

Dear Friends,

A few months back, I gathered up the recipes that I found myself making over and over. I printed them onto cardstock, cut them into recipe cards, laminated them, and put them in my planner with a few jumbo paper clips. I cannot tell you how much easier this has made my meal planning for each week! Not only is having the recipes with me a huge help for last minute grocery trips, but being able to thumb through my stack of recipes and pull out what I plan on making each week has virtually eliminated the “What’s for supper?” quandary.

Since these cards have helped me out so much, I thought you might enjoy them as well. These are our family’s absolute favorite supper recipes, tried and true, that we use more than any others. The majority of these recipes are quick, simple to make, and easy on the budget.

Just in case you’d like to see what the final dish looks like or have a photographic tutorial on how to make them to follow, just go to SouthernPlate.com and search for the recipe title.

I hope you find these cards helpful and thank you, again, for being part of the Southern Plate family, I’m sure proud to have you here.

Wishing you and your family many wonderful meals together for years to come!

Gratefully,
Christy
Phil 1:12

P.S. Several of these recipes call for cream soup as a quick shortcut. If you prefer not to use the canned variety or simply don’t have it, you’ll find my recipe for making your own on the last recipe card.

Linda's Spaghetti



- 2 -3 pounds lean ground beef or ground chuck
- 12 ounce can tomato paste
- 2 cups warm water
- 1+1/2 tablespoons basil
- 1+1/2 tablespoons rosemary
- heaping teaspoon garlic powder
- 1+1/2 teaspoons salt
- Pinch red cayenne pepper
- 6 ounce jar of sliced mushrooms
- 3 Bay leaves (remove after cooking)

1. In large skillet, cook ground beef until browned and fully cooked, drain and place in slow cooker.
2. Brown meat and drain the grease. Place in 5-6 quart slow cooker. Add in Basil, Rosemary, Garlic Powder, Salt, Pepper, Cayenne, tomato paste, and water. Stir that up real good.
3. Drain mushrooms and gently stir those in.
4. Add Bay leaves and don't stir (because they will break up), just spoon some sauce over them.
5. Cover and cook on low, 7-9 hours, or high, 3-4 hours. Before serving, remove bay leaves. Serve over fresh cooked noodles.

Creamy Chicken Skillet



- 1 tablespoon oil
- 1 packet ranch dressing mix (1 ounce)
- 1 bag frozen vegetable blend (I use California style)
- 1 can cream of chicken soup (I used fat free but either works)
- ½ cup milk
- 2-4 chicken breasts
- Egg Noodles, cooked

1. Heat oil in large skillet. Add chicken breasts and cook over medium, turning as needed, until browned on both sides.
2. Add in soup, ranch mix, and milk. Stir well and turn chicken to coat.
3. Bring to a boil, then reduce heat to simmer.
4. Cover and continue cooking until chicken is cooked through, about ten minutes.
5. Uncover and stir in vegetables.
6. Continue cooking until vegetables are tender, about ten more minutes.
7. Serve over a bed of egg noodles.

Greek Chicken



- 2 teaspoons kosher salt*
- 1 tablespoon dried oregano
- 2 teaspoons garlic powder
- ½ teaspoon ground black pepper
- ½ cup lemon juice
- ½ cup olive oil
- 3-4 pounds chicken drumsticks, or whatever type of bone in, skin on chicken you prefer
- 8-10 small red potatoes (more or less, per taste)

1. In small bowl, stir together all dry ingredients.
2. Wash and quarter potatoes.
3. Place chicken and potatoes in deep 9x13 baking dish. Sprinkle with seasonings. Drizzle with lemon juice followed by olive oil. Cover with foil and bake at 350 for one hour.
4. Remove foil and increase oven temperature to 400. Bake for 30 minutes more, or until lightly browned.

