

The recipes for this cookbook
were gathered and compiled by
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Typeset and set up by Mrs. Joyce
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Thank-you to all who helped
in anyway.

This book was made for the Entry
Island Heritage Committee.

2001

Dates To Remember

- January 1st New Years Day
- January 6th Old Christmas
- January 17th Weedles Wednesday
- February 2nd Groundhog Day
- February 14th Valentines Day
- March 8th International Woman's Day
- March 17th St. Patrick's Day
- March 20th First Day of spring
- April 1st April Fools Day
- April 25th Secretaries Day
- May 21st Victoria's Day
- June 21st First day of summer
- June 24th ... St. John the Baptist Day
- July 1st ... Canada Day
- September 3rd Labor Day
- September 9th ... Grandparents Day
- September 22nd First Day of Autumn
- October 31st Halloween
- November 11th Remembrance Day
- December 21st First Day of Winter
- December 24th ... Christmas Eve
- December 25th Christmas Day
- December 26th Boxing Day

Pork Chop Casserole

4 or 6 pork chops
2- cups carrots (sliced)
2- cups raw potatoes
1 onion (sliced)
2/3 cup water
1 can mushroom soup
Celery salt and pepper to taste

Precook the vegetables in 2/3 cup water until crisp do not over cook. Coat chop with flour and brown in frying pan, use a little oil to prevent sticking. Place vegetables in bottom of greased casserole dish. Cover with chops, mix water from vegetables and soup that has been diluted with water. Pour over the chops and bake at 350 for 45 min to 1 hour.

Bessie Chenell

Stew Casserole

Place cut up stew meat in bottom of casserole dish or pot. Sprinkle meat with 1 pkg. of Lipton onion soup mix. Place cut up vegetables in dish, place two cans mushroom soup over top and 1 can water. Bake 325° for 2 hrs.

Thelma Ann Chenell

Ham Casserole

2 cups cubed potatoes
1 large carrot sliced
1 celery stalk
2 cups water
2 cups cubed ham cooked
2 tbsp Green peppers
2 tbsp Chopped onion
7 tbsp Butter
3 tbsp Flour
1 1/2 cups milk
1/4 tsp Salt
1/8 tsp Pepper
1 cup shredded cheese
1/2 cup breadcrumbs

In a saucepan cook potatoes, carrot, and celery in water until tender. Drain. In skillet, sauté ham, green peppers, and onion in 3 tbsp of butter until tender. Add to the potato mixture. Transfer to a grease casserole dish. In a saucepan melt remaining butter, stir in flour until smooth. Gradually add the milk, salt, and pepper. Bring to a boil cook and stir 2 min until thickened. Stir in cheese until melted. Pour over the ham mixture. Sprinkle with breadcrumbs.

Bake uncovered at 350° for 20 to 30 min or until bubbly, heated through.

Diane Chenell

Corned beef and cabbage Casserole

1 small cabbage cut in one-inch squares

2 ½ tsp salt

1 tsp celery seed

¼ cup minced onion

1 ½ tsp mustard

1 can chicken soup

1 can milk

1 can corned beef diced

2 tbsp Butter

1 ½ cups breadcrumbs

Sprinkle mozzarella cheese

Cooked cabbage in 2 inch of boiling water with 2-tsp salt for 7-10 min drain well. Combine onion, mustard, celery seed, salt, soup, and milk. In a greased 2-qt. Casserole dish, layer cabbage, corned beef, and soup mixture (ending layer with soup)

Bake at 350° for 35 min.

