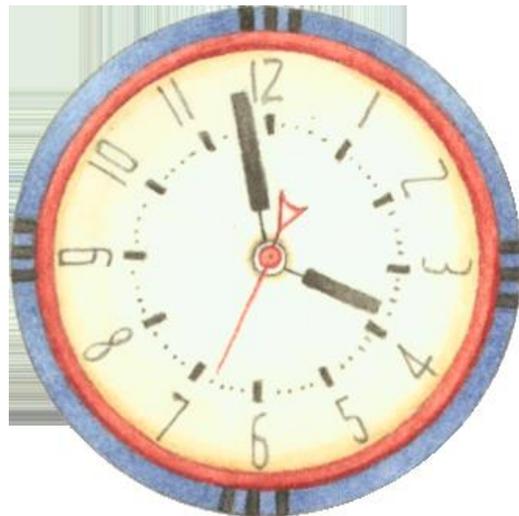


# Speedy Suppers

Connie Moyers

Roosevelt Co. Extension Home Economist



## Brief Burritos

1 lb. lean ground beef  
1 can (16 ozs.) refried beans  
1 can (10 ozs.) diced tomatoes and green chiles, drained  
½ cup chili sauce (ketchup style)  
8 flour tortillas (10 inches ea.), warmed  
½ cup shredded Cheddar cheese  
½ cup low-fat sour cream

In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in the refried beans, tomatoes and chili sauce; heat through. Spoon about ½ cup down the center of each tortilla; top with cheese and sour cream. Fold ends and sides over filling. Serve immediately. Makes 8 burritos.

## Taco Casserole

3 cups uncooked bow tie pasta  
1 lb. lean ground beef  
¼ cup chopped onion  
2 cups (8 ozs.) shredded Cheddar cheese  
1 jar (16 ozs.) salsa  
1 can (14½ ozs.) diced tomatoes, undrained  
1 envelope taco seasoning  
2 cups tortilla chips, crushed

Cook pasta according to package directions. Meanwhile, in a large skillet, cook beef and onion over medium heat until meat is no longer pink, drain. Add the cheese, salsa, tomatoes and taco seasoning. Drain pasta; stir into beef mixture. Transfer to a greased 11 x 7-inch baking dish. Cover and bake at 350 degrees for 20 minutes. Uncover; sprinkle with tortilla chips. Bake 10 minutes longer or until heated through. Makes 7 servings.

## Mini Shepherd's Pies

1 lb. lean ground beef  
3 tablespoons chopped onion  
½ teaspoon minced garlic  
½ cup chili sauce or ketchup  
1 tablespoon cider vinegar  
½ teaspoon salt  
1¼ cups water  
3 tablespoons butter  
1¼ cups mashed potato flakes  
1 pkg. (3 ozs.) cream cheese, cubed  
1 tube (12 ozs.) refrigerated buttermilk biscuits  
½ cup crushed potato chips  
Paprika, if desired

Preheat oven to 375 degrees. In a large skillet, cook beef and onion over medium heat until meat is no longer pink. Add garlic and cook for 1 minute or until tender; drain. Stir in the chili sauce, vinegar and salt; set aside. In a small saucepan, bring water and butter to a boil. Remove from heat and whisk in potato flakes until blended. Beat in cream cheese until smooth. Press 1 biscuit dough onto the bottom and up the sides of each of 10 greased muffin cups. Fill with beef mixture. Spread potato mixture over beef. Sprinkle with potato chips; press down lightly. Bake at 375 degrees for 20 to 25 minutes or until golden brown. Sprinkle with paprika, if desired. Serve immediately, or cool before placing in a single layer in a freezer container. Cover and freeze for up to 2 months. Makes 5 servings, two pies each.

**To use frozen pies:** Thaw in the refrigerator for 8 hours. Place on a greased baking sheet. Bake at 375 degrees for 15 to 18 minutes or until heated through.

## Pizza Tot Casserole

1½ lbs. lean ground beef  
1 medium green pepper, chopped  
1 medium onion, chopped  
½ lb. sliced fresh mushrooms  
1 can (15 ozs.) pizza sauce  
1 teaspoon dried basil  
3 cups (12 ozs.) shredded part skim  
Mozzarella cheese  
1 pkg. (32 ozs.) frozen Tater Tots  
1 cup (4 ozs.) shredded Cheddar cheese

Preheat oven to 400 degrees. In a large skillet, cook the beef, green pepper, onion and mushrooms over medium heat until meat is no longer pink, drain. Add pizza sauce and basil. Transfer to a greased 3-qt. baking dish. Top with Mozzarella cheese and potatoes. Bake, uncovered, at 400 degrees for 30 to 35 minutes or until potatoes are lightly browned. Sprinkle with Cheddar cheese; bake 5 minutes longer or until cheese is melted. Makes 8 servings.

