

## **Banana Salad**

### **Dressing:**

3 cups Miracle Whip  
½ cup vinegar  
½ cup evaporated milk  
1 cup sugar

Chopped lettuce  
Sliced Bananas

Layer lettuce, bananas, above dressing and chopped nuts. Store dressing mixture in refrigerator.

*Marilyn Koons*

## **Applesauce Gelatin Squares**

4 pkgs (.3 oz each) sugar free raspberry Jell-o  
4 cups boiling water  
2 cups cold water  
1 jar (46 oz) unsweetened applesauce

Dissolve Jell-o in boiling water. Stir in cold water and applesauce. Pour into a 9x13" pan coated with non-stick spray. Refrigerate for 8 hours or overnight. Serves 16. Can use any flavor of Jell-o.

*U. M. Women*

## Apricot Jello Salad

2 pkgs apricot jello  
1 c pineapple juice  
1 can apricots (large) mashed and drained  
2 1/3 c boiling water  
1 can crushed pineapple (large size)  
3/4 c marshmallows

Mix jello, water, 1 c pineapple juice and marshmallows. Add fruit. Refrigerate until set. Put in 13 x 9 x 2" pan.

### Topping:

1/2 c sugar  
1 egg  
1 Tbsp oleo  
3 Tbsp flour  
1 c apricot juice  
Cool whip

Mix above well, except cool whip. Cook and cool. Fold pudding into cool whip. Spread on Jello. Sprinkle with walnuts or pecans.

Dorothy Blair

## Banana Salad

2 eggs, beaten well  
6 Tbsp water  
2 Tbsp butter  
3/4 cup white sugar  
3/4 cup brown sugar

Mix and boil for 1 minute. Cool and pour over bananas and nuts, mix gently.

*Marilyn Koons*

## Bean Salad

1 ½ c sugar

1 c vinegar

Cook over medium heat until sugar dissolves and mixture starts to boil. Remove from heat and add ½ c Crisco. This is the dressing.

Pour over:

1 can green beans (15 or 16 oz)

1 can garbanzo beans

1 can yellow beans

1 can kidney beans – rinsed

Drain each can. Let refrigerate 8 hrs. Put in Tupperware container so you can shake it to mix the dressing. You can sprinkle minced dried onions over the beans before adding the dressing.

Elizabeth Christman

## Betty's Salad

1 head lettuce  
5 hard boiled eggs – chopped  
small pieces croutons  
½ pkg spinach  
½ lb bacon – fried and crumbled  
1 can drained bean sprouts

Mix and add dressing when ready to serve.

Dressing:

1 c oil  
small onion – grated  
1/3 c catsup  
¾ to 1 c sugar  
½ tsp salt  
1 tsp worchestershire  
¼ c vinegar

Beat well but add oil last.

Opal Pittman

## **Betty's Salad**

½ pkg fresh spinach  
½ head lettuce  
1 #2 can bean sprouts drained  
1 can water chestnuts, sliced and drained  
8 slices bacon, cooked and crumbled  
3 hard boiled eggs, sliced or cut up

Combine ingredients and refrigerate overnight.

Dressing:

1 cup salad oil  
1 Tbsp Worcestershire sauce  
¾ cup sugar  
¼ cup vinegar  
1/3 cup catsup  
1 medium onion, chopped  
Salt to taste

Put dressing on cold salad just before serving.

*Janet Luman*

## **Black Bean Soup**

3 cans black beans  
Medium onion  
1 jalapeno pepper  
1 red bell pepper  
1 can diced tomatoes, do not drain  
1 bay leaf  
Salt and pepper to taste

Sauté onion and peppers together. Add bay leaf and black beans (one not drained, the others drained). Add tomatoes and cook for 20 minutes on medium heat.

*Beth Bond*

## Broccoli Soup

1½ cups chopped onion  
3 Tbsp butter  
12 cups water  
12 cubes chicken bouillon or ¼ cup bouillon powder  
2- 8 oz pkgs tiny noodles, crush in bag  
2 pkgs (10 oz) frozen broccoli or 3 bunches fresh, cut in small pieces and steamed  
½ tsp garlic salt  
12 cups milk  
2 lbs Velveeta cheese, cut in cubes

Sauté onions in butter. Add water and bouillon, bring to a boil. Add noodles and cook for 3 minutes. Add broccoli and garlic salt, boil 1 to 6 minutes. Add milk and cheese. Heat until cheese melts. Stir often as cheese will stick to bottom of pan. Do Not Boil.

*U. M. Women*

## Cabbage and Ham Salad

1/3 c salad dressing  
2 Tbsp vinegar  
1 tsp sugar  
½ tsp dry mustard  
½ tsp celery seed  
½ tsp grated onion  
¼ c chopped green peppers  
1/8 tsp white pepper  
1 med head of cabbage  
2 ¼ c cooked ham – cubed  
1 apple cubed with peel  
2 Tbsp sliced radishes

In small bowl combine salad dressing, vinegar, sugar, dry mustard, celery seed, onion and pepper. Use outside cabbage leaves to line salad bowl. Coarsely shred cabbage ( 3 c). Combine with ham, apple, green pepper and radish. Toss with dressing. Serves 4. 399 calories.

