



NASHVILLE COMPLEX QUARANTINE COOKBOOK

RAYMOND JAMES

NASHVILLE AREA COMPLEX

From our kitchen to yours...

We hope you and your family are staying safe during quarantine. What better way to find comfort during this time than a cookbook full of simple and delicious recipes for you and your family to enjoy together. Wishing you a joyous holiday season!

Happy cooking!

RAYMOND JAMES | NASHVILLE AREA COMPLEX



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Breakfast

Breakfast



BISCUITS

Ingredients

- 1 cup buttermilk**
- 2 cups all-purpose flour**
- 1 tablespoon baking powder**
- 1 tablespoon sugar**
- 1 teaspoon salt**
- 6 tablespoons butter or shortening, chilled and cut into small pieces**

Directions

- 1. Preheat oven to 425°.**
- 2. Sift or whisk together flour, baking powder, sugar, and salt.**
- 3. Cut in butter using a pastry blender or fork. Slowly add milk.
Dust with flour if sticky.**
- 4. Turn out on floured counter and knead 15 times.**
- 5. Roll out to 1 inch thick and cut into biscuits.**
- 6. Brush tops with milk.**
- 7. Bake for 12-15 minutes. Enjoy!**



CHEESY GRITS

Ingredients

6 cups chicken broth

1 teaspoon salt

¼ teaspoon pepper

¼ teaspoon garlic powder

2 cups grits

8 oz bag of cheddar cheese

8 oz grated white cheddar cheese

½ cup milk

4 eggs, beaten

1 stick unsalted butter

Directions

- 1. Preheat oven to 350°.**
- 2. Grease 4 quart casserole dish.**
- 3. Bring salt, pepper, garlic powder to boil.**
- 4. Stir in grits and whisk.**
- 5. Reduce heat to low simmer until grits become thick for 8-10 minutes.**
- 6. Add cheeses and milk – stir well.**
- 7. Gradually stir in butter and eggs until combined well.**
- 8. Pour in dish sprinkle some cheese on top.**
- 9. Bake 35-40 minutes until lightly brown.**



OMA'S BANANA BREAD

Ingredients

Batter:

- 3 eggs
- 2 cups sugar
- 1 cup oil
- 1 tablespoon cinnamon
- 3 cups self rising flower (or add 3 teaspoon baking powder to all purpose flour)
- 1 cup walnuts
- 2 cups ripe bananas, mashed
- 1 tablespoon vanilla

Loaf Pan Sugar Coating Mixture:

- $\frac{1}{3}$ cup sugar
- 1 teaspoon cinnamon

Directions

Batter:

1. Cream together eggs, sugar, oil, vanilla, nuts and bananas.
2. Mix dry ingredients (flour and cinnamon) together, then combine all wet and dry ingredients.

Loaf Pan Sugar Coating:

1. Oil (instead of spray) both pans.
2. In small zip lock, mix cinnamon and sugar, and coat both pans with sugar mixture.

1. Heat oven to 350°.
2. Pour batter into sugar coated loaf pans, and bake for 40-45 minutes, until inserted toothpick comes out dry.



MONKEY BREAD

Ingredients

- ½ cup sugar**
- 1 teaspoon cinnamon**
- 2 cans large flaky biscuits, quartered**
- 1 cup brown sugar**
- ½ cups chopped walnuts, optional**
- ½ cup raisins, optional**
- ¾ cup butter, melted**

Directions

- 1. Heat oven to 350°.**
- 2. Spray bundt cake pan. In zip lock, mix sugar and cinnamon.**
- 3. Add biscuit quarters to coat.**
- 4. Arrange in pan, adding walnuts and raisins as you go. Sprinkle any remaining sugar over biscuits.**
- 5. Mix brown sugar and butter, and pour over biscuit pieces.**
- 6. Bake 30-40 minutes, or until golden and no longer doughy in center.**
- 7. Loosen and turn upside down to serve.**



CREAM CHEESE CRESCENT ROLL

Ingredients

- 2 cans crescent rolls**
- 2 (8 oz) pkgs cream cheese**
- 1 cup sugar**
- cinnamon & sugar for top**
- 1 teaspoon vanilla**
- 1 stick butter (melted)**



Directions

- 1. Preheat oven to 350°.**
- 2. Press 1 pkg crescent rolls in bottom of 9 x 13 pan.**
- 3. Mix cream cheese, sugar and vanilla.**
- 4. Pour over crescent rolls. Put second roll of crescent rolls on top.**
- 5. Sprinkle with cinnamon & sugar.**
- 6. Melt butter and pour on top.**
- 7. Bake for 30 minutes or until crust is browned.**

This dish can also be served as a dessert



HASHBROWN CASSEROLE

Ingredients

- 1 stick butter, melted**
- 1 small onion, chopped**
- 8 oz shredded cheddar cheese**
- 1 bag frozen shredded hash brown potatoes, thawed**
- 1 can cream chicken soup**
- pinch salt and pepper**
- 1 pint sour cream**
- ½ cup milk**

Topping:

- ½ stick butter, melted**
- 2 cups corn flakes, crushed**

Directions

- 1. Heat oven to 350°.**
- 2. Mix potatoes, butter, onion, cheese, soup, salt pepper, milk and sour cream.**
- 3. Spray casserole dish, and pour in potato mixture.**
- 4. For topping, mix melted butter and corn flake crumbs and spread on top of potatoes.**
- 5. Bake for approximately 40 minutes, or until bubbly.**



BREAKFAST CASSEROLE

Ingredients

1 roll crescent rolls
1 lb Tennessee pride sausage, hot
½ onion, chopped
1 dozen eggs, beaten
salt & pepper
2 cups shredded cheddar

Topping

½ stick butter, melted
2 cups corn flakes, crushed

Directions

- 1. Heat oven to 350°.**
- 2. Spray casserole dish with cooking spray, and press crescent dough on bottom of casserole dish.**
- 3. Brown and crumble sausage and onion, onto dough.**
- 4. Beat eggs, salt and pepper, and pour over sausage. Sprinkle cheese.**
- 5. Bake for approx 40 minutes or until egg no longer moves when you move dish.**

***If you don't want cheese to brown, you can add the cheese within the last 10-15 minutes.**

CHOCOLATE CHIP CROISSANT BAKE

Ellen Dennis
Nashville 3BE



Ingredients

- 1 (13 oz) package already baked croissants, cut into large bite sized pieces**
- 2 (8-oz) packages cream cheese, room temperature**
- 1 cup sugar**
- 4 eggs**
- 2 teaspoons vanilla**
- 2 cups milk**
- 2 cups semi-sweet chocolate chips**



Directions

- 1. Preheat your oven to 350°.**
- 2. Spray your 9x13-inch pan with nonstick spray.**
- 3. Place croissant pieces in baking dish. Sprinkle with chocolate chips.**
- 4. In a mixing bowl, beat cream cheese, sugar, eggs and vanilla until well blended.**
- 5. Add milk and blend some more until mix is well combined. Pour evenly over croissant pieces.**
- 6. Cover with plastic wrap and refrigerate overnight.**
- 7. Bake uncovered for 35 to 40 minutes or until center is cooked.**
- 8. Let stand 10 minutes and serve.**

Breakfast



BLUEBERRY FRENCH TOAST

Ingredients

12 slices day old bread (crust removed)

2 packages cream cheese

1 cup fresh blueberries

12 beaten eggs

2 cups milk

1/3 cup maple syrup

Sauce

1 cup sugar

2 tablespoons cornstarch

1 cup water

1 cup blueberries



Directions

- 1. Cube bread and layer in 9 x 13 baking dish with cubed cream cheese.**
- 2. In bowl, mix eggs, syrup, milk – pour over bread/cheese and chill overnight.**
- 3. Remove from fridge 30 minutes before baking.**
- 4. Bake @ 350° for 30 minutes (covered), then uncover and bake additional 20-30 minutes until golden brown.**

Sauce

- 1. Bring cornstarch, water and sugar to a boil for 3 minutes.**
- 2. Stir in blueberries and simmer for 8 - 10 minutes.**
- 3. Serve over cooked french toast.**



Appetizers and Sides



FIESTA TRISCUIT BITES

Ingredients

- 1 medium ripe avocado peeled**
- 24 cracked pepper/olive oil triscuits**
- 8 oz monterey jack, cut into 24 slice**
- 2 tablespoons mild/medium/hot salsa**
- ¼ cup finely chopped cilantro leaves**



Directions

- 1. Slice avocado lengthwise into 12 (¼ inch thick) slices and cut each slice crosswise in half.**
- 2. Place one slice cheese on cracker, then ¼ teaspoon salsa, then 1 slice of avocado.**
- 3. Sprinkle with cilantro and serve.**



HOT PRETZELS

Ingredients

- 2 bags pretzels (any variety)**
- $\frac{2}{3}$ cup canola oil (may want to use a little less)**
- 1 teaspoon lemon pepper**
- 1 teaspoon garlic powder**
- 1 teaspoon chipotle chili powder**
- 1 teaspoon cayenne pepper**
- 1 packet dry ranch salad dressing (Hidden Valley)**

Directions

- 1. Mix ingredients and pour over pretzels in large sealable package.**
- 2. Turn package over a few times and let stand overnight.**



HOLIDAY OYSTER CRACKERS

Ingredients

- 1 (12 – 16 oz.) pkg. plain oyster crackers**
- 1 package Ranch original salad dressing mix (dry)**
- ¼ teaspoon lemon pepper**
- ½ to 1 teaspoon dill weed**
- ¼ teaspoon garlic powder**
- ¾ to 1 cup vegetable oil**



Directions

- 1. Combine Ranch dressing mix and oil.**
- 2. Add dill weed, garlic powder and lemon pepper.**
- 3. Pour over crackers, stir to coat. Place in warm oven at 250°.**

"My mother-in-law, Bobbie Smith, made this every year at Christmas time."



