

## Recipe of the Week Meatballs & Twisters

- 1 small onion, chopped
- 1 slice of bread, torn in pieces
- 3/4 lb. ground beef
- 1 jar spaghetti sauce
- 3 C cooked rotella pasta

Mix onion, bread pieces and ground beef and shape into meatballs. Spray skillet with cooking spray. Brown on all sides over medium heat. Add spaghetti sauce to meatballs and continue to cook until meatballs are no longer pink inside. Top cooked pasta with meatballs and sauce.

## Recipe of the Week Carry-In Egg Casserole

- 18 eggs
- 1/2 C milk
- 1 can cream of mushroom soup
- 2 C shredded cheddar cheese
- 1/2 lb. bacon

Lightly scramble eggs in frying pan until beginning to set. Cook bacon on the side and crumble. Heat milk and soup until warm. Combine eggs and soup mixture in baking dish. Top with bacon and cheese. Bake at 250 degrees for 45 minutes. Best if prepared night before and reheated before eating.

## Recipe of the Week Sausage Breakfast Pizza

- 1 12oz package sausage links
- 1 package crescent rolls
- 1 C thawed hash brown potatoes

Bake sausage links at 375 degrees for 15 minutes. Drain and thinly slice. Unroll crescent rolls and separate. Arrange on 12 in. pizza pan. Press seams together to form a crust. Top with hash browns, sausage and cheese. Combine eggs and milk. Pour over cheese. Bake at 375 degrees for 20-25 minutes.

## Recipe of the Week Mexican Meatloaf

- 1 1/2 lb. hamburger
- 2 Tbsp. taco seasoning mix
- 1 can (15 3/4 oz) chili hot beans
- 1/4 C. Thousand Island dressing
- 1 tsp. salt
- 1 egg
- 1 small onion, chopped
- 2 slices bread, torn in pieces

Blend all ingredients. Bake in 450 degree oven for 45 minutes. Reduce heat to 350 degrees. Top with favorite cheese. Bake 15 minutes.

## Recipe of the Week Baked Potato Casserole

- 8 potatoes, baked
- 1/4 C real bacon bits
- 3 Tbs. butter
- 1 medium tub sour cream
- 2 C shredded cheddar cheese

Cut baked potatoes into bite size cubes. In large bowl, mix potatoes, bacon bits, butter and sour cream. Spread into 9x13 casserole dish. Sprinkle cheese on top. Bake at 350 degrees just until heated through and cheese is melted.

## Recipe of the Week Confetti Chicken

- 6 boneless, skinless chicken breasts
- 1 package frozen hash browns, thawed
- 1 can cream of chicken soup
- 1 8 oz. tub of sour cream
- 1 C. shredded cheddar cheese
- 1 package frozen mixed vegetables
- 1/2 C. crushed potato chips

Place chicken breasts in bottom of greased 9x13 baking dish. In a separate bowl, mix remaining ingredients together except potato chips. Spread mixture over chicken breasts. Sprinkle potato chips over top. Bake at 350 degrees for one hour.

## Recipe of the Week Hot Brown

- 1/2 stick butter
- 1/2 lb. bacon, cooked crisp
- 2 C shredded sharp cheddar cheese
- 6-8 slices toast
- 1 (5 1/2 oz.) can evaporated milk
- 6-8 tomato slices
- 1 can mushroom soup
- 6-8 servings pre-cooked turkey

In saucepan combine butter, cheese, evaporated milk, and soup. Heat until cheese melts. Place toast in bottom of greased 9x13 baking dish. Top with turkey, tomatoes and bacon strips. Pour cheese sauce over top. Place under broiler until hot and brown.

## Recipe of the Week Breakfast Casserole

- 2 12oz. pkgs. breakfast sausage links
- 1 tsp. salt
- 9 eggs
- 8 C frozen hash browns, thawed
- 3 C milk
- 1 1/2 C shredded cheddar cheese
- 1 1/2 tsp. ground mustard

Bake sausage links at 375 degrees for 15-20 minutes. Drain and cut into bite size pieces. In a large bowl combine eggs, milk, mustard and salt. Add the hash browns, cheese and sausage links. Pour into 13x9 baking dish. Cover and refrigerate overnight. Bake, uncovered for 1 hour at 350 degrees. Serves 12-15.

