

## STEW RECIPES

### ROSEMARY BEEF STEW

3 cups diced tomatoes, canned or fresh  
½ teaspoon basil, dried  
¾ cup celery, chopped small  
½ cup fresh parsley, minced  
¼ teaspoon oregano, dried  
¼ teaspoon thyme, dried  
¼ cup olive oil  
¼ teaspoon black pepper, fresh ground  
Flour, as needed, for dredging  
1 ½ pounds beef, lean, trimmed and cubed for stew  
1 large clove garlic, minced  
½ cup dry white wine  
¾ cup beef bouillon, concentrated  
1 teaspoon rosemary, dried, crushed

Combine tomatoes, basil, celery, parsley, oregano, thyme, 2 Tablespoons olive oil, and pepper in a saucepan. Bring to a boil over high heat. Lower heat and cover; simmer for 30 minutes.

While the sauce is cooking, heat remaining olive oil over high heat in a Dutch oven. Dredge beef in flour and add to Dutch oven, and sauté beef until browned (this should be done in two batches). Add garlic and sauté 1 minute more. Transfer the meat to another dish.

Pour wine into Dutch oven and cook over high heat, stirring and scraping up browned bits, until wine is reduced by half, then add beef bouillon. Next add meat, rosemary, and vegetable-tomato mixture. Cover and simmer for 1 – 1 ½ hours or until meat is tender. Allow to cool a few minutes prior to serving. Serve over rice or egg noodles.

### CHUNKY VEGETABLE STEW

3 Tablespoons olive oil  
2 Each onions-large, sliced thick  
4 Cloves garlic, crushed  
2 14OZ cans diced tomatoes - undrained  
10 OZ Sweet potatoes, peeled and diced (about 2 large potatoes)  
2 14 oz. cans chick peas, drained  
1 teaspoon dried rosemary, crushed  
2 small zucchini, diced  
Salt and pepper to taste  
½ cup parmesan cheese, grated, as garnish

Heat olive oil in heavy large saucepan or Dutch oven over medium heat. Add onions and cook for 10 minutes, then add garlic and cook 1 minute longer. Add tomatoes, chickpeas, diced sweet potatoes and rosemary and simmer for 10 to 14 minutes, or until the potatoes are cooked. Cut zucchini in half lengthwise, then into quarters, then dice into ¼ inch slices; add to cooking vegetables. Continue cooking, uncovered, stirring occasionally until the zucchini is tender about 6 to 8 minutes. Serve in large bowls and garnish with fresh grated Parmesan cheese.

Note: you can cool the stew down and freeze. Defrost overnight in the refrigerator and reheat in a saucepan over medium heat to a low simmer, about 10 minutes. Serve and garnish with fresh cheese. This is a great dish for leftover turkey, especially the dark meat. Just add the meat when you add the zucchini.

### **CIOPPINO (California Seafood Soup/Stew)**

¼ cup olive oil  
2 large onions, thinly sliced  
1 large green bell pepper, chopped  
2 cloves garlic, minced  
1 28 oz. can chopped and/or diced tomatoes w/ juice  
1 cup dry white wine  
2 tablespoons tomato paste  
1 bay leaf  
1 teaspoon fresh thyme or 1/2 teaspoon dried  
1 6½ ounce can chopped clams  
1½ pounds thick fish fillets, such as cod or haddock, cut into 2- inch chunks  
8 ounces bay or sea scallops  
8 ounces shrimp, peeled, deveined and split lengthwise  
1 tablespoon chopped fresh basil  
Salt and pepper

In a large pot, heat oil over medium heat; add onions and pepper and cook, stirring occasionally, for about 7 minutes. Stir in the garlic; cook for 1 more minute. Stir in the tomatoes with juice, wine, tomato paste, bay leaf, thyme and ¼ teaspoon salt. Bring to a simmer and cook, partially covered, for 10-12 minutes.

Stir in the clams with juice. Add chunks of fish. Cover and simmer for 5 minutes. Stir in scallop and shrimp, cover and simmer 4 to 8 minutes longer or until the scallops are opaque throughout and the shrimp are pink. Season with salt and pepper, as needed and serve.