ULTIMATE PARTY MEATBALLS

Ingredients

- 1 (14-ounce) can Ocean Spray® Jellied Cranberry Sauce**
- 1 (12-ounce) bottle Heinz® Chili Sauce**
- 1 (2-pound) bag frozen, pre-cooked, cocktail-size meatballs**

Directions

- 1. Combine sauces in a large saucepan.**
- 2. Cook over medium-low heat, stirring until smooth.**
- 3. Add meatballs.**
- 4. Cover and cook for 15 minutes or until meatballs are heated through, stirring occasionally.**

Slow cooker Preparation: Place meatballs in a slow cooker. Combine sauces and pour over meatballs. Cover and cook 4 hours on HIGH.



SAUSAGE BALLS

Ingredients

1 lb of TN Pride mild sausage

1 lb of TN Pride hot sausage

2 cups of mild cheese

2 cups of Bisquick - if the sausage is on the greasy side use a bit more. You can tell if it needs more. If it is really sticky you will need to add a bit more.

Do not add a lot or they will be to cakey.

Directions

- 1. Mix all the ingredients in a large bowl.**
- 2. Roll into balls into a Broiler Pan.**
- 3. Grease pan very well or they will stick (use PanAm or something similar). One pan should hold all of the sausage balls.**
- 4. Cook at 350° for 30 minutes or so. Check them about 10-15 mins and flip them. It could take 35-40 minutes depending on your oven, so just keep watch so you don't overcook (if you use convection it will change the time). Using the broiler pan the grease will drop to bottom so you can dry them out if you cook to long.**



TEXAS ARMADILLO EGGS

Ingredients

- 12 jalapeños**
- 1.5 lb pork or venison sausage**
- 8 oz cream cheese, room temperature**
- 1 cup pepper jack cheese, grated**
- Stubbs BBQ Spice Rub**
- Stubbs Original BBQ Sauce**



Directions

- 1. Preheat oven, smoker or grill to 250°.**
- 2. Remove the stem end of the jalapeños and scoop out the seeds.**
- 3. Combine the cream cheese, pepper jack cheese and 2 tablespoons Stubbs BBQ Spice Rub in a bowl.**
- 4. Mix well, then place in a Ziploc bag. Cut a corner off of the bag and gently squeeze/fill/stuff the cheese mixture into the jalapeños.**
- 5. Roll out 12 sausage portions. Take each one and pat out a flat sausage patty that is big enough to wrap around each stuffed jalapeño.**
- 6. Season the outside of the armadillo egg with Stubbs BBQ Rub.**
- 7. Cook until sausage reaches an internal temperature of 165°, about 1 hour.**

If you use a grill turn one side of the grill on and cook on the other where the burners are turned off. If you bake in the oven use a cookie sheet lined with Aluminum foil. If you have a smoker then you know what to do. Brush the armadillo eggs with with Stubbs Original BBQ Sauce. Venison Sausage is great.

ROASTED BALSAMIC CRANBERRY AND BRIE CROSTINI

Andrew Fowler
Nashville 3BE



Ingredients

2 tablespoons butter, melted

2 tablespoons olive oil

½ a french baguette, sliced thin

12 ounces fresh cranberries

2 tablespoons balsamic vinegar

½ cup sugar

1 tablespoon rosemary

4 ounces triple cream brie

Directions

- 1. Preheat oven to 425°. In a small bowl, whisk together the butter and olive oil. Brush both sides of the baguette slices with mixture and line them up on a baking sheet. Set aside.**
- 2. In another small bowl, stir together the cranberries, balsamic vinegar, sugar, and rosemary. Spread these out on a rimmed baking sheet. (They get pretty sticky, so if you want to avoid scrubbing, line the pan with parchment paper).**
- 3. Place the cranberries in the oven. Roast for five minutes, then add the tray of baguette slices to the oven. Roast for an additional 6 minutes then remove the baguette slices, flip them over, and return to the oven for another 4-6 minutes, or until crispy and golden. At this point, the cranberries should be popped open with juices running out.**
- 4. Remove both the cranberries and baguette slices from the oven. Top each baguette with a slice of brie and a spoonful of cranberries. Garnish with thyme if desired. These can be served while the cranberries are still warm, or you can make the components ahead of time. The cranberries can be chilled overnight and the crostini will keep in a zip lock bag. Simply assemble and serve at room temperature when you're ready.**

SMOKED GOUDA-CHORIZO JALAPENO POPPERS

Lisa Gamble
Nashville 3BE



Ingredients

- 2 links Mexican chorizo (or ½ pound hot breakfast sausage) – browned**
- 8 oz. smoked gouda cheese (shredded)**
- 4 oz. sour cream**
- ¼ cup finely chopped red onion**
- 1 tablespoon hot sauce**
- 1 large egg Salt & Pepper to taste**
- 12-15 large jalapeno peppers**

Directions

- 1. Preheat oven to 375°. Brown the chorizo (or sausage) in a skillet over medium-high heat.**
 - 2. Remove with slotted spoon to large bowl.**
 - 3. Add the gouda, cream cheese, sour cream, red onion, hot sauce, salt & pepper to taste; then, stir in the egg.**
 - 4. Press the mixture into the jalapenos and arrange on parchment lined baking sheet.**
 - 5. Bake until golden & bubbly (15-20 minutes).**
- Tip: If you don't have enough peppers, bake the leftover stuffing in an oven safe dish and serve with tortilla chips – yum!**



POTATOES PATIO

Ingredients

- 2 cups heavy cream**
- 1 ¾ teaspoon table salt**
- 1 garlic clove, pressed**
- ¾ teaspoon black pepper, freshly ground**
- ¼ teaspoon nutmeg, ground**
- 3 lbs Russet potato, peeled and thinly sliced**
- 2 cups Gruyere cheese**
- ½ cup Parmesan cheese**



Directions

- 1. Preheat oven to 350°. Stir together first 5 ingredients to make a "cream mixture". Let stand for 5 minutes.**
- 2. Arrange a single layer of potatoes in a buttered 13 x 9-inch baking dish. Pour ¼ cup "cream mixture" over potatoes; sprinkle with ¼ cup of Gruyere cheese. Repeat layers 7 more times. Top with Parmesan cheese.**
- 3. Bake, covered with aluminum foil, at 350° for 45 minutes. Uncover and bake 15 to 20 more minutes or until golden brown and potatoes are tender. Cool on a wire rack for 10 minutes.**

No other way to eat potatoes - Enjoy!



HOT BACON AND SWISS DIP

Ingredients

- 1 (8oz) block of cream cheese**
- 1 cup of mayo**
- 1 cup of grated swiss cheese**
- ½ bunch of chopped green onions**
- ½ lb of bacon, cooked and crumbled**
- Crumbled Ritz crackers for topping**



Directions

- 1. Combine the cream cheese, mayo, swiss cheese and green onions.**
- 2. Spread into an 8x8 casserole dish.**
- 3. Top with crumbled bacon.**
- 4. Spread your crackers over the top.**
- 5. Bake at 350° for 20 minutes.**
- 6. Serve hot with Ritz crackers, veggies, or tortilla chips.**



BUFFALO CHICKEN DIP

Ingredients

- 2 (10 oz) cans – chunk/or rotisserie chicken**
- 2 (8 oz) pkgs cream cheese**
- 1 cup ranch dressing**
- ¾ cup hot sauce (Frank's Red Hot)**
- 1 ½ cup cheddar cheese**

Directions

- 1. Preheat oven to 350°.**
- 2. Heat chicken & hot sauce in skillet over medium heat.**
- 3. Stir in cream cheese, cheddar cheese and ranch dressing.**
- 4. Stir until well blended and warm.**
- 5. Pour into dish.**
- 6. Bake for 20 minutes.**



HOT COUNTRY HAM DIP

Ingredients

- (2) 8 oz cream cheese (softened)**
- 1 cup sour cream**
- 1 cup cooked country ham**
- ½ teaspoon Worcestershire sauce**
- ½ teaspoon garlic powder**
- 1 tablespoon margarine**
- ¼ cup pecan pieces**



Directions

- 1. Preheat oven to 350°.**
- 2. Combine cream cheese, sour cream, ham and garlic powder in a food processor.**
- 3. Place in baking dish.**
- 4. Sauté margarine, pecans and Worcestershire sauce and sprinkle over ham mixture.**
- 5. Bake 20 minutes.**
- 6. Serve hot with wheat crackers.**



LIZ'S PINEAPPLE DIP

Ingredients

- 2 (8 ounce) cream cheese blocks (softened)**
- 1 medium can crushed pineapple (drained)**
- ¼ cup yellow onion (chopped)**
- ¼ cup green bell pepper (chopped)**
- 1 or 2 – small packages of pecan pieces**
- Sprinkle of seasoned salt**



Directions

- 1. Mix all ingredients together.**
- 2. Wrap bowl with plastic wrap or use bowl with airtight lid.**
- 3. Chill for a couple of hours. Serve with crackers of your choice.**

SPICY RED-PEPPER AND EGGPLANT CONFIT

David Yarbrough
Murfreesboro 3PN



Ingredients

- 2 lb red bell peppers, tender-roasted**
- 1 (1 1/2-lb) eggplant, peeled and cut into 1-inch pieces**
- 4 large garlic cloves, smashed**
- 1 (28-oz) can whole tomatoes in juice, drained and coarsely chopped**
- 1 cup extra-virgin olive oil**
- 3/4 teaspoon salt**
- 1/2 teaspoon dried hot red-pepper flakes**

Directions

- 1. Put oven rack in middle position and preheat oven to 400°.**
- 2. Cut peppers into 1-inch pieces.**
- 3. Toss together all ingredients in a large roasting pan, then spread evenly.**
- 4. Roast, stirring occasionally, until vegetables are very tender, about 1 hour.**
- 5. Cool before serving.**

Cooks' note: Confit can be made 1 week ahead and chilled, covered. Bring to room temperature and stir before serving.



