



Recipes
BY RESIDENTS

2020 Resident Recipe Book

Main Dishes



Cincinnati Goetta

(pronounced get-uh)

Submitted by Peggy Roscoe

This dish is well known in the Cincinnati area where I grew up. It was a staple of the German immigrants who settled in Cincinnati. If you aren't familiar with Cincinnati you have probably never heard of Goetta. It's usually served as a breakfast side in place of sausage or bacon. However, it has become so popular in the area that it is now served with any meal.

I used to beg my mother to make it for breakfast on cold mornings.

The original recipe was handed down from my grandmother to my mother but this recipe is made in a crockpot which makes it less time consuming.

Ingredients:

- 5 cups water
- 2 1/2 cups pinhead oats
- 1 1/4 tsp salt
- 1 1/2 tsp pepper
- 1 large onion
- 1 lb. ground fresh pork
- 1 lb. ground chuck (may use all pork or all beef)
- 1 tsp sage leaves
- 1 tsp instant beef bouillon

Directions:

Pour 1 cup water and onion in blender (on chop). Put into crockpot with other 4 cups water and oats.

Cook for 1 1/2 hours on HIGH setting.

Add balance of ingredients;

Stir and cook on LOW for 5 hours.

Remove top and stir 3 to 4 times for another 1/2 hour.

Line 2 bread loaf pans with foil. Place in foil and room cool before placing in refrigerator. Cut;

Wrap in foil in size suitable for user. Place in freezer for storage. When needed place in refrigerator to thaw. Cut into 1/4 inch to 3/8-inch-thick slices and fry with Pam or other spray cooking oil on high heat to golden crisp brown. A non-stick pan works best.

Chicken Noel

Submitted by Peggy Roscoe

This is my “go to” company dish which was handed down from my mother. It’s easy and delicious. The name is “Chicken Noel”. That may be because it was often served around the holidays.

Ingredients:

- 4-6 boneless chicken breast halves
- 1 can cream of mushroom soup
- 1 cup sour cream
- 1/2 cup sherry
- 1 lb. fresh sliced mushrooms
- Paprika

Directions:

Heat oven to 350

Place chicken in baking dish

Sauté mushrooms in small amount of butter

Mix together soup and sour cream, mushrooms and sherry

Pour over chicken

Sprinkle with paprika

Bake at 350 for 1 hour

Serve sauce over rice.

Santa Fe Soup

Submitted by Kim and Kyler Ferris

Ingredients:

- 2 lbs. ground turkey or beef
- 1 chopped yellow onion
- 2 - 4-ounce packages of Original Buttermilk Ranch Dressing Mix (powder)
- 2 - 1.25-ounce packages of McCormick Taco Seasoning Mix
- 16 oz can of black beans 16 oz can of kidney beans
- 16 oz can of pinto beans
- 16 oz can dice tomatoes
- 2 - 10 oz cans of ROTEL diced tomatoes with green chilies
- 2 - 16 oz cans of white corn
- 2 -cups of water

Note: Do not drain the liquid from the cans, just pour it all in!

Directions:

In large pan brown together the meat and onion.

Add the rest of the ingredients

Simmer covered on low for 2 hours, stirring occasionally. Add more water if necessary

***Alternative: put in crockpot on low setting for 2-3 hours

Garnish with sour cream, shredded cheese, chopped green onion and tortilla chips; for extra spice add fresh chopped jalapeno or serrano peppers!

Grilled Basil Chicken

Submitted by Mary Fuller

Ingredients:

- 2 Medium size tomatoes
- 1 Tablespoon balsamic vinegar
- 2 Tablespoon packed fresh basil leaves minced or you can use 1 Tablespoon dried basil
- 1 Tablespoon Olive oil
- 1 garlic clove minced
- Dash of salt
- 2-4 Boneless skinless chicken breast halves

Directions:

Cut one tomato in quarters and place in a blender or food processor. Add the balsamic vinegar, basil, oil, garlic and salt; cover and process until blended.

Marinate chicken breasts with mixture at least one hour, or overnight.

Coat grill rack with nonstick cooking spray before starting the grill. Grill chicken, covered over medium heat for 5-6 minutes on each side. (grilling time may vary with your grill)

Cut other tomato in half and grill for 2-3 minutes until tender

*This can be grilled on a George Forman grill as well

Carbohydrates: 7

Calories: 174

Serving suggestions:

½ Cup fresh asparagus or green beans

Lettuce salad w/ Dressing

Complete meal:

Carbohydrates: 11

Calories: 282

Total prep time 30 minutes

Stuffed Pumpkin

Submitted by Julie Medved

I know this is for later in the year but it is so yummy I thought I would share it anyway.

