

# Easy Red Bean Soup

3 Cans Blue Runner Creole Cream Style Red Beans or Navy Beans  
2 Cans Chicken Broth (Low Salt recommended)  
1/2 lb. of sausage (hot or mild) sliced and quartered  
1 onion - chopped  
1 tbsp garlic powder  
Tabasco to taste (Red Pepper Flakes – for more heat)  
Black Pepper to taste  
Parsley & Green Onions for garnish

**TIP:** The sausage, beans and broth are salty enough that you don't need to add salt.

Brown the sausage in a heavy pot. Add onion and sauté until onion is soft.

Add the 3 cans of beans, 2 cans of chicken broth and garlic powder. Stir to mix well.

Bring soup to a boil, reduce heat and let simmer for about 20 min. Taste and adjust seasoning with Tabasco and Black Pepper. Mash some of the beans with a spoon on the side of the pot.

Add Parsley and Green Onion before you're ready to serve. Serve with French Bread and Butter.

Serves 6

# Spaghetti Casserole

~ Paula Deen ~

Salt

1/2-3/4 lb. uncooked spaghetti

\*\*\* TIP: A whole pound of spaghetti is too much.

1 tbsp. extra virgin olive oil

1 lb. ground meat

1/2 tsp salt

1/2 tsp dried oregano

1/4 tsp black pepper

Pinch of crushed pepper flakes

1 26 oz. jar spaghetti sauce

3 oz. Parmesan cheese, grated (about 3/4 cup)

8 oz. shredded Mozzarella cheese (about 2 cups)

1. Preheat oven to 350 deg. Bring a large pot of salted water to a boil.  
Add the spaghetti and cook according to package directions; drain.

2. In a large Dutch oven, heat the oil over medium-high heat.

Add the beef; cook about 5 minutes or until brown, break meat up with a fork as it cooks.

Add the salt, oregano, black pepper, and red pepper flakes. Stir in the spaghetti sauce, Parmesan, and the cooked spaghetti. Transfer to baking dish.

Top evenly with Mozzarella. Bake for 30-40 minutes or until the cheese is melted and bubbling.

Serves 4-6

# Sweet Potato and Sausage Soup

## ~ Bon Appetit Magazine ~

3 tablespoons extra-virgin olive oil, divided  
1 10- to 11-ounce fully cooked smoked sausage or chorizo sausage,  
cut crosswise into 1/4-inch-thick slices (Hot sausage can be substituted)  
2 medium onions, chopped  
2 large garlic cloves, minced  
2 pounds red-skinned sweet potatoes (yams; about 2 large), peeled, quartered lengthwise,  
cut crosswise into 1/4-inch-thick slices  
1 pound white-skinned potatoes, peeled, halved lengthwise, cut crosswise into 1/4-inch-thick slices  
6 cups low-salt chicken broth  
1 9-ounce bag fresh spinach

Heat 2 tablespoons oil in heavy large pot over medium-high heat.

Add sausage; cook until brown, stirring often, about 8 minutes.

Transfer sausage to paper towels to drain.

(I poured off some of the oil in the pot at this point, but the original recipe doesn't think this is needed.) Add onions and garlic to pot and cook until translucent, stirring often, about 5 minutes. Add all potatoes and cook until beginning to soften, stirring often, about 12 minutes.

Add broth; bring to boil, scraping up browned bits. Reduce heat to medium-low, cover, and simmer until potatoes are soft, stirring occasionally, about 20 minutes.

Using potato masher, mash some of potatoes in pot. Add browned sausage to soup. Stir in spinach and simmer just until wilted, about 5 minutes. Stir in remaining 1 tablespoon oil. Season with salt and pepper. Divide among bowls and serve.

**Makes 8 Servings**

# Banana Pudding

- 1 (8 ounce) package cream cheese
- 1 (14 ounce) can sweetened condensed milk
- 1 (5 ounce) package instant vanilla pudding mix
- 3 cups cold milk
- 1 teaspoon vanilla extract
- 1 (8 ounce) container frozen whipped topping, thawed
- 4 bananas, sliced
- 1/2 (12 ounce) package vanilla wafers

In a large bowl, beat cream cheese until fluffy. Beat in condensed milk, pudding mix, cold milk and vanilla until smooth.

