May be shared please acknowledge source- Wendy Smylitopoulos SVI Area

VEGETABLE POTAGE AKA REFRIGERATOR CLEANUP SOUP

servings 8 16 32 48 56

Butter/oil T 2 ¼ c ½ c ¾ c 7/8 c

Onions 2 4 8 12 14

Carrots 2 4 8 12 14

Celery stalks 2 4 8 12 14

\*Garlic cloves 2 4 8 12 14

~Oxo cubes 2 4 8 12 14

\*Red Lentils c ½ 1 2 3 3 1/2

Water c 4 8 16 24 28

Bay leaves 2 4 8 12 14

Salt t 2 4 8 12 14

Pepper t 1 2 4 6 7

+Other vegetables c 2 4 8 12 14

\*optional

~Liquid Oxo or Maggi works well too-any flavor

+ Other vegetables use whatever you have around, frozen works well I usually add French cut beans, corn and peas. Sometimes potatoes, turnip, parsnips, snap peas. This is why my family calls this “Clean out the fridge Soup”. You could add cooked or canned beans, leftover mashed potatoes, odds and sods and it will always taste good.

Chop onion, carrot and celery, including leafy top of celery, into roughly 1/2 inch pieces. Saute in oil/butter on moderate heat until fragrant and onion is limp but not browned.

Add water, seasonings, Oxo and lentils and simmer 20 minutes or until vegetables are softening. Add other vegetables and simmer another 20 minutes or until vegetables are cooked but not mush. Correct seasoning.

**Variant:** 8 16 32 48 56

Omit lentils

Chopped peppers 2 4 6 12 14

Zucchini/squash c 4 8 12 24 28

Italian seasoning T 1 2 3 6 7

White beans cans 2 4 6 12 14

Fresh spinach bag 1 2 3 6 7

Slow cooker option: Start as above saute vegetables til wilted, turn into slow cooker, continue as above Cook on medium overnight.

Add rinsed beans and spinach ½ hr before serving.LINDA’S SCOTTISH ONION AND POTATOE SOUP

Servings 8 16 24 32 48

Butter/oil T 2 4 6 8 12

Onions K ½ 1 1 ½ 2 3

Potatoes K 1 2 3 4 6

\*Chicken Oxo cubes 4 8 12 16 24

Water c 4 8 12 16 24

Bay leaves 2 4 6 8 12

Salt t 2 4 6 8 12

Pepper t 1 2 3 4 6

Milk c ½ 1 1 ½ 2 2 ½

Parsley T 1 2 3 4 6

\*Liquid Oxo or Maggi works well also

Leeks can be added if desired, slice white and light green parts only and wash well before adding with onions.

Saute sliced onions in oil/butter until limp but not browned. Chop potatoes into about ½ inch pieces and add with rest of ingredients except milk. Simmer until potatoes are soft. Add milk if desired and adjust seasonings.

MEXICAN CORN CHOWDER

Servings 6 12 24 36 48

Butter/marg T 2 4 8 12 16

Green peppers ½ 1 2 3 4

Red peppers ½ 1 2 3 4

Cream corn 14 oz 2 4 8 12 16

Kernal corn 14 oz 2 4 8 12 16

Chicken Oxo cube 2 4 8 12 16

Water c 2 4 8 12 16

Evaporated milk 1 2 4 6 8

Salt and pepper

Tabasco

Chop peppers into ¼ inch dice. Saute gently in butter/oil until soft but not brown. Add corns, water seasonings and bring very gently to s slow simmer. Stir often and watch for burning or sticking. Add milk and correct seasonings. Serve with Tabasco for the not so faint hearted.

SMYLEY’S JUSTLY FAMOUS CHEESE SCONES 425 degrees

Scones 12 24 36 48 60

Flour c 2 4 6 8 10

Baking powder T 1 2 3 4 5

Salt t ½ 1 1 ½ 2 2 ½

1\*Parmesan c ¼ ½ ¾ 1 1 1/4

Marg/butter c ½ 1 1 ½ 2 2 ½

Cheese c 1 2 3 4 5

Eggs 1 2 3 4 5

Milk c 2/3-3/4 1 1/3-1 ½ 2-2 1/2 2 2/3-3 3 1/3-4

\*\*Baking soda t ¼ ½ ¾ 1 1 1/4

\*optional

\*\* if using buttermilk

Mix dry ingredients together. Cut in marg/butter until size of peas. Add grated cheeses. Drop egg in measuring cup and fill to higher mark above with milk. Stir together. Add to dry ingredients and mix lightly but quickly. Pat out on floured board to desired thickness. Cut with knife or cutters. Place on cookie sheet about 1 inch apart. Bake in preheated oven about 12 minutes until well risen and golden brown.