Clean pumpkin inside

Ingredients:

- 2 lbs. ground sausage
- 1 lb. ground beef
- 1 chopped onion
- 1 cup brown sugar
- 1 cup chopped walnuts
- 1 box seasoned small croutons
- ½ tsp. of ground ginger
- 2 tablespoons of butter

Directions:

Clean the pumpkin inside

Brown and drain the meat and onions well

Mix together brown sugar, walnuts and croutons

Melt butter and mix with ginger. Brush inside of pumpkin

Oil outside of pumpkin and bake pumpkin at 350 for 30 minutes

Put meat mixture inside pumpkin and bake an additional 15-20 minutes

Serve in the pumpkin.

Julie's Pecan Baked Salmon

Submitted by Julie Mullinax

Ingredients:

- ½ cup pecans, chopped
- 4 tablespoons lemon juice
- 1 tablespoon Dijon Mustard
- 1 tablespoon honey
- 1 teaspoon dried dill
- 1 teaspoon coarsely ground black pepper
- 2 – 6 ounces skinless salmon fillets

Directions:

Preheat oven to 450 degrees. In a small bowl combine nuts, 1 tablespoon lemon juice, dill, pepper, mustard and honey. Set aside.

Place salmon fillets in a greased foil lined baking pan. Pour remaining lemon over the fillets. Spoon pecan mixture evenly over each fillet. Gently press in place to form a crust. Bake for 6 to 8 minutes for each ½ inch thickness of fish or until fish flakes easily when tested with a fork.

Serve with roasted asparagus and wild rice

Caramelized Onion & Fig Pizza

Submitted by Lee Allen

Ingredients:

- Pizza dough for 1 pizza (I use a store-bought crust) 1 tablespoon olive oil
- 2 yellow onions, chopped
- ½ teaspoon salt
- 1 tablespoon brown sugar
- 1 tablespoon balsamic vinegar
- 1 cup arugula leaves, packed
- 6 dried figs, sliced
- 4 ounces goat cheese, crumbled

Directions:

Roll out dough to fit baking pan.

Preheat oven to 450 F degrees.

Heat oil and sauté onions with salt until brown. Add sugar and balsamic vinegar.

Cook for 10 minutes. Spread onion mixture over dough, leaving an edge for the crust.

Top with arugula, figs, and crumbled cheese.

Place in oven for 15 minutes or until crust is golden. Remove from oven.

Drizzle balsamic vinegar on top. Slice into sixths and serve.

Nutrition Information

Calories per serving: 190

Carbs: 24 g

Protein: 6 g

Fat: 9 g

One Pot Cheesy Italian pasta with Chicken

Submitted by: Malinda Yanock

One-Pot Cheese Italian Pasta and Chicken is a rich and savory dish bursting with your favorite flavors! This simple recipe features a creamy sun-dried tomato sauce that is cooked right into the pasta in this amazing one-pot dish. Toss it all in a pot and let it cook. It's so easy that it just about cooks itself. Now that's my kind of meal!!!

INGREDIENTS:

- 8 ounces baby spinach leaves, divided
- 1 cup sun-dried tomatoes packed in oil and Italian herbs, drained (about 7 ounces)
- 1 large yellow onion, sliced
- 1-pound uncooked boneless, skinless chicken breasts (cut into 1/2" bite size pieces)
- 6 garlic cloves, sliced
- 1-pound dry linguine
- 2 teaspoons dried Italian seasoning
- 2 teaspoons kosher salt
- 1 teaspoon fresh ground pepper
- 1 teaspoon crushed red pepper flakes
- 4 cups (32 ounces) reduced sodium chicken stock
- 1 cup (8 ounces) chardonnay wine
- 4 ounces fresh Parmesan cheese, shredded

Directions:

Combine 1/2 of the spinach with the tomatoes, onion, chicken, garlic, linguine, Italian seasoning, salt, pepper and crushed red pepper in a 5-quart Dutch oven over medium-high heat. Pour chicken stock and wine over top. Cover and bring to a boil.

Cook 7-9 minutes until pasta is al dente (with a bite to it). Toss pasta with tongs occasionally to keep the pasta from sticking to the bottom of the pot. You will still have some liquid in the pan when the pasta is done cooking. This is going to make the base for our delicious cheese sauce.

