I “Can” Cook

A cookbook highlighting the use of canned foods

Produced by and for the clients and volunteers of The Lawrenceville Cooperative Ministry, Inc.

52 Gwinnett Drive, Suite C
Lawrenceville, GA 30046
This cookbook is dedicated in loving memory of long-time Co-Op volunteer

Linda Ann MacKinnon

Show me your ways, Lord, teach me your paths. Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. Remember, Lord, your great mercy and love, for they are from of old. Do not remember the sins of my youth and my rebellious ways; according to your love remember me, for you, Lord, are good.

Psalm 25:4-7 (NIV)
Contents

Adobe Chicken Casserole (Super Easy) ................................................................. 5
Au Gratin Potatoes (Easy) ....................................................................................... 5
Bean Salsa (Spicy) .................................................................................................... 6
Beef and Vegetable Soup .......................................................................................... 6
Bon Appetite Black-eye Pea and Potato Casserole ............................................. 7
Brunswick Stew (version 1) ..................................................................................... 8
Brunswick Stew (version 2) ..................................................................................... 8
Cheddar Dip ............................................................................................................... 9
Cheesy Chicken Casserole ....................................................................................... 9
Cheesy Chicken Pasta ............................................................................................. 10
Cherry Dump Cake ................................................................................................... 11
Chicken & Vegetable Bake ...................................................................................... 11
Chicken and Rice ..................................................................................................... 12
Chicken Fettuccine Casserole .................................................................................. 12
Chicken Soup With Vermicelli ............................................................................... 13
Chili ......................................................................................................................... 13
Chili Crunch Stew ..................................................................................................... 14
Chili Mac Skillet ....................................................................................................... 14
Chole Recipe (Garbanzo Beans) ............................................................................. 15
Creamed Tuna .......................................................................................................... 15
Garlic Green Beans ................................................................................................ 16
Green Bean Bake ..................................................................................................... 17
Green Bean Casserole (version 1) ......................................................................... 18
Green Bean Casserole (version 2) ......................................................................... 18
Hot Side Dish ........................................................................................................... 19
Mushroom Delight .................................................................................................. 19
No-Bake Chocolate Oatmeal Cookies ................................................................... 20
Orange Pineapple Tapioca ....................................................................................... 20
Pantry Enchilada Skillet ......................................................................................... 21
Adobe Chicken Casserole (Super Easy)

Ingredients
2 cups brown rice, cooked
1 - 10 oz. can chopped tomatoes and green chilies, drained
3 cups cooked, chopped chicken
1 - 8 oz. pkg. shredded Monterey Jack cheese, halved

Directions
Mix cooked rice, tomatoes and green chilies, chicken and half of the cheese.
Pour into greased 7x11 inch casserole dish and cover with foil.
Bake at 325 degrees for 30 minutes.
Sprinkle with remaining cheese and bake uncovered for 5 more minutes.

Optional: Substitute cooked chicken with canned chicken, drained.
Top with lettuce and sour cream.
Sprinkle green Tabasco sauce on top to taste.
Serve in tortilla shells.

From https://www.JoyfulHomemaking.com

Au Gratin Potatoes (Easy)

Ingredients
2 TBSP. butter or margarine
2 TBSP. flour
1 cup milk
1/8 tsp. garlic powder
1 cup shredded Cheddar or Swiss cheese
2 cans (14-1/2 oz.) Sliced Canned Potatoes

Directions
Melt butter in saucepan: blend in flour. Add milk gradually and cook constantly until thickened. Add garlic powder and ½ cup cheese.

Combine potatoes and sauce in 2-qt shallow baking dish; top with remaining cheese.

Bake at 375 degrees F, 25 minutes or until golden brown and heated through. Garnish with sliced green onions, if desired.

Submitted by Ruth Hardy
Bean Salsa (Spicy)

Ingredients
1 (15 ounce) can black-eye peas
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can whole kernel corn, drained
1/2 cup chopped onion
1/2 cup chopped green bell pepper
1 (4 ounce) can diced jalapeno peppers
1 (14.5 ounce) can diced tomatoes, drained
1 cup Italian-style salad dressing
1/2 teaspoon garlic salt

Directions
In a medium bowl, combine black-eyed peas, black beans, corn, onion, green bell pepper, jalapeno peppers and tomatoes. Season with Italian-style salad dressing and garlic salt; mix well. Cover, and refrigerate overnight to blend flavors.

From Allrecipes.com

Beef and Vegetable Soup

Ingredients
1 tablespoon vegetable oil
1 pound ground beef
1 medium onion, diced
2 garlic cloves, minced
1 (14.5-ounce) can beef broth
1 (14.5-ounce) can sliced carrots, drained
1 (14.5-ounce) can cut green beans
1 (14.5-ounce) can stewed tomatoes
1 teaspoon dried basil
1 cup cooked noodles

Directions
In 4-quart saucepan over medium-high heat, in hot oil, cook ground beef until well browned. With a slotted spoon, remove beef to bowl. In drippings remaining in saucepan over medium heat, cook onion and garlic until tender. Add beef broth, carrots, green beans, stewed tomatoes, basil and ground beef; over high heat, heat to boiling. Reduce heat to low; cover and simmer 10 to 15 minutes to blend flavors, stirring occasionally. Stir in cooked noodles.

Adapted from Cans Get You Cooking website.
Submitted by Elaine Schwartz
Bon Appetite Black-eye Pea and Potato Casserole

Ingredients
2 cans of black-eye peas
2 cans of cabbage
1 can of carrots (sliced)
1 can of potatoes (sliced)
Butter
¼ cup shredded cheese (optional)
Salt to taste

Directions
Preheat oven to 295 degrees.
Drain all vegetables, put in large pan and sauté with butter.
Transfer to a casserole dish, bake 15-20 minutes.
Sprinkle cheese over top, replace in oven 3-4 minutes until cheese is melted.