Nancy Gillenwater

## Caramel Apple Salad

1 pkg (3 oz) instant butterscotch pudding  
1 8 oz can crushed pineapple with juice  
1 c dry roasted peanuts  
1 8 oz tub whipped topping  
1 c mini marshmallows  
3 c chopped apples with peelings

Mix together; dry pudding, topping, pineapple. Blend well. Stir in remaining ingredients. Serves 8.

Gladys Heminger

## Cashew Salad

4- 10-12 oz bag lettuce mix  
2 apples diced  
1 small can cashew pieces  
2/3 cup Baby Swiss cheese, cut in small chunks  
1 bag raisins

Dressing: Mix in blender in order given

3/4 cup white sugar  
1/3 cup cider vinegar  
1 1/2 tsp poppy seed  
1 tsp salt  
1/2 tsp onion powder  
1 tsp dry mustard

With blender running slowly add 1 cup vegetable oil. Blend until mixed well. Pour dressing over salad just before serving, mix well.

*Dixie Striker*

## Cheeseburger Soup

1½ lbs ground chuck  
1½ cup chopped onion  
1½ cup chopped carrots  
1½ cups chopped celery  
2 tsp dried basil  
2 tsp parsley  
1 Tbsp butter  
9 cups chicken broth  
8 cups diced potatoes

Brown, drain and set aside beef. In same skillet sauté for 10-15 minutes the onions, carrots, celery, basil, parsley and butter. Add broth, beef and potatoes. Heat, cover and simmer for 12-15 minutes, check potatoes.

In a small skillet melt 8 Tbsp butter. Add 2/3 cup flour; cook and stir 3-5 minutes until bubbly. Add to soup bring to a boil; cook and stir for 2 minutes. Reduce heat to low. Add 20 oz of cubed Velveeta cheese (about 2/3 of a 2 lb package), 4 cups milk, 1 tsp salt and 1½ tsp pepper. Cook and stir until cheese melts. Remove from heat, stir in ½ cup sour cream.

*Nancy Gillenwater*

## Cherry Salad

1 can cherry pie filling  
1 sm can pineapple tidbits – drained  
2-3 bananas cut into bite sized pieces  
1 c pecans  
1 c miniature marshmallows

Mix and chill.



## Clam Chowder

1 stick margarine  
1 large onion, chopped  
3 cans cream of potato soup  
2 (10½ oz) cans New England Clam Chowder  
2 cans minced clams (use juices)  
1 qt Half and Half

Sauté onion in margarine until soft. Add remaining ingredients. Cook in crock pot for 3-4 hours on low. Makes 4 quarts. Freezes well. May be thinned with 2% milk. DO NOT ADD SALT.

*Margie Gutternberg*

## Cole Slaw

1 large head of cabbage – shredded  
½ c chopped mango  
1 c chopped celery  
½ c chopped sweet onion  
2 c sugar  
2 tsp salt  
½ tsp mustard seed  
½ c white vinegar  
1 tsp celery seed

Mix sugar, vinegar, salt, celery and mustard seed. Let set 24 hours in refrigerator. Stir before putting on vegetables.

Melda (Striker) Dietz

## **Cole Slaw**

14 lbs cabbage  
2 cans pineapple- large, drained  
2 bags marshmallows- large, miniatures  
1 qt Miracle Whip

Mix slawed cabbage, pineapple and marshmallows. Thicken your pineapple juice cool, fold in Miracle Whip. Add to slaw and leave to marinate for 1 to 2 hours.

*U. M. Women*

## **Cole Slaw**

1 large head cabbage, shredded  
½ cup sweet onion, chopped  
½ cup green pepper, chopped  
1 cup celery, chopped  
2 cups sugar (or 1 cup and 1 Tbsp liquid sweetening)  
½ cup white vinegar  
2 tsp salt  
1 tsp celery seed

Mix vinegar, sugar, salt and celery seed together. Let stand. Pour over vegetables. Let stand at least 8 hours.

*U. M. Women*

## **Cole Slaw**

30 lbs cabbage, chopped  
5 medium onion, chopped  
3 red peppers, chopped  
3 green peppers, chopped

Mix and let set.

Dressing:

14 cups sugar (7 cups sugar and 7 Tbsp sweetening)  
4½ cups vinegar  
5½ Tbsp salt  
8 tsp celery seed

Pour over vegetables. Chill overnight.

*U. M. Women*

## **Cookie Salad**

2- 3 oz instant French Vanilla pudding  
2 cups buttermilk  
1 pkg fudge stripe cookies, crushed  
1 large can mandarin oranges, drained well  
1 cup chopped pecans, optional

Whisk together pudding and buttermilk. Fold in remaining ingredients until well blended. Best when chilled overnight.