## Cheeseburger Cups

1 tube (12 ozs.) refrigerated biscuits  
1 lb. ground beef, browned  
Catsup and mustard to taste  
1 cup shredded Cheddar cheese

Spray muffin cups with non-stick vegetable spray. Roll out biscuits until each is big enough to fit into muffin tins with enough dough to cover. Mix together catsup, mustard and ground beef. Fill each biscuit cup with meat mixture. Sprinkle cheese over all. Fold dough over top. Bake at 425 degrees for 10 to 12 minutes or until golden brown. Makes 4 to 6 servings.

## Magic Macaroni

1 lb. ground beef  
3 cups tomato juice  
½ cup chopped onion  
¼ cup chopped green bell pepper  
1 tablespoon Worcestershire sauce  
2 cups elbow macaroni, uncooked  
½ cup grated Cheddar cheese

Brown beef in a large skillet or Dutch oven; drain. Add tomato juice, onion, pepper and Worcestershire Sauce. Bring to a boil; stir in macaroni. Cover and cook on medium-high for 5 minutes, then on low heat for 20 minutes. Add cheese and serve.

Green chiles make a great addition. You can also substitute canned diced tomatoes and water instead of tomato juice.

## Mexican Egg Bake

Cooking spray  
12 corn tortillas, torn  
1 can (16 ozs.) green chile sauce  
1 pkg. (16 ozs.) shredded Cheddar cheese,  
divided  
6 eggs  
Garnish; sour cream, shredded lettuce and  
chopped tomato

Layer tortillas, chile sauce and ¾ of cheese into a 13x9x2-inch baking dish that has been sprayed with cooking spray. Break eggs over top, spacing evenly. Sprinkle with remaining cheese. Bake, uncovered, at 350 degrees for 30 to 40 minutes. Slice into squares and garnish with sour cream, lettuce and tomato. Makes 8-10 servings.



## Gone All Day Stew

- ¼ cup flour
- 2 lbs. boneless beef chuck roast, cubed
- 2 tablespoons canola oil
- 1 can (10¾ ozs.) condensed tomato soup
- 1 cup water
- 3 teaspoons Italian seasoning
- 1 bay leaf
- ½ teaspoon coarsely ground pepper
- 6 medium onions, quartered
- 4 medium potatoes, cut into 1½-inch cubes
- 3 medium carrots, cut into 1-inch diagonal slices
- 12 large fresh mushrooms
- ½ cup celery cut into 1-inch slices

Place flour in a large resealable plastic bag. Add beef, a few pieces at a time, and shake to coat. In a large skillet, brown meat in oil in batches, drain. Transfer to a 5-quart slow cooker. Combine the tomato soup, water and seasonings; pour over beef. Add the onions, potatoes, carrots, mushrooms and celery. Cover and cook on LOW for 5 to 6 hours or until meat is tender. Discard bay leaf. Makes 8 servings.

## Special Slow-Cooked Beef

- 3 lbs. boneless beef chuck roast, cubed
- 1 tablespoon canola oil
- 1 tablespoon Italian seasoning
- 1 teaspoon salt
- 1 garlic clove, minced
- ½ cup sliced ripe olives, drained
- ⅓ cup oil-packed sun-dried tomatoes, drained and chopped
- 1 cup beef broth
- ½ cup fresh pearl onions, peeled
- 1 tablespoon cornstarch
- 2 tablespoons water

In a large skillet, brown meat in oil in batches; drain. Transfer to a 5-quart slow cooker. Sprinkle with Italian seasoning, salt and garlic; top with olives and tomatoes. Add broth and onions. Cover and cook on LOW for 6 to 8 hours or until meat is tender. With a slotted spoon, remove beef and onions to a serving platter and keep warm. Pour cooking juices into a small saucepan; skim fat. Combine cornstarch and water until smooth; gradually stir into cooking juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Spoon over beef mixture. Makes 8 servings.