Enjoy!

Submitted by Aaliyah and Alana Bennett (pictured in their test kitchen below.)
Brunswick Stew (version 1)

Ingredients
2 cans stewed tomatoes
2 cans creamed corn
1 onion, diced
1 can pulled BBQ pork
1 can BBQ beef
1 can chicken or 1 cup cooked chicken or turkey

Directions
Cook onion until a little bit soft. Then add other ingredients. Stir well. Bring to a boil and then lower heat and cook on low for about an hour (until tomatoes and onion seem done). This works well in a Crock Pot.

Submitted by Catherine Amee

Brunswick Stew (version 2)

Ingredients
1 large can barbecued pork (recommend Castleberry, but other will work)
1 large can barbecued beef (recommend Castleberry, but other will work)
1 large can boned chicken
1 (15-ounce) can whole kernel corn and juice
1 (15-ounce) can cream-style corn
1 medium onion, chopped
3 Tbsp. barbeque sauce
1 large can whole tomatoes
1 (15-ounce) can peas and juice
Optional: add Tabasco sauce to taste.

Directions
Sauté onion. Add rest of ingredients and cook until hot, or simmer for several hours. Optional: add 1 medium cooked diced potato.

Submitted by Carolyn Fetner and Cindy Cobb
Cheddar Dip

**Ingredients**
1 can (11 oz) cheddar cheese soup, undiluted
2 Tbsp ketchup
1/8 tsp ground oregano
1/8 tsp garlic powder (can substitute onion powder) - preferably powder, not salt

**Directions**
Combine in 1 qt casserole dish or glass bowl. Microwave, uncovered, 2-3 minutes. Stir.

Serve hot with chips or crackers.

Submitted by Alicia

---

Cheesy Chicken Casserole

**Ingredients**
2 cups uncooked elbow macaroni
2 (5 ounce) cans chunk chicken
2 cups shredded Cheddar cheese
2 cups milk
2 (10.75 ounce) cans condensed cream of chicken soup
1 (4 ounce) can sliced mushrooms
1/4 cup chopped onion

**Directions**
Preheat oven to 350 degrees F (175 degrees C).

In a large bowl combine the macaroni, chicken, cheese, milk, soup, mushrooms and onion. Mix together and transfer mixture to a 9x13 inch baking dish.

Bake at 350 degrees F (175 degrees C) for about 45 minutes, or until bubbly and golden brown.

Submitted by Ruth Hardy
Cheesy Chicken Pasta

**Ingredients**
- 1 - 8 oz. penne noodles (or any type noodles)
- 2 Tbsp. butter or oil
- 1/2 cup bell peppers (optional) and onions chopped
- 2 Tbsp. flour
- 1 1/2 cups milk
- 3 cups shredded cheese, divided
- 1 - 13 oz. can chunk chicken
- Salt and pepper to taste

**Directions**
Prepare noodles according to package. Drain when cooked.
Melt butter and saute’ peppers and onion.
Add flour and stir together.
Slowly add milk and whisk until thick and creamy.
Add 2 cups cheese and stir until melted.
Stir in cooked pasta and chicken. Sprinkle remaining cup of cheese on top.
Ready to serve.

Serves 6.

Optional: Substitute canned tuna for chicken.
Substitute canned peas for peppers and onions.

Submitted by Ann Rae
Cherry Dump Cake

**Ingredients**
2 - cans cherries in heavy syrup or cherry pie filling, undrained
1 box yellow cake mix
3/4 cup butter sliced into 24 cuts

**Directions**
Preheat oven to 350 degrees.
Dump fruit, with liquid, into a 9x13 baking dish.
Dump cake mix evenly over fruit
Dump butter evenly over cake mix.
Bake for 40 - 45 minutes, until golden.
Serve warm, or not.

Submitted by Charlie Allen

Chicken & Vegetable Bake

**Ingredients**
1 can cream of chicken soup or cream of mushroom soup
1/2 cup milk
1 can green beans
1 can carrots
1 can corn
1 can chunk or breast chicken, drained
1 cup shredded cheese

**Directions**
Stir soup, milk, vegetables and chicken together in a casserole dish.
Top with shredded cheese.
Bake for 30 minutes at 350 degrees until bubbly.

Optional: Substitute chicken stock for milk.
Substitute mixed vegetables for carrots.
Use 1 can French fried onions for shredded cheese.

Submitted by Ann Rae
Chicken and Rice

**Ingredients**
1 cup instant rice
1 - 5 oz. can chicken chunks, drained
1 - 10.5 oz. can condensed cream of chicken soup

**Directions**
Prepare rice according to package directions.
Add cooked rice and chicken to pot. Stir, cooking over low heat.
Add soup and continue cooking until heated throughout.
Serves 6.

Submitted by Beverly Hansen

Chicken Fettuccine Casserole

**Ingredients**
1 - 16 oz. pkg. fettuccine noodles
1 - 10.5 oz. can cream of chicken soup
1 cup sour cream
2 cups cooked shredded chicken breast
Salt and pepper to taste
2 Tbsp. Italian bread crumbs
1/2 cup shredded cheddar cheese

**Directions**
Preheat oven to 350 degrees. Spray a 13x9 inch casserole pan with non-stick cooking spray.
Boil the fettuccine noodles according to package directions. Drain and return to the same pot.
Add cream of chicken soup, sour cream and chicken to pot. Mix well with cooked noodles.
Add salt and pepper. Mix well.
Spread the noodle mixture evenly into the prepared casserole pan.
Sprinkle with bread crumbs, then cheese.
Bake for 5-10 minutes or until the cheese is melted.
Serves 6.