## **TUSCAN CHICKEN STEW**

½ teaspoon dried rosemary, crushed  
½ teaspoon salt  
¼ teaspoon black pepper  
1 pound skinned, boned chicken breast, cut into 1-inch pieces  
2 tablespoons olive oil  
2 teaspoons minced garlic  
½ cup fat-free, less-sodium chicken broth  
1 15-16 oz. can cannelloni beans, rinsed and drained  
1 7oz bottle roasted red bell peppers, drained and cut into strips  
3 ½ cups torn spinach

Combine the first 4 ingredients, toss well. Heat oil in a nonstick skillet over medium-high heat; add chicken, sauté 3 minutes. Add garlic, sauté 1 minute longer. Add broth, beans and peppers, bring to a boil. Reduce heat, simmer 10 minutes or until chicken is done. Stir in spinach and simmer 1 minute longer to wilt spinach. Can serve as is, or over cooked pasta such as penne, bow tie, or other type pasta, or rice.

Serves 4

## **PORK STEW WITH RED CHILE AND BLACK BEANS**

2 15 oz. cans black beans  
2 each Jalapeno Peppers, minced fine  
2 cloves garlic, minced fine  
1 each onion, diced  
3 tablespoons red Chile powder, Pasilla or Ancho  
2 tablespoons cornmeal  
1 ½ pounds pork shoulder, boneless, cubed  
2 tablespoons honey  
1 teaspoon cumin  
1 teaspoon cinnamon  
Salt and Pepper to taste

Drain the black beans, reserving the liquid - set aside

Mix together the jalapenos, garlic and onions, set aside

In a small bowl combine the red chili powder with the cornmeal. Slowly add ¼ cup of the water and blend them to a smooth paste. Set aside

Heat the 2 tablespoons of Canola oil in a 3 quart or larger pot, then brown the pork cubes over moderate heat, adding the honey, cumin and cinnamon to the pan in the later stages of browning. Without removing the meat, add the jalapeno/onion mixture and sauté for a few minutes more over low heat to wilt the onions. Then add the red chili-cornmeal paste. Stir up the brown bits from the bottom of the pan and add the reserved black bean liquid with enough water to make a total of 2 cups. Bring to a simmer, cover the pan, and cook for 30 minutes without allowing the mixture to come to a boil. When that time is up, add salt to taste and the drained black beans. Simmer for an additional 30 minutes. The stew should have a thickened sauce, but add more water, as needed, if it becomes too dry. Skim any excess grease from the pan if necessary.

### **Serve over Cumin rice.**

1 tablespoon butter	¼ - 1/3 cup chopped onions
1 cup rice	½ teaspoon cumin
1 tablespoon tomato paste	2 cups chicken stock

Melt butter in a one quart saucepan, over medium heat. Add onion and sauté until tender, 3-4 minutes. Stir in rice, cumin, and tomato paste, then chicken broth. Bring to a boil, lower heat and just barely simmer, covered, for approximately 20 minutes or until liquid is absorbed. Remove from heat and let stand, covered, for 5 – 10 minutes. Fluff with a fork and serve.

## **CHICKEN STEW WITH WHITE BEANS AND ZUCCHINI**

1 tablespoon olive oil  
6-8 chicken thighs, boned and skinned  
1 large white onion, thinly sliced  
4 cloves garlic, finely chopped  
3 tablespoons white wine  
1 cup chicken stock – low salt please  
1 tablespoon finely chopped fresh rosemary or 1 tsp. dried  
1 teaspoon grated lemon rind (zest). I add a little squeeze of lemon juice too.  
1 bay leaf  
2 cans, 14 oz. Cannelloni beans, rinsed and drained  
3 small zucchini, halved lengthways and cut on the diagonal

Heat the oil in a large stew pot. Add the chicken, in batches, and cook for 4 minutes on each side or until browned. Remove and set aside.

Add the onion to the pot and cook for 5 minutes or until the onion is soft and just begins to color. Add the garlic and cook for 1 minute. Add the wine and chicken stock and bring to a boil,

scraping the bottom of the pan to remove any sediment (fond). This is what makes this dish taste so good.

