

3M Valley 45th Anniversary Cookbook

presented by your
3M Diversity, Equity and Inclusion Team

A collection of recipes submitted by
3M Valley Employees in celebration of the
45th Anniversary of the opening of
3M Valley

3M Valley
600 East Meigs Street, Valley, Nebraska 68064

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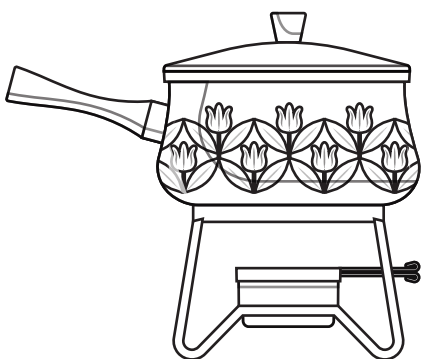
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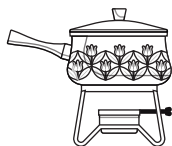
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Desserts

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Appetizers



Submitted by:

Jess Armstrong

Armstrong Family Beef Jerky

Recipe Notes: A recipe for Beef Jerky passed down through the Armstrong family for generations!

Ingredients:

1 lbs. of beef steak (a cut with little fat is preferred)
1 cup of soy sauce
Half a tsp. of garlic salt
1 tsp. celery salt
Half a tsp. of lemon pepper
1 tsp. liquid smoke.

Time to prepare

12 Hours

Cooking Time

12 Hours

Directions

Trim all visible fat from beef then slice lengthwise into long, thin strips, no more than ¼ inch wide.

Combine soy sauce, garlic salt, celery salt, lemon pepper, and liquid smoke into a large bowl and mix well with a spoon.

Add beef strips to bowl and mix around until well coated. You can let this marinate for 12 hours if you wish but it's not required.

Serves

The
Family

Once the beef strips are ready lay them out on a clean wire rack in your oven, letting them touch but not overlap.

The sauce will drip off these as they cook so you can place a baking sheet on the rack underneath to catch it or place tin foil underneath the heating element to help with cleanup (This is how my dad was taught to make it, I think the baking sheet is cleaner but its up to you).

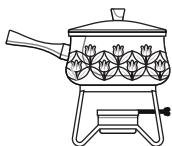
Difficulty

☐ Easy

☒ Medium

☐ Hard

Bake at 150 degrees overnight (about 8-12 hours). If you prefer chewy beef jerky then you can remove them after about 8 hours but they will not keep as long. For dryer beef jerky cook for 10-12 hours. Store in airtight container.



Submitted by:

Peg Gaudreau

Pico de Gallo

Ingredients:

2 (15oz) cans Black Eyed Peas
Rinse and Drain all the above
¼ cup chopped cilantro
2 cloves garlic, minced
½ cup chopped fresh parsley
1 jalapeño pepper, diced (optional)
1 can (15oz) Hominy
2 med tomatoes diced
1 med red pepper, diced

Time to prepare

10 Min

Cooking Time

0 Min

Directions

Mix all ingredients and serve with tortilla chips.

Serves

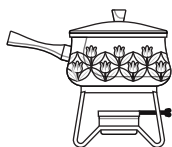
The
Family

Difficulty

☒ Easy

☐ Medium

☐ Hard



Submitted by:

Dot Kern
and Cheryl Wildy

Hot Cheesy Spinach-Artichoke Dip

Ingredients:

1 cup shredded mozzarella cheese
1 cup shredded parmesan cheese
10 oz frozen chopped spinach, thawed
14 oz can artichoke hearts, drained and chopped – use good brand and discard hard outsides
2 cloves garlic, minced – use less if to taste if desired
8 oz package regular cream cheese - soften
2/3 cup sour cream cheese

Time to prepare

10 Min

Cooking Time

25-30
Min

Serves

The
Family

Difficulty

- ☐ Easy
☒ Medium
☐ Hard

Recipe Story: Shared this recipe with Cheryl Wildy, she has taken this simple Internet recipe and made it extra good. Enjoy this hot cheesy dip when gathering or just a yummy snack for two.

Directions

In large bowl with an electric mixer blend 1½ cups cheese, spinach and artichoke hearts until well combined. Blend garlic, cream cheese sour cream mayonnaise and salt into spinach mixture. Pour into a casserole dish and top with remaining ½ cup cheese.

Bake for 25-30 minutes or until cheese is golden and dip is bubbly.

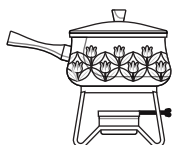
Serve hot with crackers or pretzels. Enjoy!

Notes: Serve with Breton crackers or Carr's table water crackers.

Use Low Fat Ingredient Options for a lower calorie dish. Enjoy with family and friends.

Thank you to Cheryl for her improvements to make this recipe even better.

Cheryl also provided the picture of the dip her daughter made.



Submitted by:

Lorinda Northrup

Homemade Cheeseball

Ingredients:

8 ounces shredded cheddar or Monterey jack cheese

8 ounces sour cream

8 ounces cream cheese (softened)

3 oz cup bacon bits

4 oz (half packet) ranch dressing mix

½ Cup Pecans (Optional)

Time to prepare

10 Min

Cooking Time

1 hour
chilling

Serves

Party

Difficulty

☒ Easy

☐ Medium

☐ Hard

Recipe Story: Everyone loves a good food day. A favorite one of mine to make for Treat Tuesday or holiday parties is a cheddar bacon ranch cheese ball.

Directions

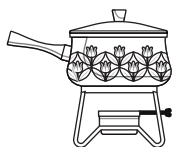
In a large bowl mix cheddar cheese, sour cream, cream cheese, bacon bits and ranch dressing mix.

Shape into ball or festive shape

Chill for 1 hour or until set.

Roll in chopped pecans if desired.

Serve with Ritz crackers.



Submitted by:

Patrick Jaszewski

Pan con Tomate

Ingredients:

4 thick slices (about 1") of sturdy, rustic bread
4 medium-sized tomatoes or 2 large tomatoes, very ripe, sliced in half
2 large garlic cloves, peeled and cut in half
olive oil
flaky sea salt

Time to prepare

10 Min

Cooking Time

25-30
Min

Serves

The
Family

Difficulty

☐ Easy

☒ Medium

☐ Hard

Recipe Story: Adapted from the cookbook
From Seven Fires: Grilling the Argentine Way
written by Francis Mallmann.

Directions

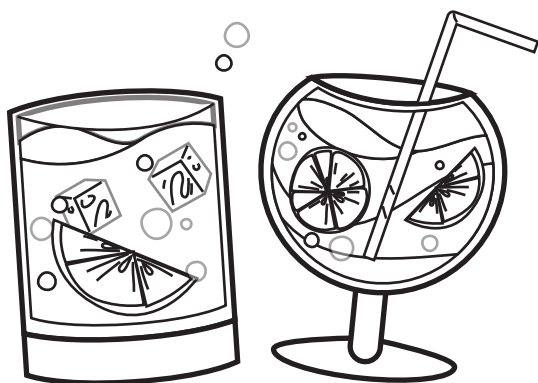
Preheat a grill or oven broiler to a high temperature
(about 425F for the grill or broil on high in oven)

Drizzle or brush bread with olive oil on both sides.
Toast the bread on both sides until darkened to
your liking - some light charring is good.

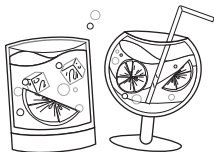
Rub one side of the toast with a half clove of garlic.
It should almost grate the garlic onto the toast.

Rub a tomato half on the toast, again effectively
grating the tomato onto the toast.

Repeat with remaining toast slices.
Drizzle with olive oil and salt to taste



Drinks & Cocktails



Submitted by:

Cheryl R. Wildy

Hot Chocolate Mix

Ingredients:

1 (8 quart) box or package of non-fat dry milk (Carnation or other brand)

1 (6 oz) container of Coffee Mate (I like a vanilla flavor)

½ cup Hershey's cocoa powder

1 (1 lb) can/container of Nestle's Chocolate Nesquik

1 cup of powdered sugar

Time To prepare

10 Min

Cooking Time

45-60
Seconds

Serves

1 Mug
at a Time

Difficulty

☒ Easy

☐ Medium

☐ Hard

Recipe Story & Inspiration

For over 30 years I have made a batch of this Hot Chocolate Mix every year. One or two batches usually lasts us the entire winter season.

I found this recipe in a recipe book my mother gave to me back in 1992. The recipe book is called Kitchen Magic. It was put together by the South Dakota Extension Homemakers. This Hot Chocolate Mix recipe was actually submitted by four different people.

This recipe book is one of my very favorites. It has been well used. When my mother passed away, I kept her copy as well. I have two daughters so I was hoping to find a third copy so we would each have one. Several times I had tried to see if they republished the book but I did not have any luck. I looked on ebay in the fall of 2023 and I found one for sale. It was in very good shape compared to my copy of the one my mother had. It came from Lakewood, MN. I had to pay \$50 for it but it was well worth it. I wrapped it up for Christmas and gave it to my oldest daughter. She was thrilled....she knew exactly what it was. Her cover is a little darker yellow than mine or my mother's copy so hers could be a reprint.

(I still check on ebay for another copy once in awhile.)



Hot Chocolate Mix Ctd.

Directions

Mix all ingredients together in a very large bowl using a large spoon.

Use the back of the spoon to press out any clumps.

Continue to mix until well blended.

Store mix in a large, air-tight container.

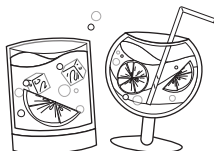
(I like to keep a $\frac{1}{3}$ cup measuring cup in the container all of the time.)

To Use: Put $\frac{1}{3}$ cup of hot chocolate mix into your favorite mug.