*If you prefer less salt, cut this amount in half

Southern Plate Shepherd's Pie



- 1 pound cooked ground beef (Can use more if you like)
 - 1 tablespoon dry Italian seasoning
 - 2-3 cups leftover mashed potatoes
 - 1+½ cups shredded mild cheddar cheese
 - ½ cup sour cream
 - 12 ounce bag frozen vegetable mix (small carrots, not big)
 - 10 ounce can French onion soup
 - 1 packet beef gravy mix (.87 ounces)
1. In large saucepot, place frozen vegetables. Cover with water and place over medium high heat until they just come to a boil. Drain veggies and set them aside.
 2. In the same sauce pot, combine French onion soup, dry gravy mix, and Italian seasoning. Stir well and place over medium high heat, stirring often, until just heated through. Remove from heat and stir in cooked ground beef and drained vegetables.
 3. In large mixing bowl combine mashed potatoes, sour cream, and 1 cup of cheese. Stir well to combine.
 4. Pour ground beef filling into bottom of an 8x8 baking dish. Top with mashed potatoes and spread to cover. Top with remaining cheddar cheese.
 5. Bake, uncovered, at 350 for 30 minutes.

Sticky Chicken



- 3 -5 pounds bone in chicken with skin (folks usually use legs and/or thighs)
 - 1 cup ketchup
 - 1 cup honey
 - 1 cup brown sugar
 - ½ cup soy sauce
 - ½ teaspoon garlic powder
1. Preheat oven to 350.
 2. In a sauce pot, combine ketchup, honey, brown sugar, soy sauce, and garlic powder over medium heat.
 3. Bring it just to a boil while stirring. Remove from heat.
 4. Arrange chicken pieces in 9x13 dish. Pour entire amount of sauce over chicken, turning pieces with tongs to coat.
 5. Place in oven, uncovered, for 90 minutes, turning after 45 minutes.
 6. Fifteen minutes before cooking time is up, flip pieces once more and baste with sauce.

Greek Chicken Tacos



- 1 to 1.5 pounds chicken tenderloins (or same weight in chicken breasts cut into 4 strips each)
 - ¼ cup olive oil
 - 1 lemon
 - 1 teaspoon minced garlic
 - ¼ teaspoon salt
 - 6 -6 inch flour tortillas
 - 1 cup chopped fresh tomatoes
 - ½ cup chopped fresh parsley
 - ½ to 1 cup crumbled feta cheese
1. Measure out Olive oil. Zest and juice lemon and add both to olive oil along with garlic and salt. Stir.
 2. Place chicken in a zipper seal bag and pour olive oil marinade in. Seal and stir to coat before placing in fridge for at least 30 minutes, or up to 12 hours.
 3. Place 1 tablespoon of olive oil in a large nonstick skillet over medium high heat. Add chicken and cook, turning at least once, until browned on both sides. This will take anywhere from 10-15 minutes.
 4. While chicken is cooking, chop parsley and stir it into the tomatoes.
 5. Remove chicken to plate once it is done. Fill flour tortillas with two tenderloins each and top with tomato mixture and feta cheese.
 6. Serve immediately.
Recipe is easily doubled and leftover chicken reheats well.

Homemade Dirty Rice



- 4-5 Cups cooked rice
 - 1 pound uncooked sausage (or ground beef)
 - *1-3 Tablespoons Creole Seasoning (I use Tony Chachere's)
 - 1 stalk celery, chopped
 - 1 small onion, chopped
 - ½ bell pepper, chopped
 - 2 tablespoons chopped or minced garlic
 - 4 tablespoons fresh chopped parsley (or 2 tablespoons dried)
1. In large skillet over medium heat, place celery, bell pepper, garlic, onion, parsley, and sausage. Break up sausage and cook all, stirring regularly, until sausage is fully cooked and vegetables are tender. Add Creole seasoning, stir.
 2. Stir in rice and continue cooking over medium heat until rice is heated through, stirring the whole time.

*For the Creole seasoning: Start on the low end and add more after the rice has been stirred in if you like more seasoning. This adds the spiciness so you want to do it to your personal taste. If you're a Texan, just toss the whole lot in and laugh at how wimpy the rest of us are. If you're a Cajun, please call and give me directions to your house - I like to eat :).