*Dori Bishop*

## **Cranberry Salad**

1- 6 oz box raspberry Jell-o  
1- 20 oz can crushed pineapple, do not drain  
1½ cup boiling water  
1 can whole or jellied cranberry sauce

Dissolve Jell-o in boiling water. Add cranberry sauce stirring to partially dissolve, mash so there is no large chunks. Add pineapple. Pour into 9x13" and refrigerate.

*U. M. Women*

## Cranberry Salad

2 boxes raspberry jello (3 oz)  
1 can (20 oz) crushed pineapple  
1 ½ c boiling water  
1 can whole cranberry sauce  
sour cream (breakstone)

Dissolve jello in hot water and add sauce; stir until dissolved. Add pineapple without draining. Chill till thick. Pour half in mold. Let set. Spoon on sour cream. Spoon over rest of jello. Let set.

Dixie Striker

## Easy Vegetable Soup

1 lb ground beef  
2 cans tomato soup  
2 cans veg-all undrained

Brown ground beef place in crock pot, add soup and veg-all. Cook on low 4 to 5 hours.

*Shelley Darnell*

## Edith's Salad

8 oz creamed cheese, softened  
½ c mayonnaise  
3 Tbsp powdered sugar

Mix together.

Stir in:

13 ½ oz can pineapple tidbits – drained  
2 c mini marshmallows  
11 oz can mandarin oranges – drained  
1 sm cool whip ( 8 oz)

Put into 9 x 12" pan. Cut maraschino cherries in half and place on top. Cut into squares. Can freeze if you want to chill in refrigerator.

Edith Efaw

## Four Bean Salad

1 can green beans  
1 can yellow beans  
1 can dark red kidney beans (washed)  
1 can garbanzos (chick peas, washed)  
1 stalk of celery, cut thin  
1 green pepper, chopped  
1 medium onion, sliced thin  
1 cup sugar  
½ cup salad oil  
¾ cup vinegar  
Salt

Combine sugar, salad oil, vinegar and salt. Beat well or run a few seconds in a blender. Pour over ingredients and stir gently. Stir several times during first day. Make this salad at 24 hours before serving. Keeps for several days; serves 6 or more.

*Marilyn Koons*

## French Dressing

1 cup catsup  
1 cup sugar  
1 cup salad oil  
½ cup vinegar  
2 Tbsp grated onion salt  
1 tsp grated garlic salt

Put in mixer bowl for 3 to 5 minutes and beat. Pour into jar and refrigerate.

*U. M. Women*

## Frog Eye Salad

Sauce:

1 egg  
½ cup sugar  
1 cup pineapple juice  
1 tsp salt  
1½ tsp flour

Thicken ingredients over low heat.

1 cup acini di pepi macroni, cooked as directed

Mix with sauce.

1 cup mandarin oranges, drained  
20 oz crushed pineapple, drained  
20 oz. pineapple tidbits, drained

Mix together and add 1 small jar drained maraschino cherries. Let set overnight. Just before serving, mix sauce and macaroni and fruit mixture with 1 large cool whip and 1 cup miniature marshmallow.

*Ellie Rockwell*

## **Fruited Chicken Salad**

1 apple, cubed with skin  
3 cup cubed cooked white chicken  
1 cup diced celery  
1 cup grapes, halved  
1 cup pecans, halved

Sprinkle lemon juice on apples and set aside.

Dressing:

1 tsp cider vinegar  
 $\frac{3}{4}$  cup regular mayonnaise  
 $\frac{1}{2}$  tsp salt (or less)  
 $\frac{1}{2}$  tsp dry mustard  
 $\frac{1}{2}$  tsp sugar

Mix dressing ingredients and chill. Then mix with other ingredients. Good with muffins and fresh fruit slices.

*Peg Lyon*

## **Fruit Salad**

1 can peach pie filling  
1 lb red grapes  
1 lb green grapes  
1- 20 oz pineapple tidbits or chunks  
1- 3 oz box instant vanilla pudding  
1- 10 oz bag strawberries  
1- 10 oz bag blueberries

Mix together and let sit overnight, stir and serve.

*U. M. Women*

## Golden Glow Jello Salad

12 pkg jello – ½ lemon or ½ orange or your choice  
4 level tsp salt  
4 c pineapple juice  
12 Tbsp lemon juice or whit vinegar  
6 c crushed pineapple – well drained  
4 envelopes knox gelatin  
4 quarts plus 2 c boiling water  
10 c grated carrots or part can be finely cut celery

Dissolve jello and gelatin in boiling water. Add salt, vinegar or lemon juice and pineapple juice. Mix well. Pour into flat pans. Sprinkle in evenly the vegetables and pineapple. Cool. Put in refrigerator to chill until needed.

