

*Let's stay home*

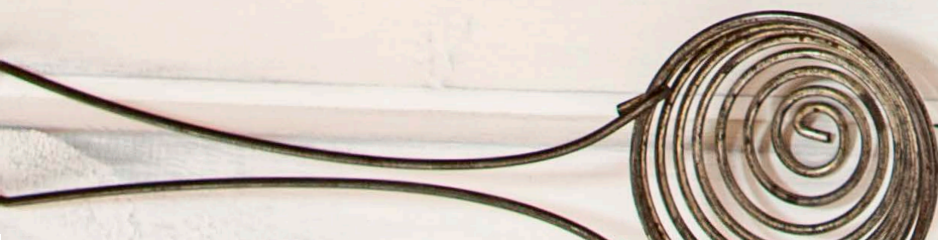
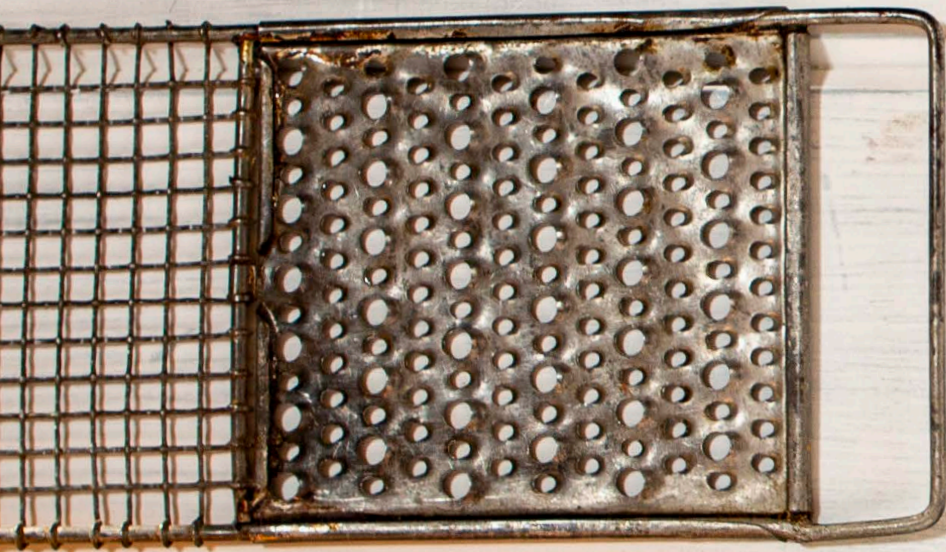
VOLUME • 2020

service  
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*Comfort plan  
Comfort food*

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## LET'S STAY HOME.

Where memories are created, and friends and family belong.

Where a warm kitchen invites you to stop and smell the pie, and dance like no one is watching - no matter how busy life gets.

There's something about the simple act of pre-heating the oven, turning on the stove, and making a little (or big) mess in the kitchen that brings comfort to our lives. The nostalgic feeling you get when you tie those apron strings reminds us that food is more than a meal - it's a way to nurture the ones we care about the most.

We hope this collection of our employees' beloved, tried and true recipes brings you and your loved ones together.





*appetizers*









## COWBOY CAVIAR

from the kitchen of Jenny  
Gillette, Wyo.

### INGREDIENTS

6 tomatoes, diced

1 green bell pepper, seeded and diced

1 onion, diced

2 jalapeno peppers, seeded and diced

1 large avocado, peeled pitted and diced

15-ounce can corn, drained

15-ounce can black beans, rinsed well and drained

2/4 tablespoon lime juice

1/2 cup light Italian dressing

4 medium garlic cloves, pressed

1 teaspoon sea salt or add to taste

### DIRECTIONS

1. Combine tomatoes, bell pepper, onion, jalapenos,

avocado, corn, beans.

2. Add lime juice, Italian dressing, garlic and salt.

3. Mix it all together and serve with your choice of tortilla chips.

*If you're feeling adventurous, you can bake your own tortilla chips!*

*Pre-heat oven to 350 degrees and line two baking sheets with foil.*

*Using a pizza slicer, cut tortillas into 8 triangles by cutting in quarters then eighths; place in a bowl. Drizzle olive oil and spices over tortilla triangles and mix well so all tortillas are evenly coated in oil and spices.*

*Don't be afraid to use your hands! Divide tortillas evenly between both baking sheets and spread out so that they are in an even layer.*

*Bake for 15-18 minutes or until browned. (Varies based on oven.)*

*Store in air tight container for up to 4 days.*

enjoy



# CAULIFLOWER BITES

*from the kitchen of Matthew, Rapid City, S.D.*

## INGREDIENTS

1 head cauliflower, cut into florets  
2 tablespoon extra virgin olive oil  
1 teaspoon salt  
3 tablespoon Frank's RedHot hot sauce  
1/2 teaspoon lemon juice  
1 tablespoon butter, melted  
Blue cheese

## DIRECTIONS

1. Heat oven to 350 degrees.
2. Toss cauliflower florets with salt and olive oil and spread onto a sheet tray.
3. Cook for 25-35 minutes until cooked through and lightly browned.
4. While cauliflower is cooking, combine Frank's, lemon juice and melted butter. Mix well.
5. Remove cauliflower from the oven and toss with hot sauce mixture.
6. Spread on the baking sheet and place back in the oven for another 5 minutes.
7. Remove from oven and garnish cauliflower as desired with blue cheese crumbles.

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# MANGO SALSA

*from the kitchen of Kelley, Rapid City, S.D.*

## INGREDIENTS

3-4 large, ripe mangos; diced  
1 large red bell pepper; diced  
1/2 cup red onion; diced  
1-2 jalapeños; diced  
3/4 cup cilantro; chopped  
Juice of 1 lime  
Salt to taste

## DIRECTIONS

1. Peel the skin off the mangos. Cut the fruit off the flat pit and cut into cubes.  
Add the cubed mango to a large bowl.\*
2. Clean and remove the seeds from the red bell pepper and dice. Add to the bowl.
3. Peel and dice a red onion. Add 1/2 cup of the diced onion to the bowl.
4. Clean the seeds and ribs out of the jalapeños and dice them into small pieces.  
If you like heat, then you can leave some of the ribs and some seeds in the jalapeños.  
Add to the bowl.
5. Chop the cilantro and add to the bowl.
6. Squeeze the juice from the limes and add to the bowl.
7. Mix well and add salt to taste.
8. Enjoy!!

*\*I use a vegetable peeler to peel the skin off the mangos. Mangos are slippery, so be careful!*

*This mango salsa is a summery mix of sweet mangos, spicy jalapeños and tart lime.  
It is wonderful on top of grilled chicken, pork and fish or scooped onto tortilla chips.*





# FRESH GUACAMOLE

*from the kitchen of Mindy, Harrison, Ark.*

## INGREDIENTS

3 small avocados  
1 lime  
1 small white onion  
1 dash of minced garlic  
Salt and pepper to taste  
1 small tomato

## DIRECTIONS

Dice up tomato and onion, add to your mashed avocados, add garlic and salt and pepper, and then squeeze the lime juice to the mixture.

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# AUTHENTIC GREEK TZATZIKI

*from the kitchen of Dory, Rapid City, S.D.*

## INGREDIENTS

1/2 of a large cucumber, unpeeled (I like to partially peeled)  
1 1/2 cup plain full-fat Greek yogurt  
2 large garlic cloves, finely minced  
2 tablespoon extra virgin olive oil  
1 tablespoon white wine vinegar  
1/2 teaspoon salt  
1 tablespoon fresh dill, minced

## DIRECTIONS

1. Grate the cucumber and drain through a fine mesh sieve overnight in the fridge.
2. Combine the yogurt, garlic, oil, vinegar and salt in a large bowl.  
Cover and refrigerate overnight.
3. Transfer the grated cucumber and fresh dill to the yogurt mixture and stir to combine.

*Serve chilled with pita bread for dipping or on sandwiches and gyros.*





# CUCUMBER SANDWICHES

*from the kitchen of Pam, Fayetteville, Ark.*

## INGREDIENTS

1-2 tubes of Pillsbury refrigerated French bread dough  
8-ounce pkg of cream cheese  
1 pkg of Good Season Italian seasoning mix  
1/2 cup of mayonnaise or Miracle Whip  
1 to 2 cucumbers, sliced thinly  
Dill weed

## DIRECTIONS

1. Bake French dough as instructed on the package (this can be done a day or two in advance).
2. When cooled, slice the bread in thin slices.
3. Mix cream cheese, Italian seasoning mix and mayo/Miracle whip. If the cream cheese is too cold, microwave a little to soften.
4. Spread mixture onto the bread slices.
5. Place a cucumber slice (or two if small) on bread. Sprinkle dill weed on top.
6. Eat right away after putting on bread.

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# BACON EXPLOSION

*from the kitchen of Colt, Gillette, Wyo.*

## INGREDIENTS & DIRECTIONS

1. Take a cookie sheet and weave strips of precooked bacon together to cover the whole pan.
2. Brown a couple pounds of sausage.
3. Add pieces of cooked bacon and your favorite BBQ sauce to the sausage.
4. Pile all the sausage on the weaved bacon and fold edges up and weave them together. You should have one big loaf.
5. Bake it in the oven on low heat or on a smoker until hot.

*Serve as an appetizer, meal, or just a great snack. (It's always good with a side of bacon).*





# CHICKEN AND SPINACH PINWHEELS

*from the kitchen of Stacey, Fayetteville, Ark.*

## INGREDIENTS

- 1 box frozen chopped spinach (9 ounce package)
- 1 tablespoon olive or vegetable oil
- 1/4 cups finely chopped onion
- 1 tablespoon garlic, minced
- 2 slices bacon, cooked and crumbled
- 1/2 cups chopped cooked chicken
- 3/4 cups Asiago cheese, grated
- 1/4 cups Ranch dressing
- 1 can Pillsbury Refrigerated Crescent Rolls (8 ounce. tube) or seamless dough sheet
- 1 whole egg, beaten

## DIRECTIONS

1. Heat oven to 375 degrees. Spray a cookie sheet with cooking spray.
2. Cook spinach in the microwave as directed on the box. Drain spinach in strainer and allow it to cool for 5 minutes. Carefully squeeze with a paper towel to drain well.
3. In a 10-inch skillet, heat oil over medium heat, add onion and garlic. Cook for 2 to 3 minutes, stirring occasionally, until crisp-tender. Remove from heat. Stir in spinach, bacon, chicken, cheese and ranch dressing.
4. Unroll dough on a work surface. Press the seams of the crescent rolls firmly together. Spread spinach mixture across the surface of the rectangle to within 1/2 inch of edges. Starting at a long side of the rectangle, roll it up into a log and seal the seams by pressing gently. With a serrated knife, cut into 20 slices.
5. Place slices cut side down on the cookie sheet. Brush with the egg. Bake for 10 to 15 minutes or until golden brown. Remove from cookie sheet. Serve warm.

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# FRUIT DIP

*from the kitchen of Diane, Manchester, Iowa*

## INGREDIENTS

- 1 (8 ounce) cream cheese (softened)
- 3/4 cup brown sugar
- 1/4 cup white sugar
- 1 teaspoon vanilla
- 1 teaspoon lemon juice

## DIRECTIONS

1. Mix all ingredients until well blended.  
Serve with fruit. Great with apple wedges.  
Stores well in refrigerator in a covered container.





# SPICY SAUSAGE CHEESE BALLS

*from the kitchen of Pam Fayetteville, Ark.*

## INGREDIENTS

- 1 pound roll pork sausage (I use Jimmy Dean brand)
- 3/4 cup Bisquick baking mix
- 1 teaspoon chili powder
- 1/4 cup finely chopped onion
- 1 or 2 finely chopped & seeded jalapenos
- 2 cups shredded sharp cheddar cheese

## DIRECTIONS

1. Combine all ingredients and form into small balls. Can cook in skillet on med/low or bake in oven at 375 degrees.
2. If baking, line baking sheet with foil and spray foil with non-stick spray.
3. Bake them for about 15-20 minutes.

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# UGLY DIP

*from the kitchen of Tim, Rapid City, S.D.*

## INGREDIENTS

- 4 cans of black beans
- 2 pounds hot pork sausage
- 1 medium onion
- 1 fresh jalapeno
- 1 head of garlic
- 32 ounces block Velveeta, diced
- 16 ounces sour cream

## DIRECTIONS

1. Cook the black beans 2 hours, covered, until very soft and then break them up with a mixer or food processor.
2. Peel the garlic and put in a small pan with a splash of olive oil.
3. Cook until garlic is blackened (fresh garlic is preferred).
4. Brown the sausage, fine chop pepper and onion together, drain, and add the garlic.
5. Mix the sausage and beans together, add Velveeta, and then add sour cream.
6. Season with cumin and cayenne to taste.
7. Serve with chips.

*If made properly, the dip comes out ugly. Really ugly.*





# MEXICAN SHRIMP COCKTAIL

*from the kitchen of Kenia, Fayetteville, Ark.*

## INGREDIENTS

1 cup white onion  
2 limes freshly squeezed  
2 pounds cooked small shrimp (peeled, deveined, and tails removed)  
4 Roma tomatoes, chopped  
1 cucumber, finely chopped  
2 teaspoons salt  
1 avocado, peeled, pitted and chopped  
1 bunch cilantro leaves, chopped  
2 cups of Clamato juice (tomato juice)  
2 cups of V8 vegetable juice  
2 fresh jalapeños, seeded and finely chopped  
2 pickled jalapenos, finely chopped  
Crackers of your choice

## DIRECTIONS

1. Combine all the ingredients into a bowl. Toss them all together and thoroughly combine until well mixed together.
2. Cover and chill thoroughly, at least 2 hours.
3. Serve with favorite crackers and enjoy.





# WRAPPED DATES

*from the kitchen of Amanda, Rapid City S.D.*

## INGREDIENTS

8 slices of bacon (I prefer turkey bacon)  
16 dates  
4 ounces of goat cheese  
Toothpicks

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Slice the dates lengthwise, create an opening and remove the pit.
3. Stuff a small (or large) amount of goat cheese into the cavity of the date.
4. Cut bacon slices in half, wrap each date with a slice of bacon, secure with a toothpick.
5. Arrange on a baking sheet lined with foil and non-stick spray.
6. Bake for 10 minutes, take out of oven and flip to the other side, remove toothpick.
7. Bake for another 8-10 minutes (to desired crisp).
8. Remove from oven and let stand for 5 minutes before serving.

*For extra flavor, add balsamic glaze overtop before serving.*







*soups,  
salads*





soups, salads



Recipe on page 18 • **CHILI**

CHILI

from the kitchen of Rachel, Rapid City, S.D.

INGREDIENTS

1 1/2 to 2 pounds of ground beef

1 onion (chopped)

2 cans of diced tomatoes

1 can of kidney beans (with juice)

2 teaspoons chili powder

1 tablespoon of sugar

2 tablespoons of vinegar (dissolved in 1/2 cup of hot water)

enjoy

DIRECTIONS

1. Brown 1 1/2-2 pounds of ground beef with 1 chopped onion, drain.

2. Add black pepper to taste, 2 cans of diced tomatoes, 1 can of kidney beans with juice, 2 tablespoons chili powder, 1 tablespoon sugar, and 2 tablespoons vinegar (dissolved in 1/2 cup of hot water).

3. Simmer 20 minutes, covered.

Enjoy.

enjoy



# SLOW COOKER GREEN CHILI CHICKEN ENCHILADA SOUP

*from the kitchen of Laurie, Kearney, Neb.*

## INGREDIENTS

1 pound boneless, skinless chicken breast  
2 cans black beans, drained & rinsed  
1 can navy beans, drained & rinsed  
10 ounces green enchilada sauce  
8 ounces chopped green chilies  
2 cups chicken broth  
1 tablespoon ground cumin  
1 teaspoon paprika  
1 teaspoon salt  
1/2 teaspoon pepper  
8 ounces cream cheese

## DIRECTIONS

1. Add all ingredients except cream cheese to a 5 quart or larger slow cooker.
2. Cover and cook on high for 4 to 6 hours.
3. Remove chicken, shred and return to slow cooker.
4. Add cubed cream cheese and allow to melt fully for about 20-30 minutes.
5. Stir to distribute into soup.

soups, salads



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# CREAMY CUCUMBER SALAD

*from the kitchen of Mary, Rapid City, S.D.*

## INGREDIENTS

4 cucumbers (about 2 1/2 pounds), peeled and sliced into 1/4-inch rounds  
1 small sweet onion, thinly sliced into rings  
Kosher salt  
1/2 cup sour cream  
1/4 cup chopped fresh dill  
1 tablespoon horseradish sauce  
2 tablespoons white vinegar  
Freshly cracked black pepper

## DIRECTIONS

1. Put a large colander in a large bowl. Add the cucumbers and onions to the colander, sprinkle with 1 tablespoon salt and toss until the salt is evenly distributed. Let stand at room temperature for at least 1 hour and up to 2 hours.
2. Transfer the cucumbers and onions from the colander to a paper towel-lined baking sheet and pat them dry with another layer of paper towels.
3. Whisk together the sour cream, dill, horseradish sauce, vinegar and a few cracks of black pepper in a medium bowl. Add the cucumbers and onions and toss until coated. Chill in fridge for one hour before serving.
4. To make ahead: Salt and pat dry the cucumbers and onions as above, then keep separate from the dressing until ready to serve.