## Recipe of the Week Autumn Roast

- 4 lb. boneless chuck roast
- 2 onions sliced thinly
- 1 T. caraway seed
- 1 can Coca-Cola
- 1 can cream of mushroom soup
- 1/4 tsp. pepper
- 1/4 tsp. salt

Combine cola, soup, and seasonings. Place roast in roasting pan and pour soup mixture on top. Add onions. Cover pan and bake at 325 degrees for 3 hours. Thank you to Nancy Hawkins for this recipe!

## Recipe of the Week Pineapple Chicken Tenders

- 1 C pineapple juice
- 1/2 C packed brown sugar
- 1/3 C soy sauce
- 2 lbs. chicken breast tenderloins

In a saucepan, mix pineapple juice, brown sugar and soy sauce. Heat over medium heat until just before it boils. Place chicken in sauce and marinate in refrigerator for at least 30 min. Grill chicken until juices run clear.

## Recipe of the Week Meat & Tater Casserole

- 5 potatoes, peeled and diced
- 1 onion, diced
- 1 can cream of mushroom soup
- 1/2 lb ground beef, browned
- 1 tsp. caraway seed
- 1/4 tsp. salt
- 1/4 tsp. pepper

Place potatoes and onion in ungreased 13x9 baking dish. In a separate bowl, mix soup, ground beef, seasonings and 1 cup of water. Spread over potatoes and bake for 1 hour at 350 degrees. Thank you to Nancy Hawkins for this recipe!

## Recipe of the Week Breakfast Burrito

- 1 Tbsp. butter
- 7 eggs, beaten
- 1 C shredded colby cheese
- 1 lb. ground italian sausage
- Soft Taco Flour Tortillas
- Salsa
- Sour Cream

In large skillet, brown sausage. Drain and set aside. In another skillet melt butter and cook eggs until lightly scrambled. Add sausage and cheese. Warm tortillas according to directions. Spoon mixture into center of tortilla and roll up. Serve with salsa and sour cream. Serves 4.

## Recipe of the Week Oven-Baked BBQ Chicken

- 4 boneless, skinless chicken breasts
- 1 C all-purpose flour
- 1/2 tsp. pepper
- 1 tsp. caraway seed
- 6 slices bacon
- 8 oz. can drained mushroom pieces
- 1 1/2 C BBQ sauce

Coat chicken in flour and spices and place in a 13x9 baking dish. Lay bacon across top. Bake at 400 degrees for 45 min. Drain grease. Top chicken with mushrooms and BBQ sauce. Bake additional 20 min. Serves 4. Thank you to Nancy Hawkins for this recipe!

## Recipe of the Week Salmon Patties

- 2 (6 oz.) cans salmon, drained
- 2 eggs, whipped
- 10 saltine crackers, crushed
- 1/4 C green onion, chopped
- 1/4 tsp. pepper
- sprinkle of salt

Mix ingredients well and form into patties. Brown patties on both sides in skillet with hot olive oil. Thank you to Nancy Hawkins for this recipe!

## Recipe of the Week Vegetable Pizza

- 1 can crescent rolls
- 1/2 C mayonnaise
- 1 8 oz. cream cheese

1 pkg. Hidden Valley Ranch mix - original  
Broccoli, Cauliflower, Carrots, Green Peppers, etc.  
Unroll crescent rolls and lay pizza shape on baking sheet. Bake according to directions and let cool. Mix rest of ingredients together and spread over crust. Cut favorite veggies in small pieces and spread on top.

## Recipe of the Week Jimmy Dean Sausage Pie

- 1 lb. ground sausage
- 1 1/2 C shredded cheese
- 1/4 C green pepper chopped
- 1/4 C red pepper chopped
- 2 Tbsp. onion chopped
- 1 C evaporated milk
- 4 eggs beaten
- 9 in. deep pie shell

Brown and drain sausage. Put in pie shell. Top with cheese, peppers and onion. In separate bowl mix milk and eggs. Pour on top of sausage mixture. Bake at 375 degrees for 40-45 min. Thank you to Violet Southard for this recipe!