- Meanwhile melt butter in a frying pan. Stir in bread crumbs (do not brown). Remove casserole from oven, arrange bread crumbs in a circle around edge of casserole, cut cheese in diagonal wedges, arrange in center of casserole
- Bake 10 min. longer

Vera Clark

Scalloped potato casserole

--Sauce--

2 tbsp Butter

2tbsp Flour

$\frac{1}{4}$ tsp salt

$\frac{1}{4}$ tsp pepper

2 cups milk

--Casserole

4 cups sliced peeled potatoes

1 cup sliced carrots

$\frac{1}{2}$ cup onions

$\frac{1}{4}$ cup chopped green peppers

1 cup cubed cooked ham

1 cup shredded cheddar cheese or mozzarella

For sauce, melt butter in a small sauce pan, stir in flour, salt pepper Cook, stirring constantly for 1 min. Gradually whisk in milk, cook until thickened, set aside

For casserole, layer half of all vegetables and ham in a greased 2 qt. Casserole dish. Cover with half of the sauce, repeat layers and sprinkle with cheese over all. Bake covered at 350° for 1-hr. Remove cover and bake 10 more min

Vera Clarke

Macaroni and Sausage Bake.

- 1 lb sausage
- ½ cup chopped onion
- 1 cup elbow macaroni
- 1 can cream of celery soup
- 2/3 cup milk
- 3 beaten eggs
- 1 ½ cups shredded cheese

Cook macaroni according to the package. Cook sausage and onion until browned. Drain off excess fat, combine sausage mixture, macaroni, soup, milk, eggs and cheese. Place in 2 quarts casserole dish.
Bake in 350 degree oven for 40-45 minutes.

Edna Morrison

Potatoes and cream scallop

- 6 potatoes (sliced)
- 2 cups cream (or more to cover potatoes)
- 4 tbsp. Butter
- 1 tbsp. Flour
- 3 small onions (sliced)
- 1 tsp. Salt
- 1/4 tsp. salt and pepper

Place potatoes in saucepan, add pepper, salt, and sprinkle flour. put a layer of onions, and drop some butter over it. Place another layer of potatoes and onions; drop more butter on top. Cover with cream. bake in oven at 350° until cooked

Edna Welsh

Scallops in cream sauce

4lbs butter
1 cup sliced mushrooms
2 lbs onions chopped
1 clove garlic minced
1 can mushroom soup
1 lb. Scallops
2 tbsp wine
4 tsp grated cheese or cheez whiz
Paprika for garnish

In casserole combine butter, onions garlic, cover put in microwave on high 3 minutes or until tender. Stir once during cooking. Stir in soup until smooth. Add scallops and wine, stir. Microwave, uncovered until scallops are done. Stir twice during cooking. Let stand uncovered for 2 minutes. Sprinkle cheese and paprika over top.

Crystal Chenell

15 Minutes Chicken & Rice casserole

1 tbsp. Oil
4 boneless chicken breast
1 can cream chicken soup or 1 can mushroom soup
1 1/2 cups water
1/4 tsp. paprika
1/4 tsp. pepper
1 1/2 cups uncooked instant rice
1 can peas & or corn
1-cup carrots (diced)
1 onion diced small

Put oil in saucepan on medium heat; add chicken fry 8 min until brown. Set chicken aside. Add soup, water, paprika, pepper, salt, onions, mushrooms, and heat to boil. Stir in rice, add peas, and carrots to rice mixture. Cover and simmer on low heat for 5 min. or until chicken is done.

Thelma Ann Chenell

Shepherd's pie casserole

- 1 lb hamburger meat
- 1 onion cut fine
- Pepper and salt to taste
- 1 can mushroom soup
- 1 tbsp Worcestershire sauce
- 1 bag frozen vegetables or 2 cans vegetable soup
- 2 cups instant mashed potatoes

In frying pan cook meat until brown, stirring to separate meat, add onions. In a baking dish add some potatoes, add meat $\frac{1}{2}$ can mushroom soup, add vegetable, 1 can mushrooms, frozen vegetables, Worcestershire sauce. Spoon rest of potatoes over mixture. Stir remaining soup over potatoes. Dot with a little butter. Bake 350° for 40-50 min. until brown.

