

Sheet1

RNLNAME,C,40	KING,C,30
1 ROTELLE W/TURKEY, BROCCOLI & PEPPERS	turkey/broccoli/pasta
2 SUSIE'S SUMMER SALAD	lettuce/strawberries/beans
3 BEANS - CAMP COOKING	pinto beans
4 NOODLES ROMANOFF	noodles/milk/cheese/butter
5 DEBRA D. HENG (ADDRESS)	none
6 RAHMSCHNITZEL (VEAL ESCALOPES W/CREAM)	veal/mushrooms/cream/spices
7 YET ANOTHER COLESLAW RECIPE	cabbage/pepper/mayo/vinegar
8 MCNULTY'S TEA & COFFEE (ADDRESS)	none
9 SANDWICHES	misc
10 HONEYCOMB TRIPE	tripe/mustard/water
11 ORANGE BEEF	beef/soy/orange/peppers
12 AQUACATE PICANTE (SPICED AVOCADO)	avocado/bacon/pepper/tomato
13 MOUSSE DE AQUACATE (AVOCADO MOUSSE)	avocado/cream/gelatin/mayo
14 FRED PETERS (ADDRESS)	none
15 SAVORY TRIPE AND BEAN CASSEROLE	tripe/beans/wine/tomato
16 SPAGHETTI CARBONARA ALA THERESA	egg/cheese/pasta/bacon
17 YOGURT FRUIT DIP	yogurt/cream cheese/fruit
18 BREAKFAST-IN-GLASS	yogurt/banana/orange
19 YOGURT POPS	yogurt/juice
20 SUMMER SOUP	yogurt/tomato/milk
21 BLOODY BUTCHER CORNBREAD	cornmeal/eggs/buttermilk
22 FISHHOUSE BARBEQUE	fish/tomato/wine/onion
23 COQ AU VIN	chicken/wine/mushrooms
24 QUICK CHICKEN	chicken/lemon/spices
25 POACHED SALMON -- MICROWAVE	salmon/cream/wine/lemon
26 CHICKEN MARENGO	chicken/wine/tomatos/mushrooms
27 SUMMER SNACK IDEAS	miscellaneous
28 SESAME TOFU	tofu/sesame/onions
29 SESAME MARINADE	soy/wine/vinegar/sesame/chili
30 PEACH BREAD	peaches/raisins/egg/flour
31 BLUEBERRY PEACH COBBLER	peaches/blueberries/flour
32 PEACH PUFF PUDDING	peaches/eggs/bread/milk
33 MAPLE PECAN SAUCE	maple syrup/pecans
34 BAKLAVA	phyllo/walnuts/almonds/butter
35 VASILOPETA (GREEK NEW YEARS BREAD)	flour/egg/yeast/milk
36 QUINOA (INFORMATION)	none
37 ROAST CHICKEN WITH LEMON	chicken/lemon/tarragon
38 CANNOLI (BY HAND)	flour/sugar/vinegar
39 CANNOLI (BY MACHINE)	none
40 CANNOLI FILLING	cheese/chocolate/orange
41 QUICK SOURDOUGH FRENCH BREAD	flour/sour cream/yeast
42 CHILI BEAN SOUP	beans/stock/tomatoes
43 BIZCOCHITOS	lard/egg/flour/wine/sugar
44 TRADITIONAL CALABACITAS CON LECHE	squash/cheese/corn/milk
45 CALDILLO (NEW MEXICAN GREEN CHILI STEW)	meat/potatoes/chilies/onion
46 CARNE ADOVADA (MARINATED PORK)	pork/spices
47 GREEN CHILE SAUCE	chili/onion/lard/garlic
48 RED CHILI SAUCE	chili/water/garlic/salt

Sheet1

49 EMPANADAS DE FRUTA

flour/fruit/raisins/nuts

50 ENCHILADAS VERDES (GREEN ENCHILADAS)

tortillas/cheese/oil

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