

Sheet1

NAME,C,41	TIME,C,15	YIE	CALC	Q1,C,Q2,C,€	Q3,C,Q4,C,€	Q5,C,€	Q6,C,€		
CORN-PONE CASSEROLE	1 1/4 HOURS	6	590	1	1	4	1	1 1/2	1 1/2
CABBAGE-BEEF CASSEROLE	1 3/4 HOURS	6	460	1	2	1	2	2	3/4
PORK N' KRAUT	2 3/4 HOURS	6	555	2	6	1	1 3/4	2	3
MAMA'S PASTA CASSEROLE	1 3/4 HOURS	8	435	1/2	1		1	1	2
THE BASEBALL FAN'S CASSEROLE	55 MINUTES	6	450	2	1	1	1	1	
TURKEY-BROCCOLI CASSEROLE	30 MINUTES	8	240	2	2	1	1		
GLAZED SWEET POTATOE CASSEROLE	10 HOURS	8	220	6	1/4	1/4	1	1/2	1/4
AUTUMN DINNER	3 HOURS	8	440	3	2	2	6	1/2	2
AMERICANA PORK CASSEROLE	1 1/4 HOURS	6	340	2	1 1/2	2	1	1	1
RIBS WITH PINEAPPLE & KRAUT	1 1/2 HOURS	6	455	1	1	1/3	2	4	1
PASTA AND SALMON BAKE	1 1/4 HOURS	6	395	1/2	2	4	1	1	3

Sheet1

Q7,CQ8,C,6Q9,CQ10,M1,C,12	M2,C,12	M3,C,12	M4,C,12	M5,C,12
1/4 1 1 POUND	MEDIUM	TSP.	28 OZ. CAN	TSP.
1 1/2 POUND	MEDIUM	MEDIUM	MEDIUM	TSP.
2 2 1/2 1/8 TBS.			CUPS	16 OZ. PKGE.
1 2 1 3/4 16 OZ. PKGE.	POUND			
	12 OZ. CANS	16 OZ. PKGE.	16 OZ. CAN	11 OZ. CAN
	PACKAGES	CUPS	CAN	3 OZ. CAN
2 2 1/2 1/4 MEDIUM	CUP	CUP	CUP	TSP.
1 1/2 2 2 TBS.	POUNDS		CUPS	CUP
1 3 1 1/4 TBS.	POUNDS			16 OZ. CAN
3 20 OZ. CAN	16 OZ. CAN	CUP	TBS.	TSP.
3 1 1/4 1 1 16 OZ. PKGE.		TBS.		

Sheet1

M6,C,12	M7,C,12	M8,C,12	M9,C,12	M10,C,12
TSP. CUP	TSP. 13-14 OZ.CAN	19 OZ. CAN CUP	14 OZ. PKGE. TSP.	TSP.
19 OZ. CANS	16 OZ. CAN	TSP. TBS.	TSP. TSP.	TSP. TSP.
TSP. TSP. CUP	TSP. TSP. TBS. POUNDS	TBS. TSP. TBS.	CUP 10 OZ. CANS TSP.	CUP TSP.
TBS.	CUPS	TSP.	7 OZ. CAN	2 OZ. JAR