Pour in hot water. Stir. You can add some miniature marshmallows on top if you want.

(I like to put a mug of water into the microwave and cook for about 45 to 60 seconds. Once I take the mug out, I dump the $\frac{1}{3}$ cup of hot chocolate mix in, stir and enjoy.)

Notes:



Submitted by:

Cheryl R. Wildy

Frothy Orange Drink

Ingredients:

1 (6 oz.) can of frozen orange juice concentrate, do not thaw.

(You may only be able to find a 12 oz can so use half of that.)

1 cup of milk (I use 2% milk.)

1 cup of cold water

½ cup of white granulated sugar

1 teaspoon of vanilla extract

10 ice cubes if you use the manual ice cube trays or 14 ice cubes if they come from your ice maker.

Time To prepare

5 Min

Cooking Time

1-2 Mins

Recipe Story & Inspiration

I found this recipe in a Quick Cooking magazine (part of Taste of Home) back in 1998. It is sweet drink that I serve in the morning when we have had guests stay with us overnight. It is super easy to make. One recipe fits perfectly in my 5.5 cup blender. I think my blender is about as old as this recipe! Today, I think you can only purchase frozen orange juice concentrate in 12 oz cans. This recipe calls for 6 oz. Therefore, you should just plan on making 2 batches!

Hope you try this cool, refreshing orange drink! Enjoy!!!

Serves

Small Group

Directions

Combine all ingredients in a 5.5 cup blender.

Cover and process on CHOP until you hear the ice cubes pretty well chopped up and everything is mixed thoroughly.

It should be thick and slushy!

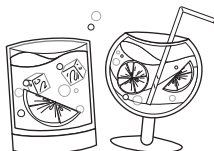
Pour into your favorite glasses and serve immediately.

Difficulty

☒ Easy

☐ Medium

☐ Hard



Submitted by:

Cheryl R. Wildy

Peach-Mango Brandy Slush

Ingredients:

1 (6 oz.) can of frozen orange juice concentrate, do not thaw.

(You may only be able to find a 12 oz can so use half of that.)

1 cup of milk (I use 2% milk.)

1 cup of cold water

½ cup of white granulated sugar

1 teaspoon of vanilla extract

10 ice cubes if you use the manual ice cube trays or 14 ice cubes if they come from your ice maker.

Time To prepare

3-5

Days

Cooking Time

1-2 Mins

Recipe Story & Inspiration

After my parents passed away and we sold their house in South Dakota, I actually became friends with the new owners. They told me to give them a call whenever I came to town. One hot summer day, I gave them a call and they invited me over to see the house. She asked me if I wanted a Peach Brandy Slush. I accepted and loved it! I asked her for the recipe and she gave it to me.

Actually, over the years we have swapped a few recipes back and forth and even photos of flowers in our yard. I still stop by and see them a few times per year.

Serves

Small Group

One time when I was making the recipe, I used half Peach Brandy and half Mango Brandy. I liked that as well and that is what I normally do now.

Difficulty

☐ Easy

☒ Medium

☐ Hard

This does make quite a bit so make sure you have room in your freezer. You will also need a large freezer proof container with a lid to store it in. I use a 2 gallon Rubbermaid container.



Peach-Mango Brandy Slush Continued.

Directions

Place two cups of water in a large pot on the stove. Bring to a boil. Once it is boiling, add $\frac{3}{4}$ cups of granulated white sugar. Stir to dissolve the sugar. Lower heat to simmer.

Add 5 more cups of tap water to the large pot.

In a separate small saucepan, add 2 cups of water and bring to a boil. Add the 4 green tea bags, turn off heat, and allow to steep for at least 4 minutes.

Discard the green tea bags, and Add the green tea to the large pot.

Add one (12 oz) can of frozen lemonade concentrate to the large pot.

Add one (12 oz) can of frozen orange juice concentrate to the large pot.

Dump the can of peaches with its juice into a blender or smoothie mixer and chop/puree until smooth.

Add the puree peaches to the large pot.

Keep the large pot on simmer until everything is thoroughly mixed.

Turn off the heat and remove the large pot from burner. Allow it to cool to room temperature.

Add 2 cups of the Peach Brandy OR 1 cup of Peach Brandy and 1 cup of Mango Brandy. Mix thoroughly.

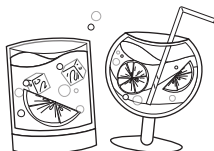
Pour mixture into a 2 gallon freezer proof container (with a lid) and place in the freezer.

Twice a day (for about 3 or 4 days), remove the container from the freezer, stir everything and return to the freezer.

After the 3rd or 4th day, it is ready to use.

Continue to store in the freezer. This can be left in freezer for a few months and used as desired.

To Serve: Use a spoon to place frozen/slushy mixture into a large wine glass or glass of your choice. Fill almost to the top. Pour chilled Ginger Ale over the top and serve immediately. Continue to add Ginger Ale to the glass as you are drinking it as desired.



Submitted by:

Patrick Jaszewski

Spaghett

Ingredients:

12 oz bottle or can of Miller High Life (or similar beer)

1 oz Aperol

0.5 oz lemon juice

Time To prepare

2 Min

Cooking Time

N/A

Recipe Story & Inspiration

I tried this riff on the Aperol Spritz when Bon Appetit first published it in 2019 and it has been a feature of hot summer days ever since. Feel free to free-pour without measuring too carefully for this no-fuss cocktail. Also, you can easily go up to 2 oz Aperol and 0.75 oz lemon juice if you prefer.

Directions

Drink about 2 oz of the beer

Add Aperol and lemon juice directly to the beer. Enjoy

Serves

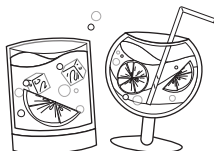
1 Drink

Difficulty

☒ Easy

☐ Medium

☐ Hard



Submitted by:

Patrick Jaszewski

Tropical Brewtique

Ingredients:

2 dashes of Angostura bitters
½ oz lime juice (15 ml)
¾ oz pineapple juice (22.5 ml)
¼ oz Clement Creole Shrub (or Grand Marnier or other
Curaçao/triple sec) (7.5 ml)
¾ oz oz Velvet Falernum (22.5 ml)
1½ oz Probitas or other funky white rum (75 ml)
3-4 oz IPA style beer (90-120 ml)
Mint (optional, for garnish)
Pineapple wedge (optional, for garnish)

Time To prepare

2 Min

Cooking Time

N/A

Recipe Story & Inspiration

Sourced from the Make and Drink channel on YouTube

Directions

Combine all ingredients except beer to blender tin (or shaker tin).

Add about 8 oz crushed ice.

Flash blend for 5 seconds or shake until tin is frosty.

Add 4 oz of crushed ice to pilsner glass and pour chilled drink unstrained into the glass.

Top with the beer and garnish with mint and a pineapple wedge

Serves

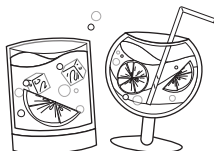
1 Drink

Difficulty

☒ Easy

☐ Medium

☐ Hard



Submitted by:

Patrick Jaszewski

West Indian Old Fashioned

Ingredients:

1 oz aged Jamaican (like Appleton 12) or Barbados (like Doorly's or Real McCoy) rum

1 oz Angostura bitters

0.5 oz Demerara syrup (1:1)

0.25 oz Angostura Orange bitters

1 Orange peel

Time To prepare

2 Min

Cooking Time

N/A

Directions

Stir with ice and strain into a rocks glass with a large ice cube/sphere

Squeeze orange peel over glass to express essential oil and nestle in the glass.

Notes: You read it right - that's a lot of Angosura bitters in this cocktail! If you don't like it that bitter, bring both bitters down to dashes and increase rum to 2 oz.

Serves

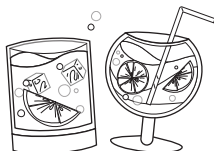
1 Drink

Difficulty

☒ Easy

☐ Medium

☐ Hard



Submitted by:

Patrick Jaszewski

The Bitter from Au Courant

Ingredients:

.75 oz Angostura Bitters
1 oz lemon juice
1 oz demerara syrup**
.5 oz Lo-Fi Gentian Amaro
.5 oz orange juice
.5 oz Varnelli Punch Fantasia
Splash of water
1 egg white

Time To prepare

2 Min

Cooking Time

N/A

Recipe Story & Inspiration

Au Courant is a delicious restaurant in Benson. I enjoyed this cocktail there and the manager happily shared the recipe with me. Try their sister restaurant, Casa Bovina, in Lincoln - I had the best meal of my life there.

Directions

In a cocktail shaker, combine ingredients

Dry shake to froth up the egg

Add ice and shake again

Double strain into coupe glass expressed with orange rind.

**Demerara syrup is a 1:1 ratio of demerara sugar to hot water. Stir to dissolve.

Difficulty

☒ **Easy**

☐ **Medium**

☐ **Hard**



Submitted by:

Patrick Jaszewski

Tonga Hut's Italian Zombie

Ingredients:

2 dashes Angostura bitters

6 drops pernod

0.75 oz lime

2 oz pineapple juice

0.5 oz passionfruit syrup

0.5 oz apricot liqueur

1 oz campari

1.5 oz Coruba or other funky Jamaican aged rum

0.5 oz Hamilton Pot Still Black or other dark Jamaican rum

Time To prepare

2 Min

Cooking Time

N/A

Recipe Story & Inspiration

The Tonga Hut is the oldest remaining tiki bar in LA. Marie King, their former bar manager, made this version of Don The Beachcomber's famous Zombie when she was doing a talk in Italy about how to apply local ingredients to to make their own version and created this riff.

Directions

Combine all ingredients in a drink tin and flash blend for 5 seconds.

