

A TASTE OF EVERGREEN

Presented by

Evergreen
Consulting Group



EFFICIENCY EXCHANGE

As a thank you for joining our cooking class at Efficiency Exchange 2022, we have a takeaway just for you. To expand on our Taste of Evergreen event theme, we asked our team to share their favorite recipes for this cookbook. Some are trusted family recipes, while others are shared from distinguished sources. From our kitchens to yours, we hope you enjoy - **Bon appétit!**

This year at Efficiency Exchange we worked with Hipcooks to offer a virtual cooking class. We made delicious scallion pancakes which were a huge hit. Want to make them yourself? We have the recipe for you.





HIPCOOKS & KYRSTEN BEIDELMAN

Connect, learn, and eat with Hipcooks Virtual Cooking Classes. We cook step-by-step and side-by-side for an interactive experience.

From Happy-hour Cocktails to Family Dinners, Kid's Classes to Desserts, we have something delicious for everyone! Choose a class with a handful of easy-to-find ingredients, or choose a Hipcooks Ingredient Kit, and we'll ship it to everyone in your group.

Hipcooks' aim is to excite & empower our students in their kitchens. We teach mad skills, but our main focus is to instill confidence, always with a dash of playfulness. We demystify technique to make it approachable. Students learn to cook with instinct and knowledge. We focus on the why & the how, rather than the what, with explanations & anecdotes along the way.

INGREDIENTS

- 2½ cups flour
- 1 cup of hot water
- A few scallions or chives, plus some scissors or knife
- ½ a stick of butter in a small pot or microwave-safe bowl
- Flaky sea salt
- Some neutral cooking oil (like filtered coconut oil, grapeseed oil, vegetable oil or avocado oil)

Optional

(if you'd like to make a dipping sauce)

- Soy sauce, Chinese black vinegar (or rice vinegar or apple cider vinegar), sesame oil, and chili oil.

SCALLION PANCAKES

1. Mix flour and hot water in a bowl until combined, and then turn it out to a floured work surface. Knead the dough: double it over and press it down repeatedly until it is smooth and elastic.
2. Cut dough into 4 equal parts. Rub a rolling pin with flour, and roll out each portion on a floured work surface. Go as thin as you can: aim for a circle that can span 3 hand-widths across (about 8-9 inches in diameter)
3. Brush the circle of dough with melted butter. Scatter the surface with scallions and a sprinkle of Maldon salt.
4. Make a snake: Fold over a thin section and roll. Make a snail: start at one end and coil dough into a round (cinnamon bun-style.) Repeat.

Hipcooks

5. You're now ready to roll again. Press the coiled dough flat with your hands and then use a rolling pin to roll to the diameter of your skillet. (We aim for two hand-widths, about 6 inches.) Repeat this process with the rest of the dough.
6. Place an 8-inch skillet over medium-high heat. Add a small swirl of oil. Set the pancake in the skillet and let it cook for half a minute or so. Brush the top of the pancake with a bit more oil and flip it. Finish cooking the pancake by flipping every 30 seconds or so, brushing with more oil as necessary. The pancake will "poof," and crisp up gradually. It's done when flaky and beautifully brown on each side. Then, "flake out" your pancake by grabbing it with tongs and the spatula and squishing it together.
7. Cut the pancake into wedges and serve immediately. Or keep it warm in a low oven while repeating with the rest of the pancake dough.






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STARTERS & APPS



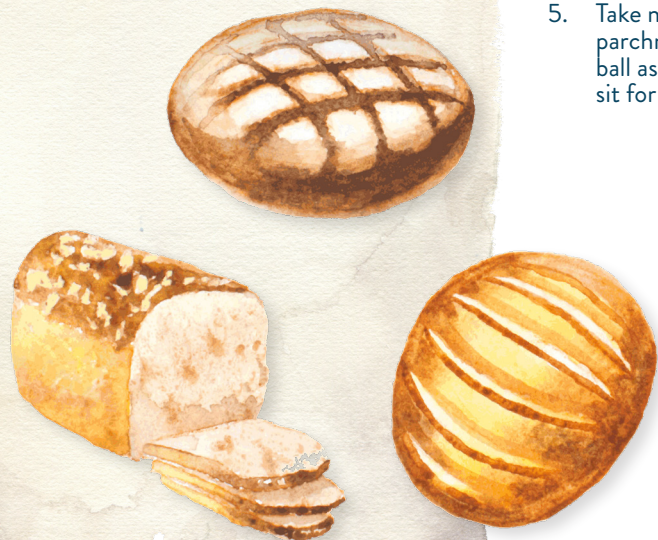
TRUDY'S WELSH BREAD

INGREDIENTS

- 3 cups bread flour
- 2 cups hot water (100 deg)
- ½ tsp fine sea salt
- ¼ tsp yeast

Other supplies

- Cast iron pot with oven safe lid



1. Take a mixing bowl and add flour, salt & yeast.
2. Mix well, add hot water and mix.
3. Cover with a towel and let stand for 16 hours (this is key).
4. Set oven to 450 degrees and put cast iron pot and lid in oven for 1 hour.
5. Take mixture and put it on parchment paper and form into a ball as best you can, cover and let sit for 1 hour.
6. Take cast iron pot from oven (carefully) and take the parchment paper and drop the mix into the pot and cover with lid.
7. Bake for 35 minutes.
8. Take the lid off the pot and continue baking for another 25 minutes.
9. Remove and then get some butter and enjoy!

