef, fish, pork, or even your favorite vegetarian dishes!

Prep Time 10 minutes

Cook Time 20 minutes

Total Time 30 minutes

Servings 6 servings

Ingredients

2 cups Jasmine rice
3 cups chicken broth (or vegetable broth)
4 cloves garlic crushed
2 tablespoons olive oil
1 medium onion (chopped)
1 bell pepper (chopped)
1 large carrot (chopped)
5-6 tablespoons butter (cut into smaller cubes)
kosher salt to taste
ground black pepper to taste

Instructions

Combine rice, chicken broth, and garlic in a rice cooker and cook according to cooker directions (you may also cook the rice according to rice package directions on the stovetop).

In a large skillet, heat olive oil over medium heat. When oil is wavy and hot, add chopped vegetables.

Cook until vegetables become soft and onions become transparent.

When rice is done cooking, add rice and butter to skillet. Stir well to combine.

Season with salt and pepper to taste.

Source: Fav Family Recipes

Vanilla Bean Yogurt Waffles

Ingredients

2¼ cup flour
¼ cup sugar
1 Tbsp baking powder
½ tsp salt
1 vanilla bean or 1 Tbsp vanilla extract
2 eggs
¼ cup canola oil
1 cup vanilla Greek yogurt
½ cup seltzer water

Instructions

In a large bowl, add the flour, sugar, baking powder, and salt. Use a whisk and blend together.

Cut the vanilla bean down the center and use a knife to scrape out the seeds (AKA caviar). Add the seeds to the bowl along with the eggs, oil, and yogurt. Blend together with a spoon or silicone spatula.

Add in a little of the seltzer water to thin the batter to the point you can switch to a whisk. Then whisk in the remaining seltzer water.

Allow the batter to rest while you preheat your waffle iron. Then cook the batter according to waffle iron instructions. Makes 5-6 large waffles.

Source: Real Mom Kitchen, adapted from A Spicy Perspective