Serves

1 Drink

Garnish with mint

Difficulty

☒ Easy

☐ Medium

☐ Hard



Submitted by:

Patrick Jaszewski

Rongo Rongo

Ingredients:

1 dash Angostura bitters
0.75 oz cinnamon syrup
0.75 oz pineapple juice
1 oz lime juice
0.75 oz Plantation/Plantaray Old Stiggins Pineapple rum
0.75 oz aged rum (like Monymusk gold)
0.75 oz Plantation/Plantaray OFTD
8 oz crushed ice in tin
6 oz crushed ice in glass, open pour

Time To prepare

2 Min

Cooking Time

N/A

Recipe Story & Inspiration

This drink originated from Smuggler's Cove in San Francisco, but isn't published in their cocktail book. It was posted on YouTube by the Make And Drink channel.

Directions

Put 6 oz of ice in serving glass

Combine rest of ingredients including 8 oz of ice flash blender tin

Flash blend for 5 seconds

Garnish with mint & edible orchid or pineapple fronds and pineapple wedge

Serves

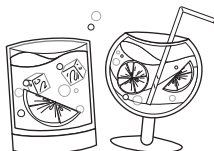
1 Drink

Difficulty

☒ Easy

☐ Medium

☐ Hard



Submitted by:

Patrick Jaszewski

Rum Collins

Ingredients:

1.5 white rum like Hamilton White Stache
1 oz Pineapple Cordial (See below)
Top up soda water (approx. 3 oz)
Dehydrated Pineapple & Leaves for Garnish

Combine the Above In A Glass

Time To prepare

2 Min

Cooking Time

N/A

Pineapple Cordial

Ingredients:

Pineapple skin from half of a pineapple
250 g cane sugar
240 ml (8 oz) coconut water or plain water
45 ml (1½ oz) lemon juice
7 g grated lemon zest
20 g citric acid
75 g pineapple flesh
6 drops 20% saline solution

Directions

Combine pineapple skins and sugar in a bag. Vacuum the bag and take out as much air as you can (or combine in an airtight container). Leave sitting for 48 hours at room temperature. Take out the pineapple skins and strain.

Serves

1 Drink

Difficulty

- ☐ Easy
☒ Medium
☐ Hard

Blend everything with a blender and filter through a cheesecloth or a muslin cloth. Bottle and store it in a fridge for about a month. You can use it with mocktails or simply mix it with soda water as well



Salads



Submitted by:

Jeffrey Bulduc

Lao Style Beef Salad, 'Pra Nuea'

Ingredients:

1/2 pound ground beef

lime juice (see method)

1-2 tablespoons fish sauce

1 tablespoons ground dried red chilis, we prefer Ka-Leang

1 teaspoon (or less) Thai pepper powder

1/2 cup shallots, thinly sliced

1 tablespoon lemongrass, bruised and sliced paper thin

4-5 kaffir lime leaves, shredded

1 tablespoon (or a bit more) roasted rice, khao koor

spring onions, coriander/cilantro leaves as garnish;

a lettuce leaf for the serving plate, and a selection of sliced vegetable crudites to accompany.

Time To prepare

2 Hours

Cooking Time

10-15 Mins

Serves

The
Family

Difficulty

☐ Easy

☒ Medium

☐ Hard

Recipe Story & Inspiration

Thai restaurants around the world sell larb (also spelled laab) in various styles, usually with ground chicken "Larb Gai" or pork "Larb Moo". Our Lao version here, made with rare lean ground beef, is exceptional because the meat soaks/cooks in lime juice for several hours then finished briefly in a skillet to give it an especially sour flavor. Combined with the shallots, sliced lemongrass, fish sauce and ground chiles, it all comes together so well. It's very healthy too. You can make this same version with pork, chicken, shrimp or lobster.

Directions

Place the beef in a bowl, and thoroughly mix with the juice of two fresh limes. Marinate for an hour. Next, knead the meat, squeezing thoroughly to drive out as much blood and other juice as possible. We used a strainer. Return beef to your bowl, add more fresh lime juice, and marinate again for an hour. Knead out the juices again, then add more lime juice and set covered in a cool place to marinate a final time, for an hour.



Lao Style Beef Salad, 'Pra Nuea' Continued.

Directions

At this stage you may, if you wish, just serve the meat as it is (very rare, cooked by the lime juice) but we prefer to put in a skillet over low heat and cook for a few minutes.

Place your beef in a clean bowl, and combine it with the other ingredients. Add the chili powder in stages, tasting as you go, to get a spicy result but not too overpowering.

Serve with lettuce leaves, as those make wonderful wraps for the larb, on a platter.

This dish goes best with sticky rice, which can be used as an eating utensil: form a ball of rice and use it to pick up a little of the spiced meat. Serve with the usual Thai table condiments. Enjoy!

Notes:



Submitted by:

Regina Holmstrom

Asian Salad

Ingredients For the Salad:

Coleslaw mix or shredded cabbage

Toasted almonds

Green onions

Chow mein noodles

Ingredients For the Dressing:

1 cup of olive oil

1 to ½ cup of sugar

6 to 7 Tblsp of rice vinegar

Splash of soy sauce

½ tsp of pepper

Time To prepare

15 Mins

Cooking Time

N/A

Directions

In a small bowl mix the salad dressing together and set aside

In a serving bowl combine all of the salad ingredients then toss them all together with the dressing until evenly coated

Serve immediately

Serves

A Crowd

Notes:

Difficulty

☒ Easy

☐ Medium

☐ Hard



Submitted by:

Cheryl R. Wildy

Poppy Seed Pasta Salad

Ingredients:

12 oz box of Barilla Tri-Color Rotini pasta, boiled per package instructions, drained and rinsed with cold water
1 cup of cucumber pieces, diced or smaller chunks (make sure cucumber is peeled first, I also avoid the seeds)
1 can (2.25 oz) sliced black olives, drained
½ cup red pepper, diced (or use whatever colored peppers you want)
½ cup green pepper, diced (or use whatever colored peppers you want)
1/3 cup diced onions (I chop fine in my mini chopper)
1½ tsp poppy seeds
1 tsp Italian seasoning
½ tsp celery seed
1½ cups chilled Dorothy Lynch salad dressing, original
½ cup shredded parmesan cheese (optional for garnish on top)

Time To prepare

2 Hours

Cooking Time

10-15 Mins

Recipe Story & Inspiration

I created this recipe after trying to copy and combine a few different pasta salads from different restaurants. I ended up using Dorothy Lynch salad dressing as it is a little bit sweet, spicy, tangy and it is from Nebraska! In the late 1940's, Dorothy Lynch and her husband ran the restaurant at the local Legion Club in St. Paul, Nebraska. This is where she first served up the original recipe for Dorothy Lynch Home Style Dressing.

Directions

- Boil pasta per package instructions. (May want to add a little oil to pot before draining to keep pasta separated.)
- Drain pasta.
- Run cold water over pasta to cool.
- Place cooled pasta in a 3 quart serving bowl.
- Add remaining ingredients and toss to mix well.
- Refrigerate for at least 2 hours before serving. (If desired, garnish with parmesan cheese just before serving.)

Store leftovers in the fridge.

Serves

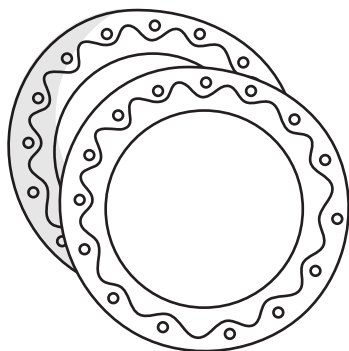
The Family

Difficulty

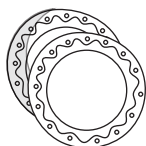
☐ Easy

☒ Medium

☐ Hard



Side Dishes



Submitted by:

Jack Hamilton

Jack Hamilton's Collard Greens

Ingredients:

1 tablespoon of olive oil
3 slices of bacon
1 large onion, chopped
3 cloves of garlic, minced
1 lb. fresh collard greens, cut into 2 inch pieces
3 cups of chicken broth
1 pinch of ground cayenne pepper
Salt to taste

Time To prepare

10 Min

Cooking Time

50 Min

Serves

A Family

Difficulty

- ☐ Easy
☒ Medium
☐ Hard

Directions

Heat oil in a large pot over medium-high heat. Add bacon and cook until crisp. Remove bacon and crumble, then return to pot.

Add chopped onion to the pot, cook until tender (about 5 minutes).

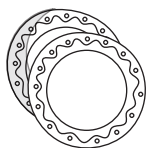
Next add the minced garlic and cook until fragrant. Add the collard greens and cook until they start to wilt.

Next pour in the chicken broth and season with the ground cayenne pepper and salt.

Reduce heat to low, cover, and allow to simmer until the greens are tender, about 40 minutes.

Can be eaten as is or served over rice.

To make the dish vegetarian friendly simply leave out the bacon and substitute the chicken broth with vegetable broth.



Submitted by:

Trever Osborne

Baked Beans

Prep Time **Cook Time**

20Min

4+ Hours

Serves

A Party

Difficulty

Easy **xMedium** **Hard**

Ingredients:

1 Onion chopped

6 Cans of Beans rinsed (I used 4 pinto, 1 kidney and 1 black)

(Shortcut, if you do not want to make sauce from scratch. Use 3 cans of Bush's Baked Beans and 3 cans of various beans of your choice. I've done it this way, still tastes good.)

1 pound of ground beef or pork (I've used sliced sausage, also good)

1 pound of bacon

Scratch Sauce

1 can of tomato sauce or paste (if you want a thicker sauce). Most recipes call for Ketchup, I prefer sauce or paste, less sweet.

1 Cup of Beef Broth (add a ½ cup more if they are going to be chilled before serving)

¼ cup of Worcestershire sauce

1 Cup of Veggie Broth

1 Cup of Brown Sugar

2/3 cup of Maple Syrup (If you have Molasses, 2 tbs or Molasses and ¼ cup of Maple Syrup) I prefer to add my syrup or syrup/molasses mix to my meat while browning the hamburger.