## Recipe of the Week "El Cheapo" Beef Stew

6 potatoes, peeled and diced	1 lb. ground beef
2 carrots, peeled and sliced thin	1 Tbsp. flour
1 stalk celery, diced	8 oz. can tomato sauce
2 Tbsp. onion flakes	1 tsp. salt and pepper

Put potatoes, carrots and celery in saucepan with enough water to cover by an inch. Cover and boil until tender (30 min.) Make 1" meatballs with ground beef and brown in a deep skillet. Add undrained vegetables, onion flakes and spices. Heat for 5 min. In separate bowl, whisk flour with 1/2 C. water; mix in tomato sauce. Stir flour mixture into beef mixture in skillet. Cover and simmer 15 min. until thickened.

## Recipe of the Week Easy Chicken Enchiladas

1 8oz. package cream cheese	1 small can green chilis
1 C salsa	6 (6 in.) flour tortillas
2 C cooked chicken breast, chopped or shredded	2 C shredded colby-jack cheese

In a small saucepan combine cream cheese and salsa. Heat until melted and well blended. Stir in chicken and chilis. Fill tortillas with mixture, roll and place in greased 9x13 baking dish. Sprinkle cheese over the top. Cover with foil and bake at 350 degrees for 30 minutes. Serve with toppings of sour cream, lettuce and tomatoes.

## Recipe of the Week Meatloaf Muffins

2 lb. lean ground beef	2 eggs
1 10.5 oz can vegetable soup	1 tsp. salt
1/2 C chopped onion	1 pinch black pepper
1 C dry bread crumbs	3/4 C ketchup

Mix ground beef, soup, onion, bread crumbs, eggs salt and pepper in a bowl. Scoop mixture evenly into lightly greased muffin pan cups. Bake 50 min. at 350 degrees. Remove from oven and drizzle ketchup on top of each muffin. Bake additional 10 minutes.

## Recipe of the Week Baked Ziti

1 lb. dry ziti pasta	6 oz. provolone cheese, slices
1 onion, chopped	1 1/2 C sour cream
1 lb. lean ground beef	6 oz. mozzarella cheese, shredded
2 (26 oz.) jars spaghetti sauce	2 Tbsp. grated parmesan cheese

Boil baked ziti until done, about 8 minutes; drain. In a large skillet, brown onion and ground beef; drain grease. Add spaghetti sauce and simmer 15 minutes. Butter a 9x13 baking dish. Layer as follows: 1/2 of the ziti, provolone cheese, sour cream, 1/2 sauce mixture, remaining ziti, mozzarella cheese and remaining sauce. Top with parmesan cheese. Bake at 350 for 30 minutes or until cheeses are melted.

## Recipe of the Week Hurried Day Vegetable Soup

1 lb. browned ground beef	2 15 oz. cans mixed vegetables
2 28 oz. cans diced tomatoes	3 bay leaves
1 large can beef broth	1 large onion, diced

Mix ingredients well in a large pot. Bring to a boil. Reduce heat, cover and simmer for 25 minutes. Pick out bay leaves before serving. Serves 6. Thank you to Nancy Hawkins for this recipe!

## Recipe of the Week Easiest Chicken Pot Pie

2 C cooked, diced chicken	1/2 tsp. pepper
15 oz. can mixed vegetables, drained	2 cans cream of chicken soup
1/2 tsp. salt	1 C milk
	10 oz tube refrigerated biscuits

Mix all ingredients except biscuits in 3 qt. casserole dish. Bake at 400 degrees for 20 min. While baking, cut biscuits into quarters. Remove dish from oven, stir and arrange biscuit pieces on top. Bake another 15 min. until biscuits are brown.

## Recipe of the Week Easy Buffalo Chicken Wraps

1 Tbsp. vegetable oil	1/4 C hot sauce
1 Tbsp. butter	4 (10 in.) flour tortillas
1 lb. skinless, boneless chicken breasts cut into bite sized pieces	2 C shredded lettuce
	1/2 C blue cheese dressing

Heat vegetable oil and butter in a large skillet over medium-high heat. Place chicken in the pan and cook until juices run clear, about 10 minutes. Remove the pan from the heat and pour hot sauce over chicken and toss to coat. Lay out flour tortillas and divide chicken evenly among tortillas. Top with lettuce and blue cheese dressing. Fold in sides of tortillas and wrap up burrito style.