Prep Time

10 min

Cook time

1 hr

Serving

4 people

From the Lovely Kitchen of Dan Kuhl & Angela Pilant

ANNIE ROLLS

INGREDIENTS

- 2 tbsp yeast
- 2 cups warm water
- ½ cup sugar
- ⅓ cup shortening, margarine, or butter
- 2 tsp salt
- ⅔ cup nonfat dry milk
- 2 tbsp dough enhancer
- 1 egg
- 5 to 6 cups flour

Other supplies

- Large bowl
- Baking pan



1. Mix yeast and water and let stand 5 minutes.
2. Add sugar, shortening, salt, dry milk, dough enhancer, egg, 2 cups of the flour and beat together till smooth.
3. Gradually add remaining flour until soft dough is formed.
4. Turn out onto a lightly floured surface and knead until smooth and elastic.
5. Place in greased bowl, cover, and let rise until doubled in size.
6. Punch down and divide into thirds.
7. Roll out one-third of dough into a circle about half an inch thick and cut with pizza or pastry cutter into 12 triangle-shaped pieces.
8. Starting at wide ends, roll up each piece into a crescent.
9. Place on greased baking sheet with point on bottom.
10. Repeat with all pieces and bake at 350 degrees for 20 minutes.

Cooking Tips

Knead by hand if possible for about 10 minutes to reach elasticity. If desired, set oven racks to 2nd and 4th positions and bake on bottom rack for 10 minutes and then on top rack for 10 minutes so that more rolls can be rotated through the oven quickly and browning occurs on top of rolls.

Prep Time

3 hrs

Cook time

20 min

Serving

6 people

INGREDIENTS

- 2 bags baby red potatoes
- 2 8 oz packages cream cheese, softened
- 1½ cups grated parmesan cheese
- ¼ cup scallions, diced
- 1 pound bacon, cooked and crumbled



BACON POTATOES

Albertina's Exceptional Recipes, 1996.

1. Boil potatoes until just tender and let cool.
2. Mix softened cream cheese, parmesan cheese, and scallions.
3. Cut potatoes in half and scoop out center with spoon or melon baller.
4. Put cream cheese mixture in piping bag or large Ziploc, cut off corner and pipe into potatoes.
5. Dip potato tops in crumbled bacon.
6. Bake at 350 degrees for 20 minutes or until warm.



Prep Time
45 min

Cook time
40 min

Serving
8 people

From the Lovely Kitchen of Cheryl Davis

SUPER EASY BEAN LAYER DIP

INGREDIENTS

- 1 block cream cheese
- 1 can Hormel or homemade chili
(can be vegetarian, turkey, or beef)
- Mozzarella cheese (shredded)
- Monterey Jack or shredded Mexican blend
- Green pepper *(chopped)*
- Red onion *(chopped)*

Other supplies

- 9x9 pan,
if you want to make a larger portion for a party, just double or triple the recipe in a bigger pan.

1. Smear cream cheese all over bottom of baking dish.
2. Layer on chili.
3. Layer on mozzarella cheese.
4. Layer on Monterey Jack or shredded Mexican blend cheese.
5. Layer on green pepper.
6. Layer on red onion.
7. Put in fridge if not serving immediately.
8. Bake at 375 degrees for 30-40 minutes or until bubbly.



Prep Time
10 min

Cook time
35 min

Serving
12 people

MARYLAND CHEESY CRAB DIP

INGREDIENTS

- **1 lb crab meat** – fresh is best of course
(but I often use frozen and it's fine – just make sure to drain any liquid after thawing)
- **8 oz block of cream cheese**
- **8 oz sour cream**
- **Two 8 oz sour cheddar cheese blocks or one 16 oz block**
- **1 heaping tbsp of mayonnaise**
- **1 tbsp of mustard** (*Grey Poupon is best*)
- **Worcestershire sauce to taste**
- **1 small lemon, squeezed**
- **Old Bay to taste**
- **Cooking spray**

1. Thaw crab meet if needed. Preheat oven to 350 degrees.
2. Spray baking dish with cooking oil.
3. In a separate bowl or mixer, soften cream cheese. Fold in sour cream.
4. Add mayo, mustard, Worcestershire sauce, lemon juice, and Old Bay.
5. Mix until smooth. Manually fold in crab meat until just mixed – do not beat! Or you will lose those precious lumps.
6. Next, fold in half of the cheese – careful not to disturb the crab meat too much. Place the mixture in an 8x8 baking dish.
7. Finally, sprinkle more Old Bay, followed by the remainder of the cheese.
8. Bake for 40-60 minutes at 350 degrees.
9. Enjoy with charcuterie crackers, French bread slices, or on top of your favorite main dish to make it “Chesapeake style.”



Cook time

40 - 60 min

From the Lovely Kitchen of Hianna Sabo

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SO EASY BUFFALO CHICKEN DIP

INGREDIENTS

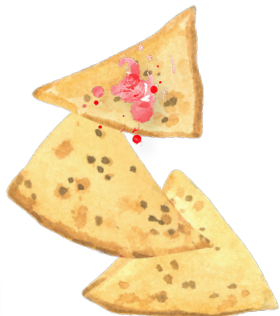
- 2 cups shredded chicken breast meat
(can substitute 2 10 oz cans chicken breast meat)
- 1 cup Frank's RedHot Hot Sauce
(you can add more if you like it hot!)
- 2 - 12 oz tubs soft cream cheese
- 3 cups shredded cheddar cheese

Optional

- ¼ cup milk for thinner consistency

Other supplies

- 2 pie plates, or 9x13 baking dish for serving
- Serve with favorite thick tortilla chips, bagel chips, crackers and/or veggie sticks



1. Put chicken in large sauce pan with Frank's Hot Sauce.
2. Heat until hot.
3. Add in cream cheese.
4. Keep stirring. Heat until hot.
5. Add in 1.5 cups shredded cheddar cheese.
6. Keep stirring. Heat until hot and all melted.
7. Optional: add milk for thinner consistency.
8. Pour into serving dish.
9. Sprinkle remaining shredded cheddar over top.
10. Cover to melt sprinkled cheese and keep warm to serve.