Ingredients:

If you skip the scratch sauce:

1/2 cup of each Beef/Veggie broth mixed (total of 1 cup of liquid)

2/3 cup of Brown Sugar

¼ cup of Worcestershire (I usually add this to the browning meat not the beans).

¼ cup of Maple Syrup (I usually add this to the meat while browning.



Baked Beans Continued

Directions

Put beans in a crockpot or large pot.

As the crockpot is heating up, make your sauce on stovetop. When complete add sauce to crockpot. Give them beans a stir.

While beans and sauce are heating up fry up your bacon at medium heat. When bacon is to desired crispiness. Remove, place on damp paper towel covered plate. (You can chop up bacon to small pieces before or after cooking, I do it before)

Set bacon aside or in fridge.

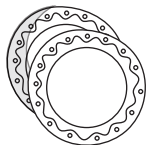
While bacon is sizzling, chop onion into small pieces. After removing the bacon scoop a tbs of the bacon grease into the beans and sauce in the crockpot. Go ahead and give them beans a stir. Drain remaining grease into one of them 6 cans you got laying around.

Leave enough grease in the pan to start frying up that chopped onion. After onion pieces are soft and browned a little add the ground meat. Season meat with Salt, Pepper, and Garlic to your liking. If you chose to add Worcestershire and Syrup and/or Molasses to browning meat do so now. Once meat is browned add to the crockpot.

You guessed it, go ahead, and give them beans a stir.

From the time beans are added to the sauce and as you add your ingredients to the pot. I let them simmer for about 4 hours, stirring occasionally. If they thicken up add about $\frac{1}{2}$ a cup of beef broth and give them beans a stir.

If you like your beans a little spicier you can always throw in some chili powder or cayenne pepper.



Submitted by:

Cheryl R. Wildy

Ranch Roasted Potatoes

Ingredients:

2 pounds of white or red potatoes, scrubbed and cut into approximately 1" x 1" x 1" sized pieces. I like to leave the skin on.

¼ cup of vegetable oil or olive oil

5 - 6 Tablespoons of Hidden Valley Original Ranch Seasoning & Salad Dressing Mix (powder mix). Note: One (1 oz) packet is about 3 Tablespoons worth. I purchase in the 8 oz plastic containers.

Sour cream for serving/dipping, optional

Time To prepare

15 Min

Cooking Time

35 Min

Serves

A Family

Difficulty

☐ Easy

☒ Medium

☐ Hard

Recipe Story & Inspiration

This came from a Hidden Valley recipe titled "Classic Original Ranch Roasted Potatoes". I received it on a manufacture's recipe card at some point in time. It is quick and easy. I have increased (basically doubled) the amount of Hidden Valley Original Ranch Seasoning & Salad Dressing Mix used as I think it gives it a better flavor. Rather than buy the Ranch Seasoning in the packets/envelopes, I purchase it in an 8 oz plastic container. It is great to use as a seasoning in all kinds of dishes.

Directions

Preheat oven to 450 degrees F.

Scrub potatoes, leave the skin on and cut into approximately 1" x 1" x 1" pieces.

Place potato pieces in a gallon sized ziplock bag or large bowl.

Pour the oil over the potatoes and toss to coat.

Add the dressing mix and toss again until coated.

Bake on an ungreased baking pan (I use a 10" x 15" x 1" baking pan).

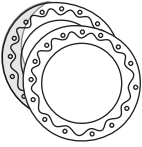
Bake at 450 degrees F for 35 minutes.

Use a fork to poke into a few potatoes to make sure they are done after 35 minutes.

Remove from oven.

Use a metal spatula to scrape the potatoes out of the pan and into a serving dish.

Serve with sour cream if desired.



Submitted by:

Constance
Widhelm

Macaroni Corn Casserole

Ingredients:

1 can cream corn
1 can whole kernel corn (don't drain)
1 cup raw macaroni
1 stick butter
1¼ cup shredded Velveeta or American cheese
pepper to taste

Time To prepare

5 Min

Cooking Time

60 Min

Directions

Preheat oven to 350 degrees

In a Large bowl mix all of the ingredients together.

Pour contents of the bowl into a prepared 9x13 pan

Bake at 350 degrees for ½ hour

Reduce oven temperature to 325 degrees
and bake for an additional 30 Minutes

Remove Pan From Oven and Serve

Enjoy!

Serves

A Family

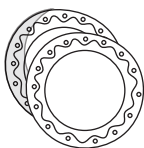
Difficulty

☒ Easy

☐ Medium

☐ Hard

Notes:



Submitted by:

Patrick Jaszewski

Horn & Hardart's Baked Beans

Ingredients:

1 lb Great Northern or Navy beans, dried.
1 c Onion chopped
4 sl Bacon diced
2 tbsp Sugar
1 tbsp Dry Mustard
1/2 ts Cayenne pepper
2/3 c Molasses
2 tb Cider Vinegar
1 1/2 c Tomato juice
1 tbsp Salt

Time To prepare

5 Min

Cooking Time

60 Min

Recipe Story & Inspiration

Adapted from: Great American Food Almanac

<https://www.hungrybrowser.com/phaedrus/m022702.htm#1>

Notes: You can substitute 4 - 15oz cans of beans, drained for the dried beans if needed. Skip the soaking/simmering steps. Horn & Hardart was a restaurant chain popular in New York City, Philadelphia and Baltimore that opened their first "Automat" restaurant in 1902. At their peak in the 1940s, they served over 500,000 meals per day and they were well-known for their beans, creamed spinach, macaroni and cheese, and their pies.

Serves

A Family

Directions

Soak dried beans overnight in cold water
Drain the beans and place them in a large saucepan. Add fresh water to cover the beans.
Bring the water to a boil over medium heat. Reduce heat and simmer uncovered.
Meanwhile, Preheat oven to 250F.
Simmer beans until almost tender, about 45 min to an hour.
Drain.
Place the beans in a baking pot or casserole dish

Difficulty

☒ Easy

☐ Medium

☐ Hard

Horn & Hardart's Baked Beans Continued

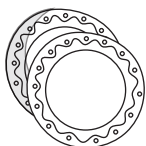
Directions

Stir in the onions, bacon, sugar, dry mustard, cayenne, molasses, vinegar, tomato juice, and 1 cup of water.

Bake the beans occasionally while baking and add more water if necessary, to prevent the mixture from drying.

Season with additional salt to taste.

Notes:



Submitted by:

Patrick Jaszewski

Ceviche de Coliflor from Provecho

Ingredients:

1 large head of cauliflower, quartered, tough leaves removed
1.5 cups rainbow cherry tomatoes cut in half or 2 large tomatoes, diced
½ cup cilantro leaves, finely chopped
1 large red onion, finely chopped
½ cup lime juice
2 tablespoons apple cider vinegar
2 tablespoons extra virgin olive oil
½ teaspoon ground black pepper
Optional chips for dipping and/or diced avocado for topping

Time To prepare

15 Min

Cooking Time

1-24
Hours

Serves

A Family

Difficulty

☐ Easy

☒ Medium

☐ Hard

Recipe Story & Inspiration

Adapted from "Provecho: 100 Vegan Mexican Recipes to Celebrate Culture and Community" by Edgar Castrejón

Directions

Fill a large bowl with ice and set aside

In a large pot combine 4 cups of water with a pinch of salt and bring to a boil. add cauliflower and boil until slightly tender but not mushy. (roughly 6-8 mins).

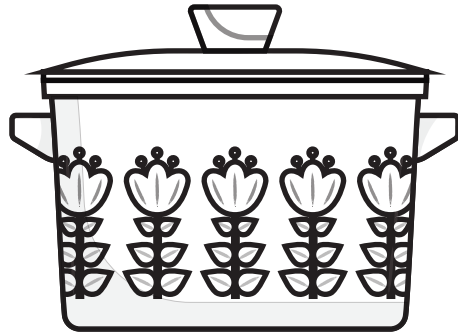
Drain the cauliflower and submerge in the ice until completely cool.

Drain again then chop into small florets and transfer to large bowl

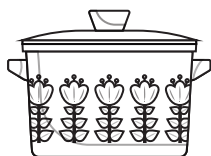
Add the tomatoes, garlic, cilantro and onion to the bowl, gently mix together.

Pour the lime juice vinegar and olive oil add salt and pepper and mix well

Let sit out for 1 Hour or in the fridge overnight (the longer it marinates the better the taste)



Soups & Main Dishes



Submitted by:

Jess Armstrong

Cabbage and Tomato Stew

Ingredients:

1 lbs. of ground beef
3 cloves of minced garlic
1 medium sized head of green cabbage
5 (14.5 oz.) cans of diced tomatoes
Salt and pepper to taste
4 servings of white rice

Time To prepare

15
Minutes

Cooking Time

20-30
Mins

Serves

A
Family

Difficulty

- ☐ Easy
- ☐ Medium
- ☐ Hard

Recipe Story & Inspiration

A delicious and nutritious stew that is perfect for cold, windy days. It was passed down through my family, following my great-grandparents after they moved from Ireland to America. Originally, it was a recipe for stuffed cabbage rolls but my grandmother decided one day to simply throw all of the ingredients into a large pot and cook it as a stew. It's one of my favorite dishes and I hope it will become yours as well!

Directions

In a large soup pot, cook the ground beef and garlic over medium heat until beef is brown.

While that cooks chop up the head of cabbage into small, bite-sized pieces.

Once the beef is done browning add the cabbage to the pot. Depending on how large the pot is the cabbage might not all fit in at once. That's ok! As the cabbage heats up it will cook-down, allowing you to add the rest.

When all the cabbage is in the pot add the diced tomatoes. As the cabbage and tomatoes cook they will release moisture, creating a broth.