Minnie Nigh & Hazel Phenicie

## Grandma Cahill's Dandelion Greens

2 qt dandelion greens (pick in spring)  
4 thick slices bacon, cubed and fried crisp to sprinkle over greens  
¼ cup butter or oleo  
½ cup cream  
2 eggs  
1 tsp salt  
Dash black pepper  
Dash paprika  
1 Tbsp sugar  
4 Tbsp vinegar (apple, but rice is good)

Cook bacon; remove and add butter with cream over low heat. Beat eggs. Add salt, pepper, paprika, sugar and vinegar and add to the cream mixture. Pour into skillet, increase heat, stir until thick like custard. Pour over dandelion greens and sprinkle with bacon.

*Ralph Lyon*



## Hot Chicken Luncheon Salad

10 cups chicken, drained and cut  
7½ cups celery chopped  
10 Tbsp onion, chopped  
10 Tbsp pimento, chopped  
2½ cups mayonnaise or miracle whip  
2½ cups crushed potato chips  
1 2/3 cups green pepper, chopped  
2½ cups slivered almonds  
10 Tbsp lemon juice  
2½ cans cream of chicken soup  
10 boiled eggs, chopped  
1 2/3 cup shredded Swiss cheese

Makes 24 servings.

*U. M. Women*

## Hot Chicken Luncheon Salad

4 c chicken – diced and cooked  
3 c celery – chopped  
4 Tbsp onion – chopped  
4 Tbsp pimento  
1 c mayonnaise  
1 c potato chips – crushed  
2/3 c swiss cheese – grated  
2/3 c green pepper – chopped  
1 c slivered almonds  
4 Tbsp lemon juice  
1 can cream of chicken soup  
3-6 hard boiled eggs – diced

Mix all ingredients except chips and cheese together in a casserole. Top with chips and cheese. Bake 30 minutes at 350. Makes a 9 x 12” baking dish.

Dixie Striker

## Hot Chicken Salad

2 c cooked chicken  
1 c finely chopped celery  
Salt and pepper to taste  
1 can sliced water chestnuts  
1 (10 oz) can cream of chicken soup  
2 tsp onion  
½ c mayonnaise  
2 c crushed potato chips

Mix all ingredients except for chips, and pour into buttered dish. Sprinkle chips over top before baking at 350 for 25-30 minutes.

Nancy Gillenwater

## Jeannette's Cranberry Salad

1 lb cranberries, blended  
1 orange, chopped  
2 apples, chopped  
1- 6 oz pkg raspberry Jell-o  
3½ cups boiling water  
½ cup chopped walnuts  
1 cup chopped celery  
½ cup sugar

Mix Jello in boiling water until dissolved. Mix rest of ingredients together, pour jello over the top. Stir until blended. Chill till set.

*Marilyn Koons*

## **Jell-o Salad for 50**

3 large cherry Jell-o  
1 large Orange Jell-o  
1 large Lemon Jell-o  
12 cups boiling water  
3 cans whole cranberry sauce  
1- #2½ can crushed pineapple juice  
3 cups chopped apples  
1¼ cups chopped celery

Dissolve Jell-o in boiling water. Add remaining ingredients. Put in pans and let set.  
*U. M. Women & Gladys Heminger*

## **Layered Cranberry Apple Dessert**

1 pkg (8 serving) or 2 pkgs (4 serving each) raspberry Jell-o  
2 cups boiling water  
1½ cups cranberry apple drink  
1 can (8 oz) whole berry cranberry sauce (¾ cup)  
2 cups thawed Birds Eye Cool Whip  
1 unpeeled apple, finely diced

Dissolve gelatin in boiling water. Add drink. Measure 2 cups; chill until slightly thickened. Add cranberry sauce to remaining gelatin, blending well; set aside. Blend whipped topping into measured gelatin; add apple and chill until thickened. Pour into a 7- or 8- cup bowl and chill until set but not firm. Chill remaining gelatin mixture until thickened. Spoon over creamy layer in bowl. Chill until set, about 3 hours. Makes about 6½ cups or 12 servings.

*U. M. Women*

## Lemon Jello Salad

2 pkg Lemon Jello  
1 med can crushed pineapple – drained  
1 sm jar pimento – diced  
½ pt whipped cream or cool whip  
pineapple juice and water to make 2 cups  
1 – 1 ½ c diced celery  
2 sm pkg cream cheese  
1 c chopped English walnuts

Heat pineapple juice and water to boiling. Dissolve gelatin in juice. Cool. Mash pimentos and cream cheese together. Mix celery, nuts and pineapple with thickened gelatin. Add cream cheese, pimento mixture. Fold in whipped cream. May be made in large shallow pan and cut into squares. Serve on lettuce leaf.

DeJon Hart

## Lemonade Salad

1- 6 oz Cool Whip  
1- 8 oz lemonade concentrate  
1 cup Eagle Brand Milk  
8 oz crushed pineapple  
1 sleeve Ritz crackers, mashed (save some for garnish)

Mix together cool whip, concentrate and milk. Then add pineapple and crackers.