Fold in 1/2 of the whipped topping.

Line the bottom of a 9x13 inch dish with vanilla wafers.  
Arrange sliced bananas evenly over wafers.

Spread with pudding mixture.  
Top with remaining whipped topping.

**Chill until ready to serve.**

# Cheddar-Corn Spoon Bread

1 tablespoon butter, plus more for baking dish

2 cups milk

1 1/2 cups corn kernels

2/3 cup yellow cornmeal

Coarse salt

Pinch of cayenne pepper

1 cup sharp white cheddar cheese

4 large eggs

1 jalapeno , chopped

Preheat oven to 400 degrees. Butter a 2-quart soufflé dish or casserole; set aside.

In a medium saucepan, combine butter, milk, corn, cornmeal, 1 teaspoon salt, and cayenne. Bring to a boil; reduce heat to medium, and simmer, stirring frequently, until mixture is slightly thickened, 3 to 4 minutes. Remove from heat; stir in cheese.

Let cool until just warm to the touch, about 15 minutes. Stir in egg yolks until combined.

In a clean mixing bowl, beat egg whites and a pinch of salt until soft peaks form. Stir 1/3 of the whites into cornmeal mixture until combined, then gently fold in the remaining whites with a rubber spatula. Pour into prepared dish.

Place dish in oven; reduce oven heat to 375 degrees. Bake until browned on top but still slightly loose in the center, 25 to 30 minutes.

**Let cool 5 minutes before serving.**

# Texas Style Pesto with Pork Tenderloin

~ Dean Fearing, Mansion on turtle Creek, Dallas, Texas ~

## Pesto:

2 cups fresh cilantro leaves  
1 tablespoon finely chopped jalapeno pepper  
1/4 cup toasted pecans  
2 cloves garlic, peeled  
1/4 cup lime juice  
1/2 cup grated Parmesan  
Salt and freshly ground black pepper  
1/2 cup canola oil

Prepare the pesto by combining all of the ingredients in a food processor and blending well.  
Set aside until ready to use.

## Pork:

4 (8-ounce) pork tenderloins  
Salt & Pepper  
Cajun Seasoning

Preheat the oven to 350 degrees F.

In a hot skillet, sear all of the pork tenderloins to seal in the juices and finish cooking in the oven for 30 to 45 minutes.  
When ready, slice against grain of meat and serve.

To plate, place slices of pork tenderloin on the plate, and drizzle some of the pesto on top of the pork.  
Garnish with cilantro.

Delicious served with Spanish Rice (Found in August) and/or The Best Black Beans (Found in July)

# Best Black Beans

~ Sandra Lee ~

- 1 (15-ounce) can black beans
- 1 (10-ounce) can Rotel Tomatoes - Drained
- 1 tablespoon lime juice
- 1 teaspoon chopped garlic
- 1/2 cup chopped onion
- 1/4 cup finely chopped fresh cilantro leaves

Combine all ingredients in a medium saucepan. Stir thoroughly.

Bring to a boil over medium-high heat. Reduce heat to low and simmer for 15 to 20 minutes.

**Note: These are really kicked-up beans and they're pretty hot!**

# Spanish rice

~ Dean Fearing, Mansion on turtle Creek, Dallas, Texas ~

1 teaspoon olive oil  
1/2 cup diced onions  
1/2 cup diced red bell pepper  
1/2 cup diced green bell pepper  
1 tablespoon chopped garlic  
3 cups chicken stock  
2 cups brown rice  
1 teaspoon salt  
1/4 teaspoon black pepper  
2 teaspoons chopped fresh cilantro leaves, for garnish

To prepare the Spanish rice, heat the olive oil in a large pot over medium heat.

Saute the onions, bell peppers, and garlic, and cook for approximately 5 minutes.

Add the chicken stock and rice to the pot and stir gently. Bring the liquid to a boil, reduce heat and simmer for 20 minutes.

Season with salt and pepper.

