

Sheet1

NAME,C,41	TIME,C,15	YIEI	CALCQ1,C,6Q2,CQ3,CQ4,CQ5Q6,CQ7,C,6Q8,CQ9Q1
MARINATED BEAN DISH	2 1/2 HOURS	8 130 1	1 1/2 1/4 3 2 1 1/4 1/4
OLD TIME STYLE BAKED BEANS	4 1/2 HOURS	14 310 2	1/2 1/3 5 4 4 2
IN TEXAS THEY CALL IT CAVIAR	4 1/2 HOURS	10 235 1	1/2 1/3 1 2 1/4 3 2 1
SPINACH TOSS	3 HOURS	8 280 2	5 1/3 3 2 6 1/2
THE RICE RECIPE	20 MINUTES	4 135 2	1 1 1
RICE PILAF	50 MINUTES	8 245 4	1 4 1 2
BACON FRIED RICE	1 1/4 HOURS	4 415 2	3/4 1 4 1
MUSHROOMS WITH WILD RICE	1 HOUR	6 200 3	1/2 1 2 1
BACON AND GRITS	6 HOURS	4 470 3 1/2	3/4 1/2 1 1 1/4

Sheet1

M1,C,12	M2,C,12	M3,C,12	M4,C,12	M5,C,12	M6,C,12	M7,C,12	M8,C,12
9 OZ. BAG		7 OZ. JAR	CUP	TBS.	TSP.	TSP.	TSP.
16 OZ. BAG		CUP	CUP	TSP.	TSP.	SLICES	
16 OZ. BAG		CUP	CUP	TBS.	TSP.	TSP.	
CUPS	CUPS		CUP	TBS.	TSP.	SLICES	10 OZ. PKGE.
CUPS	CUP	TBS.	TSP.				
TBS.	CUP	CUPS	CUP	CUBES			
CUPS	CUP	8 OZ. PKGE.		TBS.			
TBS.	POUND	CUP	CUPS	TSP.			
CUPS	CUP	TSP.	8 OZ. PKGE.		CUP		

Sheet1

M9,C,12

M10,C,12

I1,C,47

FROZEN AND CUT GREEN BEANS

DRY PEA BEANS

DRY BLACK-EYED PEAS

DRY LENTILS

WATER

BUTTER

WATER

BUTTER

WATER

I2,C,47

SMALL OR MEDIUM CUCUMBER

WATER

WATER

WATER

RICE

RICE-SHAPED PASTA (ORZO)

BROWN RICE

MUSHROOMS, SLICED

ENRICHED HOMINY GRITS

Sheet1

I3,C,47

DRAINED AND CHOPPED RED PEPPERS

DARK MOLASSES

CIDER VINEGAR

SALT

BUTTER

WATER

BACON, DICED

WILD RICE

SALT

I4,C,47

SALAD OIL

PACKED DARK BROW SUGAR

OLIVE OIL

OLIVE OIL

SALT

LONG GRAIN RICE

EGGS

WATER

BACON

Sheet1

I5,C,47

RED WINE VINEGAR

SALT

SALT

VINEGAR

I6,C,47

SUGAR

DRY MUSTARD

SUGAR

SUGAR

I7,C,47

SALT

BACON - CUT

GROUND BLACK PEPPER

BACON

CHICKEN BOUILLON

SOY SAUCE

CHICKEN FLAVOR INSTANT BOUILLON SALT

EGG

ALL-PURPOSE FLOUR MAPLE SYRUP

Sheet1

I8,C,47

I9,C,47

I10,C,47

OREGENO LEAVES

ONIONS CHOPPED

GREEN ONIONS - MINCED CELERY STALKS GARLIC CLOVE - MINCED

SPINACH

Sheet1

ST1,C,142

PREPARE BEANS AS LABEL DIRECTS AND DRAIN. CUT CUCUMBER LENGTHWISE AND THEN INTO SMALL SLICES. RINSE BEANS. IN 8 QT. DUTCH OVEN, HEAT BEANS AND 12 CUPS WATER ON HIGH HEAT, BRING TO BOIL FOR 3 M. RINSE BEANS. IN 5 QT. DUTCH OVEN, BRING BEANS AND 6 CUPS WATER TO BOIL FOR 3 MINUTES. REMOVE FROM. RINSE LENTILS. ADD LENTILS, WATER AND 1 TSP. SALT TO 3 QT. SAUCEPAN AND BRING TO BOIL. REDUCE HEAT. BRING ALL INGREDIENTS TO BOIL IN 3 QT. SAUCEPAN.