*Pat Sparks*

## Lime Chiffon Salad

1 can (9 oz) crushed pineapple  
1 c boiling water  
½ c mayonnaise  
¼ c chopped nuts  
1 (3 oz) lime jello  
1 c creamed cottage cheese

Drain pineapple, reserving juice. Dissolve gelatin in boiling water; add reserved juice. Cool until slightly thick. Beat until frothy. Fold in pineapple, cottage cheese, mayonnaise and nuts. Place in 13 x 9 pan or mold. Refrigerate until firm. Serve on lettuce.

Dorothy Blair

## Lime Pineapple Whip

#2 can crushed pineapple  
1 large Phil. cream cheese  
1 pkg lime jello  
½ pt whipping cream  
1 c miniature marshmallows

Place pineapple in pan and heat to boiling; add lime jello and let cool. Add marshmallows. Beat cream cheese and beat whipping cream. Then fold together and add to jello mixture when it sets good. Nuts may be added if you like ¼ c. Pour in an 8 x 8 pan. Serve 8-9.

Gladys Heminger

## Louisiana Fruit Salad

- 2 (16 oz) cans chunk pineapple, desired
- 2 (11 oz) cans mandarin oranges, drained
- 4 bananas diced
- 1 (10 oz) pkg frozen strawberries or 1 pint fresh berries
- 1 (21 oz) can strawberry pie filling

In a large bowl, mix pineapple, oranges, strawberries and bananas. Pour pie filling over mixed fruit and stir until just mixed. Chill completely before serving. Fills a 2 quart bowl. \*Will keep in refrigerator up to 2 weeks in sealed container, bananas do not turn dark.

*Deb Teets*

## Mixed Vegetable Salad

- 1 10 oz pkg frozen mixed vegetables cooked and cooled or 1 can veg-all (10 oz)
- 1 sm onion – chopped
- 1 can red kidney beans rinsed and drained
- 1 c macaroni – cooked and drained (seashell or rosette)
- ½ c chopped celery
- 1 sm green pepper – chopped

Sauce:

- ½ to 1 c sugar ( I use a “good” ½ c)
- ½ tsp salt
- ¼ c vinegar
- 1 Tbsp flour
- 1 Tbsp prepared mustard – can use dry
- ¼ c water

Cook until thick. Cool. Mix with vegetables. Better made the night or several hours before serving. Can last 6 weeks in refrigerator.

Dixie Striker

### **Mom's Vinegar-Oil Dressing**

2/3 cup white sugar  
1 tsp dry mustard  
1 tsp salt  
1 tsp celery seed  
1 Tbsp onion salt  
½ cup vinegar

Mix together. Then add 1 cup salad oil. Beat 5 minutes.

*Sandy Young*

### **Mostaccoli Veggie Salad**

3 cups uncooked mostaccoli or large tube pasta  
1 medium cucumber, thinly sliced  
1 yellow summer squash, quartered and sliced  
1 zucchini, halved and sliced  
½ cup diced red pepper  
½ cup diced green pepper  
1.2 sliced black olives  
3-4 green onions sliced

Dressing:

1/3 cup sugar  
1/3 cup white vinegar  
1/3 cup oil  
1½ tsp mustard  
¾ tsp dried onion  
¾ tsp garlic powder  
½ tsp salt  
½ tsp pepper

Cook pasta and drain. Place in large bowl with vegetables. Combine dressing ingredients. Pour over pasta mixture. Toss to coat. Refrigerate 8 hours or overnight. Toss before serving.

*Shelley Darnell*

## **Mother's Easy Macaroni Salad**

Cook salted macaroni and drain. Add chopped up celery. Cut up and add 2 hard boiled eggs. Stir in Miracle Whip, a little mustard and an even smaller amount of milk. Then add a little sugar and about ½ tsp pepper. Make this recipe according to your taste. A dash of this a pinch of that.

*Barb Ellis*

## **Nutty Cole Slaw**

1 lb bag Cole slaw mix  
1 cup sunflower seeds  
1 cup slivered or sliced almonds  
2 bunches green onions sliced  
2 pkgs Ramen Noodles beef flavor  
1 cup vegetable oil  
½ cup sugar  
1/3 cup cider vinegar

Mix Cole Slaw, sunflower seeds, almonds and onions. Mix oil, sugar and vinegar with the beef flavor packet from noodles. Just before serving break up noodles and stir into slaw.

*Dixie Striker*

## **Oodles of Noodles Salad**

8 oz spaghetti noodles  
1 cup baby carrots  
1 medium zucchini  
25 pepperoni slices  
½ cup grated parmesan cheese  
½ cup Italian dressing

Cook the spaghetti according to package directions. Drain and run cold water over spaghetti. Chop the carrots; cut the zucchini and then chop. Add both to spaghetti. Slice pepperoni in half and add to spaghetti mixture. Sprinkle on parmesan cheese and pour Italian dressing on and mix well. Refrigerate for at least one hour and enjoy. Makes 6 servings.

