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Main Dishes

FREAKISHLY HOT FLANK STEAK

Submitted by **Nancy Maxwell**

- 1-1/2 lb. flank steak
- 2-1/2 Tbsp. red wine vinegar
- 1/4 tsp. onion powder
- 1/2 c. oil
- 2-1/2 tsp. Chili powder
- 1/8 tsp. garlic powder
- 1 tsp. salt

Place steak in shallow glass baking dish. Combine oil, wine vinegar, chili powder, onion powder, garlic powder and salt. Pour over steak. Cover with foil and refrigerate overnight.

When ready to cook, remove steak from marinade. Place on broiler pan. Broil 3 inches from heat on one side for 8 minutes and 6 minutes on the other side (for rare steak). Remove to cutting board and cut diagonally into very thin strips.

QUICK BEEF CASSEROLE

Submitted by **Nancy Maxwell**

- 1 lb. ground beef
- 1/2 (16 oz.) frozen mixed vegetables or 1 can green beans, well drained
- 1 can cream of chicken soup
- 1-1/2 c. shredded cheddar or colby jack cheese
- 1/2 (32 oz.) pkg. frozen potatoe nuggets

Preheat oven to 400 degrees. Brown ground beef and salt in skillet over medium heat, stirring until meat crumbles and is no longer pink. Drain well. Spoon ground beef into a sprayed 2-1/2-qt shallow baking dish, top with 1/2 cup cheese. Layer with vegetables, salt and pepper to taste; pour on soup and top with 1 cup cheese. Top with frozen potatoes. Bake 30 minutes or until potatoes are golden.

ITALIAN CASSEROLE

Submitted by **Judith Schulte**

- 1-2 lbs. ground beef
- 1 jar spaghetti sauce
- 1 (8 oz.) sour cream
- 1 (8 oz.) can crescent rolls
- 1/3 c. Parmesan cheese
- 2 Tbsp. melted margarine
- 1 (2-c.) pkg. shredded cheese (your choice)

Heat oven to 375 degrees. Brown hamburger. Stir in spaghetti sauce. Heat bubbly. Pour meat into 9x13- inch pan. Spread sour cream over meat. Sprinkle cheese over sour cream. Place crescent rolls over top. Combine Parmesan and margarine; spread over rolls. Bake 375 degrees for 20 to 25 minutes or until brown.

CHEESY CHILI 'N RICE SKILLET DINNER

Submitted by **Laura Even**

- 1 lb. hamburger
- 1 can (15 oz.) chili with beans
- 1 can (14.5 oz.) diced tomatoes, undrained
- 1 c. water
- 2 c. instant rice, uncooked
- 1/2 lb. (8 oz.) processed cheese spread, cubed

In a large covered skillet, brown hamburger, seasoned to taste; drain. To the skillet, add chili, tomatoes and water. Bring to a boil. Add hamburger, rice and

cheese; stir. Cover. Remove from heat. Let stand 5 minutes. Stir until cheese is melted.

IMPOSSIBLE HAM AND CHEESE PIE

Submitted by **Laura Even**

- 1/2 lb. ham, diced
- 1 c. shredded cheddar cheese
- 1/3 c. onion, diced (optional)
- 3 eggs
- 1-1/2 c. milk
- 3/4 c. baking mix (i.e. Bisquick)

In a greased 9-inch pie plate, layer first three ingredients. In a mixing bowl, combine remaining ingredients (season to taste). Pour over meat mixture. Bake at 375 degrees for 35 to 40 minutes or until knife inserted near the center comes out clean.

SMOTHERED CHICKEN BREASTS

Submitted by **Christy Brandt**

- 4 boneless skinless chicken breast halves
- salt to taste
- lemon-pepper seasoning or other seasoning to taste
- 1 Tbsp. oil
- 8 bacon strips, cooked until crisp
- 1 medium onion, sliced
- 2 Tbsp. brown sugar
- 2 Tbsp. bacon drippings
- 1/2 c. shredded cheese--cheddar or your choice

Season chicken with salt and lemon-pepper. In a large skillet, heat oil over medium heat. Brown chicken on both sides until done, 6-8 minutes per side.

While chicken is browning, saute onion with brown sugar in bacon drippings over medium heat until tender and golden brown. Top each chicken breast with caramelized onions, bacon and cheese. Put in 350 degree oven just until cheese is melted. Serves 4.

MEAT LOVER'S PIZZA BAKE

Submitted by **Christy Brandt**

- 1 lb. ground beef
- 1/2 c. of toppings--optional
- Chopped green pepper, Chopped onion, sliced
- Ripe olives
- Sliced mushrooms
- 1 can (15 oz.) pizza sauce
- 1 pkg. (3-1/2 oz.) sliced pepperoni
- 2 c. shredded mozzarella cheese
- 3/4 c. baking mix
- 2 eggs
- 3/4 c. milk

In a large skillet, brown beef and desired toppings until meat is no longer pink. Drain if necessary. Stir in sauce and pepperoni and heat until bubbly. Pour into a greased 11x7-inch or a 9x9-inch baking dish. Sprinkle cheese on top. Mix baking mix, eggs, and milk until blended. Pour evenly over cheese. Bake, uncovered at 400 degrees for 25-30 minutes or until golden brown. Let stand for a few minutes before serving. Makes 6 servings.

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CROCKPOT PORK CHOPS

Submitted by **Nancy Maxwell**

- 4-6 pork chops
 - 1 can cream of chicken soup
 - 1 pkg. dry ranch dressing
- Put pork chops in crockpot. Add soup and sprinkle with dry dressing. Cook on low for 6 hours.

SKILLET BEEF TIPS AND GRAVY RECIPE

- 1 tablespoon Oil
- 1 pound Beef Tips
- 1 Onion, Chopped
- 2 Carrots, Diced
- 1 pound Mushrooms, Sliced
- 2 tablespoons Tomato Paste
- 2 tablespoons All-Purpose Flour
- 1/4 cup Red Wine, Substitute stock or water
- 2 1/2 cups Water, Or beef stock
- 1 Bay Leaf
- Salt and Pepper, To taste
- 1 pound Baby Potatoes, Halved or quartered

Directions

Heat the oil in a very large skillet. Add the beef tips and cook until browned, stirring as little as possible.

Add the onion, carrots and mushrooms and cook until starting to soften, about 4-5 minutes.

Stir in the tomato paste and flour, then cook for another minute, stirring all the time.

Pour in the red wine (if using) and the water or stock. Add the bay leaf, salt and pepper and bring to a boil.

Add the potatoes to the skillet, reduce to a simmer and cook until the potatoes are done, about 10-15 minutes.

HAWAIIAN BBQ CHICKEN

- 1 1/2 Pounds Chicken Breasts
- Salt & Pepper to taste
- 1 1/2 Cups BBQ Sauce
- 1 Teaspoon Soy Sauce
- 1 Teaspoon Garlic Minced
- 1-2 Cans Pineapple Chunks, I like to use a full can in the crockpot and another can for serving
- Rice for serving, Optional

Instructions

Place the chicken breasts in the bottom of your slow cooker. Sprinkle with salt and pepper to taste. In a small bowl, whisk together the bbq sauce, soy sauce, and garlic. Pour sauce over chicken. Pour 1 can of pineapple chunks over the chicken.

Cover the crockpot and cook the chicken on low for 6-8 hours or high for 4-6 hours.

When chicken is done cooking, shred and serve over rice and topped with more pineapple and green onion if desired.

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MINISTRONE SOUP

Submitted by **Sheila Boyer**

2 cans (14-1/2 oz.) Italian stewed tomatoes, undrained
2 cans (14-1/2 oz.) mixed vegetables, drained
3 cans chicken broth
6 oz. bow tie pasta

Combine tomatoes, vegetables, and chicken broth. Bring to a boil. Add uncooked pasta and simmer 20 minutes.

CARROT OVEN FRIES

Submitted by **Marian Forck**

1 lb. carrot sticks
1 tsp. olive oil
1 pkg. ranch dressing & seasoning mix
1 tsp. corn starch
vegetable spray

Preheat oven to 400 degrees. In large bowl, combine the carrots together with olive oil, corn starch and ranch dressing and seasoning mix. Toss until well coated.

Use a sheet tray, spray generously with cooking spray. Arrange the carrots in a single layer on rack and bake for 25 to 50 minutes or until crispy.

Skillet Scalloped Potatoes

Submitted by **Christy Brandt**

1 Tbsp. butter
1 lb. red potatoes, thinly sliced (about 3 cups)

1 Tbsp. dried minced onion
3/4 c. chicken broth
1/2 c. half and half cream
3/4 tsp. salt
1/4 tsp. pepper
1 c. shredded cheddar cheese.

In a large nonstick skillet, heat butter over medium heat. Add potatoes and onion; cook and stir for 5 minutes. Stir in broth, half and half, salt and pepper. Reduce heat and simmer covered for 10-12 minutes or until potatoes are tender. Sprinkle with cheddar cheese; cook, covered for 2-3 minutes longer or until cheese is melted.

You may thicken the sauce with a little cornstarch and milk when potatoes are tender if it seems too runny. Serves 4.

BROCCOLI AND CAULIFLOWER GRATIN

Submitted by **Christy Brandt**

6 c. broccoli florets (1 large head)
6 c. cauliflower florets (1 small head)
4 Tbsp. butter
5 Tbsp. flour
2-1/2 c. milk
1/2 c. cream
1/2 tsp. Nutmeg
1/4 tsp. Cayenne
Salt and Pepper to taste
1 egg yolk
2 c. shredded cheddar, Swiss or Gruyere cheese.

Heat oven to 400 degrees. In a large pot of boiling water, cook broccoli until crisp-tender, about 3 minutes. Remove with a slotted spoon. Add cauliflower to boiling water and cook until crisp-tender, about 7 minutes. Drain, reserving 1/2 cup cooking liquid. In a medium saucepan, melt butter over medium heat. Add flour and whisk until blended. Gradually whisk in milk, cream, and reserved cooking liquid. Cook until thickened; add seasonings. Remove from heat and stir in egg yolk and 1 cup cheese. Layer the vegetables in a large baking dish; pour sauce over vegetables and sprinkle with remaining cheese. Bake at 400 degrees until golden.