# EDAMAME QUINOA SALAD

*from the kitchen of Kim, Ozark, Ark.*

## INGREDIENTS

1/2 cup quinoa, rinsed and drained  
1 cup frozen shelled edamame, thawed (I substitute black beans here)  
1 cup frozen whole kernel corn, thawed  
1/2 cup cherry tomatoes, halved or quartered  
1/4 cup chopped fresh cilantro  
1/4 cup lime juice  
2 tablespoons olive oil

## DIRECTIONS

1. In a small saucepan combine quinoa and 1 cup water. Bring to boil; reduce heat. Cover; simmer for 15 minutes or until water is absorbed. Remove from heat; set aside.
2. Meanwhile, in a large bowl combine the edamame, corn, cherry tomatoes, and cilantro. Add quinoa; toss to combine. Add lime juice and olive oil; toss to coat. Season to taste with salt and pepper.

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# BROCCOLI SALAD

*from the kitchen of Jacey, Rapid City, S.D.*

## INGREDIENTS

5 to 6 cups raw chopped broccoli, stem and florets  
10 slices cooked, chopped bacon  
1 cup raisins or dried cranberries  
1 cup sunflower seeds  
1/3 cup diced red onion  
**Dressing Ingredients:**  
1/2 cup mayonnaise or Miracle Whip  
2 tablespoons sugar  
2 teaspoons vinegar  
Salt and pepper to taste

## DIRECTIONS

1. Mix up the dressing ingredients and pour over the salad ingredients.
2. Refrigerate before serving.





# WHITE CHICKEN CHILI

*from the kitchen of Tara, Rapid City, S.D.*

## INGREDIENTS

1 pound boneless skinless chicken breasts, chopped  
1 medium onion, chopped  
1 tablespoon olive oil  
2 garlic cloves, minced  
2 cans (14 ounces each) chicken broth  
1 can (4 ounces) chopped green chiles  
2 teaspoons ground cumin  
2 teaspoons dried oregano  
1 1/2 teaspoons cayenne pepper  
3 cans (14 1/2 ounces each) great northern beans, drained, divided  
1 cup shredded Monterey Jack cheese  
Sliced jalapeño pepper, optional

## DIRECTIONS

1. Over medium heat, cook chicken and onion in oil until lightly browned.
2. Add garlic; cook 1 minute longer.
3. Stir in the broth, chiles, cumin, oregano, cayenne and beans; bring to a boil.
4. Add one cup of half and half and 1 cup of cheese.

For additional flavor add 1/2 a can of beer and 1 teaspoon smoked paprika.

If chili appears to be soupy add flour and water mixture and allow it to thicken.

*Top chili off with the following: cilantro, sour cream, cheese (of your choice), corn chips.*



# BAKED POTATO SOUP

*from the kitchen of Theresa, Papillion, Neb.*

## INGREDIENTS

4 large baking potatoes  
2/3 cup butter or margarine  
2/3 cup flour  
6 cups milk  
3/4 teaspoon salt (I think it usually needs more with all the potatoes)  
1/2 teaspoon pepper  
4 green onions, chopped and divided  
12 slices bacon, cooked, crumbled and divided  
1 1/4 cup shredded cheddar cheese, divided  
8 ounces sour cream

## DIRECTIONS

1. Wash potatoes and bake; let cool.
2. Cut potatoes in half lengthwise, then scoop out pulp. Set aside. Discard skins.
3. Melt butter in heavy saucepan over low heat. Add flour; stir until smooth.
4. Cook 1 minute, stirring constantly. Gradually add milk. Cook over medium heat, stirring constantly, until mixture is thickened and bubbly.
5. Add potato pulp, salt, pepper, 2 tablespoons green onions, 1/2 cup bacon and 1 cup cheese.
6. Cook until thoroughly heated. Stir in sour cream. Add extra, if necessary, for desired thickness.
7. Serve with remaining onion, bacon, and cheese. Sprinkle in each bowl before serving.



# COCONUT CARROT SOUP

*from the kitchen of Anna, Rapid City, S.D.*

## INGREDIENTS

1 tablespoon olive oil  
1 onion (chopped)  
3 cloves garlic (minced)  
2 tablespoons ginger (finely chopped)  
5 cups carrots (peeled & chopped)  
4 cups low sodium vegetable broth  
Salt and pepper to taste  
1 teaspoon dried thyme  
13 1/2 ounces coconut milk  
1 lime (juiced)

## DIRECTIONS

1. Heat olive oil in pot and add onions. Cook until softened.
2. Add garlic and ginger and cook for 2-4 minutes. Add carrots, broth, salt, pepper and thyme. Stir to combine and increase heat to medium-high.
3. Cook until carrots are softened, roughly 10-15 minutes. Turn heat down to low and blend the soup with an immersion blender until smooth.
4. Stir in coconut milk and lime juice and serve.

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# TACO SOUP

*from the kitchen of Becky, Council Bluffs, Iowa*

## INGREDIENTS

1 lb ground beef or shredded chicken  
1 small onion  
1 (16 ounces) can black beans  
1 (16 ounces) can pinto beans  
1 (16 ounces) can chili beans  
1 (16 ounces) can whole kernel corn  
1 package taco seasoning  
1 package Hidden Valley Ranch dressing mix  
2 (14 ounces) cans diced tomatoes  
1 (4 1/2 ounces) can green chilies

## DIRECTIONS

1. Chop onion and combine with ground beef/chicken.
2. Brown and drain the ground beef. If using chicken, cook with onions in a pan.
3. Dump all cans (undrained) into 3 quart pan along with the taco seasoning and dressing packets, cooked onions and meat. Velveeta cheese can be added at this time.
4. If draining the beans is desired, add about 1/4 cup of water to the mix.
5. Stir to combine and heat on medium until a low boil has been achieved.

*Serve with tortilla chips, sour cream, hot sauce, and cheese, if desired.*





# SWEET POTATO CHICKEN SOUP

*from the kitchen of Sarah, Rapid City, S.D.*

## INGREDIENTS

4 tablespoons butter or olive oil  
1 large yellow onion  
4 stalks of celery  
1 red bell pepper  
3 medium sweet potatoes  
4 or 5 cloves fresh garlic  
3 boxes of chicken stock (more or less depending on how much broth you like)  
1 whole rotisserie chicken shredded  
Fresh oregano (about 1/4 cup chopped)  
Fresh lemon juice to taste (I use 2 lemons and their zest)  
1 bunch of green onions  
1 or 2 teaspoons turmeric to taste  
2 or 3 tablespoons chili powder to taste  
1 tablespoon black pepper  
Salt to taste

## DIRECTIONS

1. Chop the onion and celery very finely. Chop the sweet potatoes and red pepper into cubes.
2. Sauté the onion in the butter or olive oil until tender and translucent.
3. Add the sweet potatoes, celery, garlic and red pepper and continue to sauté until the sweet potatoes are tender but still al dente.
4. Add the spices and lemon, and then the chicken and stock.
5. Chop the oregano and add it while the stock heats.
6. Finish the soup by chopping and adding the green parts of the green onions and parsley.
7. It's done when all the veggies are the tenderness you would like them to be.

*Serve with toasted bread, chives and any leftover oregano or parsley.*

soups, salads



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# TACO SALAD

*from the kitchen of Cindy, Denver, Colo.*

## INGREDIENTS

1 pound ground beef  
1 envelope taco seasoning  
3/4 cup water  
1 medium head iceberg lettuce, torn (about 8 cups)  
2 cups shredded cheddar cheese  
2 cups broken nacho flavored chips  
1/4 cup Catalina salad dressing

## DIRECTIONS

1. In a large skillet, cook beef over medium heat 6-8 minutes or until no longer pink, breaking into crumbs; drain.
2. Stir in taco seasoning and water; bring to a boil. Reduce heat; simmer uncovered, 4-6 minutes or until thickened, stirring occasionally. Cool slightly.
3. In a large bowl, toss lettuce with cheese.
4. Top with beef mixture and chips; drizzle with dressing and toss to combine.



# GARDEN SALAD

*from the kitchen of Dixie, Rapid City, S.D.*

## INGREDIENTS

1 package veggie/mixed color macaroni, cooked (do not overcook)  
1/2 cup green pepper, chopped  
1 large cucumber, diced  
2 green onions, chopped  
1/2 cup radishes, sliced  
1/2 cup carrots, sliced

### **Dressing:**

1 cup mayonnaise  
1/2 cup sugar  
1/4 cup balsamic vinegar

## DIRECTIONS

1. Blend dressing together, mix into veggies and macaroni.
  2. Cover, refrigerate up to 2 hours or overnight.
  3. Mix well before serving.
- 

# LOW CARB BIG MAC SALAD

*from the kitchen of Nikki, Rapid City, S.D.*

## INGREDIENTS

1 pound ground beef  
8 ounces of romaine or iceberg lettuce  
1 cup tomatoes chopped  
3/4 cup shredded cheddar cheese  
1/2 cup pickles diced

### **Dressing**

1/4 cup mayonnaise  
1/4 sour cream  
1/4 cup sugar free ketchup  
3 tablespoons dill relish  
1 tablespoon mustard

## DIRECTIONS

1. Cook ground beef. Season to taste. Drain fat.
2. Combine lettuce, chopped tomatoes, diced pickles and cheese in a large bowl.
3. Mix all of dressing ingredients in a small bowl.
4. Toss ground beef into salad mixture.
5. Top salad with dressing and toss.





# ITALIAN PASTA SALAD

*from the kitchen of Dustie, Rapid City, S.D.*

## INGREDIENTS

- 1 cucumber cut into small squares
- 1 bell pepper (green, orange, yellow or red) cut into small squares
- 1 can black olives
- 1 jar of green olives
- 1 cup cherry tomatoes
- 1 bunch of green onions cut into small pieces
- 1 cup of cheese-cubed-any kind you like
- 1 cup of mini or chopped pepperoni
- 1 bag of colorful rotini noodles
- 1 pack of Good Seasons All Natural Italian Dressing Mix (requires vinegar and oil)

## DIRECTIONS

1. Cut up all the vegetables and cook the pasta.
2. Mix the Italian dressing packet with water, oil and vinegar, according to package instructions.
3. You can combine all ingredients in a large bowl and place in the refrigerator at least one hour before serving.

soups, salads



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# BLACK BEAN SALAD BOWL

*from the kitchen of Leonardo, Fayetteville, Ark.*

## INGREDIENTS

- Chicken, steak, or shrimp, or veggies
- 1 can black beans
- Rice (white or Mexican)
- 1 cucumber
- 1 tomato
- 1 can of corn

## DIRECTIONS

1. Prep white rice, or Mexican rice to your liking.
2. Add one can of black beans to your base.
3. Cut up cucumbers and tomatoes.
4. Add a can of corn.
5. Mix it all up.

*Optional - throw some lime, avocados and salsa on top. It is delicious.*



# THAI COCONUT SOUP

*from the kitchen of Derek, Rapid City, S.D.*

## INGREDIENTS

1 tablespoon coconut oil  
2 tablespoons grated fresh ginger  
1 stalk lemon grass, minced (or use 1/3 tube minced lemon grass)  
2 teaspoons red curry paste  
4 cups chicken broth (or vegetable broth)  
3 tablespoons fish sauce  
2 teaspoons honey (or 1 tablespoon brown sugar)  
2 (13 1/2 ounce) cans coconut milk  
1 (13 1/2 ounce) can coconut cream  
1/2 pound fresh shiitake mushrooms, sliced (or other mushroom if not available)  
2 pounds medium shrimp, peeled and deveined (uncooked)  
1 pinch of salt to taste (Himalayan preferred)  
1/4 cup chopped fresh cilantro  
Serrano or jalapeño peppers (sliced)  
Thai noodles  
White rice  
2 limes

## DIRECTIONS

1. Get the rice started cooking. Depending on rice time, start cooking so both complete at same time. The soup will take about 30 minutes.
2. Heat the oil in a large pot over medium heat.
3. Cook and stir the ginger, lemongrass, and curry paste in the heated oil for 1 minute.
4. Slowly pour the chicken broth over the mixture, stirring continually.
5. Stir in the fish sauce and honey; simmer for 15 minutes. (I usually peel shrimp during this process).
6. Start cooking Thai noodles.
7. Stir in the coconut milk and mushrooms; cook and stir until the mushrooms are soft, about 5 minutes.
8. Add the shrimp & pinch of salt. Cook until no longer translucent, about 5 minutes.
9. Serve over noodles (and rice, or with the rice on the side).





# WHITE CHILI WITH CHICKEN

*from the kitchen of Karla Rapid City, S.D.*

## INGREDIENTS

- 1 medium onion, chopped
- 2 tablespoons parsley
- 2 cloves garlic, minced
- 1 teaspoon cumin
- 1 tablespoon oil
- 2 tablespoons cornstarch
- 4 cups chicken broth
- 1/2 cup cold water
- 2 (15 1/2 ounces) cans Great Northern beans, rinsed & drained
- 2 cups cubed cooked chicken

## DIRECTIONS

1. Cook onion and garlic in oil until tender.
2. Combine chicken broth, beans, parsley and cumin with onion/garlic and bring to a boil.
3. Simmer for 10 minutes.
4. Combine cornstarch and cold water; stir until smooth. Add to chili.
5. Add chicken to the chili.
6. Bring to a boil. Cook and stir for 2 minutes or until thickened.

soups, salads



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# DILL PICKLE LOVERS PASTA SALAD

*from the kitchen of Jenn, Rapid City, S.D.*

## INGREDIENTS

- 1/2 pound dry shell pasta (3 cups)
- 3/4 cup sliced pickles
- 2/3 cup cheddar cheese, diced
- 3 tablespoons diced white onion
- 2 tablespoons fresh dill
- 1/2 cup pickle juice

### **Dressing:**

- 2/3 cup mayonnaise
- 1/3 cup sour cream
- 1/8 teaspoon cayenne
- 4 tablespoons pickle juice
- Salt and pepper

## DIRECTIONS

1. Boil pasta. Rinse with cold water.
2. Toss cold pasta with 1/2 cup of pickle juice & set aside for about 5 minutes.
3. Drain/discard pickle juice.
4. Combine all dressing ingredients in a small bowl & mix well.
5. Toss all ingredients in large bowl. Refrigerate for at least 1 hour before serving.



# BLT PASTA SALAD

*from the kitchen of Kiesha, Fayetteville, Ark.*

## INGREDIENTS

- 1 package of bacon
- 1 head of lettuce
- 1 pack of cherry tomatoes
- 2 boxes (1 pound each) of bowtie noodles
- 1 large container of ranch dressing

## DIRECTIONS

1. Cook full package of bacon.
  2. Cook noodles according to package.
  3. Dice lettuce, place in strainer and rinse. Place lettuce in Tupperware.
  4. Cut cherry tomatoes in half and add to lettuce and mix.
  5. Place noodles in strainer, run cold water over. Once cool, add to lettuce and tomatoes and mix.
  6. Cut or crumble bacon over mix.
  7. Add ranch and mix.
  8. Place in fridge to get cold for 2-3 hours at least. Then add ranch to taste if needed.
- 

# GRILLED WATERMELON FETA TOMATO SALAD

*from the kitchen of Lance, Rapid City, S.D.*

## INGREDIENTS & DIRECTIONS

1. Slice watermelon into slices resembling the size of a tomato.
2. Grill on high heat to char the watermelon which enhances the flavor.
3. Combine watermelon on plate with slices of tomatoes on top.
4. Drizzle a good olive oil over the top of the tomatoes and salt and pepper to taste.
5. Top with a piece of feta cheese.





# CILANTRO LIME QUINOA SALAD

*from the kitchen of Jamie, Rapid City, S.D.*

## INGREDIENTS

1 cup uncooked quinoa (2+ cups cooked)  
1/2 avocado  
1 Roma tomato  
1 cup chopped spinach  
Cotija cheese (or feta)  
**Lime Cilantro Dressing:**  
1/4 cup olive oil  
Juice of 1 lime (1 tablespoon+)  
1/2 jalapeño pepper  
1/2 teaspoon salt  
1 garlic clove  
10-15 sprigs cilantro

## DIRECTIONS

1. Rinse 1 cup quinoa and add to a saucepan along with 2 cups water (or stock) and 1/2 teaspoon salt.
2. Bring to a boil, reduce heat and let simmer until the liquid is absorbed, 10-12 minutes.
3. Set quinoa aside and if serving soon, put it in the fridge to cool it down.
4. Meanwhile, finely chop half an avocado, 1 Roma tomato, and 1 cup spinach.
5. For the dressing, add 1/4 cup olive oil to a blender or food processor along with the juice of 1 lime, 1/2 jalapeño pepper, 1 garlic clove, 1/2 teaspoon salt, and 10-15 sprigs cilantro.
6. Pulse blend and taste for heat and seasoning. If desired, you can add a bit more jalapeno or salt.
7. Combine the quinoa, tomato, avocado and spinach in a bowl.
8. Garnish with cheese (Cotija!) and additional avocado if you want. Drizzle dressing over the top.



*main  
dishes*







main dishes



Recipe on page 32 • **ROASTED CHICKEN**



ROASTED CHICKEN

from the kitchen of Kathy,  
Rapid City, S.D.

INGREDIENTS

- 5-6 pounds whole chicken
- 1/2 cup olive oil
- 1/2 cup soy sauce
- 1/4 cup marsala wine (optional)
- 2 tablespoons dijon mustard
- Juice of 1 lemon
- 1 tablespoon dried oregano
- 1/8 teaspoon celery salt
- 3 garlic cloves (crushed or minced)

DIRECTIONS

1. Brine the chicken, pat the chicken after brining is complete.
2. Preheat oven to 400 degrees.
3. Tie chicken legs together with kitchen twine.
4. Place the chicken in a roasting pan. Cook for approximately 1 hour and 20 minutes or until golden brown (thickest part of the thigh should register as 165 degrees).
5. Let chicken rest for 10 minutes before carving.