Optional: Substitute cooked chicken breasts for 1 can chicken breasts, drained and shredded.
Season with dried parsley flakes or fresh green onions.

From https://www.SomeWhatSimple.com
Chicken Soup With Vermicelli

Ingredients
2 large chicken legs with thighs or a large can of chicken
1/2 small onion, chopped
2-3 green onions
1/2 green pepper, chopped
1/4 tsp. black pepper to taste
Vermicelli pasta or other noodles
1 Tbsp. salt

Directions
Place rinsed chicken, either cut up or whole, in a large pot of water. Add onions, green pepper and black pepper.
Heat to a boil. Cook for 30 minutes.
Add vermicelli pasta and salt. Cook an additional 30 minutes. Do not overcook.

Submitted by Yanick

Chili

Ingredients
1lb Ground Turkey (cooked, usually don’t drain fat because there is not much)
1 can great northern beans (drain and rinse ALL BEANS!!)
1 can black beans
1 can pinto beans
2 cans diced tomatoes, with the juice (with basil, garlic & oregano)
1 – 6oz. can of tomato paste
2 or 3 – 7oz. cans of Green Chiles (diced & fire roasted & peeled)
1 package of dry chili mix (mild, medium, or hot)

Directions
Mix all this together & heat
If not enough liquid, add some water, or tomato sauce

Optional: top each bowl with sour cream, or cheddar cheese, green onions etc., or “Cheese it” style crackers

ENJOY

Submitted by Vicki Van Horn
Chili Crunch Stew

Ingredients
1 (15-ounce) can black beans
1 (15-ounce) can pork and beans
2 (15-ounce) cans of corn
1 (10 ¾-ounce) can of cream of mushroom soup
1 (15-ounce) can of carrots
1 (15-ounce) can of green beans
1 (15-ounce) can of chili
1 (15-ounce) can of diced tomatoes
Crackers or chips

Directions
Drain and rinse black beans. Drain corn, carrots, and green beans.
In a large skillet or pot, combine black beans, drained vegetables, chili, pork and beans, soup and tomatoes. Mix together and bring to a simmer. Cook for 5-10 minutes until heated through. Optional: add cayenne, hot sauce or jalapenos.
Serve with chips. Optional: top with shredded cheese
Variations: Substitute fresh or frozen vegetables for canned. Substitute other canned beans, such as great northern, kidney, navy, pinto or white for pork and beans. Other soups that will work: cream of chicken or celery.

Submitted anonymously

Chili Mac Skillet

Ingredients
12 oz lean ground beef
1 can (15.25 oz.) Whole Kernel Corn, drained
1 can (14.5 oz.) Diced Tomatoes with Zesty Mild Green Chilies, not drained
1 can (15 oz.) red kidney beans, rinsed and drained
¾ cup water
¾ cup dry elbow macaroni
2 tps. chili powder
½ cup (2 oz.) shredded Cheddar cheese

Directions
Brown beef in a large skillet over medium-high heat; drain. Stir in corn, tomatoes, beans, water, macaroni and chili powder. Bring to a boil; reduce heat. Cover and simmer 12 minutes or until macaroni is tender. Remove from heat and sprinkle with cheese. Cover and let stand 5 minutes for cheese to melt.

Submitted by Ruth Hardy
Chole Recipe (Garbanzo Beans)

**Ingredients**

- 2- 6 oz can of garbanzo beans
- 2-Onions finely chopped
- 2-Tomatoes finely chopped
- 1 tsp Cumin seeds
- ½ tsp Turmeric powder (optional)
- 1 tsp Curry powder
- 1 tsp Ginger root finely chopped (or dried 1/2 teaspoon)
- 2 Tbsp vegetable oil
- 1 tsp Salt - 1 teaspoon
- 1 Tbsp Cilantro finely chopped

**Directions** (Total cooking time 20 minutes)

Heat the oil and add the cumin seeds. Then add the onions and ginger and saute (for about 5 min.) till the onions are glazed or shining. Now add to that all the powders and fry for another 3 minutes stirring them. Now add the chopped tomatoes and cook till they get mashed and pasty (3 minutes). Now add the garbanzo beans and bring to boil and simmer for another 5 minutes. You can garnish with fresh finely chopped Cilantro. The tasty Chole is ready to eat with any bread or with salad.

Submitted by Mekala Selwyn
Creamed Tuna

Ingredients
4 Tbsp. butter
½ tsp. salt
2 ½ cups milk
4 Tbsp. cornstarch
¼ teaspoon pepper
1 small can of tuna

Directions
Melt butter, add cornstarch and seasonings. Cook over low heat until smooth and bubbly. Remove from heat. Add milk. Place back on heat and bring to a boil. Boil for one minute. Add tuna. When heated through, serve over biscuits or toast.

Submitted by Cindy Cobb

Garlic Green Beans

Ingredients
1 tablespoon butter
3 tablespoons olive oil
1 medium head garlic - peeled and sliced
2 (14.5 ounce) cans green beans, drained
salt and pepper to taste
1/4 cup grated Parmesan cheese

Directions
In a large skillet over medium heat, melt butter with olive oil; add garlic, and cook until lightly browned, stirring frequently. Stir in green beans, and season with salt and pepper. Cook until beans are tender, about 10 minutes. Remove from heat, and sprinkle with Parmesan cheese.

