

BEAN-BACON BAKE

INGREDIENTS

5	slices	bacon, cut into 1 inch pieces
1	cup	onions, chopped
1/2	each	red, yellow, and green peppers, chopped
1	stalk	celery, chopped
1	15 oz. can	lima beans, liquid reserved
1	15 oz. can	kidney beans, liquid reserved
1	15 oz. can	pinto beans, liquid discarded
1	15 oz. can	corn, liquid discarded
1	15 oz. can	Italian-style tomatoes, chopped or pureed
1/8	cup	honey
2	tbsp	cider vinegar
1	tsp	cumin
1	tsp	oregano
1	tsp	dry mustard
1	tsp	black pepper
1	tsp	salt

PROCEDURE

Fry bacon pieces until crisp, set aside; add onions and celery and cook until limp. Blend reserved bean liquids in a bowl and stir 1 cup into onions, along with the honey, vinegar, and spices. Transfer to a baking pan: add bacon, peppers, beans, tomatoes, and corn; stir to combine. Cover and bake at 350° for 1 hour, remove cover and continue baking for 30 more minutes or until desired consistency is reached. (Some may want their dish "soupier" while others would prefer "dryer.")

Based on a recipe I saw in Reader's Digest.

CAREY DILLINGER 1996

EVERYTHING BUT THE KITCHEN SINK BRUNSWICK STEW

INGREDIENTS:

1	lb.	boneless chicken breasts, cut into half-inch cubes
1/2	lb.	Polish kielbasa, cut into half-inch cubes
1/2	lb.	ground pork sausage
2	large	potatoes peeled and cut into half-inch cubes
1	large	onion, chopped
2	medium	stalks celery, chopped
1	16 oz. can	Italian style tomato sauce
1	16 oz. can	mixed vegetables
1	8 oz. can	baby lima beans
1	8 oz. can	nibblem corn
2	tsp.	salt
1/4	tsp. each	red, white, and black pepper, chili powder
1/2	tsp.	liquid smoke
8	oz.	water

LET'S COOK!

Begin by browning the ground sausage in a skillet. When the grease starts to run, add the chicken and cook until white. Using a slotted spoon, remove meat from skillet and transfer to crock pot. Add onion and celery to remaining drippings in skillet and cook until onion just turn clear. While waiting on the onions and celery, add the potatoes, tomato sauce, mixed veggies, lima beans, and corn to crock pot. Turn crock pot on high. Now use slotted spoon to remove onions and celery from drippings and add to crock pot. Finally, add spices, liquid smoke, and water. Now stir thoroughly, cover crock pot and cook on high for 5 to 6 hours. At the five hour mark, dip out a potato cube and test for doneness.

Tasty alternative: substitute home-smoked meat or meat from the local BBQ Restaurant. Do **not** use Liquid Smoke if using smoked meat.

This recipe could be cooked on the stove top at a medium low heat for about 2 hours.

I based this recipe on the one in the Foxfire Book and the stew from Woody's Bar B Q; however the amounts were discovered by trial and error. In other words, you may want to adjust the spices, veggies, or even the meats to suit your taste. A word of warning, liquid smoke can dominate the pot, so be very careful increasing it.

CAREY DILLINGER 1995

COMMISSARY BARBECUE BEANS

INGREDIENTS

1 Can Pork and Beans (53 oz)
1/2 lb. pulled pork shoulder
1/2 cup chopped purple onion
1/2 cup barbecue sauce
1/4 cup Worcestershire sauce
1 tbsp brown sugar
2 tsp chili powder
1 teaspoon prepared mustard

PROCEDURE

Combine all ingredients in a lightly greased baking pan.
Cover and bake at 350 degrees for 45 minutes.
Remove cover and bake 15 minutes or until bubbly.

