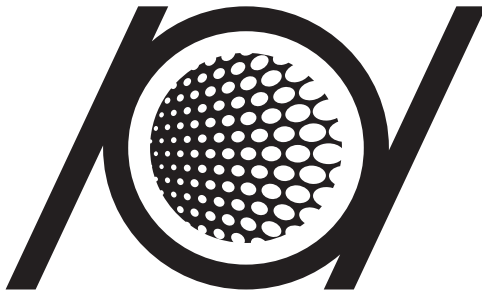


Mitotec
COOKBOOK



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Organized By Morgan T.

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Cheese Ball

Mike B.

Ingredients

8 oz cream cheese
2 tbsp steak sauce - Al or Heinz 57
1 cup of pecans or nuts chopped
2 drops tabasco sauce

Directions

Mix all ingredients but leave $\frac{1}{4}$ chopped nuts to roll ball in. Chill for 2 hours.



Cheesy Vegetable

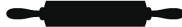
Nicky R.

Ingredients

3-4 20 oz frozen vegetables(California Blend)
1 can Cream of Mushroom soup
1 $\frac{1}{2}$ cup Cheez Whiz (12 oz)
1 can Durkee Fried Onions

Directions

1. Boil & drain vegetables very well. Spread in a 9x13 in pan.
2. Melt Cheez & soup. Pour over vegetables. Top with onions.
3. Bake 350 degrees for 30 minutes.



Crab Roll-Ups

Barb R.

Ingredients

2 pkgs (16oz total) cream cheese
1 pkg Hidden Valley Fiesta Ranch Dip Mix
1 pkg of crab meat cut up
1 small can chopped olives
1 pkg tortilla shells

Directions

Bring the cream cheese to room temperature and then mix everything together, spread across the tortilla and roll. Put into the frig to chill before cutting (they keep their shape better).



Cream Cheese Dip for Apples

Jamie R.

Ingredients

- 12 oz cream cheese
- ¾ cup brown sugar
- ¼ cup peanut butter (creamy/chunky)
- 1 tsp vanilla
- ¼ cup sugar

Directions

1. Mix all together until smooth.



Fiesta Ranch Dip

Phil D.

Prep Time: 5 minutes

Fridge Time: 2 hours

Servings: 10

Ingredients

- 16 oz sour cream
- 1½ cups shredded cheddar cheese
- 1 can (15.25 oz) corn drained well
- 1 can (10 oz) Rotel drained well (mild, original, or hot)
- 1 packet ranch seasoning mix

Directions

1. well combined.
2. Cover the bowl with a lid or plastic wrap. Refrigerate for at least 2 hours.
3. Transfer the dip to a serving bowl and serve alongside tortilla chips, potato chips, and/or veggie sticks (carrots, celery, bell peppers, and grape tomatoes).



Shrimp Dip

Ryan J.

Ingredients

2 Med Can Shrimp or 1 12oz Bag Salad Shrimp
2 Med Pack Cream Cheese (8oz)
1 Med Onion (Chopped Fine)
2 Tbsp Mayo
3 Tbsp Western Salad
Salt & Pepper to taste

For best results leave in refrigerator overnight before adjusting seasoning and western sauce.



Spicy Pretzels

Jody I.

Ingredients

20 oz pretzels
1 cup oil
1 pk ranch dip seasoning
1 tsp garlic salt
1 ½ tsp cayenne pepper

Directions

1. Mix together all ingredients and bake a 200 degrees for 1 ½ hours on a cookies sheet. Turn every 15 minutes. Cover well.





Anytime Breakfast Bake

Jody I.

Ingredients

6-12 eggs whipped

1 ½ lbs sausage, bacon or ham cooked and drained

1 lb hashbrowns (frozen)

1 can cream soup of your choice

1 can milk

1 tsp dry mustard

1 tbps parsley flakes

½ cup chopped onions

8 oz shredded cheddar cheese

8 oz mozzarella cheese

Directions

1. Place hashbrowns on bottom of 9x13 pan. Mix all the rest of the ingredients together(except cheese). Pour all over the hash browns.

Sprinkle cheese over top.

2. Bake at 325 degrees for 30-45 minutes or until set. Can be made a day ahead.



Armadillo Eggs (Breakfast Side Dish)

Nický R.

Ingredients

2 cups Bisquick
1 lb ground pork sausage
1 lb grated cheddar cheese
1 cup jalapeño (chop)
1 cup grated pepperjack cheese
1 pkg pork shake and bake
1 onion (chop)
1 pepper (chop)

Directions

1. Mix sausage, cheddar, cheese, Bisquick until it sticks together. Add chopped green peppers and onions. Pat about ¼ cup into flat patty, in the center. Place small cube of pepperjack cheese and jalapeño peppers. Fold meat over cheese cube. Make roughly the size of a lime. Cover with shake and bake. Bake 20 minutes at 375 degrees or freeze and bake later.



Beef Stroganoff Casserole

Carla K.

Ingredients

- 1 Tbsp shortening
- 2 lbs ground beef
- 1 Tbsp salt
- ½ Tsp pepper
- 1 cup (8 oz) tomato sauce
- 1 (12 oz) pkg medium egg noodles- cooked and drained
- 1 pint sour cream
- 1 lb cottage cheese
- 3 diced onions
- ¼ cup melted butter

Directions

1. Preheat oven 300 degrees
2. Melt shortening, brown beef, add seasonings & tomato sauce.
3. Combine sour cream, cottage cheese & onions in a bowl and mix to blend.
4. Spoon half of meat mixture into a casserole dish. Cover with half of the cream mixture, top with half of noodles. End with noodles and form a ring around meat. Pour melted butter over noodles.
5. Cover and bake for 30 minutes & top with a dollop of sour cream.



Brazilian Fish Stew

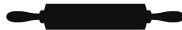
Adam S.

Ingredients

- ¼ cup lime juice
- 1 ½ tbsp cumin
- 1 ½ tbsp paprika
- 1 tbsp minced garlic
- ½ tbsp salt
- ½ tbsp pepper
- 2 lbs tilapia fillets, cut in half (they can be frozen, just thaw slightly to cut)
- 1 tbsp olive oil
- 12 oz frozen pepper and onion strips (1 bag)
- 14 oz diced tomatoes, drained (1 can)
- 14 oz light unsweetened coconut milk (1 can)
- 1 handful fresh cilantro, chopped (optional)

Directions

1. Combine the lime juice, cumin, paprika, garlic, salt, and pepper in a large bowl.
2. Add in the tilapia and mix until coated.
3. Cover and place in the refrigerator to marinate for 20 minutes or so.
4. Heat the olive oil in a large skillet or casserole over medium-high heat. Add the peppers and onions and cook until they begin to thaw, about 3 minutes.
5. Add the tomatoes and marinated tilapia and mix them in.
6. Pour the coconut milk over everything, mix and cover, and simmer about 20 minutes, stirring occasionally.
7. In the last few minutes, stir in the cilantro (optional).
8. When the tilapia is cooked through, garnish with additional cilantro (if desired) and serve.