Diane Chenell

Sweet and sour meat balls

1-1/2 lbs Ground meat
1 cup bread crumbs
1/2 cup milk
1 egg (beaten)
Dash pepper
Dash salt

Combine to form into small balls. Fry until brown.
Place in a casserole dish with 1 cup chopped onions

Sauce-

3 tbsp brown sugar
4 tbsp Worcestershire sauce
1/2 cup water
4 tbsp vinegar

Combine ingredients; bring to boil, pour over
meatballs. Bake in 250 to 300 oven for 1 hr. serve
with rice

Candy Dickson

Seafood Casserole

- 1/4 cup margarine
- 1/2 cup chopped onion
- 1 cup chopped celery
- 2 cans drained mushrooms
- 2 cans mushroom soup
- 1/4 cup can milk
- 1 lb. Lobster meat
- 1 cup shrimp
- 1 cup crab meat
- 1/2 cup Scotch whisky or wine

Saute first 4 ingredients in pan. Mix
The remaining ingredients together with lobster,
shrimp, crabmeat. Put in casserole dish & sprinkle
whisky over top. Add dill or basil for flavor
Bake at 350 oven for 1 hr.

Candy Dickson

Corn and Corn Casserole

- 1 green pepper firmly chopped
- 1 onion firmly chopped
- 3 tbsp. Butter
- ¼ cup flour
- 1 can cream style corn
- ½ tsp. salt
- 1/8 tsp. pepper
- 1 pkg. cream cheese (cubed)
- 1 can whole kernel corn, drained
- 1 can mushrooms (if whole cut in halves)
- ½ cup shredded Swiss cheese
- 1 ½ cups soft bread crumbs

In a saucepan, sauté green peppers and onions in 1
tbsp. butter until tender. Stir in flour, cream corn,
salt and peppers until blended then add cream
cheese. Stir until melted, add kernel corn,
mushrooms, and Swiss cheese. Then transfer to a
greased casserole dish, 1 ½ qt. in size. Melt
remaining butter, toss with breadcrumbs.
Sprinkle over the corn mixture and bake,
uncovered, for 20-25 min. At 400 degree oven.

Ada Welsh

Corn Scallop Casserole

- 2 can's cream corn
- 1 can kernel corn
- 4 eggs
- 2 tbsp. finely chopped green peppers
- 3 tbsp. flour
- 1 tbsp. sugar
- 1 tsp. salt
- ¼ tsp. pepper
- 1 cup milk
- 1 tbsp. margarine or butter

Preheat oven to 325 degrees. Grease 1 ½ qt. casserole dish. beat eggs until thick, add the corn and green peppers. Combine the flour, sugar, salt, and pepper into a mixing bowl. Stir milk into dry ingredients. Blend in melted margarine or butter and combine with corn mixture. Beat well and pour into casserole dish. Bake about 1 hour and 20 minutes or until an inserted knife comes out clean.

Ada Welsh

St. Jacques Casserole

Serve with a salad and vegetables:

½ cup boiling water
½ cup wine
½ tsp. salt
Cayenne pepper, just a pinch.
1lb. Scallops (quartered if large)
2 (tbsp. butter
1 cup sliced mushrooms
½ cup finely chopped onion
½ cup flour
½ tsp. garlic powder
(Reserve the liquid from scallops)

1 large egg yolk
½ cup whipping cream
1tbsp. Parsley flakes

Pasta

1 cup tiny shell pasta
2 qt. boiling water
1 ½ tsp. salt
1 (tbsp. cooking oil

Topping

1 (tbsp. butter
½ cup dried breadcrumbs
2 (tbsp. Parmesan cheese
1 (tbsp. parsley flakes

Combine first five ingredients in frying pan. Bring to a boil and cover. Boil slowly for 3 to 5 minutes until scallops are cooked. Use slotted spoon to remove scallops to a small bowl, pour liquid in a cup and reserve.

Melt butter in frying pan. Add mushrooms and onions, sauté until soft. Mix in flour, lemon rind and garlic. Stir in reserved liquid until mixture boils and thickens. Mix egg yolk, cream first amount of parsley in large bowl, stir. Combine pasta, boiling water, salt and cooking oil in saucepan. Cook covered for 15 minutes until tender. Drain, add to scallop mixture and stir. Put into 2 qt ungreased casserole dish.