From Allrecipes.com
Green Bean Bake

Ingredients
1 can (10 ¾ oz.) cream of mushroom soup
½ cup milk
1 tsp. Worcestershire sauce
Dash pepper
3 cans French style green beans
1 can (2.8 oz) french fried onions

Directions
In 1 1/2 -qt. casserole mix soup, milk, Worcestershire sauce, pepper, beans and ½ can onions.
Bake at 350 degrees F. for 25 minutes or until heated through.
Stir. Sprinkle remaining onions over bean mixture. Bake 5 minutes.

Submitted by Ruth Hardy
Green Bean Casserole (version 1)

Ingredients
1 - 10.5 oz. condensed cream of mushroom soup
3/4 cup milk
1/8 tsp. black pepper
4 cups (2 cans) canned green beans, drained
1 1/3 cup french fried onions, divided

Directions
Mix soup, milk and pepper in a 1 1/2 qt. baking dish.
Stir in beans and 2/3 cup onions.
Bake at 350 degrees for 30 minutes or until hot. Stir.
Top with remaining onions. Bake 5 more minutes or until onions are golden

Submitted by Beverly Hansen

Green Bean Casserole (version 2)

Ingredients
2 cans French style, green beans drained
1 can French fried onions
1 can cream of mushroom soup
1 can (3-4 oz) mushrooms, drained
2 Tablespoons sliced almonds
1/2 cup grated or shredded cheddar cheese

Directions
Mix all but cheese together. Put cheese on top and bake in 375 degree oven about 30 minutes. Put in a smaller casserole dish to serve.

Submitted by Mary Anderson
Hot Side Dish

Ingredients
2 - 15.25 oz. cans whole kernel corn, drained
2 - 14.5 oz. cans cut green beans, drained
2 - 10.5 oz. cans condensed cream of mushroom soup
1 cup shredded cheddar cheese
2 tsp. Worcestershire sauce
1/2 tsp. black pepper
1 1/2 lbs. frozen tater tots

Directions
Preheat oven to 350 degrees.
Combine all Ingredients (except the potato nuggets) in a 13x9 inch baking dish. Smooth top with a spatula and arrange frozen potato nuggets on top of vegetable mixture.
Bake, uncovered, 50-55 minutes or until sauce is bubbly and potatoes are golden brown.
Serves 10.

Optional: Serve as a side dish with chicken, meatloaf, burgers, or pork chops.

Submitted by Ruth Hardy

Mushroom Delight

Ingredients
1 can cream of mushroom soup
1 - 8 oz. pkg. fresh mushrooms, washed, chopped
1 small onion, chopped
2 cloves fresh garlic, chopped
1/2 tsp. paprika (optional)
6 oz. water

Directions
Bake at 350 degrees for 1/2 hour
OR
Stovetop: Cook in a skillet for 10-15 minutes. Simmer for the last 5 minutes.
Serve on rice or noodles.

Submitted by Annette Campbell
No-Bake Chocolate Oatmeal Cookies

**Ingredients**
- 1/2 cup butter, cut into 1-tablespoon pieces so it melts faster
- 1/2 cup unsweetened cocoa powder
- 2 cups sugar
- 1/2 cup milk
- 3 cups quick-cooking oats
- 1/2 cup creamy peanut butter
- 1 1/2 teaspoons vanilla extract

**Directions**
In a large saucepan, combine the butter, cocoa powder, sugar, and milk. Stir well and bring to a boil over medium heat. Boil for 90 seconds, stirring occasionally. Remove from the heat and stir in the oats, peanut butter, and vanilla. Drop by heaping tablespoonfuls onto baking sheets lined with wax paper or parchment paper. Let cool to set.

Submitted by Ruth Hardy

Orange Pineapple Tapioca

**Ingredients**
- 3 cups water
- 1 small box orange jello
- 1 small box instant vanilla or French vanilla pudding
- 1 small box heat and serve tapioca
- 8 oz crushed pineapple drained
- 15 oz mandarin oranges drained
- 8 oz whipped cream thawed

**Directions**
Boil 3 cups of water in a small saucepan. When it comes to a rolling boil, whisk in the jello, pudding, and tapioca mixes. Make sure each box is completely dissolved before adding the next. Boil for one full minute, then remove from the heat and cool.

Drain the pineapple and oranges. In a 3-quart mixing bowl, combine the pineapple and oranges. Pour in the Jello mixture. Chill and enjoy.

From feelslikehomeblog.com
Pantry Enchilada Skillet

**Ingredients**
- 14.5 ounces chicken broth
- 3/4 cup white rice uncooked
- 1 teaspoon chili powder
- 15 ounces canned whole kernel corn drained
- 12.5 ounces canned chicken breast drained
- 10 ounces canned mild enchilada sauce, divided
- 4 ounces canned diced jalapenos drained
- Handful of Monterey Jack or Mexican blend cheese shredded

**Directions**
Bring chicken broth and chili powder to a simmer in a 12” skillet with a lid over medium heat. Stir in rice, reduce heat to low, and cover.

Cook rice approximately 15 minutes, stirring occasionally, until most of liquid is absorbed. Stir in corn, chicken, jalapenos, and about half the enchilada sauce. Replace lid, return heat to medium, and cook for approximately five minutes longer or until heated through.

Stir mixture well, and sprinkle cheese over the top. Drizzle desired amount of remaining enchilada sauce over the cheese (you don't have to use the whole can), replace lid once more, and heat a few more minutes until cheese is melted.

Submitted by Christie Cooksey

Pumpkin Cake (Two-Ingredient)

**Ingredients**
- 1 (18.25 ounce) package spice cake mix
- 1 (15 ounce) can pumpkin

**Directions**
Preheat the oven to 350 degrees F (175 degrees C). Generously grease a 9x13 inch baking pan.

In a large bowl, mix together the spice cake mix and canned pumpkin until well blended. Spread evenly into the prepared pan. Bake for 25 to 30 minutes in the preheated oven, or until a knife inserted into the center comes out clean. Cool and serve, or store in the refrigerator. This tastes even better the next day. Great when frosted with your favorite cream cheese frosting.