Slow Cooker Angel Chicken



- ½ cup butter (1 stick)
 - 2 packets Italian Dressing Mix Powder (0.7 ounces each)
 - 1 cup chicken broth (Original recipe uses white cooking wine)
 - 2 cans golden mushroom soup (10 ounce)
 - 8 ounces cream cheese
 - 16 ounce box angel hair pasta (entire box)
 - 2-3 pounds frozen or thawed boneless skinless chicken breasts or chicken tenderloins (the more you use, the more this feeds)
1. Mix butter, Italian dressing mix, broth, soup, and cream cheese in a sauce pot on top of stove. Cook over medium heat, stirring constantly, until melted and well mixed.
 2. Place chicken in slow cooker. Pour sauce over. Cook on low for 6 -7 hours.
 3. Before serving, Cook pasta according to package directions, drain.
 4. To Serve Family Style: Arrange pasta in 9x13 dish and place chicken on top. Pour all sauce over.
 5. For Individual Servings: Place pasta on plate. Top with Chicken. Spoon sauce over. Serve hot.

Chicken Lettuce Wraps



- 3 boneless skinless chicken breasts (can substitute leftover chicken or turkey - about three cups)
 - 3 green onions
 - 5 ounce can water chestnuts
 - 1 cup mushrooms
 - 2 tablespoon brown sugar
 - 3 tablespoon Soy Sauce
 - Rice Sticks and vegetable oil to cook them in
 - Head of lettuce to serve them in
1. In large skillet, heat one tablespoon of oil over medium heat. Add chicken, cut into pieces, and cook while stirring until cooked through. While chicken is cooking, finely dice mushrooms, water chestnuts, and green onions. Remove chicken from heat after it is done and dice.
 2. Combine soy sauce and brown sugar, stir well. Add chicken, mushrooms, water chestnuts, and green onions back to skillet. Stir in sauce. Cook and stir over medium heat until heated through.
 3. For Rice Sticks, Place one to two inches of oil in a small sauce pot. Heat over medium heat for several minutes. Break off a handful of rice noodles and drop into pot, immediately removing to a paper towel lined plate when they puff up.
 4. Serve chicken mixture in lettuce leaves, topped with crunchy rice noodles. Eat like a taco. Repeat as necessary :)

Skillet Lasagna



- ½ pound ground beef
- ½ cup chopped onion
- 16 ounce can diced tomatoes, undrained
- 6 ounce can tomato paste
- ½ cup water
- 1 tablespoon dry Italian seasoning
- 1 teaspoon garlic powder
- 8 ounces Egg Noodles (half of a 16 ounce pkg), cooked and drained
- 1 cup cottage cheese
- 1 cup Mozzarella

1. In large skillet, cook ground beef and onion over medium high heat until no longer pink in center. Drain off any grease.
2. Add tomatoes in juice, tomato paste, water, Italian seasoning, and garlic powder to skillet. Stir well and lower heat to simmer for ten minutes, while you cook the egg noodles separately.
3. Stir cooked egg noodles into the sauce.
4. In separate bowl, stir together cottage cheese and mozzarella. Drop by spoonfuls over top of lasagna skillet. Cover and let cook about five minutes, until the cheese melts.
5. To double: Cook the entire package of egg noodles and double the sauce and cheese recipe. After you drain egg noodles, pour them into a 9x13 baking dish. Spoon cooked sauce over top and dollop with spoonfuls of cheese and bake in a 350 oven until cheese is melted, about 5 minutes.

Slow Cooker Sloppy Joes



- 1+1/2 pound lean ground chuck*
- 15 ounce can diced tomatoes, undrained
- 1 cup ketchup
- ¾ cup barbecue sauce
- 1 tablespoon mustard (optional)
- 1-2 tablespoons sweet pickle relish
- 1 tablespoon diced jalapeno (optional)
- 8 hamburger buns, for serving

1. Place raw* beef in slow cooker and break up with a beef chopper or large spoon. Pour all other ingredients over beef. Stir well to combine. Cover and cook on high, 3-4 hours or low, 6-7 hours.
2. Scoop out with slotted spoon onto buns. Serve hot and enjoy!
3. Makes 8

*Using lean ground chuck is crucial in this recipe because your meat will be terribly greasy cooking it this way if you use regular ground beef. However, if all you have is regular ground beef, simply brown it in a skillet ahead of time, add it to the slow cooker with all other ingredients, and cut cooking time in half.

Taco Soup



- 1 pound ground beef
- 1 Lg chopped onion, cooked with beef
- 2 cans kidney beans, undrained
- 1 can corn, undrained
- 1- 15 ounce can Ro-Tel, undrained
- 1- 15 ounce can Tomato Sauce
- 1 packet taco seasoning mix (1.25 ounce)
- 1 packet ranch dressing mix (1 ounce)
- 1½ cups water

1. Combine all ingredients, bring to a boil and then simmer for fifteen minutes.
2. Serve on it's own or topped with your favorite taco toppings.