Cooking Tips

Crowd pleaser! This is party-sized but you can easily cut the recipe in half for a smaller group.

CLEAN UP TIP: Much easier to clean up the pan immediately before all that cheese hardens.

Prep Time
5 - 10 min

Cook time
20 - 25 min



MAIN COURSE

CHICKEN AND BLACK BEAN ENCHILADAS

Recipes from the Heart Central Bible Church posted by Robin G

INGREDIENTS

- 3 lbs boneless chicken breast
- 3 slices bacon *(optional)*
- 2 cloves garlic minced *(optional)*
- 1 16 oz can undrained black beans
- 1.5 cups picante sauce
- 1 red bell pepper, chopped
- 1 tsp ground cumin
- ¼ tsp salt
- ½ cup chopped green onion
- 1.5 cup shredded cheese
- 12 corn or flour tortillas *(I like corn best)*
- Preheat oven to 350 degrees



1. Cut chicken into thin strips or chunks.
2. Cook bacon until crisp. Remove and crumble (set aside). Pour off all but 2 tbs of bacon grease; cook garlic and chicken until no longer pink.
3. Stir in ½ cup picante, beans, red pepper, cumin, and salt. Simmer until thickened, stirring occasionally (about 10-15 minutes).
4. Stir in green onions and bacon.
5. Spoon heaping ¼ cup enchilada mixture in tortillas (if using corn, heat tortillas up in microwave first).
6. Add 1 tbsp cheese and roll. Place in 9x13 dish.
7. Spoon 1 cup picante over top of enchiladas.
8. Add rest of cheese over the top of enchiladas.
9. Bake for 18 minutes at 350 degrees.
10. Garnish with optional toppings as desired (i.e., shredded lettuce, chopped tomato, or sour cream).



CREAM OF MUSHROOM CHICKEN ENCHILADAS

INGREDIENTS

- 3lbs chicken breast or thighs
- 1 tbs spoon of chicken bouillon
- Salt and pepper to taste
- 2 large cans of cream of mushroom soup
- 3 dozen Guerro yellow corn tortillas
(large)
- 2 cups of milk
- 2 lbs of shredded Colby Jack cheese
- ½ thinly sliced onion *(optional)*

Other supplies

- 1 gallon ziplock bag
- Paper towels
- Potato masher



1. Boil chicken with chicken bouillon until done. Drain the stock (save the stock if you are making Mexican rice).
2. Use a potato masher to shred the hot chicken.
3. Add salt and pepper (to taste).
4. Add the 2 cans of cream of mushroom soup to a pot with milk and cook it on medium until completely heated. (You can use a microwave to heat your soup as well). The soup should be thick.
5. Wrap 6 corn tortillas at a time in a moist paper towel and place them in the ziplock bag unsealed. Heat for 1 minute in the microwave.
6. Take the warm tortillas, one at a time, dip them in the soup, and place in a glass or metal baking sheet.
7. Take one tortilla at a time and fill with chicken, a spoon of the soup, cheese and diced onions. Then roll it up.
8. Continue steps 5-7 until you have one layer of enchiladas in the pan.
9. Pour two cups of soup over the enchiladas and a cup of shredded cheese.
10. Cook at 350 degrees for 20 min or until cheese is melted.

Cooking Tips

Repeat steps 5-9 for a second layer of enchiladas. You can also broil the enchiladas for 5 min. maximum if you like to have a crispy top layer of cheese on. Top with your favorite salsa and sour cream. Enjoy!

Prep Time

10 min

Cook time

35 min

Serving

6 people

MOM'S MAC N CHEESE

INGREDIENTS

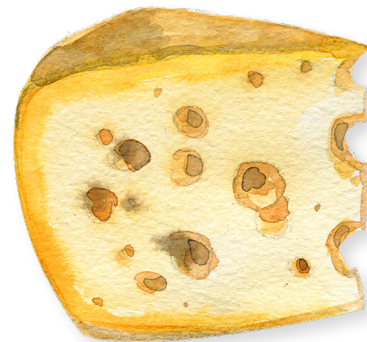
- 1 lb elbow macaroni
- 2 lbs cheese ends or shredded
(I prefer American & cheddar)
- 2 cups milk

Other supplies

- Covered casserole pan



1. Cook macaroni according to directions.
2. Cut up cheese ends in $\frac{1}{2}$ " to $\frac{3}{4}$ " chunks. (Shredded is easiest!)
3. Put macaroni in casserole dish.
4. Pour milk over top.
5. Mix in the cheese.
6. Cover and bake at 375 degrees for 25-30 minutes, or until cheese is bubbling and melted.
7. OR Microwave on high for 5 minutes, stir and repeat until cheese is melted.
8. Salt and pepper to taste.



Prep Time
5 - 10 min

Cook time
25 - 45 min

Serving
6 people

From the Lovely Kitchen of Dawn Kenney

INGREDIENTS

For Grill

- 1.5 lbs gold or yellow potatoes quartered or halved and par boiled
- 2 ears corn shucked
- 1 sweet onion halved (*ideally Walla Walla!*)
- 1 red pepper quartered

For Sauce

- 1 whole lemon – zest removed and halved
- 1/3 cup olive oil
- 2 garlic cloves (*finely diced or use zester*)
- 1/4 cup Dijon or spicy mustard

- 1 tsp dried or 1 tbsp fresh thyme
- 1 tsp honey (*more to taste*)
- 1-2 tbsp salt (*more to taste*)
- 1 tsp pepper (*more to taste*)

For Garnish

- 1/4 cup pepitas or peanuts (*optional*)



LEMONY GRILLED POTATO SALAD

1. Start grill.
2. While grill is warming, squeeze lemon juice into a mason jar with lemon zest. Add all additional sauce ingredients, close mason jar with lid, and shake vigorously to combine. Season with additional salt, pepper, and honey to taste.
3. Season vegetables with salt and pepper.
4. When grill has reached medium heat, add vegetables. Grill on all sides, about 3-4 minutes per side.
5. When vegetables are cooked through, remove to a cutting board and cut vegetables to bite-size pieces and the corn off of the cob.
6. Add to a large bowl, pour sauce over, and stir to combine.
7. Top with pepitas/peanuts and enjoy.

