



## Main Dishes



### **Nick's Mom's Bacon Wrapped Beef Tenderloin Steaks**

*Ingredients:* 4 thin slices bacon, look for bacon marked "Center Cut" in packaged meats case 4 beef tenderloin steaks, 1 1/2 inches thick Coarse salt and cracked black pepper, season to your taste 2 tablespoons butter, divided 1 tablespoons all- purpose flour  
1/2 cup dry red wine, 1/2 cup beef stock, available in soup aisle

*Directions:* Line bacon up on meat-safe cutting board a few inches apart. Preheat skillet over high heat. Season steaks with salt and pepper and set bacon slices in center of each slice. Wrap bacon over steaks. Place seam side down in pan and cook 2 minutes on each side. Reduce heat to medium under steaks after first 2 minutes on each side. Cook meat another 6 to 10 minutes, turning occasionally, for medium rare to medium well doneness. Remove meat from pan and let it rest. Add 1 tablespoon of the butter and flour and cook together 1 minute. Whisk in wine and deglaze pan. Whisk in broth and thicken sauce 1 minute. Add remaining tablespoon butter and remove skillet from heat. Place steaks on plates and pour sauce evenly over steaks. Serve plates immediately.

### **Nate's Mom's Cheese Potatoes**

*Ingredients:* 2 lb. frozen hash browns, 1 can cream of chicken soup, 1 lb. sour cream, 8 oz. cheese, grated 1 stick margarine, 1 cup diced onion.

*Directions:* Thaw Hash Browns for 1/2 hour. In a lg bowl, Mix all ingredients together. Season with salt and pepper. Transfer mix to a casserole dish, or 13x 9 baking pan. Top with crushed potato chips. Melt margarine on top. Bake in a preheated 350 degree oven for 1 hour.

### **Ally's Mom's Chicken Cheese Broccoli Rice Casserole**

*Ingredients:* 4 boneless, skinless chicken breast halves, cooked and cubed, 1 cup white rice (cooked to approximately 2 cups) 1 can cream of chicken soup, 1/2 c mayonnaise, 1 cup milk, 1 1/2 cups broccoli floweret's, uncooked, 3-4 oz Velveeta cheese, cubed (about 1 cup) 2-3 oz cheddar cheese, grated (makes 1 to 1 1/2 cups)

*Directions:* Mix all ingredients in order in a large bowl, Spread mixture in a 9x11 pan, Bake at 350 degrees for 30-40 min. or until bubbly.

### **Sarah's Mom's Chicken Enchiladas**

*Ingredients:* 10- 12 6 inch small flour tortillas, 4 boneless chicken breasts, 8 oz. mozzarella cheese (shredded) 16 oz. (1 block) cream cheese, 1 can diced green chiles, 1 can green chile sauce,

*Directions:* Preheat oven to 350 degrees F. Brown and shred chicken. Make sure chicken is thoroughly cooked. Dice and add cream cheese. Stir until melted. Add green chiles. Stir until mixed thoroughly. Spray, with cooking spray, a glass 8x11 pan. Fill tortillas with 2 spoonfuls of chicken mixture. Roll and place it in the pan. Continue until pan is full (approximately 8-10). Cover it with the green chile sauce and the shredded mozzarella cheese. Heat it in the oven for 10-15 minutes until the cheese is melted and bubbly. Serves 10-12 people

### **Summer's EASY CHICKEN TACOS**

*Ingredients:* 1 PACKAGE TYSON REFRIGERATED FULLY COOKED FAJITA CHICKEN STRIPS OR 11/4 cups Tyson fajita chicken strips bagged 4 taco shells 1/2 cups cheddar cheese shredded 1 cup lettuce shredded 1 large tomato, diced

*Directions:* 1. heat chicken strips and taco shells according to package directions  
2. Place toppings in individual serving bowls Serving suggestion; fill shells with meat, cheese, lettuce tomato. Other toppings can include salsa, sour cream, guacamole and jalapenos Refrigerate leftovers



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### **Mom's Chicken Tetrazini**