Cabbage Rolls

Carla K.

Ingredients

1 lb hamburger

1 egg

2 Tbsp ketchup(optional)

Mustard (optional)

Oatmeal

1 nice head of cabbage

6-7 Bay Leaves

Stewed Tomatoes

Directions

1. Put cabbage in boiling water

2. Wrap meat makings in cabbage leaves. Wrap like envelope and stick with tooth pick

3. Bake at 350 degrees for 1 hour.



Chicken Parmesan

Adam S.

Ingredients

Marinara Sauce

3 tbsp. extra-virgin olive oil
1 small yellow onion, finely chopped
6 cloves garlic, finely chopped
1 (28-oz.) can crushed tomatoes
2 large sprigs basil
Kosher salt
Freshly ground black pepper

Chicken

1 c. panko bread crumbs
1 tsp. garlic powder
2 c. finely grated Parmesan, divided
3/4 c. all-purpose flour
2 large eggs
6 (1/4" -thick) boneless, skinless chicken cutlets (about 1 1/2 lb. total)
Kosher salt
Freshly ground black pepper
1 c. shredded mozzarella
1 c. vegetable or canola oil
Chopped fresh basil, for serving

Directions

MARINARA SAUCE

1. In a medium pot over medium heat, heat oil. Add onion and garlic, stir to combine, and reduce heat to low. Cover and cook, stirring occasionally, 10 minutes. Uncover and cook, stirring occasionally, until onion is translucent, softened, and fragrant, about 5 minutes more.
2. Stir in tomatoes and basil. Bring to a boil, then reduce heat to medium-low and simmer, stirring occasionally, until slightly thickened and flavors have melded, about 30 minutes; season with salt and pepper. Discard basil.

Continued →

(Parmesan Chicken Continued)

CHICKEN

1. In a shallow bowl, combine panko, garlic powder, and 1 cup Parmesan. Into another shallow bowl, pour flour. In a third shallow bowl, beat eggs with 1 tablespoon water.
2. Pat chicken dry; season with salt and pepper. Dip into flour, shaking off excess, then into egg, then into panko mixture, gently pressing to adhere.
3. In a small bowl, mix mozzarella and remaining 1 cup Parmesan.
4. Heat broiler. In a large, heavy pot over medium heat, heat oil until a deep-fry or instant-read thermometer registers 350°; if it smokes a bit, that's okay. Set a wire rack in a baking sheet.
5. Working one at a time, fry chicken until one side is golden brown, about 1 minute. Flip and continue to fry until golden brown on the other side and the sound of the frying chicken gets slightly louder—this is the moisture evaporating from the chicken—about 1 minute more. Transfer to prepared rack. Repeat with remaining chicken. Spoon some marinara over chicken. Sprinkle with cheese mixture.
6. Broil, watching carefully, until cheese is melted and brown spots form, about 2 minutes.
7. Divide chicken among plates. Top with basil. Serve with remaining marinara alongside.



Chicken Swiss Casserole

Bruce M.

Ingredients

- 5 uncooked chicken breasts cubed
- 2 cans cream of celery soup
- 1 bag Pepperidge Farm stuffing (croutons)
- 4 cups shredded Swiss cheese
- $\frac{3}{4}$ cup Chardonnay
- 1 stick butter, melted

Directions

1. Cut each breast into cubes. Once cut, divide into two equal portions; set aside. Divide cheese in two equal portions; set aside. Divide croutons into two equal portions; set aside. Mix soup and wine together, divide in two equal portions; set aside.

2. Layer in-order, in glass baking dish (will need deeper lasagna-size dish) spray dish with cooking spray:

- Bottom layer $\frac{1}{2}$ of the chicken
- $\frac{1}{2}$ of the croutons
- $\frac{1}{2}$ of the cheese
- $\frac{1}{2}$ of soup mixture
- Last $\frac{1}{2}$ of the chicken
- Last $\frac{1}{2}$ of the croutons
- Last $\frac{1}{2}$ of the soup mixture
- Last $\frac{1}{2}$ of the cheese
- Drizzle melted butter over top of casserole

3. Cover and bake at 350 degrees for 30 minutes, then uncover and bake for another 30 minutes.



Frank Potato Pie

Morgan T.

Ingredients

- 1 – 8 pack of hot dogs
- 1 can tomato soup
- 1 can french cut style green beans(drained)
- 1 Small onion
- 6-7 medium potatoes
- ¼ cup milk
- 1 cup shredded cheddar cheese

Directions

1. Clean and skin potatoes. Place in a pot filled with water and set to boil for 25 min. or until potatoes are tender. Drain water and mash. Add ¼ cup milk(or more). Set aside.
2. Cut hot dogs into ½” slices. Place into skillet/frying pan with butter to brown.
3. Chop small onion and add to hot dogs. Cook until clear.
4. Add tomato soup and green beans to hot dogs. Stir together well.
5. Pour tomato/hot dog concoction into oven safe container that has lid. Spread mashed potatoes over the top. Place in oven at 350 degrees for 25 minutes.
6. After time is up, add shredded cheddar cheese and cover. Bake an additional 5 minutes. Enjoy!



Italian Beef

Mike B.

Ingredients

5 lbs beef roast

3 cups water

3 beef bouillon cubes

1 tsp. marjoram, thyme, oregano

3 drops tobacco sauce

2 tbsp Worcestershire sauce

1 green pepper chopped

Directions

Place roast in roasting pan. Mix together water & bouillon and put in pan.

Sprinkle seasonings over top of beef. Cook at 350 degrees till medium rare. Slice and serve.



Jerk Chicken Wings

Ryan J.

Ingredients

½ yellow onion, chopped	2 Tbsp brown sugar
3 habanero peppers (seeded & chopped)	½ cup green onions, sliced
6 cloves garlic	2 Tbsp fresh thyme leaves
1 Tbsp kosher salt	2 Tsp ground black pepper
2 Tsp ground allspice	1 Tsp dried thyme
½ Tsp ground cinnamon	½ Tsp ground cumin
½ Tsp freshly grated nutmeg	2 Tbsp vegetable oil
3 Tbsp soy sauce	⅓ cup lime juice
3 pounds chicken wing drumettes	cooking spray

Directions

Step 1: Put yellow onion, green onions, garlic, habanero peppers, fresh thyme, kosher salt, black pepper, allspice, dried thyme, cinnamon, cumin, nutmeg, vegetable oil, soy sauce, brown sugar, and lime juice, respectively, in a blender and blend until marinade is completely smooth.

