



Recipe for: Apple Sauce

from the kitchen of:

- { 6 to 8 apples; peeled, cored,  
cut in wedges
- { 1 12 oz. can lemon-lime soda
- { 1 1/2 T. lemon juice
- { 1/4 c. brown sugar (optional <sup>serves!</sup>)
- { 1 t. cinnamon (optional)

Put apples in crockpot, stir  
in lemon juice and brown sugar.  
Pour Soda over mixture.

Cover and cook on low - 6-7 hrs.  
or on high 3 hrs.

Mash apple wedges with potato  
masher or large fork.

Add cinnamon if desired.

Serves 6 to 10

Submitted by: Barb Green

### ECONOMICAL TUNA SALAD CASSEROLE

2 cans (7 oz. each) tuna, drained and flaked	1 1/2 cups diced celery
1 can (10 3/4 oz.) condensed cream of celery soup	1/2 cup mayonnaise
3 hard-cooked eggs, chopped	1/4 tsp. pepper
	1 1/2 cups crushed potato chips

Combine all ingredients except 1/4 cup of the crushed potato chips; stir well. Pour into greased crock pot. Top with reserved potato chips. Cover and cook on LOW setting for 5 to 8 hours.

Serves 4

Submitted by Barb Green

April 18, 2009

Submitted by: Diane Brueilly

### Stuffed Cabbage Soup



48 oz V-8 Juice  
1 diced onion  
1 diced green pepper  
3 cups water  
1 beef bouillon cube  
1 small head cabbage, shredded  
1 cup diced carrots  
1 pound hamburger  
1/2- 1 cup rice, cooked half of required time

*1/2 pd Sweet / hot spicy sausage browned*

Brown hamburger, onion, pepper in large pot. When meat is no longer pink, add water, bouillon cube and carrots. Next add cabbage and juice and rice.

Season as desired. Simmer for several hours until cabbage is soft. This soup thickens so you might have to add more juice or water.

*Sprinkle with  
Parmesan cheese*

# Submitted by: Kcaarin Pineau

## Eggplant Parmesan

Kcaarin Pineau

5Qt Crock Pot

Prep time 45min-1 hr

Cook time 2-5 hours

- ~ 2-3 med eggplant
- ~ 4-6 eggs (depending on size)
- ~ 3/4C-1 C flour (I try to use less and add if I need to)
- ~4-6 pieces of bread
- ~1/2 C shredded Parmesan
- ~56 oz diced tomatoes
- ~16-32 oz shredded mozzarella (depending on how cheesy you like it)
- ~olive oil
- ~fresh garlic 4-6 cloves
- ~dried: basil, rosemary, oregano
- ~honey

### Prep:

- ~peel and slice eggplant into about 1/2" slices, place onto paper towels to dry (I put them on a plate and layered them with paper towels in between each layer), lightly salt each layer, put a pan on top
- ~leave for 30 min to drain

While they are draining put diced tom into mixer and blend. Then put into a skillet on the stove and cook over med heat. Add spices (I added about: 1 tsp oregano, 1 1/2 tsp basil, 4-6 cloves garlic, 1 Tablespoon honey)

While this simmers, toast the bread, after toasted break into little pieces, then put in either blender or coffee grinder and blend into bread crumbs. Add spices (a little oregano, basil and rosemary). Put into a bowl

Shred Mozzarella and Parmesan and mix into a bowl.

Put enough olive oil in a skillet on stove to saute eggplant on med heat (I had to add oil several times throughout the process)

Mix eggs together in another bowl.

Place flour in another bowl.

Line up flour bowl, egg bowl then bread crumbs on your counter. Dip eggplant first into flour, then into egg then into the bread crumbs then place in hot oil to cook until brown. (About 2 min on first side then flip for another min)

Put sauce on the bottom of the crock pot then eggplant then the cheese. Continue layering until pot is full.

Cook on high for 2 hours (if you waited until the last min like I did) or on low for 4-5.