Topping. Melt butter in saucepan stir in breadcrumbs, cheese, and second amount of parsley. Sprinkle over top of casserole. Bake uncovered in 350 oven until browned and heated through well, about 15 minutes or longer. It makes 4-6 servings

Seafood Deluxe

Sauce

- ¼ cup butter
- ¼ cup flour
- 1 tsp. salt
- 13 ½ oz. skin milk
- ¾ cup can milk
- 1 tsp. Worcestershire sauce
- 1 tsp. prepared mustard
- 2-tbsp. onion chopped fine
- ½ cup medium or sharp cheddar cheese
- 1-lb. scallops halved if large
- 2 cups boiling water
- 2-4 oz cans crab mean or lobster drained

Topping

- 2 tsp. butter
- ½ cup dried breadcrumbs
- 1 tsp. parsley
- 2 tbsp. sharp or medium cheddar cheese

Sauce

Melt butter in a sauce pan mix in flour, salt, pepper, stir in both milks. Worcestershire sauce, mustard and onion, heat and stir until mixture boils and thickens. Stir in cheese until melted. (set aside)
Combine scallops and boiling water in sauce pan.
Cook covered for about 5 minutes, drain add to sauce

Add

Crab meat stir, turn into ungreased 2 qt. Casserole dish

Topping

Melt butter in a sauce pan, stir in crumbs and parsley flakes. Sprinkle over bread crumbs bake uncovered in 350 oven for about 25 minutes or until hot and bubbling.

Ada Welsh

Chicken Casserole

2 cups diced chicken or can chicken

1 package frozen broccoli, carrots, and cauliflower, thawed and drained

1 can mushroom soup

1 cup shredded cheese

1/3 cup sour cream

¼ tsp. pepper

1 onion chopped fine

Combine all ingredients except cheese and onions. Add ½ of cheese and ½ of onions. Pour into casserole dish and bake uncovered in a 350 oven for 30 minutes. Top with remaining onion and cheese. Bake again for 5 minutes.

Edna Welsh

Fish Casserole

- 1 lb. fresh fillet of cod
- 1 tbsp. margarine
- 1 chopped onion
- 1 stalk celery chopped
- ½ tsp. salt
- ½ tsp. pepper
- 2 tbsp. sugar
- 18 oz can tomatoes cut in pieces
- 1 can celery or mushroom soup

Heat oven to 350 degrees. Arrange fillets in a 11x7 pan greased with butter. Mix seasonings with tomatoes and pour over fish. Place celery and onion over top. Pour celery or mushroom soup over all. Bake uncovered for 30-35 minutes.

Edna Welsh

Chicken Casserole

- 2 cups diced chicken or can chicken
- 1 package frozen broccoli, carrots, and cauliflower, thawed and drained
- 1 can mushroom soup
- 1 cup shredded cheese
- 1/3 cup sour cream
- ¼ tsp. pepper
- 1 onion chopped fine

Combine all ingredients except cheese and onions. Add ½ of cheese and ½ of onions. Pour into casserole dish and bake uncovered in a 350 oven for 30 minutes. Top with remaining onion and cheese. Bake again for 5 minutes.

Edna Welsh

Chicken Fillet Casserole

8-10 pieces of skinned chicken breast cut in half
1 can mushroom soup
1 cup sour cream
¼ cup flour
½ tsp. salt
¼ tsp. pepper
¼ tsp. paprika
¼ tsp. thyme
1 can mushrooms
½ cup apple juice

Arrange 1 layer of chicken in bottom of a 3 qt. casserole dish. In a medium bowl, stir together the remaining ingredients. Spoon ½ of soup mixture over first layer of chicken. Add remaining chicken and second half of soup mixture over top of chicken. Cover in 350-degree oven for 1-½ hours until tender. 8-10 servings.

Vera Clark

Meat and Rice Casserole

1 lb. steak cut in bite size pieces
1 cup chopped onion
19 oz can tomatoes mashed
1 cup instant rice uncooked
14oz can kidney beans with juice
1 can condensed beef consomme
1 tsp. chili powder
½tsp granulated sugar
½ tsp. salt
¼ tsp. pepper
¼ tsp. oregano

Spray frying pan with no stick cooking spray. Brown steak and onions. Put into large bowl. Stir the tomatoes into frying pan to loosen everything left in pan. Put in with steak and onions. Add remaining ingredients. Stir well and put into a 2 quart casserole dish. Bake in a 350-degree oven for 1-½ hours until meat is tender.