## Recipe of the Week Easy "Summer" Chili

1 lb. ground beef
1 onion, chopped
1 bell pepper, chopped
15 oz. can diced tomatoes
29 oz. can hot chili beans
1 Tbsp. caraway seed
1 pkg. chili seasoning mix
1 Tbsp. salt

Brown beef, onion and bell pepper in a deep skillet until onion and pepper are tender. Drain. Add remaining ingredients; stir well. Simmer over low heat for 25 min. Serve over spaghetti. Thank you to Nancy Hawkins for this recipe!

## Recipe of the Week

### Chicken & Corn Chili

4 skinless, boneless chicken breasts  
 1 16 oz. jar salsa  
 2 tsp. garlic powder  
 1 tsp. ground cumin  
 1 tsp. chili powder  
 salt and pepper to taste  
 1 11 oz. can corn  
 1 15 oz. can pinto beans

Place chicken and salsa in crock pot. Season with garlic, cumin, chili powder, salt and pepper. Cook 6-8 hours on low. Remove chicken and shred with a fork. Return the meat to the crock pot and stir in corn and pinto beans. Simmer until ready to eat. Serve with sour cream and tortillia chips.

## Recipe of the Week

### Shrimp Alfredo Pasta

1 16 oz. jar Alfredo Sauce  
 1 8 oz. pkg. angel hair pasta  
 2 lbs. fresh or frozen shrimp  
 1 C butter, melted  
 1/2 green pepper, diced  
 1/2 red onion, diced  
 1 tsp. garlic powder  
 1/2 tsp. ground cumin

In a saucepan over low temperature, heat Alfredo sauce. Boil pasta according to directions on box. Peel and devein shrimp. In a large pot of water, boil shrimp until orange. Drain and let marinate in butter for 30 min. In a large skillet, sautee green pepper and onion in small amount of oil. Toss together cooked pasta, shrimp, peppers and onions, and Alfredo sauce. Season with garlic powder and cumin.

## Recipe of the Week

### Easy Buffalo Chicken Wraps

1 Tbsp. vegetable oil  
 1 Tbsp. butter  
 1 lb. skinless, boneless chicken breasts cut into bite sized pieces  
 1/4 C hot sauce  
 4 (10 in.) flour tortillas  
 2 C shredded lettuce  
 1/2 C blue cheese dressing

Heat vegetable oil and butter in a large skillet over medium-high heat. Place chicken in the pan and cook until juices run clear, about 10 minutes. Remove the pan from the heat and pour hot sauce over chicken and toss to coat. Lay out flour tortillas and divide chicken evenly among tortillas. Top with lettuce and blue cheese dressing. Fold in sides of tortillas and wrap up burrito style.

## Recipe of the Week

### Tuna Noodle Casserole

2 C elbow macaroni  
 1 9 oz. can tuna, drained  
 1 can condensed cream of mushroom soup  
 1 soup can milk  
 1 C shredded sharp cheddar cheese  
 1 C crushed croutons

Bring a large pot of lightly salted water to a boil. Cook macaroni in boiling water for 8-10 minutes. Drain. In medium bowl, combine tuna, soup and milk. Mix with macaroni and pour into 2 qt. casserole dish. Sprinkle with cheese and croutons. Bake at 350 degrees for 20-30 min.

## Recipe of the Week

### Scalloped Potatoes and Ham

6 large potatoes, sliced  
 1 1/2 lb. diced ham  
 1 can condensed cream of mushroom soup  
 1 soup can water  
 1 C shredded cheddar cheese  
 grill seasoning to taste

Layer potatoes and ham in a slow cooker. Combine soup, water, cheese and grill seasoning in large bowl. Pour mixture over potatoes and ham. Cook on high for 3 hours. Reduce heat to low and cook for 1 hour. Serves 5.

## Recipe of the Week

### Pizza on the Grill

1 ready made pizza crust  
 2 C shredded mozzarella cheese  
 1 C tomato sauce  
 1/2 C chopped green peppers  
 1/2 C fresh mushrooms  
 Other favorite toppings

Preheat outdoor grill for high heat and lightly oil grate. Roll out prepared crust to a size that will fit your grill. Place on grill for 5 minutes or to desired doneness. Reduce heat to medium. Flip crust over. Add sauce, cheese, and other toppings. Close grill and cook 5-10 minutes until cheese is melted and bubbly.