Based on the recipe of Walker Taylor, Jr. Germantown Commissary Co., Memphis TN,
USA. (1990)

CHICKEN-SAUSAGE JAMBALAYA

1	lb.	boneless chicken breast (all meat pre-cooked and cubed)
1	lb.	boneless pork
1/2	lb.	smoked sausage
1/2	lb.	smoked ham
1	cup	yellow onions (all veggies, chopped)
1/2	cup	green onions
1	cup	green pepper
1/2	cup	celery
2	tbsp.	fresh parsley
2	cloves	garlic minced
2	tsp.	salt
1/2	tsp.	black pepper
1/4	tsp.	red pepper
1/4	tsp.	chili powder
1/4	tsp.	thyme
1	whole	bay leaf
1/16	tsp.	apple pie spice (this can overpower the dish, so be careful)
3	tbsp.	butter
1	cup	long grain rice
24	oz.	Italian style tomato sauce
2	cups	water

LET'S COOK!

Use butter to lightly brown chicken and pork, in a pot big enough to hold this mess. (4 qt)
When meat is nigh to done, add veggies and cook until onions clear (5-7 min). Add the spices, the water, the tomato sauce and the rice. It ain't in the list but add a tbsp of Worcestershire sauce about..... now. Give everything a big stir then let it come to a boil. Now cover and simmer on low heat about 25 minutes or until rice is done.

You can add more water and simmer longer if need be.

LET'S PARTAKE OF OUR AWESOME REPAST!

[Why the "colorful language?" I wrote this for one of the LHS English teachers, she found my nomenclature to be quite humorous!]

CAREY DILLINGER 1994

FAYE'S 10-DAY SLAW

INGREDIENTS

1	medium	head of cabbage
1	large	carrot
1/2	large	green pepper
1	medium	sweet onion
3/4	cup	sugar
1	tsp.	dry mustard
1	tsp.	celery salt
3/4	cup	white vinegar
1/2	cup	vegetable oil
1	tbsp.	sugar
		salt to taste

PROCEDURE

Chop or grate coarsely: cabbage, carrot, green pepper, and onion. Mix together. Add 3/4 cup of sugar, mustard, and celery salt, then mix some more.

In a small saucepan combine vinegar, oil and 1 tbsp sugar and bring to a boil over medium-high heat. Pour over cabbage mixture, cover and refrigerate overnight.

Salt to taste the next day.

Will keep in the fridge for up to 10 days.

Adapted from a recipe given to us by Faye Barker.

Carey Dillinger - 1996

Lisa's Version of Hoppin' John

Hoppin' John:

1 pkg. of dried black-eyed peas (12 oz.)
2 quarts of water
1/2 lb. country ham (or 1 meaty ham bone)
1 cup chopped onion
1 cup chopped celery
1 bay leaf
1 tsp. fresh oregano
1 tsp. fresh rosemary (I substitute basil if rosemary isn't in the cabinet.)
1 tsp. sugar (I don't put this in, but you might like it.)
1 tsp. salt
1/2 tsp. freshly ground pepper

Hoppin' John Directions:

Sort and wash peas, place in heavy saucepan and add water to cover. Note: the directions on dried black-eyed peas vary, but I like these directions best. Cover saucepan and bring to boil. Immediately remove from heat. With lid in place, soak peas 1 hour and drain. Combine ham and 2 quarts water in heavy cooking pot. Bring to boil. Reduce heat, and cover and simmer 45 minutes. Add remaining ingredients, and bring to boil. Reduce heat, cover and simmer an additional 30 minutes or until black-eyed peas are done. Remove ham and cut in small pieces. Stir ham back into pea mixture.

Vinaigrette:

3 bunches of fresh green scallions
1/3 cup of red wine vinegar
1 Tbsp. Dijon mustard
1 cup peanut oil (or regular cooking oil)
Salt to taste
Freshly ground pepper to taste
2 Tbsp. chopped fresh basil
4 strips bacon, fried crisp and crumbled (optional)

In small sauce pan combine all ingredients except fresh scallions. Slowly whisk in the ingredients. Heat on stove. Just before serving add scallions. Serve in bowl with ladle.

Hoppin' John should be served over cooked rice, then dip a ladle full of vinaigrette over the entire dish. UMMMMMM Good!!