Cooking Tips

Use this recipe when you are grilling and know you'll have some extra space on the grill – a great way to use that otherwise wasted energy. Par boiling the potatoes makes sure they cook thoroughly on the grill without burning. Cutting all the vegetables but the potatoes into larger pieces keeps them from falling through the grill while cooking.



Prep Time

30 min

Cook time

15 - 20 min

Serving

4 people

From the Lovely Kitchen of Eric Wilson

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INGREDIENTS

- 1 cup of unseasoned breadcrumbs
- ¼ cup flour
- 2 teaspoons garlic powder
- 2 cups arugula
- 2 teaspoons lemon juice, plus more for garnish
- Olive oil cooking spray
- 4 chicken breasts
- 1 teaspoon salt
- 2 eggs
- 2 teaspoons olive oil
- ¼ cup shaved parmesan cheese



CRISPY BAKED CHICKEN WITH ARUGULA, LEMON AND PARMESAN



Kroger

1. Place a cookie cooling rack on a large baking sheet. Coat the rack with olive oil spray.
2. Start with one chicken breast. Cover with plastic wrap and roll or pound the meat to tenderize. When each chicken breast is ¼" thick, you're ready for the next step.
3. Season with salt and pepper. Make sure to get each side!
4. Combine and stir flour, ½ tsp salt, and ½ tsp garlic powder on a medium plate. Whisk 2 eggs and 2 tbs of water in a separate bowl. Next, mix the breadcrumbs and the remaining salt and garlic powder on another plate.
5. Next, you'll roll the chicken in the three dishes. Place in the flour mixture first, then dip in the egg, and finally cover in breadcrumbs.
6. Place the coated chicken on the prepared baking rack and finish with a mist of olive oil spray. Bake for 25 - 30 minutes or until golden brown and crispy.
7. While waiting for the chicken to bake, toss the arugula with olive oil and lemon juice. Season with salt and freshly ground pepper to taste. When the chicken has been out of the oven for 5 - 10 minutes, top it with a handful of the lemon arugula and as a final touch, sprinkle with shaved Parmesan cheese.

Prep Time

10 - 15 min

Cook time

25 - 30 min

Serving

4 people

COPYCAT PANERA® BROCCOLI CHEDDAR SOUP

allrecipes by gildawen

INGREDIENTS

- 1 tbsp butter
- ½ chopped onion
- ¼ cup melted butter
- ¼ cup flour
- 2 cups milk *(You can use any milk or even half and half. I usually use unsweetened coconut milk.)*
- 2 cups chicken stock
- 1 ½ cups chopped broccoli florets
- 1 cup matchstick - cut carrots
- 1 stalk celery, chopped
- 2 ½ cups shredded sharp cheddar cheese
- Salt and ground pepper to taste

Optional

- Bread bowl



1. Melt 1 tablespoon butter in a skillet over medium-high heat. Sauté onion in hot butter until clear, (5 min). Set aside.
2. Whisk 1/4 cup melted butter and flour together in a large saucepan over medium-low heat. Continue to whisk and cook, adding 1 to 2 tablespoons of milk if necessary to keep the flour from burning, (3 - 4 min).
3. Gradually pour milk into flour mixture while whisking. Stir chicken stock into milk mixture. Bring to a simmer; cook until thickened, (20 min). Add broccoli, carrots, sautéed onion, and celery; simmer until vegetables are tender, (20 min).
4. Stir cheddar cheese into vegetable mixture until cheese melts. Season with salt and pepper to taste.

Prep Time

3 hrs

Cook time

20 min

Serving

6 people

INGREDIENTS

- **8 oz long thin whole wheat pasta noodles like spaghetti** (*use soba noodles to make gluten free*)
- **24 oz broccoli cole slaw** (*2 – 12 oz bags*)
- **4 oz grated carrots**
- **¼ cup extra-virgin olive oil**
- **¼ cup rice vinegar**
- **3 tbsp honey** (*use light agave nectar to make vegan*)
- **3 tbsp creamy peanut butter**
- **2 tbsp low-sodium soy sauce** (*gluten free options available*)
- **1 tbsp Sriracha pepper sauce, plus additional to taste**
- **1 tbsp minced fresh ginger**
- **2 tsp minced garlic** (*about 4 cloves*)
- **¾ cup roasted unsalted peanuts** (*roughly chopped*)
- **¾ cup fresh cilantro** (*finely chopped*)

ASIAN NOODLE SALAD

1. Bring a large pot of salted water to a boil. Cook the noodles until al dente, according to package directions. Drain and rinse briefly with cool water to remove the excess starch and stop the cooking process, then transfer to a large serving bowl. Add the broccoli cole slaw and grated carrots.
2. While the pasta cooks, whisk together the olive oil, rice vinegar, honey (or agave nectar), peanut butter, soy sauce, Sriracha, ginger, and garlic. Pour over the noodle mixture and toss to combine. Add the peanuts and cilantro and toss once more. Serve chilled or at room temperature with additional Sriracha sauce as desired.
3. You can store leftovers in the refrigerator in an airtight container for up to 3 days.