Turn off the heat and add the cheese to the pasta. Toss pasta with tongs until the cheese melts into the pasta. Toss in remaining spinach.

Serve and enjoy!

DONNA'S NOTES

1. Dried Italian Seasoning is a fabulous convenience ingredient. If you do not keep it on hand, combine 1 teaspoon dried basil, 1 teaspoon rosemary, 1/2 teaspoon oregano and 1/2 teaspoon dried thyme.
2. This dish is just spicy enough to make your tongue tingle. For a very mild sauce, reduce the red pepper flakes to 1/2 teaspoon.
3. I know some people are sensitive to alcohol. The wine adds a fabulous rich buttery flavor and a bright citrus taste to the pasta. If you can use the chardonnay, I highly recommend it. However, you can substitute with chicken stock, white grape juice, or lemon water (1/2 cup fresh lemon juice and 1/2 cup water).

<http://www.theslowroasteditalian.com/2016/10/one-pot-cheesy-Italian-Pasta-Chicken-recipe.html>

Recipe developed by Donna Elick [The Slow Roasted Italian](#)
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Our Casserole!

Submitted by: Hector and Veronica Soria

In order to not let some of my items expire, I just threw together this casserole. Used the lasagna method.

Ingredients:

- Chicken; cooked your favorite way; I put a whole chicken in my Instant Pot and then deboned it, shred when cold
- 1 can of cream of chicken soup
- 1 can of Rotel
- 1/2 jar Tostitos Queso Blanco Dip (you can use any sauce you like really)
- 1/2 cup Greek Yogurt
- Ricotta Cheese
- Tortillas
- Sharp Cheddar Cheese - medium package

Directions:

Mix the cold chicken, cream of chicken soup, Rotel, dip, yogurt until it is nice and gooey.

Spray dish with Canola Oil (your choice of spray)

Layer dish with corn tortillas (my dish held 6 of them).

Put three dollops of ricotta cheese and gently spread it around (mainly in the middle).

Add other 6 tortillas. Add more chicken and then sprinkle with sharp cheddar cheese (say mainly in the middle).

Add another 6 tortillas, the last bit of the chicken mixture, top it with mozzarella shredded cheese.

Spray your foil with an oil so that it won't stick. Let it set overnight in the refrigerator.

Cook in 300-degree oven for one hour, check on it and if necessary, cook another 30 minutes.

Enjoy!

Snacks



Protein Bars

Submitted by Jen Allen

Ingredients:

- 2 cups almonds
- 1/4 cup flax seeds, chia seeds or pumpkin seeds (ground in a coffee grinder or blender)
- 1/2 cup dried prunes, dates or raisins (we used prunes!)
- 1/2 cup shredded coconut (unsweetened)
- 1/2 cup peanut or almond butter
- 1/2 cup coconut oil or butter (melted)
- 1/4 cup honey
- 2-3 teaspoons vanilla extract
- a few squares dark chocolate, less than half a bar needed for thin layer (optional) – I melted about 1/4 bag of chocolate chips in a small saucepan for the topping

Directions:

Place almonds, flax meal/seeds, dried fruit, shredded coconut, almond/peanut butter in a food processor.

Pulse briefly for about 10 seconds. In a small sauce pan, melt coconut oil over very low heat.

Remove coconut oil from stove, stir sweeteners and vanilla into oil. Add coconut oil mixture to food processor and pulse until ingredients form a coarse paste.

Press mixture into an 8 x 8 glass baking dish. Chill in refrigerator for 1 hour, until mixture hardens.

In a small saucepan, melt chocolate over very low heat, stirring continuously. Spread melted chocolate over bars; return to refrigerator for 30 minutes, until chocolate hardens.

Remove from refrigerator, cut into bars and serve.

Makes about 12-15 bars. Store in refrigerator or freezer for later enjoyment!

Desserts



Lisa's Cake with Berry Compote

Submitted by Lisa Renko

For those trying to watch their sugar and/or carbs or opt for healthier dessert alternatives during shelter in place, I have a favorite quick vanilla cake with berry compote recipe. We absolutely love this and it's so easy.

Ingredients:

- Vanilla cake mix (make according to package directions)
- 1 cup of each – blueberries and strawberries
- Add sugar or Lakanto Monkfruit sweetener
- 1 – 2 teaspoons of lemon juice
- ½ - 1 teaspoon of corn starch
- 1 cup organic heavy cream
- 1 tablespoon of powdered sugar

Directions:

Make cake according to package directions.