Bring the mixture to a boil then lower the heat as needed to allow the stew to simmer.

Cabbage and Tomato Stew

Continued

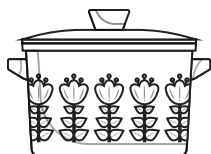
Directions

Simmer for 20-30 minutes or until cabbage is soft, stirring occasionally. As it cooks you can add salt and pepper to taste.

While you wait for the stew to finish, make about 4 servings of white rice.

Once the cabbage is soft enough to poke a fork through without much effort, the stew is done! Serve over rice and enjoy!

Notes:



Submitted by:

Trever Osborne

Philly Cheesesteak Soup & Provolone Baguettes

Ingredients:

1 Large Onion – Diced
1 Cup of Mushrooms – Sliced
1 Green Bell Pepper – Sliced
1 Tbsp Worcestershire Sauce
4 Cups of Beef Broth
8 Ounces of Cream Cheese
1 Cup of Light Cream or Half and Half
16 Ounce Steak or Roast (Beef) of Your Choice - Thinly Sliced
1/3 Cup of Butter
1 Baguette
Provolone Cheese – Sliced into Small Squares

Time To prepare

10 Mins

Cooking Time

15+ Min

Serves

The
Family

Difficulty

- ☐ Easy
- ☐ Medium
- ☐ Hard

Directions

In a large pot add olive oil, diced onion, and mushrooms. Sauté until onions are tender. (I like to add salt, black pepper, and garlic to the veggies as they are simmering.)

Next add 2 cups of the beef broth along with the 1 cup of light cream. Once liquid is at a light boil add the 8 ounces of cream cheese in chunks and simmer/stir until fully melted.

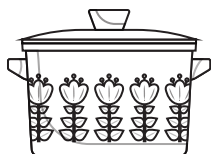
In a separate pan add 1/3 cup of butter until melted and then the thinly sliced beef. Cook until medium rare or medium as the meat will finish cooking once added to the pot.

Before adding the meat to the pot put in sliced bell peppers and remaining beef broth.

Let soup simmer as you prepare the baguettes.

Slice bread into bite size pieces and top with provolone cheese. Broil in oven until bread is toasted and cheese is melted. When baguettes are ready your soup should be finished.

Dip the baguettes in the soup or add to soup and enjoy.



Submitted by:

Peg Gaudreau

White Chili

Ingredients:

48 oz jar Great Northern white beans
3 cans chicken broth or 1 lg can
2 tsp garlic powder
3 tsp oregano
4 cups chicken (3 breasts)
1-cup Monterey jack cheese
1 medium onion
1 Tbs. Margarine
3 tsp cumin (to taste)
3 tsp cayenne pepper (to taste)
1-cup light sour cream
1 small can of mild chilies

Time To prepare

10 Min

Cooking Time

1 hour

Directions

In a large pot or dutch over sauté chilies and chopped onion in margarine.

Add seasonings and continue to cook.

Add cooked diced chicken, beans and broth and cook for 30 Minutes

Add sour cream and cheese and bring to a simmer for 30 Minutes

Serves

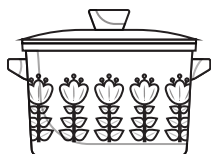
The
Family

(If you want it a little thicker you can use water and corn-starch to thicken)

Difficulty

- ☐ Easy
☐ Medium
☐ Hard

Notes:



Submitted by:

Constance
Widhelm

Easy Chili

Ingredients:

1 lb. Hamburger
1 lb. Spicy sausage
½ medium onion-chopped
1 4oz. Can green chilies (diced)
1 jalapeno pepper (diced)
1 can diced tomatoes (do not drain)
2 cans dark red kidney beans (do not drain)
2 cans light red kidney beans (do not drain)
1 can chili beans (do not drain)
1 can tomato paste
1 teaspoon cayenne pepper
1½ teaspoon chili powder
2 cans water

Time To prepare

10 Min

Cooking Time

1 hour

Directions

Cook hamburger, sausage and onion until done, drain grease from pan.

Put all other ingredients in a big pot.

Add water using the bean cans.

Add meat and bring to a boil, then simmer until you are ready to serve

Garnish with cheddar cheese and crackers...enjoy!

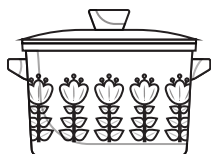
Serves

The
Family

Notes:

Difficulty

- ☐ Easy
☐ Medium
☐ Hard



Submitted by:

Patrick Jaszewski

Taxi's Cabbage & Blue Cheese Soup

Ingredients:

1/4 cup butter
1 onion, chopped
1 bay leaf
1 head cabbage, cored and shredded
1/2 tablespoon caraway seed
3 1/2 cups chicken stock
4 ounces blue cheese, crumbled
2 cups heavy cream
white pepper
1/2 tablespoon dry sherry

Time To prepare

10 Min

Cooking Time

1 hour

Directions

In a large dutch oven, melt butter over medium heat. Add onion and bay leaf. Cook until onions are translucent, stirring occasionally for 15 minutes.

Add cabbage and caraway to onions and cook cabbage until it wilts, stirring occasionally, about 5 minutes.

Add chicken stock and simmer 15 minutes to blend flavors.

Remove bay leaf. Add cheese and stir well until melted.

Stir in cream and heat through. DO NOT BOIL! Season with pepper and sherry.

Top with more bleu cheese crumbles and serve.

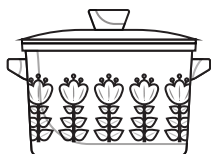
Serves

The
Family

Difficulty

- ☐ Easy
- ☐ Medium
- ☐ Hard

Note: Taxi's is located on 120th and Blondo and this soup is fantastic if you like Blue Cheese.



Submitted by:

Patrick Jaszewski

Taco Roll

Ingredients:

1/1/2 pound of Hamburger
1 tomato cut in to quarters
1 small onion cut into quarters
1 packet of your favorite taco seasoning
2 Cups Bisquick mix
2/3 cup Milk
1 tablespoon vegetable oil
Water
½ Head of Shredded Lettuce
2 cups Shredded cheese

Time To prepare

20 Min

Cooking Time

30 Mins

Serves

The
Family

Difficulty

- ☐ Easy
☐ Medium
☐ Hard

Recipe Story & Inspirations

My mother decided to combine bread with taco meat to make this Taco Roll.

Directions

First, Brown hamburger until fully cooked. Drain the grease and set aside.

Next in a blender or food processor you will add your 1 tomato, 1 small onion, taco mix, a ¼ cup of water, and Blend well.

Add mixture to hamburger mix well. Set aside.

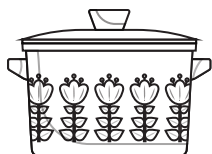
In a Medium bowl Mix 2 Cups bisquick, 2/3 cup of milk, and 1 tablespoon of vegetable oil until all is incorporated. Dough will be slightly sticky.

Grease a flat pan and roll out dough until flat and thin. Spread taco mixture evenly on top of dough. Gather one end of the dough and start rolling over the top of the meat. Keep rolling until you reach the end and it will look like a log.

Bake on cookie sheet for 30 minutes at 350 degrees in a preheated oven.

Cut into Slices

To plate : Place a helping of lettuce on plate, add the slices of taco roll on top, Sprinkle cheese on top.
You may add any of your favorite taco topping.



Submitted by:

Patrick Jaszewski

Taco Pie

Ingredients:

1 pkg crescent rolls
2 cups crushed Doritos
1 lb. hamburger
1 pkg taco mix
1 cup water
½ cup onion, chopped
2½ cups shredded cheddar cheese
16 oz sour cream
Shredded lettuce
Salsa

Time To prepare

20 Min

Cooking Time

30 Mins

Recipe Story & Inspirations

This recipe was submitted for the 1997 3M Club cookbook by Shari Mayer, I'm re-submitting it because our family enjoyed this for dinner and was a family favorite.

Have made this recipe several times while my kids were growing up. Simple family dinner with a veggie and salad. Can also be enjoyed with Spanish rice.

Directions

Brown hamburger, drain.

Add onion, taco mix and water.

Simmer until thickened and flavors are blended.

Spray the bottom of a 9-inch pie pan with Pam, press crescent rolls in the bottom.

Add in layers: Doritos, hamburger and cheese.

Finish the top layer with the remaining Doritos and cheese.

Bake at 350 degrees for 20-25 minutes.

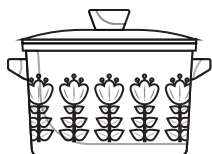
Top with sour cream, shredded lettuce and salsa and any other taco condiments that you enjoy

Serves

The
Family

Difficulty

- ☒ Easy
- ☐ Medium
- ☐ Hard



Submitted by:

Hillary Schneekloth

Corned Beef Casserole

Ingredients:

6 oz Regular Sized Pasta Shells
1 (12 oz.) Can of Corn Beef
¼ lb. Velveeta Cheese
1 Tbsp Diced Onion
2 (10.5 oz) Cans of Cream of Mushroom Soup
1 (10.5 oz) Can of Milk (use the empty soup can to measure)
Saltine Crackers
2 Tbsp Butter

Time To prepare

20 Min

Cooking Time

30 Mins

Recipe Story & Inspirations

This recipe was submitted for the 1997 3M Club cookbook by Shari Mayer, I'm re-submitting it because our family enjoyed this for dinner and was a family favorite.

Have made this recipe several times while my kids were growing up. Simple family dinner with a veggie and salad. Can also be enjoyed with Spanish rice.

Directions

Preheat oven to 350 °F

Cook Pasta Shells per instructions on packaging.

Once Pasta Shells are cooked, drain and let cool for a few minutes.

Open can of Corn Beef and break it into smaller pieces. Cut the Velveeta Cheese into small cubes.

