

Garden Chowder

1/4 c chopped green pepper

1/4 c chopped onion

1 1/2 T butter

1 c of each of the following veggies

Potato, celery, cauliflower, carrot and broccoli

1 1/2 c water

1 chicken bouillon cube

1/2 t salt

1/4 t pepper

1/4 c flour

1 c milk

1 c shredded cheddar cheese

In a large pot, sauté green pepper and onion in butter until tender. Add vegetables, water, bouillon, salt and pepper. Bring to a boil. Reduce heat, cover and simmer for 20 min or until the vegetables are tender. Combine the flour and milk, stir until smooth, stir into pan. Bring to a boil, and cook and stir 2 min. Just before serving stir in the cheese until melted.

Teriyaki Beef Kabobs

Sauce

1/4 c vegetable oil

1/2 c soy sauce

1 1/2 T brown sugar

3/8 t garlic powder (1/2 t + 1/4 t)

1/2 t ground ginger

Combine and mix well

1 lb beef filet steak

1 green pepper, washed cored and cut into 1-inch squares

12 cherry tomatoes, washed and dried

1/4 onion, separate layers and cut in half

Enough skewers for your lab

Trim beef and cut into 1-inch cubes. Prepare vegetables. Alternate meat and vegetables on skewers, leaving a small space between each food. Adjust oven rack so kabobs are about 3-inches from broiler unit. Set oven for broil. Place kabobs on broiling pan, brush with teriyaki sauce and broil for 5 min. Remove from oven, turn, brush with sauce

and broil 5 min or until desired doneness. Serve with rice.

Rice

1 c rice

2 ½ c water

1 t salt

Place water and salt in a deep sauce pan. Bring to a boil. Add rice, stir. Reduce heat to simmer; and cook 20-25 min.

Breakfast Cookies

$\frac{3}{4}$ c margarine
 $\frac{3}{4}$ c granulated sugar
 $\frac{3}{4}$ c brown sugar
2 eggs
1 t. vanilla
 $\frac{1}{2}$ c walnuts chopped
 $\frac{1}{2}$ c raisins chopped
1 c coconut
1 c whole wheat flakes
1 c oatmeal
2 c whole wheat flour
1 c chocolate chips
 $\frac{1}{2}$ t baking powder
 $\frac{1}{2}$ t baking soda
 $\frac{1}{2}$ t salt

$\frac{1}{3}$ c measure makes 12 whoppers
 $\frac{1}{4}$ c measure makes 22 jumbos

Preheat oven 375. In a large mixing bowl, cream margarine and sugars, add eggs and vanilla, beat. In a medium mixing bowl, combine remaining ingredients. Gradually add dry ingredients to creamed mixture, mix well after each addition. Dough will be very sticky. Measure $\frac{1}{3}$ c or $\frac{1}{4}$ c dough with dry measuring cup for each cookie. Flatten each cookie with a fork dipped in water. Bake 10-12 min. Cool 5 min on cookie sheet, remove cookies to a cooling rack. When cool store in an air tight container

Potato Flake Cinnamon Rolls

2 c milk

$\frac{3}{4}$ c Potato Flakes

$\frac{1}{2}$ c oil

2 eggs

1 $\frac{1}{2}$ t salt

1 T yeast

$\frac{1}{2}$ c sugar

About 4 c flour

Day 1

Heat the milk in microwave for about 1 min or until warm to the touch. Add potato flakes and yeast, stir. (Make sure the milk isn't too hot) Add oil and eggs, stir. Add salt, sugar, and flour, 1 cup at a time until the dough is soft and forms a ball. Put into a clean bowl sprayed with Pam, cover with saran wrap sprayed with Pam so the wrap won't stick to the dough. Label with hour and unit and then put into the refrigerator. Let rise till doubled in size.

Day 2-

Roll out about $\frac{1}{2}$ inch thick and spread with the following mixture: 2 t cinnamon and $\frac{1}{4}$ c sugar.

Roll and cut. Place on moderately greased pan and put into oven at 350 degrees for 25-30 min

Cool slightly and frost-

2 c powdered sugar

1/4 pkg cream cheese

1 t vanilla

1 1/2 T milk

Mexican Hot Chocolate

1/2 c milk chocolate chips

1/2 c boiling water

2 1/2 T sugar

2 1/2 c milk

1/2 t cinnamon

1 1/2 t vanilla

Combine chocolate, water and sugar in the top of a double boiler. Stir constantly until chocolate melts and the mixture is well blended. In a large saucepan combine milk, cinnamon and

Cheerio Muffins

2 cups Cheerios or similar cereal

1 $\frac{1}{4}$ c flour

$\frac{1}{3}$ c packed brown sugar

1 c applesauce

$\frac{1}{2}$ c raisins

$\frac{1}{3}$ c milk

1 egg

3 T vegetable oil

1 t cinnamon

1 t baking powder

$\frac{3}{4}$ t baking soda

This recipe makes 12 muffins.

Preheat the oven to 400 degrees. Prepare 12 muffin cups with paper lining or grease. Crush the cheerios into very small pieces. In a large mixing bowl, sift together the cheerios, flour, brown sugar, baking powder and baking soda. Stir in all the remaining ingredients just until moistened. Divide batter evenly among muffin cups. Bake about 20 min until golden brown.