Prep Time

10 min

Cook time

10 min

Serving

6 - 10 people

From the Lovely Kitchen of Kandis Bray

INSTANT POT SHORT RIBS

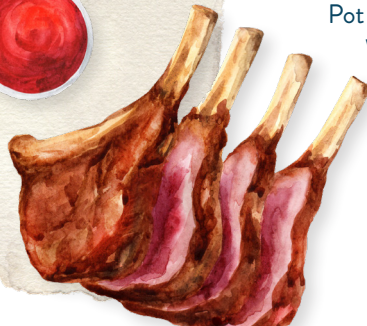
Amy & Jacky PressureCookerRecipes.com

INGREDIENTS

- 6 - 10 pieces Bone In Short Ribs (1116g)
- 6 garlic cloves (chopped)
- 2 (300g) small onions, sliced
- 2 (170g) medium carrots, chopped
- 2 ribs celery (90g) chopped
- 1 cup red wine (Cab. Sauv.)
- ½ cup unsalted chicken or beef broth
- 2 tbsp balsamic vinegar
- 1 - 1.5 tbsp brown sugar
- 1 tbsp soy sauce
- 1 tbsp fish sauce
- 1 tbsp olive oil
- 2 bay leaves
- 1 pinch dried thyme
- Salt & pepper to taste

Thickener:

- 2.5 tbs cornstarch
- 3 tbsp cold water



1. Heat up Instant Pot using Sauté More. Wait until it says HOT. Add 1 tbsp olive oil. Season one side with salt and black pepper. Add in 5 pieces of short ribs, brown each side for 4 minutes. While one side is browning, season the other side with more salt and black pepper. Avoid overcrowding by browning short ribs in batches
2. Set aside the browned short ribs. Add sliced onions, and sauté until soften 3 minutes. Add chopped garlic, and sauté until fragrant.
3. Add in chopped carrots, celery, a pinch of dried thyme, and 2 bay leaves, then sauté for 2 minutes.
4. Pour ½ cup red wine in Instant Pot and deglaze. Mix. Let the wine simmer for a minute to allow some of the alcohol to evaporate.
5. Add 1 tbsp regular soy sauce, 1 tbsp fish sauce, 1-1.5 tbsp brown sugar, 2 tbsp balsamic vinegar, and ½ cup unsalted chicken stock in Instant Pot. Carefully add in browned short ribs + meat juice. High Pressure 45 minutes + Natural Release 15 minutes.
6. Set aside the short ribs. Mix 2.5 tbsp cornstarch and 3 tbsp cold water together in a small mixing bowl. Bring sauce to a simmer and add the cornstarch mixture one third at a time to thicken the red wine sauce until desired thickness. Taste and season with more salt, black pepper, and brown sugar if necessary
7. Place the short ribs back in the sauce to keep them hot. Serve & be prepared for your guests to beg for more of this deliciously beautiful creation!

Prep Time

20 min

Cook time

1 hr 30 min

Serving

6 - 10 people

From the Lovely Kitchen of Scott Kenaston

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LASAGNA DE POLLO

INGREDIENTS

- 2 big full chicken breasts
- Salt
- 3 celery ribs
- 3 medium yellow onions
- 1 red bell pepper
- 3 tbsp of Olive Oil
- 4 garlic cloves
- 6 tomatoes
- ½ Jalapeño Pepper
- Fresh black pepper to taste
- 1 cup of ketchup
- 1 tbsp of mustard
- 1 tsp of mayonnaise
- 4 oz of red pepper filled olives
- 2 boxes of lasagne pasta
- 16 oz of mozzarella cheese
- 2 cups of heavy cream
- 16 oz of parmesan cheese

Other supplies

- Blender
- Aluminum foil



1. Start by boiling the chicken breasts and celery ribs, adding salt to taste.
2. Once cooked, let them cool in the soup to keep them juicy. After cooling, shred the chicken and add to a large pot. Keep the soup, to use for sauce later.
3. Dice the onions and red bell pepper; put the olive oil in a medium pan and fry the vegetables - on medium heat.
4. Once golden, add the garlic and tomatoes, largely diced, and the jalapeño.
5. Allow it to cook for a bit, then add 1 cup of the chicken soup; add salt and pepper to taste.
6. Continue to cook on low heat for 5 minutes; then, add to blender and blend for 1 min. Also add the ketchup, mustard and mayonnaise.
7. Add the sauce to the large pot with the chicken. Add the olives and warm on low heat.
8. In a large pan, start with a layer of pasta (lasagne), and cover with a layer of the chicken/sauce. Top with mozzarella cheese.
9. Add two more layers of pasta, chicken, and cheese.
10. Finish covering with a final layer of pasta. Add the heavy cream and parmesan cheese on top.
11. Pre-heat oven to 300 degrees. Cover with aluminum foil. Bake for 50 minutes.
12. Remove foil and broil until top layer is golden.



Prep Time

45 min

Cook time

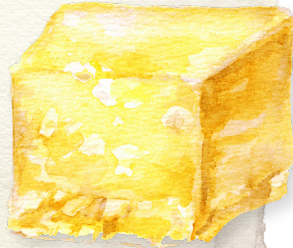
1 hr

Serving

6 people

INGREDIENTS

- 1 lb ground beef
- 1 lb hot breakfast sausage (*turkey or pork*)
- 1 lb velveeta cheese
- 1 tsp worcestershire sauce
- 1 tsp dried oregano
- ½ tsp garlic salt
- ½ tsp salt
- Dash of pepper
- Party/cocktail rye (*or regular rye bread cut into squares*)



HANKY PANKS

1. Preheat oven to broil.
2. Brown meat and drain.
3. Stir in Velveeta until it melts.
4. Stir in all other ingredients.
5. Scoop on top of party rye squares.
6. Place on baking sheets.
7. Broil for 3-5 mins.
8. Enjoy!