Mix the cooled Pasta Shells, Corn Beef, Velveeta Cheese, Diced Onion, Cream of Mushroom Soup, and Milk in a large bowl. Ensure that it is mixed well.

Transfer mixture into a 9"x13" baking pan.

Bake at 350 °F for approximately 50 minutes.

Place Saltine Crackers into a Ziplock bag and crush with a rolling pin until crackers are mostly broken up.

Serves

The Family

Difficulty

- ☐ Easy
- ☐ Medium
- ☐ Hard

Corned Beef Casserole Continued

Directions

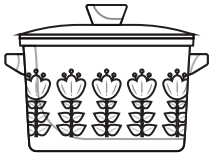
Melt the butter and pour it into the bag with the crushed saltine crackers. Shake the bag until the butter is mixed in well with the crackers.

After the 50 minutes have passed, remove the casserole from the oven and use the Saltine Cracker crumb mix to cover the top of the casserole. Crush up more crackers to add as needed to ensure an even layer of cracker crumbs.

Return the casserole to the oven and bake at 350 °F for approximately 10 more minutes.

Note: You can use Macaroni Elbow Noodles if you prefer them over Shell Pasta. Also, Crispy Onions make for a great topping substitution instead of the Saltine Cracker Crumbs.

Notes:



Submitted by:

Kate Kruggel

Crockpot Tortellini Soup

Ingredients:

1 lb Italian sausage
2 (15 oz) cans of diced tomatoes (with green chiles if you choose)
4 cups broth
8 oz cream cheese
1 (20 oz) bag of frozen cheese tortellini
3-4 cups fresh spinach

Time To prepare

20 Min

Cooking Time

4.5 hours

Recipe Story & Inspirations

I made this for my family for the first time and didn't realize I had bought the diced tomatoes with chipotle peppers in them. Everyone said it tasted fantastic, but it was just super spicy. The next time I made it (with plain diced tomatoes), there weren't any leftovers to pack up!

Tips: Only add cream cheese if you want it to be creamy, and if you want a little more protein, use bone broth.

Directions

Add the browned and drained sausage, broth, both cans of tomatoes, and cubed cream cheese into your slow cooker.

Stir and then cook on LOW for about 4 hours, or until the cream cheese has completely dissolved.

Stir in the spinach and frozen tortellini and cook for an additional 30 minutes or until the pasta is done to your liking.

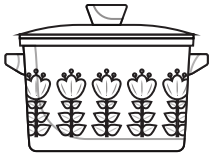
Serve immediately and store leftovers in the fridge for up to 3 days.

Serves

The Family

Difficulty

- ☐ Easy
- ☐ Medium
- ☐ Hard



Submitted by:

Cheryl R. Wildy

Lime Marinade for Steaks

Ingredients:

½ cup soy sauce
¼ cup chopped green onions (or other onions if you don't have green ones)
3 Tablespoons of ReaLime Lime Juice (100% juice) Note: DO NOT use lemon juice.
4 Tablespoons of brown sugar, packed
1/8 tsp red hot pepper Tabasco sauce
1 large garlic clove, minced
1½ lbs ribeye, sirloin, T-bone or other steak of your choice

Time To prepare

10 Min

Resting Time

24 - 48
Hours

Serves

The
Family

Difficulty

- ☐ Easy
- ☐ Medium
- ☐ Hard

Recipe Story & Inspirations

So why marinate steaks? It helps tenderize the meat and adds just the right amount of flavor. It also adds a wonderful aroma. Marinating is also a great idea when using a lower cost cut of meat.

If you want to give your steaks a little extra flavor, try this marinade. You will have to plan ahead as it is best to marinate them for at least 24 hours. I found this recipe in a magazine and have modified it slightly. I have had it over 20 years.

We had some family visiting and so I had some steaks marinating. (I actually had several extra steaks marinating in case I ended up burning one or two!) A friend dropped by just before dinner time and so I invited her to stay and have dinner with us. She loved the steaks and asked for the recipe. She was going to host a wedding rehearsal dinner in her backyard in about a month or so and hadn't decided on what to cook. Once she tasted these steaks, she told us she knew exactly what she was going to cook...or should I say grill!

I also gave this recipe to another friend that likes to grill. He served it when he had company and they really liked it as well.

Lime Marinade For Steaks

Continued

Directions

Mix all of the ingredients (except the steaks) in a large ziplock bag or container.

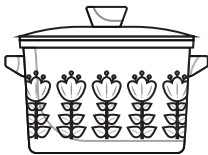
Add the steaks to the bag or container.

Place in the refrigerator and marinate steaks for 24 to 48 hours. Flip steaks every 8 to 12 hours to rotate sides in the marinade.

Heat up your charcoal or gas grill per manufacturer's directions.

Grill steaks to desired doneness.

Notes:



Submitted by:

Constance Widhelm

Easy Enchiladas

Ingredients:

1 can cream chicken soup
1 can enchilada sauce
 $\frac{1}{4}$ cup milk
8 tortilla shells
1 lb. Ground beef (can also use chicken)
Chopped onion
 $2\frac{1}{2}$ cup shredded cheese
1 can green chilies

Time To prepare

20 Min

Cooking Time

30 Min

Directions

Heat soup, sauce and milk until bubbly.
Brown hamburger and onion (or cook chicken).
Add meat to shells, sprinkle in some cheese and green chilies ,
Roll up and place seam down into pan
Repeat until pan is full
Cover with sauce mixture and add cheese on top
Bake at 350 degrees for 25-30 minutes...enjoy!

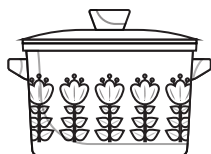
Serves

The
Family

Notes:

Difficulty

- ☐ Easy
☐ Medium
☐ Hard



Submitted by:

Patrick Jaszewski

Diner-Style Sourdough Discard Pancakes

Ingredients:

3/4 cup (105g) all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon baking powder
1 cup (225g) 100% hydration sourdough discard
1/2 cup milk
2 large eggs
1 tablespoon lemon juice, plus 1/2 teaspoon finely grated zest
1 tablespoon sugar
2 tablespoons butter, melted

Time To prepare

20 Min

Cooking Time

30 Min

Serves

The Family

Difficulty

- ☐ Easy
- ☐ Medium
- ☐ Hard

Recipe Story Or Inspirations

Note: I have a nearly 150 year old sourdough starter from San Francisco and would be happy to share some with you if you want some of that history. Just ask Patrick. Otherwise, you can always start a batch by mixing equal parts whole wheat flour and water by weight (eg 60g each) in a glass jar and cover loosely with plastic wrap. After 3-7 days, it should start bubbling and you can feed your starter with equal parts all-purpose flour and water (60g each again). Sourdough starter is great for many different breads.

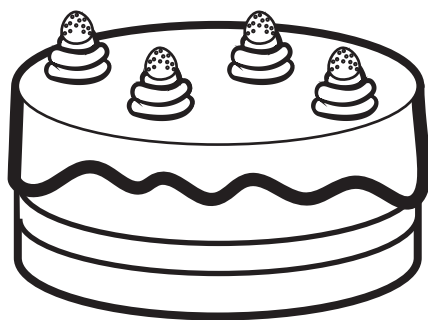
Directions

Whisk flour, baking soda, salt, and baking powder in medium bowl until combined.

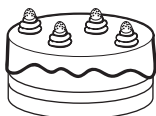
Whisk sourdough discard, milk, eggs, lemon juice and zest, sugar, and melted butter in second bowl until combined. Add liquid ingredients to dry and whisk until just combined. Heat butter in a griddle to 350F or skillet over medium-low heat.

Using 1/4-cup dry measuring cup or 2 ounce ladle, portion batter into skillet in 3 places, leaving 1 inch between portions (pancakes will meet at edges).

Cook until undersides are golden brown and bubbles at center of surface are just beginning to break, 2 to 3 minutes. Using thin, wide spatula, flip pancakes and continue to cook until second sides are golden brown, 1 to 2 minutes longer. Serve. Repeat with remaining batter.



Desserts



Submitted by:

Bruce Martens

Buddy's Gimbels Bars

Ingredients:

Crust

1 box of yellow cake mix (or substitute white or German choc cake mix)

1 stick of butter, melted

1 egg

Topping

1 block 8oz cream cheese, softened to room temp

4 cups of powdered sugar

2 Eggs

1 tsp vanilla

1 cup Coconut

1 cup walnuts (optional)

1 cup mini chocolate chips (optional)

Time To prepare

10
Minutes

Cooking Time

40-45
Mins

Directions

Mix together crust ingredients and and press into a greased 9x13 pan.

Combine the topping ingredients in a large bowl and then add to the top of the crust

Bake at 325 degrees for about 40-45 minutes.

The consistency is that of a lemon bar or you can cook a little more depending on your tastes.

Serves

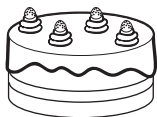
A Christmas
Party

Note:

This recipe is also known as Niemann Marcus Bars

Makes

One
Batch



Submitted by:

Joyce Burke

Best Chocolate Chip Cookies Ever

Ingredients:

2/3 cup Butter (softened)
2/3 cup Shortening
2 Eggs
1 cup Sugar
1 cup Brown Sugar (packed)
2 tsp Vanilla Extract
3 cups Flour (sifted)
1 tsp Soda
1 tsp Salt
12 oz Ghirardelli Chocolate Chips (milk chocolate)
1 1/3 cup Chopped Pecans

Time To prepare

10
Minutes

Cooking Time

10-12
Minutes

Serves

Family
& Party

Makes

Large
Batch

Recipe Story & Inspirations

This 96-year-old lady lived next door to me when I was 20 years old. I needed to make a dessert, so I asked her if she had any good recipes. She gave me this cookie recipe and told me that this would be the best cookie I have ever tasted, and everyone would like it! She was right and I have been making them ever since.

