

Quick and Tasty Recipes

I like to cook so I do most of the household cooking. Like most of you I'm always pressed for time so I've come up with some simple, quick, tasty, dinners. A deeper 10" skillet with lid is a must.

Most of the recipes require 30-40 minutes preparation and cooking time. There will be a few that take longer, but worth the time and effort.

We're now looking for tasty and easy to prepare low-carb recipes. Share them if you can.

Recipe Menu

One-Skillet Chicken N Dumplings	One-Skillet Italian Steak
One-Skillet Spicy Steak	One-Skillet Pork Chops
One-Skillet Italian Chicken	One-Skillet Corned Beef N Cabbage
One-Skillet Chili	One-Skillet Chicken Rigate
One-Skillet Red Beans	WOK Fried Rice
Jen's Crab Dip	Turkey Gumbo
Weight Watcher's Tomato/Cola Chicken	WOK Stir Fried Potatoes
One Skillet Sausage and Cabbage	One-Skillet Steak & Noodles, Italian
Zucchini Casserole	Calzone
Pizza Hors'douerve	Spinach Strawberry Salad
Sinful Potatoes	Extra Quick Yeast Rolls
Quick Lasagna	Red Velvet Cake
Taco Soup	Sour Cream Cake
One Skillet Sausage and Spuds	Quick and Wonderful Chicken
Leftover Roast Beef Rollups	Chicken, Mushroom Surprise & Rice
Marie's Channa Masala	Sandie's Lemon Pudding Cake
Terry's Bar B Q Sloppy Joe	Fran's Buttermilk Pound Cake
Nancy's Chocolate Orange Bread Pudding	Charlene's Chopped Steak on Noodles
Charlene's Tacos	Charlene's Sausage Soup
Pat's Vegetable Soup - With Meat	BBQ Chicken – Low Cal

1

George's One-Skillet Chicken N Dumpling's

Four boneless chicken breasts cut into 1" cubes

Five medium potatoes, peeled and quartered

One package frozen dumplings (Open Kettle)

Salt and pepper

Place chicken breasts in cooker with about 1" of water, cover and cook on low heat for about 15 minutes. Add potatoes, dumplings and sufficient water to cover. Salt and pepper to taste and simmer covered for another 30 minutes.

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George's One-Skillet Italian Steak

Four cube steaks

One can diced tomatoes with Italian spices

Four ears of white sweet corn

Four yellow or two Zucchini squash, 1" slices

Place cube steaks in cooker and lightly brown on both sides. Add diced tomatoes, ears of corn and small amount of water. Simmer covered for about 30 minutes. Add squash and simmer covered another 10 minutes.

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George's One-Skillet Spicy Steak

Four cube steaks

One can diced tomatoes with peppers (Mexican or Cajun)

Four ears of white sweet corn

Six new red potatoes, whole

Place cube steaks in cooker and lightly brown on both sides. Add diced tomatoes, ears of corn, potatoes and small amount of water. Simmer covered for about 40 minutes.

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George's One-Skillet Pork Chops

Four lean center-cut pork chops

One can Cream of Mushroom soup

Four ears of white or yellow sweet corn

Four medium potatoes peeled and quartered

Place pork chops in cooker and lightly brown on both sides. Add soup, ears of corn, potatoes and small amount of water. Simmer covered for about 40 minutes or until chops are tender.

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George's One-Skillet Italian Chicken

Four boneless chicken breast cut in 1" cubes

One package frozen mixed veggies (your choice)

1/4 cup Zesty Italian salad dressing

Small package dry pasta (your choice)

Place chicken in cooker with 1/4 cup salad dressing and brown on low heat. Add frozen veggies, pasta and just enough water or additional salad dressing to cook pasta. Simmer covered about 30 minutes. This one takes a little practice to get the pasta right. Or you can cook pasta separately and add after veggies are done. Just don't tell anyone it took TWO pots.

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George's One-Skillet Corned Beef N Cabbage

One can corned beef (mostly for flavoring)

Four-five medium potatoes, peeled and quartered

Small head cabbage, chopped into 2" chunks

Salt, pepper and garlic powder

Place potatoes, corned beef, cabbage and enough water to cover all in cooker. Add salt, pepper and garlic powder to taste and simmer covered about 40 minutes.