Slow Cooker Cheesy Chicken and Rice



- 4 boneless skinless chicken breasts
- 1 large onion, chopped (I use Vidalia)
- 1 -8 ounce box Zatarain's Yellow Rice Mix, cooked according to directions
- 1 cup cheddar cheese
- 1 -10.5 ounce can cream of chicken soup (regular or fat free)
- 1 -15 ounce can whole kernel corn, drained

1. Place chicken in bottom of slow cooker. Scatter chopped onion over top. Spoon cream soup over top of that. Cover and cook on low 7-8 hours or on high 3-4 hours.
2. A few minutes before serving, add in cooked rice, corn, and cheese. Stir to combine. Serve hot.

Note: This yellow rice mix is crucial to the recipe. Substituting plain rice will take away the flavor of the dish.

Slow Cooker Chicken and Wild Rice



- 4 chicken breasts (Can use fewer, can use bone-in or boneless)
- 1 can cream of mushroom soup
- 1 onion, chopped
- 1 box Long Grain and Wild Rice with Seasonings (I use Uncle Ben's)

1. Place chicken in bottom of slow cooker. Sprinkle chopped onion over top. Top with cream soup. Cover and cook on low 7-8 hours.
2. Cook rice according to package directions*. Before serving, stir rice in. Serve hot.

*Can cook rice the night before and place in refrigerator. Before serving, stir cold rice in and let cook for another ten minutes or until rice is heated through.

Chicken Fried Brown Rice



- 1 cup instant brown rice (or two cups cooked brown rice)
- 5 teaspoons vegetable oil, divided
- 4 large eggs, lightly beaten
- 2 boneless skinless chicken breasts, cut into 1-inch pieces
- 1 teaspoon garlic salt, divided
- 1 tablespoon dark sesame oil
- ½ cup frozen green peas
- ½ cup shredded carrot
- ¼ cup sliced green onion
- 3 tablespoons soy sauce
- To serve: Sesame oil, soy sauce, hot sauce, and garlic salt (optional)

1. Cook rice according to package directions; set aside.
2. In a large nonstick skillet, heat 2 teaspoons oil over medium heat. Cook eggs, stirring until scrambled. Remove eggs from pan; wipe pan.
3. In a medium bowl, toss together remaining 3 teaspoons oil, chicken, and ½ teaspoon garlic salt. Heat skillet over medium-high heat. Cook chicken, stirring frequently, until chicken is no longer pink in the center, approximately 4 minutes.
4. Add sesame oil, cooked rice, and peas to skillet. Cook over medium heat, stirring frequently, until heated through, 2 to 3 minutes. Remove from heat.
5. Gently stir in eggs, carrots, green onion, soy sauce, and remaining 1/2 teaspoon garlic salt. Adjust seasonings to taste. Serve with sesame oil, soy sauce, hot sauce, and garlic salt, if desired (we just serve it as is).

Beef and Broccoli



- 3 tablespoons vegetable oil
 - 2 tablespoons cornstarch
 - ¼ teaspoon black pepper
 - 1 pound top sirloin, cut into thin strips
 - 1 pound fresh broccoli, cut into small florets (about 4 cups)
 - 2 teaspoons minced garlic
 - ¼ cup soy sauce
 - hot cooked rice, for serving
1. Heat 2 tablespoons of vegetable oil in a large skillet over medium high heat. Place the cornstarch and pepper in a medium sized bowl and stir to combine. Add beef strips to the bowl and stir until strips are coated.
 2. Transfer beef strips to hot skillet and cook, stirring often to prevent sticking, until the meat is lightly browned and no longer pink in the center, about 4-5 minutes. Remove beef from skillet and set aside.
 3. Reduce heat to medium and add the remaining tablespoon of oil. To this, add broccoli and garlic. Cook, stirring often, until the broccoli is tender, about 3-4 minutes.
 4. Return beef to skillet along with soy sauce and ¼ cup water. Cook, stirring often, until sauce thickens, about 3-4 minutes. Serve over hot cooked rice.