### Tip

#### **Quick Leftover Makeover**

*Slice left over steak into thin strips, sauté garlic, onions and mushrooms in olive oil, then add the meat. Serve over rice.*

## Beef Pot Pie

¼ cup each chopped onion, green pepper and sweet red pepper  
2 garlic cloves, minced  
1 tablespoon canola oil  
3 cups cubed cooked roast beef  
2 cups frozen cubed hashbrown potatoes  
1 can (10¾ ozs.) cream of mushroom soup  
1 pkg. (10 ozs.) frozen corn  
1 jar (4½ ounces) sliced mushrooms, drained  
1 teaspoon Worcestershire sauce  
½ teaspoon salt  
Dash pepper  
2 frozen pie crust

Preheat oven to 375 degrees. In a large skillet sauté the onion, peppers and garlic in oil for 3 minutes. Stir in the beef, potatoes, soup, corn, mushrooms, Worcestershire sauce, salt and pepper. Bring to a boil. Reduce the heat; cover and simmer for 10 minutes. Transfer one pastry to pie plate; bring up to the edges. Add filling. Place remaining crust over top to pie. Trim, seam and flute edges. Cut slits in top crust. Bake at 375 degrees for 45 to 50 minutes or until filling is bubbly and crust is golden brown. Let stand for 15 minutes before cutting. Makes 8 servings.

### Tip

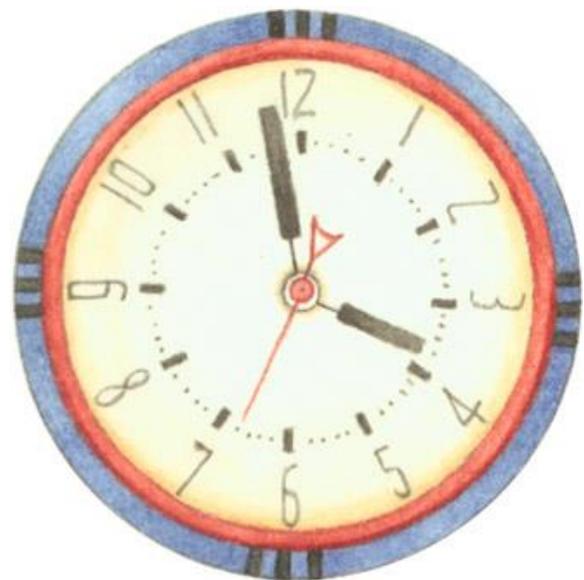
#### **Speedy Southwestern Meal**

*For a fast meal, sauté ¼ cup each chopped onion and green pepper. Stir in 1 cup of chopped leftover chicken, steak or pork and ½ cup salsa. Serve with sour cream and tortilla chips.*

## Apricot Beef Stir Fry

1 teaspoon cornstarch  
¼ cup cold water  
½ cup apricot preserves  
2 tablespoons soy sauce  
½ teaspoon minced garlic  
¼ teaspoon salt  
¼ teaspoon crushed red pepper flakes  
1 lb. beef top sirloin steak, thinly sliced  
1 tablespoon canola oil  
1 pkg. (16 ozs.) frozen asparagus stir-fry vegetable blend  
Hot cooked rice

In a small bowl, whisk cornstarch and cold water until smooth. Stir in the apricot preserves, soy sauce, garlic, salt and pepper flakes; set aside. In a large skillet or wok, stir-fry beef in oil until no longer pink; remove and keep warm. In the same pan, stir-fry vegetable blend according to package directions. Return beef to the pan. Stir the apricot mixture and add to beef mixture. Cook and stir until slightly thickened. Serve with rice. Makes 4 servings.



## Beef Quesadillas with Salsa

¾ lb. beef top sirloin steak, cut into thin strips  
⅛ teaspoon salt  
⅛ teaspoon pepper  
2 to 3 tablespoons olive oil, divided  
1½ cups (6 ozs.) shredded Pepper Jack cheese  
4 flour tortillas (10 inches ea.)

### Salsa

4 medium tomatoes, chopped  
1½ cups cubed fresh pineapple  
½ cup chopped onion  
¼ cup minced fresh cilantro  
2 tablespoons lime juice  
1 tablespoon olive oil  
½ teaspoon salt  
¼ teaspoon crushed red pepper flakes

Sprinkle steak with salt and pepper. In a large skillet, sauté steak in 1 tablespoon oil until no longer pink. Sprinkle ¼ cup cheese on one half of each tortilla; top with ½ cup beef and remaining cheese. Fold tortillas over. In another large skillet, cook two quesadillas in 1 tablespoon oil over medium heat for 1 to 2 minutes on each side or until cheese is melted. Repeat with remaining quesadillas and oil; cut into wedges. In a large bowl, combine the salsa ingredients; serve with quesadillas. Cover and refrigerate remaining salsa. Makes 4 servings.

