



THE COUNTRY COOKIN'

cookbook

VOLUME 36
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EAST RIVER ELECTRIC POWER COOPERATIVE

THE
COUNTRY
COOKIN'
cookbook



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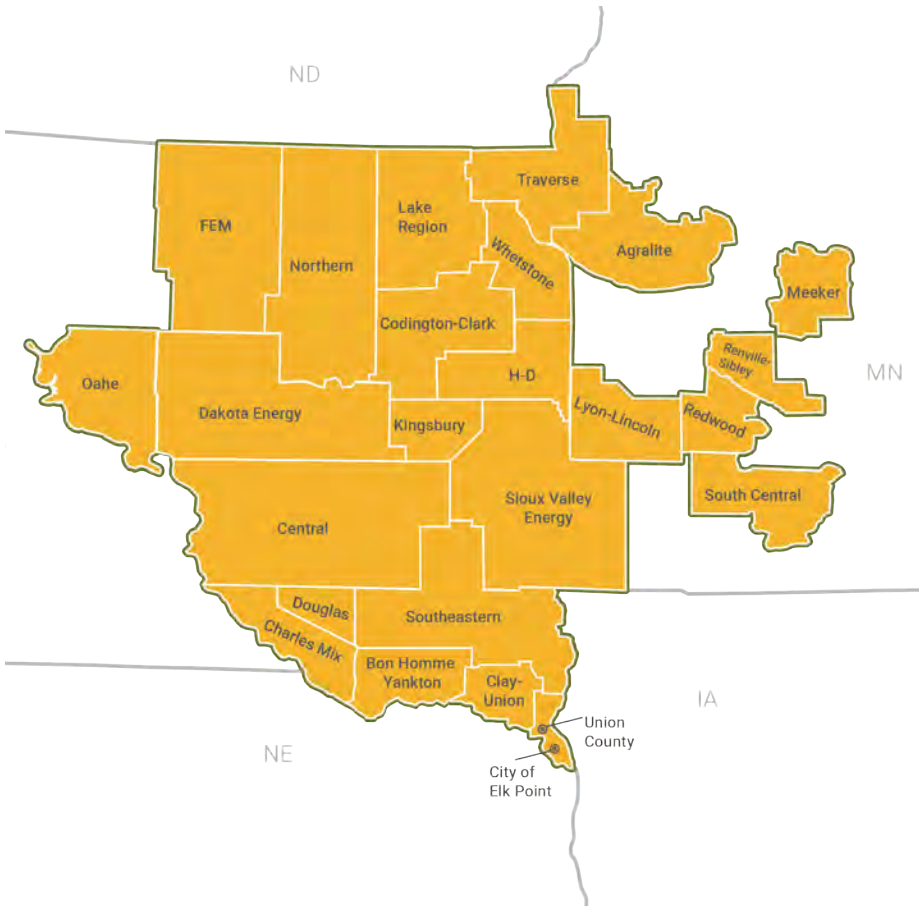
East River Electric is a not-for-profit generation and transmission cooperative. We deliver wholesale power to our members, which include 24 rural electric distribution cooperatives and one municipally-owned electric system in eastern South Dakota and western Minnesota. Our members, in turn, power the homes, farms, schools and businesses of the member-owners in their service territories. Ultimately, your local co-op belongs to you, the member-owner.

As electric cooperatives, East River and our members are guided by the principles that govern all co-ops. The four Touchstone Energy® Cooperative values of integrity, accountability, innovation and commitment to community are our foundation. These values represent the cooperative difference and why we are trusted to provide reliable and affordable power and service every day.

We hope you enjoy the compilation of recipes from our member cooperatives in this 36th annual cookbook.

HAPPY COOKING!

EAST RIVER ELECTRIC MEMBER SYSTEMS



Touchstone Energy®
Cooperatives

The power of human connections®

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APPETIZERS



Mineva Ymker, Douglas Electric

ALMOND SNACK MIX

INGREDIENTS:

1-17.6 oz. pkg. Rice Chex	1 cup light corn syrup
2 ¾ cups sliced almonds	¾ cup butter (no substitution)
1 cup sugar	1 tsp. almond extract

DIRECTIONS:

1. Place cereal and almonds in a large bowl, mix well; set aside.
2. In a heavy saucepan, combine sugar, corn syrup and butter. Bring to a boil over medium heat, stirring occasionally, until a candy thermometer reaches 250° (hard ball stage).
3. Remove from heat; stir in extract. Pour over cereal and mix well.
4. Spread onto waxed paper lined baking sheet; cool. Toss to break apart.
5. Store in an airtight container.

Note: Yields 5 quarts

Eileen Holzerland, Codington-Clark Electric

BAKED PIMENTO CHEESE DIP

INGREDIENTS:

6 oz. cream cheese, softened	1 Tbsp. Dijon mustard
½ cup mayonnaise	1 Tbsp. fresh lemon juice
2 cups shredded sharp cheddar cheese	½ tsp. hot sauce
1-4 oz. jar diced pimentos, drained	½ tsp. Worcestershire sauce
⅓ cup sliced green onion	⅛ tsp. Kosher salt
1 jalapeno, seeded and minced	⅛ tsp. ground black pepper
2 Tbsp. capers, drained	Toasted baguette slices

DIRECTIONS:

1. Preheat oven to 400°. In a medium bowl, stir together cream cheese and mayonnaise until smooth. Stir in cheddar, pimentos, green onion, jalapeno, capers, mustard, lemon juice, hot sauce, Worcestershire sauce, salt and pepper.
2. Spoon mixture into a 1 qt. dish.
3. Bake until hot and bubbly, about 20 minutes.
4. Serve with baguette slices.

Stacey Pierce, Sioux Valley Energy

CHEESE AND LIME MINI PEPPERS

INGREDIENTS:

12-15 mini peppers, halved and seeded	1 Tbsp. lime juice
8 oz. cream cheese, softened	1 Tbsp. chopped fresh cilantro
8 oz. shredded pepper jack cheese	½ tsp. garlic salt

DIRECTIONS:

1. Mix cream cheese, pepper jack cheese, lime juice, cilantro and garlic salt together in a bowl.
2. Fill halved peppers with creamed mixture.
3. Bake at 350° for 20 minutes.

EASY SALSA

INGREDIENTS:

5 tomatoes, diced	3 Tbsp. oil
½ cup onion, chopped	½ tsp. sweet basil
½ cup celery, chopped	1 tsp. salt
¼ cup green pepper, chopped	1 Tbsp. sugar
2 Tbsp. white vinegar	

DIRECTIONS:

1. Mix ingredients together. Keeps in refrigerator up to 6 weeks.

Sharla Haugen, Sioux Valley Energy

MOZZARELLA BISCUITS

INGREDIENTS:

1 can of 8 large butter flavored biscuits	3 Tbsp. butter, melted
4 mozzarella cheese sticks (or desired cheese type)	¼ tsp garlic powder
	½ cup shredded cheddar cheese (or desired cheese type)

DIRECTIONS:

1. Split the 8 biscuits in half for 16.
2. Cut each cheese stick into 4 even pieces for 16.
3. Wrap each cheese stick piece inside one of the biscuit halves and form into ball shape.
4. Place balls in 9"x13" cake pan (or on a cookie sheet in the form of a Christmas tree if making for the holidays).
5. Mix melted butter and garlic powder together and brush over the biscuits.
6. Top with shredded cheese and bake as directed on biscuit can.
7. Serve with favorite dipping sauce.
8. Top with additional toppings before shredded cheese such as sweet peppers, olives, etc., if desired.

Mary Anne Davenport, Northern Electric

SAUSAGE STARS

INGREDIENTS:

2 cups (1 lb.) cooked and crumbled sausage	1-2.25 oz. can chopped olives, drained
1 ½ cups grated sharp cheddar cheese	½ cup red pepper, chopped
1 ½ cups grated Monterey jack cheese	1 pkg. fresh or frozen won ton wraps, thawed
1 cup Hidden Valley ranch dressing	

DIRECTIONS:

1. Preheat oven to 350°.
2. Cook and then blot dry the sausage with paper towels.
3. Combine sausage with the cheeses, salad dressing, olives and red pepper.
4. Press won ton wrap into a regular muffin tin or mini muffin tin. Fill each with sausage mixture.
5. Bake 10-12 minutes. Serve hot or cold. Can be refrigerated and then served.

SPICY CAJUN PRETZELS

INGREDIENTS:

3-15 oz. bags of pretzels
1 pkg. ranch dressing mix
2 Tbsp. onion powder
2 Tbsp. garlic powder

1-16 oz. bottle Orville Redenbacher's
buttery flavor popcorn oil
1 Tbsp. "Slap Ya Mama" Cajun seasoning
(can get at Walmart)

DIRECTIONS:

1. Place all 3 bags of pretzels in a large container with a lid.
2. Mix remaining ingredients together in a bowl and pour over pretzels.
3. Stir then flip container twice a day for 3 days.
4. Enjoy!