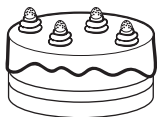
Directions:

Step 1: Mix shortening, butter, egg, vanilla, and sugars.

Step 2: Add sifted flour, soda, and salt to the mixture.

Step 3: Fold in chocolate chips and nuts. Spoon out a spoonful size onto a lined cook sheet.

Step 4: Bake for about 10-12 minutes at 375*
ENJOY



Submitted by:

Hillary Schneekloth

Chocolate Revel Bars

Ingredients:

Oatmeal Batter:

2 Cups Brown Sugar (Packed)
1 Cup Butter (Softened)
2 Large Eggs
2 tsp. Vanilla Extract
1tsp. Salt
1tsp. Baking Soda
2½ Cups All-Purpose Flour
3 Cups Quick Cooking Oats

Fudge Filling:

1 (14 oz.) can Sweetened Condensed Milk
1½ Cups Semisweet Chocolate Chips
2 Tbsp. Butter
½ tsp Salt
2 tsp. Vanilla Extract

Time To prepare

10-15
Minutes

Cooking Time

30-35
Minutes

Serves

A
Party

Makes

One
Batch

Recipe Story & Inspirations

This recipe has always been a favorite for the Schneekloth family. I'm not sure where my Grandma Schneekloth got this recipe from all those years ago, but we're sure glad she found it. Every time we take these bars to a family holiday or reunion, they disappear almost immediately. I chose this recipe to share because I am hoping these bars can become a new family favorite for some of my fellow 3Mer's.

Directions:

Preheat oven to 350 °F

Lightly grease a 9"x13" baking pan.

In a large bowl, beat brown sugar, butter, eggs, and vanilla together.

Next, add the salt and baking soda to the same bowl and mix.

Chocolate Revel Bars Continued

Directions

Add the flour in $\frac{1}{2}$ cup increments making sure to mix the batter well between each one.

Add the oats and mix the batter well, then set aside.

In a microwave safe bowl, add the sweetened condensed milk, semisweet chocolate chips, butter, and salt.

Heat the fudge mixture in the microwave in increments of 30 seconds, stirring well in between, until mixture is smooth and fully blended.

Add vanilla to the fudge filling bowl and mix well. Then set this bowl aside.

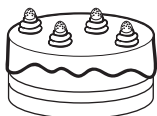
Take $\frac{2}{3}$'s of the oatmeal batter and pat it into the bottom of the 9"x13" pan. This layer should be even and cover the entire bottom of the pan.

Grab the bowl of fudge filling and pour this over the oatmeal batter layer in the pan. Spread the filling evenly with a spatula.

Take the remaining $\frac{1}{3}$ of the oatmeal batter and break it into small pieces and drop these pieces over the top of the fudge layer.

Place 9"x13" pan into the oven at 350°F and bake for 30-35 minutes.

Remove and let cool completely before cutting into 24 bars.



Submitted by:

Cheryl R. Wildy

Cady's Cheesecake

Ingredients:

3 (8 oz.) packages of Philadelphia Cream Cheese,
softened on counter for about 30 to 60 minutes

1 cup of white granulated sugar

4 large eggs, room temperature

1 teaspoon of vanilla extract

1 (10 inch, 9 oz) graham cracker crust

Note: It won't fit in a smaller one.

Topping of your choice: pie filling from a can, chocolate fudge ice cream topping, caramel ice cream topping, mini chocolate chips or fresh, cleaned strawberries with Marzetti's strawberry glaze (my preference)

Time To prepare

35
Minutes

Cooking Time

12+ Hours
w/ Setting

Serves

A Family
Party

Makes

One
Batch

Recipe Story & Inspirations

I have had this recipe since I was a young girl. It came from my aunt/godmother. Her and my uncle used to own and run a restaurant/café (maybe in the 40's or 50's) in a small town in Nebraska. She was a very good cook. She used to be very good at making pies as well. I am not sure if she made this cheesecake in her restaurant, but it is her recipe. I had my first piece at her house when I was very young. I am sure she made her own graham cracker crust but I use a purchased 10" one.

It is a somewhat "heavy, firm, dense" type of cheesecake (not light and fluffy). You can top it with whatever you like (pie filling from a can, chocolate fudge ice cream topping, caramel ice cream topping, mini chocolate chips or fresh strawberries with Marzetti's strawberry glaze (my preference)).

Cady's Cheesecake Continued

Directions

Preheat oven to 350 degrees F.

In a large mixing bowl, beat the cream cheese and sugar until combined.

Add one egg at a time and beat thoroughly after each addition.

Add vanilla extract and continue beating until combined.

Pour batter into graham cracker crust.

Once oven is preheated, place in oven for 35 minutes.

When 35 minutes has passed, turn off your oven but leave the cheesecake in the oven.

Do not open the oven door or anything.

Let the cheesecake set in the oven to cool down for about 3 to 4 hours.

After 3 or 4 hours, the cheesecake should be cool enough that you can remove it from the oven with your bare hands.

Place the cheesecake in the refrigerator overnight. This will ensure a full flavor.

The next day, prepare your topping and place on top of cheesecake just before serving.

Store leftovers in the refrigerator.



Submitted by:

Cheryl R. Wildy

Coca-Cola Chocolate Frosting

Ingredients:

1 stick of butter (no substitutes), softened on counter
for about 15 to 30 minutes
½ cup of Hershey's Brand Cocoa Powder.
1 teaspoon of vanilla extract
¼ cup of Hershey's chocolate syrup for ice cream
¼ cup of COKE pop (not diet)
3½ to 4 cups of powdered sugar

**Time
To prepare**
5
Minutes

**Cooking
Time**
N/A

Serves
A Birthday
Party

Makes
3 Cups
of Frosting

Recipe Story & Inspirations

Buttercream is probably the most popular frosting for a cake. However, if you are a chocolate lover, then this is the frosting recipe for you. It is super simple and it is amazing how it comes together. I found this recipe on the Internet back in 2000. I have used it ever since. It is my favorite, chocolate frosting recipe. I usually put it on a 9" x 13" chocolate cake or chocolate cupcakes. If you want to use it for a layer cake, you may want increase or double the recipe. If you want to use decorating tips, just make it a little thicker with additional powdered sugar.

I generally make cakes from scratch or use a box cake as part of a cake recipe. However, if you are a box cake fan, make a homemade frosting for it and it will taste much better than the pre-made frostings with preservatives.

Coca Cola Frosting Continued

Directions

Place stick of butter into a large mixing bowl.

Beat until creamed.

Add cocoa powder, vanilla, Hershey's syrup and COKE.

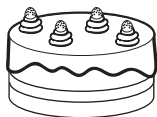
Beat until smooth. (It will seem pretty thick.)

Add powdered sugar a little at a time and beat constantly until well mixed.

If you plan to use decorating tips, you may want to add a little more powdered sugar until it reaches the right consistency.

This recipe frosts a 9" x 13" cake with a little extra for tasting!

Notes:



Submitted by:

Cheryl R. Wildy

Marshmallow Frosting

Speedy, fail-proof, version
of the classic seven-minute frosting

Ingredients:

½ cup white granulated sugar

2 Tablespoons water

2 large egg whites

1 jar (7 oz, 1.5 cups) marshmallow creme

Time To prepare

10
Minutes

Cooking Time

2-3
Minutes

Serves

A Birthday
Party

Makes

3 Cups
of Frosting

Recipe Story & Inspirations

One of my favorite white frostings, this Marshmallow Frosting, is a speedier version of the classic seven-minute frosting. This one is also fail-proof! This recipe came from the Recipe Book “the Cake mix Doctor” in 1999. The Cake mix Doctor says this frosting seems miraculous.

The ingredient amounts appear slim, yet they expand and lighten to yield plenty of frosting with a rich mouth-feel. The secret lies in the marshmallow crème, which keeps the mixture stabilized.

I use this to frost a 9” x 11” cake or cupcakes. I love it on chocolate cake! The recipe says there is enough to frost a 2 or 3 layer cake.....I am not sure about that.....I guess I like my frosting a little thicker! You do have to work a little fast when frosting so it doesn’t set up on you.

As the book states, when you are beating the frosting on the stove, be sure to keep the mixer cord away from the burner.

Marshmallow Frosting Continued

Directions

Place the white granulated sugar, water and egg whites into a medium-sized heavy saucepan.

Cook over low heat, beating continuously with an electric hand mixer on high speed until soft peaks form, 2 to 3 min.

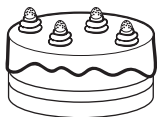
If your hand mixer has a cord, make sure to keep it away from the burner.

Remove the pan from the heat.

Add the marshmallow crème and beat the mixture on high speed until still peaks form (about 2 more minutes).

Use at once to frost a cooled cake of your choice.

Notes:



Submitted by:

Cheryl R. Wildy

Scotcheroos (O'Henry Bars)

Ingredients:

Base/Bottom Layer:

1 stick (1/2 cup) of butter (no substitutes)

1 cup of white granulated sugar

1 cup of light corn syrup such as Karo

1 cup of creamy peanut butter such as Skippy

6 – 6½ cups of Rice Krispies Cereal

Cooking spray such as Pam for pan and back of large spoon

Top/Topping Layer:

1 cup Semi-Sweet Chocolate chips

1 cup Butterscotch chips

**Time
To prepare**
20
Minutes

**Setting
Time**
1+
Hours

Serves
A Happy
Crowd

Makes
1 Pan of
Dessert Bars

Recipe Story & Inspirations

When I was young, I grew up with “O’Henry Bars”. They were basically/very similar to what most Midwesterners are familiar with today as “Scotcheroos”.

They are a dessert bar with chocolate chips, butter-scotch chips, peanut butter and Rice Krispies cereal. The recipe was originally printed on the Rice Krispies cereal box in the mid 1960’s.