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George's One-Skillet Chili

2 lb. extra lean ground beef (93%)

One can hot chili beans (Bush's)

One can red beans (Bush's)

One can diced tomatoes, plain

Two packages French's Chili-O (original)

One large Vidalia or Texas Sweet onion, diced

Place meat and onions in cooker and brown meat. Add Chili-O and about two cups water. Stir until Chili-O is mixed into meat. Add tomatoes and beans. Simmer covered for 30 minutes. Can be topped with shredded cheddar and raw onion for greater taste. Next day, serve leftovers spooned over bowls of rice (real short or long grain rice).

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George's One-Skillet Chicken Rigate

Four boneless chicken breasts cut into 1" cubes

One package (12oz) pasta - Penne Rigate

One jar marinara sauce - Barilla

Two medium zucchini squash cut into 1/2" slices

Pre-cook pasta and set aside. Place chicken cubes in cooker with one tablespoon of olive oil and lightly brown. Add marinara sauce, pre-cooked pasta and squash. Add small amount of water and simmer covered for 20 minutes. Serve with tossed salad.

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George's One-Skillet Red Beans

Two cans Bush's Red Beans (not kidney beans)

1/2 LB smoked sausage or smoked ham, 1/4" slices or chunks

1/2 cup diced Vidalia or Texas Sweet onion

1/2 cup diced green bellpepper

1/2 cup celery, chopped

Louisiana hot sauce to taste, 1/2 cup margarine or butter

1 bay leaves, 2 tablespoons Worcestershire sauce

Garlic or garlic powder, salt and pepper to taste

Combine all ingredients in cooker. Add enough water to nearly cover ingredients and simmer covered for 40 minutes. Serve over fresh steamed rice. Yep, took two pots, the skillet and rice cooker. Also, I like cornbread (Martha White's yellow cornbread mix) fixed in an 8" iron skillet. Now we're up to three pots - please forgive me. The beans can also be done in a crockpot using dried red beans.

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George's WOK Fried Rice

3 cups of precooked short grain rice

1 cup carrots, sliced into strips

1 cup celery, 1/4" slices on angle

1 cup onion, Texas Sweet or Vidalia

1 egg, beaten lightly

Soy sauce, curry powder, lemon pepper, olive oil

1 cup meat of your choice, diced (optional)

Cook short grain rice a day or two ahead of time and store in refrigerator (short grain has a much better flavor). Put 2 tablespoons of olive oil in WOK and bring to high cooking heat. If using meat, place in hot oil and cook about 5 minutes. Stir in carrots, celery, onion and about 2 tablespoons soy sauce, 1/8 teaspoon curry powder, and generous shakes of lemon pepper (a little water may need to be added). Cook on high heat for 1 minute. Lower heat to medium, loosen and stir in rice. Make a hole in the center of the mixture exposing the WOK and stir in egg. Slowly work the cooking and raw egg into the mixture. Remove from heat but continue working the egg around the WOK until done.

Optional Meats: Good choices are fresh chicken, char grilled chicken, smoked ham, bacon, or fresh pork.

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Jen's Crab Dip

Submitted by Jen, fslmw2@alaska.net

2 cans white crab meat drained

1 8oz softened cream cheese

3 green onions diced

1 tablespoon mayo

To the softened creamed cheese add the onions and mayo. Mix it up. Throw in the crab meat and mix but try not to destroy the crab meat, just try to get it blended. Serve with wheat thins and Ritz crackers. Do not use fake mayo or imitation crab meat

Another way this tastes great is to use it as a stuffing for miniature cream puffs.

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George's Turkey Gumbo

Turkey carcass (Thanksgiving/Christmas leftovers)

3 tablespoons oil

2 cups okra cut up (maybe fresh or frozen)

2 links hot smoked sausage cut into 1/2 inch slices

3 cups turkey meat chopped

3 tablespoons flour

2 medium onions diced

Tobasco, black pepper and salt to taste

Enough water to keep all covered while cooking

File', Cajun Spice (optional)

Savoy's Roux (ready made in jar) Optional if you don't want to make the roux

Preparation time, about 30 minutes but cook time is 3-4 hours.

Boil 'bird body' and bones in water for 1 hour to make stock. Remove from heat, pick meat from bones, skim excess fat, add chopped turkey meat and return to stock pot on medium heat.