Step 2: Place chicken in a large bowl. Pour marinade over chicken and toss to coat completely. Cover the bowl with plastic wrap and marinate in the refrigerator for at least 8 hours or overnight.

Step 3: Preheat oven to 450 degrees F (230 degrees C). Line a baking sheet with aluminum foil and spray with cooking spray.

Step 4: Place chicken drumettes on prepared baking sheet and reserve marinade left in the bowl.

Step 5: Bake in the preheated oven for 25 minutes.

Step 6: Brush 1/2 the reserved marinade onto chicken and turn wings over. Bake for 15 minutes.

Step 7: Turn chicken and brush on remaining 1/2 the reserved marinade. Bake until tender and caramelized, 10 to 15 minutes more. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C). Rest wings on baking sheet for 5 minutes before removing to a serving platter.



Klushki (*Polish Potato Dumplings*)

Jerry Z.

Ingredients

2 lbs potatoes, peeled and grated

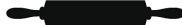
1 cup flour

2 eggs, slightly beaten

Salt and Pepper to taste

Directions

1. Press grated potatoes in a clean white cloth to squeeze out excess moisture. Combine flour, eggs and seasonings. Mix thoroughly.
2. Drop by spoonfuls into boiling salted water. Cover and steam until dumplings rise to the top. Remove dumplings with perforated spoon and drain.
3. Save water the dumplings have been cooked in and, when reheating them another time, add the water to moisten them.



Marinated Chuck Roast

Charlie B.

Ingredients

3lbs Chuck Roast

Meat Tenderizer

1 cup Water

1 cup Soy Sauce

2 Tbsp Apple Cider Vinegar

2 Tbsp Sugar

Directions

1. Generously sprinkle meat with tenderizer then beat with textured mallet.
2. Mix the next 4 ingredients together. Pour over meat in gallon Ziplock bag.
3. Let marinate in refrigerator for 4-6 hours, turning at least once.
4. Cook on 350–400-degree grill, 25 minutes each side.



Melt-in-Your-Mouth Sausages

Kim L.

Ingredients

8 Italian sausages
48 oz can spaghetti sauce
6 oz can tomato paste
1 green pepper, chopped
1 onion thinly sliced
1 tbsp grated Parmesan cheese
1 tsp dried parsley
1 cup water
1 lbs spaghetti, cooked
Garnish; grated Parmesan Cheese

Directions

1. Place sausage in skilled; cover with water. Simmer for 10 minutes; drain and slice. Meanwhile, place next 7 ingredients in slow cooker; add sausage.
2. Cover and cook for one additional hour. Serve over spaghetti. Sprinkle with Parmesan cheese before serving. Makes 8 servings.



Potato Latkes (Potato Pancakes)

Jerry Z.

Ingredients

6 medium-size potatoes, pared
½ tsp baking soda
2 eggs
2 medium-size onions, grated
2 tsp salt
1/8 tsp ground nutmeg
Dash of paprika
½ cup all-purpose flour
Vegetable oil

Directions

1. Grate potatoes on a fine grater; place in a large bowl with baking soda; toss to mix. Squeeze dry with hands or potato ricer.
2. Beat eggs in a large bowl; stir in potatoes, onions, salt, nutmeg and paprika. Sprinkle flour over top; stir in.
3. Pour enough oil into heavy skillet to make a depth of ¼ inch; heat. Drop potato mixture, a rounded tablespoon for each cake, into skillet; flatten slightly with back of spoon to make thin pancakes. Fry slowly, turning once, 3 minutes or until crisp and golden.
4. Drain on paper toweling; Keep warm. Serve with sour cream or apple sauce.



Potato Soup with Ham

Jerry Z.

Ingredients

2 medium onions, chopped
1 ½ tsp dried thyme
1 bay leaf
2 tbsp butter
1 cup dry wine
3 cups chicken stock
1 ½ lbs potatoes, cut into ½ inch cubes
¼ lb thick cut ham, cut into ¼ inch cubes
½ cup minced parsley
Salt and Pepper to Taste

Directions

1. In a 6 quart Dutch oven, sauté onions, thyme, and bay leaf in butter for 10 minutes or until golden. Add wine; cook at a rapid simmer for 10 minutes or until wine is reduced to glaze.
2. Add stock and potatoes. Cover and bring to a boil; reduce heat and cook at a medium simmer for 10 minutes or until potatoes are tender. Add ham and parsley. Simmer for 5 minutes or until ham is hot. Season with salt and pepper to taste. Remove bay leaf and discard.



Ranch Burgers

Jamie R.

Ingredients

- 1 lb ground meat
- ¼ cup mustard
- 1 cup ketchup
- 1 cup shredded cheese

Directions

1. Preheat oven to 350 degrees.
2. Cook ground hamburger
3. Mix ketchup/mustard in with meat. If it looks dry add more of each.
4. Put meat on open side of buns, then top with shredded cheese
5. Cook just so the cheese is melted on top.



Smoked Polish Sausage (Kielbasa)

Darryl K.

Ingredients for 10 lbs

1 lb. ice water (1 pint)

2 cups soy protein concentrate or non-fat dry milk

5 tbsp salt

1 tbsp sugar

2 level tsp prague powder #1

1 tbsp black pepper

2 large cloves fresh garlic

1 heaping tsp. marjoram

10 lbs. boneless pork butts

Grinding & Trimming

Trim off excess fat, remove all blood clots, bone, sinews, cords, etc. and throw out. Grind all the lean meat through a 3/8" grinder plate and all the fat meat through 1/8" plate. Place in mixer, adding all the ingredients and mixing until evenly distributed.

Stuffing

Polish sausage should be stuffed into a larger-size hog casing, preferably 38-42mm. Sausage then is placed on smokehouse sticks and spaced properly. Sausage is permitted to dry. You may dry the sausage as follows:

-When stuffing the sausage, it normally is hung on the sausage sticks in the room where you are working. By the time you are finished stuffing the sausage, much of it already is dry. You may put it in a preheated smokehouse at 130 degrees F. with dampers wide open for about 1 hour or until casings are dry and starting to take on a brown color.

-Or, you may place sausage in the cooler and leave until the casings are dry.



Spaghetti Sauce

Jamie R.