Potatoes, and various veggies can be baked with the chicken.  
The drippings are great for gravy making.

enjoy





# BEEF FILLET WITH PORTOBELLO SAUCE

\* *Gluten free*

*from the kitchen of Mari, Rapid City, S.D.*

## INGREDIENTS

4 ounces beef tenderloin  
3/4 cup sliced Portobello mushrooms  
1/4 dry red wine (or use beef broth)  
1/2 teaspoon gluten free all purpose flour (such as Cup4Cup, if gluten free not needed, use all purpose flour)  
1/4 cup beef broth (reduced sodium - use a gluten free brand if needed)  
1/2 teaspoon ketchup  
1/2 teaspoon Worcestershire sauce (most are gluten free)  
1/2 teaspoon steak sauce (if needed use a gluten free version or omit if you can't find one without gluten)  
1/4 teaspoon ground mustard  
1/8 teaspoon pepper  
Dash of salt  
A sprinkle of chives (optional)

## DIRECTIONS

1. Brown steak (both sides) in skillet coated with cooking spray (check to ensure cooking spray is gluten free) on medium to high heat. Remove from pan.
2. Mix together all dry ingredients with flour (salt, pepper, ground mustard).
3. Add wine (or 1/4 cup beef broth), steak sauce, Worcestershire sauce and mushrooms to pan and bring to a boil over medium heat, cooking until liquid reduces by half. Then mix flour mixture and 1/4 cup beef broth until smooth (no lumps) and stir into the pan. While stirring, bring to a boil.
4. Put steak back into the pan with the sauce and mushrooms and cook uncovered until it reaches your desired "doneness" (a minute or two on each). If you want to make it look pretty, sprinkle it with the optional chives.

*This awesome beef dish is about 250 calories (7g fat, 7g carbs, 27g protein). But of course I would add some mashed potatoes and fresh roasted veggies to round it out to a delicious meal. YUM!*

*Note: this recipe has been adapted to accommodate gluten free needs. If you don't tell your dinner guests, they will never know!*



# BIG MAC SLOPPY JOES

\* *Gluten free*

*from the kitchen of Tanya, Rapid City, S.D.*

## INGREDIENTS

1 pound lean ground beef  
1/4 cup mayonnaise  
3/4 cup thousand Island dressing  
1 teaspoon salt  
1 teaspoon pepper  
1/2 cup tangy dill pickles, diced  
1 cup yellow onions, diced  
1 cup cheddar cheese, shredded  
4 large sesame seed hamburger buns  
1 cup iceberg lettuce, shredded

## DIRECTIONS

1. Preheat oven to 400 degrees for toasting the buns.
2. Cook the ground beef with a dab of butter or margarine in a large frying pan over medium-high heat.
3. Crumble the beef well as it cooks.
4. Once the ground beef is fully cooked, drain the grease from the pan and reduce the heat to medium.
5. Add the mayonnaise, thousand Island dressing, salt and pepper to the pan.
6. Stir well until all of the ground beef is coated in the dressing.
7. Add the diced pickles and diced onions to the pan.
8. Stir well again and reduce heat to low.
9. Lay the hamburger buns in a single layer on a baking sheet.
10. Place the baking sheet in the oven and bake until the buns are lightly toasted, 4 to 6 minutes.
11. Add the shredded cheddar to the ground beef pan and stir just until the cheese is combined with the meat.
12. Spoon the ground beef mixture on to the bottom buns.
13. Sprinkle shredded lettuce on top of the meat and then cover with top bun.  
Serve and enjoy!





# 15 MINUTE CHICKEN ENCHILADAS

*from the kitchen of Amie, Rapid City, S.D.*

## INGREDIENTS

1 rotisserie chicken  
Minute Rice (brown)  
2 cans refried beans  
1 large can green chile  
Tortillas  
Shredded cheese

## DIRECTIONS

1. Cook Minute brand rice (about 10 minutes).
2. While the rice is cooking, shred the rotisserie chicken.
3. In a large bowl, combine the shredded chicken, rice, and contents of refried beans.
4. Mix well. Add a bit of the green chile sauce and some shredded cheese.
5. Roll into tortillas, top with remaining green chile sauce and shredded cheese.
6. Bake in the oven for 30 minutes at 350 degrees. Super easy and quick!

*Recommend serving with Greek yogurt and cilantro.*

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# JOHN'S 3-2-1 SMOKED RIBS

*from the kitchen of John, Gillette, Wyo.*

## INGREDIENTS

2 racks baby back ribs, membrane removed  
1/3 cup yellow mustard  
1/4 cup apple juice  
Generous amount of your favorite dry rub  
1/2 cup light brown sugar  
1/3 cup honey  
6 tablespoons butter  
1 cup of your favorite BBQ sauce

## DIRECTIONS

1. Lay out 4 large sheets of aluminum foil and set aside. Fill hopper of smoker with wood pellets. I usually use hickory, but pecan or cherry would work as well.
2. Remove membrane from back of ribs. Slide a butter knife into the bone-side of the rack of ribs and make a small slit. Grab the membrane and pull it off. Use a paper towel to get a better grip on it.
3. Combine mustard and apple juice. Brush over ribs on both sides. Season ribs with dry rub on both sides. Be generous.
4. Start smoker on the smoke setting for 5-10 minutes. Increase heat to 225 degrees. Smoke the ribs, meaty side up, for 3 hours.
5. Leave smoker on at 225 degrees and place ribs on foil sheets. Sprinkle rack of ribs on both sides with half of brown sugar and honey, then top with 2 Tbsp of butter. Pour in 3 tablespoon apple juice. Repeat with remaining rack of ribs and remaining brown sugar, honey, butter and apple juice.
6. Add another foil sheet on top of the ribs and crimp to seal tightly. Return foil packs of ribs to grill and cook for 2 hours.
7. Carefully remove ribs from foil, and brush ribs with your favorite BBQ sauce.
8. Place ribs back on grill grate and grill for 1 hour. Slice and enjoy!



# PRESSURE COOKER CHICKEN CASSEROLE

*from the kitchen of Kathy, Lawrence, Kan.*

## INGREDIENTS

1 1/4 pounds boneless, skinless chicken breast, cut up (about 1 1/2-inch pieces)  
1/2 teaspoon onion powder  
1/2 teaspoon garlic powder  
1/4 teaspoon pepper  
3/4 cup uncooked long grain white rice (measure carefully for best results)  
1/2 cup shredded cheddar cheese  
1 1/3 cups veggie or chicken broth  
1 can (10 1/2 ounces) condensed cream of chicken or cream of mushroom soup  
3 cups fresh vegetable, bite size pieces

## DIRECTIONS

1. Spray the inside of a 6-quart pressure cooker with cooking spray. Season the chicken with salt and pepper. Layer the chicken, onion powder, garlic powder, pepper, rice, and 1/4 cup cheese in the pot. Pour the broth over the cheese and spoon the soup on top (the order is important). DO NOT STIR.
2. Pressure cook on high pressure, setting the timer to 6 minutes once pressure is reached. When done, press Cancel and use the quick release method to release the pressure.
3. Add the fresh vegetable, stir well, and sprinkle with the remaining 1/4 cup cheese. Close the lid and let stand for 10 to 15 minutes or until the rice is tender and the vegetable is tender-crisp. The casserole will tighten up during this time. Season to taste.

*Do not use minute rice. If brown rice is desired, you will need to double the pressurized cook time to 12 minutes.*

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# RICE-A-RONI MEATBALLS

*from the kitchen of Theresa, Papillion, Neb.*

## INGREDIENTS

1 pound ground beef  
1 box Beef Rice-A-Roni  
1 can beefy mushroom soup

## DIRECTIONS

1. Mix 1 pound of hamburger and rice only from Rice-A-Roni.
2. Form into balls, and brown. Drain grease if any.
3. Add envelope of seasoning and 1 to 2 cups water and soup.
4. Simmer 1/2 hour or until thickened.



# STUFFED GREEN PEPPERS

*from the kitchen of Rebecca, Council Bluffs, Iowa*

## INGREDIENTS

4 green bell peppers  
1 pound ground beef  
1/2 cup chopped onion  
1 can chopped/diced tomatoes  
1/2 cup uncooked rice  
1/2 cup water  
1 cup shredded cheddar cheese  
2 cans condensed tomato soup

## DIRECTIONS

1. Bring a large pot of salted water to a boil. Cut the tops off the peppers and remove the seeds. Cook peppers in boiling water for 5 minutes; drain. Sprinkle salt inside each pepper and set aside.
2. In a large skillet, sauté beef and onions for 5 minutes or until beef is browned. Drain off excess fat and season with salt and pepper. Stir in the tomatoes, rice, 1/2 cup water and Worcestershire sauce. Cover and simmer for 15 minutes or until rice is tender. Remove from heat and stir in the cheese.
3. Preheat the oven to 350 degrees. Stuff each pepper with the beef and rice mixture and place peppers open side up in a baking dish. In a medium bowl, combine tomato soup with just enough water to make the soup a gravy consistency. Pour over the peppers. Bake covered for 25 to 35 minutes until heated through and cheese is melted and bubbly.





# INSTANT POT ZESTY BEEF

*from the kitchen of Lorraine, Witchita, Kan.*

## INGREDIENTS

10 cloves garlic, peeled  
1 orange juiced and zested  
1 grapefruit juiced and zested  
3 tablespoons avocado oil; divided  
1 tablespoon dried oregano  
4 teaspoons salt; divided  
2 teaspoons ground cumin  
2 teaspoons black pepper; divided  
4 pounds chuck roast  
1 bay leaf

## DIRECTIONS

1. In blender or food processor, combine garlic, orange juice and zest, grapefruit juice and zest, 2 tablespoons avocado oil, oregano, 1 teaspoon salt, cumin and 1 teaspoon pepper. Blend until garlic is finely chopped and everything is combined.
2. Select Instant Pot Sauté function. Heat remaining 1 tablespoon oil. Season beef with remaining 3 teaspoons salt & 1 teaspoon pepper. Cut into chunks. Sear each piece of beef until browned on outside.
3. Add bay leaf and all but 1/2 cup marinade, working up any brown bits from bottom of pot.
4. Select Manual function; set timer for 80 minutes. Allow to naturally depressurize 10 minutes. Quick release any remaining pressure.
5. Shred beef; toss with reserved 1/2 cup marinade.

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# SEAFOOD

*from the kitchen of Malorie, Rapid City, S.D.*

## INGREDIENTS

8 ounce fresh or frozen medium shrimp in shells  
8 ounce fresh or frozen scallops  
8 ounce fresh or frozen mussels in shells  
1 cup finely chopped onion  
4 garlic cloves (minced), 1 tbsp olive oil  
1 teaspoon ground cumin  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground red pepper  
1 cup fish or vegetable broth  
1 cup finely chopped tomatoes  
1/4 tsp salt  
1/8 teaspoon, ground saffron, and optional parsley for garnish.

## DIRECTIONS

1. Thaw shrimp and scallops, if frozen. Peel and devein shrimp. Rinse shrimp and scallops.
2. Scrub mussels and remove beards, if fresh. In a large bowl, combine 2 cups of water and 3 tablespoon salt; soak fresh mussels for 15 minutes. Drain, rinse, and repeat a second time.
3. In a large saucepan, cook onion and garlic in hot oil under tender. Stir in cumin, cinnamon, and red pepper; cook and stir for one minute. Stir in broth, tomatoes, salt, and saffron. Bring to boil; add shrimp, scallops, and mussels.
4. Return to boiling; reduce heat. Simmer, covered for about 5 minutes or until mussel shells open. If desired, garnish with parsley.



# CURRY CHICKEN TIKKA MASALA

*from the kitchen of Donielle, Rapid City, S.D.*

## INGREDIENTS

2 tablespoons ghee (clarified butter)  
1 onion, finely chopped  
4 cloves garlic, minced  
1 tablespoon ground cumin  
1 teaspoon salt  
1 teaspoon ground ginger  
1 teaspoon cayenne pepper  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground turmeric  
1 (14 ounces) can tomato sauce  
1 cup heavy whipping cream  
2 teaspoons paprika  
1 tablespoon white sugar  
1 tablespoon vegetable oil  
4 skinless, boneless chicken breast halves, cut into bite-size pieces  
1/2 teaspoon curry powder  
1/2 teaspoon salt, or to taste  
1 teaspoon white sugar, or to taste

## DIRECTIONS

1. Heat ghee in a large skillet over medium heat and cook and stir onion until translucent, about 5 minutes. Stir in garlic; cook and stir just until fragrant, about 1 minute. Stir cumin, 1 teaspoon salt, ginger, cayenne pepper, cinnamon, and turmeric into the onion mixture; fry until fragrant, about 2 minutes.
2. Stir tomato sauce into the onion and spice mixture, bring to a boil, and reduce heat to low. Simmer sauce for 10 minutes, then mix in cream, paprika, and 1 tablespoon sugar. Bring sauce back to a simmer and cook, stirring often, until sauce is thickened, 10 to 15 minutes.
3. Heat vegetable oil in a separate skillet over medium heat. Stir chicken into the hot oil, sprinkle with curry powder, and sear chicken until lightly browned but still pink inside, about 3 minutes; stir often. Transfer chicken and any pan juices into the sauce. Simmer chicken in sauce until no longer pink, about 30 minutes; adjust salt and sugar to taste.

main dishes



# INSTANT POT MONGOLIAN BEEF

*from the kitchen of Michelle, Castle Rock, Colo.*

## INGREDIENTS

1 to 1 1/2 pounds flank steak (sliced across the grain)  
1 tablespoon cornstarch  
1 tablespoon extra virgin olive oil  
1/2 cup brown sugar (or 2/3 cups, I prefer the version with more sugar)  
10 cloves garlic (minced)  
1 tablespoon fresh ginger (minced)  
1/2 cup lite soy sauce  
1 cup water  
1 tablespoon rice vinegar  
1 teaspoon red pepper flakes  
Cornstarch Slurry:  
2 tablespoons cornstarch  
1/2 cup water  
**Garnish:**  
1/4 cup green onions (chopped)  
1 teaspoon sesame seeds

## DIRECTIONS

1. Heat up your pressure cooker: press sauté, click on the Adjust button, select More to get the Sauté More function, which means that the food will be sautéed over medium-high heat. Wait for the Instant Pot indicator to read HOT.
2. Add sliced beef to a large Ziplock bag, add 1 tablespoon cornstarch and shake well to coat the beef evenly.
3. Add the oil to the hot Instant Pot. Once the oil is hot, add the beef and sauté for 2-3 minutes, stirring a few times. If needed brown the beef in batches, you don't want to add too much as it will start releasing juice and it won't brown well.
4. Note: You can also skip browning the beef and just add it to the pot!
5. If bits of beef stick to the pot, add 1/2 cup water, and deglaze the pot. Using a wooden spoon scrape the bottom of the pot. You can discard that liquid if wanted.
6. Add the rest of the ingredients to the pot: minced garlic, minced ginger, lite soy sauce, brown sugar, water, rice vinegar, and red pepper flakes. You can add less sugar, based on your taste and preference.
7. Stir well until all the ingredients are combined and coated in sauce.
8. Close lid and pressure cook at High Pressure for 8 minutes + 10 minutes Natural Release. Turn off the heat. Release the remaining pressure after the 10 mins NPR. Open the lid.
9. Make the cornstarch slurry. In a small bowl mix cornstarch with water until fully combined. With the Instant Pot on the Sauté function, add the slurry to the pot, stir to combine and cook for 2-3 minutes on Sauté, stirring occasionally, until the sauce thickens. Turn off the Instant Pot and let the Mongolian Beef sit for 8-10 minutes before serving. In this time the sauce will settle and thicken more.
10. Serve over rice or lo mein noodles (my favorite) and garnish with fresh chopped green onions and sesame seeds.





# KAHLUA PIG & CABBAGE

*from the kitchen of Glynda, Rapid City, S.D.*

## INGREDIENTS

- 3 bacon slices
- 5 pounds bone-in pork shoulder roast
- 1 1/2 tablespoons Red Alaea Hawaiian coarse sea salt or 1 tablespoon Red Alaea Hawaiian fine sea salt
- 5 peeled garlic cloves optional
- 1 cup water
- 1 cabbage cored, and cut into 6 wedges

## DIRECTIONS

1. Drape three pieces of bacon on the bottom of your Instant Pot. Press the “Sauté” button and in about a minute, your bacon will start sizzling. (If you’re using a stovetop pressure cooker instead, line it with three pieces of bacon, crank the burner to medium, and start frying your bacon).
2. Slice the pork roast into three equal pieces. If you’ve got some garlic on hand, use it! With a sharp paring knife, stab a few slits in each piece of pork, and tuck in the garlic cloves. Carefully measure out the amount of salt you use. For this recipe, follow Judy Rodger’s rule of thumb: use ¾ teaspoon of medium-coarse salt for every 1 pound of meat. (Using fine salt? Use about half that amount).
3. Sprinkle the salt evenly over the pork. As you’re seasoning the pork, you’ll hear the bacon sputtering in the pressure cooker. Don’t forget to flip the slices, and turn off the heat when the bacon is browned on both sides.
4. Place the salted pork on top of the bacon, keeping the meat in a single layer.
5. Pour in the water. Check your pressure cooker manual to see what the minimum amount of liquid is for your particular model, and adjust accordingly. (After some digging and experimenting, I discovered that 1 cup of water is perfect for this recipe in my Instant Pot).
6. Cover and lock the lid.
7. If you’re using an Instant Pot, select the “Manual” button and press the “+” button until you hit 90 minutes under high pressure. Once the pot is programmed, walk away. If you’re using a stove-top pressure cooker, cook on high heat until high pressure is reached.
8. Then, reduce the heat to low to maintain high pressure for about 75 minutes.
9. When the stew is finished cooking, the Instant Pot will switch automatically to its “Keep Warm” mode. If you’re at home, press the “Keep Warm/Cancel” button to turn off the cooker and let the pressure come down naturally quicker.
10. If you’re using a stove-top pressure cooker, remove the pot from the heat. In either case, let the pressure release naturally (which will take about 15 minutes).
11. Once the cooker is depressurized, check that the pork is fork-tender. If the meat’s not yet fall-apart tender, you can always cook the pork under pressure for another 5-10 minutes to get the right texture.
12. Transfer the cooked pork to a large bowl and taste the cooking liquid remaining in the pot. Adjust the seasoning with water or salt if needed.
13. Chop the cabbage head into six wedges and add them to the cooking liquid. Replace the lid and cook the cabbage under high pressure for 1-5 minutes (depending on the size of the wedges and how tender you like the cabbage). When the cabbage is done cooking, activate the quick release valve to release the pressure.
14. While the cabbage is cooking, shred the pork. Once the cabbage is cooked, pile it on the pork and serve.