Lisa Yopp Dillinger, 1998

ITALIAN-STYLE MEAT SAUCE

INGREDIENTS:

1 1/2	lbs.	lean ground beef
1/2	lb.	mild ground pork sausage
28	oz.	tomato puree
24	oz.	tomato sauce
1	8 oz. can	mushrooms
1	cup	catsup
2	large	onions, chopped
2	cloves	garlic, minced
2	tsp.	salt
2	tsp.	oregano, crumbled
1		bay leaf

CROCK POT INSTRUCTIONS:

Brown ground beef and pork sausage and drain excess fat. Transfer beef to crock pot and add all ingredients, except tomato sauce. Stir and add enough tomato sauce to fill crock pot.

Cook on low for 12 to 16 hours or on high for 6 to 8 hours.

Yield: about 4 qts. of sauce.

Note: Be sure to stir once or twice during cooking and thoroughly before serving. Also you may need to skim some fat off the top prior to final stirring.

CAREY DILLINGER 1996

ITALIAN SAUSAGE AND KIDNEY BEANS

INGREDIENTS:

2	large	onions, peeled
1		green pepper, chopped
4	cloves	garlic, minced
1/3	cup	olive oil
1 1/2	lbs.	Italian sausage
2	15 oz. cans	Italian whole tomatoes, chopped
1	15 oz. can	tomato sauce
1/2	cup	honey
1/2	cup	white vinegar
1	15 oz. can	red kidney beans
1	tsp.	oregano
1	tsp.	basil
1	tsp.	black pepper
1	tsp.	salt

PROCEDURE:

Halve onions and slice thin. In a large skillet over medium high heat, sauté onions with pepper chunks and minced garlic in olive oil, until onions turn light brown. Transfer to large pot and set aside. Remove sausage from skin and add to skillet, brown two to three minutes and drain excess grease. Remove from skillet and add to the pot. Stir in tomatoes, kidney beans, tomato sauce, vinegar, honey, herbs, salt and pepper. Simmer two hours. Can be served with grated Parmesan cheese as a topping. Makes about 1 gallon.

Based on a recipe by V. Sebastiani.

CAREY DILLINGER 1994

MISSION BAKED BEANS

INGREDIENTS:

8 slices bacon, cooked and crumbled
1 28 oz. can pork and beans
1 8 oz. can enchilada sauce
1 16 oz. can chili beans, undrained
3/4 cup finely chopped onions
1/2 cup packed dark brown sugar
1 tbsp. all-purpose flour
1 tsp. chili powder
1 tsp. ground cumin
1/8 tsp. garlic powder
4 oz. shredded Monterey Jack cheese

PROCEDURE:

Combine all ingredients, except cheese; mix gently. Place in a greased 2-qt. casserole. Bake uncovered at 450° for 15 minutes. Reduce heat to 375°; bake for 30 minutes, stirring occasionally. Sprinkle with cheese; bake 15 minutes longer.

YIELD: 8 to 10 servings

Based on a recipe by Mrs. Charles Lewis, Yucaipa, CA.

MEXICAN LASAGNA

INGREDIENTS:

1	lb.	lean ground beef
1/2	lb.	ground pork
1	16 oz. can	refried beans
2	tsp.	dried oregano
1	tsp.	ground cumin
3/4	tsp.	garlic powder
12	uncooked	lasagna noodles
2 1/2	cups	water
2 1/2	cups	picante sauce
2	cups	sour cream
3/4	cups	chopped green onions
4	oz.	shredded Monterey Jack cheese

LET'S COOK!

Begin by browning beef and pork together. Drain fat and add refried beans, oregano, cumin and garlic powder. Stir the fool out of it and remove from heat. I hope you have a 13 in. x 9 in. x 2 in. baking pan and have pre-heated the oven to 350 degrees. Meanwhile... back at the baking pan; place four of the uncooked lasagna noodles in the bottom of the pan. Now deploy one-half of the meat mixture over these noodles. Top with four more noodles and then the remaining meat mixture. Superimposition the remaining four noodles atop our glorious creation. Now combine the water and the picante sauce and pour over all. Cover tightly with foil and bake about one and one-half (1-1/2) hours until noodles are tender. Now combine sour cream and onions and spoon over the casserole when it is done. Top with cheese and return to oven uncovered for about 5 minutes until cheese is melted.

