Dressings, Dips & Sauces

Nacho Party Dip

New York

Ingredients

1 (8 oz) package cream cheese
1 can **CSFP vegetarian beans**, mashed
1 can **CSFP tomatoes**, diced
2 tsp. garlic powder
2 tsp. onion powder
1 lb **CSFP American cheese**, shredded
Bag of tortilla chips

Method

1. Preheat oven to 350° F.
2. Spread 1 package of cream cheese on the bottom of a casserole dish.
3. Spread mashed vegetarian beans on top of cream cheese.
4. In a bowl, combine diced tomatoes, garlic and onion powder. Place tomato mixture on top of the vegetarian beans.
5. Sprinkle top of mixture with shredded American cheese.
6. Bake at 350° F for 20-25 minutes or until cheese is melted.
7. Serve with tortilla chips.

Salsa

New York

Ingredients

1 can **CSFP tomatoes**, diced
1 small onion, diced
1 clove garlic, minced
1 Tbsp. basil
1 can **CSFP corn**, drained
¼ cup balsamic vinegar
½ cup olive oil
Bag of tortilla chips

Method

1. In a bowl, combine all ingredients except for tortilla chips.
2. Refrigerate for 1 hour.
3. Serve with tortilla chips.

Pineapple-Orange Marinade

New York

Great on Chicken or Pork

Ingredients

½ cup **CSFP orange juice**
¼ cup vegetable oil
1 cup **CSFP pineapple**, crushed

Method

1. In a saucepan, mix together all ingredients.
2. Heat on high for 5 minutes.

BBQ Marinade

New York

Great on Steaks or Burgers

Ingredients

1 can **CSFP applesauce**
½ cup ketchup
2 cups brown sugar
6 Tbsp. lemon juice
½ tsp. salt
½ tsp. pepper
½ tsp. paprika
½ tsp. garlic powder
½ tsp. cinnamon

Method

1. In a saucepan, mix together all ingredients.
2. Heat on high for 5 minutes.

Sweet-N-Sour Marinade

New York

Great on Chicken or Pork

Ingredients

1 can **CSFP pineapple**, crushed
1/4 cup white or red vinegar
3 Tbsp. brown sugar
3 Tbsp. ketchup
1 Tbsp. soy sauce
1 Tbsp. corn starch

Method

1. In a saucepan, mix together all ingredients.
2. Heat on high for 5 minutes.

Tasty Taco Dip

New York

Ingredients

1 large onion, diced
1 Tbsp. oil
1 can **CSFP beef**, drained
1 can **CSFP tomatoes**, drained & diced
1 can **CSFP corn**, drained
1 tsp. onion powder
1 tsp. garlic powder
1 (16 oz) container non-fat sour cream
2 cups **CSFP American cheese**, shredded
Tortilla chips

Method

1. In a large skillet, over medium heat, sauté onion in oil for 5 minutes.
2. Add in beef, breaking into small pieces, and cook for 5 minutes. Remove from heat.
3. In a bowl, combine diced tomatoes, corn, onion powder and garlic powder. Mix well.
4. In a casserole dish, layer cooked beef, sour cream, tomato and corn mixture. Top with shredded American cheese.
5. Refrigerate for 2 hours.
6. Serve with tortilla chips.

Taco dip can be served hot or cold.

To serve hot, bake in 350^{o} F oven for 15 minutes or until cheese melts.

Cheese Sauce

Iowa

Ingredients

4 Tbsp. butter or margarine
¼ cup flour
¼ tsp. salt (optional)
2 cups **CSFP evaporated milk**
1 1/2 cups **CSFP American cheese** (cut into small pieces)

Method

1. Melt butter or margarine in a saucepan.
2. Remove saucepan from heat.
3. Add flour.
4. Stir until it is smooth. Add salt and stir.
5. Add milk a little at a time to flour mixture.
6. Stir until there are no lumps.
7. Cook over medium heat, stirring constantly until thick.
8. Add small pieces of cheese to sauce and stir.
9. Pour over cooked macaroni or broccoli. Makes 2 cups of sauce.

Hot Hamburger-Cheese Dip

Iowa

Ingredients

1 can (10 ¾ oz.) condensed tomato soup
1 can **CSFP beef**, drained
1 lb. **CSFP American cheese**, shredded
Chili powder

Method

1. Brown ground beef in a skillet, drain off excess fat.
2. Stir in tomato soup, shredded cheese and chili powder.
3. Stir and heat until cheese has melted and mixture is hot.
4. Serve with nacho cheese chips.

TIP:
If mixture is too thick, add ½ cup of water.
The more chili powder used, the spicier the mixture will be.

Basic White Sauce

Michigan

Ingredients

Thin: for creamed soups, cooked vegetables

1 Tbsp. margarine or butter
1 Tbsp. flour
¼ tsp. salt
¼ tsp. pepper
1 cup water, stock, or bouillon
½ cup **CSFP non fat dry milk** powder

Medium: for creamed and scalloped vegetables

2 Tbsp. margarine or butter
2 Tbsp. flour
1/2 tsp. salt
¼ tsp. pepper
1 cup water, stock, or bouillon
½ cup non fat dry milk powder

Thick: for soufflés and croquettes

3 Tbsp. margarine or butter
3 Tbsp. flour
1/2 tsp. salt
¼ tsp. pepper
1 cup water, stock, or bouillon
½ cup **CSFP non fat dry milk** powder

Method

Choose thin, medium, or thick recipe

1. Melt butter or margarine in a saucepan.
2. Blend in flour, salt and pepper.
3. Slowly add water (or stock or bouillon) and milk powder, stirring often, until it thickens.

Salads & Side Dishes

Mashed Potato Salad

New York

Ingredients

½ cup **CSFP evaporated milk**
½ cup water
1 cup **CSFP instant potatoes**
1 small onion, diced
2 stalks celery, diced
1 tsp. mustard (optional)
1 Tbsp. pickle relish (optional)
½ cup mayonnaise
salt & pepper to taste

Method

1. In a bowl, combine evaporated milk and water.
2. Add milk to the instant potatoes; mix well.
3. Add onion, celery, mustard, pickle relish and mayonnaise to the potato mixture and mix well.
4. Put salad in the refrigerator for 1 hour.
5. Season to taste with salt & pepper. Serve cold.

Macaroni Salad

New York

Ingredients

2 cups **CSFP macaroni**, uncooked
½ can **CSFP tomatoes**, drained & diced (optional)
½ cup mayonnaise
1 small onion, diced
2 stalks celery, diced
1 tsp. mustard (optional)
1 Tbsp. pickle relish (optional)
salt & pepper to taste

Method

1. In a saucepan, over high heat bring 6 cups water and macaroni to a boil. Cook over high heat 8-10 minutes or until macaroni is tender. Drain.
2. Rinse with cold water until macaroni is cool.
3. In a bowl combine all ingredients. Mix until well blended.
4. Put salad in the refrigerator for 1 hour.
5. Season to taste with salt & pepper. Serve cold.

Vegetable Medley

New York

Ingredients

1 large onion, diced
2 Tbsp. butter or margarine
1 can **CSFP carrots**, drained
1 can **CSFP corn**, drained
1 can **CSFP green beans**, drained
1 can **CSFP peas**, drained
1 can **CSFP potatoes**, drained
½ cup **CSFP American cheese**, shredded
1 tsp. salt
1 tsp. pepper

Method

1. In a saucepan, over medium heat, sauté onion in butter or margarine until clear.
2. Add carrots, corn, green beans, peas and potatoes. Stir and cook for 3-5 minutes or until vegetables are hot.
3. Add in shredded American cheese, stirring constantly until cheese melts.
4. Season to taste with salt & pepper.

If mixture is too thick add water,
if it is too thin add evaporated milk.

Macaroni & Cheese

New York

Ingredients

8 cups water
1 Tbsp. olive oil
2 cups **CSFP macaroni**, uncooked
1 cup **CSFP evaporated milk**
2 Tbsp. butter or margarine
1 ½ cups **CSFP American cheese**, shredded
¼ cup **CSFP breadcrumbs***
*(*see recipe on page 10*)

Method

1. Preheat oven to 350° F.
2. In a large saucepan, over high heat, bring 8 cups water, 1 Tbsp. olive oil and macaroni to a boil. Cook over high heat 8-10 minutes or until macaroni is tender. Drain.
3. In a large pot, combine drained macaroni, evaporated milk, butter or margarine, and shredded cheese.
4. Heat on low for 10 minutes, stirring frequently.
5. Once the macaroni mixture is heated, place mixture in a casserole dish.
6. Sprinkle top with breadcrumbs.
7. Bake at 350° F for 15 minutes.

If mixture is too thick add water, if it is too thin add evaporated milk.

Cheesy Beef & Macaroni

New York

Ingredients

8 cups water
2 cups **CSFP macaroni**, uncooked
1 large onion, diced
1 Tbsp. olive oil
1 can **CSFP beef**, drained
1 can **CSFP evaporated milk**
2 Tbsp. butter or margarine
1 lb **CSFP American cheese**, shredded

Method

1. In a large saucepan, over high heat, bring 8 cups water, 1 Tbsp. olive oil and macaroni to a boil. Cook over high heat 8-10 minutes or until macaroni is tender. Drain.
2. In a large pot, sauté onion in olive oil for 5 minutes. Add beef and cook for 5 more minutes.
3. Once macaroni is cooked and drained combine macaroni, evaporated milk, butter or margarine, and shredded cheese with beef and onion mixture.
4. Heat on low for 10 minutes, stirring frequently until cheese is melted.

Sweet Potato-Cranberry Bake

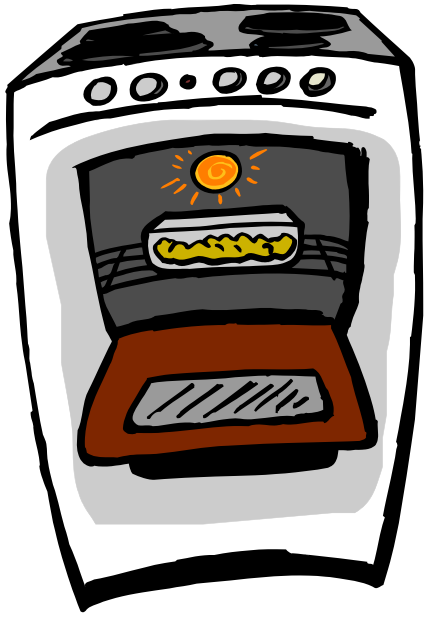
New York

Ingredients

2 cans **CSFP sweet potatoes**, drained and diced
½ can **CSFP pineapple**, drained and diced
2 Tbsp. butter or margarine, melted
1 large egg
1/8 tsp. nutmeg
¼ tsp. cinnamon
¼ tsp. salt
dash of pepper
1 (16-ounce) can cranberry sauce

Method

1. Preheat oven to 350 ^{o} F.
2. In a large bowl, combine sweet potatoes and pineapple.
3. Stir in butter or margarine, egg, nutmeg, cinnamon, salt, & pepper.
4. Mix in ½ can of cranberry sauce.
5. Spray a 1-quart casserole dish with nonstick cooking spray.
6. Spoon sweet potato mixture into casserole dish and top with remaining cranberry sauce.
7. Bake at 350 ^{o} F, uncovered for 40 minutes.



Pasta & Peas

New York

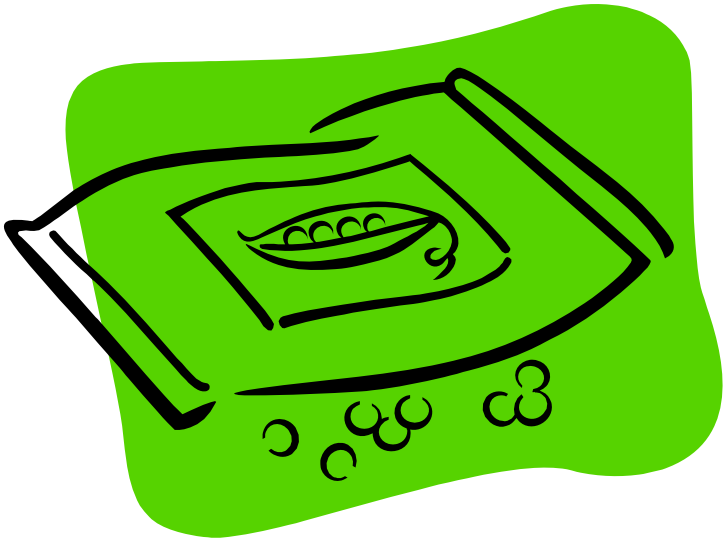
Ingredients

8 cups water
1 cup **CSFP macaroni**, uncooked
1 small onion, diced
1 can **CSFP peas**, drained
2 Tbsp. Parmesan cheese*
1 Tbsp. oil

Method

1. In a large saucepan, over high heat, bring 8 cups water, 1 Tbsp. olive oil and macaroni to a boil. Cook over high heat 8-10 minutes or until macaroni is tender. Drain.
2. In a skillet sauté the onion in 1 Tbsp. oil over medium heat for 3-5 minutes.
3. Add the drained peas and heat for 5 minutes, stirring frequently.
4. Once pasta is cooked and drained, in a large bowl combine all ingredients together. Mix well. Serve.

*One cup of shredded **CSFP American cheese** can be substituted for the Parmesan cheese.