Submitted by: Sylinda Alfred

# Chicken Crock-a-Doodle



Boneless, skinless chicken  
1 cup French dressing  
1 onion, sliced  
1 green pepper sliced

Combine in a crockpot or slow cooker and cook on  
med-high for about 6 hours.

Sylinda Alfred

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Submitted by: Linda Lloyd

**Vegetable Beef Soup**

1 pound of ground beef or ground turkey  
3 cups water  
1 - 14 ½ ounce can diced tomatoes  
1 tablespoon sugar  
1 - 14 ounce can tomato sauce  
¼ teaspoon oregano **OR** basil  
1 package onion soup mix  
½ teaspoon pepper  
1 - 16 ounce package frozen mixed vegetables

Brown meat and drain. Add rest of the ingredients. Cook slowly on stove top 45 minutes or in crock pot on **LOW** 6 to 10 hours or on **HIGH** 3 to 4 hours.

Submitted by: Tania Ahmed

## **Baingan Bartha Recipes**

### **Ingredients**

1 egg plant (brinjal)  
(should be fat and big)  
1 big onion  
3-4 green chillies  
1 tablespoon fine cut ginger  
2 small tomatoes

### **Method**

If you have an oven, preheat the oven to 300 degrees. Put the Egg Plant in the baking sheet and keep checking it/turning it till the outer skin starts cracking and can be peeled off without difficulty. Remember, this process has to be done carefully so that the inner part of the Eggplant is also cooked well. If you have a gas burner, put the eggplant directly on the burner and keep turning it till the outer skin starts cracking and can be peeled off easily. Allow the eggplant to cool a little. Peel the outer skin of the eggplant. When the skin is removed, crush the eggplant using knife/spoon well so that it has an even consistency. Put some oil in a pan. When hot, put some Jeera (cumin seeds) into it and put the (not so finely chopped onion) into it. When the onions are light golden brown, add the (finely cut) green chillies and (finely cut) ginger to it. Heat it for 2-3 minutes. Add all the masalas. Add the eggplant to it. Stir it well and crush the eggplant as much as possible. Heat it for 5 minutes. Garnish with coriander leaves and serve hot with Parathas/Rice.

1/4 tsp red chilli powder  
1/2 tsp haldi/ Powder  
1 tsp dhania powder  
salt to taste  
oil & jeera for saute  
green coriander to garnish

Submitted by: Michael Tammaro

## **Aunt Merle's Pulled Pork**

### **Ingredients:**

**3-5 lb Pork Butt (preferably bone in)**

**1 Bottle Heinz Chili Sauce**

**1 package Lipton Onion Soup Mix**

**1- 16 oz. Bottle of Coca-Cola**

**¼ Cup Brown Sugar**

**Fresh Ground Pepper (to taste).**

**BBQ Sauce**

**Place pork in Crock Pot. Top with all ingredients except for BBQ sauce. Cook on low for 12 -15 hours.**

**After about 10 hours remove the bone and shred up meat. Place back in Crock-Pot and continue to cook on low. Before serving drain most of the wet liquid and put in some of your favorite BBQ sauce if preferred.**

**Michael Tammaro**

**Peckville,PA**



Submitted by: Barbara Moyer

### ***Easy Beef Stroganoff***

***Submitted by Barbara Moyer***

***Makes about 4 servings***

***1-lb round steak, cubed***

***1 tbsp. shortening or a little oil***

***½ cup chopped onion***

***½ cup chopped celery (optional)***

***1 10 3/4-oz can cream of mushroom soup***

***1 8-oz container sour cream***

***Pepper to taste***

- 1. Brown meat in shortening or a little bit of oil according to your pan preference. I usually very lightly flour the meat before browning. Add onions and maybe celery and sauté a little.***
- 2. Combine meat, mushroom soup, and sour cream in crock pot.***
- 3. Cover. Cook on Low 6-8 hours.***

***Sometimes I add a dash of white or blush wine during the cooking process.***
- 4. Serve over hot cooked noodles.***