*Ingredients:* 1(16-oz.) package vermicelli, ½ cup chicken broth, 4 cups chopped cooked chicken breasts, 1(10¾-oz.) can cream of mushroom soup, 1(10¾-oz.) can cream of chicken soup, 1(10¾-oz.) can cream of celery soup, 1(8-oz.) container sour cream

1(6-oz.) jar sliced mushrooms, drained, ½ cup (2-oz.) shredded parmesan cheese  
½ tsp. of salt, 1 tsp. of pepper, 2 cups (8 oz.) shredded Cheddar cheese

*Directions:* Step 1. Cook vermicelli according to package directions; drain. Return to pot, and toss with chicken broth. Step 2. Stir together chicken and next 8 ingredients; add vermicelli, and toss well. Spoon mixture into 2 lightly greased 11- x 7-inch baking dishes. Sprinkle evenly with cheese. Step 3. Bake, covered, at 350 degrees for 30 minutes; uncover and bake 5 more minutes or until cheese is melted and bubbly.

### **Jacob T's Mom's Easy Scalloped Potatoes**

*Ingredients:* 4 cups sliced potatoes, 1stick of butter, ½ cup milk

*Directions:* Put all ingredients into a microwave safe dish. Microwave on high for 12-14 minutes or until potatoes are soft. Variations: Add ½ cup cheese or less or more or ¼ cup sour cream and or 1 tablespoon chives

### **Myeshia's Aunt Tammy's Egg Rolls**

*Ingredients:* Egg Roll wrap-1pkg, Boneless chicken breast-5pkg-chopped in small pieces  
Chicken flavored rice aroni-1 box

*Directions:* Cook chicken +rice together then put about a table spoon or a little more then roll it like it says on the back of the egg roll wrapper break a egg then brush egg on the edges to seal the wrapper closed then deep fry till done  
Very Good

### **David's Mom's Fried Rice**

*Ingredients:* 2 cups of rice, 4 ounces of chicken breast, 2 carrots, 2 ounces of peas, 1 table spoon of Oliver oil, 1table spoon of soy sauce, a few pieces of chopped green onion, half a teaspoon of ginger, little salt

*Directions:* Cook rice. Chop chicken breast to small pieces and put them with chopped green onions and ginger roots. Add some salt, little sugar and soy sauce and mix them together. Chop some green beans and carrots to small pieces. Beat 2-3 eggs in a bowl and add very little salt. *Cooking:* Put some oil into a wok and wait until the oil is warm. Put the stirred eggs in. Make as scramble eggs. Dish it out. Put some oil into the wok and put the vegetables in. Add some salt and stir them for a couple of minutes and dish them out. Put some oil into a wok and put the meat in. Stir it until it is done. Then put eggs and vegetables in and stir them together with meat. Put rice in and stir them all together.

### **Yong's Mom Fried Rice**

*Ingredients:* Cooked Rice, Soy Sauce, Salt, Sugar, Vegetable Oil, Black Peppers, Eggs  
MSG Wok

*Directions:* Cook rice in rice cooker. Heat the Wok. Put 2 teaspoons of vegetable oil. Put rice in the Wok and stir. Mix soy sauce, sugar, MSG, and salt, in a small bowl and pour into the rice and stir. Crack eggs into the rice and stir. Sprinkle black peppers on rice and stir for 5min. *Special Note:* My Mom usually makes this whenever she feels like it.



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### **Ally's Mom's Lasagna**

*Ingredients:* Lasagna Noodles-cooked, 1-15oz can black beans-rinsed, 1-26oz jar pasta sauce, 1-15oz can diced tomatoes, 4oz fresh baby spinach, 15oz ricotta cheese, 1 ¼ c Parmesan cheese, 2 c Mozzarella cheese, 6 T minced garlic

*Directions:* Spread enough pasta sauce to cover bottom of pan.

Layer 1/3 of: Noodles, Ricotta, garlic, black beans, spinach, pasta sauce/ diced tomatoes, mozzarella cheese, parmesan cheese- repeat till gone.