Submitted by Ruth Hardy
Salmon Casserole (Awesome)

**Ingredients**
1 tablespoon butter, or as needed  
1 cup elbow macaroni  
1 (6 ounce) can salmon, drained  
1 (10.75 ounce) can condensed cream of mushroom soup  
2/3 cup milk, or to taste  
1/2 cup grated Parmesan cheese  
1 teaspoon salt  
1 teaspoon ground black pepper  
1/4 cup French-fried onions

**Directions**
Preheat the oven to 350 degrees F (175 degrees C). Butter a 9-inch casserole dish. Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally, until tender yet firm to the bite, about 8 minutes. Drain.  
Combine macaroni, salmon, cream of mushroom soup, 1/2 can of milk, Parmesan cheese, salt, and pepper in a casserole dish. Mix until well blended. Sprinkle French-fried onions on top.  
Bake in the middle rack of the preheated oven until lightly browned on top, about 30 minutes.

Submitted by Ruth Hardy

Salmonettes

**Ingredients**
1 (15-ounce) can salmon  
1 egg, lightly beaten  
1/2 cup all-purpose flour  
1 1/2 teaspoons baking powder  
2 tablespoons vegetable oil

**Directions**
Drain salmon, reserving 1/4 cup of juice. Discard bones and skin.  
In a bowl, combine salmon, egg, and flour; mix well.  
Stir baking powder into reserved juice; add to salmon mixture.  
Heat oil in skillet over medium-high heat. Drop batter by spoonfuls into skillet.  
Cook the patties for 2 to 3 minutes on each side or until golden brown.  
Drain on paper towels. Serve warm.

Submitted by Cindy Cobb
Sausage Soup

**Ingredients**
- 1 Tbsp. olive oil
- 4 cloves garlic (cut up in small pieces)
- 3/4 lb. bulk, mild Italian sausage (bite-sized pieces)
- 1 can kidney beans (red or white)
- 1 can garbanzo beans
- 1 can northern beans
- 1/4 cup chopped onion
- 1 can chicken broth
- 1 can diced tomatoes with garlic & herbs
- Pepper to taste
- 1 Tbsp. pesto (optional)
- Grated parmesan (optional)

Serve with warm bread.

**Directions**
Put olive oil in bottom of large pot and heat. While heating, add garlic cloves to brown.
Add sausage to pot, stirring until pieces turn a grayish color.
Add kidney beans, garbanzo beans and Northern beans (including liquid). Stir and bring to a boil.
Add chopped onion, chicken broth and tomatoes. Bring to a boil.
Add pepper and pesto.
Simmer for about 30 minutes to allow sausage to flavor mixture.

Submitted by Anonymous
Spaghetti Sauce

Ingredients
12 oz tomato paste
1-1/2 cups water
1 t. garlic powder
1 t. dried oregano
1 t. dried basil
1 t. salt
1/4 t. black pepper
1/2 t. Worcestershire sauce

Directions
Mix all ingredients in a small saucepan and simmer for 10 minutes. Good on cooked and drained spaghetti noodles or as a pizza sauce. If desired, browned ground beef can be added.

Submitted by Tadd & Debbie Huff

St. Michael’s Rice

Ingredients
1 cup long grain white rice
1 can beef consommé’ or broth
1 can onion soup OR mix 1 can water with 1 pkg dry onion soup mix

Directions
Put in 2.5 qt. casserole dish. Stir. Cover
(To double, two 2.5 qt. dishes work better than one 5 qt.)

Bake @ 350F for one hour.
(Can cook 20 minutes in microwave, stirring after 10, but we like better in regular oven.)

Submitted by Alicia

"We've made this recipe for years and it's still our favorite go-to sauce."
Taco Soup

**Ingredients**
- 1 pound ground beef, browned and drained
- 3 cups chicken broth
- ½ jar salsa
- 3 cans of beans (use variety such as black beans, kidney beans, chili beans, etc.)
- 1 can corn

**Directions**
Combine all ingredients in a large pot and cook for 30 minutes (also works well in a crock pot)
If desired, top with sour cream and cheese when serving.

Submitted by Debbie Gardner

Tuna and Cannellini Bean Salad

**Ingredients**
- 1 large lemon
- 2 can white kidney beans (cannellini)
- 1 jar sliced pimientos
- 3 tbsp. olive oil
- 2 tbsp. dried parsley flakes
- ½ tsp. salt
- tsp. coarsely ground pepper
- 1 can tuna in oil

**Directions**
From lemon, finely grate 1 teaspoon peel and squeeze 3 tablespoons juice.
In medium serving bowl, combine lemon peel and juice, cannellini beans, pimientos, olive oil, parsley, salt, and pepper. Gently stir in tuna to serve.

From Goodhousekeeping.com
Tuna and Macaroni & Cheese Bake

Ingredients
1 box macaroni & cheese
1 small can tuna
1 cup crushed potato chips

Directions
Heat oven to 350 degrees.
Prepare macaroni & cheese as directed on box.
Stir in tuna and place in an 8x8 inch baking dish or pan.
Sprinkle with crushed potato chips.
Bake 10-12 minutes.