Lynn Holzerland, Codington-Clark Electric

STUFFED FRIED PICKLES

INGREDIENTS:

6 dill pickles
6 sticks mozzarella string cheese
6 slices ham
1½ cups all-purpose flour

1½ cups panko bread crumbs
3 large eggs, beaten
Oil for frying
Spicy mayonnaise for serving

DIRECTIONS:

1. On a cutting board, slice the ends off of the pickles and place vertically on the board. Using an apple corer, hollow out the pickles and reserve the centers for frying.
2. Place a slice of ham on the cutting board and roll it around a string cheese stick.
3. Stuff the ham covered cheese stick in a hollow pickle. Repeat with the remaining ham, cheese and pickles.
4. Cut the stuffed pickles into ¼" slices.
5. Place the flour, eggs and bread crumbs in 3 separate medium bowls. Dip each pickle slice in the flour, eggs and bread crumbs, making sure each slice is fully coated.
6. Heat the oil in a medium pot until it reaches 375°.
7. Fry the pickle slices and cores for 1-2 minutes or until golden brown.
8. Serve with spicy mayonnaise for dipping.

Becki Hauser, Southeastern Electric

ZUCCHINI CHIPS

INGREDIENTS:

4 cups thinly sliced zucchini (about 2-3
medium)
2 Tbsp. extra virgin olive oil

2 Tbsp. white balsamic vinegar
2 tsp. coarse salt

DIRECTIONS:

1. Use a mandolin or slice zucchini as thin as possible.
2. In a small bowl, whisk olive oil and vinegar together.
3. Place zucchini in a large bowl and toss with oil and vinegar. Add zucchini in even layers to dehydrator then sprinkle with coarse salt.
4. Depending how thin you sliced the zucchini and on your dehydrator, the drying time will vary anywhere from 8-14 hours.
5. To make in the oven, line a cookie sheet with parchment paper. Lay zucchini evenly. Bake at 200° for 2-3 hours. Rotate half way during cooking time. Store chips in airtight container.

SOUPS & SALADS



BROCCOLI SALAD

INGREDIENTS:

1 medium onion, chopped fine	½ cup sugar
½ cup raisins	1 cup mayonnaise
2 bunches broccoli, chopped	2 Tbsp. brown vinegar
12 strips bacon, browned	

DIRECTIONS:

1. Mix onion, raisins, broccoli and bacon together in a mixing bowl, then set aside.
2. In another bowl, mix together sugar, mayonnaise, and brown vinegar.
3. Combine mixtures and refrigerate for a couple of hours before serving.

Note: I normally double the recipe.

Gail Barlund, Whetstone Valley Electric

CROCKPOT CHICKEN AND DUMPLINGS

INGREDIENTS:

1 large onion, chopped	Black pepper
2 cans cream of chicken soup	4-5 skinless chicken breasts
1 can cream of celery soup	1 box chicken broth
1 Tbsp. fresh parsley	1 bag frozen carrots & peas
1 tsp. poultry seasoning	1 can (8 pieces) refrigerated biscuits

DIRECTIONS:

1. Put chicken breasts in crockpot (spray with Pam first) for couple hours, turn chicken a couple of times. Add soups, spices, vegetables, broth and onion. Continue to cook on high 3 hours.
2. One hour before serving, roll out each biscuit thin and flat. Cut into 4 strips. Add biscuit strips. Cook 1 hour.
3. Remove chicken breasts and slightly shred. Put back in slow cooker. Stir (this will break up the dumplings, which is ok).
4. Let cook an additional 10 minutes. Serve.

Eileen Holzerland, Codrington-Clark Electric

EILEEN'S SUMMER SALAD

INGREDIENTS:

Salad:

8 oz. curly macaroni	chopped parsley
1 medium onion, chopped	1 Tbsp. dry mustard
1 green pepper, diced	½ tsp. salt
1 small jar pimento, drained and chopped	½ tsp. onion powder
Dressing:	½ tsp. garlic salt
½ cup oil	½ tsp. paprika
½ cup vinegar	½ tsp. pepper
½ cup sugar	½ tsp. chili powder
2 Tbsp. parsley flakes or ¼ cup freshly	Dash dried red pepper flakes

DIRECTIONS:

1. Cook and drain macaroni according to pkg. directions. Combine salad ingredients.
2. In another bowl, combine dressing ingredients and mix well. Pour over salad, toss, cover and refrigerate overnight.

Arlene Lee, Codington-Clark Electric

GOOD SALAD

INGREDIENTS:

1 cup celery, diced	1 cup carrots, shredded
¼ cup chopped onion or onion flakes	½ cup salad dressing
1 cup tuna, chicken, or salmon	1-3 oz. can or 1 cup shoe string potatoes

DIRECTIONS:

1. Mix all ingredients together except potatoes. Add the shoe string potatoes just before serving.
2. Serve on a lettuce leaf.

Stacey Pierce, Sioux Valley Energy

ITALIAN SAUSAGE ZUPPA SOUP

INGREDIENTS:

1 lb. hot Italian sausage (casings removed – mild could be used instead)	1 bunch curly kale, leaves stripped and chopped
1 large onion, chopped	¾ cup heavy cream (or half/half)
2-3 tsp. garlic cloves, chopped	3-4 slices cooked bacon, broken into pieces
Pepper and salt to taste	Fresh grated parmesan (for soup topping)
6 cups chicken broth	
4 russet potatoes, diced	

DIRECTIONS:

1. In large pot, cook sausage until brown, drain and transfer to plate.
2. Cook onion in same pot until soft and then add garlic and cook 1-2 minutes.
3. Add chicken broth, potatoes, salt and pepper to cook until potatoes are soft (20-30 minutes).
4. Stir in kale and cook additional 3-5 minutes until kale is tender/bright green.
5. Add heavy cream (or half/half), bacon and sausage to simmer for few minutes.
6. Add additional salt, pepper and parmesan as desired.

Dakota Energy

LOADED POTATO SOUP

INGREDIENTS:

1-32 oz. frozen hash browns	1½ cups sharp cheddar cheese
1-32 oz. box chicken broth	¾ cup crumbled bacon
1-10 oz. can condensed cream of chicken soup	½ tsp. fresh rosemary
1-8 oz. pkg. cream cheese, softened	Salt & pepper to taste

DIRECTIONS:

1. Mix all ingredients together in slow cooker.
2. Cook on high for 3 hours.

MINISTRONE SOUP

INGREDIENTS:

- | | |
|---|---|
| 2 garlic cloves, pressed | 1½ cups uncooked small shell pasta |
| 2 cups carrots, thinly sliced | 2 cups frozen Italian-style green beans |
| 1 onion, chopped | 2 tsp. oregano |
| 4-14.5 oz cans chicken broth | 2 tsp. basil leaves |
| 2 cups water | garlic salt, to taste |
| 1 can diced tomatoes, undrained | 4 oz. parmesan cheese, grated |
| 2 cans kidney beans, rinsed and drained | |

DIRECTIONS:

1. Combine all ingredients in a pot except parmesan cheese. Bring to a boil.
2. Reduce heat and cover. Simmer 12-15 minutes or until vegetables are crisp-tender.
3. Sprinkle each serving with grated cheese.

Ruth Holzerland, Codington-Clark Electric

PATIO CHICKEN SALAD

INGREDIENTS:

- | | |
|---|---------------------------------|
| ½ lb. Velveeta pasteurized process cheese spread, cubed | 1 cup celery slices |
| 2 cups cubed, cooked chicken | 1 cup red or green grape halves |
| 1-8¼ oz. can pineapple chunks, drained | Miracle Whip salad dressing |

DIRECTIONS:

1. In large bowl, combine cheese spread, chicken, pineapple, celery, grapes and enough salad dressing to moisten. Mix lightly.
2. Serve on lettuce covered plates.

Variations: Add ½ cup sliced almonds, toasted. Substitute two 6 ½ oz. cans tuna, drained and flaked for the chicken.

Peggy Namken, H-D Electric

RANCH STEW

INGREDIENTS:

- | | |
|---|-------------------------------|
| 1½ lb. ground beef | 1 medium stalk celery, sliced |
| 1 medium onion, chopped (about ½ cup) | 1¼ tsp. salt |
| 2-10 ¾ oz. cans condensed vegetable soup | ½ tsp. Worcestershire sauce |
| 1-16. oz can pork and beans in tomato sauce | ¼ tsp. dried thyme leaves |
| 3 cups water | ⅛ tsp. instant minced garlic |
| | ⅛ tsp. ground cumin |

DIRECTIONS:

1. Cook and stir ground beef and onion in Dutch oven over medium heat until beef is light brown; drain.
2. Stir in remaining ingredients.
3. Heat to boiling; reduce heat. Cover and simmer 15 minutes.