ONION BAKE

Ingredients

- 3-4 large Bermuda or Vidalia onions – sliced and separated into rings**
- 3-4 tablespoons butter (takes more)**
- 2 cups shredded swiss cheese**
- 1 can cream of chicken soup**
- ½ cup milk**
- 2 teaspoon soy sauce**
- ¼ teaspoon pepper**
- 6-8 slices French bread, buttered on both sides (Bruschetta Toast)**

Directions

- 1. Cook onion rings in butter until tender.**
- 2. Arrange onions in an oven proof 9x13 casserole dish.**
- 3. Sprinkle with cheese.**
- 4. Blend soup, milk, soy sauce, and pepper and pour over cheese layer.**
- 5. Mix layers lightly.**
- 6. Arrange bread slices on top.**
- 7. Cook 30 minutes at 350°.**

GREEN BEAN FRIES WITH YOGURT DILL DIP

Erica Scott
Cool Springs 3PM



Ingredients

- 2 tablespoons olive oil + extra for the baking sheets**
- 1 pound fresh green beans, ends trimmed**
- 2 large egg yolks**
- ¼ cup almond flour**
- ¼ cup grated Manchego cheese**
- 1 teaspoon pink Himalayan salt**
- 1 teaspoon garlic powder**
- 1 teaspoon paprika**
- 1 teaspoon ground black pepper**

Dill Dip

- 1 cup plain sheep's milk yogurt**
- ½ cup vegan mayonnaise**
- ¼ cup chopped dill**
- ½ teaspoon garlic powder**
- 1 tablespoon lemon juice**
- Pinch of pink Himalayan salt**
- Pinch of ground black pepper**

Dill Dip Directions

In a small bowl, whisk together the yogurt, mayo, dill, garlic powder, lemon juice, salt, and pepper until well combined. Let sit in the refrigerator for at least 30 minutes or up to overnight.

Directions

- 1. Preheat the oven to 425°.**
- 2. Line 2 baking sheets with parchment paper and drizzle with olive oil.**
- 3. Place the green beans, egg yolks, and oil in a large bowl.**
- 4. Mix well with your hands until the green beans are completely coated.**
- 5. Add the almond flour, cheese, salt, garlic powder, paprika, and pepper and toss to coat.**
- 6. Spread the green beans on the prepared baking sheets and bake for 20 to 25 minutes, or until crispy.**
- 7. Serve with the Yogurt Dill Dip.**

BUSHBENDER SNOWMOBILE CLUB BEANS

Lisa Gamble
Nashville 3BE



Ingredients

- 1 (16 oz.) can lima beans (drained)**
- 1 (16 oz.) can wax beans (drained)**
- 1 (16 oz.) can dark kidney beans (drained)**
- 1 (53 oz.) can original pork & beans**
- 1 cup brown sugar**
- 1 pound bacon – cooked and cut into 1” pieces)**
- ¼ cup white vinegar**
- 2 medium onions (diced)**
- 1 teaspoon dried yellow mustard**
- 1 teaspoon garlic powder**
- 1 pound hamburger (browned)**

Optional: Add a shot or two of good bourbon and about ½ cup REAL maple syrup

Directions

- 1. Mix all ingredients together.**
- 2. Bake in oven at 325° for at least 3 hours.**



BROTHER'S SPINACH

Ingredients

- 2 (10-oz.) packages frozen chopped spinach**
- 1 stick butter**
- ½ cup finely chopped onion**
- 2 cloves minced garlic, or to taste**
- 1 (14 oz.) can artichoke hearts, drained and chopped**
- 16 ounces sour cream**
- ½ cup grated parmesan cheese**
- Salt and pepper to taste**
- Tabasco to taste**

Directions

- 1. Cook or microwave spinach until thawed: drain well.**
- 2. Saute onion and garlic in butter until transparent.**
- 3. Mix all ingredients and place in buttered casserole.**
- 4. Stir in ¼ cup cheese; sprinkle remainder on top.**
- 5. Bake at 350° for 20 – 30 minutes.**

Note: For a crunchier topping, combine the remaining ¼ cup parmesan with ¼ cup panko breadcrumbs.



CORN CASSEROLE

Ingredients

- 2 cans white shoepeg corn, drained**
- 1 cup sour cream**
- 2 tablespoons dried onion**
- 1 can cream of celery soup**
- 1 cup shredded cheddar cheese**

Topping:

- 1 roll Ritz crackers, crushed**
- 1 stick butter, melted**
- ½ cup slivered almonds**

Directions

- 1. Heat oven to 350°.**
- 2. Spray casserole dish, and pour in corn.**
- 3. Mix sour cream, onion, soup and cheese, and pour over corn.**

Topping: Mix crackers, butter and almonds and sprinkle on top. Bake for 25-30 minutes.



Soups and Salads



WHITE CHICKEN CHILI

Ingredients

- 1 medium onion, diced**
- 1 tablespoon olive oil**
- 1 (1 ¼ ounce) pkg McCormick White Chicken Chili Seasoning Mix**
- 3 teaspoons chicken bouillon powder (Caldo de Pollo-Mexican Chicken Bouillon)**
- 1 ½ teaspoon garlic powder**
- 1 teaspoon oregano**
- ½ teaspoon ground black pepper**
- ¼ teaspoon ground cayenne pepper (optional, already a little spicy without it)**
- ¼ teaspoon cumin**
- 2 cups water lime juice (optional)**
- 2 (6oz) pkg's Tyson Fajita(or regular) Chicken Strips, diced (or rotisserie chicken, shredded)**
- 2 (15 ½ ounce) cans northern white beans, rinsed and drained**
- ½ cup light cream (or half and half)**
- 1 cup sour cream**
- 1 (10 oz) can rotel Mexican Style Tomatoes**
- 1 (4 oz) can diced green chilis**
- 8 oz white cheese dip**

Directions

- 1. In a stock pot, add diced onion and olive oil. Saute until clear.**
- 2. Add seasoning packet and all other "dry" ingredients.**
- 3. Continue to saute dry ingredients for a few minutes, stirring often.**
- 4. Whisk in the water and lime juice (if using) and heat to boiling.**
- 5. Add chicken, beans, rotel, diced chilis, cheese dip, half and half, and the sour cream.**
- 6. Stir thoroughly and reduce heat to a simmer.**
- 7. Let simmer for 30 minutes and enjoy. Store leftovers in fridge - it's even better the next day!**

WHITE BEAN CHICKEN CHILI

Chris Boyd
Nashville 3BE



Ingredients

- 4 skinless chicken breasts**
- 1 yellow onion, chopped**
- 1 clove garlic, minced**
- 28-32oz chicken broth (use as much or as little needed)**
- 4 cans northern beans, drained and rinsed (1 of the cans smashed with back of fork)**
- 2 (4oz) cans chopped green chilies (1 mild & 1 hot)**
- 2 cans white corn, drained and rinsed**
- ½ teaspoon vegetable oil (plus oil for chicken)**
- 1 teaspoon salt (plus salt for chicken)**
- 1 teaspoon cumin**
- ½ teaspoon ground oregano**
- 1 teaspoon chili powder**
- ½ teaspoon black pepper (plus pepper for chicken)**
- ⅛ teaspoon cayenne pepper**

Directions

- 1. Drizzle oil and salt/pepper over chicken breasts.**
- 2. Cook at 350° in oven for 20 minutes per side.**
- 3. When finished, shred chicken. Near end of chicken cooking, sauté onion and garlic in dutch oven.**
- 4. When onion softens, add seasoning list and stir.**
- 5. Next add remaining ingredients (beans, chilies, corn, chicken, broth).**
- 6. Bring to boil, reduce heat and simmer for 30 minutes.**

EASY CROCKPOT CREAM CHEESE CHICKEN CHILI

Nena Howden
Goodlettsville 3PS



Ingredients

- 1 can black beans, drained & rinsed**
- 1 can corn, undrained**
- 1 can Rotel with green chiles, undrained**
- 1 dry package ranch dressing mix**
- 1 teaspoon cumin**
- 1 tablespoon chili powder**
- 1 teaspoon onion powder**
- 1 (8oz) block of cream cheese**
- 2 boneless, skinless chicken breast**



Directions

- 1. Drain and rinse the black beans.**
- 2. Place chicken at the bottom of the crock pot, then pour out the whole can of corn (undrained), Rotel tomatoes, and black beans on top of chicken.**
- 3. Top with seasonings and ranch dressing mix.**
- 4. Stir together.**
- 5. Place cream cheese block on top. DON'T use reduced fat cream cheese as it will not melt and mix well.**
- 6. Cover with lid and cook on low for 6-8 hours.**

After the cooking time is over, take chicken breasts from crock pot and shred and add back to the chili. Stir together and enjoy!



BRAD'S FIRE CHILI

Ingredients

- 2 lb. Chorizo (try to find w/ no nitrates/nitrites)
- 1 lb. ground Bison, can do 2 lb. to make it thicker
- 2 cans of low sodium Rotel
- 4 (30ish oz.) cans of low sodium beans, usually dark kidney, light kidney, chili & black, drain them
- 1 (32 oz.) can of low sodium tomato sauce
- 1 (32 oz.) can of low sodium diced tomato
- 1 (32 oz.) can of low sodium crushed tomato
- 1 medium size yellow onion diced into large chunks
- 2 bulbs of garlic, each clove sliced into wafers
- 1 cup of sliced fresh jalepenos
- 1 cup of sliced red hot peppers
- 2 Miller High Life
- Black Pepper to taste
- ½ teaspoon of habanero powder (can do more to taste, add more after it has cooked some)
- No-salt seasoning to taste
- Crushed red pepper to taste
- 4 tablespoons of chili powder
- ½ cup of fresh parsley, chopped
- ½ cup of fresh cilantro, chopped
- Tabasco to taste
- Habanero Tabasco to taste
- Louisiana Hot Sauce or Texas Pete to taste

Directions

1. Remove casing of Chorizo & tear into Chorizo balls. Brown the balls in a skillet.
2. Cook ground bison in skillet, but don't make it too fine, leave it chunky.
3. Pour everything in a big pot and cook for about 2 hours stirring regularly on Medium heat or slightly less depending on the stove.

If you don't have a big tall pot (12 inches tall) then you can cut the recipe in half.

Tip: Use a cast iron skillet for the meats while dumping everything else in the pot. As the meats cook, dump them in with the other ingredients.

BLACK BEAN AND SWEET POTATO SOUP

Linda Van Auken
Nashville 3BE



Ingredients

- 2 tablespoons olive oil
 - 2 cups chopped onion
 - 2 tablespoons minced ginger
 - 2 teaspoons chili powder
 - 1 ½ teaspoon cumin
 - 1 ½ pounds sweet potatoes (2 medium), peeled, cut into ½ inch pieces
 - 2 cups orange juice
 - 2 tablespoons minced garlic
 - 2 (15-ounce) cans black beans, rinsed & drained
 - 2 Poblano chilies, seeded and chopped
 - 1 red bell pepper, chopped
- For serving: Sour cream, avocado slices, orange wedges

Directions

1. Heat olive oil in a heavy, large pot over medium heat. Add onions and sauté until tender, about 10 minutes.
2. Add ginger, chili powder and cumin. Stir 2 minutes.
3. Add sweet potatoes, orange juice and garlic and bring to a boil. Reduce heat, cover and simmer until potatoes are almost tender, about 10 minutes.
4. Stir in beans, chilies and pepper. Cover and simmer until chilies are tender, about 15 minutes.
5. Season with salt and pepper. Top with sour cream, avocado and orange wedges.



BEST EVER BEEF STEW

Ingredients

- 2 tablespoons olive oil
- 2 pounds top sirloin steak, diced
- Kosher salt and freshly ground black pepper, to taste
- 1 medium sweet onion, diced
- 2 large carrots, peeled and diced
- 2 celery ribs, diced
- 8 ounces cremini mushrooms, halved
- 1 large russet potato, peeled and cut in ½ inch chunks
- 3 tablespoons all-purpose flour
- 2 tablespoons tomato paste
- ½ cup dry red wine
- 2 ½ cups beef stock
- 4 sprigs fresh thyme
- 2 bay leaves
- 3 cloves garlic, minced

Directions

Heat olive oil in a large stockpot or Dutch oven over medium heat. Season steak with 1 teaspoon salt and ½ teaspoon pepper. Working in batches, add steak to the stockpot and cook, stirring occasionally, until evenly browned, about 6-8 minutes; set aside. Add onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes. Add garlic and mushrooms, and cook, stirring occasionally, until tender and browned, about 3-4 minutes. Whisk in flour and tomato paste until lightly browned, about 1 minute. Stir in wine, scraping any browned bits from the bottom of the stockpot. Stir in beef stock, thyme, bay leaves and steak. Bring to a boil; reduce heat and simmer until beef is very tender, about 30 minutes. Stir in potato; simmer until potatoes are just tender and stew has thickened, about 20 minutes. Remove and discard thyme sprigs and bay leaves. Stir in parsley; season with salt and pepper, to taste. Serve immediately.

***TO FREEZE:** Let cool completely; portion into plastic freezer bags in individual servings, squeezing out any excess air before sealing. Lay the bags flat in a single layer in the freezer (this will help them freeze quickly). To reheat, thaw overnight in the fridge, reheating over low heat, stirring occasionally, until heated through.



MISS MCDONALD'S SALAD

Ingredients

Salad Mixture:

- 1 head cauliflower (chopped)
- 1 head broccoli (chopped)
- 2 cups shredded cheddar or colby cheese
- ½ yellow onion (chopped)
- 1 cup real bacon bits
- ½ cup sunflower seeds

Dressing

- ¾ cup mayo or miracle whip
 - ¼ cup sugar
 - 3 tablespoons red wine vinegar
- Mix all together.

Directions

1. Combine all of the salad mixture ingredients.
2. Combine all of the dressing ingredients together in a separate bowl.
3. Pour the dressing over the salad mixture and mix together.
4. Wrap bowl with plastic wrap or use bowl with airtight lid.
5. Chill for a couple of hours.



CRUNCHY KALE SALAD

Ingredients

- 4 cups kale, washed, trimmed and shredded
- 2 cups red cabbage, shredded
- 2 cups green cabbage, shredded
- 1 cup almonds, roughly chopped
- 1 cup dried black currants (dried cranberries make a fine substitute)
- 1 avocado, peeled, pitted and diced
- 1 Granny Smith apple, julienne

Maple Orange Tahini Dressing:

- 1 orange, juice of (about ½ cup)
- 1 tablespoon maple syrup
- 3 tablespoons tahini
- Pinch of salt
- ⅓ cup olive oil
- Lemon juice to taste

Directions

Make the dressing: Place the orange juice, maple syrup, tahini, and pinch of salt in a medium bowl and whisk together until blended. Slowly drizzle the olive oil into the bowl in a steady stream while constantly whisking. Add lemon juice to taste. Set aside.

1. In a large bowl, combine the kale, cabbages, apple, avocado, almonds, and dried black currants.
2. Pour the dressing over the salad and toss to coat.

SPINACH SALAD WITH APPLE-ONION VINAIGRETTE

Perrie Gibbons
Cool Springs 3PM



Ingredients

- 1 bag spinach**
- ½ cup sugar**
- ½ cup Apple Cider Vinegar**
- ½ of a medium onion thinly sliced**
- ½ teaspoon dry mustard**
- ½ teaspoon salt**
- ¼ cup vegetable oil**
- ¾ cup chopped apples**
- sliced almonds**

Directions

- 1. Wash and dry spinach.**
- 2. Thoroughly mix remaining ingredients except for the almonds and place in the refrigerator. (Use a large canning jar if you have one).**
- 3. Put dressing on spinach at serving time.**
- 4. Sprinkle a handful of almonds on top.**



CRUNCHY ROMAINE TOSS

Ingredients

- 1 cup walnuts, chopped**
- 1 package Ramen Noodles, uncooked, broken up (discard flavor packet)**
- 4 tablespoons unsalted butter**
- 1 bunch broccoli, coarsely chopped**
- 1 head romaine lettuce, washed, broken into pieces**
- 4 green onions, chopped**
- 1 cup Sweet and Sour Dressing (see recipe below)**

Sweet and Sour Dressing – Yields 2 ½ cups

- 1 cup vegetable oil**
- ¾ cup sugar**
- ½ cup wine vinegar**
- 1 tablespoon soy sauce**
- salt and pepper to taste**

Directions

- 1. Brown walnuts and noodles in butter; cool on paper towels.**
- 2. Combine noodles and walnuts with broccoli, romaine, and onions.**
- 3. Make Sweet and Sour Dressing - combine all dressing ingredients together.**
- 4. Pour Sweet and Sour Dressing over and toss to coat well.**



CLASSIC EGG SALAD

Ingredients

- 6 large eggs**
- ¼ cup mayonnaise, best quality such as Hellmann's or Duke's**
- 2 teaspoons Dijon mustard**
- 1 ½ teaspoons fresh lemon juice or white wine vinegar**
- ¼ teaspoon Worcestershire sauce**
- ¼ teaspoon salt**
- ⅛ teaspoon ground black pepper**
- ½ teaspoon sugar**
- ¼ cup finely diced celery, from 1 stalk**
- 3 tablespoons finely sliced scallions, from 2 to 3 scallions**
- 1 tablespoon finely chopped fresh parsley leaves**

Directions

- 1. Place the eggs in a saucepan in a single layer, and fill the pan with enough cold water so that it covers the eggs by about an inch. Bring to a rolling boil over high heat, then remove the pan from the heat, cover, and let stand for 10 minutes. Carefully pour out the hot water; place the pan in the sink and run cold water over the eggs until the pan is lukewarm, 1 to 2 minutes. Drain and refill with cold water; let stand until the eggs are room temperature, about 10 minutes. Gently crack the eggs all over and peel under running water. Dry the eggs, then chop into ¼ inch pieces.**
- 2. In a medium bowl, whisk together the mayonnaise, mustard, lemon juice, Worcestershire sauce, salt, pepper, and sugar. Add the chopped eggs, celery, scallions, and parsley. Using a rubber spatula, fold to combine. Taste and adjust seasoning, if necessary. Serve or refrigerate until ready to use. (If you refrigerate the egg salad, be sure to taste it again before serving and adjust the seasoning; I find the flavors mellow out a bit after some time in the fridge).**

Make Ahead: The eggs can be cooked, peeled, and stored in an airtight container in the refrigerator 3 days ahead. If you keep the eggs in their shell, they can last for up to a week. The egg salad will keep well in a covered container in the fridge for about 3 days.

Tip: When peeling an egg, start at the wider end -- there's usually a small air pocket in there, which makes the egg shell easier to remove.

BOBBY FLAY'S MESA GRILL'S SOUTHWEST POTATO SALAD

Chontel Bracey
Nashville 3BE



Ingredients

- 16 new potatoes, about 3 to 4 pounds, cooked, drained and sliced ½ inch thick**
- 1 ½ cup Prepared mayonnaise**
- ¼ cup Dijon mustard**
- 2 tablespoon Fresh squeezed lime juice**
- 2 tablespoon Chipotle pepper puree (can be found with the Mexican/Spanish spices and canned goods)**
- 1 large ripe tomato, seeded and diced**
- ¼ cup chopped cilantro leaves**
- 3 scallions, chopped, white and green parts**
- 1 medium red onion, thinly sliced**
- ½ teaspoon cayenne**
- 4 cloves garlic, finely chopped**
- Salt and freshly ground black pepper**

Directions

- 1. Combine all the ingredients, except the potatoes, in a medium bowl and season with salt and pepper, to taste.**
- 2. Place warm potatoes in a large bowl and pour the mixture over potatoes and mix well.**
- 3. Season again with salt and pepper, to taste.**



BROCCOLI SALAD

Ingredients

Approximately 8 cups broccoli, chopped small

Dressing Ingredients:

1 pack microwave bacon, chopped

½ cup red onion, chopped

½ cup sunflower seeds, unsalted

½ cup dried cranberries (or yellow or regular raisins)

3 tablespoons vinegar

2 tablespoons sugar

1 cup mayo

Salt & pepper to taste

Directions

- 1. Combine all dressing ingredients together.**
- 2. Toss with broccoli.**
- 3. Enjoy!**



CORN SALAD

Ingredients

- 1 bag frozen corn, thawed/rinsed (or two cans corn, drained)**
- 2-3 green onions, chopped**
- 1 pint cherry tomatoes, halved**
- ½ bell pepper, any color, chopped**
- Small bunch of chopped cilantro**
- Oil and vinegar to taste**
- Salt and pepper to taste**



Directions

- 1. Toss all together.**
- 2. Enjoy!**

CORN, TOMATO AND AVOCADO SALAD

Chris Boyd
Nashville 3BE



Ingredients

Dressing:

½ cup extra virgin olive oil

Juice from 2 limes

1 teaspoon grated lime zest

2 teaspoon kosher salt

Ground pepper to taste

Salad:

4 ears of fresh corn prepared and taken off cobb

3 cups grape tomatoes, halved

1 pound fresh mozzarella, diced

2 medium avocados, diced (wait until ready to eat before adding)

Directions

- 1. Mix all the dressing ingredients in blender or thoroughly mix with whisk and add to salad ingredients.**
- 2. Add avocado when ready to eat.**



Entrees

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BAKED LASAGNA

Ingredients

- 1 pound ground beef**
- 2 tablespoons salad oil**
- 2 ½ cups tomatoes**
- 1 ⅛ teaspoons pepper**
- ½ pound lasagna noodles**
- ½ cup grated Parmesan cheese**
- 1 clove of garlic, minced**
- 1 (8 ounce) can tomato sauce**
- 1 teaspoon salt**
- ½ teaspoon ground oregano**
- 1 pound Ricotta cheese**
- ½ pound Mozzarella or Swiss cheese**



Directions

- 1. Brown ground beef, and garlic lightly in salad oil over medium heat.**
- 2. Add tomato sauce, tomatoes, and seasonings. Simmer for 30 minutes.**
- 3. Cook noodles until almost done; Drain.**
- 4. Cover bottom of greased baking dish with 1 ½ cups beef, and tomato mixture.**
- 5. Place ½ of noodles one at a time in dish until beef mixture is covered.**
- 6. Spread ½ of the Ricotta cheese on noodles; sprinkle with ½ of the Parmesan cheese, and 1/3 of the Mozzarella cheese.**
- 7. Repeat layers once.**
- 8. Top with remaining beef mixture, and Mozzarella cheese.**
- 9. Bake at 350° for 45 minutes.**
- 10. Let stand for 15 minutes before serving.**

BAKED RIGATONI WITH BECHAMEL SAUCE

Richard Vaughn
Nashville 3BE



Ingredients

- 1 stick unsalted butter (4 ounces)**
- ½ cup and 2 tablespoons all-purpose flour**
- 1 quart whole milk, at room temperature**
- Pinch fresh nutmeg**
- Sea salt and white pepper**
- 1 cup grated fontina**
- ½ pound thinly sliced prosciutto, julienned**
- 1 pound dry rigatoni**
- 3 tablespoons unsalted butter, diced**



Directions

- 1. Preheat oven to 425°.**
- 2. In a 2 quart saucepan, melt the butter over medium heat. Add the flour and whisk until smooth, about 2 minutes.**
- 3. Always stirring, gradually add the milk and continue to whisk until the sauce is smooth and creamy. Simmer until it is thick enough to coat the back of a spoon. This will take approximately 10 minutes.**
- 4. Remove from heat and stir in nutmeg, 1/2 cup fontina, prosciutto and season with salt and white pepper. Set aside.**
- 5. In a large pot, bring to a boil 6 quarts of salted water. Add the rigatoni and cook for about 5 minutes. Since you will be cooking the pasta a second time in the oven, you want to make sure the inside is still hard. Drain in a colander.**
- 6. Return pasta to the pot and pour in bechamel sauce. Using a wooden spoon, mix well until all the pasta is coated with the sauce.**
- 7. Into a greased 13-by-9-inch baking dish, pour the pasta with cream sauce.**
- 8. Smooth out top and sprinkle with remaining 1/2 cup fontina. Dot the top with diced butter and bake in oven for 25 minutes or until bubbling and the top is golden brown.**

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HOMEMADE MEATY PASTA SAUCE

Andrew Burd
Nashville 3BE



Ingredients

About 1 and $\frac{3}{4}$ pounds of tomatoes

1 (6oz) can of tomato paste

$\frac{1}{2}$ cup of chopped carrots

1 white or yellow onion chopped

2 garlic cloves minced

2 tablespoons of fresh basil

1 tablespoon of oregano

1 pound of ground beef/ground turkey/ground chicken or even beyond beef

1 tablespoon of olive oil

Directions

- 1. On medium heat, brown the beef in large non-stick pan.**
- 2. Push the beef to the side and add the onion. Cook until it softens.**
- 3. Add the garlic. Cook for 30 seconds.**
- 4. Add the carrots. I've used bell peppers here as a substitute and it was great. Cook the ingredients for 2 minutes all together.**
- 5. Add the tomatoes, basil, and oregano. This one step can get a bit messy: crush the tomatoes with your hand as you add them. I recommend having a paper towel with you, as the juice can go flying. You may need to chop the tomatoes a bit in order to fit them in the pan. If you have a few more or a few less tomatoes, its ok. Same with the basil.**
- 6. Cover and let simmer on low heat for 30 minutes at least. An hour is better.**

Serve over spaghetti or whatever pasta you have available. You can also freeze this to eat later and it just seems to get better.

Entrees

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SLOW COOKER POT ROAST

Ingredients

- 1 beef chuck roast**
- 2 cans Campbell's Golden Cream Of Mushroom soup**
- 2 soup cans of water**
- 1 large onion rough chopped (large pieces)**
- carrots (I use bags of carrots that have already been peeled)**
- rough chopped potatoes**
- salt and pepper to taste**

Directions

- 1. Place pot roast in crock pot.**
- 2. Pour in two cans Campbell's Golden Cream Of Mushroom soup.**
- 3. Add two soup cans of water.**
- 4. Add large onion rough chopped (large pieces).**
- 5. Add carrots (you can use bags of carrots that have already been peeled).**
- 6. Add rough chopped potatoes.**
- 7. Salt and pepper to taste.**
- 8. Cook on High 10 – 12 Hours.**

When cooking for more than 4 you can roast potatoes and carrots in the oven with a little cooking oil, salt and pepper. You can even put frozen roast in the crock pot meat will always be tender and easy to tear apart.



SHORT RIBS

Ingredients

- 1/3 cup flour**
- 1 teaspoon salt**
- 1/4 teaspoon pepper**
- 2 1/2 lbs. boneless beef short ribs**
- 1/4 cup butter**
- 1 cup chopped onion**
- 1 cup beef broth**
- 3/4 cup red wine vinegar**
- 3/4 cup packed brown sugar**
- 1/4 cup chili sauce (I use Thai chili sauce)**
- 2 tablespoons ketchup**
- 2 tablespoons Worcestershire**
- 2 tablespoons minced garlic**
- 1 teaspoon chili powder**



Directions

- 1. Put flour, salt and pepper in a gallon plastic bag. Add ribs and shake to coat. Shake off excess flour, and brown in butter in skillet on medium-high.**
- 2. Put in slow cooker.**
- 3. In same skillet (undrained), add remaining ingredients.**
- 4. Bring to a boil, stirring, for one minute.**
- 5. Pour over ribs.**
- 6. Cover and cook on low for 9 hours.**

Note: I have found it easier to find bone-in ribs, so I just increase to about 4-5 lbs. due to the weight of the bones.



BBQ RIBS

Ingredients

2 packs of Pork Boneless country ribs, may cut in half if desired

1 tablespoon salt

Sweet Baby ray's BBQ Sauce 18 Ounce

Sweet Baby Ray's Hickory and Brown Sugar

Large disposable Aluminum Pan

Tin Foil

Directions

- 1. Preheat oven to 250°.**
- 2. Boil Ribs in water 30 minutes with salt.**
- 3. Drain Ribs, put in large aluminum pan.**
- 4. Pour both bottles evenly over ribs, save a little for dipping.**
- 5. Wrap aluminum pan with aluminum foil, sealed tightly. Very important to seal the pan so no steam is coming out.**
- 6. Let cook 3-5 hours until tender. Serve with BBQ sauce.**

Optional:

After removing from oven, throw on hot outdoor grill 5-10 minutes and baste with BBQ after.

AL CAPONE'S PORK AND RED GRAVY

Chontel Bracey
Nashville 3BE



Ingredients

5-6 lb. Pork Butt Roast

Gravy:

2 cups ketchup

1 cup vinegar (white or cider)

1 cup water

4 tablespoons sugar

¼ teaspoon pepper

¼ teaspoon garlic powder

4 tablespoons chili powder

Directions

1. Cook the roast with a small amount of water in a covered roast pan or dutch oven for 50 minutes per pound at 325°.

2. Once the roast is done, pour the excess liquid from the roast pan, remove the fat and bone from the roast and chunk the meat. Return the meat to the pan and pour the gravy over the meat. Cook an additional 30 minutes at 375°.

***This recipe can cut in half for a smaller portion. I cook this for my family every New Year's Day with black eyed peas, mashed potatoes, rutabaga and cornbread.**

"My great grandmother was friends with Al Capone's housekeeper in Chicago.

She said this was one of his favorite meals."

Entrees

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GRILLED SALMON WITH ROSEMARY

Darryl Thompson
Nashville 3BE



Ingredients

- 1 pound salmon**
- 2 teaspoons extra virgin olive oil**
- 2 teaspoons lemon juice**
- ¼ teaspoon salt**
- 1 pinch black pepper; freshly ground**
- 2 cloves garlic; minced**
- 2 teaspoons rosemary; chopped (or 1 teaspoon dried)**
- rosemary sprigs; optional**
- capers; optional**



Directions

- 1. Cut the fish into 4 equal-size portions. Combine the olive oil, lemon juice, salt, pepper, garlic, and rosemary in a bowl.**
- 2. Brush the mixture onto the fish.**

To grill, arrange the fish on a grill rack or use a grill basket sprayed with olive oil cooking spray. Grill over medium-hot coals until the fish flakes easily (allow 4-6 minutes per ½" of thickness). If the fish is more than 1" thick, gently turn it halfway through grilling.

To broil, spray the rack of a broiler pan with olive oil cooking spray and arrange the fish on it. Broil 4" from the heat for 4-6 minutes per 1/2" of thickness. If the fish is more than 1" thick, gently turn it halfway through broiling.

To serve, top the fish with capers. Garnish with rosemary sprigs and serve.



PARMESAN CHICKEN

Ingredients

- 1 cup bread crumbs**
- ½ cup grated parmesan cheese**
- ⅛ teaspoon garlic powder**
- 4 – 6 chicken breasts**
- 1 stick butter**



Directions

- 1. Melt butter and dip chicken into it, then coat with bread crumbs.**
- 2. Pour excess butter in baking dish and place chicken in the dish.**
- 3. Bake at 350° for 45 minutes to 1 hour.**



CHICKEN TORTILLAS

Ingredients

- 14 chicken breasts, cooked and shredded**
- 1 cup sour cream**
- 1 small onion diced**
- 1 can green chilis**
- 3 cups Monterey Jack cheese with jalapeno, grated**
- 2 tablespoons hot sauce**
- 2 cans Cream of Mushroom soup**
- 1 package flour tortillas**
- 1 tablespoon butter**

Directions

- 1. Mix the first six ingredients together in a large bowl along with $\frac{1}{2}$ can of the cream of mushroom soup, and stir well.**
- 2. Wrap tortillas in foil and heat for 15 minutes at 350° while heating the remaining soup in a saucepan with the butter.**
- 3. Spread the chicken mixture over each tortilla and roll the tortillas, placing them face down in a greased baking dish.**
- 4. Pour the remaining soup over the tortillas.**
- 5. Bake at 350° for 35 minutes.**



CHICKEN POT PIE

Ingredients

- 2 All Ready pie crusts (1 box)**
- 1 can cream of chicken soup**
- 1 can cream of celery soup**
- 1 stick butter**
- 2 cans Veg-All, drained well**
- 1 cup cooked chicken**



Directions

- 1. Preheat oven to 375°.**
- 2. Use one crust as bottom in 8" square glass pan.**
- 3. Mix all other ingredients.**
- 4. Pour on bottom crust.**
- 5. Cover with remaining pie crust.**
- 6. Bake 30 minutes or until crust is browned.**

WILD RICE CHICKEN CASSEROLE

Jennie Butler
Nashville 3BE



Ingredients

- 1 package chicken breast**
- ¼ cup butter (real)**
- 1 cup Half and Half (room temp)**
- ⅓ cup chopped pimentos (optional)**
- ⅓ cup mushrooms (optional)**
- 1 box Uncle Ben's Wild Rice**
- ⅓ cup chopped onion (I've used dried.)**
- salt and pepper**
- 1 cup chicken broth**
- ¼ cup almond slivers**

Directions

- 1. Cook rice in chicken broth.**
- 2. Melt butter in sauce pan.**
- 3. Add and sauté onions in butter.**
- 4. Stir in flour, salt and pepper.**
- 5. Gradually add Half and Half, chicken broth and rice.**
- 6. Cook until thick and then add everything else.**
- 7. Bake at 350° for 30 minutes in a 9x13 dish.**

AUNT DOROTHY'S HOT CHICKEN SALAD CASSEROLE

Renee Reed
Nashville 3BE



Ingredients

- 4 to 6 large chicken breasts**
- ¾ - 1 cup chopped celery**
- 1 can water chestnuts (rinsed w/ water and slice)- optional**
- 1 sleeve Ritz crackers - crumbled**
- 2 tablespoon chopped onion (or more if you like onion)**
- 1 can Cream of Chicken or Cream of Mushroom Soup**
- 1 - 8 oz container of sour cream (substitute low fat)**
- 1 stick melted butter**

Directions

- 1. Preheat oven to 325°.**
- 2. Boil chicken for 30 minutes, then cool and cut into pieces (salt and pepper to taste).**
(Save your chicken stock if you would like to use it for a soup. Yum!)
- 3. Mix all of your ingredients together except crackers and melted butter, and put into a buttered dish.**
- 4. Crush the sleeve of Ritz Crackers and mix with 1 stick melted butter.**
- 5. Bake at 325° for 45 minutes.**
- 6. Serve warm and enjoy!**

Entrees

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JULIA CHILD'S CHICKEN COQ AU VIN

Frank Phillips
Nashville 3BE



Ingredients

- | | |
|--|---------------------------------|
| 4 slices of thick cut bacon | 2 cups chicken broth |
| 1 yellow onion, chopped | 2 tablespoon butter |
| 2 teaspoon minced garlic | 3 tablespoon flour |
| 2 bay leaves | 10 oz sliced mushrooms |
| 1 sprig fresh rosemary, minced | ¼ teaspoon pepper |
| 2 cups red wine | ½ teaspoon salt to taste |
| 3 lbs. chicken breasts and legs, skin on (two breasts and two drumsticks) | |

Directions

1. Preheat oven to 250°.
2. Fry the bacon over medium heat in a dutch oven or large heavy-bottomed pot. After it's fried, remove the bacon and place on paper towels to drain. Once cool, chop bacon and set aside. Keep the bacon grease in the pot.
3. Turn heat to high and place chicken, skin-side down in the pot. Sear chicken until golden brown on both sides, about eight minutes. Then, add the onions, garlic, bay leaves and rosemary. Continue sautéing until the onions begin to soften, about six minutes.
4. Add the chicken broth and red wine. Bring to a boil, then reduce heat to a simmer. Cover and let simmer for 30 minutes.
5. After 30 minutes, carefully remove the chicken from the pot and place in an oven-safe dish. Keep chicken warm in the oven while you work on the sauce.
6. Stir the flour and butter into the red wine sauce. Bring back up to a boil and stir constantly---sauce should thicken. Add mushrooms, chopped bacon, salt and pepper and continue cooking for 10-12 minutes. Keep in mind that the sauce will also thicken up a bit when it cools.
7. Place chicken back in sauce and serve with roasted potatoes.