MELT BUTTER IN 3 QT. SAUCEPAN AND ADD ORZO, STIRRING OFTEN FOR 10 MINUTES.

BRING WATER AND RICE TO BOIL IN 3 QT. SAUCEPAN. REDUCE HEAT, COVER, SIMMER AND STIR FOR 45 MINUTE

COOK MUSHROOMS IN BUTTER IN 2 QT. SAUCEPAN FOR 5 MINUTES, STIR OFTEN. RINSE AND DRAIN WILD RICE.

HEAT WATER IN 3 QT. SAUCEPAN TO BOILING. SLOWLY STIR IN GRITS AND SALT TO BOIL. REDUCE HEAT, COVER

Sheet1

ST2,C,142

COMBINE GREEN BEANS, CUCUMBER AND REMAINING INGREDIENTS IN LARGE BOWL.
REMOVE FROM HEAT, COVER AND LET STAND FOR 1 HOUR.

DRAIN AND RINSE BEANS. RETURN BEANS TO DUTCH OVEN, ADD 6 CUPS WATER AND HEAT UNTIL BOILING. REDUCE HEAT, COVER AND SIMMER FOR 15 MINUTES OR UNTIL LIQUID IS ABSORBED. FLUFF RICE WITH FORK AND MASH. ADD MIX LENTILS, OLIVE OIL, VINEGAR, SUGAR AND 1 1/4 TSP. SALT IN BOWL. COVER AND REFRIGERATE 2 HOURS. STIR IN WATER, RICE AND BOUILLON, BRING TO BOIL. REDUCE HEAT, COVER AND SIMMER FOR 30 MINUTES OR UNTIL COOKED. COOK BACON UNTIL BROWNE. DRAIN ON PAPER TOWEL. ADD MORE COOKING OIL TO BACON SKILLET IF NEEDED. ADD RICE, WATER AND BOUILLON TO MUSHROOMS. BRING TO BOIL. REDUCE HEAT, COVER AND LET SIMMER FOR 15 MINUTES. POUR GRITS INTO 8 1/2X4 1/2 LOAF PAN. SMOOTH, COVER AND REFRIGERATE ABOUT 4 HOURS.

Sheet1

ST3,C,142

COVER AND REFRIGERATE 2 HOURS.

RETURN BEANS TO DUTCH OVEN, ADD 7 1/2 CUPS WATER AND BRING TO BOIL. COVER AND BAKE AT 350F FOR 1

BEAT VINEGAR, OLIVE OIL, SALT, SUGAR, AND RED PEPPER IN BOWL. ADD BEANS, ONIONS AND CELERY. TOSS C

COOK AND DRAIN BACON. LET COOL AND CRUMBLE INTO SMALL PIECES.

BEAT EGGS IN SMALL BOWL. ADD EGGS TO BACON SKILLET. COOK WHILE CONSTANTLY STIRRING UNTIL EGGS A

SALT TO TASTE AND SERVE

COOK BACON UNTIL BROWED, ABOUT 45 MINUTES BEFORE SERVING. DRAIN BACON ON PAPER TOWEL.

ST4,C,142

STIR IN REMAINING INGREDIENTS AND CONTINUE BAKING FOR 1 HOUR. REMOVE COVER AND BAKE 15-30 MINUTES. COVER AND REFRIGERATE 2 HOURS.

LINE SERVING BOWL WITH SPINACH LEAVES. ADD SLICED SPINACH TO LENTIL MIXTURE AND TOSS.

SLOWLY STIR IN RICE, DICED BACON AND SOY SAUCE, HEAT THOROUGHLY.

INVERT GRITS FROM PAN ONTO CUTTING BOARD AND CUT INTO 1/2 INCH THICK SLICES. BEAT EGGS IN PIE PLATE.

ST5,C,142

SPOON LENTIL MIXTURE ONTO SPINACH LEAVE. TOP WITH BACON.

PLACE FLOUR ON WAX PAPER. DIP EACH GRIT PIECE INTO EGG AND ROLL IN FLOUR, COATING LIGHTLY.

ST6,C,142

IN SKILLET WITH BACON GREASE, FRY GRIT PIECES UNTIL GOLDEN BROWN. SERVE WITH BACON AND MAPLE SY

ST7,C,142	SYS_ID,N,8,0
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