Peggy Namken, H-D Electric

SLOW COOKER CHICKEN TORTILLA SOUP

INGREDIENTS:

1 cup picante sauce	1 soup can water
2-10 $\frac{3}{4}$ oz. cans cream of chicken soup	1 tsp. ground cumin
1 lb. skinless, boneless chicken breasts, cut into $\frac{1}{2}$ " pieces	4-6" corn tortillas, cut into strips
2 cups frozen whole kernel corn	1 cup shredded cheddar cheese
1-15 oz. can black beans, rinsed and drained	$\frac{1}{3}$ cup fresh cilantro leaves, chopped

DIRECTIONS:

1. Stir the picante sauce, soup, chicken, corn, beans, water and cumin in a 4 qt. slow cooker.
2. Cover and cook on low for 4 to 5 hours or until chicken is cooked through.
3. Stir the tortillas, cheese and cilantro into the cooker. Cover and cook for 15 minutes.
4. Serve with additional cheese, if desired.

Oahe Electric

SPINACH STRAWBERRY SALAD

INGREDIENTS:

1-10 oz. pkg. spinach	$\frac{1}{4}$ tsp. Worcestershire sauce
1 pt. strawberries	$1\frac{1}{2}$ tsp. dried minced onion
<i>Dressing</i>	$\frac{1}{4}$ tsp. paprika
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup cider vinegar
2 Tbsp. sesame seeds (optional)	$\frac{1}{2}$ cup oil

DIRECTIONS:

1. Boil dressing ingredients for 1 minute and chill.
2. When ready to serve, tear spinach if needed and add cleaned, sliced strawberries. Add cooled dressing, toss and serve immediately.

Becki Hauser, Southeastern Electric

SPRING SALAD

INGREDIENTS:

Greens	<i>Dressing:</i>
Asparagus	2 Tbsp. orange juice
Strawberries	1 Tbsp. wine vinegar
Avocado	3 Tbsp. olive oil
Roasted almonds	Salt and pepper

DIRECTIONS:

1. Microwave asparagus for 2 minutes and plunge into cold water to stop the cooking.
2. Combine dressing ingredients; refrigerate until ready to serve.
3. Make a bed of greens. Arrange asparagus and sliced strawberries on top.
4. Sprinkle with whole nuts.
5. Cover and refrigerate until ready to serve.
6. Slice avocado and arrange. Drizzle with vinaigrette.

Becki Hauser, Southeastern Electric

TUNA PASTA SALAD

INGREDIENTS:

1-7 oz. pkg. small shell pasta, cooked and drained	¼ cup milk
1 can tuna, drained	1 Tbsp. lemon juice
1 large carrot, shredded	2 tsp. prepared mustard
¼ cup onion, chopped	1 tsp. dill weed
¾ cup mayo	½ tsp. salt
	⅛ tsp. pepper

DIRECTIONS:

1. Combine first four ingredients in a large bowl.
2. Combine remaining ingredients; whisk until smooth. Pour over pasta mixture; toss to coat.
3. Cover and refrigerate for 1-2 hours.

Note: Makes four servings

Dakota Energy

VEGETABLE BEEF SOUP

INGREDIENTS:

1 lb. hamburger, browned	2 cups beef broth
1 bag mixed frozen vegetables	Salt & pepper
Frozen hash browns or dice a few white or yellow potatoes	Tomato paste/ ketchup

DIRECTIONS:

1. Mix ingredients together and simmer on the stove until the potatoes are done.
2. Slow cooker directions: Mix ingredients together in a slow cooker and cook on high for 3 hours.

Lynn Holzerland, Codington-Clark Electric

VENISON WILD RICE STEW

INGREDIENTS:

2 lb. venison, cut in 1" cubes	½ cup unbleached flour
1 Tbsp. oregano	¼ cup olive oil
1½ cups carrots, sliced	1 medium onion, chopped
1 cup celery, diced	2 potatoes, cubed
1 cup rutabagas	¼ cup chopped chilies, peeled and sealed
4 cups water	½ cup wild rice

DIRECTIONS:

1. Pat venison dry. Dredge with flour. Heat oil, brown meat.
2. In stew pot, sauté onions, celery, chilies, vegetables, rice and water. Bring to a boil. Reduce heat and simmer 2 hours until meat is tender. Add carrots, potatoes and rutabagas. Cook an additional 20 minutes until vegetables are tender.

SIDE DISHES



AUTUMN HARVEST VEGETABLE BAKE

INGREDIENTS:

- | | |
|---------------------------------------|---------------------------------|
| 1 Tbsp. extra virgin olive oil | 4 cups baby spinach |
| ½ cup red onion, finely diced | ¼ tsp. salt or more to taste |
| 1 clove garlic, minced | ¼ cup parmesan cheese, grated |
| 2 cups butternut squash, ½ inch diced | ½ cup mozzarella cheese, grated |
| 1 red pepper, ½ inch diced | 2 Tbsp. fresh basil, chopped |

DIRECTIONS:

1. Heat oven to broil-500°.
2. On a stove, in large ovenproof skillet or cast-iron pan, heat olive oil over medium heat. Add onion, garlic and squash. Cook 10 minutes, stirring frequently. Add red pepper and cook 5 minutes, stirring frequently. Add spinach, salt and parmesan. Cook until spinach wilts, stirring frequently for about 3 minutes. Remove from heat. Top with mozzarella and broil 3 minutes or until cheese is browned and bubbly.
3. Remove from oven and top with basil. Serve.

Mary Anne Davenport, Northern Electric

CALICO BEANS

INGREDIENTS:

- | | |
|--------------------------------------|--------------------------|
| ½ lb. hamburger | ½ cup ketchup |
| ½ lb. bacon (cut into small pieces) | 2 Tbsp. mustard |
| ½-¾ onion, chopped | 2 Tbsp. brown vinegar |
| 1 can partially drained butter beans | ½ cup sugar |
| 1 can northern beans | ¾ cup brown sugar |
| 2 cans pork & beans | Salt and pepper to taste |

DIRECTIONS:

1. Brown together hamburger, bacon and onion.
 2. Drain, put into a 9"x13" casserole dish.
 3. In separate bowl, mix together remaining ingredients. Add to casserole dish.
 4. Bake at 350° for 40 minutes. Serve.
- Note: This dish is great to freeze.

Lynn Holzerland, Codington-Clark Electric

CORN CASSEROLE

INGREDIENTS:

- | | |
|-----------------------------------|----------------------|
| 1 can creamed corn | 1 cup sour cream |
| 2 cans whole kernel corn, drained | ½ cup butter, melted |
| Corn muffin mix | |

DIRECTIONS:

1. In a large bowl, stir together the 3 cans of corn, corn muffin mix, sour cream and melted butter.
2. Pour into a 9" greased pan. Bake for 45 minutes or until golden brown in a 350° oven. Remove from oven and sprinkle with grated cheese. Return to oven for 10 minutes.

CREAMY MAKE AHEAD MASHED POTATOES

INGREDIENTS:

3 pounds potatoes (about 9 medium), peeled and cubed	1 tsp. salt
1-8 oz. package cream cheese, softened	1 tsp. garlic powder
½ cup sour cream	½ tsp. pepper
½ cup butter, cubed	6 bacon strips, cooked and chopped (may substitute bacon pieces in the jar)
¼ cup 2% milk	1 cup shredded cheddar cheese
1½ tsp. onion powder	3 green onions, chopped

DIRECTIONS:

1. Place potatoes in a pot and cover with water. Bring to a boil. Reduce heat, cover and cook for 10-15 minutes or until tender.
2. While potatoes are cooking, cook bacon in a small skillet over medium heat until crispy. Remove to paper towels.
3. Drain and mash potatoes with cream cheese, sour cream and butter. Stir in milk and seasonings.
4. Transfer potato mixture to a greased 9"x13" baking dish. Sprinkle with cheese, onions and bacon.
5. Cover and refrigerate until ready to use.
6. Remove from refrigerator 30 minutes before baking. Bake uncovered at 350° for 45-50 minutes or until heated.

Sandy Zwart, Sioux Valley Energy

DAD'S FAVORITE SCALLOPED CORN

INGREDIENTS:

15 oz. can creamed corn	2 eggs
15 oz. can whole kernel corn	½ cup butter, melted
8 oz. sour cream (or 8 oz. cream cheese works also, softened)	2 Tbsp. sugar
	8.5 oz corn muffin mix

DIRECTIONS:

1. Mix all ingredients together, place in a 9" pan and bake at 350° for 35-40 minutes or until done.

Note: To make in the crockpot, I triple the recipe and leave in crockpot 4 hours or so, mixing every hour or so to bake evenly.