Granny's Oven Fried Chicken



- ½ cup plain bread crumbs*
 - ½ cup grated parmesan cheese
 - 1 tablespoon dried parsley flakes
 - ¼ teaspoon garlic salt
 - ¼ teaspoon ground black pepper
 - ½ cup Italian dressing
 - 3-4 pounds boneless, skinless chicken breasts
1. Preheat oven to 350. Lightly spray a 9x13 baking dish with cooking spray and set aside.
 2. In a shallow bowl or pie plate, stir together bread crumbs, cheese, parsley flakes, garlic salt, and pepper. Pour Italian dressing into a separate shallow bowl.
 3. Dip each chicken breast into the salad dressing to coat both sides, then dredge it in the bread crumb mixture and transfer it to a plate.
 4. Place chicken breasts in the prepared baking dish and bake until they are cooked through, 30-40 minutes.

Deep Dish Pizza



- 1 pound ground beef
 - 1 pound Italian sausage (I use 2 pounds ground beef and leave out sausage)
 - 1 med onion, chopped
 - 1 cup all purpose flour
 - 1 bell pepper, chopped (I omit due to picky family)
 - 15 ounce jar pizza sauce
 - ½ cup Parmesan (Parmesan is not as easy to spell as one might think...)
 - 8 ounce mozzarella
 - ½ teaspoon salt + dash black pepper
 - 1 cup milk
 - 2 eggs
 - 1 tablespoon oil
 - ½ teaspoon garlic salt*
 - ¼ cup fresh oregano*
- *I leave out garlic salt and oregano and just put in two tablespoons dry Italian Seasoning
1. Preheat oven to 350. Brown hamburger, sausage, onion, and bell pepper. Drain well.
 2. Add garlic salt and oregano (or Italian Seasoning). Add pizza sauce. Stir well.
 3. Grease a 9x13 inch pan with cooking spray. Sprinkle mozzarella over bottom of it. Spread meat mixture over the cheese. In mixing bowl, add eggs, milk, flour, oil, and salt. Pour over meat in pan. Sprinkle Parmesan cheese over batter. Bake 30 minutes

Chicken and Dumplings



- 3 or 4 chicken breasts
 - 32 ounce Chicken Broth (feel free to use water with bouillon cubes added)
 - 1 can cream of chicken soup
 - 1-10 count can Pilsbury layers biscuits
 - salt and pepper to taste
 - flour (any type)
1. Cook chicken breasts in approx. 4 c. of water until fork tender, about 45 minutes. Allow to cool and then shred. Set aside.
 2. Place broth in medium to large sized pot over medium heat and bring to a low boil. Stir cream of chicken soup into gently boiling broth.
 3. Pull each biscuit apart into three layers. Dip each layer into flour and then tear each layer into three pieces and drop into gently boiling broth mixture. Do not stir biscuits a lot, or they will cook up. Instead, gently push dumplings down into broth as they float to the top.
 4. Cook about ten minutes after last dumplings are added. Add shredded chicken. Salt and pepper to taste. Turn to low until ready to serve.

*For faster results, skin and debone a rotisserie chicken in place of cooking chicken breasts. All other ingredients and steps are the same.

Steak Tips Over Rice



- 1 package Beef Stew Meat
 - 1 can Beef Gravy
 - Rice, prepared according to package directions
1. Place stew meat in slow cooker, cover with beef gravy. Cook on low, 7-8 hours or on high 3-4 hours. Serve over hot rice.

Butter Dill New Potatoes



- About 3 pounds new potatoes (5-6 cups cubed)
 - 1 stick (1/2 cup) butter or margarine (whichever you have on hand)
 - 1 teaspoon salt
 - 1 teaspoon dill
1. Wash and quarter potatoes, place in a pot and cover with water. Bring to a boil and cook until fork tender. Drain.
 2. In microwave safe dish, place butter, salt, and dill. Microwave just until butter is melted. Stir. Pour over drained potatoes. Stir to coat well. Serve warm.