Ingredients

1 lb ground beef (or ½ lb Italian sausage and ½ lb ground beef)
Salt and ground black pepper (to taste)
1 medium onion, chopped
15 ounces tomato paste
½ tsp Italian seasoning
1 tbsp dried parsley flakes
1 tsp garlic powder
Crushed red pepper flakes (to taste)
1 tbsp Worcestershire sauce
1 tbsp granulated sugar
1 cup water
½ cup fresh basil leaves(optional)
Spaghetti noodles(for serving)

Directions

1. Season ground beef with salt and pepper
2. Cook onion with ground beef - drain
3. Add sauce ingredients and cook until combined
4. Boil noodles until done - drain



Mike Sr. Spaghetti Sauce & Meatballs

Mike B.

Ingredients

1 can of V-8 Juice
2 15 oz cans tomato puree
2 8 oz cans tomato paste
1 small onion chopped
1 tsp oregano
1 tsp basil
1 tsp salt
1 tsp garlic salt
2 stalks chopped celery (leaves too)
2 eggs
½ cup breadcrumbs
1 tbsp grated Romano cheese
1 small chuck roast (3 lbs.)
1 lb. Italian sausage
1 ½ lb. hamburger
½ lb ground pork sausage

Directions

Combine first nine ingredients and bring to a boil and then simmer for 1 hour. Prepare meat by browning 2 inch cubed chuck roast in frying pan. Brown pieces of Italian sausage. Add meat to sauce and simmer another hour.

Meatballs: Mix together hamburger, pork sausage, oregano, garlic salt, chopped onions, grated cheese, 2 eggs and ½ bread crumbs. Roll into balls and brown. Add meatballs to sauce and simmer ½ hour. Add water to sauces if too thick. Will serve 8 people for 2 or 3 meals. Freeze individual meals.



Tamale Pie

Morgan T

Ingredients

1 tbsp olive oil
½ onion diced
1 lb ground beef
1 bell pepper diced
1 jalapeño minced
2 tsp chili powder
½ tsp salt
½ tsp cayenne pepper
½ tsp cumin
1 15oz can diced tomatoes(fire roasted recommended)
1 can corn kernels

For Tamale Topping

1 ½ cups milk
1 cup cornmeal(finely ground)
3 tbsp butter
½ tsp salt
1 cup Monterey Jack cheese shredded

Directions

1. Preheat oven 400 degrees.
2. In a medium/large cast iron skillet, heat the olive oil over medium heat. Cook the onions, peppers and jalapeño while stirring until they begin to soften, 2 to 3 minutes.
3. Add the ground beef to the pan and cook to the pan and cook while breaking it up with a spatula until almost brown all the way through(4 to 5 minutes). Add the bell and hot peppers and cook until soft, another 2 to 3 minutes.
4. Sprinkle the seasonings onto the beef mixture and stir until well combined. Add the diced tomatoes and corn kernels and bring to a light boil then turn off the heat.
5. Meanwhile, in a small pot combine milk, cornmeal, butter and salt. Bring to a light boil while whisking constantly. As soon as the mixture begins to thicken, only takes 1-2 minutes, scrap out the pot and spread on top of the meat mixture into one even layer.
6. Top with shredded cheese and bake 20 minutes or until golden brown. Serve with sour cream.



Tuscan Chicken

Kimberly S.

Ingredients

2 tbsp olive oil

1 ½ - 2 lbs boneless chicken breasts

1 cup heavy whipping cream

½ cup chicken broth

½ cup parmesan cheese

1 tsp garlic powder

1 tsp Italian seasoning

1 cup spinach (fresh leaf in bag)

½ cup sun dried tomatoes(Julianne tomatoes)

Directions

1. Heat olive oil over medium heat and cook chicken until no longer pink in center. Remove chicken.

2. Add heavy cream, Italian seasoning, garlic powder, chicken broth and parmesan cheese. Whisk over medium heat until sauce starts to thicken.

3. Add spinach and sun dried tomatoes. Simmer until spinach wilts

4. Return chicken and sauce to medium heat for 3-5 minutes

5. Eat by itself or with egg noodles or mashed potatoes. (additional cook time)

NOTE: Suggested to make a double batch of the sauce for any leftovers.



Venison Marinade

Carla K.

Ingredients

½ cup salad oil

1 clove garlic chopped

½ cup onion chopped

¼ cup parsley chopped

¼ cup lemon juice

Directions

Combine Ingredients & pour over venison steaks. Let stand 12 hours.





Beer Bread

Morgan T.

Ingredients

- 1 (12 oz) can or bottle of beer
- 4 cups of self-rising flour
- ½ cup white sugar
- ¼ cup butter melted

Directions

1. In a large bowl, mix together sugar and flour. Make a hole in the center of the dry ingredients.
 2. Add beer and continue to mix, stirring with spoon. Batter will be sticky.
 3. Pour into 8 x 4" pan (greased)
 4. Cover with moist dish towel for 1 hour
 5. Pour butter over top of dough, bake 350 degrees 50-60 minutes. Top will be crunchy.
- Note: Blue Moon makes bread fluffier, New Guinness make a more dense loaf.



Calico Beans

Jody I.

Ingredients

- 1 ½ lbs hamburger
- 1 lb bacon(cut in small pieces)
- ½ cup catsup
- ¾ cup brown sugar
- 1 tsp mustard
- 2 tsp vinegar
- 1 large can of Pork N Beans
- 1 can kidney beans(drained)
- 1 can lima beans(drained)
- 1 can butter beans(drained)

Directions

1. Brown hamburger and bacon. Place in crock pot and add all other ingredients. Bake 350 degrees for 1 hour or simmer in a crock pot until very hot.



Cheesy Green Beans

Jody I.

Ingredients

10 slices of bacon

4 cups drained green beans or frozen beans

16 oz. sliced mushrooms

$\frac{3}{4}$ cup chopped onions

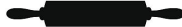
16 oz. bottle cheese – whiz

Directions

1. Cook bacon until crisp. Drain and keep $\frac{1}{4}$ up of grease. Crumble bacon and save 2 tbsp.

2. Add mushrooms and the onion to the $\frac{1}{4}$ cup bacon grease you saved. Cook and stir on medium heat for 10 min. Drain.

3. Add bacon and green beans. Season to taste. Microwave until hot. Melt cheese-whiz and pour over beans. Sprinkle with bacno crumbs and serve hot.



Cheesy Potatoes

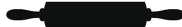
Jamie R.