Edna Morrison

Corned Beef or Kam Casserole

1 ½ cans meat cut up not to small
½ cup cheese cut up not to small combine into a bowl
1 ½ cups milk
1 cup cream of chicken soup
½ cup chopped onion
8 oz noodles

Mix and pour over meat and cheese. Cook noodles in hot slated water. Put noodles and meat mixture in casserole dish in layers. Cover with cracker crumbs, put a small piece of butter on top. Bake 1 hour in 375-degree oven.

Cheryl Josey

Chicken & Ham Casserole

12 slices of white chicken meat, mouth size pieces

3 slices boiled ham, cut same size

½ cup onion finely minced

¼ cup butter

½ cup sliced mushrooms

1 tsp. paprika

1 tsp. salt

¼ tsp. nutmeg

¾ cup cream

3-4 tbsp. grated Parmesan cheese

Cook the onion in butter for 5 minutes, stirring constantly not to let it brown. Add the sliced mushrooms and seasonings, let simmer for 15 minutes. Turn the mixture into a baking dish or casserole dish. Arrange chicken and ham on top, add enough hot cream to cover the meat. Let simmer in a hot oven 400 degrees for 10 minutes. Cover with Parmesan cheese. Let remain in oven until the cheese melts.

Edna Welsh

Skillet Macaroni & Cheese

- ¼ cup butter or margarine
- 1 cup chopped onion
- 1 tbsp flour
- 1 ½ tsp. salt
- ¼ tsp oregano
- 7-8 oz package elbow macaroni
- 3 ½ cups milk
- 2 cups shredded cheddar cheese

Melt butter in skillet, add onion and sauté until tender. Stir in flour, salt and oregano. Add macaroni and milk, cover and bring to a boil, reduce heat and simmer 15 minutes or until macaroni is tender. Stirring occasionally. Add cheese and stir until it melts, do not boil. Put into a casserole dish and warm in oven. Add a little mozzarella cheese on top.

Edna Welsh

Creamy Chipped Beef Casserole

- 2 pkgs. steak sliced in small length ways strips**
- ½ pkg. frozen hash browns (thawed)**
- 1 can cream of mushroom soup**
- 1 cup can milk**
- 2 tbsp. Crisco oil**
- 1 finely chopped onion**

Cut beef into bite size pieces. Brown in Crisco oil until edged curl then drain. Mix in milk and soup, add beef, hash browns and onions, place into 2 qt casserole dish. bake covered for 30 minutes in a 350 degree oven. Remove lid, crumble some onions over top and return to oven for 5-10 minutes. This a also good with hamburger.

Ada Welsh

Texas Hash Casserole

- 1-1½ lb. hamburger
- 3 large onions chopped
- 1 clove garlic minced
- 1 green pepper seeded and chopped
- 1 can diced tomatoes with juice
- ½ cup uncooked long grain rice
- 1 tsp chili powder
- 1-2 tsp salt
- ½ tsp pepper

Lightly grease a 2- quart casserole dish. Brown beef and onions in a large skillet over medium to high heat. When onions are clear, add garlic and green pepper; cook until green pepper is softened. Remove from heat; stir in remaining ingredients. Transfer mixture to the casserole dish; cover and bake in a 350 degree oven for 45 minutes. Remove cover and bake for 15 minutes longer.

Edna Morrison

Brunch Egg Casserole

- 2 cups unseasoned croutons
- 1 cup shredded cheddar cheese
- 4 eggs beaten
- 2 cups milk
- ½ tsp. salt
- ½ tsp. dry mustard
- 1/8 tsp. onion powder
- Dash of pepper
- 4 bacon strips cooked and crumbled

Place croutons and cheese in bottom of a greased 10" x 1 ¼" baking dish. Combine eggs, milk, and seasonings, pour into baking dish and sprinkle with bacon. Bake at 325 degree oven for 1 hour. Serve immediately.