FRIED GREEN TOMATOES

Submitted by **Christy Brandt**

3 large green tomatoes
salt
1/3 c. flour
2 eggs beaten
1/2 c. cornmeal
2 Tbsp. Parmesan cheese
1/8 tsp. Cayenne
3/4 tsp. salt
1/8 tsp. black pepper

Slice tomatoes 3/4 inch thick, drain and season lightly with salt. Place flour in a shallow bowl, the eggs in a second bowl, and the rest of the ingredients in a third bowl. Dredge tomato slices in flour, then eggs, then cornmeal mixture and fry in vegetable oil over medium heat about 3 minutes per side, or until golden.

CORN AND SUMMER SQUASH MEDLEY

Submitted by **Christy Brandt**

1 medium onion, chopped
1/4 c. butter
2 medium summer squash, sliced
2 cloves, minced
2 Tbls. canned, chopped green chilies, optional
1/4 tsp. salt
1/8 tsp. pepper
3 c. frozen whole kernel corn or 2 cans (11 oz.) Mexicorn, drained
3/4 c. shredded Colby-Jack cheese

In a skillet, saute the onion in butter until tender. Add the squash, garlic, chilies, salt and pepper. Saute until the squash is crisp-tender, about 5 minutes. Add corn; cook and stir until corn is done. Sprinkle with cheese; cover and let stand until the cheese is melted.

SWEET POTATOES

Submitted by **Joan Kiso**

4 c. hot mashed sweet potatoes
1/4 c. margarine
1/4 c. orange juice
1/2 tsp. salt
1 c. mini marshmallows

Mix sweet potatoes, margarine, orange juice and salt, whip in marshmallows.

Bake 20 minutes at 350 degrees. Top with additional marshmallows and return to oven until lightly browned. Serve hot.

TOMATO SOUP IN 15 MINUTES

Submitted by **Joan Kiso**

1/2 c. finely chopped onions
1/2 c. finely chopped celery
1 tsp. finely chopped garlic
1 Tbsp. olive oil

1/2 Tbsp. flour
1 (12 oz.) can diced tomatoes
1 Tbsp. sugar
1 c. water
1 (6 oz.) can tomato paste
1 Tbsp. chicken base

Saute onions, celery and garlic in olive oil for 2 minutes. Add flour and stir in well. Add tomatoes, water and sugar, bring to a boil. Add tomato paste and chicken base, stirring constantly until paste and chicken base have dissolved.

TACO PASTA SALAD

Submitted by **Kim Verslues**

2 c. uncooked spiral pasta
1 lb. ground beef
1 envelope taco seasoning
3 c. shredded lettuce
2 c. halved cherry tomatoes
1 c. shredded cheddar cheese
1/2 c. chopped onion
1/2 c. chopped green pepper
1/2 c. Catalina salad dressing
Tortilla chips

Cook pasta according to package directions. Meanwhile, in a large skillet cook beef over medium heat until no longer pink; drain. Stir in the taco seasoning, cool.

Drain pasta and rinse in cold water; stir into meat mixture. Add the lettuce, tomatoes, cheese, onion, green pepper and dressing; toss to coat. Serve with tortilla chips. Yield: 4 servings.

OLIVE GARDEN SALAD DRESSING

Submitted by

Yvonne Hoerschgen

1/2 c. mayonnaise
1/3 c. white vinegar
1 tsp. vegetable oil
2 Tbsp. corn syrup
2 Tbsp. Parmesan cheese
2 Tbsp. Romano cheese
1/4 tsp. garlic salt
1/2 tsp. Italian seasoning
1/2 tsp. Parsley flakes
1 Tbsp. lemon juice

Toss with fresh tomatoes, vidalia onions, black olives, croutons, pickled pepperoncini and freshly grated Parmesan cheese.

VEGETABLE SOUP

Submitted by **Sheila Boyer**

1 lb. lean ground beef
1/2 c. chopped onion
2 cans (14-1/2 oz.) Italian style stewed tomatoes (chopped up)
1 (8.75 oz.) can whole kernel corn, drained
1 (8 oz.) can cut green beans, drained
2 cans (17 oz.) mixed vegetables
3 c. beef broth
1 c. uncooked egg noodles
1/2 tsp. oregano
salt and pepper to taste

In skillet, brown the meat and onions. Salt and pepper the beef while browning. While waiting on beef to brown, put remaining ingredients into a large pot on medium heat. Once beef is browned, drain the grease and add it to the rest of the ingredients. You may need to add more salt. Turn heat up and bring it to a boil, reduce heat, cover and simmer 15 minutes or until noodles are tender.



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24 HOUR SLAW

Submitted by **Marian Forck**

1 medium head cabbage, shredded
1 small onion, grated
1 green pepper, diced fine
3 or 4 medium carrots, grated

Cole Slaw Dressing:

4 Tbsp. sugar
3 Tbsp. vinegar
2 Tbsp. salad oil
1 tsp. celery seed
1 tsp. salt

Mix together and stir into crisp, finely shredded cabbage and let stand 24 hours.

CORN CASSEROLE

Submitted by **Marian Forck**

1 can corn with juice
1 can cream corn
1 stick butter
1 c. cheese, velveeta or shredded
1 c. dry macaroni

Mix together and bake in a 350 degree oven until macaroni is soft.

(Note: Do not use box of macaroni or Velveeta dinners)

BAKED MUSHROOMS

Submitted by **Marian Forck**

2 boxes of pre-sliced mushrooms (use strainer to wash thoroughly)
2 Tbsp. butter (or to taste)
1 large onion, chopped
Slices of bread. Tear into small pieces (enough pieces to make one layer)
1-2 Tbsp. vegetable oil
1 (8 oz.) pkg. shredded mozzarella cheese
1/2 tsp. black pepper
Salt to taste

Preheat oven to 400 degrees.

In a small skillet, combine butter, onion, a few chopped mushrooms, bread pieces, salt and pepper.

Saute until everything is coated with melted butter and onions are almost tender, stirring often, approximately 10 minutes.

Spread oil over the bottom of a 9 x 11-inch baking dish. Spread mushrooms over oil, stir lightly to coat.

Spread the skillet mixture to make a second layer. Sprinkle whole bag of cheese for the third layer. Bake 15 minutes until golden brown on top; serve hot.

AVOCADO PASTA SALAD

Submitted by **Marian Forck**

8 oz. rotini or bow tie pasta
1 c. cherry tomatoes, diced
8 slices bacon, cooked crisp and crumbled
1 green onion, thinly sliced
2 Tbsp. chopped cilantro
1 avocado, diced
1 tsp. lime juice

Dressing:

1 ripe avocado
1/2 fresh lime, juiced
1/4 c. chopped Cilantro
1/2 tsp. Cumin
1/2 tsp. garlic powder
1/2 c. buttermilk
salt & pepper to taste

Dressing instructions:

Place all dressing ingredients in a blender and process until smooth.

Salad instructions:

Cook pasta according to package directions. Toss diced avocados with lime juice. Combine all ingredients in a large bowl, gently toss with dressing. Refrigerate 1 hour before serving.

CHEESEBURGER SOUP

Submitted by **Marlo Bockting**

2 c. chopped potatoes
1/2 c. diced onion
1/2 c. finely diced celery
2 tsp. salt
2-1/2 c. water
4 Tbsp. butter
4 Tbsp. flour
1/4 tsp. pepper
1/2 tsp. dry mustard
2 c. milk
1/4 lb. chopped Velveeta (can substitute whatever cheese you like)
2 lb. hamburger, cooked and drained
8 slices bacon, cooked and crumbled
2 Tbsp. Worcestershire sauce

Combine potatoes, onion, celery, salt and water. Cook until potatoes are tender. Do not drain. Melt butter in a heavy pot. Blend in flour, pepper, mustard and milk. Cook until thick. Add cheese and Worcestershire sauce. When cheese is melted, add to the potato mixture. Add hamburger and bacon. Heat, but do not boil.

CORN CHOWDER

Submitted by **Carol Weifel**

5 slices bacon
1 onion thin sliced cut into rings
Dash salt and pepper
1 (17 oz.) can cream style corn
2 c. milk
1-1/2 c. diced potatoes
1/2 c. water

Cook bacon until crisp, crumble it. Reserve 3 tablespoons drippings and lightly cook onions in it. Add potatoes and water, cook 10-15 minutes. Add corn, milk, salt and pepper, heat. Pour into warmed bowls. Sprinkle bacon on top.

QUICK AND HEARTY VEGETABLE BARLEY SOUP

Submitted by **Marlo Bockting**

1/2 lb. lean ground beef
1/2 c. onion, chopped
1 clove garlic, minced
5 c. water
1 (14-1/2 oz.) can unsalted whole tomatoes, undrained and cut into pieces
3/4 c. quick barley
1/2 c. celery, sliced
1/2 c. carrots, sliced
2 beef bouillon cubes
1/2 tsp. dried Basil, crushed
1 bay leaf

1 (9 oz.) pkg. frozen mixed vegetables
In a 4-qt. saucepan or dutch oven brown meat. Add onion and garlic, cook until onion is tender. Drain. Stir in remaining ingredients except frozen vegetables. Cover; bring to a boil. Reduce

heat; simmer 10 minutes, stirring occasionally. Add frozen vegetables; cook about 10 minutes or until vegetables are tender. Additional water may be added if soup becomes too thick upon standing. Yields 8 servings.

POTATO AND CANADIAN BACON SLOW COOKER CHOWDER

Submitted by **Pam Huhmann**

2 c. potatoes cut into 1/2 inch cubes
1 large carrot, diced
1 c. leek, chopped (white part only)
1 medium garlic clove, minced
4 c. fat-free chicken broth
1/2 c. uncooked barley, pearl
1 piece bay leaf
1/4 tsp. dried Thyme, crushed
1/4 tsp. black pepper
4 oz. cooked Canadian-style bacon, cut into 1/4 inch pieces
1/2 c. fat-free evaporated milk
2 fl. oz. fat-free creamer, such as fat-free half and half

In a slow cooker, combine potatoes, carrots, leek, garlic, chicken broth, barley, bay leaf, thyme, pepper and Canadian bacon. Cover and cook on low for 6 hours or until vegetables and barley are tender.

Stir in evaporated milk and half-and-half and heat through uncovered, about 10 minutes. Yields about 1-1/4 cups per serving.