Ingredients

- 2 cans cream of chicken soup
- 1 8 oz shredded cheddar cheese
- ½ tsp garlic salt
- 2 lbs hashbrowns
- 8 oz sour cream
- ¼ cup butter
- ½ tsp salt
- Frosted Corn flakes

Directions

1. Preheat oven to 350 degrees.
2. Mix together all ingredients - minus the corn flakes
3. Pour ingredients into greased pan & put Frosted cornflakes on top
4. Cook for 1 hour.



Cinnamon Butter Baked Carrots

Morgan T.

Ingredients

15 carrots peeled(or 2 bags of baby carrots)

1/3 cup butter softened

½ cup sugar(or ¼ cup of honey)

1 tsp salt

½ tsp cinnamon

1/3 cup boiling water

1 tbsp orange juice

Fresh parsley

Directions

1. Preheat oven 350 degrees
2. Clean and arrange carrots in baking dish
3. Cream butter, sugar, salt & cinnamon
4. While mixer is running slowly add boiling water and orange juice
5. Pour mixture over carrots, cover with aluminum foil.
6. Bake 90 minutes. Remove and add parsley.



Corn Fritters

Jody I.

Ingredients

- 1 can whole corn(drained)
- 1 1/3 cups of flour
- 1 ½ tsp baking powder
- ¾ tsp salt
- 2/3 cups milk
- 1 egg beaten

Directions

1. Mix together salt, flour and baking powder.
2. Blend milk and egg. Add to dry ingredients.
3. Scoop 1 tbsp of mixture into deep fat fryer (365 to 375 degrees).
Fry 2 to 5 minutes.
4. Serve with maple syrup.



French Onion Bread

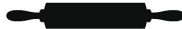
Jeff J.

Ingredients

1 pk active dry yeast or 1 cake yeast.
¼ cup water
1 envelope onion soup mix
2 cups water
2 tbsp sugar
1 tsp salt
2 tbsp salad oil
6 to 6 ½ cups flour
Corn meal

Directions

1. Soften dry yeast in ¼ cup warm water.
2. Combine soup mix and 2 cups water. Simmer covered 10 minutes; add sugar, salt salad oil; stir. Cool to lukewarm temp.
3. Stir in 2 cups flour; beat well. Stir in yeast. Add enough of the remaining flour to make a moderately stiff dough. Turn out on lightly floured surface. Cover; let rest 10 minutes.
4. Knead till smooth and elastic (8-10 minutes). Place in greased bowl, turning once to grease surface. Cover; let double in warm place (1 ¼ to 1 ½ hours).
5. Punch down; divide in half. Cover; let rest 10 minutes.
6. Shape into 2 long loaves, tapering ends. Place on greased backing sheet sprinkled with corn meal. Gash tops diagonally, 1/8 to 1/4" deep. Cover; let almost double (about 1 hour).
7. Bake at 375 degrees for 20 minutes. Brush with mixture of 1 egg white and 1 tbsp water. Bake 10 to 15 minutes longer till done.



Mint Sugar Snap Peas

Morgan T.

Ingredients

- 2 teaspoons olive oil
- $\frac{3}{4}$ pound sugar snap peas, trimmed
- 3 green onions, chopped
- 1 clove garlic, chopped
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 tablespoon chopped fresh mint

Directions

1. Heat oil in a large skillet over medium heat. Add the sugar snap peas, green onion, and garlic. Season with salt and pepper.
2. Stir-fry for 4 minutes, then remove from heat and stir in the mint leaves.



Ramen Noodle Salad

Valerie K.

Ingredients:

¼ cup toasted almond slivers

½ cup olive oil

¼ cup rice vinegar (apple cider vinegar or white wine vinegar can be substituted)

3 tablespoons soy sauce

½ cup sugar

1- 14 oz bag coleslaw mix

1 - 12 oz bag of broccoli slaw mix

2 pkg oriental Ramen noodles (beef can be substituted)

¼ cup sunflower seeds

Directions:

To make dressing:

1. Combine olive oil, vinegar, soy sauce and sugar into medium bowl and whisk together until sugar is dissolved and well mixed. Set aside.

2. In a large bowl, mix together the broccoli slaw and coleslaw.

3. Before opening the ramen packages, break noodles into small pieces no bigger than ½ inch. Open and dump noodles and seasoning packets into slaw mix.

4. Add almonds to slaw mix.

5. Mix all ingredients well.

6. Pour entire dressing over and mix well again.

7. Refrigerate for 3 hours or overnight, serve chilled.



Roasted Red Potatoes

Adam S.

Ingredients

1 ½ lbs baby red potatoes halved
¼ cup olive oil
2 tsp garlic minced
1 ½ tsp salt
½ teaspoon pepper
1 tsp Italian seasoning
½ cup finely grated parmesan cheese
2 tbsp chopped fresh parsley
cooking spray

Directions

1. Preheat the oven to 400 degrees. Line a sheet pan with foil and coat the foil with cooking spray.
2. Place the potatoes in a large bowl. Add the olive oil, garlic, salt, pepper, Italian seasoning and parmesan cheese. Toss to coat.
3. Spread the potatoes in a single layer on the prepared baking sheet. Bake for 35-40 minutes or until golden brown and fork tender. Sprinkle with parsley and serve.





Apple- Raisin Crisp

Jerry Z.

Ingredients

4 cups sliced tart crisp apples(Jonathans or Granny Smiths recommended)

½ cup raisins

1 tbsp lemon juice

3 tbsp sugar

1 tbsp flour

1 tsp cinnamon

Topping

2 cups rolled oats

¼ cup flour

¼ cup brown sugar

Pinch of salt

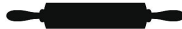
2 tbsp canola oil

Directions

1. Toss apples with raisins and lemon juice. Combine sugar, flour and cinnamon; sprinkle over apples and toss well. Put filling into a 8 or 9 inch square baking dish.

2. To make topping, combine oats, flour, brown sugar and salt. Stir in oil with a fork until blended. Sprinkle over apples and raisins.

3. Bake in preheated 350 degrees oven for 30 to 35 minutes, until golden. Serve slightly warm.



Bacon & Eggs Dessert

Bill B.

Ingredients

1 bag of small stick pretzels
1 package of white chocolate (melted)
Yellow M&Ms

Directions

1. Melt or microwave chocolate in pan over stove. Place pretzels onto parchment paper. Pour or spoon small amounts of white chocolate into the inside of the pretzel.
2. While chocolate is still hot and melted, place 1 M&M logo side down on top.
3. Wait for it to cool, and serve.



Banana Bran Muffins *(By Mike Belmonte Sr)*

Mike B.