*The leftovers can be kept in the fridge for 4 days or frozen up to several months.*

*Pro-tip: Crisp up the leftover pork in a skillet for a crunchy, porky delight!*

main dishes



# SPAGHETTI CASSEROLE

*from the kitchen of Kortnie, Cheyenne, Wyo.*

## INGREDIENTS

- 1 (8 ounce) package spaghetti
- 1 pound lean ground beef
- 1 (16 ounce) jar spaghetti sauce
- 1/2 cup butter, sliced - divided
- 1 (8 ounce) container cottage cheese
- 1 (8 ounce) package cream cheese, softened
- 1/4 cup sour cream
- 1 (8 ounce) package shredded sharp cheddar cheese

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally until cooked through but firm to the bite, about 12 minutes. Drain.
3. Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease. Transfer to a bowl and mix spaghetti sauce into ground beef.
4. Place half the slices of butter into the bottom of a 9 x 13 inch casserole dish. Spread half the spaghetti into the dish. Mix cottage cheese, cream cheese, and sour cream together in a bowl; spread mixture over spaghetti. Layer remaining spaghetti over creamy mixture. Top with remaining pats of butter.
5. Pour ground beef mixture over spaghetti and spread to cover casserole.
6. Bake in the preheated oven for 30 minutes. Spread Cheddar cheese over casserole and continue baking until cheese has melted and is lightly browned, about 15 more minutes.

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# EGG ROLL IN A BOWL

*from the kitchen of Jessica, Rapid City, S.D.*

## INGREDIENTS

- 1 pound (16 ounces) ground pork or beef
- 1 teaspoon minced garlic
- 14 ounces shredded cabbage or coleslaw mix
- 1/4 cup low-sodium soy sauce (or liquid aminos)
- 1 teaspoon ground ginger
- 2 teaspoons Sriracha
- 1 whole egg
- 1 tablespoon sesame oil
- 2 tablespoons sliced green onions

## DIRECTIONS

1. In a large skillet, brown the pork or beef until no longer pink. Drain the meat if it's really wet. Add the garlic and sauté for 30 seconds. Add the cabbage/coleslaw, soy sauce, ginger, and sauté until desired tenderness. You can add a little water if you need more liquid to sauté the coleslaw down.
2. Make a well in the center of the skillet and add the egg. Scramble until done over low heat.
3. Stir in sriracha. Drizzle with sesame oil and sprinkle with green onions. Add additional soy sauce and Sriracha if desired.



# PARMESAN-CRUSTED CHICKEN AND CREAMY LEMON SPAGHETTI

*from the kitchen of Travis, Rapid City, S.D.*

## INGREDIENTS

- 1 medium lemon
- 1/2 cup panko breadcrumbs
- 1 tablespoon Lawry's seasoning salt or fry seasoning
- 1/2 cup parmesan cheese
- 2 boneless skinless chicken breasts
- 2 teaspoon dijon mustard
- 2 tablespoon mayonnaise
- 6 ounces spaghetti
- 4 ounces grape tomatoes
- 2 cloves garlic
- 2 tablespoon cream cheese

## DIRECTIONS

1. Preheat oven to 450 degrees.
2. Line baking sheet with foil and lightly oil.
3. In a small bowl combine panko, half the fry seasoning or Lawry's, parmesan, and a drizzle of oil.
4. Season with salt and pepper.
5. Pat chicken dry with paper towel and place on foil lined baking sheet.
6. Season with salt, pepper, and remaining fry seasoning or Lawry's.
7. Combine mustard and mayonnaise in a small bowl, then coat one side of chicken with mixture.
8. Sprinkle on panko mixture and press to adhere.
9. Place in preheated oven for 10 minutes.
10. Cook pasta to al dente (9-11 minutes).
11. Halve tomatoes.
12. Mince garlic.
13. In a medium bowl toss tomatoes with half the garlic and a drizzle of olive oil. Season with salt and pepper.
14. Once chicken has roasted for 10 minutes, remove from oven, add tomatoes to other half of baking sheet and return to the oven for another 10 minutes.
15. Drain pasta and reserve 1 cup pasta water. Drain the rest. In the pasta pot, melt 1 tablespoon butter. Add remaining garlic and cook until fragrant. Lower heat and add another 1 tablespoon of butter, cream cheese, lemon zest to taste, and 1/4 cup reserved pasta cooking water. Stir until smooth. Squeeze in some lemon juice. Add spaghetti to pot and toss to combine.
16. Add half the tomatoes to spaghetti. Season with salt and pepper.
17. Divide pasta and chicken between two plates. Add remaining tomatoes and parmesan.





# REVERSE SEARED TOMAHAWK RIBEYE STEAK

*from the kitchen of Steve, Rapid City, S.D.*

## INGREDIENTS

1/2 teaspoon salt, per pound of meat  
Ribeye steak

## DIRECTIONS

1. Dry brine your steak with 1/2 teaspoon of salt per pound of meat.
2. Place the steak in the fridge and let it cool for 1 to 2 hours.
3. Remove the steak from the fridge and add dry rub if wanted.
4. Cook the steak in the oven at 225 degrees.
5. Take the steak out of the oven when the lowest internal temperature is 115 degrees.
6. Once you take the steak out of the oven, immediately sear it on an extremely hot grill or cast iron pan.
7. Cut and eat the steak as soon as it's done.

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# GREEN CHICKEN ENCHILADAS

*from the kitchen of Karen, Fayetteville, Ark.*

## INGREDIENTS

2 bone-in chicken breast halves  
2 cups chicken broth  
1/4 white onion  
1 clove garlic  
2 teaspoons salt  
1 pound fresh tomatillos, husks removed  
5 serrano peppers  
1/4 white onion  
1 clove garlic  
1 pinch salt  
12 corn tortillas  
1/4 cup vegetable oil  
1 cup crumbled queso fresco  
1/2 white onion, chopped

## DIRECTIONS

1. In a saucepan, combine chicken breast with chicken broth, one quarter onion, a clove of garlic, and 2 teaspoons salt. Bring to a boil, and then boil for 20 minutes. Reserve broth, set chicken aside to cool, and discard onion and garlic. When cool enough to handle, shred chicken with your hands.
2. Place tomatillos and serrano chiles in a pot with water, enough to cover them. Bring to boil, and continue boiling until tomatillos turn a different shade of green (from bright green to a dull, army green). Strain tomatillos and chiles, and place in a blender with another quarter piece of onion, 1 clove garlic, and a pinch of salt. Pour in reserved chicken broth, so that liquid just covers the veggies in the blender by about an inch. Blend all ingredients until they are completely pureed. Pour salsa in a medium saucepan, and bring to a low boil.
3. Pour oil in a frying pan, and allow to get very hot. Slightly fry tortillas one by one in hot oil, setting each on a paper towel afterwards. Finally, dip slightly fried tortillas in low-boiling green salsa, until tortillas become soft again.
4. Fill or top tortillas with shredded chicken, then extra green sauce. Top with crumbled cheese, chopped onion, and chopped cilantro. Enjoy some green enchiladas.



# CARBONADE DE BUCAF

*from the kitchen of Karla, Rapid City, S.D.*

## INGREDIENTS

2 1/2 pounds round steak  
1/2 cup butter  
1/2 cup flour  
1/4 cup tomato sauce  
1/4 teaspoon parsley  
1 cup water  
2 thinly sliced carrots  
1 can beer  
1 package dry onion soup mix  
1/4 teaspoon thyme

## DIRECTIONS

1. Cube beef, dust with flour. Melt butter in pan.
2. Add dusted beef, browning a few pieces at a time.
3. Add any remaining flour and rest of ingredients to glaze in the butter drippings.
4. Boil 2 minutes then add to casserole with the meat. Add beef consommé if sauce doesn't cover the meat.
5. Bake at 350 degrees for 2 hours. Serve over rice, noodles or mashed potatoes.

---

# PUEBLO CHILI ENCHILADAS

*from the kitchen of Patti, Pueblo, Colo.*

## INGREDIENTS

2 pounds red Pueblo chiles  
3/4 to 1 cup water  
1/4 to 1/2 cup vinegar  
2 teaspoon cumin  
1/4 cup red onion  
Salt to taste  
1-2 cups cheese, cheddar jack or colby jack cheese  
8-10 corn tortillas  
1 pound ground beef or ground sausage  
13x9 inch baking dish

## DIRECTIONS

1. Preheat oven to 450 degrees.
2. Make the red chile enchilada sauce by combining all the ingredients (reserving the meat), in a pot and boiling until all ingredients are tender, then transfer to a blender Pulse the mixture to get a smooth consistency.
3. Return to the stove and continue to heat on low to keep it warm.
4. Spread some red chile sauce on the bottom of your baking dish and set aside.
5. Brown whatever type of meat you are using and season to taste with salt and pepper.
6. Take your corn tortillas and soften them in a pan with a bit of hot oil.
7. Fill a tortilla with the cooked meat and roll up your red chile enchiladas with the overlap side down and arrange in your dish, do not overlap the tortillas.
8. Cover enchiladas in your baking dish with more red chile sauce.
9. Sprinkle with cheese.
10. Bake at 450 degrees for 12-15 minute, or until your cheese is how you like it.



# GRANDMA'S SPAGHETTI

*from the kitchen of Travis, Cheyenne, Wyo.*

## INGREDIENTS

1 pound ground beef, browned and drained  
1 can tomato soup  
1 can cream of mushroom soup  
Chili powder  
Tabasco sauce

## DIRECTIONS

Mix soups and beef over low heat, season to taste with chili powder and tabasco sauce, and serve over noodles. Can also be put on a bun like sloppy joe's or spread over bread for an open-face sandwich.

---

# STUFFED SHELLS

*from the kitchen of Tiffany, Douglas, Wyo.*

## INGREDIENTS

1 box of large pasta shells  
1 pound of ground turkey or beef  
1 taco seasoning packet  
2 cups of salsa  
2 cups of cheddar cheese

## DIRECTIONS

1. Mix ingredients.
2. Stuff shells.
3. Bake at 350 degrees for 25 minutes.

---

# CROCKPOT CHICKEN AND POTATOES

*from the kitchen of Anna, Fayetteville, Ark.*

## INGREDIENTS

4 to 5 red potatoes  
2 pounds raw chicken  
Minced garlic  
1 onion

## DIRECTIONS

1. Add 1/2 cup water to crockpot. Cube potatoes and place in bottom of crockpot.
2. Cut up onion and add to potatoes. Add 1-2 tbs minced garlic, add salt and pepper to taste and stir to coat potatoes and onion.
3. Place chicken on top of potatoes in an even layer. Season with salt and pepper.
4. Cook on low for 6-8 hours or on high for 3-4 hours.





# CHICKEN ENCHILADAS

*from the kitchen of Joan, Rapid City, S.D.*

## INGREDIENTS

4 cups diced and cooked/browned chicken breast (cook with minced garlic, and seasoning of choice)  
1 pound cheddar cheese  
1 pound monterey jack cheese  
3 cans cream of chicken or celery soup (I mix them)  
1 container sour cream  
2 cans chopped green chilis (I use Hot Hatch brand)  
2 packs tortillas (I use flour)

## DIRECTIONS

1. After chicken is cooked, add soup, sour cream and chilis until bubbling.
2. In a tortilla, put a row of cheese, spoonful of warm mixture, roll tortilla and place seam side down in glass baking dish. I fill one large glass baking pan.
3. Cover the rolled tortillas with the remaining mixture.  
*This can be covered and refrigerated until later use.*
4. Place in 350 degree oven immediately, bake for 15 minutes uncovered, remove, add cheese and put back in the oven to melt.

*If it is refrigerated, bake 45 minutes at 350 degrees, add cheese and put back into oven to melt cheese.*

*Can be topped with shredded lettuce and chopped tomatoes.*

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# SLOW COOKER CILANTRO LIME CHICKEN

*from the kitchen of Heather, Rapid City, S.D.*

## INGREDIENTS

3 pounds boneless chicken breast  
1 16 ounce jar of salsa  
1 package of dry taco seasoning mix  
1 lime, juiced  
3 tablespoons of freshly chopped cilantro

## DIRECTIONS

1. Add chicken breast (3 pounds boneless halves) and stir to coat with salsa mixture.
2. Set cooker to HIGH, cover and cook until the chicken is tender (4 hours), if desired cook on low for 6-8 hours.
3. Shred chicken with a fork.

Tip: I use a hand mixer, but caution it gets a little messy, so wear an apron!

*Use leftovers to make chicken enchiladas!*



# SALMON NEW ORLEANS

*from the kitchen of Pat, Rapid City, S.D.*

## INGREDIENTS

4 6-ounce salmon fillets  
Salt and pepper  
1 pound large shrimp  
8 tablespoons butter  
1 tablespoon honey  
**Cajun seasoning:**  
1/2 teaspoon salt  
1 teaspoon garlic powder  
1 teaspoon paprika  
1/4 teaspoon pepper  
1/2 teaspoon onion salt  
1/2 teaspoon cayenne pepper  
1/2 teaspoon dried oregano  
1/4 teaspoon pepper flakes

## DIRECTIONS

1. Season salmon with salt and pepper to taste. Melt 2 tablespoons butter in a large skillet over medium heat. Add honey and whisk to combine (mixture should be bubbly)
2. Add salmon fillets to pan and cook for 5-6 minutes, then flip and cook another 7-8 minutes until salmon is cooked through, flaky, and browned (I cook skin side down second). Transfer salmon to a platter & cover to keep warm.
3. Add remaining butter to the pan over medium heat. Once butter is melted, stir in cajun seasoning. Add shrimp to pan and sauté until opaque, about 3-4 minutes.
4. Serve salmon topped with shrimp. Drizzle any extra pan sauce over the top.
5. Serve immediately.



# VIDALIA ONION SAUSAGE CASSEROLE

*from the kitchen of Timothy, Douglas, Wyo.*

## INGREDIENTS

5 whole onions  
12 whole Ritz crackers  
1 pound pork sausage  
1/2 teaspoon salt  
1/4 teaspoon seasoning salt  
1 can 10.5 ounce cream of mushroom soup  
2 ounces cheddar cheese  
1 (4 ounces) jar pimento pepper

## DIRECTIONS

1. Put layer of onions in bottom of rectangular baking dish, then add cracker crumbs and sausage.
2. Add another layer of onions, cream of mushroom soup, salt and seasoning salt.
3. Sprinkle layer of cheese and pimento pepper.
4. Bake in preheated oven at 400 degrees for 60 minutes.

---

# PASTA WITH ASPARAGUS

*from the kitchen of Gayle, Papillion, Neb.*

## INGREDIENTS

1 pound thin asparagus, cut into 2" pieces  
6 ounces uncooked pasta  
1 tablespoon olive oil  
Garlic cloves - crushed  
Pepper, to taste  
Sea salt, to taste  
1 large egg yolk  
1/4 cup fresh grated parmesan cheese

## DIRECTIONS

1. Boil water - approximately 4 cups with salt.
2. When boiling add asparagus and cook 3-5 minutes until tender.
3. Drain asparagus - reserve 1 cup of water before draining.
4. Fill pot with salted water, cover and boil for pasta.
5. Boil pasta.
6. While pasta is boiling, heat olive oil in sauté pan.
7. Add garlic. Cook until golden brown. Add asparagus, salt and pepper. Sauté for approximately 2 minutes, tossing with oil and garlic.
8. In a small bowl, combine egg yolk, cheese and asparagus liquid. Mix well.
9. After pasta is drained, return to pot and mix with egg mixture.
10. Cook on medium-low until sauce thickens and sticks to pasta.
11. Toss in asparagus.

*Serve with additional cheese if desired.*





# ROUND STEAK AND POTATOES CASSEROLE

*from the kitchen of Gary, Harrison, Ark.*

## INGREDIENTS

2 pounds round steak  
Russet potatoes  
3 tablespoons flour  
1 medium onion  
2 cups water  
Ground thyme  
Ground garlic  
Salt and pepper  
Paprika

## DIRECTIONS

1. Preheat oven to 350 degrees. Spray a 13 x 9 x 2 glass pan with Pam.
2. Cut round steak into 1" cubes. Flour and brown in a nonstick 12" skillet. Dice onion while browning steak.
3. Add onion and cook until tender with the steak. When browned, pour mixture into glass pan.
4. Add water, flour, garlic powder, salt, and pepper. Cover with foil and cook in oven for 45 minutes.
5. Peel enough potatoes to thinly slice and cover the meat. Increase oven to 450 degrees.
6. Cover the meat with potatoes and sprinkle with paprika and salt.
7. Cook covered for 20 min., then uncovered for 15 min. or until the potatoes are tender.