**Great served with Pesto Pork Tenderloin and Best Black Beans**



# CAKE MIX COOKIES

1 package of cake mix (any flavor)

1 large egg

1/4 cup of oil

1/4 cup of water

1 cup of any combination: chopped nuts, raisins, oatmeal, coconut, chocolate chips, M&M'S® etc. (anything you like in cookies)

Heat oven to 350 degrees. Combine cake mix, egg, oil, and water. Beat until well blended. Stir in remaining ingredient (s).

Drop by teaspoon about 1 inch apart onto greased cooke sheet.

Bake for 15 minutes or until done. Makes about 4 dozens.

Suggestions:

Chocolate Cake with Nuts, Chocolate Chips, M&M's, Peanut butter Chips, Coconut, Toffee bits.

Lemon or Orange Cake with dried fruit like cranberries, blueberries, lemon, orange, or lime zest.

Spice Cake with Oatmeal, Walnuts, orange zest, cranberries.

**Use your imagination!**

# Onion & Jalapeno Corn Bread

~ From the Anti-Inflammatory Foods For Health book ~

1 med. size onion, chopped  
1/4 cup omega-3-rich margarine (like Smart Balance)  
1 cup cornmeal  
1 cup all purpose flour  
3 tbsps. sugar substitute  
1 tbsp. baking powder  
1/2 tsp. salt

2 egg whites  
1 cup plus 1 1/2 tbsps. nonfat milk, divided  
1 1/2 tbsps. canola oil  
1 cup corn kernels  
1 jalapeno pepper, seeded and finely chopped  
1 cup plain, nonfat yogurt or buttermilk  
Canola oil spray

\*\*\*NOTE: We used an 8 x 8" square casserole dish and got 9 servings.  
We used 1 1/2 tbsps. of Splenda Sugar Blend for the sugar substitute.

Preheat oven to 425 deg.

Saute onion in margarine – set aside to cool.

Mix cornmeal, flour, sugar substitute, baking powder, and salt in a large mixing bowl.

In a separate bowl, whip together egg whites, 1 1/2 tablespoons nonfat milk, and canola oil.  
Add sauteed onion, margarine, and remaining milk. Mix well, and blend into the flour mixture.

Add corn, jalapeno pepper, and yogurt, and mix until just combined.

Pour into a casserole dish lightly sprayed with canola oil.

Bake 35 to 40 min., until a toothpick inserted into the center comes out clean. Cool for 10 min.,  
remove from pan and serve.

**Yield: 10 to 12 servings. We got 9 pieces in the 8x8" pan.**

# Shrimp Creole

2-3 lbs. shrimp (cleaned and deveined)  
2 tbsp. butter or margarine  
2 med. onions chopped  
1 cup chopped celery  
1 bell pepper, chopped  
4 cloves garlic, chopped or 1 tbsp. Garlic Powder  
1 6 oz. can tomato paste  
2 6 oz. cans tomato sauce  
1 can Rotel Tomatoes  
2 dashes of Worcestershire  
A few dashes of Tabasco  
1 pinch of sugar  
1 cup green onions, chopped  
1 cup parsley, minced  
Salt, Blk. Pepper and Cayenne Pepper to taste

Sauté onions, bell pepper, garlic and celery in butter. Add tomato paste, tomato sauce, Rotels, Worcestershire, Tabasco and 4 cups of water.

Cook for about 1 hour, stirring occasionally (add water if sauce becomes too thick).

Add the shrimp and cook over low heat for about 30 minutes.

Add the Green Onions and Parsley and season to taste.

Serve over hot rice.

**Serves 4-6**

# Peanut Butter Fudge

~ Alton Brown ~

1 cup butter, plus more for greasing pan

1 cup peanut butter

1 teaspoon pure vanilla extract

1 pound confectioners' sugar

Microwave butter and peanut butter for 2 minutes on high.

Stir and microwave on high for 2 more minutes.

Add vanilla and confectioners' sugar to peanut butter mixture and stir to combine with a wooden spoon.

Pour into a buttered 8 by 8-inch pan lined with waxed paper.

Place a second piece of waxed paper on the surface of the fudge and refrigerate until cool.

Cut into 1-inch pieces and store in an airtight container for up to a week.

**Hint: Alton used a potato masher when the fudge got too stiff to stir.  
I tried it - and the fudge comes out really, really smooth.**