

Munch 'n Share - February 2008

Quick Chicken Noodle Soup

Rebecca Harris

Dry Ingredients:

(can make ahead and store in baggies for quicker prep time)

- 2-3 C. Egg or Curly Noodles
- 2 T. Chicken Bouillon Granules
- 1/4 t. Ground Pepper
- 1/2 t. Garlic Salt
- 2 T. Dried Parsley
- 3 T. Dried Chopped Onion
- 2 T. Dried Chopped Celery *(may substitute fresh celery)*
- 1/2 t. Garlic Powder

Other Ingredients Needed For Soup:

- 8 C. Water
- 2-3 T. Butter
- 2-3 Carrots chopped
- 2-3 Stalks of celery chopped *(if you didn't use dried celery)*
- 1 Cup or 1 Can cooked chicken



Directions:

1. Bring 8 Cups of water to a boil in a large pot.
2. Add dry ingredients to boiling water along with butter, chopped carrots, and celery.
3. Bring back to a boil. Lower heat and simmer uncovered for 10-12 minutes. Add cooked chicken and continue cooking until pasta is tender. Salt to taste. ENJOY!!

**Note: Uncooked chicken can be use if desired. To use uncooked chicken, dice and add to boiling water with the rest of the ingredients in step 2.*

White or Wheat Rolls

Rebecca Harris

Mix in Small bowl or measuring cup:

- 5 1/2 cups warm water
- 3 tablespoons yeast
- Set aside.*

Then add:

- 1 cup sugar or honey
- 1 cup oil
- 500 mg vitamin C *(crystals or smashed tablet)*
- 1-2 teaspoon salt
- 11- 12 Cups white or wheat *(I use half & half) flour* *(Add until dough starts to clean the sides of mixing bowl)*



Let rise and shape into rolls or loaf. Rise again and Bake at 350° for 20-30 minutes depending on size you are baking.

Three Cheese Mac-n-Cheese with Ham

Jeanette Warren

Sauce:

2 T. Butter

2 T. Flour

1 Can Evaporated milk

½ Can Water.

Melt butter in pan. Stir in flour.

Add milk & water. Simmer until it thickens.

Add:

½ - ¾ lb. cheeses (Cheddar, Colby or Monterey)

2-3 oz. Cream Cheese

Stir in until melted. Add to:

¾ lb. Cooked macaroni

Chopped ham chunks

Season with:

Black pepper

Pinch or ground mustard



Put under broiler to lightly brown the top.

Tilapia Fillets With Creamy Rice & Noodles

Joleen Anderson

Tilapia:

Bake fillets in lemon juice.

Sprinkle with Bass Fish seasoning

Rice:

3 C. boiling water

1 ½ C. rice

Cook on low 10 min. & Add:

1 packet Instant chicken noodle soup

Finish cooking & Add:

1 C. Sour cream

Finish cooking & serve.



Pistachio Salad

Cindy Tolman

1 8 oz Tub Cool Whip

1 sm pkg. Pistachio Instant pudding

1 sm can Pineapple tidbits, drained

1 ½ C. small marshmallows

1 Banana, sliced

Stir pudding into cool whip. Add other ingredients.

Chill and serve.



Chicken Salad

Barbara Bean

1 cup celery
3-4 cups chicken
2 cups raw pasta
2 cups grapes
1 cup frozen peas
1 cup mayonnaise
1 cup Miracle Whip
1/4 cup milk
2 Tbs. sweet pickle juice



Cook pasta until tender. Add all other ingredients. Season to taste.

Blueberry Crisp

Deanna Higen

4 C. blueberries
1/2 C. sugar
2 T. cornstarch
2 T. lemon juice
1/2 C. rolled oats
1/2 C. flour
1/2 C. packed brown sugar
2 T. chopped toasted walnuts, optional
6T. light margarine or butter.



Preheat oven to 375°. Coat a 1 qt. casserole with cooking spray. In a large bowl, mix the blueberries, sugar, cornstarch, & lemon juice. Spoon into casserole. Mix the oats, flour, brown sugar, & walnuts. With a fork or pastry blender, cut the margarine or butter until the mixture resembles cornmeal. Sprinkle over the berry mixture. Bake for 45 min. or until lightly browned and bubbling.