Soups, Salads and Sides
continued on page 13b

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SOUPS, SALADS AND SIDES continued from page 12b

SAVORY VEGETABLE BEEF STEW

Submitted by **Pam Huhmann**

3 lb. beef stew meat, cut into 1-inch cubes (round steak is the best!) (you can use less meat)
1/3 c. prepared Italian salad dressing
2 c. water
2 tsp. beef bouillon granules
1 can (14-1/2 oz.) diced tomatoes, undrained (I use 2)
1 can (10-1/2 oz.) condensed beef broth, undiluted (I use 2)
1 can (8 oz.) tomato sauce (I use 2)
1 garlic clove, minced
1 bay leaf
1 tsp. salt
1 tsp. dried oregano
1/2 tsp. pepper
6 small potatoes, quartered
1 medium carrots, cut into 1-inch pieces
1 medium green pepper, cut into 1/2-inch pieces
1 medium onion, chopped
3 Tbsp. all-purpose flour
3 Tbsp. cold water

In a Dutch oven, brown meat in salad dressing over medium heat. Add the next 10 ingredients; bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours or until meat is tender. Add the potatoes, carrots, green pepper and onion. Cover and simmer for 45 minutes or until vegetables are tender.

Combine flour and cold water until

smooth; gradually stir into stew. Bring to a boil; cook and stir for 2 minutes or until thickened. Discard bay leaf. Yield: 12 servings.

RUSTIC ITALIAN MINISTRONE

Submitted by **Pam Huhmann**

2 tsp. olive oil
1 medium onion, chopped
1 large carrot, peeled and chopped
2 stalks celery, chopped
2 cloves garlic, minced
Salt to taste
Freshly ground black pepper
1 (16 oz.) can chopped tomatoes
5 c. low sodium vegetable or chicken broth
1 Tbsp. chopped fresh Basil or 1/2 tsp. dried
1 Tbsp. chopped fresh Oregano or 1/2 tsp. dried
1 Tbsp. chopped fresh parsley or 1/2 tsp. dried
1/4 lb. fresh green beans stemmed and cut into 1-inch lengths
1 (16 oz.) can cannellini beans, rinsed and drained
2 medium zucchini quartered and chopped
1 c. raw, small, shell pasta
1/2 c. freshly grated Parmesan cheese

In a large soup pot, heat the olive oil over medium heat. Add the onion, carrot and celery and cook for 5 minutes or until the vegetables begin to soften. Add the garlic, season with salt and pepper and cook for 2 minutes more.

Add the tomatoes, vegetable or chicken broth and herbs, bring to a boil and turn down to a simmer. Add the green and cannellini beans and simmer for 2 minutes.

Add the zucchini and pasta and simmer for 10 minutes, or until all of the vegetables are tender and the pasta is al dente. Season with salt and pepper.

Serve the soup in large bowls with a sprinkling of Parmesan cheese.

BAKED ASPARAGUS

Submitted by **Marlo Bocking**

5 slices bread, cubed
1 (16 oz.) can asparagus, drained
3 eggs beaten
2 c. milk
Salt and pepper to taste
1 c. shredded cheddar cheese

Heat oven to 325 degrees. Layer bread and asparagus in buttered baking dish. Beat eggs with milk, salt and pepper in a bowl. Pour over asparagus and top with cheese. Bake for 1 hour. Yields: 4 servings.

ASPARAGUS SUPPER CASSEROLE

Submitted by **Marlo Bocking**

2 Tbsp. butter or olive oil
1/2 c. chopped celery
1/2 c. chopped green pepper
1 c. chopped onion
1 c. sliced mushrooms
2 to 3 c. asparagus, cut 1-inch lengthwise, blanched
1 (10.5 oz.) can cream of mushroom

soup

3 hard boiled eggs, sliced
1/4 tsp. red pepper flakes
1/2 tsp. black pepper
1/2 tsp. salt
1/2 c. French onion dip or sour cream
1 c. grated cheddar cheese
20 Ritz crackers
1 Tbsp. butter

Heat oven to 350 degrees. Saute celery, pepper, onion and mushrooms in butter for 5 minutes. Blanch asparagus in boiling water for 1 to 2 minutes or until bright green. Drain. In a large buttered baking dish, mix all ingredients except crumb topping. Bake for 35 to 40 minutes. Crush Ritz crackers in a plastic bag. Transfer to bowl and mix with 1 tablespoon butter.

Add to top of casserole and return to oven for about 5 minutes. Yields: 8 to 10 servings.

FRENCH PASTA SALAD

Submitted by **Nancy Maxwell**

2 c. dry Mostaccioli or Rigatoni noodles
2/3 c. sugar
1 small bunch green onions sliced
Handful sliced cherry tomatoes
1 c. French dressing
1/4 c. cider vinegar
1 medium cucumber, thinly sliced
1 green pepper, sliced (optional)
1-1/2 tsp. McCormick Salad Supreme Seasonings

Mix vinegar and sugar over medium heat until boiling. Let cool. Cook noodles according to package directions, drain and rinse. Mix sliced vegetables and noodles. Mix French dressing and seasonings and add to vinegar/sugar mixture. Stir and pour over noodles. Refrigerate for 4 hours or overnight. Stir before serving. Even better the second day.

CHEESY ONION POTATOES

Submitted by **Nancy Maxwell**

6 medium baking potatoes, unpeeled and cubed (about 2 lb.)
1/4 c. butter or oleo
1-1/2 c. shredded cheddar cheese
1 envelope dry onion soup mix
5 green onions, chopped

Preheat oven to 400 degrees. Place potatoes into 9x13-inch baking dish coated with cooking spray. Dot with butter, sprinkle with dry onion soup mix over the top. Cover and bake 25 minutes. Uncover and stir; cover and bake an additional 30 minutes or until potatoes are tender. Sprinkle with cheese and green onions. Serve immediately.

CROCKPOT BARBEQUE BEANS

Submitted by **Nancy Maxwell**

4 (15 oz.) cans pork and beans, drained
3/4 c. brown sugar
1/2 c. pancake syrup
1 Tbsp. chili powder
1 tsp. liquid smoke
4 slices fried bacon, crumbled
1 c. barbeque sauce
1 Tbsp. minced onion
1 Tbsp. yellow mustard

Combine all ingredients into a crock pot and cook on high for 1 hour, stirring often, then on low for 2 hours. Keep on warm till ready to serve. Can also be baked in the oven for 60-75 minutes at 325 degrees.



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DELMA'S SNICKERDOODLE CAKE

Submitted by **Delma Perrot**

Cake:

12 Tbsp. (1-1/2 sticks) unsalted butter, at room temperature, plus more for greasing the pans

2 -1/2 c. all-purpose flour

1 tsp. ground Cinnamon

6 large egg whites

1 Tbsp. pure vanilla extract

2 tsp. baking powder

1/2 tsp. fine salt

1 c. whole milk, at room temperature

1-1/2 c. sugar

Buttercream:

3/4 c. plus 1 Tbsp. sugar

Pinch fine salt

1-1/2 tsp. ground Cinnamon

4 sticks (16 oz.) unsalted butter, cut into 1-1/2-inch chunks, at room temperature

Pinch cream of tartar

6 large egg whites

1/2 tsp. pure vanilla extract

Cake:

Preheat the oven to 350 degrees. Grease two 9-inch round cake pans and line the bottom of each with parchment.

Whisk together the flour, baking powder, Cinnamon and salt in a medium bowl. Whisk the egg white, milk and vanilla together in another medium bowl. Beat the butter and sugar in a large bowl with an electric mixer on medium high until light and fluffy. Add about a third of the flour mixture and beat on medium low until incorporated. Now add

a third of the egg-milk mixture and continue to beat on medium low until incorporated, scraping down the side of the bowl as needed. Repeat with the remaining flour and egg-milk mixtures, finishing with the flour. Divide the cake batter evenly between the prepared cake pans and bake until the cake bounces back when pressed and a toothpick inserted in the center comes out clean, 25 to 30 minutes. Let cool completely in the cake pans on a rack.

Buttercream:

Bring a few inches of water to a boil in a saucepan than can hold a heatproof stand mixer's bowl above the water. Add the 3/4 cup sugar, cream of tartar, salt and egg whites, to the mixing bowl and whisk together Submitted by hand. Set the bowl above the boiling water and whisk until the mixture is warm to the touch and the sugar completely dissolves. Transfer to the stand mixer fitted with the whisk attachment and beat at medium high speed until cool and the whites hold stiff peaks, 10 to 15 minutes.

Toss in a couple of chunks of butter at a time, making sure the pieces are incorporated before adding more. After all the butter is added, continue whisking on medium high speed. The mixture will deflate and appear curdled. Continue whisking until the buttercream comes back together to form a smooth and spreadable consistency. Beat in 1 teaspoon Cinnamon and vanilla. Combine the remaining 1 tablespoon sugar and 1/2 teaspoon Cinnamon together in a small bowl.

Assemble:

Slice each cake in half horizontally for a total of 4 cake rounds (set aside one of the bottom pieces for the top layer). Put one round on a cake stand or serving platter, and spread about 1 cup of the buttercream on top, all the way to the edge. Sprinkle with some of the Cinnamon-sugar. Repeat with two more layers of cake, buttercream and Cinnamon-sugar. Place the reserved cake round on top (browned-side up). Frost with the remaining buttercream and sprinkle with the remaining Cinnamon-sugar. Let sit for at least 1 hour before slicing and serving.

DELMA'S PEANUT BUTTER COOKIES

Submitted by **Delma Perrot**

2 c. sifted all-purpose flour

1 tsp. baking powder

1/2 tsp. salt

2/3 c. butter

2/3 c. sugar

2/3 c. packed brown sugar

2/3 c. peanut butter

2 eggs, beaten

Chopped peanuts, optional

In a medium bowl, sift together the flour, baking powder and salt.

In a separate bowl, cream butter, sugars, and peanut butter. Add eggs and blend well. Add flour mixture, mixing well. Form in 2 logs and wrap each in wax paper. Refrigerate 1 to 2 hours. Heat oven to 350 degrees.

Cut logs into 1/2-inch slices. Place on baking sheets lined with parchment paper. Using a fork press cookie tops to make a grid mark. Sprinkle peanuts on top, if

desired. Bake 15 minutes or until lightly browned.