## Skillet Beef Stroganoff

5 cups sliced fresh mushrooms  
1 large onion, sliced  
1 tablespoon butter  
½ to ½ cup hot water  
1 tablespoon prepared horseradish  
½ teaspoon salt  
⅛ teaspoon pepper  
¼ cup flour  
1 beef flank steak (1¼ lbs.), cut into 2-inch strips  
1 cup (8 ozs.) low fat sour cream  
Hot cooked noodles

In a large skillet, sauté mushrooms and onion in butter until tender. With a slotted spoon, transfer to a large bowl; stir in the water, horseradish, salt and pepper. Set aside. Place flour in a large resealable plastic bag. Add beef, a few pieces at a time. Seal bag; shake to coat. In the same skillet, brown beef in batches. Return all of the beef to the pan; top with mushroom mixture. Bring to a boil. Reduce heat; cover and simmer for 1¼ to 1½ hours or until beef is tender, stirring once. Remove from the heat; stir in sour cream. Serve with noodles. Makes 6 servings.

### *Melt-In-Your-Mouth Quesadilla*

*Mash some canned pinto beans, drained and rinsed and spread over flour tortillas; top with cheese; fold in half or top with additional tortilla and brown on each side on a hot griddle or skillet*

## Wild Rice Chicken Dinner

- 2 pkgs. (8.8 ozs. ea.) ready to serve long grain and wild rice
- 2 pkgs (16 ozs. ea.) frozen French-style green beans, thawed
- 2 cans (10¾ ozs. ea.) cream of mushroom soup
- 2 cans (8 ozs. ea.) sliced water chestnuts, drained
- 1 large onion, chopped
- 2 jars (4 ozs. ea.) sliced pimientos, drained
- 1 cup mayonnaise
- ½ cup milk
- 1 teaspoon pepper
- 6 cups cubed cooked chicken
- 1 cup slivered almonds, divided

Heat rice according to package directions. Meanwhile, in a Dutch oven, combine the green beans, soup, water chestnuts, onion, pimientos, mayonnaise, milk and pepper. Bring to a boil. Reduce heat; cover and simmer for 5 minutes. Stir in chicken and rice; cook 3 to 4 minutes longer or until chicken is heated through. Transfer half of the mixture to a serving dish; sprinkle with ½ cup almonds. Serve immediately. Pour the remaining mixture into a greased 13x9x2-inch baking dish; cool. Sprinkle with remaining almonds. Cover and freeze up to 3 months. Makes 2 casseroles (6 to 8 servings each)

**To use frozen casserole:** Thaw in the refrigerator overnight. Cover and bake at 350 degrees for 40 to 45 minutes or until heated through.

### **Tip**

*Use canned chicken breasts or a deli chicken as a quick solution.*

## *Whip Up a Tasty Sandwich Spread*

*Process a can of garbanzo beans that have been rinsed and drained, with a garlic clove, ¼ cup lemon juice, 3 tablespoons water, 2 tablespoons light sour cream and ½ teaspoon pepper. Serve in a pita with fresh veggie slices and feta cheese.*

## Alfredo Chicken & Biscuits

- 2 cups chopped fresh broccoli
- 1½ cups sliced fresh carrots
- 1 onion, chopped
- 2 tablespoons olive oil
- 2 cups cubed cooked chicken
- 1 carton (10 ozs.) refrigerated Alfredo sauce
- 1 cup biscuit baking mix
- ½ cup milk
- ¼ teaspoon dill weed

In a large skillet, sauté the broccoli, carrots and onion in oil until crisp-tender. Stir in chicken and Alfredo sauce; heat through. Transfer to a lightly greased 8-inch square baking dish. In a small bowl, combine the baking mix, milk and dill just until moistened. Drop by rounded tablespoonfuls onto chicken mixture. Bake uncovered, at 400 degrees for 18 to 22 minutes or until bubbly and biscuits are golden brown. Makes 4 servings.

