

Pamm's House: Yummy, Quick & Easy!

Edited by Pamm Clark

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Foreword

These are all favorite recipes of Pamm's House Child Care and Pamm's family, including the doggies.

Some of the recipes aren't really recipes at all, but more "Quick Ideas" for a fast meal, make-ahead meals, or ideas to use up your leftovers.

For me, besides delicious, EASY and FAST are what I like when it comes to meals. I try to use my crockpot often and I cook double batches of meals and freeze some for a later meal.

I hope you enjoy these ideas as much as our family and the children in the child care do.

Blessings,
Pamm

Our mealtime prayer:

Thank you for the world so sweet,
Thank you for the food we eat,
Thank you for the birds that sing,
Thank you, God, for everything!
Amen

Barbecue Pork Chops

By Pamm

ingredients

Pork Chops
Barbecue Sauce

directions

Place pork chops in crock pot. Pour barbecue sauce on the meat. Cook on low 4-6 hours.

servings

comments and notes

This trick works on just about any meat such as chicken, beef, or even meatballs. Any sauce like teriyaki or Italian dressing can be used, too.

Chicken and Dumplings

By Pamm

ingredients

4 boneless skinless chicken breasts, cut in small chunks
2 cans condensed cream of chicken soup
1/4 cup onion, finely diced
2 cups water
2 (10 oz) packages refrigerated biscuits
1 chicken bouillon cube

directions

Combine all ingredients, except biscuits, in crock pot. Cover and cook on low for 5 to 6 hours. Thirty to Sixty minutes before serving, tear biscuit dough into 1-inch pieces. Add to your crock pot; stirring gently. Cover and cook on HIGH for an additional 30-60 minutes or until biscuits are fluffed up and cooked through.

servings

comments and notes

Crock Pot Italian Beef

By Pamm

ingredients

4-5 lb. pot roast
3 cups water
1 tsp. salt
1 tsp. pepper
1 tsp. oregano
1 tsp. onion salt
1 tsp. garlic salt
1 tsp. basil
1 package Good Season salad dressing
1 onion (optional)

directions

Place all ingredients in crock pot and cook all day on low.
Shred beef and return to broth for 15 min. Serve on buns or over French bread.

servings

comments and notes

Crock Pot Lasagna

By Pamm

ingredients

spaghetti sauce with meat
uncooked lasagna noodles
ricotta or cottage cheese
mozzarella cheese

directions

Layer ingredients in slow cooker and cook on high 1 hour and on low for the rest of the day.

servings

comments and notes

Make ahead tip: Layer ingredients in an ice cream bucket or other container that will fit inside your crock pot and freeze so later you can pop the lasagna out like a frozen popcicle and place in your crockpot. Cook as directed above.

Crock Pot Meatloaf

By Pamm

ingredients

1 1/2 lb. ground beef
1/2 cup dry bread crumbs
1/2 cup tomato juice
3 T. chopped onion
1 egg, beaten
2 tsp. salt
1/4 tsp. thyme
ketchup

directions

Using a fork, mix all ingredients, except ketchup. Shape into loaf and put into greased crockpot. Top with ketchup. Cover and cook high for 1 hour, then low 6-8 hours.

servings

comments and notes

Crock Pot Tators

By Pamm

ingredients

2 pounds frozen hashbrowns
2 cans cheddar cheese soup
1 can evaporated milk
2 tbs. onion flakes
salt and pepper to taste

directions

Combine all ingredients and put in crock pot. Cover; cook on low for 8 hours or on high for 4 hours.

servings

comments and notes

Crockpot Chicken and Stuffing

By Pamm

ingredients

4 bonless, skinless chicken breasts
1 can cream of chicken soup
1/3 cup milk
1 pkg. Stove Top Stuffing
1 2/3 cup water

directions

Place chicken in crockpot. Combine soup and milk and pour over chicken. Combine stuffing mix and water. Spoon over top. Cook on low 6 to 8 hours.

servings

comments and notes

Crockpot Party Mix

By Pamm

ingredients

7 cups assorted cereal (oat, corn, rice, wheat in various shapes)
1 cup mixed nuts
1 cup mini pretzels
1/2 cup butter, melted
1/4 cup Worcestershire sauce
1/2 teaspoon seasoned salt
1/2 teaspoon garlic powder
1/2 teaspoon onion powder

directions

Combine cereals, nuts and pretzels in slow cooker. Mix melted butter with remaining ingredients and seasonings; pour over the cereal mixture, tossing to coat. Cook, uncovered on HIGH for 2 hours, stirring about every 30 minutes. Turn to low and cook another 2 to 6 hours. Store in an airtight container.

servings

comments and notes

Lemonade Chicken

By Pamm

ingredients

4 pieces chicken
1 can frozen lemonade concentrate (6 oz.)
2 T. brown sugar
3 T. ketchup
1 T. vinegar

directions

Arrange chicken in crockpot. Combine lemonade, brown sugar, ketchup, and vinegar. Pour over chicken and cover. Cook on high for 3-4 hours or low for 6-8 hours. Serve.

servings

comments and notes

Pull-Apart Chicken

By Pamm

ingredients

3/4 pound bonless, skinless chicken (2-3 large)
1/2 cup water
1 tsp. vinegar
1/2 tsp. onion powder
1/2 tsp. garlic powder
1 tsp. Italian seasoning
1 tsp. sugar
4 hamburger buns

directions

Place all ingredients (except buns) in the crock pot. Cover and cook on low for 8-10 hours. During the last two hours of cooking, use fork to shread chicken. Spoon over hamburger buns and serve.

servings

comments and notes

Also good in a tortilla.

Sweet Potatoes and Apples

By Pamm

ingredients

5 medium sweet potatoes, peeled
3 apples, peeled, cored and sliced
1/4 teaspoon nutmeg
1/4 teaspoon cinnamon
1/4 cup maple syrup
2 tablespoons butter, melted

directions

Slice the sweet potatoes into 1-inch slices. Lay them in the slow cooker, then layer the apple slices over them. In a small bowl, combine the spices, syrup, and butter. Drizzle over the apples and potatoes. Cover and cook on low for 6 hours.

servings

comments and notes

Taco Filling

By Pamm

ingredients

1 packet taco seasoning
1 cup beef broth
1 pound round steak

directions

Dissolve seasoning into broth. Place beef in crock pot and pour broth over. Cover and cook on low 6-8 hours. Shred beef into bite sized pieces and serve in tortilla with cheese, lettuce, tomatoes, etc.

servings

comments and notes

This works well with boneless, skinless chicken breasts & chicken broth, as well.