In heavy skillet make a roux. Brown flour in oil over medium heat, stir constantly being careful not to burn. Roux should be about the color of a wet grocery bag. Add roux to stock pot.

Place okra and onion in skillet with small amount of oil, cook and stir until okra is no longer slimy. Add to stock pot.

Place sausage in skillet and cook on medium to remove most of the grease (microwaving is a good way to do this). Add sausage to stock pot.

Cook 2 to 3 hours adding water as needed but keep gumbo thick. Add Tobasco, pepper and salt as needed.

Serve over freshly cooked rice Add File' to each serving if desired.

Option: For added flavor small amounts of shrimp, crab meat, or fish can be added to stock near end of cooking cycle.

Aaaaaaaaaaeeeeeeeeeiiiiiiiiiii! It's good! And better the next day!

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Weight Watcher's Tomato/Cola Chicken **Submitted by Evon of Oklahoma, EBurk56622@aol.com**

4-5 pieces of skinless chicken

3/4 cup catsup

1 can cola (Coke or Pepsi, your choice - not diet)

Bring catsup and cola up to slow boil in a frying pan (Evon uses an iron skillet). Place chicken in mixture, reduce heat and simmer about 30 minutes. Turn at least once. Evon didn't say so but I think you would cook covered.

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George's WOK Stir Fried Potatoes **(a.k.a. Fish Head Spuds, Just for the Guys)**

6 Medium Potatoes, diced (1/2" cubes) Peel on or off

1/2 cup onions, chopped

1/4 cup bacon, chopped

3 eggs

1/2 stick margarine or butter

Salt & Pepper

Soy Sauce or Salsa

Brown the bacon in a 10" WOK, melt margarine in WOK, add onion and cook for 5 minutes. Add potatoes and simmer covered on medium to low heat until potatoes are cooked but still firm - about 30 minutes. Salt and pepper to taste. Hand beat eggs in bowl for about 1 minute and then pour over potatoes in WOK. Stir constantly until egg has coated the potatoes and is cooked. Serve with either Soy Sauce or Hot Salsa, depending on your preferred taste. And don't forget the beer!

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One Skillet Sausage and Cabbage **Submitted by Melanie, boogie1568@aol.com**

1 Roll of sausage (mild or hot)

1 Large head of cabbage

In large skillet crumble sausage and cook well done. While sausage is cooking chop cabbage and set aside. After sausage is done add cabbage to skillet (do not drain grease) stir and cover. Cook on med/low heat till cabbage is done. Add salt and pepper to taste.

Serve with pan of Mexican cornbread. (George, "yum!!!")

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One Skillet Round Steak & Noodles, Italian **Submitted by Nyla, NDill33651@aol.com**

2 lb. round steak cut into cubes

1 Large onion

1 Jar of spaghetti sauce

salt, pepper, oregano, garlic

1 Pk noodles of your choice

Brown the round steak in skillet, add onion, seasonings and sauce. Cook for about 45 minutes (covered). Cook noodles till tender. Combine all ingredients in skillet. Serve with salad and baked bread and you have a very good meal. Hope you enjoy.

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Zucchini Casserole **Submitted by Cindy, golfershun@aol.com**

2 lb. zucchini - par boiled 5 minutes

1 can cream of mushroom soup
1 cup grated yellow cheddar cheese
1 cup sour cream
1 medium onion, finely diced
1 stick butter
8 oz package Pepperidge Farm Stuffing Mix

Par boil zucchini and set aside. Mix soup, cheddar cheese, sour cream and onion. Stir in zucchini. Mix butter and stuffing mix. Place 1/2 stuffing mixture in bottom of 9x13 baking dish. Top with zucchini mixture. Cover with remaining stuffing mixture. Cook at 350 for 45 minutes.

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Calzone

Submitted by Cindy, golfershun@aol.com

2 - 1lb frozen bread dough - softened
1 small ricotta
1 egg
1/4 cup chopped parsley (fresh if available)
ground pepper - generously
garlic salt - sparingly
1/4 LB each, Genoa salami, provolone, proscuitto, slicing pepperoni, ham (boiled or baked)
1 small jar pizza sauce (prefer Ragu)
grated parmesan

Mix ricotta, egg, parsley, pepper, garlic salt and set aside. Roll out each dough to 14x9 inches. Place 1/2 jar of pizza sauce on each. Top with ricotta mixture, meats, provolone and sprinkle with parmesan. Roll up like jelly roll, tuck ends under and pinch to seal. Bake at 350 for 40 minutes.