Fruit berry compote:

*Tip - can be prepared in advance and refrigerated to use as a syrup alternative for pancakes and waffles. If it becomes too thick simply add a small amount of water later and re-heat.

*We make almond & coconut flour lemon pancakes for a healthier, more guilt-free version.

To make compote, add 1 cup each blueberries and strawberries to small heavy pot. Add approximately 2 teaspoons water, and Lakanto Monkfruit (we prefer this brand) sugar sweetener to taste depending on degree of sweet preferred, or about 2 tablespoons.

Squeeze the juice of one lemon into berries. Simmer over low heat until thickened. If you accidentally add too much water, mix corn starch into warm water then slowly stir into berries mixture while cooking.

Should take about 10-15 minutes to thicken, but watch closely, stirring frequently.

Whipped cream:

Pour 1 cup organic heavy cream into bowl, add 1 tablespoon Swerve powdered sugar sweetener (again increase or decrease to your taste). Beat on high speed with hand mixer until stiff.

Once slightly cooled, remove cake from round pan onto cake plate. Slice and serve cake warm with a dollop of berry fruit compote and whipped cream; or place on cake plate, tightly wrap with press n seal and refrigerate cake overnight and serve next day.

Bon Appetit!

Monkey Bread

Submitted by: Kim and Kyler Ferris

Ingredients:

2 cans of refrigerated Pillsbury Grands flaky layers biscuits (16 oz each)

1 cup brown sugar

$\frac{3}{4}$ cup butter

1 teaspoon cinnamon

Large bundt pan

*Optional: $\frac{1}{2}$ cup chopped nuts (almonds, pecans or walnuts)

Directions:

Preheat oven to 350 degrees

Melt together butter, brown sugar and cinnamon over low heat in saucepan, stirring frequently

Grease Bundt pan with butter (can use the butter left on the wrappers!)

Cut each biscuit into 4 or 6 parts and arrange loosely in greased Bundt pan **if adding chopped nuts, sprinkle them in-between the biscuit pieces

Turn up the heat on the saucepan and stir or whisk constantly to get the lumps out and help the sugar dissolve (sugar does not have to be completely dissolved)

Then take the sugar/butter mixture and pour on biscuits, distributing evenly. Place Bundt pan in oven for 35-40 minutes until biscuits are golden brown; use a cookie sheet on rack under Bundt pan to catch any drips Let cool for 15 minutes, then use a plate to invert monkey bread and enjoy!

French Pavlova with Strawberries

Submitted by: Adrienne Walsh

This was our son and daughter-in-law's choice for their "wedding cake"! So delightfully refreshing!

Ingredients:

- Room Temperature - 4 large egg whites
- 1 cup + 4 Tbsp. sugar, divided
- 1 tsp. white vinegar
- 1 tsp. cornstarch
- 1 tsp. vanilla extract

Topping:

- 1 lb. strawberries, quartered (or any fresh fruit - blueberries, raspberries, etc.)
- 1/4 cup strawberry jam (or thawed frozen strawberries w/syrup)

Whip cream:

- 1 cup heavy cream (or use pre-made whipping cream)

Directions:

Preheat oven 250* Draw 9-inch circle on piece of parchment paper. Place paper ink-size down on baking sheet.

Place egg whites in glass or metal bowl and Whisk at high speed 1 minute, until frothy. Slowly add 1 cup sugar and whisk until meringue reaches glossy, stiff peaks, about three minutes. Using rubber spatula, fold in vinegar, cornstarch and vanilla

Mound meringue in center of garment circle and use spatula to evenly spread out toward edges, forming large disc. (OR if you'd like to make individual "nests" - make small mounds and disregard 9 inch circle :) The top doesn't need to be smooth; waves and swirls are OK.

Bake 90 minutes, then turn off oven and allow meringue to cool completely in oven, about 1 hour.

Meanwhile combine strawberries, jam and 2 Tbsp. sugar in bowl.

Whip heavy cream with remaining 2 Tbsp. sugar until firm peaks form. Gently transfer cooled meringue to serving plate, top with whipped cream, then strawberries. Refrigerate leftovers in airtight container. Serves 12

Boomer Sooner or Hook 'em Horns Cake/Cupcakes

Submitted by Jeri Townsend

Perfect for Football Season!