Touch-of-the-Orient Chicken

By Pamm

ingredients

6 chicken drumsticks with thighs
1/2 cup soy sauce
1/4 cup packed brown sugar
1 clove garlic-crushed
1 8 oz. can tomato sauce

directions

Rinse chicken and pat dry with paper towels. Place chicken in slow cooker. In a medium bowl, combine soy sauce, brown sugar, garlic and tomato sauce. Pour sauce over chicken. Cover and cook on low about 5 hours. Remove to platter. Serve with rice.

servings

comments and notes

Lazy Turkey Loaf (for dogs)

By Pamm

ingredients

2 pounds ground turkey
1/2 cup cooked vegetables
1 tablespoon garlic powder
1 egg
1/2 cup quick-cook barley
1 cup quick-cook oats
4 ounces canned no-fat gravy

directions

Preheat oven to 350 degrees. In a mixing bowl combine turkey, vegetables, garlic powder, egg, barley and oats. Mix thoroughly. Spoon the mixture into a greased loaf pan and pat down meat mixture until level. Spread gravy on top of loaf and bake for 1 to 1 1/2 hours. Cool and cut into six even slices. Store unused portions in refrigerator.

servings

comments and notes

A great holiday treat!

PBO Frozen Treats (for dogs)

By Pamm

ingredients

1 pound peanut butter
oatmeal

directions

Mix the peanut butter with enough dry oatmeal to make it no so sticky. I don't have an amount, but practice will let you know how much.

Spoon out by 1/2 teaspoonfuls and roll in more oats, then put on wax paper and flash freeze. When they're frozen, place in container or baggie and keep in the freezer. They make a great treat!

servings

comments and notes

DOG FOOD/TREAT NOTES: * Raw Carrot Chips or Baby Carrots make great treats. * Another great treat for dogs is green beans. I keep an open bag of frozen green beans in our freezer--they love them! * Cottage Cheese is a great add-in to the daily dog food. * Canned or fresh pumpkin added to food will help with Doggie Diarrhea or Constipation. * Infant cereal is a great grain componet that I've used in place of the oats in the treats and in daily food.

Tillie & Carlos Stir Fry (Homemade Dog Food)

By Pamm

ingredients

2 cups brown rice
2 pounds of ground meat* (turkey, beef, pork, lamb, or a combination of any of these)
3 cans mixed vegetables
1 can pinto beans, kidney beans, or garbonzo beans
splash of olive oil
pinch of sea salt

directions

Prepare the rice. While that is cooking, brown and drain the meat.

In a large bowl add the meat and cooked rice to the vegetables and beans. Toss with olive oil and salt.

I put in 4 or 5 plastic containers and freeze, leaving one in the fridge at a time. This recipe lasts about three weeks.

I serve one half to one cup each morning with a tablespoon of Brewer's Yeast that I buy in the spice aisle at the grocery store. If our pups didn't get so many treats and scraps throughout the day, I would give them a second serving in the evening.

servings

comments and notes

For the pups' Sunday Supper I split a small can of tuna in oil between the dogs and mix in with their normal food. The dogs can't wait until Sunday now! The oil is good for their coat and keeps the dry skin at bay. * You can use deboned chicken, canned chicken or fish, or any meat. Crockpot meat would be nice, too.

Beef and Cheese Foldover

By Pamm

ingredients

- 1 lb ground beef
- 1/4 cup onions, chopped
- 3/4 cup barbecue sauce
- 6 slices American cheese or monterey jack and cheddar cheese blend or mozzarella cheese
- 2 (8 ounce) cans refrigerated crescent dinner rolls
- 2 teaspoons sesame seeds (optional)

directions

In a skillet, brown meat and onions over medium heat; drain. Stir in sauce, then set aside.

Pre-heat oven to 375°F. On an ungreased cookie sheet, unroll crescent rolls into 4 triangles, overlapping on the long sides. Firmly press perforations and edges to seal, and pat to form 15x13" rectangle.

Spread meat mixture lengthwise in a 4" wide strip down the center of dough to within 1" of ends. Top meat with cheese. Fold sides and ends of dough 1" over filling. Bring long ends over, crimping the edges. Pinch edges to seal. Sprinkle with sesame seeds if desired.

Bake for 20-25 minutes or until golden brown. Let stand for 5 minutes before serving.

servings

comments and notes

Beef Enchilada Casserole

By Pamm

ingredients

1 pound ground beef; browned & drained
1-16 oz. can mild enchilada sauce
1-15 oz. can tomato sauce
12 corn tortillas
2 cups shredded cheese

directions

Mix beef, enchilada sauce and tomato sauce in pan and heat through. Add water if it's too thick.

Cut the tortillas into 1 inch strips. Cover the bottom of a 9"x13" pan with half the tortilla strips, layer meat, 1 cup of cheese; then repeat. Bake at 350 degrees for 20 minutes.

Serve with salsa and sour cream.

servings

comments and notes

This is a less spicy version of another recipe. To make it more spicy, add 1 tsp. taco seasoning and use two cans of enchilada sauce, omitting the tomato sauce.

Chicken & Biscuits

By Pamm

ingredients

1 can chicken broth
1/4 cup melted butter
1/4 teaspoon pepper
1 to 2 cups cooked, chopped chicken or trukey
2-10.8 oz. cans refridgerator biscuits
1/2 teaspoon paprika

directions

In a large skillet, combine chicken broth, butter, and pepper. Add chicken (or turkey) and cook over medium-high heat for 5 minutes, until bubbly. Place refridgerator biscuits evenly over top. Reduce heat to low; cover and cook for 10 minutes. Sprinkle with paprika and simmer uncovered 10-12 minutes or until broth is slightly thickened.

servings

comments and notes

Chicken & Stuffing Casserole

By Pamm

ingredients

1 can cream of mushroom soup
1 can cream of chicken soup
1 can evaporated milk
1 to 3 cups cooked, chopped chicken or turkey
1 package dry stuffing mix
1 stick melted butter
1 can chicken broth

directions

Combine soups and milk. Add meat and mix. Pour mixture into 9" X 13" casserole dish. Top with stuffing mix. Pour butter and chicken broth over the stuffing. Bake at 350 degrees for 30 minutes.

servings

comments and notes

If you don't have stuffing on hand, two sleeves of saltines, crushed, would work, too.