Diane Chenell

Bacon, Macaroni & Cheese

- ¼ lb. bacon (diced)
- 1 cup chopped onions
- 1 qt. milk
- 2 tsp. celery salt
- ½ tsp. pepper
- ¼ tsp. tabasco sauce
- 2 cups elbow macaroni
- 1 cup grated cheddar cheese or mozzarella
- ½ cup chopped pimento

In a large saucepan, cook bacon and onion over low heat for 15 minutes. Drain drippings. Add milk, celery salt, pepper and tabasco sauce, heat to boiling point, gradually add macaroni, so that milk continues to boil. Simmer uncovered for 20 minutes, stirring often. Add cheese and pimentos. Stir until cheese melts.

Ada Welsh

Pork Chop Casserole

4 pork chops
1 large can stewed tomatoes
1 cup uncooked rice
¼ cup diced green pepper
1 medium chopped onion
1 tbsp. Soya sauce

Brown pork chops. Mix rice, onion, green pepper, tomatoes, and Soya sauce. Pour ½ mixture into 9x9-casserole dish. Add pork chops and top with remaining mix. Bake covered for 1 hour at 350 degrees.

Mona Leslie

Sausage Casserole

1 cup long grain rice

1 cup chopped onion

$\frac{1}{2}$ tsp. salt

2 cups boiling water

1 lb. sausage meat

1-10 oz. can cream of tomato soup

1-10 oz. can milk

1 cup cheddar cheese

Cook rice and onion and salt in boiling water for about 20 minutes until tender and water is absorbed. Shape sausage meat into 1 inch balls. Flatten each ball into a tiny patties. Fry browning each side until no pink remains in meat. Whisk soup and milk together in a bowl until smooth.

Layer half of rice in the bottom of 2 quart, ungreased casserole dish.

Pour $\frac{1}{2}$ of the soup over rice, add second half rice, cover in single layer of sausage patties, pour remaining $\frac{1}{2}$ soup mixture over patties.

Sprinkle with the cheese. Bake 350 oven for 35 minutes or 45 minutes until bubbling hot.

Ada Welsh

Easy Lobster Casserole

2 cups lobster.
3-4 large eggs. Hard boiled and finely chopped
1 egg raw (well beaten)
1 cup milk
2-tsp. lemon juice. Fresh or bottled
2 tbsp. melted butter or margarine
2tsp. salt
1 ½ tsp. pepper
4 cup white bread, remove crust, dice finely
1 cup reserved for topping
1-onion finely chopped
1 red pepper finely chopped
¾ cup cheddar cheese
¾ cup grated cheddar cheese for topping
paprika

Drain lobster. Keep juice. Chop lobster meat coarsely. Beat together egg, milk, lemon juice, melted butter or margarine, salt, pepper. Stir in 3 cups breadcrumbs, and finely diced onions, lobster meat, finely chopped hard cooked eggs, and ¾ cup shredded cheddar cheese. If any reserved lobster juice, add to above and blend thoroughly.

Add remaining 1 cup of diced white bread crumbs and ¾ cup shredded cheese. Pour first mixture into well greased 2-qt casserole dish or pot for oven. Sprinkle over top reserved breadcrumb and shredded cheese. Dust with a little paprika for added colour, bake on 350 for 30-40 minutes. Cover first 20 minutes, uncover for final 10-20 minutes for a crusty topping. Casserole should be nicely browned and bubbling. 6 normal servings or 4 generous ones.

Ada Welsh

Rice Meat Casserole

2 cups cold chopped meat

3 eggs

2 cups boiled rice

½ tsp. celery salt

2 tbsp. margarine

2 tbsp. ketchup

½ tsp. salt

Season meat and pile in the center of an oiled casserole dish. Mix eggs, milk, rice, fat and seasonings, pour over meat, cover and bake at 350 degree oven for 20 min.