Potatoes Au Gratin



- 4 medium potatoes, washed and sliced into ¼ inch slices
- ½ cup chopped onion
- salt and pepper to taste
- 3 tablespoons butter
- 3 tablespoons flour
- ½ teaspoon salt
- 2 cups milk
- 8 ounces mild cheddar cheese, shredded

1. Preheat oven to 400 degrees. Spray an 8X8 casserole with cooking spray.
2. Layer ½ of potatoes into prepared dish. Top with onions. Top with remaining potatoes and salt and pepper to taste.
3. In a medium saucepan, melt butter over medium heat and stir in flour.
4. Add salt and stir constantly with whisk for one minute. Slowly stir in milk.
5. Cook, stirring constantly, for approximately 5 minutes or until milk is hot and slightly thickened.
6. Remove from heat and add shredded cheese. Stir until cheese is melted.
7. Pour over the potatoes and cover with foil. Bake for 1 and ½ hours in oven.

Last Minute Green Beans



- 14.5 ounce can diced tomatoes, undrained
- 2-14.5 ounce cans green beans, drained
- 1 onion, chopped
- ½ teaspoon salt
- ¼ teaspoon black pepper

1. Place drained green beans in medium sauce pot. Add in chopped onion, tomatoes with juice, salt, and pepper. Stir.
2. Place over medium high heat and bring just to a light boil.
3. Reduce heat to low and cover. Simmer 10-15 minutes. Serve.

Sweet and Sour Green Beans



- 6 or 7 slices package bacon
- ½ onion, chopped
- 32 ounces French style green beans (or other green beans)
- 2 tablespoons vinegar
- 2 tablespoons sugar
- salt and pepper to taste

1. Cut bacon into one inch segments. Place bacon and onions in skillet. Cook over medium heat until browned, stirring often. Remove to plate.
2. Add beans to bacon grease and continue cooking over medium heat until they are to desired tenderness. Add vinegar and sugar. Stir.
3. Add bacon and onions back and let simmer a few minutes, stirring often. Salt and pepper to taste.

Broccoli with Homemade Cheese Sauce



- 1 cup milk
- 1 tablespoon cornstarch
- ⅓ cup (1/4 stick) butter
- 1 cup shredded cheddar cheese
- 1+1/2 teaspoons salt (some is for the broccoli)
- ¼ teaspoon ground black pepper
- 1 bag (16 ounces) broccoli florets, about two heads of broccoli

1. Combine milk and cornstarch in a small saucepan and stir together with a whisk. Place over medium heat and cook, stirring constantly, until just boiling.
2. Reduce heat to low and stir in the butter until melted. Add cheese, ½ teaspoon salt, and pepper and stir constantly until cheese is melted and sauce is smooth and fully blended. Cover and set aside.
3. Fill a medium saucepan ¾ full with water and add the remaining teaspoon of salt. Heat over medium-high heat until it comes to a boil and then add the broccoli and boil until crisp tender 4-5 minutes.
4. Drain broccoli and place it in a serving bowl.
5. Pour cheese sauce over broccoli and serve warm.

Flavorful Rice Pilaf



- 1 package vegetable soup mix (I used Knorr 1 ounce pkg)
- 3-4 chicken bouillon cubes plus 3 cups water*
- 1 cup uncooked long grain white rice (not instant)

1. Place all ingredients in a small sauce pot and stir.
2. Bring just to a boil over medium heat. Reduce heat to low and simmer, cover and cook 15 minutes or until all of the water is absorbed.
3. Fluff with a fork and serve.

*3 Cups chicken broth may be substituted for the chicken bouillon cubes and water

Candied Baby Carrots



- 2 pounds baby carrots
- 1 teaspoon salt
- ¼ cup brown sugar
- ¼ cup butter
- ¼ - ½ cup honey (depending on how sweet you like them)

1. Place carrots in pot and add enough water to cover them. Bring to a boil and reduce heat to simmering, cover and continue cooking for about thirty minutes, or until they can be easily pierced with a fork.
2. Pour off half of the water and add all other ingredients. Cover again with lid and bring to a boil once more, then reduce heat and simmer ten to fifteen minutes

Perfect Roast Veggies



- Raw Vegetables of your choice*
- Olive Oil (about 2 teaspoons for each cup of vegetables)
- Kosher Salt to taste
- Ground Black Pepper to Taste (optional)
- Herbs of your choice to taste (optional)

1. Preheat oven to 425. Chop up veggies into chunks and spread out onto a rimmed baking sheet.
2. Drizzle then with oil, about two teaspoons of oil for every one cup of vegetables, just enough to coat. Sprinkle them with salt, pepper (if using), and dried herbs (if using) to taste. I use about a teaspoon of kosher salt for an entire pan of vegetables.
3. Toss veggies with your hands until well coated in oil. Place in oven for ten minutes. Remove and flip veggies over with a spatula and return to oven for another 10-20 minutes or until vegetables are the desired brownness for your liking.