Chicken and Rice

By Pamm

ingredients

1 cup white rice
2 cups water
1 can cream of mushroom soup
4 to 6 chicken breasts
garlic salt and pepper

directions

In a 13" X 9" X 2" pan add rice, water, and soup. Stir until well blended. Sprinkle chicken breasts with garlic salt and pepper to taste. Place chicken on rice (leaving bone side up) and bake at 375 degrees for 45 minutes to 1 hour. Done when you notice rice becoming fluffy.

servings

comments and notes

Chicken Casserole

By Pamm

ingredients

1 cup uncooked rice
1 can mushroom soup
1 can water
1 package onion soup
1 chicken, cut up

directions

Oil electric skillet and spread rice on bottom. Put 1/3 onion soup mix over rice. Arrange chicken. Mix mushroom soup and water. Pour over chicken. Sprinkle on rest of onion soup mix. Cover and simmer 1 hour at 340 degrees.

servings

comments and notes

Chicken Enchilada Casserole

By Pamm

ingredients

1 can cream of mushroom soup
1 can cream of chicken soup
1 soup can milk
1/2 teaspoon garlic powder
1 teaspoon onion powder
1/4 teaspoon pepper
1 to 3 cups diced, cooked chicken or turkey
8 oz. tortilla chips
2 cups shredded cheddar cheese

directions

Combine soups, milk, garlic powder, onion powder, pepper, and chicken (or turkey). Preheat oven to 350 degrees. Spray 9" X 13" baking pan with non-stick spray. Lightly crush 4 ounces tortilla chips in bottom of pan. Spread 1/2 the chicken mixture over the chips, then layer 1 cup shredded cheddar cheese. Repeat a second layer of chips, chicken mixture, and cheese. Bake for 30 minutes. Let stand 5 minutes. before serving.

servings

comments and notes

Chicken Spaghetti

By Pamm

ingredients

1 pound pasta (your choice of shape)

2 cans cream of chicken soup

1 to 4 pieces of leftover chicken; cooked & deboned or chopped

directions

Prepare 1 pound pasta. Drain and return to pan. Add soup and chicken. Mix well and heat.

servings

comments and notes

You can substitute the chicken soup with lemon juice or Italian dressing.

Crispy Chicken

By Pamm

ingredients

1 packet ranch dressing mix
1/4 cup bread or cracker crumbs
6-8 pieces of chicken

directions

Combine ranch dressing mix and bread or cracker crumbs. Coat chicken with the mixture. Bake 50 minutes at 375 degrees.

servings

comments and notes

Crock Pot Turkey Breast

By Pamm

ingredients

Turkey breast; rubbed with olive oil
1 can chicken broth
celery sticks
baby carrots
sliced onions
minced garlic
salt, pepper, Italian seasoning
lemon juice

directions

Place vegetables and garlic in the bottom of the crockpot. Place turkey on top. Drizzle lemon juice over turkey. Sprinkle with salt, pepper and Italian seasoning.

At this point, I put in the fridge overnight. In the morning:

I add the can of chicken broth and put in crockpot on high.
Cook for about 6-8 hours.

Take the lid off the crockpot and put in the oven to brown: 350 degrees for 30 to 45 minutes.

Discard vegetables. Slice and serve.

servings

comments and notes

I love this as an alternative to a large turkey for a holiday meal.
It's very moist and yummy!

Easy Lasagna

By Pamm

ingredients

Spaghetti Sauce (with or without ground meat)

Uncooked Lasagna Noodles

Ricotta or Cottage Cheese

Mozzerella Cheese

directions

Layer ingredients in 9x13 pan. Bake in 350 degree oven for 45 minutes.

servings

comments and notes

This comes out a little runny, but everyone eats it. Sometimes I make it without meat, sometimes with, depending what I have on hand. Maybe adding some tomato paste would thicken it up.

Fajitas

By Pamm

ingredients

1/2 pound sliced, uncooked chicken
1/2 sliced onion
3 cloves mashed garlic
2 tablespoons oil
the juice of 2 lemons
1 teaspoon chili powder
1/4 teaspoon cumin
1/2 teaspoon salt
1/2 teaspoon pepper

directions

Toss all ingredients together. Freeze or marinate for at least 1/2 hour.

If frozen, defrost overnight in the refrigerator.

To cook: Add all the vegetables and juices to pan with the meat. Cook until the meat is done. Serve on tortillas with grated cheese.

servings

comments and notes

Homemade Pizza Sauce

By Pamm

ingredients

1-8oz. can tomato sauce
1 tablespoon basil
1/4 teaspoon garlic powder
1/8 teaspoon pepper

directions

Makes enough for one large pizza.

servings

comments and notes

Italian Chicken Risotto

By Pamm

ingredients

1/4 cup minced onion
2 tablespoons vegetable oil
3 tablespoons butter
1 1/2 cups uncooked rice
4 cups chicken stock
1 to 2 cups leftover cooked, chopped chicken or turkey
1/2 cup Parmesan cheese
salt and pepper

directions

Lightly brown onion in vegetable oil and butter. Add rice and stir until the rice turns white. Add chicken stock slowly, stirring frequently. Keep the mixture bubbling as the stock is added. Stir in chicken (or turkey) with the last of the stock. When the rice is done in 20-30 minutes, stir in 1/2 cup Parmesan cheese. Season with salt and pepper.

servings

comments and notes

This is great to make ahead and freeze. Make a double batch and freeze half.

Marvelous Meatloaf

By Pamm

ingredients

1 1/2 pounds ground beef
1/2 cup spaghetti sauce
1/2 cup fine dry bread crumbs
1/4 cup finely chopped onion
1 egg, beaten

directions

Mix all ingredients in a large bowl mix. Shape into a loaf. Bake at 350 degrees for 1 1/4 hours.

servings

comments and notes

Make two or three of these at a time and freeze the extra.

Oven Chicken Taquitos

By Pamm

ingredients

ground beef
shredded cheese
corn tortillas

directions

Brown beef and drain.

Roll meat and cheese in tortilla and place in baking dish. Keep them tight. Spray taquitos with Pam to prevent cracking.

Bake at 400 degrees for 8-10 minutes.

servings

comments and notes

Speed Balls

By Pamm

ingredients

1 pound hamburger
1/2 cup milk
1/2 cup bread crumbs
1 envelope onion soup mix
water, if necessary

directions

Mix up all ingredients; add some water if necessary. Shape into small balls and brown them in butter. Then cool and serve.

servings

comments and notes

You can flash freeze these on a cookie sheet then store in a container in the freezer and get out however many you need at a time.

Stove-Top BBQ Chicken

By Pamm

ingredients

1 tsp. oil
1 med. onion, chopped
1/2 c. ketchup
1/2 c. water
2 tbsp. vinegar
2 tbsp. brown sugar
1 1/2 tsp. Worcestershire sauce
1/2 tsp. chili powder (or less)
1/4 tsp. crushed celery seeds OR 1/2 tsp. crumbled celery flakes
1 (3 lb.) fryer-chicken, skinned & cut into serving pieces

directions

Heat the oil in a large non-stick skillet. Add onion and cook until softened, stirring frequently. Stir in the ketchup, water, vinegar, brown sugar, Worcestershire sauce, chili powder and celery seeds or flakes. Bring the sauce to a boil.