Bake 350 degrees about 40 minutes till cheese are melted and lasagna is heated through.

### **Krista's Mom's Lasagna**

*Ingredients:* 1 green pepper, 1 medium onion, 1 clove of garlic, 2 jars of spaghetti sauce, (any brand) 1 8 oz package of lasagna noodles, uncooked, 1 16 oz carton of ricotta cheese

1 cup grated parmesan cheese, 4 cups shredded mozzarella cheese

*Directions:* Chop and cook onion, crushed garlic, green pepper. Add spaghetti sauce and simmer. Cook noodles per package directions. Use a 9x13 pan or deep lasagna pan.

Turn oven on to 350 degrees. Spray bottom of pan with non-stick spray. Layer noodles, and then spread ricotta cheese. Add layer of sauce mixture, sprinkle with parmesan, then top with mozzarella cheese.

Continue to layer until all of the ingredients are gone.

Bake at 350 degrees then uncover for 1 hour.

### **John's Little Corn Dogs**

*Ingredients:* 1 can of (11-1/2 oz.) refrigerated cornbread twist, 32 Oscar Mayer little Smokies, ½ cup Kraft original barbecue sauce, ½ cup Taco Bell home originals thick 'n chunky salsa.

*Directions:* Preheat oven to 375 degrees F. Unroll dough; separate cornbread twists into strips. Cut strips crosswise in half. Wrap each piece around center of 1 little smokie; pinch edges to seal. Place, seam sides down, on ungreased baking sheet.

Bake 12 minutes or until golden brown Mix barbecue sauce and salsa serve with the little smokies.

### **Ian's Mom's Macaroni and Cheese**

*Ingredients:* 1 ¾ Cup Medium Elbow -Macaroni, [Uncooked] 1 Tbsp Margarine

2 Tbsp All Purpose Flour 1 ¼ Cup Milk, ½ tsp Dry Mustard, 1/8 Tsp Pepper

1 Tsp Worcestershire, 1/8 Tsp Hot Sauce, 1 ½ Cheddar Cheese, [Shredded]

3 Tsp Parmesan Cheese, [Grated]

*Directions:* Cook Macaroni according to package directions, omitting salt and fat. Drain and set aside.

Melt margarine in a saucepan over medium heat; cook 1 minute, stirring constantly with a wire whisk.

Gradually add milk, stirring constantly. Bring to a boil; cook 1 minute. Remove from heat; stir in dry

mustard, pepper, Worcestershire, and hot sauce. Add cheese; stir until melted. Combine cheese sauce

and macaroni in a bowl; stir well.

### **Lauren's Mom's Mexican Rice**

*Ingredients:* 4 cups of white rice, 1 can of hot n'spicy chili beans, 1½ cups of salsa (your choice of mild, medium, or hot) 1 small can or ¼ cup of jalapenos, 1 dash salt, 1 dash pepper, 1 dash cumin, Add chili powder to your taste

*Directions:* Cook white rice put it in a bowl then add all the other ingredients.

\*You can also put in taco meat if desired. \*I like to put sour cream in my bowl



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### **Kendall's Mom's Mock Macaroni and Cheese**

*Ingredients:* 1 bag of frozen cauliflower, Place cauliflower in a greased 13 times 9 baking dish ready to bake. Put butter pats on cauliflower. 1 cup of heavy whipping cream, 2 ounces cream cheese, 1 cup shredded cheese, 1 tea spoon of Dijon mustard

½ tea spoon garlic powder, Add As much or as little salt and pepper as you want

*Directions:* Mix all the ingredients in a saucepan over medium to high heat until all mixed. Pour mixture over cauliflower. And bake 350 degrees oven for 35 to 45 minutes.