## Chicken a la King

4 individually frozen biscuits  
1¾ cups sliced fresh mushrooms  
¼ cup chopped onion  
¼ cup chopped celery  
½ cup butter, cubed  
¼ cup flour  
¼ teaspoon salt  
1 cup chicken broth  
1 cup milk  
2 cups cubed cooked chicken  
2 tablespoons diced pimientos

Bake biscuits according to package directions. Meanwhile, in a large skillet, sauté the mushrooms, onion and celery in butter until crisp-tender. Stir in flour and salt until blended. Gradually stir in broth and milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Add chicken and pimientos. Bring to a boil. Reduce heat; simmer, uncovered, for 4 to 6 minutes or until heated through. Serve over biscuits that have been split in half. Makes 4 servings.

## Cilantro Chicken

1 lb. boneless skinless chicken breasts, cut into 1-inch cubes  
½ teaspoon salt  
½ teaspoon ground cumin  
¼ teaspoon pepper  
4 tablespoons butter, divided  
2 large onions, sliced  
½ cup lemon juice  
¼ cup minced fresh cilantro  
Hot cooked rice

Sprinkle chicken with salt, cumin and pepper. In a large skillet over medium heat, cook and stir the chicken in 2 tablespoons butter until

no longer pink. Remove and keep warm. In the same skillet, sauté onions in remaining butter until tender and golden brown. Return chicken to the pan. Stir in lemon juice and cilantro; bring to a boil. Serve with rice. Makes 4 servings.

## Chicken Artichoke Pasta

1 pkg. (8 ozs.) uncooked bow tie pasta  
1½ lbs. boneless skinless chicken breasts cubed  
½ teaspoon dried oregano  
¼ teaspoon salt  
¼ teaspoon pepper  
3 tablespoons olive oil  
1 to 2 tablespoons minced garlic  
2 cans (14 ozs. ea.) water-packed artichoke hearts, rinsed, drained and quartered  
1 jar (8½ ozs.) oil-packed sun-dried tomatoes, quartered  
1 can (2¼ ozs.) sliced ripe olives, drained  
Shredded Parmesan cheese

Cook pasta according to the package directions. Meanwhile, sprinkle chicken with the oregano, salt and pepper. In a large skillet, sauté chicken in oil until no longer pink. Add garlic; sauté 1 minute longer. Stir in the artichokes, tomatoes and olives; heat through. Drain pasta; toss with chicken mixture. Sprinkle with Parmesan cheese. Makes 6 servings.

### Tip

*Save leftover pasta by freezing. It's simple to put the frozen pasta in boiling water for just a few minutes to heat through.*

## Tex Mex Pork Chops

Cooking Spray  
1 small onion chopped  
6 boneless pork loin chops  
1 cup salsa  
1 can (4 ozs.) chopped green chiles  
½ teaspoon ground cumin  
¼ teaspoon pepper

In a large skillet coated with cooking spray, sauté onion until tender. Add pork chops; cook over medium heat for 5 to 6 minutes on each side or until a meat thermometer reads 160 degrees. Combine the salsa, chiles, cumin and pepper; pour over pork. Bring to a boil. Reduce heat; cover and simmer until heated through. Makes 6 servings.

## Slow Cooker Pork Chops

¾ cup flour, divided  
½ teaspoon ground mustard  
½ teaspoon pepper  
¼ teaspoon garlic salt  
4 boneless pork loin chops (½-inch thick about 4 ozs. ea.)  
2 tablespoons canola oil  
1 can (14½ ozs.) chicken broth

In a large resealable plastic bag, combine ½ cup flour, mustard, pepper and salt. Add chops, one at a time, and shake to coat. In a large skillet, brown meat in oil on each side. Transfer to a 5-quart slow cooker. Place remaining flour in a small bowl, whisk in broth until smooth. Pour over chops. Cover and cook on LOW for 4 hours or until meat is tender. Remove pork to a serving plate and keep warm. Whisk pan juices until smooth; serve with pork. Makes 4 servings.

## Orange Pork Stir-Fry

2 teaspoons cornstarch  
⅓ cup orange juice  
⅓ cup teriyaki sauce  
1 tablespoon Dijon mustard  
2 teaspoons minced fresh ginger root  
1 teaspoon minced garlic  
1 teaspoon grated orange peel  
1 pound pork loin, cut into 2-inch strips  
1 tablespoon canola oil  
1 pkg. (16 ozs.) frozen oriental-style stir-fry vegetables  
Hot cooked rice

In a small bowl, combine cornstarch and orange juice until smooth. Stir in the teriyaki sauce, mustard, ginger, garlic and orange peel; set aside. In a large skillet or wok, stir-fry the pork in oil until no longer pink; remove and keep warm. Add vegetables to the pan; cook and stir for 2 to 3 minutes or until tender. Stir orange juice mixture; add to pan. Bring to a boil; cook and stir for 1 to 2 minutes or until thickened. Stir in pork. Serve with rice. Makes 4 servings.