Ingredients

1 large egg
¾ cup packed brown sugar or honey
1 1/3 cups mashed ripe bananas
1 ½ cups whole wheat flour
1 cup table bran (unprocessed)
½ cup raisins
½ cup chopped walnuts
1/3 cup veg. or olive oil
1 tsp vanilla extract
½ cp baking soda
2 tsp baking powder
¼ tsp salt

Directions

1. Grease muffin cups or use paper baking cups. Beat egg and sugar together. When smooth, beat in bananas, raisins, walnuts, oil and vanilla. Let stand one minute.
2. Thoroughly mix flour, bran, baking powder, baking soda, cinnamon and salt together. Add to banana mixture and fold in just until ingredients are moistened. Divide batter into the 12 muffin cups.
3. Bake 20-25 minutes or until brown and springy to the touch in the center. Turn out onto a rack to cool.



Bohemian Chocolate Cookies

Jerry Z.

Ingredients

1 ¼ cup sifted flour
Dash of salt
1 cup walnuts finely chopped
1 cup shortening
1 ¼ cups confectioner's sugar
6 oz sweet milk
chocolate, ground or grated
1 tsp vanilla

Directions

1. Sift flour, measure add salt and sift again.
2. Cream shortening with sugar until light and fluffy. Add remaining ingredients a swell.
3. Drop tsp onto ungreased baking sheets and bake in a very slow oven. 250 degrees, for 35 to 40 minutes or until done.



Chocolate Espresso Spritz Cookies

Kyle J.

Ingredients

Cookies

2 oz unsweetened chocolate baking bar melted

2 ¼ cups all-purpose flour

1 tbsp cocoa powder

1 tbsp instant espresso powder

1 cup unsalted butter room temp

¾ cup granulated sugar

1 large egg

1 tsp vanilla extract

Decorating

1 ½ - 2 cups melted chocolate chunks or wafers

Sprinkles

Directions

Cookies

1. Preheat oven to 400 degrees.
2. In a medium bowl, combine flour, cocoa and espresso powder. Set the dry ingredients aside.
3. In the bowl of a stand mixer, beat butter and sugar until light and fluffy.
4. Add the egg and vanilla. Mix to combine.
5. Beat in the melted chocolate.
6. Gradually add the flour mixture. Mixing just until incorporated.
7. Fill a cookie press, fitted with desired designs disc, with the cookie dough.
8. Press out the cookies 1 inch apart, onto an unlined cookie sheet.
9. Bake for about 7 minutes or until set.
10. Remove from the oven and allow to cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely.

Continued →

(Chocolate Espresso Spritz Cookies Continued)

Decorating

1. Melt chocolate pieces for decorating.
2. Sandwich pairs of cookies, bottoms together, with melted chocolate spread or piped between the cookies.
3. Place left over melted chocolate into a small ziplock bag with a small bit of a bottom corner cut off.
4. Drizzle or dot the top of one cookie with melted chocolate. Immediately add sprinkles.
5. Stored in an airtight container at room temperature. Stay fresh for at least 2 weeks.



Frozen Peanut Butter Cheesecake

Lauri G.

Ingredients:

Crust

25 Oreos
6-7 Tbsp Butter
¼ cup Sugar

Filling

1 pkg (8 oz.) cream cheese at room temp.
2/3 cup creamy peanut butter
2 tsp. vanilla
1 can (14 oz.) sweetened condensed milk
1 (8 oz.) container cool whip (room temp.)

Directions:

1. Mix Crust Ingredients together until fine crumbs and press into a greased spring formed pan. (You can also use 2 pre-made crusts from the store)
2. Beat cream cheese until smooth; add in the peanut butter and vanilla and mix well. Mix in the condensed milk. Fold in the cool whip. Spoon over the crust and freeze 6-8 hours.

*Substitutions can be made instead of peanut butter by using 1-1/2 cups slightly crushed fruit of your choice.



Hershey Crescent Bars

Carla K.

Ingredients

- 1 pkg crescent rolls (8)
- 2/3 cup oleo
- 2/3 cup brown sugar
- 1 cup chopped nuts (if desired)
- 6 Hershey Bars

Directions

1. Pat crescent rolls on a well greased 9x13 pan.
2. Melt oleo & brown sugar. Boil 1 minute no stirring.
3. Pour over crescent rolls. Top with nuts.
4. Bake 16-18 minutes at 350 degrees.



Kolocky

Mike B.

Ingredients

- 1 tsp vanilla extract
- 4 cups flour
- 1 tsp baking powder
- 1 lb margarine
- 8 oz cream cheese
- Preserves and powdered sugar

Directions

Sift Flour and baking powder (dough shouldn't be too soft). Add more flour if needed. Roll out dough and cut in 2 ½ inch circles. Press center with one inch circle and put small amount of preserves on each cookie. Bake at 425 degrees for 12 minutes. Cool and put powdered sugar on top of or freeze before you put the sugar on top.



New York Style Cheesecake

Adam S.

Start to Finish: 5 hours (includes cooling time)

Prep Time: 30 minutes

Ingredients:

Crust

2 cups graham cracker crumbs

1/4 cup of sugar

8 tablespoons butter, (1 stick) melted

Filling

4 (8 oz) packages of cream cheese, softened

1 and 1/4 cup sugar

2 teaspoons vanilla

2 tablespoon lemon juice

5 eggs

2 tablespoons of flour

Sour Cream Layer

1 pint of sour cream

1/3 cup of sugar

1/2 teaspoon vanilla

1 tablespoon lemon juice

Garnish (optional)

Fresh sliced strawberries

Strawberry sundae syrup

Whipped cream

Directions:

HEAT oven to 325°F.

1. In a bowl mix graham cracker crumbs, sugar and butter, press onto bottom and slightly up the sides of 10-inch spring-form pan
Bake in oven for 10 minutes.
2. While crust is baking, make the filling by beating the cream cheese, sugar, vanilla and lemon with electric mixer until smooth & well blended. Add eggs, 1 at a time, mixing at medium speed after each egg is added until all is blended making sure to scrape →

(New York Style Cheesecake continued)

down the batter with a spatula. Add flour and mix until smooth.

3. Remove crust from oven, but keep oven on and let the crust cool for 5-10 minutes then pour the filling over crust. Bake for about 50-55 minutes or until cake is cooked but has a slight jiggle in the center.
4. Remove from oven, again keeping oven on and set aside for 5-10 minutes so it cools slightly while you make the sour cream topping. In a small bowl mix the sour cream, sugar, vanilla and lemon. Spoon over the top of the cheesecake and spread evenly. Put cake back in oven and bake for 10 minutes.
5. Remove from oven and loosen cake from rim of pan with knife. Cool before refrigerating. Cover and refrigerate at least 3 hours or over night.