Cooking Tips

This is a Midwest heart attack on a piece of bread. My tips are pace yourself and if you can't eat all of them, freeze them for later!



Prep Time
10 min

Cook time
3 min

Serving
8 people

From the Lovely Kitchen of Emily Pearce

PAGE 23

INGREDIENTS

- 2 9 oz packages cheese tortellini
- 4 cups raw spinach, washed and rough chopped
- ¼ cup scallions, chopped
- 4 cups cherry tomatoes, halved
- 2 10 oz bottles Italian salad dressing
- 1 can black olives, sliced
- Salt and pepper to taste



TORTELLINI SALAD

Albertina's Exceptional Recipes,

1. Cook tortellini in salted water per package directions.
2. Take 30 minutes to chill in refrigerator.
3. Combine tortellini, spinach, scallions, olives, and tomatoes in a large bowl.
4. Add salad dressing until salad is well dressed.
5. Add salt and pepper to taste.
6. Chill for 2-3 hours or overnight.
7. Stir chilled salad and add more dressing if needed.

Cooking Tips

This tortellini salad is very easy to make and well loved. It is great for potlucks and parties as it is easy to double or triple in size.



Prep Time

30 min

Cook time

Per Package

Serving

8 people

From the Lovely Kitchen of Cheryl Davis

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INGREDIENTS

- 1 - 2 lbs ground beef
- 1 - 2 lbs sausage
- Pork chops or spareribs – *optional*
- Braciolo (*optional*) top round steak
- 2 28 oz cans of tomato puree
- 18 oz tomato paste
- Vegetable oil
- 1 - 2 cloves garlic, crushed
- ½ cup fresh parsley
- 1.5 cups grated parmesan cheese
- Plain bread crumbs
- 1 - 2 onions, chopped

Other supplies & notes

- For sausage - Perri is the best brand. If using 1 lb I use sweet sausage, if 2 lbs, I use 1 sweet and 1 hot I cut each link into 4 pieces.
- Braciolo - it comes in fairly thinly sliced pieces at the store. Top each piece with salt, pepper, chopped fresh parsley, chopped garlic and parm. Roll each piece and fasten with toothpicks or kitchen twine.

FAMILY PASTA SAUCE

MEAT BALLS & OTHER MEATS (OPTIONAL)

1. To make meatballs, turn oven to 400 degrees. Coat a large baking sheet with a little bit of oil.
2. Mix the ground beef with 2 eggs per lb of meat. Add crushed garlic, chopped fresh parsley, grated parmesan (½ cup), salt and pepper. Mix lightly. Then add some plain breadcrumbs. Leave the mixture wet. Roll the balls in the size you like, and bake in the oven for approx. 20 minutes, depending on the size of the meatballs and the temp of your oven.
3. In the pan you'll use for the sauce, brown any pork or braciolo in a bit of oil which covers the bottom of the pan, but not too much. (*Braciolo can also be baked in the oven with the meatballs*). Set the meat aside.

SAUCE

4. In the same pan used in previous steps, add the sausage and 1 - 2 chopped onions. Stir this frequently so it doesn't stick. Cook until the onions are soft and caramelized and the sausage is cooked.
5. Optional, add sausage and meatballs into the pot.
6. Add the puree and the tomato paste, using 3 cans of water for each can of paste. Add salt, pepper, and parmesan to taste.
7. Simmer, and cook for as long as possible, at least 2 hours. This is even better if you make it a day or 2 ahead. Stir frequently, scraping the bottom of the pan so nothing sticks/burns.



PINE TAVERN HAMBURGER PIE

INGREDIENTS

- 1 ½ lb hamburger
- 1 clove garlic
- 1 medium chopped onion
- 12 oz Heinz Beef Gravy or your preference
- Unbaked pie crust – Pillsbury 2-crust box
- 2 cups mashed potatoes
- Bag of frozen peas
- Can of water chestnuts diced
- ½ cup of shredded cheddar cheese
- Paprika

Other supplies

- Ceramic pie pan/s depending on size



1. Pre heat oven to 400 degrees. Brown crust for 8 minutes and then set aside.
2. Cook burger and onions. Then add gravy.
3. Add frozen peas and diced water chestnut. Cook until piping hot.
4. Add gravy mix to the pie and cook for 10 minutes at 400 degrees.
5. Take out of the oven, spread about ½” thick of potatoes on top, cover with cheese, and sprinkle on paprika.
6. Turn the oven down to 350 degrees and cook for 20 minutes, melting cheese.
7. Take out and rest 10 min.

Cooking Tips

Simmer hamburger with gravy, adding “Better Than Bouillon – Roast Beef Base” to add depth. Season with salt, pepper, cumin, and more garlic to taste.



Prep Time

30 min

Cook time

30 min

Serving

6 people

SUPER EASY POTATO SOUP

INGREDIENTS

- 6 potatoes, peeled and cubed
- 1 onion, chopped
- 1 carrot, chopped
- 1 stalk celery, chopped
- 5 cups chicken stock
- 1 tbsp parsley
- 1 tsp salt
- ¼ tsp pepper
- ½ cup butter

Other supplies

- Blender



1. Combine all ingredients in a large stockpot.
2. Cook, covered until vegetables are tender.
3. Process a small amount at a time in a blender until smooth, then return to the stockpot.
4. For even richer soup, add cream or a can of evaporated milk after blending.
5. Season to taste.
6. Serve with sour cream, chopped chives, and bacon crumbles if desired.
7. Yum!