Lake Region Electric

DRESSING

INGREDIENTS:

12 slices bread, white or wheat	1 can water
2 eggs	1 stick butter or margarine, softened
2 cans chicken rice soup	1 tsp. poultry seasoning
	½ medium onion, chopped

DIRECTIONS

1. Mix all ingredients together. Put in greased baking pan and bake 1 hour at 350°.

Anna Timmer, Southeastern Electric

EASY SLOW COOKED "REFRIED BEANS"

INGREDIENTS:

1 onion, chopped	2 tsp. pepper
1 lb. dry pinto beans	1 Tbsp. cumin
3 Tbsp. fresh garlic, minced	Pinch cayenne pepper
4 tsp. salt	9 cups water

DIRECTIONS:

1. Place all ingredients in slow cooker and cook on high for 8 hours (add water if necessary during the last hour).
2. Drain most of the liquid into a separate container and set aside.
3. Mash beans with a potato masher or put through blender adding reserved liquid back in to get the consistency you like.
4. Serve on tortillas with topping such as shredded cheese, sour cream, or jalapenos.

Union County Electric

GREAT POTATOES

INGREDIENTS:

2 lbs. frozen hashbrowns, thawed	1 medium onion, diced
1 can cream of potato soup	1 cup grated cheddar cheese
1 can cream of celery soup	Butter for topping
8 oz. sour cream	Cornflakes for topping
½ pt. whipping cream	

DIRECTIONS:

1. Mix together first seven ingredients and put in 9"x13" pan.
2. Top with butter and crushed cornflakes.
3. Bake uncovered at 300° for 2 hours.

Wanda Weber, Charles Mix Electric

GREEN BEANS WITH SUNFLOWER SEEDS

INGREDIENTS:

4 cups fresh green beans, trimmed	½ tsp. salt
1 Tbsp. extra virgin olive oil	½ tsp. pepper
1 clove garlic, minced	1 Tbsp. fresh lemon juice
2 Tbsp. raw sunflower seeds	2 Tbsp. fresh parsley, chopped

DIRECTIONS:

1. Steam green beans for 5 minutes, until tender crisp.
2. In a large skillet over medium heat, add oil and garlic. Add sunflower seeds and toast, stirring constantly for about 4-5 minutes.
3. Add steamed green beans, salt, pepper and lemon juice. Stir-fry until coated, about 2 minutes.
4. Transfer to serving bowl and top with fresh parsley.

Jean Osterman, Traverse Electric

MAC AND CORN

INGREDIENTS:

1-14.75 oz. can creamed corn	½ cup butter
1-11.25 oz. can whole kernel corn	8 oz. cubed Velveeta cheese
1 cup macaroni	

DIRECTIONS:

1. Mix together creamed corn, whole kernel corn, and uncooked macaroni. Slice the butter or margarine and mix into the corn mixture along with the cheese. Place in a buttered casserole dish. Cover.
2. Bake at 350° for 30 minutes. Uncover, stir, and bake uncovered for 30 minutes.

Mark Weber, Whetstone Valley Electric

MOM'S EASY BAKED BEANS

INGREDIENTS:

2-16 oz. cans Vancamp pork and beans	4 Tbsp. brown sugar
¼ cup onions, finely chopped	

DIRECTIONS:

1. Preheat oven to 325°.
2. Gently mix ingredients in a 2 or 3 quart casserole dish with cover.
3. Add brown sugar and onion for your taste.
4. Bake 3 hours until beans thicken and slightly brown.

Peggy Namken, H-D Electric

PARMESAN POTATO ROUNDS

INGREDIENTS:

⅓ cup margarine or butter, melted	Salt & pepper to taste
¼ cup flour	Italian seasoning to taste
¼ cup parmesan cheese	6 medium potatoes, sliced

DIRECTIONS:

1. Pour butter into 15" x 10" x 1" pan. Combine rest of the ingredients in plastic bag. Shake potatoes a few at a time. Place in a single layer over butter.
2. Bake at 375° for 30 minutes. Turn slices over and bake for 30 minutes more or until tender.

Jean Osterman, Traverse Electric

PARMESAN GARLIC CABBAGE

INGREDIENTS:

2 ½ Tbsp. olive oil	7 handfuls shredded green cabbage
3 garlic cloves, minced	½ - ¾ cup shredded parmesan
1 red onion, finely sliced	Salt and pepper

DIRECTIONS:

1. Heat oil in a large skillet over high heat.
2. Add garlic and onion and cook for 2 minutes until onion is translucent.
3. Add cabbage and cook until wilted.
4. Stir in parmesan, season to taste with salt and pepper. Serve.

SWEET POTATO BISCUITS

INGREDIENTS:

- | | |
|----------------------------------|--|
| 1½ cups flour, all-purpose | 1 medium sweet potato, cooked, cooled and pureed |
| 1 Tbsp. baking powder | ½ cup milk |
| 1 tsp. salt | |
| 6 Tbsp. unsalted butter, chilled | |

DIRECTIONS:

1. Preheat oven to 425°. Line a baking sheet with parchment or a baking mat.
2. In a medium mixing bowl, combine the flour, baking powder, and salt. Use a whisk to combine.
3. Add the butter and then using a fork, pastry blender, or your fingers, work the butter into the flour mixture until it is the size of small peas. Refrigerate for 10 minutes.
4. Add the sweet potato puree and ⅓ cup of milk to the flour mixture and stir to combine. If the mixture is crumbly and not sticking together, add the rest of the milk, 1 tablespoon at a time, until the dough comes together.
5. Remove the dough onto a flour dusted surface and dust the top with a little more flour. Roll the dough ¾ inch thick. Cut the dough using a knife or a biscuit cutter into 9 pieces.
6. Place the biscuits on the baking sheet and into the oven. Bake until the tops are a light golden brown, 12 to 15 minutes. Serve hot.

Rosemarie Hoerner, FEM Electric

SCALLOPED CORN

INGREDIENTS:

- | | |
|---|-------------------|
| 2 ½ cups corn (sweet corn is the best to use) | 1½ cups milk |
| 3 eggs, beaten | 2 tsp. sugar |
| 2 tsp. butter | 6 strips of bacon |

DIRECTIONS:

1. Mix all ingredients except the bacon.
2. Put in a 9"x9" pan and top with the bacon.
3. Bake at 350° for 30-40 minutes.

Lucille Mohnen, Central Electric

SOUR CREAM CORN BREAD

INGREDIENTS:

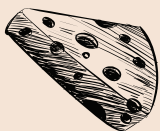
- | | |
|----------------------|-----------------------|
| ¾ cup cornmeal | ¾ tsp. salt |
| 1 cup flour | 1 cup sour cream |
| ¼ cup sugar | ½ cup milk |
| 2 tsp. baking powder | 1 egg |
| ½ tsp. baking soda | 2 Tbsp. melted butter |

DIRECTIONS:

1. Mix together dry ingredients. Set aside.
2. Mix remaining ingredients with wire whisk. Combine with dry ingredients.
3. Pour into 8" pan.
4. Bake at 375° for 25 minutes.

Note: Double the recipe for 9"x13" pan.

MAIN DISHES



BACON AND EGG LASAGNA

INGREDIENTS:

12 uncooked lasagna noodles
1/3 cup bacon drippings (or oil)
1/3 cup flour
1/4 tsp. pepper
2 cups swiss cheese
2 Tbsp. parsley

12 eggs, hard cooked, sliced or crumbled
1 lb. bacon/turkey bacon/sausage cut up
1 cup onions, chopped
1/2 tsp. salt
4 cups milk
1/2 cup grated parmesan cheese

DIRECTIONS:

1. Cook lasagna noodles per directions on package.
2. In large skillet, cook bacon until crisp (or cook other meat of choice). Reserve 1/3 cup bacon drippings (or use oil) in skillet and cook the onion until tender.
3. Add the flour, salt and pepper to the skillet. Stir until smooth and bubbly.
4. Gradually add the milk. Cook until mixture boils and thickens. Stir continuously.
5. Heat oven to 350°. Grease 9"x13" pan. Spoon a small amount of the sauce onto the bottom of the pan.
6. Layer the noodles, sauce, cheese and bacon (or other meat). Pour the remainder of the sauce over the last layer and sprinkle with the parmesan cheese.
7. Bake for 25-30 minutes or until thoroughly heated.

Bon Homme-Yankton Electric

BAKED STEAK

INGREDIENTS:

1lb. round or cubed steak
1 can cream of chicken soup

2 Tbsp. dried onion flakes

DIRECTIONS:

1. Lightly flour and brown meat for 2-3 minutes on each side. Mix soup, onion flakes, and a pinch of water.
2. Place steak in baking dish or crockpot. Pour soup over the top.
3. Cook on low in oven or Crockpot for 4-6 hours.

Mineva Ymker, Douglas Electric

BURRITO BAKE

INGREDIENTS:

1 lb. ground beef
1-16 oz. can refried beans
1/4 cup onion, chopped
1 envelope taco seasoning
1-8 oz. tube refrigerated crescent rolls

1 to 2 cups shredded cheddar cheese
1 to 2 cups mozzarella cheese
Optional toppings: chopped green pepper, shredded lettuce, chopped tomatoes and sliced ripe olives

DIRECTIONS:

1. Preheat oven to 350°. In a large skillet, crumble and cook beef over medium heat until no longer pink, drain. Add the beans, onion and taco seasoning.
2. Unroll the crescent dough. Press onto bottom and up the sides of a greased 9"x13" baking dish. Seal seams.
3. Spread beef mixture over the crust; sprinkle with cheeses. Bake, uncovered until golden brown, about 30 minutes.
4. If desired, sprinkle with toppings.