Eggstraordinary Rice

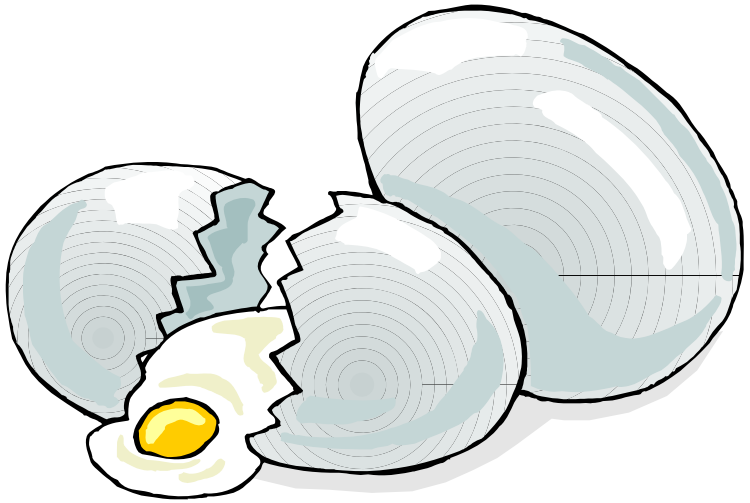
New York

Ingredients

1 cup water
½ cup **CSFP rice**, uncooked
1 Tbsp. butter or margarine
1 large onion, diced
2 eggs, lightly beaten
1 can **CSFP carrots**, drained
1 can **CSFP corn**, drained
1 can **CSFP green beans,** drained
1 can **CSFP peas**, drained
1 Tbsp. low sodium soy sauce

Method

1. In saucepan over high heat, bring water and rice to a boil.
2. Cover and reduce heat to low. Cook for 15 minutes or until all water is absorbed into rice.
3. In a separate saucepan, over medium heat, melt butter or margarine. Add in onions and cook for 2-3 minutes until tender. Add in beaten eggs and scramble.
4. Add carrots, corn, green beans, and peas to scrambled eggs. Stir and heat for 5 minutes.
5. Add cooked rice to egg/vegetable mixture. Stir in soy sauce and serve.



Rainbow Rice

New York

Ingredients

1 large onion, diced
1 cup **CSFP rice**, uncooked
1 Tbsp. olive oil
2 cups chicken broth
1 can **CSFP carrots**, drained
1 can **CSFP corn**, drained
1 can **CSFP peas**, drained
2 can **CSFP tomatoes**, diced
1 Tbsp. basil
1 Tbsp. oregano

Method

1. In a large saucepan, over medium heat, sauté onion and uncooked rice in olive oil for 5 minutes.
2. Add in chicken broth, bring to a boil, cover and reduce heat to low. Cook for 20 minutes.
3. Once rice is cooked, add in remaining ingredients, stir and heat for 5 minutes over medium heat.

Rice Creole

New York

Ingredients

¼ cup butter or margarine(½ stick)
1 cup **CSFP rice**, uncooked
1 small green pepper, diced
1 small onion, diced
1 clove garlic, minced
3 cups chicken broth
1 tsp. salt
½ tsp. pepper
1/8 tsp. ground cloves
2 cans **CSFP tomatoes**, diced

Method

1. In a large saucepan, over medium heat melt butter or margarine.
2. Add rice, green pepper, onion and garlic. Cook for 10 minutes stirring frequently until rice is lightly browned.
3. Add chicken broth, salt & pepper, cloves, and tomatoes.
4. Reduce heat to low, cover and cook for 45 minutes or until all liquid is absorbed into rice.

South of the Border Veggies

New York

Ingredients

1 cup **CSFP rice**, uncooked
2 cups water
1 can **CSFP beef**, drained
1 (1.25 oz) package taco seasoning
2/3 cup water
1 can **CSFP tomatoes**, diced
1 can **CSFP corn**, drained
1 can **CSFP peas**, drained
1 cup **CSFP American cheese**, shredded

Method

1. In a saucepan, over high heat, bring rice and 2 cups water to a boil. Cover and reduce heat to low. Cook 20 minutes or until all water is absorbed into rice.
2. In a separate saucepan, over medium heat, cook beef for 5 minutes. Add in taco seasoning and 2/3 cup water. Cook for another 5 minutes.
3. Add tomatoes, corn, peas and cheese to beef mixture. Stir and heat for 5 minutes. Add in cooked rice. Stir and serve.

Vegetable Jumble

New York

Ingredients

1 Tbsp. olive oil
1 large onion, chopped
1 celery stalk, diced
1 cup **CSFP rice**, uncooked
1 can **CSFP tomatoes**, diced
1 can **CSFP peas**, drained
2 cups low sodium chicken broth
1 cup **CSFP black eyed peas**, cooked
salt and pepper, (optional)

Method

1. In a large saucepan, over medium heat sauté olive oil, onions, celery and rice for five minutes.
2. Add tomatoes, peas and chicken broth. Cover and cook until rice is tender. About 20 minutes.
3. Add black eyed peas to rice tomato and pea mixture and heat for five more minutes. Add salt and pepper if desired.

Potato Balls

New York

Ingredients

1 ⅓ cups water
⅓ cup **CSFP evaporated milk**
1 ½ cups **CSFP instant potatoes**
1 tsp. parsley
½ tsp. turmeric
½ tsp. garlic powder
½ cup **CSFP American cheese**, shredded
¼ cup flour
¼ cup **CSFP evaporated milk**
½ cup **CSFP breadcrumbs***
*(*see recipe on page 10*)
2 Tbsp. oil
salt and pepper to taste

Method

1. In a medium saucepan, bring water to a boil. Remove pan from heat and add ⅓ cup evaporated milk and potatoes.
2. Stir in parsley, turmeric, garlic powder, salt & pepper.
3. Roll 1 Tbsp. potato mixture into a ball. Roll potato ball in cheese. Add another 1 Tbsp. layer of potato mixture to cover cheese.
4. Roll each ball in flour then dip into evaporated milk, then roll in breadcrumbs.
5. Heat oil in skillet and fry potato balls until crisp and golden brown. About 2 minutes.

Potato Pie

New York

Ingredients

2 ⅔ cups water
2 Tbsp. butter
1 ½ cups **CSFP evaporated milk**
3 cups **CSFP instant potatoes**
2 cups **CSFP American cheese**, shredded
2 Tbsp. parsley
¾ cup **CSFP breadcrumbs ***
*(*see recipe on page 10*)
1 Tbsp. paprika
salt and pepper to taste

Method

1. Preheat oven to 350° F.
2. In a saucepan, over high heat, bring water and butter to a boil. Remove pan from heat. Add milk, potatoes, 1 cup cheese, salt & pepper, and 1 Tbsp. parsley. Mix well.
3. Place mixture into a casserole dish. Sprinkle with breadcrumbs, 1 cup cheese, 1 Tbsp. parsley, and paprika.
4. Bake at 350° F for 25 minutes.

Spinach Patties

New York

Ingredients

1 can **CSFP spinach**, drained
½ cup **CSFP bread crumbs***
*(*see recipe on page 10*)
½ tsp. salt
½ tsp. pepper
½ tsp. garlic powder
1 tsp. basil
1 tsp. oregano
1 tsp. parsley
3 eggs
½ cup **CSFP American cheese**, shredded
2 Tbsp. olive oil, for frying

Method

1. In a bowl, combine all ingredients except for oil.
2. In a skillet, heat oil. Roll mixture into 1-inch balls and place in oil. Flatten with a spatula.
3. Fry on both sides until golden brown, about 1-2 minutes per side.

Tuna Patties

New York

Ingredients

1 can **CSFP tuna**, drained
¼ cup **CSFP instant potatoes**, uncooked
¼ cup onion, chopped
¼ cup celery, chopped
¼ cup carrots, chopped
1 clove garlic, minced
1 tsp. parsley
1 tsp. salt
1 tsp. pepper
¼ cup mayonnaise
½ tsp. mustard
½ cup **CSFP bread crumbs***
*(*see recipe on page 10*)
2 Tbsp. olive oil for frying

Method

1. In a large bowl mix together all ingredients except for breadcrumbs and oil.
2. Shape mixture into 2-inch balls.
3. Roll balls in breadcrumbs.
4. Heat oil in a skillet over medium heat.
5. Place balls into hot oil and flatten with spatula.
6. Fry on both sides until golden brown, about 1-2 minutes per side.

Salmon Cakes

New York

Ingredients

2 cans **CSFP salmon**
½ cup **CSFP instant potatoes**, uncooked
2 eggs, beaten or ¼ cup egg mix + ½ cup water
¼ cup onion, diced
¼ cup carrots, diced
¼ cup celery, diced
¼ cup green pepper, diced
1 Tbsp. butter
1 Tbsp. parsley
½ tsp. mustard
2 Tbsp. mayonnaise
1 cup **CSFP breadcrumbs***
*(*see recipe below*)
olive oil for frying

Method

1. In a skillet, sauté onion, green pepper, carrots and celery in butter for 5 minutes, stirring constantly.
2. In a bowl mix together the salmon, eggs **or** egg mix, instant potatoes, parsley, mustard and mayonnaise.
3. Form mixture into 1 inch balls. Roll in breadcrumbs, flatten with a fork and fry in olive oil or bake in a 350° F oven for 15-20 minutes.

CSFP Breadcrumbs

New York

Ingredients

2 cups **CSFP corn cereal**
2 cups **CSFP oat circles cereal**
¼ cup olive oil
1 tsp. paprika
1 tsp. parsley
1 tsp. oregano
1 Tbsp. garlic powder
1 Tbsp. onion powder

Method

1. In a blender, crush cereal. If no blender is available, put cereal in a plastic bag and crush with a can.
2. In a bowl, combine crushed cereal, oil and spices.
3. Mix until well blended. You can add more or less spices depending on your taste.

Beef and Rice Patties

New York

Ingredients

1 can **CSFP beef**, drained
1 large onion, minced
½ cup **CSFP rice**, uncooked
1 cup water
1 Tbsp. olive oil
1 can **CSFP carrots**, drained and diced
2 cups **CSFP American cheese**, shredded
2 large eggs, beaten
CSFP Breadcrumbs*, as needed
*(*see recipe on page 10*)

Method

1. Preheat oven to 350° F.
2. In a saucepan, over medium heat sauté onion in oil for 5 minutes. Add uncooked rice and water and bring to a boil.
3. Cover, reduce heat to low and cook for 20 minutes. Let rice cool.
4. In a large bowl, combine cooled rice, beef, carrots, cheese, eggs and breadcrumbs. Mix until evenly blended.
5. Take mixture and form into patties. Place patties on a baking sheet.
6. Bake at 350° F for 25-30 minutes.

Vegetable Meatballs

New York

Ingredients

1 can **CSFP beef**, drained
1 Tbsp. minced onions
1 can **CSFP mixed vegetables**, drained
1 cup **CSFP American cheese**, shredded
½ cup **CSFP instant potatoes**, uncooked
1 large egg, beaten
½ cup **CSFP breadcrumbs***
*(*see recipe on page 10*)

Garnish

1 Tbsp. minced onion
1 Tbsp. parsley

Method

1. Preheat oven to 350° F.
2. In a large bowl, combine beef, minced onions, mixed vegetables, cheese, instant potatoes, egg and breadcrumbs.
3. Mix until evenly blended.
4. Take mixture and roll to form balls. Place on a baking sheet coated with non-stick cooking spray.
5. Garnish with minced onion and parsley.
6. Bake at 350° F for 15-18 minutes. Serve over **CSFP** spaghetti.

Yummy Green Beans

Iowa

Ingredients

½ cup **CSFP rice**, uncooked
1 cup water
2 cans **CSFP green beans**, drained
1 can (10 ¾ oz.) cream of chicken soup
½ cup **CSFP evaporated milk**
1 cup **CSFP American cheese**, cubed

Method

1. In a saucepan, over high heat bring rice and water to a boil. Cover, reduce heat to low. Cook rice for 20 minutes or until all water is absorbed into rice.
2. Put green beans into a casserole dish.
3. Mix together other ingredients and pour over beans.
4. Bake at 350° F for 25-30 minutes.

Sea Breeze Salad

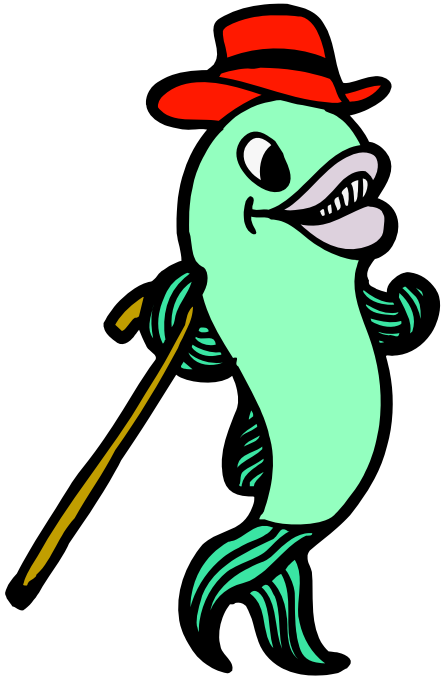
New Hampshire

Ingredients

8 cups water
2 cups **CSFP macaroni**, uncooked
½ can **CSFP tuna**, drained and flaked
½ can **CSFP tomatoes**, drained and diced or 1 tomato, sliced
½ cup olives, sliced
¼ green pepper, diced
¼ onion, cut in rings
½ cup Italian dressing
1 medium cucumber, sliced

Method

1. In a large saucepan, over high heat, bring 8 cups water, 1 Tbsp. olive oil and macaroni to a boil. Cook over high heat 8-10 minutes or until macaroni is tender. Drain.
2. Combine remaining ingredients with cooked macaroni, mix well.
3. Refrigerate for 1 hour. Toss before serving.