Cooking Tips

You can eat this without blending it, but it's so much better when it's blended silky smooth!



Prep Time

45 min

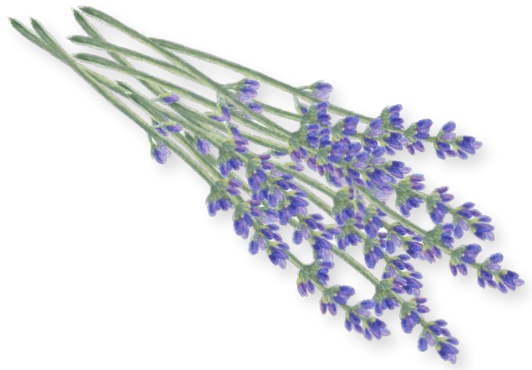
Cook time

30 min

Serving

6 people

From the Lovely Kitchen of Eileen Opedal



DESSERT



INGREDIENTS

- 3 or 4 ripe bananas, smashed
- ⅓ cup melted butter
- 1 cup sugar *(can easily be reduced to ¾ cup)*
- 1 egg, beaten
- 1 tsp vanilla
- 1 tsp baking soda
- Pinch of salt
- 1 ½ cup of all-purpose flour
- ¾ sweet potatoes baby food container
- ¾ carrot baby food container
- Handful dried cranberries



BANANA BREAD

SimplyRecipes.com

1. Preheat the oven to 350 degrees.
2. With wooden spoon, mix butter into the mashed bananas.
3. Mix in the sugar, egg and vanilla.
4. Mix in sweet potatoes and carrots.
5. Sprinkle the baking soda and salt over the mixture and mix in.
6. Add the flour last, mix.
7. Pour mixture into a buttered 4x8 inch loaf pan.
8. Bake for 50 – 60 minutes.
9. Cool on a rack.
10. Remove from pan and slice to serve.



Cooking Tips

No need for a mixer with this recipe. If you are a chocolate lover, chocolate chips can easily be added to this recipe. So easy my kids make this recipe.

Prep Time

10 min

Cook time

50 min

From the Lovely Kitchen of Pam Loitz

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INGREDIENTS

Cupcakes

- 3 ½ cups all purpose flour
- 1 tsp baking soda
- ½ tsp salt
- 2 sticks butter
- 2 cups sugar
- 3 eggs
- 1 tsp vanilla extract
- Zest 1 lemon
- 2 cups sour cream
- 1 ½ cups fresh blueberries

Lemon Glaze

- 1 cup confectioners sugar
- 2 tbsp milk – *add more to make thin*
- 1 tbsp fresh lemon juice

Buttercream

- 1 cup unsalted butter
- 4 cups confectioners sugar
- 1 tsp vanilla extract
- ½ cup blueberry puree
- 1 tbsp lemon juice



LEMON BLUEBERRY CUPCAKES

Lori Jacobs - Food Network | Barbara Rolek - The Spruce Eats | Nina Hendrick Food

1. Start with the cupcakes – pre heat oven 350 degrees.
2. Begin by mixing the flour, soda, salt – set aside.
3. Add the sugar and butter to a new bowl and mix until light and fluffy.
4. Add eggs, vanilla and lemon zest.
5. Add the dry mixture to this bowl in three parts while mixing while adding the sour cream. Then stir in blueberries.
6. Fill cupcake tins ¾'s full.
7. Bake between 16 – 20 minutes let cool.
8. While cupcakes are cooking start the lemon glaze.
9. Whisk together confectioners sugar and milk.
10. Add the lemon juice.
11. Set aside.
12. While cupcakes are finishing baking and cooling, begin buttercream.
13. In a mixer, add the butter and get it fluffy.
14. While butter is mixing, use a blender or food processor to puree your blueberries.
15. In mixer with the fluffy butter, add the sugar gradually to get a creamy consistency.
16. Add blueberry puree and lemon juice.
17. Mix until buttercream has a peanut butter consistency.
18. Dip cupcakes in glaze then pipe on buttercream.

Prep Time

10 min

Cook time

45 - 60 min

Serving

24 people

From the Lovely Kitchen of Alex Nason

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INGREDIENTS

- 2 cups flour
- 2 cups oats
- 1 ½ cups brown sugar
- 1 tsp baking soda
- 1 ½ cups butter, melted
- 2 cups chocolate chips
- 16 oz Kraft caramels
- 2 tbsp light cream

Other supplies

- 9 X 13 pan



CARMELITAS

1. Melt butter.
2. Add flour, oats, brown sugar, and soda.
3. Mix well, knead with hands.
4. Press half the mixture into the bottom of pan.
5. Bake for 10 minutes at 350 degrees.
6. Melt caramel with cream (*I use milk*) in microwave, stir often.
7. Sprinkle chips over baked mixture.
8. Cover with melted caramel.
9. Sprinkle remaining oat mixture over the top and bake for 15 to 20 minutes. Do not over bake!
10. Allow to cool, but slice before they become hard.