---

# CHICKEN AND RICE

*from the kitchen of Amanda, Rapid City, S.D.*

## INGREDIENTS

1 can cream of chicken soup (98% fat free, low sodium)  
1 can mexi corn  
1 can black beans  
Taco seasoning  
1 cup shredded chicken  
Shredded cheddar cheese (optional)  
1 cup brown instant rice

## DIRECTIONS

1. Mix all ingredients together in 2 quart baking dish.
2. Bake at 350 degrees for 45 minutes.
3. Before serving top with cheese if using.



# CHEESEBURGER PIE

*from the kitchen of Shaina, Rapid City, S.D.*

## INGREDIENTS

1 pound beef  
Pinch of salt  
1 small onion  
1/2 cup of baking mix  
1 cup of milk  
2 eggs  
1 cup shredded cheese

## DIRECTIONS

1. Preheat oven to 400 degrees.
2. Brown burger and onion.
3. Pour into pie pan after the meat is browned (don't forget to spray the pan!).
4. Mix baking mix, milk, eggs, salt, and cheese in a separate bowl.
5. Pour this mixture over the burger and bake for 25 minutes.
6. Top with more cheese at the end!

---

# CHICKEN BROCCOLI CASSEROLE

*from the kitchen of Mike, Rapid City, S.D.*

## INGREDIENTS

4 boneless chicken breasts  
10 ounce package broccoli florets  
1/4 cup dry bread crumbs  
2 tablespoons butter (or liquid margarine)

### Sauce:

2/3 cup mayonnaise (or Miracle Whip)  
10 1/2 ounce can cream of chicken soup  
1/2 cup evaporated milk  
1/2 cup grated American cheese  
1 tsp lemon juice  
1/2 teaspoon curry powder

## DIRECTIONS

1. Boil chicken until tender.
2. Cut chicken into bite-sized pieces.
3. Mix sauce and heat.
4. Mix in chicken and broccoli.
5. Pour into 9x9 casserole dish.  
(Alternate method: place the four whole breasts in dish and pour sauce over top.)
6. Mix crumbs with butter/margarine (can melt first).
7. Spread/sprinkle over top of casserole.
8. Bake at 350 degrees for 45 minutes.



# CHILI LIME SWEET POTATO AND CHICKEN SKILLET

*from the kitchen of Joy, Rapid City, S.D.*

## INGREDIENTS

2 large chicken breasts, cut into 1-inch cubes  
2 tablespoons olive oil  
Salt and pepper  
1 large sweet potato, cut into ½ inch cubes (approx. 4 cups)  
2 bell peppers, cut into small pieces  
1/2 red onion, cut into small pieces  
2 tablespoons chili powder  
2 teaspoons ground cumin  
1/4 teaspoon salt  
1 cup chicken stock  
1 tablespoon lime zest  
1 can black beans, drained (18 ounces)  
Cilantro leaves (garnish)  
Lime wedges/wheels (garnish)  
Greek yogurt (to serve)

## DIRECTIONS

1. In a large skillet or pan, heat 1 tablespoon of olive oil over medium heat. Add the chicken, and brown (approximately 6 minutes).
2. Remove the chicken from the pan and place on a plate.
3. Add another tablespoon of olive oil to the pan. Add the sweet potato, and cook for 10 to 12 minutes, until browned.
4. Add the bell peppers, red onion, chili powder, cumin, salt and chicken stock.
5. Return the chicken to the pan. Stir so that everything is well combined.
6. Cover and cook for another 10 minutes, stirring once or twice. Chicken and sweet potato should be cooked through.
7. Add the black beans and lime zest, and cook until heated through.
8. Taste for salt, and add more if needed.
9. Serve immediately with lime wedges and a dollop of Greek yogurt.





# PORK CHOPS WITH APPLES AND STUFFING

*from the kitchen of Donna, Newton, Iowa*

## INGREDIENTS

- 6 boneless pork loin chops (1 inch thick)
- 1 tablespoon vegetable oil
- 1 package (6 ounces) crushed stuffing mix
- 1 can (21 ounces) apple pie filling w/ cinnamon

## DIRECTIONS

1. In a skillet brown pork chops in oil over medium-high heat.
2. Meanwhile, prepare stuffing according to package directions.
3. Spread pie filling into greased 13 x 9 x 2 baking dish.
4. Place pork on top, spoon stuffing over chops.
5. Cover and bake at 350 degrees for 35 minutes.
6. Uncover, cook for 10 more minutes or until meat thermometer reads 160 degrees.

---

# CARAMEL APPLE PORK CHOPS

*from the kitchen of Mollie, Fayetteville, Ark.*

## INGREDIENTS

- 4 (3/4 inch thick) pork chops
- 1 teaspoon vegetable oil
- 2 tablespoons brown sugar
- Salt and pepper to taste
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 2 tablespoons unsalted butter
- 2 tart apples, peeled, cored and sliced
- 3 tablespoons pecans (optional)

## DIRECTIONS

1. Preheat oven to 175 degrees. Place a medium dish in the oven to warm.
2. Heat a large skillet over medium-high heat. Brush chops lightly with oil and place in hot pan.
3. Cook for 5 to 6 minutes, turning occasionally, or until done.
4. Transfer to the warm dish, and keep warm in the preheated oven.



# CHICKEN & BISCUITS IN A POT

*from the kitchen of Damon, Rapid City, S.D.*

## INGREDIENTS

6 tablespoons unsalted butter  
2 shallots, thinly sliced  
1/2 pound cremini mushrooms, stemmed and thinly sliced  
1 large carrot, cut into 1/3 inch chunks (rustic cut works very well)  
1/2 cup dry white wine  
1 1/4 cups plus 1 tablespoon self-rising flour  
2 1/2 cups low-sodium chicken broth  
Salt and pepper, to taste  
3 cups shredded rotisserie chicken  
1/2 cup frozen baby peas  
1 tablespoon chopped sage  
1 tablespoon chopped thyme  
1/2 cup plus 2 tablespoons whole milk

## DIRECTIONS

1. Preheat the oven to 425 degrees. In a large Dutch oven or enameled cast-iron casserole dish, melt 2 tablespoons of the butter. Add the shallots, mushrooms and carrot chunks and cook over moderate heat, stirring, until the shallots and mushrooms are softened, about 8 minutes. Add the wine and cook until completely evaporated, about 1 minute. Stir in the 1 tablespoon of flour and the broth and bring to a boil. Season with salt and pepper. Simmer until thick, about 3 minutes. Stir in the chicken and peas.
2. In a food processor, combine the remaining 1 1/4 cups of flour with the remaining 4 tablespoons of butter and the chopped sage and thyme; pulse 5 times. Add the milk; pulse just until a soft dough forms.
3. Using a small ice cream scoop or a tablespoon, scoop 12-20 balls of dough over the chicken stew. Bake in the center of the oven for 25 minutes. Turn on the broiler and broil for 1 to 2 minutes, until the biscuits are golden. Let rest for 5 minutes before serving.



# HEAVEN

*from the kitchen of Dan, Rapid City, S.D.*

## INGREDIENTS

### Rub:

Brisket  
2 tablespoons Kosher or coarse salt  
1 tablespoon black pepper  
2 teaspoons paprika  
1 teaspoon cayenne pepper  
1 teaspoon oregano leaves  
2 teaspoon ground cumin  
1 tablespoon granulated garlic  
1/4 cup brown sugar

## DIRECTIONS

1. Coat both sides of the brisket with mustard then apply rub liberally to both sides of the brisket. I'll store it in the refrigerator wrapped in plastic wrap for 24-28 hours.
2. Once I'm ready to smoke, I'll take it out of the fridge and allow it to get to room temp before placing on the smoker.
3. Make a tray out of aluminum foil and place the brisket on the foil in the smoker fat side up.
4. Smoke for 7-9 hours pending size of brisket at 225 degrees.
5. Allow internal temp to get to 195-200 degrees then take off and wrap in foil.
6. Then place in an oven or cooler filled with towels and let it rest for 20-30 minutes.

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# BRIE AND LINGUINE

*from the kitchen of Randy, Council Bluffs, Iowa*

## INGREDIENTS

4 large tomatoes cut into 1/2 inch cubes  
1 pound of Brie, remove rind and tear into irregular pieces  
1 cup basil leaves, cut into strips  
3 garlic cloves, minced  
1 cup olive oil  
1/2 teaspoon salt  
1/2 teaspoon ground pepper, fresh  
1 1/2 pounds of linguine

## DIRECTIONS

1. 2 hours before serving, combine tomatoes, Brie, basil, garlic, 1 cup olive oil, and 1/2 teaspoon each salt and pepper in a large bowl.
2. Bring 6 quarts salted water to a boil in a large pot. Add 1 tablespoon olive oil and the linguine and boil until tender but still firm (al dente), 8 to 10 minutes.
3. Drain the pasta and immediately toss with the tomato sauce, serve and enjoy.



# MEXICAN SPAGHETTI

*from the kitchen of Janice, Fayetteville, Ark.*

## INGREDIENTS

- 2 (7 3/4 ounce) cans of El Pato tomato sauce (yellow can)
- 1 large (28 ounce) can of Herdez salsa casera (hot)
- 2 bags Fideo noodles
- 1 pound ground beef or ground turkey
- 2 tablespoons adoba seasoning (use the one with the red top)
- 1 tablespoon garlic powder
- 1 (15 ounce) can petite diced tomatoes
- 1 (15 ounce) can nacho cheese sauce (I use the Rico's gourmet nacho cheese sauce in the red can, or La Preferida nacho cheese sauce-zesty)
- Olive oil
- 1 bag of shredded Mexican cheese
- Sour cream

## DIRECTIONS

1. Cook ground beef or turkey, season with adoba seasoning and garlic powder. Drain then set aside. Boil water in pot for noodles.
2. While water comes to a boil, place 2 tablespoons of olive oil in a skillet and sauté noodles.
3. Pour noodles in boiling water and cook until done (stirring occasionally). Drain and rinse then set to the side.
4. Place ground beef/turkey in a large skillet or pot and add the tomato sauce, salsa casera, diced tomatoes and ½ of the can of cheese sauce. Allow to simmer on low for about 15 to 20 minutes (stirring occasionally).
5. Mix sauce and noodles in a casserole dish or pan. Cover with shredded Mexican cheese. Bake uncovered on 350 degrees until the cheese is melted and golden brown.
6. Once cooled, serve with sour cream. It's so delicious!

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# TURKEY MEATBALLS

*from the kitchen of Emily, Rapid City, S.D.*

## INGREDIENTS

- 1 pound ground turkey
- 3 cloves garlic, minced
- 1/2 cup onion, minced
- 1/2 cup fresh parsley, chopped
- 1 teaspoon salt
- 1/2 teaspoon fresh pepper
- 1 teaspoon oregano
- 1/2 cup Italian breadcrumbs
- 1 large egg

## DIRECTIONS

1. Preheat oven to 375 degrees. Combine all the ingredients together in a large bowl.
2. Use a small cookie scoop or spoon to make the meatballs. Make sure your meatballs are about the same size.
3. Place on a baking sheet, and spray with olive oil. Bake for 25 minutes.
4. Serve with a side of veggies or add marinara and serve over pasta!





# CHICKEN BAKE

*from the kitchen of Dru, Fayetteville, Ark.*

## INGREDIENTS

3 cups shredded chicken  
1 can cream of mushroom soup  
1 can condensed tomato soup  
2 cups chicken broth  
1 cup chopped onions and peppers  
2 tablespoons chili powder  
2 cups shredded colby monterey jack cheese  
12 ounces spaghetti

## DIRECTIONS

1. Cook noodles as directed.
2. Mix all ingredients but one cup of cheese together in large bowl.
3. Pour mixture in lightly greased 9 x 13 casserole dish.
4. Cover with remaining cup of cheese.
5. Bake uncovered at 350 degrees for 30 minutes.

---

# WILDGAME SALSA MAIN DISH

*from the kitchen of Cynthia, Cody, Wyo.*

## INGREDIENTS

Wildgame Choice, cut into steaks  
Salsa, any kind  
Cheese choice, any kind (I like mixing the choice in the rustic cut.)

## DIRECTIONS

1. Use any kind of wildgame or you can use pork chops (I like antelope).
2. Season and pan fry to preferred doneness.
3. Put meat in either glass or tin baking pan, cover meat choice with preferred salsa and cover with rustic cut or shredded cheese. I mix up the cheese with colby and pepperjack to add extra kick.
4. Bake until cheese is melted at 350 degrees.
5. Enjoy with side vegetable choice and salad.



# JAYNE'S BEEF ENCHILADAS

*from the kitchen of Jayne, Pueblo, Colo.*

## INGREDIENTS

1 pound ground beef (at least 91% lean)  
1 large can (or 2 small) Old El Paso red enchilada sauce (mild or hot, your choice)  
1 can Campbell's Golden Mushroom soup  
1/2 white onion, diced (about 1/2 cup)  
1 small can diced chilis  
6 to 8 cups cheddar cheese  
18 uncooked tortillas  
Vegetable oil

## DIRECTIONS

1. Brown ground beef. Season generously with garlic salt, onion salt, and a little salt and pepper.
2. Mix enchilada sauce and golden mushroom sauce together in a bowl.
3. Place cheese in bowl, open can of chilis, place onions in a bowl. Also have a dinner plate set out to roll tortillas.

*Assembly line set up: Raw tortillas open and on plate near small pan on stove, oil close by, paper towels on plate just next to pan on counter. Then have dinner plate surrounded by sauce bowl, hamburger, cheese, onions, and chilis. Baking dish should be placed close by to put in rolled enchiladas.*

4. Pour enough oil in small frying pan to coat bottom of pan (I use a tiny frying pan just the size of a tortilla).
5. Heat oil at medium low heat (4 on electric stove). Have a roll of paper towels available. Place about 7 paper towels on a plate and keep one for blotting. Place one tortilla at a time into frying pan. Simply put it in heated oil, flip it to the other side and remove it. Place on paper towels to blot as much oil off as possible. Place tortilla flat on dinner plate.
6. Take one tablespoon of enchilada sauce mix and spread on tortilla. Spoon hamburger (heaping tablespoon) in a line across tortilla (just off center), sprinkle cheese generously over hamburger row, distribute a few onions and a few chilis on top. Roll tortilla and place in glass baking dish.

*I usually add oil every 3 to 4 tortillas to keep bottom of pan covered. I pour oil in as soon as I remove the previous tortilla so it can warm for the next one while I am rolling. This is easier with two; you can form an assembly line with one heating the tortillas in the oil and the other making and rolling the enchiladas. When the paper towels get doused in oil, I replace them. I also replace my blotting paper towel every 4-6 tortillas. Keep a trash can close by to toss oily paper towels. You will have tortilla sauce on your fingers and all over your paper towels. Kind of messy, but fun.*

7. Repeat until baking dish is filled. Spread remaining enchilada sauce mix on top of rolled tortillas with a spoon. Sprinkle generous amount of cheese on top.
8. Bake at 375 degrees for 20 minutes.



# STUFFED VEGETARIAN PEPPERS

*from the kitchen of Mary, Fayetteville, Ark.*

## INGREDIENTS

- 6 large green peppers (tops, seeds, and membranes removed)
- 2 cups cooked Jasmine brown rice
- 1/2 cup chopped onion and 2 teaspoons minced garlic sautéed in olive oil
- 1 cup cooked diced carrots
- 1 can artichoke hearts, sliced
- 1 (14 1/2 ounce) can diced tomatoes with liquid
- 1 package frozen kale or spinach, thawed (can be microwaved)
- 1 (8 ounce) package shredded sharp cheese

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Bring a large pot of water and 1 tablespoon salt to a boil; cook green bell peppers in boiling water until slightly softened, 3 to 4 minutes, drain.
3. Heat olive oil in a skillet over medium heat; cook and stir onion and garlic in the hot oil until softened and transparent, 5 to 10 minutes.
4. In a large bowl, mix rice, carrots, artichoke hearts, diced tomatoes with liquid, kale, and garlic/onion mixture; stir until evenly mixed. Spoon rice mixture into each bell pepper; arrange peppers in a baking dish. Sprinkle peppers with shredded cheese.
5. Bake in a preheated oven until cheese is melted and bubbling, about 30 minutes.









# *goodies*

Recipe on page 62 • **PUMPKIN COOKIES**

desserts



# PUMPKIN COOKIES

from the kitchen of Nicole,  
Rapid City, S.D.

INGREDIENTS

4 cups flour	1 egg
2 cups quick oats	1 teaspoon vanilla
2 teaspoons baking soda	1 can pumpkin
1 teaspoon salt	1 cup chocolate chips
2 teaspoons cinnamon	
2 cups brown sugar	
1 cup sugar	
1 1/2 cups soft margarine	

DIRECTIONS

1. Combine all dry ingredients in one bowl.
  2. Combine all liquid ingredients in another bowl.
  3. Mix both together.
  4. Preheat oven to 350 degrees.
  5. Take spoonfuls and drop on a cookie sheet. No need to make them perfect shapes.
  6. Bake for 20 minutes. Depending on oven, you may want to check after 15 minutes.
  7. Let cool on wax paper.
- Optional: add a little peanut butter on top of cookie with a piece of candy corn on top of the peanut butter.*
- Note: When storing them, make sure to add wax paper on each layer so they do not stick together*

enjoy



# CHOCOLATE COVERED PEANUT BUTTER BALLS

*from the kitchen of Steph, Cody, Wyo.*

## INGREDIENTS

- 2 cups peanut butter
- 3 cups powdered sugar
- 3 cups Rice Krispies
- 1 stick butter
- 16 ounces chocolate candy coating (melted)

## DIRECTIONS

1. Mix together peanut butter, powdered sugar, Rice Krispies and butter.
2. Roll into small balls and dip into the melted chocolate.
3. Place onto waxed paper until set.

---

# EASY CINNAMON ROLL BREAD

*from the kitchen of Pam, Norfolk, Neb.*

## INGREDIENTS

- 2 cups flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 cup sugar
- 1 egg, room temp
- 1 cup milk
- 2 teaspoons vanilla
- 1/3 cup plain yogurt/sour cream

### Swirl:

- 1/3 cup sugar
- 2 teaspoons cinnamon
- 2 tablespoons melted butter

### Glaze:

- 1/2 cup powdered sugar
- 2-3 teaspoons milk

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Mix dry ingredients. In a separate bowl mix egg, milk, vanilla and yogurt.
3. Add dry ingredients, stir to just combine. Pour into bread pan.
4. Mix swirl ingredients. Drop by teaspoons full to top of bread. Swirl with knife.
5. Bake 45 to 50 minutes.
6. When bread has cooled for 15 minutes remove from pan, then cool completely before drizzling on glaze.





# ERIK'S CRUMBLE TOP BROWN SUGAR CINNAMON BISCUITS

*from the kitchen of Erik, Palmer Lake, Colo.*

## INGREDIENTS

### **Biscuit Ingredients:**

2 cups White Lilly self-rising flour  
1/2 teaspoon kosher salt  
1/4 cup plus 2 tablespoons firmly packed brown sugar  
2 teaspoons ground cinnamon  
3/4 cup cold salted butter, cubed  
1 cup whole buttermilk, divided

### **Crumb Topping Ingredients:**

1 cup all purpose flour  
3/4 cup brown sugar, packed  
1 teaspoon cinnamon  
1/4 teaspoon table salt  
1 stick butter, cut into 8 pieces

### **Icing Ingredients:**

2 cups powdered sugar  
1/4 cup salted butter, melted  
1 teaspoon vanilla extract  
4 tablespoons cream

## DIRECTIONS

### **Crumb Topping Instructions:**

1. In a bowl, mix together dry ingredients.
2. Add the butter.
3. With your hands squish the butter and work it into the flour/sugar mixture until it comes together and stays together when squeezed.
4. This recipe will make way more than you need for these biscuits so you can freeze the rest for future use. It goes great on toast. And bacon. But not avocados.

### **Biscuit Instructions:**

1. Preheat oven to 450 degrees.
2. Whisk all dry ingredients together.
3. Cut in the cold butter using a pastry blender. The mixture should be crumbly.
4. Add the buttermilk 1/4 cup at a time slowly until the dough becomes moist.
5. Knead the dough until it is fully combined. Add more flour or buttermilk as needed to get right consistency of the dough.
6. Lightly flour a cutting board or counter top and roll the dough out until its 3/4 inch thick.
7. Fold over the dough and roll out again to be about 3/4 inch thick. Repeat multiple times. Like 4-6 maybe. I don't know. Whatever feels right.
8. Using a cookie cutter, cut out biscuits but DO NOT TWIST THE CUTTER. Doing so does not allow the biscuits to rise properly as they bake. Push straight down and pull back up again.
9. Place biscuits in greased cast iron skillet so they are slightly touching one another. I prefer bacon grease.
10. Crumble topping on top of the biscuits.
11. Bake until biscuits are starting to get golden brown on the sides, but be careful not to burn the crumb topping, around 20-22 minutes.

### **Sugar Icing Instructions:**

1. Mix sugar, vanilla, and butter, adding cream 1 tablespoon at a time until it reaches desired consistency.
2. Drizzle over the top of biscuits after they have cooled and have some extra on hand for dipping the biscuit in or adding extra as you eat them. You'll want more. Trust me.





# BANANA BREAD – GREAT GRANDMA'S RECIPE

*from the kitchen of Theresa, Rapid City, S.D.*

## INGREDIENTS

1/2 cup shortening  
1 cup sugar  
2 eggs  
4 tablespoons sour cream (add 1 tablespoon vinegar to sour cream)  
1 teaspoon baking soda  
3-4 mashed bananas  
2 cups flour  
1/2 teaspoon salt  
1/2 teaspoon vanilla

## DIRECTIONS

1. Cream shortening.
2. Add sugar and eggs.
3. Beat well.
4. Add bananas, vanilla and sour cream.
5. Add remaining dry ingredients.
6. Pour into greased cake pan.
7. Bake for 1 hour at 350 degrees.
8. Let cool in pan for 15 minutes before removing. Makes 2 small loaves.

*If using 'mini' pans, bake for 35 minutes.*

---

# CHOCOLATE PIE

*from the kitchen of Renee, Lowell, Ark.*

## INGREDIENTS

3 egg yolks  
1/2 cup baking cocoa  
1/4 cup cornstarch  
1/4 teaspoon salt  
1 cup sugar  
1 teaspoon vanilla  
1/4 teaspoon almond flavoring  
2 cups milk  
1 baked pie shell

## DIRECTIONS

1. In a pan: Mix baking cocoa, cornstarch, beaten yolks.
2. Add sugar, and salt. Add milk gradually while stirring over med-high heat.
3. Cook until thick, whisking until smooth.
4. Take off heat, add vanilla and almond extract/flavoring.
5. Pour into baked pie shell.
6. Place in refrigerator until chilled.



# SCOTCHAROOS

*from the kitchen of Jacki, Rapid City, S.D.*

## INGREDIENTS

- 1 cup white corn syrup
- 1 cup sugar
- 1 cup crunchy peanut butter
- 5 1/2 cups Rice Krispies
- 1 cup chocolate chips
- 1/4 cup butterscotch chips
- 1 tablespoon creamy peanut butter

## DIRECTIONS

1. Bring to boil syrup and sugar.
2. Remove from heat and stir in peanut butter until smooth. Quickly add in rice cereal and stir until coated.
3. Pour into greased 9 x 13 pan and cool.
4. Next melt chips and peanut butter and place on top. Add sprinkles for fun!

---

# BUSTER BARS

*from the kitchen of Lacey, Rapid City, S.D.*

## INGREDIENTS

- 2 cup powdered sugar
- 1 large can evaporated milk
- 6 ounces chocolate chips
- 1/2 cup butter
- 1 package Oreos
- 1/2 cup butter
- 1/2 gallon vanilla ice cream
- 1 cup peanut butter

## DIRECTIONS

1. Mix first 4 ingredients together and boil 6 to 8 minutes until thick.
2. Mix crushed Oreos and 1/2 cup softened butter and pat to a crust in a 13x9 inch pan.
3. Slice the ice cream and press on crust; spread peanut butter over the ice cream.
4. Freeze to set up and then pour chocolate sauce over it. Freeze until ready to serve.



# GUINNESS PUDDING CUPS

*from the kitchen of Jony, Gillette, Wyo.*

## INGREDIENTS

- 8 large egg yolks
- 1 cup sugar
- One 14.9 ounce can Guinness Draught
- 3 cups heavy cream
- 7 ounces high-quality bittersweet (70% to 72% cacao) chocolate, finely chopped

## DIRECTIONS

1. In large nonreactive mixing bowl, whisk together egg yolks and sugar.
2. Open can of Guinness and slowly pour into 4-cup measuring cup, pouring down side of cup to reduce foaming. Pour half of Guinness (about 7/8 cup) into heavy-bottomed 3-quart saucepan. Add 2 1/4 cups cream and whisk to combine. Set over medium heat, whisking occasionally until bubbles just begin to form at edges. Remove from heat, add chocolate and whisk until smooth.
3. Slowly pour hot chocolate mixture into eggs, whisking constantly to prevent curdling. Return mixture to saucepan and set over moderately low heat. Cook, whisking constantly, until mixture thickens and coats back of spoon, about 15 minutes. (Pudding will look separated.) Pour into blender and blend on high for 1 minute. Divide pudding among glasses, leaving at least 1 inch of space at top of each. Cover with plastic wrap and refrigerate until chilled and set.
4. Meanwhile, pour remaining Guinness into small saucepan and bring to boil over medium heat. Reduce heat to moderately low and simmer, uncovered, until reduced to 1 tablespoon, about 20 minutes. Pour syrup into small bowl and let cool.
5. Beat remaining cream until soft peaks form.
6. Add Guinness syrup and beat until combined. Divide cream among 6 glasses of pudding and serve.

---

# ALMOND BARK COOKIES

*from the kitchen of Theresa, Papillion, Neb.*

## INGREDIENTS

- 2 pounds almond bark
- 1 cup chunky peanut butter
- 3 cups Rice Krispies
- 2 cups dry roasted peanuts
- 2 cups miniature marshmallows

## DIRECTIONS

1. Melt almond bark and peanut butter in microwave.
2. Slightly cool and then stir in cereal, peanuts, and marshmallows.
3. Drop by teaspoon onto waxed paper lined cookie sheet.

*This freezes well.*



# COOKIE DOUGH PRETZEL BITES

*from the kitchen of Jessica, Rapid City, S.D.*

## INGREDIENTS

1/2 cup unsalted butter  
1/2 cup brown sugar  
1/4 cup sugar  
2 tablespoons milk  
1 teaspoon vanilla  
1 1/4 cup all-purpose flour  
1/8 teaspoon salt  
1/2 cup mini chocolate chips  
50 to 60 mini pretzels  
8 ounces chocolate chips (about 1 cup)  
1 teaspoon coconut oil or shortening (for thinning the chocolates)

## DIRECTIONS

1. Line a large cookie sheet with parchment paper or silicone baking mat. Set aside.
2. In a large bowl using a handheld mixer or stand mixer with the paddle attachment, beat the butter, brown sugar and sugar together on medium speed until light and creamy. Add the milk and vanilla. Mix. Add the flour and salt all at once and slowly mix until everything is moist. Add the mini chocolate chips. Mix.
3. Roll the dough into balls. About 1-1/2 to 2 teaspoons of dough per sandwich depending on desired size. Sandwich balls between two pretzels and place on a prepared baking sheet. Freeze for 20 minutes.
4. While the pretzel bites are chilling, melt the chocolate and coconut oil or shortening for about 1 minute in the microwave, stirring every 20 seconds. Dip the pretzel bites half into the melted chocolate and place bites back on baking sheet. Refrigerate the dipped bites for at least 15 minutes to allow chocolate to set. Cover and store pretzel bites in the refrigerator for up to 5 days.

---

# RICE KRISPIE CARAMELS

*from the kitchen of Leah, Rapid City, S.D.*

## INGREDIENTS

2 (10 ounce) bags mini marshmallows  
1/2 cup butter  
8 to 10 cups of Rice Krispies  
**Caramels:**  
1/2 can sweetened condensed milk

## DIRECTIONS

1. Melt marshmallows with butter.
2. Add 8-10 cups rice krispies.
3. Spread 1/2 in jelly roll pan.
4. Melt 40 caramels with 1/4 cup butter and 1/2 can sweetened condensed milk.
5. Sprinkle Rice Krispies with more marshmallows and pour caramel over top.
6. Use wet fingers to spread other half of Rice Krispies over top (may need to soften in microwave).
7. Press down.





# BUSTER BAR ICE CREAM DESSERT

*from the kitchen of Shelly, Rapid City, S.D.*

## INGREDIENTS

- 1 pound chocolate sandwich cookies (crushed)
- 1/2 cup butter (melted)
- 1 3/4 cups confectioners' sugar
- 1 (12 fluid ounce) can evaporated milk
- 1 cup semisweet chocolate chips
- 1/2 cup butter
- 1 teaspoon vanilla
- 1/2 gallon vanilla ice cream
- 1 1/2 cups Spanish peanuts

## DIRECTIONS

1. Combine crushed cookies and 1/2 cup melted butter. Press into 9 x 13 inch pan.
2. Chill 1 hour.
3. In a saucepan over medium heat, combine confectioners' sugar, evaporated milk, chocolate chips and 1/2 cup butter (1 stick). Bring to a boil, stirring constantly; boil 8 minutes. Remove from heat, stir in vanilla. Set aside to cool.
4. Slice vanilla ice cream into 3/4 inch slices and place them in a single layer over the chilled crust.
5. Smooth the seams. Sprinkle the peanuts over the ice cream; top with the cooled chocolate sauce. Cover and freeze.

---

# CHOCOLATE CHIPPERS

*from the kitchen of Lonna, Rapid City, S.D.*

## INGREDIENTS

- 1 cup shortening (I use butter Crisco)
- 1 cup sugar
- 1/2 cup brown sugar
- 2 eggs
- 2 teaspoon vanilla
- 2 cup flour
- 1 1/2 teaspoons salt
- 1 teaspoon soda
- 12 ounces chocolate chips
- 1 cup nuts (optional)

## DIRECTIONS

1. Cream shortening, sugar, eggs and vanilla until light and fluffy.
2. Sift together dry ingredients, stir into creamed mixture; blend well. Add chips. *(sometimes I will use 1/2 chocolate chips plus 1/2 butterscotch chips or peanut butter chips but family prefers all chocolate chips)*
3. Drop from teaspoon 2 inches apart on greased cookie sheet.
4. Bake in a moderate oven 375 degrees for 12 to 14 minutes.
5. Remove from sheet immediately. Makes 6 dozen. *(I don't usually get 6 dozen out of one recipe but I make larger cookies.)*



# MRS. WOODARD'S SNICKERDOODLE COOKIES

*from the kitchen of Renee, Lowell, Ark.*

## INGREDIENTS

2 3/4 cups sifted flour  
3 teaspoons baking powder  
1/2 teaspoon salt  
1 cup soft butter  
1 1/2 cups sugar  
2 eggs  
4 teaspoons cinnamon  
1/4 cup sugar

## DIRECTIONS

1. Cream butter, then add the 1 1/2 cups sugar. Cream until fluffy.
2. Blend eggs. Add dry ingredients. Mix well.
3. Chill until firm.
4. Preheat conventional oven to 400 degrees, convection oven 375 degrees.
5. Take dough out of refrigerator while preheating oven, and shape into small balls.
6. Mix the 1/4 cup of sugar with the 4 teaspoons cinnamon. You can either mix it in a bowl, or a plate.
7. Roll the small cookie dough balls in the sugar/cinnamon mixture.
8. Either place a piece of parchment paper on your cookie sheet, or spray with Pam spray, (or something of the sort).
9. Place on a cookie sheet 2 inches apart.
10. Bake in the oven 8-10 minutes. Take out of oven, and remove from the cookie sheet onto a cooling rack.

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# EASY COFFEE CAKE

*from the kitchen of Diane, Manchester, Iowa*

## INGREDIENTS

4 eggs  
1/2 cup oil  
1 cup water  
1 box cake mix (white, yellow, French vanilla)  
1 (3 ounce) package instant pudding (vanilla, French vanilla)

### **Streusel:**

1/2 cup flour  
1/2 cup brown sugar  
2 teaspoons cinnamon  
2 tablespoons butter (melted)

## DIRECTIONS

1. Mix cake ingredients well and set aside. Mix streusel ingredients well in a separate bowl.
2. Grease and flour a 9 x 13 inch pan or 2 (8-inch) round pans. Pour in 1/2 of cake batter in pan(s).
3. Sprinkle with half of streusel. Pour in remaining cake batter and sprinkle with remaining streusel.
4. Bake at 350 degrees for 30-35 minutes. Remove from oven.
5. When cool, drizzle with glaze made from 1 tablespoon melted butter, 1 tablespoon milk, 1 teaspoon vanilla and 1 cup powdered sugar.



# YUM YUM DESSERT

*from the kitchen of Bonnie, Rapid City, S.D.*

## INGREDIENTS & DIRECTIONS

### 1st layer:

1 1/2 cups flour

1 1/2 stick butter

2/3 cup nuts

Mix these ingredients and press into a 9" x 13" pan.

Bake at 325 degrees for 30 minutes. Cool.

### 2nd layer:

1 cup powdered sugar

1 package cream cheese (8 ounces)

1/2 of carton of cool whip (16 ounces)

Beat 1st two ingredients for 2 minutes. Fold in cool whip. Spread on top of 1st layer after it is cool.

### 3rd layer:

2 small packages of chocolate pudding (instant).

Prepare pudding according to instructions on box and spread on top of 2nd layer.

**4th layer:** Spread the rest of the cool whip over the top.

**5th layer:** Top with Heath Milk Chocolate English Toffee Bits.

---

# RHUBARB DESSERT

*from the kitchen of Laurie, Rapid City, S.D.*

## INGREDIENTS

4 cups rhubarb

1 cup of sugar

1 (3 ounce) package of strawberry or cherry Jell-O

2 cups white cake mix

1/4 cup butter

1 cup water

## DIRECTIONS

1. Mix together rhubarb, sugar and Jell-O and put in a 9 x 13 pan.
2. Sprinkle 2 cups white cake mix over top.
3. Distribute 1/4 cup melted butter or margarine and 1 cup water evenly over the top.
4. Bake in 350 degree oven for 1 hour.

