

The Mom Squad Recipe Book – Vol. 2

Hearty Split Pea Soup

- 1 lb. pkg. dried split peas
- 2 cups fully cooked lean ham diced
- 1 cup diced carrots
- 1 med. onion chopped
- 2 cloves garlic, minced
- 2 bay leaves
- 1 tsp. salt
- ½ tsp. pepper
- 5 cups boiling water
- 1 cup hot milk

Layer first 9 ingredients in order. Cook on high 4-5 hours stir in milk

Creamy Cooker Chicken

- 1 envelope dry onion soup mix
- 2 cups sour cream
- 10 2/3 oz. can cream of mushroom soup
- 6 boneless skinless chicken breast halves

Place all in slow cooker cook for 8 hours on low. Serve over rice or noodles

Kielbasa & Veggies

- 1 kielbasa/sausage link
- 1 bag frozen green beans
- 1 small onion
- 6-10 small potatoes (white or red w/skin)
- 1 Tb. oregano
- 1tsp. pepper
- 1Tb. crushed garlic
- 1 cup water

Cut kielbasa and potatoes into bite size, put everything in crock-pot. Cook on low 4-6 hours.
OPTIONS: frozen broccoli, frozen peas, minus onion, but use powder or dry.

The Lighter Queso Dip

- 1 large block Velveeta light
- 1 jar (15oz.) salsa
- 1 can Turkey no bean chili

Cube cheese into pot, pour salsa and chili into pot, heat to melting, serve with chips, veggies etc.
TIP: Use Velveeta – generic does not melt well.

Crock Pot Turkey Breast

- 2-3 lb. thawed turkey breast (I usually buy larger breast so either double or triple below ingredients)
- 2 Tb. butter
- ¼ cup veggie garden cream cheese
- 1 Tb. soy sauce
- 1Tb. parsley
- ½ tsp. each: basil, sage, thyme
- ¼ tsp. each: pepper and garlic powder

Brush above ingredients on turkey and put in crock-pot. Cook on low for 10-12 hours or on high for 4-5 hours.

Pasta E Fagioli

- 1 lb. ground beef
- 1 sm. onion diced
- 3 stalks celery chopped
- 1 lg. carrot julienned
- 2 cloves garlic minced
- 2 – 14.5 oz. can diced tomatoes
- 1 – 15 oz. can red kidney beans w/ liquid
- 1 – 15 oz. can northern beans w/ liquid
- 1- 15oz. can tomato sauce
- 1 – 12 oz. can V8 juice
- 1 Tb. white vinegar
- 1 ½ tsp. salt
- 1 tsp. oregano
- 1 tsp. basil
- ½ tsp. pepper
- ½ tsp. thyme
- ½ lb. ditali pasta

Brown ground beef, drain off fat, add onion, carrot, celery, garlic – simmer 10 min. Add all ingredients EXCEPT PASTA to crock-pot, cook on low for 1 hour. Cook pasta, drain, add to crock-pot, cook for 5-10 minutes and serve.

Carrie's Yummy Potato Chowder

- 3 med. carrots, peeled and sliced
- 2 ribs celery, sliced
- 1/3 c. chopped onion
- 4c. diced gold potatoes
- 4 c. diced redskin potatoes
- 3 cans (14 ½ oz each) chicken broth
- 1 can condensed cream of chicken soup
- 3 cups cubed ham
- ½ t. pepper
- 8 oz. cream cheese, softened in microwave

Garnish: ½ lb. bacon – cooked and crumbled, snipped chives.

In slow cooker, combine all ingredients except cream cheese and garnish. Cover and cook on low for 8-10 hours or until potatoes are tender. Add cream cheese. Cook and stir until well blended. Garnish with bacon and chives. Yield: 12 servings.

Buffalo Chicken Dip

- 6-7 chicken breast – boiled and shredded
- 2 – 8oz. cream cheese
- 1 c. ranch dressing
- ¾ cup Franks Red Hot
- 8 oz. shredded cheese

Melt in skillet all but chicken. Stir in chicken. Put in 9 x 13 pan, sprinkle cheese on top and bake for 15 min. at 350 degrees – Serve with tortilla chips or celery

Crock Pot Mac & Cheese

- 16 oz. package macaroni, cooked and drained
- 1 tsp. salad oil
- 13 oz. can evaporated milk
- 1 ½ cups milk
- 1 tsp. salt
- 3 cups shredded sharp cheddar cheese
- ½ cup melted butter

Lightly grease crock-pot, toss macaroni in salad oil, add all remaining ingredients and stir. Cover and cook on low for 3-4 hours, stirring occasionally.

White Chicken Chili

- 48 oz. jar Randall's Northern Beans
- 16 oz. jar salsa (medium or hot – Chi Chi's)
- 8 oz. Monterey jack cheese
- 2 tsp. cumin
- 1 – 1 ½ lbs. cooked chicken

Cook 6-8 hours in crock-pot.