Return the cooked chicken thighs and any juices to the pan along with the rosemary, lemon rind and bay leaf. Reduce the heat and simmer, covered, for 40 minutes or until the chicken is tender and shreds easily with the back of a spoon. Now stir in the drained and rinsed cannelloni beans and the zucchini and cook for an addition 5 to 8 minutes or until the zucchini are tender. Stir several times to break up the chicken. Serve over rice or pasta. Serves 4

## **LENTIL-RICE STEW WITH TURKEY SAUSAGE**

8 ounces low-fat Italian turkey sausage	2 cups chopped green cabbage
1 cup chopped onions	1 green pepper, chopped
3 cloves garlic, minced	4 cups chicken stock
1 cup dried lentils	½ cup rice
1 teaspoon curry powder	¼ teaspoon ground black pepper
2 tablespoons minced fresh parsley	

Coat a Dutch oven with non-stick spray and place over medium-high heat until hot. (Note: I add 1 – 2 tablespoons olive oil) Remove the sausage meat from the casing, add the sausage, cook, stirring, for 5 minutes, or until browned. Add the cabbage, onions, green peppers, garlic, and 1 cup of the stock. Cook, stirring for 5 minutes, or until the onions are soft but not browned.

Add the lentils, rice, curry powder, and the remaining 3 cups of stock. Bring to a boil. Reduce the heat to medium, cover and cook, stirring occasionally, for 25 minutes, or until the lentils are soft and the stew is thick. Add the black pepper and parsley, stir to combine, adjust seasoning, if needed.

To freeze, package the cooled stew in a freezer-quality plastic container or wide-mouth plastic freezer bag. To use, thaw overnight in the refrigerator. Transfer to a saucepan. Cover and cook, stirring frequently, over low heat for 15 minutes or until heated throughout. Note: You may need to add some additional liquid, such as water or stock, maybe ½ cup, just to loosen up the lentil/rice mixture.

## **WHITE CHICKEN CHILI**

Southwestern Spiced Chicken Chili with Navy Beans and Vegetables garnished with Jack Cheese

1¼ pounds cooked chicken cubed in 1" pieces  
1 jalapeno, medium, minced – seeds removed  
2 tablespoons oil

1 onion, medium, minced  
1 green pepper, diced  
1 carrot, diced  
1 clove garlic, minced  
3 tablespoons flour  
½ teaspoon oregano, Mexican if can find  
½ teaspoon cumin  
¼ teaspoon salt and white pepper  
1- 14 oz. can chicken broth  
2 - 15 oz. cans Navy Beans – not drained  
¼ cup cilantro, chopped  
4 oz. Jack Cheese, grated

In a large pot, sauté cubed chicken in oil until lightly browned. Add jalapeno, onion, pepper, carrot and garlic. Cook this for 3 to 5 minutes or just until the vegetables soften. Stir in flour, oregano, cumin, salt, and white pepper. Continue to cook for 1 minute longer. Stir in the chicken broth and simmer covered for 20 minutes. Stir in the beans with liquid and the chopped cilantro. Serve with Jack Cheese on top.

Serves 4

## SOUP RECIPES

### ROASTED CAULIFLOWER SOUP w/ BRIOCHE CRUMBS

#### SOUP:

1 quart milk  
Kosher salt  
1 head of cauliflower, cored and broken into florets  
½ onion, sliced  
8 fresh thyme sprigs  
½ cup (1 stick) unsalted butter  
1 bay leaf  
Extra-virgin olive oil  
Freshly ground black pepper

#### BRIOCHE-CAULIFLOWER CRUMBS:

4 slices brioche, toasted  
¼ cup pine nuts  
4 tablespoons (1/2 stick) unsalted butter, melted  
2 tablespoons chopped fresh flat-leaf parsley

Pour the milk into a large saucepan, add a little salt, and bring to a simmer over medium heat. (NOTE: DO NOT BOIL!) Set aside about ½ cup cauliflower florets for garnish, and put the rest of the cauliflower in the pan with the milk. Add the onion, 4 thyme springs, the butter, and the bay leaf. Bring to a simmer, cover, and cook for 12 to 15 minutes, until the cauliflower is tender. Discard the thyme and bay leaf; puree the soup in a blender. Pour the soup back into the saucepan and season with a drizzle of olive oil, salt, and a little pepper. White pepper is preferred here if you have it.