CAJUN BURGERS

INGREDIENTS:

1 lb. hamburger	½ tsp. thyme
1 tsp. garlic salt	½ tsp. dry mustard
1 tsp. paprika	¼ tsp. red pepper
½ tsp. basil	¼ tsp. black pepper

DIRECTIONS:

1. Mix all ingredients together. Shape into patties.
2. Cook as desired.

Kim Pinkert, Whetstone Valley Electric

CHICKEN BACON RANCH CASSEROLE

INGREDIENTS:

½ lb. bacon, cooked and chopped	8 oz. pasta
1 lb. boneless skinless chicken breasts, diced	1 cup mozzarella cheese, shredded
1 Tbsp. olive oil	½ cup cheddar cheese, shredded
1 packet dry ranch dressing mix	Salt & pepper to taste
	1-14.5 oz. jar alfredo sauce

DIRECTIONS:

1. Preheat oven to 375° and grease a 9"x9" baking dish.
2. Heat a large skillet over medium heat. Cook bacon until crispy, about 7 minutes.
3. Drain bacon grease from skillet and place bacon on a paper towel to absorb remaining grease from bacon.
4. In a gallon Ziploc bag, add the olive oil, diced chicken (still raw at this point) and ranch mix. Shake around sealed bag to coat thoroughly.
5. Add chicken to the skillet and cook until no longer pink.
6. In a pot of boiling water, cook pasta until al dente.
7. Drain water and add pasta to the greased baking dish.
8. Add cooked chicken and alfredo sauce to the pasta.
9. Sprinkle both cheeses, bacon, salt and pepper on top of the alfredo sauce and place dish into oven.
10. Bake until bubbly and cheese is melted, 15-20 minutes. Remove from oven and serve.

Rosemarie Hoerner, FEM Electric

CROCKPOT SAUERKRAUT AND POTATOES

INGREDIENTS:

2-14 oz. cans sauerkraut, undrained	1 bay leaf
5-6 potatoes, peeled and cut into large chunks	¼ tsp. pepper
1 cup water	1 lb. Polish sausage or smoked sausage, cut into chunks
1 tsp. caraway seeds	

DIRECTIONS:

1. Place sauerkraut and potatoes in slow cooker. Add spices and water.
2. Place sausage on top.
3. Cook for 4 hours on high or 6 hours on low until potatoes are tender.

CROCKPOT SHREDDED CHICKEN SANDWICH FILLING

INGREDIENTS:

4 large frozen chicken breasts
1-8 oz. cream cheese

1 pkg. powder ranch dressing mix
Salt and pepper to taste

DIRECTIONS:

1. Put all ingredients in crockpot and bake on low 6-8 hours. Shred chicken and use for filling on buns, bread, pita bread, soft tortilla shells, etc.
2. Can add bacon, or chopped onion, sweet peppers, etc. to your taste.

Mark Weber, Whetstone Valley Electric

EASY TO EAT RIBS COOKED ON A GRILL

INGREDIENTS:

2-3 racks pork ribs (look for ribs with small bones, without extra meat and with some fat marbling within the meat)
Yellow mustard

Dry rub
Apple juice

DIRECTIONS:

1. Remove membrane from bottom of ribs, pat dry with paper towel.
2. Squirt thin coat of yellow mustard on top and bottom of ribs. Spread mustard evenly over ribs.
3. Generously sprinkle your favorite dry rub top and bottom. My favorite is "Famous Dave's Rib Rub."
4. Let ribs marinate in refrigerator for 4 hours or overnight in cake pan or tube with foil cover.
5. Heat grill to 250°. Use a thermometer to regulate temperature. Add foil covered wetted wood chips with fork holes in foil placed over direct heat of grill. This will create a smoke that adds to the flavor.
6. Place old cake or foil pan on top of grill and add water to the pan. Place cooling grill over the water pan.
7. Add ribs bone side down on top of cooling grill on top of pan. The object is to cook ribs over water and not to cook over direct grill heat. Regulate temperature by heating with outside burners.
8. Let ribs cook for 3 hours. Every 45 minutes, spray with apple juice. This helps to keep ribs moist.
9. Remove ribs from grill, wrap in heavy tin foil, add apple juice and continue to grill bone side up for another 2 hours.
10. Remove tin foil and glaze both sides of ribs with your favorite barbeque sauce.
11. When completed, ribs should have a nice darker barbeque caramelized look on the surface and meat should shrink back from the bone about $\frac{3}{8}$ inch. Meat should be loose from the bone and meat should be tender and juicy.

Notes: High heat dries ribs out. Let cool for a few minutes, I like to cut in to 2 to 4 bone pieces to serve. Experiment with your different rubs and sauces to achieve the best flavor.

FAST FANCY CHICKEN

INGREDIENTS:

6 chicken breasts	¼ cup white wine
6 slices swiss cheese	2 cups seasoned stuffing mix
1 can cream of chicken soup	1 stick butter

DIRECTIONS:

1. Place chicken in a lightly greased baking dish.
2. Top each piece with a slice of Swiss cheese (mozzarella cheese works too).
3. Mix can of soup with wine. Pour over chicken.
4. Spread stuffing mix over top.
5. Drizzle melted butter over the top.
6. Bake for one hour at 350°.

FRENCH DIP SANDWICHES

INGREDIENTS:

4 lb. beef roast	1 pkg. au jus seasoning mix
1 can clear beef broth	½ can water
1 pkg. Good Seasons Italian mix	

DIRECTIONS:

1. Mix all ingredients and pour over roast in crockpot.
2. Cook on low for 8 hours.
3. Serve meat on hard rolls with remaining au jus (from crockpot) for dipping.

FRENCH ONION CHICKEN CASSEROLE

INGREDIENTS:

1 rotisserie chicken, meat removed and shredded	1-10½ oz. can condensed cream of chicken soup
2-8.8 oz. pkgs. Uncle Ben's Ready Rice	1-2 oz. pkg. onion soup mix
2 cups frozen peas and carrots	1¾ tsp. freshly ground pepper
2 cups shredded cheddar extra sharp cheese	1-6 oz. can French fried onion

DIRECTIONS:

1. Heat the oven to 350°. Put the chicken meat, rice, 2 ½ cups water, the peas and carrots, cheddar cheese, chicken soup, onion soup mix and pepper in a bowl. Stir well to combine.
2. Pour the mixture into a 9"x13" baking pan, bake until heated through 50-55 minutes.
3. Evenly sprinkle the fried onions on the top before serving.

GOULASH

INGREDIENTS:

2 lbs. ⁸⁰ / ₂₀ ground beef	1 Tbsp. garlic, minced
1 large sweet onion, diced	1 Tbsp. basil, chopped
1 bell pepper, diced	1 tsp. chili powder
14.5 oz. can diced tomatoes	1 tsp. soy sauce
14.5 oz. can stewed tomatoes	1 tsp. Worcestershire sauce
24 oz. jar pasta sauce	3 cups beef broth or beef bouillon
1 Tbsp. Italian seasoning	2 bay leaves
1 Tbsp. paprika	1 lb. box of large elbow macaroni

DIRECTIONS:

1. Brown hamburger and drain.
2. In a dutch oven or skillet, pour in a small amount of oil. Put hamburger in dutch oven then add diced onion and bell pepper. Cook until onion and pepper soften up a bit.
3. Pour in diced tomatoes and stewed tomatoes. Then add jar of pasta sauce.
4. Following the pasta sauce, add in all of the spices and sauces.
5. Add three cups beef broth and top with two bay leaves.
6. Mix well, cover, and simmer for 25 minutes.
7. Add box of macaroni, stir well, cover and simmer for another 25 minutes.

Notes: Serves roughly 6-8 adults. Great for a cold day.

Gwen Larsen, Sioux Valley Energy

HAM & TURKEY CLUB SLIDERS

INGREDIENTS:

12 Hawaiian style rolls or dinner rolls	6 slices provolone cheese
¼ cup mayonnaise	2 Tbsp. unsalted butter
1½ Tbsp. dijon mustard	½ tsp. dried parsley
8 slices honey ham	¼ tsp. garlic powder
8 slices smoked turkey	

DIRECTIONS:

1. Preheat your oven to 350°. Line a baking sheet with aluminum foil.
2. Use a serrated knife to cut the rolls in half, separating the top from the bottom. Set the bottom half of the rolls on the prepared baking sheet.
3. In a small bowl, mix together the mayonnaise and mustard. Spread half of the mayo mixture over the cut side of the roll bottoms.
4. Lay the ham slices and then the turkey slices over the roll bottoms so all of the bread is covered. Lay the cheese over the meats, letting the slices overlap until all the meat is covered.
5. Spread the rest of mayo mixture over the cut side of the roll tops. Carefully turn the roll tops over the cheese, cut side down.
6. Melt the butter in a small bowl. Stir in the parsley and garlic powder until combined. Use a pastry or basting brush to spread the butter mixture all over the tops of the sliders. If you have extra butter you can drizzle it over the top.
7. Bake the sliders for 15 minutes, or until the cheese is melted and the rolls are golden and slightly crispy.
8. Remove from the oven and use a spatula or sharp knife to cut the sliders apart. Serve immediately.

Mary Anne Davenport, Northern Electric

HONEY ROASTED BBQ PHEASANT

INGREDIENTS:

1 pheasant, cleaned	¼ cup teriyaki sauce
3 Tbsp. tarragon leaves, minced	1 cup honey
¼ cup lemon juice	Salt and pepper to taste

DIRECTIONS:

1. Preheat grill to about 500°.
2. Place all ingredients except pheasant in a bowl and whisk to combine.
3. Place pheasant into baking dish and pour seasoning mixture over bird.
4. Turn grill down to about 350°. Grill for 20-25 minutes. Serve.

Heather Wieczorek, Central Electric

JALAPENO POPPER CHICKEN CASSEROLE

INGREDIENTS:

3-4 chicken breasts, boneless skinless	5-6 fresh jalapeño peppers
½ tsp. garlic powder	4 oz. sharp cheddar cheese, grated
8 oz. cream cheese, softened	½ cup crispy bacon, crumbled

DIRECTIONS:

1. Preheat oven to 375°F.
2. Lay chicken breasts flat in a greased casserole dish. Season with garlic powder and spread the cream cheese over them evenly.
3. Wash the jalapeño peppers and cut the tops off. Remove the seeds and stems if you want it milder, or leave some if you want more spice, then cut the peppers into strips and lay them on top of the cream cheese.
4. Sprinkle the cheddar cheese over top.
5. Bake for 40 minutes. Remove from oven, sprinkle with bacon, and cook for 5 more minutes. Chicken is done when cooked through to an internal temperature of 165°F.
6. Serve warm with a side of potatoes, veggies, or a baked potato.

Note: You can cut the chicken in half, chunks, or use chicken tenderloins in lieu of full chicken breasts to make serving easier. Cooking time may be reduced.

Theresa S. Citterman, Lyon-Lincoln Electric Cooperative

MEAT LOVERS PIZZA CASSEROLE

INGREDIENTS:

1 lb. ground beef	2 cups mozzarella cheese, shredded
1 medium onion, chopped	1-3 ½ oz. pkg. sliced pepperoni
1-15 oz. can pizza sauce	½ tsp. salt
8 oz. elbow macaroni, cooked and drained	

DIRECTIONS:

1. In a large skillet, cook beef and onion over medium heat until meat is done. Drain.
2. Stir in remaining ingredients.
3. Transfer to a greased 2-quart baking dish.
4. Bake uncovered at 350° for 40 - 50 minutes or until heated through.

Linda Graber, Southeastern Electric

POPPY SEED CHICKEN CASSEROLE

INGREDIENTS:

- | | |
|---|---|
| 1 cup sour cream | 4 cups chicken or turkey, cooked and diced |
| 1-10 $\frac{3}{4}$ oz. can condensed cream of chicken soup, undiluted | 3 cups cooked rice |
| 1 Tbsp. poppy seed | 1 $\frac{1}{2}$ cups butter-flavored cracker crumbs |
| 1 tsp. dill weed | $\frac{1}{2}$ cup butter or margarine |

DIRECTIONS:

1. In a large bowl, combine sour cream, soup, poppy seed and dill; mix well.
2. Stir in chicken and rice.
3. Spread into a greased 11"x7"x2" inch baking dish.
4. Combine crumbs and butter; sprinkle over casserole.
5. Bake uncovered at 350° for 30 minutes.

Judy Campbell, Central Electric

PORK CHOPS AND RICE

INGREDIENTS:

- | | |
|---|---------------------------|
| 6 center-cut pork chops | 1 env. dry onion soup mix |
| 1 cup raw rice | 2 cups hot water |
| 1-10 $\frac{3}{4}$ oz. can cream of mushroom soup | |

DIRECTIONS:

1. Lightly apply salt and pepper to pork chops and set aside.
2. In a greased 9"x13" baking pan, mix rice, soups and hot water. Stir well.
3. Gently place pork chops over mixture and cover loosely with foil.
4. Bake at 350° for 1 $\frac{1}{2}$ hours. Uncover and brown before serving.

Denene Miles, Northern Electric

RICE HOT DISH

INGREDIENTS:

- | | |
|-----------------------------------|-----------------------------|
| 2 $\frac{1}{2}$ cups minute rice | 1 can cream of chicken soup |
| 2 cups chicken, turkey or ham | $\frac{1}{2}$ cup milk |
| $\frac{1}{2}$ cup celery, chopped | 1 can water chestnuts |
| $\frac{1}{4}$ cup onion, chopped | 1 jar Cheese Whiz |
| 1 pkg. frozen broccoli, chopped | |

DIRECTIONS:

1. Mix all ingredients in a 9"x13" pan.
2. Bake for 1 hour at 350°.

ROAST PORK WITH APPLE TOPPING

INGREDIENTS:

4-5 lb. pork roast, boneless
2 Tbsp. flour
1½ tsp. salt
1 Tbsp. dry mustard
½ tsp. sugar
¼ tsp. pepper

Apple Topping:

1½ cups applesauce (sweet or unsweetened)
½ cup brown sugar
¼ tsp. mace
¼ tsp. salt

DIRECTIONS:

1. Combine flour, salt, mustard, sugar and pepper and rub over roast. Cover and let stand for 30 minutes.
2. Place on a greased rack/pan, fat side up.
3. Bake uncovered at 325° for 1 hour.
4. In the meantime, combine apple topping ingredients and mix well.
5. Spread over roast after baking the 1st hour and then roast/bake for 1 more hour, uncovered.
6. Let stand for 15 minutes before slicing and serving.

Joyce Romkema, Bon Homme-Yankton Electric

SAUSAGE KALE PASTA SUPPER

INGREDIENTS:

1 lb. good quality ground pork sausage
1 small onion, chopped
1 clove garlic, minced

1-14.5 oz. can chicken broth
4 oz. bucatini or linguini pasta, uncooked
10 oz. kale, chopped and stems removed

DIRECTIONS:

1. Brown sausage, onion and garlic together. Drain excess grease.
2. Add broth and pasta. Simmer until pasta is al dente. Add kale and cook just until kale is wilted.

Wanda Weber, Charles Mix Electric

SIMPLE HOLIDAY SHRIMP BAKE

INGREDIENTS:

1 lb. shrimp, peeled and deveined
3 cloves garlic, minced
1 Tbsp. lemon juice
1 Tbsp. olive oil
1 Tbsp. unsalted butter, broken into small pieces

Pinch each of salt and pepper
3 Tbsp. whole-grain panko bread crumbs
1 Tbsp. parmesan cheese
1 Tbsp. fresh parsley, chopped

DIRECTIONS:

1. Preheat oven to 400°.
2. In a baking dish, combine shrimp, garlic, lemon juice, oil, butter, salt and pepper. Mix to coat shrimp.
3. In a small bowl, combine bread crumbs and cheese. Sprinkle bread crumb mixture over shrimp.
4. Bake until shrimp is pink and opaque, about 8-12 minutes.
5. Sprinkle with parsley and serve with lemon wedges.

SMOTHERED GROUND BEEF BURRITOS

INGREDIENTS:

2 lbs. lean ground beef
1 tsp. chili powder
½ tsp. garlic powder
½ tsp. onion powder
¼ tsp. dried oregano
½ tsp. paprika
1 tsp. ground cumin
1 tsp. salt
1 tsp. black pepper

½ tsp. cornstarch
½ cup water
Salt and pepper
2 cups sour cream
2-10 ¾ oz. cans condensed cream of chicken soup
2-4 oz. cans chopped green chilies
2 cups shredded monterey jack cheese
12 flour tortillas (burrito size)

DIRECTIONS:

1. Preheat oven to 350°.
2. In a large skillet over medium heat, cook the ground beef until browned. While beef is browning, mix together in a small bowl, the chili powder, garlic powder, onion powder, oregano, paprika, cumin, salt, pepper and cornstarch. After beef is browned, sprinkle the seasoning mix over the beef and mix well. Stir in water and simmer until water has evaporated, about 10 minutes.
3. In a medium bowl, mix together sour cream, cream of chicken soup, green chilies and cheese.
4. Mix about half of the cheese mixture with the ground beef. Divide the meat mixture evenly between tortillas and roll up. Place in a 9"x13" baking dish. Repeat for each tortilla. Spoon remaining cheese mixture over the top of the tortillas.

SPAGHETTI PIZZA

INGREDIENTS:

16 oz. spaghetti, cooked and drained
½ cup milk
1 egg, beaten
1½ lbs. hamburger, browned and drained
1 tsp. garlic salt

1 medium onion, chopped
32 oz. spaghetti sauce
1 lb. shredded mozzarella cheese
1 pkg. pepperoni slices

DIRECTIONS:

1. Mix spaghetti, milk, and egg and place in greased 9"x13" pan.
2. Brown and drain hamburger. Add garlic salt.
3. Spread hamburger mixture over spaghetti.
4. Spoon chopped onion over hamburger.
5. Spread spaghetti sauce over top.
6. Sprinkle cheese and top with pepperoni slices.
7. Cover with foil and chill overnight.
8. Bake at 350° for 1 hour 15 minutes. Remove foil and bake an additional 15 minutes.

DESSERTS



ANGEL DELIGHT

INGREDIENTS:

8 cups angel food cake pieces (1 cake)	1½ cups milk
1 can cherry pie filling	1 tsp. vanilla extract
1 cup sour cream	1 sm. pkg. vanilla instant pudding

DIRECTIONS:

1. Place half of angel food pieces in a 9"x13" pan. Cover with pie filling. Place remaining cake pieces on top.
2. Mix remaining ingredients together and spread on top of cake.
3. Serve immediately.

Lisa Hauswedell, Lyon-Lincoln Electric

APPLE OR PEACH COBLER

INGREDIENTS:

6 cups sliced apples or peaches	¾ cup milk
2 ¾ cup granulated sugar (divided)	½ tsp. baking powder
¾ cup butter or margarine	1½ Tbsp. cornstarch
1½ cups flour	2 tsp. cinnamon

DIRECTIONS:

1. Grease a 9"x13" pan and put sliced apples or peaches in the bottom of the pan.
2. Cream together 1¼ cups sugar and butter or margarine.
3. Add flour, milk and baking powder.
4. Spread this mixture over the fruit in the pan.
5. Mix 1½ cups sugar, cornstarch and cinnamon together in a bowl. Sprinkle mixture on top of the batter.
6. Bring 1½ cups water to a boil and pour the boiling water over all. Bake for 1 hour at 350°. Enjoy!

Gail Barlund, Whetstone Valley Electric

BERRY TRIFLE

INGREDIENTS:

1 brownie mix (made according to directions on box)	2-4 oz. pkgs. instant white chocolate pudding mix, prepared
1-8 oz. container Cool Whip	2 pkgs. fresh strawberries (rinse and slice). Use frozen berries out of season.

DIRECTIONS:

1. Combine 3 cups pudding and 1 cup Cool Whip
2. Layer:
 - ½ brownies
 - ½ pudding
 - ½ strawberries
 - ½ Cool Whip
3. Repeat layers
4. Drizzle with Hershey's chocolate syrup, if desired.

Kim Pinkert, Whetstone Valley Electric

BUTTERSCOTCH RICE KRISPIE TREATS

INGREDIENTS:

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|--------------------------------------|--|
| ½ cup butter | 1 small box butterscotch instant pudding
(I've used other flavors also) |
| 1-10 oz. pkg. miniature marshmallows | 6 cups Rice Krispies |

DIRECTIONS:

1. Lightly spray a 9"x13" pan with cooking spray.
2. In a large pot, melt the butter.
3. Add the marshmallows and dry pudding mix.
4. Cook on low heat stirring constantly until the marshmallows have melted and mixture is smooth.
5. Mix in the Rice Krispies.
6. Pour into greased pan and press down.
7. Let cool and cut into squares.

Mineva Ymker, Douglas Electric

CREAMY HAZELNUT PIE

INGREDIENTS:

- | | |
|-------------------------------------|--|
| 1-8 oz. pkg. cream cheese, softened | 1-8 oz. carton frozen whipped topping,
thawed |
| 1 cup powdered sugar | |
| 1½ cups Nutella | 1-9" chocolate crumb crust |

DIRECTIONS:

1. In a large bowl, combine cream cheese, powdered sugar and Nutella until smooth.
2. Fold in whipped topping.
3. Spread evenly in crust. Refrigerate at least 4 hours or overnight.

Karen Larsen, Southeastern Electric

DELUXE CHEESECAKE

INGREDIENTS:

- | | |
|---|-------------------------------------|
| 2 boxes of Jell-O traditional cheesecake mix, along with listed ingredients | 1-8 oz. pkg. cream cheese, softened |
| | 1-8 oz. container Cool Whip |

DIRECTIONS:

1. Prepare the crusts according to the directions on the package and then press into bottom of a 9"x13" pan.
2. Mix ¼ cup milk used for the filling with the cream cheese in a large bowl and beat until the mixture is smooth. Add the rest of the milk and filling mix and beat according to the package directions. The mixture will be thick.
3. Fold in the Cool Whip. Spread the filling over the crust. Refrigerate for at least one hour.
4. Serve plain or topped with cherry pie filling.

Mineva Ymker, Douglas Electric

FLUFFY GRASSHOPPER PIE

INGREDIENTS:

1-8 oz. pkg. cream cheese, softened	¼ cup white crème de cacao
1-14 oz. can sweetened condensed milk	1-8 oz. container whipped topping
3 Tbsp. lemon juice	1 baked 9" pie crust
¼ cup green crème de menthe	

DIRECTIONS:

1. In a large mixing bowl, beat cream cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in lemon juice and liqueurs. Fold in whipped topping.
2. Chill 20 minutes, pour into crust. Chill or freeze 4 hours or until set. Refrigerate or freeze leftovers.

Kingsbury Electric

ICE CREAM SUNDAE CUPCAKES

INGREDIENTS:

1 box Devil's food cake mix, plus ingredients called for on box	4 Tbsp. milk
3 cups powdered sugar	Chocolate syrup, for drizzling
½ cup butter, softened	Sprinkles, for garnish
	Maraschino cherries, for garnish

DIRECTIONS:

1. Preheat oven to 350°. Line a 12-cup cupcake tin with cupcake liners.
2. Prepare cake batter according to package instructions. Fill each cupcake liner about two-thirds full with batter and bake until a toothpick inserted into each cupcake comes out clean, about 20 minutes. Let cool completely.
3. Make frosting: In a large bowl, combine powdered sugar and butter. Beat with a hand mixer until smooth and fluffy. If the mixture is too thick, beat in milk.
4. Using an ice cream scoop, scoop frosting onto cooled cupcakes. Drizzle with chocolate syrup then garnish with sprinkles and cherries.

Dakota Energy

IMPOSSIBLE FUDGE

INGREDIENTS:

1½ pkg. chocolate chips	1 can sweetened condensed milk
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DIRECTIONS:

1. Combine chocolate chips and milk in a saucepan and heat on low until smooth.
 2. Pour into a lined 8" pan.
- Variation: Add a couple drops of peppermint extract

JUNE'S MONSTER BARS

INGREDIENTS:

½ cup butter	2 tsp. baking soda
1 cup sugar	1 tsp. vanilla extract
1 cup brown sugar	4 ½ cups oats
1½ cups peanut butter	2 cups chocolate chips
3 eggs	2 cups M&M's

DIRECTIONS:

1. Cream butter and sugars. Add eggs and peanut butter. Stir in soda, vanilla and oats.
2. Fold in chocolate chips and M&M's.
3. Spread into greased jelly roll pan.
4. Bake at 350° for 15-20 minutes (or until browned on top. Do not overbake).
5. Makes 48 bars. Enjoy!

Jean Osterman, Traverse Electric

LAYERED CANDY CANE DESSERT

INGREDIENTS:

1-14.3 oz. pkg. Oreo cookies	¾ cup crushed candy canes (about 7 regular size), divided
6 Tbsp. butter, melted	2-3.3 oz. pkgs. instant white chocolate pudding mix
1-8 oz. pkg. cream cheese, softened	2 ¾ cups cold milk
¼ cup sugar	
2 Tbsp. milk	
1-12 oz. carton frozen whipped topping, thawed, divided	

DIRECTIONS:

1. Pulse cookies in a food processor until fine crumbs form. Add melted butter; pulse just until combined. Press onto bottom of a 13"x9" dish. Refrigerate while preparing filling.
2. Beat cream cheese, sugar and milk until smooth. Fold in 1 cup whipped topping and ½ cup crushed candies. Spread over crust.
3. Whisk pudding mix and milk 2 minutes; spread over cream cheese layer. Spread with remaining whipped topping. Cover and refrigerate for 4 hours. Sprinkle with remaining candies just before serving.

Mary Anne Davenport, Northern Electric

MONKEY BREAD

INGREDIENTS:

4 small cans or 2 large cans biscuits	1 stick butter
1¾ cups sugar	1 cup brown sugar
1 Tbsp. cinnamon	

DIRECTIONS:

1. Mix together the sugar and cinnamon. Set aside.
2. Cut biscuits into 4 sections. Roll in sugar mixture and place into a greased 9 x 13 greased cake pan.
3. Melt the butter and brown sugar together and pour over the biscuits.
4. Bake 350° for 30-40 minutes. Turn the pan over onto a cookie sheet and serve.