### **Joslyn's Mom's One Pan Mac & Cheese**

*Ingredients:* 2 pkg. Kraft Macaroni & Cheese Dinner, 4 Cups Boiling Water, 1 Cup Milk

½ Cup (1 stick) Butter Or margarine, Cut Up 1 Cup Shredded Cheddar Cheese, 24 Ritz Crackers, Crushed (about 1 cup of crumbs)

*Directions:* Preheat oven to 400 degrees F. spray a 13x9- inch baking pan with cooking spray. Place Macaroni in the prepared pan. Stir in the boiling water; cover with aluminum foil. Bake 15 minutes, stirring after 7 minutes. STIR in the cheese sauce mix, milk and butter. Sprinkle with cheddar cheese and crushed crackers. Bake, uncovered an additional 5 minutes or until cheese is melted and the crackers begin to brown.

*Special Notes:* This meal is really delicious for the holidays.

### **Mr. Klumpp's Pigs in a Blanket**

*Ingredients:* 2 Smokey links or Sausage of your choice Toast. Squeeze Cheese

*Directions:* Microwave sausage and toast 2 slices of bread. Put squeeze cheese or your favorite Cheese on toast, add sausage, fold together and enjoy.

Prep: time 2 minutes tops. *Special Note:* Quick and fast hot breakfast

### **Nicole's Mom's Pocket Pizza**

*Ingredients:* ~1 tablespoon of vegetable oil, ~1/4 cup of pizza sauce, ~1/2 cup of shredded mozzarella cheese and cooked Italian sausage, ~1 tablespoon of finely chopped onion, ~1/8 to 1/4 tablespoon of garlic powder, ~1/4 package (3-ounce size) of sliced pepperoni, ~2 to 3 tablespoons of pizza sauce, ~1/2 cup of shredded mozzarella cheese

*Directions:* Heat the oven to 425degrees. Lightly grease a cookie sheet with shortening.

Prepare Pizza Dough. Roll into a 12-inch circle. Fold loosely in half; place on cookie sheer and unfold.

Brush with oil. Layer remaining ingredients on half of the circle in order listed; fold dough overfilling.

Turn edge of the lower dough over edge of the top dough; pinch edge to seal. Prick top with a fork. Bake until golden brown, 20 to 25 minutes.

### **Danny's Mom's Porcupine Meatballs**

*Ingredients:* 1 pound ground beef, 1 box beef flavor Rice-a-Roni

*Directions:* Combine and form into balls. Brown in electric skillet.

Sprinkle the flavor packet from rice-a-roni And 2.5 cups hot water over the meatballs.

Cook covered for 45 minutes.



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### **Tiffany's Mom's Porcupine Meatballs**

*Ingredients:* 1lb. hamburger, ½ c. rice, ½ c. chopped onion, 1 t. Lawry's seasoning salt  
2 cans Campbell's tomato soup, 2 cans water

*Directions:* Mix hamburger, rice, onion, salt and pepper. Heat soup and water. Form meat mixture into meatballs and cook in soup mixture for at least 30 minutes.

Porcupine meatballs are always better with mashed potatoes and the rest of the tomato mixture as a topping.

### **Zak's Scrambled Eggs**

*Ingredients:* 1/2 tsp Pepper, 1/2 tsp salt, 4 eggs, 1 tsp butter

*Directions:* In a skillet over med high heat, melt the butter. Crack open the eggs and add in. Scramble the eggs with a wooden spoon. Stir until eggs become fluffy and break apart easy. That should serve two people

### **Shake & Bake Chicken (Kylie's Mom's)**

*Ingredients:* 4large chicken breasts, 1 bottle of fat-free Italian dressing, ½ package of Shake & Bake extra crispy breading, ½ package of Shake & Bake spicy breading

¼ cup o shredded parmesan cheese, 2 1 gallon Ziploc bags

*Directions:* Trim fat off of chicken breasts, Pour ¾ of bottle of Italian dressing in a gallon Ziploc bag. Put in chicken in and seal. Squish bag. Refrigerate for at least 2 hours

Put in 2-½ packages of breading and ¼ cup of cheese into another plastic bag and shake to mix.

Remove chicken from its bag and put into breading bag 1 piece at a time

Shake breading bag until chicken is coated. Remove piece of chicken and put in a 13 by 9 pan Repeat until all pieces are coated. Cook in 400 degree oven for 30 minutes.