EZ FAJITAS

Ingredients

1-pound chicken breasts, fat trimmed
1 red bell pepper, sliced
1 yellow bell pepper, sliced
1 small yellow onion, sliced
2 garlic cloves, minced
1 tablespoon apple cider vinegar

1 tablespoon honey
1 tablespoon chili powder
2 teaspoons cumin
1 teaspoon paprika
½ teaspoon red pepper flakes

Prep

- 1.) Label your freezer bag with the name of the recipe.
- 2.) Add all ingredients to bag (no need to thaw the chicken if you are using frozen, it will just go back in the freezer so you can leave it frozen).
- 3.) Remove as much air from bag as possible, seal and lay flat in your freezer for up to 3 months (yep, meal prep in advance).

Directions

1. The night before you cook, move the bag to the refrigerator to thaw.
2. The morning of cooking, pour the ingredients of the bag into your crockpot and cook on low for 6 hours or until meat is tender.
3. Shred the chicken or pork and serve with cooked onions and peppers.
4. Serve in a corn tortilla (if phase approved), over a bed of rice (if phase approved) or over lettuce.



Desserts

Desserts

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HEALTHY TWIX BARS

Ingredients

Shortbread Layer:

- ½ cup coconut flour
- ½ cup almond flour
- ⅓ cup coconut oil, melted
- 3 tablespoon honey, warmed (I use maple syrup)

Chocolate Layer:

- One 2.5 oz dark chocolate bar (I use Evolved Eating Signature Dark)
- Or sub ½ cup chocolate chips
- 1 tablespoon coconut oil
- ¼ teaspoon flakey sea salt

Caramel Layer:

- ½ cup almond butter, creamy or crunchy
- ¼ cup coconut oil
- 1 teaspoon vanilla extract
- ¼ cup maple syrup
- pinch sea salt



Directions

Shortbread Layer

1. Preheat oven to 350 degrees F.
2. Combine coconut + almond flours with melted coconut oil and warmed honey in a large bowl. Stir out all the crumbles of flour until thoroughly combined.
3. Line a smaller baking dish (I prefer a 6x6 baking dish) with parchment paper and pack down shortbread mixture into the base using a silicone spatula. If shortbread mix starts to stick to spatula, dip in melted coconut oil and continue to gently press down evenly into entire base of dish.
4. Bake for 10-12 minutes, or until starting to turn golden brown. Remove once done and let cool completely.

Caramel Layer

1. Combine almond butter, coconut oil, vanilla, maple syrup and sea salt in a saucepan over the stove on medium-low heat and heat until completely liquified, whisking together, about 2-3 minutes.
2. Remove from burner and let cool completely.

Chocolate Layer

1. Break up chocolate bar into small bowl and add coconut oil. Warm in microwave for 30 sec intervals, stirring in between, until completely liquified. Or, heat over the stove.

TWIX BARS

1. Once shortbread & caramel have completely cooled, pour caramel sauce over the base layer, spreading out evenly. Set in freezer until it hardens *completely,* about 1-2 hours.
2. Remove from freezer once frozen (if still soft, keep in freezer until fully hardened) and pour chocolate over the top, spreading out evenly. Sprinkle flakey sea salt as the last touch and set back in fridge for 5-10 minutes to harden.
3. Once chilled, remove the hardened mold from pan by pulling on the sides of the parchment paper. Lay on cutting board and using a large chef's knife, slice into 1/2-inch strips, and from there, slice each strip into thirds. *if you leave the chocolate layer in the freezer for too long, it may crack when you cut into slices.

Ready to serve! Enjoy! Store in airtight container in the freezer or fridge.



SALTED CARAMEL TREATS

Ingredients

Caramel

- 1 (11 oz) bag Kraft caramels, unwrapped
- 1 (14 oz) can sweetened condensed milk
- ¼ cup unsalted butter

Squares

- ¼ cup unsalted butter
- 1 (10 ½ oz) bag mini marshmallows
- 1 ½ teaspoon vanilla extract
- 3 teaspoons sea salt flakes (such as Maldon)
- 8 cups toasted-rice cereal



Directions

Caramel:

Stir ingredients in a medium saucepan over medium-low heat until melted and smooth. Remove from heat.

Squares:

1. Line a 13 x 9 inch baking pan with nonstick foil, extending foil 2 inches beyond the edges.
2. In a 6 quart pot, melt butter over medium-low heat.
3. Add marshmallows and stir with a rubber spatula until almost melted.
4. Stir in vanilla, 1 tsp of the sea salt, and 1 cup of the caramel mixture.
5. Continue to stir until mixture is blended and smooth.
6. Remove from heat. Stir in cereal until it is evenly coated with the marshmallow mixture.
7. Press mixture into pan in an even layer and cool completely.
8. Spread the remaining 1 cup of the caramel mixture over cooled cereal. Sprinkle with the remaining 2 teaspoon of the sea salt.
9. Remove from pan and peel off foil. Cut into 24 squares. Store in airtight container.



PEACH COBBLER

Ingredients

- 1 large can of peaches in heavy syrup**
- 1 cup flour**
- 1 cup sugar**
- 1 cup milk**



Directions

- 1. Pour peaches in oven safe 9x11 inch pan.**
- 2. Mix flour, sugar & milk together.**
- 3. Pour over peaches.**
- 4. Dot with butter.**
- 5. Bake @ 350° about 1 hour or until done.**



MANDARIN ORANGE CAKE

Ingredients

Cake:

1 package butter cake mix (do not add butter)

3 eggs

½ cup oil

1 (11 oz) mandarin oranges & liquid

Icing:

9 oz cool whip

1 package instant vanilla pudding

1 large can crushed pineapple & juice



Directions

- 1. Preheat oven to 325°.**
- 2. Mix cake ingredients & bake in 3 layers or loaf pan for 25 minutes.**
- 3. Mix icing & put on cake.**
- 4. Keep refrigerated.**



FRUIT COCKTAIL CAKE

Ingredients

Cake:

- 2 cups self-rising flour**
- 15 oz. can Fruit Cocktail (drained)**
- 2 eggs**
- 1 teaspoon vanilla**
- 1 ½ cup sugar**

Glaze:

- ½ cup butter or margarine**
- 1 ½ cup sweetened flaked coconut**
- 1 cup sugar**
- 1 teaspoon vanilla**
- 1 cup evaporated milk**
- 1 cup chopped pecans**

Directions

- 1. Preheat oven to 350°.**
- 2. Spray a 9 x 15 baking dish with cooking spray and set aside.**
- 3. In a large mixing bowl, place all cake ingredients and beat at low speed until blended.**
- 4. Scrape down sides and beat again at low speed for one minute more.**
- 5. Pour into prepared cooking dish/pan.**
- 6. Bake for 45 minutes or until a toothpick inserted in center comes out clean.**
- 7. While the cake is baking combine all glaze ingredients in a medium size saucepan.**
- 8. Place over medium heat and bring to a boil, stirring constantly.**
- 9. Once mixture is billowing, continue stirring and boil for 1-2 minutes.**
- 10. Pour over cake and quickly spread with a spatula for even coverage.**

Please note recipe calls for self-rising flour as no other rising ingredients are used.



FRESH COCONUT PIE

Ingredients

- 1 ½ cup sugar**
- 3 large eggs**
- 1 ½ cup sweetened flake coconut**
- ½ cup oleo**
- 1 teaspoon white vinegar**
- 1 teaspoon vanilla**



Directions

- 1. Preheat oven to 350°.**
- 2. Melt oleo and sugar.**
- 3. Add beaten eggs, vanilla, vinegar and coconut.**
- 4. Pour into unbaked pie crust.**
- 5. Bake 50-60 minutes.**



WATER PIE

Ingredients

- 1 - 9 inch deep dish pie crust, unbaked**
- 1 ½ cup water**
- 4 tablespoons all-purpose flour**
- 1 cup sugar**
- 2 teaspoons vanilla**
- 5 tablespoons butter, cut into squares.**



Directions

- 1. Preheat oven to 400° and set empty pie crust on a baking sheet.**
- 2. Pour 1 ½ cups water into pie crust.**
- 3. In a small bowl, stir together flour and sugar.**
- 4. Sprinkle evenly over water in crust. Do Not Stir.**
- 5. Drizzle vanilla over water in pie crust.**
- 6. Place pats of butter on top of this.**
- 7. Bake at 400° for 30 minutes.**
- 8. Reduce heat to 375° and cover sides of crust if needed to prevent burning.**
- 9. Continue cooking for an additional 30 minutes.**

Pie will be watery when you pull it out of the oven. Pie will gel as it cools. Allow to cool completely and then cover and place in refrigerator. Once chilled, pie may be cut.