Maybe frozen and reheated when ready to use.

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Pizza Hors'douerve

Submitted by Cindy, golfershun@aol.com

8 oz pkg. cream cheese
1 cup ketchup
1 small can shrimp
1 1/2 Tablespoons horseradish
1 green pepper, chopped

1 tomato, chopped
1 small can black olives
scallions, chopped
8 oz shredded mozzarella

Spread cream cheese over 12" pizza pan and set aside in refrigerator. About 1 hour before using, combine ketchup, shrimp, horseradish, and spread over chilled cream cheese. Top with green pepper, tomato, olives, scallions to taste, sprinkle with 8 oz shredded mozzarella. Serve with crackers.

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Spinach Strawberry Salad **Submitted by Cindy, golfershun@aol.com**

Salad: Mix and refrigerate overnight,

1 bag spinach and 1 quart of strawberries. Quarter or half the berries, according to berry size.

Salad Dressing: Mix,

1/2 cup sugar
1 Tablespoon poppy seeds
2 Tablespoons sesame seeds
2 teaspoons minced onion
1/2 cup cider vinegar
1/2 cup vegetable oil
dash Worcestershire sauce
dash paprika

JUST BEFORE serving pour dressing over salad and enjoy

Note: Dressing makes enough for double salad. Adjust as needed.

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Sinful Potatoes **Submitted by Reader**

2# package frozen hash brown chunks
1 tsp. salt
1/2 cup chopped onions
2 cups shredded sharp cheese (also comes in a 2# pkg.
2 cans cream of chicken soup (do not add water)
2 cups sour cream
Cornflakes

Butter

Mix together soup, sour cream, onion, cheese and salt. Add frozen hash browns (break them apart so you don't have huge chunks stuck together). Place mix in a 9x13 baking dish. Top with 2 cups crushed cornflakes. Over cornflakes spread or drizzle 1/2 cup melted butter. Bake at 350 for 1 hour. Serve hot. Sit back and enjoy the compliments.

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Extra Quick Yeast Rolls

Submitted by Candace, cgibson@i40.net

1 package (1/4 ounce) active dry yeast

1 tablespoon sugar

3/4 cup warm water

2 1/2 cups biscuit/baking mix

Dissolve yeast and sugar in water. Stir in biscuit mix and turn onto a lightly floured surface. Knead until smooth and elastic, about 2-3 minutes. Shape into dinner rolls. Place on greased baking sheet. Cover and let rise in warm place 30 minutes. Bake at 400* for 10-15 minutes or until brown. Enjoy.

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George's Quick Lasagna

1lb ground beef, very lean

1 jar spaghetti sauce (I prefer Prego)

9 lasagna noodles, cooked

1 large container cottage cheese

2 cups mozzarella cheese, shredded

Cook lasagna noodles. While noodles are cooking, brown ground beef breaking it up as much as possible and when done add spaghetti sauce. Bring sauce up to heat and set aside. Cover bottom of 9X13 glass baking dish with thin layer of sauce mixture. Cover sauce with 1/4 cup mozzarella and add layer of 3 noodles. Cover noodles with layer of cottage cheese, sauce mixture, mozzarella cheese and add layer of 3 noodles. Repeat layering. On last layer of noodles spread remaining sauce mixture evenly, and cover entire lasagna with remaining mozzarella cheese. Bake at 350* for about 30 minutes. Serve with salad and buttered garlic bread. Takes about 20 minutes to prepare.

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Red Velvet Cake

Submitted by Candace, cgibson@i40.net

- 1 package fudge marble cake mix
- 1 teaspoon baking soda
- 2 eggs
- 1-1/2 cups buttermilk
- 1 bottle (1oz.) red food coloring
- 1 teaspoon vanilla

In mixing bowl combine contents of cake mix and baking soda. Add eggs, buttermilk, food coloring and vanilla. Blend on low until moistened. Beat on high for 2 min. Pour into 2 9in greased and floured round cake pans. Bake at 350* for 30-35 min. Cool and frost with your favorite cream cheese frosting. Tastes like you measured all day.