Remove from oven and cool on baking sheet for 5 minutes, then remove to a wire rack to cool completely, unless "cookie thieves" have helped themselves to the fresh-out-of-the-oven cookie.

DELMA'S "TO DIE FOR" FRESH STRAWBERRY BARS

Submitted by **Delma Perrot**

3/4 c. butter, softened

3/4 c. peanut butter

1 c. packed brown sugar

1/2 c. granulated sugar

2 tsp. baking powder

1/4 tsp. salt

2 eggs

1 tsp. vanilla

2-1/4 c. all-purpose flour

1/2 c. strawberry jam

4 c. small whole strawberries, halved or quartered

Heat oven to 350 degrees. Line 9x13x2-inch baking pan with foil, extending foil beyond the edges. Set aside.

In large mixing bowl beat butter and peanut butter on medium to high for 30 seconds. Beat in sugars, baking powder, and salt until combined. Add eggs and vanilla; beat until combined. Beat in as much flour as you can with mixer. Stir in remaining flour.

Spread dough in prepared pan. Bake 25 minutes or until top is lightly browned and toothpick inserted near center comes out

CANDIES, COOKIES, DESSERTS continued to page 15b



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CANDIES, COOKIES, DESSERTS
continued from page 14b

clean.

Cool completely on rack. Remove from pan by lifting foil. Spread jam and top with berries. Cut into bars. Serve at once or refrigerate up to 6 hours. Makes 24 bars.

Wrap the peanut butter base in foil; store at room temperature up to 24 hours. Before serving, top with jam and berries. Or freeze the peanut butter base in a freezer container up to 3 months.

FRENCH COCONUT PIE

Submitted by **Delma Perrot**

4 Tbsp. (1/2 stick) butter, melted
2 eggs, beaten
1 Tbsp. all-purpose flour
3/4 c. sugar
1 (3-1/2 oz.) can shredded sweetened coconut (about 1 c.)
1 c. milk
1 (9-inch) unbaked pie shell

Preheat oven to 350 degrees. In a large bowl, combine melted butter, eggs, flour, sugar, coconut and milk. Pour into pie shell. Bake until firm, about 45 to 60 minutes.

DELMA'S BUSY DAY CAKE

Submitted by **Delma Perrot**

Cake:

3 eggs
1-1/2 c. sugar
1-1/2 c. all-purpose flour
1/4 tsp. salt
1 1/2 tsp. baking powder
3/4 c. milk

1 to 3 Tbsp. butter
1 tsp. vanilla extract

Topping:

5 Tbsp. brown sugar
3 Tbsp. butter
3 Tbsp. cream
1 tsp. vanilla extract
Shredded coconut

Heat oven to 350 degrees.

In a large bowl, beat eggs until light. Add sugar and beat until thoroughly mixed.

In a separate bowl, combine the flour, salt and baking powder. Stir flour mixture into egg-sugar mixture.

In a small saucepan, combine the milk and 1 to 3 tablespoons butter; when mixture comes to a boil, remove it from heat and immediately pour it over the flour-sugar-egg mixture. Stir in vanilla. Transfer batter to a greased 9-inch square baking pan. Bake 30 minutes or until a tester comes out clean when inserted near the center.

Topping:

Heat broiler. In a saucepan, combine the brown sugar, butter and cream and bring to a boil. Add the vanilla. Pour over cake. Sprinkle with coconut. Place under broiler just until coconut is browned.

DELMA'S TEXAS COWBOY COOKIES

Submitted by **Delma Perrot**

3 c. flour
1 Tbsp. baking powder
1 Tbsp. baking soda
1 Tbsp. Cinnamon
1 tsp. salt
1-1/2 c. unsalted butter, at room tem-

perature

1-1/2 c. granulated sugar
1-1/2 c. brown sugar
3 eggs (see note)
3 Tbsp. vanilla extract
3 c. chocolate chips
3 c. old-fashioned rolled oats
2 c. sweetened flake coconut
2 c. chopped pecans (Littleton uses raisins or dried cranberries because of nut allergies)

Heat oven to 350 degrees. Line baking sheet with parchment.

In a large bowl, whisk together flour, baking powder, baking soda, Cinnamon and salt until well blended, set aside.

In a mixing bowl using an electric mixer, beat butter until smooth and light. Gradually add the sugar and beat to combine. Add the eggs, one at a time, beating well between each addition. Add the vanilla and stir to combine.

Add the flour mixture, mixing on low, mixing until just combined. Stir in the chocolate chips, oats, coconut and pecans (or raisins)

Drop Submitted by 1/4 cup lumps of dough onto prepared cookie sheets, spaced at least 3 inches apart, giving them plenty of room to spread. Bake 7 to 9 minutes, then rotate cookie sheets front to back, top to bottom and bake 7 to 9 minutes more. For smaller cookies, use 2 tablespoons of cookie dough per cookie and bake 13 to 16 minutes total, rotating half way through.

Note: If cutting the recipe in half, use two eggs.

DELMA'S DUMP CAKE

Submitted by **Delma Perrot**

1 large can crushed pineapple
1 can cherry pie filling
1 c. well broken nut meats
1 box yellow cake mix
1-1/2 stick butter
Whipped cream

In an oblong pan, pour 1 large can crushed pineapple. Pour on top of that 1 can of cherry pie filling. Top with 1 cup well broken nut meats. Then top with 1 box yellow cake mix. I use lemon velvet. Do not mix the cake mix as directed on the package. Simply pour over the pineapple, cherries and nuts as is.

Cut 1-1/2 sticks butter into thin pats and dot the top of the cake mix. Do not stir.

Bake in a moderate oven (325 to 350 degrees) until a cake tester inserted in the middle comes out clean. Cool. Cut into squares and serve with whipped cream.

CHERRY-CRANBERRY ROLLS

Submitted by **Delma Perrot**

Prepare Cinnamon Rolls as directed, except omit brown sugar, Cinnamon, ginger and pepper. After spreading dough with butter, spread with 1/3 cup cherry preserves and sprinkle with 1-1/2 cups fresh or frozen cranberries.

CINNAMON ROLL ICING

Submitted by **Delma Perrot**

3 c. powdered sugar
1 tsp. vanilla
4 Tbsp. milk

In a medium bowl stir together the powdered sugar, vanilla and enough milk to reach a thick drizzling consistency.

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Breads

OVER NIGHT WAFFLES

Submitted by

Genevieve Juergensmeyer

2 c. milk scalded (cooled)
1 pkg. yeast
1/2 c. warm water
1/3 c. melted butter
1 tsp. salt
1/2 Tbsp. sugar
3 c. flour

Dissolve yeast in water in large bowl. Add remaining ingredients and beat until smooth. Cover lightly and allow to rise overnight. (Note: Batter more than doubles, allow for room in your bowl or batter runs everywhere).

In morning, add 2 beaten eggs, 1/2 teaspoon baking soda. Stir into batter and pour into preheated waffle iron.

CINNAMON SWIRL

Quick Bread

Submitted by **Julia A. Wilde**

1/2 c. sugar
1 Tbsp. cinnamon
Mix this mixture and set aside.
2 c. flour
1 tsp. soda
1/2 tsp. salt
1 c. sugar
1 c. buttermilk or mix
2 Tbsp. vinegar in milk
1 egg
1/4 c. vegetable oil

Combine flour, baking soda, salt and sugar. Combine milk, egg, oil and stir into dry ingredients until smooth. Grease bottom of loaf pan. Pour half of batter in pan, sprinkle with half of sugar and cinnamon mixture. Spread remaining batter then sprinkle remaining sugar and cinnamon. Swirl knife through batter. Bake at 350 degrees 40 to 50 minutes. Makes 1 loaf.

While warm drizzle with glaze.

Glaze:

1/4 c. powdered sugar
1-1/2 - 2 tsp. milk

APPLE BREAD

Submitted by **Julia Wilde**

1 c. sugar
1/2 c. shortening
2 eggs
1 tsp. vanilla
2 c. flour
1 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
2 c. chopped apples
1/2 c. nuts

Grease and flour loaf pan. Mix sugar, shortening, eggs and vanilla. Stir in flour, baking powder, baking soda and salt until smooth. Stir in apples and nuts. Spread in pan. Mix 1 tablespoon sugar, 1/4 teaspoon cinnamon and sprinkle over batter. Bake at 350 degrees for 50-60 minutes.

ALOHA LOAF

Submitted by **Judy Schulte**

1 c. margarine
1 tsp. baking soda
2 c. sugar
3/4 tsp. salt
4 eggs

1 c. shredded coconut
1 c. mashed bananas
1 (15-1/4 oz.) can crushed pineapple (undrained)

4 c. flour
2 tsp. baking powder

Cream margarine and sugar until light and fluffy. Add eggs; mix well.

Stir in bananas. Sift dry ingredients together. Add creamed mixture.

Mix well. Fold in undrained pineapple and coconut. Pour into 2 greased and floured 9 X 5-inch loaf pans. Bake at 325 degrees for 1 hour and 10 minutes or until bread tests done. Remove from pans to cool.

CINNAMON ROLLS

Submitted by **Marian Forck**

1/2 c. milk
1/2 c. sugar
1/2 c. butter or oleo
Combine milk, sugar and butter, bring to a boiling point. Cool to lukewarm.

Add:

1 c. mashed potatoes
3 eggs, beaten
1 level Tbsp. of salt

In a separate bowl, mix together until dissolved:

1/2 c. warm water
1 pkg. yeast

Add to other ingredients. Add enough flour to make dough like bread (that means start with 3 cups flour, continue adding flour until dough doesn't stick to the sides of the bowl).

Let dough rise in a warm place. Knead it and let it rise again until double in size.

Roll out dough to 1/4 or 1/2 inch thickness.

Melt 1 stick of butter and spread on dough. Sprinkle with brown sugar and cinnamon. Roll up and cut and place on a greased pan to rise. I put these in a big cake pan. I let them rise overnight, and bake in the morning.

Bake at 370 degrees until golden brown (15 to 20 minutes)

Icing:

1 lb. powdered sugar
1/2 stick butter
1 tsp. vanilla

Add enough milk to make frosting the right consistency. May frost rolls while warm.

These are the best cinnamon rolls I have ever had. I got this recipe from my girlfriend, and she got it from her mother, who got it from her mother. She always said this was an old German recipe.