Today, they are most popular in the midwestern United States. I just made them for a dinner we had with friends from Philadelphia.

They have never heard of them or had them.

They were a “hit”.

Scotcheroos (O'Henry Bars) Ctd.

Directions

In a large sized sauce pan, add 1 stick of butter, 1 cup of white granulated sugar and 1 cup of light corn syrup.

Heat on medium/medium low to melt and combine these 3 ingredients. Stir as needed.

Continue heating and occasionally stirring until it starts to boil.

Remove from heat and stir in 1 cup of creamy peanut butter.

Pour 6 to 6.5 cups of Rice Krispies Cereal over the mixture.

Stir until combined.

Grease the bottom of a 9" x 13" pan with cooking spray such as PAM.

Pour the cereal mixture into the 9' x 13" pan.

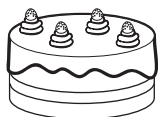
Spray cooking spray on the back side of a large soup spoon.

Use the back of the sprayed spoon to evenly spread the cereal mixture. Press just enough to get a nice smooth, level surface.

Set aside to cool completely.

Once cool, in the top pan of a double boiler pan set, place 1 cup of semi-sweet chocolate chips and 1 cup of butterscotch chips. Place water in the bottom pan of the double boiler.

Heat on medium low to get the water warm/hot. As the water heats in the bottom pan, stir the chocolate chips and butterscotch chips until they are all melted, combined and smooth.



Submitted by:

Cheryl R. Wildy

Sugar Coated Pecans

Ingredients:

1 Tablespoon of egg white (this is usually only part of 1 large egg)

2 cups of pecan halves (or other nuts of your choice)

$\frac{1}{4}$ cup white granulated sugar

2 teaspoons ground cinnamon spice

Time To prepare

20
Minutes

Baking Time

30
Minutes

Serves

Party Or
Gifts

Makes

2 Cups
of Pecans

Recipe Story & Inspirations

This recipe came from a Taste of Home magazine many years ago. I make them every year during the holidays.

They can be given as gifts in tins or in cone shaped bags tied with curling ribbon at the top. I get asked for the recipe often.

They are so simple and when they are about to come out of the oven, the kitchen smells wonderful! It smells like a roasted nut vendors.

I always use pecans but you could substitute other nuts as well.

You do need to wait for them to cool entirely to get the best taste!

Sugar Coated Pecans Continued

Directions

Preheat oven to 300 F.

In a medium to large bowl, beat the 1 Tablespoon of egg white with a mixer on low speed about 1 to 2 minutes. The egg white will appear somewhat white and foamy.

(Note: Measuring the egg white is the toughest part of the recipe!)

Add the pecan halves to the beaten egg white and toss until well coated with a large spoon.

In a small bowl, combine the white granulated sugar and the cinnamon.

Stir with a spoon or fork to combine.

Sprinkle over the pecans and toss/stir to coat.

Spread in a single layer on a 10" x 15" x 1" baking pan.

Bake in a preheated oven at 300 F for 30 minutes.

Remove from the oven.

Immediately remove the pecans from the pan and cool on wax paper.

It is tempting to taste test but they taste better when they are completely cool

Store in metal tins or place in cone shaped bags tied with curling ribbon.

For individual servings, they can be placed in cupcake holders for special events.



Submitted by:

Constance Widhelm

Twinkie Cake

Ingredients:

Cake:

1 pkg. yellow cake mix (do not use a mix with pudding) (also can use a chocolate cake mix if prefer chocolate cake over a yellow cake)
1 pkg. instant vanilla pudding
½ teaspoon salt
1/3 cup oil
1 cup water
3 eggs

Filling:

1 cup water
5 Tablespoon flour
1 cup butter
1 cup sugar
2 teaspoons vanilla

Time To prepare

10
Minutes

Baking Time

40
Minutes

Serves

A Happy
Crowd

Makes

1 9x13
Cake

Directions

Mix cake mix, pudding, salt, oil, water and egg mix well
Pour into 9 x 13 pan
and bake 40 minutes at 350 degrees..
Remove from pan and cool completely

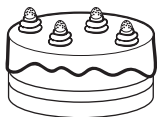
Filling:

Mix flour and water; cook and cool completely.
Cream margarine, sugar and vanilla together.
Add cooked mixture and beat for 5 to 8 minutes until it becomes fluffy.

Split cake and spread filling between layers.

Place top layer back on cake and place in refrigerator to cool...Enjoy!

***DO NOT USE MARGARINE AS IT WILL NOT BEAT UP FLUFFY



Submitted by:

Constance Widhelm

Salted Caramel Bites

Ingredients:

4 cups oyster crackers (one 9oz. Bag)
cup butter
1 cup brown sugar
teaspoons vanilla extract
½ teaspoon cinnamon
1 teaspoon kosher salt

Time To prepare

10
Minutes

Baking Time

40
Minutes

Serves

A Happy
Crowd

Makes

1 9x13
Cake

Directions

Preheat oven to 350 degrees.
Line baking sheet with parchment paper.
Lightly spray with pam spray.
Spread crackers in a even layer on baking sheet.
In large pan on medium heat, melt butter.
Add brown sugar and vanilla.
Stir until brown sugar is dissolved.
Turn up heat until mixture boils.
Stir continuous for 3-4 minutes while mixture gets bubbly and turns light.
Turn off heat and quickly pour over crackers.
Mix gently with spatula until crackers are coated.
Sprinkle crackers with kosher salt.
Put in oven 7-9 minutes. (watch closely so they don't burn)
Remove and allow to cool. Break into clusters and store in container..enjoy!



Submitted by:

Constance Widhelm

Strawberry Angel Food Dessert

Ingredients:

- 2 (3oz) pkg of Strawberry Jello
- 1 can of crushed pineapple
- 1 large container of frozen strawberries
- 1 angel food cake
- 1 (8oz) container of Cool Whip

Time To prepare

10
Minutes

Baking Time

40
Minutes

Serves

A Happy
Crowd

Makes

1 9x13
Cake

Recipe Story

Recipe Inspiration/Story: My grandmother used to make this at Easter for the family gatherings. My grandson loves it even though he never met my grandmother. So I try and make it for him at Easter or whenever the Strawberries are in season.

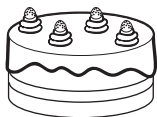
Directions

Prepare Jello as directed on the box.

Use the juices from fruit as the cold water.

Mix well and chill until thinly set, add the Cool Whip mix until well blended then add your fruit. Pour half the mixture into-a 9 X 13 pan tear angel food cake into chunks place on top then pour the remaining mixture over the top covering the angel food cake.

Chill it so it sets up firmly and then serve.



Submitted by:

Patrick Jaszewski

Auntie Ruth's Rice Krispie Bars

Ingredients:

8 cups rice krispies

1 cup peanut butter

12 ounce package butterscotch chips

12 ounce package semi-sweet chocolate chips

1 stick butter

1 cup powdered sugar

Time To prepare

20
Minutes

Baking Time

30
Minutes

Recipe Story & Inspirations

These treats are a lot like "Scotcheroos," but are subtly different with the way that the chocolate layer is in the middle.

They're a lot more peanut-butter forward and retain their crunch more than corn-syrup recipes.

These were a favorite at potlucks growing up.

Serves

Party Or
Gifts

Instructions

Pour rice krispies in a very big bowl.

In a medium sized microwavable bowl, add peanut butter and butterscotch chips.

Microwave peanut butter and butterscotch chips for 2 minutes, stirring until smooth.

Pour into bowl with rice krispies and mix completely.

Makes

2 Cups
of Pecans

Auntie Ruth's Rice Krispie Bars Ctd.

Directions

Grease a 9X13 pan with butter and press half of mixture evenly into the bottom.

Refrigerate.

In the same medium-sized microwaveable bowl (no need to wash at this point), mix semi-sweet chips and stick of butter and microwave for 2 minutes.

Mix until smooth.

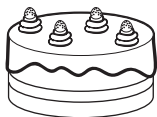
Add powdered sugar and mix again. (If too thick, add a few drops of water.)

Spread this mixture over refrigerated butterscotch krispies and smooth-out with spatula.

Top the chocolate with the remaining half of butterscotch krispies and smooth with spatula.

Refrigerate and keep cold in warm weather

Notes:



Submitted by:

Patrick Jaszewski

Rhubarb Custard Cake

Ingredients:

4 cups chopped rhubarb

1 cup sugar

1 yellow cake mix + Ingredients for making the cake mix (eggs, oil, water)

1 3/4 cups heavy whipping cream

Time To prepare

20
Minutes

Baking Time

30
Minutes

Recipe Story & Inspirations

Notes: Store in refrigerator. I learned this recipe from an operator at the 3M Fairmont plant. This is great for a fresh springtime take on rhubarb that's a little different than pie.

Instructions

Preheat the oven to 350 degrees. Grease and lightly flour a 9 x 13 inch cake pan.

Place the rhubarb in a bowl and sprinkle sugar over top.

Serves

Party Or
Gifts

Makes

2 Cups
of Pecans

In a separate bowl, prepare the cake mix according to package instructions then pour the batter into the prepared pan. Toss together the rhubarb and sugar then sprinkle evenly on top. There will likely be some extra sugar liquid at the bottom. Make sure you get that part too.

Rhubard Custard Cake Ctd.

Directions

Pour the cream evenly over the entire top of the cake.
Place the cake in the oven and bake for 50 minutes to 1 hour,
or until top is set and a toothpick comes out clean.

(the bottom third of the cake will still be wet so don't base the
toothpick test on that portion).

Serve the cake warm with a spoon (the custard will be delicious but runny), or chill for a few hours or overnight to allow the custard to set up and slice neatly.

We love the cake both warm and cold!

Notes:
