

2010 CHELCO Recipes

Braised Sirloin Tips Over Rice

Pat Fidler

- 2 Tbs. olive oil
- 2 lbs. beef sirloin tips, cut in 1 inch cubes
- 1 can (10.5 oz) condensed beef consommé
- 1/3 cup cranberry juice cocktail
- 2 Tbs. lite soy sauce
- 1 clove garlic minced
- ¼ tsp. onion powder
- 2 Tbs. cornstarch
- ¼ cup water
- 4 cups cooked rice (hot)

In a large skillet, brown meat in oil on all sides. Stir in consommé, juice, soy sauce, garlic and onion powder. Heat to boiling. Reduce heat. Cover and simmer 2 hours or until meat is very tender. Blend cornstarch and water. Stir gradually into meat mixture. Cook, stirring constantly until mixture boils and thickens. Boil and stir a couple of minutes. Serve over rice. Makes 4-6 servings

Key Lime Cake

Patsy Adams

- 1 lemon cake mix
- 1 small box of lime Jello
- ¾ cup orange juice
- 4 eggs
- 1 ⅓ cups cooking oil

Mix all ingredients together and pour into 2 greased and floured round cake pans (more for additional layers). Bake at 300 degrees for 30 minutes for 2 layers or 25 minutes for more layers. Test for doneness using a toothpick. Cake is done when toothpick comes out clean. Cool in pans for 15 minutes. When cake is cool, frost.

Note: You may also use lemon juice and lemon Jello, or orange juice and orange Jello.

Key Lime Cake Frosting

- 8 oz. pack of cream cheese, softened
- ½ stick real butter, softened
- 4 Tbs. to ½ cup key lime juice or regular lime juice
- 2 cups powdered sugar
- 1 8 oz. tub whipped topping Grated lime peel (optional)
- Cream cheese and butter together.

Add juice, using the amount for your taste. Then add 2 cups of powdered sugar. When mixed well, fold in whipped topping and grated peel, if desired.

Cackleberry Breakfast Casserole

Mary Reed

- 2 8 oz. cans crescent dinner rolls
- 7 eggs
- 1 cup milk
- 8 oz. shredded Monterrey Jack cheese
- 8 oz. fresh or canned diced green chiles
- 10 oz. box breakfast sausage – browned and halved (maple is good)
- ¼ tsp. baking powder
- Salt and pepper to taste

Preheat oven to 350 degrees. Brown sausage and cut in half. Lightly grease 13x9 pan. Line pan with rolls to form a crust. You may want to use a rolling pin to stretch out the rolls and then pinch the seams together.

Beat the eggs and milk. Add cheese and green chiles, baking soda, salt and pepper. Pour mixture over crust and place sausages on top. Bake 25-30 minutes until lightly browned.

Salsa and sour cream on the side are nice additions.

Pumpkin Pie Smoothie

Gayle Harris

- ¾ cup canned pumpkin
- 3 scoops vanilla ice cream
- ½ cup crushed ice
- 1/3 cup milk
- 3 Tbs. maple syrup
- ¼ tsp. ground cinnamon
- Generous sprinkle of ground cloves
- Generous sprinkle of ground allspice

Place all ingredients in a blender, cover and blend until smooth. Add additional milk if needed for easier blending. Add additional maple syrup to taste.

Chili Coke Roast

Joan Moore

- 3-5 lbs beef or pork roast
- 1 1¼ oz. package dry onion soup mix
- 1 12 oz. jar chili sauce
- 1 12 oz. can Coke

Place all ingredients in crock pot and cook on low for 6-7 hours.

Banana Coffee Cake

Geraldine Via

- ½ cup butter, softened
- 1 cup sugar or Splenda
- 2 eggs
- 3 ripe bananas, mashed
- ½ tsp. vanilla
- ½ cup sour cream
- 2 cups all purpose flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- ¼ tsp. salt
- ½ cup sugar
- ½ cup chopped pecans
- 1 tsp. cinnamon

Cream butter and 1 cup sugar or Splenda until smooth. Add eggs, bananas and vanilla and mix thoroughly. Stir in sour cream. Combine flour, baking powder, soda and salt. Fold into creamed mixture and set aside. Combine nuts, ½ cup sugar and cinnamon. Spread half of batter in greased 10 inch tube pan, sprinkle with nut mixture and add remaining batter. Bake at 350 degrees for 45 to 50 minutes.

Old Fashioned Cream Corn

Ruthanne Buchanan

- 2 15 ¼ ounce cans of whole kernel corn, crushed
- 1 recipe of medium white sauce:
 - 2 Tbs. butter
 - 2 Tbs. flour
 - 1/8 tsp. black pepper
 - ½ tsp. salt
 - 1 cup milk

On low heat, melt butter in sauce pan. Add flour and stir or whisk until a paste or roux is made. Add the last three ingredients and whisk until sauce is smooth and thickened. Add corn to cream sauce. Serve hot.

Bisquick Chicken Casserole

Ruth Taylor

- 2 cups cut up cooked chicken (may use ham or turkey)
- 1 4 1/3 ounce can mushrooms, drained
- 1/2 cup green onions, chopped
- 1/2 tsp. salt
- 1 cup shredded cheese (Swiss, cheddar or Monterey Jack)
- Layer in a square baking pan

In a blender, beat 1 1/2 cups milk, 3/4 cup Bisquick Baking Mix and 3 eggs. Pour over meat-cheese mixture. Bake in 350 degree oven 30-35 minutes or until light brown on top. Let stand 5 minutes before cutting.