

Sheet1

RNLNAME,C,40	KING,C,30
1 OATMEAL PIE	oatmeal/pie shell/corn syrup
2 CALZONE WITH SUN-DRIED TOMATOES	tomatoes/ricotta/prosciutto
3 PUERCO CON VERDOLAGAS (PORK 2/PURSLANE)	pork/purslane/tomato/jalapenos
4 FISH & CHIPS (TIPS)	flour/egg/potatoes
5 ZUPPA INGLESE	cakemix/sugar/rum/cream
6 WHOLE GRAIN BANANA BREAD	banana/eggs/bran/sugar/milk
7 LOBSTER-ARTICHOKE MOLD	gelatin/lobster/artichokes
8 LEMON DRESSING	lemon/cream/cornstarch
9 BAKED ONIONS W/HERB BUTTER (MICROWAVE)	
10 CINNAMON CROWN CAKE	flour/applesauce/eggs/nuts
11 BABY TEETHING COOKIES	flour/molasses/sugar/egg
12 IMPOSSIBLE QUICHE	meat/vegs/cheese/bisquick
13 CORN OYSTERS	flour/milk/corn/oil
14 ENGLISH BISCUITS (CAMP COOKING)	flour/sugar/milk/raisins/egg
15 FORTUNE COOKIES	eggs/honey/flour/extract
16 INFORMATION ABOUT TOFU	none
17 TOFU	soybeans/water/epsom salts
18 TOFU	soybeans/vinegar/water
19 TOFU	soyflour/water/lemon juice
20 PRISCILLA'S PERFECT TAMALES	corn/cheese/spices/husks
21 TAMALES DOUGH	corn/cornmeal/shortening
22 MASA HARINA TAMALES DOUGH	masa harina/shortening
23 TEX MEX AVOCADO DIP/APPETIZER	avocado/lemon/sour cream
24 ORANGE GINGER BEEF	beef/soy/wine/orange/finger
25 INDIAN FRY BREAD	flour/powdered milk/oil
26 CHINESE ALMOND COOKIES	egg/sugar/flour/almonds
27 COOKING WITH ALCOHOL (TEXT)	none
28 COTTAGE CHEESE FRUIT SALAD	cheese/pineapple/jello/whip
29 DONNIE'S DUMP-IT CAKE	cake mix/pineapple/coconut
30 HOMEMADE PANCAKE MIX CAMPING FOOD	flour/shortening/sugar
31 BROWN BREAD	flour/molasses/milk/raisins
32 STUFFED CRABS LAFITTE	crab/bread/onion/eggs/sherry
33 FRIED CUCUMBERS (INSTRUCTIONS)	cucumbers/flour/oil
34 LADYBUG EGGS & PRAYING MANTIS EGG CASES	(SOURCE)
35 KIDS KITCHEN CLUB (INFORMATION)	none
36 TWO-TIME BEEF STEW (FREEZER)	flour/beef/tomatoes
37 THREE-WAY BEEF LOAF (FREEZER)	beef/eggs/crumbs/onion
38 PERFECT BANANA BREAD (HINTS)	none
39 NEIGHBORS COFFEE COMPANY (ADDRESS)	none
40 MAPLE SYRUP (SOURCES)	none
41 CHOCOLATE PECAN FLAN	pecan/chocolate/flour/eggs
42 SUGAR-FRIED PECANS	pecans/sugar/oil
43 ANDOUILLE SMOKED SAUSAGE DRESSING	sausage/onion/bread crumbs
44 ALEX PATOUT'S FRIED FISH	fish/beer/eggs/milk/spices
45 TEMPEH (INFORMATION & RECIPE)	tempeh/mustard/celery
46 CHILI VERDE (GREEN CHILI)	beef/chili/onion/jalapeno
47 COLORADO (RED CHILI)	beef/chili/onion/peppers
48 CHIMICHANGAS	beef/tortillas/tomatoes/lard

49 FIDEO (SPANISH PASTA)

vermicelli/tomato/peas/carrots

Sheet1

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