The sharper the cheese the better the flavor.

Note: If using a food processor mix dry, butter and cheeses cut in 1 inch chunks. Add egg and milk through feed tube. Process only until starts to make a ball (and machine starts to thunk)

If making more than one batch, process dry ingredients with butter and cheeses one batch at a time. Dump into large mixing bowl and add egg and milk by hand.

HEATHER’S CHICKEN AND BROCCOLI CASSEROLE 350 D

Servings 8 16 24 32 48

Frozen broccoli K 1 2 3 4 6

Chicken or turkey k 1 1/2 3 4 1/2 6 8

Cream anything soup 2 4 6 8 12

Mayonnaise c 2 4 6 8 12

Lemon juice T 2 4 6 8 12

Curry powder t 2 4 6 8 12

\*slivered almonds c ½ 1 1 ½ 2 3

Parmesan c ¼ ½ ¾ 1 1 ½

Pam pan. (9x12 for 1 batch, 18x12 for double batch)

Layer frozen broccoli, chicken or turkey cut in chunks or ½ the frozen skinless boneless breasts.

Mix together the rest of the ingredients except parmesan. Spread over chicken. Sprinkle with parmesan. Bake in a 350 oven 45 minutes to 1 hour until heated through and golden brown on top. If doing more that one pan in the oven allow an extra 15 to 30 minutes.

SMYLEY’S FAIL SAFE OATMEAL

Serves 24 considering some don’t like oatmeal at all.

15 c water

7 c oatmeal

1 c cranberries, raisins or other dried fruit mix

1 T salt

For 1 8 16

Water c 2/3 5 10

Oatmeal c ½ 2 1/3 4 2/3

Raisins/ cranberries c 1/8 1 2

Salt t ¾ 3 6

Bring water to a boil. Add fruit, oatmeal and salt all at once. Stir once. Put the lid on and leave on the turned off burner about 20 minutes.

It will look soupy but under the top 1/2 inch will be perfectly done and it won’t stick to the pot.

When empty, fill with cold water to soak for awhile and it will come clean easily.

Plan on ¼ c milk and 2 T brown sugar per person.

FRENCH TOAST

For each person allow 2 slices of bread, 1 egg, 1 T milk, a touch of salt , ½ t sugar and a shake of cinnamon and nutmeg.

Mix all together, dip bread one slice at a time and fry on medium hot griddle until brown both sides. Use a little butter or marg if tending to stick. Keep warm in a 250 oven if doing large amounts.

Allow 1 T butter or marg and ¼ c syrup per person.

Offer jams (particularly good with raspberry jam) and fruit or whipped cream if desired.

Extra thick sliced bread is best, try raisin bread for the ultimate in French Toast.

PRUNE AND APRICOT COFFEE CAKE 350 d 55 minutes

Serves 12 24 48

Pitted prunes c ¾ 1 ½ 3

Dried apricots c ¾ 1 ½ 3

Margarine c ¾ 1 ½ 3

Sugar c ¾ 1 ½ 3

Eggs 2 4 8

Flour c 2 4 8

Baking powder t 2 4 8

Salt t ½ 1 2

Milk c ¾ 1 ½ 3

Vanilla t 1 2 4

Topping

Brown sugar c 2/3 1 1/3 2 2/3

Cinnamon T 1 2 4

Flour T 1 2 4

Butter melted c ½ 1 2

Soak fruit in hot water 10 minutes. Drain and chop finely. Set aside.

Cream Margarine with sugar until light. Add eggs. Mix flour with baking powder and salt. Add in 3 parts alternately with milk/vanilla mixture. Fold in fruit.

Meanwhile mix dry topping ingredients together.

For single recipe use a bundt pan or 1 9x13 inch pan. For double recipes use 2 9x13’s or 1 18x12.

For bundt pan layer 1/3 batter, 1/3 topping and 1/3 butter until finished. For flat pans layer in 1/2s.

Bake about 55 minutes or until tester comes out clean.