POPOVERS

Submitted by **Joan Kiso**

1-1/4 c. flour
1/2 tsp. salt
1 1/4 c. milk
3 jumbo eggs

Heat oven to 400 degrees. Grease cake pan. Sift flour and salt. Add milk and beat lightly. Add 1 egg at a time (beat well). Pour a little over half full in cups.

Bake 400 degrees for 20 minutes. Reduce to 325 degrees (don't open oven door) and allow to bake 15 minutes longer. Serve immediately.

HOT ROLLS

Submitted by **Marlo Bockting**

1 large box yellow cake mix
2 pkg. yeast
5 c. flour
2-1/2 c. water

(For smaller batch use: 1 Jiffy yellow cake mix; 1 package yeast; 2-1/2 c. flour; 1-1/4 c. water.)

Mix all ingredients, knead it a little, wipe oil on top and along sides of bowl so it does not dry out. Cover bowl while dough is rising. After it has risen to double its size, make into rolls. Bake at 375 degrees for 15 minutes. (Makes very good cinnamon rolls.)

YELLOW SQUASH MUFFINS

Submitted by **Marlo Bockting**

1 lb. yellow summer squash, cut into 1-inch slices
1/2 c. butter, melted
1 egg, lightly beaten
1-1/2 c. all-purpose flour
1/2 c. sugar
2-1/2 tsp. baking powder
1/2 tsp. salt

Place 1 inch of water in a saucepan; add squash. Bring to a boil. Reduce heat; cover and simmer for 5 minutes or until tender. Drain and mash; stir in the butter and egg. In a bowl, combine the flour, sugar, baking powder and salt. Stir in the squash mixture just until moistened.

Fill greased muffin cups 3/4 full. Bake at 375 degrees for 20-25 minutes or until a toothpick comes out clean.

Cool for 5 minutes before removing from pan to a wire rack. Yield: 1 dozen.

LEMONY ZUCCHINI BREAD

Submitted by

Marlo Bockting

4 c. flour
1-1/2 c. sugar
1 pkg. (3.4 oz.) instant lemon pudding mix
1-1/2 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
4 eggs
1-1/4 c. milk
1 c. vegetable oil
3 Tbsp. lemon juice
1 tsp. lemon extract
2 c. shredded zucchini
1/4 c. poppy seeds
2 tsp. grated lemon peel

In a large bowl, combine the flour, sugar, pudding mix, baking soda, baking powder and salt. In another bowl, whisk the eggs, milk, oil, lemon juice and extract. Stir into dry ingredients just until moistened. Fold in the zucchini, poppy seeds and lemon peel.

Pour into greased 9x5x3-inch loaf pans. Bake at 350 degrees for 50-55 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely. Yield: 2 loaves.

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Appetizers

MARIAN'S PINEAPPLE CHEESE BALL

Submitted by **Marian Forck**

2 (8 oz.) pkg. cream cheese softened
1 c. crushed pineapple, well drained
2 Tbsp. chopped onions
1/4 c. green peppers, finely chopped (optional)
2 c. chopped toasted pecans

Combine first 4 ingredients and 1 cup of pecans in large bowl. Mix well.

Shape into ball and roll in remaining pecans. Serve with crackers. Serves 12

MOMMA DOT CHEESE GRITS

Submitted by **Marlo Bocking**

1 1/2 c. quick cooking grits
1 lb. Velveeta cheese (grated)
1-1/2 stick butter
3 eggs
6 c. boiling water
1 dash Worcestershire sauce
2 tsp. Tabasco sauce
2 tsp. seasoned salt
1 tsp. salt
1 dash paprika

Cook grits in boiling water with salt. Mix other ingredients together except paprika. Cook at 250 degrees for 35 minutes to 1 hour. Sprinkle paprika on top.

BBQ BACON DIP

Submitted by **Laura Even**

1 c. sour cream
1/2 c. barbecue sauce
1 Tbsp. dry ranch salad dressing mix
2 Tbsp. bacon bits
1/4 c. shredded cheddar cheese

In a bowl, stir together all ingredients until combined. Cover and refrigerate. Serve with raw vegetables and/or chips.

CHEESE BALL

Submitted by **Marian R. Forck**

1 (8 oz.) pkg. cream cheese
1 Tbsp. Worcestershire sauce
1 small jar of Old English Cheese dash garlic salt
1 small jar olive/pimento cheese chopped pecans
2 Tbsp. onion flakes

Mix all ingredients together. Roll into balls. Let stand to room temperature.

Roll in chopped pecans. Then refrigerate. Makes 2 balls. Serves 24.

CRAZY CRACKERS

Submitted by **Marlo Bocking**

1 envelope dry ranch dressing
1-1/2 c. canola oil
2 Tbsp. red pepper flakes

Pour over crackers in a sealed Tupperware container. Set 30 minutes; rotate gently every 5 minutes, 10 times.

BUFFALO CHICKEN DIP

2 (10 ounce) cans chunk chicken, drained
2 (8 ounce) packages cream cheese, softened
1 cup Ranch dressing
3/4 cup pepper sauce (such as Frank's Red Hot)

1 1/2 cups shredded Cheddar cheese

Directions

Heat chicken and hot sauce in a skillet over medium heat, until heated through. Stir in cream cheese and ranch dressing. Cook, stirring until well blended and warm. Mix in half of the shredded cheese, and transfer the mixture to a slow cooker. Sprinkle the remaining cheese over the top, cover, and cook on Low setting until hot and bubbly. Serve with celery sticks and/or crackers.

CHIPPED BEEF CHEESE BALL

Submitted by **Lorraine Stuecken**

1 pkg. chipped beef, chopped
1 bunch green onions, chopped
1 (8 oz.) pkg. cream cheese, softened
1 (1 oz.) pkg. ranch dressing mix
1 Tbsp. Worcestershire sauce
1/2 tsp. Lawry's seasoned salt
1/2 c. shredded cheese

Combine all ingredients. Form into a ball and roll in a 1/2 cup of chopped pecans, then refrigerate. Note: Recipe can be doubled to make a very large cheese ball.

LITTLE SMOKIES

1 (14 ounce) bottle ketchup
3 tablespoons dark brown sugar
2 tablespoons white vinegar
1 teaspoon prepared yellow mustard
1/4 teaspoon ground cinnamon
1/8 teaspoon ground cloves
2 (16 ounce) packages cocktail-size smoked link sausages

Stir the ketchup, brown sugar, vinegar, mustard, cinnamon, and cloves together in a saucepan over low heat; cook until completely warmed, about 5 minutes. Add the sausages and continue cooking until the sausages are heated through, stirring occasionally, about 25 minutes.

OUTRAGEOUSLY GOOD STUFFED CELERY

4 - 5 stalks celery - washed and dried
1 8 oz cream cheese - softened
1/4 cup bacon - chopped
1/2 cup cheddar cheese - grated
1 tablespoon fresh parsley - chopped
1 tablespoon fresh chives - chopped
1/4 teaspoon salt
1/4 teaspoon fresh cracked pepper
3 dashes hot sauce

Cut celery stalks in half and set aside. Using a food processor or hand held mixer, whip the cream cheese until smooth. Add in bacon, cheese, parsley, chives, salt, pepper and hot sauce. Pulse or blend until all ingredients are combined.

Using a small spoon, fill the celery "boat" with cream cheese mixture. Sprinkle with addition chives and bacon if desired. Serve immediately!

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Coca-Cola Fudge Recipe

INGREDIENTS

1 container (7 oz) marshmallow cream
1 1/2 cups sugar
2/3 cups evaporated milk
1/4 cup Coca-Cola
1/4 teaspoon salt
1 bag (12 oz) chocolate chips (You can use semi-sweet or milk chocolate)
1 teaspoon vanilla extract

DIRECTIONS

In a large pot, combine marshmallow cream, sugar, evaporated milk, Coca-Cola, and salt.

Bring to a full boil, stirring constantly over medium heat.

Boil the mixture for five minutes still stirring constantly. Tip: It is very important for it to boil for the full five minutes. Set a timer for this step.

Remove from heat. Add the chocolate chips and stir until melted.

Mix in the vanilla extract.

Pour into a buttered 8" pan. Let the fudge cool and set completely.

Slice and enjoy!



Enjoy

Coca-Cola

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Breakfast

BREAKFAST CASSEROLE

Submitted by

Lorraine Stuecken

- 1 dozen eggs
- 1 lb. sausage
- 16 oz.. hash browns
- 1 can mushroom soup
- 1 soup can of milk
- 1 c. diced Velveeta cheese
- 1/4 c. onion
- 1/4 c. green pepper
- 1 small bag shredded Cheddar cheese

Cook sausage, onions and green pepper; drain. Beat eggs and mix all ingredients together except shredded cheese. Coat 9 x 13 inch pan with Pam. Pour mixture into pan and top with shredded cheese. Bake at 350 for 1 hour uncovered. Notes: Sausage can be substituted for diced ham. This can be made the night before. Mix all ingredients together except shredded cheese and hash browns in a large container, cover and refrigerate. When ready to make, stir mixture and add hash browns and stir again. Pour into 9 x 13 inch pan coated with Pam and top with shredded cheese. Bake at 350 for 1 hour, uncovered.

SPINACH BRUNCH CASSEROLE

Submitted by **Marlo Bockting**

- 1 lb. spicy bulk sausage

- 1 c. chopped onion
- 1 large red bell pepper, roasted, peeled and chopped
- 1 pkg. frozen chopped spinach, thawed and well drained
- 1 c. all-purpose flour
- Parmesan cheese (to taste)
- 1/2 tsp. seasoned salt
- 1 tsp. basil leaves
- 8 eggs
- 2 c. milk
- 2 c. grated Provolone cheese, divided

Preheat oven to 425 degrees. Grease 13x9-inch baking dish. Brown sausage; drain and crumble in skillet. Add onions and mushrooms and cook until onions are semi-soft. Arrange sausage mixture in greased pan. Sprinkle half of chopped pepper over sausage; top with spinach. Sprinkle with one cup of provolone cheese. In large bowl, combine flour, Parmesan cheese, salt and basil. In another bowl, combine eggs and milk; beat until smooth. Add egg mixture to flour mixture; beat until well blended. Pour over spinach.