## Recipe of the Week

### Southwest Chicken

- 1 Tbsp. vegetable oil
- 4 skinless, boneless chicken breasts
- 1 10oz. can diced tomatoes with chile peppers
- 1 15oz. can black beans, rinsed
- 1 8.75oz. can whole kernel corn, drained

In a large skillet, heat oil over medium high heat. Brown chicken breasts on both sides. Add tomatoes with green chile peppers, beans and corn. Reduce heat and let simmer for 25 to 30 minutes or until chicken is cooked through and juices run clear.

## Recipe of the Week

### Smoked Salmon and Fettuccine

- 8 oz. fettuccine pasta
- 1 Tbsp. flour
- 1/4 C butter
- 1 C grated parmesan
- 1 C milk
- 1/2 lb. smoked salmon

Cook fettuccine according to directions; drain. In a medium saucepan over medium heat, melt butter. In a separate bowl whisk flour and milk together and mix with melted butter. Gradually stir in parmesan cheese until melted. Crumble salmon into butter mixture. Heat and stir about 3 minutes. Serve over pasta.

## Recipe of the Week

### Taco Turkey Wraps

- 2/3 C sour cream
- 1 C mexican blend shredded cheese
- 2 Tbsp. taco seasoning
- 1/2 lb. thin sliced turkey Salsa
- 6 8in. flour tortillas

In a bowl, combine the sour cream and taco seasoning. Spread over tortillas. Sprinkles with cheese. Top with turkey; roll up. Serve with salsa.

## Recipe of the Week

### Meatball Sandwich

- 1 1/2 lb. ground beef
- 1/2 C shredded mozzarella
- 1/3 C italian seasoned bread crumbs
- 1 Tbsp. black pepper
- 1 tsp. garlic powder
- 1/2 small onion
- 1/2 C marinara sauce
- 1 tsp. salt
- 3 hoagie rolls, split lengthwise

In medium bowl mix ground beef, bread crumbs, onion, salt, pepper, garlic powder and half of mozzarella cheese. Form mixture into a log and bake in 8x8 baking dish at 350 degrees for 50 minutes. Slice into 1/2 inch slices and place in hagio roll. Cover with marinara sauce and sprinkle with remaining mozzarella. Place under broiler for a few minutes to toast and melt cheese.

## Recipe of the Week

### Tomato Chicken Parmesan

- 2 eggs, beaten
- 1 C grated parmesan cheese
- 7 oz. seasoned bread crumbs
- 6 skinless, boneless chicken breast halves
- 12 oz. pasta sauce
- 6 slices monterey jack cheese

Mix parmesan cheese and bread crumbs. Dip chicken breasts in eggs and coat with bread crumb mixture. In a large skillet heat 1 Tbsp. vegetable oil. Add coated chicken and saute for 8-10 min. on each side. Pour pasta sauce into greased 9x13 pan. Add chicken then place cheese over each breast and bake for 20 min.

## Recipe of the Week

### Alfredo Sauce

- 1/2 C butter
- 1 8 oz. pkg. cream cheese
- 2 tsp. garlic powder
- 2 C milk
- 1 oz. grated parmesan cheese
- 1/8 tsp. black pepper

Melt butter in a non-stick saucepan over medium heat. Add cream cheese and garlic powder, stirring until smooth. Add milk slowly while stirring to smooth out the lumps. Stir in parmesan cheese and pepper. Remove from heat when sauce reaches desired consistency. Thin with milk if too thick. Toss with hot pasta.

## Recipe of the Week

### Shepherd's Pie

- 1 lb. ground beef
- 1 can green beans, drained
- 1 can cream of mushroom soup
- 1/2 onion, diced
- 1 C shredded cheddar cheese
- 2 C mashed potatoes

In a skillet, brown ground beef and drain fat. Mix in green beans, cream of mushroom soup and onion. Pour into a 2 qt. casserole dish and spread mashed potatoes on top. Top with cheddar cheese. Bake at 350 degrees for about 30 minutes.

## Recipe of the Week

### Slow Cooker Kielbasa and Beer

- 2 lbs. kielbasa sausage, skinless
- 1/2 C honey mustard
- 1/2 C apple cider vinegar
- 1 (20 oz.) can sauerkraut
- 2 (20 oz.) bottles of beer

Combine all ingredients in a slow cooker and cook on low for 5-6 hours.