*Sarah Lipscomb*



## Orange Juice Salad

- 1 small box instant vanilla pudding
- 1 large box orange jello
- 2 cans (11 oz) mandarin oranges, drained
- 1 sm box tapioca pudding (not instant)
- 3 c cold water
- 1 large cool whip

Mix vanilla pudding, tapioca pudding, orange jello and cold water in large pan and bring to a boil. Let cool. Add oranges and cool whip. Pour into 19 x 9 pan and refrigerate.

Microwave directions: Put ingredients that you boil in large glass bowl and microwave on high for 10 min stirring every 2 minutes.

Dorothy Miller

## Oriental Broccoli Salad

- 1 pkg broccoli cole slaw
- 2 pkgs Ramen Noodles, crushed
- 1 bunch green onions, chopped

Dressing:

- $\frac{3}{4}$  cup vegetable oil
- $\frac{1}{2}$  cup sugar
- $\frac{1}{3}$  cup white vinegar
- 2 seasoning pkgs for Ramen Noodles

Toss dressing with above ingredients and let set overnight. Before serving add 1 cup sunflower seeds and 1 cup chow mein noodles.

*Shelley Darnell*

## Pasta Salad

Cook 2 c pasta, any size, shape, or flavor. Drain and cool. Add vegetables: cauliflower, carrots, celery, broccoli, zucchini, cucumbers, onion if desired. Pour over one large bottle of Ranch dressing. Let stand overnight. Add quartered tomatoes or cherry tomatoes. Stir and serve.

Dixie Striker

## Perfection Salad

1- 6 oz box Jell-o, orange or lemon  
3 cups shredded carrots  
3 cups diced celery  
3½ cups water (2 cups boiling, rest cold)  
1 tsp gelatin  
Salt  
½ can crushed pineapple (1 cup, do not drain)

Fills a 9x13" pan.

*U. M. Women*

## Pretzel Salad

2 c crushed pretzels  
¾ c melted oleo  
1 8 oz pkg cream cheese – softened  
1 large pkg strawberry jello  
2 c boiling water  
3 tbsp sugar  
1 c sugar  
1 med container whipped cream  
2 10 oz pkg frozen strawberries

Combine crushed pretzels, 3 tbsp sugar and melted oleo. Pat into 13 x 9" pan and bake 8 minutes at 375. Cool. Beat 1 c sugar with cream cheese. Fold in cool whip. Spread over pretzel base. Combine jello, water and strawberries. Let set for 10 minutes until slightly thickened. Cool in refrigerator. The taste of the slightly salty pretzels blends well with the sweet cheese filling.

Thelma Hawkins

## Ray's Chili

2 cups red beans  
5 cups tomato juice  
2½ lb ground beef  
¼ cup olive oil  
1 bay leaf  
2 Tbsp chili powder  
¼ tsp crushed red pepper  
1 Tbsp salt  
4 minced garlic cloves  
1 tsp oregano  
1 tsp cumin  
1 Tbsp paprika  
3 Tbsp corn flour  
1 Tbsp regular flour  
1 green pepper  
2 onions  
Celery  
Blend vegetable with 1 can tomato

Brown garlic and onion in olive oil then add meat, brown. Add rest of ingredients.  
Cook down.

*Peg Lyon*

## **Rhubarb Salad**

4 cups diced rhubarb  
1 cup water  
1 – 1¾ cup sugar  
¼ tsp salt  
2 (3 oz) pkgs strawberry Jell-o  
1¾ cup water  
¼ cup lemon juice  
1 cup diced celery  
2 (11 oz) cans mandarin oranges (drained)

Bring to a boil the first 4 ingredients, simmer until rhubarb loses crispness. Remove from heat. Add gelatin stir until dissolved, add cold water and lemon juice. Chill until partially thickened, fold in celery and oranges. Put in 2 qt shallow dish, chill until firm. Serve on crisp lettuce with sour cream. Dust with nutmeg.

*Marilyn Koons*

## **Seven-Layer Salad**

Fill a large salad bowl (or 9x13" pan) one-third full of torn lettuce, approximately 1 head. Layer cut celery, sliced red onions (if desired), and a 10 oz package frozen peas. Add layer of fried, drained bacon cut in pieces or use bacon bits. Add layer of shredded cheddar cheese.

Mix 1 cup (or more) of mayonnaise with 1 Tbsp sugar. Spread on top. Refrigerate over night. Toss before serving.

Can use shredded carrots, broccoli, or other vegetables in place of the celery and onions.

*Marlene Malone*

## Seven-Layer Salad

1 head lettuce  
½ cup celery  
½ cup green pepper  
½ cup onion, chopped  
1- 10 oz pkg frozen peas (do not cook)  
1½ cups mayonnaise  
1 Tbsp sugar  
4- 6 oz shredded cheddar or parmesan cheese  
8 strips fried bacon crumbles  
1 large hard boiled egg

Shred or dice lettuce. Layer lettuce, peas, eggs, bacon and cheese. Blend mayonnaise with sugar, spread on top and top with cheese. Cover and refrigerate for 8 hours. Serves 18-20.

*U. M. Women*

## Skyline Chili from Cincinnati

2 – 3 lbs ground beef  
1 quart cold water  
1- 6 oz tomato paste  
2 large onions, chopped  
1½ Tbsp vinegar  
1 tsp Worcestershire sauce  
1 garlic clove, finely chopped  
2 Tbsp chili powder  
5 bay leaves  
2 tsp cinnamon  
1 tsp allspice  
1½ tsp unsweetened cocoa  
2 cayenne peppers  
Salt and pepper  
1½ lbs cooked spaghetti  
1 lb shredded fine cheddar cheese  
1 box oyster crackers  
1- 16 oz kidney beans  
1 chopped onion

Crumble raw ground beef and chopped onions into water, add all the other ingredients except spaghetti, cheese, crackers, beans and onions. Bring to boil. Stir well, breaking all the up before it cooks. Cover and simmer 2 or more hours. Stir occasionally. Server over spaghetti, add cheese, crackers on side or add onions and kidney beans. Can put whole spices like peppers and bay leaves in a bag to cook.

*Ellie Rockwell*

## Snappy Apple Salad

2- 3 oz pkgs or 16 oz pkg lemon Jell-o  
2 cups boiling water  
2 cups apple juice  
1- 2 cups chopped apples  
¼ cup sliced celery

Dissolve gelatin in boiling water. Add juice. Chill until slightly thickened. Add apple and celery. Chill 2 hours until set. Garnish. Serve with dressing. Serves 12.

### Sour Cream Dressing:

Combine 2 cups sour cream, ¼ cup mayonnaise and 1 tsp cinnamon. Chill, makes 2 cups.

*U. M. Women*

## Spam Salad

1 pkg lemon jello – small  
1 ½ c water

Let set until gel. Add 1 c miracle whip (after gel) and whip until foamy. Fold in:

3 eggs – hard boiled, chopped  
1-2 tsp green onion or 1 tsp minced onion  
1 can ground spam  
1 c chopped celery  
2 Tbsp green pepper – diced

Mold; chill. Serve with crackers

Nancy Gillenwater

## Spinach Salad

10 oz fresh spinach  
1 ½ can bean sprouts  
8 slices bacon fried and crumbled  
5 oz can water chestnuts drained and sliced  
4 hard cooked eggs – sliced

Bacon may be fried as you are preparing rest of salad. Wash, cut and drain spinach. Mix all ingredients except bacon. Add the bacon just before serving.

Dressing:

1 c oil  
¾ c sugar  
½ c catsup  
salt and pepper to taste  
¼ c vinegar  
1 sm onion - chopped  
1 to 2 Tbsp Worcestershire sauce

Combine all, shake and chill. Put bacon and dressing on just before serving.  
(dressing is good on tossed salad also.)

Sandy Knowlton

## Strawberry Salad

2 boxes Jello – strawberry or cherry  
2 mashed bananas  
1 med can crushed pineapple  
2 c boiling water  
2 10 oz pkgs frozen strawberries  
½ pt sour cream

Dissolve jello in boiling water. Add frozen berries; stir until thawed. Add mashed bananas and drained pineapple. Congeal half of gelatin mixture, the spread with sour cream before adding the other half.

Donna Walsh



## Super Salad Dressing

1 bottle ketchup  
¾ cup vinegar  
1½ tsp salt  
½ cup sugar  
½ cup salad oil  
½ tsp paprika  
1 tsp Worcestershire sauce  
½ tsp black pepper  
1 Tbsp dry mustard  
1 small onion  
1 clove garlic, crushed

Mix with beater, let stand over night, then strain. Keeps well.

*Pat Trout*

## Sweet and Sour Bean Salad

1 can green beans  
1 can yellow wax beans  
1 can kidney beans  
1 can carrots (fancy cut)  
1 can lima beans  
1½ cups celery  
1 medium onion (purple)  
1 medium green pepper

Drain vegetables well and mix together.

1½ cups vinegar (cider)  
½ cup water  
½ cup salad oil  
½ tsp salt  
1 tsp celery seed  
2 cups sugar

Mix together and pour over bean mixture. Chill at least 8 hours or over night. Keep refrigerated.

*Dixie Striker*

## Taco Salad

1 head lettuce  
1 can kidney beans, drained  
4 big tomatoes  
8 oz shredded cheese  
1 lb hamburger (and onions) browned and drained  
1 pkg Doritos, crushed (cheese or taco flavor)  
½ bottle taco sauce  
1 cup mayo or Miracle Whip  
1 Tbsp ketchup

Mix lettuce, beans, tomatoes, cheese, and cooked hamburger. Mix taco sauce, miracle whip and ketchup. Put Doritos and sauce on at last minute.