## Creamy Prosciutto Pasta

1 pkg. (9 ozs.) refrigerated fettuccine  
½ pound sliced fresh mushrooms  
1 small onion, chopped  
1 tablespoon butter  
1 pkg. (10 ozs.) fresh baby spinach  
1 jar (17 ozs.) Alfredo sauce  
½ lb. thinly sliced prosciutto, chopped

Cook fettuccine according to package directions. Meanwhile, in a large saucepan, sauté mushrooms and onion in butter until tender. Add spinach. Bring to a boil reduce heat; cook just until spinach is wilted. Stir in the Alfredo sauce and prosciutto; cook for 1 to 2 minutes or until heated through. Drain pasta; add to sauce and toss to coat. Makes 4 servings.

## Tilapia with Corn Salsa

4 (6 ozs. ea.) tilapia fillets  
1 tablespoon olive oil  
¼ teaspoon salt  
¼ teaspoon pepper

### Corn Salsa

1 can (15 ozs.) black beans, rinsed and drained  
1 can (11 ozs.) whole kernel corn, drained  
¾ cup Italian salad dressing  
2 tablespoons chopped green onion  
2 tablespoons chopped red bell pepper

Drizzle both sides of fillets with oil; sprinkle with salt and pepper. Broil 4 to 6 inches from the heat for 5 to 7 minutes or until fish flakes easily with a fork. Meanwhile, in a small bowl, combine the remaining ingredients for salsa. Serve over fish. Makes 4 servings.

## Peppy Parmesan Pasta

1 pkg. (8 ozs.) angel hair pasta, uncooked  
1 large tomato, chopped  
1 pkg. (3 ozs.) sliced pepperoni  
1 can (2¼ ozs.) sliced ripe olives, drained  
¼ cup grated Parmesan cheese  
3 tablespoons olive oil  
½ teaspoon salt or salt-free seasoning blend  
¼ teaspoon garlic powder

Cook pasta according to package directions. Meanwhile, in a serving bowl, combine the tomato, pepperoni, olives, Parmesan cheese, oil, salt and garlic powder. Drain pasta; add to the tomato mixture and toss to coat. Makes 4 servings.

## Cabbage Kielbasa Skillet

1 large red onion, sliced  
1 large green pepper, cut into strips  
1 large sweet red pepper, cut into strips  
2 tablespoons butter  
1 pound smoked Kielbasa or Polish sausage, cut into 1-inch slices  
1 pkg. (16 ozs.) coleslaw mix  
½ cup reduced-sodium chicken broth  
1 teaspoon garlic powder  
½ teaspoon pepper

In a large skillet, sauté onion and peppers in butter until tender. Add the remaining ingredients. Cook and stir for 6 to 8 minutes or until heated through. Makes 4 servings.

## Sausage Bean Chowder

1 lb. ground sausage  
1 onion, chopped  
1 can (16 ozs.) chopped tomatoes,  
undrained  
1 jar (32 ozs.) Great Northern beans,  
drained and rinsed  
1 potato, cubed  
½ teaspoon ground basil  
2 cups water

In a large skillet, brown sausage and onion together; drain. Place sausage and onion in a slow cooker and add remaining ingredients; stir; cook on LOW for 6 to 8 hours. Makes 6 to 8 servings.

## Tangy Sugar Snap Peas

1 lb. fresh or frozen sugar snap peas, thawed  
1 small onion, halved and sliced  
3 tablespoons water, divided  
4 teaspoons sugar  
1 teaspoon cornstarch  
½ teaspoon pepper  
2 tablespoons cider vinegar

In a large microwave-safe bowl, combine peas, onion and 2 tablespoons water. Cover and cook on high for 5 to 7 minutes or until crisp-tender, stirring twice; drain. In a small microwave safe bowl, combine the sugar, cornstarch and pepper; stir in the vinegar and remaining water until smooth. Cook, uncovered, on high for 30 to 45 seconds or until thickened, stirring once. Add to pea mixture; toss to coat. Makes 4 servings

## Corn & Black Bean Salad

1 can (15 ¼ ozs.) whole kernel corn,  
drained  
1 can (15 ozs.) black beans, drained and  
rinsed  
2 large tomatoes, finely chopped  
1 large red onion, finely chopped  
¼ cup minced fresh cilantro  
2 garlic cloves, minced

### Dressing

2 tablespoons sugar  
2 tablespoon white vinegar  
2 tablespoons canola oil  
1½ teaspoons lime juice  
¼ teaspoon salt  
¼ teaspoon ground cumin  
¼ teaspoon pepper.