Beef Barley Soup

- 1 lb. ground beef – brown and drained
- 1 medium onion chopped
- 3 -14 ½ oz. cans beef consommé
- 28 oz. can diced or crushed tomatoes
- 3 carrots, sliced
- 3 celery ribs sliced
- ½ cup barley
- 1 bay leaf
- 1 tsp. dried thyme
- 1 Tb. parsley
- ½ tsp. pepper

Apple Butter Pork Loin

- 2 (1 ½ lb.) pork tenderloins
- seasoning salt to taste
- 2 c. apple juice
- ½ cup apple butter
- ¼ c. brown sugar
- 2 Tb. water
- ¼ tsp. ground cinnamon
- ¼ tsp. ground cloves

Preheat oven to 350, season pork tenderloins with seasoning salt, and place them in a 9x 13 inch baking dish or small roasting pan or use crock-pot. Pour apple juice over the pork, and cover the dish with a lid or aluminum foil. Bake for 1 hour. While pork is roasting, mix together the apple butter, brown sugar, water, cinnamon and cloves. After the hour, remove pork and spread the mixture over them. Cover and return to the oven or crock-pot for 2 hours or until fork tender.

Chicken Tortilla Soup

- 4 chicken breast halves – uncooked and whole (DO NOT CUT UP)
- 2 – 15 oz. cans black beans undrained
- 2 – 15oz. cans Mexican stewed tomatoes
- 1 c. salsa
- 1 – 4oz. can chopped green chili
- 1 – 14oz. can tomato sauce

Combine chicken breast with the rest of the ingredients in crock-pot. Cook on low 8 hours. Just prior to serving, remove chicken and shred. Put chicken back in and mix. Serve with tortilla chips, sour cream and grated cheese.

**Add extra chicken breast. When shredding chicken save some for enchiladas, chicken tacos, salads, etc. It has GREAT flavor and can be frozen. Perfect for another meal or several throughout the week.

Berry Cobbler

- 1 cup all-purpose flour
- $\frac{3}{4}$ cup sugar
- 1 tsp. baking powder
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. ground cinnamon
- $\frac{1}{4}$ tsp. ground nutmeg
- 2 slightly beaten eggs
- 3 TB. cooking oil
- 2 TB. milk
- 6 cups fresh or 2-16 oz. pkgs. frozen unsweetened berries
- 1 cup sugar
- 1 cup water
- 3 TB quick-cooking tapioca

Topping: Vanilla ice cream, whipped cream, half-and-half or light cream (optional)

In a medium bowl stir together the first 6 ingredients. In a small bowl combine the eggs, oil and milk. Add the egg mixture; stir just until combined. Set aside. In a large saucepan combine all berries, the 1-cup sugar, water and tapioca. Bring to boil. Transfer hot fruit mixture to a 3 $\frac{1}{2}$ or 4 quart slow cooker. Immediately spoon batter over top of fruit mixture. Cover and cook on high setting for 1 $\frac{3}{4}$ to 2 hours or until a wooden toothpick inserted into center of cake comes out clean. Remove liner from cooker if possible, or turn off. Let stand uncovered about an hour to cool slightly before serving. To serve, spoon warm cobbler into dessert dishes and top with ice cream or whipped cream if desired.

All-American Snack

- 3 cups thin pretzel sticks
- 4 cups Wheat Chex
- 4 cups Cheerios
- 12oz. can salted peanuts
- ¼ cup melted butter or margarine
- 1tsp. garlic powder
- 1tsp. celery salt
- ½ tsp. seasoned salt
- 2 TB. grated Parmesan cheese

Combine pretzels, cereal and peanuts in large bowl. Melt butter. Stir in garlic powder, celery salt, seasoned salt, and Parmesan cheese. Pour over pretzels and cereal. Toss until well mixed. Pour into large slow cooker. Cover. Cook on low 2 ½ hours, stirring every 30 minutes. Remove lid and cook another 30 minutes on low. Serve warm or at room temp. Store in tightly covered container.

Chili Nuts

- ¼ cups melted butter
- 2 – 12oz. cans cocktail peanuts
- 5/8oz. chili seasoning mix

Pour butter over nuts in slow cooker. Sprinkle in dry chili mix. Toss together. Cover. Heat on low 2 to 2 ½ hours. Turn to high. Remove lid and cook 10-15 minutes more.

Slow-Cooker Tapioca

- 2 quarts milk
- 1 cup small pearl tapioca
- 1 to 1 ½ cups sugar
- 4 eggs beaten
- 1tsp. vanilla

Combine milk, tapioca, and sugar in slow cooker. Cook on high 3 hours. Mix together eggs, vanilla and a little hot milk from slow cooker. Add to slow cooker. Cook on high 20 minutes more. Chill. Serve with whipped cream or fruit.

Devil's Food Pudding

- ½ cup sugar
- 2 TB. shortening
- 1 egg
- 1 – 1oz. square unsweetened chocolate, melted and cooled
- 1 ¼ cups all-purpose flour
- ¼ tsp. salt
- 1 tsp. baking soda
- ½ cup buttermilk
- ½ tsp. vanilla
- Ice Cream

Cream sugar and shortening. Add egg; mix well. Beat in chocolate. Stir together flour, soda, and salt. Add to creamed mixture alternately with buttermilk and vanilla; beat well. Divide into two well-greased 16oz. vegetable cans. Cover tightly with foil. Place in crock-pot. Pour ½ cup warm water around cans. Cover, cook on high for 1 1/2 hours. Remove cans from cooker; cool 10 minutes, unmold. Serve warm with ice cream.

Chunky Applesauce

- 8 apples, peeled, cored and cut into chunks or slices (6 cups)
- 1tsp. cinnamon
- ½ cup water
- ½ - 1 cup sugar OR cinnamon red hot candies

Combine all ingredients in slow cooker. Cook on low 8-10 hours or high 3-4 hours.