Joyce Aitkens

Vegetable Casserole

4 squash (8 cups)
¼ cup butter
2 eggs
½ tsp. salt

Pecan topping

¼ cup butter
½ cup b. sugar
¼ cup flour
½ cup chopped pecans

Butter topping

2 tbsp. butter
sprinkle salt and pepper

Cut squash in lengthwise pieces, discard seeds. Place cut side down on greased baking dish (with sides). Bake uncovered at 350 oven for 50 min. or until tender. Let cool then scoop out the pulp into a saucepan. Mash pulp with butter, eggs and salt. Place into 3 qt. ungreased casserole dish.

Pecan Topping

For a special topping melt butter in a saucepan. Stir in sugar, flour and pecans. Sprinkle over top of casserole. Bake uncovered for 30 min. In 350 degree oven.

Macaroni & Tomatoes Dish

1 box macaroni (cook as directed)

Add 2 cans tomatoes

1 can tomato soup

1 onion chopped fine

1 lb Hamburger meat

1 tsp Salt

1 tsp Pepper

1 pkg Mozzarella cheese

Fry meat and onions together until slightly browned. Add salt and pepper put macaroni in a large dish. add tomatoes, soup, hamburger, and onions. Bake in 350° for 30 minutes, add cheese on the top, and cook 10 minutes longer.

Crystal Chenell

Life saver casserole

- 1 cup minute rice
- 1 can celery or mushroom soup
- ½ cup mayonnaise
- ¼ cup milk
- ½ cup celery
- 1 tsp. onion
- 1 (14oz.) can peas drained
- 1 (12oz) can corn beef or 2-6 ½ can tuna
- ¾ cup bread crumbs (buttered)

Preheat oven 375°.

Cook rice according to directions.

Stir in remaining ingredients except crumbs.

Spread in greased casserole dish. Sprinkle crumbs over top. Bake until bubbly about 20 min

Ann Dickson

Chicken & Rice Casserole

- 1 can mushroom soup
- 1 $\frac{1}{2}$ cups water
- $\frac{3}{4}$ cups uncooked minute rice
- 4 $\frac{1}{4}$ tsp paprika
- $\frac{1}{4}$ tsp. pepper
- 4 skinless, boneless chicken breast halved

In a baking dish mix soup, water, rice, paprika pepper, place chicken on rice mixture. Sprinkle with additional paprika, cover.
Bake 375 oven for 45 minutes
(Serves 4)

Edna Welsh

Short cut beef stew casserole

1 tbsp. Oil
1 onion (diced)
1 lb. Steak or beef cut into cubes
1 can tomato soup
1 can beef broth
1 tbsp. Worcestershire sauce
1 bag frozen mix vegetables
Few potatoes, carrots, celery cut small
Salt, pepper

In a pan add oil, cook beef until browned add onions, stirring often. Add soup, broth, Worcestershire sauce, and vegetables. Put in casserole dish, place in oven, and simmer until vegetable is cooked.

Thelma Ann Chenell

Chicken & Ham Casserole

6 medium potatoes peeled and quartered
8 chicken breast browned
2 tbsp margarine
1 can ham flakes
1 can mushrooms drained
6 tbsp flour
½ tsp salt
½ tbs pepper
3 cups milk
1 cup apple juice
½ cup beer

Cook potatoes in water until tender drain. Cool for a few minutes.

Cut into mouth size pieces. Brown chicken in margarine in a frying pan, transfer to a roaster. Add potatoes, ham flakes, and mushrooms. Melt margarine in a saucepan, add flour, salt, pepper, stir in milk, loosening any brown bits in pan until it boils and thickens. Add apple juice and beer. Stir pour over casserole. Cook uncovered in a 350-degree oven for 1-1½ hours until chicken is tender.

Edna Morrison

Fish and potato supper

6 large pieces of cod
6 potatoes
2 onions
 $\frac{1}{2}$ tsp garlic powder
 $\frac{1}{2}$ tsp salt, dash of pepper
1 tbsp Parsley
 $\frac{1}{2}$ cup olive oil
1 stalk of celery

Dip cod steaks in cold salted water, drain, drip-dry on paper towel, set aside.

Wash, rinse and prepare potatoes and dice up fine. Peel and dice up onions fine. Mix potatoes, onions, garlic, salt, pepper, parsley, celery. Spread half mixture in a greased casserole dish, lay codfish on top, cover the fish with rest of potato mixture.