Bake at 425 degrees for 20 to 25 minutes or until knife inserted in center comes out clean. Sprinkle casserole with remaining red pepper and provolone cheese. Return to oven until cheese is melted. Let stand 5 minutes and cut into squares. Serves 8 to 10.

TURKEY-ASPARAGUS BRUNCH BAKE

Submitted by **Marlo Bockting**

- 1 lb. fresh asparagus spears

- 1 lb. uncooked ground turkey
- 1 c. onions, chopped
- 1/2 c. chopped sweet red pepper
- 3 eggs
- 2 c. milk
- 1 c. flour
- 1/4 c. grated Parmesan cheese
- 1 tsp. lemon pepper seasoning
- 1/2 tsp. dried Tarragon, Basil or Thyme, crushed
- 1 c. shredded Swiss cheese

Heat oven to 425 degrees. Cut asparagus into 1 1/2 inch pieces. Cook asparagus in a covered pan in a small amount of boiling water for about 4 minutes or until crisp-tender. Drain and set aside. In a large skillet, cook turkey, onions and sweet pepper until vegetables are just tender and no pink remains in turkey. Remove from heat and drain. Add meat mixture into a 3-qt. greased rectangular baking dish. Top with cooked asparagus. Beat eggs, milk, flour, Parmesan cheese, lemon pepper seasoning and tarragon until smooth. Pour egg mixture over layers in baking dish. Bake uncovered for 20 minutes or until knife inserted near center comes out clean. Sprinkle with Swiss cheese. Bake for 3 to 5 minutes more until cheese is melted. Yields 8 to 12 servings.

TENNESSEE PRIDE HASHBROWN CASSEROLE

Submitted by **Marlo Bockting**

- 2 lb. Tennessee Pride Country Sausage (hot or mild)
- 2 c. shredded cheddar cheese
- 1 can (10 3/4 oz.) cream of chicken soup

- 1 c. sour cream
 - 1 (8 oz.) container of French onion dip
 - 1 c. chopped onion
 - 1/4 c. each green and red bell pepper salt and pepper to taste
 - 1 (30 oz.) package frozen hashbrown shredded potatoes, thawed
- In a skillet, cook the sausage until browned. Drain well. In a large mixing bowl, combine the cheese, chicken soup, sour cream, French onion dip, chopped onion, bell peppers, salt and pepper. Fold in thawed hashbrown potatoes. Mix well. Spread 1/2 of the hashbrown mixture over bottom of a 9x13- inch greased baking dish. Spread 1/2 of the browned sausage over hashbrowns. Repeat layering second 1/2 of hashbrown mixture. Top with remaining sausage. Bake at 350 degrees for about one hour or until casserole is golden brown.

ASPARAGUS BRUNCH POCKET

Submitted by **Marlo Bockting**

- 1 lb. fresh asparagus, trimmed and cut into 1 inch pieces
- 4 oz. cream cheese, softened
- 1 Tbsp. milk
- 1 Tbsp. mayonnaise
- 1 Tbsp. finely chopped onion
- 1 Tbsp. diced pimentos
- 1/8 tsp. salt
- pinch of pepper
- 1 (8 oz.) tube refrigerated crescent rolls

breakfast continued on page 5b

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BREAKFAST

continued from page 4b

2 tsp. butter, melted

1 Tbsp. seasoned bread crumbs

Heat oven to 375 degrees. In a large saucepan, bring 1/2 inch of water to a boil. Add asparagus; cover and boil 3 minutes. Drain and set aside. In a small mixing bowl, beat cream cheese, milk and mayonnaise until smooth. Stir in onion, pimentos, salt and pepper. Unroll crescent dough and asparagus into triangles; place on a ungreased baking sheet. Spoon 1 tsp. of cream cheese mixture into the center of each triangle; top with asparagus, top each with another teaspoonful of cream cheese mixture. Bring three corners of dough together and twist; pinch edges to seal. Brush with butter; sprinkle with seasoned bread crumbs. Bake for 15 to 18 minutes or until golden brown. Yields: 8 servings.

BAREFOOT CONTESSA SUNDAY MORNING OATMEAL

Submitted by **Pam Huhmann**

1-1/2 c. whole or skim milk, plus extra for serving

2 c. water

1-1/2 c. quick or old fashioned (not instant) oatmeal

1/2 tsp. salt

1 banana (mashed)

1/2 c. dried cherries (or any dried fruit)

1/2 c. golden raisins

Pure maple syrup or brown sugar (1/4 c.), for serving.

Heat the milk plus 2 cups of water in a medium saucepan until it starts to simmer. Add the oatmeal and salt, bring to a boil, then lower the heat and simmer for 4 to 5 minutes, stirring occasionally, until thickened. Off the heat, stir in the banana, cherries, and raisins. Place the lid on the pot and allow to sit for 2 minutes. Serve hot with maple syrup or brown sugar and extra milk.

APPLE-RAISIN BAKED OATMEAL

Submitted by **Pam Huhmann**

3 c. old-fashioned oats (I use 2 c.

old-fashioned and 1 c. 7-grain)

1/2 c. packed brown sugar (I used 1/2 c. honey for 9x13-inch pan)

2 tsp. baking powder

1 1/2 tsp. ground Cinnamon

1/2 tsp. salt

1/8 tsp. ground Nutmeg

2 eggs

2 c. fat-free milk

1 medium apple, chopped

1/3 c. raisins

1/3 c. chopped walnuts

Additional fat-free milk, optional.

In a large bowl, combine first six ingredients. Whisk eggs and milk; stir into dry ingredients until blended. Let stand for 5 minutes. Stir in apple, raisins and walnuts. Transfer to an 8-inch square baking dish coated with cooking spray. Bake, uncovered at 350 degrees for 35-40 minutes or until edges are lightly browned and a thermometer reads 160 degrees. Serve with additional milk if desired.

(Can make 1 1/2 recipes in a 9x13-inch pan.)

HOLIDAY OATMEAL

Submitted by **Pam Huhmann**

3 c. rolled oats

5-1/2 c. milk or water

2 apples, diced small, about 2 c.

1/2 c. dried cranberries

1/2 c. pecans, chopped

1/2 tsp. Kosher salt

2 medium bananas, sliced

1/3 c. brown sugar

In a medium size saucepan over medium heat, combine the oats, milk, apples, cranberries, pecans and salt.

Cook, stirring frequently until the oatmeal has thickened. This should take about 10-12 minutes. Remove from heat and stir in the bananas. Scoop into bowls and top with a tablespoon or so of brown sugar.

*Whole recipe makes a lot. Might want to make just a half recipe. Very good left over and warmed up.

PUFFY APPLE OMELET

Submitted by **Christy Brandt**

3 tablespoons flour

1/4 teaspoon baking powder

1/8 teaspoon salt

2 large eggs, separated

3 tablespoons milk

1 tablespoon lemon juice

3 tablespoon sugar

Topping:

1 large apple, peeled if desired and thinly sliced

1 teaspoon sugar

1/4 teaspoon Cinnamon

Preheat oven to 375 degrees. Mix flour, baking powder and salt. In a small bowl, whisk egg yolks, milk and lemon juice; stir into flour mixture.

In another bowl, beat egg whites until foamy. Gradually add sugar, 1 tablespoon at a time, beating until stiff peaks form. Fold into flour mixture.

Pour into a 9-inch deep-dish pie pan coated with cooking spray. Arrange apple slices over top. Mix sugar and Cinnamon and sprinkle over apples.

Bake for 18-20 minutes or until a knife comes out clean. Serve warm.

Makes 2 servings with a calorie count of 253 calories.

FARMER CASSEROLE

Submitted by **Nancy Maxwell**

3 c. frozen hashbrown potatoes

1 c. chopped cooked ham

4 eggs, well beaten

salt and pepper to taste

1 c. shredded cheese

1/4 c. green onions, well chopped

1 can (12 oz.) evaporated milk

Spray 2-qt. baking pan with cooking spray. Arrange potatoes on bottom. Layer cheese, ham and onions on top. Combine eggs, milk and salt and pepper. Pour over ham mixture. Cover and refrigerate overnight. Take out 30 minutes before baking. Bake at 350 degrees for 40-50 minutes. Let stand 5 minutes before serving.

**DEADLINE
MONDAY
AT NOON**

Misc.

CUCUMBER RELISH

Submitted by **Judy Schulte**

10 c. ground cucumbers

4 sweet peppers, ground

8 medium onions, ground

4 Tbsp. salt

Mix and let set 30 minutes. Drain off liquid.

Add to cucumber mixture:

2 c. vinegar

3 tsp.

celery seed

3 c. sugar

2 tsp. mustard seed

2 tsp. Turmeric

1-1/2 tsp. black pepper

Boil for 10 minutes. Put in jars; seal while hot. Makes 5 pints. Freezes well.

ZUCCHINI PINEAPPLE/ STRAWBERRY PRESERVES

Submitted by **Marian Forck**

2 large zucchini, grated (leave peeling on)

2 large canned, crushed pineapple, not drained

2 c. sugar

2/3 c. lemon juice

2 c. sliced and mashed strawberries

1 box of peach jello (may use your choice)

Add all ingredients, except jello. Cook and boil for 6 minutes. Add jello, and cook for another 6 minutes.

Pack in pint jars. Process 15 minutes, in cold water bath canner. Makes 4 to 5 pints.

SPATZLE FOR SOUP

Submitted by **Joan Kiso**

1 c. plus 2 Tbsp. flour

1/4 tsp. salt

1 egg

1/2 c. milk

Mix flour and salt. Blend egg and milk; stir into flour mixture. Place half the dough through Tupperware strainer.

Hold over soup kettle. With spatula press dough through strainer to form spatzle.

Repeat with remaining dough. Cook and stir 5 minutes.