In a large bowl, combine the first six ingredients. In a small bowl, whisk the dressing ingredients; pour over corn mixture and toss to coat. Cover and refrigerate for at least 1 hour. Stir before serving. Serve with a slotted spoon. Makes 8 servings.

## Ice Box Carrot Salad

3 cans (16 ozs. ea.) sliced carrots,  
drained  
½ green pepper, thinly sliced  
2 to 3 green onions, thinly sliced  
½ cup sugar  
¾ cup apple cider vinegar  
½ cup canola oil  
1 teaspoon salt

In a large serving bowl, combine all ingredients; let marinate overnight in refrigerator. Makes 4 to 6 servings.

## In A Flash Beans

- 1 can (15¾ ozs.) pork and beans
- ½ cup barbeque sauce
- ½ cup chopped onion
- ¼ cup chopped green pepper

In a large saucepan, combine the beans, barbecue sauce, onion and green pepper. Cook and stir over medium heat until heated through. Could also be heated in the microwave oven until heated through. Makes 4 servings.

## Balsamic Asparagus

- 1 cup water
- 1 lb. fresh asparagus, trimmed
- 2 tablespoons balsamic vinegar
- 1 tablespoon butter, melted
- 1 teaspoon minced garlic
- ¼ teaspoon salt
- ¼ teaspoon pepper

In a large skillet, bring water to a boil. Add the asparagus; cover and cook for 2 to 4 minutes or until crisp-tender. In a small bowl, combine the vinegar, butter, garlic, salt and pepper. Drain asparagus; drizzle with balsamic mixture. Makes 4 servings.



## *Dress up Store Bought Salsa:*

*Stir a can of black beans, drained and rinsed into your favorite refrigerated salsa. Add lime juice and chopped cilantro to freshen it up. Serve as a dip with chips or as a topping for grilled fish, chicken or pork*

## Peanut Butter Chocolate Pie

- 1 pkg. (6 ozs.) miniature chocolate covered peanut butter cups
- 1 cup cold milk
- 1 pkg. (3.9 ozs.) instant chocolate pudding mix
- 1 carton (8 ozs.) frozen whipped topping, thawed
- 1 chocolate crumb crust (8-inches)

Cut four peanut butter cups in half; coarsely chop remaining cups and set aside. In a large bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Fold in whipped topping. Fold in chopped peanut butter cups. Spoon into crust. Arrange halved peanut butter cups on top. Refrigerate for at least 15 minutes before cutting. Makes 8 servings.

## Apple Dumpling Bake

2 tubes (8 ozs. ea.) refrigerated crescent rolls  
2 medium Granny Smith apples  
1 cup sugar  
½ cup butter, softened  
¾ cup Mountain Dew soda  
Ground Cinnamon  
Vanilla Ice Cream

Unroll crescent rolls and separate the dough into 16 triangles. Cut each apple into eight wedges. Wrap a crescent dough triangle around each apple wedge. Place in a greased 13x9x2-inch baking dish. In a bowl, combine sugar and butter; sprinkle over rolls, slowly pour the soda around the rolls (do not stir). Sprinkle with cinnamon. Bake, uncovered, at 350 degrees for 35 to 40 minutes or until golden brown. Serve warm with ice cream. Makes 16 servings.

## Crescent Bundle Surprises

1 tube (8 ozs.) refrigerated crescent rolls  
8 fun-size Snickers candy bars, halved  
¼ cup cream cheese frosting

Separate crescent dough into eight triangles; cut each in half, forming two triangles. Place a candy bar half on each triangle. Fold dough over candy and pinch corners together to seal. Place on an ungreased baking sheet. Bake at 375 degrees for 15 to 18 minutes or until golden. Remove to a wire rack. Cut a small hole in the corner of a resealable plastic bag. Fill bag with frosting; pipe over rolls. Makes 8 servings.