Drizzle $\frac{1}{2}$ cup olive oil over top layer of potatoes. Bake in oven at 400° for 15 min. with cover. Remove cover and bake for 20 min. or until lightly browned.

Ada Welsh

Sausage and rice Casserole

- 1-cup rice (cooked)
- 1 lb Pork sausages
- 1 can mushroom soup
- 1 can mushrooms
- ½ cup chopped onions
- ½ cup chopped green peppers
- ½ cup shredded cheddar cheese
- ½ cup chicken bouillon
- ¼ cup minced celery
- 1-tsp parsley flakes
- ½ tsp pepper, ½ tsp salt

Brown sausage in skillet, drain. Combine rice sausage and remaining ingredients in greased 2 qt Casserole
Bake at 350° for 1 hour

Vera Clark

Company Casserole

- 2 cups rice (cooked according to directions)
- 1 pkg Frozen broccoli thawed, drained, chopped
- 1 1/2 cups cooked, cubed ham
- 1 cup shredded cheddar cheese
- 1 can mushrooms cut up
- 1 cup mayonnaise
- 1 tsp mustard
- 1/2 tsp curry powder
- 1 can mushroom soup (undiluted)
- 1/3 cup grated parmesan cheese

In greased 2 qt Casserole, layer first 6 ingredients in order listed. Combine mayonnaise, mustard, curry powder, and soup. Spread over the casserole. Sprinkle with Parmesan cheese.

Bake at 350° for 40-50 min. Until top is golden brown.

Diane Chenell

Dinner Casserole

1 lb cooked Hamburger meat or stew meat

2 or 3 layers of sliced potatoes

1 layer of sliced carrots

1 layer of sliced onions

Salt, pepper, to taste

1 can peas

1 can kernel corn (drained)

1 can tomato soup

Pour in peas including the liquid over the vegetables. Place a layer of corn over peas.

Sprinkle with browned hamburger. Spread

undiluted can soup over meat pour $\frac{1}{2}$ cup water

over soup. Bake covered at 350° for 1-hour remove

cover, continue baking another 30 min until

vegetables are tender

Ann Dickson

Dinner Casserole

1 lb cooked Hamburger meat or stew meat

2 or 3 layers of sliced potatoes

1 layer of sliced carrots

1 layer of sliced onions

Salt, pepper, to taste

1 can peas

1 can kernel corn (drained)

1 can tomato soup

Pour in peas including the liquid over the vegetables. Place a layer of corn over peas.

Sprinkle with browned hamburger. Spread undiluted can soup over meat pour $\frac{1}{2}$ cup water over soup. Bake covered at 350° for 1-hour remove cover, continue baking another 30 min until vegetables are tender

Ann Dickson

Kitchen Helpful Hints

- 1) To make fluffier omelets add a pinch of cornstarch before beating.
- 2) Beat eggs at room temperature only.
- 3) Add a stalk of celery to your bread box or bag, it will help keep your bread fresh.
- 4) Deep-frying: Before heating fat add a tablespoon of vinegar to it, your food will not absorb so much fat and will be crisper and tastier.
- 5) Always heat a frying pan before you add fat or oil to keep foods from sticking. A little salt in the oil will prevent splattering.
- 6) Keep 5 or 6 grains of rice in your salt and pepper shakers to keep them from hardening.
- 7) To clean your thermos bottles, fill with 2 tablespoon of soda and warm water, soak all night and wash the next morning.
- 8) If grease has clogged your drains pour a cup of salt, then a cup of baking soda followed by hot water.
- 9) When lining your oven with foil, put dull side up so it won't reflect too much heat.
- 10) To clean a burnt pot, shake cream of tartar into pot, add some water boil for awhile, then clean.
- 11) Do not add salt to your cooking water when cooking corn it will only toughen it.
- 12) Always slice meat against the grain.
- 13) Mix onion soup mix into your hamburger meat for flavor and binding.
- 14) Add a tablespoon of vinegar to the water when boiling tough meat.