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Taco Soup

Submitted by a BBD Digest Reader

- 5 Chicken Breasts (pre-boil 5 min.)
- 1 Chopped onion and 3 minced garlic cloves
- 1 1/2 Tablespoons cilantro
- 1 4oz. can diced Oreta chills
- 1 Can of chicken broth (or 2 bouillon cubes)
- 1 Can beef broth (or 2 bouillon cubes)
- 32 oz. V-8 juice
- 1 12oz. can corn
- 1 Teaspoon cumin
- 1 1/2 Teaspoon chili powder
- 1 Teaspoon salt & pepper
- 1 Tablespoon Lea & Perrin Worcestershire sauce
- 1 1/2 Tablespoon A1 sauce

Sauté onion and garlic cloves in 1/4 cup of olive oil. Combine remaining and simmer for 1 to 1 1/2 hours. Serve over tortilla chips and top with shredded cheese and a sprig of cilanto.

Great dish to slow cook in the crock pot.

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Sour Cream Cake

Submitted by Sandie, SPowers323@aol.com

1 box white cake mix

1 cup sour cream

1/2 cup sugar

3/4 cup oil

4 eggs

Mix the above four together and set aside - cake mixture

3 tablespoons brown sugar

3 tablespoons cinnamon

1/2 cup nuts

Mix the above three together - sugar mixture

Spray bundt cake pan with Pam real good. Now layer the cake mixture and sugar mixture.

Bake 1 hour at 350

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One Skillet Sausage and Spuds

Submitted by Bev aka Fred

1 package rope sausage (Hillshire Farms)

1 can green beans, drained (any style)

1 small onion, chopped

1 can whole or sliced new potatoes - spuds, drained (fresh microwave potatoes may be used)

Cut sausage into pieces, either 3" chunks sliced down the center or 1/4" slices. Lightly brown sausage in skillet or wok add onion and simmer for a few minutes. Add green beans and spuds. Stir over medium heat until beans and spuds are heated through. Spice to taste with salt, pepper, garlic and dash of nutmeg. Optional additions are Cream of Mushroom soup, celery, snow peas, peppers, and your imagination

Bev also sent this great bean dip recipe: 1 can refried beans, 1/2 cup medium salsa, 1/3 cup grated medium cheddar cheese. Toss into blender and whiz a bit. Serve cold or zap in microwave a few minutes.

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Quick and Wonderful Chicken

Submitted by Sandy, SANDLES321@aol.com

Boneless, skinless breasts (one for each serving needed)

Bloody Mary Mix (such as Mr. and Mrs. T's)

Place chicken breasts in skillet or pan, cover with Bloody Mary Mix. Simmer till chicken is tender.

Leftover Roast Beef Rollups

1 to 1 1/2 lb. leftover roast beef (no gravy)

1 large jar Cheese Whiz - Spicy

10 medium size flour tortillas

Salsa - as hot as desired

Chip up the roast beef in a sauce pan, add about 1/2 jar of Cheese Whiz. Heat slowly and stir until meat is completely covered with Cheese Whiz. Place 2-3 table spoonfuls of meat mixture in center of a tortilla and spread side to side one way. Roll up the tortilla and place in a slightly greased (Pam) 9x13 baking dish. Continue rolling until all the tortillas are lined up side by side in the baking dish. Cover the tortillas with the remaining Cheese Whiz and place in 350 oven for about 20 minutes or cover and put in microwave for about 8 minutes on high. Don't let the cheese burn. Remove from oven or microwave and top with Salsa - make it pretty. Serve with Mexican rice and refried beans. To make it extra nice, serve topped with diced tomatoes, shredded lettuce, sour cream or my favorite, guacamole.

Quick Chicken and Mushroom Surprise with Rice

2 boneless, skinless chicken breasts

1 can cream of mushroom soup

1/2 cup milk

1 can mushrooms - I use pieces

2 cups cooked rice

While rice is cooking (in electric rice cooker) cut chicken breast into 1 inch squares. Place chicken in 10" chicken cooker - what else - and cook for a few minutes until chicken is white on all sides. Thin soup with milk and then add along with mushrooms to cooking chicken. Bring mixture to a slight boil, stir, turn heat to very low, cover and let simmer for about 15 - 20 minutes. Serve by spooning chicken, mushroom mixture over rice and add a couple of your favorite canned or microwave frozen vegs. Serves 2 - 3. Leftovers make a great lunch!