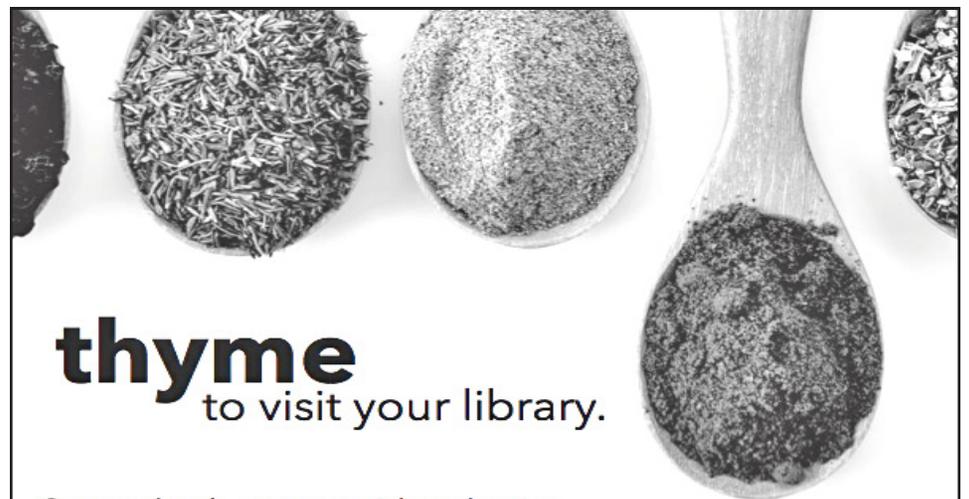
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Main Dishes

HEARTY CHICKEN & NOODLE CASSEROLE

Submitted by **Marlo Bockting**

- 1 can (10-3/4 oz.) cream of mushroom soup
- 1/2 c. milk
- 1/4 tsp. ground black pepper
- 1/4 c. Parmesan cheese
- 1 c. frozen mixed vegetables
- 2 c. cubed cooked chicken
- 2 c. medium egg noodles, cooked and drained
- 1/2 c. shredded cheddar cheese

Stir soup, milk, black pepper, Parmesan cheese, vegetables, chicken and noodles in a 1-1/2-qt casserole dish. Bake at 400 degrees for 25 minutes or until hot. Stir.

Top with the cheddar cheese.

SWEET & SPICY MEAT LOAF

Submitted by **Pamela Huhmann**

- 1-1/2 to 2 lb. of ground beef
- 1 onion, finely chopped
- 1 c. dry bread crumbs
- 1 c. (4 oz.) shredded cheddar cheese
- 1/2 c. Sweet & Spicy French dressing
- 2 eggs
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 c. ketchup

Preheat oven to 375 degrees. Coat 9x5-inch loaf pan with nonstick cooking spray. In a large bowl, combine all ingredients except ketchup; mix well. Distribute mixture in pan; spread ketchup evenly over top.

Bake 1 to 1-1/4 hours, or until juices run clear. Allow to sit 5 minutes. Pour off excess juices, slice and serve.

EGGPLANT CASSEROLE

Submitted by **Marlo Bockting**

- 1 medium eggplant
- 1/2 c. milk
- 2 Tbsp. margarine, melted
- 1 small onion, chopped
- 1 green bell pepper, finely chopped
- 1 egg, beaten
- 1 c. bread crumbs

Peel eggplant and cut into cubes. Cook in water to cover in a saucepan for 8 minutes, drain. Add milk, margarine, onion, green pepper, egg and bread crumbs. Mix well; spoon into baking dish. Bake at 350 degrees for 30 minutes. Yields 6 servings.

BAKED EGGPLANT WITH HAM

Submitted by **Marlo Bockting**

- 1 large eggplant
- 1/2 tsp. salt
- 1/4 c. onion, chopped
- 1 c. ham, diced and cooked
- 1/8 tsp. pepper
- 1 egg, beaten
- 2 Tbsp. melted butter
- 1/2 c. buttered bread crumbs
- 1/4 c. grated cheese

Cook eggplant in salted water for 10 to 12 minutes. Cut in half lengthwise and scoop out the center. Cut the pulp in fine pieces and mix with onion, ham, egg and seasoning. Toss butter and bread crumbs. Refill the hollowed-out center and top with buttered crumbs and grated cheese.

Bake at 375 degrees for 20 to 25 minutes. Yields: 4 servings.

HAMBURGER HEAVEN

Submitted by **Marlo Bockting**

- 1 lb. lean ground beef
 - 1/2 c. onion, chopped
 - 8 oz. American cheese slices
 - 1 c. chopped celery
 - 1/2 c. chopped ripe olives
 - 2 c. fine dry noodles, uncooked
 - 1 (No. 2) can chopped tomatoes
 - 1/2 -1 c. water
- Brown ground beef and onion in a 10-inch skillet. Then add the remaining ingredients in layers. Sprinkle salt and sugar on top to taste. Cover skillet tightly. Cook on high just until steaming; watch closely so it doesn't burn. Reduce heat to simmer. Let cook for 25-30 minutes. Serve directly from the skillet to keep layers intact or mix and turn out into a serving dish. Serves 6.

PORK CHOPS AND SAUERKRAUT

Submitted by **Marlo Bockting**

- 3 c. sauerkraut, well drained
- 2 c. applesauce
- 1/2 c. chicken broth
- 1/2 lb. bacon cooked and crumbled
- 1 Tbsp. sugar
- 1 tsp. dried Thyme
- 1/2 tsp. ground mustard
- 1/2 tsp. dried Oregano
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 6 pork chops (1-inch thick)
- 2 Tbsp. vegetable oil
- 1/4 tsp. paprika

In a large bowl combine the sauerkraut, applesauce, broth, bacon, brown sugar and seasoning; spoon into an ungreased 13x9x2-inch baking dish. In a large skillet brown pork chops in oil, drain. Place chops over the sauerkraut mixture. Sprinkle with paprika. Cover and bake at 350 degrees for 1-1/4 hours or until meat is tender and juices run clear. Yield 6 servings.

TURKEY TETRAZZINI

Submitted by **Marlo Bockting**

- 1/4 c. butter
- 1/4 c. flour
- 2 c. milk
- 1-1/2 tsp. salt
- 1/8 tsp. pepper
- 1-1/2 c. diced cooked turkey
- 1-1/2 c. cooked spaghetti
- 1/2 c. mushrooms
- 1/4 c. chopped pimento or green pepper
- 3/4 c. shredded cheddar cheese
- 3/4 c. dry bread crumbs
- 1/4 c. melted butter

Melt 1/4 cup butter in heavy saucepan; add flour and stir until blended. Gradually add milk and cook over low heat for 5 minutes, stirring constantly. Add seasonings. Combine white sauce with turkey, spaghetti, mushrooms, pimiento or green pepper and cheese. Place in buttered 2-qt. casserole. Combine bread crumbs and melted butter and sprinkle on casserole. Bake at 325 degrees for about 25 minutes or until well browned. 6 servings.

SLOW COOKER BEEF STEW

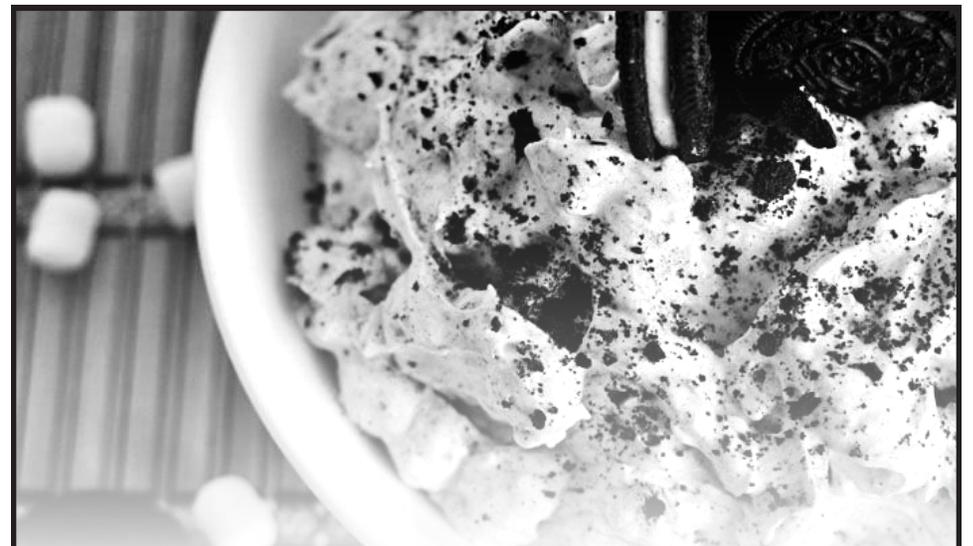
Submitted by **Marlo Bockting**

- 1-1/2 lb. potatoes, peeled and cubed
- 6 medium carrots, cut into 1-inch slices
- 1 medium onion, coarsely chopped
- 3 celery ribs, coarsely chopped
- 3 Tbsp. all-purpose flour
- 1-1/2 lb. beef stew meat, cut into 1-inch cubes
- 3 Tbsp. vegetable oil
- 1 can (14-1/2 oz.) diced tomatoes, undrained
- 1 c. beef broth
- 1 tsp. ground mustard
- 1/2 tsp. salt
- 1/2 tsp. pepper

- 1/2 tsp. dried Thyme
- 1/2 tsp. browning sauce

Layer the potatoes, carrots, onion and celery in a 5-qt slow cooker. Place flour in a large resealable plastic bag. Add stew meat; seal and toss to coat evenly. In a large skillet, brown meat in oil in batches. Place over vegetables.

In a large bowl, combine tomatoes, broth, mustard, salt, pepper, Thyme and browning sauce. Pour over beef. Cover. Cook on high for 1-1/2 hours. Reduce heat to low and cook 7-8 hours longer or until meat and vegetables are tender. Yield: 8 servings.



OREO FLUFF

INGREDIENTS:

- 1 pkg. Best Choice Oreo Cookies
- 2 pkg. Oreo Pudding
- 3 cups Milk
- 2- 8 oz pkgs. Best Choice softened cream cheese
- 1 container Best Choice whipped topping
- 1/2 cup powdered sugar

INSTRUCTIONS:

Crush Oreos and set aside. Mix pudding, cream cheese, whipped topping and powdered sugar. Add crushed cookies. Let set for a couple of hours before serving.

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Main Dishes

TURKEY CASSEROLE

Submitted by

Marlo Bockting

2-1/2 c. chopped turkey, cooked
2 c. rice, cooked
1 (10.5 oz.) can cream of mushroom soup
1 (10.5 oz.) can cream of chicken soup
1 onion, chopped
1 c. salad dressing
1-1/2 c. celery, chopped
2 hard boiled eggs, chopped
2 Tbsp. lemon juice
3/4 c. almonds, slivered
1 c. cornflakes or potato chips, crushed

Heat oven to 350 degrees. Mix first 10 ingredients together. Place mixture in a 9x13-inch casserole dish. Top with cornflakes or potato chips. Bake for 1 hour or until heated through. Yields: 8 to 12 servings.