Add the chicken to the skillet; placing what used to be the skin-side down and spoon the sauce over the pieces. Cover the skillet and simmer for 30 minutes. Uncover the skillet, turn the chicken pieces over and cook the chicken for another 15 minutes or until tender.

servings

comments and notes

Taco Ring

By Pamm

ingredients

1/2 lb. ground beef, cooked and drained
1 package taco seasoning mix
1 cup shredded cheddar cheese
2 tbsp water
2 tubes refrigerated crescent roll dough
1 med. green bell pepper
1/2 head lettuce, shredded
1 med. tomato, cubed
1 small onion, chopped
1/2 cup whole pitted black olives, sliced
1 cup salsa
sour cream

directions

Preheat oven to 375 degrees.

Combine meat, seasoning mix, cheese and water in 2 qt. batter bowl.

Arrange crescent triangles in a circle on a 13" round baking stone, with bases overlapping in center and points to outside (there should be a five inch diameter circle in center). Spoon meat mixture over rolls.

Fold points of triangles over filling and tuck under base at center (filling will not be completely covered). Bake 20 to 25 minutes or until golden brown.

Cut off top of bell pepper.

Place bell pepper in center of ring; fill with salsa.

Mound lettuce, onion, tomato and olives around pepper.

Garnish with sour cream. Cut and serve.

servings

comments and notes

Tasty 2-Step Chicken

By Campbell's

ingredients

4 Boneless, Skinless Chicken Breasts
2 tablespoons cooking oil
1 Cream of Mushroom Soup
1/2 cup water

directions

1. Heat oil in a large skillet over medium. Place chicken in skillet. Cook chicken about 5 to 7 minutes or until lightly browned.
2. Add soup and water to skillet; cover and simmer until chicken is done (internal temp 170°F).

servings

comments and notes

Substitution Tips: To substitute Individually Fresh Frozen® Boneless, Skinless Chicken Breasts, simply increase cooking time by about one-third. Cream of chicken or cream of celery soup may be substituted for the cream of mushroom soup.

Unleavened Pizza

By Pamm

ingredients

2 1/3 cups all-purpose flour
2 tablespoons olive oil
1/2 cup milk
1 egg
1/3 cup warm water

Pizza sauce, toppings, & cheese

directions

Preheat oven to 425 degrees Fahrenheit. Grease large baking sheet; if desired, sprinkle with cornmeal. Put flour in large, greased mixing bowl. Add olive oil. Mix milk and egg, then add to flour mixture. Stir until mixture is moist and crumbly. Add water gradually until mixture clings together (you may not use all of the water). Use fingers to shape dough into a ball. On lightly floured surface, knead in enough of the remaining flour to make a dough that is smooth and elastic, and not sticky. Roll into a 15 inch by 10 inch rectangle; place onto baking sheet. use a fork to prick the crust evenly. Build up edges slightly. Place in oven for 12 minutes or just until golden.

Remove and spread evenly with pasta sauce. Sprinkle with cheeses, and toppings. Be sure to spread toppings evenly to edges. Sprinkle with seasoning and onions. Return to oven for 15 minutes or until cheese is melted. Let cool for five minutes before cutting.

servings

comments and notes

French Toast Sticks

By Pamm

ingredients

6 eggs
1 can sweetened condensed milk
1/2 cup sugar
1 teaspoon cinnamon
2 teaspoons vanilla

directions

Beat eggs, milk, sugar, cinnamon and vanilla together. Dip slices of bread in mixture and fry in oiled pan over medium heat until brown. Turn and cut slice of bread into 3 or 4 sticks with spatula.

servings

comments and notes

I double the recipe and freeze in meal-sized portions. On the day I want to serve this, I just heat in the microwave. They are sweet enough, the kids don't need syrup.

Fried Rice

By Pamm

ingredients

2/3 cup uncooked rice

1 medium chopped onion

2 tablespoons oil

1 1/2 cups boiling water

1 tablespoon beef or chicken soup base

2 tablespoons soy sauce

1 to 2 cups leftover cooked and diced pork, chicken or turkey

directions

Cook and stir rice and onion in oil until rice is golden brown and onion is tender. Stir in boiling water, soup base, soy sauce, and meat. Heat to boiling.

Lower heat, cover tightly, and simmer for 15 minutes without removing lid. Remove from heat and fluff with fork. Cover and let stand for an additional 10 minutes.

servings

comments and notes

This is a great dish to make ahead and freeze! I make a double or tripple batch at a time. I reheat this in the microwave with a little water.

Frozen Slaw

By Pamm

ingredients

2 large cabbage heads, chopped
4 carrots, shredded
2 cups sugar
1 tablespoon salt
3 cups vinegar

directions

Mix cabbage and carrots with sugar, salt, and vinegar. Freeze in individual portions.

To Serve: Remove from freezer 1 hour before serving.

servings

comments and notes

Homemade Hamburger Helper

By Pamm

ingredients

2 cups dry milk
1 cup corn starch
1/4 cup bouillon powder
2 tablespoons onion flakes
1 teaspoon dried basil
1 teaspoon dried thyme
1 teaspoon black pepper
2 teaspoons dried parsley
1 tablespoon garlic powder

directions

Mix all ingredients and store in airtight container.

Use as a base for:

BEEF STROGANOFF: Brown 1 pound ground meat. Drain. Add 2 cups water, 1/2 cup helper mix and 2 cups uncooked egg noodles and stir. Bring to a boil, reduce heat and simmer covered 15-20 minutes. Top with 1/2 cup sour cream.

SKILLET LASAGNA: Brown 1 pound ground meat. Drain. Add 1/2 cup helper mix, one chopped onion, 2 cups water, 16 ounces tomato sauce, 3 cups dry noodles, and 1/4 cup parmesan cheese. Bring to a boil. Reduce heat and simmer 15 minutes until thickened. Top with 2 cups mozzarella cheese.

TACO HELPER: Brown 1 pound ground meat, drain. Add 2 cups water, 1/2 cup helper mix, 1 taco seasoning packet, 2 cups uncooked egg noodles. Bring to a boil; reduce heat and simmer, covered 15-20 minutes. Top with 1/2 cup sour cream.

servings

comments and notes

Instant Oatmeal

By Pamm

ingredients

Mix 3 cups quick-cooking oats with 1 teaspoon salt and flavor you prefer (below). Store in airtight container or individual baggies. I store mine in a tupperware container with a 1/2 cup measure. The kids put 1/2 cup oatmeal in their bowl with 1 cup water and microwave for 1 1/2 minutes on high.

directions

Sweetened Oatmeal: Add 3/4 cup sugar.

Brown Sugar Oatmeal: Add 3/4 cup brown sugar.

Cinnamon and Spice Oatmeal: Add 3/4 cup sugar, 3 teaspoons cinnamon, and 1 1/2 teaspoon nutmeg.