Sheet1

I1,C,47

GROUND BEEF

GROUND BEEF

OLIVE OIL

SPAGETTI TWIST

WHOLE KERNAL CORN

FROZEN BROCCOLI

SWEET POTATOES

OLIVE OIL

OLIVE OIL

SLICED AND DRAINED PINEAPPLE

SPAGETTI

I2,C,47

ONION, DICED

ONIONS, DICED

PORK RIB CHOPS

SWEET ITALIAN SAUSAGE LINKS

HOT DOGS, CUT INTO BITE SIZE PIECES

CHICKEN CUBES

FIRMLY PACKED BROWN SUGAR

1 INCH BEEF CUBES FOR STEW

1 INCH PORK CUBES

SAUERKRAUT, DRAINED

HARD COOKED EGGS

Sheet1

I3,C,47

CHILI POWDER

HEAD OF CABBAGE, COARSLY SLICED

DICED ONION

WATER

CUT AND DRAINED WAX BEANS

CREAM OF MUSHROOM SOUP

HONEY

ONIONS, DICED

CARROTS

SOY SAUCE

BUTTER

I4,C,47

TOMATOES

CARROTS, THINLY SLICED

APPLE JUICE

DICED ONION

CONDENSED TOMATO SOUP

SHREDDED CHEDDAR CHEESE

CORNSTARCH

WATER

ONION

BROWN SUGAR

GREEN PEPPER, CUT IN STRIPS

Sheet1

I5,C,47

SUGAR

SALT

SAUERKRAUT DRAINED

MINCED GARLIC CLOVE

DRAINED, HALVED AND PITTED OLIVES

GROUND CINNAMON

BARELY

TOMATO PUREE

PREPARED MUSTARD

DICED ONION

I6,C,47

SALT

LONG GRAIN RICE

POTATOES, CUT TO 1/4 INCH SLICES

DRAINED RED KIDNEY BEANS

GROUND NUTMEG

SALT

WATER

GRATED ONION

ALL-PURPOSE FLOUR

Sheet1

17,C,47

CRACKED PEPPER

BEEF BROTH

CORED RED COOKING APPLES, CUT IN SLICES

TOMATOES

GRATED ORANGE RIND

OREGANO LEAVES

BROWN SUGAR

PORK LOIN RIBS, CUT INTO SERVING PIECES

MILK

18,C,47

DRAINED RED KIDNEY BEANS

WATER

BROWN SUGAR

GRATED PARMESAN CHEESE

BUTTER

PEPPER

RED WINE

SALT

Sheet1

I9,C,47  
CORN-MUFFIN MIX

I10,C,47

SALT  
SUGAR

PEPPER  
OREGANO LEAVES

PINEAPPLE JUICE  
BRUSSEL SPROUTS  
SALT

CHOPPED WALNUTS  
TOMATOS, CUT INTO WEDGES  
PEPPER

DRAINED AND FLAKED SALMON DRAINED AND DICED PIMENTOS



Sheet1

ST1,C,142

COOK BEEF AND ONION IN 4 QT. SAUCEPAN OVER MEDIUM HEAT UNTIL MEAT IS BROWNED. STIR IN CHILI POWDER.

COOK GROUND BEEF AND ONIONS OVER HIGH HEAT IN DUTCH OVEN UNTIL MEAT IS WELL BROWNED. REMOVE TO A PLATE.

COOK PORK WITH OLIVE OIL IN SKILLET UNTIL BROWN. REMOVE CHOPS TO A PLATE.

PREPARE SPAGETTI PER LABEL AND DRAIN INTO 3 QT. CASSEROLE DISH.

PREHEAT OVEN TO 350F.

COOK AND DRAIN BROCCOLI PER LABEL. CUT UP AND SPREAD IN CASSEROLE DISH.

COOK POTATOES IN BOILING WATER 25 MINUTES. LET COOL, PEEL AND CUT INTO 1/2 INCH SLICES. ARRANGE IN CASSEROLE DISH.

BROWN MEAT CHUNKS WITH OLIVE OIL IN SKILLET, A FEW PIECES AT A TIME. REMOVE PIECES INTO 4 QT. CASSEROLE DISH.

HEAT OLIVE OIL AND PORK CUBES IN SKILLET UNTIL BROWNED. REMOVE MEAT INTO 1 1/2 QT. CASSEROLE DISH.

CHOP PINEAPPLE, SAVE A FEW PIECES FOR GARNISH. COMBINE PINEAPPLE, SAUERKRAUT, SOY SAUCE, BROWN RICE.

PREPARE SPAGETTI PER LABEL AND RETURN TO POT.