Marie's Channa Masala

Submitted by: Marie at B'Dazzled, pray4peace@compuserve.com

2-3 tbl Olive oil

1 large onion very finely chopped or processed in a food processor/grinder

1 inch piece of peeled, finely chopped/grated ginger

2 cloves garlic, finely chopped

1 bay leaf

1/2 tsp turmeric

1 tsp coriander powder

1 tsp cumin

1/2 tsp garam masala powder

2 cans garbanzo beans (chick peas), drained

1/4 to 1/2 tsp channa masala powder (optional) or cayenne pepper (for more hot spice)

1-2 shakes garlic powder

1 tbl Ketchup

Fresh or frozen chopped coriander leaves & stems to taste

1-2 tbl mashed potato flakes

Heat oil in a frying pan. Add onions, garlic and ginger. Sauté until onions are translucent.

Add 1 cup of water to onion mixture. Add turmeric, coriander powder, cumin, garam masala, channa masala/cayenne pepper, garlic powder and the bay leaf.

Cover and boil for about one - two minutes. Add garlic powder, ketchup, fresh coriander and 1/2 cup of water. Stir to mix. Add drained garbanzo beans. Cook covered on low heat for about 15 minutes. This will give some time for the garbanzo beans to absorb all the spices.

Remove garbanzo beans from pan. Add 1/4 cup of water (if needed) and mashed potato flakes to thicken the gravy. Stir well. Restore garbanzo beans to pan and mix with the gravy. Garnish with more coriander leaves if desired.

Serve over basmati or regular long-grain white rice. Serves 4.

* Marie identified this as an Indian dish -- no, not American Indian.

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Sandie's Lemon Pudding Cake

Submitted by: spowers323@aol.com

3 eggs, separated
3/4 cup lowfat milk
1/4 cup fresh lemon juice
1 teaspoon grated lemon peel
1 cup sugar
3/4 cup all purpose-flour
1/4 teaspoon salt

Place egg whites in medium bowl. Beat on medium for 1-1/2 minutes, or until stiff peaks form. Set aside.

Beat egg yolks till fluffy. Add milk, lemon juice, and grated lemon peel. Add remaining ingredients. Fold in egg whites. Spoon batter into 1 1/2 quart casserole dish. Place dish in a larger pan and add hot water to 1" depth.

Bake 350 for 35-45 minutes or until golden brown. Serve warm.

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Terry's Bar BQ Sloppy Joe

Submitted by: Terry Casey

1 lb ground meat - very lean
1 TBS butter
1/2 cup ketchup
2 TBS sugar
1 1/2 tsp Worcestershire
1 TBS vinegar
1 TBS mustard
Salt to taste

Brown meat and drain fat if necessary. Mix all ingredients. Cover and simmer for 1/2 hour. Serve hot on buns with slices of onion.

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Fran's Buttermilk Pound Cake

Submitted by: Fran Walton

1 cup butter
 1/2 cup shortening
 3 or 4 oz. cream cheese
 6 eggs
 3 cups sugar
 3 cups plain flour
 1/2 teaspoon salt
 1 teaspoon baking powder
 1 cup buttermilk
 1 teaspoon vanilla
 1 teaspoon lemon flavoring

 Cream butter, shortening, cream cheese and sugar until light. Mix in eggs one at a time. Sift in flour with baking powder and salt. Mix buttermilk and flavorings into butter mixture. Bake in well greased and floured pan for 1 hour 20 minutes at 325 degrees.

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Nancy's Chocolate Orange Bread Pudding

Submitted by: Nancy in St. Louis

For Pudding:

Nonstick cooking spray
 1 lb loaf of French or Sourdough bread
 1/3 cup raisins
 1/4 cup dark rum, sherry or brandy
 1 cup packed dark brown sugar
 1/4 cup unsweetened cocoa powder
 1 oz semisweet chocolate, grated on the large holes of a cheese grater
 1 12 oz can evaporated low-fat milk
 1 cup liquid fat-free egg substitutes
 Grated rind of 1 orange (only the colored portion - about 1 teaspoon
 1 teaspoon vanilla
 1/4 teaspoon salt

For Glaze:

1 cup powdered sugar
 3 tablespoons unsweetened cocoa powder
 2-3 tablespoons 2 percent milk

Prepare pudding:

Preheat oven to 350 degrees. Coat a 13x9 pan with cooking spray. Set aside. Cut the crusts off the bread and discard. Cut bread into cubes. Place in a large bowl. In a small bowl, combine raisins and rum; soak for several minutes until raisins are soft. In another bowl, combine brown sugar, cocoa powder, grated chocolate, evaporated milk, egg substitutes, orange rind, vanilla and salt. Stir well to dissolve sugar. Pour milk mixture over bread cubes; stir well. Add raisin mixture; stir again. Pour into prepared pan; level with a spatula. Bake for 40-45 minutes or until pudding is almost set in center. Let cool for 15-20 minutes. When ready to serve, heat covered in the oven for 20 minutes or until warm. Drizzle with glaze before serving.

Prepare glaze:

Combine powdered sugar, cocoa powder and milk to make a thick glaze. Drizzle over pudding. Serve warm. Makes 10 servings.

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Charlene's Chopped Steak on Noodles

Submitted by Charlene

1 lb ground meat

1 medium onion coarsely chopped,

Spices to taste - Oregano, garlic, pepper, thyme, salt

1 cup chopped celery

1 small can mushrooms (or fresh if you prefer)

1 can chopped tomatoes with juice

Egg noodles - enough for four servings

Grated cheese - your favorite

Brown meat in skillet with onion and spices. Add celery, mushrooms and tomatoes and simmer a few minutes until celery is tender. Serve over cooked noodles, top and cheese.

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Charlene's Tacos

Submitted by Charlene

1 lb ground meat

Spices to taste - oregano, cumin, garlic

1 medium onion sliced

1 tomato chopped

1 avocado chopped
1 package shredded Mexican blend cheese
Lettuce, shredded
Salsa
Flour tortillas

Brown meat in skillet with spices. Heat tortillas over a burner until they have a few specks of browned/burned spots. Fill tortillas with meat mixture, top with onion, lettuce, tomatoes, cheese and salsa. Yummy!

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Charlene's Sausage Soup

Submitted by Charlene

1/4 lb ground sausage
1 head cabbage, shredded
AuJus mix

Brown sausage in large pot, do not drain fat. Add shredded cabbage and stir fry for a bit. Make AuJus per directions on package and add to pot. Let simmer until cabbage is tender. thicken a bit with cornstarch mixed with cold water if needed.

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Pat's Vegetable Soup - With Meat

Submitted by Pat Campbell

12 Cups water
1 or 2 Shin bones - yes, shin bones. Have your butcher cut them about 3/4" thick and 2" wide. Its the marrow that counts so don't substitute.
2 lbs stewing beef (see other meats below)
1 can Campbell's vegetable soup (Alphabet with beef stock)
1 can, 28oz, diced tomatoes
1 jar, 14oz, Ragu Pizza Quick sauce
1 medium onion, chopped
2 stalks celery, diced
1 & 1/2 tsp parsley
1/2 tsp thyme (very important for flavor)

1 tsp salt
1/2 tsp pepper
1 can whole kernel corn, drained
1 & 1/2 bags frozen mixed vegetables (16oz bag - not with okra)
5 small potatoes peeled and cut into bite size (add last hour of cooking)
2 handfuls egg noodles (add last hour of cooking)

Combine all in soup pot and simmer all day, adding last two items one hour before ready to serve. Freezes great.

Options: This can be turned into Maryland Crab Soup by substituting the stew beef with real crab meat, but leave the shin bone in..

George's comment: You could substitute just about any kind of meat you have... venison, pork, fish, clams, chicken, etc. Of course in the south we might add a touch of red pepper to give it some "bite"..

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BBQ Chicken – Low Cal

Submitted by N15109

4 boneless, skinless chicken breasts
1 can diet Dr. Pepper, Coke, Pepsi, or your favorite soft drink
12 oz your favorite BBQ sauce

Place chicken breast in 9x13 baking dish. Pour soft drink and BBQ sauce over chicken and bake @ 350 for about 1 to 1-1/2 hours.

George's Comment: You might want to baste the chicken with the BBQ mixture a couple of times during the baking to keep the top moist. Makes tender, juicy chicken.

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