## Recipe of the Week

### Loose Meat Party Sandwiches

3 lbs. ground beef                      1 tsp. seasoned salt  
1/4 C minced onion                    1 tsp. pepper  
3 Tbsp. worcestershire sauce       2 tsp. butter  
4 C beef broth                          12 hamburger buns, split

Crumble the ground beef into a large skillet over medium-high heat. Mix in onion. Cook, stirring to break up lumps, until meat is no longer pink and onion is tender. Drain off grease and return to stove. Add worcestershire sauce, beef broth, salt, pepper and butter. Bring to a boil then set heat to low and simmer until liquid is almost gone, about 45 min. Remove from heat, cover and let rest for 15 minutes before serving on buns.

## Recipe of the Week

### Salsa Sausage Quiche

3/4 lb. bulk pork sausage  
1 9in. unbaked pie shell  
2 C shredded cheddar cheese  
4 eggs  
1 C salsa

Crumble sausage into a large skillet. Cook over medium heat until no longer pink; drain. Transfer to pie shell. Sprinkle with half of the cheese. In a small bowl, lightly beat the eggs; stir in salsa. Pour over cheese. Bake at 375 degrees for 30-35 min. or until knife inserted comes out clean. Sprinkle with remaining cheese. Bake for 5 minutes to melt cheese.

## Recipe of the Week

### Slow Cooker BBQ

4 lb. pork butt roast  
1 14oz. can beef broth  
1 1/2 bottles barbeque sauce

Place roast in slow cooker and pour beef broth over the roast. Cook on low for 10 hours or until roast shreds easily. Remove meat and shred with two forks. Mix in barbeque sauce. Place meat in a baking dish and warm in oven at 350 degrees for 30 minutes or until heated through.

## Recipe of the Week

### Crispy Baked Pesto Chicken

4 boneless skinless chicken breasts  
1 packet Shake 'N Bake chicken coating mix  
2 Tbsp. pesto  
1/4 C shredded mozzarella cheese

Coat chicken with coating. Place in baking dish. Bake at 400 degrees for 20 min. or until cooked through. Top chicken with pesto and sprinkle with cheese. Bake additional 5 minutes.

## Recipe of the Week

### Smokin' BBQ Ribs

3 lb. pork baby back ribs            1 can chipotle pepper in  
1/2 C water                                adobo sauce  
1 C barbeque sauce                    2 tsp. orange zest  
1/2 C cilantro leaves

Heat grill to medium heat. Place half the ribs in a single layer on large sheet heavy-duty foil. Bring up foil sides. Double fold top and one end of foil to seal packet. Add 1/4 C water to packet and seal remaining end, leaving room for heat circulation inside. Repeat to make second packet. Grill 45 min - 1 hr. Blend remaining ingredients. Remove cooked ribs from foil and place back on grill; brush with sauce. Grill 15 min., turning and brushing with sauce.

## Recipe of the Week

### Fish Tacos

1/2 C mayonnaise                      1 green onion, diced  
1/2 C salsa                                large corn tortilla chips  
1 Tbsp. lime juice                      3/4 C shredded cheddar cheese  
1 6 oz. can tuna, drained

Combine mayonnaise, salsa and lime juice; reserve 1/2 cup. Stir tuna and green onion into remaining mayonnaise mixture. Season with salt and pepper. Arrange chips on baking pan. Top with tuna mixture then sprinkle with cheese. Broil 1 minute or until cheese is melted. Dollop with reserved mayonnaise mixture. Makes 2 servings.

## Recipe of the Week

### Quick Fettuccine Cacciatore

1/2 lb. fettuccine, uncooked  
2 tsp. oil  
1 lb. boneless skinless chicken, cut to bite-size  
1 C green pepper strips  
1 C sliced mushrooms  
1 1/4 1/2 oz. can diced tomatoes, undrained  
1/4 C Italian dressing  
1/2 C shredded mozzarella-parmesan cheese blend  
1/2 C chopped fresh basil

Cook pasta as directed on package. Meanwhile, heat oil in large skillet on medium-high heat. Add chicken; cook and stir until no longer pink. Add peppers and mushrooms; cook 3 min., stirring occasionally. Stir in tomatoes and dressing; simmer on medium-low heat 5 min. or until chicken is done. Drain pasta. Toss with chicken mixture; top with cheese and basil.