I happen to be from a family whose time is filled with sports and other on-the-go activities. This is a great meal that's fast to whip up and easy to cook. It is also very good!

### **Claire's Mom's Shepherd's Pie**

*Ingredients:* 1b hamburger, 6 c mashed potatoes (cooked) 1 tsp onion powder, alt/pepper

1 can cream of mushroom soup, Sliced American cheese, 1-16 oz pkg of frozen corn

1 tsp garlic powder.

*Directions:* Brown hamburgers –drain – add back to skillet, and add spices, soup and corn- mix well on low heat. Spray 8 by 11 pan with cooking spray – layer mashed potatoes, meat mixture and cheese ending with potato on top. Bake in oven at 350 degrees for till heated through and cheese melts.

### **Spaghetti Carbonara**

*Ingredients:* ½ lb. Spaghetti, 6 Slices bacon, chopped into little pieces , ½ tsp Red pepper flakes (optional) 2 Eggs beaten , ½ cup Grated parmesan.

*Directions:* Fill a big pot almost to the top with water, and bring it to a boil. Add the spaghetti to the pot, keeping the water boiling, and stir with a wooden spoon to make sure the strands don't clump. While the spaghetti is cooking, fry the bacon in a small skillet with the red pepper flakes, until crisp. Pour the fat out into an empty can you can set it aside. When the spaghetti is done drain it in a colander but don't rinse it. Dump the spaghetti into a large bowl, and immediately toss it with the raw eggs the cooked bacon, and the parmesan cheese. Stir it all together well. The heat of the spaghetti actually cooks the eggs, and the whole thing combines into a delicious, creamy sauce. Season with salt and pepper and serve pronto. Makes two servings.



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### **Shelby's Mom's Spaghetti**

*Ingredients:* 1 pound of hamburger or Italian sausage, oregano, parmesian cheese, 1 large jar of Ragu spaghetti sauce, and 1 box of spaghetti.

*Directions:* Pour brown meat into medium size sauce pan and drain any grease, add oregano seasoning. Add sauce to meat and sprinkle heavily with parmesian cheese. Cover and heat over medium- low temperature. In large pan fill  $\frac{3}{4}$  with water and put on stove to boil. When the water begins to boil add spaghetti and turn heat to medium, stirring occasionally, cooking for approximately 15 minutes. When spaghetti is done drain water and place on plates covering with sauce and additional cheese. Serve with garlic bread.

### **Maya's Mom's Mini Pizza**

*Ingredients:* A piece of bread or a bagel or a English muffin, Pizza sauce, Cheese, Any topping of your choice.

*Directions:* Split bagel or English muffin (If using bread skip this step.) Spread pizza sauce on bread with a butter knife. Put cheese on Sauce. Add any other topping.

*Special notes:* For best results use a bagel or English muffin for this. Use lots of cheese!

### **Shawn's Taco Pizza**

*Ingredients:* 2 cans refrigerated crescent rolls, 8 oz cream cheese, 8 oz sour cream, 1 pkt. dry Taco seasoning Mix, Chopped tomato—seeded and drained, Sliced black olives  
Chopped green onions, 8 oz shredded cheddar or Mexican blend cheese. Or more if desired.

*Directions:* To make the crust, spread crescent rolls in a 10x15 pan, sealing all seams. Bake until golden. Mix cream cheese, sour cream, and taco seasoning with a mixture until creamy. Top with tomato, olives, green onions, and cheddar. Refrigerate to blend flavors.

*Special Note:* Can also top with shredded lettuce and/or chopped bell pepper.