Prep Time

30 min

Cook time

25 - 30 min

Serving

12 people

From the Lovely Kitchen of Becky Berg

LAVENDER EARL GREY COOKIES

INGREDIENTS

- 2 ¼ cups all-purpose flour
- 1 tbsp Earl Grey tea
(from tea bags or loose leaf tea)
- ½ tsp culinary-grade lavender
- ½ tsp baking powder
- ¼ tsp baking soda
- ½ tsp kosher salt
- 1 ¼ cup granulated sugar
(plus 2 Tbsp for garnish)
- 1 cup unsalted butter
(at room temperature)
- 1 large egg
- 2 tsp pure vanilla extract

Other supplies

- Mixer
- Measuring cups/spoons
- Parchment paper
- Cookie sheets



1. Grind the Earl Grey tea and lavender, and preheat to 350°.
2. In a medium bowl whisk together the flour, tea, lavender, baking powder, baking soda, and salt.
3. In a separate bowl combine the butter and sugar, using a mixer. Beat on medium until light, fluffy, and doubled in volume.
4. Reduce the mixer to low and add the egg and the vanilla, and beat until just combined.
5. With the mixer on low, gradually add the dry ingredients and beat until combined.
6. Portion the dough into balls roughly 3 tbsp in size, and place at least 3 inches apart on cookie sheets lined with parchment paper.
7. Sprinkle with the granulated sugar set aside for garnish.
8. Bake one sheet at a time on the center rack of the oven for 12 minutes until the edges are set but the centers are still soft.
9. Cool on wire rack for 20 minutes until the cookies have set and feel firm to the touch.

Cooking Tips

Be sure to grind the tea and lavender very fine. You don't want to crunch on lavender in your cookies. Pull them out of the oven a minute or so early if you like soft and chewy cookies. If you've ever wanted to know what a bouquet of flowers tastes like, here's your chance.

Prep Time

25 min

Cook time

12 min

Serving

19 people

CHOCOLATE CHIP COOKIES

INGREDIENTS

- 2 ¼ cups flour
- 3 eggs
- 1 tsp baking soda
- 1 tsp salt
- ¾ cup butter (*softened*)
- 1 cup packed brown sugar
- 1 tsp vanilla
- 1 package semi-sweet chocolate chips

Other supplies

- Mixer
- Measuring cups/spoons
- Parchment paper
- Cookie sheets



1. Start by setting your oven to 375 degrees.
2. Using your handy-dandy mixer, mix the butter and brown sugar together until the mixture is smooth, light and fluffy.
3. Now it's time to add the eggs, one at a time, mixing them in completely.
4. Drop in the vanilla.
5. In a separate bowl, whisk the remaining dry ingredients together.
6. Next, slowly add the dry mixture to the butter, egg, and sugar mixture.
7. Stir in the chocolate chips until they are evenly dispersed through.
8. Cover your cookie sheets with parchment paper.
9. Drop tablespoons of your cookie dough onto the parchment-lined sheets – do not press down.
10. Bake at 375 for 8-10 minutes, until golden brown.

Cooking Tips

Add an additional handful of chocolate chips for extra drool-worthy cookies.

Hide the plate from your family to ensure you can enjoy at least one cookie for yourself!



Prep Time

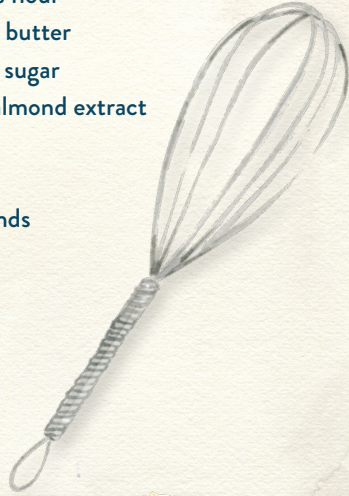
10 min

Cook time

10 min

INGREDIENTS

- 2 cups flour
- ¼ cup butter
- ¼ cup sugar
- 1 tsp almond extract
- Salt
- Eggs
- Almonds



FINSKA KAKOR

1. Combine butter, sugar and almond extract.
2. Add in 2 cups of sifted flour and a pinch or two of salt.
3. Roll the dough into a log shape, approximately 1x2" oblong, wrap in waxed paper and chill. (The dough can be refrigerated for up to several days at this point, bake as more are desired...Yum!)
4. When ready to bake, slice as thin as desired and place on ungreased cookie sheet.
5. Brush the top with egg white, sprinkle with a pinch of sugar and place several sliced almonds on each (slightly push into dough).
6. Bake: 15 - 20 minutes at 350 degrees (*watch timing if cut super thin*).
7. Enjoy!!



Cook time

15 - 20 min

INGREDIENTS

- 1 ½ cups almond flour
- ¾ cup almond butter
- ½ cup honey or maple syrup
- 1 egg
- ½ tbsp baking soda
- ½ tbsp salt
- ½ tbsp vanilla extract
- 1 cup chocolate chips



ALMOND BUTTER CHOCOLATE CHIP COOKIES

Sarah Matheny PeasAndThankyou.com

1. Preheat oven to 350 degrees.
2. Combine almond flour, baking soda and salt in a bowl.
3. In a separate bowl, cream almond or sunflower seed butter, honey or maple syrup, egg and vanilla.
4. Add almond flour mixture gradually until a dough forms, then fold in chocolate chips.
5. Scoop dough by the tablespoon onto a cookie sheet, spacing cookies at least an inch apart.
6. Bake for 11-12 minutes or until set.



INGREDIENTS

Cake

- 1 ½ cup flour
- 3 tsp baking powder
- ¼ tsp salt
- ¾ cup sugar
- ¼ cup shortening, cut in
- 1 egg
- 1 tsp vanilla
- ½ cup milk

Streusel Topping

- ½ cup brown sugar
- 2 tbs flour
- 2 tsp cinnamon
- 2 tbs butter
- ¼ cup nuts

STREUSEL COFFEE CAKE

1. Sift dry ingredients.
2. Cut in shortening.
3. Beat egg with milk and vanilla and add to dry ingredients. Do not beat too much.
4. Put in a 7x11 inch pan.
5. Cover with topping and punch into batter here and there to mix.
6. Bake at 350 degrees for 25 minutes.
7. Add the streusel topping in a bowl and mix all together.





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