*Pat Trout*

## **Taco Soup**

2 lb hamburger  
1- 15 oz kidney beans  
1- 15 oz hominy  
1- 15 oz lima beans  
1- 15 oz chili beans in sauce  
1 medium onion  
1 medium onion  
2- 15 oz diced tomatoes  
1½ cups water  
2 pkgs taco seasoning  
1 pkg dry ranch dressing mix

Brown hamburger, combine all cans without draining. Simmer for 1 hour. Serve with sour cream, shredded cheese and taco chips or Fritos.

*Margie Guttenberg*

## **Taffy Apple Salad**

16 oz can chunky pineapple, (drain and save juice)  
1 egg, well beaten  
1½ Tbsp white vinegar  
½ cup sugar  
1 Tbsp flour  
4 or more cups diced apples  
1½ cups of Spanish peanuts (no other kinds)  
4 cups of mini marshmallows  
10 8 oz container of Cool Whip

Combine egg, pineapple juice, sugar, flour and vinegar in saucepan and cook until thick. Set aside to cool. In a large bowl, combine apples, pineapples, marshmallows and 1¼ cup of the nuts.

Combine the cooled mixture with Cool Whip and stir until smooth. Then combine apple mixture with the Cool Whip mixture and fold until all is well blended. Chill and serve.

Toss with the remaining Spanish peanuts just before serving. If made a day ahead, flavor really takes hold.

*Anna Fitz*

## Tex – Mex Soup

2 Tbsp salad oil – divided  
4 c chopped onion  
2 lb lean pork – diced (use pork shoulder)  
1 lb ground beef  
4 cloves garlic  
¼ c chili powder  
1 Tbsp cumin  
2 tsp oregano  
32 oz chopped canned tomatoes  
32 oz kidney beans  
1 ¾ c beef broth  
12 oz beer  
1 can (4 oz) chopped green chilies  
2 Tbsp fresh cilantro (or 1 Tbsp dry)  
1 tsp salt

Heat 3 Tbsp oil. Brown onion until golden. Remove onion. Add 1 Tbsp oil, meats and brown. Add garlic, chili powder, cumin and cook 2 minutes stirring. Add tomatoes, beef broth, beer, chili's, oregano, salt and cilantro and return to pot with onions. Cook 3 hours simmering. Add beans and cook 10 – 15 minutes. Top with grated cheese, green onion, sour cream and avocado if desired.

Nancy Gillenwater

## Vinegar & Oil Dressing

2/3 c sugar  
1 tsp salt  
1 Tbsp onion salt  
1 tsp dry mustard  
1 tsp celery seed  
½ c vinegar

Mix together and add 1 c salad oil. Beat 5 minutes, use blender. Serves 36 doubling recipe. Makes 1 pt.

Miriam Fauser

## **White Bean Chicken Chili**

1 Tbsp vegetable oil  
1 lb boneless chicken breasts, cubed  
1 cup chopped onion  
3 cloves garlic, minced  
2 tsp chili powder  
1 cup frozen corn  
1 can chicken broth  
1 cup chunky salsa  
1 can white beans, rinsed and drained

Heat oil in skillet; add chicken and cook until browned, stirring often. Place onion, garlic, chili powder, broth, salsa, beans and corn in a 3½ quarts slow cooker. Top with browned chicken. Cover and cook on high 4 to 5 minutes.

*Shelley Darnell*

## **‘Wurst Potato Salad**

2 lbs New potatoes (tiny) (some red) (quartered)  
8 oz fully cooked sausage links  
6 strips of bacon, chopped  
¼ cup chopped onion  
¼ chopped celery  
½ cup vinegar  
3 Tbsp sugar  
1- 16 oz can sauerkraut, drained and rinsed

Steam potatoes and sausage for 20-25 minutes. Cool sausage cut into 1" pieces.

Dressing:

In skillet brown bacon, onion and celery. Drain. Add 1 Tbsp drippings, vinegar, ¼ cup water and sugar. Simmer. Stir in sauerkraut, simmer 5 minutes.

In mixing bowl combine potatoes, sausage and dressing. Toss to coat. Serve warm.

*Nancy Maples*

## Yum Yum Salad

1 #2 can crushed pineapple  
1 8 oz phil. cream cheese  
1 c diced apples  
2 c sugar  
1 sm box lemon jello  
1 c diced celery  
1 c pecans  
1 envelope dream whip

Cook pineapple and sugar for 3 minutes. Add lemon jello and cream cheese; continue stirring until dissolved. Cool. Add apples, celery, and nuts. Whip the dream whip and add to the other. Pour into long baking dish. Let stand overnight.

Edith Oberlander