CHICKEN AND DUMPLINGS

Submitted by **Marlo Bockting**

To 6 cups hot, easy chicken stock, add 3 cups cooked chicken and 3 chopped carrots. In a separate bowl, combine 1-1/2 cup Bisquick, 1/2 cup milk and 2 tablespoons Parmesan cheese.

Drop dough by rounded teaspoons into stock mixture. Cook, uncovered for 10 minutes. Cover and cook for 10 more minutes. Serves 6.

QUICK AND EASY CHICKEN, BROCCOLI AND BROWN RICE

Submitted by **Marlo Bockting**

1 Tbsp. vegetable oil
4 skinless, boneless chicken breast halves
1 (10-3/4 oz.) condensed cream of chicken soup (regular, 98% fat free or healthy request)
1-1/2 c. water
1/4 tsp. paprika
1/4 tsp. ground black pepper
1-1/2 c. uncooked instant brown rice
2 c. fresh or frozen broccoli florets

Heat oil in 10-inch skillet over medium high heat. Add chicken and cook until well browned on both sides. Remove chicken from skillet.

Stir soup, water, paprika and black pepper in skillet. Heat to a boil. Stir rice and broccoli in skillet. Reduce heat to low. Return chicken to skillet. Sprinkle additional paprika and black pepper over chicken. Cover and cook 5 minutes or until chicken is cooked through and rice is tender.

CHICKEN/DRESSING CASSEROLE

Submitted by **Marlo Bockting**

3 lb. chicken (cooked) taken off the bone and cut in chunks
1 (8 oz.) stuffing – Round can
1/2 c. oleo
1/2 c. chicken broth
1 can evaporated milk (big)
2 cans of soup (cream of celery, broccoli or chicken)

Heat broth, soup, milk. Mix oleo with stuffing. Spray dish. Put half the dressing in pan, then chicken. Pour liquid on top with rest of stuffing. Bake 400 degrees for half hour.

SAUERKRAUT HOT DISH

Submitted by

Genevieve Juergensmeyer

1 (1-1/2 lb.) pork steak, cubed
1 medium onion chopped
2 celery ribs chopped
1 can (16 oz.) sauerkraut undrained
8 oz. noodles cooked and drained
1 can cream of mushroom soup, undiluted
1 can (4 oz.) mushrooms, drained
Salt and pepper to taste

In a large skillet brown meat, add the onion and celery, cook until onion is transparent. Stir in sauerkraut and noodles, soup and mushrooms. Season with salt and pepper. Spoon into greased 2-qt casserole, cover and bake at 350 degrees for 1-1/2 hours or till meat is tender, stirring occasionally. Yield: 6-8 servings.

The blend of ingredients is a pleasant surprise.

BAR-B-QUE TOMATO DISH

Submitted by **Joan Kiso**

1 can tomato soup
1 can water
6 Tbsp. brown sugar
1/4 tsp. salt
(cook until blended)
2 c. bread cubes
1/4 c. melted butter

Put bread cubes in casserole. Pour melted butter over bread. Add tomato mixture.

Bake 350 degrees for 30 minutes.

BAKED FISH

Submitted by **Julia Wilde**

2 catfish fillets
1 egg white
1 tsp. water
1/3 c. Louisiana Fish Fry
1/3 c. Italian bread crumbs
1/4 tsp. garlic salt
1/2 tsp. lemon pepper

Heat oven to 400 degrees. Line cookie sheet with foil, spray. Beat egg white and water with whisk. Mix crumbs, lemon pepper, garlic salt. Dip fish in egg mixture-bread crumbs. Put on foil lined pan. Spray. Bake 10 min. Turn-spray. Bake 10 minutes longer.

TATER TOT CASSEROLE

Submitted by **Nancy Maxwell**

1 (32 oz.) frozen tater tots
1/2 white onion, diced
1/2 tsp. each of garlic powder, salt, pepper
1/3 c. sour cream
1 can (10 oz.) condensed cream of mushroom or chicken soup
1 can (10 oz.) condensed cheddar cheese soup
1 can green beans, well-drained
1 can corn, well drained
2 c. shredded cheddar or colby jack cheese
1 lb. lean ground beef
2 tsp. Worcestershire sauce

Preheat oven to 350 degrees. Grease 9x13-inch baking dish with non-stick cooking spray and set aside. In a large skillet brown the ground beef, onions, garlic powder, salt, pepper, and Worcestershire sauce until the beef is no longer pink. Drain grease.

In a large bowl mix together the beef mixture with the sour cream, both cans of soup, corn, green beans and 1 cup of cheese.

Spread the beef and soup mixture into the prepared pan. Top with an even layer of tater tots and bake in the oven for 50 minutes, until tater tots are brown and casserole is bubbling. Top with remaining cheese and bake 5 minutes longer until cheese is melted.

This can also be put into 2 8x8-inch square pans and freeze one (before cooking) for later.

HAMBURGER SOUP

Submitted by **Nancy Maxwell**

1 lb. lean ground beef
1/2 tsp. garlic salt
1 (32 oz.) container of beef broth
2 tsp. Worcestershire sauce
1 bay leaf
1/2 c. chopped up carrots
salt and pepper to taste
1 onion chopped up
2 medium potatoes, peeled and diced
1 can condensed tomato soup
1 tsp. Italian seasoning
1 can each of green beans and corn, well drained
1 can (28 oz.) diced tomatoes with juice

Brown onion, ground beef and garlic salt until beef is no longer pink. Drain well. Add potatoes, broth, tomatoes, tomato soup, Worcestershire sauce, seasonings and bay leaf. Simmer covered 10

minutes. Stir in vegetables. Simmer for 20-30 minutes or until the potatoes are tender. Remove the bay leaf and serve.

BEEF BROCCOLI PIE

Submitted by **Nancy Maxwell**

2 deep dish pie crusts (unbaked)
1 (10 oz.) pkg. frozen broccoli (cooked)
1 small onion chopped
1 (3 oz.) pkg. cream cheese
1-1/2 lb. ground beef
2 Tbsp. flour
1/2 tsp. garlic salt
1 c. milk
1 egg (slightly beaten)

Brown beef and onion, drain well. Add flour, cream cheese and milk, cook until bubbly. Stir in egg and cook a couple minutes. Add cooked broccoli, stir and pour into one of the crusts, then top with the other pie crust and crimp edges down. Bake at 350 degrees for 45 minutes. Let stand for 10 minutes before serving.

CROCKPOT ROAST

Submitted by **Nancy Maxwell**

2-4 lb. beef roast
1 pkg. Good Seasoning Dry Italian dressing
1 beef bullion cube
1 pkg. Au Jus dry mix
1-1/2 c. water

Combine all ingredients and place in crock pot. Cook on low for 6 hours. Take out and shred if desired and serve with potatoes or rice.

Lemony Chicken Broccoli Skillet Meal Recipe



Ingredients:

4 boneless, skinless chicken breasts
large head broccoli, broken into florets
1 Tbsp avocado, or olive oil
sea salt and fresh ground black pepper, to your taste
1 tsp chili flakes
2 Tbsps capers
1 cup chicken broth
1/4 cup fresh squeezed lemon juice
3 cloves fresh garlic, minced or pressed
fresh lemon slices to garnish (optional)

Instructions:

Heat oil in a large skillet over medium-high heat. Season the chicken with sea salt, pepper, and chili flakes and rub it on both sides.

Cook chicken in the skillet for about 3-4 minutes per side or until golden brown. Remove and set aside.

Add in the chicken broth, lemon juice, capers, and garlic to the skillet. Stir and scrape up the brown bits from the bottom of the pan.

Add in broccoli, then nestle in the chicken back to the skillet.

Simmer for about 10 minutes, until broccoli is bright green and tender-crisp and chicken is cooked through.

Garnish with lemon slices and enjoy!



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1 tbsp each soy sauce, sweet soy sauce, ginger and garlic
 2 tsp sherry wine vinegar
 2 scallions
 1/2 tsp red chili flakes
 2 tsp sesame oil
 Salt and pepper to taste



Preparation:

- Blend marinade ingredients until smooth.
- Marinate shrimp for 1 hour.
- Using preheated grill, cook shrimp turning 3 times until done.

Recipe courtesy of the Chefs at the Monogram Experience Center



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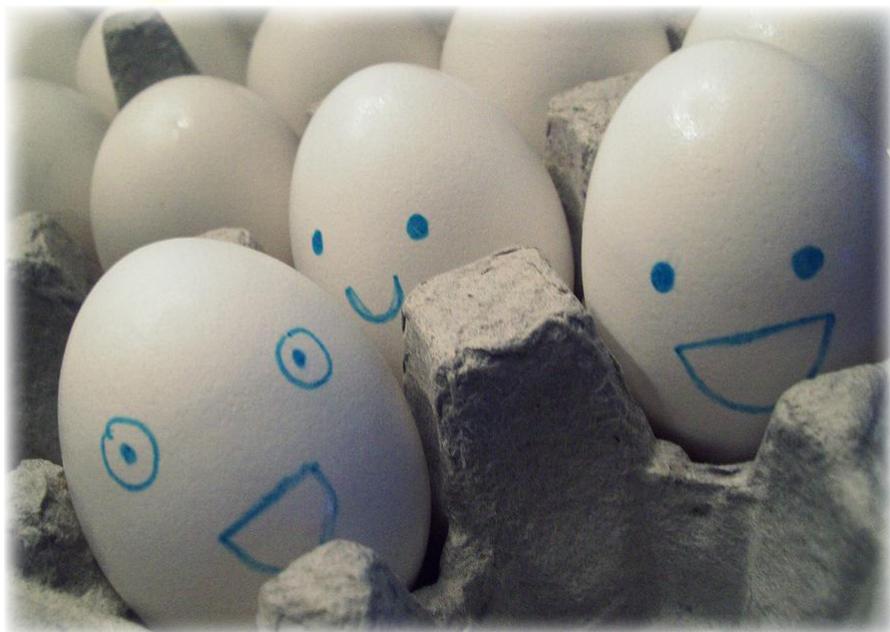
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