Sheet1

ST2,C,142

STIR IN TOMATOS W/ LIQUID, SUGAR, SALT AND PEPPER. HEAT TO BOILING. REDUCE HEAT, COVER AND SIMMER.  
ADD CABBAGE, CARROTS AND SALT. TOSS WELL. POUR RICE INTO 3 QT. CASSEROLE DISH. SPOON BEEF MIXTURE.  
COOK ONION IN SKILLET UNTIL TENDER. ADD 1/4 CUP APPLE JUICE AND STIR.  
HEAT SAUSAGES AND WATER IN SKILLET TO BOILING. COVER AND COOK 5 MINUTES. REMOVE COVER AND COOK.  
MIX ALL INGREDIENTS IN 2 QT. CASSEROLE DISH. COVER WITH FOIL AND BAKE 40 MINUTES.  
COOK CHICKEN CUBES AS DESIRED. ADD TO CASSEROLE. MIX IN MUSHROOM SOUP. TOP WITH CHEESE.  
COMBINE BROWN SUGAR AND NEXT 7 INGREDIENTS IN SAUCEPAN. COOK OVER MEDIUM HEAT, STIR OFTEN UNTIL.  
COOK ONIONS IN SKILLET UNTIL LIGHT BROWN. ADD WATER AND BRING TO BOIL. POUR ONION MIXTURE INTO CASSEROLE.  
CUT CARROTS INTO THIN SLICES AND DICE ONION. PREHEAT OVEN TO 350F. COOK CARROTS AND ONIONS IN SKILLET.  
ADD RIBS TO SAUERKRAUT MIXTURE IN CASSEROLE DISH. MIX WELL. BAKE UNCOVERED AT 350F FOR 1 1/4 HOURS.  
CHOP EGGS, SET 1 ASIDE. MELT BUTTER, ADD ONION AND GREEN PEPPER IN SAUCEPAN. COOK UNTIL TENDER.

Sheet1

ST3,C,142

SPOON MIXTURE INTO 12X8 INCH BAKING DISH. PREHEAT OVEN TO 400F. PREPARE CORN MUFFIN MIX PER LABEL.  
POUR BEEF BROTH AND WATER OVER MIXTURE. COVER AND BAKE IN OVEN AT 350F FOR 1 HOUR.

IN 13X9 BAKING DISH, COMBINE ONION MIXTURE, SAUERKRAUT, POTATOES, APPLES, BROWN SUGAR AND REST.  
DRAIN TO PAPER TOWEL AND CUT SAUSAGES INTO 1 INCH PIECES. ADD TO SPAGETTI.

BAKE IN OVEN FOR 25 MINUTES AT 350F.

POUR OVER SWEET POTATOES, SPRINKLE WITH CHOPPED WALNUTS. COVER AND REFRIGERATE 8 HOURS.

STIR IN BARELY, SALT, OREGANO AND PEPPER. COVER CASSEROLE AND BAKE IN OVEN AT 350F FOR 1 1/2 HOURS.

ADD TOMATO PUREE AND REMAINING INGREDIENTS, HEAT TO BOILING. POUR SAUCE OVER PORK IN DISH.

SKIM MILK AND GARNISH WITH EXTRA PINEAPPLES.

SLOWLY STIR IN MILK AND SALT. COOK UNTIL MIXTURE THICKENS AND IS SMOOTH. STIR IN SALMON, PIMENTO AND

Sheet1

ST4,C,142

BAKE COVERED CASSEROLE 20 MINUTES OR UNTIL GOLDEN BROWN.

STIR CASSEROLE WELL TO MIX BEFORE SERVING.

COVER DISH WITH FOIL AND BAKE AT 350F IN OVEN FOR 2 HOURS. BASTE WITH JUICES OCCASIONALLY.

PREHEAT OVEN TO 350F. COOK ONION AND GARLIC IN SKILLET UNTIL LIGHT BROWN.

REMOVE DISH AND LET STAND 30 MINUTES. UNCOVER AND BAKE AT 350F FOR 30 MINUTES.

STIR IN BRUSSEL SPROUTS. BAKE 30 MINUTES LONGER. ADD TOMATO WEDGES AND BAKE 10 MORE MINUTES O

COVER AND BAKE 45 MINUTES OR UNTIL DESIRED DONENESS.

PREHEAT OVEN TO 350F. TOSS SALMON MIXTURE INTO SPAGETTI. SPOON MIXTURE INTO 12X8 BAKING DISH. CO

ST5,C,142

STIR IN KIDNEY BEANS, TOMATOES WITH LIQUID, CHEESE, SUGAR, OREGANO AND 1/4 CUP WATER. BRING TO BO

GARNISH WITH REMAINING EGG.

ST6,C,142

ADD MIXTURE TO CASSEROLE, STIR IN. COVER AND BAKE 50 MINUTES OR UNTIL DESIRED DONENESS.

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