Potato Saute'

California

Ingredients

½ bell pepper, finely chopped
1 can **CSFP potatoes**, drained & sliced
1 cup **CSFP corn**, drained
½ cup **CSFP tomatoes**, drained & chopped
½ tsp. dried oregano, crushed
¼ cup **CSFP American cheese**, shredded
salt and pepper

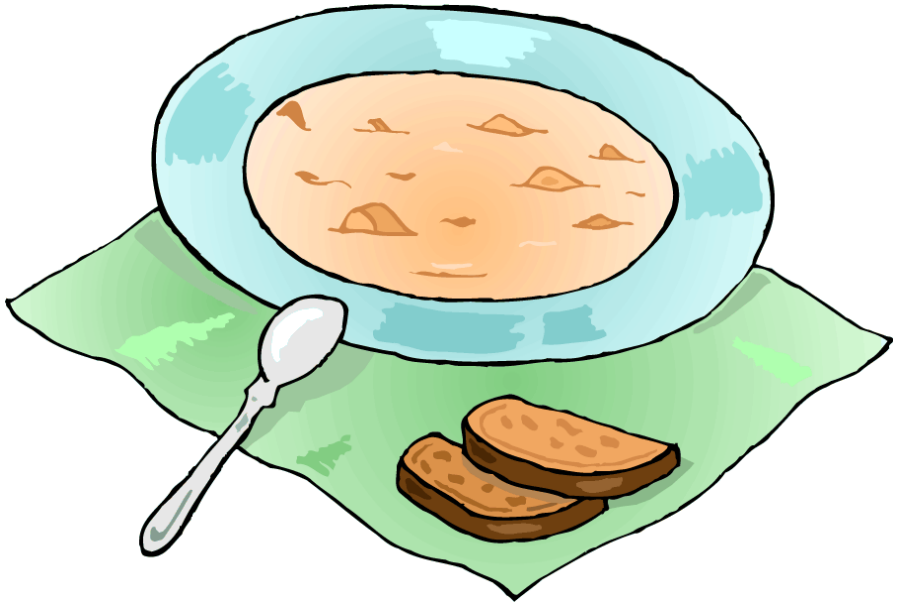
Method

1. Spray frying pan with nonstick vegetable oil cooking spray.
2. Add bell pepper and cook until crisp-tender.
3. Add potatoes and cook for 1 minute.
4. Stir in corn, tomato and oregano, and heat thoroughly.
5. Season with salt and pepper.
6. Sprinkle each serving with small amount of cheese.

Variations:

- Use cheddar cheese instead of American.
- Substitute Mexican style canned tomatoes for the plain tomatoes for added flavor.
- Steam thinly sliced fresh potatoes for use in this recipe.

Soups



Vegetable-Beef Soup

New York

Ingredients

4 cups water
1 Tbsp. olive oil
1 cup **CSFP macaroni**, uncooked
1 cup **CSFP kidney beans**, cooked
1 large onion, diced
2 Tbsp. oil
1 can **CSFP beef**
1 can **CSFP carrots**, drained
1 can **CSFP corn**, drained
1 can **CSFP green beans**, drained
1 can **CSFP peas**, drained
1 can **CSFP potatoes**, drained
2 cans **CSFP tomatoes**, diced
½ can **CSFP tomato juice**
4 cups water

Method

1. 1 In a large saucepan, over high heat, bring 4 cups water, 1 Tbsp. olive oil and macaroni to a boil. Cook over high heat 8-10 minutes or until macaroni is tender. Drain.
2. In a large pot, over medium heat, sauté the onion in oil for 5 minutes, stirring frequently.
3. Add tomato juice, water, carrots, corn, green beans, peas, potatoes, tomatoes, cooked red kidney beans, and cooked macaroni to the beef and onion mixture.
4. Heat on high for 15 minutes. Serve with crackers or bread.

Potato Corn Chowder

New York

Ingredients

1 Tbsp. butter
1 medium onion, diced
1 can **CSFP potatoes**, drained & diced
1 can **CSFP cream style corn**
2 Tbsp. salt
1 tsp. pepper
1 can **CSFP evaporated milk**
3 Tbsp. flour
¾ cup water
1 cup **CSFP American cheese**, shredded

Method

1. In a large saucepan, over medium heat, sauté the onion and potatoes in butter until soft.
2. Add the cream style corn, salt & pepper and evaporated milk.
3. Stir the flour into the water (mixture will be thick).
4. Pour flour mixture into the chowder. Top with American cheese.
5. Cook over low heat for 20 minutes or until thickened.

Creamy Tomato

New York

Ingredients

1 medium onion, diced
¼ cup water
2 Tbsp. flour
1 cup water
2 ½ cups **CSFP tomato juice**
1 cup **CSFP evaporated milk**

Method

1. In a large saucepan, over medium heat, sauté the onion in ¼ cup water until soft, about 5 minutes.
2. Add in the flour and stir until slightly thick.
3. Add 1 cup water, tomato juice and milk.
4. Cook over medium heat for 5 minutes stirring constantly.

Mexican Tortilla

New York

Ingredients

1 Tbsp. oil
1 medium onion, diced
1 Tbsp. garlic powder
1 can **CSFP tomatoes**, diced
2 tsp. chili powder
2 tsp. cumin
2 (14 ½ oz.) cans chicken broth
1 can **CSFP corn**, drained
1 cup **CSFP kidney beans**
1 ½ cup crushed tortilla chips
1 cup **CSFP American cheese**, shredded
½ cup crushed tortilla chips
salt & pepper to taste

Method

1. In a large saucepan, over medium heat, sauté the onion and garlic powder in oil for 5 minutes.
2. Add tomatoes, chili powder and cumin; stir and bring to a boil.
3. Add chicken broth and continue to boil. Stir in corn, beans, and 1 ½ cups crushed tortilla chips. Reduce heat to low and simmer for 15 minutes.
4. Place in bowls and top with American cheese and ½ cup crushed tortilla chips. Season to taste with salt & pepper.

Chicken Rice

New York

Ingredients

1 can **CSFP chicken**
5 stalks celery, diced
1 medium onion, diced
2 chicken bouillon cubes
1 tsp. pepper
1 Tbsp. parsley
4 cups water
2 cups water
1 Tbsp. butter
1 cup **CSFP rice**, uncooked
1 ½ cans **CSFP carrots**, drained
1 can **CSFP green beans**, drained

Method

1. In a large pot, over high heat, combine chicken, celery, onion, bouillon cubes, pepper, parsley and 4 cups water. Stir and bring to a boil. Reduce heat to low and cook for 35 minutes.
2. In a separate saucepan, over high heat, bring water and butter to a boil. Add rice, cover and reduce heat to low.
3. Cook until all the water is absorbed. About 20 minutes.
4. Add carrots, green beans and cooked rice and heat for 5 more minutes.

Vegetable Spring

New York

Ingredients

1 Tbsp. oil
1 medium onion, diced
1 Tbsp. garlic powder
5 stalks celery, diced
2 Tbsp. flour
2 (14 ½ oz.) cans chicken broth
4 cups water
¾ cup **CSFP non fat dry milk**
1 can **CSFP potatoes**, drained
1 can **CSFP carrots**, drained
1 can **CSFP green beans**, drained
2 Tbsp. parsley
1 Tbsp. dill
salt & pepper to taste

Method

1. In a large saucepan, over medium heat, sauté onion, garlic powder, and celery in oil for 5 minutes.
2. Stir in flour. Add chicken broth, water and non fat dry milk; stir until blended.
3. Add potatoes, carrots, green beans, salt & pepper, parsley and dill. Reduce heat to low. Simmer for 20 minutes, stirring occasionally.

Simple Salmon Chowder

New York

Ingredients

1 Tbsp. oil
½ cup chopped onion
3 ½ cups chicken broth
2 cans **CSFP potatoes**, drained and diced
1 can **CSFP whole kernel corn**, undrained
¼ tsp. ground black pepper
1 can **CSFP salmon**
½ tsp. dried dill
1 1/2 cups **CSFP evaporated milk**

Method

1. In a large saucepan, over medium heat, add oil and onion. Cook until onion has softened, about 5 minutes
2. Add chicken broth, drained diced potatoes, undrained can of corn, and ground black pepper. Bring to a boil, lower heat and simmer for about 20 minutes.
3. Drain and remove bones from salmon.
4. Add salmon and dill to the pot.
5. Cook for 5 minutes. Add the evaporated milk. Stir and cook until heated through.

Taco Soup

New York

Ingredients

1 large onion diced
2 cloves garlic, minced
1 Tbsp. olive oil
1 can **CSFP beef**, drained
½ can (3 cups) **CSFP tomato juice**
2 cups water
2 pkgs. (1.25 oz) taco seasoning mix
1 can **CSFP corn**, drained
1 can **CSFP tomatoes**, diced
1 cup **CSFP American cheese**, shredded
1 bag tortilla chips (optional)

Method

1. In a large pot, over medium heat, sauté onion and garlic in oil for 5 minutes. Add beef and cook for 5 more minutes.
2. Add tomato juice, water and taco seasoning mix. Stir well.
3. Add in corn and tomatoes. Cover and heat for 15 minutes.
4. Top with American cheese and heat for 5 more minutes. Serve with tortilla chips.

Potato Soup Mix

Michigan

Ingredients

2 cups **CSFP instant potatoes**
2 cups **CSFP non fat dry milk**
2 Tbsp. instant chicken bouillon
1 Tbsp. dried minced onion
1 tsp. seasoned salt
1 tsp. dried parsley
1/8 tsp. dried thyme leaves
1/8 tsp. turmeric (optional)
1/8 tsp. pepper

Method

1. In a large bowl, combine all ingredients.
2. Place 1/3 cup soup mix in a bowl. Add 1 cup boiling water and stir until smooth.
3. Let soup sit 2 or 3 minutes to thicken.
4. Store remaining soup mix in an airtight container.

Chicken Noodle

New Mexico

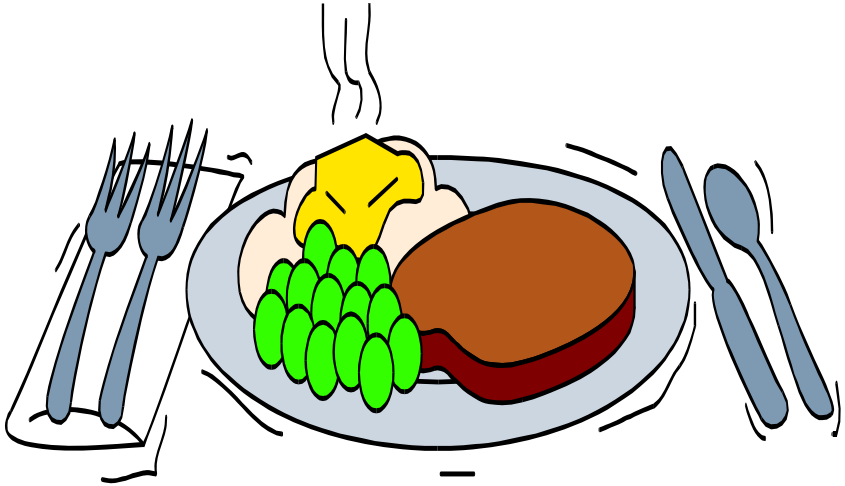
Ingredients

½ cup celery, diced
1 tsp. olive oil
2 cups **CSFP potatoes**, peeled, diced
½ cup **CSFP carrots**, diced, drained
3 Tbsp. flour
½ tsp. garlic powder
3 cups reduced fat chicken broth
½ cup **CSFP chicken**, chopped
¼ cup **CSFP evaporated milk**
¼ cup water
1 cup **CSFP spaghetti or macaroni**, uncooked

Method

1. In a saucepan over medium heat, sauté celery in oil for 5 minutes. Add in potatoes and carrots.
2. Sprinkle flour and garlic powder over vegetables and stir, for 1 minute.
3. Stir in chicken broth Cover and cook for 15 minutes or until potatoes are tender.
4. Add chicken, milk, water and noodles. Cover and cook over low heat until noodles are tender. (10 minutes).

Main Dishes



Chicken Carnaval

New York

Ingredients

1 Tbsp. olive oil
1 small onion, diced
2 cups water
1 Tbsp. butter
1 cup **CSFP rice**, uncooked
½ can **CSFP chicken**, drained
1 can **CSFP tomatoes**, drained and diced
½ can **CSFP corn**, drained
1 tsp. salt
1 tsp. pepper
½ Tbsp. oregano
½ cup **CSFP American cheese**, shredded

Method

1. In a large saucepan, over medium heat, sauté onion in olive oil for 5 minutes.
2. In a separate saucepan, over high heat, bring water and butter to a boil. Add rice, cover and reduce heat to low.
3. Cook until all the water is absorbed. About 20 minutes.
4. Add chicken, tomatoes, corn, salt, pepper and oregano to onion mixture. Cook for 5 minutes stirring frequently.
5. Once rice is cooked, add rice to chicken mixture, stir and top with American cheese.

Rice with Cheese & Vegetables

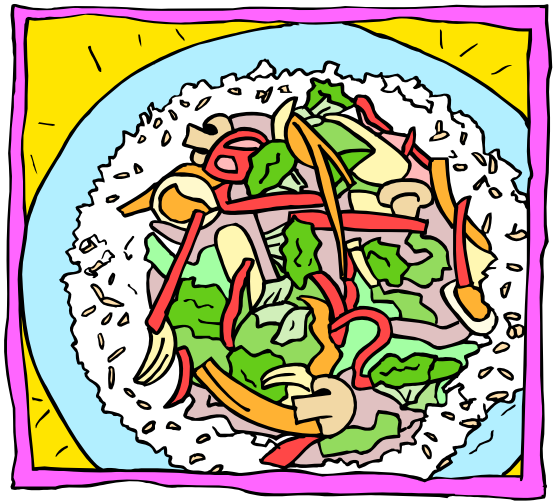
New York

Ingredients

1 Tbsp. oil
1 large onion, diced
1 green pepper, diced
1 tsp. garlic powder
4 cups water
2 cups **CSFP rice**, uncooked
1 Tbsp. vinegar
1 chicken bouillon cube
1 Tbsp. cilantro
salt & pepper to taste
1 can **CSFP green beans**, drained
1 can **CSFP carrots,** drained
1 can **CSFP corn**, drained
½ lb. **CSFP American cheese**, shredded

Method

1. In a large saucepan, over medium heat, sauté onion and pepper in oil for 5 minutes. Add garlic powder.
2. In a separate saucepan, over high heat, bring water to a boil. Add rice, cover and reduce heat to low.
3. Cook until all the water is absorbed. About 20 minutes.
4. Add vinegar, bouillon cube, cilantro, salt and pepper, green beans, carrots and corn to onion and pepper mixture.
5. Add cooked rice to mixture. Top with American cheese.