While that's cooking, preheat the oven to 350-degrees. Grate the toasted brioche slices on a box grater. Thinly slice the reserved cauliflower florets and combine with the brioche crumbs, the leaves from the remaining 4 thyme springs, and the pine nuts in a bowl. Drizzle with the melted butter and toss. Spread the mixture on a baking sheet and toast in the oven until lightly browned and crispy, 5 to 7 minutes. Remove from the oven; scrape into a bowl, and stir in the parsley.

To serve, pour the soup into serving bowls and drizzle with a little more olive oil. Sprinkle with the brioche-cauliflower crumbs.

### SPLIT PEA SOUP

1 (16-ounce) package dried green split peas  
2 ¾ quarts water

4 small hot peppers –optional  
3 medium onions, chopped  
2 medium carrots, diced  
2 bay leaves  
1 large ham hock or ham bone  
¼ cup chopped celery leaves  
2 tablespoons chopped parsley

Sort and wash dried green split peas; place in a Dutch oven. Add 2 ¾ quarts water; cover and bring to a boil. Cook 2 minutes. Remove from heat and let stand for 1 hour

Add the hot peppers, if using, and remaining ingredients to the pot. Bring to a boil, cover, reduce heat and simmer 1 hour. Remove ham hock/bone, peppers, and bay leaves. Cut meat from hock/bone and add to soup. If desired, you can puree the soup either using a stick blender or regular blender and process till smooth. For a slightly richer taste add 1 tablespoon butter when reheating, just till blended. Serve hot with crackers.

### **TOMATO-LEEK SOUP WITH DILL**

2 medium leeks  
3 tablespoons extra-virgin olive oil or vegetable oil  
2 cloves garlic, coarsely chopped  
2 tablespoons water  
2 pounds ripe plum (Roma) tomatoes, cored and coarsely chopped  
1 potato, preferably baking variety, peeled and coarsely chopped  
1 tablespoon chopped fresh dill, plus chopped fresh dill for garnish  
½ teaspoon salt  
1/8 teaspoon red pepper flakes  
½ A fresh lemon  
½ cup sour cream, for garnish

Trim the leeks, leaving some of the tender green tops intact. Make a length-wise slit along each leek to within about 2 inches of the root end. Place under running water to wash away any dirt lodged between the leaves. Cut crosswise into slices, about ½ inches each. You should have about 2 cups.

In a large saucepan over low heat, warm the oil. Add the garlic and sauté gently for 2 minutes. Add the leeks; raise the heat to medium and sauté, stirring, until soft, 3-4 minutes. Add the water, stir, cover, and cook over medium-low heat for 4-5 minutes longer. Do not allow to boil dry; add water as necessary.

Add the tomatoes, potato, the 1 tablespoon dill, salt, and red pepper flakes to the pan. Cook uncovered over medium heat, stirring constantly, until the juices start to release, 2-3 minutes.

Then cover and cook, stirring occasionally, until the tomatoes are soft and the leeks and potatoes are tender when pierced with a fork, 15-20 minutes longer.

Remove from the heat. Pass the soup through a food mill fitted with a medium disk and rest the mill over a large bowl. Ladle the soup solids and liquids into the mill and turn the handle to puree. Alternatively, force the soup through a coarse-mesh sieve. Return the pureed soup to the pan and place over medium heat. Bring to a simmer. Squeeze a little juice from the lemon half into the soup, taking care to keep seeds out. Taste and adjust the seasoning. If you like a thinner soup, add a little water. Ladle the finished soup into warmed individual bowls. Float 2 tablespoons sour cream on top of each serving. Garnish with some chopped fresh dill. Makes approximately four servings

## **PANERA BREAD BROCCOLI CHEESE SOUP**

Serves 4

1 tablespoon butter, melted  
1/2 medium onion, chopped  
1/4 cup melted butter  
1/4 cup flour  
2 cups half and half  
2 cups chicken stock, low salt  
1/2 pound fresh broccoli florets, tough stem removed  
1 cup carrots, julienne or grated  
Salt and pepper to taste  
1/4 teaspoon grated nutmeg, fresh  
8 ounces grated sharp cheddar cheese

Sauté the chopped onion in 1 tablespoon butter until soft; remove from pan and set aside. Cook melted butter (1/4 cup) and flour using a whisk over medium heat for 3 - 5 minutes. Stir constantly and slowly add the half and half (this is called making a roux). Add the chicken stock slowly whisking all the time; now simmer this mixture for 20 minutes.

Add the broccoli, carrots and onions. Cook over low heat until the veggies are tender for 20-30 minutes. Add salt and pepper to taste. The soup should be thickened by now. Pour in batches into blender and puree. Remember, never put more than half a container in the blender at a time and place a towel over the lid and hold it so it does not come off when the liquid is blended. Pour the pureed soup mixture back into the pot and heat over low heat while adding the grated cheese, stir until well blended. Stir in the fresh nutmeg and serve.

## ROSEMARY WHITE BEAN SOUP

1 pound dried white cannellini beans – See note  
4 cups sliced yellow onions (3 onions)  
¼ cup good quality olive oil  
2 garlic cloves, minced  
1 large branch fresh rosemary (6 to 7 inches long or two smaller ones)  
2 quarts (8 cups) chicken stock  
1 bay leaf  
2 teaspoons kosher salt  
½ teaspoon freshly ground black pepper

In a large stockpot over low to medium heat, sauté the onions with the olive oil until the onions are translucent, 10 to 15 minutes. Add the garlic and cook over low heat for 3 more minutes. Add the drained white beans, rosemary, chicken stock, and bay leaf. Cover, bring to a boil, and simmer for 30 to 40 minutes, until the beans are very soft. Remove the rosemary branch and the bay leaf. Pass the soup through the coarsest blade of a food mill, or place in the bowl of a food processor fitted with a steel blade, or use a hand-held immersion blender and pulse until coarsely pureed. Return the soup to the pot to reheat and add salt and pepper to taste. Serve hot. Serves 6

NOTE: In a medium bowl, cover the dried beans with water by at least 1 inch and leave them in the refrigerator for 6 hours or overnight. Drain. Do not add salt until after the beans are cooked or they become tough.

## SWEET RED BELL PEPPER SOUP WITH SAMBUCA CREAM

½ cup olive oil	1 cup chopped onion
1 TBSP Dried Fennel Seed	¼ tsp dried thyme
½ Bay leaf, crushed	½ tsp minced garlic
1TBSP chopped fresh basil	2TBSP minced jalapeno pepper
¼ cup all-purpose flour	5 cups chicken stock
½ cup peeled, seeded tomatoes	1 tsp tomato paste
6 large Red Peppers cut into chunks	
½ to 1 cup heavy cream	Pinch sugar
Salt & Pepper to taste	Generous splash of Sambuca
Sambuca Cream – recipe follows	

In a 4-qt heavy bottomed saucepan, heat the ½ cup oil over medium heat, add the onion, fennel seed, thyme, bay leaf, garlic, basil and jalapeno pepper. Reduce heat to low and cook until the onion is translucent, about 10 minutes. Add the flour and cook, stirring constantly, for 10 minutes. In a separate pot, bring the chicken stock to a boil. Carefully pour the stock over the vegetables, stirring to incorporate. Add the tomato and tomato paste. Meanwhile, place a

large skillet lightly coated with olive oil over high heat. Sauté the bell pepper chunks until the skin is blistered and lightly charred. Add the peppers to the soup and stir. Stir occasionally to make sure nothing sticks to the bottom of the pot, for 20 to 25 minutes. Remove the soup from the heat and puree in small batches in either a blender or food processor fitted with a steel blade. Strain the soup and return it to the saucepan, bringing to a simmer. Add ½ cup or more of cream. Add the Sambuca, salt and pepper just prior to serving. If the soup is too spicy, add more cream.

To serve, place soup in individual bowls with a dollop of Sambuca Cream.

Note: The soup can be made up to 2 days in advance and slowly reheated. Don't add the Sambuca until you are ready to serve.

Sambuca Cream:

1 cup heavy cream	½ tsp fresh lemon juice
¼ tsp grated lemon zest	3 TBSP Sambuca
Pinch of sugar	

In the bowl of an electric mixer, whip the cream until soft peaks form. Add the lemon juice and zest, Sambuca and sugar. Continue whipping until the cream is almost stiff. Keep refrigerated until serving time.