CAREY DILLINGER 1994

Based on a recipe by Ellene Whitworth of Weatherford, TX.

PORK AND RIB JAMBALAYA

INGREDIENTS

1	lb.	pork spareribs cut into 1 rib pieces
1/4	lb.	bacon
1	large	onion peeled and chopped
6		green onions, chopped
2	cloves	garlic, minced
1/2		green pepper, chopped
1/2		red sweet pepper, chopped
1	stalk	celery, finely chopped
1	cup	smoked ham, diced
1	lb.	polish kielbasa, cut into chunks
1 1/2	cups	long grain rice
1/2	tsp.	chili powder
1/2	tsp.	salt
1/4	tsp.	black pepper
1/4	tsp.	cayenne pepper
3	cups	chicken stock
1	tbsp.	Worcestershire sauce

PROCEDURE

Preheat oven to 425°

Arrange the ribs in a greased pan and bake for 30 minutes.

In the meantime, fry the bacon in a large, heavy pot until crisp. Remove the bacon, drain on a paper towel and crumble.

Add the onions, garlic, peppers, and celery to the bacon fat and cook until vegetables are softened. Add the ham and kielbasa, cover and cook 10 minutes, stirring every few minutes.

Stir in the rice, the spices, the bacon, the Worcestershire sauce, and the chicken stock, and bring to a boil.

Drain the ribs on paper towels, then bury in the jambalaya. Cover and cook over a low heat for 20-25 minutes.

Carey Dillinger (adapted from *Cajun Cooking* by Norma MacMillan)

WHITE CHILI

INGREDIENTS

1	lb.	chicken breast, cubed
3	tbsp.	olive oil
2	tsp.	garlic, minced
1/2	cup	onions, chopped
1/4	cup	flour
2	cups	chicken broth
1	4 oz. can	Mexican chilies, chopped
2	15 oz. cans	Great Northern Beans
1 1/2	cups	Monterey Jack cheese, grated
1	tsp.	cumin
1/8	tsp.	cloves, ground
1/8	tsp.	cayenne pepper
1/2	tsp.	oregano
1	bag	tortilla chips
		sour cream (optional)

PROCEDURE

In a large pot, use 2 tbsp. olive oil to brown chicken. Remove chicken, add remaining oil and sauté onions until clear, and then add the garlic. Add the chicken broth and bring to a low boil. In a cup stir the flour into 1/3 cup of ice water, whisking until no lumps appear. Slowly add this to the boiling broth, whisking quickly. Stir until thickened, and then reduce heat to medium. Stir in spices and chilies.

Add 1 cup grated cheese (reserve 1/2 cup), stirring until melted. Stir in the chicken, reduce heat to simmer and cook 20 minutes. Stir often to prevent scorching.

Add beans, cook 10 minutes on simmer. (Cooking the canned beans too long will turn them to mush.)

Serving Suggestion: Ladle chili over a bed of crushed tortilla chips, and top with reserved cheese and sour cream.

(My student Melody Cooper brought me this recipe from her mother Ruth Hall, 1997)

FIVE LAYER TACO DIP

INGREDIENTS

1 pkg. taco seasoning mix
1 lb. ground beef
 $\frac{3}{4}$ c. water
16 oz. refried beans (1 can)
2 c. shredded Mexican blend cheese.
1 c. sour cream
2 c. salsa
8 chopped green onions (keep whites and greens separate)
Tortilla chips

DIRECTIONS

In a skillet prepare taco mix, with ground beef and water per directions on the package. While browning the ground beef, add onion whites. Add refried beans and cook 5 additional minutes.

In a 7 x 12 glass baking dish spread beef, bean and onion whites mixture. Layer the remaining ingredients (except tortilla chips) in order given above. The onion greens are the final layer.

Heat in oven at 325 degrees until cheese melts (about 15 minutes).

Serve with tortilla chips for dipping.

[Adapted from an eight layer dip found at www.cdktichen.com, July 2008]