Submitted by Beverly Hansen

Tuna Noodle Casserole (Classic)

Ingredients
1 can cream of celery soup
1/2 cup milk
1 cup green peas
2 - 5 oz. cans tuna in water, drained
4 oz. (about 2 cups) medium egg noodles, cooked, drained

1 Tbsp. Ritz or saltine crackers, crushed
1 Tbsp. butter, melted

Directions
Heat oven to 400 degrees.
Combine the soup, milk, peas, tuna and cooked noodles. Stir and put in a 1 1/2 qt. baking dish.
Bake for 20 minutes or until the mixture is hot and bubbling. Stir after baking.
In a small bowl, combine the crushed crackers and butter. Stir.
Sprinkle the baked tuna mixture with the cracker & butter mixture. Bake for 5 more minutes or until the cracker mixture is golden brown.

Optional: Substitute dry bread crumbs for crackers

Submitted by Beverly Hansen
**Tuna Casserole (Easy)**

**Ingredients**
- 3 cups cooked macaroni
- 1 (5 ounce) can tuna, drained
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 cup shredded Cheddar cheese
- 1 1/2 cups French fried onions

**Directions**
Preheat oven to 350 degrees F (175 degrees C).

In a 9x13-inch baking dish, combine the macaroni, tuna, and soup. Mix well, and then top with cheese.

Bake at 350 degrees F (175 degrees C) for about 25 minutes, or until bubbly. Sprinkle with fried onions and bake for another 5 minutes. Serve hot.

Submitted by Ruth Hardy

---

**Tuna Tomato Linguine**

**Ingredients**
- 1 lb. linguine or other noodles
- 1 lb. zucchini
- 2 can tuna in olive oil
- 1 pt. cherry tomatoes or can of peeled tomatoes, chopped small
- 1/4 tsp. salt
- 1/4 tsp. pepper

**Directions**
Cook linguine as label directs. Meanwhile, with vegetable peeler, peel zucchini into wide ribbons. Drain pasta. Toss with zucchini, tuna and oil, tomatoes, salt and pepper.

From Goodhouskeeping.com
**Vegetable Bake**

**Ingredients**
- 2 cans whole kernel corn, drained
- 2 cans French style green beans, drained
- ½ cup chopped onion (optional)
- 1 cup shredded cheddar cheese
- 1 cup sour cream
- 1 can cream of mushroom soup

**Topping**
- 1 stack Ritz crackers, crushed
- 1 stick butter, melted

Mix together and put in 9x13 inch pan. Crush Ritz crackers and put on top. Melt butter and drizzle over crackers. Bake at 350 degrees for 45 minutes. Yields 4-6 servings.

Submitted by Mary Anderson

**Vegetable Casserole**

**Base Ingredients**
- 1 can shoe peg corn, drained
- 1 can French style green beans, drained
- 1 can cream of celery soup (regular or low fat)
- Half cup chopped onion
- Half cup chopped celery
- Quarter to half cup chopped green pepper
- Half cup sour cream (regular or low fat)

**Topping**
- 8 oz (half box) crushed Ritz, Cheez-Its, or other crackers
- Half stick oleomargarine or butter, melted
- 1 can (6 oz) sliced or slivered almonds (can substitute other tree nuts)

**Directions**
Mix base ingredients well. Put in casserole dish. (Can cover and put base in refrigerator until ready to cook, even overnight.) Mix topping ingredients. Spread topping on base.

Bake 45 minutes at 325 F.

Submitted by Alicia
Vegetable Soup (Easy)

Ingredients
1 can white potatoes
1 - 28 oz. can diced tomatoes
1 can sliced carrots
1 can green lima beans, drained
1 can corn, drained
1 can green beans, drained
1 - 32 oz. can chicken or vegetable broth
Garlic salt or garlic powder to taste
Salt and pepper to taste

Directions
Mix all ingredients together in a saucepan. Bring to a boil, then simmer for 30 minutes.
Serve with crackers or croutons on top.

Optional: Substitute lima beans with any other bean (kidney beans, white beans, etc.)
Season with additional herbs (oregano, thyme, parsley)
Add 1 lb. cooked ground beef to make Hamburger Vegetable Soup.

Submitted by Ann Rae

Recipe for Happiness

2 heaping cups of patience
1 heartful of love
2 handfuls of generosity
Prayer
a dash of laughter
1 headful of understanding

Sprinkle generously with kindness. Add plenty of faith, and mix well. Spread over a period of a lifetime and serve to everyone you meet.
Vegetarian Italian Chili

**Ingredients**
- 3 Tablespoons of olive or canola oil
- 3 ribs or sticks of celery, chopped
- 1 onion, chopped or 2 tsp. onion powder
- 3 cloves of garlic, chopped or 3 tsp. garlic powder
- 1 14.5 oz. can of pinto beans
- 1 14.5 oz. can of black beans
- 1 14.5 oz. can of corn
- 1 14.5 oz. can of diced tomatoes
- 1 29 oz can tomato sauce
- 1 12 oz box of rotini or spiral noodles
- 2 teaspoon dried basil
- 2 teaspoons Italian Seasoning
- Salt and pepper to taste

**Directions**
Bring a medium pot of salted water to boil. Boil pasta according to box directions.
Sautee celery, onion and garlic till soft. Add pintos, black beans, corn, tomato sauce and diced tomatoes to sautéed vegetables. Add all seasoning. Bring to boil and simmer for 30 minutes. Drain pasta when done. Keep pasta separate from the soup or you will end up with chili casserole instead of a soup. Serve with a few spoons of pasta in a bowl, then add soup mixture to the top.