Fruit and Cream Oatmeal: Add 3/4 cup dry milk and 1 1/2 cup dried fruit or jam after oatmeal is cooked.

servings

comments and notes

Make Ahead Chicken

By Pamm

ingredients

Chicken

directions

For most of my recipes for chicken I need the chicken cooked, deboned, and chopped. I buy about 10 pounds of chicken when it's on sale. I figure out which recipes I need the chicken pieces and which ones I need it cooked for and put that in my crock pot and let it cook overnight. The next day, I let it cool a little and debone it. I then put together the recipes I want. I also freeze in sandwich baggies to add to casseroles

servings

comments and notes

Make Ahead Ground Meat

By Pamm

ingredients

Ground beef, turkey, chicken, or pork

directions

I buy ground beef or turkey and other meat when on sale. I usually make meatballs and hamburger patties, then cook the rest. I cook about 5 pounds at a time with a little garlic and onions. I bag it up in meal-size packages and freeze to use for pizza, spaghetti sauce, stroganoff, burritos, tacos, sloppy joes, etc.

servings

comments and notes

Nonfat Granola

By Pamm

ingredients

In saucepan mix: 3/4 cup brown sugar, 1/3 cup apple juice concentrate, 1/2 cup dry milk, and 1/3 cup honey. Heat until sugar dissolves.

In a large mixing bowl mix: 5 cups quick oats, 2 tablespoons cinnamon, and 1/2 teaspoon salt. Pour sugar mixture slowly over dry mixture and blend well.

directions

Place on cookie sheet and bake at 375 degrees for 20-30 minutes, stirring every 10 minutes. Cool. Mix in 1/2 cup raisins. Store in an airtight container.

servings

comments and notes

Spaghetti Bake

By Pamm

ingredients

1 lb. macaroni, uncooked
1 lb. ground beef, browned
1/2 cup water
1 jar spaghetti sauce
1 lb. mozzarella cheese, shredded

directions

Mix all ingredients but cheese. Put in ice cream bucket (or other container that will fit inside your crockpot) and freeze (I freeze the cheese separately in a baggie taped to the bucket).

TO SERVE: Loosen noodle mixture from the bucket by running cold water on bottom. Place in crockpot and top with cheese. Cook on high 1 hour, then on low 4-6 hours.

servings

comments and notes

ANOTHER OPTION: Cook macaroni and mix as described above. Freeze in individual portions. Heat in microwave and serve.

Taco Rice

By Pamm

ingredients

1 pound ground beef, chicken or turkey
1 cup chopped onion
1 taco seasoning packet
16 oz. can tomatoes
2 cups rice, cooked

directions

Combine all ingredients. Freeze for later or heat and serve.

Serve with lettuce, taco chips, tomatoes, sour cream and cheddar cheese.

servings

comments and notes

Zippy Meatballs

By Pamm

ingredients

Meatballs: Combine 1 pound hamburger, 2 eggs, 9 drops Tobasco, 1 cup cracker crumbs, 2 tablespoons minced onions, 1/4 teaspoon garlic salt, and a dash of salt and pepper. Shape into meatballs and place on baking dish. Bake at 350 degrees for 45 minutes. Freeze separately.

Sauce: mix 3/4 cup catsup, 1/2 cup water, 1/4 cup vinegar, 1/2 cup brown sugar, 4 teaspoons Wistershire sauce, 1/4 teaspoon salt, and 6 drops of Tobasco. Freeze separately.

directions

To serve: Thaw meatballs and sauce. Pour sauce over meatballs. Bake at 350 degrees for 30 minutes.

servings

comments and notes

I have never used the Tobasco in this recipe and the kids love it! I serve it over rice.

Baked Potato Bar

By Pamm

ingredients

Baked Potatoes &

One or more of the following:

Grated Cheese

Chili

Cooked Ground Meat

Chopped Onions

Sour Cream

Salsa

directions

Look in your fridge and pantry to see what you have then set up a bar and let everyone top their own.

servings

comments and notes

Bubble Pizza

By Doris Christopher of the Pampered Chef

ingredients

3 pkgs. refrigerator biscuits (usually 2/\$1)

1 can or jar of spaghetti sauce (never more than \$1.25)

Shredded cheese (preferably mozzarella)

Pizza toppings: What you already have in the pantry and vegetable bin.

directions

Cut biscuits into quarters and place in a 9x13 baking dish. Add sauce, stir to coat, and spread evenly in bottom of pan. Top with cheese, then toppings, (3 toppings at a time is plenty).

Bake at 375 degrees for about 35-40 min. Be sure to check middle to make sure all the dough is cooked through.

servings

comments and notes

Cheezy Bread

By Pamm

ingredients

Loaf of French Bread
Butter
Garlic Salt
Gratted Cheese
Spaghetti Sauce

directions

Slice the French bread in half legnth-wise. Butter, sprinkle with garlic salt, top with gratted cheese. Broil untl cheese is melted and it toasts.

Serve with a slide of spaghetti sauce for dipping and a green salad.

servings

comments and notes

Corn Dog Muffins

By Pamm

ingredients

2 (8.5 ounce) packages cornbread mix
2 tablespoons brown sugar
2 eggs
1 1/2 cups milk
1 cup grated Cheddar cheese
9 hot dogs, cut in half

directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease muffin tins.

Stir together the cornbread mix and the brown sugar in a large bowl. Whisk the eggs and milk in a small bowl until smooth. Fold the eggs and cheese into the dry mixture until moistened. Spoon mixture into muffin tins until 2/3 full. Add 1 hot dog half to each muffin.

Bake in a preheated oven 14 to 18 minutes, or until golden brown.

servings

18

comments and notes

Crecent Dogs

By Pamm

ingredients

8 hot dogs
American cheese
crecent rolls tube

directions

Slit hot dogs to within 1/2" of ends. Insert 3 thin strips of American cheese. Place each on a crecent dough triangle. Wrap dough over hot dog. Place on ungreased cookie sheet, cheese side up. Bake at 375 degrees for 12 to 15 minutes or until golden brown.

servings

comments and notes

Dressed-Up Take-N-Bake

By Pamm

ingredients

Cheese Take-N-Bake Pizza
Your Choice Pizza Toppings;

Some ideas: mushrooms, pineapple chunks, cooked meat, pepperoni, sliced olives, etc.

directions

Add sliced, diced, and chopped toppings to the take-n-bake pizza. Bake as directed.

servings

comments and notes

Safeway offers \$6 take-n-bake pizzas on Fridays!