RHUBARB BARS

INGREDIENTS:

Crust:

- 1½ cups oatmeal
- 1½ cups flour
- ½ tsp. baking soda
- 1 cup shortening (Crisco is best)
- ½ cup coconut, shredded
- 1 cup brown sugar or powdered sugar

Filling:

- 3 cups rhubarb
- 1½ cups sugar
- 2 Tbsp. cornstarch
- ¼ cup water
- 1 tsp. vanilla extract
- ¼ tsp. almond extract
- A few drops of red food coloring

DIRECTIONS:

1. Mix the crust ingredients together until crumbly. Pat ½ the mixture into a 9"x13" pan.
2. Dissolve the cornstarch in water. Mix cornstarch with the rest of filling ingredients in saucepan and cook over low heat until it thickens. Add the food coloring, mixing well. Pour filling over the crust. Put the remaining half of crust mixture on the top.
3. Bake at 350° for 30-35 minutes.

Note: These are very good warm with vanilla ice cream.

Rosemarie Hoerner, FEM Electric

SLOW COOKER PEACH CAKE

INGREDIENTS:

- 1-21 oz. can cut peaches
- 1 box yellow cake mix
- 6 oz. butter, cut into small chunks
- ⅓ cup walnuts, crushed (optional)
- 1 tsp. cinnamon
- ½ tsp. nutmeg
- Vanilla ice cream

DIRECTIONS:

1. Pour the canned peaches with the juices into a 6 quart slow cooker.
2. Evenly pour cake mix over peaches. Sprinkle walnuts, cinnamon, and nutmeg over the top. DO NOT MIX.
3. Place cut butter slices on top, evenly distributed.
4. Cook on high 2 hours.
5. Serve with ice cream.

Linda Rauscher, Northern Electric

STRAWBERRY YOGURT PIE

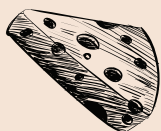
INGREDIENTS:

- 2-8 oz. containers fruit flavored yogurt
- 3 ½ cups thawed Cool Whip
- ½ cup mashed strawberries
- 1-9" graham cracker crust

DIRECTIONS:

1. Fold yogurt into Cool Whip, blending well. Add strawberries and spoon into crust. Freeze until firm, about 4 hours.
2. Remove from freezer 30 minutes, or longer for softer texture, before cutting and keep chilled in fridge.
3. Store any leftover pie in fridge.

THIS & THAT



APPLE PIE FILLING

INGREDIENTS:

4 ½ cups sugar	2-3 drops yellow food coloring
1 cup cornstarch	5 ½-6 lbs. tart apples, peeled and sliced
2 tsp. cinnamon	¼ tsp. ground nutmeg, optional
3 Tbsp. lemon juice	1 tsp. salt

DIRECTIONS:

1. In large saucepan, combine sugar, cornstarch, cinnamon and nutmeg.
2. Add salt and stir in 10 cups of water. Cook and stir until thickened and bubbly.
3. Add lemon juice and food coloring.
4. Pack raw apples into hot jars, leaving 1" head space. Use spatula to help distribute syrup. Adjust lids. Process in boiling water bath. Makes 6-8 quarts.
5. Before serving; prepare pastry for a 2 crust 8" or 9" pie. Line pie plate with pastry. Add 1 qt. apple pie filling. Adjust top crust, cutting slits for escape of steam. Seal edges. Bake at 400° for 50 minutes.

BLACK FOREST CAKE BATTER MILKSHAKE

INGREDIENTS:

2 cups chocolate ice cream	½ cup dry chocolate cake mix
1½ cups cherry juice cocktail	Canned whip cream
½ cup canned pitted dark sweet cherries, drained, plus 8 for garnish	Chocolate curls

DIRECTIONS:

1. Put the ice cream, cherry juice, sweet cherries and the cake mix into a blender.
2. Blend until smooth, 30-35 seconds. Do not over blend or the milkshake will become too thin.
3. Divide the milkshake among four glasses and top each with a swirl of whipped cream. Garnish each with chocolate curls and 2 cherries.

CANNED DEER MEAT-HOT PACK

INGREDIENTS:

Deer meat, cleaned	5-6 beef bouillon cubes
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DIRECTIONS:

1. Cut up deer into small bite size pieces (remove all fat and stringy pieces) and place into jar (use wide mouth quart jars).
2. Mix beef bouillon cubes with hot water per directions and bring to a boil. You will need 5-6 cubes. Depending on deer size, makes 12-15 quarts.
3. Pour bouillon mixture over deer meat in the jars. Place lids and rings, turn tight and place into hot water bath. Boil for 3 hours. Let cool until lids pop. Remove rings.
4. This is good right out of the jar or served hot by making a gravy and serving over biscuits or noodles.

Note: Can also add sliced onions or peppers to the jars or a warm tomato sauce.

Ms. Verna Nelson, Clay-Union Electric

CAPPUCCINO MIX

INGREDIENTS:

1 cup powdered coffee creamer
1 cup chocolate drink mix
 $\frac{2}{3}$ cup coffee crystals

$\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ tsp. ground cinnamon
 $\frac{1}{4}$ tsp. ground nutmeg

DIRECTIONS:

1. Add 3 tsp. to 1 cup hot water

Michelle Prins, H-D Electric

FLOUR-LESS OATMEAL BLUEBERRY MUFFINS

INGREDIENTS:

2 $\frac{1}{2}$ cups old fashioned rolled oats
1 $\frac{1}{2}$ cups almond milk
1 large egg, lightly beaten
 $\frac{1}{3}$ cup pure maple syrup
2 Tbsp. melted coconut oil
1 tsp. vanilla extract

1 tsp. ground cinnamon
1 tsp. baking powder
 $\frac{1}{4}$ tsp. salt
1 tsp. lemon juice
1 to 1 $\frac{1}{2}$ cups fresh blueberries

DIRECTIONS:

1. Combine oats and almond milk in a large mixing bowl. Cover and refrigerate overnight or 7-8 hours.
2. Preheat oven to 375°. Spray muffin tin with non-stick spray or use a silicone muffin pan.
3. In a large mixing bowl, combine all other ingredients to the soaked oats mixture. Spoon into the prepared muffin pan, filling to $\frac{3}{4}$ full.
4. Bake for 20 minutes or until tops are golden brown.

Note: Recipe makes 12 muffins

Becki Hauser, Southeastern Electric

MOCHA FREEZE

INGREDIENTS:

2 cups vanilla ice cream, softened
 $\frac{1}{4}$ cup cold strong coffee

1 Tbsp. chocolate syrup
 $\frac{1}{2}$ cup crushed ice

DIRECTIONS:

1. In blender, combine all ingredients. Cover; blend until of desired consistency.
2. Pour into glasses and serve immediately.

Note: Serves 4.

MOM'S DELICIOUS MUFFINS

INGREDIENTS:

1½ cups flour	½ cup milk
½ cup sugar	1 tsp. vanilla extract
¼ cup melted butter or oil	1½ - 2 cups of your favorite fruit
1 egg	

DIRECTIONS:

1. Mix ingredients together and put into muffin pan.
 2. Bake at 400° until toothpick inserted comes out clean.
- Note: My mom makes them with strawberries and rhubarb. I've also used chocolate chips instead of fruit.

Stephanie Fossum, Southeastern Electric

ORANGE CREAM CHILLER

INGREDIENTS:

3 oz. frozen orange juice	1 small frozen banana
1 cup milk	1 tsp. honey
½ cup plain Greek yogurt	½ tsp. vanilla extract

DIRECTIONS:

1. Combine all ingredients in a blender. Blend until smooth.
- Note: Serves 2.

Joyce Romkema, Bon Homme-Yankton Electric

PINK RHUBARB PUNCH

INGREDIENTS:

8 cups rhubarb, chopped	2 cups boiling water
8 cups water	2 cups pineapple juice
2 cups sugar	¼ cup lemon juice
3 Tbsp. strawberry gelatin	Lemon-lime soda

DIRECTIONS:

1. In large saucepan, bring rhubarb and water to a boil. Reduce heat and simmer for 10 minutes. Drain, reserving liquid.
2. In a large bowl, combine sugar, gelatin and boiling water until dissolved. Add pineapple and lemon juices. Stir in rhubarb liquid, chill.
3. Just before serving, add soda or ginger ale as desired.

Ms. Verna Nelson, Clay-Union Electric

TOAD PUNCH

INGREDIENTS:

2-2 liters of 7 Up, chilled	½ gallon lime sherbet
1 liter ginger ale, chilled	

DIRECTIONS:

1. Pour 7 Up and ginger ale in punch bowl.
2. Scoop in lime sherbet.
3. It will make a green foam on top. Very sweet.