## CASSEROLE RECIPES

### ORZO AND PORTOBELLO MUSHROOM CASSEROLE

Ingredients:

¼ cup sun-dried tomatoes, (no oil), chopped  
¼ cup water, boiling  
2 tablespoons olive oil  
2 cups leeks, sliced  
3 cups Portobello mushrooms, chopped (about 3)  
1½ cups assorted or white mushrooms sliced  
3 cloves garlic, minced  
4 cups orzo, cooked, (about 14 oz raw)  
1 cup fennel bulb, sliced thin  
2 cups tomato juice  
3 tablespoons basil, fresh, minced  
2 tablespoons balsamic vinegar  
1 teaspoon paprika  
1/8 teaspoon pepper  
1/8 teaspoon red pepper flakes  
1¼ cups Provolone cheese, shredded  
¼ cup Parmesan cheese, grated  
1 teaspoon salt or to taste  
Cooking spray

Combine tomatoes and boiling water in small bowl. Cover and let stand 10 minutes or until soft. Drain.

Heat oil in a large nonstick skillet over medium heat; add the tomatoes, leeks, mushrooms and garlic - sauté 2 or 3 minutes.

In a large bowl combine mushroom mixture, orzo, fennel, tomato juice, basil, balsamic vinegar, paprika, pepper, the red pepper flakes and salt. Spoon mixture into a 9 x 13 glass baking dish, lightly coated with cooking spray, sprinkle with cheese. Garnish with fresh chopped parsley or diced red bell peppers (optional). Bake uncovered at 400-degree for 30 to 40 minutes, until hot throughout.

## **TOMATO - VEGETABLE LAYERED CASSEROLE**

1 medium potato, peeled and sliced into ½ inch pieces  
1 medium yam (sweet potato) peeled and cut into ½ inch pieces  
1 red pepper, seeded and cut into ½ inch pieces  
2 carrots, peeled and cut into ½ inch pieces  
5 tablespoons olive oil  
1 red onion, thinly sliced into rings  
2 small or 1 large Zucchini, cut crosswise into ¼ inch thick pieces  
Salt and Pepper  
2 large ripe tomatoes cut crosswise into ¼ inch thick slices  
½ cup grated Parmesan cheese  
2 tablespoon dried Italian style bread crumbs  
Fresh basil springs, for garnish

Preheat oven to 400-degrees.

Toss the potato, yam, bell pepper, carrots, and 2 tablespoons of olive oil in a 13 x 9 x 2 inch baking dish to coat. Sprinkle with salt and pepper and toss until coated. Spread vegetables evenly over the bottom of the pan.

Arrange the onion slices evenly over the vegetables mixture. Arrange the zucchini over the onion; drizzle with 2 tablespoons of oil; sprinkle with salt and pepper. Arrange the tomato slices over the zucchini.

Stir the Parmesan and bread crumbs in a small bowl to blend. Sprinkle the Parmesan bread crumbs over the vegetable in the baking dish. Drizzle with the last tablespoon of olive oil. Bake the casserole, uncovered, until the vegetables are tender and the topping is golden brown, about 40 minutes. Garnish with fresh basil springs, if desired.

Serves 4 to 6

## **CREAMY CHICKEN AND RICE CASSEROLE**

1 (6.9 ounce) package chicken-flavored rice-and-vermicelli mix (such as Rice-A-Roni)  
1 tablespoon butter or olive oil  
2 Cups water  
Butter flavored cooking spray  
1 ½ pounds skinned, boned chicken breast, cut into bite size pieces  
1 cup sliced White button mushrooms  
½ teaspoon garlic powder  
¾ cup sour cream  
¼ teaspoon black pepper

1 (10 ¾ ounce) can condensed Cream of Mushroom soup, undiluted  
¼ cup Panko bread crumbs  
½ teaspoon poppy seeds

Cook rice mix in a large nonstick skillet according to package directions, using 1 tablespoon butter or olive oil plus 2 ¼ cups hot water. Once cooked, place this mixture in a large bowl.

Preheat oven to 350-degrees.

Coat the skillet with cooking spray and just a drop or two of olive oil and place over medium-high heat until hot. Add chicken, mushrooms and garlic powder; sauté 4 minutes or until chicken is done. Remove from heat.