*May be served with cream or ice cream.*



# BUTTERFINGER CAKE

*from the kitchen of Laurie, Scottsbluff, Neb.*

## INGREDIENTS

- 1 box of yellow cake mix (eggs, oil, water)
- 1 crushed king size Butterfinger bar
- 1 small (14 ounce) can of sweetened condensed milk
- 1 (12 1/4 ounce) jar of caramel syrup
- 16 ounces of heavy whipping cream
- 1/3 cup of powdered sugar

## DIRECTIONS

1. Bake the cake as directed on the box. Once baked, poke holes in the top and let the cake cool.
2. In a bowl, mix together the sweetened condensed milk and caramel sauce and pour over the cake.
3. Pour a few crushed butterfingers over the cake and caramel. Make sure you save some for the top of the cake.
4. In a mixing bowl, beat the heavy whipping cream with a hand mixer for a few minutes until it starts to thicken.
5. Mix in the powdered sugar and beat for several minutes.
6. Spread the whipping cream over the cake and top with crushed Butterfinger bars.

---

# BANANA BREAD PUDDING CAKE

*from the kitchen of Diane, Manchester, Iowa*

## INGREDIENTS

- 2 very ripe medium bananas, roughly mashed
- 1 box yellow cake mix
- 1 (4-serving size) package Jell-O instant banana cream pudding powder
- 4 large eggs, lightly beaten
- 1 cup water
- 1/4 cup olive oil

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Grease and flour a bundt pan and set aside.
3. In a large bowl, combine cake mix and instant pudding powder.
4. Whisk to loosen any lumps. Add eggs, water and oil. Whisk just until incorporated.
5. Using a rubber spatula, fold in bananas just until combined; don't over mix.
6. Pour in bundt pan, lightly shake to even out batter.
7. Bake 35-45 minutes or until toothpick inserted in center comes out with a few tender crumbs attached; don't overbake.
8. Cool completely in pan on rack. Once cool, use very thin knife to separate cake from pan edges, if needed. Invert and remove cake.
9. Drizzle with powdered sugar icing, if desired.

*This is wonderful as a breakfast or brunch cake or to eat as dessert.*





# PEANUT BUTTER COOKIES

*from the kitchen of Cady, Rapid City, S.D.*

## INGREDIENTS

- 1 cup peanut butter
- 1 cup sugar
- 1 teaspoon baking soda
- 1 egg

## DIRECTIONS

1. Roll into 1 inch balls and bake at 350 degrees for 10 minutes.

---

# RASPBERRY DELIGHT

*from the kitchen of Michelle, Decorah, Iowa*

## INGREDIENTS

- 3 cups water
- 3 ounce package instant vanilla pudding
- 3 ounce package instant, or cook and serve tapioca pudding
- 3 ounce package raspberry Jell-O
- 8-12 ounces frozen whipped topping, thawed (Cool Whip)
- 1 pint fresh raspberries, plus extra for topping

## DIRECTIONS

1. In a saucepan, bring water to a boil. Whisk in pudding mixes and Jell-O. Return to a boil, stirring constantly, and boil for 1 minute. Remove from the heat, pour into a container, and cool completely.
2. Refrigerate Jell-O mixture for several hours or overnight. Gently fold in cool whip and raspberries, being careful not to stir too vigorously.
3. Keep refrigerated until ready to eat.
4. Top with additional raspberries and serve.

---

# DIANE'S EASY BARS

*from the kitchen of Diane, Rapid City, S.D.*

## INGREDIENTS

- 1 stick butter
- 1 white or yellow cake mix
- 1 package chocolate chips (12 oz.)
- 3 cups miniature marshmallows
- 2 cups Rice Krispies
- 1 can Borden's sweetened condensed milk

## DIRECTIONS

1. Melt butter in a sheet cake pan. Add the rest of the ingredients in order given.
2. Bake 20 minutes at 350 degrees.



# STRAWBERRY PECAN PRETZEL SALAD

*from the kitchen of April, Rapid City, S.D.*

## INGREDIENTS

1 cup crushed pretzels  
1/2 cup chopped pecans  
3/4 cup brown sugar  
3/4 cup melted butter  
3 cups diced strawberries  
8 ounces softened cream cheese  
1/2 cup sugar  
1 teaspoon vanilla  
3 cups Cool Whip

## DIRECTIONS

1. Mix together pretzels, pecans, brown sugar and butter.
2. Spread on a large baking sheet with sides.
3. Bake at 400 degrees for 7 minutes.
4. Allow the mixture to cool and then break into bite size pieces.
5. Beat together cream cheese, sugar and vanilla.
6. Fold in Cool Whip. Cover and store in fridge until serving.
7. Before serving, stir the diced strawberries and sugared pretzels into the cream cheese mixture.

---

# MONKEY BREAD

*from the kitchen of Jocelyn, Rapid City, S.D.*

## INGREDIENTS

3 cups oats  
1/2 cup chia seeds  
1 cup medjool dates  
1 1/2 cups full fat coconut milk  
1 teaspoon baking powder  
1 tablespoon cinnamon  
1 teaspoon vanilla  
Pinch of salt  
**Date Coating:**  
3/4 cup medjool dates  
2/3 cup water (may need a little extra)

## DIRECTIONS

1. Blend oats and chia seeds in a food processor until finely ground. Set aside in a bowl. Blend pitted dates and coconut milk. Add cinnamon, baking powder, vanilla and salt to flour mixture. Briefly blend. Add date mixture to flour mixture.
2. Blend date coating ingredients. Roll dough into balls and then roll in date coating. Put into greased pan. Bake at 350 degrees for 30 min.

*Double recipe to make 8 x 10 pan.*



# PECAN BARS

*from the kitchen of Sherri, Denver, Colo.*

## INGREDIENTS

### **Crust:**

1/2 cup butter, softened  
1/4 cup sugar  
1 cup all-purpose flour

### **Filling:**

2 large eggs, lightly beaten  
1 1/2 to 2 cups pecans  
2 tablespoons all-purpose flour  
1 1/2 teaspoons pure vanilla extract  
1/2 teaspoon baking powder  
1 1/4 cups brown sugar

## DIRECTIONS

1. In medium bowl, cream together all crust ingredients. Press onto bottom of 9-inch square pan or pie plate and bake at 350 degrees for 20 minutes.
2. In medium bowl, stir together all filling ingredients. Pour over hot baked crust and bake at 350 degrees for an additional 20 minutes. Cool completely and cut into bars.
3. Moist, chewy and absolutely sinful.

*Great served with vanilla ice cream.*

---

# RICE KRISPY ROLL

*from the kitchen of John, Lawrence, Kan.*

## INGREDIENTS

10 ounce package marshmallows  
1/4 cup butter  
1/4 cup peanut butter  
5 1/2 cups Rice Krispies cereal (generic is fine)  
1 1/3 cups chocolate chips  
3/4 cup butterscotch chips

## DIRECTIONS

1. Line a 15×10 pan with wax paper, buttered.
2. Melt marshmallows, butter and peanut butter. Stir until smooth and well blended.
3. Stir in cereal.
4. Spread on top of wax paper.  
*I take another sheet of buttered wax paper on top and squish it to the edges of the pan.*
5. Melt and stir the chocolate and butterscotch chips.
6. Spread melted chips over the cereal mixture, leaving about 1 inch on each of the long sides.
7. Roll the cereal mixture from the long side, peeling back the wax paper as you go.
8. Chill in the refrigerator until firm.
9. Slice into 1/2-1 inch circles.

*Once started, you need to be rather quick with the assembly and rolling, or it will get stiff and be difficult to roll.*



# RHUBARB CUSTARD BARS

*from the kitchen of Mindy, York, Neb.*

## INGREDIENTS

2 cups all-purpose flour

1/4 cup sugar

1 cup cold butter

### Filling:

2 cups sugar

7 tablespoons all-purpose flour

1 cup heavy whipping cream

3 large eggs, room temperature, beaten

5 cups finely chopped fresh or frozen rhubarb, thawed and drained

## DIRECTIONS

1. In a bowl, combine the flour and sugar; cut in butter until the mixture resembles coarse crumbs.
2. Press into a greased 13x9 inch baking pan. Bake at 350 degrees for 10 minutes.
3. Meanwhile, for filling, combine sugar and flour in a bowl. Whisk in cream and eggs.
4. Stir in the rhubarb. Pour over crust.
5. Bake at 350 degrees until custard is set, 40-45 minutes. Cool.

*If you prefer your bars on the tart side, bump up the rhubarb to 6 or 6-1/2 cups or reduce the sugar in the filling to 1-1/2 cups.*

---

# STRAWBERRY SHORTCAKE SLICE

*from the kitchen of Alfred, Pueblo, Colo.*

## INGREDIENTS

500 milliliter cream

500 milliliter vanilla

1 cup cold butter

500 milliliter orange blossom water

125 grams icing sugar

Biscuits

Strawberries

## DIRECTIONS

1. Line a 20 centimeter cake tin or dish (either a square or rectangle works well) with cling film, leaving an overhang. Whip 500 milliliter of the cream, the vanilla, orange blossom water and 125 grams icing sugar with an electric whisk until thick and billowy.
2. Add a layer of biscuits to the tin, and spoon over some of the cream, about 1 centimeter thick all over. Add a layer of strawberry slices, then repeat with the cream, biscuits and strawberries until you fill the tin, finishing on a layer of biscuit. You'll have some strawberries left over to serve.
3. Press everything down well so every biscuit is covered in cream. Cover and chill overnight.
4. To serve, flip the tin onto a serving plate, and remove the cling film. Whip the remaining 100 milliliter cream with 1 tablespoon icing sugar and dollop on top of the cake, swirling it around. Top with the remaining strawberry slices in lines, sift over the remaining 1 tablespoon icing sugar, and sprinkle the biscuit crumbs in between the rows of strawberries. Cut into slices to serve.





# KAY'S WARM APPLE CRISP

*from the kitchen of Peggy, Rapid City, S.D.*

## INGREDIENTS

### Apple ingredients:

6 cups thinly sliced peeled apples - Granny Smith work great  
1/3 cup sugar  
1 teaspoon cinnamon  
1/2 teaspoon salt  
2 tablespoons butter, melted

### Topping ingredients:

3/4 cup sugar  
1/2 cup all-purpose flour  
1/3 cup butter

## DIRECTIONS

1. Mix together apples, sugar, cinnamon, salt and melted butter.
2. Place in a greased 8 or 9 inch square baking dish (glass preferred). Set aside.
3. Combine 3/4 cup sugar, flour and cut in butter until crumbly.
4. Sprinkle over apples.
5. Bake at 375 degrees for about 45 minutes.

*Serve warm. Top with whipped cream or ice cream.*

---

# BANANA NUT BARS

*from the kitchen of Andrea, Rapid City, S.D.*

## INGREDIENTS

2/3 cup shortening (or 1/3 cup shortening and 1/3 cup Oleo)  
1 1/2 cups sugar  
2 egg yolks  
2 egg whites (beaten until stiff)  
3/4 cup very ripe bananas (brownier the better)  
1 1/2 cup flour  
1 teaspoon baking soda  
1/4 teaspoon salt  
4 tablespoons sour cream  
1/2 teaspoon vanilla  
1/2 cup chopped nuts (optional)

## DIRECTIONS

1. Pre-heat oven to 325 degrees.
2. Cream together shortening and sugar. Add egg yolks and mashed bananas.
3. Sift together flour, baking soda, and salt.
4. Add alternately with sour cream & vanilla, then add the nuts.
5. Fold in stiffly beaten egg whites last.
6. Pour into a 9 x 13 pan. Bake for 45 minutes. Cut into squares.
7. Sprinkle powdered sugar on top as desired.

*Grandma Shirley's Recipe*



# BUTTERMILK BROWNIES

*from the kitchen of James, Rapid City, S.D.*

## INGREDIENTS

### **Combine in saucepan:**

1 cup water  
2 sticks butter  
4 tablespoons cocoa

### **Bring to a boil and pour over:**

2 cups sugar  
2 cups flour  
1 teaspoon baking soda

### **Whip and add:**

2 eggs  
1/2 cup buttermilk, 1 teaspoon vanilla

### **Frosting:**

In saucepan heat:

1/3 cup buttermilk  
1 stick butter

### **Pour this over:**

1 pound powdered sugar  
4 tablespoon cocoa  
1 teaspoon vanilla, stir well.

## DIRECTIONS

1. Bake 15-20 minutes at 350 degrees. Cut large marshmallows in 1/2 and put on top of brownies for the last 2 minutes of baking.
2. Pour frosting over marshmallows and enjoy!

---

# HOMEMADE ICE CREAM

*from the kitchen of Pam, Ozark, Ark.*

## INGREDIENTS

2 cups sugar  
2 tablespoons flour  
Dash of salt  
8 eggs  
1 quart half and half  
1 quart whipping cream  
1 can crushed pineapple or whatever fruit/ingredient you want  
Vanilla

## DIRECTIONS

1. Combine sugar, flour, salt and enough milk to dissolve the sugar to a boil.
2. Beat eggs, add to boiling mixture, bring to a boil.
3. Place in a gallon-sized container, set aside to cool.

*This custard can be made the day before, let sit in refrigerator. When ready to freeze add half and half, whipping cream, fruit ingredient and vanilla.*

*If gallon is not full, simply add more milk.*



# HOMEMADE CINNAMON MARSHMALLOWS

*from the kitchen of Anna, Rapid City, S.D.*

## INGREDIENTS

1 cup cold water, divided  
3 tablespoons unflavored granulated gelatin  
2 cups sugar in the raw  
3/4 cup dark corn syrup  
1/4 teaspoon salt  
1 tablespoon vanilla extract  
1/2 teaspoon cinnamon  
Powdered sugar for dusting

## DIRECTIONS

1. Spray a 13 x 9 inch pan with cooking spray and dust generously with powdered sugar.
2. Combine 1/2 cup of water and gelatin in the bowl of a stand mixer. It works best to sprinkle the gelatin over the water.
3. Use the remaining 1/2 cup water and put in a saucepan with the sugar, corn syrup and salt. Place over medium heat only swirling the pan until the sugar dissolves. Increase the heat to bring the mixture to a boil. Bring the syrup just up to 240 degrees, not over, on a candy thermometer.
4. Start your mixer and slowly pour the hot syrup over the gelatin. The whisk attachment works best for this. Whip on high for about 15 minutes, until the mixture has cooled and is thick.
5. Add the vanilla and cinnamon and mix until combined.
6. Pour the marshmallow mixture in the prepared pan and dust the top with more powdered sugar.
7. Cover the pan with a kitchen towel and let sit on the counter for 24 hours to firm up.
8. Cut your marshmallows into your desired size and roll all sides in powdered sugar.

*These are great for a campfire or in a cup of hot coffee. Shelf life is about a week.*

# MONSTER COOKIES

*from the kitchen of Bridget, Custer, S.D.*

## INGREDIENTS

6 eggs, beaten  
1 cup margarine  
16 ounce package brown sugar  
2 cups sugar  
2 tablespoons vanilla extract  
6 tablespoons corn syrup  
3 cups creamy peanut butter  
4 teaspoons baking soda  
9 cups quick-cooking oats, uncooked  
1 1/2 cups semi-sweet chocolate chips  
1 1/2 cups peanuts  
1 1/2 cups M&M's

## DIRECTIONS

1. In a large bowl, mix ingredients in order listed.
2. Drop teaspoonfuls onto ungreased baking sheets.
3. Bake at 350 degrees for 12 to 16 minutes, until golden.

*Makes 10 to 12 dozen.*









*everything  
else*



Recipe on page 82 • **JACK'S BBQ SAUCE**

miscellaneous





JACK'S BBQ SAUCE

from the kitchen of Jack,  
Cheyenne, Wyo.

INGREDIENTS

- 8 cups ketchup
- 2 cups brown sugar
- 2 cups Worcestershire sauce
- 1 cup white vinegar
- 1/3 cup garlic powder
- 1/3 cup onion powder

DIRECTIONS

1. In a saucepan over medium heat, stir together the ketchup, brown sugar, Worcestershire sauce, vinegar, garlic powder, onion powder.
2. Bring to a simmer, then remove from heat and allow to cool slightly before brushing on your favorite meat.

For a hotter sauce, add red pepper flakes and cayenne pepper.

enjoy

# SCONES FOR TWO

*from the kitchen of Carly, Denver, Colo,*

## INGREDIENTS

1 cup all-purpose flour  
2 tablespoons sugar  
1 1/2 teaspoons baking powder  
1/4 teaspoon salt  
3 tablespoons butter, cut into 1/4-inch pieces and chilled  
1/4 cup dried currants  
1/2 cup heavy cream

## DIRECTIONS

1. Heat oven to 375 degrees and line baking sheet with parchment paper.
2. Combine flour, sugar, baking powder, and salt in food processor, about five seconds.
3. Scatter butter over top and pulse until mixture resembles coarse cornmeal, about six pulses.
4. Transfer to large bowl and stir in currants (or sub chocolate chips, or don't add anything - plain is maybe the best!).
5. Stir in cream with rubber spatula until dough begins to form, about 30 seconds. Turn out onto lightly floured counter and knead until a rough, sticky ball forms, 5 to 10 seconds.
6. Shape into a 5-inch round circle, about 3/4 inch thick.
7. Cut into 4 wedges.
8. Place wedges onto baking sheet and bake until tops are light golden brown, 18-22 minutes, rotating sheet halfway through baking.
9. Let cool on wire rack for 10 minutes before serving.