## Recipe of the Week

### Super Easy Chicken Bites

1 lb. skinless, boneless chicken breasts, (cut into bite size pieces)  
4 Tbsp. mustard

1 1/4 C Italian seasoned bread crumbs

Roll chicken in mustard then roll in bread crumbs. Bake at 375 degrees for 10 minutes then turn over and bake for another 10 minutes or until done.

## Recipe of the Week

### Simple Beef Stroganoff

1 lb. beef round steak, cut into chunks  
1 can cream of mushroom soup  
1 pkg. onion soup mix  
1 pkg. egg noodles

Brown the beef and drain, add salt and pepper to taste. Cook noodles according to package directions. Add mushroom soup and onion soup mix to the cooked beef with 1/2 cup of water, bring to a boil for 10-15 minutes. Add noodles and mix.

## Recipe of the Week

### Fiesta Chicken

4 chicken breasts (boneless & skinless)  
1/2 C yogurt  
2 Tbsp. taco seasoning mix  
1 C cheddar cheese cracker crumbs

Coat chicken with yogurt. Combine cracker crumbs and taco seasoning. Dredge chicken in mixture. Place in greased baking dish. Bake uncovered 350 degrees for 1 hour.

## Recipe of the Week

### Ham & Cheese in a Loaf

1 lb. frozen bread dough, thawed  
1 9oz. pkg. shaved, smoked ham  
1 C shredded cheddar cheese  
1/4 C Miracle Whip dressing  
1 egg, beaten  
1 Tbsp. parmesan cheese

Flatten dough on lightly floured surface. Roll into 12x8-inch rectangle with rolling pin. Top with ham to within 1/2 inch of edges. Mix Cheddar and dressing; spread over ham. Moisten edges of dough with water. Fold lengthwise into thirds; pinch seams together to seal. Place, seam-side down, on lightly greased baking sheet. Cut several slits in top. Brush with egg; sprinkle with Parmesan. Bake at 350 degrees for 35 to 40 min. Cool 10 min. before slicing.

## Recipe of the Week

### Tater Tot Tuna Casserole

2 6 1/2 oz. cans tuna, drained  
1 can cream of chicken soup  
1 can french-style green beans, drained  
1 16oz. pkg. tater tots

Combine tuna with soup and green beans. Place in casserole dish. Brown tater tots in oven according to directions. Place tater tots on top of tuna mixture. Bake at 300 degrees for 20 minutes.

## Recipe of the Week

### Easy Pork Roast

1 4lb. pork shoulder roast  
1 12oz. can beer  
1 28oz. can stewed tomatoes, drained  
2 large onions, chopped  
10 cloves garlic, peeled  
salt and pepper to taste  
2 bay leaves  
3 sprigs fresh rosemary

Preheat oven to 275 degrees. In a large skillet over medium-high heat, brown the roast on all sides, about 10 minutes. Place roast into a large roasting pan. Pour tomatoes over roast. Arrange onions, garlic, bay leaves and sprigs of rosemary around the roast, and season with salt and pepper. Cover, and bake for 4 hours. Raise the temperature to 425 degrees, and roast 1 hour more.

## Recipe of the Week

### Club Chicken

1 C finely crushed Town House Club Crackers  
1 pkg. Italian salad dressing mix  
2-3 lbs. frying chicken  
3 Tbsp. butter, melted

Combine cracker crumbs and salad dressing in large plastic bag. Shake chicken pieces in mixture. Place chicken, skin side up, in casserole dish. Drizzle with melted butter. Bake for 1 hour at 375 degrees.

## **Recipe of the Week**

### **Texas Boiled Beer Shrimp**

2 lbs. unshelled large raw shrimp  
2 12oz. cans lite beer  
2 Tbsp. crab boil seasoning  
cocktail sauce

In large pot, bring beer and seasoning to boil. Stir in shrimp and cover. Simmer for 5 minutes. Turn heat off and let shrimp sit in beer for 5 more minutes. Drain shrimp and serve immediately with cocktail sauce.

## **Recipe of the Week**

### **Chili Meat Loaf**

2 lbs. lean ground beef  
1 15oz. can chili with beans  
2 eggs, slightly beaten  
1 medium onion, chopped

Combine ingredients. Shape into loaf and place into a greased shallow baking dish. Bake at 350 degrees for 1 1/2 hours.