Submitted by Dollie Clark-Bradley
5-Can Chicken Casserole

**Ingredients**
1 (6 ounce) can chicken chunks, drained
1 (5 ounce) can evaporated milk
1 (10.75 ounce) can condensed cream of chicken soup
1 (10.75 ounce) can condensed cream of mushroom soup
1 (5 ounce) can chow mein noodles

**Directions**
Preheat an oven to 350 degrees F (175 degrees C). Grease a 2-quart casserole dish.
Stir the chicken, milk, cream of chicken soup, cream of mushroom soup, and noodles together in a mixing bowl; pour into the prepared casserole dish. Bake in the preheated oven until hot and bubbly, about 25 minutes.

Submitted by Ruth Hardy

6-Can Chicken Tortilla Soup

Prep 5 minutes
Cook 15 minutes
Ready In 20 minutes

**Ingredients**
1 (15 ounce) can whole kernel corn, drained
2 (14.5 ounce) cans chicken broth
1 (10 ounce) can chunk chicken
1 (15 ounce) can black beans
1 (10 ounce) can diced tomatoes with green chile peppers, drained

**Directions**
Open the cans of corn, chicken broth, chunk chicken, black beans, and diced tomatoes with green chilies. Pour everything into a large saucepan or stock pot. Simmer over medium heat until chicken is heated through.

Serve over tortilla chips, and top with shredded Cheddar cheese.

Submitted by Ruth Hardy
7-Can Soup

Ingredients
1 can meat-only chili
1 - 15 oz. can kidney beans
1 - 15 oz. can pinto beans
1 - 15 oz. can black beans
1 - 15 oz. can diced tomatoes with green chilies
1 - 15 oz. can corn (Fiesta variety)
1 - 10 oz. can Rotel
Salt and pepper to taste
8 oz. Velveeta, cubed

Directions
Without draining the cans, empty the first 8 ingredients into a large pot. Bring to a boil, reduce the heat and simmer for 10-15 minutes. Add salt and pepper. Add cubed Velveeta to heated soup. Stir until melted. Serve immediately.

From https://www.ThePioneerWoman.com

7-Can Chicken Tortilla Soup

Ingredients
1 - 15 oz. can black beans, drained, rinsed
1 - 15 oz. can pinto beans, drained, rinsed
1 - 14.5 oz. can diced tomatoes, drained
1 - 15 oz. can sweet corn, drained
1 - 12.5 oz. can chicken breast, drained
1 - 10 oz. can green enchilada sauce
1 - 14 oz. can chicken broth
1 - 1.25 oz. packet taco seasoning
1 tsp. cumin
1 tsp. chili powder
1 tsp. garlic powder
1/4 tsp. ground black pepper

Serve with shredded cheese, sour cream, diced avocados and tortilla chips.

Directions
Add all ingredients to a large stock pot. Bring to a boil, then simmer on low for 30 minutes. Optional: May be cooked in a slow cooker on low for 2-3 hours. Substitute cooked, shredded chicken or rotisserie chicken for canned chicken breast.

From https://www.SixSistersStuff.com
8-Can Taco Soup

Ingredients
1 (15 oz.) can black beans, drained and rinsed
1 (15 oz.) can pinto beans, drained and rinsed
1 (14.5 oz.) can petite diced tomatoes, drained
1 (15.25 oz.) can sweet corn, drained
1 (12.5 oz.) can white chicken breast, drained
1 (10.75 oz.) can cream of chicken soup
1 (10 oz.) can green enchilada sauce
1 (14 oz.) can chicken broth
1 packet taco seasoning

Directions
Mix all ingredients together in a large pot. Heat until warm, stirring occasionally. Serve with tortilla chips.