Pasta Primavera

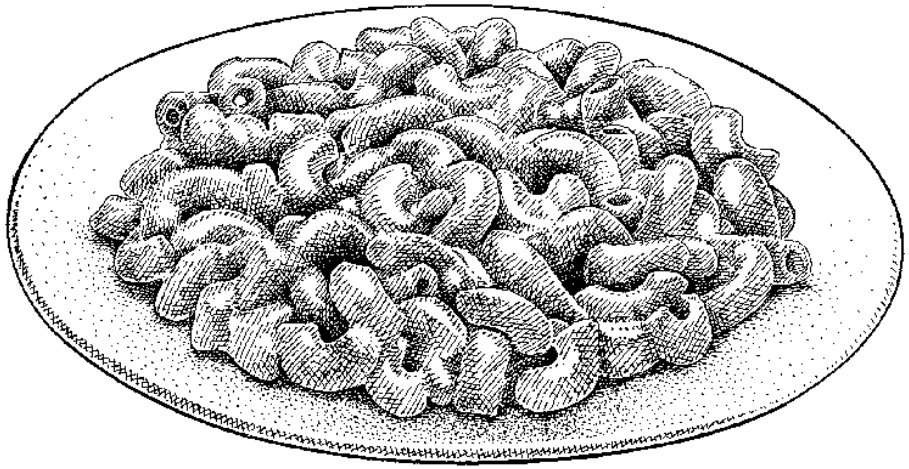
New York

Ingredients

2 cup **CSFP macaroni**, uncooked
4 cups water
1 Tbsp. olive oil
1 large onion, diced
1 clove garlic, minced
½ cup water
½ can **CSFP carrots**, drained
½ can **CSFP corn**, drained
½ can **CSFP green beans**, drained
2 cans **CSFP tomatoes**, diced
2 Tbsp. oregano

Method

1. In a large saucepan, bring macaroni and water to a boil. Cook for 8-10 minutes or until macaroni is tender. Drain.
2. In a large fry pan over medium heat, sauté onion and garlic in olive oil for 5 minutes. Add water and vegetables and heat for 5 more minutes.
3. In a large bowl combine cooked macaroni and vegetables.
4. Sprinkle with oregano. Serve.



Chili

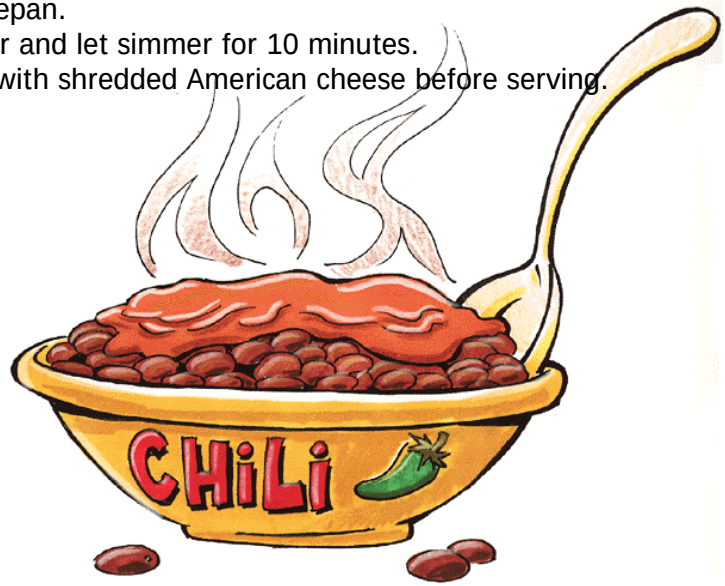
New York

Ingredients

1 cup **CSFP red kidney beans**, cooked
1 cup **CSFP rice**, cooked
1 large onion, diced
1 clove garlic, minced
1 Tbsp. oil
1 can **CSFP beef**, drain and remove fat
1 can **CSFP tomatoes**, diced
1 cup **CSFP tomato juice**
2 cups water
2 tsp. salt
1 Tbsp. chili powder
1 Tbsp. parsley
1 Tbsp. oregano
1 Tbsp. basil
1 can **CSFP vegetarian beans**
½ cup **CSFP American cheese**, shredded

Method

1. Cook beans and rice according to directions on package.
2. In a large saucepan, sauté onion and garlic in 1 Tbsp. oil for 5 minutes over medium heat. Add beef and cook for 5 more minutes.
3. Reduce heat to low. Add tomatoes, tomato juice, water and all spices to saucepan. Mix well.
4. Add vegetarian beans, cooked kidney beans and cooked rice to saucepan.
5. Cover and let simmer for 10 minutes.
6. Top with shredded American cheese before serving.



Fiesta Taco Bake

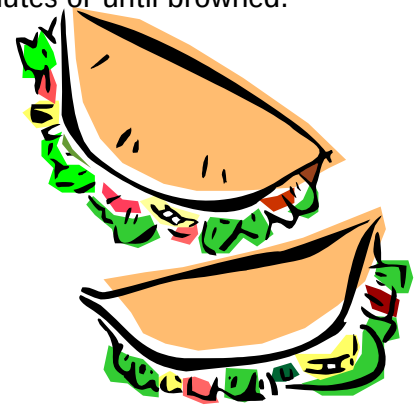
New York

Ingredients

1 can **CSFP beef or chicken*** drained
1 can **CSFP corn**, drained
1 pkg. (1.25 oz) Taco seasoning mix
2/3 cup water
¾ cup yellow corn meal
¼ cup flour
2 Tbsp. sugar
2 tsp. baking powder
¾ tsp. salt
1 cup **CSFP evaporated milk**
1 cup **CSFP American cheese**, shredded
2 Tbsp. egg mix + ¼ cup water, beaten OR 1 egg, beaten

Method

1. Preheat oven to 400° F.
2. In a skillet brown beef or chicken. Stir in corn, taco seasoning mix and water.
3. If cooking with chicken substitute 2 packages of taco seasoning + additional 2/3 cup water. Cook over low heat for 6-8 minutes.
4. In a bowl combine corn meal, flour, sugar, baking powder and salt.
5. In a separate bowl combine evaporated milk and beaten egg mix or egg.
6. Add milk mixture to cornmeal mixture. Stir until blended.
7. Transfer meat mixture into a large casserole dish, sprinkle with shredded American cheese and spread cornmeal/milk mixture over top of meat/cheese mixture.
8. Bake for 20 minutes or until browned.



Tuna Noodle Casserole

New York

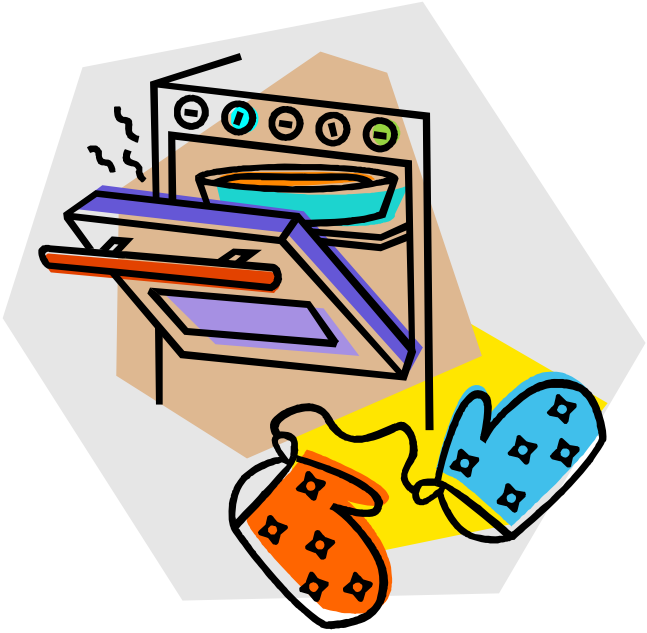
Ingredients

8 ounces (1/2 bag) **CSFP macaroni**, uncooked
1 can **CSFP tuna**, drained
½ cup **CSFP evaporated milk**
1 cup **CSFP American cheese**, shredded
½ cup **CSFP breadcrumbs***
1 can (10 ½ ounces) condensed cream of mushroom soup
½ cup mayonnaise
1/3 cup onion, diced
¼ cup green pepper, diced
1 cup celery, diced black pepper, to taste

*(*see recipe on page 10*)

Method

1. Preheat oven to 425° F.
2. Cook macaroni according to directions on package. Drain.
3. In a large bowl, combine all ingredients, except for breadcrumbs.
4. Place mixture in a casserole dish.
5. Sprinkle top with breadcrumbs.
6. Bake uncovered at 425° F for 15 minutes.



Chicken Casserole

New York

Ingredients

5 Tbsp. butter
1 small onion, chopped
4 Tbsp. flour
½ cup **CSFP evaporated milk**
1 cup chicken broth
salt & pepper to taste
2 cups **CSFP chicken**
1 cup **CSFP carrots**, drained
1 cup **CSFP peas**, drained

Method

1. In a skillet, over medium heat, sauté the onion in butter for 5 minutes.
2. Lower heat. Add flour and stir until well blended; slowly add the milk and chicken broth stirring constantly until thick and smooth; season to taste with salt and pepper.
3. In a saucepan heat chicken, carrots, and peas for 10 minutes over medium heat. Cover with sauce. Serve.

Pasta Bake

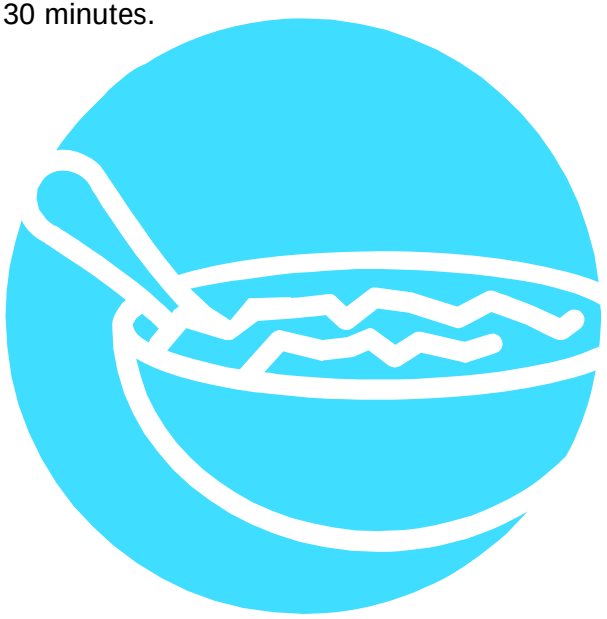
New York

Ingredients

½ bag **CSFP macaroni**, uncooked
4 cups water
1 Tbsp. olive oil
2 cloves garlic, minced
½ tsp. oregano
½ tsp. basil
salt & pepper to taste
1 can **CSFP chicken or beef**, remove fat
2 cans **CSFP tomatoes**
1 can **CSFP peas**, drained
¾ cup **CSFP American cheese**, shredded

Method

1. Preheat oven to 350° F.
2. In a large saucepan, bring macaroni and water to a boil. Cook for 8-10 minutes or until macaroni is tender. Drain
3. In a large saucepan, over medium heat, sauté the garlic, oregano, basil, salt & pepper and pork in olive oil for 5 minutes.
4. Lower heat. Add tomatoes and simmer for 15 minutes. Add peas.
5. Place cooked macaroni in a casserole dish. Place pork mixture over macaroni. Sprinkle with American cheese.
6. Bake for 30 minutes.



Confetti Chicken

New York

Ingredients

1 Tbsp. olive oil
1 large onion, diced
1 cup **CSFP rice**, uncooked
1 can **CSFP chicken**, drained
2 (14.5 oz) cans chicken broth
1 can **CSFP corn**, drained
2 cans **CSFP tomatoes**, diced
1 can **CSFP peas**, drained
2 cups **CSFP American cheese**, shredded

Method

1. In a large sauce pan, over medium heat, sauté onion in olive oil. Add rice and stir until browned, about 5 minutes.
2. Add the chicken. Cook for 5 minutes. Add remaining ingredients except for American cheese.
3. Reduce heat to low. Cover and heat for 20 minutes, or until rice is cooked. Top with American cheese.

Tex-Mex Macaroni

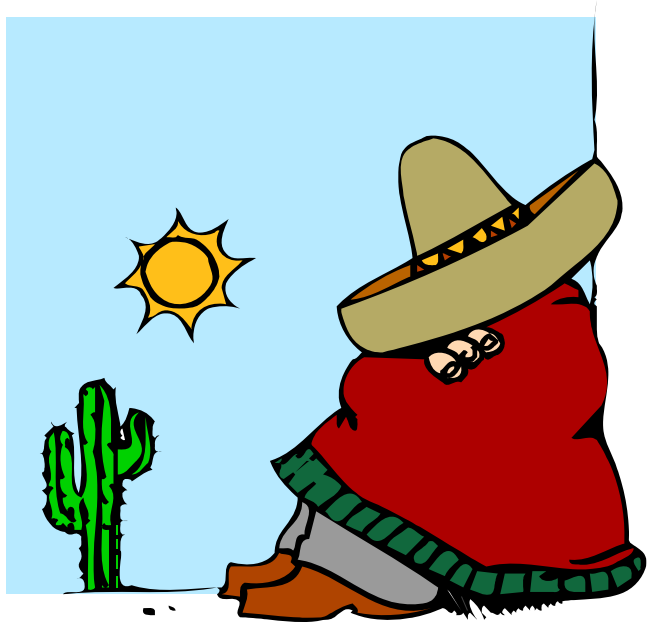
New York

Ingredients

2 cups **CSFP macaroni**, uncooked
4 cups water
1 large onion, diced
1 Tbsp. olive oil
1 can **CSFP chicken**
2 pkgs. (1.25 oz) Taco seasoning mix
1 cup water
1 can **CSFP corn**, drained
1 can **CSFP tomatoes**, diced
1 cup **CSFP American cheese**, shredded

Method

1. In a large saucepan bring macaroni and water to a boil. Cook macaroni for 8-10 minutes or until macaroni is tender. Drain.
2. In a saucepan, over medium heat, sauté onion in 1 Tbsp. olive oil for 5 minutes.
3. Add chicken and break apart.
4. Sprinkle taco seasoning mix over chicken and onions. Add water and stir until chicken is evenly coated.
5. Add corn, tomatoes and American cheese.
6. Cover and cook for 10 minutes. Serve.