CHOCOLATE PIE

Ingredients

- 1 cup sugar**
- ¼ cup cocoa**
- ¼ cup flour**
- 1 stick butter**
- 2 eggs**
- 1 teaspoon vanilla**



Directions

- 1. Combine dry ingredients.**
- 2. Beat eggs for 2 minutes and then mix them with dry ingredients.**
- 3. Melt butter and mix with above mixture.**
- 4. Add the vanilla and stir well.**
- 5. Place in uncooked regular size frozen pie shell.**
- 6. Bake at 325° for 35 minutes.**

MAMA BECK'S BOILED CUSTARD

Lori Smith
Nashville 3BE



Ingredients

½ gallon of sweet (whole) milk - do not use 2% or fat-free milk

6 eggs

1 cup sugar

1 tablespoon vanilla flavoring

Directions

- 1. Beat eggs in 6 quart, heavy pan; add sugar. Mix, then add milk.**
- 2. Cook on medium heat, stirring constantly until mixture boils.**
- 3. Remove from heat when starts to boil.**
- 4. Strain and put in jars or bottles.**
- 5. Refrigerate until ready to use or up to two weeks.**

"Mama Beck, Alma Dunnebacke, was my great-grandmother. She made this every Christmas. When she was no longer able, my grandmother began making it. Once she was unable I kept the tradition going. My family has enjoyed Mama Beck's boiled custard for over 70 years."



APPLE CRANBERRY BAKE

Ingredients

- 2 cups peeled and chopped Granny Smith apples (2 or 3 whole apples)**
- 2 cups fresh cranberries**
- 1 cup sugar**
- 2 tablespoons plain flour**
- 3 packs of cinnamon and spice Instant Oatmeal packets (you can also use apple flavor and just added cinnamon and a little nutmeg).**
- ½ cup plain flour**
- 1 cup chopped nuts (pecans or walnuts)**
- 1 stick melted butter (real)**
- ½ cup brown sugar**



Directions

- 1. Mix apples, cranberries, sugar and 2 tablespoons plain flour and pour in a 9x13 dish.**
- 2. Add the following to the top of apple/cranberry mixture:**
 - cinnamon and spice oatmeal packet
 - ½ cup plain flour
 - chopped nuts
 - butter
 - brown sugar
- 3. Bake at 350° for 45 minutes.**



FESTIVE CRANBERRY SURPRISE

Ingredients

- 1 (8 oz) can Eagle Brand milk**
- 1 (20 oz) can crushed pineapple (drained)**
- ¼ cup real lemon juice**
- 1 (8 oz) carton cool whip**
- ¼ chopped walnuts**
- 1 can whole berry cranberry sauce**
- Red food coloring**



Directions

- 1. In large bowl, mix condensed milk and lemon juice.**
- 2. Add drained pineapple, cranberry sauce and nuts.**
- 3. Mix together and fold in cool whip.**
- 4. Pour in 9 x 13 pan and freeze.**
- 5. Remove from freezer 10 minutes before serving.**

***Can be used as a dessert or salad**

JOY'S BANANA APPLESAUCE CUPCAKES

Paul Seneker
Nashville 3BE



Ingredients

- 3/4 stick of butter – melted**
- 3/4 teaspoon vanilla extract**
- 1/8 cup pure raw honey**
- 1/4 cup unsweetened organic applesauce**
- 3 mashed ripe bananas**
- 3 eggs beaten**
- 1 1/2 cups Red Mill Almond flour**
- 1 teaspoon soda**
- 1/2 teaspoon salt**
- 1/2 teaspoon cinnamon (optional)**
- 1/3 cup miniature sugar-free chocolate chips (optional)**



Directions

- 1. Beat eggs and set aside.**
- 2. Mash bananas.**
- 3. In a separate bowl mix dry ingredients: almond flour, cinnamon, soda and salt.**
- 4. In a larger bowl mix all the wet ingredients: honey, butter, bananas, eggs, applesauce and vanilla.**
- 5. Add the dry ingredients into the wet ingredients in small increments, stirring well after each addition.**
- 6. Bake at 350 for 15-20 minutes. Cool completely and refrigerate.**

Must keep in refrigerator due to the fact they have no preservatives in them. Microwave for 15-20 seconds to warm. Freezes well for later use.

***Suggestion: Use paper cupcake liners in your muffin pan.**



CHOCOLATE CHIP BUNDT CAKE

Ingredients

- 1 yellow cake mix (Betty Crocker brand that has pudding in mix)**
- 1 package Chocolate Instant Pudding (3.9 oz size)**
- 1/2 cup sugar**
- 3/4 cup vegetable oil**
- 3/4 cup water**
- 4 large eggs**
- 8 oz sour cream**
- 6 oz semi chocolate chips (mini chips work best)**

Directions

- 1. Mix cake mix, pudding pk and sugar together.**
- 2. Add remaining ingredients and mix well.**
- 3. Pour into well-greased bundt cake pan.**
- 4. Bake @ 350° for 1 hour or until tooth pick comes out clean.**
- 5. Cool and serve plain or with whip cream.**



CHOCOLATE CHIP CAKE

Ingredients

- Chocolate cake mix**
- 2 small boxes chocolate instant pudding**
- ½ cup vegetable oil**
- 2 eggs**
- 1 ½ cups water**
- 1 (6 oz) package chocolate chips**



Directions

- 1. Preheat oven to 350°.**
- 2. Spray bundt pan with no stick spray.**
- 3. Dump all ingredients, except chocolate chips, into mixing bowl.**
- 4. Mix well. Add chips & stir.**
- 5. Batter will be very thick.**
- 6. Bake for 45 minutes - 1 hour.**
- 7. Test with toothpick.**



COCOA PUFF COOKIES

Ingredients

2 cups flour
2 teaspoon baking powder
½ teaspoon salt
½ cup butter, softened
1 ½ cups sugar
2 eggs
1 teaspoon vanilla
½ cup cocoa
granulated sugar



Directions

- 1. Combine dry ingredients.**
- 2. At medium speed, beat butter and sugar until fluffy.**
- 3. Add eggs and vanilla, then cocoa. Add the dry ingredients, blend well.**
- 4. Chill dough.**
- 5. Roll into 1 inch balls and roll in sugar.**
- 6. Bake at 375° for 8 minutes until cookies crack.**



Drinks



EASY FRUIT TEA

Ingredients

6-8 cups boiling water

1 large tea bag, or 5-6 small bags

12 oz frozen orange/pineapple juice, thawed

6 oz frozen lemonade, thawed

1 cup sugar (can use less if needed)



Directions

- 1. Boil water, pour over tea bags and steep for 5 minutes.**
- 2. Add juices, sugar, and enough cold water to make a gallon.**



STRAWBERRY LEMONADE

Ingredients

12 oz can frozen lemonade (thawed)

16 oz package frozen strawberries (partially thawed)

4 ½ cans water

¼ - ½ cup sugar



Directions

- 1. Put the strawberries & sugar in a blender or processor.**
- 2. Blend until smooth.**
- 3. Mix all ingredients together in large pitcher.**



MARGO MARGARITA MIX

Ingredients

½ cup sugar

1 cup water

5 limes

1 large navel orange

1 mango

Tequila (choose your favorite brand of tequila and use as little or as much as you would like)

Directions

- 1. Heat water and sugar in a sauce pan until sugar is dissolved.**
- 2. Remove from heat and let cool to room temperature.**
- 3. Juice limes and orange.**
- 4. Puree/Strain mango.**
- 5. Add to syrup.**



AVOCADO MARGARITA

Ingredients

- 1 ripe avocado, pitted and scooped**
- 2 cups ice**
- 4 oz. tequila**
- 2 oz. orange liqueur**
- 2 oz fresh lime juice**
- ¼ cup fresh cilantro leaves**
- pinch of salt**
- 1 teaspoon agave nectar**
- 3 slices fresh jalapeno**



Directions

- 1. In your blender add avocado, ice, tequila, lime juice, orange liqueur, cilantro and salt.**
- 2. Blend until smooth.**
- 3. Taste and if you'd like you can add more agave to sweeten or jalapeno to turn up the heat to your likeness. Pulse until smooth.**
- 4. Serve in glasses that have been rimmed with kosher salt and top with lime garnish.**



CLAYTON'S MARGARITA

Ingredients

- 1 cup Good Tequila (Casamigos recommended)**
- ¼ cup cointreau**
- ½ cup fresh lime juice**
- ½ cup of Simple Syrup**
- 1 teaspoon egg whites (fresh or out of the carton)**
- Tajin, for serving (a sprinkle of kosher salt is okay if you don't have tajin)**



Directions

- 1. Combine all ingredients in a blender.**
- 2. Pour over a glass filled with ice and top with a dash of tajin or a sprinkle of kosher salt.**
- 3. Enjoy!**



FIREBALL SANGRIA

Ingredients

- 1 cup orange peach mango juice (Dole makes this)**
- 1 cup Fireball whiskey**
- 1 bottle dry red wine or sangria wine**



Directions

- 1. Combine the juice, whiskey and wine in a large pitcher.**
- 2. Add the frozen fruit.**
- 3. Allow to chill for 10 minutes.**
- 4. Cheers!**



TEXAS RANCH WATER

Ingredients

3 ounces (2 jiggers full) of good tequila (Casamigos is a good choice)

1.5 ounces fresh lime juice (1 jigger full)

Topo chico



Directions

- 1. Fill a lowball glass with ice.**
- 2. Add the tequila and the lime.**
- 3. Top it off with topo chico.**
- 4. Stir it up. Sip. enjoy!**

RAYMOND JAMES

NASHVILLE AREA COMPLEX