Before serving, remove rim from pan and plate and slice cake. Garnish each slice with fresh strawberries and a drizzle of strawberry sundae syrup along with some whipped cream.



Oreo Snowballs

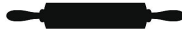
Morgan T.

Ingredients

- 1 package of oreo cookies
- 1 bar of cream cheese softened
- 1 packaged of Almond Bark
- Sprinkles(optional)

Directions

1. Pound oreo cookies into an oblivion using food processor or ziplock bag and rolling pin. Pour into a bowl and add the cream cheese. Mix together using your hands until it forms a dough.
2. Roll 1 inch balls out of the dough and place on parchment lined cookie sheet. Set in freezer to chill for 15 minutes.
3. In a double boiler pot, add water to heat pot then add almond bark to melt. (3-4 sections)
4. Add frozen oreo balls to melted bark, cover then place on a new surface lined with parchment/wax paper. Immediately sprinkl toppings so they stick.
5. Tip- I usually use chopsticks to dip the balls into the almond bark. Saves you a lot of swear words!



Pecan Pie Bars

Kim L.

Ingredients

- 1 ¼ cup all-purpose flour
- ½ cup plus 3 tbsp brown sugar packed
- ½ cup margarine
- 2 eggs beaten
- 2 tbsp Margarine, melted
- ½ cup corn syrup
- 1 tsp vanilla extract
- ½ cup chopped pecans

Directions:

1. Combine flour with 3 tablespoons brown sugar and add margarine until coarse crumbs form. Press into an 11 x 7" pan. Bake at 375 degrees for 20 minutes.
2. While crust is baking, combine eggs, remaining brown sugar, melted margarine, corn syrup and vanilla.
3. Blend in pecans and pour mixture into crust. Bake for 15 to 20 minutes. Cool and cut into bars. Makes 18 to 24 bars.



Pistachio Bars

Jamie R.

Ingredients

Crust:

½ cup Margarine, (1 stick) softened

1 cup flour

½ cup chopped pecans

Bottom Layer:

8 oz cream cheese, softened

1 cup sugar

1 8 oz Cool Whip, thawed

Middle Layer:

2 packages instant pistachio pudding (3.4 oz)

2 ½ cups milk

Top Layer:

1 8 oz Cool Whip, thawed

1/3 cup pistachios, chopped

Directions:

Crust:

1. Pre-heat oven to 350 degrees.

2. In a medium bowl, stir together all the crust ingredients until a smooth dough forms. Spread into the bottom of a 9x13 glass baking dish using your fingers.

3. Bake for 15-20 minutes, until lightly browned. Cool completely.

Filling:

Bottom Layer:

1. In the bowl of a stand mixer fitted with the paddle attachment, beat the cream cheese and sugar until smooth and creamy. About 2 minutes.

2. Fold the Cool Whip into the cream cheese mixture with a spatula until completely combined. Spread over the cool crust.

Middle Layer:

3. In the bowl of a stand mixer fitted with the paddle attachment, beat the milk and pudding on low speed for 30 seconds. Increase the speed to medium-high and continue beating for 2 additional minutes. Spread the pudding mixture over the cream cheese layer. →

(Pistachio Bars Continued)

Top Layer:

4. Spread the Cool Whip over the pudding layer and sprinkle with pistachios.
5. Cover loosely with plastic wrap and refrigerate for at least 4 hours.



Pistachio Pie Desert

Ryan J.

Crust if Homemade:

1 pkg Graham Cracker

1 stick Butter (Melted)

Press into 9 x 13 Pan and Bake 10-15 min @ 350°

Filling: (Makes 2 Pies)

2 pkg Inst. Pistachio Pudding

1 ½ Cup Milk

Blend in 1 Qt Vanilla Ice Cream

Pour over Crust & Place in freezer to solidify

Topping:

Cool Whip & Heath Bar

Note: Store Purchased Graham Cracker Crusts will work



Red Velvet Cake

Carla K.

Ingredients

- 1 cup butter
- 1 ½ cup sugar
- 2 beaten eggs
- 2 oz red food coloring
- 2 ¼ cup cake flour
- 1 tsp salt
- 1 cup buttermilk
- 1 tsp baking soda
- 1 tsp vanilla extract
- ¼ tsp almond extract

Directions

1. Cream together butter and sugar. Add eggs & food coloring.
2. Beat in cake flour & salt.
3. Add buttermilk, baking soda, and vanilla.
4. Mix well if desired. Add almond extract.
5. Grease and flour 9 x 13 pan
6. Bake 350 degrees for 30 – 35 minutes.



Rice Krispy Roll

Jamie R.

Ingredients

- ¾ cup corn syrup
- ¾ cup sugar
- ¾ cup peanut butter
- 4 ½ cups rice Krispies
- 1 (12 oz) pkg chocolate chips

Directions

1. Butter a 15x1 / 2x10 1 / 2x1 inch jelly roll pan. Place syrup and sugar into saucepan. Heat until sugar is dissolved, add peanut butter and blend well.
2. Add rice Krispies; mix.
3. Press into buttered pan. (You may have to butter your hands) Set aside.
4. Melt chocolate chips & spread over cereal. Cut cereal mixture in half (width). Roll like a jelly roll.
5. Rap each roll in wax paper or foil. Chill. Slice cookies to size.



Rum Balls

Jeff J.

Ingredients

- 1 cup chocolate chips melted
- ½ cup cola
- 3 tbsp light corn syrup
- 1 tbsp rum extract
- 2 ½ cup crushed Vanilla Wafers
- 2 cups sugar
- 1 cup chopped walnuts

Directions

1. Add one ingredient at a time and mix well. Shape into balls (1 rounded tsp each).
2. Roll in Jimmies. Place in shallow pan in a single layer on Wax paper. Cover loosely. Chill overnight to firm and mellow. Makes over 100.



Snickerdoodles

Jamie R.

Ingredients

- 1 ½ cups sugar
- ½ cup butter, soft
- ½ cup shortening
- 2 eggs
- 2 ¾ cups flour
- 2 tsp cream of tartar
- 1 tsp baking soda
- ¼ tsp salt
- 3 tbsp sugar
- 3 tbsp cinnamon

Directions

1. Preheat oven to 400 degrees.
2. Mix 1 ½ cups sugar, butter, shortening & eggs in large bowl. Stir in flour, cream of tartar, baking soda & salt. Shape dough by rounded teaspoonful's into balls.
3. Mix 3 tablespoons sugar & cinnamon; roll balls into mixture. Place about 2 inches apart on ungreased cookie sheet.
4. Bake until set, 8-10 minutes. Immediately remove from cookie sheet. Makes about 6 dozen cookies.