Mix the cooked chicken, mushrooms, sour cream, pepper, and soup into the rice mixture, stirring until well blended; spoon into a 2 quart casserole coated with cooking spray. Sprinkle the top of this mixture with the Panko breadcrumbs. Spray the breadcrumbs with the butter spray then sprinkle the poppy seeds over top of this. Bake the completed casserole at 350-degrees for 35 minutes or until thoroughly heated.

Note: This casserole can be prepared ahead of time, covered with heavy-duty foil and frozen. When ready, defrost overnight in the refrigerator then allow the casserole to come to room temperature (about 30 minutes), then bake as directed.

## **CROCK-POT SWEET POTATO CASSEROLE**

2 cans (18 ounces each) sweet potatoes, mashed (one can drained, one not) \*  
1/3 cup margarine or butter, melted  
2 tablespoons white sugar  
2 tablespoons brown sugar, either light or dark  
1 tablespoon orange juice  
2 eggs, beaten  
½ cup milk  
1/3 cup chopped pecans  
1/3 cup brown sugar  
2 tablespoons all-purpose flour  
2 tablespoons margarine or butter, melted

Lightly grease crock-pot. Mix sweet potatoes, 1/3 cup margarine, white sugar and brown sugar. Beat in orange juice, eggs, milk. Transfer this mixture to the crock-pot.

Now combine the pecans, 1/3 cup brown sugar, flour, and 2 tablespoons margarine and/or butter. Spread this mixture over the sweet potatoes in the crock-pot. Cover and cook on high 3 to 4 hours. Just prior to serving, if desired, cover the top of the casserole with mini

marshmallows. Serves six to eight, depending on how large a spoon you use to scoop out the potatoes.

\* If when mashing the potatoes they seem too dry, add the juice from the second can to the mixture; however, only do this after you have added all the other ingredients but prior to spreading the pecan/sugar mixture over the top of the sweet potatoes. Note: To add a little kick to this dish, you can add a tablespoon or two of Jack Daniels to the potato mixture prior to putting it in the crock-pot.

Recipe courtesy Rival Crockpot Slow Cooker Cookbook

## **CHRISTMAS BREAKFAST CASSEROLE**

My friend Jody says, “This is my favorite all year long (company) breakfast casserole.” I thoroughly enjoy this with a good cup of coffee and great friends. I know you will too. Please try this one folks. It is a winner. Best of all, you can make it the night before and just pop it in the oven the next morning.

7 regular slices whole grain bread, cubed, crusts and all  
8 oz. (1/2 pound) shredded sharp Cheddar cheese. (Jody used an entire stick (10 oz) of Cracker Barrel Vermont sharp white cheddar)  
6 eggs  
3 cups milk – whole, 2% or skim  
½ teaspoon coarse black pepper  
1 teaspoon dry mustard  
Canadian bacon

Grease a large rectangular baking dish (9x13). Mix cubed bread with grated cheese and spread it in the greased baking dish. Beat eggs and milk together and then beat in the pepper and dry mustard; now pour this over the bread/cheese mixture. Cover with plastic wrap and refrigerate overnight. When ready to bake, uncover and lay slices of Canadian bacon over the top and bake in a preheated 350-degree oven for about an hour. This recipe serves 6 – 8. Enjoy!

## **CHEF'S BREAKFAST SAUSAGE CASSEROLE**

1 package Jimmy Dean Sausage or other bulk breakfast sausage – I use the Sage flavored one – crumbled and cooked  
4 cups cubed day old bread  
2 cups shredded sharp cheddar cheese  
10 eggs, slightly beaten  
4 cups milk

1 teaspoon dry mustard  
1 teaspoon salt  
¼ teaspoon onion powder  
Fresh ground pepper to taste  
½ cup sliced mushrooms (optional)  
½ cup peeled/diced tomatoes (optional)

Place bread in well-buttered 9 x 13 inch baking dish. Sprinkle with cheese. Combine the next six ingredients; pour over the bread and cheese. Sprinkle sausage and optional ingredients over the top. Cover and chill overnight. Preheat the oven to 325 – degrees. Bake uncovered for about 1 hour. Tent with foil if top begins to brown too quickly.

Serves 6

**[Chefcal007@yahoo.com](mailto:Chefcal007@yahoo.com)**