Easy Chicken Sandwiches

By Pamm

ingredients

Frozen, breaded chicken patties
Hamburger Buns
BBQ sauce or other toppings

directions

Oven bake the chicken patties according to the package directions. Put them on a hamburger bun, add BBQ sauce, cheese and lettuce.

servings

comments and notes

English Muffin Broils

By Pamm

ingredients

Mayonaise

English muffin

Slice of cheese

Slice of ham or 1 strip of bacon

directions

Spread mayonaise on halved English muffin. Top each with a slice of cheese and a thin slice of ham or 1 strip of bacon (fold over to fit on the muffin). Broil until the meat is done to your liking.

servings

comments and notes

Fast Pizza

By Pamm

ingredients

French bread, English muffins, or Pita bread
Leftover spaghetti sauce or tomato sauce
Garlic salt and Italian seasoning
Cheese
Chopped vegetables
Pineapple chunks
Sliced olives
Leftover cooked, chopped chicken, beef or pork

directions

On a loaf of French bread (cut in half lengthwise), English muffins, pita bread, top with any or all of the toppings. Bake at 400 degrees for 10 to 15 minutes, until the cheese is melted.

servings

comments and notes

Hot Pastrami

By Pamm

ingredients

Budding-type (thin) pastrami

Butter

Hamburger Buns

Condiments

directions

Fry pastrami in a little butter until heated through. Serve on hamburger buns with mayo, cheese, etc. Add a side of pickles and a green or fruit salad.

servings

comments and notes

Layered Taco Pie

By Pamm

ingredients

Tortilla Chips

Refried Beans

Ground or Shredded Beef

Grated Cheddar Cheese

directions

In a pie plate, layer the ingredients starting with the chips and ending with cheese. Heat in the oven until the cheese is melted. Provide shredded lettuce and diced tomatoes.

servings

comments and notes

Noodle Stuff

By Pamm

ingredients

2 packages ramen noodles (your choice of flavor)

1 can cream soup (your choice)

leftover meat (chicken, hamburger, turkey, ?)

directions

Prepare the noodles, drain and add the seasoning packets. Add the soup and meat; stir.

servings

comments and notes

Quick Chicken Quesadillas

By Pamm

ingredients

Leftover deboned chicken
Shredded cheese (Jack or Cheddar)
Salsa
Tortillas
Oil

directions

Drizzle a little oil in a pan and heat to medium-high. Toast tortilla on one side and flip. Sprinkle cheese and let melt while the other side toasts. Remove from heat.

Sprinkle half of tortilla and cheese with chicken and drizzle with salsa, then fold in half and wait a few minutes while the cheese sets as the 'glue'. Cut and serve.

servings

comments and notes

For ready to go chicken, you can buy a prepared rotisserie chicken from the grocery store and debone it. Save any leftovers for another night.

Salad Bar

By Pamm

ingredients

Bag Salad &

One or more of the following:

Grated Cheese

Hard Boiled Eggs

Diced Ham

Sliced Chicken Patties

Diced Tomatoes

Grated Carrots

Sliced Cucumbers

Chow Mein Noodles

Salad Dressings

directions

Set everything out and let everyone top their own salad.

servings

comments and notes

Cold Italian Green Beans

By Lenore Clark (thank you!)

ingredients

Green beans
Italian salad dressing

directions

Pour dressing over green beans and serve cold.

servings

comments and notes

Potato & Yam Fries

By Pamm

ingredients

2 med. potatoes, washed and cut into 8 wedges
2 cups yam, peeled & cut into wedges about the same size as the potatoes
1 egg white, lightly beaten
1/2 tsp. seasoning salt

directions

Put all ingredients in a large plastic bag. Shake well to coat all wedges with seasoning and egg white. Discard the bag and excess seasoning.

Place potatoes and yams in a large roasting pan coated with cooking spray. Bake for 40 min. at 350 degrees, stirring every 10 minutes. Bake for an extra 10 to 15 min. if you want your fries extra crispy.

servings

comments and notes

Roasted Veggies

By Pamm

ingredients

Sliced vegetables (my favorite is frozen Sno Peas)
Italian herbs
Olive oil

directions

Mist veggies with olive oil and sprinkle with Italian herbs. Toss to coat. Roast at 350 degrees for 20 minutes. Turn once during cooking.

servings

comments and notes

Seasoned Potatoes

By Pamm

ingredients

Leftover baked potatoes, cubed
Olive Oil
Minced onion
Garlic salt
Pepper, Italian seasoning, other spices

directions

Place potatoes in a greased 9" x 13" baking dish. Drizzle a little oil over the potatoes and sprinkle seasonings as desired and toss. Bake in a 400 degree oven for 20 minutes.

servings

comments and notes

I also make these from raw potatoes, doing the same as above but bake in a 450 degree oven for 30 to 45 minutes. It depends on the size of the cubes, on how long to cook them. I've also done this with canned potatoes. (It was the only way my family would eat them.)

Sesame Broccoli

By Pamm

ingredients

1-16 ounce bag frozen broccoli cuts
1 tablespoon sesame seeds
Dash soy sauce

directions

Cook broccoli according to package directions. Toss with sesame seeds and soy sauce. Add salt and pepper to taste.

servings

comments and notes

Yogurt Biscuits

By Pamm

ingredients

- 2 cups flour
- 2 teaspoons baking powder
- 5 tablespoons shortening
- 1/2 teaspoon salt
- 2/3 cup yogurt (Add just enough water to make the yogurt able to pour)
- 1 teaspoon melted shortening, to brush tops before cooking

directions

Preheat oven to 425 degrees F. Grease an 8 x 8 pan.

Stir dry ingredients together. Cut in shortening. Gently stir in yogurt mixture until sticky dough is formed (do not overwork dough). Place dough on floured surface. Dust top with flour and gently pat dough with hands until 1/2 in thick. Cut into 8-10 rounds. Place in pan. Brush with shortening. Bake 15 minutes.

Turn out of pan 5 minutes after removing from over. Cover with tea towel and serve.

servings

comments and notes

Applesauce Brownies

By Pamm

ingredients

4 ounces baking chocolate
1/2 cup applesauce
2 eggs
2 cups sugar
1/3 cup oil
1 teaspoon vanilla
1 cup flour

directions

In small saucepan, melt chocolate over low heat. Let cool about 20 minutes. Preheat oven to 350 degrees. In large bowl, combine chocolate, applesauce, eggs, sugar, oil and vanilla. Mix well. Gently mix flour into chocolate mixture until well blended. Pour batter into greased 9"x13" pan. Bake 25 minutes.

servings

comments and notes

Banana Banana Bread

By Pamm

ingredients

2 cups all-purpose flour
1 teaspoon baking soda
1/4 teaspoon salt
1/2 cup butter
3/4 cup brown sugar
2 eggs, beaten
2 1/3 cups mashed overripe bananas

directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.

In a large bowl, combine flour, baking soda and salt. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan.

Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.

servings

comments and notes

Sometimes I make these into muffins.....pour into muffin cups 1/2 full. Bake for 15 to 20 minutes.

Brownie Mix Cookies

By Pamm

ingredients

1 package brownie mix
1 teaspoon ground cinnamon
1 cup quick-cooking rolled oats, uncooked
2 eggs
1 tablespoon water
1/2 cup vegetable oil
1 cup chocolate chips, optional
1/2 cup coconut, optional

directions

Combine dry brownie mix, cinnamon, oats, eggs, water and oil.
Add 1 or both of the optional ingredients, if desired.

Place dough by teaspoonfuls on lightly greased cookie sheets
and bake at 350 for 10-12 minutes.

servings

comments and notes

Cheesy Chips

By Pamm

ingredients

10 small wonton wrappers
2 tablespoons grated Parmesan cheese
2 teaspoons olive oil
1/8 teaspoon garlic powder

directions

Preheat oven to 375 degrees. Spray baking sheet with nonstick cooking spray.

Diagonally cut each wonton wrapper in half, forming two triangles. Place in single layer on prepared baking sheet.

Combine cheese, oil and garlic powder in small bowl. Sprinkle over wonton triangles.

Bake 6 to 8 minutes or until golden brown and crisp. Remove from oven. Cool completely.

servings

comments and notes

Easy Peach Crisp

By Pamm

ingredients

2 cans (15.25 ounce) sliced peaches, drained,
2 packages cinnamon and spice instant oatmeal, uncooked
1/3 cup flour
1/2 cup chopped walnuts
1/3 cup melted butter.

directions

Preheat oven to 425 degrees. Pour drained peaches into lightly buttered 2-quart baking dish. Combine oatmeal, flour, and walnuts in bowl; stir in butter. Sprinkle over peaches. Bake 15 minutes or until golden brown.

servings

comments and notes

Frush Fruit Dip

By Pamm

ingredients

2 spoonfuls brown sugar

8 ounces of sour cream

Fresh watermelon, strawberries, bananas, pineapple, apples, pears, etc.

directions

Mix brown sugar and sour cream. Use as a dip for fruit.

servings

comments and notes

Gingerbread Cookies

By Pamm

ingredients

1/2 c. sugar
1/2 c. shortening
1/2 c. dark molasses
1/4 c. water
3/4 tsp. salt
3/4 tsp. ground ginger
1/2 tsp. baking soda
1/4 tsp. ground allspice
2 1/2 c. all purpose flour

directions

Beat sugar, shortening, molasses and water in a large bowl on low speed until blended. Beat on medium speed 1 minute. Stir in remaining ingredients. Cover and refrigerate until chilled, 1 to 2 hours.

Heat the oven to 375 degrees. Sprinkle counter top with flour; turn dough onto surface. Roll dough with a rolling pin until 1/4 inch thick. Cut with gingerbread man cutter.

Lift cookies carefully with a large spatula onto an ungreased cookie sheet. Decorate cookies with raisins (optional). Bake until set 8 to 10 minutes. Let cookies cool 3 minutes, then carefully remove from cookie sheet with a spatula.

Cool and decorate with frosting if you like. Makes about 1 dozen cookies.

servings

comments and notes

Ice Cream Cookies

By Pamm

ingredients

6 tablespoons butter
6 tablespoons powdered sugar
1 egg yolk, beaten
1 teaspoon vanilla
1 cup flour

directions

Mix all ingredients and drop on a cookie sheet.

Bake at 350 degrees for 15-20 minutes.

servings

comments and notes

Mock Ice Cream Sandwich

By Pamm

ingredients

1 box chocolate graham crackers

1 - 8 oz. container lite Cool Whip

directions

Break a graham cracker into two squares. Squish a tablespoon of Cool Whip between the two squares. Repeat. Individually wrap in plastic wrap and freeze.

servings

comments and notes

Pamm's House Low Sugar Muffins

By Pamm

ingredients

1 box Jiffy Blueberry Muffin Mix
1 cup rolled oats
1 egg
1/4 cup milk
2/3 to 3/4 cup water

directions

Mix all ingredients well. Fill greased muffin tins 1/2 full of batter. Bake at 400 degrees for 15-18 minutes.

servings

8

comments and notes

These muffins meet my Food Program's Low-Sugar requirement.

Peanut Butter Play Dough

By Pamm

ingredients

1/2 cup Peanut Butter

1 cup powdered milk

1/2 cup honey

directions

Students help teacher measure and mix the ingredients, when finished the students can make shapes and play with their creation and then they can eat it!!

servings

comments and notes

Potato Chip Cookies

By Pamm

ingredients

1 pound butter (softened)
1 cup sugar
2 teaspoons vanilla
1 cup crushed potato chips
3 cups flour
as needed powdered sugar

directions

Cream butter and sugar together, then add vanilla and potato chips. Gradually add flour. Drop from a teaspoon onto an ungreased cookie sheet. Bake at 350 degrees for 10 minutes until edges just turn brown. While cookies are still warm, dust lightly with powdered sugar.

servings

comments and notes

Pumpkin Bread

By Pamm

ingredients

3 cups sugar
1 cup vegetable oil
3 large eggs
1 16-ounce can solid pack pumpkin
3 cups all purpose flour
1 teaspoon ground cloves
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon baking powder
1 cup coarsely chopped walnuts (optional)

directions

Preheat oven to 350°F. Butter and flour two 9x5x3-inch loaf pans. Beat sugar and oil in large bowl to blend. Mix in eggs and pumpkin. Sift flour, cloves, cinnamon, nutmeg, baking soda, salt and baking powder into another large bowl. Stir into pumpkin mixture in 2 additions. Mix in walnuts, if desired.

Divide batter equally between prepared pans. Bake until tester inserted into center comes out clean, about 1 hour 10 minutes. Transfer to racks and cool 10 minutes. Using sharp knife, cut around edge of loaves. Turn loaves out onto racks and cool completely.

servings

comments and notes

Serve one of these loaves the day you make them. Wrap the other in plastic and freeze up to one month so that you'll have it on hand for unexpected company.

Pumpkin Chocolate Chip Cookies

By Pamm

ingredients

1 cup canned pumpkin
1 cup white sugar
1/2 cup vegetable oil
1 egg
2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon ground cinnamon
1/2 teaspoon salt
1 teaspoon baking soda
1 teaspoon milk
1 tablespoon vanilla extract
1 cup semisweet chocolate chips
1/2 cup chopped walnuts (optional)

directions

Combine pumpkin, sugar, vegetable oil, and egg. In a separate bowl, stir together flour, baking powder, ground cinnamon, and salt. Dissolve the baking soda with the milk and stir in. Add flour mixture to pumpkin mixture and mix well.

Add vanilla, chocolate chips and nuts.

Drop by spoonful on greased cookie sheet and bake at 350 degrees for approximately 10 minutes or until lightly brown and firm.

servings

comments and notes

Pumpkin Pancakes

By Pamm

ingredients

2 cups all-purpose flour
2 tablespoons packed brown sugar
1 tablespoon baking powder
1 1/4 teaspoons pumpkin pie spice
1 teaspoon salt
1 3/4 cups milk
1/2 cup Libby's 100% Pure Pumpkin
1 large egg
2 tablespoons vegetable oil

directions

Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in large bowl. Combine milk, pumpkin, egg and vegetable oil in small bowl; mix well. Add to flour mixture. Stir just until moistened; batter may be lumpy.

Heat griddle or skillet over medium heat; brush lightly with vegetable oil. Pour 1/4 cup batter onto hot griddle; cook until bubbles begin to burst. Turn and continue cooking 1 to 2 minutes.

Repeat with remaining batter.

servings

comments and notes

Quick Cinnamon Cake

By Pamm

ingredients

1 cup flour
1/2 teaspoon salt
3 teaspoons baking powder
2 teaspoons cinnamon
1/2 cup sugar
1 beaten egg
1/2 cup milk
4 tablespoons oil

directions

Heat oven to 400 degrees. Put all ingredients in large bowl. Mix by hand until well blended. Pour batter into greased cake pan.

Add topping:
2 tablespoons brown sugar
1/2 teaspoon cinnamon

Bake for 12-15 minutes.

servings

comments and notes

Safe to Eat Raw Cookie Dough

By Pamm

ingredients

1/2 cup butter, room temperature
1/2 cup brown sugar
1/2 cup granulated sugar
1/4 cup milk
3/4 teaspoon vanilla extract
1 1/8 cups flour
1/4 teaspoon salt
1 cup chocolate chips

directions

Cream butter, and sugars together. Blend in milk and vanilla.
Add flour and salt and mix well. Stir in chocolate chips.

servings

comments and notes

Simple Peach Cobbler

By Pamm

ingredients

2-16 ounce cans sliced peaches and juice
1 yellow cake mix
1 stick butter

directions

Pour peaches with juice in 9"x13" pan. Top with dry cake mix.
Dot with butter.

Bake at 350 degrees for 45 minutes.

servings

comments and notes

Swedish Cookies

By Pamm

ingredients

2 sticks butter

1/2 cup powdered sugar

1 3/4 cup white flour

directions

Preheat oven to 350 degrees. Blend softened butter and sugar until creamy. Add flour. Roll into teaspoon sized balls. Bake for 8-10 minutes. While the cookies are still hot, roll them in additional powdered sugar.

servings

comments and notes

Sweet and Creamy Pumpkin Dip

By www.backofthebox.com

ingredients

1 package (8 ounces) cream cheese, softened
2 cups confectioners sugar
1 can (15 ounces) pumpkin
1 tablespoon McCormick® Pumpkin Pie Spice
1 teaspoon McCormick® Pure Orange Extract
1/2 teaspoon McCormick® Ground Ginger
Gingersnap cookies

directions

1. Blend cream cheese and confectioners sugar until smooth in a mixer or food processor. Add pumpkin and remaining ingredients. Mix or blend thoroughly.
2. Chill 30 minutes or until ready to serve. Serve with Gingersnap cookies and/or Red Delicious apples or pears, cored and cut into 1/2-inch slices, leaving skin on for color. Toss fruit with a little lemon juice mixed with water to prevent browning.

servings

comments and notes

Makes 20 (2 tablespoon) servings Nutritional Info Per one serving: About 96 Calories, Fat 4g, Protein 1g, Carbohydrate 14g, Cholesterol 12mg, Sodium 37mg, Fiber 1g This recipe created by McCormick, Inc.

Vanilla Pumpkin Pudding

By Pamm

ingredients

Instant Vanilla pudding, prepared
2 tablespoons (or more) canned pumpkin
nutmeg or cinnamon
graham cracker crumbs
whipped cream

directions

Add pumpkin to pudding. Add sprinkles of nutmeg or cinnamon.
Put graham cracker crumbs on top and add whipped cream.

servings

comments and notes

Yogurt Pops

By Pamm

ingredients

1 small can crushed pineapple with juice
2 pound container of strawberry yogurt

directions

In a blender or food processor, blend pineapple and yogurt.
Pour into popcicle makers and freeze.

servings

comments and notes

Baked Rice

By Pamm

ingredients

1 1/2 cups cold, cooked rice
1 egg, beaten
1 cup milk
2 tablespoons butter, melted
1/4 teaspoon salt

directions

Beat up egg in a mixing bowl. Add the rest of the ingredients and mix well. pour int a backing dish and bake at 300 degrees until set, about an hour. I should be a nice golden brown.

servings

comments and notes

Chicken Tacos

By Pamm

ingredients

leftover cooked chicken or turkey
cooking oil
chopped onion (optional)
tortillas
lettuce, tomatoes, cheese, etc.

directions

Debone left-over chicken or turkey. Fry bite-sized pieces of meat in pan with cooking oil and onion (optional), until heated through or desired crispiness. Drain on paper towels. Serve on tortillas with cheese, lettuce, tomatoes, etc.

servings

comments and notes

Pinwheels

By Pamm

ingredients

Leftover beef (or other meat)
1 recipe biscuit dough
Leftover spaghetti sauce or gravy

directions

Roll out biscuit dough rather thin (about 3/8" thick) and into as square shape as you can. Cover the dough with the meat and part of the sauce or gravy, leaving 1/2" on each side uncovered. Roll up dough into a cylinder (like cinnamon rolls) and then slice into 1/4" slices, to make pinwheels. Put these on a cookie sheet or any flat pan and bake at 450 degrees about 12 minutes, until dough is cooked. Serve some of the sauce or gravy over each pinwheel.

servings

comments and notes

Potato Cakes

By Pamm

ingredients

2 cups leftover mashed potatoes
1 large egg
1 tablespoon flour
2 tablespoons cream (optional)
1 tablespoon minced onions (optional)
Cooking oil

directions

Mix all ingredients (except oil). Shape into flat cakes or drop from a spoon into hot fat or oil. Fry until golden brown on both sides.

servings

6

comments and notes

Rice Patties

By Pamm

ingredients

1 1/2 cups leftover cooked rice
2 eggs
2 tablespoons water
2 teaspoons instant onion soup mix
1/4 cup shredded sharp cheese.
Vegetable oil

directions

Mix all ingredients (except oil). Form into patties. Fry in vegetable oil.

servings

comments and notes

Spaghetti and Sauce

By Pamm

ingredients

Spaghetti
Spaghetti Sauce

directions

Mix the cooked spaghetti and sauce together. If there's not enough sauce, add a small (or large) can of tomato sauce and Italian spices. Place in 9x13 baking dish. Cover with mozzarella or jack cheese, if desired. Bake at 350 degrees for about 15 or 20 minutes or until warm and cheese is melted.

servings

comments and notes

Spaghetti Eggs

By Pamm

ingredients

leftover cooked spaghetti
eggs
margarine or butter
chopped onions (optional)
chopped green or red peppers (optional)

directions

As you are scrambling eggs in margarine or butter, put the cooked spaghetti in with it. You can also add chopped onions and/or green and red peppers.

servings

comments and notes

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