*From America's Test Kitchen Cooking for Two*



# SUPER FLUFFY PANCAKE RECIPE

*from the kitchen of Francisco, Fayetteville, Ark.*

## INGREDIENTS

3/4 cup milk  
2 tablespoons white vinegar  
1 cup flour  
2 tablespoons white sugar  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 egg  
2 tablespoons melted butter

## DIRECTIONS

1. Combine milk with vinegar in bowl or measuring cup. Set aside for 5 minutes to sour and make buttermilk.
2. Combine flour, sugar, baking powder, baking soda and salt in large mixing bowl. Whisk egg and butter into buttermilk.
3. Pour into bowl with dry ingredients and whisk until lumps are gone.
4. On a griddle or large skillet over medium heat, pour a ladle of batter. Cook until bubbles appear on the surface. Flip with spatula and cook until browned on other side.

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# ALMOND LEMON ICED TEA

*from the kitchen of Val, Rapid City, S.D.*

## INGREDIENTS

1 family sized tea bag  
3/4 cup sugar  
1 1/2 teaspoons almond flavor  
1/2 teaspoon vanilla extract  
3 lemons  
1/2 cup concentrated lemon juice

## DIRECTIONS

1. Boil 1 gallon water and 1 family sized tea bag.
2. Add sugar, almond flavor, and vanilla extract.
3. Juice of 3 lemons or 1/2 cup concentrated lemon juice.
4. Mix well and chill.



# SUMMER FRUIT SOUP

*from the kitchen of Valerie, Rapid City, S.D.*

## INGREDIENTS

- 1/2 cup sugar
- 3 tablespoons quick cooking Tapioca
- 2 1/2 cups water, divided
- 1 can (6 ounce) frozen orange juice concentrate
- 1 package {10 ounces} frozen sweetened sliced strawberries, thawed
- 2 cups fresh or frozen sliced peaches, thawed and cut into bite-size pieces
- 1 can (11 ounces) mandarin oranges, drained
- 2 medium ripe bananas, sliced
- 1 pint lime sherbet, optional

## DIRECTIONS

1. In a saucepan, combine sugar, tapioca and 1 1/2 cups water.
2. Cook over medium heat for 5-6 minutes or until thickened and clear.
3. Remove from the heat. Stir in orange juice concentrate and remaining water until the concentrate is thawed. Stir in strawberries, peaches and oranges.
4. Cover and refrigerate for 2 hours.
5. Just before serving, stir in bananas. Top each with a scoop of sherbet if desired.

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# BISCUITS AND GRAVY BREAKFAST CASSEROLE

*from the kitchen of Juli, Gillette, Wyo.*

## INGREDIENTS

- 1 (8 count) tube refrigerated biscuits
- 1 pound breakfast sausage
- 1 envelope Country Gravy Mix (prepared according to instructions)
- 1/2 cup milk
- 1/4 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 9 eggs
- 8 ounces shredded cheese (any kind, I use colby jack or cheddar)

## DIRECTIONS

1. Preheat oven to 350 degrees and grease a 9 x 13 baking dish.
2. Cut each biscuit into 4 pieces and scatter across bottom of baking dish.
3. Brown sausage, drain and set aside. (You can make your own gravy from the drippings if desired - 2 cups gravy needed).
4. Whisk eggs with 1/2 cup milk, garlic powder, salt and pepper.
5. Sprinkle sausage over biscuits. Sprinkle 1/2 cheese over sausage.
6. Pour gravy over sausage/biscuit mixture.
7. Pour eggs over all and sprinkle with remaining cheese.
8. Bake for 30 minutes. Will be hot and bubbly and the cheese melted.
9. Can easily be made the night before. Let sit at room temperature while the oven is preheating.

*Great for a crowd and perfect for brunch.*



# OATMEAL PANCAKES

*from the kitchen of Alicia, Rapid City, S.D.*

## INGREDIENTS

1 1/2 cups quick oatmeal  
1/2 cup flour  
1 tablespoon sugar  
1 teaspoon salt  
1 teaspoon baking soda  
1 egg  
3 tablespoons corn oil  
1 teaspoon vanilla  
1/2 teaspoon maple flavoring  
2 cups buttermilk

## DIRECTIONS

1. Mix the first 5 ingredients. Add the remaining ingredients and mix together.
2. Make sure the griddle is hot. To make as waffles, add 1 extra egg.

*Tip from mom: "Separate yolk from eggwhite. Mix yolk with buttermilk, oil and flavorings — the very last thing is to beat egg whites and fold them in."*

*This recipe has been handed down in our family beginning with my Great Nana, Velma, and has stood the test of time. It isn't a typical pancake recipe - they're not intended to be light and fluffy - but the oatmeal texture and flavors are to die for. My picky toddler devoured 3 of these over the weekend and was still wanting more!*

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# MOM'S CALICO BEANS

*from the kitchen of Karen, Rapid City, S.D.*

## INGREDIENTS

### **Brown the following and then drain:**

1 to 1 1/2 pounds ground beef  
Bacon to taste, uncooked and chopped  
Onion, chopped

### **Add to above:**

1 can kidney beans, drained  
1 large can pork and beans  
1 can lima beans, drained  
1/2 cup ketchup  
1/2 cup brown sugar  
2 teaspoon vinegar

## DIRECTIONS

1. Bake 40 minutes in 350 degree oven or low in crock pot all day.

# 3 CHEESE GRILLED CHEESE SANDWICHES

*from the kitchen of Kayla, Rapid City, S.D.*

## INGREDIENTS

Take 8 to 10 slices of artisan bread and lay out.

Place 1 slice cheddar cheese on one slice.

Place 1 slice provolone cheese on other slice.

### **Mix following:**

8 ounces cream cheese

1/2 cup shredded cheddar cheese (finely shredded)

2 tablespoon heavy cream

1/2 teaspoon salt

2 tablespoons chopped/minced jalapeño slices (or 1 full jalapeño chopped) and spread on one side of sandwich then put sandwich together, complete with all remaining slices of bread.

### **Now mix:**

3/4 cup mayo

1 1/2 teaspoons minced garlic

1/4 teaspoon salt

Spread this mixture on the outside

## DIRECTIONS

1. Cook each side 4 minutes. Enjoy.

*Served great with tomato soup!*

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# MARCI'S GREEN CHILI

*from the kitchen of Marci, Gillette, Wyo.*

## INGREDIENTS

10 pound pork roast

1 package of fire roasted green chili

1/4 cup of Lawry's Season Salt (to taste)

2 cans of Rotell tomatoes and green chili — pick the heat that you want

*Hot: 2 cans habanero and tomatoes hot or one can and one can of tomatoes and garlic.*

*Mild: 2 cans mild Rotell*

Flour

## DIRECTIONS

1. Cut roast into small chunks, brown in a skillet, adding the Lawry's salt as you are browning. Once it has all browned, there should be liquid in the pan.
2. Add approximately 1 cup of water and a handful of flour. Heat until gravy is made. Add more water for thinner gravy, add more flour for thicker.
3. Put pork mixture and the rest of the ingredients into a slow cooker or roaster.
4. Let simmer for at least 2 hours, mixing occasionally.



# ROASTED RED POTATOES

*from the kitchen of Amy, Fayetteville, Ark.*

## INGREDIENTS

6-8 red potatoes  
1/2 stick of salted butter  
Weber Zesty Lemon Seasoning

## DIRECTIONS

1. Preheat oven to 400 degrees.
  2. Cut potatoes up in cubes and place in pan.
  3. Cut up the butter into cubes and add to the potatoes.
  4. Add the seasoning to your liking.
  5. Cook for 25 minutes at 400 degrees then turn the potatoes and reduce heat to 350 degrees for an additional 25 minutes.
- 

# OLIVE GARDEN ALFREDO SAUCE

*from the kitchen of Quince, Liberal, Kan.*

## INGREDIENTS

1 stick (1/2 cup) salted butter  
3 ounces cream cheese, softened  
1 pint (2 cups) heavy whipping cream  
3/4 teaspoon garlic powder  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
3/4 cup finely grated fresh parmesan (loosely packed in measuring cup)

## DIRECTIONS

1. Melt butter in heavy bottomed 3 quart saucepan on stove on medium heat.
2. Melt partially and add softened cream cheese. Stir while melting. When almost melted, add a little of the cream and whisk well.
3. When all of butter and cream cheese have melted, stir in rest of cream. Mix well. Stir in garlic powder, salt, and pepper. Mix well. Stir in grated parmesan.
4. Bring to boil while stirring (still on medium or medium high heat) and boil for 1 minute, continuously stirring.

*Can be served immediately or reheated right before serving.*



# BERT'S PORK CHILI

*from the kitchen of Bert, Scottsbluff, Neb.*

## INGREDIENTS

5 pounds pork (pork roast/butt cut into 1 inch pieces)  
2 teaspoons cumin  
2 teaspoons garlic powder  
2 teaspoons onion powder  
2 teaspoons salt (add more to your liking)

### **Salsa, blend in blender (chunky style):**

8 jalapeños raw (less or more, depending on spice)  
1 28 ounces can whole steam peeled tomatoes or diced tomatoes (not stewed tomatoes)  
2 teaspoons salt  
2 teaspoons cumin  
2 teaspoons garlic powder  
2 teaspoons onion powder

## DIRECTIONS

1. Cut pork into bite size pieces. Buy a pork that is NOT too lean. You want some fat. If your pork is lean, you'll need some oil to fry. Fry your pork with all spices until juices flow out.
2. When the pork is cooked and juice is visible, pour your blended salsa over pork with 1/2 to 1 cup of water. Simmer for about an hour or until pork is nice and tender. The longer you simmer, the more flavor your pork chili will have.

*Optional: cut and add 1 to 2 jalapeños into thick round slices about 30 minutes before serving to have more spice.*

*For thicker pork chili add flour and water rue to your liking and cook through.*

*Serve over enchiladas or eat with tortillas.*

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# BREAKFAST BAKE

*from the kitchen of Ann, Rapid City, S.D.*

## INGREDIENTS

1 pound breakfast sausage (Jimmy Dean is delightful) - cooked  
10 eggs  
2 cups milk  
2 cups or more ( I prefer 3) shredded cheddar cheese  
1 bag croutons

## DIRECTIONS

1. In bottom of 9 x 13 pan, place cooked crumbled sausage on bottom of pan. Place croutons on top of that.
2. In a bowl, mix milk, eggs and cheese together. Place on top of sausage/croutons.
3. Cover pan with foil and refrigerate overnight or 4 hours.
4. Preheat oven to 350 degrees and put in casserole for 50 min, then uncover the last 10 min so the cheese gets so toasty and delicious.

*It is ready when a knife inserted comes out clean.*



# RUSTIC GARLIC PARMESAN HERB BREAD

*from the kitchen of Claudine, Rapid City, S.D.*

## INGREDIENTS

1 tablespoon instant dry yeast  
1 tablespoon sugar  
1 cup warm water  
1 teaspoon salt  
2 teaspoons dried rosemary  
1 teaspoon dried basil  
1 teaspoon dried oregano  
6 cloves minced garlic  
2 to 2 1/2 cups all-purpose flour  
1/2 cup grated parmesan cheese  
2 tablespoons olive oil  
1 tablespoon butter

## DIRECTIONS

1. In a large mixing bowl, add yeast, sugar, and water. Stir in salt, rosemary, basil, oregano, and garlic.
2. Add in 2 cups of flour and the parmesan cheese and stir until combined. Gradually add in the remaining 1/2 cup flour (if needed) until you have a smooth dough that is tacky, but doesn't stick to your hands.
3. Transfer to a lightly greased mixing bowl, cover and let rise until double in size, about 1 hour.
4. Preheat oven to 375 degrees. Drizzle a baking sheet with olive oil.
5. Divide dough in half and shape into two separate round loaves. Place loaves on the prepared baking sheet and let rise another 15 to 20 minutes.
6. Top each loaf with 1/2 tablespoon butter.
7. Bake for 18-20 minutes, until golden brown.

*Recipe from The Stay At Home Chef*

# GREEN CHILI

*from the kitchen of Melissa, Rapid City, S.D.*

## INGREDIENTS

2 pounds cubed pork  
6 tablespoons oil  
6 large garlic cloves, crushed  
5 (7 ounce) cans diced green chilis  
1 to 2 tablespoons diced jalapenos  
2 (14.5 ounce) cans diced tomatoes  
5-6 cups water  
2 tablespoons garlic powder  
1 tablespoon onion powder  
1 tablespoon cumin  
1 heaping teaspoon oregano  
Salt and pepper  
*Thickener, if desired (5 tablespoons flour or similar equivalent)*

## DIRECTIONS

1. Sear pork in olive oil.
2. Add all ingredients.
3. Simmer until pork is tender.

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*Featured photo on back cover*

# EGGS IN SPINACH AND TOMATO SAUCE

*from the kitchen of Kevin, Fayetteville, Ark.*

## INGREDIENTS

1 tablespoon avocado oil  
1/2 teaspoon pepper  
1/2 teaspoon salt  
3 cups baby spinach  
1/2 red onion, diced  
1 24 ounce jar marinara sauce  
1/2 can diced tomatoes w/jalapeno  
4 to 6 eggs

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Heat oil in 10 inch cast iron skillet. Add spinach and red onion, season with salt and pepper, and sauté for 6 minutes.
3. Stir in marinara and tomatoes and bring to a simmer.
4. Remove from heat and let cool for 5 minutes. As sauce firms make 4 to 6 wells in the sauce with the back of a large spoon and carefully crack an egg into each.
5. Place the pan in the oven and bake until egg whites are firm (eggs can be taken out at a poached consistency if desired, adjust time) about 15 minutes.



# PRINTABLE RECIPE CARDS

from the kitchen of \_\_\_\_\_

## INGREDIENTS

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## DIRECTIONS

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## INGREDIENTS

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## DIRECTIONS

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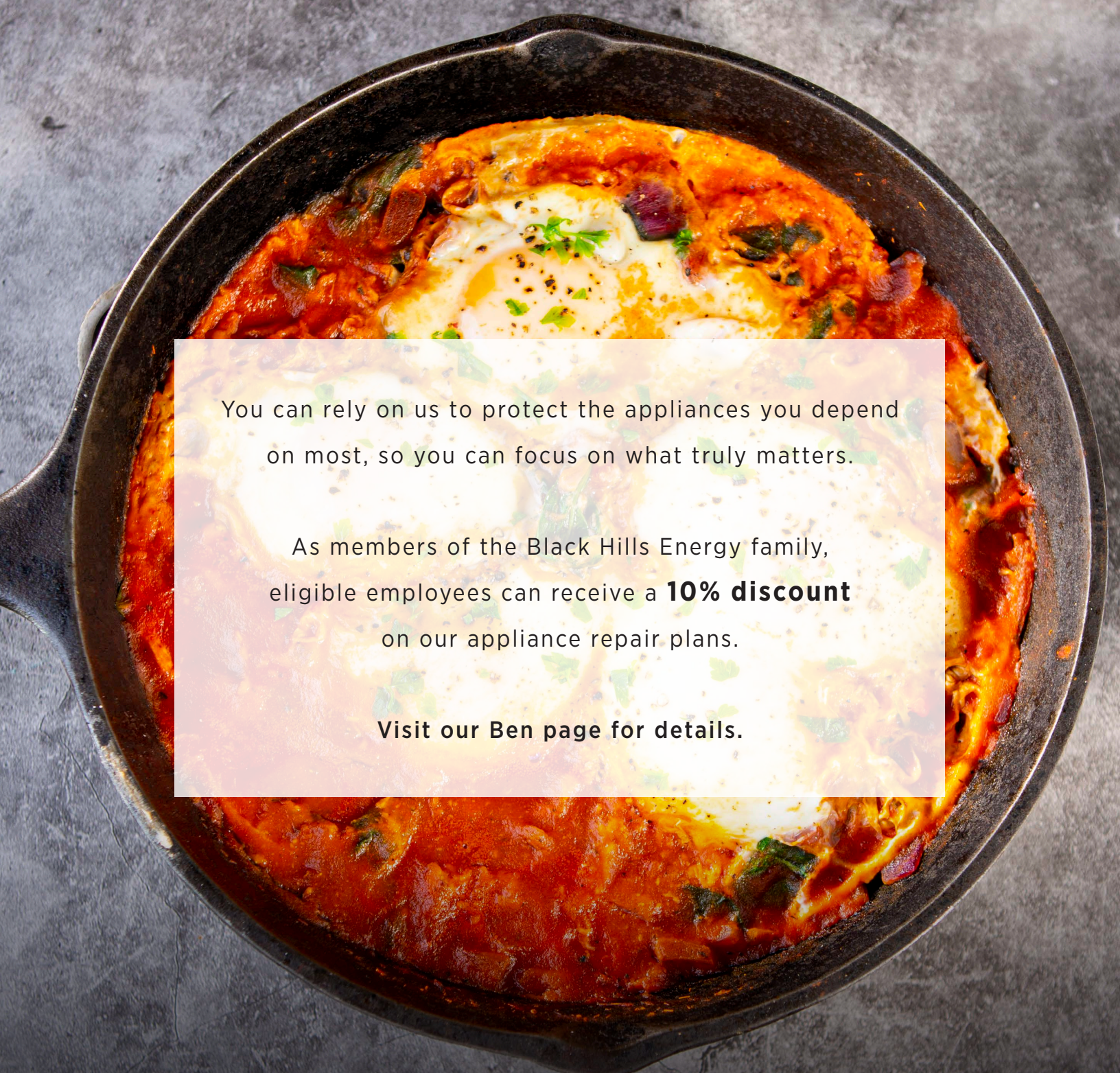
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