## Root Beer Float Cake

1 pkg. (18 ¼ ozs.) white cake mix  
2¼ cups chilled root beer, divided  
¼ cup oil  
2 eggs  
1 envelope whipped topping mix

In a large mixing bowl, combine cake mix, 1¼ cup root beer, oil and eggs together; beat until well blended. Pour into a greased 13x9x2-inch baking pan. Bake at 350 degrees for 30-35 minutes; cool completely. In a medium mixing bowl, combine whipped topping mix and remaining root beer; beat until soft peaks form. Frost cake. Makes 24 servings.

## Chocolate Chip Cookie Dough Pie

1 tube (18 ozs.) refrigerated chocolate chip cookie dough  
2 pkgs. (8 ozs. ea.) cream cheese  
2 eggs  
½ cup sugar  
5 bars (1.4 ozs. ea.) chocolate covered toffee candy bars, crushed

Press cookie dough into an ungreased 9-inch pie plate. In a large mixing bowl, combine remaining ingredients and pour over top. Bake, uncovered, at 325 degrees for 30-35 minutes. Refrigerate immediately until ready to serve. Makes 8 servings.



## Hurry Up Homemade Crescent Rolls

1 envelope (¼ ozs.) active dry yeast  
¾ cup warm water (105 to 115 degrees)  
3 to 3 ½ cups all-purpose baking mix  
2 tablespoons sugar  
Flour

Combine yeast and warm water in a 1-cup measuring cup; let stand 5 minutes. Combine 3 cups baking mix and sugar in a large bowl; gradually stir in yeast mixture. Turn dough out onto a floured surface and knead, adding additional baking mix (up to ½ cup) as needed, until dough is smooth and elastic (about 10 minutes). Roll dough into a 12-inch circle; cut circle into 12 wedges. Roll up wedges, starting at wide end, to form a crescent shape; place, point sides down, on a lightly greased baking sheet. Cover and let rise in a warm place (85 degrees) free from drafts, 1 hour or until doubled in bulk. Preheat oven to 425 degrees. Bake 10 to 12 minutes or until golden.

To Make Ahead: Rolls may be frozen up to 2 months. Bake at 425 degrees for 5 minutes; cool completely (about 30 minutes). Wrap in aluminum foil and place in an airtight container. Thaw at room temperature on lightly greased baking sheet; bake at 425 degrees for 7 to 8 minutes or until golden.

### Tip

*Brush unbaked rolls with melted butter; sprinkle with Parmesan cheese, kosher salt, coarsely ground pepper and dried Italian seasoning.*

## Angel Biscuits

1 envelope (¼ ozs.) active dry yeast  
½ cup warm water  
5 cups sifted flour  
1 teaspoon salt  
1 teaspoon baking soda  
1 tablespoon baking powder  
3 tablespoons sugar  
¾ cup shortening  
2 cups buttermilk

Dissolve yeast in warm water; set aside. Sift dry ingredients, cut in shortening. Add yeast mixture and buttermilk; mix thoroughly. This makes a thick batter. On a floured board, roll out as much as needed. Roll ¼ to ½ inch thick. Place biscuits on a lightly greased cookie sheet and bake at 400 degrees for about 12 minutes. Makes 4 dozen.

### Tip

*This dough may be used immediately or dough may be made ahead of time and stored in a lightly greased and tightly covered bowl and placed in the refrigerator.*

**Tip**

*I like to add dried cranberries and sometimes chopped dried apricots. Any dried fruit could be used. If you have a family member that is not fond of raisins, use a box of bran flakes.*

## Refrigerator Bran Muffins

- 4 eggs
- 1 cup canola oil
- 2½ cups sugar
- 5 cups flour
- 4 teaspoons baking soda
- 2 teaspoons salt
- 1 quart buttermilk
- 1 box (15 ozs.) raisin bran cereal

In a large bowl mix eggs, oil and sugar. Sift together flour, baking soda and salt. Add flour mixture, alternately with buttermilk. Mix well. Stir in raisin bran. Bake in greased muffin pans at 400 degrees for 18 minutes. If desired, batter may be stored in the refrigerator for up to six weeks.



# Notes



2010



The facilities for these events are accessible to individuals with disabilities. New Mexico State University is an equal opportunity/affirmative action employer and educator. NMSU and the U.S. Department of Agriculture cooperating.