Ingredients:

CAKE

- 1-1/2 cup sugar
- 1/2 cup shortening
- 2 eggs
- 2 cups cake flour
- 1/4 teaspoon salt
- 1 tablespoon cocoa
- 3/4 cup buttermilk
- 2 ounces red food coloring for a Boomer Sooner cake
- OR 1-1/2 ounces red and 1/2-ounce yellow food coloring for a Hook 'em Horns cake
- 1 teaspoon vanilla
- 1 tablespoon vinegar
- 1 teaspoon baking soda

PUDDING

- 4 tablespoons flour
- 1/2 teaspoon salt
- 1 cup milk

ICING

- 1 cup sugar
- 1 stick butter
- 1/2 cup shortening
- 1 teaspoon vanilla

Directions:

Cream sugar and shortening, add eggs, beat. Add flour and salt gradually beating after each addition. Beat in cocoa. Add buttermilk, vanilla, food coloring of your choice and beat well. Combine vinegar and soda and fold into cake with wooden spoon. Bake at 350* for 30 to 35 minutes in 8" round cake pans.

The batter makes great cupcakes too, so if you are a "House Divided" like our family you can divide the batter and make both sides of the Red River Shootout happy!

PUDDING

Blend 1/4 cup milk with flour and salt in a saucepan, add remaining milk. Cook over medium heat until thick. Chill thoroughly.

ICING

Cream sugar, shortening and butter until fluffy, add vanilla.

Blend the chilled pudding with the icing mixture by hand and chill again. Frost between layers, on top and sides. You may sprinkle generously with Angel Flake or fresh coconut. Store cake or cupcakes in refrigerator.

Go Sooners or Hook 'em Horns!

Side Dishes



Baked Cheese Grits

Submitted by Brent Davis

Ingredients:

- 4C whole milk
- 1C grits
- 1 stick butter
- Salt to taste
- 3 oz Parmesan cheese grated
- 6 oz Gruyere cheese grated

Directions:

Bring milk & butter to a boil sprinkle and stir in grits. Return to boil. Bring temperature down to a low simmer, whisk then cover for 20 minutes.

Pour into bowl and beat grits for 5 minutes.

Spread and smooth into casserole dish allow to cool. Once hardened cut into squares and tier them in the dish. Add 2T of melted butter on top and sprinkle cheeses evenly on top.

Bake at 400 degrees for 20-25 min.

Serve warm, taste buds EXPLODE!

Bread Recipes



Easy Beer Bread

Submitted by Cindy Price

Note: Beer instead of yeast helps to make this bread rise. The alcohol is baked out of the bread. This recipe is very popular with my family. It's easy and you don't need a bread machine. The bread slices nicely.

Ingredients:

- 12 oz beer (one can or bottle – dark or light beer can be used)
- ½ cup sugar
- 3 cups self-rising flour

Note: You can make self-rising flour by adding 1-1/2 tsps. of baking powder and 1/2 tsp of salt to 1 cup of All-Purpose flour.

Directions:

Preheat oven to 350 deg

Stir all ingredients together in a large bowl

Pour into lightly greased 9x5" loaf pan

Bake for 40 minutes

Meanwhile melt ¼ cup (1/2 stick) of butter

After 40 minutes remove bread from oven and pour melted butter over top

Put back in oven for 5-10 minutes

Let cool for 10 minutes before removing from pan

Makes one loaf

Banana Nut Bread

Submitted by Becky Mccartha

Ingredients:

- 1 stick unsalted butter
- 1 cup sugar
- 2 large eggs
- 1/4 cup milk
- 1 teaspoon vanilla
- 3 medium ripe bananas
- 2 cup all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup chopped walnuts

Directions:

Heat oven to 350 degrees

Prep pan

Melt butter in microwave

Combine butter and sugar

Add eggs

Add milk and vanilla

Mash in bananas

Add flour, baking soda and salt

Fold in walnuts

Pour into pan

Bake 40-50 minutes or until toothpick comes clean

Cool in pan 10 minutes.

Drink Recipes



Easy Dalgona Coffee

Submitted by Cindy Price

Ingredients:

- 2 tablespoons instant coffee
- 2 tablespoons sugar or sugar substitute
- 2 tablespoons hot water
- 12 ounces milk or milk alternative (chilled)

Directions:

Mix the instant coffee and sugar together in a medium bowl

Add the hot water and carefully stir the ingredients together

Use a hand mixer to whip the coffee until it is double in size

Fill a 16-ounce cup with cold milk or milk alternative (I used vanilla almond milk) and top it with the whipped coffee. You can use all the coffee or a small portion if you don't want your coffee to strong.

Use whipped coffee within an hour of making