Chicken Fried Rice

New York

Ingredients

1 Tbsp. olive oil
1 large onion, diced
2 stalks celery, diced
1 cup **CSFP rice**, uncooked
1 can **CSFP chicken**, drained
2 cups water
1 tsp. salt
1 tsp. pepper
1 can **CSFP peas**, drained
1 can **CSFP carrots**, drained

Method

1. In a large saucepan over medium heat, sauté onion, celery and rice in oil for 5 minutes, stirring frequently until rice is browned.
2. Add chicken, water, salt and pepper.
3. Bring to a boil, cover, reduce heat to low. Cook covered for 15 minutes.
4. Add peas and carrots and cook for 5 more minutes.

Hobo Stew

New York

Ingredients

¼ cup butter or margarine
1 large onion, diced
2 large potatoes, quartered
1 can **CSFP beef**
2 cups chicken broth
2 cups water
1 package potato soup mix (11 oz.)
1 tsp. salt & ½ tsp. pepper
2 cans **CSFP tomatoes**
1 can **CSFP carrots**, drained

Method

1. In a large pot, over medium heat, melt butter or margarine.
2. Add onion and potatoes, cook for 5-10 minutes, stirring frequently.
3. Add beef and cook for five minutes.
4. Add chicken broth, water, potato soup mix, salt and pepper, tomatoes and carrots, stir and bring to boil.
5. Partially cover and cook for 15 minutes.
6. Reduce heat to low and cook for 15 more minutes, stirring frequently until thickened.

Santa Fe Surprise

New York

Ingredients

1 large onion, diced
1 Tbsp. olive oil
1 cup **CSFP rice**, uncooked
2 cups water
1 can **CSFP beef**, drained
1 (1.25 oz) package taco seasoning mix
2/3 cup water
1 can **CSFP corn**, drained
2 cups **CSFP American cheese**, shredded

Method

1. In a large sauce pan, over medium heat, sauté onion in olive oil for 5 minutes. Add uncooked rice and cook until browned, stirring frequently.
2. Add 2 cups water. Turn heat to high and bring to a boil.
3. Cover and reduce heat to low. Cook rice for 20 minutes.
4. In a skillet, over medium heat, add beef and break apart. Stir in taco seasoning mix and 2/3 cup water. Add corn and cheese to beef. Stirring until cheese is melted.
5. Once rice is cooked add beef to rice mixture.

Spring Chicken

New York

Ingredients

1 cup **CSFP macaroni**, uncooked
2 cups water
1 Tbsp. olive oil
1 large onion, diced
1 medium zucchini, diced
1 jar salsa
1 can **CSFP chicken**, drained
1 can **CSFP tomatoes**, diced
1 can **CSFP corn**, drained
1 cup **CSFP American cheese**, shredded

Method

1. In a large saucepan bring macaroni and water to a boil. Cook macaroni for 8-10 minutes or until macaroni is tender. Drain.
2. In a large saucepan, over medium heat, sauté onion and zucchini in 1 Tbsp. olive oil for 5 minutes.
3. Add in salsa, chicken, tomatoes, corn, cooked macaroni and American cheese. Cover and heat for 10 minutes.

CSFP Frittata

New York

Ingredients

2 cans **CSFP potatoes**, drained & sliced
¼ cup olive oil
2 large onions, diced
1 large red pepper, diced
6 eggs, beaten
1 tsp. baking powder
1 can **CSFP peas**, drained
2 cups **CSFP American cheese**, shredded

Method

1. Dry potatoes with paper towels.
2. In a skillet over medium heat, fry potatoes in olive oil until browned.
3. In a separate skillet over medium heat, sauté onions and peppers for 5 minutes. Add to potatoes.
4. In a bowl, beat together eggs and baking powder. Pour over potato mixture. Add peas.
5. Sprinkle cheese on top of egg mixture, cover and cook for 3-5 minutes or until all cheese is melted.

Salmon Casserole – Microwavable

New York

Ingredients

1 cup **CSFP macaroni,** uncooked
1 cup hot water
¼ tsp. salt
2 Tbsp. margarine
1 small onion, chopped
2/3 cup **CSFP evaporated milk**
2 Tbsp. flour
1 can **CSFP salmon**, drained
1 cup **CSFP American cheese**, shredded
1 can **CSFP peas**

Method

1. Mix macaroni, water, onion, margarine and salt in a microwavable dish. Cover with vented cover and microwave for three minutes.
2. Add milk and flour and stir. Cover and microwave for three minutes longer.
3. Add cheese and salmon. Stir and microwave for three minutes.
4. Remove and stir in green peas and microwave for 1 minute longer.
5. Stir and serve.

Mixed up Macaroni

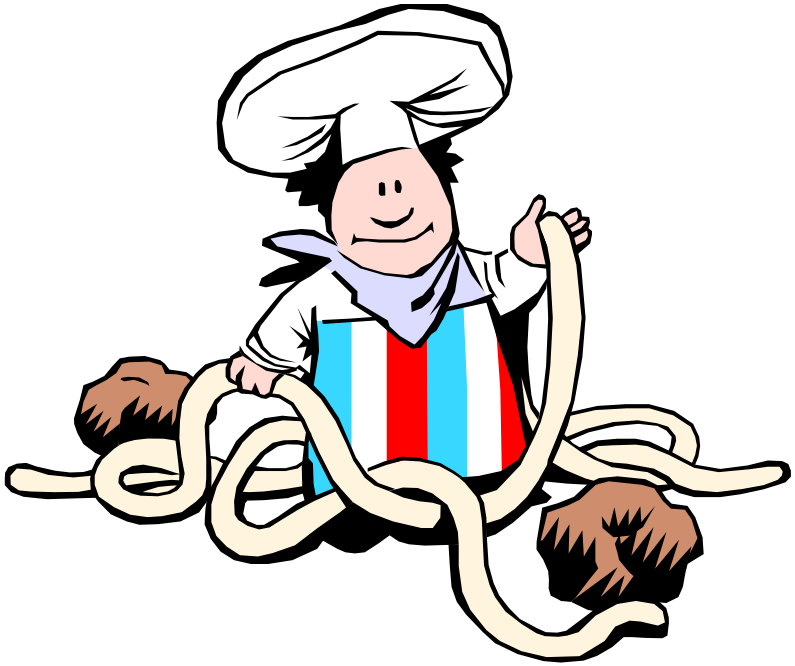
New York

Ingredients

8 cups water
1 Tbsp. olive oil
2 cups **CSFP macaroni**, uncooked
1 large onion, diced
1 Tbsp. olive oil
1 can **CSFP beef**, drained
½ cup **CSFP non fat dry milk**
½ cup water
2 cups **CSFP American cheese,** shredded
1 can **CSFP mixed vegetables**, drained & rinsed

Method

1. In a large saucepan, over high heat, bring 8 cups water, 1 Tbsp. olive oil and macaroni to a boil. Cook over high heat 8-10 minutes or until macaroni is tender. Drain.
2. In a large pot, sauté onion in 1 Tbsp. olive oil for 5 minutes.
3. Add beef and cook for 5 more minutes.
4. To beef and onion mixture add cooked macaroni, non-fat dry milk, ½ cup water and American cheese. Heat on low for 10 minutes, stirring frequently until cheese is melted.
5. Add in mixed vegetables and heat for 5 minutes. Serve.



Porcupine Meatballs

Iowa

Ingredients

1 can **CSFP beef**, drained
½ cup **CSFP rice** cooked
1 small onion, chopped
¼ tsp. pepper
½ tsp. salt (optional)
1 ½ cups **CSFP tomato juice**

Method

1. In a bowl mix together all ingredients except for tomato juice. Shape mixture into balls. Put in heavy skillet.
2. Add tomato juice.
3. Bring to slow boil and turn down heat; simmer 45 minutes.

Cheese Rice Squares

Iowa

Ingredients

3 cups **CSFP rice**, cooked
1 cup **CSFP American cheese**, shredded
½ cup snipped parsley
¼ cup finely chopped onion
½ tsp. salt (optional)
3 beaten eggs
1 ½ cup **CSFP evaporated milk**
1 tsp. Worcestershire sauce

Method

1. Preheat oven to 325° F.
2. Mix rice, cheese, parsley, onion, and salt.
3. Combine eggs, milk, and Worcestershire; add to rice mixture and mix thoroughly.
4. Pour into a greased baking dish.
5. Bake at 325° F. Just until set, about 40-45 minutes.

Baked Turkey Rice Casserole

Nebraska

Ingredients

2 cups **CSFP turkey, or chicken**
1 cup **CSFP rice**, uncooked
1 can cream of mushroom soup
½ cup chopped onion
2/3 **CSFP non fat dry milk** mixed with 1 ½ cups lukewarm water
1 cup **CSFP American cheese**, shredded

Method

1. Preheat oven to 350 ^{o} F.
2. Mix all ingredients except for cheese in a large casserole dish. Cover the casserole and bake at 350 ^{o} F for 1 ½ to 2 hours.
3. Ten minutes before casserole is done take the casserole out of the oven and sprinkle the shredded cheese on top.
4. Place the casserole back into the oven for about 10 minutes, or until the cheese has melted.

Sweet Potato-Chicken/Turkey Pie

Nebraska

Ingredients

3 Tbsp. margarine
1/8 tsp. ground nutmeg
1/8 tsp. ground allspice
1 can **CSFP sweet potatoes**, drained and mashed
½ cup chopped onion
2 cups **CSFP chicken or turkey**
1-10 3/4 ounce can condensed cream of mushroom soup
1 can **CSFP corn**, drained
1 can **CSFP potatoes**, drained and diced

Method

1. Melt 2 Tbsp. margarine; beat melted margarine, nutmeg, allspice, and ¼ tsp. salt into mashed sweet potatoes.
2. Line a 9" pie plate with potato mixture, building up edge½ inch high.
3. Cook onion in remaining margarine until almost tender.
4. Stir in turkey or chicken, soup and vegetables. Spoon into pie plate.
5. Bake at 350^{o} F for 35 minutes.

Baked Chicken Nuggets

Minnesota

Ingredients

1 cup **CSFP cornflakes**
1 tsp. paprika (optional)
½ tsp. Italian herb seasoning
¼ tsp. onion powder
1 can **CSFP chicken**, drained

Method

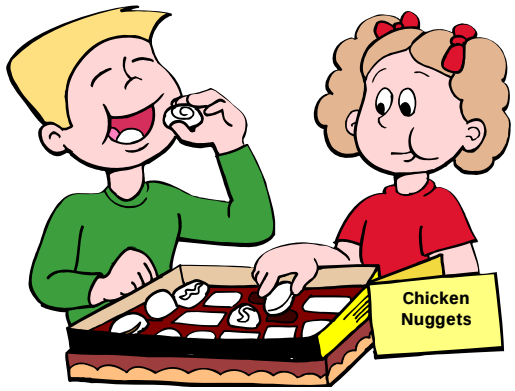
1. Place cornflakes in a plastic bag and crush using a rolling pin.
2. Add remaining ingredients, except chicken, to the crushed cornflakes. Close bag tightly and shake until blended.
3. Add a few chicken pieces at a time to the cornflake mixture.
4. Close bag tightly and shake to coat the chicken evenly.
5. Bake in oven or cook in microwave:

Oven Method:

1. Preheat oven to 400^{o} F. Lightly grease a cooking sheet.
2. Place chicken pieces on cooking sheet so they are not touching. Bake until golden brown, about 12 to 14 minutes.

Microwave Method:

1. Lightly grease an 8x12 inch baking dish.
2. Place chicken pieces in baking dish so they are not touching. Cover with waxed paper.
3. Cook on high, rotating the chicken every 2 to 3 minutes. Cook until tender, about 6 to 8 minutes.



Chicken & Rice Hot Dish Casserole

Minnesota

Ingredients

1 can **CSFP chicken**, drained
1 can **CSFP mixed vegetables**, drained
1 can condensed cream of mushroom soup
¾ cup **CSFP rice**, uncooked
1 ¼ cup water

Method

1. Preheat oven to 375° F
2. Cook chicken in a skillet until heated through.
3. Mix chicken, vegetables, soup, rice, and water in a 2-quart baking dish.
4. Add pepper to taste.
5. Cover and bake at 375° F for 20 minutes or until heated through and rice is done.