*You can roast pretty much any vegetable. Examples are: carrots, Brussels sprouts, potatoes, squash, onion, tomatoes, asparagus, corn, eggplant, zucchini, turnips, bell peppers, mushrooms, cauliflower, and pretty much whatever else you come up with.

Roasted (Baked) Herbed Corn



- 4-5 fresh ears of corn, shucked
- ½ cup softened butter
- 1 teaspoon dried parsley
- 1 teaspoon dried Italian seasoning
- ½-1 teaspoon kosher salt*
- Foil

1. In bowl, mash butter, parsley, Italian seasoning, and salt together with a fork until well blended. Spread this over each ear of corn until covered, and then wrap them in foil.
2. Place ears seam side up in baking dish and bake at 350 for thirty minutes.
3. Allow to sit for five minutes before carefully opening just the top. Serve in foil.

*Salt - I use an entire teaspoon but feel free to use more or less based on your preference. I find salt and butter are amazing compliments to corn though!

Parmesan Oven Fries



- 3 Medium Potatoes
- 4 tablespoons (1/2 stick) butter or margarine, melted
- ½ cup grated parmesan
- ¾ teaspoon salt
- ¾ teaspoon garlic powder

1. Wash potatoes and cut each one into 8 spears.
2. In a shallow dish, combine parmesan, garlic powder, and salt in a bowl. Dip sides of cut spears into melted butter on all sides, then dip just cut sides into parmesan mixture.
3. Arrange in a single layer, skin side down, on a baking sheet. Bake at 375 for 30-40 minutes, or until potatoes are tender and browned.
4. Makes enough for about 4 people

Homemade Cream of Chicken Soup



- 3 tablespoons butter
- 3 tablespoons all purpose flour
- 1/2 cup whole or 2% milk
- 1/2 cup chicken broth
- Salt and Pepper to taste

1. Melt butter in small saucepan over medium-low heat.
2. Add flour to the pan and stir until no lumps remain.
3. Add remaining ingredients and stir constantly, until thickened, about ten minutes. Use immediately.

For variations on this soup (Cream of mushroom, cream of celery, etc), see my book Come Home To Supper.

Chocolate Cobbler



- 1 cup self rising flour
- ¾ cup sugar
- 2 tablespoons cocoa
- ½ cup milk
- 1 teaspoon vanilla
- 2 tablespoons vegetable oil
- ¾ cup brown sugar
- ¼ cup cocoa
- 1¾ cup hot water
- 1 cup chopped pecans (optional)

1. Mix together flour, sugar, and cocoa. Add milk, vanilla, oil, and nuts (if using). Mix well. Pour into greased 8x8 inch pan. Mix ¾ cup brown sugar and ¼ cup cocoa together. Sprinkle over batter. Pour, very slowly, hot tap water over dry mixture and batter. Bake in 350 oven for forty to forty five minutes.

This has been a go-to dessert since before I was born. Most of the ingredients are things you have on hand and it doesn't even require an egg! What really makes it a favorite though, is how delicious it is. Both my kids, all of their friends, and everyone else I've ever made this for loved it.

Homemade Banana Pudding



- ½ cup sugar (or Splenda)
- ½ cup all purpose flour
- 3 egg yolks
- 2 cups milk
- 1 box Nilla Wafers
- 5 bananas
- ½ teaspoon vanilla
- dash salt

1. Place a layer of Nilla Wafers in the bottom of a medium sized mixing bowl. Slice a banana over the top. Repeat two more times with another layer of wafers and remaining bananas. In sauce pot (or double boiler) on medium low heat, add all ingredients except for vanilla. Stir well with wire whisk. Allow to cook, stirring constantly to prevent scorching, until thickened - about fifteen minutes. Add in vanilla and stir. Immediately pour over wafers and bananas. Let sit for about five minutes or so before serving, to allow wafers time to absorb pudding. Top with meringue, if desired.