### **David's Mom's Taco Pizza**

*INGREDIENTS:* 1 cup all-purpose flour, 1 cup yellow cornmeal, 1/2 cup sugar, 2 teaspoons baking powder, 1 cup milk, 1/4 cup vegetable oil, 1 egg, beaten, 2 cups shredded Mexican cheese blend, divided, 1 (16 ounce) can refried beans, 1/2 cup mayonnaise, 1/4 cup blue cheese salad dressing, 1 (15 ounce) can turkey chili without beans, 2 cups shredded iceberg lettuce, 1 (10 ounce) can diced tomatoes with green Chile peppers, drained

*DIRECTIONS:* Preheat the oven to 400 degrees F (200 degrees C). In a medium bowl, mix together the flour, cornmeal, sugar and baking powder. Stir in the milk, oil and eggs, mixing until just moist. Spread in a greased 12 inch deep-dish pizza pan, or a 10x15 inch baking pan. Bake the crust for 10 minutes. Remove from the oven, and sprinkle with 1 cup of the cheese. Bake for another 10 minutes. Spread the refried beans and mayonnaise over the melted cheese. Top with blue cheese dressing, turkey chili, and remaining cheese. Bake for 12 to 15 more minutes in the preheated oven. Top with lettuce and diced tomatoes before slicing and serving.



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### **Shania's Mom's Tator Tot Casserole**

*Ingredients:* bag of tator tots 1 can of cream of mushroom soup, 1 lb of ground chuck, 1 medium chopped onion, 8 oz of mozzarella cheese 8 oz of cheddar cheese

*Directions:* Pre-heat oven to 350 degrees. Brown ground chuck and onion in a pan. Put cream of mushroom soup in a 9 by 13 pan with both cheeses, tator tots, ground chuck, and chopped onion. Mix gently, cook 30 minutes in the oven.

### **Tabitha's Mom's Tuna Noodle Casserole**

*Ingredients:* 1 bag of egg noodles. 1 10 ¾ oz can cream, Mushroom soup, 1 15 oz can of Peas.

*Directions:* Bring 3 cups water to a boil. Add noodles. While noodles are boiling, Dump peas, soup, and, tuna in strainer let drain Boil noodles until tender. After they are done dump in strainer with other ingredients. Let drain Dump in pot mix well let simmer until warm. Salt and pepper to taste makes 4 to 6 servings.

### **Mrs. Lindsay's Vegetable Lasagna**

*Ingredients:* 1 cup spinach chopped, cooked and drained, 2 cups of ricotta cheese  
2 large eggs, ½ cup freshly grated parmesan cheese, ¼ teaspoon pepper, ½teaspoon nutmeg, 1 teaspoon oregano, 2teaspoon basil, ½ cup chopped almonds

Mix the above ingredients in a bowl. Set aside.

*Directions:*

Sauté in large skillet; 4 cloves of chopped garlic 2 large chopped onions, 1 red chopped pepper, 1 green chopped pepper ½ lb. of sliced mushrooms, 1 tablespoon of olive oil

After the above ingredients are sautéed add the following ingredients to the skillet and simmer over low heat for 30 min. 3 cups of tomato sauce, ¾ cup red tomato paste

3 tablespoon of honey, 2 teaspoon salt, 3 teaspoon basil, 1 teaspoon oregano

¼ cup red wine vinegar, ¾ cup red wine

While it is simmering cook ½ pound of lasagna noodles

In a 13x9 casserole dish, layer the noodles, sauce, and spinach mixture. Repeat and end with sauce.

Sprinkle 1 pound of mozzarella cheese on top.

Bake at 375 degrees for 1 ½ - 2 hours.

### **Mr. Wheeler's Who-Flung What**

*Ingredients:* Cooked chopped chicken, 1 lg. jar Cheez Whiz or 1 large pkg of shredded sharp cheddar cheese, 2 cans cream of chicken soup, 3 c. cooked rice (brown or white)

1 pkg. chopped broccoli, cooked & drained, 1 small can mushrooms (drained and diced)

*Directions:* Place cooked broccoli on bottom of large oblong casserole dish. Add layer of rice and then chicken. Heat Cheez Whiz, soup, and mushrooms in saucepan, or in microwave until mixed thoroughly.

Pour cheese-soup- mushroom mixture in casserole dish poking holes in top allowing mixture to mix with chicken. Bake covered 20 minutes at 350 degrees then uncovered for 10 minutes.