Creamy Chicken Casserole

Minnesota

Ingredients

2 Tbsp. oil or non-stick spray
1 medium onion, chopped
¼ tsp. garlic powder
¾ tsp. pepper
1 can sliced mushrooms, drained
½ cup chicken stock or water
4 Tbsp. flour
2 cans **CSFP evaporated milk**
2 ½ cups **CSFP macaroni**
1 can **CSFP peas**, drained

Method

1. Preheat oven to 375° F
2. In large skillet, heat oil over medium heat; cook onion, garlic, pepper, and mushrooms, stirring, for about 5 minutes or until onions are softened and clear looking.
3. Add chicken and cook for about 4 minutes, stirring occasionally.
4. Put chicken mixture into a bowl and set aside.
5. In a separate small bowl, whisk together chicken stock and flour; pour into skillet along with both cans evaporated milk.
6. Cook over medium heat stirring, for about 5 minutes or until thickened.
7. Meanwhile, in large pot of boiling water, cook noodles for about 5 minutes or until almost tender. Rinse and drain.
8. Add chicken mixture, milk sauce, and peas to the noodles; stir gently to coat noodles.
9. Pour into greased 8-inch square baking dish. Cover with foil.
10. Bake in 375° oven for about 30 minutes or until heated thoroughly.

Sheppard's Pie

Minnesota

Ingredients

1 can **CSFP beef**, drained and mashed
1 can **CSFP tomatoes**, diced
1 can tomato sauce
margarine
CSFP evaporated milk
1 can **CSFP green beans**, drained (or peas)
salt and pepper to taste
CSFP instant potatoes (enough for 6 servings)

Method

1. Preheat oven to 375° F
2. Brown meat in a skillet over medium-high heat; drain.
3. Add tomatoes and tomato sauce. Cook over high heat until thickened, stirring frequently.
4. Mix in vegetables and season with salt and pepper.
5. Pour into 2 quart baking dish and set aside.
6. Make 6 servings of mashed potatoes according to package directions with the specified amount of margarine and milk.
7. Top beef mixture with mashed potatoes.
8. Bake in oven 20 minutes or until heated thoroughly.

Easy Tuna & Pea Dish

Minnesota

Ingredients

1 can cream of mushroom soup
1 can **CSFP tuna**, drained
1 cup **CSFP peas**, drained
4 pieces of toast or ½ package
½ bag **CSFP macaroni**, cooked

Method

1. Heat soup in saucepan.
2. Add tuna to soup.
3. Add peas and cook over low heat for 5 minutes.
4. Serve over toast or macaroni noodles.

******Can also be served over boiled potatoes or crackers.***

Farina Dumplings and Stew

Minnesota

Ingredients

¾ **CSFP non fat dry milk**
¼ tsp. salt
1 egg
1 Tbsp. margarine
½ tsp. parsley flakes (optional)
¼ cup **CSFP farina**
1 can **CSFP beef stew**

Method

1. Mix milk and salt in medium saucepan; bring to a boil.
2. Add egg, margarine, and parsley. Mix well.
3. Put stew in a large pot and simmer over medium-low heat.
4. Drop spoonfuls of the dough mixture into the pot of stew.
5. Cook 8-10 minutes or until dumplings have doubled in size and have cooked through.

Tired Mom's Dinner #1

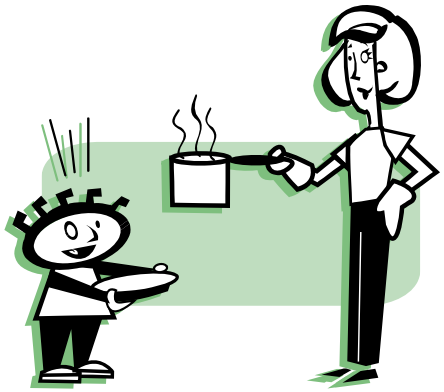
New Hampshire

Ingredients

1 lb. **CSFP macaroni**, cooked and drained
1 can cream of mushroom soup
1 can **CSFP evaporated milk**
1 can **CSFP peas**
1 can **CSFP tuna**, drained
1 cup **CSFP American cheese**, shredded (monterey, mozzarella or grated cheese)

Method

1. Mix all ingredients together. Cover pot with foil and refrigerate until ready to cook.
2. Bake in a 350° F oven for 1 hour.



Tired Mom's Dinner #2

New Hampshire

Ingredients

1 lb. **CSFP macaroni**, cooked and drained
1 jar spaghetti sauce
½ lb. **CSFP beef**, browned and drained of fat
optional: ½ onion, chopped
1 chopped green pepper
1- 4 oz. can mushrooms
CSFP American cheese or grated mozzarella, etc.

Method

1. Mix together. Cover with a few slices American cheese or grated mozzarella, etc. Cover pot with foil and refrigerate until ready to cook.
2. Bake at 350° oven 1 hour.

Vegetarian Stuffed Peppers

New Hampshire

Ingredients

2 eggs
1 cup **CSFP non fat dry milk**
1 ½ cups **CSFP rice**, cooked
1 cup **CSFP American cheese**, grated
1 can **CSFP whole kernel corn**
1 large onion, diced
1 ½ tsp. salt & pepper
1 ½ tsp. garlic powder
3 medium green peppers
1 can **CSFP tomatoes**, crushed
¾ cup water

Method

1. Preheat oven to 350° F.
2. Blend eggs, non fat dry milk, rice, cheese, corn, onion, salt, pepper, and garlic powder. Mix and set aside.
3. Wash, core and cut in half 3 medium peppers and place in 9x9 baking dish.
4. Spoon mixture into pepper halves until heaping full.
5. Mix crushed tomatoes in saucepan. Pour over peppers.
6. Bake at 350° for 40 minutes.

Salmon or Tuna Tomato Loaf

New Hampshire

Ingredients

1 can **CSFP salmon or tuna**, drained
1 egg
1 can **CSFP tomatoes**
2 cups **CSFP cereal**, crushed
1 Tbsp. butter, melted
¼ cup onion, chopped
¼ cup water
pepper to taste

Method

1. Preheat oven to 425°
2. Drain salmon or tuna. Separate with a fork and mash.
3. Put all ingredients in a bowl. Mix lightly with a fork.
4. Put into a lightly oiled baking dish or form a loaf in a baking pan.
5. Bake at 425° about 25 minutes.

Beef Stroganoff

New Hampshire

Ingredients

1 can **CSFP beef**, reserve fat and liquid
1 medium onion, thinly sliced
2 Tbsp. flour
2/3 cup **CSFP evaporated milk**
1 Tbsp. cider vinegar
2 Tbsp. ketchup
1/8 tsp. pepper
1 tsp. parsley flakes
1/8 tsp. garlic powder
1 can (4 oz.) sliced mushrooms, undrained

Method

1. Melt 2 Tbsp. beef fat in large skillet over medium heat.
2. Add onion and cook until soft. Combine flour and reserved liquid; stir into onions. Heat mixture until thick and bubbly.
3. Add meat. Combine evaporated milk and vinegar, add the rest of ingredients to mixture, except parsley flakes; heat thoroughly.
4. Serve over hot rice and sprinkle with minced parsley.

Chili Macaroni

California

Ingredients

1 can **CSFP beef**, drained
¼ cup onion, chopped
¼ cup celery, chopped
2 cups **CSFP beans**, cooked (any kind of beans)
1 cup **CSFP macaroni**, uncooked
1 ½ cups water
2-3 tsp. chili powder
¼ tsp. garlic powder, optional

Method

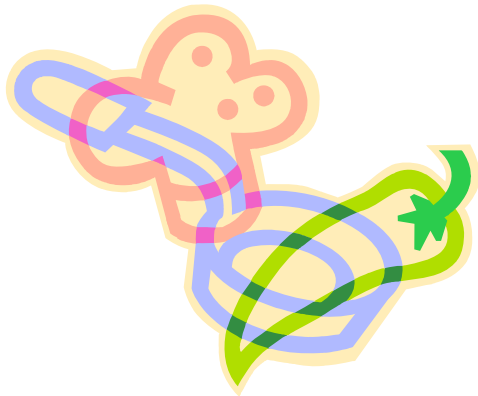
1. Cook beef with celery and onion over medium heat until browned. Drain any fat and rinse with warm water.
2. Add other ingredients to meat mixture. Heat to boiling over medium high heat.
3. Turn temperature to low and cook for about 15 minutes in a partially covered pan.
4. The mixture should be thick and the macaroni and vegetables tender.

Variations:

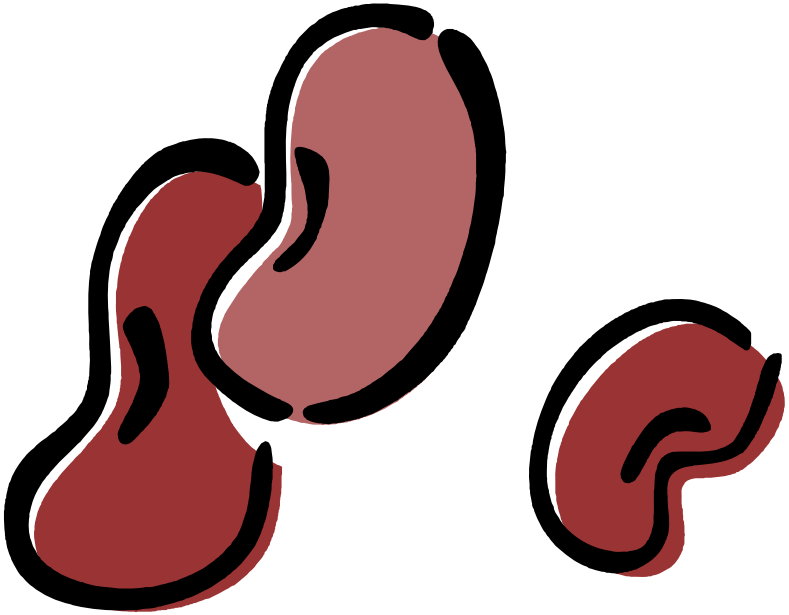
The following vegetables may be added to boost the nutritional value of the dish as well as to make a larger volume and to add flavor:

★ frozen chopped spinach, partially thawed and broken into small chunks.
★ frozen or canned **CSFP** peas.
★ fresh or frozen chopped broccoli.
★ thickly sliced or grated carrots.

Use cooked leftover meats like beef or turkey in this recipe.



Bean Basics



Southwestern Rice & Beans

New York

Ingredients

1 Tbsp. oil
1 large onion, diced
1 medium green pepper, diced
1 cup **CSFP rice**, uncooked
2 cups water
1 can **CSFP tomatoes**, diced
1 can **CSFP corn**, drained
1 jar salsa
1 cup **CSFP great northern or red kidney beans**, cooked

Method

1. In a large saucepan, over medium heat, sauté onion and green pepper in oil for 5 minutes.
2. Add rice and stir until browned, about 5 minutes.
3. Add in water, tomatoes, corn, and salsa. Bring to a boil.
4. Cover and reduce heat to low. Cook for 20 minutes.
5. Stir in beans and heat for 5 minutes. Serve.

Tropical Rice & Beans

New York

Ingredients

1 Tbsp. olive oil
1 large onion, diced
1 medium green pepper, diced
1 medium red pepper, diced
1 cup **CSFP rice**, uncooked
2 cups water
1 can **CSFP pineapple juice**
1 can **CSFP pineapple**, undrained
1 jar salsa
2 cups **CSFP red kidney or great northern beans**, cooked

Method

1. In a large saucepan, over medium heat, sauté onion, green and red peppers, and rice in olive oil for 5 minutes.
2. Add in water, pineapple juice, pineapple, and salsa. Bring to a boil. Cover and reduce heat to low.
3. Cook for 20 minutes. (no peeking)
4. Add in beans and heat for 5 more minutes.

Red Beans and Rice

Iowa

Ingredients

½ cup onion, chopped
½ cup celery, chopped
1 clove garlic
2 Tbsp. butter or margarine
2 cups cooked **CSFP kidney beans**
2 cup **CSFP rice**, cooked
1 Tbsp. parsley, chopped
¼ tsp. salt (optional)
1/8 tsp. pepper

Method

1. Cook onion, celery, and garlic in fat until tender. Remove garlic. Add remaining ingredients.
2. Simmer together for 5 minutes to blend flavors.

Variation:

Add a ham bone or pieces of cooked pork sausage, and simmer 30-45 minutes.

Baked Beans

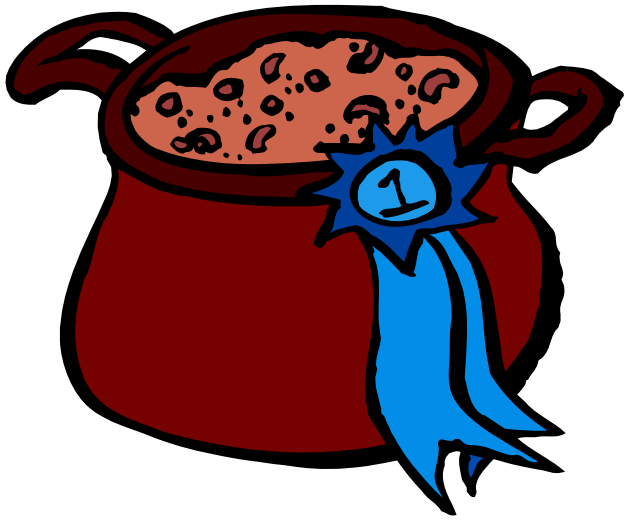
Minnesota

Ingredients

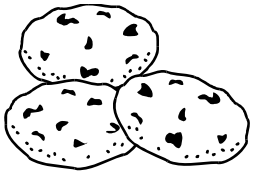
¾ cup **CSFP dry beans**, soaked in water overnight
1 cup water
1 cup **CSFP apple juice**
½ tsp. salt
1 Tbsp. molasses
¼ cup ketchup
¼ tsp. vinegar
½ tsp. mustard
¼ cup boiling water
½ tomato, diced (optional)

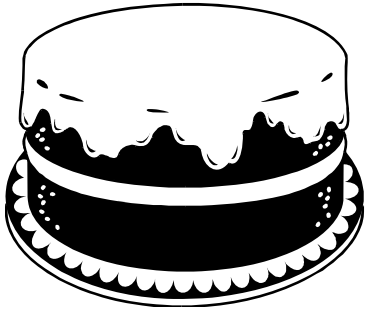
Method

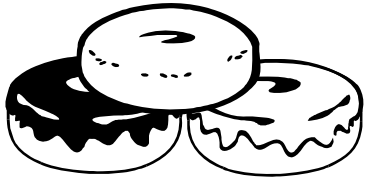
1. Bring apple juice and water to a boil and add soaked beans slowly so that boiling does not stop.
2. Reduce heat, simmer 2 ½ hours or until beans are tender.
3. Drain beans, reserving the liquid, and add all remaining ingredients except tomato.
4. Place in a small greased baking dish.
5. Cover and bake 3-4 hours; uncover for last hour of baking. If beans become dry, add some reserved bean liquid.
6. About 15 min before removing from oven, add tomatoes.