Submitted by Missy Thompson
### Substitutions for common cooking ingredients

<table>
<thead>
<tr>
<th>ITEM</th>
<th>AMOUNT</th>
<th>SUBSTITUTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allspice</td>
<td>1 teaspoon</td>
<td>½ teaspoon cinnamon plus ⅛ teaspoon ground cloves</td>
</tr>
<tr>
<td>Arrowroot, as thickener</td>
<td>1–½ teaspoons</td>
<td>1 tablespoon flour</td>
</tr>
<tr>
<td>Baking powder</td>
<td>1 teaspoon</td>
<td>¼ teaspoon baking soda plus ⅝ teaspoon cream of tartar</td>
</tr>
<tr>
<td>Bread crumbs, dry</td>
<td>¼ cup</td>
<td>1 slice bread</td>
</tr>
<tr>
<td>Bread crumbs, soft</td>
<td>½ cup</td>
<td>1 slice bread</td>
</tr>
<tr>
<td>Buttermilk</td>
<td>1 cup</td>
<td>1 cup plain yogurt</td>
</tr>
<tr>
<td>Chocolate, unsweetened</td>
<td>1 ounce</td>
<td>3 tablespoons cocoa plus 1 tablespoon butter or fat</td>
</tr>
<tr>
<td>Cracker crumbs</td>
<td>⅔ cup</td>
<td>1 cup dry bread crumbs</td>
</tr>
<tr>
<td>Cream, heavy</td>
<td>1 cup</td>
<td>¾ cup milk plus ⅛ cup melted butter (this will not whip)</td>
</tr>
<tr>
<td>Cream, light</td>
<td>1 cup</td>
<td>¾ cup milk plus 3 tablespoons melted butter</td>
</tr>
<tr>
<td>Cream, sour</td>
<td>1 cup</td>
<td>¾ cup buttermilk or plain yogurt plus 3 tablespoons melted butter</td>
</tr>
<tr>
<td>Cream, whipping</td>
<td>1 cup</td>
<td>¾ cup well-chilled evaporated milk, whipped; or 1 cup nonfat dry milk powder whipped with 1 cup ice water</td>
</tr>
<tr>
<td>Flour, all-purpose</td>
<td>1 cup</td>
<td>1–⅓ cups cake flour; or ¾ cup potato flour; or 1–⅓ cups rye flour or coarsely ground whole-grain flour; or 1 cup cornmeal</td>
</tr>
<tr>
<td>Flour, self-rising</td>
<td>1 cup</td>
<td>1 cup minus 2 tablespoons sifted all-purpose flour</td>
</tr>
<tr>
<td>Garlic</td>
<td>1 small clove</td>
<td>⅛ teaspoon garlic powder or instant minced garlic</td>
</tr>
<tr>
<td>Herbs, dried</td>
<td>½ to 1 teaspoon</td>
<td>1 tablespoon fresh herbs, minced and packed</td>
</tr>
<tr>
<td>Honey</td>
<td>1 cup</td>
<td>1–⅓ cups sugar plus ½ cup liquid</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1 teaspoon</td>
<td>½ teaspoon vinegar</td>
</tr>
<tr>
<td>Ingredient</td>
<td>Measure</td>
<td>Description</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>---------</td>
<td>-------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Lemon, juice and rind</td>
<td>1</td>
<td>3 tablespoons bottled lemon juice and 1 teaspoon dried grated rind</td>
</tr>
<tr>
<td>Lemon rind, grated</td>
<td>1 teaspoon</td>
<td>½ teaspoon lemon extract</td>
</tr>
<tr>
<td>Milk, skim</td>
<td>1 cup</td>
<td>½ cup instant nonfat dry milk plus ¾ cup water</td>
</tr>
<tr>
<td>Milk, sour</td>
<td>1 cup</td>
<td>1 cup minus 1 tablespoon milk plus 1 tablespoon vinegar or lemon juice. Stir and let stand 5 minutes.</td>
</tr>
<tr>
<td>Milk, whole</td>
<td>1 cup</td>
<td>½ cup evaporated milk plus ½ cup water; or 1 cup skim milk plus 2 teaspoons melted butter</td>
</tr>
<tr>
<td>Mustard, prepared</td>
<td>1 tablespoon</td>
<td>1 teaspoon dry or powdered mustard</td>
</tr>
<tr>
<td>Onion, chopped</td>
<td>1 small</td>
<td>1 tablespoon instant minced onion; or 1 teaspoon onion powder; or ¼ cup frozen chopped onion</td>
</tr>
<tr>
<td>Sugar, granulated</td>
<td>1 cup</td>
<td>1 cup firmly packed brown sugar; or 1–⅔ cups confectioners’ sugar (do not substitute in baking); or ½ cup honey; or 1 cup superfine sugar; or 1–⅓ cups corn syrup; or ⅔ cup maple syrup (for last two, reduce liquid in recipe by 25 percent)</td>
</tr>
<tr>
<td>Tomatoes, canned</td>
<td>1 cup</td>
<td>½ cup tomato sauce plus ½ cup water; or 1–⅓ cups chopped fresh tomatoes, simmered</td>
</tr>
<tr>
<td>Tomato juice</td>
<td>1 cup</td>
<td>½ cup tomato sauce plus ½ cup water plus dash each salt and sugar; or ¼ cup tomato paste plus ¾ cup water plus salt and sugar, to taste</td>
</tr>
<tr>
<td>Tomato ketchup</td>
<td>½ cup</td>
<td>½ cup tomato sauce plus 2 tablespoons sugar, 1 tablespoon vinegar, and ¼ teaspoon ground cloves</td>
</tr>
<tr>
<td>Tomato puree</td>
<td>1 cup</td>
<td>½ cup tomato paste plus ½ cup water</td>
</tr>
<tr>
<td>Tomato soup</td>
<td>1 can (10–⅔ oz.)</td>
<td>1 cup tomato sauce plus ¼ cup water</td>
</tr>
<tr>
<td>Vanilla</td>
<td>1-inch bean</td>
<td>1 teaspoon vanilla extract</td>
</tr>
<tr>
<td>Yeast</td>
<td>1 cake (¾ oz.)</td>
<td>1 package active dry yeast</td>
</tr>
<tr>
<td>Yogurt, plain</td>
<td>1 cup</td>
<td>1 cup buttermilk</td>
</tr>
</tbody>
</table>

Index

beans, black, 6, 13, 14, 25, 30, 31, 32, 33
beans, garbanzo, 15, 23
beans, green, 11, 14, 16, 17, 18, 19, 28, 29
beans, kidney, 14, 23, 25, 32
beans, lima, 29
beans, northern, 13, 23
beans, pinto, 13, 30, 32, 33
beans, green, 6
beef, 8
beef broth, 6, 24
black-eye peas, 6, 7
carrots, 6, 7, 11, 14, 29
cherry pie filling, 11
chicken, 5, 8, 9, 10, 11, 12, 13, 21, 31, 32, 33
chicken broth, 21, 23, 25, 29, 31, 32, 33
corn, 6, 8, 11, 14, 19, 21, 25, 28, 29, 30, 31, 32, 33
cream soups, 9, 11, 12, 14, 17, 18, 19, 22, 26, 27, 28, 31, 33
diced tomatoes, 30, 32
evaporated milk, 31
french fried onions, 18
jello, 20
macaroni, 26
noodles, 6, 10, 12, 13, 19, 26, 27, 30
oranges, 20
peas, 8, 26
pineapple, 20
pork, 8
pork and beans, 14
potatoes, 5, 7, 19, 29
rice, 5, 12, 19, 21, 24
salmon, 22
Substitutions for common cooking ingredients, 34
tapioca, 20
tomato paste, 13, 24
tomato sauce, 30
tomatoes, 5, 6, 8, 13, 14, 23, 27, 29, 31, 32, 33
tuna, 16, 25, 26, 27
vanilla pudding, 20
vegetable broth, 20