Snickers Salad

Valerie K.

Ingredients:

- 1 box instant vanilla pudding mix (3.4 oz)
- $\frac{3}{4}$ cup whole milk
- 8 oz Cool Whip
- ~6 Granny Smith apples
- 6 Snickers bars

Directions:

1. In large bowl, whisk together the pudding mix and milk until smooth. Fold in the Cool Whip.
2. Core and chop the apples (toss with lemon juice or 7-up if making salad in advance, pat dry.)
3. Chop Snickers into bite size pieces
4. Fold in the chopped apples and Snickers into the pudding/cool whip mixture.
5. Cover and refrigerate until ready to serve.



Sour Cream Fudge

Jeff J.

Ingredients

- 3 cups sugar
- 3 squares chocolate
- ½ tsp salt
- 1 tbsp white corn syrup
- 1/8 tsp cream of tartar
- 1 cup sour cream
- 1 tbsp butter
- 1 tsp vanilla extract
- 1 cup broken pecans

Directions

1. In heavy skillet, cook sugar, chocolate, salt, syrup, cream of tartar, and sour cream, stirring often at 238 degrees or soft ball stage. Remove from heat.
2. Drop in butter and vanilla. Do not stir. Let cook for one hour. Beat until mixture loses shine. Fold in nuts. Yields 24 pieces.



Strawberry Cream Cheese Pie

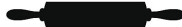
Jerry Z.

Ingredients

- 1 package(10 oz) Bird's Eye strawberries halved in syrup, thawed
- 2 packages (8 oz each) cream cheese
- ¼ cup sugar
- 1 tsp vanilla
- 2 cups Cool Whip
- 1 prepared chocolate flavor crumb crust (6 oz)

Directions

- 1.Drain strawberries, reserving ¼ cup liquid.
- 2.Beat cream cheese, reserve liquid, thawed strawberries, sugar and vanilla until smooth
- 3.Fold in whipped topping. Spoon into crust. Refrigerate for several hours to overnight. Garnish with strawberry halves and kiwi slices. Makes 6 to 8 servings.





Old Fashion Syrup

Jeff J.

WARNING:

Must be 21 or older to enjoy!

Ingredients

1 cup water boiling

Add 2 cups granulated sugar

2 oz. Angasbona Bitters



Pudding Shots

Patty S.

WARNING:

Must be 21 or older to enjoy!

Ingredients

1 – 3 oz Of your Instant Pudding Mix of Choice

$\frac{3}{4}$ cup Milk

$\frac{3}{4}$ cup Of your Choice of Alcoholic Beverage

4 oz Cool Whip

Combine Pudding Mix and Milk and mix until smooth and thickened. Add Alcohol of Choice and whisk until all clumps and lumps are gone. Fold in whipped topping.

Fill shot glasses $\frac{3}{4}$ " full, cover w/lids and freeze overnight.

(These can be purchased on Amazon.)

You can serve with a dollop of Redd7i-Whip.

Favorite Combinations:

Salted Caramel Whiskey with Vanilla or French Vanilla Pudding Mix

Peanut Butter Whiskey with Chocolate Pudding Mix

Fireball Whiskey with Vanilla or French Vanilla Pudding Mix

Fireball Whiskey with Pumkin Pudding Mix and sprinkle with Pumpkin Spice over the Redi-whip (Seasonal)

Experiment!



Tom & Jerry Topping

Jeff J.

WARNING:

Must be 21 or older to enjoy!

Ingredients

5 eggs cracked yolk & whites

Powdered sugar

1 tsp vanilla

½ tsp ground nutmeg

Drink

¾ cup hot water

1 shot dark rum

1 shot brandy

2 tbsp mix sprinkle nutmeg

Directions

Add eggs into mixer. Add powdered sugar to get thick consistency.





Classic Dog Bones *(Dish for Pets)*

Kim L.

Ingredients

- 1 ¼ cups brown rice flour
- ¼ cup liquid coconut oil, plus more for pan
- 2/3 cup chicken broth

Directions

1. Preheat oven to 325 degrees.
2. Combine all ingredients in a bowl. The dough should resemble playdough. If it's too dry, add an extra 1 to 2 tablespoons of chicken broth.
3. If using a silicone mold, lightly grease the mold with some extra coconut oil. Press the dough into the mold, making sure to get into all crevices. If using a baking sheet, roll the dough out on a floured surface until its ¼ inch thick. Use a 1-inch bone-shaped cookie cutter to cut out shapes. Transfer them to a baking sheet lined with parchment paper.
4. Bake for 15 minutes, until the cookies are hard and just beginning to brown at the edges.
5. Cool completely and serve to your doggie.



Sweet Potato & Chicken Twists *(Dish For Pets)*

Kim L.

Ingredients

- 1 large sweet potato
- 1-2 chicken breasts

Directions

- 1.Preheat oven to 200 degrees
- 2.Prepare a large baking sheet lined with foil. Place the meat on an oven-safe cooling rack and place on top of the baking sheet. The rack will allow the meat to dry evenly on all sides, while the baking sheet will catch any drippings and keep your oven clean!
- 3.Cut the sweet potato into 4-inch long batons, about ½ inch thick.
- 4.Slice the chicken into long, thin strips. Wrap the chicken around the sweet potato sticks and place them on the cooling rack.
- 5.Bake the twists for 3 to 4 hours, until the meat looks and feels dry.
6. Remove the treats from the oven and cool completely.
7. To store, keep in a paper bag in the fridge or freezer. Using a paper bag will ensure that the meat stays dry and does not collect moisture. Stored in the fridge for up to 3 weeks and freezer for 3 months.



Tropical Banana Popsicles *(Dish For Pets)*

Kim L.

Ingredients

Base

2 tbsp melted coconut oil

1 banana

½ cup mango

1 tbsp flax seeds

Choice of Flavoring

½ cup pineapple

½ cup frozen cranberries(or strawberries), thawed

½ cup frozen blueberries, thawed

Dog bone popsicle sticks

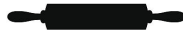
Directions

1.First, make the base. Place the coconut oil, banana, mango and flax seeds in a blender or food processor and pulse until smooth.

2.Choose your dog's favorite flavoring and add this to the blender. Pulse again until smooth.

3.Pour the popsicle mixture into an ice cube mold. Stick bon shaped cookies into the popsicles as handles.

4. Freeze the popsicles for 2 to 3 hours, or until frozen solid. To unmold, run the underside of the ice cube tray under warm water, then gently twist it to release the popsicles.





 *Bon Appetite!*