Baked Goods & Desserts







Fruit Muffins

New York

Ingredients

BATTER

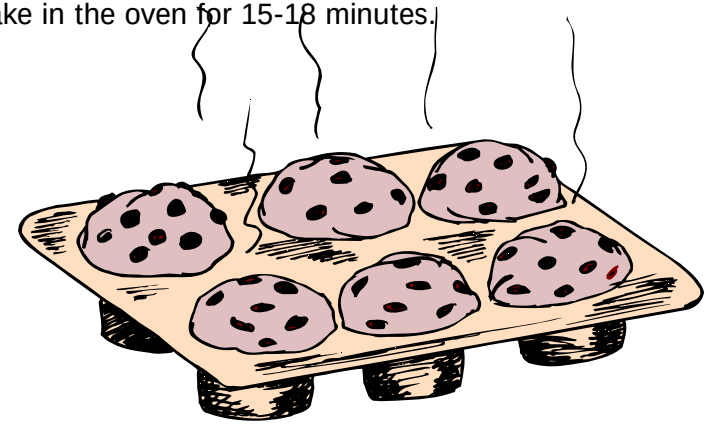
1 can **CSFP fruit**, drained and diced
½ cup **CSFP evaporated milk** + ½ cup water
¼ cup **CSFP egg mix** + ¼ cup water, beaten **OR** 2 eggs, beaten
2 cups sifted flour
4 tsp. baking powder
¾ cup sugar
1 tsp. salt
½ cup butter (1 stick), melted

TOPPING

½ cup **CSFP rolled oats**
2 Tbsp. butter, melted
¼ tsp. cinnamon
¼ cup sugar

Method

1. Preheat oven to 400°
2. Sift together flour, baking powder, sugar and salt. Add drained fruit and mix until well coated.
3. In a bowl combine beaten eggs, melted butter, and milk.
4. Quickly stir liquid mixture into dry mixture.
5. Mix until well blended. DO NOT over mix batter, muffins will become tough.
6. Place paper liners into muffin cups. Fill muffin cups halfway with batter.
7. In a bowl mix together all ingredients for topping. Place topping on top of batter.
8. Bake in the oven for 15-18 minutes.



Crispy Rice Treats

New York

Ingredients

¼ cup butter or margarine
5 cups **CSFP crispy rice cereal**
40 large marshmallows

Method

1. Grease the bottom and sides of a baking pan.
2. In a saucepan, over low heat, melt butter or margarine.
3. Add marshmallows, stirring constantly until melted.
4. Remove from heat.
5. Quickly add cereal, stir until all pieces are evenly coated.
6. Press mixture into the prepared pan.
7. Cool and cut into squares.

Happy Troll Cookies

New York

Ingredients

¾ cup packed brown sugar
½ cup sugar
½ cup butter or margarine
½ cup **CSFP peanut butter**
1 tsp. vanilla
2 Tbsp. **CSFP egg mix** + ¼ cup water **OR** 1 egg, beaten
1 cup **CSFP rolled oats**
¾ cup whole wheat flour
½ tsp. baking soda
1 cup chocolate chips
½ cup walnuts, chopped

Method

1. Preheat oven to 350° F.
2. In a large bowl, beat sugars, butter or margarine, peanut butter, vanilla, and egg mix **OR** egg until light and fluffy.
3. Add rolled oats, flour and baking soda to mixture. Mix well.
4. Stir in chocolate chips and walnuts.
5. Drop dough by teaspoons onto a greased cookie sheet.
6. Bake at 350° F for 10 minutes or until golden brown.

No Bake Peanut Butter Treats

New York

Ingredients

1 cup **CSFP peanut butter**
2/3 cup **CSFP non fat dry milk**
¾ cup **CSFP crushed cereal** (any kind)
2 Tbsp. honey

Method

1. In a large bowl, mix together peanut butter and honey.
2. Stir in nonfat dry powder milk, and crushed cereal.
3. Roll dough into 1 – inch balls, and place on a plate.
4. Place in the freezer for 30 minutes.

Farina Raisin Cookies

New York

Ingredients

1 cup margarine
1 cup brown sugar
2 whole eggs **OR** ½ cup **CSFP egg mix** plus ½ cup water, well-blended
1 ½ tsp. vanilla
2 cups sifted flour
1 tsp. baking soda
½ tsp. salt
1/3 cup **CSFP farina**
1 cup raisins

Method

1. Preheat oven to 375° F
2. In a large bowl, beat margarine and brown sugar together until creamy.
3. Add in eggs. Mix until well blended.
4. Add remaining ingredients and mix well.
5. Drop by teaspoons on a greased cookie sheet.
6. Bake at 375° F for 8 – 10 minutes or until lightly browned.

Peanut Butter-Oatmeal-Raisin Cookies

New York

Ingredients

¾ cup brown sugar
¾ cup granulated (white) sugar
2 eggs
½ cup butter or margarine
2 tsp. vanilla
1 cup **CSFP peanut butter**
1 cup **CSFP rolled oats**, uncooked
1 cup flour
¼ tsp. salt
½ tsp. baking soda
1 cup raisins (optional)

Method

1. Preheat oven to 350° F.
2. In a mixing bowl combine sugars, eggs, butter, and vanilla.
3. Mix until creamy. Add peanut butter, blend until smooth.
4. In the same bowl add oatmeal, flour, salt, and baking soda.
5. Stir until dough becomes thick. Stir in raisins.
6. Using a tablespoon, drop dough onto an ungreased cookie sheet, and roll the dough into a ball. Cross the dough with a fork.
7. Bake at 350° F for 7 minutes, or until dough puffs up.

Pineapple Bread Pudding

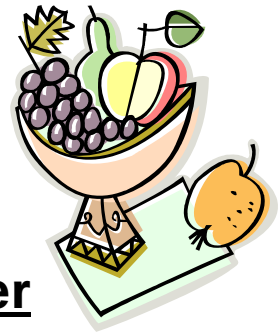
New York

Ingredients

14 slices of bread
2 cans **CSFP evaporated milk**
1 tsp. vanilla
½ tsp. nutmeg
¼ cup **CSFP egg mix** +1/2 cup water **OR** 2 eggs, beaten
½ cup sugar
1 can **CSFP pineapple**, diced
½ cup raisins

Method

1. Preheat oven to 350° F.
2. Break bread into pieces and place into a baking dish.
3. In a large bowl, combine evaporated milk, vanilla, nutmeg, sugar and egg mix **OR** eggs. Beat well.
4. Add pineapple and raisins and mix together.
5. Pour mixture over bread.
6. Bake at 350° F for 20-25 minutes.



Fruit Cobbler

New York

Ingredients

2 cans **CSFP fruit**, drained
2 Tbsp. sugar
1 cup flour
1 stick butter, melted
1 tsp. cinnamon
1 Tbsp. brown sugar

Method

1. Preheat oven to 350° F.
2. Pour peaches and cherries into a baking dish.
3. Sprinkle with 1 Tbsp. sugar.
4. In a separate bowl, combine flour, butter, cinnamon, brown sugar, and remaining 1 Tbsp. sugar.
5. Mix together until it starts to look like crumbs.
6. Sprinkle crumbs over fruit.
7. Bake for 15 minutes.

Applesauce Raisin Chews

New York

Ingredients

2 sticks butter or margarine, softened
1 cup brown sugar, firmly packed
1 cup **CSFP applesauce**
1 egg
1 tsp. vanilla
2 cups flour
1 tsp. baking soda
1 tsp. cinnamon
½ tsp. salt
2 ½ cups **CSFP rolled oats**
1 cup raisins

Method

1. Preheat oven to 350° F.
2. In a large bowl beat together butter or margarine and sugar until creamy.
3. Add applesauce, egg and vanilla; beat well.
4. Add in combined flour, baking soda, cinnamon and salt, mix well.
5. Stir in rolled oats and raisins.
6. Drop dough by teaspoons onto an ungreased cookie sheet.
7. Bake at 350° F for 11-13 minutes, or until golden brown. Store tightly covered.

Peanut Butter Oatcake

Iowa

Ingredients

1 ½ cup sugar, granulated
¾ cup shortening
¾ cup **CSFP peanut butter**
1 qt. flour, all-purpose
1 pt. dried egg mix **OR** 3 eggs
1 Tbsp. baking powder
1 tsp. salt
½ tsp. cinnamon, ground
3 cups **CSFP rolled oats**, uncooked
2 ¼ cup **CSFP evaporated milk**

Method

1. Preheat oven to 350° F.
2. In a bowl beat sugar, shortening and peanut butter together at medium speed until creamy and fluffy.
3. Sift together flour, eggs, baking powder, salt and cinnamon.
4. Add flour mixture, oats, and milk to creamed mixture in bowl. Beat at low speed just until blended, 1 minute.
5. Pour batter into a greased 14x18 inch pan.
6. Bake for 350° for 20 to 25 minutes. Cool before serving.

No Bake Chocolate Cookies

Iowa

Ingredients

1 cup butter or margarine
¾ cup water
1 cup light corn syrup
3 cups sugar
½ cup cocoa
¼ cup **CSFP non fat dry milk**
1 cup **CSFP peanut butter**
1 Tbsp. vanilla
5-6 cups **CSFP rolled oats**
1 cup raisins (optional)

Method

1. In large saucepan melt butter or margarine.
2. Add corn syrup, sugar, cocoa, powdered milk and boil for 5 ½ minutes, remove from stove.
3. Stir in peanut butter, vanilla, rolled oats, raisins and heat well, drop by spoonfuls onto waxed paper, cool.

Fruit Crisp

Iowa

Ingredients

2 cans **CSFP fruit**, drained
¼ cup sugar
½ cup flour
¼ cup brown sugar
1/3 cup melted margarine or butter
½ cup **CSFP rolled oats**, uncooked
¾ tsp. cinnamon
½ tsp. nutmeg

Method

1. Preheat oven to 375° F.
2. Place fruit in an 8" square baking dish. Sprinkle with sugar.
3. Combine flour, brown sugar, margarine, oats, cinnamon, and nutmeg until crumbly. Sprinkle over fruit.
4. Bake at 375° for 30 minutes.

Spiced Oatmeal Mix

Michigan

Ingredients

8 cups **CSFP rolled oats**
1 cup brown sugar
2 tsp. salt
2 ½ tsp. ground cinnamon
1 ½ tsp. ground nutmeg
1 ½ cups dried apple pieces or raisins (optional)

Method

1. Combine all ingredients in a large bowl, stirring until evenly mixed.
2. Pour into a 10-cup container with a tight fitting lid.
3. Store in a cool place.

Pumpkin Nut Bread

Nebraska

Ingredients

1 ½ cups flour
2 tsp. baking powder
½ tsp. baking soda
½ tsp. salt
½ tsp. ground cloves
1 tsp. cinnamon
¼ tsp. ginger
¼ tsp. allspice
¼ cup vegetable oil
1 cup sugar
1 egg
½ cup **CSFP evaporated milk**
1 tsp. vanilla
1 cup pumpkin
1 cup **CSFP farina**
½ cup chopped nuts

Method

1. Preheat oven to 350° F
2. In small mixing bowl, stir together flour, baking powder, soda, salt and spices. Set aside.
3. Measure oil and sugar into large mixing bowl. Beat until well combined. Add egg, milk, and vanilla. Beat well.
4. Mix in pumpkin, farina, and nuts. Add dry ingredients. Mix thoroughly.
5. Spread into well greased loaf pan.
6. Bake at 350° F. for 50 minutes. Cool completely before slicing.

No-Crust Pumpkin Pie

Nebraska

Ingredients

½ cup **CSFP dried egg mix**
1 cup **CSFP non fat dry milk**
2/3 cup brown or white sugar
1/4 tsp. salt
1 tsp. cinnamon
1/2 tsp. ginger
¼ tsp. nutmeg
¼ cup whole wheat or enriched white flour
1 ½ cups water
2 cups canned or cooked pumpkin

Method

1. Mix all dry ingredients together. Stir in water and pumpkin gradually until well mixed.
2. Pour into a greased 9" pie plate. Bake at 350° F., for 45 to 55 minutes or until a knife inserted 1" from the center comes out clean.

Microwave Breakfast Cobbler

Nebraska

Ingredients

1 can **CSFP peaches**, drained & sliced
1 can **CSFP pears**, drained, halved
1 cup pitted prunes, halved
1 tsp. grated orange peel
1/3 cup **CSFP orange juice**
1 ½ cups low fat granola cereal

Method

1. In 6-cup shallow microwave bowl toss peaches, pears, prunes, orange peel and orange juice. Top with granola.
2. Microwave on HIGH 5 minutes. Let stand 2 minutes.
3. Spoon into bowls. Serve with plain yogurt if desired.

Banana Delight

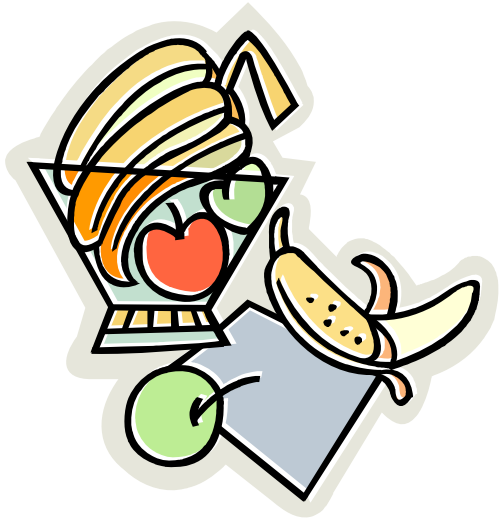
Nebraska

Ingredients

1 small banana
1 cup **CSFP apple juice**
1 cup **CSFP orange juice**
5 ice cubes

Method

1. Combine all ingredients in a blender or a food processor and whirl until smooth. Serve immediately.



Evaporated Milk Pancakes

Minnesota

Ingredients

1 ¼ cup all-purpose flour
1 ½ tsp. baking powder
½ tsp. salt
2 tsp. sugar
¼ cup oil
1 can of **CSFP evaporated milk**
1 egg, beaten

Method

1. In large bowl mix flour, baking powder, salt, & sugar.
2. In separate bowl, mix oil and milk to the beaten egg.
3. Add the milk mixture to the flour mixture, stirring briskly until well mixed.
4. Pour spoonfuls onto a slightly greased skillet. Cook on medium-high heat, until the tips show broken bubbles (2 to 3 minutes).
5. Turn over and cook about 2 to 3 minutes more, until golden brown.

Homemade Granola

Minnesota

Ingredients

¾ cup brown sugar
1/3 cup vegetable oil
1/3 cup honey
5 cups **CSFP rolled oats**
½ cup **CSFP non fat dry milk**
¾ tsp. cinnamon
½ cup raisins or other dried fruit

Method

1. Preheat oven to 375° F.
2. Mix brown sugar, oil, and honey in a saucepan. Heat until sugar is dissolved.
3. In a large baking pan, mix rolled oats, dry milk powder, and cinnamon.
4. Pour brown sugar mixture over the rolled oats mixture and mix well.
5. Bake at 375° for 10-12 minutes.
6. Remove from oven and stir in the raisins.
7. Cool and store in a tight container.

Funsicles / Milksicles

Minnesota

Ingredients

1 ½ cups **CSFP fruit juice**, any flavor

Method

1. Fill 6 Tupperware holders or small paper cups with juice.
2. Use plastic spoons for handles with the paper cups.
3. Freeze until solid.

Milksicles: Follow Funsicles recipe but use ½ cup **CSFP non fat dry milk powder** in place of ½ cup juice.

Rice Pudding

Minnesota

Ingredients

1 cup **CSFP evaporated milk**
1 cup water
1 cup **CSFP rice**, uncooked
2 eggs
¾ cup **CSFP evaporated milk**
1 tsp. vanilla
¼ cup sugar
¼ **CSFP evaporated milk**
1/8 tsp. cinnamon

Method

1. In a saucepan, heat the milk and water. Add the rice and bring to a boil.
2. Lower the heat to simmer. Stir mixture about every 10 minutes. Cook uncovered until rice is tender, about 30 min.
3. In large bowl, mix eggs, ¾ cup of the evaporated milk, vanilla, and sugar; set aside.
4. Add remaining ¼ cup evaporated milk to the rice mixture.
5. Spoon 1 cup of rice mixture into egg mixture and stir.
6. Pour this rice-egg mixture into the remaining rice mixture.
7. Heat the rice pudding until it boils, stirring continuously.
8. Remove from heat and sprinkle with cinnamon.

Cereal Muffins

Minnesota

Ingredients

1 ¼ cup flour
1 Tbsp. baking powder
¼ tsp. salt
2 cups **CSFP Bran Flakes cereal (or Corn Flakes)**
1 cup **CSFP non fat dry milk**
1 egg
½ cup **CSFP applesauce**
1/3 cup brown sugar
1 tsp. cinnamon
2 Tbsp. margarine, melted

Method

1. Preheat oven to 400° F.
2. In a large bowl mix the flour, baking powder, and salt.
3. In a separate bowl, mix the cereal and milk. Let stand 3-5 minutes.
4. Mix in the egg, applesauce, sugar, and margarine to the cereal and milk mixture.
5. Add the flour mixture and stir until flour is just moistened.
6. Pour the batter into greased muffin pans (or paper muffin cups), filling each cup about 2/3 full.
7. Bake at 400° for 20 minutes or until golden brown.

Cinnamon-Oatmeal Pancakes

Minnesota

Ingredients

1 ½ cup flour
1 tsp. baking powder
½ tsp. salt
1 Tbsp. cinnamon
1 egg
1 ½ cups **CSFP rolled oats**, cooked according to package directions
½ cup **CSFP evaporated milk**
¼ cup water
2 Tbsp. oil

Method

1. Mix flour, baking powder, salt, and cinnamon in a large bowl.
2. In separate bowl, beat the egg.
3. To the egg, mix in the cooked oatmeal, milk, water, and oil.
4. Add the oatmeal mixture to the flour mixture and stir.
5. Pour large spoonfuls into lightly greased skilled over medium-high heat.
6. Cook until the tops show broken bubbles (2 to 3 min). Turn over and cook about 2 to 3 min more, until golden brown.

Fruit Salad

Minnesota

Ingredients

1 can **CSFP peaches**
1 can **CSFP fruit cocktail**, drained
1 banana sliced
1-2 apples, diced or sliced

Method

1. Pour the canned peaches with the juices and fruit cocktail (drained) into a large bow.
2. Add banana and apple; mix well.
3. Chill before serving.

Add any of your other favorite fruits that are cut up.

Beverages & Drinks

Yummy Summer Cooler

New York

Ingredients

1 cup **CSFP orange juice**
1 can **CSFP pineapple**, drained
1 cup **CSFP evaporated milk**
¼ cup sugar
Ice cubes

Method

1. In a blender mix together all ingredients.

Grapple Juice

New York

Ingredients

½ cup **CSFP grape juice**
½ **CSFP apple juice**

Method

1. Mix together ingredients.

Pineapple-Orange Juice

New York

Ingredients

½ cup **CSFP pineapple juice**
½ **CSFP orange juice**

Method

1. Mix together ingredients.

Fruit Punch

New York

Ingredients

½ cup **CSFP apple juice**
½ cup **CSFP grape juice**
½ cup **CSFP orange juice**
½ cup **CSFP pineapple juice**

Method

1. Mix together ingredients.

Frizzy Fruit Juices

N*ew York*

Ingredients

½ cup **CSFP juice**
(apple, cran-apple, grape, orange, pineapple juice)
½ cup seltzer

Method

1. Mix together ingredients.

Hot Chocolate

New York

Ingredients

3 ½ cups **CSFP non fat dry milk**
½ cup sugar
½ cup cocoa

Method

1. Mix all ingredients together. Store in a large sealable container until ready to use.

For 6 oz. cup

Fill cup with ¼ cup cocoa mix. Add hot water until cup is filled.

For 8 oz. cup

Fill cup with 1/3 cup cocoa mix. Add hot water until cup is filled.

Add **CSFP evaporated milk** for a creamy taste

2 Percent Milk

Iowa

Ingredients

1 1/3 cup **CSFP non fat dry milk**
1 can **CSFP evaporated milk**
water

Method

1. Pour contents of can of evaporated milk into a ½ gallon (2 quart) container.
2. Add nonfat dry milk powder and stir to dissolve into evaporated milk.
3. Using the evaporated milk can, add water to fill container, stirring after each addition.

Spiced Milk

Iowa

Ingredients

¼ cup **CSFP non fat dry milk**
1/8 tsp. cinnamon
1/8 tsp. nutmeg
1 tsp. sugar
1 cup water

Method

1. Add nonfat dry milk powder, spices and sugar to water and beat, stir or shake until smooth.

Orange Juli

Iowa

Ingredients

¾ cup **CSFP orange juice**
¼ cup **CSFP non fat dry milk**

Method

1. Shake together in a jar.

Orange Chiller

Nebraska

Ingredients

5 cups **CSFP non fat dry milk** (made into liquid)
3 Tbsp. sugar
1 (6 oz.) can frozen orange juice concentrate, or 6 oz. **CSFP orange juice**

Method

1. Pour half of milk into large jar or pitcher. Add juice and sugar. Mix well.
2. Add rest of milk. Mix well and chill. Stir before serving.

2% Milk

Minnesota

Ingredients

1 1/3 cups **CSFP non fat dry milk**
4 cups water
1 can **CSFP evaporated milk**
1 can water

Method

1. Mix non-fat milk and 4 cups of water.
2. Add 1 can evaporated milk and 1 can of water.
3. Mix the night before, cover and refrigerate.

1 Cup of Milk

Minnesota

Ingredients

1 cup of water
1/3 **CSFP non fat dry milk**

Method

1. Pour 1 cup of water in a bowl, sprinkle 1/3 cup of non-fat dry milk powder over the water.
2. Beat until smooth. Cover and chill in the refrigerator 24 hours before using.

Cranberry Refresher

New Hampshire

Ingredients

¾ cup **CSFP Cranberry-Apple juice**
1 scoop (1/3 cup) vanilla ice milk
1 Tbsp. cold coffee
ground cinnamon to garnish

Method

1. Briskly stir all ingredients in a tall glass until blended. Garnish with ground cinnamon.

Warm Spiced Cider Punch

New Mexico

Ingredients

4 cups **CSFP apple juice**
2 cups **CSFP orange juice**
¾ tsp. ground ginger
2 cinnamon sticks
1 cup water
¾ tsp. ground nutmeg
3 whole cloves
4 orange slices, halved

Method

1. In 3 qt. slow cooker or large pot, combine all ingredients except the cloves, cinnamon sticks and orange slices.
2. Place the cloves and cinnamon sticks in a square of cheesecloth and tie up inside to form a bag for these spices.
3. Place bag in cooker with juice. Cook on low for 1-2 hours.
4. Discard spice bag and garnish with orange slices.

NOTES

Index

Dressings, Dips & Sauces

Nacho Party Dip 1
Salsa 1
Pineapple-Orange Marinade 2
BBQ Marinade 2
Sweet-N-Sour Marinade 2
Tasty Taco Dip 2
Cheese Sauce 3
Hot Hamburger Cheese Dip 3
Basic White Sauce 3

Salads & Side Dishes

Mashed Potato Salad 4
Macaroni Salad 4
Vegetable Medley 5
Macaroni & Cheese 5
Cheesy Beef & Macaroni 6
Sweet Potato Cranberry Bake 6
Pasta & Peas 7
Eggstraordinary Rice 7
Rainbow Rice 8
Rice Creole 8
South of the Border Veggies 8
Vegetable Jumble 8
Potato Balls 9
Potato Pie 9
Spinach Patties 10
Tuna Patties 10
Salmon Cakes 10
CSFP Breadcrumbs 10
Beef & Rice Patties 11
Vegetable Meatballs 11
Yummy Green Beans 12
Sea Breeze Salad 12
Potato Sauté 13

Soups

Vegetable-Beef Soup 14
Potato Corn Chowder 14
Creamy Tomato Soup 14
Mexican Tortilla Soup 15
Chicken Rice Soup 15
Vegetable Spring Soup 15
Simple Salmon Chowder 16
Taco Soup 16
Potato Soup Mix 16
Chicken noodle Soup 17

Main Dishes

Chicken Carnavale 18
Rice with Cheese & Vegetables 18
Pasta Primavera 19
Chili 19
Fiesta Taco Bake 20
Tuna Noodle Casserole 20
Chicken Casserole 21
Pasta Bake 21
Confetti Chicken 22
Tex-Mex Macaroni 22
Chicken Fried Rice 23
Hobo Stew 23
Santa Fe Surprise 23
Spring Chicken 24
CSFP Frittata 24
Salmon Casserole Microwavable 24
Mixed Up Macaroni 25
Porcupine Meatballs 25
Cheese Rice Squares 25
Baked Turkey Rice Casserole 26
Sweet Potato Chicken-Turkey Pie 26
Baked Chicken Nuggets 26
Chicken & Rice Hot Dish Casserole 27
Creamy Chicken Casserole 27
Sheppard's Pie 28
Easy Tuna & Pea Dish 28
Farina Dumplings & Stew 28
Tired Mom's Dinner # 1 29

Tired Mom's Dinner # 2 29
Vegetarian Stuffed Peppers 29
Salmon or Tuna Tomato Loaf 29
Beef Stroganoff 30
Chili Macaroni 30

Bean Basics

Southwestern Rice & Beans 31
Tropical Rice & Beans 31
Red Rice & Beans 32
Baked Beans 32

Baked Goods & Desserts

Fruit Muffins 33
Crispy Rice treats 34
Happy Troll Cookies 34
No Bake Peanut Butter Treats 34
Farina Raisin Cookies 34
Peanut Butter-Oatmeal-Raisin-Cookies 35
Pineapple Bread Pudding 35
Fruit Cobbler 35
Applesauce Raisin Chews 36
Peanut Butter Oat Cake 36
No Bake Chocolate Cookies 36
Fruit Crisp 37
Spiced Oatmeal Mix 37
Pumpkin Nut Bread 37
No Crust Pumpkin Pie 37
Microwave Breakfast Cobbler 38
Banana Delight 38
Evaporated Milk Pancakes 38
Homemade Granola 38
Funsicles/Milksicles 39
Rice Pudding 39
Cereal Muffins 39
Cinnamon Oatmeal Pancakes 39
Fruit Salad 40

Beverages & Drinks

Yummy Summer Cooler 41
Grapple Juice 41
Pineapple-Orange Juice 41
Fizzy Fruit Juices 41
Hot Chocolate 41
2 Percent Milk 42
Spiced Milk 42
Orange Juli 42
Orange Chiller 42
2 % Milk 42
1 Cup of Milk 42
Cranberry Refresher 43
Warm Spiced Cider Punch 43